Dear Sisters of Blessings:

I have heard it said that we have “seasons” in our lives... Spring, Summer, Fall and Winter. In the Old Testament book of Ecclesiastes 3:1-8 we read, “For everything there is a season, and time for ever matter under heaven.” In fact, there was a popular song in the 1970’s which had the passages of this chapter as its lyrics.

As your current President of the Long Beach District UMW, I’m in the winter season, as my term will be expiring at the end of September. I have held this position for four wonderful years. I have met some of the most gracious, hospitable, intelligent, caring, nurturing, and stubborn, supporting, outgoing, and mission-oriented women during my tenure. The Board has explored new possibilities and has been “outside the box” on several occasions.

As UMW we are often in the forefront of being in a “time to breakdown and a time to build up.” We have experienced this in our UMW national structure to become our own separate entity as UMW, Inc. We have retained our eight District UMW structure in Cal-Pac, rather than merging districts, yet seeing the need to increase the awareness of the UMW organization in all our churches.

I applaud all of you who have worked so diligently to promote the purpose of the United Methodist Women. As we move into the future for UMW, let us always provide radical hospitality, not only to those in our congregation, but also to all those who come to our churches from outside our four walls; those who come to our church’s food pantry, clothing distribution, and meal service events. Let us always be the hands serving in these ministries; let us be the monetary support for these ministries; let us not circumvent these events, but be the women of God who open the doors for the ministries to continue. Let us be in the ministry of Mission.

We will be having a great Annual Celebration on September 28 at Hollypark UMC in the afternoon, ending with a wonderful dinner. A flyer for this event, as well as events being held by the Long Beach District are within this newsletter.

Each unit should have at least two members attending the Annual Celebration who are designated as “voting members.” Your vote is needed to approve the incoming 2014 Slate of Officers. The slate is published in this newsletter, too. We hope to see you there!!

May God Bless you!

Laura Wilson,  
Long Beach District President  
2009-2013

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- LBD Spring Annual Awards Dinner  
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News from your Long Beach District Treasurer:

Greetings LB District Treasurers,

I attended Mission u, at Biola University in July, for the last time, as your LB District Treasurer. It was a busy and interesting weekend starting out at 9:00am on Friday with the Treasurers meeting, where we planned the 2014 Conference Budget. Our LB District Pledge for 2014 of $46,000 was approved. Next was the Plenary, that I was part of the program. We had classes to attend, mine was the Spiritual Growth – “Living Sacramentally and Walking Justly” and also interest groups, plus meals in the cafeteria. All and all it was a great weekend.

Keep sending in your local Pledges, so we can make our Pledge of $46,000 to Conference, for 2013. I am still collecting money for hard copies of the Communicator ($5.00 for individual and $15.00 for 3 to your Church). Some Local Units still owe $5.00 for the CONFERENCE DIRECTORY that was given to your PRESIDENTS in January, please send as soon as possible. If you have had your BOOKS AUDITED for 2012 please send me a copy for my files. I still have Mission Cards in stock, they are $5.00 each or 10 for $50.00, so if you need one or more, let me know? Special Mission Recognition Pins start at $40.00, please order at least a month before you need them. The information on the Candle of Commitment, is available on the flier within this newsletter. Checks for the Candle of Commitment are to be sent to the Long Beach District Treasurer, NOT the Conference Treasurer.

Just a REMINDER, please make your checks out to: “LB District Treasurer.” I can be reached by phone: 310-328-7240 or E-mail: redbarroness1@aol.com or mailing address: 2560 Eldorado Street, Torrance, CA 90503.

Financially Yours,
Barbara Smith

Prayer Request:

- Tien Vo-Doan—Tien and her husband, Mark, are expecting their first born in February 2014. She is currently 15-weeks along. Please keep them and their baby in your prayers.
Looking Ahead...

- **September 28, 2013:** District Celebration. Hollypark UMC. 13000 South Van Ness Ave., Gardena, CA 90249. 2:00-5:00pm. Registration Fee: $12.00.

- **October 26, 2013:** Cal-Pac Conference UMW Annual Celebration and Elections. 10497 Wilshire Blvd., Los Angeles, CA 90024. 10:15am-4:00pm. Registration Fee: $12.00. $15.00 is postmarked after October 15th.

- **October 26, 2013:** D’LTE (District Leadership Training Event) - by invitation only

- **January 18, 2014:** Joint LLTE (Local Leadership Training Event) with Santa Ana District - Norwalk UMC. 13000 San Antonio Dr., Norwalk, CA 90650. 9:00am—Noon. Registration Fee: $5.00.

- **May 14, 2014:** Spring Annual Awards Dinner. Toberman Neighborhood Center. 131 North Grand Ave., San Pedro, CA 90731. 5:00-8:30pm. Registration Fee: $12.00.

COMMUNICATOR ARTICLE FROM Sara Dickens:

To supplement your unit’s studies of *The Roma* or *Poverty*, Sara Dickens is willing to loan out her copies of the DVD’s that address both studies.

*The Roma* DVD offers a glimpse into the rich history, close-knit family life and joyful faith of the Roma people, leading you to a deeper understanding of the people. Through viewing the DVD we move beyond our romantic images of fortune-tellers, vibrant vagabonds or spirited musicians to also share their pain of having borne negative misconceptions about who they are for generations.

To enhance your *Poverty* study, the DVD *Standing in Need: Systemic Poverty in Our Midst*, explores the various components of poverty (losing one’s home, becoming unemployed or under-employed) and shows how people navigate the state support systems. It teaches about programs that minister with the poor and how persons move beyond their circumstances to survive and thrive. This DVD presents a challenge to your faith community to work compassionately with the poor.

Sara may be reached at sldickens216@yahoo.com or (310) 378-6787 and she will either deliver or mail the desired DVD to you.
Nominees for the 2014 Slate of Officers for the Long Beach District UMW:

First Year of First Term:

♦ PRESIDENT:
Mary Ross
30177 Rhone Drive
Rancho Palos Verdes, CA 90275
Church: Riviera UMC
Email: mmgatross@aol.com
Phone: (310) 544-4417

♦ TREASURER:
Patricia Colon
4820 W.118th Street, Apt. #14
Hawthorne, CA 90250
Church: Hawthorne UMC
Email: verocolon98@gmail.com
Phone: (424) 264-8133

♦ MISSION COORDINATOR FOR PROGRAM RESOURCES:
Elice Jenssen
1240 W. 21st Street
San Pedro, CA 90731
Church: San Pedro UMC
Email: elicejenssen@gmail.com
Phone: (424) 215-4664

♦ VICE PRESIDENT:
Laura Wilson
12542 Paramount Blvd. Apt. #323
Downey, CA 90242
Church: Trinity-Lakewood UMC
Email: bellflaura@aol.com
Phone: (310) 489-8741

♦ MISSION COORDINATOR FOR SOCIAL ACTION:
Christine Gilbert
5318 E. 2nd Street Apt. #235
Long Beach, CA 90803
Church: Bellflower First UMC
Email: cgilbert4UMW@gmail.com
Phone: (562) 375-2386

♦ CHAIR, COMMITTEE ON NOMINATIONS:
Charity Currie
119 E. 57th Street
Long Beach 90805
Church: Crossroads UMC
Email: blkbeauty1313@gmail.com
Phone: (562) 489-5867

Second Year of First Term:

♦ SECRETARY
Lori Ramsey
5909 Graywood Avenue
Lakewood, CA 90712
Church: Lakewood First UMC
Email: jdramsey@prodigy.net
Phone: (562) 920-3507

♦ MISSION COORDINATOR FOR SPIRITUAL GROWTH:
Retha Meredith
925 W. 156 Street
Compton, CA 90220
Church: Crossroads UMC
Email: r-meredith@sbcglobal.net
Phone: (310) 631-4668

♦ MISSION COORDINATOR FOR COMMUNICATIONS:
Tien Vo-Doan
341 Concord Street, Apt. C
El Segundo, CA 90245
Church: Torrance Hope UMC
Email: communicatorlb@aol.com
Phone: (916) 548-9844

First Year of Second Term:

♦ MISSION COORD. FOR EDUCATION AND INTERPRETATION:
Betty Lopez (Co-Coordinator)
1910 Graham Avenue
Redondo Beach, CA 90278
Church: Torrance First UMC
Email: zepolab@hotmail.com
Phone: (310) 376-4400
Committee on Nominations (aka the entire Board):

We are stilling needing a few good women to “step up to the plate” to fill the position as Mission Coordinator for Membership, Nurture and Outreach. Ana Ikavuka will be leaving after two years of service to continue her education and obtain a Doctorate Degree. Ana and Betty Lopez will be available to guide and mentor anyone interested in the position.

We are looking for the woman who can assist Betty Lopez, as a co-chair for the Mission Coordinator for Education and Interpretation. Betty has willing accepted this post for one more year and hopes to join forces with someone she can mentor and guide in this position.

The Committee on Nominations, one of the most important positions to hold, needs several women to assist Charity Currie.

So, please contact someone on the Long Beach District Board, if the Lord moves you to join the Long Beach Mission Team.

Laura Wilson

Secretary:

It has been a busy summer - but I made time to attend my first Mission u ever. I have nothing to compare it to other then what I heard all my more mature UMW sisters telling me how great it would be and what to expect. Well - the auditorium was packed!!!! The music was fantastic!!! - led by Rev. Greg Norton, Pianist and Music Director and also heard a Saturday night performance by our Tongan UMW sisters. Some fantastic information was given out in the Roma class I attended. Roma is another term for gypsies. Do you know that the Roma have been mentioned in great detail on a couple of NCIS LA television episodes???? Maybe you NCIS fans will notice it on a rerun.

MOST OF ALL MISSION u WAS VERY INSPIRATIONAL!!!!! I commuted from home each day so I do not know how the dorm situation was - but I did not hear any complaints. This truly is something that we need to encourage every UMW sister to attend. I hope and pray to see more of you next year!

Thanks to all of those who worked hard to put it on and congratulations to Jane Stewart (my unit UMW sister, for becoming assistant Dean of Mission u for next year - what an organizer she is!!!)

See you at the Fall Celebration!

Lori Ramsey - your LB District Secretary for another year

**Reminder - EACH UNIT WILL BE GETTING A FORM TO FILL OUT AGAIN - LIST OF YOUR OFFICERS FOR 2013-2014 year. WILL BE DUE NOV 15th.
Acting Secretary of Program Resources:

“Yield your members servants to righteousness unto holiness.” Romans 6:19

We cannot save and sanctify ourselves, we cannot atone for sin, we cannot redeem the World and we cannot make right what is wrong or holy what is unholy. That is all the sovereign work of God. But we can work as a team according to our purpose! What a great experience and a blessed time we at Mission u 2013. Thanks to the Mission Team, Leaders, and all who participated.

About the Books: The Call, "Living Sacramentally and Walking Justly" the study offers tools to deepen spiritual identity, engagement in community and involvement in mission, looking at the sacramental understandings of baptism and communion and lifting up models of response to God's call. Stories of call and response are shared from a wide array of persons from different walks of life.

The Roma of Europe: The Roma people have been an integral part of European history and today are the largest minority ethnic group in Europe. This study helps readers understand the Roma people--often referred to as travelers and gypsies--and the struggles they have faced and face and the United Methodist Church's ministry with this group on the margins of society.

Poverty study: This is the second year study, we will deepen our understanding of the realities of poverty that impact on women and children all over the world.

Plenary sessions: Plenary sessions were where we practiced sharing and worshiping. Reports from each group of youth and children embraced the love and experience of understanding they found each day. We grew closer to God and also to our spiritual sisters, regardless of age, race, or nationality through the sacrament of baptism and the sacrament of holy communion.

At Mission u, on the Biola University campus, I spoke with Conference members and several other District SPRs. Everyone was coming up with ways to work with the changes; therefore I'm sure that we'll be able to navigate the changes to continue reading, learning and sharing. Remember you still have time to complete the Reading Program Plan before the end of 2013. Come and visit me at the Resource table when you arrive at Long Beach District Annual Celebration. You can find tools to equip your unit for the new beginning of 2014. Of course you'll meet the new District SPR. See you at Hollypark UMC in Gardena, September 28th, 2013.

Hot off the Press: New Mission Resources!

Yours faithfully, Love & Serenity,
Vika V. Tuuholoaki
Outgoing Long Beach District UMW, Secretary of Program Resources
Elder Abuse Affects Everyone!

This article will help you understand more about elder abuse, and what you as a concerned individual can do to help stop this serious problem.

How are Elders Abused?

Physical Abuse
- Beating, slapping or kicking
- Restrictions on freedom or movement such as confining the elder in the bedroom
- Over-medication
- Sexual exploration.

Financial Abuse
- The mismanagement of money or stealing of property belonging to an elderly person.
  This can include:
  - Theft (the act of stealing)
  - Extortion (taking money or property through pressure, threats or intimidation.)
  - Fraud (taking money or property by deception or misrepresentation.)

Mental Abuse
- Verbal harassment, threats and other intimidation behavior.

Neglect
- Failure of a caregiver to provide basic necessities such adequate food or water, shelter, medical treatment or personal care.

Self-Neglect
- If you believe that someone you know is unable to manage his/her personal needs in the areas of physical health care, food, shelter or finances or cannot handle the basic activities of daily living, you should report it to the hotline.

**Elder Abuse Hotline**
(877) 4-R-Seniors or (877) 477-3646

If you would like to hear more please feel free to give me a call to set up a date for a meeting.

Love and Blessings,
Betty Lopez
Long Beach District UMW, Education and Interpretation
310- 376- 4400
Greetings beloved, blessed of the LORD. Our God is great. God speaks to us all the time. We must learn to hear the Lord through listening. We must come into his presence as loved sons and daughters. The Almighty God has purpose for our lives. Fulfill his purpose daily. We as the people of God have a tendency to focus on the calls and commissions in our lives. But daily availability, daily yielding to the Holy Spirit, daily staying in the presence of God is required in this 21st century to effect change in this society the Lord has placed us in. Pray on purpose and be ready at a moment’s notice to be used by him. As United Methodist Women we must allow the Holy Spirit to guide us daily. He will lead and guide us into all truths.

While attending Mission u 2013, during the course “The Call: Living Sacramentally and Walking Justly” Reverend Joel Hortiales reminded our class to watch what captures our attention daily and be ever ready to do God’s will. We made covenant to yield to the Holy Spirit and grow stronger spiritually, while renouncing wickedness in spiritual places including injustices resulting from evil ruling powers. The worship and communion during Mission u was beautiful. The fellowship of so many different nationalities of various social and economic statuses of Christians has to be experienced to be appreciated. The Plenary services truly help us look inward at our true selves. New friendships were formed.

The information regarding current issues, tasks and assignments the United Methodist Women are involved in regarding helping women and children moves me to request that you please remember those on the front lines in prayer daily and give as much of your time talents and money to the work of the ministry as the Lord enables you because so many women, children and poor persons are suffering. Then there was the food and fun. The food was good and there was plenty of it both in quantity and variety. It is good to laugh and we did plenty during Mission u.

There were nineteen interest groups of which I participated in the Self Defense and Sacred Spa groups. Aside from being over 50 getting down to the floor and up again I enjoyed every minute and learned so much in the area of self-defense and strength training in the Self Defense class. The Sacred Spa takes you to a place of pure peace, relaxation and inner focusing as you are being pampered. I was so relaxed during this session I almost fell asleep during the next instruction class session. I highly recommend Mission u for obtaining spiritual strength and growth, training, support, fellowship and so much more. In conclusion, the Bible states “Ask and it shall be given you; seek and ye shall find; knock, and it shall be opened unto you.” Matthew 7:7. Stay in God’s presence for yourselves and for others.

Retha Meredith
Long Beach District,
Spiritual Growth Coordinator
1 Corinthians 12: 4-6

“There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work” (NIV).

Hello Beautiful Sisters in Christ!

I hope this message finds you well and in good spirits! I wanted to share the above scripture reading as it reminds me of my calling and how to use my God given talents to help others. We are called to do different things in our life. Being the Membership, Nurture and Outreach coordinator for the Long Beach district has allowed me to meet so many wonderful UMW women, and visit different churches/UMW units and attend various events. This has helped me grow spiritually. Also, attending the 2013 MISSION u at Biola University in La Mirada, California (July 19th – 21st, 2013) has empowered me to stay focused on God’s calling for my life; live with purpose; and the importance of accountability.

We, as UMW women, have a rich history of service and we know how to work and get things done. ☺ However, it is important to also take some time to retreat to the mountain top and be refueled by God’s love, mercy and peace.

Lastly, I would like to take this time to simply say THANK YOU to Laura Wilson for her leadership; the whole UMW Long Beach board for their love, guidance and support; and to all my sisters in Christ for their continued support and commitment to doing God’s work. It has been a wonderful experience for me to serve on the UMW Long Beach District board these past two years, and with a heavy heart, I have decided not to continue in the next term. I need to finish up my doctorate and get married. ☺ However, I will continue to support the LBD events and work in my local UMW unit. Keep me in your prayers!

Please do not hesitate to contact me if you should need my help for anything!

Take care and have a very blessed day!

Love and Blessings to All,
Ana Ikavuka
MNO, UMW Long Beach District
Cell: 562-715-5339
Candle of Commitment 2013

Our Candle of Commitment represents the cost of our mission work to women, children, and youth in the US and in countries around the world.

$28.35 will burn the candle for ONE minute at our Cal-Pac UMW Annual Celebration on October 26, 2013

Gifts can be given by a Local Unit or an Individual
"In Honor or in Memory of a Woman or Group who exemplifies the Sisterhood of Grace"

Name, Please Mark: □ in Honor or □ in Memory of:

__________________________________________
Person/Unit submitting the name: ___________________________ Amount: ___________________________

Deadline for inclusion in the Cal-Pac UMW Annual Celebration program: October 1, 2013.

Please send form and check to: UMW District Treasurer (check one)
□ Hawaii, □ Long Beach, □ Los Angeles, □ Pasadena, □ Riverside, □ San Diego, □ Santa Ana, □ Santa Barbara
Add any additional names on a separate piece of paper. Please type or print neatly. Thank you!
California-Pacific Conference United Methodist Women
41st Annual Celebration 2013

The Power of Sisterhood

Saturday, October 26, 2013 (**NEW DATE**)  
Registration: 10:15 a.m. - 11:15 a.m. (**NO CONTINENTAL BREAKFAST**)  
Celebration, Lunch, and Business: 11:30 a.m. -4:00 p.m. (**NEW TIME**)  
Guest Speaker: Bishop Mary Ann Swenson

Westwood United Methodist Church: 10497 Wilshire Blvd., LA, CA 90024

REGISTRATION FEE $12 per person $15 if postmarked after Oct. 15th
Mail to: Ann Clarke, Registrar: 214 Mango View Drive, Encinitas, CA 92024
        Jacknann50@hotmail.com or 760-753-4853

Tear off and return the bottom information along with your check made out to: CAL-PAC UMW.

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1. Childcare: $25 refundable deposit per family. Parents are responsible for bringing a sack lunch for each child. YES ____ HOW MANY CHILDREN? ______
2. Accessibility: Do you need assistance? Parking _____ Stairs _____ Other please specify: ______
3. Dietary Needs: Yes ____ Type ____________________
LONG BEACH DISTRICT UNITED METHODIST WOMEN
2013 ANNUAL CELEBRATION & DINNER

Saturday, September 28, 2013
2:00 p.m. – 5:00 p.m.

Hollypark United Methodist Church
13000 Van Ness Avenue
Gardena, CA 90249

$12.00 Per Person – Dinner Served After Program
FREE CHILDCARE* (If Registration by Sept 21st)

Guest Speaker: Cheryl Batiste-Resource Specialist,
Santa Ana School District
Topic: “Learning From Our Children With Disabilities”

2014 Officer Installation: Rev. Dr. Kathey M. Wilborn

Checks made payable to “LBD UMW Treasurer” with AC 2013 in memo line.
One registration per person. When sending more than one registration per check
please mark # and local unit on check. *$25 refundable deposit should be included
for childcare. Please bring a snack dinner for your child.

Registrar: Barbara Smith, 2560 El Dorado Street, Torrance, CA 90503

Annual Celebration 2013 Registration

NAME: __________________________ PHONE: (____) ____________

ADDRESS: ______________________

CITY: ____________ ZIP _______ EMAIL: _______________________

LOCAL UNIT: ___________________ Voting Member: ☐ Yes ☐ No

SPECIAL NEEDS: FOOD ______ ASSISTANCE ______

*Childcare: ☐ Yes ☐ No How many_____ If yes, please include a $25 refundable
deposit (returned to you if your child is checked in).

Received by Registrar: __________ Confirmation: __________ Date Deposited: __________

CK rec’d by Treasurer: __________ Confirmed Date: __________ Deposited: __________
Local Unit Officers UMW Leadership Training Event
Long Beach District and Santa Ana District

Saturday, January 18, 2014
9:00 am – Noon
Norwalk United Methodist Church
13000 San Antonio Dr., Norwalk, CA 90650-4335
$5.00 per person

Free childcare available IF REQUESTED IN ADVANCE by JANUARY 8, 2014*

Your District Mission Teams
will jointly share training information and answer questions.

Sign-in, morning refreshments, and Program Resource Table available at 8:00 am.
Any interested UMW women may attend with paid registration.
To register more than one leadership position please list:
District, Local unit, name, office, address, phone #, e-mail address,
and include check for $5.00 per person with the registration form below.

Check for $5.00 per person made payable to “Long Beach District UMW” and mail to:
Registrar: Laura Wilson, 12542 Paramount Blvd., #323, Downey, CA 90242
Email: bellflaura@aol.com, cell: 310-489-8741
Mark in check memo line: □ Long Beach District or □ Santa Ana District

Name: ___________________________ □ Long Beach District □ Santa Ana District
Email: ___________________________ Phone: □ home □ cell
Address: ___________________________ City: _____________ Zip: ____________
Local Unit: ________________________ Office or guest: ________________________
Special request please be specific (for example: translation or special needs) so that we will be prepared:
□ Yes ___________________________ □ None
Childcare □ Yes □ No Number of children: _____ Please bring your child/children a nutritious snack or their choice.

*In order to assure sufficient, quality childcare is available reservation deadline is January 8, 2014.

Thank you for typing or clearly printing all information.

Date Check Received by Registrar: __________ Confirmation Sent __________ Date Deposited __________
Long Beach District
United Methodist Women (UMW)
Spring Annual Awards Dinner

Wednesday, May 14, 2014
5:00 pm - 8:30 pm

Toberman Neighborhood Center
131 North Grand Avenue
San Pedro, CA 90731
$12.00 Per Person

Guest Speaker: Linda Matlock, Interim Director, Toberman

Get to know Toberman up close:
Walking tour of facility @ 4:30 pm

Agenda: Fellowship, food and fun!
Highlight: *Toberman Neighborhood Center, Inc., one of four
National Mission Projects located in our California-Pacific Conference.
Celebrate: 2013 accomplishments of Local Units and individual participation
through Membership, Education, and Reading Program offered by UMW.
Registrar: To be determined. Mail checks to elected Treasurer

Name: ______________________ Email: ______________________ Phone: ________
Address: ______________________ City: ______________________ Zip: ________
Church: ______________________ Local Unit: ______________________
Special Needs: Food __________ Assistance: __________

Childcare: ☐ Yes  How many? ______ ☐ No  If yes, please include a $25 refundable deposit (when child
in checked into childcare person) Please bring a snack dinner for child/children.

Date Check Received by Registrar: __________  Confirmation Sent: __________  Date Deposited: ________
2013 UMW Communicator Subscription

The cost for the Communicator will be for an annual subscription (January, April, August, November):

- E-mail copies of the Communicator – Free
- One (hardcopy) sent to your home – $5 for the yearly subscription
- 3 (hard copies) sent to church – $15 per unit

Below is a subscription form that must be filled out by everyone interested in continuing to receive the Communicator. This form (with applicable fee – checks payable to “Long Beach District UMW” and write “2013” in the memo) must be sent to:

Barbara Smith, LB District Treasurer
2560 Eldorado St., Torrance, CA 90503

2013 UMW Communicator Subscription Form

☐ Please send my copy of the Communicator via email (no fee)

Name, church name and email address: ________________________________

☐ Please send 1 hard copy of the Communicator to my home (please enclose $5 fee)

Your name, address and church name: ________________________________

☐ Please send my UMW unit 3 hard copies of the Communicator (please enclose $15 fee)

Church name & address: ________________________________

Last revision: 1/8/2013
Our Purpose

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.