



# The Anchor

April 2009

Norfolk District UMW

## A Sweet Invitation

*Life is like a box of chocolates; you never know what you're going to get ... unless you're using a chocolate fountain at your next UMW meeting, in which case you can expect an increase in turnout. The women of St. Andrew's UMC were looking for ways to increase participation at their quarterly general meetings and began thinking outside the . . . um, chocolate box.*

The first step involved changing the name from General Meeting to "Ladies' Night Out." The word meeting can have such a negative connotation and is uninviting to potential new members. "No one wants to attend another meeting," said Stephane Troxell, UMW Vice-President at St. Andrew's UMC. "We wanted to create a social event where, hopefully, everyone really got to know each other better. It's all about relationships. Women know each other well within their circles, but there are many more women in the church who are not familiar with UMW and its purpose."

Secondly, the women forewent an agenda and focused instead on an opportunity for fellowship. Troxell utilized the "Who Am I at the Table" from the 2009 Program Guide. This particular guided meditation provided women the opportunity to reflect on the answer to the question, "Who am I?" Although the range of answers to this question isn't confined to an age, Troxell provided participants the opportunity to join in community based on musical hits from the decade that they graduated high school. "It was really cool to see 80 years of women represented, from 1939 all the way to 2006, Troxell said. Regardless of age, anyone can be involved in the UMW community."

"Too many women stand to the side and are silent," Troxell continued. "It is like that line from Marianne Williamson's poem, 'Our Deepest Fear'" (featured in the program):

You are a child of God. Your playing small  
Doesn't serve the world. There's nothing enlightened  
About shrinking so that other people won't feel insecure  
Around you. We are all meant to shine as children do.

While the program asked what it means to be in a community with a group of women in today's world, display boards highlighting the focus and mission of UMW and of each of the four circles at St. Andrew's provided first-time guests the opportunity to see what that could look like. Troxell plans to use those boards again during UMW Sunday and also during fund raising events. "The boards depict UMW at a glance," Troxell explained, "They help put a face to the UMW. That way, when someone buys a BUNCO ticket or a Christmas wreath, they can see the various missions that they are really supporting."

Lastly, Troxell rented a mini chocolate fountain from an online vendor and asked members to bring dessert or fruit to dip. "UMW is such a sweet proposal," Troxell said, "My goal was to give potential members a taste. Hopefully, everyone left with a better understanding of what UMW is all about and how they can become involved." What a sweet invitation!



Spiritual Life Retreat May 1-3  
Registration Deadline April 24.

See inside pages 5 and 6 for more information.



## Norfolk District

United Methodist Women

### President Phyllis Nuckols

416-9574 Phylbill66@aol.com

### Vice President Edith Jones

427-1993

### Secretary Sharron Whealton

482-4323 swhealton@verizon.net

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### Secretary Program Resources

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#### Carol Garland

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### MISSION COORDINATORS

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#### Dorothy Wolfred

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### Spiritual Growth

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### Young Women Coordinator

Margaret Spencer (757-483-9361)

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### Co-Communication Coordinators

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### From the President - Phyllis Nuckols

Greetings to each one of you. I hope you have a wonderful spring. Take time to consider all that God has done for you. He loves you and wants the very best for you. I attended the Conference UMW meeting in Richmond March 20-21. Presidents from all 18 districts gave reports. Our district is the only one that has a monthly prayer breakfast. As I told the UMW Conference team and the presidents, "Norfolk District is a great district." Thanks to all of you for helping to make our district *Great!*

Our district mission team will be happy to visit and present a program for your unit. Contact any of the officers who are your counterparts on the district if you have questions or need help in any area regarding your positions in your local unit or if you want an officer to visit your unit.

Ladies, the Virginia Annual Conference will be in Norfolk at the Scope this year so our district UMW will have responsibilities during the conference time, June 15-17. We need women to be at the UMW booth during the days of conference to sell Gift to Mission cards. If any you could volunteer it would be a wonderful help. Please call me 416-9574 or email me at [Phylbill66@aol.com](mailto:Phylbill66@aol.com). There also needs to be a DVD player and a small television if anyone has one that could be used in the booth.

Tickets are available for the UMW breakfast at the Norfolk Plaza Hotel (formerly Radisson). 700 Monticello Avenue, Norfolk. Cost is \$14 per ticket and deadline for ticket sales is June 1. Please contact me for purchase of tickets.

I will be attending the Spiritual Life Retreat at VUMAC May 1-3. It would be wonderful to have a good attendance from our district.

Take the words of the Purpose of United Methodist Women to heart. We're a supportive fellowship of women. Our purpose is to know God, I would add to that, in all his fullness. Grow spiritually through reading and in participation in Bible study.

### From the Vice President – Edith Jones

Hello to all of you! The first quarter has ended and I hope that all of you have had a good beginning for the year of 2009.

**Who's at the Table?** This is the name of the United Methodist Women's program book for 2009. Excellent programs are included for your use but they will require some preparation ahead of time. Try to prepare a worship center for inspiration. If you are using speakers or readers for the program give the parts out ahead of time. Please use as many programs as possible in your unit and circle meetings.

The **Response** magazine is an excellent source for supplementary information for programs. It tells about work of United Methodist Women and how our mission money is used.

The theme for our Annual Meeting at VUMAC on October 24-25, 2009 is "Who's at the Table?" Mark this date on your calendar now and plan to attend.

Remember the Prayer Supper at McKendree UMC on Friday, April 24, 2009 at 6:30 p.m. Reservations need to be made by Monday, April 20, 2009.

The Norfolk District UMW yearbooks have been completed and most were distributed at the January Prayer Breakfast. If you have not received your copies or need my assistance, please don't hesitate to call me at 427-1993. May God bless you as you continue your work in United Methodist Women.

**The Anchor** is published four times a year by the Norfolk District UMW Mission Team. Our goal is to have each issue out in the first month of each quarter. We mail **The Anchor** to local unit officers, coordinators and circle leaders!

Send local unit news, or photos to Communication Coordinators, Ruth Duncan at [ruthdunc@verizon.net](mailto:ruthdunc@verizon.net) or Leslie Sipe at [lesliesipe@cox.net](mailto:lesliesipe@cox.net).

**Are you online?** Request to have **The Anchor** sent to you online. The newsletter will come to you online. The newsletter will come attached to an email, in a PDF file. When you receive **The Anchor** via email you receive it sooner, and in a format that is easy to print or forward to women in your circle, local unit or church community. You're also helping the Norfolk District UMW save money (paper and postage!)

**Still want a paper copy?** Please make sure we have **correct mailing addresses for officers, coordinators and circle leaders in your unit!** Contact either of us (Ruth Duncan or Leslie Sipe) with any address or officer corrections!

#### Deadlines:

April 1—April (2nd Quarter)

June 15—July (3rd Quarter)

September 15—October (4th Quarter)

## EDUCATION AND INTERPRETATION

DOROTHY WOLFRED

Since our 'year' runs from the Annual Meeting to 31 August of the following year, we already are entering the eight month of our current year! How many of your unit's mission goals have been accomplished? Have you checked them on the Mission Today 2009 form? Every unit CAN become a Mission Today unit - how close is your unit? Bet several of you have already completed the basic criteria and are moving on to become a silver or gold unit. The form is in your E&I packet from November training or (you can download it from the district web site). Several changes were made in 2009 and it will be important for you to use the 2009 form. Keep pursuing - you may surprise yourselves with how much you can accomplish by August!

*Kits for Conference* in June is NOT just an UMW project - it is church-wide! Work with your church mission committee and use your creativity for church-wide promotion. A bulletin insert with the various kit contents and dollar cost for those who would prefer to simply pay for a kit/s would be a good start. You can go to UMCOR's web site - [www.gbgm-umcor.org/UMCOR/get](http://www.gbgm-umcor.org/UMCOR/get) connected for all kit contents. UMCOR can always use school and health kits - easiest to assemble - but they can use all of them to give to those in disaster areas in the U.S. and around the world. Layette and sewing kits are good choices as well. Challenge your congregation to participate in this hands-on mission project that serves so many each year and is so easy to do!

In addition to reading the mission books in the reading program and the issues of *Response* and *New World Outlook*, you can find out about where your mission pledge dollars go by participating in the Conference School of Christian Missions or the Norfolk District Mini School. Each year the conference school meets in Blackstone for in depth studies of current missions and opportunities for spiritual growth. This summer the weekend session will be July 24-26 and the week session will be July 27-30. Classes are the second year for the Native American issue study plus the first year for the geographic study - *The Beauty and Courage of Sudan*. The spiritual growth study is *Food and Faith*. There will be a children's study on children in Sudan and a youth study on both the Native Americans and Sudan. The keynote speaker is one of the lost boys of the Sudan - several have settled in Tidewater and their experience written about in the Pilot. This event is NOT just for UMW! (download/make copies of enclosed registration form) and give to your pastor/s, youth director, education director, church mission committee, young adults with your personal invitation to come. The men and all who want to learn about mission are most welcome!



***Blessed are those who dwell in your house... Psalm 84:4***

**G**ood morning unit officers! The United Methodist Young Women have already met twice this year with lively fellowship, worship and mission work. We have chosen the YWCA's women's crisis shelters as the recipient of our mission work. During the cold winter months we collected warm outer wear for women and children ~ even when spring is promised, there are always some harsh days at the end of the season. With both chilly weather as a threat and the advent of the flowering of spring, we collected bath and beauty products for the women and children: bubbly bath gels, soothing baby wash, and energizing foot lotions.

Prayer has been a study and worship focus as we 'accepted' an invitation from the Lord to meet with Him anytime, anywhere for a moment for a time of prayer. For as quick as we have been to gather, and desire to enhance the United Methodist Young Women, we would like to include many more young women. Unit officers, you can help! Please continue to send me the names of the young ladies in your church that may be interested in this group; they do not need to be members of any particular circle. I will email all of those ladies and invite them to our next gathering (that date is undetermined at this time). You are welcome to accompany anyone who may need a bit of friendly persuasion. Of course, you may come along anytime you desire. Your presence may help to remind these young ladies of 1 Timothy 4:12:

*Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity.*

Margaret Spencer [writer714@juno.com](mailto:writer714@juno.com) 757-483-9361

Let us be reminded that what we do will encourage others to start doing or do more. I am happy to report that a group of ladies have started a book club, they have already chosen books that they will read. Let us set goals to read at least one more than the last time, and encourage others to do the same. Keep up the good work.

Vivian Austin, Program Resources

### Nominating Committee Prayer Request

The nominating committee would appreciate your prayers throughout this year that we will find the right people to fill positions for the Norfolk District Mission Team next year. We will need to fill the following positions: Social Action Mission Coordinator, three members to the nominating committee, and a chair of the nominating committee.

As you attend UMW functions this year be aware of these needs and let any of the committee members know if you know someone who might be able to fill the position. We will then contact the person, explain the duties of that position, and ask them to prayerfully consider filling the position. Thank you for praying and considering these needs.

Carol Garland  
Chair of Norfolk District Nominating Committee

### Greetings from Blackstone and VUMAC

Cammie tells me that she is looking forward to the UMW spiritual Life Retreat in May. If you have not been to VUMAC before this would be a wonderful time to go. Registration forms are available now.

VUMAC's website has been redesigned. So please check it out. We give thanks to Betsey Davis, a clergy spouse, who spent many hours on its development. We pray that all units are supporting VUMAC through "Dimes and Dollars for Blackstone" – in my unit we pass a "sock" for donations. This money helps with repairs and maintenance on this historic building.

On your next visit to VUMAC check out the peace pole in the Winebarger Garden in the back courtyard. This was placed there in 2004 by the UMW of the Arlington District.

Looking forward to seeing you in May at Blackstone,  
Cathy Busbee



### St. John's United Methodist Women

St. John's United Methodist Women started a project about a year and a half ago to raise money to dig a new well somewhere in Mozambique. Clean water for drinking, cooking and bathing, etc. is a much needed commodity in that country. It takes between \$4,000 and \$4,500 to dig a well. St. John's UMW raised \$4,500 by holding rummage sales, and preparing meals for the membership on Sundays after church service. Members of the congregation were also encouraged to make a donation to the "Mozambique Well Fund" in memory of or in honor of a loved one. We thank our District Lay Leader, Janet Bracey, for her enthusiasm and support of our project.

Pictured are President, Mildred Beauter, Vice President, Kay Seibert, and Sarah and Ed Martin. Mr. Martin built a wooden well which we had on display with a bucket to receive the donations.



## BUNCO GAME

St. Andrews United Methodist Women would like to invite all to join us for our **BUNCO** Game night on June 12, 2009, at St. Andrews, 717 Tucson Road, (off of Princess Anne Road), Virginia Beach. Game time is 7 to 9 p.m. Childcare is provided upon request. Please contact Beth Vinson at 467-3723 for your tickets.

*Do not forget UMW Day at Ferrum College June 6!*

## Spiritual Life Retreat

May 1-3, 2009

Theme: "Lord Change Me"

Romans 8:29

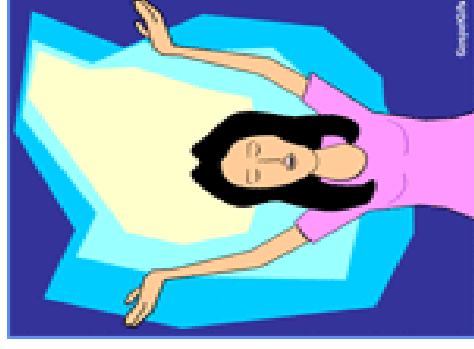


Rev. Doris Byrd-Madison

The Rev. Doris Byrd-Madison was born and raised in Falls Church, VA. Before receiving the call to ordained ministry in 1990, she was employed with the U.S. Agency for International Development as a Personal Security Specialist/Special Agent. She has been pastor at Magnolia UMC since the middle of 2008 having moved from the St. James UMC in Hampton (2004-08). She has also served other churches including St. Paul UMC in Roanoke, Purcellville Circuit Charge churches, Shenandoah Valley Charge churches and Mt. Zion-Strasburg. Rev. Byrd-Madison has served on many different boards for the Virginia Conference and deems it a privilege and honor to be a participant in the work of the Church.

### Mission Emphasis for our Retreat: Rising Hope UM Mission Church in Alexandria District

Rising Hope is currently serving 325 families a week which totals about 1000 people per week. Please help by bringing an item or two with you to the retreat to be given to Rising Hope. Needs: Canned items such as beans, vegetables, fruit, juice, soup, tomato products, and meat. Also, pasta or rice products, juice boxes, granola bars, cereal and snacks.



Virginia United Methodist Assembly Center  
707 Fourth Street  
Blackstone, VA 23824  
434-292-5308

Retreat Leader: Rev. Doris Byrd-Madison

The Retreat Program begins officially on Saturday at 10:00 a.m. and ends with lunch on Sunday. An offering will be taken Sunday. Dress will be casual. Bring your favorite snacks. There are

Virginia Conference United Methodist Women  
 Spiritual Life Retreat  
 May 1-3, 2009

*Theme: "Lord Change Me"*  
**TENTATIVE SCHEDULE (subject to change)**  
**May 1-3, 2009**

Friday evening  
 4:00 to 7:00 p.m. Registration  
 6:00 p.m. Dinner  
 6:30 to 8:30 p.m. Bookroom open, etc.  
 7:00 p.m. Focus Group Leaders meeting  
 8:30 p.m. Vespers, VA Room

Saturday morning  
 8:00 a.m. Breakfast  
 9:45 a.m. Musical Praise in Auditorium  
 10:00 a.m. Session I  
 11:00 a.m. Break  
 11:15 a.m. Focus Group I

Saturday afternoon  
 12:30 to 1:30 p.m. Lunch  
 1:30 to 2:15 p.m. Optional Time (Labyrinth, Bookroom, etc.)

2:30 p.m. Musical Praise in Auditorium  
 2:45 to 3:45 p.m. Session 2  
 4:00 to 5:00 p.m. Focus Group 2

Saturday evening  
 6:00 p.m. Dinner  
 7:00 p.m. Musical Praise in Auditorium  
 7:15 p.m. Session 3  
 8:15 p.m. Entertainment  
 9:00 p.m. Ice Cream Social

Sunday morning  
 7:30 a.m. Morning Worship – Outside weather permitting  
 8:00 a.m. Breakfast and packing  
 9:00 to 10:00 a.m. Session 4  
 10:15 to 11:00 a.m. Focus Group 4  
 11:15 a.m. Musical Praise in Auditorium  
 11:30 a.m. Closing Service of Commitment and Communion  
 12:30 p.m. Lunch/Depart

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Church \_\_\_\_\_ District \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Roommate(s) \_\_\_\_\_  
 Teens: Age \_\_\_\_\_ Grade \_\_\_\_\_ Parent's name \_\_\_\_\_

*Any condition requiring special room assignment, diet, etc?* \_\_\_\_\_

PLEASE CHECK THE TIME YOU WILL ARRIVE:

_____ Friday through Sunday (with Friday dinner)	\$126.50
_____ Friday through Sunday (without Friday dinner)	\$118.50
_____ Saturday (lunch at 12:30-Sunday lunch)	\$ 75.50

\* Above costs include \$10 registration fee

_____ Day attendance: \$10 registration fee <b>plus cost of meals:</b>	
_____ Friday dinner \$8.00	_____ Saturday lunch \$7.00
_____ Saturday dinner \$8.00	_____ Sunday breakfast \$5.75
_____ Sunday lunch \$7.00	
Total for Day attendance \$ _____	

**\*Bring your Bible, pencil/pen, and paper, and donations of items for Rising Hope UM Mission Church in the Alexandria District (see needed items on back page of form).**

Mail registration form and check for the total amount payable to Virginia Conference United Methodist Women to the registrar: Joyce Winston, 2411 Pembroke Ave, Hampton, VA 23644-1243. (Phone: 757-851-6897 Email: [BUck-tow@aol.com](mailto:BUck-tow@aol.com)).

**Registration deadline: April 24, 2009**

**WESLEY NEWS CORNER**

**WESLEY COMMUNITY SERVICE CENTER, INC.**

As are most charitable and non-profit organizations these days, Wesley Community Service Center is wrestling with the painful effects of our turbulent economy. Our already lean and strained budget suffered yet another "hit" as we learned that our Virginia Conference (United Methodist Church) Grant already reduced from \$18,000 to \$7,500 in 2009 is reduced again effectively immediately to \$6,675.00. This reduction comes as our Conference finds it necessary to dramatically adjust its budget for cost savings. As we approach our upcoming United Way allocation in May, we cannot help but brace for yet another anticipated reduction.

These reductions come as we are already experiencing a painful "slump" in contributions from individuals and churches which further signals the far reaching impact of our sluggish economy. Yet are we compelled to look beyond our own needs and pain to the many who turn to us (and by extension to the Church) each day for supportive assistance in a variety of ways.

We are constantly helping those who do not understand the complexity of completing technical paperwork to apply for benefits to receive government or emergency assistance for funds for utility and/or shelter needs, or for food, or information and referral.

Our "Bumblebee Homework Club" for students at Brighton Elementary School continues with much enthusiasm and support as it serves upwards of thirty youngsters three days per week.

Wesley is indeed compelled to be there for the many who turn to us (more than 1200 individuals and families in 2008), and therefore we must appeal to you, our friends and neighbors, churches and church related organizations to help us at this critical time. We are asking that you keep us in your prayers and consider contributing a financial gift of any amount that we may continue to be here (as we have for more than seventy two years) for those who urgently need our services and support.

You may send your gift to Wesley Community Service Center at:  
P. O. Box 1396  
Portsmouth, Virginia 23705-1396

Thank you very much!  
John G. Hatcher, Jr., Executive Director  
LuAnn Trumble, President

*Acts 20:35 ...Remember the words of the Lord Jesus,  
"It is more blessed to give than to receive."*



**Spring Flea Market**


Saturday,  
April 25, 2009  
9:00 am - 3:00 pm  
Salem United Methodist Church  
2057 Salem Road  
Virginia Beach, VA  
757-471-2406

The Flea Market features the Salem Café and a Mother's Day Baskets Raffle.

SPONSORED BY SALEM UNITED METHODIST WOMEN

*Tea Time*

The **Heritage UMW** will be sponsoring a Benefit Tea for our Backpack Buddies program on Sunday, April 26 from 3-5 p.m. in our Fellowship Hall located at 815 Baker Road in Virginia Beach. Donations to attend the tea are \$12.50. This tea will be open to all who make reservations, and each participant will be treated to delectable delights and savory creations made by our talented women. All proceeds will go directly to the Backpack Buddies program, which provides food every other weekend for the children of the After School Tutoring program at Wesley Memorial UMC and the children of the Circle K program at Heritage UMC. Please make your reservations for this fun event by calling Heritage UMC at 497-3943. We plan to make this event something you don't want to miss!




**Please join the UMW at Community UMC for their General Meeting June 4, 7 pm presenting "The Lost Boys and Girls of Sudan."**

Over 40 Sudanese refugees live in Hampton Roads, children who fled their villages in Southern Sudan over 20 years ago. They were among 4,000 airlifted to the USA just before 9/11, when our borders closed. These children, at an early age, saw villages burned and family and friends murdered. They fled thousand of miles to find safety; hid from human and animal attackers; endured chronic illness, thirst, starvation, and personal loss that scarred their souls but never beat

them. They lived most of their lives in refugee camps rampant with disease where the food ration is one cup cornmeal every two weeks.

They now attend college here often working two or more jobs so they can raise money for relatives to keep them alive. Their earnings make most ineligible for financial aid. **Come hear their stories and meet one of the "Lost Boys of Sudan."** Community UMC, 1072 Old Kempsville Rd., Virginia Beach.





Norfolk District Office  
UNITED METHODIST WOMEN  
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Norfolk, VA 23541-0654

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## Norfolk District UMW Events

**Friday, April 24—Norfolk District UMW Prayer Supper**, 6:30 pm McKendree UMC. RSVP by Monday, April 20 to 853-0680. Childcare provided by reservation.

**Saturday, April 25— “Responding to Family Violence,”** United Methodist Family Service Bldg., Richmond. 9 a.m. to 4:15 p.m. Registration deadline April 20, 2009.

**Sunday, April 26—Tea Time—Heritage UMW** 3-5 p.m. For reservations call Heritage UMC at 497-3943.

**May 1-3 - Conference Spiritual Life Retreat,** VUMAC - Blackstone, VA. Registration form enclosed. Keynote Speaker: Doris V. Byrd-Madison

**Friday, May 22—Norfolk District UMW Prayer Breakfast**, 9 am Norfolk UMC, Speaker, John G. Hatcher, Jr.—Wesley Community Service Center

**Saturday, June 6—UMW Day at Ferrum College**

**Monday, June 15—Newsletter Deadline**

**Tuesday, June 16—UMW Conference Breakfast**, Radisson Hotel, Norfolk, VA, 7am - 8am. Further info to follow.

### Upcoming Summer Events:

**Wednesday, July 8—District Mission Team Planning Session**, 9:30 am, Scott Memorial UMC

**July 24 - 30—School of Christian Mission—2 Sessions**  
VUMAC—Blackstone, VA

### “Responding to Family Violence”

Seminar on Family and Domestic Violence to be held at UMFS in Richmond on Saturday, 4/25/09, 9 am to 4:15 pm. The seminar will raise awareness, educate and help those who attend realize how they as part of the church can be more understanding, nurturing and welcoming to those families in the church and in their community who are struggling with Family Violence. This Seminar will challenge our churches to provide Radical Hospitality for families who have been wounded by violent relationships. It will also encourage our churches to provide Risk-Taking Mission and Service to families affected by violence. Anyone who wishes to attend is invited. Cost: \$10. RSVP by April 20 by mail or register online.

Download info and registration at: <http://www.vaumc.org/repository/COSROW/VirginiaDomesticViolenceBulletin.pdf>  
or call or email anyone of the District team officers.