

Hope

The Apostle Paul describes, in the eighth chapter of Romans, what it is like to live in the present with hope while not knowing what the future holds. We are all caught in that dilemma. We want to be positive and live hopeful lives, but matters in the present and an unknown future leave us a little shaken, or sometimes just shaking.



As we approach the long hot days of Summer in 2009, we are all just a bit unnerved by the swirl of events which have unfolded in these last several months. Unemployment is high, the financial markets are still shaky at best, and politicians keep on being politicians. If we look at some of the traditional places for our security and hope, we keep on coming up lacking. Our wealth, our institutions, and our work all seem to be in a state of flux right now.

Where shall we turn? Paul says we are saved from ourselves and our failed pillars of dependency by hope. "For in hope we are saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience." (Romans 8:24-25 NRSV).

It is so easy to get caught up in the notion that we can be independent and prepare for our own security and take care of all our needs. And there is a need to do what we can along those lines, but we do not want to get caught thinking we are okay with the best of our efforts. Our only real security comes through the spiritual resources God provides for us. And at its core faith really involves believing and waiting with patience for God to fulfill His promises of being with us unto the end. Our money can be taken from us; our health can leave us; our lives can be threatened and taken, but nothing can take the hope that God places in each of us as we live in right relationship with Him. Our hope lies in what God has already done in Christ and because He has already done this great thing on our behalf, we know He will not let us down in the end.

And so, we wait patiently for God to fulfill His promises in our time of need and in His time of supply. That is the essence of "hope" in the biblical sense.

Bill Ellison



May Is Older Americans Month

When Older American Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. Today more than 34 million people in the U.S. are 65 years of age or older. By 2030 there will be 70 million. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Communities have been encouraged to pay tribute in some way to older persons, celebrating through ceremonies, events, fairs and other activities.



Each year the Administration on Aging issues a theme for Older Americans Month to assist agencies, states, and communities in their celebrations. This year's theme, "Living Today for a Better Tomorrow," reflects the focus on prevention efforts and programs that help older adults have better health.

The 2008 General Conference of the United Methodist Church voted to add an Older Adult Recognition Day to the special observances on the church calendar. The day is to be observed annually, preferably during the month of May. The day is intended to provide congregations with the opportunity to learn more about the issues and concerns related to aging and older adulthood. The Committee on Older Adult Ministries of the United Methodist Church will have the responsibility for promoting the day.

Charles and Mary Belle Gilbert

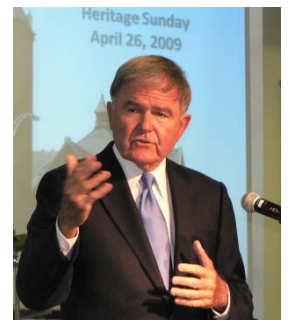
Heritage Sunday Was A Big Hit!!

Almost 100 people gathered in the Fellowship Hall on Sunday, April 26th, to celebrate the 179th year anniversary of West Market. Jim Weikel, the Master of Ceremonies for the day, opened with a blessing for the food and the occasion. Kelly Shepherd and his staff served a delicious lunch.



Following lunch, Jim introduced Gayle Fripp, who told the crowd what she had been through to get the site on South Elm Street recognized as the location of the first West Market sanctuary. Many encounters with unresponsive levels of bureaucracy in moving through the official approval and installation of the historical marker reflected Gayle's persistence, fortitude, and great sense of humor.

Our keynote speaker for the event was Jim Melvin, longtime member of West Market and activist in city politics and business. He reminisced about some of the early events that he and other "old-timers" had experienced. Jim is a great story teller and the audience responded with joyous laughter. Jim ended his speech with a plea to support the upcoming capital campaign to pay off the church debt for the property on Commerce Place.



Thanks were extended to all who had helped plan and arrange the event.

Ethel Glenn

Wisdom and Grace Conference

The **Wisdom and Grace Conference at Lake Junaluska, August 10-13**, will carry out the theme "To Serve the Present Age: Living Your Faith" through worship, Bible study, workshops, fellowship, and free time to enjoy the lake and surrounding area.

Dr. Reginald Mallett will be the preacher. Bishop William Morris will speak on the Israeli-Palestinian conflict.

Archie Jordan, who has performed around the world and been recorded by more than 100 artists, will present a concert on Wednesday evening. The Junaluska Singers will perform Monday, Tuesday, and Thursday. Select and learn through four out of nine workshop offerings.

Last year twelve West Market members attended; twelve members have already registered and we hope more will plan to go. Brochures with registration forms are available in the church office; call Jeanne Shepherd at 275-4587. For more information, contact Bill Ellison at 275-4587 or Charles and Mary Belle Gilbert at 288-4664.

Did You Know?

In each issue of "Reflections" we try to identify one or more persons who have done some notable thing or been recognized in some special way. Often things go unnoticed or unrecognized because they are such an integral part of our work. Sometimes years pass and no one knows what has been accomplished.



In this May-June issue of "Reflections" we want to recognize an unassuming, dedicated person who works quietly in our midst week after week, but who seeks no recognition. Earl Robbins worked early in his life for a company called Maybe-Bell Stone Company. He went to work there part-time when he was 14. He began work full-time when he graduated from High School in 1955. In 1956, while working for this company, Earl helped to build the rock façade on the front of the old Library Building on Green Street where the Elon Law School is now housed.

A Special Thank You!

The **Spring Follies**, held April 19th, was a "big show." Everyone who attended enjoyed our time together! Favorable comments were heard from many of the guests like: "I could have listened to the Mystery Four (a great quartet) all day." Several folks wanted to know how the two performers of "Duet for Two Cats" could do all that and sing too. The Master of Ceremonies' act, "The Preacher and the Bear," is a favorite of all. Thanks to all who participated in the show – they were all outstanding. A special



thank you to all members of the Intergenerational Subcommittee who gave many hours of their time and talent to make the show a success.

Sallie Ward, Chair, Intergenerational Sub-committee

LEAD WHERE YOU ARE!

Join us here at West Market for the **2009 Leadership Summit August 6-7, 2009**



Register at: www.wmsumc.org
Or call Cheryl Moore at the church: 275-4587
Volunteers are needed!
If you are interested, call the church office.

Timely Tips from Sandra Howell (Our Parish Nurse) on the H1N1 Virus (Swine Flu)



What are the signs and symptoms of this virus in people? The symptoms of this new influenza A H1N1 virus in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Diarrhea and vomiting have also been reported.

How does this new virus spread? Viruses, like H1N1, are spread mainly from person to person through coughing or sneezing by infected people. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Can I get infected from eating or preparing pork? No. H1N1 viruses are not spread by food if it is properly handled and properly cooked.

Are there medicines to treat infection with this new virus? Yes. The CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these new influenza A (H1N1) viruses. If you get sick, these antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. At this time, the priority use for influenza antiviral drugs is limited to the treatment of severe influenza.

How long can an infected person spread this virus to others? At this time, CDC believes that this virus has the same properties



in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.

What can I do to protect myself from getting sick? There is no vaccine available right now to protect against this new H1N1 virus. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people and stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.



What should I do if I get sick? If you become ill with influenza-like symptoms, contact your health care provider who will determine if influenza testing or treatment is needed. If you experience any of the following warning signs, seek emergency medical care.

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting