

**SEPTEMBER
2018**

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SOUTH WEST DISTRICT SOJOURNER

UMW Publication Florida Conference



“He said to them, ‘It is not for you to know times or seasons that the Father has fixed by his own authority.’” Acts 1:7 (ESV)

Greetings Sisters in Christ!

As we look forward to the end of summer and beginning of fall we should remember that it is not a necessity that we know the timing of everything that happens in our lives. Some things happen quicker than we think, and some things happen way slower than we think. It's okay to not know these things. However, it is also another chance for us to practice putting our

complete trust in God and that He is good. I must remind myself of this especially now as I reflect on the ups and downs of this past summer.

As a United Methodist Women, I found joy in meeting new people at Mission u and attending an enlightening book review of “A House in the Sky” by Amanda Lindhout at Sandy Segur's home. There was also a very productive mission team meeting in August at Port Charlotte UMC hosted by the very welcoming women of their UMW Unit. Kudos to Laurie Leskanic, Unit President for providing a welcome space and delicious lunch and snacks!

As for the downs, the District Book Club is being dissolved as an ongoing activity. While many enjoyed reading the books, it proved too difficult to have relevant discussions through email. We will continue to review books on our website, but we encourage you to get together in your local church to review books. Be open to others in your congregation and community and invite them to come and join in as well.

As we go into the Fall, there are some very important dates for you to remember. Our District Annual Meeting will be held in Cape Coral United Methodist Church on October 13. Nancy Vanderwall, Venice Grace Unit President and former Conference Social Action Coordinator will be our guest speaker. We will hear how she and other women in our District have learned to use their gifts and talents and have been Bold women who have advanced the awareness of social responsibility as stated in our Purpose. Enclosed in this newsletter is the registration and flyer for this event. I have been interviewing women and would invite you to contact me if you have a story to tell. I would also remind you that the Conference Annual Meeting will be November 3rd at the First United Methodist Church in Lakeland. Finally our Mission Sampler will be held on November 10th at Christ Venice United Methodist Church. If you were an attendee to Mission u this year, we would like you to be a part of the presentation team and share what you learned. Please contact Pat McShane to let her know you will be available.

At our Mission Team Meeting in August, I appointed Sandra Barton to be our Interim Secretary. If you know of someone who you feel would be a good candidate to serve on the District team, please call or email Gloria Heston, CON who is looking for help from the Units. She will have the details of what the requirements are and what the job entails. Finally, we have a proposed 2019 calendar that attached in this newsletter, but we are still in need of churches to hold them. If your Unit is willing to host one of the events, please contact Pamela Freeland and let her know.

Blessings to All!

Mary Van Tol, South West District President

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.

Upcoming District Event

Southwest District United Methodist Women Annual Meeting October 13, 2018

UNITED METHODIST WOMEN SOUTH WEST DISTRICT

Florida Conference

Pamela Freeland, District Vice President

Phone: 701-361-7973

Email: pamelafreeland.umw@gmail.com

Website: www.southwestdistrictumw.com

August 29, 2018

Dear All United Methodist Women:

Our 2018 South West District Annual Meeting is scheduled for October 13, 2018, at Cape Coral First United Methodist Church. The theme, **Dare To Be Bold**, reflects the Assembly 2018 theme, "The Power of Bold." Those of us who attended were inspired and energized by the impact of that simple phrase. Our keynote speaker this year is one of our own! Nancy Vanderwall epitomizes boldness through her advocacy for the Immokalee workers and tireless volunteer work at Henderson Settlement. Please plan to join us as we celebrate the 2018, introduce the year ahead, and recognize individuals and Units who have shown outstanding achievement and commitment to the mission of United Methodist Women.

South West District Annual Meeting "**Dare To Be Bold**"

October 13, 2018

Cape Coral First United Methodist Church

4118 Coronado Pkwy

Cape Coral, FL 33904

Registration and a light continental breakfast will be available from 9:00 to 9:45 am. Our session will begin promptly at 10:00 am.

As hostesses, the ladies of Cape Coral First will be making preparations for your arrival. Reservations are necessary! **Please register with your Unit treasurer no later than October 5, 2018.** The cost for lunch is \$8. (I have attached a registration form for Unit Treasurer's to use to send in registrations for the Unit.)

I cannot stress enough how much your attendance will be appreciated for this important event. Please share this letter and post the flyer. Encourage your United Methodist Women members and any non-member guests to attend. I look forward to seeing you in October!

Please feel free to contact me with any questions. (I will be traveling until Sept. 30, but am told I will have access to email.)

Blessings always,

Pamela Freeland



UNITED METHODIST WOMEN SOUTH WEST DISTRICT

Florida Conference

Pamela Freeland, District Vice President

Phone: 701-361-7973

Email: pamelafreeland.umw@gmail.com

Website: www.southwestdistrictumw.com



Dear Unit Treasurers:

The South West District will hold its annual meeting Saturday, October 13, 2018, at **Cape Coral First. As Unit treasurer, we are seeking your assistance in coordinating reservations for your Unit and collecting the \$8.00 per person to cover the luncheon.**

Please send the Reservation Form below and the check to cover luncheons by Friday, October 5, 2018 to Nancy at the address listed below. Make checks payable to Cape Coral First United Methodist Women.

If you have questions, Nancy can be reached by phone at [704-861-5757](tel:704-861-5757). My contact information is provided above, and I would welcome comments or questions at any time.

Blessings always,

Pamela Freeland

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**South West District United Methodist Women
Registration Form
October 13 Annual Meeting
Please mail by October 5, 2018**

Name of Church Unit _____

Number of registrants for the luncheon _____

Enclosed check for luncheon reservations at \$8/person in the total amount of \$ _____
(Make checks payable to Cape Coral First United Methodist Women)

Name of individual picking up luncheon tickets _____

PLEASE SEND THIS RESERVATION FORM AND CHECK BY OCTOBER 5 TO:

**Nancy Serzan
1018 NW 13th Terrace
Cape Coral Fl. 33993
Tel: (704) 861-5757
E-mail. nanserzan@gmail.com**

[THANK YOU!](#)



**South West District United
Methodist Women**

Annual Meeting

DARE TO BE BOLD

**“Nothing, you see, is impossible with
God.”**

Luke 1:37

OCTOBER 13, 2018

Registration: 9:00 am

Session: 10:00 am – 2:30 pm

Lunch: \$8

**Cape Coral First United Methodist
Church**

4118 Coronado Pkwy

Cape Coral, FL 33904

**Please register with your Unit
Treasurer by October 5, 2018**

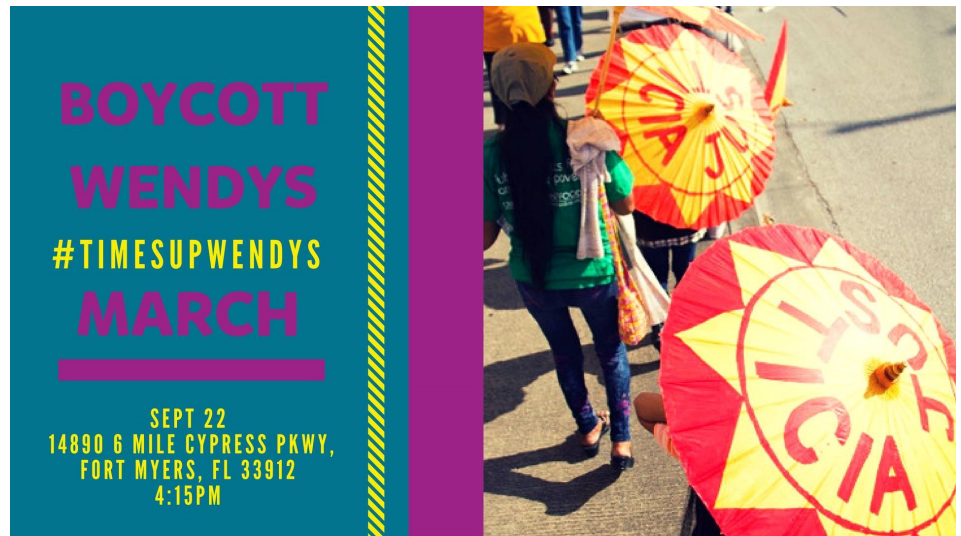


**United
Methodist
Women**
Faith • Hope • Love in Action

Social Action



SOUTHWEST FLORIDA: Join farmworkers and students from across the country next Saturday, Sept. 22 for a Wendy's protest in Fort Myers!



On Saturday, September 22, to bring home a summer season of action in the Wendy's Boycott, join farmworkers, their families, and over 60 visiting students from across the country for a spirited Wendy's protest in Ft. Myers.

This action coincides with the Student/Farmworker Alliance's annual youth convening, the Encuentro, here in Southwest Florida. This decade-long tradition empowers students and young people from every corner of the Fair Food Nation to build relationships and strategize with the Immokalee farmworker community around the Campaign for Fair Food.

Together, let's remind Wendy's that as long as the fast-food giant continues to turn its back on farmworkers, the Fair Food Nation will raise our voices to demand a real commitment to human rights!

Can't make it this time? Become a monthly donor in the Fair Food Sustainer Program to ensure that the fight for dignity and justice in the fields expands to protect workers everywhere.

United Methodist Women have supported this effort here locally and across the country!

**Florida Summer of Actions Finale:
Wendy's Protest in Ft. Myers
Saturday, Sept. 22 at 4:15 p.m.
14890 6-Mile Cypress Pkwy, Fort Myers, FL 33912**

PROGRAM RESOURCES

Sandy Segur, SW District SPR sandyrsegur@gmail.com

Do you have your UNITED METHODIST WOMEN essentials for the 2018-2019 September kickoff?



Holy Bible



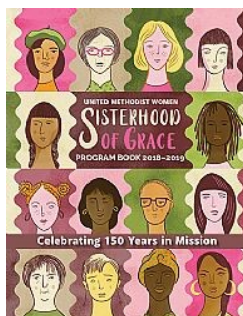
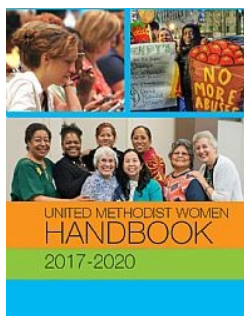
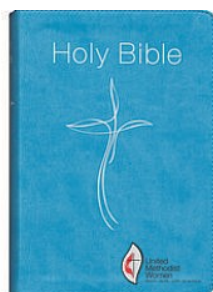
HANDBOOK 2017-2020



Sisterhood of Grace Program Book 2018-2019



Sisterhood of Grace Date Book 2019



You may want to start a book club within your Unit utilizing the Reading Program Plans



PROGRAM RESOURCES— con't.

As life will have it, things evolve. Attached is the design of our new Certificates of Recognition and a book bag which will be given to all participants of this year's Reading Program. The Certificates, which is a Book-mark, will still indicate the name of the participant, the Plan completed, and signatures of our President and Secretary Program Resources. The back of the bookmark will have space to log up to 20 books for 2019.

Just got my Program Book for 2018-2019 "SISTERHOOD OF GRACE" which features a Shalom Wheel and looks amazing. This afternoon's read of what we are about to embark on this year!

"The Sisterhood of Grace Shalom Wheel activity is incorporated at the end of each program to help us connect United Methodist Women's history with our present work. The Shalom Wheel template and stick figures of mission women, past and present, are in the Appendix. The following words appear on different spokes of the wheel:

1. Persistence
2. Inclusion
3. Community
4. Salvation
5. Human Flourishing
6. Investing
7. Generosity
8. New Life
9. Service
10. Belongingness
11. Human Dignity
12. Truth Leading to Action

The completed circle will represent these 12 specific traits of the female biblical characters in the Program Book that contribute to shalom or fullness of life (John 10:10). They also represent the characteristics of women in your unit/circle and United Methodist Women.*



UNITED METHODIST WOMEN 2019 READING PROGRAM BOOK LIST:

Shop at www.unitedmethodistwomen.org www.umwmissionresources.org and www.smile.amazon.com for “Kindle” and out of stock books. Call: 1-800-305-9857

EDUCATION FOR MISSION:

Escape From the Green Mansion – Ordinary Church Women and their Extraordinary Rescue of San Francisco’s Brothel Slaves by Christine Taylor – Kindle

*An Insider’s Guide to **Praying For The World*** by Brian C. Stiller – Kindle

Threading My Prayer Rug – One Woman’s Journey from Pakistani Muslim to American Muslim by Sabeeha Rehman

The Mission-Minded Guide to Church and School Partnerships by Jake McGlothlin

One – Unity in a Divided World by Deidra Riggs

Make A Difference – Following Your Passion and Finding Your Place to Serve by James A. Harnish

LEADERSHIP DEVELOPMENT:

Eleanor: A Spiritual Biography - The Faith of the 20th Century’s Most Influential Woman by Harold Ivan Smith

Fresh Expressions A New Kind of Methodist church for People Not in Church by Kenneth H. Carter Jr. and Audrey Warren

Synergy – A Leadership Guide for Church Staff and Volunteers by Ann A. Michel

Who Is My Neighbor? Quien es mi vecino?- Learning Spanish as Church Hospitality by Joyce Carrasco – Kindle

NURTURING FOR COMMUNITY:

Better – Waking Up to who We Could Be by Melvin Bray

Hope For The Future – Answering God’s Call to Justice for Our Children by Shannon Daley-Harris

The Hidden Life Awakened by Kitty Crenshaw and Cathy Snapp

The Same Sky: A Novel by Amanda Eyre Ward

When Did Everybody Else Get So Old? by Jennifer Grant

SOCIAL ACTION:

Nobody Cries When We Die- God, Community, and Surviving to Adulthood by Patrick B. Reyes BONUS

Walking on Lava Selected Works for Uncivilized Times by Chelsea Green BONUS

“We Are All Fast Food Workers Now” – The Global Uprising Against Poverty Wages by Annelise Orleck
BONUS BOOK

Where Do We Go From Here- Chaos or Community by Martin Luther King, Jr.

SPIRITUAL GROWTH:

Lessons to Nourish The Soul – Sermons to Encourage and Challenge You by Rev. Marjorie E. Palmer – Large Print Kindle Only

Be Still – Departure From Collective Madness by Gordon C. Stewart and Eric Ringham – Kindle

Spoken Into Being – Divine Encounters Through Story by Michael W. Williams

The Soulmaking Room by Dee Dee Risher

The Wesley Challenge – 21 Days to a More Authentic Faith – Leader Guide by Chris Folmsbee

The Wesley Challenge – Participant Book by Chris Folmsbee

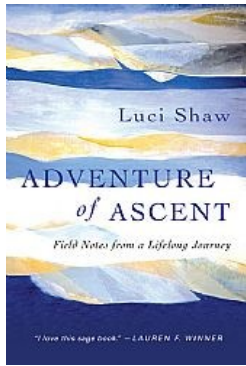
What We Need Is Here – Practicing the Heart of Christian Spirituality by L. Roger Owens – Kindle

LEADERSHIP DEVELOPMENT:

Weird! A Story about Bullying in Schools by Erin Frankel – Kindle Only



BOOK CLUB – Spiritual Growth – Fall – 9/22/2018



ADVENTURE OF ASCENT

\$15.00

Field Notes From a Lifelong Journey

Luci Shaw

InterVarsity Press, 2014

For most of us, growing older is a reality we try to put off, but then we realize — shockingly — that it happens anyway. We immediately look around to see how others on the path just ahead of us are dealing with it. Here is the intrepid Luci Shaw, taking you on a virtual hike with steps more deliberate and slow but also with surprising vistas that fill us with gratitude.

In this book, Shaw serves as a fearless and eloquent scout. As she traverses new territory, she records her experiences lovingly, honestly, sorrowfully and joyfully. Here's what it's like, and here's what to be ready for. These field notes will inform your own journey, no matter what your age.

Discussion Questions:

1. Author Lucy Shaw writes poetically about her “lifelong journey”. What are you feeling as you begin this discussion on aging.
2. “Our expressions vary; some have a grin for anyone who greets them; some project enthusiasm and optimism; some faces are drawn with effort and ache” (page 16). What expression would people say your face conveys now? How do you expect it will change – or do you expect it to change – in the future?
3. Physical limitations and diminished mental capacity are involved with aging. Do you fear physical or mental losses more? What in particular?
4. The author shares that driving frees her from the hindrances of physical disability (page 25). What new activities have you found that reduce the inevitable limitations due to aging?
5. Why do you think we as a society are so fixated on aging, or preventing aging?
6. “I struggle with ambition, the hope that something I’ve contributed to the world has lasting value, and might even be unique, what no one else has done or could have done” (page 53). We all want a life lived with “no regrets” do you think that’s a realistic goal to have? Why or why not?

Discussion Questions Continued

7. Lucy talks about “a good death” (page 63). Have you witnessed such a passing? What would it look like to you?
8. Lucy shares her experience of being treated as “a fragile old lady” (page 65). When have you experienced a similar feeling? If you are younger, does her story affect how you might treat those older than you?
9. In chapter 9, Learning to Breathe, Lucy shares what brings her comfort and rest: a warm bed, music, beautiful scenes from Christmas cards, poetry, nature and prayer. What brings you comfort and rest or is this something you need to discover in your life?
10. The verb “attend” is appealing to the author. At this point in your life what verb are you drawn to and why (page 78)?
11. Throughout the book Lucy brings up in various ways the question “what is the significance of the present moment when the rest of life looks so drastically limited” (page 157)? What is your answer to this question or is it one you’d rather not think about?
12. Lucy Shaw’s elegant style of writing offers up many soulful nuggets. Which in particular were meaningful to you?
13. While aging is universal, each of our lives are unique. Were there any aspects of the author’s story that didn’t resonate with you or that you can’t imagine experiencing?

THE BOOK CLUB IS DISCONTINUED

Due to minimal response it is not practical to continue the United Methodist Women South West District Book Club. What was determined is that people do like reading a book together and totally enjoy discussion sessions. So - present a book from the Reading Program to your unit and get together for a morning break, lunch or afternoon break and form your own BOOK CLUB. Better yet begin now to complete a Reading Plan for this new year together! Read On!

“Adventure of Ascent: Field Notes from a Lifelong Journey” by Luci Shaw has been described to me several times as an extremely good book. It was to have been the final newly formed book club read for fall. The discussion questions are attached above and it could be the first of your 2018-2019 Reading Plan for the Spiritual Growth Category.

Our Reading Program has so very much to offer and it is with great expectations and much reward that you attempt to get something going with your unit

Any questions or concerns - call me: 941-626-8384

Joyous Blessings,

Sandy Segur

Secretary, Program Resources

South West District United Methodist Women 2019 Proposed Calendar

- January 26: **Local Officers Leadership Training,**
Sebring St. John United Methodist Church, (Registration 9-9:45am, Program 10am-2:30pm; Lunch \$8.00)
- February 23: **Mission Team Meeting (District officers only)**
Christ Venice United Methodist Church (10am-2pm)
- March 30: **Spiritual Growth Event: TBD**
(Registration 9-9:45, Program 10am-2pm, MTM to follow 2:15-3pm) Lunch \$8.00)
- May 18: **Social Justice ½ day Event: TBD**
(Registration 9-9:45, Program 10-12
Mission Team Meeting to follow (District officers only plan for 2020) 12:30-2:30 pm)
- July 11-14: **Mission u**
Florida Southern College in Lakeland
- August 17: **Mission Team Meeting (District officers only)**
Wesley Memorial United Methodist Church in Ft. Myers; 10am-2pm
- September 23: **Mission Sampler TBD**
(Registration 9-9:45am, Program 10am-2pm; Lunch \$8.00)
- October 19: **Annual Meeting TBD**
(Registration 9-9:45am, Program 10am-2pm; Lunch \$8.00)
- December 14: **Mission Team Meeting TBD (District officers only)** 10am-2pm.

If your Unit is willing to host one of the events, please contact Pamela Freeland at 701-361-7973.



October 13, 2018

Annual Meeting

Cape Coral First UMC
4118 Coronado Pkwy
Registration: 9am
Session: 10a-2:30p
Lunch \$8

November 3, 2018

Conference Annual Meeting
First UMC
Lakeland, FL

November 10, 2018

Mission Study

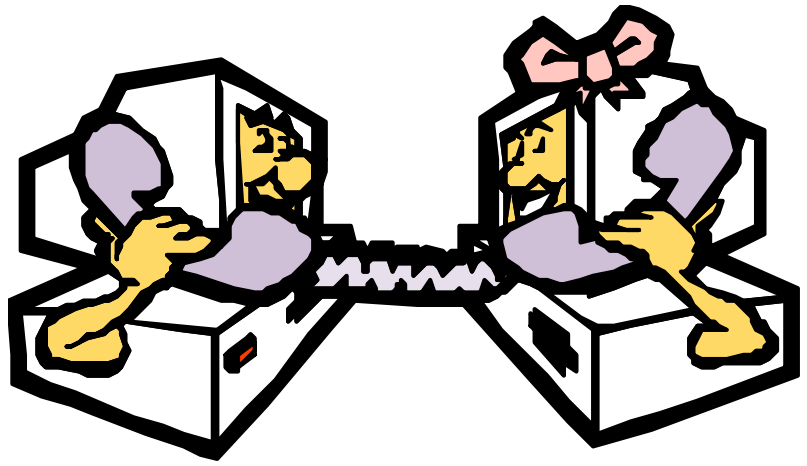
Christ Venice UMC
Registration: 9-10a
Program: 10a—2:30p
Lunch \$8

**Deceased members forms due
Submit names to Sandra Barton
sandbar369@gmail.com**

**Racial Justice forms due now
Submit to Joyce Shelso
jjshelso@gmail.com**

Treasurer's Reminder

Just a reminder to send in your 3rd
quarter pledges to:
Phyllis Jackman
5317 Congo Court
Cape Coral FL 33904
Please submit by October 5th.
Thank you everyone!
239-848-6484
phyllisjackman.umw@gmail.com



Please submit articles for our next Sojourner issue by the **25th** of the month. Send them to the Communications Coordinator listed below. All Unit activities are welcome for submission. Digital photos are preferred.

Ruth Hollandsworth

Communications Coordinator
1327 Deer Park Court
Sebring, FL 33872

Phone: 863-414-6530

Email: ruthhollandsworth.umw@gmail.com

Be sure to visit our websites to get updated news and find information about our District.

www.southwestdistrictumw.com

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southwestdistrictumw.com](https://www.facebook.com/southwestdistrictumw.com)**