



Dulin United Methodist Women's Newsletter

February 2009

Publish Glad Tidings!

“Publish glad tidings, tidings of peace, tidings of Jesus, redemption and release.”
O Zion Haste, No. 573 The United Methodist Hymnal



LENT: The purpose of Lent is to be a season of fasting and self-denial, Christian growth, penitence, conversion and simplicity. Lent, which comes from the German word for springtime, can be viewed as a spiritual spring cleaning: a time for taking spiritual inventory and then cleaning out those things which hinder our corporate and personal relationships with Jesus and our service to him. Thus it is fitting that the season of Lent begins with a symbol of repentance, placing ashes mixed with oil on one's forehead at our Ash Wednesday service. Fasting, Prayer, Almsgiving, and Scripture Reading are all concentrated during the period of Lent.

PREPARATION FOR LENT: As you prepare for this Holy Season, consider the following disciplines to help you connect worship and daily living:

Spend time in solitude each day
Read the Gospel of Matthew; twice
Pray in thanks, rather than in asking
Take control of your life by _____.
Participate in all Services during Lent & Holy Week
Listen and respond to Christ's call to service
Say NO to something that is a waste of time and money.

Read a book for inner growth
Keep a journal of prayer concerns and joys
Pray for those with whom you need to forgive
Visit a "shut-in" church member each week
Go on a retreat or mission trip
Donate Blood and recall the cross



A NOTE FROM YOUR EDITOR – by: *Sandy Rudolph*

Reminder, in order for your article to be included in the UMW Newsletter, please have it to me by the Friday before the last week of each month. Thanks! Sandy

RETREAT at VUMAC BLACKSTONE: The Arlington District UMW Spiritual Life Retreat was held the weekend of February 20-22. The retreat leader was Andris Salter who is a member of the Women's Division of the United Methodist Church and has worked for the Women's Division of Global Ministries for 25 years as a laywoman. This retreat was a time to explore the personal journey of each of those who attended by reaching out to God through prayer and praise, seeking the strength to serve our community and the world. Ruth Mulkey, Audrey Lemon, and Sandy Rudolph attended from Dulin UMW and each brought home a spiritual renewal from attending. Look for more reports and pictures from the retreat. We encourage all of our UMW sisters to consider attending next year as it truly is a "RE – TREAT" of spirit, mind, body and soul with sisters from other UMW units in the Arlington District.



PATTY MADDOX FELLOWSHIP: By: *Wilma Meeker*

An even dozen members met on February 3, 2009. Valentine cookies and brownies were served from a table decorated for Valentine's Day. Members were reminded that we are still knitting squares for afghans, scarves, and baby caps. Hillary Wood reviewed the book "A Rebel With a Cause" by Franklin Graham, son of Bill Graham (now 90 years old). Hillary was quite impressed with the book and recommends it to all of us.

RED BIRD FELLOWSHIP: by: *Marguerite Clossman*

January: Seven members of Red Bird Fellowship met in the Multi-Purpose Room on January 7. Marge Brescia gave a devotional from God's Little Devotional Book – Those who bring sunshine to the lives of others cannot keep it from themselves. "Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap." (Gal. 6:7) We collected for Bethany House and sent a birthday card to former member Beverly Kriegh who has moved to Frederick, MD. Ruth Mulkey brought us the first program in the 2009 Program Book – Food and Faith: Where would Jesus sit (at the world's table)? With the few who are rich, or the many who are poor?

February: Six of us met in the Multi-purpose room on February 4. Marge Brescia selected a reading about Lincoln from "God's Little Devotional Book – When God measures a man he puts the tape around the heart instead of the head." We collected for Bethany House. Audrey Lemon told us about the upcoming UMW Retreat here on May 2nd. I gave a program on a 2008 UMW book, 10 Gospel Promises for Later Life. This is on the UMW bookshelf in the Dulin UMC Library.

JOSHUA'S WAY FELLOWSHIP: *by: Sandy Rudolph*

We began our meeting by writing greetings in Valentines for our Dulin Shut-ins. Margaret Walters handed out "Hearts" on which each of us wrote a one word response to "Love is..." which was shared with the group. Beth Smith brought felt pieces for a wall hanging for us to cut out which was assembled by the Pathways Youth group. The wall hanging contained a combination of hearts which Beth explained the meaning with us as our lesson. We discussed the "Dress for Success" drive and how the collection of clothing will be sorted and taken to the Dry Cleaners.



HERMANITA FELLOWSHIP: *by: Anna Novak*

The Hermanita Fellowship had no report this month.



A TOUCH OF HUMOR:

A young couple invited their pastor for Sunday dinner. While they were busy preparing the table, the pastor visited with their young son. The Pastor asked the little boy "What are we having for Dinner?" To which the little boy replied: "Goat"! The Pastor said Goat, are you sure about that? Yep, the little boy replied. I heard my daddy tell my mom that we might as well have the Old Goat for dinner today as it would go as good today as any other day!

CALENDAR OF EVENTS:



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| March 8 | World Day of Prayer, Church Women United, 10:00
Friendship UMC, 3527 Gallows Rd, Falls Church
Bring your own sandwich, dessert provided. |
| April 18 | 9:00 am, Arlington District Spring Prayer Breakfast
Sudley UMC |
| May 2 | Dulin UMW Retreat – watch for details to come |
| June 13 | 10 am – 2 pm, Arlington District Day Apart
Camp Highroad |