



Winter 2019

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GRACE PYEN

President

AROS District UMW



New Year Greetings!

It was very busy and blessed year. Time flies so fast. I pray that The Lord will bless all our UMW sisters and their families with grace and love in the New Year. We were able to carry on mission ministries because of your eager prayers and love offerings. I thank all of you from bottom of my heart. May God Bless you.

The 2018 UMW Assembly was held from May 17-20 in Columbus, Ohio. The theme was **"Bold"**. This was a Global event, with more than 6,000 women of diverse ethnic, racial and age groups gathered from around the world. There were about 30 Korean Methodist women and young ladies who participated in this Assembly. Our New York Korean UMW sisters beautifully presented a "small drum dance". We are proud that the UMW will celebrate 150 years of existence on March 23, 2019.

It has been over 10 years since the Korean UMW had a DC Seminar. 55 Korean UMW sisters from all over the USA were very satisfied with the program, as they learned a lot and were much challenged. We were so proud of the UMW having a long history of fighting for social justice in DC.

The Bible Women's Program training in Central Asia (Kazakhstan, Kyrgyzstan, Mongolia and Eurasia) have successfully carried out His blessings, too.

I had an Atrial Flutter Ablation performed on 12/5/18. My heart beat was too fast and was skipping beats. When I was laying on the operation table, I was worried **"what happen if I don't wake up from anesthesia?"** I prayed and entrusted that God would see that everything would go as planned. My ablation went well without any complications and I have recovered due to your prayers and God's grace.

Now we should not remember about old things and trust God that He is about to do new things for us. We should be witnesses to the Good News and pray that we have the fruits of the Holy Spirit in 2019. I also pray that we will focus on Jesus only, until we become like Jesus. Let's pray and hope that we never give up achieving our goals for His Kingdom in 2019.

With Peace in His love,

Grace

Dear District Officers and Local Presidents,

You are cordially invited to President's Brunch on Saturday,
2/16/19 at Sardis UMC.

Date: 2/16/19, Saturday

Time: 9:00 am- 12:00 pm

Location: Sardis UMC
 3725 Power's Ferry Rd. NW
 Atlanta, GA 30342

Please provide me an estimate of the number of people who will be
attending.

Blessings,

Grace Pyen, President
AROS District UMW



Sheryl Willis
AROS District UMW
Treasurer

Unit Treasurers this is a reminder that the quarterly remittances are now on a calendar schedule. They are as follows:

First Quarter:	January-March
Second Quarter:	April-June
Third Quarter:	July-September
Fourth Quarter:	October-December

Included in the newsletter is a 2019 Remittance Form.

March 23rd is an important day!

United Methodist Women will celebrate 150 years of serving Christ together through mission giving. We are asking all units to give to the Legacy Fund that day and National will match your contributions.

Please encourage the women in your units to visit the website www.unitedmethodistwomen.org/150 for stories and resources to honor our legacy. We look forward to hearing from you on how your units celebrated in 2019.



Jennifer Teahan
AROS District UMW
Social Action Chair



One thing that drew me, and probably many of you, to the UMW is the opportunity it provides to participate in a wide variety of service projects. The desire to serve is a trait that I think many of us share and is part of what makes the UMW community so special and inspiring. I am excited to be the new Social Action Coordinator for the district this year and hope I can provide the leadership needed to make our shared social action project a success.

Family Haven in Forsyth County is our social action project for 2019. Since 1989, this organization has provided free and safe temporary shelter and support for domestic violence victims and their families. On the following pages is a description of what they do and lists of general donation and volunteer needs. Amy Barfield, whose contact information is on the third page, has also shared some specific needs they have:

1. Ongoing shelter needs – plastic twin mattress covers, plastic pillow covers, pillows, paper towels, toilet paper, Lysol wipes, body wash, shampoo
2. Project Safety Campaign – “We really need to update our doors and security system for shelter programs and outreach service to provide a higher level of security for our clients. The cost to revamp our security system is \$10,000. We will need to raise the funds to complete the necessary changes. Is it possible that your group would like to help raise those funds or at least get us started?”
3. They will hold an Easter drive in early spring to stock the pantry, linen, and personal hygiene closets.

As a district, we have two upcoming opportunities to make donations:

1. President’s Brunch (February 16) – we will take up an offering for their safety campaign
2. Lenten Time Apart (March 16) – Shandra Dawkins, Executive Director of Family Haven, will be a featured speaker. We will put



together play/snack bags for the Family Haven kids and are asking each UMW unit to bring items for the bags. Each bag should contain (a) 1 juice box, (b) 1 pack of fruit chews, (c) 1 granola bar or pack of crackers, pretzels, or chips, and (d) 1 compact activity that will fit in a medium brown paper bag (coloring book/small box of crayons, activity book, or small puzzle or game). If you would like to donate, please bring a complete set of items for however many bags you would like to pack. The board will provide the bags, and we will all pack them during the event.

If you would like to find out how your unit can partner with Family Haven, including visiting their facility, please contact Amy Barfield at amy@familyhavenga.org.

I know that within each unit are many wonderful ongoing mission and service projects, and I would love to celebrate those by highlighting one or two in each newsletter. If you would like to share something about a service project your unit is doing, or if you have any questions about this year's social action project, feel free to send me an email at jentea74@hotmail.com. I look forward to working with all of you this year!

While searching for a daily devotional I found this article and hope you find it as helpful as I did.

We often forget in the daily experience of living that our greatest source of help and comfort comes from learning to lean on the Lord.

Blessings and Peace,

Susan



Susan Tidrick
AROS District UMW
Communications Chair

7 daily steps to make sure you're leaning on the Lord:

1. Don't Depend on You

We live in a world where trust must be earned and seems to be in short supply. But Solomon, the famous king who wrote Proverbs, knew that trust is exactly where we must start:

Trust in the LORD with all your heart and lean not on your own understanding ([Proverbs 3:5](#))

Most of us have faced disappointments, which have taught us that we can only depend upon ourselves. But living the life God has called us to means unlearning that lesson. Instead, we're meant to rest in God's understanding.

We may know in our minds that He possesses all wisdom:

"Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out!" [Romans 11:33](#)

But sometimes trusting Him completely like that can be tough. So, each day we must consciously lay aside our own plans and expectations—and surrender to His plans.

What if we don't feel like we can trust Him like that? That's where step 2 comes in...

2. Cry out to God

Surrendering to God begins with our lips and our thoughts. We need more than a commitment to depend on Him; we need to cry out to Him to show that dependence.

“in all your ways acknowledge him, and he will make your paths straight”
([Proverbs 3:6](#))

When we pray, we admit that His ways are higher than ours. We show that we’re leaving our troubles and burdens and dreams in His capable hands. In fact, the [Bible](#) promises that when we reach out to Him in prayer, He hears us:

“Evening, morning, and noon I cry out in distress, and he hears my voice.” ([Psalm 55:17](#))

We handed the keys of our lives to Him, and we know that He’s able to lead us. But in order for that to work, we have to...

3. Run from Evil

So much in this world can clutter up our relationship with God. John, the writer of the fourth gospel, describes them as the desires of the flesh, the lusts of the eyes, and the pride in our lives ([1 John 2:16](#)). In other words, our blessings can easily become our stumbling blocks when we think of them as what we deserve or what we need to be happy.

Instead, life works best when we remember the true source of our blessings—God—and focus on the things that please Him:

“Do not be wise in your own eyes; fear the LORD and shun evil.” ([Proverbs 3:7](#))

Sometimes, the only way to live the life God wants us to live is by separating ourselves from the bad influences that keep dragging us down. That works the best when we start pursuing something else in their place:

“Flee the evil desires of youth, and pursue righteousness, faith, love, and peace, along with those who call on the Lord out of a pure heart.” ([2 Timothy 2:22](#))

Is that easy? Not at all. Fleeing from the evil desires that pull at us means spending a lot of time crying out to God and leaning on Him. But our Creator promises to honor our commitment to Him when we shun evil:

“This will bring health to your body and nourishment to your bones.” ([Proverbs 3:8](#))

When we pursue Him, we find life—abundant life. Running from evil and pursuing God doesn’t come naturally to most of us. Instead, it means we have to make a serious change:

4. Put God First in Your Life

It's easiest to put ourselves first. When something good happens, we want to congratulate ourselves with a reward. When something bad happens, we want to console ourselves or find someone to blame. In other words, we often have a "me-centric" starting place.

And when it comes to money, the struggle is even harder. But Solomon, who had quite a bit of wealth himself, knew that his money didn't belong to him:

"Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine."
([Proverbs 3:9-10](#))

If we can trust God with the first of our wealth, we're truly showing how much we depend on Him. Handing over the first part of our paycheck takes a huge amount of faith, after all. But doing so means being God-centric.

To get there, though, make sure you...

5. Check Yourself by God's Word

Let's be honest. We aren't so good at evaluating ourselves. We will go to great lengths to excuse our behavior, our actions, and our sins. Who needs a defense attorney when we can pretty much find a reason for any bad thing we do? The prophet Jeremiah captures this very well:

"The heart is deceitful above all things and beyond cure. Who can understand it?"
([Jeremiah 17:9](#))

If we're ever going to truly trust in God and flee evil, we have to know exactly where we stand. We have to find an objective measure that tells us the truth. And that truth comes from God and His Word.

Of course, that doesn't mean we'll always like what we see or how we see it:

"My son, do not despise the LORD's discipline and do not resent his rebuke"
([Proverbs 3:11](#))

That's right. Sometimes it takes something bad happening or seeing ourselves in a bad light before we finally admit that we need to change. And the more we're in the Bible, the more likely this is to happen.

"I have hidden your word in my heart that I might not sin against you." ([Psalm 119:11](#))

When we have Scripture planted firmly in our hearts, God will often use that to deal with us.

6. Listen to the Holy Spirit

When Jesus promised to send the Holy Spirit to the church, He told His disciples that this Counselor would be their spiritual compass or GPS:

“But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” ([John 14:26](#))

As we go through our day, this same Holy Spirit guides us, too. That means we don't have to go it alone or hope we're getting it right. No, the Holy Spirit leads us into all truth and protects us:

“Guard the good deposit that was entrusted to you—guard it with the help of the Holy Spirit who lives in us.” ([2 Timothy 1:14](#))

After all, the gift of the Holy Spirit to us believers reminds us that we can truly...

7. Rest in God's Love

When we face a difficult world each day, we can sometimes wonder if God even cares. Why do bad things happen? Where is God when I need Him? Solomon reminds us that God never takes a break or leaves us to fend for ourselves:

“because the LORD disciplines those he loves, as a father the son he delights in.” ([Proverbs 3:12](#))

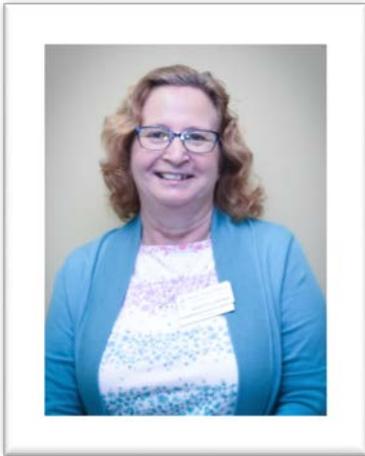
Even in the midst of turmoil, God sticks with us and uses those challenges to shape us. When we understand that, our perspective completely flips. No longer do we see our setbacks as failures; we see them as moments when God, as our loving Father, works on us.

And that's exactly why we can trust in the Lord with all our hearts. He cares for us each and every day. He gives us what we need to thrive. He pours blessing after blessing upon us.

Of course, following each of these daily steps isn't easy. That's why Jesus said we have to deny ourselves and follow Him ([Matthew 16:24](#)). Trusting God takes a whole-hearted commitment from dawn till dusk. But we're never alone in it:

“And surely I am with you always, to the very end of the age.” ([Matthew 28:20b](#))

This article first appeared at [BibleStudyTools.com](#).



Sarah Stillabower
AROS District UMW
Historian

AROS District Officers Installation October 2018

Many thanks to the Mt. Carmel UMW for hosting 2018's AROS District UMW Annual Meeting.



From Left:

- Sarah Stillabower - Historian**
- Grace Pyen - President**
- Donna Galucki – Vice President**
- Haejin Ban - Secretary**
- Cheryl Duncan – Spiritual Growth**
- Sheryl Willis - Treasurer**
- Barbara Giametta – Program Resources Chair**
- Susan Tidrick – Communications Chair**
- Carolyn Hargrove – Nominations Chair**





Unit Officers,

Please contact me (sarahstillabower@comcast.net) if you would like to have access to the AROS UMW Shutterfly site.

Regards,

Sarah

2019 AROS District Calendar

January 5 – AROS Board Meeting – Johns Creek UMC

February 16 – President’s Brunch – Sardis UMC

March 16 – AROS District Social Action & Lenten Event – Pleasant Grove UMC

May 18 – AROS Board Meeting – St. James Alpharetta UMC

September 7 – AROS Board Meeting - KCAUMC

October 26 – AROS District UMW Annual Meeting - KCAUMC