



UMM MEN

The magazine of United Methodist Men



**Charter
your path
to health
and wellness**

A letter from the General Secretary

We are moving . . . to a new format

It is essential that you return the centerfold card!

As many of our readers may already know, this wonderful print magazine will continue as an expanded publication in an electronic format.

Initially, this issue (the one you are holding), was going to be in an e-version only, but we felt you deserved more information about the next issue and we need information from you.

Why are we moving to an e-version? The simple answer is the cost. If the number of local church charter subscriptions and the number of EMS and Legacy Builders were increasing or if our share of World Service apportionments was increasing, we would not be taking this action.

There are also many advantages. In addition to saving money, the size of the magazine can be increased to offer you information about men's and scouting ministries you may wish to adapt in your context.

The electronic edition will continue to be packed with good and positive news. Using links within the e-version of the magazine, you will have access to even more useful information in men's ministry and scouting ministry from multiple sources. The e-version can be read on a computer, tablet or smart phone, and will be printable. It is portable, and always available to you. For those who have trouble reading the small print we currently use in the magazine, the text of the e-version can be enlarged.

Many tablets have "text to speech" settings, so you can listen to the articles in the

magazine. The magazine will be more current and will be in a format that lends itself to easier translation for our men and youth outside the US.

"But I want a print copy" you say. As noted above, the e-version will be printable. If you don't have a printer or a computer, tablet or smart phone, your friends and family will be happy to help you find a way to print the e-version of the magazine. And this is a great way to share this information with them. Your local church may also print a copy for you.... You just need to ask.

Currently back issues of the magazine are available on the commission website (www.gcumm.org). Click on "Resources" and then click on the right side of the page on "UM Men Magazine". You can look there now to see what the e-version will look like.

I want to assure you that this was a decision we did not take lightly. We need some important information from you. This magazine issue has a centerfold, which gives us the information we need to help you through this transition. If you have additional questions after reading the additional information from Rich Peck in this issue, please call me —my desk phone is 615-620-7267.



Still striving to be a servant,
Gil Hanke

**United Methodist Men exists to declare
the centrality of Christ in every man's life.**



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contents

UM Men

Spring 2019

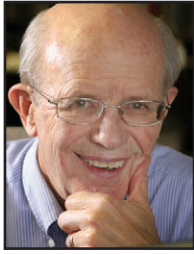
FEATURES

- 6** Charter your path to health and wholeness
- 8** UMC advocates healthcare for all
- 9** Spiritual fitness begins with 4 courses of love
- 10** Faithful care for people suffering and dying
- 11** Health screening tests for men
- 12** Lifestyle choices must change as our bodies age
- 14** Stretching can boost flexibility and ease joint pain
- 15** How to stay fit past 70
- 17** What you can do about bullying
- 18** A new men's ministry model is surfacing
- 20** Online porn no longer a closet addiction
- 22** Charting a path to health & wholeness begins with self awareness
- 24** Across the Nation

32 MENS NEWS

38 SCOUTING NEWS

Editor's note: This magazine includes articles from individuals who hold diverse opinions. We hope all articles are thought provoking; they are not necessarily the opinions of the General Commission on UM Men.



Last print issue

As Gil Hanke, our top staff executive, explains (cover 2), this will be the last print edition of the magazine. Future issues will be in an electronic

format.

Of course, the e-edition can be printed out.

I will miss the print edition. I like to hold it in my hands and flip through the pages.

However, the e-edition does have advantages.

Each morning a newspaper is thrown on our front driveway. My wife places it on the kitchen table next to her bowl of shredded wheat.

I prefer the e-edition because I can expand the print size and the e-edition includes *USA Today*, copy that is not included in the daily paper.

An e-edition of this magazine also provides several benefits to me as editor.

In order to give ample time for the design, proof-reading, printing and mailing, I have to get copy to the designer a couple of months before each issue is mailed. It's not unusual for me to carry news about events that took place four months earlier. With the e-edition, I can

include news about events that occurred even a few days before publication.

It's also not unusual for me to have to pull out pages that exceed the 42-page limit of the print edition, and I will face no similar problem with the e-edition. You can expect additional pages in the new format.

It's not unusual for me to pull information from another news source. My report is generally much briefer than the original news article. An e-edition allows me to provide hyperlinks, so readers can see the original articles.

It will take me a while to get used to writing and editing an e-edition.

I suspect it may take you a while to get used to reading the e-edition.

I trust both of us will learn to adapt to the new reality.

I have served as editor of the Rhode Island Council of Churches *Highlights*, *United Methodist Today*, the *New York Area News*, *Newscope*, the *International Christian Digest*, *Circuit Rider* and the *Daily Christian Advocate*. All but the last two of those publications have been discontinued.

I am happy to see this magazine will continue to exist even if I can't thumb through the pages.

Rich Peck



We write to critique a statement in an otherwise cogent lead article on “Care for God’s Creation” in the fall 2018 UMM magazine.

“Nuclear power is not a just solution to avoid carbon dioxide emissions because the permanent storage and containment of nuclear waste pose grave and irreversible risks to communities, ecosystems, and all form of life.” (A proposed statement from the Board of Church and Society to the 2020 General Conference).

We can understand why you believe this statement. Nuclear has a bad reputation for several reasons:

1. Nuclear power is the only power source that started out as a weapon.
2. Megacuries of radiation were released by the testing of nuclear weapons from 1951 to 1992.
3. Reactors with solid-fueled water-cooled reactors at Three Mile Island, Chernobyl and Fukushima had serious safety problems.

We agree that renewable sources of power—specifically wind and solar—are worthy of support, but these sources are incurably intermittent and incapable of following demand. Storage presents huge problems.

We now have much improved designs for nuclear reactors ready for development.

The Liquid Fluoride Thorium Reactor (LFTR), developed at the Oak Ridge National Laboratory, uses no water and operates at atmospheric pressure—no massive pressure dome is required. In fact, with LFTR’s air-cooling can be substituted for water-cooling during electric power generation.

The LFTR is inherently safe. A pipe in the bottom of the reactor vessel leads to a drain tank. A fan cools a short section of the pipe to freeze a plug of fuel salt. Any interruption of power to the fan allows the plug of fuel salt to melt; the moisten-salt fuel then flows into a drain tank, the reaction stops, and the fuel cools down on its own with no human intervention.

The waste from the LFTR would be about 1/250th of reactors we now have, and the waste would be far more manageable than today’s spent-reactor fuel.

A LFTR power system would be superior to wind and solar because of its continuous output, its superior use of resources, and its lower cost. The power system can be located close to where the power is required, and its high operating temperature would provide valuable process heat for large scale water purification.

We contend nuclear is “a just solution to avoid carbon emissions,” given the advancement of superior reactor designs.

*David A. Copeland and David G Earnshaw, cofounders
Wyoming LFTR Energy Alliance
Laramie, Wyo.*

Editor’s response

Since you are responding to a proposal from the General Board of Church and Society to the 2020 General Conference, we have forwarded your response to that Washington D.C.-based agency.

Agency staff published their proposed statement in the hope it would generate responses.

Charter your path to health and wholeness

By the Rev. Dr. Rick Vance

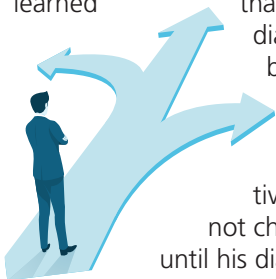
Throughout scripture there are many references about wholeness and completeness, yet the most recent statistics show that men's health is in decline.

In the Gospel narratives we find Jesus bringing healing and wholeness to people in all his journeys. The biblical understanding of healing and wholeness, however, is more than the lack of disease. It is an understanding of complete (emotional, spiritual and physical) health. Jesus saw all three areas connected and dependent on each other. In other words, if one were physically sick, most likely their spiritual and emotional health was also weak.

Today, the linkage of these three areas of health are ignored. A person who ignores the interplay of these areas many times experiences problems and they are not aware of how to care for themselves or others who are experiencing sickness.

In 1 Corinthians 6, the apostle Paul asks, "Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body." In this passage Paul points out the connection of physical and spiritual health.

As an example: a man who for many years has been a positive and friendly person suddenly is much less positive and becomes aggressive. Perhaps you might think that the person has some kind of emotional problem. If, however, you learned that he had just been diagnosed with diabetes, you would know that speaking to the man about his negativity would probably not change his behavior until his diabetes is controlled.



Physical Health

One doesn't have to have a physical ailment to create emotional problems in his life. Think about a man who has just finished nine consecutive 10-hour days of work. While not acceptable, his behavior changes and he becomes less tolerant and more agitated toward his family and work. Physical and mental exhaustion cause a person not only to exhibit emotional and relational problems but can also cause spiritual problems.

In conversations with men who stopped attending worship and church events, the most common reason given for the decline is work issues. It is interesting to notice that many of these same men express a deep desire to be connected in a closer way to people outside of their work environment.

In Mark 2:27, Jesus explains that "The Sabbath is made for man, not man made for the Sabbath." Many people who look at this passage point only to the fact we need to go to church. However, I believe that it points to something much greater. Sabbath literally means a time of rest or renewal. While we are reminded to "keep it holy", the Sabbath is also a time to renew and reset our bodies for the next part of the journey.

A 2013 article published in *Comprehensive Physiology* states that:

"Scientific evidence based on neuroimaging approaches over the last decade has demonstrated the efficacy of physical activity improving cognitive health across the human lifespan. Aerobic fitness spares age-related loss of brain tissue during aging and enhances functional aspects of higher order regions involved in the control of cognition." (Comprehensive Physiology. 2013 3(1): 403–28.)

Mental Health

An article on Forbes.com reports that of “all suicides in 2017, 75% were male.” This article states that “40 percent of men trying to handle problems and stress in their lives won’t talk to anyone.” Studies show that prolonged stress can weaken immune systems and lower resistance to many diseases. Stress has also been shown to increase levels of cortisol, a hormone that increases alertness and boosts energy levels. While this is important in some situations, prolonged increased levels of cortisol have been linked to increased levels of blood sugar, that can lead to type 2 diabetes. Nancy Schimelpfening reports in *The Role of Cortisol in Depression* that:

“People with depression tend to have reduced levels of serotonin in the brain and elevated levels of cortisol in their bloodstream. Since cortisol is related to stress, implementing a stress-management lifestyle can help alleviate your depression.”

This quote is reminiscent of Proverbs 17:22, “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

Spiritual Life

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” (Matthew 11:28-29)

These words of Jesus speak to a new way of living. Jesus is calling us to look at wholeness, pointing to our spiritual practices as a source of centering and renewal. Scripture advocates for a balanced life of work, family and worship. In Philippians 4:8, Paul writes, “Finally, brothers [and sisters], whatever is true, whatever is noble,

whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Our Methodist heritage points us to the practice of the means of grace:

Works of Piety


Individual Practices – reading, meditating and studying the scriptures, prayer, fasting, regularly attending worship, healthy living, and sharing our faith with others

Communal Practices – regularly share in the sacraments, Christian conferencing (accountability to one another), and Bible study.

Works of Mercy

Individual Practices - doing good works, visiting the sick, visiting those in prison, feeding the hungry, and giving generously to the needs of others

Communal Practices – seeking justice, ending oppression and discrimination (for instance, Wesley challenged Methodists to end slavery, and addressing the needs of the poor.

By recognizing the linkage of our spiritual, emotional and physical health, we have the ability to become the whole person that God wants us to be. Allowing any one of the areas of your life to lack will affect your ability to be totally present in the other areas. 



Dr. Rick Vance is director of the Center for Men’s Ministry of the General Commission on UM Men.

UMC advocates for health care for all

The extraordinary cost of health insurance keeps many people in the poverty cycle, dependent on welfare and other forms of assistance, and imprisoned in struggling and dangerous communities.

The poor, the aging, women, children, people with disabilities, and people of color are most at risk. The infant mortality rate in the United States is the worst among the developed countries. African-

American women die from cervical cancer at three times the rate of Caucasian women. African-Americans have a significantly lower life span than Caucasians, and Hispanics have the least access to the healthcare system of any ethnic group.

Quality issues put all patients at risk

In the U.S., the provision of healthcare has been transformed from a ministry to a commercial commodity measured in patient encounters, tests performed, medications dispensed, and beds filled.

The primary concern is cost, not care.

In their efforts to reduce costs, insurance companies seek to control physicians' practice of medicine, thereby interfering with the physician-patient relationship. As a result, medical decisions are often made with primary consideration for the costs to the insurance company, not for the optimum health of the patient.

Today's physicians spend about one-third of their time satisfying insurance company regulations and seeking approvals for treatment, time physicians could be spending with patients.

The Institute of Medicine estimates that 100,000 people die in American hospitals each year because of medical errors.

Per-capita healthcare costs in the United

States are more than twice the median level for 30 industrialized nations.

While some of the escalating costs of healthcare can be attributed to advances in technology and the aging of the population, a very significant part is due to the nature of America's health insurance market.

A 2013 study estimated 56 million adults between the ages of 19 and 64, struggled with health-care-related bills.



The vision of health care for all

The UMC advocates for a comprehensive healthcare delivery system that includes access for all, quality care, and effective management of costs.

We reject as contrary to our understanding of the Gospel, the notion of differing standards of healthcare for various segments of the population.

The American healthcare system should provide everyone with preventive services, health promotion, primary and acute care, mental healthcare, and extended care. It must provide services based on equity, efficiency, and quality, with payments to providers that are equitable, cost-efficient, and easy to administer and understand.

Advocacy steps

The UMC supports a single-payer system that entitles all people in the U.S. to healthcare services.

Recognizing the opposition by the insurance industry and the fact that the nation is deeply divided on the philosophical bases for addressing America's healthcare delivery problems, we support state-level initiatives as laboratories for varying approaches to provide healthcare for all.

This statement is adapted from a resolution passed by the 2016 General Conference. UMCIMEN

Spiritual fitness begins with four courses on love

The pathway to spiritual fitness begins with four courses on love, says the Rev. Brian McLaren, author of *The Great Spiritual Migration*.

Men who want to become disciples of Jesus Christ must begin with Love 101—focusing on love of neighbor. That course is followed by Love 201—loving oneself unselfishly. If they pass that course, they may enroll in Love 301—loving the earth and creation. Upon graduation from those three courses, they may enroll in Love 401—focusing on God.

“This cycle of love of neighbor, self, creation, and God seems to me to be what spiritual formation is really all about,” says McLaren.

Discipleship in a polarized society

“Every denomination is polarized between a nostalgic wing that thinks the better days were in the past and a progressive wing that says we’ve never been what we thought we were and we have to keep moving forward toward a more just and generous expression of Christian faith,” says McLaren.

A minority of congregations are at those extremes, while the majority are torn between them, with many “walking on eggshells” to avoid offending people on either side. A small group of churches is “holding the tension.”

Let go of the trapeze

“In the world of organized religion, we’re in a time of great upheaval,” says McLaren.

“Human brains are wired for facing fear, but it’s time to let go of our trapeze and reach out to something new.”




The Rev. Brian McLaren urges churches to align around a common objective during the 50th anniversary gathering of Christians Engaged in Faith Formation in Des Moines, Iowa. Photo by the Rev. Arthur McClanahan.

“We don’t face mere technical challenges right now,” he says. “We face adaptive challenges. This isn’t just a matter of slight tweaks; this is a matter of rethinking the entire system of what we’re doing from scratch.”

Studios of love

It’s easy for UM Men to forget the reasons we exist. One of the most important is the spiritual formation of men who increasingly become Christ-like.

“Almost everybody knows the church of tomorrow will not be a simple continuation of the church of the past,” says McLaren. “We all know that our structures are in for change. Could this be an opportunity to redeploy our assets and rethink everything we do so that we actually could become a studio of love in the way of Jesus Christ?” 

Faithful care for people suffering and dying

As Christians, we live between the certainty of death and the promise of resurrection.

We, therefore, have a ministry of faithful care for people who are suffering and dying. As we minister to others, we minister to Christ (Matthew 25:34-40).

Preparation for our own death and resurrection

Our ministry to people who are suffering and dying necessarily includes ourselves.

We are called to prepare for our own death and resurrection by affirming and exercising our relationship with God in Christ.

That preparation includes reconciliation with others, obtaining insurance, making wills, and providing instructions for times of illness when we are unable to speak for ourselves.

Assisting others

No one should be expected to cope with life's pain, suffering, and ultimate death without the help of God through other people.

When we offer care, we empathize with suffering patients and share in the wounds of their lives.

When we listen as patients express their feelings of guilt, fear, doubt, loneliness, hurt, and anger we offer them a connection with others and God.

When we listen as patients tell their stories of both the extraordinary and the everyday, we help them to make connections between their experiences and God's joy.

We provide comfort by pointing to sources of strength, hope, and wholeness, especially through Scriptures and prayer.

Those who are grieving need the assurance that their feelings are normal human responses and need not cause embarrassment or guilt. Healthcare workers—doctors and others who have intimate contact with dying persons—also need care.

Patient rights


We exercise the ministry of faithful care as we support the rights of patients. As Christians, we have a duty to provide counsel. Decisions can be complex and not easily made. The UMC affirms that:

- a. Patients deserve to be told the truth.
- b. Patients are entitled to a share of decision making both before and during their illness.
- c. Patients have a right to refuse nourishment and medical care.
- d. Decisions are best made within a family of faith.

Proclaim the Good News

We exercise our ministry as we teach the Christian good news in the context of suffering and dying.

In dying, as in living, mercy and justice must shape our corporate response to human need and vulnerability.

Accept relief of suffering as a goal for care of dying persons rather than focusing primarily on prolonging life. Pain control and comfort-giving measures are essentials in our care of those who are suffering. 

This article is an adaptation of a resolution passed by the 2016 General Conference of the UMC.

Health screening tests for men

What you need and when

Screening tests can find diseases early when they are easier to treat. Health experts from the U.S. Preventive Services Task Force recommend the following tests:


- **Obesity:** Have your body mass index (BMI) calculated to screen for obesity.
- **High cholesterol:** Have your cholesterol checked regularly starting at age 35



- **High blood pressure:** Have your blood pressure checked at least every two years. High blood pressure is 130/90 or higher.
- **Colorectal cancer:** Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be screened earlier.
- **Diabetes:** Have a test for diabetes if you have high blood pressure or high cholesterol.
- **Depression:** If you have felt sad, or hopeless over the last two weeks or have felt little interest or pleasure in doing things, talk to your doctor about being screened for depression.
- **Abdominal aortic aneurysm.** If you are between the ages of 65 and 75 and have ever smoked (100 or more cigarettes during your lifetime), you need

to be screened once for abdominal aortic aneurysm, which is an abnormally large or swollen blood vessel in your abdomen.

Daily steps to health

1. **Don't smoke.** If you do smoke, talk to your doctor about quitting. For tips on how to quit, go to: You Can Quit Smoking Now (<http://www.smoke-free.gov>).
2. **Be physically active.** Walk, mow the lawn, dance, swim, and cycle. If you are not active, start small and work up to 30 minutes or more of moderate physical activity at least five days of the week.
3. **Eat a healthy diet.** Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; include lean meats, poultry, fish, beans, eggs, and nuts; and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
4. **Stay at a healthy weight.** Balance calories from foods and beverages with calories you burn off by your activities. To prevent gradual weight gain, make small decreases in food and beverage calories and increase physical activity.
5. **Drink alcohol only in moderation.** If you drink alcohol, have no more than two drinks a day. (one 5-ounce glass of wine or 1.5 ounces of 80-proof distilled spirits).
6. **Ask your doctor about taking aspirin to prevent heart disease.**
7. **Have an annual flu shot**
8. **Have a pneumonia shot after you turn 65.** 

Lifestyle choices must change as our bodies age

By Dr. Bryant Stamford



Aging is something that occurs naturally, and we tend not to give it much thought as the process moves along.

But as I have moved well into my 50s, the fact that I am aging registers in a number of ways, and I have my fair share of the indignities that advancing years impose upon us.

One of the main things I notice more than others is my dependence on reading glasses.

My hearing is not what it used to be either. I'm fine when people are facing me and their voices are coming directly at me. But when they turn their head or there is distracting noise, I lose them.

Muscle mass

Since the age of 14, I have lifted weights regularly. At times, my involvement was much more intense than others, and, as an adult, this often was driven by my schedule and work-related responsibilities.

Even so, I always was in control of my

body. If I wanted to add several pounds of muscle, I could do so in a matter of weeks of hard training.

If I wanted to coast and work out only once a week, I could still maintain most of my muscle mass. And if I happened to gain a few pounds of fat, I could turn this around very quickly, too, reducing my waistline and getting back to a ripped six-pack of abs in no time.

But, not anymore. Today, these options are no longer available. My body simply does not respond the way it used to. This is due to the reduction in testosterone and growth hormones that accompanies aging.

On the bright side, a reduced testosterone level has permitted a level of ease and calmness I yearned for as a younger man, and for this I am thankful.

Heeding the signals

So what's the point of all this — that I'm falling apart and I should feel sorry for myself? Not at all.

The fact that I recognize my body is changing and that it no longer has some of the capacity it once did means I'm wise to make changes to accommodate.

If I don't, and I allow things to progress without my input, my body will change in unflattering ways that will accelerate the aging process.

Two big changes will be increased body fat and reduced muscle mass. These two changes can initiate a cascade of problems that diminish the quality of life, but they are not the only changes we need to address.

I know that my organ systems are slowing down in a variety of ways, too, and this means I am smart to reduce the strain on them in any way I can.

One way to do this is to weigh less,

and I'm now down to 195 pounds, my weight as a junior in high school. That's a drop of about 15 pounds from the weight I have carried for many years.

I also know that the kidneys in older bodies have a bit of trouble helping us stay fully hydrated, and this is a much more important element of health than most of us realize.


When I exercise, I'm more careful about my hydration status, drinking more. The easiest way to monitor hydration status is by observing the color of the urine you produce daily. Concentrated color suggests dehydration, while if it's watery in appearance, you likely are fully hydrated.

Since I now carry less muscle mass, my daily metabolic rate is lower, which means I require fewer calories. This has prompted me to alter my diet accordingly.

I've concentrated on making good food choices for many years, but that's not enough. The main thing I've had to conquer was portion control, because even if you make good choices, eating too much makes you fat.

The bottom line

Aging is a physiologic certainty. But, the rate of aging and the toll it takes on the body are, in large part, dictated by our lifestyle choices.

It's wise, therefore, to accept aging as a natural phenomenon, but not to give in to it and allow it to have its way with you. 

Dr. Stamford is chair of the Department of Health and Sport Sciences at the University of Louisville. This article is courtesy of the Courier Journal, Louisville, Ky.



Men process emotions different from women


Men and women have the same emotions, but they process and express them differently. "Emotions live in the background of a man's life and the foreground of a woman's," says Dr. Josh Coleman, author of *The Lazy Husband*. "Testosterone affects feelings in men, who compartmentalize and intellectualize more."

"Men are hard-wired differently," says Dr. David Powell, president of the International Center for Health Concerns. He explains that the connection between the left brain, home of logic, and the right, the seat of emotions, is greater in women.

"Women have the equivalent of an interstate highway, so they move readily between the right and left brains.

For men the connection is like a meandering country lane, so we don't have such ready access to feelings."

Men react less intensely to emotions and forget them faster. In an experiment at Stanford University, photographs of upsetting or traumatic images triggered greater activity in more regions of female brains. Three weeks later, the women remembered more details about the pictures than the men.

In similar ways, the researchers speculated a woman may continue stewing over a tiff or slight her husband has long forgotten. 

Stretching can boost flexibility, ease joint pain

By Dr. Bryant Stamford

A flexibility overhaul is in order for most of us, and the dividends are huge.

With age I have noticed a considerable reduction in my flexibility, particularly in many of the joints that are not directly engaged in the exercises I choose to do (walking/jogging and weight training). My loss of flexibility has come home to roost in many ways. I have finally faced the fact that I need a full-blown flexibility program to combat the rust in my joints.

One of my New Year's resolutions was to jump into a yoga program. Admittedly, I procrastinated, but I'm now partially successful in that I have molded a dozen or so yoga movements into a workout that I do several days a week.

In addition, I have included some high-tech stretches to attack problem areas that are stubborn from years of neglect.

Stretch and hold

Before you start a stretching routine, be aware of some pitfalls to avoid.

Picture the muscles as existing in multi-layered envelopes of connective tissue (like the gristle in a piece of steak). Muscle is pliable tissue that can be stretched easily, whereas connective tissue is like a thick burlap fabric that resists stretching.

True stretching to enhance flexibility involves stretching the connective tissue as well as the muscles, but most stretching exercises fail to accomplish this.

The reason is, initially, the muscles will contract when stretched, shortening and resisting efforts to stretch further. This "stretch reflex" is natural and protective.

Bouncing during stretching exercises is counterproductive and dangerous, because the stretch reflex is magnified. To get a good stretch, you must avoid quick movements and trick the muscles into relaxing. Here's how.

Stretch slowly as far as you can

comfortably go. Hold the stretch for a prolonged period. Beginners can hold for six to 10 seconds, gradually increasing to 30 seconds or longer.

The longer the better, because after a while the stretch reflex begins to fatigue. The muscles relax, letting the stretch go further. Finally, a meaningful stretch can be imposed on the connective tissue that surrounds the muscles.


Warm tissues stretch easier, so try walking/jogging as a warm-up before stretching.

High-tech stretching

PNF (proprioceptive neuromuscular facilitation) is an advanced form of stretching that takes advantage of the body's natural reflexes.

Lie on the floor face-up and extend one leg upward, the knee straight, the leg perpendicular to your body like a flagpole. Put a band around your foot and pull it forward to the point of a comfortable "max" stretch in the hamstrings. Hold until you feel the muscles relax. Contract the hamstrings and push your leg against the band as hard as you can. Hold for several seconds.

The strong contraction sends relaxation signals to the contracting muscles, because the body fears that the contraction may be so strong as to tear the tendon from the bone.

When you stop the contraction, pull your leg forward to a substantially greater stretch. At the "new" max stretch point, hold for a prolonged period. You can feel the releasing impact of this type of stretch immediately. 

Used by permission from the Courier Journal, Louisville, Ky. Stamford is chair of the Department of Health and Sport Sciences in the College of Education and Human Development at the University of Louisville.

How to stay fit past age 70

By Rich Peck



Visit your physician

If you haven't exercised for a while, get a complete physical before you begin vigorous activity.

Start slowly

Don't try to play catch up on your first few days. Sure, you used to run a 4:30 mile and you used to benchpress 250 pounds, but you aren't the same man today. Start with 10 minutes of cardio, 10 minutes of weight training and five minutes of stretching. Take a day off before trying it again. Move up 5 minutes a week in an every-other-day schedule for the first month.

Know your maximum heart rate.

Subtract your age from 220 and that should be your maximum heart rate regardless of the rate of your resting heartbeat. Push yourself to reach at least 80 percent of your maximum. Hold that rate as long as you can, then back off until you are fully recovered and take it up again.

Make it a habit

After your first month your motivation may lag. There will be days when you don't feel like exercising. Don't retreat to the couch. If you don't exercise on one day it will be easier to avoid exercising

the next. On the other hand, if you keep going even when you don't feel like it, you are well on your way to establishing a life-long habit. You won't even think about whether you feel like exercising, you'll do it because it's that time of day. Meeting a daily training partner will help.

Why weight train?

A survey of 3,659 participants over age 55 in a National Health and Nutrition Survey found greater muscle mass is associated with lower mortality.

A strength-training program is the best way to maintain bone density and it is the best insurance against fatal pelvic fractures experienced by older people.

Weight training

The best place to train is at a facility that has a variety of weight-training machines. Use them all. Some will strengthen your abdomen, others will strengthen your arms, shoulders and legs. Select a weight that you can lift 10 to 15 times. If you go over that number, increase the weight. You should be able to do three sets on each machine. Use free weights, sit ups, pull ups, and push-ups if machines are not available, but err on the lighter side of free weights.

Stretching

Warm up for 15 minutes before stretching. Don't do a stretch just because you've seen others do it. Some will actually weaken rather than strengthen muscles. Don't bounce your stretches. Slowly place muscles in lengthened positions until you feel a mild tension; hold for 10 to 30 seconds. You should not feel pain. Breathe normally.

Injuries

You will get injured somewhere along the way. It shouldn't be a surprise. The human body has hundreds of working parts, and it is no small miracle when they all work. When you pull a muscle or sprain an ankle, don't quit exercising. Shift to another activity. If you can't run, bike; if you can't bike, swim. Keep moving.

Hydration

The more you exercise the more water you need. Of course, there are other variables such as heat and humidity. In general, don't wait until you are thirsty.


Running or jogging

Purchase properly-fitted, well-cushioned running shoes. Examine older shoes to see

if you have any bio-mechanical problems that should be treated with special shoes or orthotic inserts.

Begin slowly. Start by jogging 100 yards and walking for 100 yards. Increase the running distance by no more than 10 percent a week.

The difference between running and jogging has nothing to do with speed. It has to do with attitude. If you are competitive, you are a runner. If you are just burning calories, you are a jogger. Many people move naturally from being joggers to runners.

Set a modest goal for yourself: a 12-minute mile or a 5K race. After reaching the goal, move up to a 10K, a half-marathon and a marathon. Training will be easier if you have partners. 



Peck is a former member of the University of Colorado track and cross-country teams. The 84-year old is an annual participant in Senior Olympics.

—HUMOR—

The greatest typo

A new monk arrives at the monastery. He is assigned to help the other monks in copying the old texts by hand. He notices, however, that they are copying from copies, and not from the original books.

So, the new monk goes to the head monk to ask him about this. He points out that if there was an error in the first copy, that error would be continued in all of the other copies. The head monk says, "We have been copying from the copies for centuries, but you make a good point, my son."

So, he goes down into the cellar with one of the copies to check it against the original. Hours later, nobody has seen him. So, one of the monks goes downstairs to look for him. He hears sobbing coming from the back of the cellar and finds the old monk leaning over one of the original books crying. He asks what's wrong.

"The word is 'celebrate'," says the old monk.



What you can do about bullying

National statistics on bullying

Been bullied

- 28% of U.S. students in grades 6–12.

Bullied others

- 30% of young people admit to bullying others.

Seen bullying

- 70.6% of young people say they have seen bullying in their schools.
- 70.4% of school staff have seen bullying. 62% witnessed bullying two or more times in the last month and 41% witness bullying once a week or more.
- When bystanders intervene, bullying stops within 10 seconds 57% of the time.

Been cyberbullied

- 15% of high school students (grades 9–12) were electronically bullied in the past year.
- 55.2% of LGBTQ students experienced cyberbullying.

How often?

- 40.6% of students reported some type of bullying two or more times a month.
- 8% bullied others two or more times a month.

Types of bullying

- According to one large study, the following percentages of middle-school students experienced these types of bullying: name calling (44.2 %); teasing (43.3 %); spreading rumors or lies (36.3%); pushing or shoving (32.4%); hitting, slapping, or kicking (29.2%); excluding (28.5%); threatening (27.4%); stealing belongings (27.3%); sexual comments or gestures (23.7%); e-mail or blogging (9.9%).

How often adult notified

- Only about 20 to 30% of students who are bullied notify adults about the bullying.

Pay attention to warning signs

Notice whether a child is acting differently, or is dealing with unusual symptoms like unexplained injuries, lack of appetite, or sleeplessness. When you see signs, contact a school official, a mental health counselor, or a crisis hotline.



Realize your child might be the bully

Some of our youth may be victims of cyberbullying and some may be the perpetrators of cyberbullying. Some may be both victims and perpetrators. Seventy percent of youth will witness it.

Understand the culture

Dr. Susan M. Swearer, co-director of the Bullying Research Network, says, “It’s tempting to think of bullying as involving two distinct sides: bully vs. victim.” She says bullying is the result of the total peer-group culture.

Encourage them to take a stand

Help those who witness bullying to realize there is a real person being hurt by the action. Encourage them to stand up for those who are being bullied.

Keep the conversation going

Talk with young people about their days and keep communication channels open. Let them know they can trust you.

Support community groups

Find out what anti-bullying programs are available in your community and support them. 

A new men's ministry model is surfacing

By Greg Arnold

Why are men disappearing from your church community? Could it mean that the population of men is declining? Maybe men are becoming extinct.

However, men continue to show up on Sunday by the millions — to watch football, NASCAR, television, or spend precious down time with family.

Maybe the men aren't endangered after all.

Could it be that your outreach, ministry, and programming for men is endangered—if not becoming extinct.

With a quick google search, mountains of respected research articles can be found which confirm men are an endangered species in local churches.

Ask the question

Instead of asking the prevailing question, "Where are the younger men?" I suggest we broaden the question to ask, "Where are all of the men?"

I run an independent ministry called Live Bold Ministries where I've spent the better part of 15 years helping the church find its voice to reach men. A couple of years ago, I took my ministry out of the church and went hunting for men who weren't identifying with the current culture of church. This is what I found.

In 2016, I launched the Live Bold App for Christian Men (found in the app store of your choice). This is a free app designed to speak the language of guys and talk daily about Jesus, forgiveness, and connection. (find out more at <http://live-boldapp.com>)

As of this writing, the app is #1 in the stores for Christian men with over 50,000 downloads and more than 22,000 members who live in more than 170 countries. The content in the app is viewed nearly 500,000 times each month, and the numbers continue to climb.

Three areas of hurt

With this amount of user activity, I'm picking up a pattern and hearing the voices of the men using the app to feed their faith. I have found there are three basic things that are crushing men regardless of age, race, origin, culture, or language.



1. Fear / worry
2. Isolation / loneliness
3. Shame

Do you personally struggle with any of these items? I bet you do. Does your church have a plan to address these issues with men? You should.

The men who are connecting in this "Live Bold" virtual community are mostly church-ed, demonstrating a decent grasp on the "Jesus" language. A small percentage are well-heeled pastors and minister types along with another small percentage of first-time believers.

The peak of the bell curve is comprised of men who are hurting, who know God is there somewhere, but God has no credible influence on their walk of faith.

Does this sound like anyone you know?

Apply the data

Data is useless if it isn't applied. So, let's put this information to work for us. Let's look at ways to address the fear, isolation, and shame that keep men away from your church or ministry.

Now is the time for serious solutions and candid conversations. The older generations (Greatest generation and Baby Boomers) are too disconnected from

the transparent and frank language of Generation X, Millennials, and the up and coming Generation Z.


You are welcome to download my app—it's free. Spend a few days following the prayers offered by men around the world. Listen to what they are saying and pray for them. Then ask, "How can I replicate this in my congregation?"

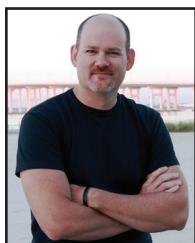
Start the discussion

If nothing else, start a small group within your own men's ministry area and talk about these three areas of hurt. Maybe you'll discover some of your own guys silently suffering within your very own congregation. Use my app to start discussions.

Perhaps it's time for processes and not programs. Maybe we should learn to serve what men want to consume instead of serving up the same old slop.

A new men's ministry model is surfacing. The mechanics, the language, and the methods of this model have been carefully placed into a discipleship process which was born from the mountain of information God has allowed me to see through my virtual community. You can get a sneak peek at <https://adventuremen.net>.

Men aren't becoming extinct, and the church isn't going anywhere. It just seems the men are just letting us know that our current offering isn't that appealing. We can change, we can adapt, we can move forward. Let's focus on what they need and give it to them. 



Greg Arnold is a Mississippi-based staff member of the General Commission on United Methodist Men and founder of Live Bold Ministries.

—HUMOR—



A day on the bridge

One day I was walking across a bridge when I saw a man about to jump off. I immediately shouted to him, "Stop! Don't do it!"

"Why not?" he said.

I said, "Well, there's so much to live for!"

"Like what?"

"Well... are you religious or not?"

"I am!"

"Me too! Are you Christian or Jewish?"

"Christian."

"Me too! Are you Catholic or Protestant?"

"Protestant."

"Me too! Are you Episcopalian or Methodist?"

"Methodist."

"Wow! Me too! Are you a Free Methodist or United Methodist?"

"United Methodist."

"Me too! Are you from the Evangelical United Brethren tradition or the Methodist?"

"Methodist ."

"Me too! Are you from the Methodist Protestant Church or the Methodist Episcopal Church?"

"The Methodist Protestant Church."

To this I replied, "Die, heretic scum!" and pushed him off.

Biblical reply

A minister parks his car in a no-parking zone. He puts a note under the windshield wiper: "I circled the block 100 times. If I don't park here, I'll miss my appointment. FORGIVE US OUR TRESPASSES.

When he returns, he finds a citation from a police officer along with this note. "I've circled this block for 10 years. If I don't give you a ticket, I'll lose my job. LEAD US NOT INTO TEMPTATION."

Online porn: no longer a closet addiction

By Ray Waddle

(UMCom) —

With help from prayer and Christian friends, Paul Cook of Jacksonville, Fla., finally kicked an addiction to pornography.

But he hadn't told his best friend - his wife. He had deceived her for six years with a secret cycle of porn consumption and masturbation. But that was over. He hadn't looked at Internet porn for months. He was sexually "sober" again. He wanted to tell her but wasn't sure when or how.

Finally, he did. He didn't realize what a betrayal his secret life would be to his spouse. She was devastated.

"He might as well have told me he was sleeping with numerous women," Marion Cook says. "He'd been living a double life, and I had no clue. He was my best friend, and now I didn't know how to trust him again. I cried for days."

Out of the shadows

The ease and secrecy of viewing porn on the Internet has created a new social problem, a new form of sex addiction. But it's moving out of the shadows. The human damage it can cause is forcing churches, counselors and married couples to talk publicly about it as never before.

Temptations of Internet porn—obscene photos, videos, sex-simulation software or the related practice of online affairs—are likened to adultery, idol worship and crack cocaine. Health advocates and professionals

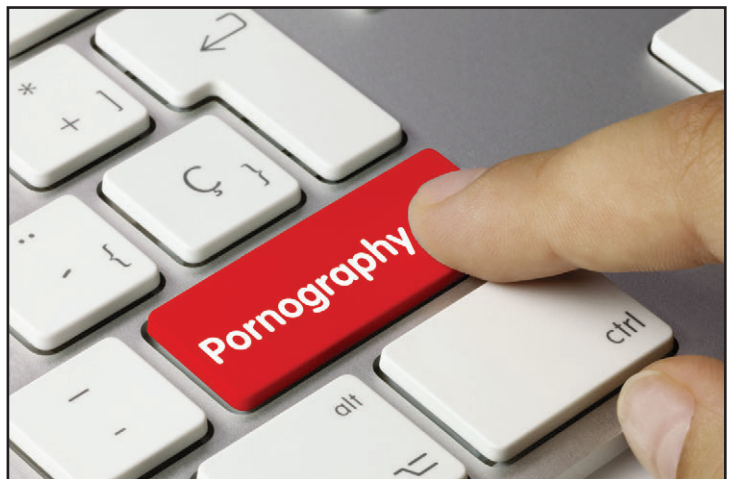
now maintain Web sites urging people to get help for their cybersex compulsions. Website testimonials suggest people of all walks can fall into the grip of an Internet porn habit.

Cybersex addicts spend at least 11 or 12 hours a week on the Internet—often double or triple that, according to research.

"Many sex addicts constantly lie to their partners, keep sexual secrets, and find ways to justify their sexual behaviors," says Robert Weiss of www.sexualrecovery.com. "How does your current sex life affect your sense of integrity and your own personal values or belief systems? Have you risked your marriage or primary relationship, your job, or your health, in order to maintain access to your sexual activities? Try not having sex at all for 30 days. If you cannot maintain this commitment to yourself, you may have a problem."

Steps toward healing

Secular approaches to the problem include 12-step programs, treatment



centers, couples counseling and sheer commitment to facing the problem. Christian-oriented strategies add a component—the power of repentance and prayer, teachings from Scripture and an admission that habitual porn is a sin against God.

That’s how Paul and Marion Cook experienced it.

Paul Cook was an abuser of magazine porn for years, then later Internet porn. He recognized his problem, but it didn’t stop him. He thought marriage and church life would break his porn and masturbation habits.

“I was wrong,” he says.

“I remember my heart racing with adrenaline as I purchased porn magazines from the local convenience store, slightly fearful that I might see someone from church. At the time, I was a group leader for the youth ministry, but the fear of being caught wasn’t enough to keep me from buying porn.”

“When I got connected to the Internet, a whole new dimension of temptations hit me. Suddenly I could visit porn sites freely and secretly, anytime I wanted.”

“I was becoming more excited about looking at porn than being with my wife,” he recalls. “The images I had viewed over the years were causing my memories to be a constant source of temptation.”

The role of prayer

One night in 1998, he got up at 2 a.m. Instead of computer-surfing for porn, he got on his knees and prayed.

“I was repentant to God, but I was also asking for help. I didn’t know what to do. I needed help from the Lord to break me of this.”

He connected with a prayer group of men at church where he could discuss his experience. But it was months before he told his wife.

Counselors testify that porn habits destroy marriages every day. Marion knew her marriage was in jeopardy, too, when her husband jolted her with news of his porn habit, even though he said he was now free of the problem. Her trust in him was severely tested.


As it would turn out, her solution, like his, depended on heartfelt prayer.

“I went to God, and he gave me an answer, a choice,” she says. “God said, Are you going to do what I would do, or are you going to lose your marriage? I decided I had no choice but to help Paul any way I could, but I couldn’t do that on my own, no way—only with God’s help.”

To rebuild trust, she insisted her husband tell her everything about his old habit—where he hid the magazines, when he was on the net.

“Learning all this helped,” she says. Whenever they were separated by daily routine, she prayed for him—at first, every 5 or 10 minutes, she says—in hopes he would continue to resist temptation. Within a few weeks, she says, her trust was restored.

Paul says the ordeal ultimately brought them closer together. Their marriage could grow again on a foundation of truth, not lies.

“We’re so close now, I couldn’t not tell her if something went wrong,” he says. 



Ray Waddle, former religion editor of The Tennessean in Nashville, has a journalism (B.A.) degree from the University of Oklahoma and a religious studies (M.A.) degree from Vanderbilt University.

Charting a path to health and wholeness begins with self-awareness

By the Rev. Nancy Grissom Self

After nearly nine decades, a UM pastor shares insights from a marriage, a divorce, and a life time of ministry

The extended journey toward health and wholeness begins with an awareness that you are a child of God. That journey continues as you help others come to the same understanding.

Claiming God's gifts of human potential for yourself and then sharing that claim with others is your mission no matter what you do for a living. A bishop need not lay hands on you for you to be in that ministry.

Helping others

Following graduation from Ohio University, I served two years as a U.S.-2 missionary at the Frances de Pauw Home in Hollywood, Calif. The staff worked with 75 Hispanic women, ages 12 to 20, to help each of them understand she is a "hija de Dios", (daughter of God).

I also worked with teenagers for a year at the YWCA in Akron, Ohio. We had the same agenda for these young women.

A life changing visit

In 1955, I visited Vanderbilt University where Joe Brown and Ruth Winfield Love were campus ministers. Joe assured me Dean Benton at the Divinity School would have scholarship funds. We went to the Dean's office, and I was funded.

During the two years at the Vanderbilt Divinity School, I was assigned as an intern at the Wesley Foundation. Norman Self was the student president.

For two years Norm and I worked together and learned from each other. On June 2, 1957, we were married.

Norm had a three-year U.S. Navy contract to fulfill so we traveled to port cities, ending in Long Beach, Calif., where we joined the

Belmont Heights Methodist Church.

In 1960, we both enrolled at the Claremont School of Theology and served part-time at Los Altos Methodist Church and Wesley Foundation at Cal-State Long Beach.

The two-to-three-hour weekly trips from Claremont to Long Beach provided time for us to review and critique our learnings, and an opportunity to come to know each other very well.

Health in marriage is a two-way exchange

Each of us gets to find out things about ourselves and the other person. Continuing these self-disclosures helps build healthier, more authentic, relationships.

When there are children and/or separate vocations, these distractions need to be acknowledged and anticipated.

Constructing health and wholeness in your family doesn't just happen.

It's not enough to ask, "How was your day?" You must be prepared to listen, and to share reflections on your own day. Only in-depth conversations can build wellbeing in your intimate partnership and help affirm the child of God in each of you.

Norm and I were married to each other from 1957 to 1985. Fifteen of those years were on the campus part-time, and then full-time during the turbulent 1960s.

It was a time of the bewilderingly violent assassinations of Martin Luther King, Jack and Bobby Kennedy, and Malcolm X. Protest movements, atrocities, and riots were in the headlines every day.

As campus ministers at Cal-State Long Beach, we responded to these events among students, families, faculties and local churches.

It was difficult to acknowledge that each

person involved in these events was a child of God.

Norm and I were ordained deacons in 1961 in the California-Pacific Annual Conference (I was the first woman to be ordained into the traveling ministry in the conference).

In 1966, we graduated from Claremont and Norm was ordained elder (I had been told that if I were ordained it would jeopardize Norm's career). I did not (nor do I now) believe ordination is imperative to helping people claim their truth: I am a child of God. I was ordained elder in 1989 and served a local church until my retirement in 1999.

New position

In 1972, I became a staff member of the newly established General Commission on the Status and Role of Women in the now *United Methodist Church*. Norm moved with me to take the position in Evanston, Ill. He worked with the Center for Parish Development while earning a PhD at Northwestern University.


Divorced and still together

Norm and I divorced in 1985. He was appointed campus minister at San Diego

State, California. I continued with the Evanston-based commission. We had been married 28 extraordinary years.

Although we are no longer married, during the last 30 years, we have been together off and on, and have kept in touch by occasional visits, phone calls and letters. Awesome as it seems to others (and sometimes even to ourselves) we have maintained a "blessed bond." We share freely with each other: our triumphs, disappointments, challenges and catastrophes.

More recently Norm has made several trips from North Carolina to my home in California to assist me. He helps me file my taxes, write my will, and has even accompanied me to the mortuary to pre-pay for my cremation.

We continue to affirm that each of us is the child of God we married 60 years ago. 



The Rev. Nan Self is one of the former general secretary for the General Commission on the Status and Role of Women, a former member of the General Commission on U.M. Men.

From church bulletins:

Mary Webster entered the church triumphant on May 6; she was returned to the city for burial on May 8.

The Fasting & Prayer Conference includes meals.

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

—HUMOR—

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.

Don't let worry kill you off - let the church help.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.



Across the Nation

GUYMON, Okla.—

Chaplain distributes devotional books

The Rev. David Player, pastor of Victory Memorial UMC and volunteer chaplain for the 54-member Guyton Fire Department, distributed copies of *Strength for Service to God and Community* to the firefighters.

“I was born and raised in South Africa and moved to Oklahoma with my family in 1991,” says David. “After September 11, 2001, we believed America would go to war and warriors would be drafted for the fight. I wanted to protect and defend this great country, so I decided to become a United States citizen.”

Soon after becoming a citizen, David followed his father and grandfather into military service.

“I spent over three years in the Army with six-months of active duty fighting a counter-insurgency terrorist war in Namibia and Angola,” says David.

“When I heard about the Strength for

Service, I was most grateful and supportive of honoring our first responders here in Guyton,” he says.

He wrote a personal note to each fire fighter on the first page of each devotional book.



The Rev. David Player, pastor of Victory Memorial UMC, presents Strength for Service books to members of the Guyton Fire Department.

HENDERSON, Texas—

Men celebrate first birthday

The men's ministry of First UMC celebrated their one-year anniversary in October. South Central Jurisdiction President Joe Kelley and Texas Conference President Dan Ramsey helped them mark the occasion.



Mike Jimerson and son David, Robert Wright, Joe Kelley, Don Gage, Johnny Foster, Pastor David Luckert, Dan Ramsey, Billy Moseley, and Jack Brooks.

HACKETTSTOWN, N.J.—

Doughboy tells World War I

John Torkos, a World War I reenactor, told 51 people attending a Veterans Day UM Men breakfast at Trinity UMC about four church members who served in that “war to end all wars.”

He has copies of the diaries of two of the doughboys.



John Torkos shows some of his memorabilia.

ARLINGTON, Tenn.—

Church celebrates 20 years of scouting

Cub Scout Pack 452 was born in 1999 with only seven Cub Scouts meeting at Arlington Elementary School under the direction of Scott Borgmier and Jim Vineyard.

Pack 452 then moved to Arlington UMC. When the seven Cub Scouts became

11 years old, the church established a Boy Scout troop.

The year 2019 marks the 20th anniversary of scouting ministry at Arlington UMC.

The church now charters a 96-member Cub Scout pack and a 64-member Boy Scout troop.



Ninety-six Scouts, parents and leaders attend a 20th anniversary celebration of scouting ministry at Arlington UMC.

ROCKFORD, Ill.

UM men tackle issue of violence against women

Steve Nailor, president of the National Association of Conference Presidents, convened a group of men for a study of *AMEND Together through Faith*, an 8-week study that challenges a culture that supports violence against women



Steve Nailor (right) serves as convener of an AMEND study at Grace UMC in Rockford, Ill.

Created by the General Commission on UM Men and the YWCA of Middle Tennessee, the study is designed to cultivate healthy masculinity and to change the future for women and girls.

“We viewed videos that were not easy to watch and we engaged in thoughtful and probing dialogue,” said Steve.

“The book and course broadened my understanding of the scope of the sexual violence to women,” said one of the

participants. "The *AMEND* study opened my eyes to the high numbers of sexual assault events," said another participant in the 8-week study. "I am grateful for this group of guys and learning together about the extent of this problem in our society."

GRAND ISLAND, Neb.—

Bishop declares Jesus is the 'great adventurer'

The Rev. Ruben Saenz Jr., bishop of the Great Plains Conference,, encouraged men to participate in mission projects.

Speaking to a September dinner meeting at Faith UMC, the bishop told 130 people that

Jesus is the "great adventurer" (Philippians 2:5-11). He invited men to step out of the "known" and into the "unknown" by engaging in mission trips.



Bishop Saenz tells UM Men to serve others before they share their faith with them.

NACOGDOCHES, Texas

Devotional books given in memory of deputy sheriff

Bob Hurst, a reserve deputy sheriff, provided copies of *Strength for Service to God and Community* to members of the Nacogdoches Sheriff's office following the death of Deputy Sheriff Brad Jimmerson.

Nicknamed "Boo Boo" by his friends, Brad was killed by a car while picking up debris on a highway.

Many officers spoke of Brad's ability to walk into a tense situation and have people laughing and working together

before he left. If the situation turned bad, Brad was that guy they wanted there with them.

His death had a strong impact on area law enforcement, with his funeral growing so large it was moved to the basketball coliseum at Stephen F. Austin State University.

"These folks were hurting," said Bob, "and we just wanted to offer comfort in some way. Our sheriff was extremely supportive of the effort to help his people."



Robert Hurst (right), a member of the governing board of Strength for Service with 43 years of law enforcement experience, presents devotional books to Nacogdoches County Sheriff Jason Bridges.

HAMMOND, La.—

Wesley Foundation is perfect fit for UMM

Mark Lubbock, a Louisiana-based staff member of the General Commission on UM Men, encourages UM Men to link up with a Wesley Foundation.

"The demographic that most statisticians identify as falling away from the church is the same group being targeted and effectively reached by our Wesley Foundations," says Mark. "This is a vital outreach and one worthy of support by UM Men."

Mark visited the Southeastern Louisiana University Wesley Foundation on a "Free Lunch Wednesday."

“Wesley is a come-as-you-are, keep-it-real community committed to finding out what it means to lead others to Jesus,” said Mark. “There is no question that is off-limits, and you do not have to believe in order to belong.”

Mark says during his visit he “shared a bit of my life and faith journey with some of the students.”

Sam Hubbard, director of the Wesley Foundation, worked with donors and volunteers to renovate a decades-old building in order to provide space for a coffee bar, a place for meals, and housing for six students. Melissa Guerra is the associate director.



Sam, Melissa, and Mark and Vickie Lubbock serve lunch to 300 students and a dozen homeless people. “What was most moving is the way students welcomed the homeless at their tables,” said Mark. “Everyone made a point to say, ‘Thank you for the meal.’”

THOUSAND OAKS, Calif.—

Ministry rushes devotional books to first responders

The Strength for Service ministry rushed three cases (156 copies) of *Strength for Service* books to first responders in Thousand Oaks, Calif., following the killing of 12 people at the Borderline Bar and Grill.

One case of 52 books was sent to the Rev. Brian Clement, chaplain of the Simi Valley Police Department, whose officers responded to the shootings at nearby Thousand Oaks.

Two cases (104 books) were delivered to the Rev. John Parra, chaplain of Ventura County Sheriff’s Department.

Sergeant Ron Helus, 54, a 29-year veteran of the Ventura County Sheriff’s Office, was one of the people killed.

“We’re making entry,” Ron told a dispatcher. A few second later, he radioed, “We have multiple people down. We need a lot of ambulances.”

A burst of gunfire then hit Ron. He later died in a hospital.



Sergeant Ron Helus

AURORA, Ill —

Ten faith communities celebrate together

Wesley UMC hosted “Celebrating Neighbors,” a pre-Thanksgiving worship service which included representatives of 10 area faith communities.

The Rev. John Bell, pastor of Wesley UMC welcomed more than 100 worshippers.

Faith communities represented were Aurora Jewish Renewal Congregation, Temple B’nai Israel, St. John African Methodist Episcopal Church, Wesley UMC, Orchard Community, Sikh Community, Baha’i Community, St. John United Church of Christ, Our Savior Lutheran Church, St. Joseph Catholic Church, and Al Aqsa Mosque.



The Rev. Jerry Leake, center, pastor of St. Joseph Catholic Church in Aurora, shares Halloween candy with Aurora residents Wally Loague and Meredith Lindgren during his reading at the 11th annual pre-Thanksgiving community worship service, Photo by Al Benson.

McCORMICK, SC.—

Greenwood District hosts men's retreat

Thirty men attended a retreat at Hickory Knob State Park.

The event provided an opportunity for men to learn how to help their groups become spiritual forces to bring young men to Christ.

Activities included basketball, cards, horseshoes, fishing, putting range, pool tables, golf, archery, skeet shooting, and canoeing.



Dr. Stephen Love, superintendent of the Greenwood District, delivers the opening address. The Rev. Nels Ledwell, pastor of McCormick UMC, gave the keynote message at a Greenwood District retreat.

WINDER, Ga. —

Scout builds cubby storages

Eagle Scout candidate Jackson Goode of BSA Troop 700 worked with Scouts and adult leaders to construct a cubby storage area for the Boys and Girls Club of Winder-Barrow.

The project was sponsored by the First UMC of Winder and the Chattahoochee District of Northeast Georgia Council.



From left: Jeff Albritten, Jayden Goode, Jerry Tucker, Jackson Goode, and Jay Albritten stand in front of new cubby shelving for the Boy's and Girl's Club.

ST FRANCISVILLE, LA —

Men build 40-foot ramp

UM Men of St Francisville UMC built a 30-foot handicap ramp for Butch, a member of the congregation. The construction crew included Lewis Burruss, Robert Kidder, Donald Broussard, John Ritchie, Daniel Kemble, and Joe Kelley.



MURPHY, N.C. —

County group provides 50 devotional books for first responders

Cherokee County UM Men's Fellowship gave copies of *Strength for Service to God and Community* to local fire departments, chaplains, members of the Forest Service, a rescue team, EMT personnel, and officers at two jails.



Cherokee County UM Men presented devotional books to fire fighters and emergency medical technicians at the Murphy Volunteer Fire Department. President Tom Payne is third from right. David Hotchkiss, secretary, is on the right.

BRAUNFELS, Germany —
German churches struggle with ways to reach men's ministry

The Rev. Rick Vance, director of the Men's Ministry Center, served as the keynote speaker at a UM Men's conference in Germany.

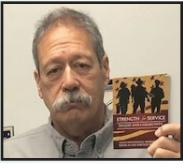
"Citing work, family schedules and a feeling that the German church has lost its relevance in the community, leader at the conference were looking for new ways to reach men," said Rick.



Logo for the Braunfels Conference

He encouraged German church leaders to get men involved in small groups that provide opportunities for spiritual development and accountability.

TULSA, Okla.—
Church gives devotional books to veterans and first responders



UM Men of Boston Avenue UMC gave hundreds of *Strength for Service* books to veterans and first responders.

FORSYTH, Ga.—
Cadets receive devotional books

Warren Plowden, first alternate member of the UM Judicial Council, presented copies of *Strength for Service* to cadets upon their graduation from the Peace Officers Standards and Training facility.



Warren Plowden holds a copy of Strength for Service in the back row next to the Rev. Charles Houston who showed the cadets a video about the stress involved in being a law enforcement officers.

The Rev. Charles Houston, a retired pastor in the South Georgia Annual Conference and chaplain of the State Patrol, presented copies of *Beyond the Badge*.

HENDERSON, Texas—
Breakfast raises funds for devotional books

On the last Sunday of the year, UM Men of First UMC host a pancake breakfast for the congregation. Proceeds from the 2018 breakfast provide funds for the congregation to supply copies of *Strength for Service to God and the Community* to area first responders.



Matt Bennett and Mart Hooper prepare pancakes for UM Men breakfast.

FRONT ROYAL, W.Va. —
College junior receives scholarship

UM Men of Front Royal UMC presented Hunter Layman, a West Virginia University junior majoring in aerospace and mechanical engineering, with a \$2,000 scholarship.

Art Spero, a VPI engineering graduate, established the scholarship program a decade ago to encourage young men to enter engineering careers.



From left, Ron Pomeroy, treasurer; Bob Cullers, president; Hunter Layman; John Vance, chair of the scholarship committee.

During that same period the UM Men have donated more than \$50,000 to local charities, including Kernstown-based Heart Havens Home.

LEXINGTON, S.C.—

Church cares for struggling men

Through a ministry called “Love the Unloved,” members of Mount Horeb UMC and others in the community support a residential home for 14 men who battle various types of mental illness.

The ministry was begun in 2014 by Cindy Bodie, a Mount Horeb member whose late brother, Steve, was a resident at the facility. She saw firsthand how many of the other residents were not supported in this way.



Bodie, Karen Knight and the rest of their ministry team are determined that the men at Monetta are not forgotten.

Once a month, they shower these men with love, they bring dessert and care packages, lead a Bible study and spend the day investing in these men emotionally and spiritually with a goal to help them know they are children of God and loved by Him.

KERRVILLE, Texas —

Golf tournament raises \$17,345 for child care center

UM Men sponsored the 14th Annual Glenn McGinnis Memorial Scholarship Fund Golf Tournament benefiting the Children's Ark Child Care Center at Kerrville First UMC.



Seventy-one golfers prepare to tee off at the Riverhill Golf Course.

A field of 18 teams consisting of 71 golfers teed off at the Riverhill Golf Course in Kerrville, Texas.

The event raised \$17,345 to assist families with children at the child care center who have run into medical or financial difficulties.

PINEVILLE, La.—

Children's Home honors UM Men

The Louisiana Methodist Children's Home presented UM Men of First UMC with the Volunteer of the Year Award.

“Pineville UMM is by far our most active volunteer group,” said Wes Covin, Screaming Owl production manager. Since



From left: The Rev. Ed Cooper, co-pastor of First UMC; Fred Carter president of Pineville UM Men; Cliff Kelley, past president:

2011, Pineville UM Men have made 65 to 70 trips to the Outdoor Wilderness Learning Center to make salsa. They generated \$125,000 in salsa sales for the children's home.

VICTORIA, Texas —

Scouts receive scholarships

Men of the First UMC awarded two

\$500 Scout scholarships to two Eagle Scouts at the LaSalle District Scouting Banquet.



Monies for the scholarships came from community support of the sales of men's tools and sporting goods along with a pork steak dinner fundraiser.

AURORA, Ill. —

Pastor delivers 'Fake News' sermon series

The Rev. Derek Rogers, pastor at Flowing Forth UMC, says some people provide fake news about the Bible. He preached four January sermons on common phrases falsely believed to be biblical.



Fake news items include: "Everything happens for a reason"; "God helps those who help themselves"; "God won't give you more than you can handle;" and "Do good, and God will bless you."

KILMARNOCK, Va. —

Spaghetti Dinner feeds 600

Each January UM Men of Kilmarnock UMC sponsor a spaghetti dinner that raises some \$7,000, UM Men President Jim Bennett says the organization provides funds for Boy Scouts Troop 242, the Interfaith Service Council, Northern Neck-Middlesex Free Health Clinic, The Link, and Heart Havens.



Six hundred people attend the annual spaghetti dinner.

In Memoriam

Darvin Hebron

Darvin Hebron, 66, former president of the Baltimore-Washington Conference UM Men, died suddenly from a heart attack on Dec 1.



Darvin Hebron

He also served as president of the Annapolis District and remained an active member of both executive boards.

He shared his faith with everyone he met, telling them God loves them regardless of who they are. He exemplified what it means to be a disciple of Jesus Christ.

He is survived by his mother, Lillian Hebron, several brothers and sisters, a son and grandchildren, nieces and nephews.

Jasper Russell Sr.

DECATUR, Ga.—

Jasper Russell, former president of UM Men of the North Georgia Conference (2007-2010), died December 3.

Jasper served as the conference hunger advocate, and he was a member of the North Georgia delegation to the 2008,

2012, and 2016 sessions of the Southeastern Jurisdictional Conference.

He is the former chair of the Conference UM Men Retreat Committee, a member of the Board of Laity, Connectional Table, Evangelism Team, and Mission/Global Ministries Committee.



Jasper Russell Sr.

He served Columbia Drive UMC as president of UM Men, chair of the Staff-Parish Relations Committee, and as a member of the Board of Trustees.

As a candidate for a position on the North Georgia Conference delegation to General Conference, Jasper said, "I hope we listen, pray, and work together respectfully, despite our differences of ideas and opinions."

"Brother Jasper Russell will be missed," said Louis Johnson, current conference president. "May we be collectively re-committed to the mission of UM Men of the North Georgia Conference in the absence and honor of this true soldier for Christ."

General Commission on UM Men 'centers' on its targets

NASHVILLE, Tenn.—

In an effort to make it clear that the ministry of UM Men includes a rich assortment of ways to reach men in the church and community, the General Commission on UM Men has begun to describe their two principle areas of ministry as “centers.”

“The concept of providing multiple ways to reach men and young people is not new,” said Gilbert C. Hanke, top staff executive of the Nashville-based ministry. “However, too many people continue to confine their understanding of men’s ministry to the small group of men who meet weekly for Bible study and service projects; or monthly for a meal and short program. These can be an important ministry, but it is only one of dozens of ways the commission suggests ministering to men and young people.” This became clear when talking to a pastor about a new small group curriculum Hanke wanted him to consider at his church. “We don’t have UMM at our church; just a bunch of small groups of men who meet for study.” Hanke went on to explain that, those small groups were exactly what the commission wants to see in all churches, and the new curriculum was a perfect fit.

The commission will operate two centers: The Center for Men’s Ministry, led by the Rev. Dr. Rick Vance, and The Center for Scouting Ministry, led by Steven Scheid.

The Center for Men’s Ministry offers several programs including:

1. *“Amending through Faith,”* an eight-week study designed to help men combat a male culture that treats women as sexual objects.

2. Weekly gatherings of men utilizing *The Class Meeting* by Kevin Watson. “Class meetings provide a format that helps people actively grow in their faith in Christ together in community, not just study information,” says Watson. Some men meet in person, others use Zoom to meet online.
3. *Understanding Men’s Ministry*, an advanced 10-hour scaffolding course on which all men’s ministry is based.
4. A variety of other leadership studies.
5. Several regional and national gatherings

The Center for Scouting Ministry offers a variety of ways to reach young people, including:

1. Boy Scouts of America
2. Girl Scouts of the USA
3. Big Brothers Big Sisters
4. Camp Fire
5. Youth and child protection programs
6. Programs of Religious Activities with Youth (PRAY)

Both centers cooperate with other agencies including:

- The Society of St. Andrew, an ecumenical organization providing hungry people with meals by salvaging fresh, nutritious produce from American farms.

- Strength for Service, an ecumenical ministry begun by UM Men to provide inspirational literature for members of the armed services and first responders.
- Disciple Bible Outreach Ministries, an organization that support DISCIPLE Bible study in prisons.
- Mobility Worldwide, an organization that provides hand-crank transportation units to people who have lost the ability to walk.
- The Upper Room Living Prayer Center, a Nashville-based ministry providing prayers for people around the world.
- The World Fellowship of Methodist and Uniting Church Men, an affiliate organization of the World Methodist Council.
- Denominational Men's Ministry Leaders, an organization of leaders of men's ministry from several denominations.
- The Hope of Hearing, a ministry begun by Gil Hanke to provide hearing aids to children in Haiti.
- Lead Like Jesus, a study inspiring and equipping people to lead like Jesus.
- Love Packages, an organization that distributes used Christian literature to Third-World countries.
- Man in the Mirror, a Florida-based organization that provides leadership training and coaching.
- National Coalition of Ministries to Men, a group of leaders from 200 organizations with the single objective to disciple men.
- Sound the Alarm, a service of the Red Cross to provide smoke alarms.
- Rise Against Hunger, an endeavor to provide dehydrated meals to people in emergency situations.
- The Upper Room Emmaus Ministries, an effort to empower leaders to be the hands and feet of Christ.
- Wesleyan Building Brothers, an attempt to bring men together in small groups to share life experiences in the context of scripture.

UMM Foundation creates fund in honor of Allen Brown

ST. CHARLES, Mo.—

Glenn Wintemberg, president of the UM Men Foundation, announces the creation of the Allen Brown Endowment Fund.

Brown, former director of UM Men's Ministry (1978-1994), died October 20, 2018. He provided the seed money for the endowment fund in his will.

"I know there are many men who recall Allen's contributions to men's ministry," said Wintemberg. "Under his leadership, the number of chartered units of UM Men increased from 2,085 to 10,155, and he served as interim general secretary following the 1996 creation of the General Commission on UM Men."

Wintemberg expressed confidence that many other UM Men will want to honor Brown with additional contributions to the newly established fund.

The Brown Endowment brings to 16 the number of funds within the Foundation. Each of the funds honors an individual and supports a particular aspect of ministries to men and youth.

To view the endowments and to support the Brown Endowment, visit the Foundation section of the GCUMM.org website.



Allen Brown

UM Men Awards

Jane Ueckert

Men honor organist

BELLVILLE, Texas—

At a worship service focused on “being the salt and the light in the world,” men of Bellville UMC honored 20-year veteran organist Jane Ueckert with the Susanna Wesley Award of Excellence.

“The sharing of her gifts, musical and otherwise, along with her loving and encouraging interaction with everyone she meets has blessed the lives of many at the church and in our community,” says Jason Samford, president of Bellville UM Men.



Bellville UM Men present Jane Ueckert with the Susanna Wesley Award of Excellence.

Wallace Felder

Man of the year



Wallace Felder, left, receives the Man of the Year Award from Cumberland UM Men President Clifford Parr at the annual Men's Day program held at Cumberland UMC in Florence, S.C. Photo courtesy of Milton Phillips

Sandra Turnipseed

UM Men honor tireless volunteer

PENSACOLA, Fla.—

Cokesbury UM men presented their fourth Susanna Wesley Award of Excellence to Sandra Turnipseed for her leadership to Meals on Wheels, Celebrate Recovery, United Ministries, Manna Food Pantry, Henderson Settlement, Disciple Bible Studies, Bread of Life Team, and Children's Center Board. She also serves as a teacher and leader of children, youth, and adults.



UM Men President Don Tinker presents a Susanna Wesley Award to Sandra Turnipseed.

Larry Burian

Conference leader inducted into the Society of John Wesley

VIRGINIA BEACH, Va.—

During the Virginia Conference Spiritual Advance, Mississippi Bishop James Swanson, president of the General Commission on UM Men, asked Larry Burian and his wife Irene to come to the front of the Baylake UMC sanctuary.

“What’s up?” Larry asked Virginia Conference President Andrew Kissell.

He received no explanation.

Bishop Swanson began reading the commendation of the Virginia Conference UM Men for Burian’s induction as a fellow in The Society of John Wesley.

Men's Ministry Specialist Johnnie Draughon presented Larry with a personalized commemorative plaque.



A surprised Larry Burian receives a John Wesley plaque. He is joined by Irene.

Lynn Hunt

Music teacher provides hayrides
CHESAPEAKE, Va.—

Men of Deep Creek UMC presented Lynn Hunt with a Life Membership Award following his service as president of UM Men, vice-president of programs, and chair of annual barbecues.

He also provides tractor hayrides during spring and fall church festivals.

An award-winning music teacher, Lynn served as minister of music for the Deep Creek congregation for 25 years.

The Rev. Dr. Otto D. Harris III
Pastor inducted into
John Wesley Society

CHARLOTTE, N.C.—

UM Men of St. Mark's UMC, inducted their pastor, Otto Harris, into the Society of John Wesley.

Dr. Harris is the organizer and director of Pass the Peace Feasts, which bring black youth together with police officers.

He chairs the Metro District Committee on Ordained Ministry, and he is an adjunct faculty member of Hood Theological Seminary. He serves on the boards of the

Brotherhood/Sisterhood of Western North Carolina and Black Methodists for Church Renewal.



From left: Andre' Dingle, president of St. Mark's UM Men; the Rev. Dr. Otto Harris; Hank Dozier, president of Southeastern Jurisdiction UM Men; the Rev. David Hockett, district superintendent of the Metro District; and Chip Hand, vice-president of St. Mark's UM Men.

Chuck Ernest

Treasurer helps seminary students
GREENSBORO, N.C.—

UM Men of Mount Pisgah UMC presented Chuck Ernest with a Life Membership Award for his service as treasurer of UM Men and the kingpin of an annual golf tournament that annually raises more than \$4,000 for seminary students.

Chuck serves as president of his Sunday school class, a member of the Board of Trustees, and care-giver for a man with special needs and his elderly mother.

Dick Baker, Vern Dunham,
and Steve Gray

Church honors three church leaders
MONTROSE, Colo.—

Men of Montrose UMC presented Life Membership Awards to three church leaders.

Dick Baker, a former school principal, is president of the men's group and the official Sunday greeter.

Vern Dunham, treasurer of the men's group and the Lions Club, is first to respond to church emergencies and cooks breakfast

for twice monthly meetings.

Steve Gray, former Navy captain of a nuclear submarine, serves as electronic technical wizard for the Montrose church operates the church's audio and video systems and serves as electronic technical wizard for the Montrose church.

Linda Nash and Karen Carter **Church honors two women**

PINEVILLE, La.—

The Rev. Ed Cooper, pastor at First UMC, presented Susanna Wesley Awards of Excellence to Linda Nash and Karen Carter.



Figure 1 From left: Linda Nash, Pastor Jo Ann Cooper, and Karen Carter

David Tassin **Men give Life Membership Award to volunteer**

PINEVILLE, La.—

PMen of First UMC presented a Life Membership Award to David Tassin, secretary and treasurer of the UM Men organization.



From left: Debbie Tassin, David Tassin, and Fred Carter, president of UM Men.

He volunteers for projects at the Pineville Youth Center, the UM Children's Home and other mission efforts.

James Ross **Air Force Sergeant serves as police officer**

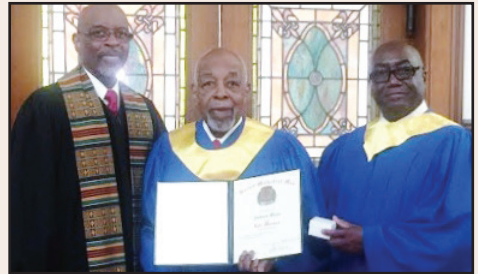
HEMPSTEAD, N.Y.—

Men of Hempstead UMC, presented James Ross with a Life Membership Award for 45 years of service as a member of UM Men, the choir, the Music Committee, the Nominations Committee, the Administrative Council, and as chair of the Board of Trustees.

Following four years of service in the U.S. Air Force, James worked as a clerk for the United Postal Service and as a draftsman for a civil engineering firm from 1956 to 1962.

In 1962, James was sworn in as a police officer in the city of New York.

After receiving a degree from John Jay University and graduate study at Long Island University, James attained the rank of commander of the Borough of Manhattan.



From left: The Rev. St. Clair Samuel, James Ross and Royston Bailey

Bob Emens **Talented volunteer**

SACRAMENTO, Calif.—

UM Men of St. Andrew's UMC presented Bob Emens with a Life Membership Award for serving as lay leader, substitute preacher, coffee brewer, choir member, guitar player and past president of UM Men.

"I look up to Bob and strive to be like him," says Dexter David, president of UM Men.

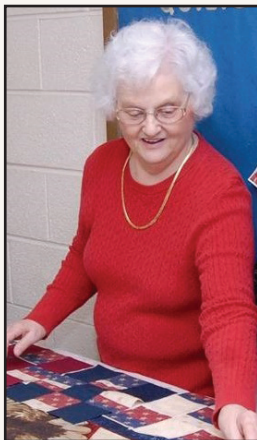
Joanne Hart

UMW treasurer provides prayer pillows and quilts

St. Albans, W.Va.—

Saint Andrew UMC presented Joanne Hart with a Susanna Wesley Award of Excellence for teaching Sunday school, serving as a treasurer for UM Women, and for preparing meals for family and friends following funerals.

Joanne joined Saint Andrew Piecemakers in 2005 to make quilted wall hangings for the 150th anniversary of the church. The group later quilted 500 “prayer pillows” and 40 “quilts of valor” for those in military service and veterans.



Joanne Hart helps provide comforting “quilts of valor” to combat service members and veterans.

Donald Moore

Illinois layman receives first Life Achievement Award

ROCKFORD, Ill.—

Steve Nailor, president of the National Association of Conference Presidents of UM Men, presented Donald Moore, a member of Grace UMC, with the first Life Achievement Award.

The award replaces the previous Life Membership Award.

“We wanted to present the first Life Achievement Award to a man who illustrates daily his love for Christ and his fellow men,” said Steve.

Don gleans apples, mows the five-acre church lawn, helps with Society of St. Andrew potato drops, rings the Salvation Army bells at Christmas, and helps with church

rummage sales.

“He provides quiet and unassuming support for all ages and programs at Grace UMC,” said the Rev. Pam Rossmiller, pastor of Grace UMC. “He is a loving husband, father and grandfather.”



From left: Steve Nailor, Donald Moore, and the Rev. Pam Rossmiller.

Donette Nailor and Lynette Dehority

Men honor wives at UM Men retreat

PENSACOLA BEACH, Fla.—

Steve Nailor, president of the National Association of Conference Presidents of UM Men, and Mark Dehority, a deployed staff member of the General Commission on UM Men, surprised their wives with Susanna Wesley Awards of Excellence during a January Pensacola Beach planning retreat.



Steve Nailor presents Donette with a Susanna Wesley Award of Excellence.



Mark Dehority presents Lynette with a Susanna Wesley Award

Some answers to immediate questions

By Steven Scheid

What are the changes in Boy Scouts of America?

On February 1, 2019, the Boy Scouts of America changed the name of its program for 11-17-year-old youth to “Scouts BSA”. The parent organization stays the same: “Boy Scouts of America”.

The program remains single gender—all-male Scouts BSA troops or all-female Scouts BSA troops. If you are looking for a co-ed program, BSA continues the Venturing program for 14-21 year-olds, but this is not part of the Scouts BSA.

Chartering partners have several options:

- In Cub Scouts: have a boy pack, a girl pack, or a family Scout pack.
- In Scouts BSA: charter a boy troop, a girl troop, or both.
- In Venturing: have a single gender crew or a co-ed crew.

The ministries a congregation selects should reflect the unique personality of the church.

Was the UMC contacted before the decision on changes?

Yes. The Methodist Church began its formal partnership with the BSA on Feb.

12, 1920. Today, the key liaison for the United Methodist Church is the Center for Scouting Ministries at the General Commission on UMM Men (formerly the Office of Scouting and Youth-Serving Agencies).

BSA contacted the center to discuss new opportunities to serve the whole family. Our feedback was considered in the BSA decision.

Where is the voice of the charters in making these decisions?

Every church with a Scout unit needs to have a charter organization representative. He or she represents the church at the BSA local and district levels. Their votes in BSA councils should reflect the needs of the charter organization.

One of the national BSA tools for surveying and communicating is the “Voice of the Scout”. These surveys go out to parents, youth, volunteers and charter organizations. Maintaining current email through my.scouting.org is critical to having your voice heard. BSA is asking; are you offering feedback? Is your contact up to date?

I recommend two additional resources: [voice-of-the-scout-annual-survey-lets-scouts-parents-and-leaders-offer-feedback\COR Information https://filestore.scouting.org/filestore/pdf/511-421\(16\)_WEB.pdf](https://filestore.scouting.org/filestore/pdf/511-421(16)_WEB.pdf)



Does the Center for Scouting Ministries support the changes in BSA's Boy Scout program?

Yes. With all change there are challenges and we support local churches regardless of the pathways they choose in light of expanded scouting opportunities.

We encourage churches to initiate or

continue their ministries for girls. Find the one that best fits your congregation.

We support the strong and vibrant program of Girl Scouts of the USA.

The introduction of Scouts BSA is important because there are thousands of girls who do not participate in any form of scouting.

Working our way through the maze of child-protection programs

By Steven Scheid

John Wesley lived by three simple rules; Do no harm, do good, and stay in love with God.

Participants in the United Methodist scouting ministry follow these rules, beginning with “Do no harm.” In order to ensure no harm is done, we insist that all Scout leaders engage in training experiences designed to protect our young people.

Boy Scout leader training is located at <https://my.scouting.org/>. You do not have to be registered with BSA to learn and to act.

Each local Girl Scout council has its own youth protection program. To find your local council visit <https://www.girlscouts.org/en/about-girl-scouts/join/council-finder.html>.

Camp Fire is similar to the Girl Scouts. To find your local council go to <https://campfire.org/councils>.

Big Brothers Big Sisters offers its own intro-

duction and training at <https://www.bbbs.org/child-safety/>

In addition to the child protection classes offered by these youth-serving agencies, annual conferences and local churches offer their own youth-protection classes, sometimes titled “Safe Sanctuaries” or “Safe Gatherings”

Leaders involved in a scouting ministry should be familiar with the policies of their annual conferences. Visit <https://www.umcdiscipleship.org/resources/annual-conference-safe-sanctuaries-contacts>. If the youth protection of the partner program disagrees with the church or conference policy, the stricter of the two policies always supersedes.

Many new developments in actively protecting children and youth are on the horizon. If you have questions, please contact me at SScheid@gcum.org.



Pointing to God in all we do



JUNE 16- 22, 2019

PHILMONT METHODIST SCOUTERS WORKSHOP

Theme: Focused on Faith and Family

The central theme for 2019 is "Focused on Faith and Family"

How does the Scouting Ministry impact your faith? Your family? Your community? Come and find the calling to work for faith. Come and learn to build your faith family through Scouting. Come and hone the skills to make the Scouting programs a true ministry.



Contact SScheid@GCUMM.org for additional details.

Save the dates:
June 16 – 22, 2019

**The BEST week of
Scouting Training**

Register at:
www.philmontscoutranch.org/ptc/

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for amazing
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**PRAY sessions as
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Nashville, TN 37212

615-340-7145

<http://www.gcumm.org/scouting>

Scouting Awards

Bob Becker

Church honors scoutmaster

SPRINGFIELD, Mo.—

Wesley UM Men members surprised longtime Scoutmaster Bob Becker with a Cross and Flame Award during a Court of Honor.

Charter Organization Representative Mike Salmon invited Bob and wife Julie to come forward. Mike then presented the medal to Julie to place around Bob's neck.

Mike, a recipient of the same award two decades earlier, said it was only the second time in troop's 40-year history that a leader had been so honored.



Mike Salmon (left) presents a Cross and Flame plaque to Bob Becker.

The Rev. Harold Langevin

Pastor honored for service to youth

ELKINS, W.Va.—

Men of the West Virginia Annual Conference presented the Rev. Harold Langevin with a Torch award for years of dedicated service to children and youth.

The pastor of five churches in the Belington Circuit serves as coordinator of the UM Barbour County Parish and disaster relief liaison for the Mon Valley District.

The graduate of Fairmont State University is president of the Helping Hand

Clearing House Board of Directors and chaplain at the Davis Medical Center.

Daniel Gunnells

Church honors president of youth group

ATLANTA, Ga.—

Warren Memorial UMC presented a Good Samaritan Award to Daniel Gunnells for his service as president of the youth group, an acolyte, and a sound technician.

A member of the Sandy Creek High School Drama Club and Key Club, Daniel plays violin for the orchestra and sings in the chorus. He volunteers for numerous activities, including cleaning rivers.

Christian Neff

Scout helps feed the hungry

HILLSVILLE, Va.—

First UMC presented a Good Samaritan Award to Christian for his weekly work on the "Dinner Bell" crew which provides meals for more than 200 people.

"He provides active leadership helping others in need regardless of their denomination or ethnic background," says the Rev. Robert Smith, pastor of the Hillsville church.



Christian Neff

The Rev. Robert Walker and Tonia Arnold

Church honors Scout leaders

WATSONTOWN, Pa.—

Watsonstown UMC presented Cross and Flame Awards to deceased Pas-

tor Robert Walker, a Boy Scout leader; and Tonia Arnold, a Girl Scout leader.



From left: Arion Moser, Tonia Arnold, Pastor Ryan Krause, Paul Huffman, Pauline Walker, Patrick Walker, and Lynda Schlegel Culver.

Lauren Platt

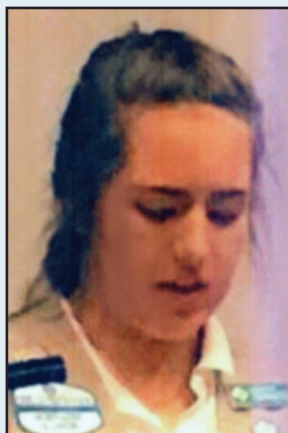
Girl Scout receives Good Samaritan Award

ROCKFORD, Ill.—

Grace UMC presented Lauren Platt, 18, with a Good Samaritan Award for her years in Girl Scouts, beginning in 2nd grade and continuing to membership in Mariner Ship 361 and a position on the Girl Scouts Northern Illinois Board of Directors.

With an associate degree in science at Rock Valley College, Lauren is studying biomedical engineering and business administration at Milwaukee School of Engineering.

She plays the bells at Grace UMC and is a member of the Education Committee. She also assists with Sunday School and Vacation Bible School.



Lauren Platt

Gus Glover

Eagle Scout leads vesper services

MOORESVILLE, N.C.—

Rocky Mount UMC presented Gus with a Good Samaritan Award for leading three annual Gemstone District Scout Vesper Services for 300 Scouts and their families.

While in high school, Gus led worship services for Cub Scouts on camping trips.

Now a junior at Appalachian State University, he is the co-worship director for UM students. During his sophomore year, he served as a resident manager of the Wesley Foundation.

Now living off campus, he plays guitar at Faith Bridge UMC in Blowing Rock, and leads worship services when the ministers are out of town.



Cole Butler

Scout sets new grave markers

AURORA, Ill.—

Cole Butler, 17, became the 183rd Eagle Scout at Wesley UMC.

With the help of 30 Scouts, the high school senior set 17 new grave markers and cleaned and reset 30 existing markers of Civil War veterans in Riverside Cemetery in Montgomery.



Cole Butler receives his Eagle Scout neckerchief from Blackhawk Troop 11 Eagle Scouts Harris Shafi (left), and Justin Huberty (right), Photo by Al Benson.

Adopt a Bushel

FEED A NATION



Adopt a Bushel, Feed a Nation 30-Day Fundraising Challenge

*to benefit the gleaning and feeding work
of the Society of St. Andrew*



Order Challenge Kit: EndHunger.org/ABFN

Looking for a new way to inspire your UMM Men's group this year? Help SoSA feed hungry Americans with the The Adopt a Bushel, Feed a Nation challenge. It is a simple and effective way to raise awareness about hunger, not to mention much needed funds. Meals for Millions will help make a difference by being a part of the solution to hunger issues throughout America. Order your kit today.

UMM Quick Start Guide

1. Set your 30-day Adopt a Bushel challenge dates.
2. Select a UMM Project Leader.
3. Order your Adopt a Bushel Kit from endhunger.org.
4. Receive kit, review the step by step Adopt a Bushel challenge process.
5. Begin publicizing the challenge in advance of its start date.



Society of St. Andrew
GLEANING AMERICA'S FIELDS
FEEDING AMERICA'S HUNGRY



Contact Meals for Millions director Wade Mays for more information.
800-333-4597 • email wade@endhunger.org • visit EndHunger.org/umm



Please share with all of the men of the church.



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