



MARY AND MARTHA MAIL CIRCLE UMW

Christ United Methodist Church - Mobile, Alabama



MARCH 2014

Going Green

At the February General Meeting, Christ United Methodist Women, where Norma Spiller represented the Mail Circle, each table was asked to write down ideas on greening their lives. Each table had their own word: recycle, refuse, reduce, repurpose, reuse. After table talk during the meal, each table reported back to the group on their best ideas.

Bobbie Ferguson brought a show and tell. She put the core end of a head of lettuce in a bowl of water and it displayed new growth. Everyone was very interested in all the ideas presented. There will be a follow up with a workshop on making green products-- cleaning, beauty creams. Everyone was encouraged to bring their own cups to meetings.

What can the Mail Circle do to show we support the other Circle in Going Green in 2014?

Report Litter Crimes

One way to stop littering in Mobile is to call our Litterbug Hotline at 208-6025 to report littering from a vehicle. Or you can volunteer and join a group to help clean up litter," he [Bob Haskins] said. "Litter sometimes happens by chance or on purpose but we all share in the responsibility to help keep Mobile beautiful. Lagniappe, December 11, 2013.

Let's fine the guilty to pay for the clean up instead of using tax dollars to clean up after offenders.

A friend in VT shared we have Green Up Day every spring; the state provides bags and picks them up and we all just go out and do it. We also fine the guilty. Is there a day such as this in Mobile? Perhaps some can attend and help in this way.

Community Gardens

Several United Methodist Women groups report establishing or working in Community Gardens. What an interesting way to make use of vacant property. Is anyone in our Circle involved in this type ministry?

Suggestions from The Green Team

1. EDUCATION

- Learn about the environmental crisis and ecological justice.
- Read about or join a study group fostering voluntary simplicity.

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Scriptural Mandate for Going Green

For I am about to create new heavens and a new earth;

The former things shall not be remembered or come to mind.

But be glad and rejoice forever in what I am creating;

For I am about to create Jerusalem as a joy, and its people as a delight.

I will rejoice in Jerusalem, and delight in my people;

No more shall the sound of weeping be heard in it, nor the cry of distress.

No more shall there be in it an infant that lives but a few days,

Or an old person who does not live out a lifetime ...

They shall build houses and inhabit them;

They shall plant vineyards and eat their fruit ...

They shall not labor in vain, or bear children for calamity;

Before they call I will answer, while they are yet speaking I will hear.

The wolf and the lamb shall feed together, the lion shall eat straw like the ox;

But the serpent – its food shall be the dust!

~Isaiah 65:17-25)

Church and Organizational Policies

United Methodist Women are governed by several layers of Church policy that form the foundation for implementing environmentally just guidelines when planning events.

The Social Principles

"The Social Principles" found in The Book of Discipline of the United Methodist Church serves as the base for the entire Church's call to environmentally just action. Below are the most relevant excerpts:

The Natural World

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Selections From the Prayer Calendar + *Mary and Martha Birthdays*

- Mar 1 Caroline W. Njuki (S)
 Mar 2 The Vashti Center, Georgia
 Nancy Swan
 Mar 3 Emma Derr-Carpenter, (M)
 Mar 4 Jose Roberto Pena (M)
 Monique McFarland
 Mar 5 Dee Ann Heptas (CCW)
 Mar 6 Doris J. Frazer (D)
 Mar 7 Terri Goodin (D)
 Mar 8 Mistead Sai (US-2)
 Mar 9 Marsha Gail Alexander (M)
 Mar 10 Bolivia, Training of indigenous women
 Mar 11 Pat Hoerth (D)
 Mar 12 Pierre Diamba Manya (M)
 Mar 13 Marilia Alves Schuller (M)
 Mar 14 Elizabeth McRill (MI)
 Mar 15 Bradley Kenn (MI)
 Mar 16 Nan McCurdy (M)
 Mar 17 Brittany Browne (MI)
 Mar 18 Debbie Aylmer (D)
 Mar 19 Tanzania: Preschool for Orphans.
 Mar 20 Beatrice Gbanga (M)
 Mar 21 Princess Jusu (M)
 Mar 22 Bidwell Riverside Center, Iowa
 Mar 23 Jeff Murrell (HMR)
 Mar 24 Debbie Keeney (CCW)
 Mar 25 Gayle McCreery (D)
 Mar 26 Belinda Forbes (M)
 Mar 27 Zimbabwe: Chapanduka Mission School
 Mar 28 Israel/Palestine: Weaving Cooperative
 Patty Parris
 Mar 29 Christie R. House (S)
 Mar 30 Brenda Awad (M)
 Mar 31 Ellen K. Knudsen (S)

Response Moments *Selections by Vera Moore*

March 2014

In this issue:

- Give Thanks for Women History
- Passion is Catching!
- We are Mary. We are Martha.
- A Holy Lent
- Haiti's Hope House
- Taking on Women's Issues
Mozambique
- Map is a Verb
- Everything for Sale
- Traverlers: The Roma in France
- Summer of Sisterhood
- Dilema Double
- Living in the Shadows
- A Prayer for Lent



This publication is the monthly virtual meeting of the Mary & Martha Mail Circle, United Methodist Women at Christ United Methodist Church, Mobile, Alabama. Our Circle is just like each of the other Circles of Christ UMW with the exception that we do not have monthly meetings other than by this "virtual" program, devotion, prayer calendar/concerns, and Response moments. We make annual pledges to mission and participate in the projects of CUMW in all ways possible. We attend General Meetings as we are able. We constantly keep each other and each woman of UMW in our prayers.

Questions? Contact: Circle Coordinator
 Vera Moore - 888-248-1680 or
 email - vmoores4474@gmail.com

Service Projects 2014

Your involvement with service projects will be published here as you report them to us

- Gift to Mission in memory of Elizabeth Olson.
- Gift to Open Door Ministries - display cases

and shared with CUMW treasurer, combined with others from CUMC and throughout the organization.

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2. GREEN YOUR LIVING SPACE

A. Energy Use

- Alternative energy: solar/ geothermal/ purchase wind from your energy company.
- Purchase Energy Star appliances (refrigerator, dishwasher, washer/dryer, water heater, dehumidifier) and high efficiency furnace, air conditioner, and windows. Get programmable thermostat. Lower thermostat in winter; raise it in summer. Change settings when away. Use ceiling fans.
- Clean/ replace filters for all appliances/furnace with filters.
- Replace all incandescent light bulbs with compact fluorescent light bulbs
- When not in use, turn off lights, TV, computer, appliances. Prefer natural light. Turn off TV, computer, microwave, etc. at the strip/ plug.
- Run full loads in dish washer, washer, and dryer. Use short cycles/ clothes line. Use microwave/ toaster oven/ slow cooker rather than oven/range.
- Set refrigerator at 36F to 42F, freezer at -5F to +6F, and water heater at 120F. Use cold or warm water when washing clothes; rinse in cold water.
- Insulate walls/ attic. Repair leaks around windows/ doors. Lock windows to seal.
- Repair hot water leaks. Insulate water heater ("blanket") + hot water pipes (wrap).

B. Cleaning Products

- Use non-toxic dish detergent, laundry detergent, and cleaning products. Use safe cleaning products either purchased or homemade.
- Avoid spray products for cleaning, air-freshening, and cooking.

C.. Water Use

- Do not let water run while doing tasks.
- Install low-flow shower heads and faucet aerators. Repair faucet leaks and toilet runs immediately.
- Take a shower rather than a bath, and shower less often. Wash dishes and laundry on full load.

D. Food

- Buy fair-trade products. Buy organic products.
- Buy local produce and products.
- Buy only what you will consume, and then use all you buy.
- Put on your plate only what you will eat, and then eat all on your plate. Eat fewer (or no) meat meals each week. Have a hunger meal each week.

E. Paper Use

- Use recycled, post-consumer paper products for kitchen, bathroom, and cleaning.

- Avoid paper towels; use cloth napkins and handkerchiefs.
- Use electronic media rather than paper. Avoid bright-colored paper.
- Use recycled, post-consumer, acid-free note/office paper or paper from tree farm. Use the paper completely on both sides. Avoid bright-colored paper.

F. Reduce/ Recycle/ Reuse

- Avoid use of paper, plastic, and Styrofoam in plates, cups, and utensils. Recycle glass, tin, plastic, newsprint, mixed paper, cardboard, etc. Recycle batteries, printer cartridges, cell phones, plastic bags.
- Safely dispose of computers, printers, paint, and other toxic products. Do not put grease or strong chemicals down drains. Buy products with less packaging.
- Compost food scraps and lawn clippings.
- Use canvas bags for shopping or reuse paper/plastic when shopping. When eating out, take your own plastic container for leftovers.

3. TRAVEL

- Purchase high mileage car. Maintain engine/tire pressure. Change oil/air filter. Over 55 miles per hour, drive more slowly. Easy stops and starts. Do not idle. Where feasible walk, bicycle, and carpool.

4. WORK

- Green the work space and work practices: office, shop, factory, classroom
- Advocate with employers to green your company, agency, or institution. Promote greening among fellow workers and clients/customers/students.

5. NATURE

- Enjoy as kin the plants and pets in your living space.
- Take ten minutes a day to enjoy/love nature. Take a retreat with nature
- Use devotional materials that enhance your love of nature and your care for it.

6. PUBLIC COMMITMENTS

- Advocate for environmentally friendly legislation and policies.
- Restore a local habitat; protest a local environmental violation.
- Contribute to social justice organizations and environmental organizations Invest in socially responsible stocks and bonds that foster eco-justice.

CONGRATULATIONS!

The Mail Circle is greenly conscious already since we don't print quantities of materials, but rather share electronically. That make us a winner!

Happy Birthday, March 20 to Beatrice Gbanga

Beatrice Mamawah Gbanga is a missionary with the Board of Global Ministries of The United Methodist Church based in Sierra Leone, West Africa. She is Medical Coordinator for the Sierra Leone Annual Conference and supervises the work of KISSY Hospital and the seven medical clinics supported by the annual conference. Beatrice's responsibilities as coordinator also include supervising work in communities in Sierra Leone.



Ms. Gbanga previously served as a Person In Mission (PIM) in her native country of Sierra Leone as administrator and coordinator of the Sierra Leone Annual Conference's medical program from 1993-1997. She also trained professional nurses from 1985-1993 at the National School of Nursing in Freetown.

Of her return to West Africa as a GBGM missionary, Ms. Gbanga says, "When I was in the USA in 1997, I intended to stay for a month but war broke out in Sierra Leone, which made me stay longer. I tried to update my license to practice as a nurse (in the USA), but things did not go well. Just then, I got a call from the GBGM to apply for mission service. I believe God wanted me to serve him in this way."

She earned the G.C.E. Level in 1967 from the Harford School for Girls in Freetown and an R.N. degree in 1972 from Grantham & Kesteven General Hospital in Grantham, England. She received a masters degree in nursing in 1973 from the Leeds Maternity Hospital in Leeds, England, and a nurse tutor's diploma in 1989 from the Centre for Teachers of Health Sciences in Ibadan, Nigeria. She was certified in Advanced Health Leadership in 1997 by Global Health Action in Atlanta, Georgia.

A member of First United Methodist Church in Riverdale (Atlanta), Georgia, Ms. Gbanga is married to Tamba Samuel Gbanga and together they have five children: Samilia, Agnes, Henrietta, Julliette and Teddy. Her mother, Agnes Nancy Minah, is a member of Bauya Anglican Church in Sierra Leone.

About Kissy Hospital

The Kissy United Methodist Hospital lies in an impoverished neighborhood on the eastern side of Freetown, Sierra Leone, located in West Africa. The country is rebuilding after 10 years of civil war, which left homes and families destroyed, electric and sewage systems shattered, and the economy very weak. For the poor in the neighborhood of Kissy, Freetown, Kissy United Methodist Hospital is the only free hospital in the area. Even those who can afford

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"All creation is the Lord's and we are responsible for the ways in which we use and abuse it. Water, air, soil, minerals, energy resources, plants, animal life, and space are to be valued and conserved because they are God's creation and not solely because they are useful to human beings. Therefore we repent of our devastation of the physical and non-human world. Further, we recognize the responsibility of the church toward lifestyle and systemic changes in society that will promote a more ecologically just world and a better quality of life for all creation...." (Para. 64)

The Social Community

"We affirm all persons as equally valuable in the sight of God. We therefore work toward societies in which each person's value is recognized, maintained, and strengthened. We support the basic rights of all persons to equal access to housing, education, employment, medical care, legal redress for grievances, and physical protection....recognize racism as a sin...." (Para. 66)

The Economic Community

"We claim all economic systems to be under the judgment of God no less than other facets of the created order....We believe private and public economic enterprises are responsible for the social costs of doing business, such as employment and environmental pollution, and that they should be held accountable for these costs...." (Para. 67)

to go to another hospital go to Kissy Hospital because it is known for quality health care.

Resources at Kissy Hospital are limited; there are often not enough beds to offer to pregnant women who trek to the hospital in labor. Necessary medication, mosquito nets, HIV/AIDS testing kits, sutures for surgery and basic food such as milk for children in the malnutrition program are in constant demand.

Community Outreach

Kissy Hospital provides care through a community-based outreach model that sends health workers and traditional birth attendants out into the community. Kissy's HIV/AIDS, Malaria and Nutrition programs have community components where they provide education through schools and clinics to teach good community health practices. Six rural clinics that serve up to 150 villages are also a part of the Kissy health network. These clinics provide lifesaving care to communities that are far from any other medical facility. Regular under-five check-ups and prenatal care help protect some of Sierra Leone's most vulnerable citizens.