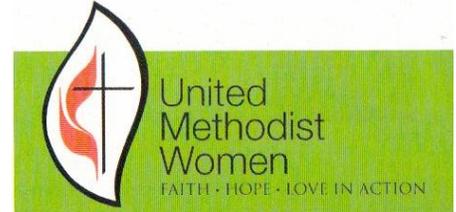


Capital Comments

Keeping Capital District United Methodist Women Informed



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PRESIDENT'S MESSAGE

Greetings to all United Methodist Women of Capital District!
 New beginnings, new year resolutions, new opportunities bring challenges, excitement and maybe a bit of dread of the unknown. This is my first year as your District President and I feel the excitement and a bit of dread, so with God's help I

hope to meet the challenges that come with this "new beginning." We all know we are not alone in this great organization of United Methodist Women.

This spring, events offered by our District and Conference will bring us together to learn, grow spiritually and fellowship with one another. I encourage you to attend and hope to see you there!

The Conference **Mission Action Day** (information on page 4) will be held Saturday, April 5th at Peace United Methodist Church, Kaukauna, WI. Pastor Heather Brewer will help us focus on Human Trafficking in Wisconsin. Also, Diane Mandler will speak on Elder Abuse. Be sure to read the flyer/registration form, then post it, and invite, invite, invite.

The Capital District **Spiritual Growth Retreat**: "Sacramental Living in the Wesleyan Tradition," led by Sherian Foster, will be held Saturday, May 3 at Willerup UMC in Cambridge. Program Resources will be available. The flyer/registration form is on pages 7-8. Please get the word out to all your women and come, come, come!

This is the year for "Make It Happen!" **Assembly 2014**: Louisville -- You can still sign up! The deadline is April 1.

I invite you to look over the "Capital District Sister Units" list for unit/officer contacts (page 9). Please contact your "sister" and ask her to visit your unit. You might want her to come to a special event, meeting or even present a program, such as installing your officers or just for a question/answer session.

We all have our unique "gifts" as we work together toward peace with justice, to eliminate poverty, and to bring freedom and joy to those who are overburdened in our world. Together we can do great things and make a difference!

Continued on page 2

Spiritual Growth Retreat

SACRAMENTAL LIVING

In the Wesleyan Tradition



Saturday, May 3, 2014
 Willerup UMC, Cambridge, WI
 8:30 am coffee & registration
 to 3:00 pm sending forth
 See pages 7 & 8

PRESIDENT'S MESSAGE (cont.)

I want to wish you all a very good year as you support the Purpose of United Methodist Women in your unit, church, community and mission to the peoples of the world. I want to express my gratitude to you for all your efforts to promote peace, justice, and freedom as we go forward with faith, hope and love in action.

Dayle McGarvie, President
Capital District United Methodist Women

SPIRITUAL GROWTH ~ A CALL TO LIVE SACRAMENTALLY

DEAR SISTERS—HAPPY NEW YEAR!

The year 2014 will hold many opportunities for Capital District UMW. As you read this article, my husband, Lindell and I will be on another NOMADS mission to Florida. We will be happy to leave the frozen tundra for a month.

Our Fall Gathering last October brought great blessings, including Sherian Foster, who led a workshop on Living Sacramentally. Everyone who was in her workshop enjoyed it greatly. The comments were, "but it was too short," so Sherian graciously accepted being our leader for our Spring Spiritual Retreat May 3rd at Cambridge-Willerup UMC. She has been doing a lot of reading and research on the Wesleyan traditions. Read more about her on page 6.



As I try to become more consistent in my prayer life, I've been singing God's praises while listening to a CD entitled, "Be Still My Soul". One of my favorite hymns is "Abide With Me." Singing along with hymns from a CD is a wonderful way to lift your spirit and praise God. I would also like to recommend a book which

really spoke to me, "Signs of Life - Back to the Basics of Authentic Christianity" by David Jeremiah. I hope we all have 'signs of life' as we go out to help those whom God has brought to us in our missions. May God bless you now and always.

Linda J. Whitelock
Spiritual Growth Coordinator

YOUNG WOMEN'S COORDINATOR ~ LEGACY WOMEN CONNECT

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.

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

Julia Mayeshiba, Young Women's Coordinator

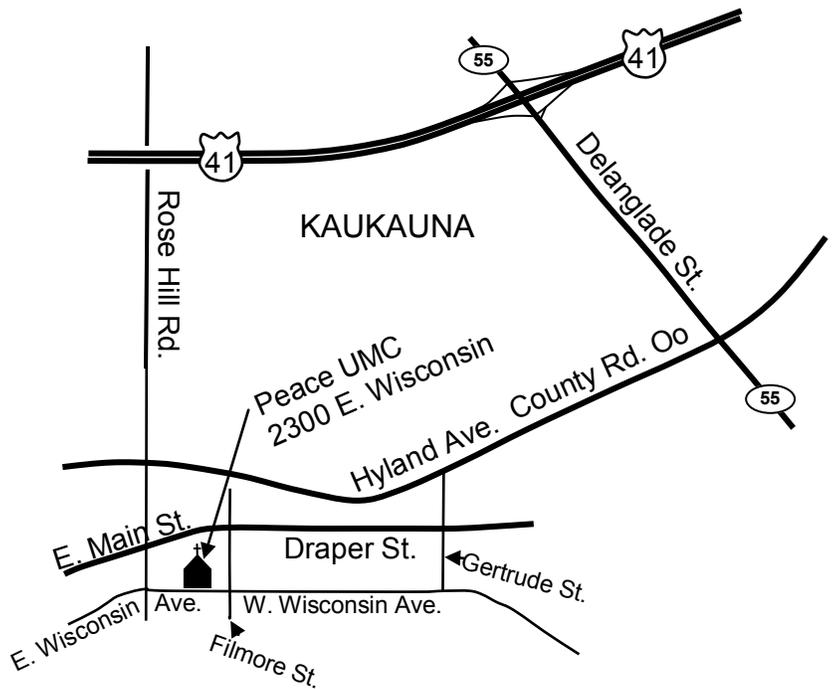
Email Version of Capital Comments. If you would like to receive your Capital Comments newsletter by email, please send an email request to gerlaj@gmail.com. The newsletter comes in PDF form which can usually be opened by anyone. If you should have difficulty opening the newsletter, simply go to www.adobe.com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

MISSION ACTION DAY MAP

Driving directions to Peace UMC,
2300 E. Wisconsin Ave. Kaukauna

From US Hwy 41 going through Kaukauna, exit south on Hwy 55 (Delanglade St.). Turn right (west) on County Rd. Oo (Hyland Ave.), and then left (south) on Gertrude St. Turn right (west) on Wisconsin Ave. The church is on the right.

From the Madison area, take Hwy 151 north to Hwy 41 north.
From Janesville area, take Hwy 26 north to Hwy 151 or to Hwy 41 north.



FROM YOUR VICE PRESIDENT ~ DON'T GIVE UP!!

Hello everyone! I hope your holidays were happy. Many evening activities were cancelled during the severely cold weather we have had since the beginning of the year. I hope your schedules have not been too disrupted.

The Annual Gathering was a great success! The keynote was a moderated discussion among women from different age groups and how UMW is important to them. There were workshops on the reading program books, prison reform, growing church gardens to stock local food pantries with fresh produce, living sacramentally and a discussion group about bridging our generational divide. There was also training for all the unit officers. Consider inviting some of these leaders to present a workshop at your church or be part of UMW Sunday.

Part of our Annual Gathering involves looking at the evaluation forms that were turned in

after the event. There were many comments, and we appreciate the feedback. The positive ones, and there were very many, made us feel really good. Our presenters were highly rated, and I included some of the remarks and scores in their thank you notes that went out after the event. Giving useful feedback to those who present a program can show how much you cared about what they did.

There were also some very good suggestions that I will use to improve this year's gathering. The input we get makes us aware of other's needs, and I hope we can continue to be inviting to everyone who attends.

With the information from the evaluations it was clear that Sherian Foster would be a great workshop leader for our spring retreat in Cambridge and, we found, she would be happy to lead.

Our keynote address focused on bridging the generational divide that our membership is experiencing. This is a problem in United Methodist congregations throughout the denomination, not just UMWs. As Vice President, I hope I can be a source of information to help units get UMW's mission, justice and spiritual growth messages out to all the members and visitors of our churches.

We are a part of what is good about being in a United Methodist congregation. Please continue to invite the ladies in your churches to join in unit, district and conference events. Help the younger women create their own events that we can enjoy. Be excited and persistent about what we have to offer. DON'T GIVE UP. Their future is our future too.

Karen Mayeshiba
Vice President



Mission Action Day

Saturday, April 5, 2014

Peace United Methodist Church
2300 E. Wisconsin Ave.
Kaukauna, WI 54130

Human Trafficking in WI

- Presented by Pastor Heather Brewer, Bloomer/New Auburn UMC - WI Initiatives, what you and your church can do in response to Human Trafficking.
- Lieutenant Steve Elliott, Appleton Police Department -the local response to Human Trafficking.

Elder Abuse

- Diane Mandler, Supervisor of Crisis Intervention and Adult Protective Services with the Outagamie Health and Human Services Department will speak on Elder Abuse.

Online registration available at www.wisconsinumw.org
(cash or check for registration fee of \$12.00 will be paid at the door when registering online)

Registration: 9:00 a.m. – 9:30 a.m. ● Sending forth: 2:30 p.m.

Registration is transferrable, not refundable.

2014 MISSION ACTION DAY REGISTRATION FORM Deadline for Registration: Monday, March 10, 2014

Name _____

Address _____

City _____ State/ZIP Code _____

District _____ Church _____

Phone _____ Email _____

Child Care needed for _____ child(ren), Age(s) _____ (I also understand that I am responsible for providing a sack lunch for each child or paying the registration fee of \$12.00 for each child in order to cover their lunch.)

Dietary or other considerations _____

When registering by U.S. Mail, send form and **\$12.00 registration fee** to (registration must be received by Monday, March 10th):

Shirley Carpenter, 2711 North Biron Drive, Wisconsin Rapids, WI 54494-8804

Make checks payable to: Wisconsin Conference UMW

SOCIAL ACTION ~ NEW IMMIGRATION REFORM BLUEPRINT

Our nation's immigration system is broken and our laws are not being enforced.

The House Republican leadership is trying to sell their colleagues on a series of broad immigration principles, including a path to legal status for those here illegally.

Speaker John Boehner said in his pitch in the closed meeting, "Reform is also about our national security. The safety and security of our nation depends on our ability to secure our border, enforce our laws, improve channels for legal entry to the country, and identify who is here illegally." Speaker Boehner and other House Republicans released a statement of principles on immigration that would not include the citizenship pathway but would allow such immigrants legal status.

The problems in our immigration system must be solved through a step-by-step, common-sense approach that starts with securing our country's borders, enforcing our laws, and implementing robust enforcement measures.

The leadership's principles do treat young undocumented immigrants differently, however. House Republican leaders declared that lawmakers should give a pathway to legal residence and citizenship for young immigrants who were brought to the United States illegally as children.

President Obama noted that under his own plan, those in the country illegally would still have to go through "a very long process of earning citizenship" by learning English, paying back taxes and going "to the back of the line."

Mr. Obama's comments do not necessarily mean he will compromise. But they reflect a strategy on the part of the White House and leading Democrats in Congress of seeing where the process goes and giving Republicans room to engage in a real negotiation. The president and his allies have resolved to welcome rather than criticize the Republican proposals, on the theory that simply attacking them would mean there was no chance for a deal. But the ultimate resolution will depend on the details, and they will still push for their positions during any deliberations.

Sen. Chuck Schumer (D-N.Y.)
"While these standards are certainly not everything we would agree with, they leave a real possibility that Democrats and Republicans, in both the House and Senate, can in some way come together and pass immigration reform that both sides can accept."

Excerpts from:

*Seung Min Kim and Jake Sherman - Politico.com
Statement of Immigration Principles - NY Times
[Images.politico.com/global2014/130/immigration-standards1.html](http://images.politico.com/global2014/130/immigration-standards1.html)*

Elaine Talles Frietsch
Mission Coordinator for Social Action

YOUR NOMINATING COMMITTEE GIVES THANKS FOR YOUR HELP

Dear Sisters in Christ,

The Capital District Executive Team has a wonderful complement of members for 2014.

Planning ahead: The offices which will need to be filled for 2015-16 include: Vice President, Secretary, Program Resources, Membership/Nurture and Outreach, Education and Interpretation, Nominations Chair, and one Nominations Committee member.

If you wish to nominate someone or volunteer yourself, please contact me at icenmp@rit.edu or call 608-848-8243.

Yours in Christ's love,
Judy Loveless, Chair of Nominations

INTRODUCING OUR RETREAT LEADER ~ SHERIAN FOSTER

Currently a member at Lodi UMC, I was a full-time mom while my children were little. I then taught mathematics and worked in mathematics education research. As a pastor's wife for 40 years, my home has been open to everyone from bishops to bums. Over the years, I have been blessed to be part of the African American, Native American and Hmong communities. A number of years ago I began reading John Wesley's Journals, and became fascinated, reading more and more about John's faith journey, the Wesley family and Wesleyan theology. In retirement I enjoy speaking to Christian women's groups, attending concerts, crocheting, and traveling — especially with grandchildren.

TREASURER ~ GIVING MAKES MISSION POSSIBLE!

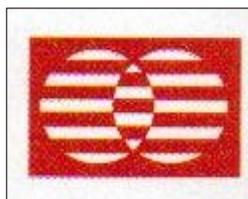
"...their joy was so great that they were extremely generous in their giving..."
2 Corinthians 8:2

Happy New Year!! I am your new district treasurer. Please send your remittances, pledges, and Special Mission Recognition pin requests to me at the address below. I look forward to working with the units in this new role.

The Capital District pledge to mission for 2014 is \$65,000. I know this seems like a lot, but with all of you I believe we can reach this goal. There are several of you that have not sent your pledges for 2014 yet. It is not too late! Please send or email your pledges to me as soon as possible. In your giving, remember to use all five channels of giving: Pledge to

Mission, Gift to Mission, Gift in Memory, Special Mission Recognition and World Thank Offering.

I would enjoy doing a program "Where the Money Goes – The Journey of Your Mission Dollar" for your unit, to help you better understand what happens with your mission dollars. Please contact me if you are interested.



Linda K Whitelock

Capital District Treasurer
6137 Dell Drive
Madison, WI 53718
(608) 223-9161
whitelocklinda@att.net

PROGRAM RESOURCES ~ KEEP ON READING!

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 resource center needs a minimum of 4 weeks lead time for orders, so please get your requests to me by Feb. 27 for materials you want at the Spiritual Growth retreat. Consult the online catalogue at <http://new.gbqm-umc.org/umw/programs/readingprogram> for reading program books, and let me know.

Nancy Noble Ramirez, Program Resources

SACRAMENTAL LIVING

In the Wesleyan Tradition

CAPITAL DISTRICT UMW
*Spiritual Growth
Retreat*



Saturday, May 3, 2014

Willerup UMC, Cambridge

8:30 am registration & coffee

to 3:00 pm sending forth

Program Resources will be available

Requests? Ask Nancy Ramirez before

February 27 Ph: 608-757-0394

Email: nanoram@att.net

Led by

Sherian Foster

Free childcare available

if requested with paid

registration

(bring brown bag lunch for
your little one - or reserve a
lunch for \$8).

Questions? Ask
Linda J. Whitelock
608.754.1021

lthompson207@msn.com

\$15 in advance

(includes welcome snacks and lunch)

(\$17 at the door)

Registrar: Jeanette Retzlaff

W9113 Red Feather Dr.

Cambridge, WI 53523

Phone: 608-423-3360

Make checks payable to

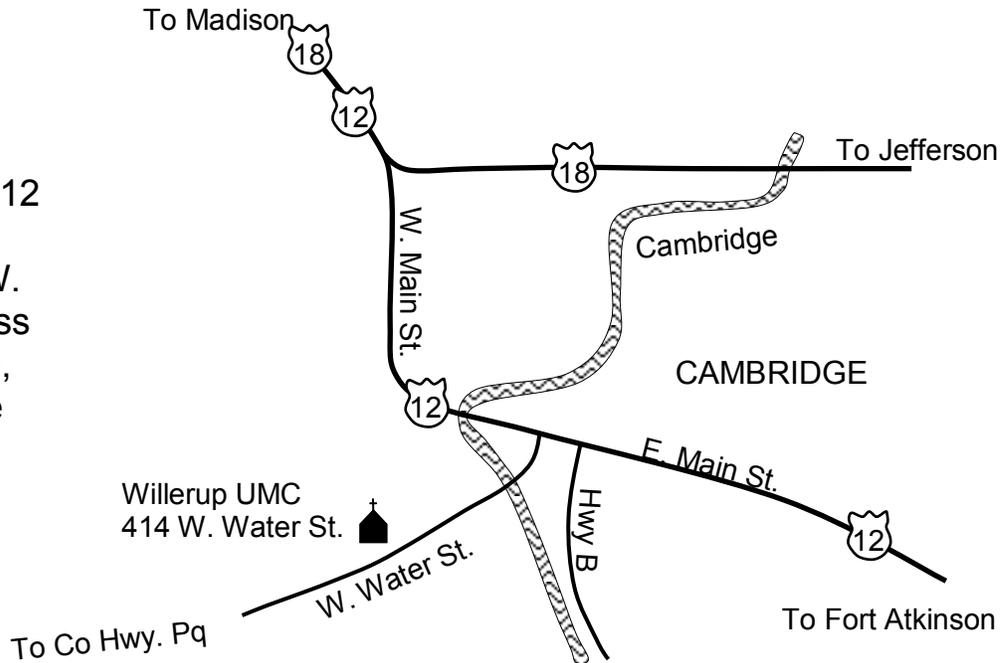
Capital District UMW

Register by April 26, 2014

CAPITAL DISTRICT SPIRITUAL GROWTH RETREAT - MAP
 Saturday, May 3, 2014 at Willerup UMC, 414 W. Water St., Cambridge
 8:30 am registration & coffee to 3:00 pm sending forth

DRIVING DIRECTIONS:

From Highway 12 in Cambridge, turn south on W. Water St. In less than half a mile, you will see the church on the right.



+++++

SPRING RETREAT REGISTRATION FORM - DUE BY APRIL 26, 2014

Please Print

NAME _____ PHONE _____

ADDRESS _____

REGISTRATION
 PER PERSON: \$15.00
 LUNCH FOR
 DEPENDENT: \$ 8.00

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 or reserve a lunch for \$8.00)

SEND FORM AND MONEY TO REGISTRAR:

Jeanette Retzlaff
W9113 Red Feather Dr.
Cambridge, WI 53523
Phone: (608) 423-3360

MAKE CHECK PAYABLE TO:
Capital District UMW

2014 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, and so would I. Feel free to contact your sister before she contacts you, if you have something special you'd like to share before she is able to contact you.

Over the past few years several units have contacted our district president, district secretary and me regarding forming new units and circles, restructuring units and having units go inactive.

As I become more familiar with my position, I have learned many things that may be helpful to you and your unit.

It is my plan to contact each unit so we can work together to best meet your needs. If you have questions, contact me. If your unit has ideas you'd like to share about what has been successful in carrying out the PURPOSE and putting Faith, Hope and Love into Action, please contact me or share them with your sister officer.

This year a district team is compiling an information piece which we hope will be helpful to your unit.

Contact information for all District Officers and also for Conference Officers residing in the Capital District can be found on page 14. I'm looking forward to hearing from you.

In mission together,
Sue Plasterer
Membership Nurture and Outreach Coordinator

2014 Capital District Sister Active Unit Assignments			
Local Unit	Sister	Local Unit	Sister
Arlington	Judy Loveless	Madison: First	Sue Plasterer
Beloit: River of Life	Elaine Talles Frietsch	Madison: Sherman Avenue	Barb Taylor
Briggsville	Nancy Hansen-Bennett	Madison: Wellspring	Sandy Brewer
Brodhead	Marilyn Eyster	Milton	Linda J Whitelock
Cambridge/Willerup	Mary Anne Gerlach	Monona	Dayle McGarvie
Darien/Allens Grove	Nancy Hansen-Bennett	North Windsor	Ruth Watt
Delavan	Linda J Whitelock	Orfordville: New Horizon	Marilyn Eyster
Edgerton	Dayle McGarvie	Pardeeville	Linda K Whitelock
Janesville: Cargill	Jane DeSoto	Pleasant Valley	Ginger Katzman
Janesville: Mt. Zion	Ginger Katzman	Portage	Linda K Whitelock
Lodi	Karen Mayeshiba	Sharon	Nancy Ramirez
Madison: Asbury	Sue Plasterer	Stoughton	Mary Anne Gerlach
Madison: Bashford	Judy Loveless	Waunakee Crossroads	Barb Taylor
Madison: Bethany	Anne Scott	Whitewater/LaGrange	Nancy Ramirez

The units at Lake Mills and Jefferson-Immanuel will be contacted by Sue Plasterer and Dayle McGarvie.



Hmong House of Good News - Moob Tsev Moo Zoo

REMINDER

Keep collecting those Milk Moola caps and Moola slips from the tops of Nature's Touch milk, juice, & water products found only at Kwik Trip gas stations. They are worth 5 cents each for Hmong House of Good News. Also clip the ovals from boxes of Glazer donuts sold at Kwik Trip. They are worth 10 cents.

Give them to district or conference officers who will get them to me.

The cutoff date is December 1, 2014.

Judy Vasby

Kwik Trip fundraiser coordinator
218 Neli Ct., Deerfield, WI 53531
608-576-0173

vasby.umw@gmail.com



For more information, visit the Hmong House web site:

<http://www.hmonghouse.org>

There is also information in the Feb. 2014 issue of Catch the Vision about the benefits of Hmong House for elders and their families and community, as well as how to help. Find it on the www.wisconsinumw.org website, under Communications.

RACHEL GABLER AND THE BIBLE STORY BOOK SAGA



Rachel telling how to use the book

Dec. 3, 2013: The Bible story books are in Zambia, and the Gablers are in the process of bringing them into the Democratic Republic of Congo. Rachel writes: "We would like to bring in 100 boxes at a time. This will take coordination and money."

Jan. 9, 2014: "What a buzz! I am still wound up. Yesterday was an exciting day. We moved 167 boxes of Bible Story Books to the border of DRC." "The border was buzzing about the books, and this was only the Zambia side. I think this is the first time I am actually excited about crossing the border. We return tomorrow." [It was an interdenominational effort to get them that far.]

Jan. 14, 2014: "Yesterday and today have been crazy. We are still waiting for the books to clear customs. Actually they are cleared, but need a form now." "I am told we should be able to receive them tomorrow. Please pray."

Jan. 25, 2014: "Two weeks and two days ago, the books physically entered Congo. Last night they entered our garage. The paperwork is not done yet, nor are the payments. But, praise the Lord they are here! Now pray that they get into the right hands who will use them.

Bless you for praying!"

Thank you, Rachel Gabler



At Last!

NORTHCOTT NEIGHBORHOOD HOUSE—KEEP SAVING LABELS!

Address: 2460 North 6th Street
Milwaukee, WI 53212-2756

Phone number: 414.372.3770

Website: www.northcotthouse.org

Labels for Northcott must include the UPC Code to be counted. Include the LABELS FOR EDUCATION symbol, also. (See sample at right.)



An update from Anita Henderlight:



School starts tomorrow! (Feb. 3.) Teachers have returned. Students are still arriving.

I posted a song on my Facebook page titled "**Calling for Peace.**" It was written and performed by a teacher and students at Kenneth Wani's Excel Academy. It's a great message, and we are so proud of their emerging musical talent!

I received a message yesterday from one of our Africa ELI graduates, Elizabeth, who is in her second year of medical training at the Health Science Training Institute in Juba. I asked what she enjoys the most about her medical training. She replied, "learning about surgery operations." She's a brave and determined girl! Our Africa ELI students continue to be thankful for all the support provided by the women and churches in Wisconsin. You are blessing many young people around the world!

Brick-making is underway for the new Excel Academy - Jansuk campus.

Enough money was raised over the holidays to drill a borehole and dig Hers and His latrines.

In addition to ongoing scholarship support, I am in search of funding for a new chain-link security fence for the seven-acre compound. It's a hefty cost, but well worth it to keep students in a safe and secure location. To fence the whole property and add a gate will be \$19,500. Feel free to raise funds for our new security fence. This is a much better option when compared to our old and existing bamboo fencing! Plus, the Ministry of Education requires that new schools have fenced property. (We really do like this mandate and are happy to comply with it.)

For the first time since we began educating secondary students, we will have an equal number of girls and boys sponsored during this 2014 school year - 99 girls and 99 boys. How's that for gender balance?

Anita Henderlight is coming for a whirlwind tour of Wisconsin in the first part of May. For details, contact Sue Plasterer [Ph: 608.274.0275 Email: seplasterer@charter.net]

THERE'S STILL TIME! ASSEMBLY 2014: MAKE IT HAPPEN!

There is **STILL** room at the Inn! (and on the bus)

That's right! The Assembly bus/hotel package offered by Wisconsin Conference United Methodist Women has room for you. The bus is FREE; a gift of the Conference UMW to you, and the hotel package at either 2/room or 4/room, includes a three-night stay with 2 queen beds. You will have no worries and can spend hours with several dozen wonderful women on a charter bus to take you to Louisville, KY. Once there, you will be only 2 blocks from the convention center, with all rooming arrangements taken care of by us.

We welcome all ages and will be following Safe Sanctuary policies for anyone under 18 attending without parental or guardian supervision. If you have any questions, contact Laura Pfeffer (608-592-5228 or email: pfeffer.umw@gmail.com). We look forward to having you join us for the whole 2014 Assembly experience.

THE BUS/HOTEL PACKAGE REGISTRATION DEADLINE IS PAST, BUT THERE IS STILL ROOM. CONTACT LAURA PFEFFER (608-592-5228)

PLEASE NOTE: Registration for Assembly itself is completely separate from the bus/hotel package deal, and must be taken care of by individual participants on your own. The deadlines for early registration discounts are also past, but it is possible to register until the absolute deadline of April 1.

This information, and more, can be found on the Assembly website: www.assembly2014.org

Assembly 2014
Louisville, Ky.
April 25-27
2014

MAKE IT HAPPEN!!!
TURNING FAITH, HOPE, AND LOVE INTO ACTION !

- worship
- speakers
- workshops
- service
- networking
- Bible study
- and much more!

EDUCATION & INTERPRETATION ~ “YEAH GOD!”

A few years ago I was part of a mission trip. Whenever something good happened, the expression we adopted was “Yeah God”. All of you who filed your 2013 Mission Today reports with me definitely deserve an enthusiastic “Yeah God!”

Capital District had a record 28 units filing Mission Today reports for 2013. Of those filing, 19 were able to complete eight of the criteria to qualify for a certificate. Many of you showed positive growth and completed more criteria than you did the year before. The reports show that being a small unit with aging membership is not keeping those groups from doing many things toward fulfilling our United Methodist Women PURPOSE.

If your unit has not already done so, now is the time to look at 2014 and your commitment to Mission Today. Whitewater First/LaGrange had a great idea that I would like to share with you. In their 2013 Mission Today report not only did they identify which criteria they had completed for 2013, they also identified two criteria which they are projecting as goals to achieve for 2014 with a third as a “potential focus 2014”. They listed a fourth criteria as “possible”. This shows that they are looking toward the future and have set definite goals to aim toward in the coming year. This will guide them as they plan programs and activities throughout the year. Is your unit doing something similar? If so, “Yeah God!”

Three Capital District UMWs participated in the Intercept the Traffickers Photo Campaign for this year's Super Bowl. This is one of our United Methodist Women's Action Network alerts. Does your unit have a member on this network? (See #10 on the Mission Today list). Out “FREEZE”ing in the snow are Janesville Cargill, Milton, and Madison First.

Marilyn Eyster
Education and Interpretation



MEMBERSHIP NURTURE AND OUTREACH ~ 2013 FORM?

Do you know where your **2013 Local Membership Census Form** is?

As I write this only 10 of our local units have sent in their 2013 Local Membership Census Form. If your unit is one of those who has not sent your form in, please send it in as soon as you can. We want to know how many wonderful women (and men) you have in your unit. Please don't deny us this news.

Perhaps your form has been misplaced, you spilled coffee on it while filling it in, your dog ate it or it's missing for some other reason. Don't be shy - contact me right away by email at seplasterer@charter.net or phone me at 608-274-0275 to secure another form. If you have membership questions or would like an electronic file of the form call or email me.

In 2012 Capital District had 100% reporting but it took a lot of work on your part, your district sister officers, me and our fantastic Conference UMW Membership Nurture and Outreach Coordinator, Shirley Carpenter to make it happen. Shirley was not willing to let one unit or one member go uncounted and neither were the rest of us. We are looking for 100% participation again this year. I know we can do it! I look forward to hearing from you.

Your UMW Sister, Sue Plasterer, Membership Nurture and Outreach

WISCONSIN CONFERENCE MISSION TODAY UNIT

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 Mission u.
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.gbqm-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 sister" programs. ^Write letters, e-mail, or call congressional representatives and/or others in government regarding children's issues. ^Visit your local school. ^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 Mission u.

****These Guidelines to be used beginning year 2012****

**Contact Information: 2014 Capital District Officers,
Conference Officers & Others with Capital District connections**

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<p>Membership Nurture & Outreach Sue Plasterer (14) 6813 Winstone Dr. Madison, WI 53711 Ph: 608-274-0275 Email: seplasterer@charter.net</p>	<p>Education & Interpretation Marilyn Eyster (14) 122 E. Cox Road Edgerton, WI 53534 Ph: 608-868-3585 Email: marilyn.eyster@gmail.com</p>	<p>Spiritual Growth Linda J. Whitelock (15) 3242 Hemmingway Dr. Janesville, WI 53545 Ph: 608-754-1021 Email: lthompson207@msn.com</p>
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<p>Conference Secretary Leah Sailor 5477 Westshire Cr. #125 Waunakee, WI 53597 Ph: 608-243-1774 Email: leahfid@sbcglobal.net</p>	<p>Conference Sec. of Program Res. Gloria Carter 7224 Springfield Circle Waunakee, WI 53597 Ph: 608-849-7589 Email: carter53597@tds.net</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>

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
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CAPITAL DISTRICT 2014 UMW EVENTS CALENDAR

Wisconsin Conference MISSION ACTION DAY
Human Trafficking in Wisconsin & Elder Abuse
April 5, Saturday, 9:00 a.m.-2:30 p.m.
at Peace UMC, Kaukauna, WI

Capital District Spiritual Growth Retreat
May 3, Saturday, 9:00 a.m.-3:00 p.m.
at Willerup UMC, Cambridge, WI

Mission u (School of Christian Mission)
July 28-31, Monday-Thursday, Four-Day School
August 1, Friday, Overview Day
at the Westwood Convention Center, Wausau, WI

Capital District Annual Gathering
September 27, Saturday, at Cargill UMC, Janesville, WI

Wisconsin Conference Annual Gathering
October 17 & 18, Friday-Saturday
at Madison Asbury UMC, Madison, WI