

SLIGO WOMEN'S NEWSLETTER

INFORM, CONNECT, EDUCATE

Spring 2024

www.sligowomensministry.org

CELEBRATE THE WOMEN

A Psalm About One Brave Woman

One brave Woman can change the course of history.
She is unafraid to wage peace in place of wars of conquest.
She is swift to know and name the facts,
To question the way it always is,
To lift her story from the ancient annals of anonymity.

One brave woman can change the way we order our world.
She who clothes her naked baby feeds her child from within herself,
Makes sheltered space in her loving arms for utter helplessness,
cannot pretend such basic necessities
Do not extend to all of God's creation.

Her love would have people off the street
and given shelter and something to eat,
Knows no defeat but only a new beginning.
Make us brave enough, Shaddai,
To challenge the ways of our world.

From *WomanWitness* by Miriam Therese Winter

March 8 is International Women's Day, and in the USA, March is Women's History Month. This gives us another opportunity to express joy for women in our midst, the women next to us. Continue to encourage those women who advocate for diversity, equity and inclusion. Since February was Black History month celebrating African Americans and the Arts, we take time to highlight one of the women next to us, who is a musician and much more. And we share the stories of women of Sligo who are dedicated workers, who use their gifts in unique and creative ways. May they inspire us to do the same.

At Sligo there will be many events for Women's Month. In particular March 23 will be dedicated to women. We urge women to join the Women's Chorus for that day and to support all the activities during the month.

By Joan A. Francis

Enjoying “Music for Mind and Memory”

by Heidemarie Copiz

Many of you may know that music has always been a part of my life.

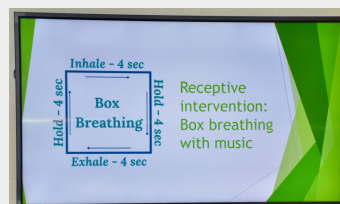
Who among you has not experienced a gray, discouraging day that was brightened suddenly by an uplifting song or a favorite piece of music? So when the music therapy program at Sligo Church on January 20 was announced, I was on board. I did not realize what a treat was in store for us.

To open the program, Dr. Alicia Barksdale, Washington Adventist University Music Therapy Program Director, immediately got the audience involved. Under her direction, we sang together the song: “I’ve got peace like a river in my soul, I’ve got joy like a fountain ..., I got love like the ocean...” She then told us a little about her journey to becoming a music therapist; she compared the road she traveled to the yellow brick road in “The Wizard of Oz.”



She explained the benefits and healing qualities music can bring to any age group and how music can maintain or improve health. For example, the gait of patients with Parkinson’s disease can improve using the rhythm of music; dementia patients can benefit by listening to music they enjoyed as teens. Rhythmic box breathing may calm anxiety. Humming certain vowels can eliminate pain. Exercising with music can energize us. These are only a few of music’s benefits.

In music therapy there are four methods of intervention: receptive, recreative, compositional, and improvisational. To demonstrate the compositional, Dr. Barksdale took a simple song and had the audience change some words to suit their own needs. This proved to be a fun activity for the group. For the improvisational, Moyna Daley was brave and joined Dr. Barksdale at the piano. Together they worked out a calming composition. Then the whole group was invited to participate. After simple instruments were passed out, Dr. Barksdale set the rhythm and encouraged everyone to be creative in accompanying her. What an enjoyable way to end the program. This program was informative, inspiring, and fun. We are ready for another music therapy session.



Dawn Reynolds: Music Brings Us Together



She goes about her musical work quietly and unobtrusively. She is Dawn Reynolds, who graduated from Andrews University with a music major. Music gave her the opportunity to serve as an organist, minister of music, and teacher in public and private settings. In Washington, D.C. she led a three-year training program showing classroom teachers how to incorporate the arts into various subject areas.

Composing has also formed an important part of her life. In the Washington, DC, public schools, she wrote music for a city-wide performance by middle school youngsters. In addition, her connection to professional musical organizations included the choice of her slogan “Music Brings Us Together,” used when schools nationwide observed Music in Our Schools Month. She also created an Instrumental Petting Zoo that included percussion instruments from all over the world. Children could examine and play the various instruments from many countries.

Dawn was asked to compose theme songs for several General Conference sessions. And a few years ago Sligo Church used one of her songs, “Almost Home,” for the homecoming service.

She is not defined only by music; she is active in prayer ministry. This began with a Bible study that evolved into having prayer partners. For 18 years she participated in the annual National Day of Prayer at the General Conference headquarters. She also served as the Prayer Room Coordinator for the General Conference sessions in 2005, 2010, and 2015.

Dawn is the oldest of her siblings and is a PK (Preacher’s Kid). With her family, she moved from Kansas to Tennessee, to Riverside Sanitarium and Hospital where her father served as chaplain. Then she moved to Michigan to attend Andrews University. Over the years, travel became a part of her life. She has racked up mileage by traveling to 19 countries and 44 states in the US.

Dawn Reynolds is grateful and joyful for the opportunities God has provided for her to become a creative child of God.

By Alisa Jones

Beth Wear: A Legacy of Ministry



Dr. Elisabeth Wear (Beth) has been integral to the Sligo Seventh-day Adventist Church for over 40 years. A dedicated educator, Beth served as Professor, Chair of the Education Department, and Director of the Adult Evening program at (then) Columbia Union College until her retirement. However, Beth's legacy is her 44 years of ministry at Sligo.

Shortly after joining Sligo Church, Beth, an ardent supporter of Women's Ministry, became active in the Association of Adventist Women, served as president for

one term, and was one of the Association's "Women of the Year." During that time, Beth began her years of nurturing the spiritual growth of Sligo's children by teaching Sabbath School in the Primary 1 and Juniors classes. She also became Sabbath School Superintendent.

Beth's passion for conveying Jesus' teachings extended beyond children's ministry when, in 2014, Beth joined Pastor Esposito to initiate Sligo's outreach ministry, Homes of Hope. Beth, her husband Doug, and Pastor Esposito initiated and supported thirteen groups and published many lessons to guide the weekly Bible studies.

Beth continues to serve as the Homes of Hope Director, a Sligo Board Member and church elder. Beth's unwavering dedication to Women's Ministry, children's spiritual education, and evangelism has strengthened the fabric of our church community and continues to impact lives today.

By Trenise Gulley

Women's Ministry Vision, Mission, and Purpose

Vision:

Glorify God by challenging women to know God personally, to grow in Christlikeness, to discover and use spiritual gifts, to love and serve others, and in all we do to reflect the beauty of the Lord Jesus Christ.

Mission:

Empower, nurture, and spiritually uplift women in the church and the community.

Purpose:

Encourage and support women as they discover their God-given gifts and fulfill their various roles in the church and the community.

Rhonda Visser: Profile of Service

Ministry can take many forms. Just ask Rhonda Visser, who has lived a life of passionate service at both Sligo Church and in the communities in which she's lived.

Rhonda says volunteering in her mid-20s as a kindergarten Sabbath School teacher when her daughter was young was the beginning of a commitment to serving others that continues to this day. When she earned her degree in social work with a minor in psychology, her passion for helping the economically and socially disadvantaged found focus. She was hired at Sligo Church in the late 1970s to be a part-time social worker, a position she held for three years.

An experience that strongly influenced Rhonda was working at "The Center," a house on Philadelphia Avenue (and a precursor to today's Adventist

Community Services), where she daily interacted with a group of women volunteers who were all in their 80s and 90s! "As a woman in my 30s, they seemed quite old, but they were having the absolute best time. They were amazing!" says Rhonda. "Giving back to your community doesn't have an age limit. I'm glad, because now I'm close to their age and I'm still trying to find ways to give back."

Over the years, Rhonda has led hospitality teams, taught Sabbath School, tutored children, served on boards, arranged for young people to visit elderly shut-ins, and is still an active participant in her "Believers and Doubters" Sabbath school class at Sligo (which she attends via Zoom). When asked what advice she has for others who are considering getting involved in ministry she says, "Follow your skills and your interests—there's always a way to contribute—and then you'll be invested in something you care about, while helping those in your church and community."



By Carol Jednaszewski

A Golden Anniversary of Commitment: Mary Futcher



Sligo Seventh-day Adventist Church celebrates Mary Futcher, Kindergarten Sabbath School teacher for fifty years! When her son was four years old, Mary started as an alternate month relief teacher in the Kindergarten. However, she soon became a permanent teacher.

Mary always teaches from her corner table in the Kindergarten Sabbath School classroom. Mary remembers cutting out felt figures of Bible characters, setting up her sand table and preparing cardboard people and animals, all to help the young children understand the Bible stories.

At one time Mary experienced a horrific car accident in which she sustained numerous fractures. However, Mary soon returned to her Kindergarten Sabbath School corner table and kindergartners; many of them admired her "boot" and walker. As soon as Sligo Seventh-day Adventist Church reopened after the COVID-19 remote services, Mary and her husband Tony returned and headed right back to the Kindergarten Sabbath School class.

Mary Futcher's Kindergarten Sabbath School students included some for whom her class would be their only permitted religious instruction until adulthood. And some of the parents of her kindergartners listened in, and their faith in God was strengthened too.

Fifty years of Sabbath School teaching! Fellow Kindergarten Sabbath School teacher Brenda Peace's response was: "Wow!" Thank you, Mary Futcher and Tony, for your support! Fifty years is the golden anniversary of your commitment to the spiritual care of Sligo's children.

By Carol Hooker

Carol Hammond: Mission Service Her Calling



When Dr. Carol Hammond was only ten years old, God planted a desire in her heart to serve Him overseas as a missionary. After graduation from Oakwood University, miraculously that seed bloomed into a concrete reality. Sligo's own Dr. Carol Hammond, Ph.D., and her husband James, served as missionaries in Bekwai, Ghana, and Bo, Sierra Leone, from 1961 to 1974.

Arriving in Ghana, Carol was impressed with the rich colors, textiles, and styles that the women wore, as well as the hustle and bustle of the streets and sidewalks, which were filled with ordinary people walking to and from the shops, banks, supermarkets, post offices, and government buildings.

Although the Civil Rights movement was in full force in the United States during the sixties and early seventies, it was not common for Black people to become missionaries at that time. However, it was God's will and the Hammonds' strong faith and determination that propelled them into missionary service. In fact, Carol and James were the only Black missionaries on the compound at the time. James taught science and Carol taught English at the Bekwai Secondary School. Carol also served as Director of the Teacher's College Choir. While they were there, their first child was born in Kumasi, Ghana.

Under the rule of an authoritarian President, Kwame Nkrumah, children were indoctrinated to seek first the political kingdom of Nkrumah. Spies were placed in the schools and even in the Seventh-day Adventist churches. This was a challenging time, not only for the missionaries but also for the indigenous people. Like Daniel in the Bible, the Hammonds stayed true to God, and the Adventist school survived.

Carol found that the people there were wonderful, and she and her husband quickly developed an affinity for them. With God's protection and guidance, and the Hammonds' tutelage, many churches were founded in Ghana and Sierra Leone. The Hammonds' faith, compassion and love for the people drew many to God and the Seventh-day Adventist Church during their time overseas.

One of Carol's favorite Bible verses is Hebrews 11:6, which encourages us to have faith because without it, "it is impossible to please God."

By Heather Oliver



CONNECTION CENTRAL | 9:00 AM
EVERY SABBATH IN SLIGO ATRIUM

MARCH 23, 2024

Women's Ministry Sabbath



Speaker,
Pastor Pranitha Fielder



sligochurch.org



FROM PIECES TO PEACE

Celebrate with us!

<p>GOOD FRIDAY Tenebrae Service MARCH 29 7 PM</p>	<p>SATURDAY Morning Worship MARCH 30 11 AM</p>	<p>SUNDAY Breakfast & Easter Celebration MARCH 31 9 AM</p>
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FREE SEMINAR

SPONSORED BY HEARTLIFTERS MINISTRY

How To Get Your Finances In Order

AND STAY OUT OF DEBT



Join our host Charlotte Conway as she shares general tips on how to better organize your personal finances.

It's a brand new year - take control of your money situation. Join up on ZOOM and In-Person in Fellowship Hall




MAR 23

SATURDAY | 2:00 PM

SLIGO SEVENTH-DAY ADVENTIST CHURCH

march 29
GOOD FRIDAY
Tenebrae Service - 7 pm
Congregational singing, readings and remembrance
Music from Pro Musica of Washington Adventist University

march 30
SATURDAY
Morning Worship - 11 am
Alex Barrientos, Speaker
Music from Sligo Sanctuary Choirs, Singers, Strings and Washington Adventist University



Alex Barrientos

march 31
SUNDAY
Easter Breakfast, 9 am
Easter Celebration, 10 am
Laurent Grosvenor, Speaker
Music from Sligo Sanctuary Choirs, Singers, Strings and Washington Adventist University



Laurent Grosvenor

7700 Carroll Ave, Takoma Park, MD 20912
For more information visit: sligochurch.org



“Many women do noble things, but you surpass them all.”


Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.

Annual G. Arthur Keough Lecture Series

March 15-16, 2024

Who is a Seventh-day Adventist?

Celebrating the Varieties of the Seventh-day Adventist Experience



Keynote Speaker: Dr. Micheal Campbell,
Director of Archives, Statistics and Research,
North American Division

Schedule: Friday, March 15, 7 pm to 9 pm
Saturday, March 16, 10 am to 11 am
Saturday, March 16, 4 pm to 6 pm
WAU, James T Bingham Hall
in the Peter's Music Building

Dont' let the conversation go on without you
Events will be live-streamed on the WAU Facebook and YouTube

Women's Ministry Newsletter Team Members
Elizabeth Abel, Joan Francis, Carol Jednaszewski,
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