



United  
Methodist  
Women  
FAITH · HOPE · LOVE IN ACTION

# Mission Tapestry

Arlington District United Methodist Women

Vol. XXXI, No. IV

November 2010

## PURPOSE of the United Methodist Women

The organized unit of UNITED METHODIST WOMEN shall be a community of women whose PURPOSE is to know GOD and to experience FREEDOM as whole persons through JESUS CHRIST; to develop a creative, supportive FELLOWSHIP; and to expand CONCEPTS OF MISSION through participation in the global ministries of the church.

The Mission Tapestry is a publication of the Arlington District United Methodist Women. Its goal is to keep units at the local/congregation level informed about opportunities for living out our PURPOSE. It is published quarterly and mailed to all unit leaders, pastors, former Arlington District Presidents, and Virginia Conference UMW leaders. All articles for publication should be directed to Blair Robertson, Tapestry Editor, 7671 Bex Hill Court, Gainesville, VA 20155.

## District President's Message

It's hard to believe that I have come to the end of my term as President of the Arlington District UMW. I have really enjoyed getting to know the women of the Arlington District as we have discussed ways to better serve Women Children and Youth of the area, the nation and the world.

We have had some exciting experiences together at Spiritual Life Retreats, Prayer Breakfasts, Day Aparts and Training Days. It has been a pleasure to be a guest in your churches to attend your UMW days, circle and general meetings, special events and as you hosted District events. I have been on the mission team for twelve years; first as the Treasurer, then the Vice President and then President. It has been my honor to serve you and with you. You have all become like a family to me. It will be strange to just sit in the audience and participate after all of these years. But, now I

will have time to visit with you at these events and not run off in mid-sentence to answer a question or to attend to a detail.

This time next year our district will probably look a little differently with the redistricting of the Virginia Conference. We will have lost some friends to Alexandria District and gained some friends from Winchester District and perhaps from the Alexandria District as well. This can be an exciting time for the District as we welcome our new Sisters and they share the exciting ideas and perspectives that they bring with them. Perhaps we will know the extent of those changes by our training day in January.

In any event, the Arlington District will always hold a special place in my heart as the place I was asked to step out in faith and do things I never thought I could do. God has

blessed me with all of you to stand by me as I stumbled and sometimes dropped the ball. One of you was always there to set me upright and put me back on my path. For that I am truly grateful. I know that you will give Karen McElfish and your new mission team the same support you have always given me.

Although I may be physically in a different district come next June, I will still come to Arlington events to visit the many friends I have made.

Thank you for allowing me to serve.

*Connie Collins*

President  
Arlington District  
United Methodist Women



## Education and Interpretation

Linda Arsenault

Sisters in Christ,

Congratulations on completing another year in partnership with God in His mission and fulfilling the UMW purpose by participation in the global ministries of the church. It has been a busy year-an Advent event, UMW officer Training Day, Spring prayer breakfast, Virginia Conference Spiritual Life Retreat, a Day Apart at Rising Hope mission church hands on event, School of Christian Mission, annual meetings for both the Arlington District and Virginia Conference UMW, as well as the many projects and mission fundraiser events by your individual units, stamp and Campbell's label collecting, donations of school supplies and UMCOR kits and the list goes on and on. It is wonderful to see such dedication to being Christ's hands and feet to a world in need. Sometimes it feels like whatever small part our local unit contributes will not be missed but **together** we can make a huge difference in the lives of "the least of these." I would encourage you all to attend one of the Virginia

Conference UMW events (Spiritual Life Retreat, School of Christian Mission, or Annual Meeting) where you can get a better feel for the big picture and the impact UMW as a whole is making on all God's children. The speakers make UMW come alive by relaying how their personal stories relate to UMW and we all like hearing a good story. We were reminded at the Virginia Conference annual meeting that we wear at least two hats-our "church lady" hat and our UMW hat. Helping other charitable organizations should be done in our church lady hat by donating supplies, goods, or volunteer time and service but we should be giving our primary financial donations to UMW projects. Other charitable organizations get help from other sources and the public at large but UMW projects are solely supported by UMW. Keep collecting those stamps and labels, a painless way to help that costs us nothing but a few minutes of time.

Please encourage your local unit officers to attend officer training in

January. If they have held their office for a while they may think it's "the same old, same old" but the reporting forms for your office do change and new ideas and information comes to us from the Women's Division through the Virginia conference UMW every two years when the District officers go to training. Keep up the good work with our goal for every unit to become a Mission Today Unit. We were pleased that 8 units had achieved either a Mission Today or a Silver Mission Today award. However, with 22 units in the Arlington District, we have a way to go to get 100%. The 2011 form is the same one as 2010 so keep it in mind as your unit plans for 2011 and step up to the challenge. Remember that your unit **MUST** make and meet its pledge to mission to be a Mission Today unit. Thank you for all you do for mission and have a blessed holiday season.

Blessings,

*Linda*

## Vice President

With the beauty of fall upon us, it is almost a pleasure to drive home. Sort of the same feeling about the UMW, as I prepare to leave my post of Vice-President. But, without another to take my place as VP, it is a bit confusing.

But, as many colors that we see in the trees, there are UMW women out there ready to serve. With the changing atmosphere of the church it is a little difficult to think how to step. Sort of like walking in the

woods, you don't want to smash any of the beautiful leaves.

I just pray that God guides women to serve as a UMW officer. It has been a pleasure to serve in this format. It takes your service to God in a little different direction. Always good to trod upon the path not taken.

God Bless

*Karen*

Karen Malen-Uribe



It is that time of year again!! Please complete the request for your Local Unit Officers for 2011. Return it to Bess Robertson, 7671 Bex Hill Court, Gainesville, VA 20155. If you have any questions, please contact Bess at 703-753-2060 or [Bessrobertson@comcast.net](mailto:Bessrobertson@comcast.net).

## Spiritual Growth

Recently a friend of mine became a grandmother for the first time. She said she was totally unprepared for the experience of love which flooded over her when she held that little baby boy for the first time! A new life to love, to nurture, to joy in, as he grows and develops into a child and then a man!

Recently the thought occurred to me that we should be growing and developing every day in our Christian life...certainly not a new or original thought. But put in the context of seeing a new baby born, and knowing how eagerly each new accomplishment of his will be celebrated...first smile, first word, first step, first day at school...all the small events that add up to the development of someone we love and are proud of.....how can we measure our Christian growth?

First, we need a safe environment with people who care about us...perhaps our church. Most of us have that. Then to grow strong we need good food, the Word of God, to feed on. How often do you read your Bible? And more to the point, how often do you really study your Bible? Do we really try to know God through Jesus Christ and the Holy Spirit? Do we put that knowledge into practice? Can you name one thing you did today, or this week that helped you grow spiritually? If Jesus asked us what we did in the school of life today, what would we say? Would the response be "oh, nothing!"?

One aspect of our growing spiritually is coming together in fellowship, sharing with and



learning from each other. That is why I hope to see all of you at the Advent Event on November 20 at Dulin Church. Bess is planning a program featuring the "Voices" of those people who participated in the first Christmas. This program is drawn from our own Program Book and will be uplifting and enlightening, I am sure.

Other dates to keep in mind are Training Day for new and returning officers to be held on January 22 at Mt. Olivet UMC. And looking even further, put the date of April 9 on your calendar, when we meet together at Pleasant Valley UMC for our annual Spring Prayer Breakfast.

Hoping to see you all on November 20!

*Ruth*

## Program Resources

There are now 5 Categories for the Reading Program. The new category is Leadership Development. There are subtle changes to the plans that incorporate the Leadership Development Category. If you are completing Plan I then you can use one of the titles to complete those requirements. For Plan II you can use one or two of the titles to complete the 10 book requirement. If you are completing Plan III you can use these titles for the 7 additional books from any category, and for Plan IV you can use these titles for the additional 12 books required to complete the plan. (attached is the 2011 updated Reading Plans). Come by the Resource Table at every District Event and check out the latest available books for the Reading Program.

At the Annual Meeting, 13 Churches were awarded certificates for participating in the Reading

Program for 2010. 135 readers read 497 books. This year, I challenge everyone to read at least one more book than last year. 22 readers completed a Reading Plan

14 readers completed Plan 1  
2 readers completed Plan 2  
1 reader completed Plan 3  
5 readers completed Plan 4

Six children/youth participated in the Children's Program; each participant will receive a certificate. From Arlington Temple United Methodist Church were: Djarargalan Bayandolai and Nomin Bayandolai; from Friendship United Methodist Church were: Montgomery Westbrook, Peyton Westbrook, Alyssa Westbrook, and Lillybeth Westbrook.

Again, this year, Mount Olivet read the most books with a total of 171. Clarendon United Methodist read the second most books of 64, followed closely with Graham Road

## Susan Malcolm

reading 60, and Wesley United Methodist Church reading 55 books.

Norma Jean McCauley, from Mount Olivet United Methodist Church read the most books with 29. This is followed closely by Maria Lukac from Graham Road UMW with 20 books.

The following churches participated in the Reading Program:

- ★ Arlington Temple
- ★ Centreville
- ★ Clarendon
- ★ Friendship
- ★ Gainesville
- ★ Graham Road
- ★ Herndon
- ★ Mount Olivet
- ★ Oakton
- ★ Pleasant Valley
- ★ Saint Luke's
- ★ Wesley

*Susan*

# Social Action

## Why Go Green?—Part Two

In the last issue of Tapestry we looked at environmental sins and new values to combat those sins. In this issue, let's look at general planning principles, "compass points" for planning environmentally friendly events. These have been adopted by Women's Division as official policy, and provide a framework for overall organization.

- Practice garbage prevention. We in the US consume more resources and produce more garbage. We encourage a throw-away mentality, yet nothing can really be thrown away – there is no "away". We need to buy products that last, repair as needed, and reuse. Plan to minimize garbage.
- Recycle and buy recycled. Recycle as much as possible. But recycling does not really happen until someone buys and uses recycled products. Use recycled products for events.
- Maintain zero tolerance for producing toxins. The only safe level of toxins is zero. Phase out use of toxic products. And consume goods that do not require or produce toxic chemicals to manufacture or dispose.
- Avoid plastics. They are toxic to produce and to dispose, creating chemicals such as dioxin in the process. Some plastics are degradable, but must be composted, not thrown out, to degrade. Some are recyclable, if not thrown in the trash, and the community has that capability to do so. Check the number on the bottom of the container.
- Conserve energy. The search for energy has led to wars, economic imperialism, and environmental destruction. We in the US, though only 5% of the world's population, consume 25% of the world's energy.

- Produce and consume locally grown food. Eat less meat and buy certified organic produce. By doing so, less energy and fewer pesticides are needed. Choose in-season, locally grown, and organic foods. Try vegetarian options.
- Use natural, safe materials. Natural materials, such as a clay cup, are often gentler than synthetic, such as a Styrofoam cup.
- Promote the total well-being of participants. Observe the surrounding environment. Establish a pace and wholeness for the program. Celebrate the local landscape and community as gifts from God.

In designing programs for UMW, consider how to get participants in touch with God's Creation, and celebrate the beauty of nature and culture. Help protect and restore Creation. Look into local environmental struggles. Educate and advocate on environmental justice. Consider fund-raising.

Select the location for meetings to minimize environmental demands. Is recycling available? Is water or energy at a premium? Are there major pollution problems in the area? How is waste handled? Are there environmental justice issues, or difficult social relationships within the community, posing safety concerns?

In choosing facilities, including accommodations, consider the established practices, such as recycling, energy efficiency, non-toxic cleaning, smoke-free areas and temperature regulation. If recently renovated, were environmentally friendly products used, less likely to contribute to indoor air pollution.

Make transportation a high priority. Transportation has the greatest impact. Try to locate in an area accessible by mass transit. Consider bus, van or car-pooling. Is the site wheelchair-accessible?

## Karen McElfish

Identify people on the planning and program team that are responsible for environmental concerns, such as transportation, recycling, and energy conservation.

Turn the thermostat up in the summer and down in the winter. If able, open windows or use fans to ventilate. Turn the lights off in rooms not in use, and use natural daylight where possible.

Reuse displays. Avoid foam core, using cardboard instead. Keep decorations simple, and reuse or donate after the event. Use white, recycled paper, instead of colored paper. Limit the number of handouts made, and use both sides. Avoid making extra copies. Arrange for recycling.

Recycling bins should be conveniently located and clearly marked. If possible, depending on the recycling capabilities in the area, have separate bins for glass, paper, cans, etc.

Food choices have the potential for high environmental impact. Choose local food sources, where possible. Eat low on the food chain, such as vegetarian options. Choose organic and in-season. Try to obtain an accurate headcount, to avoid waste. Serve meals using glass, china and cutlery.

Many more specifics are included in the pamphlet, "Green Guidance -- How to Plan Environmentally Responsible Events", from the Office of Environmental Justice, Women's Division, General Board of Global Ministries.

As we plan upcoming events, when we take these many factors into account, we have opportunities to celebrate and be good stewards of God's Creation. We can teach best practices, and lead by example.

*Karen*





# Arlington District United Methodist Women

<b>PURPOSE</b> of the United Methodist Women	<u>Event</u>	<u>Date</u>
<p>The organized unit of UNITED METHODIST WOMEN shall be a community of women whose PURPOSE is to know GOD and to experience FREEDOM as whole persons through JESUS CHRIST; to develop a creative, supportive FELLOWSHIP; and to expand CONCEPTS OF MISSION through participation in the global ministries of the church.</p>	<b>Arlington District UMW Training Day @ Mount Olivet UMC</b>	<b>January 22, 2011</b>
	United Methodist Day at the General Assembly	February 3, 2011
	<b>Arlington District UMW Spring Prayer Breakfast @ Pleasant Valley UMC</b>	<b>April 9, 2011</b>
	Virginia Conference UMW Spiritual Life Retreat @ VUMAC	May 13-15, 2011
	UMW Day @ Ferrum College	June 4, 2011
	<b>Arlington and Alexandria District UMW Day Apart @ TBA</b>	<b>June 11, 2011</b>
	Virginia Conference Annual Conference @ Roanoke	June 15-19, 2011
	Virginia Conference UMW Breakfast at Annual Conference @ Roanoke	June 2011
	School of Christian Mission @ VUMAC	July 21-24, 2011(weekend) July 25-28, 2011 (week)
	Wesley Seminary Learning @ Washington, D.C.	September, 2011
	<b>Arlington District UMW Annual Meeting @ TBA</b>	<b>September 17, 2011</b>
	Virginia Conference UMW Young Women's Event @VUMAC	September 24-25, 2011
	Virginia Conference UMW 39 <sup>th</sup> Annual Meeting @ VUMAC	October 29-30, 2011
<b>Arlington District UMW Advent Event @ TBA</b>	<b>November 19, 2011</b>	

## Arlington District United Methodist Women Officers for 2011

### ELECTED OFFICERS

#### President

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703-522-6837  
[James.McElfish@verizon.net](mailto:James.McElfish@verizon.net)

#### Vice President

*Vacant at this time*

#### Secretary

*Vacant at this time*

#### Treasurer

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### MISSION COORDINATORS

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#### Membership Nurture and Outreach

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### NOMINATIONS COMMITTEE

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[pastmlprime@yahoo.com](mailto:pastmlprime@yahoo.com)

### APPOINTED OFFICERS

VUMAC Representative  
*Vacant at this time*

Editor of the *Tapestry*  
*Vacant at this time*



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Methodist  
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For general information about Arlington District UMW, e-mail  
[arlingtondistrictumw@gmail.com](mailto:arlingtondistrictumw@gmail.com)

**UNITED METHODIST WOMEN LOCAL UNIT OFFICERS – 2011**

Please **print** the information for your local unit officers. Return this sheet to Bess Robertson, 7671 Bex Hill Court, Gainesville, VA 20155. If you have any questions, please contact Bess at 703-753-2060 or [Bessrobertson@comcast.net](mailto:Bessrobertson@comcast.net). Please print additional officer information on the reverse side of this sheet.

**Church:** \_\_\_\_\_

<b>President</b>	<b>Vice President</b>
Name: Address:  Telephone: e-mail address:	Name: Address:  Telephone: e-mail address:
<b>Secretary</b>	<b>Treasurer</b>
Name: Address:  Telephone: e-mail address:	Name: Address:  Telephone: e-mail address:
<b>Education and Interpretation</b>	<b>Membership Nurture and Outreach</b>
Name: Address:  Telephone: e-mail address:	Name: Address:  Telephone: e-mail address:
<b>Social Action</b>	<b>Spiritual Growth</b>
Name: Address:  Telephone: e-mail address:	Name: Address:  Telephone: e-mail address:
<b>Secretary for Program Resources</b>	<b>Chair of Nominations</b>
Name: Address:  Telephone: e-mail address:	Name: Address:  Telephone: e-mail address:
<b>Pastor</b>	<b>Other Position</b>
Name: Address:  Telephone: e-mail address:	Name: Address:  Telephone: e-mail address:

*Please return this information sheet by December 1, 2010.*

## Reading Program Plans

2007 – 2011

### PLAN I

Read 4 books each year

Read 1 book from each of 4 of the 5 different categories (there are now 5 categories)

Read selections from the 2007 – 2011 Reading lists (*if not included in previous years reports*). This includes Youth books.

Regular Reading of *RESPONSE* magazine

### PLAN II

Read 10 books each year

Read at least 2 books from 4 of the 5 different categories

Read selections from the 2007- 2011 Reading lists (*if not included in previous years reports*). This includes Youth books.

Regular Reading of *Response* and *New World Outlook* magazines

### PLAN III

Read 15 books each year

Read at least 8 books from 4 of the 5 different categories

Read 7 additional books from any category

Read selections from the 2007- 2011 Reading lists (*if not included in previous years reports*). This includes Youth and Children's books.

Regular Reading of *Response* and *New World Outlook* magazines

### PLAN IV

Read 20 books each year

Read at least 8 books from 4 of the 5 different categories

Read 7 additional books from any category

Read selections from the 2007- 2011 Reading lists (*if not included in previous years reports*). This includes Youth and Children's books.

Regular Reading of *Response* and *New World Outlook* magazines

*Books read from the 2006 list will be credited through December 31, 2010*

*ARLINGTON*

*DISTRICT*

*UMW TRAINING*

*DAY*



*January 22, 2011*  
*9:00-11:00*

MT. OLIVET UMC  
1500 NORTH GLEBE ROAD, ARLINGTON, VA 22207

Directions: From I-495, take Exit 50 A-B toward Arlington. About 5.3 miles, take the Carlin Springs Road ramp. Turn left onto South Carlin Springs Road. About 1.3 miles, turn left on North Glebe Road. The church is about 1 mile down the road.