



THE CONNECTION

Newsletter of the Rappahannock River District United Methodist Women

Number 001

January 2020

Linda Hamilton, Editor

FROM YOUR PRESIDENT

Happy New Year, Ladies!



It is a pleasure to tell you that our first District UMW event of 2020, held at Tabernacle UMC, went very well. I want to thank our local UMW ladies for hosting as well as Pastor O'Quinn for serving communion. This event and our District events throughout the year reminds me of Hebrews 10:25 "not give up meeting together, as some are in the habit of doing, but encouraging one another--and all the more as you see the Day approaching." We are first and foremost a community of women and I do pray that this year will draw us closer to the Lord and to each other, which will make all the difference.

I look forward to meeting more of you at the next District event, the "Spiritual Day Apart", which will be held on March 14, at Ebenezer UMC in Stafford. I also encourage our ladies to submit any

event or ideas that have worked for your local unit in the UMW District newsletter, as well as the online District weekly newsletter and our UMW District web site.

Thank you, ladies, for all you do to make the Rappahannock River District a strong and thriving one! Until next time, God's best to you!

Penny Kelly, President
(660) 624-0935
grvbst@yaho.com

FROM YOUR TREASURER

Dear RRD Sisters,

Happy New Year to all of you! I am hoping and praying that 2020 will be a year of adventure and joy as you and your unit grow in your faith and your outreach to women, children, and youth locally and through the missions work of United Methodist Women. I am hoping and praying to see and connect with you at one or more of the District Events this year!

I want to give you all a report of how we did as a District towards our Conference Giving in 2019:

In 2019 we pledged to give the Virginia Conference \$28,000 for mission giving. Mission giving is made up all the monies local units send in these categories: Pledge to Mission, Special Mission Recognition, Gift to Mission, Gift in Memory, World Thank Offering, and Candle Burning. From January 2019 through Dec 2019, the Rappahannock River District UMW gave \$35,658.56. WOW!!!! How wonderful!!!! Thank you all!

Additionally, in 2019, the Rappahannock River District UMW sent the Conference \$3,020.56 in designated giving across 18 different categories, such as Prayer and Self Denial and the Children For a Brighter Future Campaign, and contributed \$1,685.39 to the legacy fund.

This is wonderful! You all are a blessing! Thank you!

In 2020, as your treasurer, I hope to meet more of you! I am available to come to your unit to do a presentation on where your monies go that are sent in to the pledge. 150 years ago (this year now 151), women knew the two missionaries they were supporting. Now, we support so much more than just those two institutions sometimes it seems hard to keep track of them all!!!! Other good resources to look at if you wonder about where your pledge money is going are the Response Magazine or www.unitedmethodistwomen.org

Blessings to you
Peace of Christ,

Sherri Stadler, Treasurer
540-623-6280
djnrook@yahoo.com

FROM YOUR SPIRITUAL GROWTH COORDINATOR

Happy New Year Sisters of the UMW,

This past year has truly gone by so fast, I can hardly wrap my head around it. On Christmas Eve night, I had a few moments to sit alone looking at the Christmas Tree and pondering over how traditions have seemed to have gone by the wayside. With that said, it made me think what we truly celebrate. Thank you Lord for your son Jesus, our rock and our redeemer. As we go into 2020, my prayer is to hold onto those traditions that honor our Lord and Savior, and to make advancements in our service to others.

For 2020, I pray that we will continue to be the face of Christ to others as we serve and honor Him. That this will be a year of growing our United Methodist Women organizations. I pray for added strength anew for each and every unit. I know that it can be disconcerting that our numbers seem to have dropped, but I know the hearts of service within each unit remains constant and great. So what can we do to support each other? Remain in constant prayer for each unit. Pray for strength to continue the good works that I know each and every one of you are doing. Pray for strength for the Mission Team as we work to serve each unit. In advance, I thank God that He hears our prayers for direction and guidance and equipping us for the work that He has called us to do.

I also ask that we be ever observant of those who are in need, the missions that we support and those who are in need even in our back yards. We are called to serve! May our service help us to be

disciples of Christ and show the world United Methodist Women care and United Methodist Women Rock!!!

I so look forward to our upcoming events; our Renewal Event and remember, share the word about the Spiritual Day Apart. Lord rekindle our spirit that we are on fire for you in 2020! Let us stand together in unity, support and encouragement for each other.

Blessings,

Nokie Lemons
(804) 337-3925
nokwall@aol.com

FROM YOUR SOCIAL ACTION COORDINATOR

Environmental Dangers of Plastic

One article that I read stated, "The story of plastic is the story of all of us." It has become very difficult to go about our daily lives without encountering plastic which can be found in food packaging, computers, and cars as major examples. Now, plastic has settled into our environment not only in the food we eat but even in the air we breathe. We seem to be unaware because there is convenience associated with this novelty that has integrated every aspect of our lives. According to *Environmental Science & Technology*, Americans ingest approximately 74,000 to 121,000 microplastic particles per year. The major sources of inhaled microplastics come from bottled water, seafood, and the air.

Billions of plastic items are presently choking our waterways and causing

potential harm to both plants and wildlife. One researcher estimated that there are 46,000 pieces of plastic floating on every square mile of ocean. There is enough plastic in our oceans to circle the earth over 400 times. Worldwide, we have five massive patches of plastic in our oceans. For example, one is the size of Texas and is located between California and Hawaii. It is known as the Great Pacific Garbage Patch. According to the United Nations, about 800 species of sea life such as fish, seabirds, sea turtles and marine animals are known to have ingested this plastic debris and many have become entangled in the debris causing starvation and drowning. Once in the water, plastic debris never fully biodegrades but breaks down into smaller pieces, creating microplastic particles. These particles are no bigger than our smallest fingernail.

Our task is to be vigilant about how we handle plastic on land. Right now, we do not know what happens when these particles enter a human body. Maybe we can start by not using so much bottled water and looking for ways to keep plastic out of oceans. You know, it only takes one person to start something and a difference will be made.

Suzanne Shrader
Social Action Coordinator



FROM MEMBERSHIP, NURTURE AND OUTREACH

It is time for each of the local UMW units to complete the 2019 UMW Census. Yes ladies, I know it's now 2020, but the



annual census covers the previous year. Our goal for the Rappahannock River District is to have 100% of our local units reporting.

Local Unit Presidents: You are asked to complete the 2019 United Methodist Women census. (The Census Link can be found on the United Methodist Women's website or you can use the link:

www.unitedmethodistwomen.org/census2019)

This year the 2019 census form and the video are focused on sharing data with the local unit and district leaders. The embedded census video was created as a special thank you, from the National Office, for all the hard work that is taking place at the local level and beyond. Additionally, we believe this is an important time to share pertinent highlights from our 2018 and 2019 surveys informing us of what women within the church and potential members outside of the church think and want.

The video includes Harriett Jane Olson, our CEO, along with a programmatic staff that is sharing upcoming events and resource information. You will observe that the form is much shorter this year with specific questions around resources and unit vitality.

As we move into the 2020 General Conference year, we want to ensure that our local units and members are secure in knowing that United Methodist Women is a vital and thriving organization and that we will stay connected regardless of the state of the UMC. Please help in continuing to share this message with local leaders and members.

*Please note: The United Methodist Women will never share contact information outside the organization without permission.

The final deadline for reporting will be Monday, March 30, 2020.

*Please remember to send me an email at pschlege@gmail.com or call me at (540) 898-0371 when you have submitted your unit's census or if you have any questions.

Thank you in advance for your help with this most important task!

Peggy Schlegelmilch, Coordinator

COMMUNICATIONS-NEWSLETTER

Normally, I don't write articles for the newsletter, but I wanted to take this opportunity to remind all of you that you can send me articles anytime. You don't have to wait for my reminder! Or, if you read something that inspires you, send that to me and I'll get it into the newsletter so it can inspire all of us. Below is a prayer that was sent to me by Jo Manson several months ago. Thank you Jo, this is a wonderful prayer.

“A visiting Preacher was attending a men's breakfast in Ohio Farm County.

He asked one of the impressive older farmers in attendance to say grace that morning. After all were seated, the older farmer began.

“Lord, I hate buttermilk.”

The Preacher opened one eye and wondered to himself where this was going.

Then the farmer loudly proclaimed, “Lord, I hate lard.”

Now the Preacher was overly worried. However, without missing a beat, the farmer prayed on, “And Lord, you know I don’t care much for raw white flour.”

Just as the Preacher was ready to stand and stop everything, the farmer continued, “But Lord, when you mix ‘em all together and bake ‘em up, I do love fresh biscuits. So Lord, when things come up we don’t like, when life gets hard, when we just don’t understand what you are sayin’ to us, we just need to relax and wait ‘till You are done mixin’, and probably it will be somethin’ even better than biscuits.

Amen!"



Linda Hamilton
(540) 373-4050
llindajo54@yahoo.com

NOMINATIONS COMMITTEE



JM, As Chair of the Nominations Committee, I am deeply grateful for the support you offered us 2019. It was a year of learning for me. Thank you for now taking on the position of Historian.

Yours in Christ,

Karen W. Robison, Chair
Nominations Committee

AFTON UMW

Happy New Year to all,

On November 2, 2019, the Afton UMW had the pleasure of hosting the District Harvest Prayer Breakfast. There was an abundance of food served by our chef, Lenny Gaskins and his side kick, Larry Lyons. There was lots of good conversation and renewing acquaintances of those we see only on

occasion. After a delicious meal, we retired to the sanctuary to receive a wonderful message on the Book of Esther presented by Rev. Barbara Jacobs from Tappahannock. The fellowship of our District UMW is such a blessing!

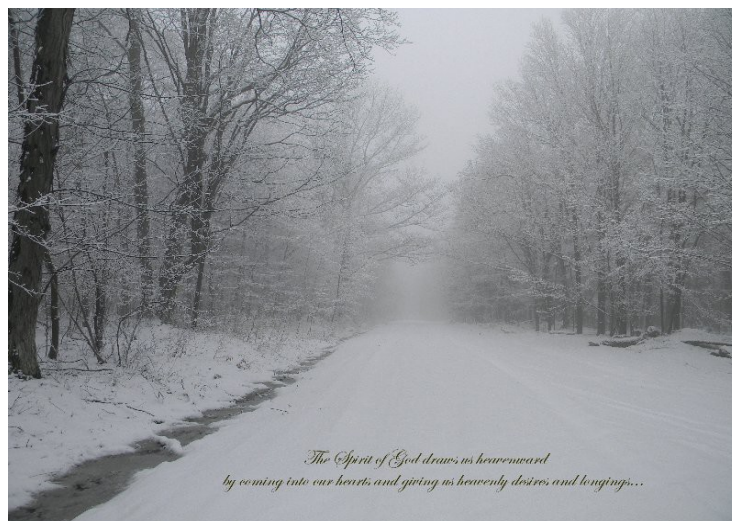
Blessings,

Linda Gallihugh



Upcoming Events

March 14	RRD UMW Spiritual Day Apart, Ebenezer (Stafford) UMC
April 17-19	SEJ Quadrennial Assembly, Mobile, AL
April 25	RRD UMW Mission Event, Warsaw UMC
May 1-3	VA UMW Spiritual Life Retreat, Smith Mountain Lake 4H Center
June 6	UMW Day at Ferrum College
June 19	UMW Breakfast at Annual Conference – Roanoke
July 24-26	Mission Encounter, Smith Mountain Lake 4H Center
Sep 11-12	VA UMW Young Women's Retreat, Camp Overlook, Keezletown
September 26	RRD UMW Annual Meeting
October 24	VA UMW 48 th Annual Meeting, Smith Mountain Lake 4H Center
November 7	RRD UMW Harvest Prayer Breakfast, Henderson UMC
December 5	RRD UMW Advent Prayer Breakfast, McKendree UMC





Rappahannock River District Office
United Methodist Women
P. O. Box 100
Ladysmith, VA 22501



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.