



# Alert

Alabama-West Florida Conference United Methodist Women

Volume 38  
No. 2  
Spring  
March  
2010

## Mission Team 2010

**Beth Bowdin**  
President

**Nancy May**  
Vice President

**Mary Jo Morton**  
Secretary

**Margie Outlaw**  
Treasurer

**Beth Henson**  
Communications  
Coordinator

**Ruth Ann Powers**  
Program Resources

**Pat Dodge**  
Chair, Nominations

**Virginia Lindley**  
Blue Lake

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## Mission Coordinators

**Martha Spiva**  
Spiritual Growth

**Edna Williams**  
Social Action

**Georgette Griffith**  
Membership  
Nurture & Outreach

**Betty Helms**  
Education &  
Interpretation

**Martha Rovira**  
Language  
Coordinator

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**Dr. Paul Leeland**  
Bishop

**Elizabeth Andrews**  
Dean of School of  
Missions

**Charlotte Hobson**  
Registrar

**Lynn Hamric**  
Women's Division  
Director



## From the desk of the President...

### Greetings Sisters,

After the cold of winter, I am ready for the warmer days of Spring. It brings us many bright reminders of our Creator God's Grace and Love!

Many of you attended Tapestry in Pensacola. It was a wonderful experience. I wish I could have attended all of the focus groups on Grace. I heard they were all very good. If you missed Tapestry, I look forward to seeing you at the Spiritual Enrichment Retreat.

We have many opportunities to live the PURPOSE and be in Mission with women, children and youth. They include: collecting health and school kits for UMCOR, making prayer shawls and baby blankets, Call to Prayer and Self-Denial, Making (increasing) your pledge to mission, collecting pennies for mission, celebrating with our United Methodist Women sisters at Assembly in St. Louis.....and that is just this Spring!

United Methodist Women has seen and gone through many changes since it was organized in 1869. Restructure of Women's Division and General Board of Global Ministries relationship this last year will lead to more change. The focus remains mission with women, children and youth! Women's Division will now have direct oversight and responsibility for United Methodist Women supported national mission institutions, relationships with international partners, regional missionaries and the office of Deaconess. We are financially responsible for the needs of each.

Over the years United Methodist Women have seen the needs and met the needs. We are an organization with a Purpose.....MISSION. Mission is our purpose, our reason for being and our work. We are an integral part of the United Methodist Church and we make a difference! Which opportunities will you take part in this year? Your life is important and your gifts are needed. How will you respond?

**LET OUR MISSION "FLAME"  BURN BRIGHT FOR WOMEN, CHILDREN AND YOUTH THROUGHOUT THE WORLD!**

Sisters together in Mission,

**Beth Bowdin, President**  
(334) 898-7676  
bbowdin@entercomp.com

The response to the call for Prayer Shawls and Baby Blankets has been tremendous. The deadline for the receipt of the prayer shawls and baby blankets has been extended to **April 1, 2010**. The items should be sent to:

**Women's Division**  
**Attention: Linda C. Douglas**  
**475 Riverside Drive, Room 1504**  
**New York, NY 10115**

## Important Dates to Remember

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2010

- **March 26-28, 2010**  
Spiritual Enrichment Retreat  
"This Little Light of Mine"  
Blue Lake
- **April 30-May 2, 2010**  
UMW General Assembly  
"Faith-Hope-Love in Action"  
St. Louis, MO
- **June 24-27, 2010**  
South Atlantic Regional School  
of Christian Mission  
Ferrum College, VA
- **July 9-10, 2010**  
Executive Committee  
& Nominations Meeting  
Blue Lake
- **July 23-24, 2010**  
Cooperative School of  
Christian Mission  
Blue Lake
- **October 2, 2010**  
Executive Committee  
& Nominations Meeting  
Blue Lake
- **October 22-23, 2010**  
District Officer Updates  
Conference Annual Meeting  
Blue Lake
- **November 7, 2010**  
UMW Sunday

Do you name someone who can  
do sign language?



If so, please email Martha Spiva at  
[mespiva@bellsouth.net](mailto:mespiva@bellsouth.net). We would  
love to provide an interpreter for our  
Conference events.

**Cooperative School of Christian Mission**  
**July 23-24, 2010**  
**Blue Lake Assembly**

**Spiritual Growth**  
*For the Love of God:*  
*John's Letters*

**Geographic**  
*The Beauty and Courage*  
*of Sudan*

**General Issue**  
*Joy to the World:*  
*Mission in the Age of Global Christianity*

**Bishop William Morris** will return to the Alabama-West Florida Conference to lead the **spiritual growth study** at the Cooperative School of Christian Mission scheduled for July 23 and 24 at Blue Lake. There will be an optional day on July 22 for those who wish to take two studies. Bishop Morris' study is entitled "*For the Love of God: John's Letters.*" The study will be offered on July 22 and again during the school's regular session on July 23 and 24. Bishop Morris has been a popular study leader at Schools of Mission throughout the Southeast for many years.

**Rev. Dr. Clayton Childers** of the UMC Board of Church and Society in Washington, DC, and **Rev. Walker Epps**, District Superintendent of the Dothan District, will each facilitate the study, "*Joy to the World: Mission in the Age of Global Christianity.*" This will be a timely look at mission work and evangelism in the Methodist church. For anyone concerned about the church's outreach, for those involved in mission work and for all church leaders, this will be an important study.

**Ruth Gynther**, retired Auburn professor, will repeat the geographic study, "*The Beauty and Courage of Sudan: Why a Dream of Peace Is Possible.*" Ruth has taught courses in the Auburn community and at UMW events on Sudan and East Africa and she closely follows the situation in the Sudan. If you missed the Sudan study last year, you will want to participate this year. Our music leaders include **Rev. Pam Avery**, pastor of Lathram Chapel UMC in Cantonment, FL and **Heidi Branch**, associate director of music at First United Methodist Church in Pensacola, FL.

There are three scholarships available: The **Nell Chance Scholarship** for a new member of United Methodist Women who has not attended the School previously, the **Lib Claridy Scholarship** for a lay person who has not attended the school previously and the **Rev. Don Brill Scholarship** for a clergy person within their first five years of service. Scholarship applications are available on the Conference and UMW websites. For scholarship questions, please contact Mary Jo Morton at [mjmorton@embarqmail.com](mailto:mjmorton@embarqmail.com) or (850) 482-3688.

Additional questions regarding the school may be directed to Elizabeth Andrews at (850) 485-5397 or [elizand01@aol.com](mailto:elizand01@aol.com) or to any member of the Conference planning team for the School.

## Spiritual Growth

I look forward to seeing you at the Spiritual Enrichment Retreat on March 26-28 at Blue Lake. Forms are on the website [www.gb-gm-umc.org/awfconfUMW](http://www.gb-gm-umc.org/awfconfUMW) if you have not already registered. Details are in the last issue of Alert. The leader Garlinda Burton, general secretary of COSROW, is a dynamic motivational speaker with an extensive background as a journalist, editor and advocate. You will have the opportunity to walk the labyrinth and spend time in personal reflection. During the Focus Groups, participants can gain insights from their spiritual walk, learn about the programs of the Hispanic churches in our conference, participate in a discussion on ways to attract women-especially younger ones-to UMW, or discover the Three Simple Rules that will change the world. On Saturday evening there will be a service of "Remembering Your Baptism." On Palm Sunday there will be a meditation from the speaker, the Conference Memorial Service and Holy Communion. Please come and encourage other UMW members and friends to attend. You will be inspired and challenged to "let your light shine" while enjoying the music, the fellowship and the beauty of Blue Lake in the spring. Helen Steiner Rice is one of my favorite authors. Her poem expresses my prayer for each of you during the Lenten Season and for the Spiritual Enrichment Retreat.

O shed thy light upon us  
As Easter dawns this year  
And may we feel the presence  
Of the risen Savior near  
O God in thy great wisdom  
Lead us in the way that's right  
And may the darkness of this world  
Be conquered by Thy light!

Martha Spiva  
[mespiva@bellsouth.net](mailto:mespiva@bellsouth.net)  
(850) 874-0308  
Matthew 5:14-16

## Greetings from the Vice President

The Tapestry in Pensacola was a success. I know if you were able to come you were blessed. I also want to mention the sudden death of the District Vice President of Pensacola UMW, Margie Bowne. She was a hard worker and her heart was always for the growth of UMW as well as all her other abilities to help the needy. She will be missed greatly!

I hope everyone who is able to attend Spiritual Enrichment Retreat will be moved by the service and work that is prepared for you. We are happy to have Martha Spiva as our new Spiritual Growth Coordinator. We hope everyone who attends will come back next year and bring a friend to see and hear what wonderful work the UMW are doing.

Next on the agenda will be the School of Missions. Please mark your calendars for this event. Betty Helms, our Assistant Dean, and her committee are hard at work now preparing a special School of Missions for all of us.

We love to see you come to all of the events but if you can only make it to one, be sure not to miss Leadership Training and ANNUAL DAY in the fall. There will be a list of dates for you to put on your calendars so you can come to all of the events that we present for you!!! If you have a question, please call me or email. I would love to hear from you!

In His Service,

Nancy May  
Vice President  
(850) 994-1108  
[nmonkmay@yahoo.com](mailto:nmonkmay@yahoo.com)

St. Luke's Bible  
The Gospel of  
Which is Within You  
L. Harold G. G.

**Alabama West Florida Conference  
UMW Mission Giving  
January 1, 2009-December 31, 2009**

Pledge to Mission	\$	96,983.56
Special Mission Recognition		8,419.00
Gift to Mission		7,253.10
Gift in Memory		4,904.00
World Thank Offering		15,948.13
Call to Prayer		14,007.43
A brighter Future for Children and Youth		663.00
Assembly Offering		143.35
Scarritt-Bennet Center		144.00
Crusade Scholarships		38.00
UMCOR		4,930.88
UMCOR ( In Memory)		400.00
Methodist Native American Ministries		569.00
Navajo United Methodist Center		50.00
Dumas Wesley		4,710.60
Nellie Burge		4,835.54
Noah's Ark		4,210.61
S.K.I.P		4,080.61
Mobile Inner City		4,180.59
Hispanic		4,399.22
A&MD Fund		10,573.10
Blue Lake Fund		11,250.50
Blue Lake Camp Discovery		75.00
Assembly/Jurs. Love Offering		1,285.47
<b>TOTAL</b>	<b>\$</b>	<b>204,054.69</b>

Included in Pledge to Mission above: A seed is a Promise--\$490.00

Pennies for Mission--\$20,199.20

Annual Day Offering--\$1,102.50.

What better way to let someone know that you are thinking about them in the loss of a loved one than with a Gift in memory Card. Check with your Treasurer! We have some beautiful new cards and also some New Gift to Mission Cards.

In HIS Service,

**Margie Outlaw, Treasurer**  
(334) 299-6877  
moutlaw200@centurytel.net



**The Purpose of United Methodist Women**

The organized unit of United Methodist Women shall be a community of women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.

**Social Action 2010 Priorities**

The conference UMW Executive Committee meeting on January 9, 2010 approved the following conference Social Action Priorities:

1. Children's Health
2. Immigration
3. Justice in Public Policy

Two events coming soon will be of interest on our immigration priority. Ecumenical Advocacy Days will be held March 19-22, 2010 in Crystal City, Virginia just outside Washington D.C. This year's theme is: **A Place to Call Home: Immigrants, Refugees, and Displaced Peoples**. The conference will focus on the subject of shaping U.S. immigration and refugee policies. Bishop Minerva Carcano, bishop of our Desert Southwest Annual Conference is one of the keynote speakers. On Sunday March 21, Advocacy Days attendees will attend a rally on the Washington Mall. Rally theme is: **March for America: Change takes Courage and Faith**.

At UMW Assembly 2010 in St. Louis on May 1, Assembly attendees will be invited to participate in one of two parallel **Actions for Immigrant Rights**. Some will go to the Experience Hall for a time of prayer and witness for immigrant rights. Others will go to the streets where they will be joined by St. Louis community groups and will participate in a public faith-based vigil for immigrant rights. Bishop Minerva Carcano of the Desert Southwest Area, chair of the United Methodist Task Force on Immigration and author of our 2008 mission study "I Believe in Jesus," will lead us in that public witness.

Unfortunately, I will not be able to attend either of these events because of schedule conflicts. Those of us who will not be attending Assembly will be encouraged to organize public witness events in our own communities. Specifics on organizing these local events will be coming soon.

**Edna L. Williams**  
**Mission Coordinator for Social Action**  
(334) 727-0314  
elwilli@bellsouth.net

### Can anyone come to Jesus in a computer lab?

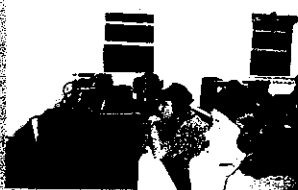
You bet! This is precisely what is happening in St. John UMC, in Mobile, where 3 congregations are worshipping God: St. John, The Grace Place, El Lugar de Gracia.

A year or so ago, a computer lab was started and English is being taught via Rosetta Stone software installed in eleven computers. This is a free, community service and people of all walks of life, mostly unchurched and unbelievers come to learn English.

God works in miraculous ways - many folks have accepted Jesus after attending these lab sessions. Irving Santos and his wife, Yolanda, are present in the lab and share the Gospel very briefly in between sessions. There's no need for a "physical teacher", the Rosetta Stone software is the tutor, each student has a login number and works at his/her own pace and background of English. The Santos are there on Tuesday and Thursdays, from 6:30 to 8:30 PM, to monitor and help students log in the first time. But most importantly, they are there to share God's word and to fan the flame of the Holy Spirit in people's lives.

What a great example of your apportionment dollars at work! Your tithes and offerings towards Hispanic-Latino Ministries in our Conference have made this possible: 11 computers and 42 Rosetta Stone licenses for 3 levels -basic, intermediate and advanced, were acquired and Mark Doggett, an IT volunteer in The Grace Place and in charge of the media on Sunday services at The Grace Place, identified computers at a special discount, mounted the lab and installed the software. Mark is always available to troubleshoot, over the phone or in person. Rev. Bill Curin is the Senior Pastor at The Grace Place and St. John United Methodist Church in Mobile, Alabama. Bill is also Irving Santos' mentor, Irving is pastoring the El Lugar de Gracia congregation.

Another similar computer lab will be starting shortly in St. Andrews UMC in Pensacola Fla. If you need additional information, call 251-975-7575 or come to visit us in St. John UMC, located at 6215 Overlook Rd. Mobile AL 36618. God is good, all the time!



Martha Rovira  
Coordinator of Hispanic-Latino Ministries



### ¿Puedes aceptar a Jesús en un laboratorio de computadoras?

¡Así es! Esto es lo que está sucediendo en St. John UMC, en Mobile, donde 3 congregaciones están alabando a Dios: St. John, The Grace Place, El Lugar de Gracia.

Hace un año y poco comenzaron las clases de inglés via un laboratorio de computadoras. Se enseña inglés con un programa, el Rosetta Stone, el cual está instalado en 11 computadoras. Es un servicio gratis y computando muchas personas que no son creyentes y que no van a un templo, desean venir a aprender inglés.

Dios trabaja de forma maravillosa. Muchas personas han aceptado a Jesús luego de asistir a estas sesiones en el laboratorio. Irving Santos y su esposa Yolanda enseñan en el laboratorio y comparten el Evangelio brevemente entre las sesiones. No se necesita un profesor presente, el programa de Rosetta Stone es el tutor y cada estudiante tiene su propio número para acceder al programa y trabaja a su propio ritmo y de acuerdo al conocimiento que tenga de inglés. La familia Santos está allí todos los martes y jueves de 6 y media a 8 y media de la noche para ayudar a los estudiantes a entrar en el sistema la primera vez. Pero lo más importante, están allí para compartir la palabra de Dios y avivar la llama del Espíritu Santo en la vida de las personas.

¿Que gran ejemplo de como se utilizan los dólares que ustedes depositan en ofrendas y diezmos! Todo lo que ustedes donan para los ministerios hispano-latinos en nuestra Conferencia han hecho realidad. Lo siguiente se compraron 11 computadoras y 42 licencias de Rosetta Stone para 3 niveles -básico, intermedio y avanzado. Mark Doggett, un voluntario en la congregación de The Grace Place y especialista en tecnología informática, identificó las computadoras para comprarlas a un muy buen precio, montó el laboratorio e instaló el programa. Mark siempre está disponible para consultas cuando surgen problemas técnicos en el programa o en las computadoras, ya sea por teléfono o en persona. El Rev. Bill Curin es el pastor anciano en St. John y en The Grace Place en Mobile, Alabama. Bill también es el mentor de Irving Santos, que pastorea la congregación de El Lugar de Gracia.

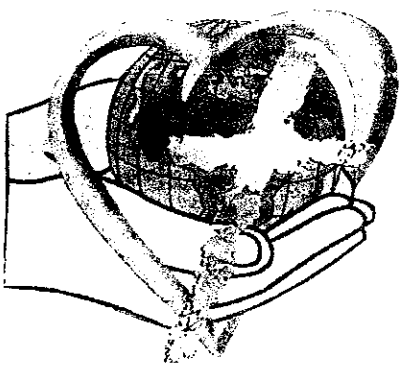
Muy pronto otro laboratorio similar comenzará en St. Andrews UMC en Pensacola Fla. Si necesitas información adicional llama al 251-975-7575 o ven a visitarnos en St. John UMC ubicada en el 6215 Overlook Rd. Mobile AL 36618. Dios es bueno todo el tiempo.

Martha Rovira  
Coordinator of Hispanic-Latino Ministries



This will be my last report as the Conference Blue Lake Representative. In June, I will have completed 4 1/2 years in this position. However, I will continue to support Blue Lake in every way that I can, and I encourage you to do the same. This summer Blue Lake had over 1700 Children, youth and adults attending the Blue Lake events. These persons learned about life, love and the Christian life in a variety of ways. I quote the director of Blue Lake, Phyllis Murray, *"I invite you to partner with us today in this important and exciting ministry by giving, by praying for the workers, campers, and families, spreading the word about the incredible place God has given us. Working to make Disciples of Jesus Christ is the most important work we will do in this life, and Blue Lake is a tool and a means to do that work"*. May God continue to bless us in His service.

**Virginia Lindley**  
**Blue Lake Representative**  
**(850) 235-7879**  
**vlindley@bellsouth.net**



Betty Helm's design was selected by the South Atlantic Regional School Planning Committee for the Program book that will be used at Regional School in June.

**Congratulations Betty for a beautiful design!**

## Program Resources

United Methodist Women are some of the most well informed and well read members of the United Methodist Church. Much of that knowledge and information comes through the Reading Program and Conference Schools of Christian Mission. Count yourself fortunate when you take part in either.

Through the Mission Resource Center we receive all our program, organizational, study and Reading Program materials. It enables us to grow and become involved in the world through the mission of the United Methodist Church and by growing and learning about the world around us and ways we can be change makers.

The exciting immediate work for Program Resources was at the Tapestry meeting at Pensacola First United Methodist Church on February 26-27. We had a sales table with all the Reading Program books available. There were also some organizational materials. If you attended, you saw many program resources available.

Tapestry is a series of meetings, planned by the conference United Methodist Women to invite and encourage women who are not members of United Methodist Women to learn about the organization and get excited about becoming members. An interesting program is planned and information is available on the web site at <http://www.awfumc.org/> (press control + click to follow link) Click on the green strip for EVENTS. It will take you to a calendar. On the calendar for March, click on UWM Spiritual Enrichment Retreat. You have arrived

In March, the Spiritual Enrichment Event will be at Blue Lake. Come for March 26-27. There will be a Program Resource sales room there and program resources and Reading Program books will be available. If you want special resources or books from the Mission Resource Center in time for the Spiritual Enrichment Event, contact me prior to March 1. Information and registration form are on the web-site.

Program resources help us grow as Christians, as United Methodist women and as United Methodist Women. I hope you make good use of the many resources available as you begin or continue your journey as a well informed, well read and growing, changing United Methodist woman.

**Ruth Ann Powers**  
**(334) 298-6405**  
**rall@ctvea.net**



## From the Secretary....

Ladies,



I do not know what is wrong with Mother Nature but I wish she would hurry and get it fixed. I do not like the colder than usual weather we have had for weeks – it seems like forever since I have gotten out and enjoyed my yard. Did I really say that? I do not like yard work. Maybe I am the one out of sync, not Mother Nature.

My time is getting away from me. When you get this, Tapestry will be over and it will be time for Spiritual Enrichment Retreat. If there were only one time all year that I could go to Blue Lake, this would be when I would go. It is a time of renewal. The pine trees along the roads are about to come to the point where the new growth looks like “a cross”. I have spent many an hour looking for crosses in the pine trees. If you do not know what I am talking about, ask me at Blue Lake and I will try to show you. At first I thought Suzy was teasing me about this.

If you are finishing up a four-year term like I am, the sooner you begin getting things into order the better off you will be. You need to have minutes of each meeting, financial and other reports that were given at the meeting. Put them in an envelope and label them with meeting date and location. Put a rubber band around those reports for each year you served. Four years after you have gone out of office someone will send them to the archivist in Montgomery just as you are going to send them for the person who served right before you. They go to Sharon Tucker at Huntingdon College in Montgomery.

I wish you a wonderful Lenten Season – a time for examining yourself and putting away those things that need to be put away. We are constantly examining ourselves and keeping the good and doing away with that which is not up to par.

In the Name of Christ Jesus,

**Mary Jo Morton**  
(850) 482-3688  
mjmorton@embarqmail.com

## Nomination Committee

### Have Thine Own Way, Lord!

"O house of Israel, can I not do with you as this potter does?" declares the LORD. "Like clay in the hand of the potter, so are you in my hand, O house of Israel." **Jeremiah 18:6 (New International Version)**

Have you been called by name to serve the Lord? Have you answered the call? If you have served on your District Mission Team and are ready to share your talents with your Conference...we would like to consider you for a job! If you are called as I felt I was after attending the Jurisdictional Quadrennials meeting in Hampton, VA, several years ago, we will gladly accept your desire to serve at the conference level. We just need to hear from you! The Nominations Committee will have a table at each Blue Lake conference event. Talent Bank Forms will be available there or on the AL/WFL UMW website at <http://www.gbgm-umc.org/awfconfumw//talentbankform2008.pdf>.

I am available by phone or e-mail to answer your questions, as are other committee members. The officers to be nominated this year for 2011-2012 are as follows:

- President
- Secretary
- Nominations Committee Member (1)
- Social Action
- Education & Interpretation
- Communications

The hymn...

*"Have thine own way, Lord! Have thine own way!*

*Thou art the potter; I am the clay.*

*Mold me and make me after thy will, while I am  
waiting, yielded and still."*

Adelaide A. Pollard 1902

In His Service,

**Pat Dodge**  
Nominations Chair  
[pdfdodge@live.com](mailto:pdfdodge@live.com)  
(850) 857-4705

### Focus Group Extraordinaire at Spiritual Enrichment Retreat

If you are looking for a way to communicate your ideas about the direction you feel United Methodist Women should be taking and how this will increase involvement of younger women, recently retired women and home bound women then this Focus Group is for YOU!

As a Director for the Women's Division this is one area that I am diligently working on. We are earnestly seeking the input of local women. The United Methodist Church as a whole has lost membership and likewise so has United Methodist Women. When we look at the age of our membership the larger percentage is 50 and over. If we continue with the status quo our organization is doomed. We have a rich heritage of working with women, children and youth. United Methodist Women have always been on the cutting edge to not just identify areas that directly impact these target groups but actually WORK to making situations better.

It is imperative that we reach out to the women in our churches who are not currently members. This may mean that we change the way we conduct meetings, communicate with each other and a myriad of other areas. That's the type information we are seeking from YOU!

If you are reading this YOU are the person I am looking for. It is YOUR job to find a woman in your church that is not a member of United Methodist Women and bring them with you to the **Spiritual Enrichment Retreat and this Focus Group**. You will have accomplished two significant things: 1) introduced them to a spirit filled meeting at the conference level; and 2) allowed them to provide suggestions for the future of our organization. This "Each One Reach One" approach is very simple but very effective. Won't you help the organization that means so much to you? So, let's take the Together-Everyone-Achieves-More approach and get involved in planning for our future. There will be follow-up and continued dialogue with each participant because we understand that there are no quick fixes. Feel free to contact me should you have questions and/or ideas: [lhamric@eng.ua.edu](mailto:lhamric@eng.ua.edu) or (205) 553-3350 nights.

Lynn Hamric, Women's Division Director

### Membership Nurture and Outreach

Membership in United Methodist Women is very exciting. It is the heartbeat of the organization and you are all very important members. Your role is critical to the work and success of the organization. Although keeping a record of our membership is so important and a vital part of our job, we also need to stay informed about the needs and concerns of membership as well as organizing new units. Through your participation, you will fulfill our PURPOSE in mission. All of us are called to be good leaders and good members within United Methodist Women.

Georgette Griffith  
(334) 289-8273  
[griffithgeo@att.net](mailto:griffithgeo@att.net)

### 2010 Spiritual Enrichment Retreat March 26-28 Blue Lake Assembly

#### "This Little Light of Mine"



Ms M. Garlinda Burton – Guest Speaker

### Communications Corner

I recently attended the Tapestry event that was sponsored by the Conference and hosted by the Pensacola District. It was awesome! The Spirit of God was evident in the music and speaker. I thoroughly enjoyed getting to know United Methodist Women I had not met before. The session I attended was Christian Yoga. It was a yoga class in which biblical scripture verses are recited during the postures. The scripture verses are based on biblical themes like Peace, Angels, and Prayer. Christian Yoga provides a Christ-centered alternative to secular yoga.

*"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."*

1-Corinthians 6:19-20

Beth Henson, Alert Editor





Alert  
Alabama-West Florida Conference  
United Methodist Women  
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**Websites**

General Board of Global Ministries,  
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[www.gbgm-umc.org/umw](http://www.gbgm-umc.org/umw)

United Methodist Women  
Alabama-West Florida Conference  
[www.gbgm-umc.org/awfconfumw/](http://www.gbgm-umc.org/awfconfumw/)

Mission Resource Center  
[www.missionresourcecenter.org](http://www.missionresourcecenter.org)

United Methodist Church  
[www.umc.org](http://www.umc.org)

UWM Online Community  
[www.umwonline.org](http://www.umwonline.org)

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**ALERT**

Subscription Form

**All Local Unit Presidents** will receive a **free** copy of the Alert. All other officers and members may subscribe for **\$3.00** per year. The March 2010 issue will start the subscription year.

You may receive a copy of the Alert **free by email**. You must submit your email address in order to receive your free copy. Please complete the form below to receive a subscription to the Alert by **mail or email**.

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