



United
Methodist
Women

FAITH · HOPE · LOVE IN ACTION

Mission Tapestry

Arlington District United Methodist Women

Vol. XXXII, No. 2

May 2011

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 ArlingtonDistrictUMW@gmail.com.

District President's Message

Do you have a touchstone Bible phrase, one that you turn to in times of need or for guidance? If so, what is that Bible verse? And when did it become so important to you?

For many, the guiding Bible verse is John 3:16, "For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life."

Those who were active in UMYF would remember Numbers 6:24-26, "The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace."

Perhaps you turn to Matthew 25:31-46; "for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me . . ."

I have long found direction from Micah 6:8, "And what does the Lord require of you but to do justice, and to love

kindness, and to walk humbly with your God." Perhaps it is because the verse is straight-forward, though by no means easy to follow. It seems to encompass it all: do what is right, love one another, and hold no one and nothing higher than God. To live up to that each and every day would be a good and wonderful thing.

As we continue our paths in life, separately and together, may we encourage each other to find and hold onto those verses that speak to us. May it be a source for strength, for inspiration, for guidance.

I look forward to hearing from you as we meet; what are your touchstone Bible verses?

Our next District event will be our Bi-District Day Apart, June 11th, at Arlington Temple. We will focus our energies on the issue of Childhood Obesity, why we should care and what we can do. God calls us to care for ourselves, and our children. Come hear about this so important and current topic, and find out what we each can do to help. The registration

form is on page #9. See you then!

Karen McElfish

President
Arlington District
United Methodist Women

District UMW Openings

We still have the following positions open for District officers:

Secretary

Membership Nurture
and Outreach

VUMAC Representative

Communications Coordinator

Vice President

Marci Schiller

"The earth is the Lord's and all that is in it, the world and those who live in it." — Psalm 24:1

Wow! What a powerful program we participated in together at our Spring Prayer Breakfast. I was reminded of how blessed I am to be a United Methodist Woman, and to have access to the types of programs, speakers, and mission opportunities that this organization offers me. In fact, just as Teresa Smith helped us to see how our spiritual healing influences our ability to serve God, I declare that our earth needs us to advocate for its physical healing so it may fully serve the Lord.

One area that I feel strongly about is the way we consider the natural resources in our midst. My commitment to you as Vice President is to work with our program hostesses to find ways that we can practice the three "Rs"—reduce, reuse, recycle—while also enjoying ourselves at events.

Caretakers of God's Creation is "a United Methodist Church and Community Ministry dedicated to caring for and healing God's creation." Additionally, "The Green Church Initiative" is a Virginia Conference ministry within the United Methodist Church that helps congregations to embrace their green sides!

The good news is that you don't have to wait for a quarterly District event to be a good steward. Review the green practices in your own environment and your local church and unit. You can go to <http://www.vaumc.org/Caretakers> to find out how to care for God's creation in five areas of church life: Worship, Discipleship, Stewardship, Evangelism, and Mission. (This reminds me of the [Five Practices of Fruitful Congregations!](#))

Are we doing all we can to honor the gift of this planet that we have been given? Adding one little practice can make a big difference. Consider the ways that you can participate: 1>Bringing your own reusable cup or mug to the Spiritual Life Retreat in May; 2>Carpooling or using public transit to our Day Apart in June; or 3>Simply using both sides of the paper when advertising UMW events. Of course, electronic communications such as this newsletter have already impacted our world.

Many thanks to those of you who've made me feel so welcomed to the team. I look forward to knowing each of you. And, please, call me at any time to share your creative and/or unusual conservation ideas. I love to experiment with new things, and I also enjoy a challenge!

Joyfully, Marci B. Schiller [703-517-1315]

Spiritual Growth

Ruth Mulkey

The Spring Prayer Breakfast which was held at Pleasant Valley UMC was a truly inspiring experience. Our speaker, Rev. Teresa Smith, spoke of sharing our concerns with others in order to receive help and comfort. At times, when someone asks "How are you today?" we politely reply "Fine, thank you" when in truth our hearts are heavy. Teresa's message urged us to allow others to give us a supporting hand and an opportunity to include us in their prayers. Sharing with others can bring the realization that we are not alone in our problems and it is a blessing to us and others to be willing to share with each other and hold each other up. Dr. Smith is a trained counselor, and knows the power of listening to others. Let us try to be in prayer for each other and for our UMW units, that we may receive strength from God to live our lives as He would wish them to be lived.

Please also lift up in prayer your District officers as they plan meaningful programs which speak to the current concerns of United Methodist women.

And let us pray that the United Methodist Women's organization will continue to work effectively around the world to bring the message of Christ's love and healing to women and children in need.

Yours in service,

Ruth Mulkey

703-524-1776 or RMulky@aol.com

Secretary of Program Resources

Frances Ellis

Summer is almost here. No one gets more excited about summer than me. It's a time when things slow down a little. You can walk outside without putting a coat on. There aren't so many meetings. The warm weather seems to make people take things a little slower. And if you're really lucky, you'll take a vacation at the beach to enjoy the warm weather, or to the mountains to get away from the heat.

Summer is a great time to read some great books. We have 40 tremendous books on our 2011 reading program list. I've glanced through most of them and have read 4 of them completely. The ones that I have completed were excellent. *Stones into Schools* by Greg Mortensen is his continuing story of building schools for girls in Afghanistan and Pakistan. *Same Kind of Different as Me* by Ron Hall and Denver Moore is the story of the unlikely bond formed between these two men, one an international art dealer and the other an illiterate, homeless man. *Praying in Color* by Sybil MacBeth is part of the Active Prayer series of books. This book explores doodling as praying. When we can't find the words to say to God or can't keep our focus, this is a technique that can be used. We structured the prayer vigil at our church this year around this idea and encouraged people to draw their prayers. *Half the Sky* by Nicholas Kristof and Sheryl WuDunn is an extremely powerful book. If you read the introduction, you will be hooked. It is about the oppression of women and girls in the world and shows how a little help can make a big difference.

I hope you will each try to read a book a month this summer. And encourage all the people in your unit to do so as well. I'll be inquiring at the end of the summer about the number of books read by each church.

Frances

Nominations Chair

Roberta Spence

The Arlington District Mission Team has been recently blessed with the addition of a Vice-President. Marci Schiller has accepted the offer to serve in this position. Marci serves as President of her local UMW unit at Clarendon UMC. She is an enthusiastic leader, full of great ideas and energy. Our team is still eager to fill the vacant positions of: Secretary, Tapestry Editor, and Membership, Nurture and Outreach for 2011.

Roberta

Social Action

Gladys Packett

He will save them from oppression and from violence, for their lives are precious to him. (Psalm 72:1)

Our Conference has chosen domestic violence, human trafficking and health care as our Social Action priorities for the next two years. First, we must learn about the issues and then start taking steps to get involved in the areas where we feel we can make a difference. What does God require of us? I believe that God wants us to be promoters of justice and to support those who, based on circumstances beyond themselves, are not able to act on their behalf. As your Social Action Coordinator, I personally feel that as children of God we can make a difference in these areas on behalf of women, children and youth. The United Methodist Women website is a good place to start learning about these issues. Visit <http://new.gbqm-umc.org/umw/resources> where many resources can be found and downloaded for your use. For example:

What is Domestic Violence?

Domestic violence refers to a pattern of violent and coercive behavior exercised by one adult over another in an intimate relationship. It is not marital conflict, mutual abuse, a lovers' quarrel, or a private family matter. It may consist of repeated, severe beatings or more subtle forms of abuse, including threats and control. Domestic violence may include not only the intimate partner relationships of spousal, live-in partners and dating relationships, but also familial, elder and child abuse.

Ways to help

Share information and resources with victims so that they can make the best decisions for themselves. Walk with a victim—listen, believe, affirm, care for safety, provide education and wait to follow their lead in choosing what to do next. Here are some links to help:

First response (Northern VA Family Services 703-370-3223)

Domestic Violence Hotline (1-800-799-SAFE or TTY 1-800-787-3224)

Helping a friend or family member

Learn more by visiting <http://new.gbqm-umc.org/umw/act/domestic-violence>. Marlene Dakita, Alexandria's Social Coordinator, also encourages us to read the March/April 2011 "Interpreter" magazine article, "Finding Refuge, Hope Healing: Offering Sanctuary from Abuse," which relates some real-life stories. The brochure "What every congregation needs to know about domestic violence" from the FaithTrust Institute, a partner with the UMW, is all Q & A information that will get us started. The brochure is available from the Mission Resource Center or from www.faithtrustinstitute.org. Please, let me know if you need assistance locating these or other resources.

What is human trafficking?

Human trafficking is a form of modern-day slavery, and is the second largest criminal industry in the world after drug trade. The United Nations (U.N.) Protocol to Prevent, Suppress and Punish Trafficking in Persons defines human trafficking as the recruiting, transporting and harboring of persons by use of threat, force or deception for the purpose of exploitation. Traffickers take advantage of vulnerable persons with false promises or physical abduction, forcing them into contract slavery, forced labor and sexual trafficking.

How you can help

- Your unit can host an education forum to help educate others on the realities of human trafficking. Call the United Methodist Women Washington Office of Public Policy at 202-488-5660 to identify a program facilitator. Invite local law enforcement agencies, friends and other faith-based and humanitarian groups to your program.
- Watch for signs of trafficking. Be aware, and report possible trafficking to local authorities and the U.S. Department of Justice 1-888-428-7581.
- Share the signs of human trafficking with youth groups and other groups in your church and community.
- Buy fair trade. Know where the products you buy come from and how they are made.

Support education and business opportunities for women and girls.

REMEMBER TO WORK TOWARD THE SOCIAL ACTION AWARD. The form is on the District Website under the Arlington UMW.



Arlington District United Methodist Women

PURPOSE 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>	UMW Day @ Ferrum College	June 4, 2011
	Arlington and Alexandria District UMW Day Apart @ Arlington Temple UMC	June 11, 2011
	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
	Arlington District UMW Annual Meeting @ Friendship UMC	September 17, 2011
	Virginia Conference UMW Young Women's Event @VUMAC	September 24-25, 2011
	Virginia Conference UMW 39 th Annual Meeting @ VUMAC	October 29-30, 2011
	Arlington District UMW Advent Event @ Oakton UMC	November 19, 2011

Arlington District United Methodist Women Officers for 2011

ELECTED OFFICERS

President

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Vice President

Marci Schiller
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Secretary

Vacant at this time

Treasurer

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Vacant at this time

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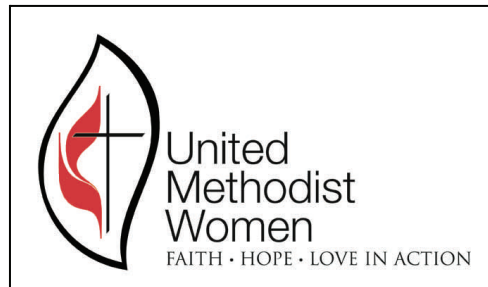
APPOINTED OFFICERS

VUMAC Representative

Vacant at this time

Editor of the Tapestry

Vacant at this time



For general information about Arlington District UMW, e-mail
arlingtondistrictumw@gmail.com

KITS FOR CONFERENCE — The 2011 Virginia Conference kit collection is being conducted to replenish the United Methodist Committee on Relief (UMCOR) supply. UMCOR's Sager Brown Depot reports there is a need for all types of kits. Local churches are encouraged to collect items for any of the following most requested UMCOR kits and bring them to Annual Conference for delivery:

Health Kits: 1 hand towel (15"x25" up to 17"x27", no kitchen towels); 1 washcloth; 1 comb (large and sturdy, not pocket-sized); 1 metal nail file or fingernail clippers (no emery boards or toenail clippers); 1 bath-sized bar of soap (3 oz. and up); 1 toothbrush (single brushes only in original wrapper, no child-size brushes); 6 adhesive plastic strip sterile bandages (Band-Aids). **(NOTE: DO NOT INCLUDE TOOTHPASTE! UMCOR Sager Brown is now purchasing toothpaste in bulk to be added to health kits before shipping to ensure that the product does not expire before they are sent.)** Seal all items in a 1-gallon plastic bag.

School Kits: 1 pair blunt scissors (rounded tip); 3 pads (or loose leaf) of 8 1/2"x11" ruled paper (approx. 250 sheets total); 1 30-centimeter ruler; 1 hand-held pencil sharpener; 6 unsharpened pencils with erasers; 1 large eraser, 2 1/2"; 1 box of 24 crayons (only 24). Prepare a 14"x16" (finished size) cloth bag with handles and one of these three closures (Velcro, snap or button) and place items in the bag. <http://new.gb-gm-umc.org/umcor/media/reliefsupplypdfsimages/schoolbagpattern.gif>

Baby/Layette Kits: 6 cloth diapers; 2 shirts or 2 one-piece body suits; 2 baby washcloths; 2 gowns or sleepers; 2 diaper pins; 1 sweater open in the front; 2 receiving blankets. Bundle the items inside one of the receiving blankets and secure with the diaper pins.

Birthing Kits: 1 hotel-size bar of soap (1 oz. and up); 1 pair of clean latex gloves; 1 square yard of clear 4 mil plastic sheeting; 3 pieces of clean string each 12" long; 1 clean single use razor blade (carefully wrap the blade in paper or plastic to protect it and keep it from causing injury); 2 flannelette receiving blankets, each 1 square yard. Place these items inside a sealed one-gallon plastic bag.

IMPORTANT Packing Instructions: All items included in kits must be NEW items. All emergency kits are carefully planned to make them usable in the greatest number of situations. Since strict rules often govern product entry into international countries, it is important that kits contain only the requested items — nothing more.

Do NOT include any personal notes, money or additional materials in the kits. These things must be removed and will delay the shipment. Kits should be packed in boxes with only one type of kit in each box, with the contents clearly written on the outside of the box.

Monetary donations include: \$1 per kit for processing and shipping; \$1 for UMCOR to purchase toothpaste for health kits.

Kits for Conference (cont.)

If you prefer UMCOR to provide kits for you, include: \$12 for UMCOR to provide a health kit; \$11 for UMCOR to provide a school kit; \$35 for UMCOR to provide a baby/layette kit; \$8 for UMCOR to provide a birthing kit. **IF your church has already collected other kits not mentioned here they will be accepted.**

****NEW INSTRUCTIONS** SEND ALL monetary donations on one check,** payable to “Virginia Conference UMC,” earmarked for “Kits” and mail to: Treasurer, Virginia Conference of the United Methodist Church, P O Box 5605, Glen Allen, VA 23058. Do not place checks inside the boxes. Your checks will be accepted any time prior to Annual Conference. Please make every effort to send your checks no later than August 31st. **CHECKS WILL NOT BE ACCPETED AT ANNUAL CONFERENCE.**

**** Kits may be brought to the Roanoke Civic Center and dropped off at the far end of Parking lot A, near the intersection of Williamson Road and Orange Ave. Collection hours are: Wednesday, 3PM - 7:30PM, Thursday, 7:30AM. - 7:30PM, Friday, 7:30AM – 2PM.**

Questions regarding *kit contents* should go to the conference Mission Office at 1-800-768-6040, ext. 144, or (804) 521-1144, and by e-mail at <Mission@vaumc.org>.

Questions about the *kit collection site* should be addressed to Kits for Conference coordinator, the Rev. Thomas Lee, at (540) 774-4730 or by e-mail at tglsr@verizon.net

(NOTE: An appeal has been made recently by Church World Service regarding a kit drive by that agency. The 2011 VA Annual Conference UMCOR Kit drive is not to be confused with that of Church World Service.)



Arlington/Alexandria Bi-District Day Apart

Childhood Obesity

Why Should We Care?

What Can We Do?

Speakers:

Kate Eggleston—Virginia Interfaith Center
 Latanya Semones—Virginia Interfaith Center
 Anna Kianthra—Fairfax County WIC Program
 Jeremy Akers—JMU, Dept. of Health Sciences

Date: Saturday, June 11, 2011

Time: 9:00 a.m. to 3:00 p.m.

Place: Arlington Temple UMC- 1835 N.Nash St, Rosslyn, VA 703-525-6075

Cost: \$15—(includes lunch)

Bring a toy that promotes physical activity (i.e. jump rope, chalk, ball, ...)

Questions? Contact

Alexandria District: Brenda Romenius, 703-538-4731, BrendaRomenius@yahoo.com

Arlington District: Karen McElfish, 703-522-6837, James.McElfish@verizon.net

Registration Form

Name: _____ **Child Care Required?** _____

Church: _____ **District:** _____

Food Restrictions: _____

Telephone # or Email: _____

Mail to: Mary Williams, 407 Adahi Road SE, Vienna, VA 22180

Make checks payable to Arlington District UMW

Registration and child care requests are due by **June 3**.