ATTACHMENT F

- Town Hall Sessions
- Bible Study Handouts
- Devotions Spiritual Life and Message
- Necrology Service Program

The Women's Missionary Council Christian Methodist Episcopal Church



2017 Executive Board Meeting February 3-7, 2017 Columbia Marriott Hotel - Columbia, SC

Dr. Princess A. Pegues, International President Patron Bishop James B. Walker Bishop Lawrence L. Reddick, III, Senior Bishop

Presenter - Ida Prewitt Suggs
Topic - "In the Company of My Sisters: Equality for Justice
Inside and Outside of the Church"

In the time that the Bible was written, women were, at best, second-class citizens. But slowly, God revealed the narrative and we see that women are held in high esteem. From Jesus to Paul, women are not only valued as people but as laborers in the church. Laborers who are called to spread the Gospel to the four corners of the world.

Equality is defined as the condition of being equal, or the same in quality, measure, esteem or value. When men and women are both viewed as being just as smart and capable as each other, this is an example of equality of the sexes.

Justice...

noun

noun: **justice**; plural noun: **justices**1.1.just behavior or treatment.
"a concern for justice, peace, and genuine respect for people"

fairness, justness, fair play, fair-mindedness, equity, evenhandedness, impartiality, objectivity, neutrality, disinterestedness, honesty, righteousness, morals, morality
"I appealed to his sense of justice"



Everyone is individual and differenct



Equality

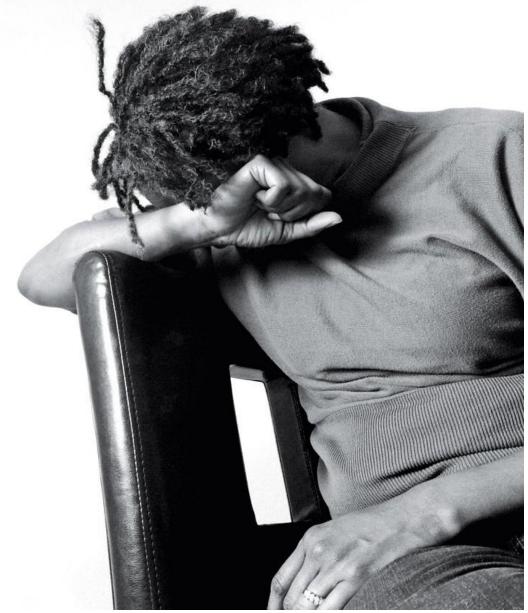
Equal access to opportunities



Inclusion

Inclusion is a sense of belonging: feeling respected, valued for who you are; feeling a level of supportive energy and commitment from others so that you can do your best at work

African American Women In Need of A Sister...



Suffering from PTSD after being shot in front of her children on their way to a family outing.

"I am not free while any woman is unfree, even when her shackles are very different from my own." - Audre Lorde

Coretta Scott King



Quotes

Struggle is a never ending process. Freedom is never really won, you earn it and win it in every generation.

Hate is too great a burden to bear. It injures the hater more than it injures the hated.

Women, if the soul of the nation is to be saved, I believe that you must become its soul.

The Florida woman who fired a warning shot in 2012 has been released.



Marissa Alexander, a Florida woman who fired a warning shot in defense of her abusive husband a few years ago and couldn't claim "Stand Your Ground," was freed from house arrest last week after being jailed for three years and serving two years of court-ordered home confinement, Mic reports.

According to a <u>Facebook</u> post, on Jan. 27, she was "freed from house detention and all forms of state confinement." The mother of three, who fired one shot aimed at a wall that injured no one, accepted a plea deal to dodge 60 years in prison on weapons and assault charges. Photo by Betsey Hansen

"We are grateful to God that this chapter of Marissa's life will come to a close... we are sincerely thankful and appreciative to all who rallied, supported and prayed for Marissa's release," the post states.

Now that Alexander is free, many took to social media to celebrate and praise her release.



NEWS Tamron Hall Leaves NBC, 'Today' Show After Megyn Kelly News

Tamron Hall is an American broadcast journalist. Hall was formerly the American national news anchor for NBC News, day-side anchor for MSNBC, host of the program MSNBC Live with Tamron Hall, and a co-host of Today's Take, the third hour of Today

Recognizing that women have intersecting identities and are therefore impacted by a multitude of social justice and human rights issues

Our liberation is bound in each other.

- We must create a society in which all women including Black women, Indigenous women, poor women, immigrant women, disabled women, Muslim women, lesbian, queer and trans women are free and able to care for and nurture themselves and their families, however they are formed, in safe and healthy environments free from structural impediments.
- Women have the right to live full and healthy lives, free of all forms of violence against our bodies. One in three women have been victims of some form of physical violence by an intimate partner within their lifetime; and one in five women have been raped. Further, each year, thousands of women and girls, particularly Black, Indigenous and transgender women and girls, are kidnapped, trafficked, or murdered. We honor the lives of those women who were taken before their time and we affirm that we work for a day when all forms of violence against women are eliminated.

Sisterhood: The Reason for Sorority

Friday, December 13, 2013

When we talk about sorority membership, we often talk about sisterhood — but what does sisterhood really mean? Sorority women are connected by their rituals, their philanthropic causes, their values and sometimes their living arrangements. At some point along the way, they become sisters. Sisterhood is not a bond that happens overnight; just like forming a friendship, it takes time and effort. However, sisterhood is one of the most rewarding aspects of sorority membership, so it is definitely worth it.

Says one sorority woman, "My sisters are **unconditional friends**. Sure, we may get into arguments or rub each other the wrong way, but at the end of the day everything falls back into place because we are sisters. We share a bond that cannot be forged with just anyone." Many chapters have similar values and goals, but sisterhood bonds form when a group of sisters all work together to accomplish goals.

Sharing a **common ritual**, **or secret traditions and ceremonies** that are unique to each sorority, also forms sisterhood bonds. Another sorority woman says, "I love that my sorority sisters have found a love and value for the same things that I strive to live by in my life. When I participate in my sorority's ritual, I feel that the women with me — regardless of our differences — ultimately want the same things I do." Ritual events are important and almost sacred to sorority women. A sorority may perform a ritual at certain chapter meetings, during Founders' Day celebrations and for new member initiation.

Sorority membership is for a lifetime, so you know that your sorority sisters will stand by you way beyond the four years that you are in college. Explains another sorority woman: "My sisters encourage me to be a leader, and they support me in all of my endeavors. My sisters will bum around with me, go to random campus events with me or take me out for a special occasion. My sisters will share my joys and sorrows, and they will stand with me on my wedding day."

Sisterhood — it's the reason for sorority. There are many benefits to sorority membership, but few are greater than the unconditional and lifetime bonds of friendship that we call sisterhood.





By Ivory M. Jones

Jul, 01, 2016

"There's a certain kind of sisterhood that we have as Black women," said McMillian during her keynote at the 2016 ESSENCE Festival.

Author Terry McMillan knows a thing or two about the value of having a good set of friends on your side. During her keynote conversation with ESSENCE Special Projects and Book Editor Patrik Henry Bass during the ESSENCE Empowerment

Experience at the <u>2016 ESSENCE Festival</u>, she shared the ups and downs of having a strong set of sisterfriends, some of whom have been in her corner for over 40 years.

"We go days, we go weeks, we go months without speaking. We cuss each other out. We say what's on our minds and sometimes that's not what we want to hear, but that's because we're friends and we have each other's backs," the 64-year-old shared with the audience. Even through the good, the bad and the ugly, that special bond is what always brings friends back together. "Then we just call up one day or send each other a text and say, 'I'm sorry' or 'You know I was right' because your friends do have your back. If they give you advice, chances are it's the right advice."

McMillan, whose most recent book <u>I Almost Forgot About You</u> was released in June via Random House, went on to stress the importance of recognizing and appreciating the special connection that women—especially Black women—share with one another and how beneficial it can be. "They act like your mothers but the bottom line is that no matter how you're feeling, you can just call on the phone crying to them and they'll just listen to you cry. Even if you did something stupid, they're not gonna tell you did something stupid until you come to your senses," she said, drawing laughs and a lot of nods of agreeance from the crowd. "It's a certain kind of sisterhood that we have as Black women that I don't think a lot of other ethnicities—and I'm not trying to knock other ethnicities—that we have."

The Power and Importance of Sisterhood

True friendship isn't just about having a nice person to go shopping with by Ashley Moore



The Power and Importance of Sisterhood

I feel happy right now. I'm exhausted, but completely content. As I write this, the muscles in my right leg are still sore from the 200 miles of flexing them as I drove for a road trip. I haven't even unpacked. But I'm not anxious about the beginning of the workweek, nor am I crabby about the repairs my car probably needs from the abusive driving I tend to partake in. I'm just happy.

This weekend, I went to Iowa to see some of my best friends. These are the girls with whom I experienced college, and since we graduated, we've made a point every few months to spend a weekend together in one of our respective home states. When we started doing these weekends, I thought they'd surely fade into oblivion as we all got busier and our lives became more hectic. Instead, I've been surprised to discover we've started having these weekends more often, and they've gotten better and more meaningful with each visit. The truth is, the more distance we feel from one another in our lives, the more homesick we are for what we experience when we are together: a sisterhood.

My own sisters taught me everything I know, from how to flawlessly apply mascara (you have to move the brush side to side, not just up and down), to how to flirt (the hair flip is completely useless), to how to have integrity in my relationships with God and others. They taught me about the world, and they tried their hardest to protect me from the bad stuff. What they may have never realized is that the most important lesson they ever taught me was the lesson of sisterhood: the importance of deep female friendships that can exist in full-health across state lines, married/single lines, and the daily problems that can bring us down.



Thank God for sisters.

Before I was born, my mom used to pray that my two older sisters would be like David and Jonathan. First Samuel 18:1 says that "Jonathan became one in spirit with David, and he loved him as himself" (NIV). They loved each other as brothers, and it was a beautiful relationship. God listened to my mom's prayer. By the time I came along, my sisters had developed a close-knit friendship that seemed impenetrable through my young eyes. Yet they somehow made room for me, even if I was the most obnoxious thing to come out of 1986. I could not be more grateful for this.

We all have sisterhood, or at least potential sisterhood, in our lives. Some of these women are blood-related, and some are by chance or choice, but we have them. However, sometimes as women, we can get so busy, and so perfectionistic, and well, let's face it, so **competitive with**

other women, that we forget how to build those relationships. **We forget how to know one another and how to build up one another.** And maybe sometimes, we forget to care.

How To Promote Sisterhood Beyond the Church Walls

The fact is this: *It isn't all about you or your success*. It is about the success of all women. I want to challenge women of this time to make a way for women of the next time to succeed beyond our wildest dreams. I want to ask you to make a mental pledge to the following when it comes to how you interact with, react to, and treat other women:

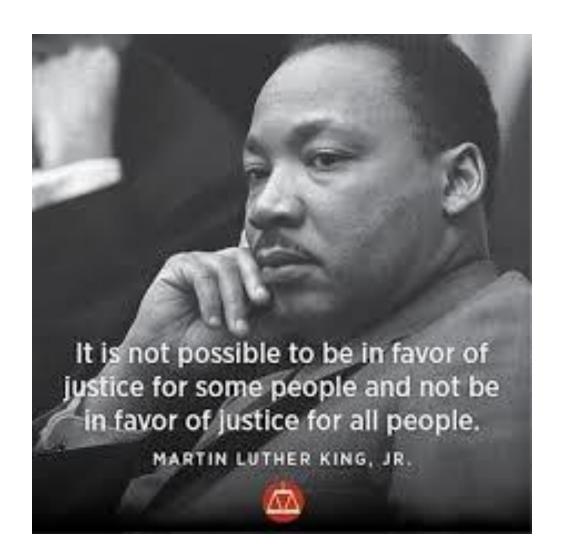
- 1. **Be kind**. Being a witch to another woman violates the woman code that we all instinctively know is how we should conduct ourselves. I promise you this, if you are mean to other women, harsh to other women it will come back to you and on you in spades. Why generate that kind of karma for yourself; just be kind.
- 2. **Be patient**. You need grace. You need support. You need encouragement. So why won't you give it to another woman who is younger, new at the job, trying to make her way in the world? Treat other women as you WANT to be treated NOT as you MAY HAVE been treated by other bad women on your way up the professional or life ladder.
- 3. Communicate. Talk, do not text. Talk, do not email. Talk, do not gossip. Talk, do not tell your inner circle what she did wrong or how they should avoid her. Go to the woman you have an issue with and talk it out. Stop with the petty school girl antics and talk. And most importantly, stop "going off" on other women and erupting. You do irreparable damage to trust, and to the sisterhood. If one on one talking does not work, or is not advisable in the situation, the Bible says that you can take a witness, a mediator, someone who can help you two work it out. But give her a chance to be heard and to hear you. Communicate what you need woman to woman. Stop trashing other women and black balling them. It is not cool. And it violates the woman code of life.

- 4. **Be empathetic**. Empathy is the single most important skill any leader must have. Your ability to relate, forgive, understand, discuss, share, and engage other women will absolutely impact how successful you are in life, as a leader, and as a member of the sisterhood of women. Period. There are no exceptions to this rule. If you cannot find it in your heart to act like a human being before you act like a supervisor, boss, executive, colleague, or friend than you have failed at leadership 101.
- 5. Operate by a Code of Conduct. Don't be a hypocrite. Do not place yourself above other women just because you have a title, status, or stuff. But by chance and God's grace any of us tomorrow could lose all we have: our homes, our families, our good jobs, our health and our wealth. The next generation of women is watching those of us who are over 35. Reality TV is teaching younger women and some of our peers that being **nasty mean girls** is the way to succeed in life. **It is not.** We have a responsibility to set an example of what it means to be a "sister" and to actually "keep" your sister even when we disagree. You cannot live by *do what I say, but not what I do.* It will not work with this generation of savvy, sophisticated women. They see you. The question is do you see you. There is a Code. It's time we lived up to it starting now.

In the final analysis, to be a "sister" **is to be a friend**. It is to be **loyal**. Tried and true. It is to give a smile, lend a hand, and practice friendship. It is to be **forgiving**. To be a **covering**, a **balm**, a **helping hand**, a **fierce advocate** and **builder** of other women. Being a "sister" means you value other women as you value yourself. Now that can be problematic if you do not value yourself as a woman. But, it's okay you can learn to love yourself. You can learn to feel worthy and valued. You can learn to trust, love and support other women even if everything you have experienced in your past or been taught is contrary to that possibility.

It's time for us to put the "sister" back into the word "sisterhood." It starts with you and with me, right here and right now.

Follow Sophia A. Nelson on Twitter: www.twitter.com/IAmSophiaNelson





We believe that Women's Rights are Human Rights and Human Rights are Women's Rights. We must create a society in which

women - including Black women, Native women, poor women, immigrant women, disabled women, Muslim women, lesbian queer and trans women - are free and able to care for and nurture their families, however they are formed, in safe and healthy environments free from structural impediments.

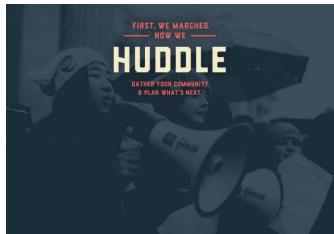


We work peacefully while recognizing there is no true peace without justice and equity for all.

HEAR OUR VOICE.

During the first 10 days of February, we will gather together in our neighborhoods all over the world to define our next steps, and envision how to transform the energy we saw at Women's Marches into local and national action.

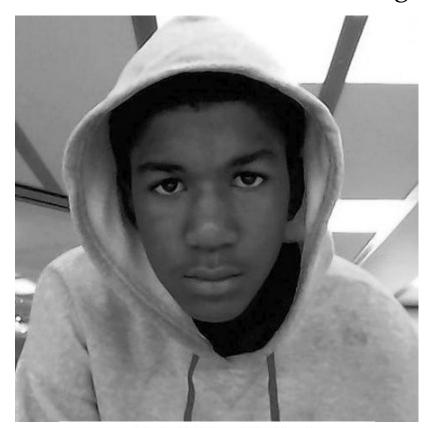
Huddle (n.) - a small group of people holding an informal conversation



Take Action - We work peacefully while recognizing there is no true peace without justice and equity for all.

HEAR OUR VOICE.

Trevon Martin: A Mother's Worst Nightmare

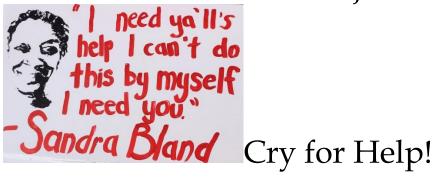


JUSTICE



Sandra Bland







Justice

21st Century

BLACK INSERTING

The "Black Lives Matter" movement focuses on the fact that black citizens have long been far more likely than whites to die at the hands of the police, and is of a piece with this history. Demonstrators who chant the phrase are making the same declaration that voting rights and civil rights activists made a half-century ago. They are not asserting that black lives are more precious than white lives. They are underlining an indisputable fact — that the lives of black citizens in this country historically have not mattered, and have been discounted and devalued. People who are unacquainted with this history are understandably uncomfortable with the language of the movement. But politicians who know better and seek to strip this issue of its racial content and context are acting in bad faith. They are trying to cover up an unpleasant truth and asking the country to collude with them.



Harriet Tubman



Harriet Tubman. Seidman Photo Service/Kean Collection/Getty Images

Led a multitude to freedom (2) fought against women's disenfranchisement and (3) acted as scout during the Civil War, constantly fought and worked for civil rights and (4) had a to launch an advocacy campaign to petition for her veterans benefits, which in 1899 were set at \$20 a month.

Slavery and Abolitionism - Sisterhood (Black & White Women)

The United States declared itself a free nation and that every citizen had a right to "life, liberty, and the pursuit of happiness" -- but also accepted the institution of slavery. Women were quite active in the abolitionist movement. White women came out of their domestic sphere to work against the enslavement of others. Black women spoke from their experience, bringing their story to audiences to elicit empathy and action.

Equality & Justice



Lezley McSpadden, the mother of slain Ferguson teen Michael Brown, appeared at the Democratic National Convention on Tuesday as part of the group "Mothers of the Movement" — women who have lost their children in encounters with police or to gun violence.

McSpadden didn't speak, but other women in the group did, including Sybrina Fulton, the mother of Trayvon Martin, the Florida teen shot to death in a 2012 encounter with neighborhood watch coordinator George Zimmerman.

"Hillary Clinton has the compassion and understanding to comfort a grieving mother; she has the courage to lead the fight for common-sense gun legislation," Fulton said. "And she has a plan to repair the divide that so often exists between law enforcement and the communities they serve.

"This isn't about being politically correct. It's about protecting our children."



The authors of the Declaration of Independence outlined a bold vision for America: a nation in which all people would be free and equal. More than two hundred years later, it has yet to be achieved. Though generations of civil rights activism have led to

important gains in legal, political, social, employment, educational, and other spheres, the forced removal of indigenous peoples and the enslavement of those of African descent marked the beginnings of a system of racial injustice from which our country has yet to break free. From our public schools where students of color are too often confined to racially isolated, underfunded, and inferior programs, to our criminal justice system that disproportionately targets and incarcerates people of color and criminalizes poverty, to the starkly segregated world of housing, the dream of full equality

EXAMPLES OF SISTERHOOD BEYOND THE CHURCH WALLS

Through trouble, tragedy and triumph, Good Morning America's Robin Roberts and her siblings stuck together--and proved that sisterhood can save a life.

Some quotes on "sisterhood":

Gloria Steinem: "Any woman who chooses to behave like a full human being should be warned that the armies of the status quo will treat her as something of a dirty joke . . She will need her sisterhood."

bell hooks: "The idea of 'common oppression' was a false and corrupt platform disguising and mystifying the true nature of women's varied and complex social reality. Women are divided by sexist attitudes, racism, class privilege, and a host of other prejudices. Sustained woman bonding can occur only when these divisions are confronted and the necessary steps are taken to eliminate them."

Madeleine Albright: "There is a special place in hell for women who don't help other women."

Sarah Addison Allen: "We're connected, as women. It's like a spiderweb. If one part of that web vibrates, if there's trouble, we all know it, but most of the time we're just too scared, or selfish, or insecure to help. But if we don't help each other, who will?"

Andrea Dworkin: "Feminism is a political practice of fighting male supremacy in behalf of women as a class, including all the women you don't like, including all the women you don't want to be around, including all the women who used to be your best friends whom you don't want anything to do with anymore."

Nellie L. McClung "Women are going to form a chain, a greater sisterhood than the world has ever known."

Tanja Taaljard: "Women instinctually know how to nourish each other, and just being with each other is restorative."

Nima Naghibi: "Global sisters in the 1970s, however, claimed that women the world over had one thing in common: regardless of race, culture, or class, all women suffered the indignity of patriarchal oppression. They also managed to recruit and showcase women representatives of the third world in more visible ways than did global sisters in the early part of the century. Global feminist relationships across class and cultural boundaries have been, and continued to be, played out in an educational arena where one group of 'sisters' aims to enlighten and educate another, less informed group of 'sisters."

Amy Edrman Farrell: "Ms. editors delineated a feminism that emphasized self-help and sisterhood. The focus on personal change differed from traditional women's magazines in that it was rooted in an understanding of sisterhood, of an underlying female culture and female cultural superiority that would help to revolutionize our society. This dual perspective on individual change and cultural sisterhood was a strategy that allowed the magazine to navigate among a wide range of readers' perspectives, extreme commercial demands, and the constraints imposed by staking out territory within the industry and genre of women's magazines."

Diane Baker, on the women of the labor movement: "Addie Wyatt, along with other trade union women leaders, asserted both the importance of unionism and the recognition of women workers' special needs. Sisterhood, she asserted, was a strong, complementary force to solidarity."

Nancy Schrom Dye on the <u>Women's Trade Union League (WTUL)</u>: "Belief in sisterhood, they discovered, was not always compatible with a belief in the importance of class solidarity. In other words, members were unable to develop a solution to the problem of women's dual exploitation: were women workers oppressed because they were workers or because they were female? In effect, many controversies which troubled the organization were in large part a reflection of this struggle as well as ideological ramifications for many members."

Jennifer Baumgardner: "Sisterhood was never about everybody agreeing" Sisterhood: Oh, How We Need Each Other

Today we rejoice in our many different roles as women in the Church. Though in many ways we are different and unique, we also acknowledge that we are all daughters of the same Heavenly Father, which makes us sisters. We are unified in building the kingdom of God and in the covenants which we have made, no matter what our circumstances. This combined assembly is, without a doubt, the most glorious sisterhood upon the face of the earth!¹

To be sisters implies that there is an unbreakable bond between us. Sisters take care of each other, watch out for each other, comfort each other, and are there for each other through thick and thin. The Lord has said, "I say unto you, be one; and if ye are not one ye are not mine."

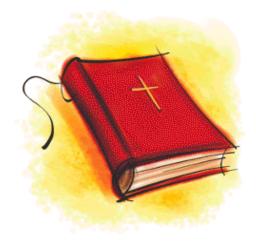
The adversary would have us be critical or judgmental of one another. He wants us to concentrate on our differences and compare ourselves to one another. You may love to exercise vigorously for an hour each day because it makes you feel so good, while I consider it to be a major athletic event if I

walk up one flight of stairs instead of taking the elevator. We can still be friends, can't we?

We as women can be particularly hard on ourselves. When we compare ourselves to one another, we will always feel inadequate or resentful of others. Sister Patricia T. Holland once said, "The point is, we simply cannot call ourselves Christian and continue to judge one another—or ourselves—so harshly." She goes on to say that there is nothing that is worth us losing our compassion and sisterhood over. We just need to relax and rejoice in our divine differences. We need to realize that we all desire to serve in the kingdom, using our unique talents and gifts in our own ways. Then we can enjoy our sisterhood and our associations and begin to serve.

The fact of the matter is, we really and truly need each other. Women naturally seek friendship, support, and companionship. We have so much to learn from one another, and we often let self-imposed barriers keep us from enjoying associations which could be among the greatest blessings in our lives. For example, we women who are a little older need what you Primary-age girls have to offer. We can learn much from you about Christlike service and love.

I recently heard a wonderful story about a little girl named Sarah, whose mother had the opportunity to help another woman in her ward named Brenda, who had multiple sclerosis. Sarah loved to go with her mother to help Brenda. She would put lotion on Brenda's hands and massage her fingers and arms because she was often in pain. Sarah then learned to gently stretch Brenda's arms over her head to exercise her muscles. Sarah brushed Brenda's hair and visited with her while her mother took care of her other needs. Sarah learned the importance and joy of serving another person and came to understand that even a child can make a big difference in someone's life.



In the first chapter of Luke which describes the sweet relationship between Mary, the mother of Jesus, and her cousin Elisabeth. Mary was a young woman when she was informed of her remarkable mission to be the mother of the Son of God. Initially it must have seemed to be a

heavy responsibility to bear alone. It was the Lord Himself who provided Mary with someone to share her load. Through the message of the angel Gabriel, Mary was given the name of a trusted and sympathetic woman to whom she could turn for support — her

I recently asked my mother why in the world she did that week after week when she had no support or encouragement at home. Her answer was: "I had Primary teachers who loved me." These teachers cared about her and taught her the gospel. They taught her that she had a Father in Heaven, who loved her, and it was their concern for her that kept her coming week after week. My mother said to me, "That was one of the most important influences in my early life." I hope I can thank those wonderful sisters someday! There is no age barrier when it comes to Christ-like service.

The CME Church Provide Opportunities for Women of the Church

CHRISTIAN METHODIST EPISCOPAL CHURCH



Clergy

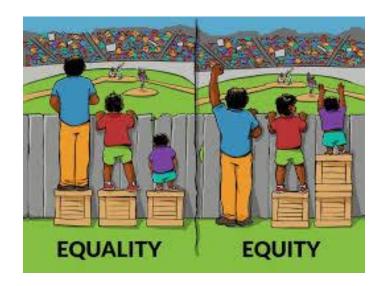
Missionary Society

Sunday School

Boards & Organizations

1918...First Woman's Connectional Council Meeting

1918...Elected Dr. Mattie E. Coleman, 1st President Rossie T. Hollis Mattie E. Coleman Phyllis H. Bedford



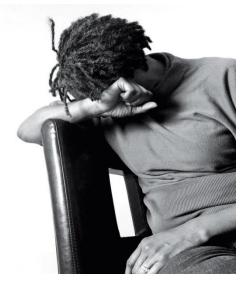
I think of the great help that the women leading Rossie T. Hollis, The Mattie E. Coleman and the Phyllis Bedford can be in welcoming young sisters who have recently come into the church and who do not quite know their way.

Many of our young sisters frequently feel as if they don't have a place or anything in common with those of us who are the more mature members of the local, district, Region and Connectional Missionary Society. Before they turn 18, they need Young Women leaders and mothers who will joyfully testify of the great blessings of God and the Women's Missionary Council. They need to feel enthusiastic about becoming part of such a glorious organization. When young women begin attending the meetings, what they need most is a friend to sit next to, an arm around their shoulders, and an opportunity to teach and serve. Let us all reach out to help one another through the transitions and milestones of our lives.

Thank you to all the women of the Church who are reaching out across age and cultural lines to bless and serve others. Young women are serving Primary children and the elderly. Single sisters of all ages spend countless hours watching out for the needs of those around them. We recognize the thousands of young women who are giving up 18 months of their lives to share the gospel with the world. All of these things are evidence that, as our beloved hymn states, "The errand of angels is given to women." 5

If there are barriers, it is because we ourselves have created them. We must stop concentrating on our differences and look for what we have in common; then we can begin to realize our greatest potential and achieve the greatest good in this world. Sister Marjorie P. Hinckley once said, "Oh, how we need each other. Those of us who are old need you who are young. And, hopefully, you who are young need some of us who are

old. It is a sociological fact that women need women. We need deep and satisfying and loyal friendships with each other." 6 Sister Hinckley was right; oh, how we need each other!



Sisters, there is no other group of women in the world who have access to greater blessings than we do as CME women who just happen to be Missionaries. We are members of the Lord's Church, and regardless of our individual circumstances, we can all enjoy the full blessings of priesthood power through keeping the covenants we have made at baptism. We have living prophets to lead and teach us, and we enjoy the great gift of the Holy Spirit, which serves as a

comfort and guide in our lives. We are blessed to work hand in hand with righteous brothers as we strengthen homes and families. We have access to the strength and power of temple ordinances and so much more.



1. In addition to enjoying all of these magnificent blessings, we have each other—sisters in the gospel of Jesus Christ. We have been blessed with tender and charitable natures which enable us to render Christlike love and service to those around us. As we look beyond our differences in age, culture, and circumstance to nurture and serve one another, we will be filled with the pure love of Christ and the inspiration which leads us to know when and whom to serve.

1. Shine a light on the shadows. There isn't a big enough rug in the world under which this secret can be swept. Whether you're a mom's group member or an HR director, begin to end this problem by having a candid and hopefully game-changing conversation about it. Granted, this is as about as fun as having a botched root canal.

But, like healing any wound, once this "taboo" topic is aired and out in the open, real change can happen.

- **2. Live from your own incredible worth**. Express your own brilliance don't block someone else's. Be an amazing woman. Unleash her now. To do good. To raise the roof. To be kind. To change the world. Be a superstar yourself, and you won't feel the need to tarnish another's star. As Bindu, an Indian actress popular in the 1970s said, "Women who understand how powerful they are do not give into envy over meaningless things; instead they fight to maintain the beautiful bond of the sisterhood. These are the real women who know that we need each other's love and support to survive in this world."
- 3. Advocate for zero tolerance. Our workplaces, health, and economy are drained by something we've avoided, pretended doesn't exist, or justified. From coffee groups to conference rooms, stop tolerating abusive talk and behavior among women. If you're a manager or leader, enforce anti-bullying policies. Retrain or remove workplace bullies, both men and women. If you're being bullied, document the abuse, report it, and be clear about how you want to be treated. If you witness bullying, don't hide the truth to keep the peace. And if you're a bully, seriously, why? Learn how to exercise real power to have authentic friendships and respectful colleagues, not ones that loathe your presence.
- **4. Be a Wonder Woman with your wise words.** Kudos to Reese Witherspoon, who asked: "Why do we have to tear other woman down to build another woman up?" And to author Elizabeth Gilbert, who recently posted herself on Facebook holding up a note: "**DEAR WOMEN BE KIND TO OTHER WOMEN! LOVE, A WOMAN." Look, of course, we don't have to agree with every woman**. But we can stop trash talking about women's appearances, parenting, or successes. Gossiping and snarky talk can be addictive and pass the time in a boring day. But they're destructive. Find a legit feelgood fix. Find new friends, if necessary. Find your integrity.
- 5. Tune out media that glorify mean-women pile-ons. Let's all stop feeding the media that glorify women being mean to other women. Cheers for Jennifer Lawrence's candor: "When I watch these shows and I watch these women on these television shows pointing to [other] women and judging them and calling them ugly and calling them fat where are we from? Why are we here? Why are we doing this to each other? Men were doing it hundreds of years ago, and now we've turned around and we're doing it to each other."
- **6. Applaud a woman's success.** Some women I've interviewed say they're scared to share their successes with other women for fear they'll be bludgeoned with their own victories. That's insane. Don't hold a woman's gifts against her. An anonymous person once said, "Jealously is when you count someone else's blessings instead of your own." If one woman soars, it doesn't mean your wings are clipped, or that there's limited air space. We all came here to fly fly far!
- 7. Even Wonder Woman has to rest. These work harder/faster times can shred us, making it all too easy to turn on one another. Slow down, breathe, and nurture yourself, if only for 30 minutes. It's soul-crushingly tough enough to get through some days. Do

we have to make it harder by crushing each other's dreams and dignity? When we're more rested, it's easier to give a big thumbs-up to a woman's ideas at work. Or hold the door open for a mom struggling with a stroller. And cheer for a sister on fire with her creation, whether it's a painting or a product.

What Can We Do to Eradicate Injustice and Promote Equality:

- promote education, training and professional development for women.
- Fully implement existing laws so that, for example, violence against women does not go unpunished.
- Enact new laws where no laws exist in specific areas.
- Far-reaching changes to employment terms and conditions for women.
- Equal pay for men and women by all employers
- all women have equal rights, and equal access to justice, power, resources and opportunities;
- all women and girls live their lives free from all forms of violence and discrimination;
- women can make decisions about their bodies, health and sexuality, free from discrimination, violence and coercion;
- all women who work enjoy equal pay for equal work opportunities and equal access to decent work;
- unpaid care work is fairly shared between men and women and no longer presents a barrier for women's and girls' participation in social, political and economic life;
- women have equal voice, participation and leadership in decision-making at all levels, including in peace and security discussions; and
- persistent gender stereotypes about women and men and girls and boys, are not second nature, and discriminatory norms and attitudes and beliefs no longer limit opportunities and outcomes.

I Am my Sister's Keeper

by Alessandra Eshal Brown

To be there when she calls To catch her when she falls \I AM MY SISTER'S KEEPER \To comfort her in times of need Giving biblical counsel for her to feed \I AM MY SISTER'S KEEPER \To be with her through happiness and hurt To be best friends for better or worse \ I AM MY SISTER'S KEEPER \To be her God sent friend And stay with her until the end \I AM MY SISTER'S KEEPER \To make her laugh by telling her jokes To instill confidence, and raise her hope \I AM MY SISTER'S KEEPER \And I hope the saying goes both ways, because I'll need her comfort on somedays \I AM MY SISTER'S KEEPER

Statement

"Missionaries, I invite you to not only love each other more but love each other better." May we realize just how much we need each other, and may we all love one another better, is my prayer in the name of Jesus the Christ, I pray, Amen.

onsider the ABCs of success

By Jim Pawlak Career Moves

Time for another lesson in the ABCs of success. Think about these definitions as you assess where you are and where you want to be in terms of your career

and life. Adaptive: able to be adjusted for use in different condition. If you aren't willing to change, you won't learn anything new.

Balanced: taking account of all sides on their merits without favoritism or prejudice. Don't let your ego and emotions make decisions

for you. Contribute: to do or give something, especially along with others, to achieve a specific purpose or goal. Sharing information and doing what's best for the team are the best ways to add value throughout your

career. Downside: the negative side of something. Minimizing the risk never maximizes the reward.

Encumbrance: someone who or something that hinders somebody. If you want to increase your progress, get out of your way.

Fluc constant change and instability. Learn to manage priorities, or they will manage you (i.e. stop that, do

this). Generalist: one who has some knowledge, skills and interests in a variety of fields, but specific knowledge of none. Focus your career by becoming the expert in your field, but don't ignore other opportunities

Habit: an action or behavior pattern that is regular,

repetitive and often unconscious. It's easy to just keep doing the things you're doing; change requires effort and discipline.

I:-personal pronoun used incessantly by "legends in their own minds." A word to be used sparingly because no one achieves anything without the help of others.

Jemison, Roosevelt: my army drill sergeant. He taught me that the army's motto - "Be all you can be" applied to all aspects of life.

Knee-Jerk: not thought through; reacting out of habit. When someone upsets you, think before you speak.

Laud: give praise. Telling others that you appreciate their efforts is a sure way to build their respect for you.

Malnutrition: a lack of healthy foods in the diet that leads to physical harm. The brain needs to be fed, too; lack of current knowledge results in quickly-reached career plateau.

Naysayer: someone who never has anything positive to say. Associating with negative people will drag you down to their level of perpetual underachievement.

Old Guard: members of an organization that have been with it the longest and are wedded to its way of doing things. Tradition-ridden, command-and-control organizations are following the path of the dinosaurs.

Paralysis Analysis: overanalyzing to the point of inaction. Progress, not activity, is the goal of problem

solving. Quadrant: any one of four equal parts into which an area is divided. Stephen Covey had it right; the ma-

trix for productivity is: 1. Urgent/Important,2. Not Urgent/Important, 3. Urgent/Not Important and 4. Not Urgent/Not Important.

Relax: to spend time resting or doing things for pleasure. If you want to relieve stress, learn to be good to

yourself. Satisfy: to do just enough

to meet a requirement, standard or condition. Doing "satisfactory" work won't advance your career.

Truth: something that corresponds to fact or reality. Don't confuse truth with popular belief; people once thought the earth was flat and the center of the uni-

Undertaking: a task. Wellplanned projects solve problems; over-planned projects create chaos.

Voyage: the path a career and a life takes. What would you rather be: the person at the helm or just a passenger along for the ride?

WOWI: the feeling one experiences when a goal is reached. The bigger the achievement, the greater the WOW!

Xenogamy: cross-pollination. Individuals and teams that excel do so because they share their knowledge.

Yesterday: a day ago. Don't live life by looking in your rear view mirror. Use what happened to chart your course to what will happen.

Zentrepreneur: someone with a commanding sense of conviction, purpose and vision coupled with personal pizzazz that energizes those around them and creates memorable moments. They enjoy life and work. That enjoyment is contagious.

BIBLE STUDY HANDOUT

Hope in Troubling Times

 Jeremiah 29: 4 Thus saith the Lord of hosts, thee God of Israel, unto all that are carried away, captives, whom I have caused to be carried away from Jerusalem unto Babylon.

- Babylon- represents a place of pain and suffering
- Why would a loving God take us to a place of pain
 - Sin
 - To produce (Jeremiah 24:1)

....after Nebuchadnezzar king of Babylon had carried away captive Jeconiah the son of Jehoiakim, king of Judah, and the princes of Judah with the craftsmen and smiths, from Jerusalem, and had brought them to Babylon

Jeremiah 29:

• ⁵ Build houses and dwell *in them;* plant gardens and eat their fruit. ⁶ Take wives and beget sons and daughters; and take wives for your sons and give your daughters to husbands, so that they may bear sons and daughters—that you may be increased there, and not diminished.

 And seek the peace of the city where I have caused you to be carried away captive, and pray to the LORD for it; for in its peace you will have peace.

• ⁸ For thus says the LORD of hosts, the God of Israel: Do not let your prophets and your diviners who are in your midst deceive you, nor listen to your dreams which you cause to be dreamed. ⁹ For they prophesy falsely to you in My name; I have not sent them, says the LORD.

 ¹⁰ For thus says the LORD: After seventy years are completed at Babylon, I will visit you and perform My good word toward you, and cause you to return to this place.

• ¹¹ For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

- Thoughts or plans
- Future
- Hope

- Thoughts or plan-come from the word in the Hebrew "mahashaba" to create or bring together a masterpiece.
- Future or end- "ahareet" a word or picture...comes from a Hebrew philosophy that life is like men in a rowboat.
- Hope-"dictfa"- like a cord or rope...



 For I know and only I know I am planting you and weaving you into a masterpiece says the Lord. Plans of doing it peacefully but if I have to then I will use pain. I have plans to give you a destiny that you can not see an expected end so I will use my rope to get you back on course...

Women's Missionary Council Christian Methodist Episcopal Church Executive Board

Columbia Marriott Hotel, Columbia, South Carolina

DEVOTIONS

Friday, February 3, 2017
G. Bernice Richardson, Secretary Spiritual Life and Message, Devotion Leader

OPENING SONG: "Missionary Hymn"

Many, many hands are called; to do the Master's will From all around God's wide, wide world; we answer: "yes we will".

Chorus:

We are missionaries, we are C.M.E's We are missionaries, Loyal C.M.E.'s.

We're feeding God's hungry children; a loving task we find. We're clothing God's naked Children; "roun" the world all the time.

Chorus:

We are missionaries, we are C.M.E's We are missionaries, Loyal C.M.E.'s.

We're helping one another; our young to educate. Our seniors are the others; From whom more time we make.

Chorus:

PRAYER: G. Bernice Richardson

SCRIPTURE: (Romans 12:1-5) Tanda Meador, 9th Episcopal District, Arizona-New Mexico Region

INSPIRATIONAL MESSAGE: G. Bernice Richardson, 7th Episcopal District, New York-WA Region

"WE NEED EACH OTHER"

Now consider this. We are His Body, each given the measure of faith according to Roman 12:1-3 that takes care of our own personal needs. However, there is more involved here than just our own personal lives. We have a world to win! We need all the help we can get. But thank God, we can get all the help we need! How? By joining together. Ephesians 4:13 says that when we all come together in the unity of faith, we'll have "the measure of the stature of the fullness of Christ." In other words, when the Body of Christ comes together and begins to functioning in the fullness of their callings. We'll begin to see manifestations of the Holy Spirit in full measure and experience the "fullness of God" in our fellowship prayers, worship and praise.

Today's Thought: "Age makes you old enough to know better,
But God makes you wise enough to do better."

Women's Missionary Council Christian Methodist Episcopal Church Executive Board

Columbia Marriott Hotel, Columbia, South Carolina

DEVOTIONS

Saturday, January 4, 2017
G. Bernice Richardson, Secretary Spiritual Life and Message, Devotion Leader

OPENING SONG:

"This is the Day"

This is the day, this is the day that the Lord has made,
That the Lord has made, I will rejoice, I will rejoice
And be glad in it, and be glad in it.
This is the day that the Lord has made,
I will rejoice, and be glad in it,
This is the day, this is the day
That the Lord has made.

I will enter his gates with thanksgiving in my heart......

He has made me glad, He has made me glad.......

PRAYER: Jackie Carter, 6th Episcopal District, Georgia North Region SCRIPTURE: (Psalm 118:19-24) Shirley Livingston, Southern California Region

INSPIRATIONAL MESSAGE:

Nancy Massey, 7th Episcopal District, Carolina Region

"WHAT TIME IS IT?"

The old adage, "Timing is everything is true! Paul's statement, "When the fullness of time had come, God sent forth His Son." History reveals that the coming of Christ was at just the right time. It was under Roman rule that the crucifixion took place and conditions were made ready for the spread of the gospel across three continents. The providence of God had put all the pieces in place for the perfect time to send His Son. God's timing is perfect in everything. While you are waiting, perhaps wondering why God isn't acting on your behalf, remember that He's working behind the scenes to prepare His moment of intervention at just the right time! Truth Him. He knows what time it is!

Today's Thought: "If you speed time praying for people instead of talking

About them, you'll get better results."

Women's Missionary Council

Christian Methodist Episcopal Church **Executive Board**

Columbia Marriott Hotel, Columbia, South Carolina

DEVOTIONS

Sunday, February 5, 2017

G. Bernice Richardson, Secretary Spiritual Life and Message, Devotion Leader

OPENING SONG:

"Every Praise is to Our God"

Every Praise is to our God, Every word of worship with one accord. Every Praise, every Praise is to our God.

Sing Hallelujah to our God, Glory Hallelujah is due our God, Every Praise, every Praise is to our God.

God my Savior, God my Healer, God my Deliverer,
Yes He is, Yes He is. (Repeat)
Every Praise is to our God,
Every word of worship with one accord
Every Praise, every Praise is to our God.

PRAYER: Jacqueline Marshall, 7th Episcopal District, Carolina Region SCRIPTURE: (Psalm 67:1-7) Edith Coleman, 5th Episcopal District, South East Alabama Region

INSPIRATIONAL MESSAGE: Clide Coppins, 6th Episcopal District, Georgia North Region

"EVERY PRAISE IS TO OUR GOD"

Faith and Praise go together. Put them together in your life. When you run into a challenge, don't just hold on to your faith. Raise your hands high and praise! Start thanking God in the midst of what's happening around you. Keep thanking Him for the answer until it comes. Instead of just standing on the Word, let the joy of the Lord enable you to dance around on it a little. It will get you where you're going a whole lot faster.....you and God both will have a much better time on the way! Thank God for another blessed Executive Board and praise Him in advance for greater blessings in the coming year for the **100** *Year Anniversary of the Women's Missionary Council.*

Today's Thought: God has wonderful plans for your life. Lord, for just a moment

I will stop talking and listen to what You have to say to me.

Women's Missionary Council

Christian Methodist Episcopal Church Executive Board

Columbia Marriott Hotel, Columbia, South Carolina

DEVOTIONS

Monday, February 6, 2017

G. Bernice Richardson, Secretary Spiritual Life and Message, Devotion Leader

OPENING SONG:

"Standing on the Promises"

Standing on the promises of Christ my King.
Through eternal ages let His praises ring;
Glory in the highest, I will shout and sing,
Standing on the promises of God.

Chorus:

Standing, standing on the promises of God my Savior; Standing, standing, standing on the promises of God.

> Standing on the promises I cannot fall, Listening to the moment to the Spirit's calls Resting in my Savior as my all and all. Standing on the promises of God.

PRAYER: Geneva Highley, 7th Episcopal District, Carolina Region SCRIPTURE: (1 Peter 5:5-11) Dianne Bell, 6th Episcopal District, Georgia North Region

INSPIRATIONAL MESSAGE: Cherianne Duncan, 6th Episcopal District, Georgia North Region

"IT'S NOT OVER TILL IT'S OVER"

No matter how long you've been living by faith, there are some circumstances that just don't turn out the way you expected them to. When that happens, remember this. Those setbacks are just temporary. David could have just given up when his usual confessions of faith and ways of praying didn't drive out that famine. Instead, he used his temporary setback to seek more knowledge from God. Follow his example! You may have lost the battle, but you're not going to lose the war! Overcome the habit of quitting because of temporary setbacks. Refuse to let them knock you out of the game. After all, this thing's not over till it's over. And the Bible says when it's all over, you'll have won. So just be steadfast in your faith. In the end our victory is guaranteed! We Win!

Today's Thought: For every difficulty we face, there is an opportunity. Lord, let me

Remember that You give me no more than I can handle

THE WOMEN'S MISSIONARY COUNCIL

Of the`

CHRISTIAN METHODIST EPISCOPAL CHURCH

THE SERVICE OF NECROLOGY



Executive Board

Tuesday, March 7, 2017

Columbia Marriott Hotel Columbia, South Carolina

Mrs. G. Bernice Richardson, Secretary, Spiritual Life & Message Mrs. Renee Woodruff, Leader, Division II, Program Dr. Princess Ann Pegues, International President Bishop James B. Walker, Patron Bishop Bishop Lawrence L. Reddick, III, Senior Bishop

THE SWEET BY AND BY

Theirs land that is fairer than day,
And by faith we can see it afar,
For the Father waits over the way,
To prepare us a dwelling place there.

Chorus

In the sweet, by and by,
We shall meet on that beautiful shore,
In that sweet, by and by,
We shall rest on that beautiful shore.

We shall sing on that beautiful shore, The melodious songs of the blest; And our spirits shall sorrow no more, Not a sigh for the blessing of rest.

Chorus

I'LL FLY AWAY

Some glad morning, when this life is o'er,
I'll fly away;
To that home on God's celestial shore,
I'll fly away.

Chorus

I'll fly away, O glory, I'll fly away; When I die, Hallelujah by and by, I'll fly away.

Just a few more weary days and then, I'll fly away
To a land where joys shall never, I'll fly away.

Chorus

THE ORDER OF REMEMBRANCE

G. Bernice Richardson, Secretary, Spiritual Life & Message, Presiding

The Call To Remembrance:

Leader: The souls of the righteous are in the hand of God.

People: And no torment will ever touch them.

Leader: In the eyes of the foolish they seem to have died.

People: And their departure was thought to be an affliction.

Leader: And their going from us to be their destruction.

People: But they are at peace.

Leader: God created man for incorruption.

People: And made him in the image of His own eternity.

Leader: The righteous live forever and their reward is with the Lord.

People: The most high takes care of them.

Leader: With His right hand He will cover them.

People: And with His arm he will shield them.

The Hymn of Remembrance:

"The Sweet By And By"

Prayer: Jacqueline Carter, 6th Episcopal Dist., Georgia North Region

Scripture: John 14:1-7 Edith Coleman, 5th Episcopal Dist., SE Alabama Reg.

Memorial Reflections

Missionaries on the Council Level: Clide Coppin, 6th Epis. Dist., Georgia North Missionaries on the Regional Level: Dianne Bell, 6th Epis. Dist, Georgia North Missionaries on the District Level: Nancy Massey, 7th Epis. Dist., Carolina Missionaries on the Local Level: Cherianne Duncan, 6th Epis. Dist. Georgia N. For All Who Loss Love Ones: Shirley Livington, 9th Epis. Dist., Southern CA

The Closing Hymn: "I'll Fly Away"

The Closing Prayer: Bishop James B. Walker, Paton Bishop

In Loving Memory



Mrs. Willie Ann Stitt Helton Widow of Charles L. Helton, 49th Bishop 7th Episcopal District



"Lest We Forget" 2016-2017

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"Lest We Forget" 2016-2017

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In Memory of the Deceased Missionaries
Of the Jamaica Region

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Bishop Godwin Umotte

In Memory of the Deceased Missionaries
Of the 10th Episcopal District

11th EPISCOPAL DISTRICT

Bishop C. Charles King, Jr.

In Memory of the Deceased Missionaries
Of the 11th Episcopal District

