



# NEWSLETTE

A Newsletter of the ROANOKE DISTRICT United Methodist Women—Special Edition

April 2020

Dear United Methodist Women of the Roanoke District,

We will miss seeing you this Saturday at our Spiritual Growth Retreat. It's always such a joyful time to be together and be inspired by our speakers, music, fellowship, communion and luncheon. Know that even though we will not be gathered at Crockett Springs and Alta Mons, you are in our hearts and prayers.

At this time of year and actually any time of the year, Psalm 23 is a beautiful and meaningful scripture for us to repeat and take to our hearts. A wonderful study on this scripture is Psalm 23 by Jennifer Rothschild. It has a textbook, videos and a music list for inspiration. Our ladies at Blacksburg finished it 2 weeks ago and loved it! Some are still viewing the videos. The music playlist including songs for each verse of the psalm is found at [JenniferRothchild.com/Psalm23](http://JenniferRothchild.com/Psalm23). Maybe as part of your quiet time now you can read, reflect upon and pray Psalm 23. Those of you who are able, listen to the music and share it with others through media or a phone call. Seek other scriptures that support the Lord shepherding us through good and not so good times. Seek hymns and other songs that speak to you about God's guidance, provision and abundant love for us. There are green pastures, lawns and trails around us. There may be still waters near by or even ripples of water flowing over rocks to buoy our hearts. We're in valley times now, but He is still walking by our sides and leading us in paths of righteousness for His name's sake. John Riper says, "A path of righteousness is a right path followed with the right attitude". We must keep our minds focused on our Shepherd, His voice and His will for our lives as His sheep.

Your District UMW officers love you and are here for you. Please let us know of concerns, joys, sorrows, needs or thoughts.

Love in Christ, our Shepherd,

Phyllis Geoghegan (District President)



**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.**

## A poem for the times

*franklyn, a member of edges at Blacksburg UMC, read this recently during online worship and gave us permission to share it.*

*I, We, Us* By franklyn harrison

Much to our displeasure, we have

Found ourselves in solitude, left to the sound of the record of anxieties skipping at 3am when lullabies for babies cannot calm our adult brains that have been molded by mortgages, 401k, monthly rents and hospital bills. Our breath held hostage, we are fearful of the weight of playing cards when the houses we used them for are threatened.

But let me tell you a secret held behind stained-glass and unimpressive piety, the “big man upstairs” is neither a man, nor upstairs, but within us and around us. And they told me to tell you that you still deserve moments of beauty, those defiant blades of grass that burst through the asphalt. You deserve the right to turn your bed into a trampoline, your whisk into a microphone, and your kitchen into a concert hall that sends you bouncing back to times of innocence.

And when I say that God is surrounds us, I mean that God surrounds us, through us, through you and me. So as for me, I'll knit antiviral mittens for our hearts to hold each other tightly through the miles between our bodies, my affections, a cocoon of the warmest purified air filled with music and birdsong and the scent of lilacs and sunflowers.

I'll paint the walls inside your mind the calmest cerulean blue or the brightest revolutionary pink and lavishly furnish it with a deluxe mattress covered in 1,000 thread count linen sheets and plush pillows piled so high that Mount Everest will huff and puff in jealousy, all so that you can tenderly lay your fears to rest and heal them with comfort and peace and dignity.

There will never gift more precious to us THAN us, you and me and us holding each other over distance, spinning straw to gold til all of us are free. Geography cannot halt compassion. How can love be hemmed in when Love is the Universe?

## United Methodist Reading Program



Remember that this is a good time to fill your time and your spirit by reading from the UMW Book List. Some books are available to be downloaded to your electronic device, many are available to be purchased online and delivered directly to your home. The list is available at: <https://www.unitedmethodistwomen.org/readingprogram> Contact Ramona Tolley with any questions.

A invitation for young and old alike...



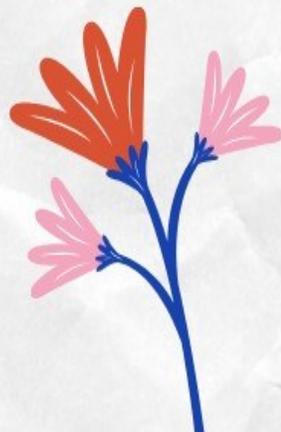
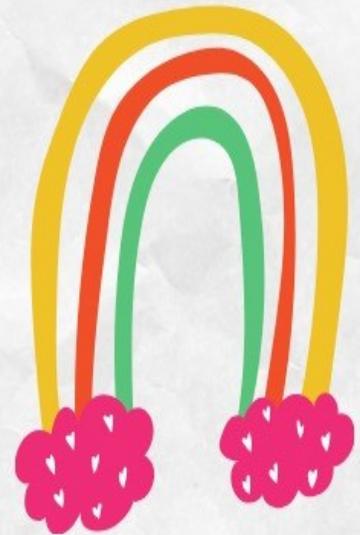
If you are looking for something fun to do with your children at home, we would love to hear from you! We invite you to send cards, write letters, or draw pictures for our residents!



Send mail to the address below and our Lifestyles and Wellness team will pass them out! Let our residents know that you are thinking about them!



Hermitage Roanoke  
ATTN: Samantha Swanberg  
1009 Old Country Club Road  
Roanoke, VA 24017



The Hermitage Roanoke, a retirement facility, is a part of Pinnacle Living (formerly Virginia United Methodist Homes). With this invitation, they also said the following: For anyone who may be concerned about this request, be assured that we are following the guidance of the U.S. Center for Disease Control (CDC); our state health department (VDH); and our state health care coalitions (VHCC and VHASS) as we do all that is possible to protect our residents, their families and team members. The handling of mail is certainly included in those procedures.

## Your Roanoke District UMW Team 2020

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Janice Phillips (Raleigh Court)  
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Helen Watson (Northview)

