



## Two Reflections for Lent—one practical, the other poetic

Give up complaining—focus on gratitude.  
Give up pessimism—become an optimist.  
Give up harsh judgments—think kindly thoughts.  
Give up worry—trust Divine Providence.  
Give up discouragement—be full of hope.  
Give up bitterness—turn to forgiveness.  
Give up hatred—return good for evil.  
Give up negativism—be positive.  
Give up anger—be more patient.  
Give up pettiness—become mature.  
Give up gloom—enjoy the beauty that is all around you.  
Give up jealousy—pray for trust.  
Give up gossiping—control your tongue.  
Give up sin—turn to virtue.  
Give up giving up—hang in there!  
*Unknown (to me at least)*

“Lent is the time for trimming the soul and scrapping the sludge off a life turned slipshod. Lent is about taking stock of time, even religious time. Lent is about exercising the control that enables us to say no to ourselves so that when life turns hard of its own accord we have the stamina to yes to its twists and turns with faith and hope.... Lent is the time to make new efforts to be what we say we want to be.” \_\_\_\_*Sister Joan Chittister*

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### I: What's New

#### [Food Drive for Bread for the City](#)

[March 1-20](#)

#### [We're Collecting 2010 edible items in 2010](#)

The UMW is organizing a congregation-wide food drive in conjunction with this year's Great Day of Service (details on the Great Day below). Church members may bring donated food items to church **anytime during the 20-day drive**. Collection boxes will be located in 1) the Great Hall foyer, 2) near the side entrance to the Sanctuary and 3) the Narthex. On The Great Day of Service, volunteers will sort, pack and deliver the donations. Our goal is lofty; contribute generously.

Bread for the City aims to provide healthy food and suggests the following items: Canned Tuna, Chicken, or Salmon; Canned Fruit, in its own juice; 1 lb packages Dried Beans; 1 lb packages Brown Rice; Whole Grain Pasta; Canned Vegetables (low-sodium); Canned Tomato Sauce/ Spaghetti Sauce (low sodium); Boxed Cereal; Oatmeal. Other non-perishable items also will be accepted. For more information, contact Ann Michel [amichel@wesleyseminary.edu](mailto:amichel@wesleyseminary.edu)

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**Lenten Workshop**  
**Sunday, March 7**  
**10:30 a.m. – noon in the Vestry**

Join us in our journey through Lent as we recognize Jesus' sacrifice for us through self-restraint and sacrifice. The D.C.-based program, M.O.M.I.E. TLC. (Mentors of Minorities in Education's Total Learning Cis-Tem), is dedicated to "nurturing the genius" of our children by creating a transformative educational experience. Events planned for the workshop include: a service project, a hat-making center, a Lent challenge activity—encouraging us to give something up or to take something on—plus lots of other inter-generational activities. To learn more about MOMIE.TLC, visit: [www.momiestic.com](http://www.momiestic.com).

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***"Let's Get Together"***  
**and celebrate at the Epworth House Annual Spring Luncheon**  
**March 9, 2010**

Epworth House is a project of the UMW of the Baltimore Washington Conference. Epworth provides support and scholarships to women in church studies at Wesley Theological Seminary. Location: Holiday Inn-College Park, 10000 Baltimore Avenue, College Park, MD 20740 (Route 1). Cost per person: \$30.00. Registration deadline: Monday, March 1, 2010. Make checks payable to: Alveta Jones, Treasurer, 3113 Amador Drive, Landover, MD 20785. Phone: 301-772-5594.

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**AARP Spring Kick Off**  
**Meet the Author**  
**Monday, March 15 in the Vestry**

Jim Johnston, a Washington lawyer and writer, will discuss his new book, "The Recollections of Margaret Cabell Brown Loughborough: A Southern Woman's Memories of Richmond, VA and Washington, DC in the Civil War." The Loughboroughs were very influential in the early history of the area surrounding Metropolitan. Social period begins at 12:30 p.m.; the meeting starts at 1:00 pm. Refreshments will be served.

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**Life at Asbury**  
**A Special Opportunity for Metropolitan Seniors**  
**Wednesday, March 17, 2010**

Learn about Asbury Methodist Village by spending an afternoon at this 130-acre private retreat in Montgomery County, Maryland. Come for lunch, a campus and apartment tour and an informative discussion to learn how to get the retirement lifestyle you want and the access to quality, long-term health care you need. Transportation is provided: You'll be picked up at Metropolitan at 11:00 a.m. and returned at 3:30 p.m. For reservations, call Louise Stewart by March 15, 2010 at 301 216-4958.



**Get Inspired. Get Involved. Get to Work.\***  
**The Great Day of Service**  
**Saturday, March 20, 2010, 9a.m. to noon**  
**In, where else? The Great Hall**

What better place to “grow as disciples for the transformation of the world” (part of our mission) than this church-wide event dedicated to serving the church and local communities. The UMW is sponsoring the event and seeking participation by adults and children. It’s a family affair. Among the projects planned by the UMW: Making sandwiches for Martha’s Table, assembling snack bags for Friendship Place, cleaning the nursery and Sunday school rooms, writing letters on behalf of Amnesty International, assembling health kits for the United Methodist Committees on Relief, packing donated food supplies for the Bread for the City collection, and more. Coffee, tea and light snacks will be served.

\*Borrowed, *without* permission, from University United Methodist in Chapel Hill, N.C.



**Ambassador Shirley Barnes**  
**Speaks on improving the lives of women and girls in Africa**  
**Sponsored by UMW of Metropolitan**  
**Sunday, March 21, 10-11 a.m., Great Hall**

Ambassador Barnes, a career member of the Senior Foreign Service and former U.S. Ambassador to Madagascar from 1998 to 2001, established the Barnes Findley Foundation in 2004. The Foundation aims to increase educational, job and economic development opportunities for African girls and women. The foundation also seeks to combat human trafficking of African women and children, while supporting and protecting its victims. Programs include mentoring, leadership training, preventive health education and scholarships. As a diplomat and in prior positions with non-profit organizations, Barnes worked in several African countries, including Congo, Egypt and Senegal. Now a resident of Washington, she is a member of Wesley United Methodist Church. Come learn more about Dr. Barnes’ important work and about what Metropolitan can do in response. This event is sponsored by, the UMW’s new chair of the social action committee.



**Hello Book Lovers**  
**The UMW Book Sale**  
**April 17, 2010**

Make room for some new hardbacks. Clear those bookshelves of the titles you’ve already read—or never will. The UMW Book Sale is Saturday, April 17, 9 a.m. to 2 p.m. Book donations can be placed in the UMW closet. Too eager to wait for the sale to start? Want a sneak peek? Volunteer to set up before the event—before the best titles are snatched up. Volunteers are needed the day of and the day after the event. For more information, contact Barbara Gaskill, 202-244-3512 or [Barbara@bgaskill.com](mailto:Barbara@bgaskill.com). She’s one coordinator. You could be another.



**No Room at the Bazaar – yet.**

With all the books we’re bound to get for the sale in April, we need to devote all UMW closet space to donations for that event. So hang onto your bazaar donations for now. If your stuff just *has* to go, don’t pitch anything. Contact Barbara Gaskill (202-244-3512 or [Barbara@bgaskill.com](mailto:Barbara@bgaskill.com)). Together you might find another place to store your items.

## **II: What's Not So New, But Worth Remembering\*:**

\*fuller accounts printed in the Jan. newsletter

### **A Lenten Women's Retreat**

**February 26-28, 2010**

One or two spots are still available for the retreat at The Sanctuary Retreat Center/Am Kolel in upper Montgomery County, MD; the cost is \$160 including accommodations and meals. If you want to attend, please contact Suzanne Vieth at [msvieth@verizon.net](mailto:m svieth@verizon.net).

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### **United Methodist Women Greater Washington District**

**2010 Legislative Seminar**

**February 27, 2010 at 9:00 a.m.**

The seminar will be held at Woodside UMC, 8900 Georgia Avenue, Silver Spring, MD 20910. Gather at 9:00 a.m for the 9:30 seminar. Registration is \$12.00 and should be submitted to the GWD UMW Treasurer, 8312 Rambler Drive, Adelphi, MD 20783, by February 20th. Continental Breakfast will be served and light lunch.

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### **Quadrennial Event – United Methodist Women Assembly 2010**

**St Louis, MO**

**April 30\* – May 2, 2010**

“Faith, Hope, Love in Action,” is the theme for this 18<sup>th</sup> Assembly. \* Many attendees arrive a day early, April 29, to participate in the pre-conference symposia and service days.

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## **III: UMW Circle Meetings**

**Circle 2** Contacts: Charlotte Carter ([char.carter@cox.net](mailto:char.carter@cox.net)) and Jane Cunningham ([JTC3rd@aol.com](mailto:JTC3rd@aol.com))

**Circle 3:** Meet for dinner Wednesday, March 9, 7 pm. Location to be determined. Contact: Anne Bechdolt, [abechdolt@msn.com](mailto:abechdolt@msn.com) or 317-331-6813.

**Circles 4 & 5:** Meet jointly on Wednesday March 3, 10:00 am at the Methodist Home. The speaker will be Karen Howard who will discuss her VIM trip to Africa. Circle 4 Contact: Bobby Turnbull, [bobbyturnbull@comcast.net](mailto:bobbyturnbull@comcast.net); Circle 5 Contact: Charlotte Walch, [chaggysweb@juno.com](mailto:chaggysweb@juno.com) or 202-363-7625.

**Circle 6:** Meet Thursday, March 11, 7 p.m. in the Parlor. Jon Thiele, an economic development specialist at Women for Women International will be our guest speaker. Contacts: Ann Michel, [annmichel@wesleyseminary.edu](mailto:annmichel@wesleyseminary.edu); Mary Jo Marchant, [mjmarchant@verizon.net](mailto:mjmarchant@verizon.net).

**Circle 8:** Meet Tuesday, March 2, 7pm in the Great Hall for a discussion of Marriage Equality and the Church. Sponsored by the Advocacy Ministry Team. Contact Bonnie Edwards, 202-686-9087.

**Circle 10:** Meet Monday, March 15, 10am to 12:30pm at Georgetown Waterfront Park. We'll walk and pray the labyrinth then gather for lunch at the Clyde's. Contact: Caralee Adams, [Caralee.adams@verizon.net](mailto:Caralee.adams@verizon.net)

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UMW Executive Board Meeting: Wed, March 10, 6:45 p.m. in the conference room

**Thanks to Monica Mzezewa** for serving as UMW liaison for the Board of Childcare for the United Methodist Church.

