

NOTES ON THE WAY

APRIL & MAY, 2010

A Note from Dean

Dear Friends in Christ,

Please read the following, excerpted from Chuck Colson's March 10, 2010 Breakpoint Commentary, and then re-join me at the bottom of the column. I'll wait for you there...

The COUNTERSIGN

By Mark Earley | Published Date:
March 10, 2010

When catastrophe strikes, what can we Christians offer? We can offer a countersign. I'll explain

What if your daily job were to work among the very poorest people in the Western Hemisphere? What if that job involved taking food to people [who lived in the] "most ferocious slums"? Or routinely collecting bloated corpses from an unsanitary morgue? Or helping the victims of kidnappings, shootings, abandonment and even much worse?

If that were your job, how would you survive without emotionally or spiritually shutting down? One man, Pastor Rick Frechette, has not only survived, but thrived. Having worked in Haiti for over two decades, Pastor Rick deals with horrors most of us couldn't imagine. ... He functions by hanging on to his sense of humor and, even more importantly, "to his faith in a God that orders the universe even amidst the apparent chaos."

Pastor Rick [believes] that the most concrete way he can...[help Haiti] is to offer "countersigns" of grace—that is, to do something right for someone when everything is going wrong.

Pastor Rick tells the story of a boy that he saw set on fire by thugs. Before he could reach him, the boy was dead, but he got buckets of water and extinguished the flames anyway. Then, he says, "we put him in the back of the truck, and do what we always do. Have a prayer right there - to make a counter-witness by our own behavior."

...The boy's mother—even overwhelmed by grief—was grateful for this act of love. "It made her able to live with it," Pastor Rick says. "It's like God sent someone to help her, like it restored her faith in humanity again...I call it the countersign."

Father Rick explains it this way:... "the terrible thing that's in front of you, you hurry, and offset it right away. Before what happens is too taxing and too poisonous... Sometimes with horrible things, you really feel there is nothing you can do... But over time, you start seeing that to do the right thing, no matter what, has tremendous power."..... We can't change the past, but, empowered by God, we can show love and grace that offers people hope and a way to move forward.

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Back again? Thanks for reading the whole way through.

*Countersigning.* It offers a fresh angle on remembering our mission, doesn't it? When everything is going wrong, Christians do something right for someone. We give a countersign to "the way things are."

Friends, we hear constantly about our churches' failure to grow and to prosper in their mission. The litany of loss is loud and clear. But, *what if we shared countersigns to the lament that United Methodism is dying as a vital spiritual force in the land?*

I'm very serious about this. It is a matter of repentance with me. Face facts, yes, but don't give an inch to creeping gloom! Starting next issue, with your help, we'll add a new feature to our monthly News flow – a "Countersign Posting." You send the stories; we'll post them.

Did an alcohol-addicted man from your church AA group make the journey "upstairs," sit down in worship, and in time ask to be baptized as a new Christ-follower? TELLS US ABOUT IT!

Does your tiny congregation extend a giant helping hand with a weekly soup kitchen? SHARE IT!

A Note from Dean continued.....

Did your church members decide to pay their Mission Share in full, even though behind by \$9,000 in November - and in a few short weeks they raised the funds? DON'T KEEP THAT TO YOURSELVES!

**It's not bragging.** Send us your countersign stories - however small (or large) in size. They show that we continue to *do something right when everything is going wrong*. We'll edit as necessary and post them for mutual encouragement. Watch for the *COUNTERSIGNS!* column next issue!

What? You expected an Easter message? Good friends, this *is* an Easter message! Our power to practice countersigns comes from EASTER! *Resurrection is God's countersign* to every death, every lie and every *dis*-integration of life that happens on earth. We're just following Christ's lead.

Happy *Countersigning* (Easter!) Church.

*Pastor Dean D. Ziegler*

Note: All three examples above are real Butler District Church stories.

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## How Do New People See Your Church?



New guests at worship can help us see things from the perspective of those not as familiar with our church as we are. The Lewis Center recently asked church members in different states to attend nearby churches as visitors and report on their findings for the benefit of the visited churches and other churches. This report covers two major findings, both of which arise from the difficulty churches have in viewing things from the perspective of persons new to their church.

With all the strengths of a church, the challenge is always to think of everything from arrival through departure from the perspective of someone who has never been to your church before. In fact, the new person may have never been to church at all or at least not for many years. This new perspective will help to shape signage, instructions in the bulletin, the work of greeters, and a host of other things.

### Signage

Most visitors found directional signage inadequate. The problems they encountered typically related to: directional signage to the church, outdoor signage indicating directions to "sanctuary" if the entrance is not obvious to a visitor, and outdoor and indoor signage as needed to direct people to the nursery and rest rooms.

You can quickly survey the adequacy of your church's signage by using a simple exercise. Have some people do a "drive in and walk through" as if they had never been there before. Was it easy to find the church? Is the entrance clear? Is there visitor parking? Are there greeters near where people park? Is it obvious what door to enter for worship? Are there directions to the nursery and restrooms? When you add signage, current members will hardly notice, but newcomers will immediately recognize that you are "expecting them." It is somewhat like turning the front porch lights on when you know guests will be arriving. The guests immediately feel you are anticipating their arrival.

### The Worship Service

Visitors also found some parts of the worship service confusing. Churches today need to recognize that every day there are fewer people who grew up in church and thus many visitors are unfamiliar with worship practices.

Simple things can help. If there is a part of the worship that most members know from memory (e.g., Apostles Creed or Lord's Prayer), then still indicate in the bulletin the page number where people can find it or print the text so all can participate. Those who already know these elements will not be offended, but guests will appreciate your thoughtfulness. If people are to stand at a particular time, you can indicate that in the bulletin, and the worship leader can lift a hand as a signal for people to stand. Simple instructions for communion or brief introductions to other parts of the service can help bring on board those who did not grow up in the church and those whose previous churches had different patterns. Walk through the entire service thinking of what it would be like for someone coming to church for the first time. Make it easy for new people to participate and to feel at home.

Lovett H. Weems, Jr.

## CONTACT INFORMATION CHANGE

Please address all Butler District Office correspondence to: **Butler District Office, 317 German Street, Harmony, PA 16037**

**Phone: 724-452-0589 (remains the same)**

**Fax: 724-452-1628 (changed when we move to our new location)**

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Mail to the District Parsonage: (remains the same)

Rev Dean (and Linda) Ziegler, 204 Gregg Drive Ext, Harmony, PA 16037



The Butler District, and Trinity UMC in Brackenridge, will bid farewell to Rev Alyce Weaver Dunn. Alyce has been appointed to Johnstown District, to serve as their District Superintendent.

Alyce has served in the Butler District since 1987.

Her appointments include: 1988-94 Rochester: First UMC, Associate Pastor  
1994-03 Connoquenessing/Renfrew  
2003-10 Brackenridge: Trinity

Alyce has served us well here in the Butler District, she will be missed!

See the entire story on the [WPAUMC.org](http://WPAUMC.org) Homepage.

## Nixon UMC Events

Good Friday Breakfast  
Nixon United Methodist Church  
334 Airport Rd, Butler, Pa. 16002  
April 2, 2010  
7:30 a.m.

Speaker: the Rev. Nancy Shute, Connoquenessing UMC

Menu: egg casserole, fruit cup, sweet breads, coffee and tea  
Cost: donation of \$3.50

Although not necessary, reservations are helpful. Please call 724-586-7372.  
Everyone is invited to attend!

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Spaghetti Dinner  
Thursday, April 22  
4:00 - 7:00 p.m.  
Nixon United Methodist Church  
334 Airport Road, Butler, Pa.  
Donation  
sponsored by United Methodist Men



## BRIDGES COFFEEHOUSE

Rochester: First UMC, 341 Jefferson St, Rochester, PA  
15274

We opened February 12 and the next date will be March 12<sup>th</sup> at 7:00 p.m. to 10:00 p.m. Located in the Fellowship Hall, we offer free coffee (donated by Hallowed Grounds of New Brighton), tea, hot chocolate, popcorn, cold drinks, and desserts for a nominal fee.

This is a great chance for **ALL** to come and join in the fun and music. We feature new Christian music and videos on the big screen, live music from local Christian performers, live poetry, and an open stage for anyone that would like to perform. We also have board games to play and plenty of fine fellowship.

Please, come and join us and see what all the fun is about!!!

Future dates are April 9, May 14, June 11, July 9, and August 13.



If you have any questions please see Dan or Karen Miller.

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### 2009 AUDIT REPORT--DUE MARCH 1, 2010 - NOW OVERDUE!

It's that time of year to do the audit report. The Audit Report form is downloadable from the Conference web page, [www.wpaumc.org](http://www.wpaumc.org), under FORMS. If needed, a hard copy can be obtained from the District Office. Audits are due at the District office by Mar. 2<sup>nd</sup>. Please activate your Audit Committee to complete their work.

## **Lay Ministry School**

Christ Community UM Church

205 N Duffy Rd

Butler, PA 16001

Saturday mornings!

9:00 AM - 12:00 noon

Featuring - April 17 - Witness & Evangelism Seminar led by Bishop Thomas J. Bickerton (**CANCELLED**)

- Basic Lay Speaking Ministries
- Basic Lay Speaking for Youth
- Preaching
- Advanced Preaching
- Christian Symbols
- Lay Pastoral Care Giving
- Registration & course cost: \$27.00

## Estate Planning and Your Legacy of Faith

A representative of the United Methodist Foundation of Western Pennsylvania will describe what is involved in establishing a **legacy of faith** through your will.

Gifts made through your will – known as **bequests** – can help us continue to fund United Methodist ministries. Such gifts can take many forms, and this seminar can help you understand bequests and other types of long-term gifts. You'll learn about:

- The important roles of Church and State in wills
- The functions of executors, guardians, and trusts
- Estate and inheritance taxes
- Gifts to family and charities
- Misconceptions and concerns about wills

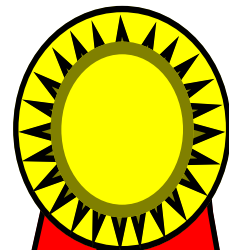
Roles that professionals such as attorneys, accountants, trust officers, insurance agents, investment brokers, and United Methodist Foundation staff members can play in shaping your will also be discussed.

**Please plan to attend this important Seminar!!**

Date: Sunday April 11 @ 12:00 PM

Lunch: Free, Reservations Needed: Please Call

Location: **Cabot UM** 707 Winfield Rd. Cabot, PA  
16023 724-352-2074





#### Clergy

##### April

- 1 Mark Goswick
- 3 Don Anderson
- 4 Jim Ritchie
- 5 Victor Brown
- 9 Willard Morse
- 25 Gail McQueen
- 29 Todd Davis

##### May

- 3 Bonnie Rupp Fischer
- 6 Frank Garlathy
- 8 Thom Schott
- 9 Jerry Pawloski
- 11 Susan Pickering
- 18 Glea Foster
- 22 Ron Naugle

#### Parsonage Family Birthdays

##### April

- 7 Mary Garlathy
- 13 Jessica Goswick
- 22 Lori Lewis
- 25 Kelly Wasser
- 27 Tracy Ritchie

##### May

- 4 Emily David
- 5 Lucy Rose Lewis
- 8 Robert Fisher  
Joy Jones
- 12 Sue Goswick
- 17 Peggy Martin
- 21 Richard Mussehl
- 22 Zack Martin
- 31 Robert Mikesell

## Happy Anniversary

April 19 – Don & Rita Platt Anderson

April 25 – Dennis and Cathy Newport Poff

April 20 – Bruce & Pat Mould

April 21 – Rod & Cherie Smith

April 27 – Pat & Paul Nelson (25<sup>th</sup> Anniversary)

May 22 – Rob & Lynn Kifer

May 26 – Tim & Hannah Price

May 27 – David & Nancy Wilson

If we missed your birthday or anniversary, please call or email the District Office, we would like to celebrate your special day with you!

## Death Notices from our Pensions Dept – Kathleen Laskey

- Rev. Enid Virginia Pierce. She was 100 years old and passed away on 02/24/2010.
- Retired Rev. Richard Martin Burns, passed away today 03/16/2010
- Retired Rev. Richard N. Olds passed away 02/18/2010
- Rev. Lewis S. Hastings, 83, of Meadville, died Wednesday, January 27, 2010
- Betty Shidemantal, mother of Rev Mary Grey Emmett, former Butler District DS, died March 11.

## Prayer

- Continued prayer for Glea Foster.
- An update from Hengust Robinson - Please extend my thanks to all the brothers and sisters of this great Church. The prayers of the faithful and the kindness of the Christ has started me well in a better direction. I went into the hospital 2/17 for replacement of a battery in my pacemaker.. Following 9 days in the hospital, I struggled with pneumonia. I've now made that turn upwards and am getting stronger. Through prayer and a wonderful group of doctors, I should be healed.

## Butler District Conference

April 25, 2010

4:00 PM

Cabot UMC

707 Winfield Road

Cabot, PA 16023.

Who should attend? "Pastors, and local church leaders"

# Healthy Church Finances District Days - Butler

BADEN UMC  
420 Dippold Ave  
Baden, PA 15005

April 21, 2010

Pastor and church leaders are invited.

**Choose from five workshops!**

6:15 Registration

6:30 Opening Worship and a word from District Superintendent

7:00 Breakout Classes:

## Who Should Attend?

- ✓ If you are serving your local church as a treasurer, trustee, stewardship coordinator, finance team member, statistician, member of Pastor/Staff Parish, or ANY leadership role, YOU should attend.  
Courses will include:

**Treasurers :** New Finance and Admin. Website; Mission Share interpretation information; New Treasurer's manual; Questions/Answers. **Leader: Pat Morris – Conference Treasurer**

**Trustees:** Safety Issues – come and here reports of churches in your district that have completed the Church Mutual safety audit; Parsonage: New parsonage guide, inspection issues; Trustee guide; Accessibility issues. **Leaders: Bill Jacka, Church Mutual Staff**

**Stewardship:** “Why People Give” - A comprehensive look at factors that both encourage and discourage giving as well as practical suggestion for congregations to respond. **Leaders: Staff and Board Members of The United Methodist Foundation**

**Credit Score:** What is a credit score and how does it affect your financial well being?; The importance of your credit score, how to improve it, how to get copies and how to correct errors. **Leader: Patti Columbe, CEO Keystone United Methodist Federal Credit Union**

**Statistical Reports:** Yes, help is available for those of you that must complete these reports; Information on these forms and answers to questions regarding the forms. **Leaders: Thelma Castor**

**Board of Pensions:** This breakout will present Conference Board of Pension topics relating to health care, future legislation and much more. **Leaders: Members of the Conference Board of Pensions**

Also available at the registration area: Media Resource Library – Emma Smith

ALL CHURCH MEMBERS ARE WELCOME TO COME AND ATTEND ANY CLASS.

# Butler & Pittsburgh Districts Overnighter with Bishop Thomas J. Bickerton

**Where:** Jumonville

**When:** May 25 & 26, 2010 (Tuesday & Wednesday)

**Cost:** [Washington Lodge](#) (\$75) includes bedding and meals.

[Inn](#) (\$80) double occupancy (\$95) single occupancy  
includes bedding and meals.

Register online — [details below](#)

**Registration deadline: May 18<sup>th</sup>**

Make checks payable to:

Pittsburgh District and send to – 223 Fourth Avenue, Suite 700, Pittsburgh, PA 15222

\*\*\*Please mark envelope: Clergy Retreat – attention Guin Gregory

You can now register online for this event!

Instructions - How to register for an event on the Internet.

Go to the Conference website – [www.wpaumc.org](http://www.wpaumc.org)

On the left side of the screen, the 2<sup>nd</sup> box down is labeled “Quick Links”

Click on “Event Registration”

On the blue bar across the middle of the screen labeled “Event Type,” click on “District”

Under the blue “Event Type” bar is “View Type,” click on “List”

Select “Butler” from drop down menu listing districts

Find the event in the chronological list and click on it. (Bishop's Overnight Retreat – Butler/Pittsburgh Districts)

Select “Register for this event”

Follow the directions on each screen.

A confirmation email will be sent to you.

11. **Send payment to: Pittsburgh District and send to – 223 Fourth Avenue, Suite 700, Pittsburgh, PA 15222**

First day schedule: TENTATIVE

|         |                                            |
|---------|--------------------------------------------|
| 2:00 pm | Registration                               |
| 4:00    | Opening Worship                            |
|         | Bishop's Presentation                      |
| 5:30    | Dinner                                     |
| 7:30    | Evening Presentation –<br>Bishop, Devotion |
| 9:00    | Break and Informal Discussion              |

Second Day

|            |                               |
|------------|-------------------------------|
| 7:30 am    | Breakfast                     |
| 8:30       | Worship                       |
| 9:00       | Bishop's Presentation         |
|            | Communion                     |
| 12:00 p.m. | Lunch                         |
| 1:00       | Closing Questions/Reflections |

District events and dates are now available on the Conference website! You can find them listed at <http://www.wpaumc.org/districts/detail/33> under "Upcoming Events", or by visiting the calendar at the conference

website, and narrowing the search by district (select **Washington** from the drop-down menu).

The new WPA conference website gives the District Offices more control and direct input. The individual district websites will be phased out, possibly in a month or so. This will mean that all information, forms, district web pages, and more will all be accessed from the Conference website ([www.wpaumc.org](http://www.wpaumc.org)), in place of the old Washington District webpage.

\*Check out our new feature on our WebPages!

**You can now submit information about your church, etc.**

Follow this link to submit information in any of the areas below.

<http://wpaumc.org/pages/detail/1780>

- [Submit a Classified Ad](#)
- [Submit an Event for the Calendar](#)
- [Submit a Newsletter](#)
- [Submit an Obituary](#)
- [Submit an "It Worked For Us" Story](#)
- [Submit a "Faith in Action" Story](#)

Submit a News Story (coming soon)

Submit a Volunteer Opportunity (coming soon)

While you are on the site.....browse around to see everything that is happening in our district(s) and WPA Conference.

Our new district website can be accessed by going to .....<http://wpaumc.org/> .....choose district from the left side bar....then from the map choose your district.

We have included a very robust search tool. Please use the search bar if looking for a specific item.

We have put a lot of time and energy into these sites.....hope you find it easy to navigate! Enjoy!!!!!!

Feel free to let us know if you have any questions or suggestions. We are excited about these new changes...so stay tuned!

## Lay Ministers



### Certified Lay Minister Retreats

Retreats will be held in Cranberry Twp. At either the Conference Center or Dutilh Church. Locations will be announced in January. Dates for the retreats will be March 5-6th and May 21-22nd. Both are Friday and Saturday events. Participants must be present at both programs to complete CLM training. Cost for both will be \$250, which includes registration, materials, and room/board. All registrations must be received by Feb. 7, 2010. Registration applications or questions regarding the CLM program should be made to the Rev. Pat Nelson at (724) 946-8486 or [pastorpat.nw@zoominternet.net](mailto:pastorpat.nw@zoominternet.net).

## Licensing School for 2010

Candidates which have been recommended by the District Committee on Ministry will have two opportunities to enroll in licensing school in the coming year. The Commuter School will be in Cranberry Twp from April 16th through May 15th. Participants will be required to stay Friday/Saturday at the beginning and conclusion of the Commuter School. Cost will be \$350, which includes registration, materials, and room/board. The other option will be a Residential Program to be held at Olmsted Manor from August 20-29th. Cost for this event will be \$950 which covers room/board at Olmsted, registration and materials. Applications for either program will be provided to candidates when they have been recommended by the DCOM.

### EO Trips

Alpine Wonders and the Oberammergau Passion Play 2010 – 9 day European Adventure

Depart July 6, 2010 register online at [www.eo.travelwithus.com](http://www.eo.travelwithus.com)

Full color brochure available at this site.

# Butler District United Methodist Women

## 2010 Dates to Remember

|       |            |                                                 |
|-------|------------|-------------------------------------------------|
| April | 24         | Spring Meeting.....TBA                          |
| April | 30 – May 2 | Assembly 2010 at Amercia's Center, St Louis, MO |
| July  | 12-16      | Cooperative School of Christian Mission         |
| July  | 16-18      | Week-end School                                 |



School of Christian Mission 2010

The Cooperative School of Christian Mission will be held at Grove City College. Mark your calendars now. The four day school will be July 12-16<sup>th</sup> and the weekend school will be July 16-18<sup>th</sup>. Both programs will be at Grove City College. Check the WPA Conference calendar for details and to register.

Mark your calendar!

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# Grants, etc

## Apply NOW for UM Foundation Ministry Grants

Nearly 100 United Methodist churches and 65 agencies have received ministry grants from the UM Foundation of Western PA since the program began. The grants support and sustain activities such as camperships, innovative Sunday school curricula, food banks, health screenings, and many other ministries. "We've been pleased with the excellent applications we get each year for ministry grants," said Joe Reasinger, director of programs, for the UM Foundation of WPA. "But, the deadline must be moved up to allow the thorough evaluation of each application." This year, your application is due one month earlier on March 26. Reasinger points out that applicants must pay attention to the guidelines in the Grant Application Packet found on [www.umfoundation.org](http://www.umfoundation.org). "Our grants committee wants to award the maximum amount of \$5,000 to outstanding project proposals," said Reasinger. Grant awards will be announced by the end of May.

## U.M. Foundation Grants

Foundation grants are now available to local churches. The deadline to apply is March 26<sup>th</sup>. Grants will be awarded by the end of May. Maximum amount a church can request is \$5,000. Grants can support and sustain specific ministries such as after school programs, feeding ministries, food banks, health screenings, camperships to send children and youth to our summer Conference camping program. Grants cannot be used for salary support for staff. Application information and other information is available at [www.umfoundation.org](http://www.umfoundation.org). Churches and ministries from our District have received grants in the past.

## Campus Ministry Grants Available

The Western Pennsylvania Conference Board of Higher Education and Campus Ministry has grants to assist campus ministries. Funding can help program activities such as field trips, gatherings, materials, and supplies. Grants are not intended to support salary, but they may be used for work-study scholarships to students who assist in the ministry. BHECM grants come from a pool of endowment funds. Get a grant application online at [www.wpaumc.org](http://www.wpaumc.org)

## Camp & Retreat info!

Three upcoming Olmsted events, all good sources for CEUs! The events are:

“Weaving Our Lives”, the Spring Women’s Spirituality Event—Mar 7-9—1 CEU

“The Rhyme of Time, A Study in the Liturgical Year”-- Apr 12-15---2 CEUs

“Scripture and Theology in Charles Wesley’s Hymns”-- May 16-18--1 CEU

For more information, call 814-945-6512, Fax 814-945-6390, Email [info@olmstedmanor.org](mailto:info@olmstedmanor.org), or Website: [www.olmstedmanor.org](http://www.olmstedmanor.org).

**Medical professional volunteers** sought by **Camp Allegheny, Jumonville & Wesley Woods** for two summer weeklong events for mentally-challenged adults at each of the three camps. A FT volunteer nurse (doctor, nurse, physician assistant, EMT, paramedic or pharmacist) manages medications and emergencies. A second volunteer is needed, too. To help, write: Ree Enlow at Jumonville, [jvilleree@yahoo.com](mailto:jvilleree@yahoo.com); Herb West at Wesley Woods, [wesleywoods@verizon.net](mailto:wesleywoods@verizon.net); or Dennis Tawney at Camp Allegheny, [dennis@campallegheny.org](mailto:dennis@campallegheny.org). **Counselors** are also needed. Please help!

## YOUTH PAGE APPLICATIONS AND GUIDELINES!

Youth wanting to apply to be Pages at Annual Conference can find the application and guidelines at: [http://www.wpaumc.org/console/files/oForms\\_YJZJB6/Page\\_Application\\_2010\\_V6XNC3YM.pdf](http://www.wpaumc.org/console/files/oForms_YJZJB6/Page_Application_2010_V6XNC3YM.pdf)

This link also will take you to the Guidelines for Youth Delegates, the Authorization and Release form and the Youth Participant’s Agreement. If school will still be in session due to making up snow days, there is a School Release Form for religious purposes that is available to download.

Applications must be received by **April 1, 2010**. Notification will be given by letter in mid-May 2010.

Send completed applications to Renaye Hoffman, The United Methodist Center, PO Box 5002, Cranberry Twp., PA 16066. Contact her with questions at 800-886-3382 or

## Volunteers In Mission Updates

Keep me posted about your VIM activities ...

Diane Miller...Mission/VIM Coordinator...Western Pennsylvania Conference United Methodist Church

136 Decker Drive, New Castle, PA 16105, 724-652-9182

[www.wpaumc.org/vim](http://www.wpaumc.org/vim)

### Haiti Volunteer Information

For up to date information on volunteering to help with Haiti recovery, go to: [www.umvimhaiti.org](http://www.umvimhaiti.org). Click the link to register as a potential volunteer. You may also contact WPAUMC VIM Coordinator, Diane Miller at [diane.miller@wpaumc.org](mailto:diane.miller@wpaumc.org). Teams from our conference will be formed when the situation stabilizes and an invitation is issued by the Methodist church of Haiti.

### Chile Earthquake Outreach

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#### CHILE: UMCOR RESPONDS TO 8.8 MAGNITUDE EARTHQUAKE

After the strongest earthquake in the region in half a century struck central Chile early Saturday, February 27, UMCOR responded with an initial emergency grant to its partners in Chile to help them bring relief to survivors.

The \$10,000 grant will help the Methodist Church of Chile (IMECH) and its relief arm, the Methodist Humanitarian Action Team (EMAH), conduct needs assessments and bring water and food to survivors.

Last October, UMCOR dispatched an international disaster response team to Chile to help the Methodist Church there prepare for natural and human-made catastrophes.

Bishop Joel Martinez, interim general secretary of the General Board of Global Ministries, called on "our generous United Methodist constituents to join in the response to the Chile Emergency Advance to strengthen UMCOR's ability to be fully present with resources."

Please send your contribution and mark **Chile Emergency, UMCOR Advance #3021178** on the memo line. One hundred percent of gifts made to this advance will help the people of Chile.

Give your offering through your local church and your church treasurer will send it to the Conference Center – or mail your check to the Conference Center (1204 Freedom Road, PO Box 5002, Cranberry Township PA 16066-0002).

#### Mission Barn – correction and needs

UMCOR has notified us that not only Health Kits are needed in Haiti, but Birthing Kits and Layette Kits are needed. (Women don't stop having babies in a disaster.) In addition, the Mission Barn is in need of hand towels and finger nail clippers (or metal finger nail files) to complete incomplete kits. Finally – when kits are verified at the Mission Barn, they are packed into paper boxes – those boxes that hold reams of paper in Staples or Office Max or places that use enough paper to buy it by the box. If you can, donate some empty paper boxes with your kits.

#### Flood/Cleaning Buckets needed for possible Pittsburgh region flooding

From Fred Watts, Pittsburgh District VIM Coordinator: While our attention is justifiably focused on the disasters in Haiti and Chile, a little attention to the local weather news suggests that we should be planning ahead for the distinct potential for flooding. Allegheny County Emergency Services Chief, Bob

Full said recently "The rivers are going to flood. It's just a question of where." (<http://www.post-gazette.com/pg/10058/1039054-258.stm>)

The Eastbrook Mission Barn, the Western PA Conference UMCOR distribution center, reports only 377 verified Cleaning Buckets. These will be disappearing quickly when flooding occurs. So think about adding Cleaning Buckets to your church's goals in addition to the relief for Haiti and Chile.

Check out the latest Cleaning Bucket Assembly Instructions from the UMCOR web site. <http://new.gb-gm-umc.org/umcor/getconnected/supplies/flood-bucket/>

## Haiti

For those of you who show video clips in church the following sites provide 2-3 minute videos to keep people informed about Haiti:

UMTV: Haiti Recovery Volunteers:

<http://www.umc.org/site/apps/nlnet/content3.aspx?c=IwL4KnN1LtH&b=2022489&ct=8023417&tr=y&aid=5995926>

UMTV: Earthquake in Haiti: The Church Responds:

Haiti Water Relief – Food for Haiti – Gessner Paul: Haiti Church Leader – UMCast Finding a way forward in Haiti – Kits for Haiti – Gesner Paul – Video slideshow (photos from Paul Jeffrey) – and more...

[http://www.umc.org/site/c.IwL4KnN1LtH/b.5719935/k.E27B/Earthquake\\_in\\_Haiti\\_The\\_Church\\_Responds.htm?tr=y&aid=5991169](http://www.umc.org/site/c.IwL4KnN1LtH/b.5719935/k.E27B/Earthquake_in_Haiti_The_Church_Responds.htm?tr=y&aid=5991169)

If you are one of the "pray-ers" who reads this email, during the month of March **please pray for the following:**

### Individual Volunteers:

- **Michael Airgood.** Check out his latest blog from Mongolia – "Hospice" – attached.
- **Erin Eidenshink.** Check out her latest blog from Mongolia – "rocking chair" – attached.
- **Tina Whitehead.** Check out her latest blog from Israel/Palestine – "Watch this video" – attached.

**Dulac VIM Team**, leaving 3/5, returning 3/12, led by Rev. Rick Nelson.

**Finger Lakes, NY VIM Team (Because We Care)**, leaving 3/21, returning 3/27, working on flood recovery, led by Don Cook.

**Ethiopia Habitat Team**, leaving 3/27, returning April 9, led by Drew Harvey.

**Greg Forrester, NE Jurisdiction VIM Coordinator**, in Haiti right now, meeting with leaders of the Haitian Methodist Church to learn about the situation, to identify projects, to set up safe places for volunteers to stay, with adequate food and water. And of course, **all teams in Haiti**. Sunday, United Methodists gathered at Grove City College for a worship service to pray for Haiti and to celebrate the response of the WPA Conference to the great need in that poor country. It's time now not to put Haiti on the back burner, but to bring forward many opportunities that were put on the back burner six weeks ago as we mobilized to respond to the needs in Haiti after the earthquake. Money for Haiti relief and recovery is still being collected through UMCOR. To date our conference has processed donations for over \$400,000; worldwide UMCOR has received over \$13 million dollars. In the past six months the Mission Barn has verified 11740 health kits verified. My list of people wanting to volunteer in a VIM experience in Haiti includes nearly 60 people – some of whom represent small groups of people within a single church.

**Relief Supplies Sustain Everyday Life - <http://new.gbgm-umc.org/umcor/getconnected/supplies/>**

## **Sending Relief Supply Kits**

UMCOR Supply Kits help to care for the most vulnerable people during times of crisis. They also help to sustain everyday life by providing basic necessities to people who lack ready access to essential supplies. These kits provide vital support for the work UMCOR does throughout the world. By donating kit supplies or financial gifts to purchase the supplies, you make a direct, tangible difference in sustaining people's lives.



**Each Kit Page Contains** Materials needed, estimated value of supplies, processing and shipping costs, shipping instructions, and contact information.



**Bedding Kit** These supplies provide an important source of comfort for displaced persons.  
[Kit page](#) | [PDF](#)



**Birthing Kit** Birthing kits provide the essential items to promote a safe, clean delivery and to encourage good aftercare.  
[Kit page](#) | [PDF](#)



**Cleaning Bucket** (formerly called flood bucket); These supplies enable people to begin the overwhelming job of cleaning up after a flood or hurricane.  
[Kit page](#) | [PDF](#)



**Health Kit** Health kits provide basic necessities to people who have been forced to leave their homes because of human conflict or natural disaster. Health kits are also used as learning tools in personal hygiene, literacy, nutrition and cooking classes.  
[Kit page](#) | [PDF](#)



**Layette Kit** Many women do not have swaddling clothes with which to welcome their child into the world. Layette kits provide basic supplies for their baby's needs.  
[Kit page](#) | [PDF](#) | [Sewing patterns](#)



**School Kit** In some countries, children don't have books or school supplies. Many have no schoolrooms; classes are held in inadequate or half-destroyed buildings, tents, or even the open air. School kits may be these children's only educational resources.  
[Kit page](#) | [PDF](#) | [Sewing patterns](#)



**Sewing Kit** Sewing kits foster independence rather than dependence. Women can make clothing in their own size and in the style of their culture. Cottage industries often grow out of the sewing classes where women use these kits to practice valuable income-generating skills.  
[Kit page](#) | [PDF](#)



**Bulk Materials** The material resources program is always happy to receive kits and buckets fully assembled with all required items. However, the UMCOR Sager Brown Depot can also use large quantities of bulk items.  
[Kit page](#)

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The Western Pennsylvania United Methodist Conference is pleased to provide you, for your journey to well-being, **Pathways to WHoly Living**.

#### **Colorectal Cancer Awareness Month**

**Sponsor:** Prevent Cancer Foundation

- ❖ *Colorectal Cancer Awareness Month is a time to encourage everyone over the age of 50 to get screened regularly for colorectal cancer.*
- ❖ *Colorectal cancer is cancer of the rectum or colon. It's the second leading cause of cancer-related death for both men and women.*
- ❖ *People over the age of 50 are at the highest risk for colorectal cancer. Other risk factors include:*
  - *Growths (called polyps) inside the colon*
  - *Family history of colorectal cancer*
  - *Smoking*
  - *Health conditions like Crohn's Disease*
  - *Being African-American*
- ❖ *Here's the good news: you can reduce your risk if you get screened for colorectal cancer starting at the age of 50. You can also reduce your risk of colorectal cancer by:*
  - *Getting active*
  - *Eating healthy*
  - *Quitting smoking*

**Choose a low-calorie eating plan that offers a wide range of healthy foods.** Avoid plans that totally exclude certain food groups or categories of foods. It's difficult to adhere to these types of plans over time. You'll get bored easily and stray from your goals if your plan lacks variety. Remember the basics of balanced nutrition: Choose foods from all the food groups, including whole grains, fruits and vegetables, lean meats and protein and fat-free dairy products. Use our *Plate Planner* (to the right) to ensure your plan is balanced.

**Reduce your food intake by 250 to 500 calories per day.** *The fact is: You can't lose weight without cutting calories.* Read labels to learn more about calories—it's like looking at the price tag when shopping to get the best deal. Compare foods and look for lower calorie options of your favorite foods. Use the "serving size" on the Nutrition Facts food label to control portions. If foods come in their own packages (like fruits and vegetables), don't worry about the calories—just eat them.

**Learn to be more physically active—every day.** There is no "perfect" exercise for weight reduction. The perfect exercise program is one that fits into your lifestyle and one that you find enjoyable and will stick with. *Another fact is: You can't lose weight without regular exercise.* Begin gradually and strive to burn 250 to 500 calories every day through physical activity (about 30 to 60 minutes). Speak with your health care provider before beginning an exercise program if you are over age 40 or have health concerns.

**Educate yourself about healthy eating and physical activity.** Becoming an expert will help you avoid the allures of quick fixes and diet fads. Highmark members can visit [www.highmarkbcbs.com](http://www.highmarkbcbs.com) and discover practical information, tools and programs for weight management. Log in and click on the "Health Topics" tab. Or participate in one of our online lifestyle improvement programs for a convenient, personalized approach to improving your weight or nutrition: HealthMedia® Balance™, Nourish™ or Overcoming™ Binge Eating. Log in and click on "Your Health," followed by "Improve Your Health," to enroll in the program of your choice.

**Find support to help keep you on track before, during and after.** When it comes to weight management, success is often found in numbers. Get the whole family involved, or team up with a friend or co-worker. Exchange ideas and support via daily text messaging, emails, phone calls or online chats. Use a social networking site, like *Facebook* or *MySpace*, to establish and share ongoing ideas, successes, recipes, strategies, goals and challenges with friends, family and your weight management "team".

**Become a wellness role model.** Helping others build healthy eating and fitness habits will help motivate you to "keep up the good work." Everyone can benefit from improving their lifestyle habits, so be

proud to share your successes. When we work together to *win the war on weight*, we'll experience victory one person, one family, one community at a time. Now is the time.

### **Winning the War on Weight**

There is some good news in the war on weight: Recent studies from the National Center for Health Statistics (January 2010) have shown that obesity in the United States may be stabilizing instead of increasing. But the rates of obesity remain high—68 percent of U.S. adults are overweight or obese, and almost 32 percent of school-aged children and adolescents are at or above the 85th percentile of body-mass index (BMI) for age.<sup>1</sup>

With almost seven out of 10 adults overweight, the consequences of obesity are far-reaching, affecting not only ourselves, but our friends, neighbors, co-workers, family members and children. Excess weight is linked to type-2 diabetes, heart disease, stroke, high blood pressure, high cholesterol, cancer, joint disease, sleep apnea, asthma and other chronic conditions. A recent study of the *Behavioral Risk Factor Surveillance System* showed that obesity has a larger effect on disease and quality of life than smoking (although smoking has a greater impact on death rates).<sup>2</sup>

### **Taking Small Steps**

There's more good news: Winning the war on weight doesn't require an "all or nothing" approach. Losing just five to 10 percent of your weight can delay or prevent many chronic conditions. Begin by knowing your numbers.

If you haven't weighed yourself lately, take the first step and step on the scale. Learn about your weight risk by determining your Body Mass Index (BMI). The greater your BMI, the greater your health risks. You can find several BMI calculators online. The National Heart, Lung and Blood Institute has a calculator available at: [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi). You can find out your child's BMI by using the calculator at [www.girlshealth.gov/nutrition/weight/bmi\\_calc.cfm](http://www.girlshealth.gov/nutrition/weight/bmi_calc.cfm).

### **Defining Your Battle Plan**

Most experts agree: You need to launch a comprehensive campaign to win the battle of the bulge. Speak with your health care provider about resources in your area or special considerations if you have health issues. Or call a Highmark Health Coach at 1-888-BLUE428 (1-888-258-3428) for advice, guidance, resources and encouragement.

Keep in mind a few basics to find an approach that works for you:

**Set a goal of a gradual weight loss of about 1 to 2 pounds per week.** While it's motivating to see the numbers drop on the scale, it's important to remember that you didn't gain weight overnight. Strive for slow, steady progress—it adds up quickly. Speak with your health care provider or a registered dietitian about setting a goal that's right for you.

**We want to hear from you. Contact us at: [healthteam@wpaumc.org](mailto:healthteam@wpaumc.org)**

**Tell us about:**

- **Your wellness concerns**
- **Issues you would like addressed**
- **Resources you have found helpful**
- **Descriptions of your health ministries**
- **Stories of your success with WHoly Living**



**April 28, 2010**



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# Notes On the Way

*April - May 2010*

