

Helpful Tips

On Using Your United Methodist 2009 Program Calendar

The official United Methodist 2009 Program Calendar is a comprehensive planning tool for church leaders, available in eight different designs to fit your leadership style. Ranging from a pocket size that shows a week at a glance to a large deluxe wall calendar with the entire year at a glance, you will find the exact style for planning your upcoming ministry events. The most popular designs, known as the Standard and the Classic, measure 8.5-by-11 inches and contain monthly planning checklists, lectionary Scriptures, liturgical colors, dates of special Sundays and celebrations, descriptions of offerings, church agency contact information, a 2010 calendar with a separate page for each month and a one-page calendar showing 2009, 2010 and 2011.



General Uses of the Calendar

Each year an attractive cover image reminds us of the important work we do as a connectional church. The 2009 calendar features the Ministerial Education Fund apportionment and the 13 United Methodist seminaries related to the denomination. The insert can be torn out and kept as a handy reference tool or posted on a bulletin board. The information in the calendar is useful for:

- New member classes
- Confirmation classes
- Leadership training
- Acolyte ministry, Communion stewards, altar guilds and others—use for choosing vestments and pulpit paraments. Liturgical colors are marked for each Sunday.
- Bible study—The lectionary is listed for each Sunday.

The Standard and Classic styles offer large blocks for notes you need at your fingertips. In addition to the grid of blocks available on the days of the month, you also have additional space at the bottom or top—excellent places to make a note you want to stand out.

The theme of the 2009 calendar is the Ministerial Education Fund, which provides financial aid for students and support for the 13 United Methodist seminaries in the United States. Each Standard and Classic calendar includes a four-page insert with descriptions and contact information for the seminaries.

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2009 **ELECTRONIC** PROGRAM CALENDAR

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Product #09100326

Other ways the grid spaces can help you keep your notes together:

Use a highlighter in different colors to shade spaces according to ministry event. Keep the same color throughout. This makes identifying info for a specific date very easy.

Highlight in one color either horizontally or vertically for an event that reoccurs on the same day of the week with the same time.

Make a reminder note in the current month for an event to occur the following year.

The checklists at the top of each page help you plan ahead by indicating upcoming dates and offering reminders about what resources to order and when to send in your Special offerings to the conference treasurer. You have a thumbnail calendar of the previous and upcoming months at the top portion of the calendar.

Other designs include a wall calendar with three months at a glance, a large desk blotter, and a notebook calendar with pages for a three-ring binder. Available separately is a notebook binder with a calculator, pen and pockets for notes and business cards.



To order, call toll free at (888) 346-3862
or visit www.umcom.org/calendars.



Resources for Church Leaders



MINISTRY TOOLS & TIPS

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The Global Health Initiative

Healthy and Whole

Thank you to our church for your outstanding support of the Global Health Initiative (GHI), an interagency denominational effort aimed at improving health globally, and its star project, "Nothing But Nets." First, the General Conference approved the Global Health Initiative's Campaign to Fight Malaria, which is charged to raise \$75 million to \$100 million to eliminate malaria in selected countries in Africa, in keeping with our tradition as United Methodists of reaching beyond our borders and "bringing healing to the sick."

Second, nearly \$430,000 was raised during General Conference for the Nothing But Nets campaign. Nothing But Nets provides bed nets for children and families in Africa. With a \$10 donation you can Send a Net—Save a Life. Many churches and conferences across the United States have made donations, sponsored teams, sold baked goods, or held other fund-raising events to raise more than \$4 million since the beginning of the program in November 2006. With our partners, the United Nations Foundation, NBA Cares and others, we have raised more than \$20 million—which equates to 2 million bed nets and more than 2 million lives of babies, children, and families. Thank you.



You will hear more about the Campaign to Fight Malaria as the Global Health Initiative continues to be your voice around the world. The mission of the Global Health Initiative is to Communicate and Connect.

- Communicate the diverse ways health is lived out across the world, and
- Connect people and resources to enhance the health and wholeness of individuals, families, and communities.

The Global Health Initiative is one of the four long-term focus areas of the church. The others—Leadership Development, Ministry with the Poor, Church Growth—are part of an exciting new mission that continues to address who we are as part of the world community and people of God. GHI wants to be in communication with you as we build a presence in our congregations, our communities and our world. However, we do that one person at a time—making connections and touching lives to enlarge our response to the question: "Who is our neighbor?"

How does the GHI want the people of The United Methodist Church to live? "Healthy and Whole" is the answer. Healthy and Whole is the message on our neon-green, glow-in-the-dark bracelets that we pass out at all of our events and will send to you if you contact us. The rest of this article will provide you resources that will help you live Healthy and Whole.

Health and wholeness grow out of paying attention to the all parts of what makes you a person: body, mind, spirit and emotions. There are many areas that require our attention. The United Methodist Church has marvelous resources for all areas of our lives that give us tools to live healthy and whole in our families, our churches and our communities. The Global Health Initiative has pulled together a few of those resources and information from other Web sites for your information as you encourage wholeness in yourself and others.



Body

General Board of Pensions and Health Benefits

www.gbophb.org/health_welfare/resources.asp

- **National Women's Health Resource Center**—the not-for-profit National Women's Health Resource Center (NWHRC) is the leading independent health information source for women. NWHRC develops and distributes up-to-date and objective women's health information based on the latest advances in medical research and practice.
- **Healthfinder**—a guide to reliable health information from the National Health Information Center, U.S. Department of Health and Human Services.
- **National Diabetes Education Program of the National Institutes of Health**—NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention and more than 200 public and private organizations.

Mind

Benson-Henry Institute for Mind-Body Medicine

www.mbmi.org/home

Herbert Benson, M.D., founder of the Benson-Henry Institute for Mind-Body Medicine, provides the four simple steps to guide you to the relaxation response:

- **Step 1:** Choose a meaningful word or short phrase that can be repeated silently on a single exhalation, or outbreath.
- **Step 2:** Assume a comfortable sitting position, close your eyes, breathe easily and regularly, and repeat your chosen word or phrase silently on the outbreath for 10 to 20 minutes.
- **Step 3:** Don't fight or be upset with distracting thoughts or interruptions. Just gently turn away from them and return to your silent repetition.
- **Step 4:** After the allotted time has passed, open your eyes, sit quietly for a few minutes and allow everyday thoughts to enter your mind.



- **Stress 101: Q & A with Dr. Benson;** *ABCNews.com*, January 17, 2005
 - **Question:** How do you recognize stress?
 - **Answer:** There are a number of stress warning signals. There are **physical** (sleep difficulties, back pain, tight shoulders), **behavioral** (compulsive gum chewing; bossiness; being very critical of others), **emotional** (edginess; feeling powerless to change things; anger; loneliness), and **spiritual** symptoms (cynicism, doubt, martyrdom and a loss of direction).

To read this and other related articles go to <http://www.mbmi.org/home/>.

Spirit

Duke Center for Spirituality, Theology, and Health

www.dukespiritualityandhealth.org

- Conducting interdisciplinary research, scholarship and education on spirituality, theology and health
- Exploring the role of faith communities in forming the health of the broader community
- Integrating research and scholarship into the practical disciplines of care and service with an emphasis on older adults

Emotions

National Alliance on Mental Illness

www.nami.org

Major depression is a serious medical illness affecting 15 million American adults, or approximately 5 to 8 percent of the adult population in a given year. Unlike normal emotional experiences of sadness, loss, or passing mood states, major depression is persistent and can significantly interfere with an individual's thoughts, behavior, mood, activity and physical health. Among all medical illnesses, major depression is the leading cause of disability in the U.S. and many other developed countries.

The symptoms of depression include:

- persistently sad or irritable mood
- pronounced changes in sleep, appetite and energy
- difficulty thinking, concentrating and remembering
- physical slowing or agitation
- lack of interest in or pleasure from activities that were once enjoyed
- feelings of guilt, worthlessness, hopelessness and emptiness
- recurrent thoughts of death or suicide
- persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain

Please contact the Global Health Initiative at (866) 328-3456 (toll-free) or (615) 742-5145.

www.umcglobalhealth.org or www.umcnothingbutnets.org

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