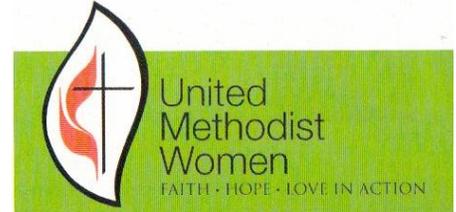


Capital Comments

Keeping Capital District United Methodist Women Informed



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PRESIDENT'S MESSAGE

Dear Capital District United Methodist Women,

Last fall I attended the S.T.O.M.P. (**Spirit-fully Transforming Our Mission Purpose**) training event. Part of the event was a "Dream Session" where we focused on our dreams for United Methodist Women at the local, district and conference levels. One thing that was discussed was the need to be more enthusiastic when we talk about UMW.

This is something all of us should do starting now.

When you invite someone from your unit to come to an event, do it with enthusiasm!

This spring we will have two opportunities to gather for mission education and fellowship. I hope to see you at one or both of these events.

The Conference **Mission Action Day** is April 6th at Tomah First United Methodist Church. The focus for the day is Domestic Violence. There will also be updates on Human Trafficking, Immigration, and 11x15 WISDOM project.

The Capital District **Spiritual Growth Retreat** is April 20th at Lodi United Methodist Church. This year's theme is Radical Hospitality, and our leader is Barbara Dick.

Registration forms for both of these events are included in this newsletter. Please respect the hosts for these events and register before the deadline.

If you register and are unable to attend you can send another person in your place.

The sister unit list and district officer contact information is also included in this newsletter. I encourage you to invite your sister to a special event or meeting. She is a resource for your unit as well. If you have any questions or need a program, she will help you.

Blessings,
 Linda Whitelock
 Capital District President

Spiritual Growth Retreat

**RADICAL
 HOSPITALITY**

Beyond Handshakes and Coffee

Saturday, April 20, 2013

Lodi UMC, Lodi, WI

8:30 am coffee & registration
 to 3:00 pm sending forth

See pages 7 & 8

**Please note: Mission updates have been updated!
 See the calendar on the back cover of this issue.**

FROM YOUR VICE PRESIDENT ~ NEVER GIVE UP!!

Hello to everyone in the Capital District!

Most of you know me as the Secretary of Program Resources, selling resources and promoting reading in our reading program. I enjoyed that job and I know that I will also enjoy

I was a very busy mother with three kids and a very full life.

I always had friends at church in the UMW that would tell me that I should come to this retreat or that event. I was a spotty attendee to meetings, reluctant to be too involved. There was always soccer, piano, swimming, baseball, fund raisers, etc.—always an excuse. A friend for years always invited me to be her roommate at School of Christian Mission (now Mission u). Would I listen? No. Then one day I did. I took a leap and went to one of the gatherings and I was hooked. For many years the invitations

this job. I truly love seeing everyone and learning about all the missions and issues at the events sponsored by United Methodist Women. I didn't plan on being involved in UMW.

seemed to be in vain, but I'm glad that those women didn't give up on me. As we get older, it is important that we never give up on women who aren't sure they have time to get involved. For me, I saw that my concern for justice issues was something that I shared with so many others. I didn't know the history of our church or how important our Methodist women were in bringing forward justice issues in their congregations. UMW woke me up to living my faith and truly giving my concerns to God through Jesus.

All I can say is **KEEP ON INVITING THESE WOMEN**. Maybe it seems hopeless, but never give up!

We have a real treat coming to Lodi in April. Barbara Dick will be teaching us about radical hospitality. If you remember Barbara's retreat on forgiveness from a few years back you know that this will be a thought-filled and heartfelt time for us. It will be great to see the old faces and exciting to see new faces, too.

Here is an invitation for you – call me or e-mail me or even write. Tell me what is happening in your unit and your congregation about mission. Give me ideas about how best to serve your needs in training and mission education. I'll do my best to help you by bringing relevant and useful information to your unit and church.

Yours in Christ, Karen Mayeshiba, Capital District Vice President

TREASURER ~ THANKS FOR YOUR GENEROSITY *(See 2nd Cor. 9:7-8)*

Congratulations! We in the Capital District had a great giving year. Counting all of our giving channels, we have surpassed our pledge to missions. Our total giving was \$68,546.48, with a pledge of \$68,000 (although not all that giving counted for the pledge). Many of our units have

met and exceeded their pledge. Thank you to all of the women in our district! Women, children and youth in this country and around the world, people we will never meet or know, are touched by your thoughtfulness and generosity. You are cheerful givers! And it is much appreciated!

Our pledge goal this year is \$68,000. The Capital District team is suggesting that, as much as possible, units pay their pledges first before giving to designated projects.

New handbooks are not here yet. We will continue to use the current treasurer report forms. Find them on the Women's Division website at

<http://new.gbqm-umc.org/umw/give/forms/> or contact me. I can get them to you as you need them and answer questions about filling them out.

My apologies to units who had difficulties receiving their Special Mission Recognition pins last year. We now have a system in place and hope things will run more smoothly.

Regarding credit for Gifts to Mission: if your December donations were not received in time to be credited to 2012, note that for me early in 2013, and I will credit them correctly to count for your 5-Star award for 2012.

Anne Scott, Capital District Treasurer

SPIRITUAL GROWTH ~ HERE I AM, LORD

CAPITAL DISTRICT UMW—HAPPY NEW YEAR!

I thought I'd begin my February article by introducing myself to my fellow UMW members in Capital District. I am the 'other' Linda Whitelock. In fact, I am referred to as Linda J. Whitelock. I was fortunate enough to meet and marry President Linda Whitelock's father almost 11 years ago. I am a member of Cargill UMC and am involved with the church choir, caring ministry, lay speaking, and I am also our unit's VP. Now I am the new district Spiritual Growth leader. I am very honored to work with all of the 2013 district officers. I ask for your prayers for the New Year.

Speaking of the New Year....did you make any resolutions this year? I have to be honest and tell you that I do not make New

Year's resolutions and for one simple reason. I know ahead of time that I will not be able to keep them. Usually my resolutions are shallow and self-serving. But what if my resolutions would include loving God and loving my neighbors? Certainly, working within the UMW organization affords all of us opportunities to love God and our neighbors. Sometimes, maybe even often, we can get caught up in trying to do all things for all people, and we rely only on ourselves as the resources to complete our tasks. God blesses our intentions, but also asks us to lean on Him for the source of our strength in working for His Kingdom.

"Here I am Lord—if you lead, I will follow."

When making plans for the Capital District UMW, let us pray first and follow Paul's counsel to *"Put on the full armor of God.....and with your feet fitted with readiness that comes from the gospel of peace..... with this in mind, be alert and always keep on praying...."* Eph.6:13-18

May God Bless You in 2013, Linda J. Whitelock, Spiritual Growth

YOUNG WOMEN'S COORDINATOR ~ NEW OFFICER IN NEW OFFICE

Hi, my name is Julia Mayeshiba and I am a third-year student at the University of Wisconsin-Madison, pursuing a degree in astronomy-physics. I have been involved in UMW events such as Mission u and Annual Gathering since I was in high school, and I am excited to continue my involvement with UMW by serving as Young Women's Coordinator for the Capital District.

I attended the first meeting of the conference young women's team in January. We decided to call ourselves **LEGACY** Women, which stands for **L**imitless **E**nergy for **G**od and **A**dvocating for **C**hrist in **Y**oung Women. We brainstormed on actions we could take as a conference, set goals for our committee's future, and came up with a mission statement. Our mission statement is:

LEGACY Women lead the young women of Wisconsin in mission with United Methodist Women.

I think that the way I can help Capital District be a leader in mission

with young women is to help connect local units that are interested in doing projects that are focused on young women from ages 15-30, as well as bring my own ideas to get our district's young women more involved in and excited about UMW. This year, I am hoping to visit as many units in the district as I can, to hear what you would like to see happen with our young United Methodist Women. If you have any questions, events that you would like help with, or just to say "hi," you can reach me via email at jmayeshiba@yahoo.com or telephone at 608-228-2730.

Julia Mayeshiba, Young Women's Coordinator

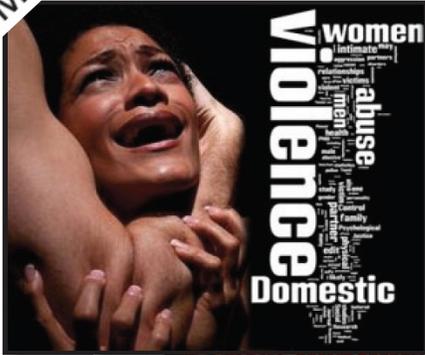
Email Version of Capital Comments. If you would like to receive your Capital Comments newsletter by email, please send an email request to gerlaj@gmail.com. The newsletter comes in PDF form which can usually be opened by anyone. If you should have difficulty opening the newsletter, simply go to www.adobe.com and download the free Adobe Reader.

Wisconsin Conference
United Methodist Women

presents

2013 MISSION ACTION DAY DOMESTIC VIOLENCE

SATURDAY, APRIL 6, 2013



Tomah First United Methodist Church
1055 Butts Avenue, Tomah, WI 54660
608.372.4543

Registration begins: 9:30 am
Program begins: 10:00 am
Sending Forth: 2:30 pm

- Updates on Human Trafficking, Immigration and 11X15 WISDOM project.
- Please respect Tomah First UMC's registration deadline below.

Deadline for registration is March 29, 2013

Registrations are transferrable, not refundable.

REGISTRATION FORM FOR MISSION ACTION DAY: APRIL 6, 2013

NAME _____

ADDRESS _____

CITY _____ STATE/ZIP _____

PHONE _____ EMAIL _____

DISTRICT _____ LOCAL CHURCH _____

- Check all that apply:
- Female Male Clergy Visitor
- UMW Member UMW District Officer UMW Conference Officer Missionary
- Child care needed for _____ children, ages _____
- Special needs _____



Wisconsin Conference



Registration \$11.00 per person, includes lunch.
Please make checks payable to: **WI Conference UMW**.
Mail to: **Karen Stimeling, 28719 303rd Ave., Holcombe, WI 54745**
715-595-6464, stimeark@centurytel.net.

SOCIAL ACTION ~ SHOULD GUN CONTROL PROPOSALS BE ENACTED?

A little over a month ago, President Obama unveiled the proposals to address gun violence in the United States. The initiatives – which include things that require both executive and congressional action – were hashed out by a special task force led by Vice President Joe Biden.

President Obama encouraged Congress to pass legislation which, among other things, would increase background check protocols; ban assault weapons, high-capacity ammunition, and armor-piercing bullets; and provide

An aide to Majority Leader Harry Reid tells the Wall Street Journal that Democratic leaders in the Senate are planning to introduce a more realistic bill. The new legislation would limit magazine sizes, expand background checks to include all sales at gun shows and private transactions, do more to keep guns from the mentally ill, and cut down on sales in states with weaker gun laws to buyers in states with

In a statement released in response to the White House announcement, the National Rifle Association said, “Attacking firearms and ignoring children is not a solution to the crisis we face as a nation.” The group suggested that it would oppose at least some of President Obama’s proposals.

Americans for Responsible Solutions was started in January 2013 as a not-for-profit organization whose mission is to “encourage elected officials to stand up for solutions to prevent gun violence and protect responsible gun ownership by communicating directly with the constituents that elect them.”

more funding for additional police officers on the street, first responder training, mental health programs, and school emergency plans. The President also announced executive measures to make data relevant to background checks more available; to nominate a Bureau of Alcohol, Tobacco, Firearms, and Explosives director, to increase Centers for Disease Control and Prevention research into gun violence; and to encourage the hiring of “school officers” at schools, among other initiatives.

The President called his proposals “common sense measures” that “have the support of the majority of the American people.”

stricter laws. Most of President Obama’s proposals would be covered in the bill, with the exception of the controversial assault weapon ban. The Senate Judiciary Committee plans to hold two more hearings on the issue. The President said he has “no doubt” that legislation will be passed before the end of the year.

The organization was announced on January 8, 2013 by Gabrielle “Gabby” Giffords, a former Democratic member of the U. S. House of Representatives for Arizona’s 8th congressional district.

References: *U.S. New Opinion, Wall Street Journal, Daily Intelligencer, Wikipedia.org*

*Elaine Frietsch
Social Action*

YOUR NOMINATING COMMITTEE NEEDS YOUR HELP

Dear Sisters in Christ,

We are all responsible for searching for the right woman for the right position in United Methodist Women. We need to be alert to the sometimes hidden talents of our UMW sisters.

We need to be prayerful in our looking—we need to be listening to that still, small voice—we need to be alert. Let us all be looking: possibly that newly retired woman is looking to remain active; maybe that young mother needs a different kind of challenge.

Keep your eyes open!

Yours in Christ’s love,

Judy Loveless, Chair of Nominations

INTRODUCING OUR RETREAT LEADER ~ BARBARA DICK

Coauthor of *Equipped for Every Good Work* (with her wonderful husband, Dan), Barbara serves as facilitator of the Spiritual Formation Resource Team of the Discipleship Leadership Council for the Wisconsin Annual Conference and as a member of the United Methodist Women Editorial Board. She works as a freelance editor for Abingdon Press, Thomas Nelson, Baker, and other religious publishers. Her editing projects include *Newscope*, *The Wesley Study Bible*, *The United Methodist Music and Worship Planner*, *The Abingdon Creative Preaching Annual*, and a variety of leadership, preaching, and worship resources. Barbara has written for the *Upper Room Disciplines* and recently completed work on new and revised United Methodist brochures on Membership Vows, Grace, Communion, Baptism, and others. Barbara believes in the strength of relational leadership for the church shared between caring, informed clergy and laity who understand the responsibility of the freedom we have chosen in following Christ. Barbara is the proud mom of Greg, a true inspiration and a firefighter in Asheville, N.C., and of stepson Josh, a fine young man and a working actor in Washington D.C.



PROGRAM RESOURCES ~ WELCOME OUR NEW SECRETARY

Our new Secretary of Program Resources, Nancy Noble Ramirez, introduces herself:

My daughter, Beatriz, once described me in this way when she was very young: "My mother speaks Spanish, eats chicken and is always reading a book." I am a retired high school Spanish teacher; I do eat a lot of chicken; I love reading a good book, always having a stack at the ready.

The UMW Reading Program not only has steered me in the direction of nonfiction books, but, more important, is making me into a more conscientious, caring and informed Christian.

For the past few years I have read such a variety of books that all point to the mission of Jesus Christ: to care for the least, the lost, the forgotten and the rejected everywhere. The five categories (Education for Mission, Leadership Development, Nurturing for Community, Social Action and Spiritual Growth) take one on a journey of enlightenment as to what his or her duties as a Christian must be. I am enjoying the journey.

Don't you want to come along, too?

Reading Program Summary

There are now five categories in the reading program, and all plans require reading books in each category to receive a certificate.

Plan 1 – read 5 books, 1 in each category

Plan 2 – read 10 books, 2 in each category

Plan 3 – read 15 books, 2 in each category

Plan 4 – read 20 books, 2 in each category

All plans require reading "Response" magazine, and Plans 2-4 also require reading "New World Outlook" magazine.

Children's books can be counted in Plans 3 and 4. Youth books count in all plans. Youth and children's mission study books do not count in any of the reading plans.

ON THE WEB



Check out the
ALL NEW

UMW Mission Resource Center:

www.umwmissionresources.org

Call toll free: 1-800-305-9857

Fax: 1-770-280-0061

Our new online resource center requires a minimum of 4 weeks to get materials to me, so please let me know what you would like to have available at the Spiritual Growth Retreat by March 1st to allow plenty of time. Consult the online catalogue at <http://new.gb-gm-umc.org/umw/programs/readingprogram> for reading program books, and let me know.

Nancy Noble Ramirez, Program Resources

**CAPITAL DISTRICT UMW
Spiritual Growth
RETREAT**

Beyond Handshakes and Coffee



RADICAL HOSPITALITY

Led by

**Barbara Dick
Author, Editor,
and Facilitator**

**Saturday, April 20, 2013
Lodi UMC, Lodi, WI**

**\$15 in advance
(includes welcome snacks and lunch)
(\$17 at the door)**

**8:30 am registration
and coffee to 3:00 pm
sending forth**

**Registrar: Char Brereton,
W10320 County Lane Road,
Lodi, WI 53555
Phone: 608-592-3360.**

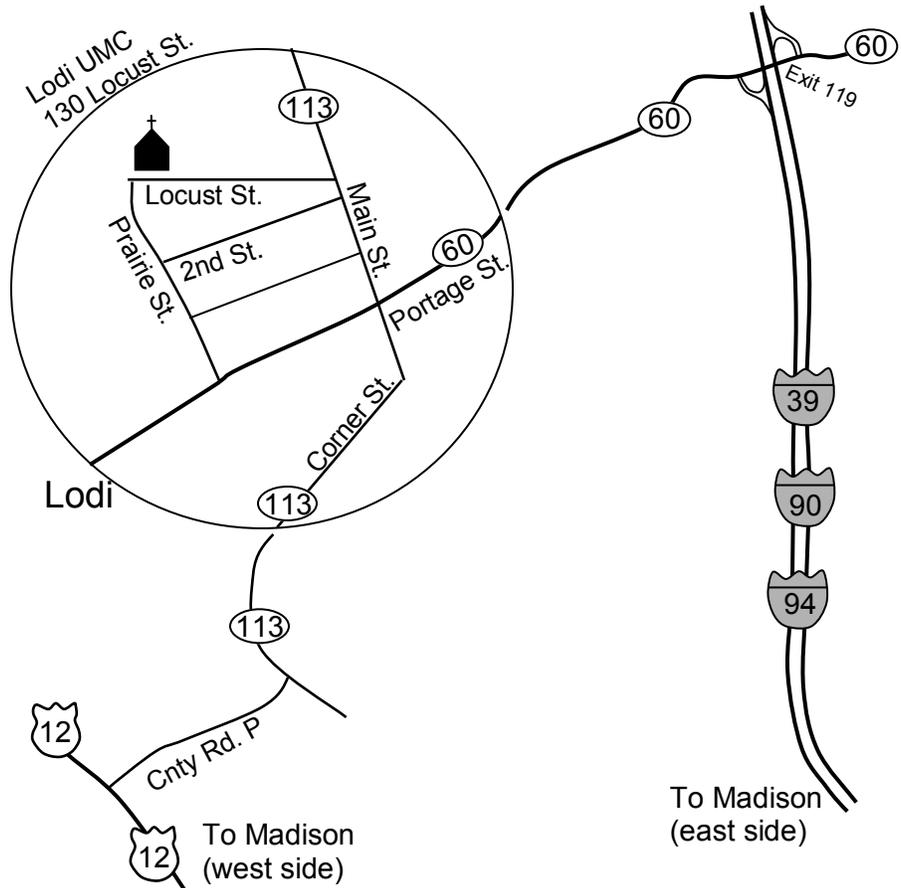
**Make checks payable to
Capital District UMW
Register by April 13, 2013**

Free childcare available
if requested with paid
registration (bring
brown bag lunch for
your little one).

CAPITAL DISTRICT SPIRITUAL GROWTH RETREAT
 Saturday, April 20, 2013 at Lodi UMC, 130 Locust St., Lodi
 8:30 am registration and coffee to 3:00 pm sending forth

DRIVING DIRECTIONS:

From I-90, take exit 119 onto Hwy 60
 Go west on Hwy 60 to Lodi (4+ miles)
 Turn right on Hwy 113 (Main St.)
 The 3rd left is Locust St.
 The church is on the right



Questions? Ask
 Linda J. Whitelock
 608.754.1021
 lthompson207@msn.com

+ + + + +
SPRING RETREAT REGISTRATION FORM - DUE BY APRIL 13, 2013
 Please Print

NAME _____ PHONE _____

ADDRESS _____

REGISTRATION
 PER PERSON:
 \$15.00

CHURCH/UNIT _____

Put any additional names on a separate sheet of paper.

TOTAL
 ENCLOSED: \$ _____

DO YOU NEED CHILD CARE? YES _____ NO _____
 (No registration fee, but bring sack lunch for child)

MAKE CHECK PAYABLE TO:
Capital District UMW

SEND FORM AND
 MONEY TO
 REGISTRAR:

Registrar:
Char Brereton
W10320 County Line Road
Lodi, WI 53555
Phone: 608-592-3360

UNITS AND THEIR SISTERS (aka DISTRICT OFFICERS)

Below is the list of Capital District active units and district officer sister contacts. Your sister officer will be contacting your unit soon by letter, telephone or email. She is eager to meet all of you and is able to provide programs, install officers, and answer your UMW questions. If your unit has a program book with your meeting schedule and member names, she would appreciate receiving it. Feel free to contact your sister before she contacts you if you have something special you'd like to share.

Contact information for all District Officers and also for Conference Officers residing in the Capital District is on page 14.

Arlington	Linda K Whitelock
Beloit: River of Life	Elaine Talles Frietsch
Briggsville	Nancy Hansen-Bennett
Brodhead	Marilyn Eyster
Cambridge/Willerup	Judy Loveless
Darien/Allens Grove	Nancy Hansen-Bennett
Delavan	Linda J Whitelock
Edgerton	Dayle McGarvie
Janesville: Cargill	Jane DeSoto
Janesville: Mt. Zion	Ginger Katzman
Jefferson Immanuel	Mary Anne Gerlach
Lake Mills	Sue Plasterer/Linda K Whitelock
Lodi	Sue Plasterer
Madison: Asbury	Linda K Whitelock
Madison: Bashford	Judy Loveless
Madison: Bethany	Anne Scott
Madison: First	Anne Scott
Madison: Sherman Avenue	Linda K Whitelock
Madison: Wellspring	Karen Mayeshiba
Milton	Linda J Whitelock
Monona	Sue Plasterer
North Windsor	Karen Mayeshiba
Orfordville: New Horizon	Marilyn Eyster
Pardeeville	Barbara Taylor
Pleasant Valley	Ginger Katzman
Portage	Judy Loveless
Sharon	Nancy Ramirez
Stoughton	Mary Anne Gerlach
Waunakee Crossroads	Dayle McGarvie
Whitewater/LaGrange	Nancy Ramirez



Anita Henderlight and Africa ELI 2013 Wisconsin Tour



Anita likes Wisconsin so much she's returning to share her inspiring stories about educating girls and boys in the Republic of South Sudan (RSS).

The planning for the 2013 Africa Education and Leadership Initiative (Africa ELI) Wisconsin Tour is well underway. This will be Anita's third Spring Tour in our wonderful state. We first met her when she taught the Sudan study at our Mission u (formerly School of Christian Mission) in 2009 and 2010. She arrives on April 27 and leaves May 7.

Since 2006, Africa ELI has been working to bridge gaps in the delivery of education services in South Sudan. Africa ELI has become a forerunner in providing access to secondary schools for the new nation's young people, especially girls. Through a broad program of sponsorship and life-skills training, the organization is advancing education and quality learning experiences.

Believing that Africa should not be described as a "dark continent," Anita will present "**Seeing South Sudan in the Sunlight**" at the venues listed below.

As Executive Director of Africa ELI, Anita has been an active participant in shaping public-private partnerships to align with education objectives set out by the RSS Strategic Development Plan. She is a witness to the progress being made in Africa's youngest nation. **Come hear her story.**

As of February 5, Anita is confirmed and scheduled as follows:

April 28—Wellspring UMC, Madison United Methodist Women's Sunday
preaching both services; **Lodi UMC** evening potluck and program

April 29—Tomah UMC Evening program

April 30—Wisconsin Rapids UMC Noon meal and program

May 1—Beloit River of Life in the morning; **Bristol UMC** in the evening

May 2—Janesville Rotary early morning; **Whitewater UMC** late morning program and lunch

May 4—Milton UMC Day long multi-church retreat

May 5—Brodhead UMC Sunday service; **Wausau First** evening dinner and program

May 7—Janesville Lions Club Noon

Come hear Anita for the first time or the umpteenth time. Her inspiring message about educating girls and boys in the newest African nation—the Republic of South Sudan—is as fresh and exciting as the first time she gave it.

For more information contact Sue Plasterer at **608-274-0275** or **ksplast@charter.net**

Once upon a time...

A women's retreat for anyone who believes in the power of a good story.

For women of confirmation age and up—daughters, mothers, grandmothers, and great grandmothers.



Everyone has a story to tell. The stories of our lives are filled with triumph and tragedy, comedy and drama, heart-break and healing. **What can be learned from hearing another's story? Where can hope and faith be found?**

Come learn about one woman's journey to South Sudan, Africa, the girls and boys she loves, and how you can become a part of the story.

Our retreat leader, Anita Henderlight, is the Executive Director of **Africa Education & Leadership Initiative.** A special story brought her to South Sudan. Once there, she realized her potential to help girls and young women go to school and receive an education. Joining with a small group of South Sudanese and their American friends, Anita started raising awareness and financial support for building and running a school in a place called Yei. Learning to adapt in a foreign culture and finding courage to speak up for a marginalized population has been challenging, sometimes downright risky, but according to her, it is **"the most rewarding work"** of her lifetime. **She has a story to tell.**

You are invited to attend our "Once upon a time" women's retreat at:

**Milton United Methodist Church, 241 Northside Dr., Milton, Wisconsin
Sat., May 4, 10:00 a.m. — 2:00 p.m. (9:45-10:00 a.m. gathering time)**

**Registration: \$10 to cover lunch (a freewill offering will be taken for the mission)
Space is limited so register early!**

Name _____

Address _____

Email address _____

Phone Number _____

DO YOU NEED CHILD CARE? YES___ NO___

Number of Children _____ Ages: _____

(Please note: Each child will need a sack lunch.)

Registration \$10 Make checks payable to:

Milton UMW

Please mail check and this bottom portion to:

Jill Shapiro

3514 Sheffield Dr.

Janesville, WI 53546-9383

Phone: (608) 774-2588

Email: jillshapiro@charter.net

Registration deadline: April 27

Women's Retreat—"Once Upon a Time..."

EDUCATION & INTERPRETATION ~ KEEP STRETCHING MISSION MUSCLES

By now you have turned in your Mission Today Reports for 2012. Your unit may have qualified as a Mission Today unit, or you may have fallen short by a little or a lot. Wherever your unit fell on the spectrum, I would encourage you to take a look at where you are and make it your goal to do even better as a unit

in 2013. “A good goal is like a strenuous exercise—it makes you stretch” is a quote from *Mary Kay Ash*, founder of Mary Kay Cosmetics. There are 19 different criteria on our Mission Today list. Read through the list and consider what new criteria your unit wants to set as goals to “stretch” yourselves this year.

Has your unit tried item number 10 on our Mission Today list? It challenges you to have one person in the unit join the United Methodist Women’s Action Network to receive and respond to legislative action. You can do that by going to the web address: <http://new.gbqm-umc.org/umw/act/network>.



The latest Action Alert invited all of us to join the Photo Campaign for Justice. Basing the campaign on the attention being given to the Super Bowl and knowing that connected to the event would be persons victimized by human trafficking, you were invited to get a picture of you and your UMW friends by a highway sign with a message about “intercepting” or “stopping” Human Trafficking. Your Capital District officers held an officer retreat on February 2 and took and submitted the photo at left.

Even though the Super Bowl is past, taking such a photo and publishing it in your church newsletter or local paper could be a great way to have a conversation about why UMW is deeply concerned about Human Trafficking. On the other hand, something as simple as lifting up a prayer on Super Bowl Sunday during intercessory prayer time for stopping Human Trafficking would also be a way to alert others in the congregation to the problem.

Please contact me if you have any questions about the Mission Today criteria. I, too, am still learning how to interpret some of them. If I don’t have the answer, I will seek clarification from others. In an exercise group I attend we work on stretching, balance, weight

lifting, and aerobics. Each different aspect is important. The same is true with the Mission Today list. Each item completed will help stretch and strengthen your mission muscles to make your UMW a more balanced Mission Unit.

Marilyn Eyster
Education and Interpretation

MEMBERSHIP NURTURE AND OUTREACH ~ FORM?

Do you know where your 2012 Local Membership Census Form is? I WANT YOURS NOW!!!

Haven’t sent it in yet? **It’s not too late**, you know. If you don’t send it in we’ll never know how many wonderful women (and men) you have in your unit. So don’t deny us this news.

Contact me by email at seplast@charter.net or phone at 608-274-0275 to secure a form if yours has been misplaced or your dog ate it.

In 2011, **Capital District had the fewest number of units reporting** in the whole Wisconsin Conference. By putting Faith, Hope and Love into action we can do better than that, can’t we?

Your UMW Sister, Sue Plasterer, Membership Nurture and Outreach

WISCONSIN CONFERENCE MISSION TODAY UNIT (Revised 4/16/11)

To become a *MISSION TODAY* Unit, the unit must meet eight of the following criteria, including four of those marked with an asterisk (*)

1. Use the Prayer Calendar at each general meeting to pray for mission workers and Projects.*
2. The unit will make and meet its Pledge to Mission.*
3. The unit will add at least one new member to its roll.*
4. The unit will have at least one member subscribe to **response** magazine.*
5. The unit will use two programs from the Program Book for United Methodist Women each year.*
6. The unit or circle will conduct at least one mission study a year.*
7. The unit will implement the Charter for Racial Justice Policies in at least one way during the year.*
Some suggested plans of action:
^Plan a unit meeting with a different racial/ethnic background, using programs from the Program Book. ^ Use Program plan for Charter prepared by Conference.
^Share worship service or meeting with speaker of another culture.
8. At least one member of the unit (other than a conference or district officer) will attend the Conference School of Christian Mission
9. At least two members (other than a conference or district officer) will attend the District Meeting or Conference Annual Gathering.
10. The unit will have at least one person join the United Methodist Women's Action Network to receive and respond to legislative information. Web address: <http://new.gbgm-umc.org/umw/act/network/>
11. Members will write or Email to five persons listed in the Prayer Calendar each year.
12. The unit will participate in the Campaign for Children in at least two ways.
Possibilities for action: ^Help sponsor a church or community program related to children and youth needs. ^Sponsor a Children's Sabbath, promoted by the Children's Defense Fund. ^Get involved with children in mentoring, tutoring and "big sisters" programs. ^Write letters, e-mail, or call congressional representatives and/or others in government regarding children's issues. ^Visit your local schools. ^Attend a school board meeting. ^Learn how our schools are funded.
13. The unit will be a Five Star unit, contributing to all five channels of Mission Giving.
14. Each unit or circle will include a **response** magazine moment where an item from the magazine will be lifted up as a way to tell the mission story.
15. Have at least two people from the unit, circle or subgroup complete one of the Reading Program Plans and report on one of the books read; encourage all members to complete Plan One, have a book review program.
16. The unit will invite a district or conference officer, other than that of a member of the unit, to one of the unit meetings during the year.
17. Make a pledge to care for God's creation and become a "Green" United Methodist Women unit (Get information on How to Become a Green Unit at <http://www.umwonline.org/environment> or contact Women's Division Community Action.
18. Hold a Mini-Spiritual Growth Retreat. See Program Book for ideas.
19. Unit to contribute at least \$25.00 for School of Christian Mission.

**Contact Information: 2013 Capital District Officers,
Conference Officers & Others with Capital District connections**

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<p>Nominations Kathy Matteson (13) 920 Thorncrest Dr. Janesville, WI 53546 Ph: 608.755.0069 Email: mattbnk@charter.net</p>	<p>Nominations Nancy Hansen-Bennett (14) 915 N. Garfield Ave. Janesville, WI 53545 Ph: 608.752.9149 Email: N/A</p>	<p>Northcott Representative Barbara Taylor (13) N7832 Jackson Rd. Whitewater, WI 53190 Ph: 262.495.8625 Email: tayloc@centurytel.net</p>
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<p>Conference Secretary Laura Pfeffer W10132 Koltes Rd. Lodi, WI 53555 Ph: 608.592.5228 Email: ljspence@aol.com</p>	<p>Conference Educ. & Interp. Kay Putman 215 Water St. #205 Lodi, WI 53555 Ph: 608.592.2294 Email: N/A</p>	<p>Conference Sec. of Prog. Res. Gloria Carter 7224 Springfield Circle Waunakee, WI 53597 Ph: 608.849.7589 Email: carter53597@tds.net</p>
<p>Conference President Judy Vasby 3000 Clearview Rd. Cambridge, WI 53523 Ph: 608-576-0173 Email: vasby.umw@gmail.com</p>	<p>District Superintendent Rev/Dr Sam Royappa WI UM Conference Center 750 Windsor St. PO Box 620 Sun Prairie, WI 53590 Ph: 888.240.7328</p>	<p>District Mission Secretary (BGM) Marge Lyford 2417 Chamberlain Ave. Madison, WI 53726 Ph: 608.233.5930 Email: mclyford@att.net</p>

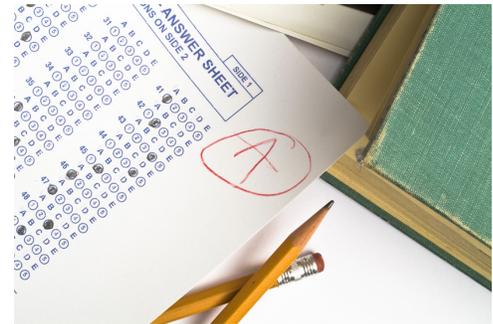
Are you longing to go back to school?

Heil Funds can help you!

For the past 28 years the Mabel Heil foundation has presented scholarships to over 230 women who were working to improve their education. Any female member of United Methodist Women is encouraged to apply.

To request a scholarship form, write to:

Yvonne Firary 715.355.6133
203 E. Greenwood
Rothschild, WI 54474 yvfirary@yahoo.com



Instructions:

1. Be a female member of Wisconsin Conference United Methodist Women.
2. Submit a written answer to the question, "In what ways do I consider myself a worthy student?"
3. Send a completed application to the contact person by May 1 or October 1.
4. Request that a letter of recommendation be sent to the contact person by either the president of the local UMW or by a pastor of the church.
5. Request that a letter of recommendation be sent to the contact person by a church member who is not a member of your household and is not a relative.

Rules:

- A. Any member of Wisconsin Conference United Methodist Women working to improve her education may apply.
- B. All letters must be written (preferably typed) on one side of an 8 1/2 X 11 sheet of white paper, using black ink.
- C. All applications are photocopied for the committee members.
- D. Scholarships are awarded one semester at a time. To be considered again DURING a one year period, you must send a letter asking to be considered. AFTER one year, you will need to fill out another form and secure new recommendations.
- E. If, in any given year, there is an increase of applications, these priorities will be followed: Women responsible for others will be favored. Women preparing to return to the employment field will be favored.
- F. The schedule is: **First semester** Apply by May 1, Notified by June 1, Check given August 15. **Second semester** Apply by October 1, Notified by November 1, Check given by December 1.
- G. Application and two (2) letters of recommendation MUST be postmarked no later than May 1 and October 1 to be considered.

Milton United Methodist Church
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by email. Send a request to the above
email address.*

CAPITAL DISTRICT 2013 UMW EVENTS CALENDAR

Wisconsin Conference MISSION ACTION DAY “Domestic Violence”

April 6, Saturday, 9:00 a.m.-3:00 p.m.
at Tomah UMC, Tomah, WI

Capital District Spiritual Growth Retreat

April 20, Saturday, 9:00 a.m.-3:00 p.m.
at Lodi UMC, Lodi, WI

Mission u (School of Christian Mission)

July 22-25, Monday-Thursday, Four-Day School
July 26, Friday, Overview Day
at the Westwood Convention Center, Wausau, WI

Capital District Annual Gathering

September 28, Saturday, at Delavan UMC, Delavan, WI

Wisconsin Conference Annual Gathering

October 18 & 19, Friday-Saturday
at Madison Asbury UMC, Madison, WI