
WORKSHOPS

REDUCING POVERTY: Workshop 1:

Advocating Project Proposal Writing: Reducing Poverty Through Spiritual, Social and Economic Growth

Women around the world form the larger population but are often left on the margins. This workshop will help women address poverty in their communities through spiritual, social, and economic growth. Reducing poverty starts with knowing God, self, and others, and having life skills. The workshop contents include: an introduction; goals and objectives; connecting with God, self, and others; life survival skills; and simple steps in writing project proposals and sourcing grants and funds. Women will go out bearing fruit in their family, community, church, nation, and the world at large.

Leader: Dr Muriel Nelson



Dr Muriel Nelson is Conference President of United Methodist Women in Liberia and is the nominee for West Africa Area President from 2022 to 2026. She is Dean of the Bryant Theological Seminary, A.M.E. University; Adjunct Faculty – Bishop John G Innis Graduate School, United Methodist University in Liberia. Her Doctor of Ministry degree had an emphasis on ‘Women in Ministry: Theological Education and Church Leadership.’ As a professor, facilitator and counsellor, Dr Nelson has been a long-term advocate for women, children, and youth.

She is married to Dr Julius S Nelson Jr; they have seven biological and several adopted and spiritual children.

QUESTIONS FOR DISCUSSION:

(after you have watched the Workshop video on YouTube)

What word can you use to best describe poverty?

How does poverty affect your community?

Why is poverty reduction needed in your community?

How is poverty reduction related to spiritual, social, and economic growth?

Are life skills important for economic empowerment?

How was this presentation helpful?

REDUCING POVERTY: Workshop 2:

“How do you understand this phrase: poverty at every step often has a woman’s face . . .?”

Supporting other people is an essential part of the mission and vocation of service for each one of us. No one can eradicate poverty alone, but we can help each other to do so. The work of the churches, institutions or movements cannot replace the efforts of each individual person. Helping people in need is not just a matter of money. Many of us want to contribute in other ways, but sometimes we don't know how. This workshop will attempt to give another vision of poverty and how to help in a way that is not just ‘patching over’ the problem with silence or actions.

QUESTIONS FOR DISCUSSION:

(after you have watched the Workshop video on YouTube)

What are we doing as Methodist women inside and outside our churches, our communities? What do you do in your own daily life?

What is it that we are not seeing on a daily basis? Are we incapable of seeing the effects that poverty generates in the family, neighbourhoods, and communities?

What are some of the realities that challenge us to see clearly as citizens of our societies, of our own communities, where we live worried about life, family life, economic and social health?

How can we contribute to alleviating poverty and this lack of resources today and in the future? What actions can we take as women that can make a difference in the future and in life today?

Leader: Jessica Solar



Jessica Solar is from Lima in Peru. She is currently the Latin America Area Vice-President and is the nominee for Area President from 2022-2026. Jessica studied Economic Sciences with specialist courses in Administration and Finance. She is completing her studies for a 'Master's degree in Administration and Social Management', as well as a 'Bachelor's degree in Ministries', at the Wesleyan Theological Seminary in Lima – all while working as an Administrator at Colegio America del Callao. She also has the blessing of pastoring two Methodist churches located south of Lima. Jessica is living a new stage in her life since losing her beloved husband, Carlos, to Covid. They shared forty years together and were blessed with two beautiful children.

GENDER JUSTICE: Workshop 1:
Gender Justice

You and I cannot only be defined by a social construct, by gender; we are defined by God, by the gift of the power of the image of God, so that we can help, support, and protect people who are in need. This workshop will look at what it means to be like the 'Bent-over Woman' in John 13:10-17. We will listen to the voices of women throughout history around gender issues and reflect on their experiences.

Leader: Deaconess Emma Cantor



Emma A. Cantor is a United Women in Faith Regional Missionary for the Asia and the Pacific, International Ministries with Women, Youth and Children. She is a Deaconess of the United Methodist Church, a trainer in leadership development and gender education for women and

youth. She works with women and youth organizations in Asia for economic development, justice, and peace agenda. She develops young women to trust and believe in themselves as powerful leaders in creating a just and humane society. She helps organize networks for children's ministries in faith building nurturing and caring communities for children.

QUESTIONS FOR DISCUSSION:

(after you have watched the Workshop video on YouTube)

What is our vision of a just and peaceful world?

What individual and collective commitment do we all share for a just and kind world for women, men, youth, and children of earth?

What kind of systems and networks do we need to build for a just and orderly world?

What statements, creed, and principles do we as members commit to this great world body, the WFMUCW, for a peaceful Cosmic Earth and humanity?

GENDER JUSTICE: Workshop 2:

Equality: Reconciling the Reality and the Practice

Women created equal with men, in the image of God. Reality. Sin distorts this reality in the practice of the world systems which foster and promote inequality, and within men and women who propagate this untruth through thought and practice: men treating women unequally, with women regarding themselves as unequal and other women in the same way. Through the study of God's word this workshop will look at the ways Jesus restored this equality both before His death, through His interaction with women, and then through the Holy Spirit after His ascension, and how we can live it in both reality and practice. We will hear from three women in different parts of the world about their experiences of gender equality or inequality.

Leader: Julie Caddick



First and foremost, Julie Caddick sees herself as a daughter of God and recognises the accompanying privileges and responsibilities. Secondly, she is a wife of thirty-eight years, mother to four sons, 'grandzee' to one granddaughter, and friend to many. Julie knows that through God's grace in His nature, and the family into which she married, she has been liberated and nurtured as a woman. This fuels her passion to empower women to fulfil their God-given potential, to be

comfortable and enjoy their womanhood, however that may be for each as individuals. She is British by birth, Zimbabwean to the core, and a citizen of the Kingdom.

QUESTIONS FOR DISCUSSION:

(after you have watched the Workshop video on YouTube)

Do you see or experience gender inequality in your life, at home, at work, in the community, or in the Church? If so, briefly describe it. If not, describe your experience of gender equality.

Are my thoughts, attitudes, specifically in my church, formed and fuelled by the church politics and traditions in our culture (all three can have value) or by an understanding of Jesus' life and teachings and the truths expounded in the writings of the New Testament?

What is the one thing that I would like to see changed in this area of gender either in my church or society or in the wider context of the world-wide church?

Is there something I could realistically do about what I would like to see changed?

HEALTH & WELL-BEING: Workshop 1:

Living in Abundant Health

As a woman who has struggled for 50 years with food – endless dieting, losing weight, gaining more – and experiencing defeat, ill health, and constant condemnation, Melanie is discovering the freedom of health, vibrancy, and restoration through eating whole foods that our Creator has made. She is absolutely passionate about sharing truths that can set us free from oppression, from the theft of our health and life as the children of God, through simple changes and truth! Melanie believes with her whole heart that we are made for more, and that our Lord desires for us to walk into abundant life! In this workshop she will share from her own experience how we can finally find victory and health!

FOR REFLECTION: *(after you have watched the Workshop video on YouTube)*

We have been placed in this world to do important work which we cannot do if we do not have good health. Do you believe that we are created with all we need to be healthy? Do you know and believe that this is God's perfect will for you?

Ask God to show you where your life and your health are being destroyed, where the years are being stolen from you, where moments of joy are being stolen. (John 10:10)

Reflect on what you might change in your lifestyle in order to have life *more abundantly*.

Leader: Melanie Douglas



Melanie Douglas is a 61-year-old daughter of the King! Wife of John, mum to three grown up humans, step- mum to two other grown-up children, and blessed to be Nanny to eight tiny humans who make her giggle and fill her heart to overflowing. She worked as a nurse for thirty-five years and is now lay pastoral assistant in a Methodist church in a small seaside town in Northern Ireland.

**HEALTH & WELL-BEING: Workshop 2:
Building Good Relationships**

Jesus teaches us to love the Lord our God with all our heart, soul, mind, and strength and to love our neighbour as ourselves. In this workshop we will look at how we can maintain a good relationship with God and with others, even when those relationships are difficult or cause us stress. We will also think about our relational circles and how to invest in those relationships that will build us up and to let go of those that are destructive.

QUESTIONS FOR REFLECTION OR DISCUSSION:

(after you have watched the Workshop video on YouTube)

Simplicity in our relationships with others begins with Jesus being the centre of our lives. Is Jesus the centre of your life and being or an 'add on' to your life? Do all your decisions flow from that core relationship?

Have you been wronged by someone? What type of wrong is it?

Do you get upset and angry easily? Are you too sensitive when it comes to yourself? Do people have to walk on egg shells around you? Are you carrying a grudge over something minor that someone has done or said? Why is that? Are you depleted? Are there issues in your life you haven't dealt with? Do you need to regain perspective about what is important in life?

Are you carrying the hurt from real wrongs that need resolution and healing? We need to acknowledge the wrong doing, grieve over it, then forgive and move on.

Have you been hurt by a life shattering injustice? Do you need to seek prayer, support and counselling?

How many true friends do you have? Do your relationships cause you stress and anxiety or bring peace and calm? Are there destructive or harmful people in your life?

Are you trying to be a true friend to too many people?

What is your preferred way of receiving love from others? Reflect on the way you show love and care to your friends and family and whether you can begin to learn to speak another's love language?

Leader: Carolyn Lawrence



Carolyn Lawrence is the current Europe: Britain & Ireland Area Vice-President and was the Vice President of the Methodist Church in Britain for 2020-2021. She has a background in primary education and as an educational Mission Partner with the MCCA in Guyana, South America. Since returning to the UK she has worked in a voluntary capacity within the Methodist Church as a preacher and leader and has also worked with the Global Relationships team helping to engage people with the worldwide network of partner churches. She currently works in her community as a Debt Centre Manager for a Christian charity. Carolyn is passionate about the 'Great Commission' and has a heart for sharing the love of Jesus through preaching, teaching, pastoral care, and social action.

ELIMINATING VIOLENCE: Workshop:

Eliminating Violence, Working Towards Peace and Reconciliation

This workshop is in the form of a discussion with Hedva, a Jewish believer in Christ, and Shireen a Palestinian Christian. They share their experiences of violence and of being women involved in a movement towards eliminating violence through peace and reconciliation. Hedva and Shireen share how their relationship as a Jew and Arab developed into a deep friendship of respect and love for one another. They challenge us through their stories and experiences to be women of God who, not only pray for peace, but are active in non-violent responses as a means towards peace and reconciliation.

Leader: Rev. Angleena Keizer



Angleena Keizer is a British Methodist minister. She was ordained in 2005 and served in the East Anglia district for more than 10 years. She was a minister in the Kings Lynn and Ely and Newmarket Circuits. Angleena has a passion for serving overseas and undertook many short international missions before becoming a Mission Partner. She served as a Mission Partner for two years at Kollupitya Methodist Church in Colombo, Sri Lanka, before relocating to serve with the Methodist Liaison Office in Jerusalem in 2018. Angleena enjoys travelling, walking, watching film and spending time with her family and friends. She is committed to non-violent ways to seek justice and peace.

FOR REFLECTION: *(after you have watched the Workshop video on YouTube)*

What have you heard from Hedva and Shireen that has challenged your understanding of the Holy Land?

What forms of violence have you experienced or witnessed in your communities or your land? How has that made you feel?

What are you going to do about it? Are you going to be part of the solution or the problem? Where is the Lord calling you to eliminate violence in your home, your family or friends, in your community or nation?

CARE FOR CREATION: Workshop 1:

A Reflection on COP 26

During this workshop we will reflect on the United Nation's Climate Change Conference, COP26, which took place in November of 2021. Mollie will be considering whether or not the conference was a success, how it impacted wider society, and why it became a reason to put climate 'back on the agenda'.

Leader: Mollie Pugmire



Mollie Pugmire currently works for the Methodist Church in Britain as Communications and Advocacy Officer for 'All We Can' – an international development and relief organisation. Before that, she worked for the Methodist Church in Britain on their campaign, Climate Justice for All (CJ4A), with young people from across the globe. This campaign sought to mobilise the global

Methodist family on issues of climate justice in preparation for the United Nation's Climate Change Conference (COP26).

QUESTIONS FOR DISCUSSION:

(while you are watching the Workshop video on YouTube)

What do you think when you hear the phrase climate crisis?

What are you currently doing within your own community to tackle the climate crisis?

Who are the voices that you're listening to on issues of climate justice?

Where is your support coming from to sustain you as you take action?

CARE FOR CREATION: Workshop 2:

Why care about carbon footprints?

This Workshop will explore why, as Christians, we are called to care for creation. Caroline will give a brief overview of the current global environmental crisis, and the biblical mandate to be good stewards of creation. Using the work of Climate Stewards as an example, she will describe how to measure, reduce and offset your carbon footprint, focusing on some of Climate Stewards' partner projects in the majority world.

Leader: Caroline Pomeroy



Caroline Pomeroy has been the Director of Climate Stewards since 2013. Climate Stewards provides advice and online tools to help individuals, churches, and other organisations to measure, reduce and offset their carbon emissions. Climate Stewards is part of the A Rocha worldwide family. Caroline has an MSc in Climate Change Impacts and Sustainability. She spent five years living in Ghana and Rwanda, working on community and environmental projects with Tearfund and other NGOs. More recently she was an environmental advisor to the Diocese of Bath and Wells. She is a churchwarden of her village church and loves cycling, walking and gardening.

QUESTIONS FOR DISCUSSION:

(after you have watched the Workshop video on YouTube)

Why do you think it is important for Christians to care for creation?

What is your main 'take-away' from this workshop? What have you learned?

Does your church or organisation measure its carbon footprint? If not, can you encourage them to do so?

CREATIVE: Workshop 1:

Making the most of websites and social media

This will be a workshop based upon how to improve and encourage engagement in the online spaces of the WFMUCW, such as: the World Federation website, Facebook page, Twitter profile, as well as any other online or social media that the WFMUCW currently uses or will use in the future. The workshop will cover: content that can be added to the website and social media; how to encourage the use of these online resources; and how the website and social media can be improved overall.

Leader: Naomi Allison



Naomi Allison lives in London, Britain and grew up in the North of England. Methodism has always been a large part of her life, with a Methodist minister mother and local preacher father, church was, and remains, incredibly important to her. She is currently an engineering student and has taught programming in primary schools across London. Naomi will be taking over as Website Manager for WFMUCW and says that working with the

Federation to help improve the use of online resources will unite two things that have both had a huge impact on her life – faith and technology.

QUESTIONS FOR DISCUSSION:

(after you have watched the Workshop video on YouTube)

What have your experiences been with the WFMUCW online, whether through the website, email or social media?

If you do not use the platforms discussed above what, if any, online resources do you use?

Do you feel more connected with members of the Federation across the world because of social media? do so?

Are there changes that could be made to improve your experience with WFMUCW online?

CREATIVE: Workshop 2:

How shall we sing in many strange lands at once?

We are online and pre-recorded. We are in different time zones. We sing in different languages. We know this new con-COVID world is strange. Methodists sing in community. We are not soloists nor passive observers. We sing as people of God, singing for the sanctification of our communities and the sake of the world. In this Workshop we will look at how to use technology to share and participate in the Wesleyan tradition and practice of singing courageously. We will be challenged to think about how the mission-field is opening up to us in new and exciting ways. We will rethink and reimagine worship.

Leader: Rev Dr Amelia Koh-Butler



Sydney-based Amelia Koh-Butler sang opera in France and studied choral conducting before being ordained as Minister of the Word in the Uniting Church in Australia. Her doctorate explored using music in uniting diverse groups to build missional communities. Her post-doctoral research has been in developing multi-ethnic digital church communities. She is learning how to be a digital church leader in multiple languages. She is Eastwood Congregation's Team Leader and lectures for Northwind Seminary (Fl.USA), Neighbourhood Seminary (USA), Tabor, Flinders and Charles Sturt Universities (Australia). Amelia serves as the Worship and Liturgy Convenor for the World Methodist Council and Steering Committee.