
*The Voice of the
Harpeth River District UMW Newsletter*



Responding To Stress in All Seasons

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By Vicki Loflin Johnson (www.coachingtheheartofwellbeing.com)

In the midst of a stressful year with our fourth major weather event in 18 months, the Global Pandemic and the challenges that have constantly been before us, I asked my friend Vicki Loflin Johnson to give us some thoughts about coping with stress and becoming more resilient. Vicki has worked with a number of our people over the last several months through her coaching cohort, The Art of Wellbeing. I offer this post to you in the spirit of help for the common good.

BM

When we are extremely stressed or overwhelmed, or in the midst of responding to a crisis, it is important that we also take some time for rest and recovery.

Here are some simple, quick ways to help you pause, breathe, and reset:

If you have 60 seconds:

- Close your eyes. Breathe in and out through your nose. Consciously relax your mouth, let your tongue rest. If helpful, imagine *breathing out* the tiredness/tension and *breathing in* energy/the Holy Spirit.
- Slowly nod your head up and down (yes). Then slowly turn your head from left to right (no). With your inhale face forward; with your exhale move up/down/left/right. If you are in your car, press the back of your head into the headrest while doing this.
- Try taking a “lion’s breath.” Inhale deeply through your nose and then exhale with your mouth wide open and tongue sticking out. Exhale as long as possible. Repeat 3-4 times.
- Take off your shoes and socks. Curl and uncurl your toes. Squeeze your hands into a fist and then open them wide. Open your mouth as wide as possible while inhaling, then purse your lips and blow out hard. Repeat these steps 3-4 times.
- Stop what you are doing long enough to look at something beautiful—a piece of art, a plant, nature outside your window, a treasured decorative item in your home or office. Let an object of beauty evoke a moment of awe and wonder in you.
- Stroke your cat or your dog. Hug a friend, your child, or your spouse.
- Drink 8 ounces of water.

If you have 5 minutes:

- Practice “ratio breathing.” Inhale to a slow count of 3 or 4. Exhale twice as long to a count of 6 or 8. This breathing technique has been scientifically proven to lower blood pressure and heart rate.
- Gaze out a window and let your eyes be soft. Ask yourself a question and listen: “What am I feeling right now?” If you feel up to it, you can also ask, “Oh God, what are you inviting me to do next?”
- Play with your dog. Do something silly with a child.
- Lie down on a carpet, rug, or yoga mat and pull your knees into your chest (do not cross your ankles). Hold onto your knees or shins and pull your knees as close to your chest as is comfortable. Let your low back completely flatten to the floor. If your chin juts toward the ceiling uncomfortably, place a folded blanket or low pillow under your head. Close your eyes and breathe.

- Watch a funny video that makes you laugh. Save those cute little animal or baby videos for just such a break as this! Laughing restores us!
- Look at your list or think through all the things you think you have to do and ask: “What is one thing I can say no to?”

If you have 10 minutes:

- Walk in silence. You can set your timer for five minutes for one direction and then turn around, but try not to look at your phone. If you feel like it, skip, dance, or wiggle while you are walking.
- Make a gratitude list. Write down even most, the obvious things you are thankful for until you run out of ideas. Or list the people who have done something nice for you that day. An ideal time to practice a gratitude journal is at bedtime.
- Take a “hot beverage” break. If you are planning to have a cup of coffee or tea, try your best not to multi-task while you are drinking it. Try not to look at your phone. Just relax and enjoy the drink.
- Practice allowing your feelings rather than trying to control them. Notice what you’re feeling and name it without judgment. It’s okay to feel sad, angry, etc. A wise leader once said she would set a timer when she needed what she called a “pity party.” She would allow herself a certain amount of time to experience her painful or negative feelings; but interestingly, once she allowed them, they sometimes lessened or dissipated altogether by the time the timer went off.
- Stretch your body before getting into bed at night. Start by clasping your hands in front of you and then flipping them outward. As you inhale, raise your interlaced hands above your head as far as you are able. Exhale and lean to the right. Inhale, return to the center. Then exhale, and lean to the left. Again inhale and return to the center. Next, get down on the floor and do any gentle stretches you know. Set a timer. You will be surprised how fast 10 minutes goes by.

If you have 15 minutes:

- Practice a longer version of lying on your back with your knees pulled into your chest.
- Write like a psalmist. Get a blank piece of paper and write whatever comes to your mind for 15 minutes. You can start out by lamenting or complaining. Don’t worry! You can throw it away when you are finished. Be sure to allow 60 seconds at the end for praise and thanksgiving.
- Set a timer and move slowly around your kitchen, office, closet, or living space—sorting, ordering, picking up, throwing things away. Rather than think of this as cleaning or organizing, just piddle and see what happens in 15 minutes. Take a minute to observe how ordering one small part of your life affects your emotions.
- Block 15 minutes a day for fully connecting with your closest relationships. This is important even in good times but especially in times of crisis. For those you live with, be sure to put down your devices and look them in the eyes. For those who are away, use FaceTime or video-conference to connect if possible. Prioritize calling a friend who can listen to you as well as expect you to listen.
- If you need to connect with loved ones or others who deplete your energy, visualize putting on your spiritual armor before calling. Ask for protection so that you will not “take to heart” whatever comments might normally trigger reactive feelings. Your spiritual armor can be light and porous so that you will be able to listen and respond but not be wounded.
- Choose one or two of these ideas to try and then observe what affect they have on you. Use this list to generate your own ideas! Ideally, you might choose several of these very short rest and recovery practices each day.

For more support and encouragement in challenging times, consider joining one of the January group coaching cohorts of The Art of WellBeing by visiting: <http://www.coachingtheartofwellbeing.com>.

From the desk of President Peggy Owen

Looking back, I think we can all agree that the past couple of years have been challenging. I, along with your district leadership team, am looking forward for 2022 to be a more “normal” year . . . whatever that is.

As you may know, effective January 1, 2022, the Tennessee and Memphis Conferences of the United Methodist Church are merging to become the Tennessee-Western Kentucky (T^WK) Conference. United Methodist Women representatives from both conferences have been meeting throughout 2021 to develop standing rules, the event schedule, and the slate of officers for the new conference. The officers were elected and the standing rules were adopted at the annual meetings of both the Tennessee and Memphis Conferences. The new T^WK Conference is made up of nine districts; five from the former Tennessee Conference and four from the former Memphis Conference. The 2022 conference officers and calendar of events will be included in the 2022 Harpeth River District Directory, which will be sent to unit presidents in January.

*The first event on our district calendar is our **Local Unit Officer Training and Faith Lift** on Saturday, February 5 at Nolensville First UMC. The Officer Training session will begin at 1:00 PM. This will be an opportunity for local unit officers to engage with their district counter parts. The Faith Lift will begin at 2:00 PM. The United Methodist Women theme for 2022 is Healing and Joy on Our Journey to God; this is the Faith Lift theme, as well. Joy Lewter, former district president and former vice president of the Southeast Jurisdiction of UMW, will be our speaker. We hope unit officers district-wide will participate in the Officer Training session. In addition, we look forward to meeting UMW members from across the district at the Faith Lift.*

*Please mark your calendar now to attend the district **Partners in Mission** event at Columbia First UMC on Thursday, April 21 beginning at 6:00 PM. On Saturday, June 25 at the St. Andrew Memorial UMC in Pulaski, the **Local Unit President’s Roundtable** will begin at 10:00 AM. Details about these events will be in future reminders and newsletters.*

I am looking forward to working with each of you during 2022. May God bless you with good health, happiness, hope and joy in the New Year.

Peggy Owen



The VISION of United Methodist Women
Turning faith, hope and love into action on behalf of
women, children and youth around the world.



Our Website!!

hrumw.weebly.com

Just wanted to remind you that we do have a website and the webmaster, yours truly, is going to try to do better this year. But I need your help! I need photos for the gallery!! Events for the Calendar!!

I've updated a few things:

- ~ the Home Page
- ~ the Officers Page
- ~ the Calendar (more on this later)
- ~ the News
- ~ the Gallery (with YOUR help!)
- ~ links changed to Connections – Check it out!!!

Information about the calendar:

- ~ Items in **Light Blue** are days of interest, like Groundhog Day or holidays, like President's Day.
- ~ Items in **Dark Green** are Religious Observances.
- ~ Items with a **Maroon** dot are District Events.
- ~ Items with a **Dark Blue** dot are Conference Events.
- ~ Items in **Orange** are for the Treasurers.

Here is an example of an entry in the Calendar:

The screenshot displays a calendar grid with columns for Sun, Mon, Tue, Wed, Thu, Fri, and Sat. The dates shown are 30, 31, 1, 2, 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22, and 23. A pop-up window is open over the date Saturday, February 5, 2022, showing the following event details:

- Event Name:** LocalOffTrain
- Date:** Saturday, February 5, 2022
- Time:** 1:00pm-2:00pm
- Location:** Nolensville First United Methodist Church
- Event Type:** Local Unit Officer Training
- Action:** +ADD TO CALENDAR

Other events visible in the calendar include 'LocalOffTrain Faith Lift' on Saturday, February 5, and 'LeatherDelay' on Saturday, February 12. The calendar is powered by Weebly.

On Saturday, February 5th, there is a Maroon dot with LocalOffTrain listed beside it. If you click on this, a box will pop up like in the example. It will give you the date, time, location, and the full name of the event. If you click on the location, Google Map will open and you can get the address and directions on how to get to the location.

If your unit is having an event, please contact me and I will put it on the calendar. Who knows? A neighboring unit might want to participate, go to the event or help in some way.

From Beth Stockwell, Social Action Coordinator

State Senate Update: Tennessee Continues Efforts to Combat Human Trafficking

Nov 29, 2021

State Sen. Joey Hensley

For the past decade, the Tennessee General Assembly has worked diligently to combat human trafficking. This includes enactment of the new laws passed this year to provide greater protections for crime victims and support to help them recover.

This past week, Shared Hope International released their latest report. Shared Hope International is a premier organization which is dedicated to bringing an end to sex trafficking through a three-pronged approach — prevent, restore and bring justice. Their report said, “Tennessee, which had previously held the No. 1 spot under the Protected Innocence Challenge Framework, remained in Tier 1, largely due to aggressive efforts in the 2021 session to enact laws that directly addressed the Advanced Legislative Framework.”

The human trafficking laws which passed this year include:

- Legislation adding those convicted of one or more predatory sex trafficking offenses to the category of sexual predators who are ineligible for early parole or release before completion of their full sentence;
- Legislation removing the statute of limitations for any commercial sex trafficking offense committed against a child on or after July 1, 2021, to give victims who are often traumatized or suffer fear of retaliation more time to report;
- Legislation requiring law enforcement officers to alert the Department of Children’s Services when they take a minor into custody on charges of prostitution so the child can be placed in a safe home and receive any professional assistance they may need to recover;
- Legislation establishing certain considerations regarding the use of deadly force by victims of human trafficking, even if the victims are engaged in illegal activity or in a location they are not legally allowed to be, if they are forced into the situation as a result of their status as a human trafficking victim;
- Legislation authorizing law enforcement officers or the district attorney to require the disclosure of wire and electronic communications for evidentiary purposes to crack down on human trafficking offenses organized through social media platforms; and
- The 2021-2022 budget legislation which provided more than \$5 million in funding for key groups fighting human trafficking and supporting victims.

Shared Hope’s report shows we still have room for progress and are assured that we will continue to work on improving our laws in the upcoming 2022 legislative session. For example, our General Assembly has held hearings over the summer and fall months to evaluate the number of migrant children being permanently relocated to Tennessee by the federal government. One of the goals is to ensure we are doing everything we can to protect victims and keep these children from being trafficked in Tennessee.

The committee was charged with looking at the number of migrant children being flown into Tennessee and then relocated to other states by the federal government, how to increase transparency from the federal government regarding its relocation of unaccompanied migrant children to and through Tennessee and the impact, financial and beyond, on Tennesseans, as it relates to the federal government’s migrant relocation program.

We've all seen the many news reports this year regarding unaccompanied minors, including those flying into Tennessee in the dead of night. This includes reports of sexual abuse at a non-profit shelter in Southeast Tennessee.

The General Assembly's special committee's final report is still being constructed, but will show an apparent lack of transparency and openness about the process by the federal government. I will keep you updated when the report is filed.

There could also be recommendations for legislation next year as our General Assembly will continue to pass new laws to protect those who are at risk of exploitation and trafficking and to provide help for victims as they recover.

The 28th District State Senate seat is held by Dr. Joey Hensley, R-Hohenwald, and includes Giles and five other counties.



The PURPOSE of the United Methodist Women

United Methodist Women shall be a community of Women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.



It's that time of year!

Who will be the Contact Person for your unit?

Remember - the Contact Person will receive all Newsletters & Reminders. It will be up to that person to get the information to the President and the Pastor(s).

Anyone can send me information & pictures to put in the Newsletters, Reminders and on the Website.



Try to be a RAINBOW in someone else's cloud.

Maya Angelou

HARPETH RIVER DISTRICT – 2022 CALENDAR OF EVENTS [District Events are in **bold.**]

Jan. 8 (Sat.)	10:00 am	Conf. Training for District Officers	Dickson First UMC
	12:30 pm	Conf. Executive Team Meeting	Dickson First UMC
Feb. 5 (Sat.)	1:00 pm	Local Unit Officer Training	Nolensville First UMC
	2:00 pm	Faith Lift	Nolensville First UMC
Feb. 12 (Sat.)	Weather Delay Date for Training & Faith Lift		Nolensville First UMC
Apr. 21 (Thurs.)	6:00 pm	Partners in Mission	Columbia First UMC
Apr. 29-May 1 (Fri.-Sun)	TBD	Spring Retreat	Beersheba Springs
June 25 (Sat.)	10:00 am	Local President’s Roundtable/Lunch District Leadership Team Meeting	St. Andrew Memorial UMC Pulaski
July 14-16 (Thurs.-Sat.)	TBD	Mission u	Scarritt Bennett Center, Nashville
Aug. 6 (Sat.)	TBD	Conf. Executive Team Meeting	TBD
Aug. 20 (Sat.)	9:30 am	Mission Study / Brown Bag Lunch	Centerville UMC
	2:00 pm	District Leadership Team Meeting	Centerville UMC
Aug. 20 (Sat.)	TBD	Social Action Day	TBD, Memphis Area
Sept. 17 (Sat.)	TBD	Conference Annual Meeting	Brentwood First UMC
Sept. 24 (Sat.)		District Annual Meeting	Christ UMC, Franklin
	8:30 am	Registration	
	9:00 am	Meeting Begins	
Sept. 30-Oct. 2 (Fri.-Sun.)	TBD	Fall Retreat	Lakeshore Camp & Retreat Center, Eva, TN
Nov. 12 (Sat.)	TBD	Conf. Training for District Officers	TBD



Prayer Requests –

Janet Pierce’s Parents – Harry & Marilyn Day

