

An online and print newsletter of Presbyterian Women/ National Capital Presbytery
www.presbyterianwomenncp.org

This newsletter is designed to be on our WEB site as well as printed and distributed in digital or ink forms. You will notice that there are various references to 'more' which can be found by clicking on the word in the digital version or going to our Web site to obtain the online version. Please circulate this newsletter freely and encourage your friends to join us online. Blogging is available under **SHARING** tab, let us know what is happening in your PW groups.

Prayer Breakfast February 22nd

National Presbyterian
Church

Flyer and Registration
Attached and [Online](#)

**Ecumenical Advocacy Days
March 21-24, 2014
Washington, D.C.**

**Jesus Weeps
Resisting Violence, Building Peace
<http://www.advocacydays.org>**

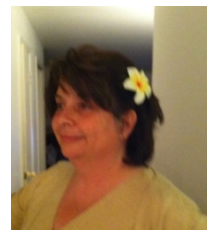
**PW – Synod of the Mid-Atlantic
Summer Gathering**

June 5-8 2014

Massanetta Springs, VA

Flyer

www.presbyterianwomenncp.org



Food Justice is the emphasis of our PW/NCP Programs for 2014

At the PW/NCP Coordinating Team annual Retreat /meeting we discussed our theme for 2014, *Food Justice*. We asked the tough questions that we want to learn more about:

- How can we feed more who are hungry?
- Why do we detest the growing number of immigrants when we all them to work as slaves?
- How can we ensure safe foods in the United States?
- How do we eliminate additives from our foods?
- How do we end Hunger?
- What is Food Justice?
- How do we teach fair and just eating?
- How do we advocate for fair wage and agriculture?
- How are Food Justice and the environment interconnected?

The goal is to provide answers to these questions during 2014. Starting with the Prayer Breakfast on February 22 at 9 am at National Presbyterian Church where we will use the World Day of Prayer materials, "Steams in the Desert." The Samaritan woman at the well will be the center of our presentation. Water is connected to food justice since water is one of the three elements that make a garden flourish. The other two being soil and sunlight. Our Spring Gathering will be held April 26 at Trinity Presbyterian Church in Herndon, VA, which will include our 2014-2015 Bible Study overview in addition we will define Food Justice and touch upon some of the issues involving food justice. Finally, the Fall Gathering, held in late September, will include workshops that will help us explore the answers to our questions.

Reports on Fall Gathering Workshops

Peggy Sission -attended the **Praying with Art, Images and Contemporary Icons facilitated by Rev. Lakesha Bradshaw**. In this workshop, Lakesha helped us to explore how the images we see can add a wonderful new dimension to our spiritual exploration and open windows to the stories of our faith. To ask questions. It is a "schooling of the eyes" which allows God to speak to us through the images that we see. We were each asked to select an image from the table and then answer the following questions:

- How are your eyes being schooled?
- What image did you select and why?
- How does this image speak to you about your relationship with God?
- How would you pray for yourself for God to "School your eyes?"

I choose a solitary tree, which symbolized the beauty of the environment, of being alone, God's earth and growing things. I choose the image because it reminded me of the "Tree of Life" in the middle of the desert in Bahrain.



Although I may stand alone like this tree, God will put things and people with me to help me along the way. God is with me. God, help me to see the things that give me life that I should be thankful for.

Sometimes spiritual practices can be scary. Don't be afraid, these are ancient practices. Learn to "school your eyes" to explore your faith through the images. "Schooling your eyes" is a practice.

Caroline Smith summarizes **the Bible Study-An Abiding Hope Workshop at our Fall 2013 gathering led by Rev. Hwang**

After an opening prayer, Rev. Hwang opened the workshop by asking "Where do you start to prepare for Bible study?" After many ideas were shared the answer she was looking for was heard - *Begin with Prayer!* Rev. Hwang proceeded to review some steps to follow when preparing for Bible study, especially as the leader:

1. *Begin with Prayer*

As you prepare to lead the Bible Study write down the names of sisters you will lead, pray for each one and ask God to prepare their hearts and minds.

As the leader you need to prepare a safe environment for all to share - prepare yourself to be willing to be VULNERABLE. If you are able to show your weaknesses and vulnerabilities others will feel free to do the same.

2. *Go to the text - Scripture*

- Read the entire **Books of Exodus and Deuteronomy** - "context matters" - even if you are preparing for the very first lesson read the entire scripture.
 - Read the scripture for the current lesson you are leading.
 - Read the Key Scripture.
 - Read the scripture for the previous lesson and the next lesson for continuity.
3. Do extra research only if you have the time. Basically the *Horizon Bible Study* has all the info you need!
Including resources on the *pcusa.org* website!
 4. Use the *Suggestions for Leaders* at the end of each lesson
 - Start with the Introduction - this gives you background information
 - Glean several things that you want to focus on for this lesson
 5. Read the lesson
 6. Pick questions that will bring the most interaction and relevance to your group
 7. Prepare creative exercises
 - Have a hands-on activity - something for people to feel
 - Make the lesson come alive

Water is a big theme in this study!

Moses = drew out of water, Nile River, bath, drew out, Nile turns to blood, crossing the Red Sea, crossing Jordan, water from a rock, complaints of no water!

Have a bowl of water - maybe 3 - fill with pebbles, have petals floating, or float a candle and use as Christ Candle during the lesson. Visually enhance the time together.

Have the women put their hands into the bowl of water.

During your session, Rev. Hwang suggested doing the following:

1. Welcome everyone.
2. Distinguish time together as "Holy Ground/Environment" (Remember Context matters)
2. Take charge of the space and time as leader

3. Speak each person's name, welcome new people and maybe join with another Circle at one of your meetings
4. Set time apart for:
 - Christ Candle
 - Prayer
 - Scripture Reading - ways to read scripture in a group
 - ⌘ 1 person read all of it
 - ⌘ Everyone takes a turn
 - ⌘ Assign parts - Moses, Pharaoh, Narrator, etc.
 - ⌘ Read dramatically - ask someone to prepare in advance
 - ⌘ Present scripture so it comes alive
5. Read objective of lesson - Today we are looking at...
If set an objective at the end of the lesson you can see what you covered.
6. Ask discussion questions
7. Engage in an activity - touch the water, remember your baptism, etc.
8. Closing Prayer
9. Hold business meeting after the lesson - share pastoral care concerns, etc.

Rev. Hwang suggested that as the leader you need to organize the time and prioritize how much time you have at your meeting. You need to leave time for the Holy Spirit to *interrupt!*

This was one of the best workshops I've attended because it gave a step-by-step way of preparing and leading a Bible study. Thank you Rev. Hwang!

Further Notes on the Fall Workshops:

- **Ruth Burgos Sasscer** reports that the Issues Workshop led by Sharon Stanley-Rea, Director of refugee and Immigration Ministries was interesting, informative and inspirational. So much so that she was motivated to attend the Global Summit on Immigration reform (Sponsored by Church World Service) at the National Christian Church in DC the following Monday. That was a great experience also!
- **Ann Feder** reports that in the above workshop Rev. Stanley-Rea joined facts with

prayers for the concern, passing out fruits and vegetables to make her points.. She gave out a number of resources which may be found at our [PW/NCP](#) site.

- **Sandy Mori** attended the **Bible Trivia/Jeopardy Workshop** and shares that an enthusiastic group met to answer questions—first in a Jeopardy format, and then straight Bible trivia. They also took home a list of questions with answers provided. The group was small enough that we could discuss the background and reasons for the answers.
- **Judy Wenig** wants everyone to know that the video recording of Rev. Margee Iddings **Our Place at the Table** (What does it mean to be a Ruling Elder) was successful. The editing continues and we will let you know when it is available . including suggestions for usage.

Mission Matters

Jan Summers
Mission Coordinator

We hear daily about the plight of people dealing with the violence in Syria and in refugee camps in surrounding countries—a story becoming more horrible and complex with each skirmish. We know that South Sudan is again torn apart by violence, as it tries to become a nation-state with a functioning government, and many are seeking protection from outside bodies or fleeing for their lives. We are pained to see the plight of the people of the Philippines as they continue to recover from Typhoon Haiyan, and to live amidst the rubble in many areas. We know people are evacuated from erupting volcanoes in Indonesia and from areas affected by earthquakes in various nations. We see continuing instability and violence in Egypt as it seeks a new path that may bring a better life for people there, one that may give them a greater voice—but the process is a slow and difficult one. We know that diseases and hunger threaten so many around the world, in particular children who are our future. Even elections bring the threat of violence in new democracies such as Madagascar, and other nations such as Mozambique face internal disruptions.

Closer to home, we hear that schools in one county, Fairfax, have concluded they must teach the dangers of human trafficking to young people in middle schools. (Now we have a new partner in this concern!) The environment seems to be

ignored by many people, and injustice in dealing with immigration is commonplace. We hear about gun violence, child neglect, food injustice, and so many more concerns—and we may feel that these are insurmountable challenges.

Yet, we know that we are called to serve where we are, in the name of Jesus and as he would have us do, and that each prayer we offer, each small act we might do for one another, each endeavor that makes progress, matters to Him and to the world. **Rejoice that Walmart, one of the largest retail food sellers, has signed an agreement with the Coalition of Immokalee Workers to support strong labor disciplines, pay higher wages, and face rigid enforcement!** PW has long supported the fight waged by this Coalition. And members of PC(USA) are volunteering to be trained to detect and report child abuse. We are signing up for Ecumenical Advocacy Days (March 21-24) involvement in speaking with members of Congress about the things that matter to us as Christians and as citizens. We celebrate new worshipping communities and the renewal of worship among younger people. We reach out in hands-on service projects and mentoring efforts, and we contribute to mission partnerships and go on mission work camps (my own church is sending a team to Imara in Kenya on January 18). We are working in mission—take a look at www.presbyterianmission.org to see our shared faith at work! Then remember daily prayer for all those who work in these endeavors.

Please visit our WEB site and see a picture of Rev. Lakesha Bradshaw's Ordination. As you know she is our Spiritual Nurture Coordinator.

[We welcome any additions you can make to our humble attempts to connect and serve, with our newsletter or on our WEB site.](#)

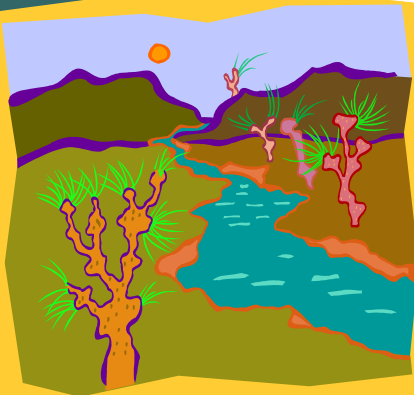
[Please contact me.](#)
[Judy Wenig, Communications Coordinator.](#)

Presbyterian Women National Capital Presbytery

Plan to attend the ... Prayer Breakfast

Saturday, February 22, 2014
9:00 a.m.—12:00 p.m.

National Presbyterian Church
4101 Nebraska Avenue NW
Washington, DC



Streams in the Desert

*World Day of Prayer Program of
Church Women United
prepared by World Day of Prayer
Committee of Egypt*

Worship Leader

Rev. Philomena Ofori-Nipaah

Chaplain at
MedStar National Rehabilitation Hospital

Registration fee is \$15.00 (\$5.00 for students). Please register by February 18, 2014

Mail this form with your check made payable to Presbyterian Women, NCP to:

Michelle Clover, 4926 Celtic Dr. #102, Alexandria, VA 22310

571-287-9955 | e-mail: mmclover2009@gmail.com

I plan to attend the Prayer Breakfast on Saturday, February 22, 2014

Name _____

Phone _____

Email address _____

Church _____