

MAY 10, 2020

NORTH EAST DISTRICT UMW NEWSLETTER

GREETINGS FROM YOUR DISTRICT LEADERSHIP

Getting to know your leadership team



He said to them, “ Go into the world and preach the gospel to all creation.” Mark 16:15

Susan Horn, Secretary

Greetings, I'm Susan Horn. I am your secretary and webmaster. My career is in education and has been for 32 years. Currently I serve as the Director of Guidance at Clay High School. I have 1 daughter graduating from USFSP in August and a collection of fur babies.

My church family is Middleburg UMC where I also enjoy participating in the choir. While I am new to the district UMW team I have been a bystander for many years (dating back to when Jerry Swanson was president and I was in high school) and I look forward to communicating good news and opportunities throughout North East Florida. God bless and take care.

Denise Morrell, Program Coordinator

Hello I'm **Denise Morrell**. I am the mother of three children and grandmother to seven. I hail from Bronx New York by way of Charlotte, North Carolina. Educated in several education systems I graduated with a Bachelor's Degree from Edward Waters College. Worked for the State of Florida for thirty six years retiring in 2009.

I have served the District as President, Spiritual Growth and Education and Interpretation Coordinator. I have served the Conference as Membership and Limitless Coordinator and Chair of Nominations. I have experience working with Mission U, as a teacher and Youth Coordinator. Also with Conference Spiritual Retreat coordinating the youth.

I look forward to us getting back together again. Continue to look to that day with anticipation as we take this time to refresh ourselves.

Lib Creech, President

Greetings to all, my name is **Lib Creech** and I am the North East District president for 2020. I have been a member of the United Methodist Women organization since 2005. First in North Carolina and in Florida since moving to Jacksonville in September, 2014. I was active in my local unit and also was treasurer for the Capital District for four years.

I moved to Jacksonville to be close to my daughter and granddaughter. I have two children, my daughter Dawn and my son Mark, who lives in Charlotte and five grandchildren and a 12 year old Yorkie Poo named Bear. His favorite thing to do is to go riding with me on my Suzuki scooter. My favorite thing to do is to riding on my Suzuki scooter, especially since I added a trike kit.

I've enjoyed living in Jacksonville. We live right off I-10, so it doesn't take me long to go anywhere in Jacksonville, with the help of Google Maps!! I like to “dabble” in different crafts. Those of you who have attended S.E.E. for the past few years have probably seen some of my work. I usually give them away as door prizes.

This will be my only year as president. In the meantime, a search is on for a new president that will be announced at our annual meeting in October, 2020.

In the Service of Christ,
Lib Creech

Mozelle Thomas, Treasurer

Mozelle Thomas is our district treasurer. She presently serves as our Mission U Business Manager as well as lay person on the Church Conference Leadership Team, Committee on Episcopacy. She has held several positions in our local, district and conference of United Methodist Women. She is the retired Postmaster for Orange Park Florida. She enjoys learning and for the last six years, she has worked as a substitute teacher for Duval County Schools. She is assigned as the Virtual learning Media Specialist for Venetia Elementary School. She earned a BS from Edward Waters College with advance studies from Stephen Covey, Six Sigma and Graduated with Advance Leadership Program degree from USPS Academy. For several years she has developed the program booklet for her church (Ebenezer UMC, Jacksonville, FL) annual homecoming celebration. Mozelle resides in Orange Park FL. She has two sons, one granddaughter and six great grands.

Mary Lou Whittlesey, Education and Interpretation

Hi Everybody, I'm **Mary Lou Whittlesey**, S.E.E. (Spiritual Enrichment Experience) Coordinator, and Coordinator for Education and Interpretation for our Northeast District, United Methodist Women. It is my pleasure to be back on the District Leadership team. My jobs are to work with the committee to plan for S.E.E., my first love, and to try to keep you informed about all things United Methodist Women, especially the great work we are doing for women, children and youth around the world. Look for my articles on our web site.

I worship at Middleburg United Methodist Church. Did you know that our historic sanctuary is on the "National Register of Historic Buildings"? Visit the 8:30 A.M. Service when everything opens up again. It is awesome!

I have been part of the Jacksonville, then Northeast district since 1957. when I came here to teach at Boylan Haven School, a project of our predecessor, Women's Society of Christian Service and Board of Missions as a US 2. Ask me if you aren't familiar with US 2's .

Blessings on all of you as we serve together to keep the purpose of United Methodist Women alive!

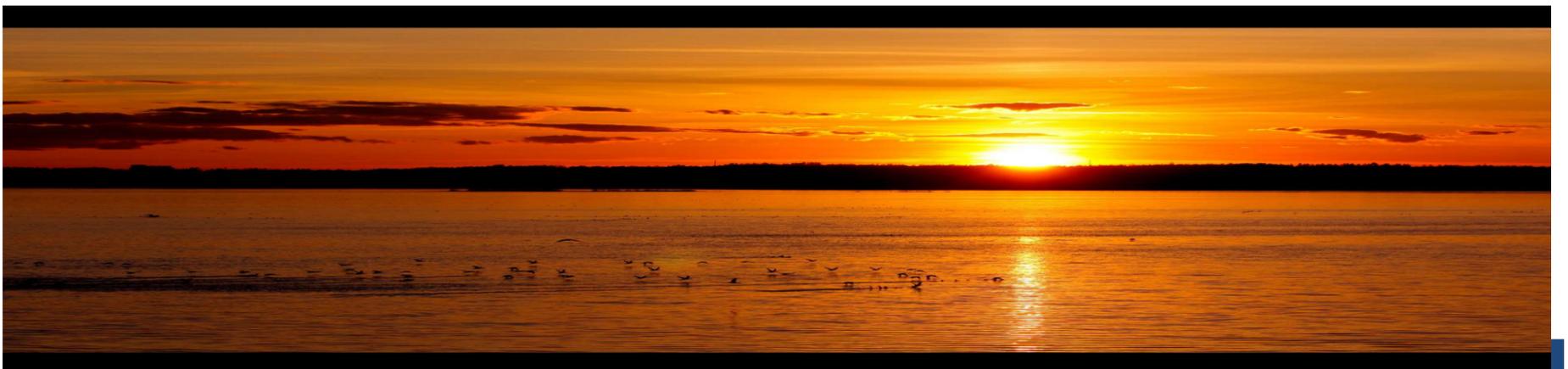
♡ Mary Lou

Tammy Crotts, Chairperson Committee on Nominations

Hi, my name is **Tammy Crotts**. I am a member of Highlands UMC. My UMW unit and circle are part of a cluster group at Wesley UMC. I enjoy volunteering at the Northside Food Pantry. I serve as Chair of Nominations and we are currently seeking women willing to serve as Vice President and Treasurer on our district leadership team. I also assumed the role of Coordinator of Program Resources, please send me your Reading Program list by the end of August. God Bless and prayers always.

Evelyn Box, Spiritual Growth

Information not available at the time of publication. It will be added in the future.



TIPS FOR HANDLING COVID-19 STRESS FROM NORTH SHORE UNIVERSITY HEALTH SYSTEM

Try to keep a normal routine.

Maintain some structure during the quarantine days. If you have children, sticking to a routine might be easier, but for those who have to work from home, it may tempt you into a more lethargic lifestyle. You might not even have the proper set-up for being at home which makes it harder to work. The key is to try your best. Make sure you wake up and go to bed around the same time, eat healthily, shower and get ready in the morning as usual.

Remember to breathe!

Breathing exercises are helpful for anyone dealing with anxiety. Inhale slowly and deeply through your nose while keeping your shoulders relaxed. Exhale slowly through your mouth. As you blow out, purse your lips slightly but keep your jaw relaxed. Repeat this exercise for several minutes.

Eat a healthy snack.

When you're feeling stressed, it can be hard to pass on sugary donuts or salty food that are not good for you and will ultimately make you feel worse. Eating a balanced diet that's comprised largely of fresh, whole foods improves mental well-being and brain health. You'll be happier that you reached for that apple rather than that chocolate bar at the end of the day.

Take a nap.

If done correctly, there is great power in a well-timed nap. While you should not rely on naps to repair the damage done by inadequate sleep or chronic sleep deprivation, naps can invigorate your energy levels and improve your mood. Naps can recharge your personal energy battery, boosting alertness and increasing your midday focus. Keep your power naps to 10 to 20 minutes because you'll stay in the lighter stages of sleep and not wake up feeling groggy.

Listen to music.

Take a break and listen to calm music which has a positive effect on the brain and the body. It can lower blood pressure and reduce cortisol, a hormone linked to stress. Listening to nature soundtracks works too—turn on the sounds of a waterfall or rainforest. Focusing your mind only on serene sounds can help clear your thoughts.

Drink tea.

Opt for a cup of green tea in the morning or midday. It has less caffeine than coffee and contains healthy antioxidants, as well as theanine, an amino acid that has a calming effect on the nervous system.

Exercise, even if it's a little bit.

Running in place for 5 minutes or doing a couple of simple stretches can get the blood pumping and offer immediate relief in a stressful situation. When you move around, your body releases endorphins which can improve mood almost instantaneously.

Get some sunlight!

Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight releases serotonin, which is associated with boosting mood and helping a person feel calm and focused. Without enough sun exposure, your serotonin levels can dip. Being out in the sun is proven to make you healthier not just emotionally, but physically as well.

Take a bath or a shower.

From Roman baths to mineral hot springs, cultures around the world have used water for centuries to treat a variety of health concerns. Also known as "water therapy," hydrotherapy includes such treatments as saunas, steam baths, foot baths, contrast therapy, hot and cold showers, and whirlpools. Submerging into a pool of water can help you unwind after a stressful day. Proponents of hydrotherapy say that within the first five minutes of treatment your blood pressure will drop and you'll feel calmer. Further exposure will increase circulation and make your muscles feel less tense.

Organize your belongings or clean.

Yes, cleaning can make people feel less anxious. Cleaning provides relief from clutter. Getting into your car or walking into a messy home that has piles of clothes, unwashed dishes or things needing to be put away feels different than walking into a clean home. When you keep your things neat and organized it can also clear the mind as well. Remember the last time you couldn't find an item you needed around the house? By keeping everything neat and in its place, it can help you feel more in control. If you incorporate mindfulness into your cleaning it can actually be a form of meditation!



The need for prayer and scripture in these challenging times is obvious.



*May the God of hope
fill you with all joy and
peace in believing
that you may abound in
hope by the power of the
Holy Spirit
Romans 15:13*

GOALS

*Set your goals high
enough to inspire
you and low enough
to encourage you*

LEADERSHIP TEAM APRIL 25, 2020

Goal 1: In an effort to increase overall numbers and especially the under 55 population, the Northeast District United Methodist Women will compile a quarterly newsletter. We will increase awareness of events and opportunities for service throughout the district to engage in activities of the United Methodist Women. Our success will be measured by increased attendance and increased membership.

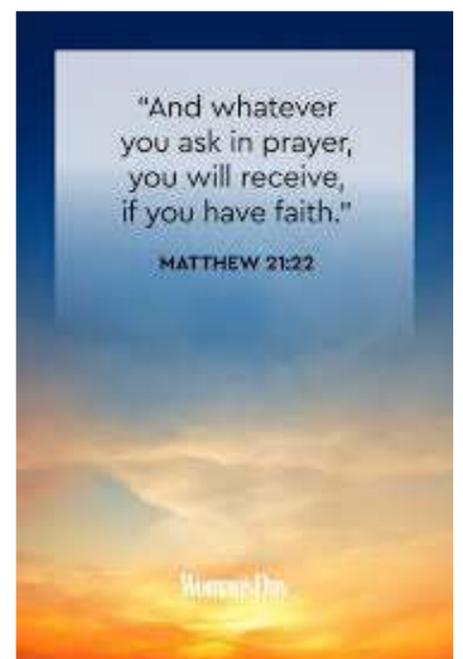
If you have an event that you would like to share on our website, please email me the details at susanhorn.umw@gmail.com. Also, if you want to share photos of an event that has past, please send them too.

Goal 2: In an effort to increase the number of women 55 and under involved in Northeast District United Methodist Women we will implement an additional data point to our existing database to identify the age bracket of the women in our district by the end of the year. We will use this data to increase awareness of the age brackets of women involved, help identify units with successful programs for women under 55 and highlight opportunities to attract others. Our success will be measured by successfully completing the database.

I realize it isn't ladylike to ask a woman's age, but we can't measure our success without knowing where we are and where we get to from here. This list is confidential. The link to the survey form is also posted on the website.

Goal 3: In an effort to more efficiently utilize technology the Northeast District United Methodist Women will develop a website to be updated at least once a month. Increasing the use of technology to reach younger women as well as have a location for up to date information will improve communication and recruitment opportunities. Our success will be measured by an increase in the number of visits to the website each month.

Please share this website and encourage your members to view and provide input on events. <http://northeastfloridaumw.org/>



SOMETHING TO LOOK FORWARD TO:

Mission Study coming in September

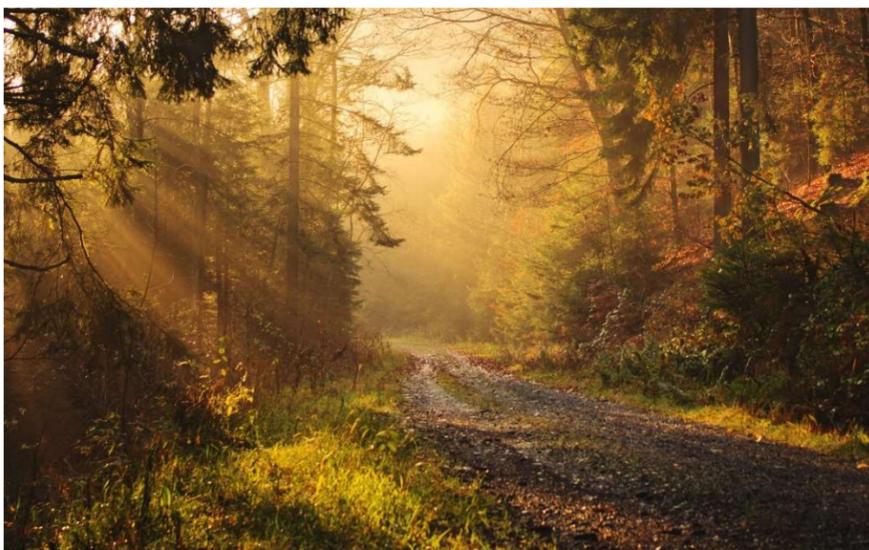
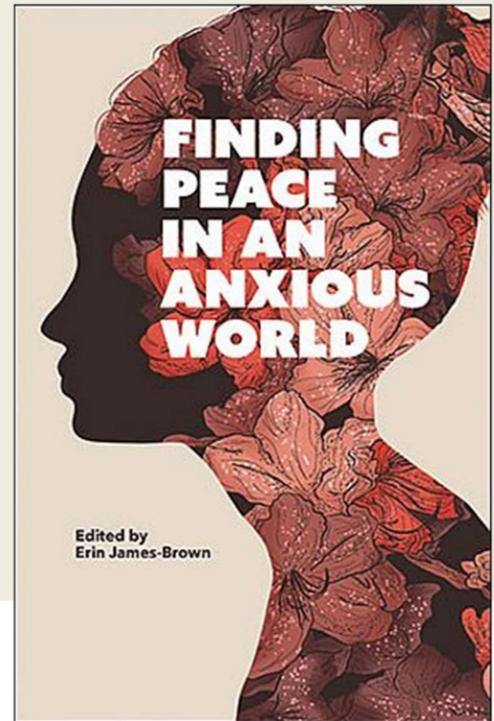
BY SHELLEY DAVIDSON, VP FL CONF UMW

Finding Peace in an Anxious World: A four part, in-depth Spiritual Growth study sponsored by United Methodist Women.

Finding Peace in an Anxious World, the 2020 Spiritual Growth Study by staff of the Urban Village Church, uses the book of Proverbs and "The Serenity Prayer" as a guide to help Christians find their way through anxiety, worry, and fear and move towards God's peace that surpasses all understanding. Using "The Serenity Prayer" as a scaffold, we explore ways to discover peace through scripture and spiritual disciplines so that we can be rooted in God and energized to live fully as disciples of Christ.

Our hope is that through this month long, in-depth Mission Study, our church can address the tumultuous events of this spring/summer and present a framework for how to approach a God who desires peace for the hearts of God's people in times of anxiety.

The four chapters each focus on a different aspect of the prayer—serenity, acceptance, courage, and wisdom—and each concludes with a spiritual practice to help further develop the biblical ideal of peace in our lives, our families and our church.



Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him and He shall direct thy paths. Prov 3:5-6

PERSPECTIVE

Where does this path take you?

BY SUSAN HORN

Some may view this image and see a peaceful walk in the woods, an opportunity to enjoy the tranquility of God's creation. Others may see uncertainty and fear. Where does it lead? What dangers may lurk in the woods or around the next curve? We live in uncertain times, but uncertain times have occurred throughout history. Only one thing is certain, the all knowing and all powerful God has the final say in all things. Acknowledging Him and allowing Him to direct us down this path is our sure hope.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

A MESSAGE FROM YOUR FLORIDA CONFERENCE PRESIDENT....

BY JUDITH PIERRE-OKERSON

The COVID-19 has changed our world in ways beyond our imagination, this includes the difficult decision for the National office to cancel the study leaders training, (at first the face to face and most recently the virtual training). But through it all, as an organization, we remain focused on our mission to women, children and youth.

With this commitment in our heart and in our mind, the Conference Leadership, at our Zoom meeting Saturday, April 4, agreed, while we will not have our usual Mission u event in the summer of 2020, the Florida Conference United Methodist Women will offer the study on Anxiety, in some innovative form. That study, as all United Methodist Women studies, is timely. The Youth Study is "Managing Anxiety," the children's study is "Managing Our Emotions," and the adult study is "Finding Peace in an Anxious World."

We did brainstorm about several exciting possibilities of how to help our children and youth overcome the anxiety caused by this season which, we know, will remain with them for a long time.

The Conference Mission u Committee will meet at the end of May to coordinate the details and we will keep you informed. Meanwhile we encourage each unit to order at least one copy of the books for now. Each book cost \$10.00 .

If you have already submitted your registration and payment, please contact the Mission u registrar, Judi Levan at judilevan.umw@gmail.com and she will see you receive a reimbursement.

May God keep us calm in this time of great anxiety in our lives, our respective community, and in the world.

Thank you.



Mission U, Plan B will be coming to your area this fall.