

Wellspring

A Publication of the Global Ministries Team



EPA Conference of the UMC
Fall / Winter 2020

New Connection for Health Ministries, Missions, and Social Action

The Global Ministries Team was just formed to combine the work of three conference committees: the Health and Healing Council, the Mission Committee, and the Church and Society Work Team. Why? Because there is a natural connection between health, missions, and social action. Health in the U.S. is connected to global health, as we have clearly seen in the COVID-19 pandemic. The right of every person to have access to affordable health care is a justice issue, as well as a goal of our mission work internationally. Peace with Justice Grants, which were administered by the Church and Society Work Team, are available to churches to develop ministries related to health for all people and social action on many justice issues.

The Wellspring newsletter, published since 2015 by the Health and Healing Council, will now become the voice of the Global Ministries Team which has the following goals:

- * To connect churches to the resources of the General Board of Global Ministries and the General Board of Church and Society.
- * To cultivate church giving through Advance Specials for mission projects, missionaries, and the work of the United Methodist Committee on Relief (UMCOR).
- * To coordinate the itineration visits of missionaries and encourage churches to develop covenant relationships with missionaries.
- * To encourage church participation in ministries of mercy and justice that meet human needs in their communities.
- * To help churches develop abundant health ministries.
- * To promote attendance at Mission u and trainings on justice advocacy.
- * To administer the EPC Peace with Justice Grants.

One of the initiatives of the General Board of Global Ministries (GBGM) is Abundant Health, which grew out of the success of Imagine No Malaria. GBGM challenged churches to develop health ministries that focus on four areas of health: physical activity, healthy eating, tobacco-free and drug-free living, and mental health education and promotion. The emphasis is on wholistic health, which includes health of body, mind, and spirit.

The Global Ministries Team was formed by inviting members of the three previous committees to join the new team. Members are from all four districts, and names are listed on page 7. We invite every church to look at your ministries to see how they combine health, missions, and social action, and then to work towards combining mercy and justice in all ministries of your church.



FOCUS ON HEALTH AND WELLNESS

Flu Vaccine Especially Needed in 2020

The CDC recommends that everyone over the age of 6 months receives the influenza vaccine annually. Because it takes about 2 weeks for protection to develop, it's important to get the vaccine before the active flu season begins. Flu is a contagious disease that spreads throughout our country from late fall to spring. The symptoms of fever, chills, cough, shortness of breath, fatigue, muscular pain, and headache may occur in both flu and COVID-19, so making a correct diagnosis can be challenging. With the threat of a second surge of COVID-19 becoming a reality at the same time that flu season is beginning, we all need to protect ourselves in every way possible. Hand washing and social distancing can help prevent both illnesses. Masks are especially important to avoid COVID-19, and getting your flu shot is more important than ever to protect against the flu and avoid confusion between the two diseases.

When Home Hurts: Domestic Violence in Families

The Eastern Pennsylvania Conference Domestic Violence Committee presented a zoom webinar on October 9 and 10, 2020 to help churches and their congregations understand how domestic violence affects families, and especially the children who witness the violence. Based on the police reports of domestic violence, there are 15 million children exposed to domestic violence every year. The children are not just witnesses, they are victims, often forgotten victims. The vast majority of them will develop post-traumatic stress disorder which can produce physical symptoms, intrusive thoughts, difficulty learning, short attention span, limited social skills, and a sense of hopelessness. The children often blame themselves for the harm caused to their parent. The abuser grooms the child to keep the abuse a secret. The abuse is traumatic to the children even if they don't see or hear it. When they are sent upstairs, they imagine what might be happening and are fearful that their mother might not be alive in the morning. If women are abused during their pregnancy and survive, their babies will have adverse health effects that will last a lifetime.

Churches need to educate their members about domestic violence which affects families of all racial and socioeconomic groups, with 95% of the victims being women. The domestic violence hotline needs to be available in bathrooms: 1-800-799-SAFE (7233). Sunday School teachers need to know that a

child who wants to talk about the violence they have seen should be allowed to do so, and the child should be told that it's OK to talk about it and it's not their fault. The children need to be helped to know that they are important and lovable and the church is a safe place for them to share their feelings.

When the victim and abuser go to the same church, pastors need to consider whether anything said in the sermon would trigger either one. If pastors are asked to counsel couples involved in domestic violence, the couple should not be counseled together. The victim needs to be helped to understand that the marriage vow was broken when the abuse started, and also be helped to see the need to protect the children. Referrals to professionals are important. The Faith Trust Institute has resources for churches.

Christian Mindfulness

During stressful times such as we are experiencing with COVID-19 as it produces sickness and death, isolation and anxiety, one technique for managing the stress is mindfulness. Psalm 46:10 tells us to be still and know that God is God. This is a good thought to bring to mind at the beginning of each day and whenever we start worrying about all the "what ifs".

The message we have from Jesus is do not worry or be afraid. When the frightening happenings of the world fill our minds with concern for the future, we need to remember Paul's words of guidance found in 2 Corinthians 10:5 to take every thought captive so we can obey Christ.

What we think about influences who we are. The practice of mindfulness involves thinking about the present moment and what we are experiencing right now. By taking some deep breaths and noticing what we are seeing, hearing, feeling, and smelling right now, we can enjoy what God has given us. Focusing on words of scripture make it possible for us to fill our minds with God's thoughts. A good scripture to focus on is Proverbs 3:5-6: "Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths."

Did you know.... Scripture coloring pages are a great way to take your mind off the world and focus on God's Word.

Open the link below for a free Christmas coloring page for Luke 2:14.

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GOOD FOOD, GOOD HEALTH

By Ruth Thornton and Barbara Mitchell

Now that Pennsylvania has reopened restaurants, we should be thinking about more than wearing masks and safe distancing. We need to think about what kinds of food we order and how it is cooked to be most healthy. This means being careful about the salt and butter content of what you order, portion control, and fried vs. baked or roasted foods. Usually the more expensive the restaurant, the smaller the portion. Our fast-food establishments now serve fruits and salads, but often their sandwiches or “meals” give you more than your daily calorie, salt and fat limits in just one item! Many are even adding fried onion rings into the sandwich, and most meals also include French fries. We suggest that, if you frequent a fast-food restaurant, get their published lists of calories, fats, sugars for all their items, and keep it in your car.



If you are cooking at home, try adding spices like cinnamon, clove, mint, ginger, and anise in place of sugar. Curry powder, cumin, dill seeds, onion powder, and/or basil can be used in place of salt. Try adding mustard or hot sauces with less than 400 mg sodium per serving in place of commercial sauces.

For a filling treat to have at breakfast, try a layered cup of fresh fruit and yoghurt topped with Post’s Grape Nuts or other crunchy cereal. Choose your favorite yogurts, plain or flavored, and notice the fat content. A half-cup serving will give you a little over 200 calories and 20% of your daily dietary fiber.

With calories and good tastes in mind, we have a recipe for a “just fruit single serving pie” or Galettes that we recently tried. The pie crust is simple to make from any on-line recipe, and we used a combination of white and whole wheat flour. You can use a pre-made pie crust. For the filling, we used strawberries and blueberries, but any berries or other fruits work fine: raspberries, blackberries, apples, peaches, mandarin oranges, ugli fruit, and/or nuts. This recipe was featured in The Philadelphia Inquirer July 9, 2020.

Fruit Galettes (From The Phila. Inquirer, July 9, 2020)

- 1 ¼ to 1 ½ cups fresh fruit
- 2 Tbsp sugar, or to taste (leave some for sprinkling)—we used less.
- 1 Tbsp freshly squeezed lemon juice
- ¼ tsp cinnamon (plus more for dusting if desired)
- 1 Tbsp unsalted butter, cut into small pieces
- 1 tsp all-purpose flour
- 1 9-inch piecrust (home-made or store-bought)

EGG WASH: 1 egg white, 2 Tbsp milk, Pinch of salt

Make the egg wash in a small bowl by mixing the egg white, milk and salt with a fork.



PREPARATION: Using a bowl, toss fruit with lemon juice, sugar, cinnamon, butter, flour. Set aside. Roll out the pie crust to remove any creases. Divide the pie crust into 4 parts for individual galettes. Place on a sheet pan lined with parchment paper (non-stick and 450° safe). Brush both sides of the crust with egg wash.

Add fruit mixture to the center of each piecrust. Pull edges of the piecrust over the fruit, crimping to seal edges. The fruit mixture doesn’t have to be completely covered by crust. Brush edges of the crust with more egg wash, then sprinkle with sugar and dust with cinnamon.

Refrigerate the galettes while oven is preheating to 400 degrees. Place galettes (on parchment paper) in the center of the oven, then bake 25 min. or until the crust turns golden brown and the fruit is oozing. Serve warm or at room temperature.



HEALTH AND JUSTICE

Mental Health Connects with Every Justice Issue

Kate Fox, a mental health advocate and doctoral student in public health at Drexel University, shared some facts about mental health in an Op-Ed on October 8, 2020 in the Philadelphia Inquirer that reveal the importance of understanding the connection between mental health and every other issue of concern. One in 4 American adults will experience a mental health problem during their lifetime, and only 31% of Black adults and 49% of white adults will receive the treatment they need, in part because health insurance plans don't provide the same type of coverage for mental health as they do for physical health.

One in six youth have a mental health condition, and 75% of serious mental illness occurs by age 24. Education about mental health needs to be included in school curriculum, and a part of this needs to focus on suicide prevention. Mental health is connected to behaviors that lead to crime with the result that close to 75% of youth in the juvenile justice system have mental health problems.

There is also a connection between homelessness and mental health conditions. One in five people who become homeless has a serious mental health condition. Lack of housing is a major reason for failure in attempts to recover from mental illness.

The stigma associated with mental illness is a barrier to mental health. Churches can help to overcome the stigma by talking about the factors influencing mental health, and encouraging folks to support families experiencing mental illness. Church members can also begin to educate themselves about mental health issues, and talk to their elected local, state, and national officials about improving community-based mental health services.

Internet Access is an Educational, Health, Racial, and Job Justice Issue

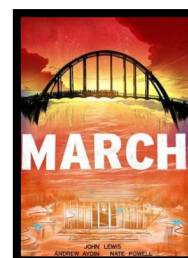
Thousands of Americans in rural and urban areas don't have access to the internet. They are challenged to find places where they can get online for school classes, telehealth appointments, and job interviews. While all races are affected, persons of color bear the greater burden. One suggested effort to solve the problem is to contact elected officials urging them to support universal broadband access.

Books Not to Miss

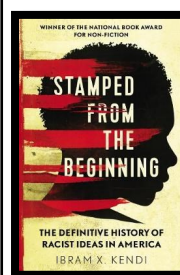
By Barbara Mitchell and Ruth Thornton

For the last few years we have done a review column in *The Wellspring* devoted to children's books that promoted life in our multicultural society with positive social justice values and respect for living things. In this issue we would like you to look at a few books that you will find on the best-seller list about social and racial justice. Some of these are hard to read because they ask us to dig deeply and meaningfully into ideas we have been taught from childhood on and to change our thoughts and actions. These books explore how racism permeates all of our institutions so that racist practices even seem normal. We like this quote from *The Atlantic* that states, "Antiracism books are a means, not an end."

John Lewis' *March* in concert with Andrew Aydin and illustrator Nate Powell is a three volume set in comic book form. It is a wonderful story of Rep. Lewis and others' history of fighting for the civil and political rights of all people. This is written for teens, but it's a powerful story for all of us. You can buy each volume separately or as a set.



Stamped from the Beginning: The Definitive History



of Racist Ideas in America by Ibram X. Kendi relates how racist ideas were started back to the 15th century and became a part of our history. Racist beliefs were used to justify racial inequities, the practice of enslaving Black people and national policies in America. He reports the growth of intellectual concepts about color that have defined how Europeans

embraced and explained their enslavement of other human beings. He follows the lives and philosophies of five intellectual giants of our history. Cotton Mathers, Thomas Jefferson, William Lloyd Garrison, W.E.B. Du Bois and Angela Davis represent five different eras of systemic racism and our racial history and how we have changed and **not** changed in the drive to become antiracist. This book was the 2016 National Book Award winner for non-fiction. Kendi helps us to see how we can change to become a more fair and equitable society. His books do give us hope. (Continued on page 8)



MISSION & MINISTRY AT HOME & ABROAD

Peace with Justice Grants

Every year churches are encouraged to receive a Peace with Justice Sunday offering, which is then sent to the Annual Conference. Half of the money stays in the conference to provide Peace with Justice Grants for work in the Annual Conference, while the other half goes to the General Board of Church and Society to provide grants throughout the U.S. and around the world.

Grants are awarded for programs or trainings that address one or more of the United Methodist Social Principles. Preference is given to efforts aimed to:

- ◆ Seek alternatives to individual, national, and international violence.
- ◆ Promote restorative justice, including abolition of the death penalty.
- ◆ Address root causes of poverty and self-development of peoples.
- ◆ Overcome human rights violations.
- ◆ Support environmental justice, focusing on health of the earth and its peoples.

In Eastern PA, grants of up to \$2,000 are given to churches, groups within churches, or community groups with active involvement of United Methodists. Individuals can receive up to \$500 to enable them to participate in training or projects that promote the Social Principles. In the past few years, grants have gone to Conshohocken UMC for their Living Waters Program to get clean water to needy areas in Uganda and Cuba; Heeding God's Call to End Gun Violence for community education programs; Phoenixville Bridges for poverty education; and Justice for our Neighbors to provide legal assistance to immigrants in the Delaware Valley.

Grant and Funding Information:

Applications for grants can be found on the EPC website. They can be submitted at any time to the Peace with Justice Coordinator, and will be reviewed and voted on by the Global Ministries Team as soon as they are received. The number of grants that can be provided is based on the amount of money received in the Peace with Justice Sunday offering each year. Please make sure that your congregation participates in this offering.

Year End GBGM Giving Campaign Has Goal of \$1,000,000

Rather than focusing on "Giving Tuesday", the General Board of Global Ministries is conducting a giving campaign from November 1 to December 31. The theme is Give—love, joy, hope, peace, connecting with the Advent Sunday themes. News of the campaign will be going out through email appeals, social media posts, website articles, google-Facebook ads, and peer-to-peer story telling of the good work being done by UMCOR and Global Ministries. Money can be designated for Missionary Support, Abundant Health, Disaster Response in U.S. and Internationally, work with Migrants, or where most needed by UMCOR or Global Ministries. You can help to promote this campaign in your church as well as make your personal contribution. In this year of the COVID-19 pandemic, please know that we are supporting 300 hospitals and clinics around the world through our United Methodist Advance Special giving.

Eastern PA Conference Church Giving to Global Ministries in 2019

Our EPC churches gave \$421,451.78 to Global Ministries last year to support missionaries, mission projects, and UMCOR. The churches giving the most money deserve to be recognized. They are Hopewell, Grove, Lima, Christ in Lansdale, West Lawn, First UMC of Lancaster, First UMC of Ephrata, Grandview, Hempfield, and Lehman Memorial in Hatboro. Thank you to the members of these ten churches. But equally important are the smaller churches who also gave, and that would make a longer list. Every penny given to support our mission work in this country and around the world is money well-spent because of the help provided to people who really needed it and the message of God's love and compassion that went with the money.

Congo Partnership

Eastern PA Conference is in a partnership with Peninsula-Delaware Conference, Western North Carolina Conference, and the Central Congo Episcopal Area. Funds raised are used for farm incentives, a truck for the Bishop, well projects, children's ministry, ophthalmology clinic, teaching life skills, solar panels for electricity, nutritional programs, and secondary education. The website, Congo-Mission.org, has a two-minute video which can be used to let your church know about Congo Partnership.





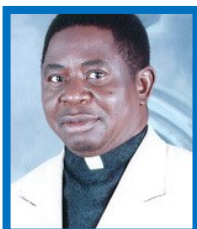
MISSION & MINISTRY AT HOME & ABROAD

Missionaries Related to Eastern PA

Our United Methodist Missionaries are connected to specific Annual Conferences to encourage the churches in those conferences to support the missionaries with prayer, encouraging messages, and financial support. Having the missionaries connected with a few conferences, makes itineration visits every three years much more feasible for travel arrangements. Our missionaries are:



Dr. Mark Zimmerman and his wife Deirdre Zimmerman (nutritionist) at Patan Hospital in Kathmandu, Nepal.



Rev. Mutwale Ntambo Wa Mushidi (assistant to Bishop) and his wife Kabaka Ndala Alphonsine (working with women and children) in Dar es Salaam, Tanzania.

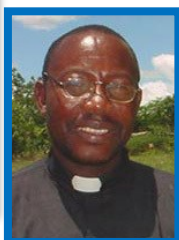


Lawrence Kies (agricultural educator) and his wife **Jane Kies** (ESL educator) at African University in Mutare, Zimbabwe. Larry is retiring soon, but will be continuing his work as a volunteer.

John Nday (agricultural educator) and his wife **Florence Kaying** (nurse) in Mozambique.



Rev. John Calhoun, pastor in Ukraine who in Sept. 2020 moved to Vienna to pastor an English-speaking UMC.

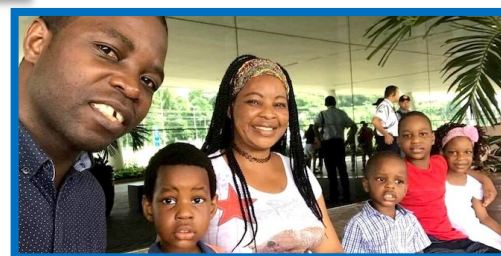


Ngoy & Umba Kalangwa in Tanzania.



Brenda Nguwa, working with youth in Indonesia.

Rev. Charles Mulemena, pastor in Brazil, who recently moved to Belize.



Chin "James" Cho in Mongolia.



John Elmore in Chile.



Sonia Vargas-Maldonado in Puerto Rico.



Rev Sung Lee, going from NJ to Fuji.



And, finally, Eastern PA's own **Lilian (Luky) Cotto**.

You can read biographies of our missionaries on the Global Ministries website. During the pandemic, itinerations are being done virtually on Thursdays and recorded for future viewing.

Use this link to download a map of our global missions: [2020-Mission-Map-Final-version-1.jpg \(660x454\) \(umcmission.org\)](https://umcmission.org/2020-Mission-Map-Final-version-1.jpg)



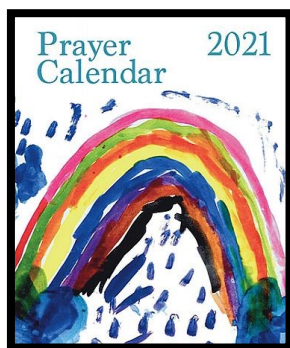
MISSION & MINISTRY AT HOME & ABROAD

Prayer Calendar Is A Great Resource

The annual prayer calendar published by United Methodist Women in cooperation with the General Board of Global Ministries (GBGM) lists the names, contact information, and birth-days of our missionaries and deaconesses/home missionaries. This makes it possible for us to support them with our prayers and encouraging communications.

There are 9 categories of mission work provided by 492 persons listed in the 2020 Prayer Calendar.

- ♦ Church and Community Workers serve the poor and disenfranchised in the U.S.
- ♦ Deaconesses and Home Missioners are laypeople consecrated through United Methodist Women to full-time ministries of love, justice, and service in their chosen fields of ministry.
- ♦ Global Health missionaries focusing on creating abundant health in vulnerable communities.
- ♦ Global Mission Fellows International are young adult missionaries working outside their home countries for 2 years (previously called Mission Interns).
- ♦ Global Mission Fellows US-2 are young adult missionaries serving in the U.S. for 2 years.
- ♦ Home Missionaries (no longer being recruited) work under UMW.
- ♦ Missionaries are commissioned by GBGM for cross-cultural service outside their home country in a wide variety of roles and ministries.
- ♦ Racial Ethnic Plan Missionaries serve in Korean and Hispanic/Latino communities as part of a coordinated effort between annual conferences in U.S. and Global Ministries to develop and strengthen ministries for these communities.
- ♦ Regional Missionaries work in regional areas of the world to help women, children and youth with issues of health, gender equality, elimination of violence, and support for the uprooted and marginalized.



In addition to the missionaries, the Prayer Calendar lists staff members of United Methodist Women and the General Board of Global Ministries who support their work, and those who have retired. You can order a Prayer Calendar at [*NEW* Prayer Calendar 2021 M3356 \(umwmissionresources.org\)](https://umwmissionresources.org) for \$14. The calendar for the following year becomes available each November.

Global Ministries Team

Chairperson – Deaconess Barbara Drake, Conference Secretary of Global Ministries

Peace with Justice Coordinator – Rev. Jessica Ross

Congo Partnership EPC Representative – Annette Onema-Orbach

Members by District and Church:

East District

Nancy Albacker – Christ UMC, Lansdale

Luky Cotto – Pastor of Casa del Pueblo, Hatboro

Barbara Mitchell – First UMC of Germantown

Annette Onema-Orbach – First UMC of Germantown

Ruth Thornton – First UMC of Germantown

North District

Brenda Binns – Salem UMC, Orwigsburg; publisher of Well-spring newsletter

Jessica Ross – Pocono Lake UMC

South District

Ginger Biddle – St. Matthew's UMC, Valley Forge

Janice Bowers – Pastor of New London UMC

Ruth Carr – Temple UMC, Pottstown

Jesse Coale – Pastor of Christ UMC, Broomall

Barbara Drake – Union UMC, Havertown

Gladys Hubbard – St. Matthew's UMC, Valley Forge

Jennifer Lafferty – Thorndale UMC; District Lay Leader

West District

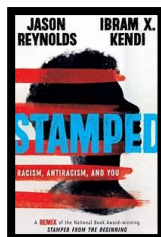
Penny Harris – Church of the Good Shepherd, Lebanon

Susan Kepner – First UMC, Lancaster



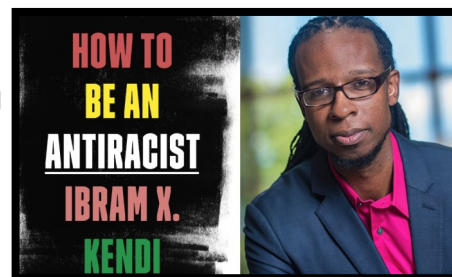
HEALTH AND JUSTICE

Books Not to Miss (Continued from page 4)



Stamped: Racism, Antiracism and You by Jason Reynolds and Ibram X. Kendi is a book for teens. Jason Reynolds is a children's author and presents Kendi's book (above) in a very readable form for high schoolers. It begins, "This is not a history book." But it is history from a long-awaited Black perspective. Your teenagers will love the language he uses to reach them in meaningful ways.

Kendi also educates us with **How to Be an Antiracist**. This is such an honest book about how he, a Black middle-class youngster becoming his adult self, was raised believing the stereotypes and inaccurate and ignorant attitudes most of us were taught about Blacks, indigenous people and people

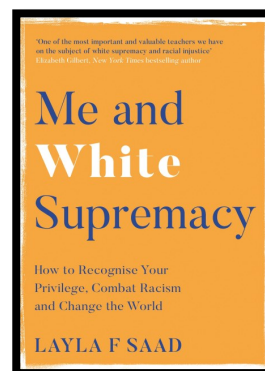


An antiracist idea is any idea that suggests the racial groups are equals in all their apparent differences—that there is nothing right or wrong with any racial group.

IBRAM X. KENDI
HOW TO BE AN ANTIRACIST

of color (BIPOC). His education and growth shows the reader how he shed these racist notions to become an antiracist accepting the full equality, individuality and value of all people and cultures. He takes us brilliantly through his family life, academic studies and his friendships, arguments and self-doubts to become the renowned historian we meet in *Stamped*. The story is not only personal but also full of the academic sources important to the historic study of how systemic racism has infected and harmed our entire society from even before its inception. Kendi became an antiracist and so can we. He says, "Racist ideas are not natural to the human mind" and we should "believe in the possibility that we can strive to be antiracist" and that "we can transform our societies..." We suggest that our readers tune in when Kendi appears on television.

me and white supremacy by Layla Saad is for people who hold white privilege. This book explores individual acts by white people of racist practices such as "racist stereotypes" or "white superiority". Ms. Saad defines/describes the behaviors that devalue and diminish BIPOC and then asks the reader to honestly account for her/his own behavior. Then she asks the reader to list what one must do to change the behavior. This book started on Instagram with individuals joining circles with her and working through how they can change using writing workbooks. It became so popular that she decided to write the book. The book takes you, the reader, through 28 days of looking deeply at yourself in different situations one day at a time. These are situations which are offensive to BIPOC but may not be seen that way by whites. Her explanations and definitions are excellent. A sample day might look like this: What is white privilege? (Defined) How does white privilege show up? Write in the journal with reflective prompts. What positive experiences has your white privilege granted you throughout your life that BIPOC generally do not have? In what ways have you wielded your white power over BIPOC that has done harm? Saad takes the reader step by step to becoming a more informed and better behaving human being.



Comments about the articles in this edition of Wellspring are welcome, as are ideas or articles for 2021 editions of the newsletter. Please contact either Barbara Drake, Global Ministries Team Chairperson (bedrake15@aol.com) or Brenda Binns, Wellspring publisher (bbinns1@msn.com).