

Footprints

A graphic featuring the word "Footprints" in a large, blue, 3D-style font. Below the text are several black footprints of varying sizes, some appearing to lead towards the word.

South District United Methodist Women E-News

President: Erin Fly

June 2021

Editor: Alice Brown

From your South District President

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Erin had Carpel Tunnel surgery on her wrist. She is excused from writing and article for this edition of the newsletter. Keep her in your prayers.



Alice Brown, Editor

Mission u 2021



Mission u 2021

There's Far More Here

THAN MEETS THE EYE

So we're not giving up. How could we! Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without [God's] unfolding grace. [...] There's far more here than meets the eye. The things we see now are here today, gone tomorrow. But the things we can't see now will last forever.

2 Corinthians 4:16-18, The Message (MSG)

We have known and felt what it is like when “things are falling apart on us.” We have experienced a great unraveling that has shifted, quite literally, everything.

Could there be, as 2 Corinthians put it, “far more here than meets the eye”?

Mission u, like many activities in our lives, has moved online. While virtual, we are still creating spaces for spiritual community, lifelong friendships, lessons that change us and our communities, and spiritual practices that arrive when we need them most. In a time when it looks like things are falling apart on us, God's grace is still unfolding and life is being made new.

Indeed: There's far more here than meets the eye.

Will you join us?

At our upcoming three virtual **Mission u** events we will examine the culture of violence that impacts children in and out of schools, and how we as God's people, can work to understand the issues and struggles facing our marginalized communities & people of color. We will also learn how to deepen our moral witness and respond faithfully.

Our 2021 DSC virtual **Mission u** will offer the following studies. **ALL are welcome!** Invite your family & friends!

- **June 25-26 *Becoming Peacemakers in a Culture of Violence: A Curriculum for Youth Leaders & all those who have young people in their lives.*** by Jay Godfrey Study Leader: Rachel Mosher
- **July 23-24 *Pushout: The Criminalization of Black Girls in Schools*** by Monique Morris Study Leader: Billie Fidler with Khalil Rushdon, AZ ACLU
- **August 13-14 *Bearing Witness in the Kin-dom: Living Into the Church's Moral Witness Through Radical Discipleship*** by Darryl W. Stephens Study Leader: Dior Desormeau

Janette Gann, Dean jgann1329@gmail.com

REGISTER HERE: \$50. for all 3 events or \$20. each. Book links & Study Leader information are on the registration link below.

Mission Giving is available in the registration too.

***Please contact your District President for available scholarships**

<https://dscumc.org/secure/2021-mission-u-registration/>



From your Treasurer

Maybe now after the hot months of summer we can all get back to our in-person Board and General Member meetings in September. Zoom has been nice to have to be able to hold meetings, but in-person is so much better. I actually got a hug from the lady that cuts my hair on Thursday. It is so wonderful to have a hug again.

Once again, a reminder, if you have not had your audit performed you need to have that done. The audit report is due to me by the end of June.

During the months of summer heat, may we also remember the joy, love, peace and safety that we have been following. But let us also remember that helping others never stops even during the months of summer and hopefully vacation days. May we all be refreshed in mind and body as we enjoy the warm and hot days to come. During the coming days may we remember to ask Christ to grant us grace and peace as He always generously provides to all of us.

Patsy June
542 West Parkwood Court
Green Valley, AZ 85614
520-444-1364
pjune6@cox.net



From your Secretary

This year has been hard for everyone. No meetings, seeing family and others no in person church some of our churches had on line church available. Now we have a vaccine available we can get to help keep protected from COVID-19. Please if you are able get the vaccine to protect yourself and those around you. The shot can mean going back to church, United Methodist Church meetings, hugging family and friends and not giving COVID to others we love. The pandemic seems to be slowing down so more things are opening but still be careful as we live in an honor system and not everyone will or can get the vaccine.

I pray with Gods help we will all be seeing each other again so blessings and stay safe.

Clara Campbell
Secretary



THE SPIRITUAL GROWTH CORNER

COPING IN A PANDEMIC

FOURTEEN MONTHS AND COUNTING! One could argue this really HAS been the longest year AND it's still not over. Many have not yet been vaccinated, there are new cases daily and a number of those are being hospitalized. Worst, the death toll continues to rise, even as the number of daily deaths gets smaller. Each death is a loss not only to society, but more painfully, to their loved ones.

Trauma is the threat of loss of our sense of stability and safety. The traumatic worldwide pandemic is taking its toll both directly and indirectly. For us all, there is the loss of 'normal life' as we knew it. In stress, both our minds and nervous systems stay more vigilant, using more energy, causing us to feel drained - mentally, emotionally and physically. Stress affects the patterns and quality of sleep. In turn, we suffer from exhaustion and mental fog - we may be depressed, be unable to concentrate or remember, and numerous other impacts, only adding to our overall anxiety and stress. COVID has had a much more lethal impact on people of color and LGBTQ people. Some of the protests of last summer were reflections of increased stresses in their lives; attacks on AAPI people were orders of magnitude higher stress for them. Long term stress **is a mental health issue** which can profoundly affect our physical and emotional health, as well as our spiritual well-being.

NPR recently had an interesting segment on the effects of our mass trauma. Many now report post 1COVID fatigue and 'brain-fog' as lingering symptoms. Interestingly, mental healthcare providers are hearing similar complaints from the uninfected. Some healthcare providers report the same symptoms themselves. These symptoms are real and what they have in common is the stress and trauma of this l-o-n-g year. Psychologists say these are normal reaction to an abnormal year (++). Some people feel they barely have the energy to turn on the TV and when they do, then just stare at the wall. Others are more irritable, with easily flaring tempers. Some report vague, fleeting aches and pains.

Research on past mass traumas indicates people are resilient and most of us will recover our mental health once the pandemic ends. But, HOW are we to cope, both as individuals and as a society in the meantime? There ARE some things we can do now, for ourselves and for those around us:

- Be aware always: we are ALL suffering stress and don't know how another has been affected.
- Give a LOT of slack - to yourself and others: short tempers and rudeness can result from stress; forgive it from others; avoid inflicting it on others, just increasing their stress.
- Give yourself a little grace: know you might not work as efficiently or effectively right now.
- Each morning, write down your gratitude - be specific ('It's been 2 weeks since my 2nd shot')
- Make a list of other people you want to lift in prayer - add to it daily, as needed.
- Lift prayers of praise, thanks and intercession to God.
- Maintain a healthy diet, exercise, get outside when you can - and LIMIT your news exposure.

THE SPIRITUAL GROWTH CORNER

COPING IN A PANDEMIC– Continued

- Engage in relaxing activities often: hobbies/skills you love; viewing/reading something funny.
- Try a change of scenery - overnight or weekend camping, an afternoon birding.
- Try new coping methods: instead of a walk, go for a bike ride.
- Each evening, write down any joys or pleasures from your day ('The cacti blooms were gorgeous')
- Establish a regular sleep schedule; preceded by something pleasing or relaxing (e.g. a hot bath)
- Before falling asleep, give praise, thanks and intercessory prayer to God.
- Reach out to others by all possible means: calls, cards/letters, email, video conference.
- Rejoice with each step we get closer to a more normal way of life.

By: Rhitu Chatterjee, "If Your Brain Feels Foggy and ... You're Not Alone" May 6, 2021;
Updated May 7, 2021

There is no wrong time to find some to talk to; if you can't get an appointment with a therapist, talk to a friend, coworker or pastor. Right now, our common stressors are 'normal'. If we talk about them more openly, we feel a lot less alone. A feeling of connectedness can help ease stress and its related forms of exhaustion. The most compassionate, helpful confidant is our Lord, God. Take a moment now and share with Him.



From your Leadership Team

South District United Methodist Women still needs help filling the following leadership positions:

Vice President of Programming
Chair, Committee of Nominations
& at least 4 additional members
Social Action Coordinator
Educating Members for Mission Coordinator
Communication Coordinator



Please search your heart and pray about this. It's really difficult to operate a district with these key positions vacant.

See Form below to nominate a United Methodist Woman for one of the vacant offices—You may also nominate yourself!!!!

WE NEED YOU!!!!!!

Current Leadership Team

Erin Fly, president-575-635-3330
Clara Campbell, secretary-520-297-6669
Patsy June, treasurer-520-444-1364
Christine Maglott, spiritual growth coordinator-520-393-7427
Pam Down, member of committee on nominations-616-648-0521

2021 UPCOMING CALENDAR OF EVENTS



- June 10-13,** Desert Southwest Conference Church Conference-Mesa, AZ
(May be via Zoom)
- August 7,** South District Leadership Team Meeting
- September 11,** South District Leadership Team Meeting
- October 9,** Conference United Methodist Women Joint
Annual Celebration
- October 23,** Conference United Methodist Women Leadership
Development with district leaders

Mini Mission u's-all Virtual

- June 25-26,** *Becoming Peacemakers in a Culture of Violence,*
Study Leader - Rachel Mosher
- July 23-24,** *Pushout: The Criminalization of Black Girls in
Schools,* Study Leader - Billie Fidler
- August 13-14,** *Bearing Witness in the Kin-dom: Living Into the
Church's Moral Witness through Radical Discipleship,*
Study Leader - Dior DeSormeau



THE LEGACY FUND
ENDOWMENT CAMPAIGN

A Prayer for ALL!

May I be a guard for those who need protection

A guide for those on the path

A boat, a raft, a bridge for those who wish to cross the flood

May I be a lamp in the darkness

A resting place for the weary

A healing medicine for all who are sick

A vase of plenty, a tree of miracles

And for the boundless multitudes of living beings

May I bring sustenance and awakening

Enduring like the earth and sky

Until all beings are freed from sorrow

And all are awakened.

This prayer is a personal favorite of Tenzin Gyatso, who you may know as the Dalai Lama.

