

## **Workshop Titles and Brief Descriptions for Southeastern Jurisdiction Quadrennial Meeting**

### **1. Not Your Grandma's UMW – Ariel Murphy**

Learn how to encourage and inspire younger women to be in mission and in leadership, to introduce them to our dynamic organization and invite them to be members and leaders within their communities and throughout the wider church by putting faith, hope and love into action.

### **2. Joy of Journaling – Pat Green**

A practical and accessible way to stay connected to your inner self, your body, your dreams and your purpose in life. Learn how journaling can benefit your life emotionally, mentally, spiritually, and physically, as well as be a problem-solving tool.

### **3. Climate Change – Elizabeth "Liz" Lee**

Learn more about Climate Change through Bible study, hear an introduction to UMW's "Just Energy for All" campaign and ways that UMW could be involved to be part of the solution. A local or regional voice could be part of the workshop to share more about what might be going on in the particular context of SEJ.

### **4. Interrupt the School-to-Prison Pipeline – Emily Jones**

The school-to-prison pipeline "detours" far too many children and youth away from educational success and towards the criminal justice system. Learn how prayerful and powerful women can make real change, interrupting the pipeline locally by working together to shift public awareness and revise harmful policies and practice. No prior experience/knowledge needed – all are welcome.

### **5. Everyone Has the Right to a Living Wage! – Carol Barton**

Learn why everyone has a right to a Living Wage—how this is Biblical, and why this is a justice issue for United Methodist Women; learn the many ways that a family Living Wage is undermined and WHY so many women, immigrants, people of color are concentrated in low-wage jobs; and how UMW units can find out what's happening in your own community or state, build alliances, and advocate for a Living Wage.

### **6. Craft Ministry – Sue Raymond**

Be creative and inspire others at the same time! Put your talents to work by creating something useful and positive for the environment.

### **7. Essential Oils of the Bible – Debbie Bracewell**

Through the creation story we learn that God made all the elements of our world—including plants. From these plants ancient people discovered fragrant oils that they incorporated into their religious ceremonies. This class will focus on several of those oils and discuss the plants, the uses of the oils and the scriptures that portray the oils in use. Learn how these oils are still in use today for meditation, emotional wellbeing, and other practical uses.

**8. Sisters in Song with Gratitude and Grace – Nancy B. Hudson**

If you are interested in singing and creating a joyful noise, this is the workshop for you. By participating in this workshop, you will be a part of the SEJ choir!

**9. Maternal Health – Gwen Wash**

Health care for women and children is at the heart of United Methodist Women today and has been since the organization was founded. Our foremothers made the choice to act to save women's lives by building hospitals and clinics, train women and girls to serve as doctors and nurses, and to send missionaries to initiate the work. Learn how we continue to support the health and family needs of women and children around the globe.

**10. Called by Name: How Do We Answer? – Stacie Hawkins**

Jeremiah 33:3 tells us, "Call to Me and I will answer and show you great and unsearchable things you do not know." When your name is called, how will you answer?