

Wednesday June 10, Noon - Self Care

Devotion by Leigh Anne Taylor – @1:46 “Peace” - from May 31st on National Fellowship Facebook page. <https://www.facebook.com/watch/31480521273/> “The Breath Prayer” John 20: 19.

MOTTO: “It’s only Failure if I Fail to Learn.”

*Speaker: Leigh Anne Taylor, President National FUMMWA

RESOURCES

“The Divine Dance: The Trinity and Your Transformation” by Richard Rohr with Mile Morrell
A Book Review: <https://www.spiritualityandpractice.com/book-reviews/view/28218/the-divine-dance>

“The Road Back To You” by Suzanne Stabile – Learning about how to continue to grow up, as adults. An Enneagram study.
<https://www.eclecticenergies.com/enneagram/test>

“Feed My Shepherds” by Flora Slosson Wuellner
https://www.google.com/search?q=feed+my+shepherds&rlz=1C1GCEA_enUS754US754&oq=Feed+My+Shepherd&aqs=chrome.1.69i57j015.26801j0j7&sourceid=chrome&ie=UTF-8

“A Life of Being Having and Doing Enough” by Wayne Mueller
https://www.google.com/search?gs_ssp=eJzj4tFP1zc0SiowzcrLyzJg9FJPVMjJTEtVyE9TSErNzEtXyEgsA1GJeSkKKfkgVmpefml6BgDr7xKa&q=a+life+of+being+having+and+doing+enough&rlz=1C1GCEA_enUS754US754&oq=a+life+of+being&aqs=chrome.1.0j46j69i57j015.11912j0j9&sourceid=chrome&ie=UTF-8

“The Enneagram: A Christian Perspective” by Richard Rohr
https://www.google.com/search?gs_ssp=eJzj4tFP1zc0Sso1LbLMSTNg9FItyUhVSM3LS01ML0rMVUhUSM4oyiwuyUzMUyhILSouSE0uySxLBQDRjhKf&q=the+enneagram+a+christian+perspective&rlz=1C1GCEA_enUS754US754&oq=The+Enneagram&aqs=chrome.6.69i57j013j46j0j46j0.14579j0j9&sourceid=chrome&ie=UTF-8

PODCAST: “The Enneagram Journey” by Susan Stabile
<https://www.theenneagramjourney.org/>

Andrew Davis: Good Morning All!

Martha Spruitenburg: Humor is necessary to Self-Care!

David Bone: Hi from Tennessee!

Keith Dyer: Happy Wednesday from Florida, Y'all!

Travis Lowery: I always get put next to the weakest singers in our community group here!

Nancy Farrington: Hello all!

Austen Wilson: <https://www.facebook.com/mandarinumc>

Austen Wilson: <https://www.youtube.com/mandarinumc>

Andrew Davis: Had a locust tree fall in my yard a couple years ago. Glad Sheila is okay.

Martha Spruitenburg: Amen

Andrew Davis: Amen

Austen Wilson: Thank you for that for that opening prayer.

Beginning of Session @9:54 (Best read along as she speaks.)

Matthew Lewis: The Divine Dance: The Trinity and Your Transformation by Richard Rohr

Kathy Nolasco: perichoresis.... divine dance

Joan Estus FitzGerald: My daughter lives in the Panama City area and their church community was devastated by Hurricane Michael. Their main worship building was completely destroyed and their second campus was heavily damaged. They had many deaths during the first few weeks -- not related to injuries from the hurricane but from the stress -- heart attacks, etc. April 10th of this year was their 18 month anniversary & their pastor brought up that statistic that many people that go through trauma will have relapses in emotional distress 18 months later.

Beth Green: Victor Johnson was our adult choral clinician last year at Florida FUMMWA. He has been on some of our calls this week and was scheduled to lead our Voices of Praise intergenerational choir this summer.

Travis Lowery: He's a UTA grad! I did my MM there.

Travis Lowery: We've all been there!

K-AZ: Emotional stress: Exasperation with absolutely everything!

Nancy Farrington: emotional stress- I retreat from relationships

Sharon's iPad: For me: weight gain, so tired I cannot function, short with people, and sinking into depression, but putting on a happy front for everyone just to get through the day.

Karen Forrester: I get irritable and don't want to be around others. Everything gets on my nerves. I experienced this a lot during the end weeks of school.

Cindy Huffman: Unable to think clearly.

Joy Toll-Chandler: I cry

JackAlwood: I get short with others close to me.

Andrew Davis: Yes, I tend to create worst case scenarios when I feel emotional stress.

Janice Wisinski: Obsessing over issues whether big or small.

Donna Bott: Stomach churns. . .

Judy Weaver: I get grumpy

Andrew Davis: And get short with others

Martha Spruitenburg: When I'm stressed - I don't listen as well. I miss things or mis-hear what someone said.

Austen Wilson: My severe warning sign is intense pressure (not a headache) on the top of my head. I have a tough time making decisions.

Janice Wisinski: I lose my joy. I want to play solitaire for long periods of time and escape.

Travis Lowery: The steep learning curve of new technologies

Joan Estus FitzGerald: emotional stress: I borrow worry. My inner voice says "what if..."

Rani Woodrow: I want to go in my office and close the door

Janice Wisinski: I take problems on myself and don't give them to God.

Barbara Thorick: Knot in my stomach, can become physically ill

K-AZ: Too much feeling of responsibility and not enough joy

Carol Miller: Don't enjoy my Bible study time. Just want to get it over with.

Joan Estus FitzGerald: Spiritual Stress: when I neglect my daily devotion ritual

Kathy Toole: Fear is a factor for me. I have to really work at letting go.

Joy Toll-Chandler: want to quit "this job"

Janice Wisinski: Neglect prayer.

Andrew Davis: My devotional life does go by the wayside

Nancy Farrington: don't make time daily for listening to God

Judy Weaver: Praying seems so hard

Martha Spruitenburg: I don't pray as often. Make my OWN plans without asking God.

Joan Estus FitzGerald: When it's a priority, all of my health benefits.

Carol Miller: Praying for everything I think should happen and not thanking God for what is happening.

JackAlwood: I am there but not ALL there

FL-Betsy Marvin: Guilt when I DO take the time....

Barbara Thorick: Have to force myself to do devotions. Prayers are more needy

K-AZ: I lose focus when I get to prayer

Janice Wisinski: Oh yes!!!

Beth Green: lose sleep

JackAlwood: Binge TV

Janice Wisinski: Demotivates me. Procrastination.

Andrew Davis: I don't want to get out of bed.

Travis Lowery: Makes me second guess everything

Karen Forrester: I get frustrated with everything, especially if it didn't go my way.

Opal: Don't want to practice!

Joan Estus FitzGerald: mind stress: feeling like my role as a ministry leader is not valued

Nancy Farrington: can't focus to complete a task

Barbara Thorick: Retreat inside myself

Carol Miller: Getting frustrated thinking my co-workers and vendors/suppliers are all idiots.

FL-Betsy Marvin: My "work" isn't good enough...

K-AZ: Vocational stress: Why is ALL of this suddenly MY job?

Janice Wisinski: Lack of focus.

Judy Weaver: Anger and frustration and helplessness

Quinn Moss: mind stress, music can't happen organically. feels forced.

Selina: overwhelmed to always get it right

Keith Dyer: When I forget to breeeeeathe

K-AZ: And man, does it show up in the vocal tone!

Austen Wilson: Memory lapses that aren't normally there

Nancy Farrington: I'm finding that all the remote work using zoom calls is stressful. It is hard to communicate effectively.

Carol Miller: Doing dumb stuff and then regretting that you have to do things over.

Joan Estus FitzGerald: Forgetfulness is a symptom of depression.

Travis Lowery: Feeling of "If I don't do it who will?"

Joy Toll-Chandler: Try to do more and more and more so that I am doing enough.....

Janice Wisinski: Feeling like I can never do enough.

K-AZ: Feeling the need to "make up" for others' deficiencies (real OR "perceived")

Lana McKinzie: Frustration that I can't do my job the way I did it before and trying to figure out how to do it now.

Judy Weaver: Muscle tension causing pain

Nancy Farrington: I hold my stress in my neck and shoulders

Andrew Davis: Constantly tired and moody

Beth Green: stomach pain

Karen Forrester: achy shoulders

Martha Spruitenburg: Can't get to sleep -- can't stay asleep -- then cannot wake up.

Joy Toll-Chandler: heart pressure

Barbara Thorick: headaches

Joan Estus FitzGerald: strength stress: wanting to sleep

Janice Wisinski: Excessive fatigue. No energy, Inflammation.

Austen Wilson: Intense pressure in my head or a headache

Joan Estus FitzGerald: Stress eating

Rani Woodrow: definitely knots in my shoulders - my massage therapist always knows

K-AZ: Physical stress: No sleep and vocal tightness

FL-Betsy Marvin: POTATO CHIPS - THE WHOLE BAG! I Did WHAT???

Janice Wisinski: Neck pain and stiffness.

Judy Weaver: LOL Betsy!

Joy Toll-Chandler: chocolate

Rani Woodrow: triple lattes

Carol Miller: Waking up thinking about everything we need to do and not going back to sleep. I do get up and write things down so I can hopefully put it out of my head.

K-AZ: Too much expensive cheese!

Janice Wisinski: Strong iced tea- multiple glasses.

Karen Forrester: I am with you Carol

Beth Green: Wow! 2-year-olds are exhausting. :)

Carol Miller: If anyone does the “Jesus Calling” devotion by Sarah Young, today is perfect.

(Editor insert) <https://www.jesuscalling.com/>

Keith Dyer : https://smile.amazon.com/Road-Back-You-Enneagram-Self-Discovery/dp/0830846190/ref=sr_1_3?crd=3JC7NV0ZJKC2Q&dchild=1&keywords=the+road+back+to+you&qid=1591807372&srefix=the+road%2Caps%2C190&sr=8-3

Keith Dyer: “The Road Back” link above

Joan Estus FitzGerald: I have a worry coin with the Irish blessing on it that a pastor friend gave to me during the time that we were seeking a new pastor (18 months!). It was such a wonderful reminder that someone understood that the staff was trying to keep things going as we had pulpit supply (a different pastor) each week.

Selina: When we fail or are stressed, we need to forgive ourselves, accept God's grace and give ourselves time to find our peace and let go of the guilt, shame and lack of kindness to ourselves. Take care of you.

Beth Green: Just put that book on hold with my local library. Download the app called "Libby" and it connects to your library card and lets you check out audiobooks and some you can read straight from your phone without going to the library

(Editor insert) https://help.libbyapp.com/en-us/index.htm?tocpath=Home%7C_____0

Andrew Davis: I should check those books out on enneagram. We scratched the surface last summer at the residents practicing ministry academy at Lake Tahoe (great place for self-care).

Joy Toll-Chandler: Set up EAP visits (Employee Assistance (counseling, short term support)

Donna Bott: Dump on my friends over breakfast!

Barbara Thorick: talking with friends

Austen Wilson: Identifying the specific emotions I'm feeling really helps me.

Janice Wisinski: Go for a walk in nature and communion to God.

Travis Lowery: To put it simply, listening to music. I collect recordings and going back to my favorites is absolutely therapeutic.

K-AZ: Heart: Take time to listen to an ostinato bass instrumental piece (ciaccona, passacaglia, etc.)

Karen Forrester: I like to go to the Beach or Epworth By the Sea by myself when I need a break.

Nancy Farrington: meditate

Janice Wisinski: Go to a restaurant and sit and read.

Carol Miller: Have a prayer walk. Just keep walking thanking God for everything in our lives.

Barbara Thorick: sit quietly with God and have a two-way conversation

Keith Dyer: Go practice the piano.... it puts some of the noise on hold

FL-Betsy Marvin: Get a HUG

Andrew Davis: Play piano

Austen Wilson: Listen to a 30-minute track of nature sounds while I go to sleep.

Lana McKinzie: Walking, being outside, deep breathing

Janice Wisinski: Long bike ride

Karen Forrester: Carol, have done that throughout this

Judy Weaver: Talk to my daughter (with a hug!)

Joy Toll-Chandler: yoga

K-AZ: Find some tall trees to be under

Joan Estus FitzGerald: Emotional health is the hard one for me. I have a friend from choir that's been doing a weekly concert on FB live that I listen to each week. I also am thankful for my friend Karen Forrester who calls me & texts me regularly.

Barbara Thorick: When I was younger, I would dance

Janice Wisinski: Connect with a friend.

Keith Dyer: Dance regardless!

Carol Miller: Karen, I use it as my exercise and my prayer time. It really helps.

Barbara Thorick: I do dance in my mind

Travis Lowery: Reading my daily Oswald Chambers

K-AZ: Spirit: Find silence. It's hard to find

Joy Toll-Chandler: Music

Cindy Huffman: Meditation

Donna Bott: The Daily Office (Episcopal)

(Editor insert) <https://dailyoffice.app/>

Selina: learning a new song

Andrew Davis: Be near water

Joan Estus FitzGerald: My daily devotional, bible journaling & sketchnoting/doodling. I found that when I made a daily devotional my priority that I was healthier.

Nancy Farrington: Richard Rohr daily readings

(Editor insert) <https://www.thriftbooks.com/a/richard-rohr/201735/>

Karen Forrester: Yes, my silent time is precious

Keith Dyer: Start the morning with devotional reading and sharing after a large glass of water

Janice Wisinski: Music and Daily Hope podcast

(Editor insert) <https://pastorrick.com/listen/>

Carol Miller: My recliner and my study plan in my Bible app.

Janice Wisinski: Use my prayer journal.

Judy Weaver: Bach fugues on the piano

K-AZ: Oooh, Bach always does it!

Travis Lowery: AGREED

Lisa Hester: Take time in the yard when taking the dog out.

Rani Woodrow: I love to do long range worship planning when I need to be refreshed and restored

Travis Lowery: Worship Planning

Joy Toll-Chandler: here....

Karen Forrester: My Florida Fellowship friends are the BEST

Keith Dyer: Music Workshop

Keith Dyer: MWAW

Andrew Davis: I meet up with a couple clergy colleagues for coffee or beer, along with my clergy mentor

Austen Wilson: Conferences and workshops

K-AZ: Analyze the music. It's not just for theory class! You always find something amazing.

Joan Estus FitzGerald: the Florida Fellowship Workshop, Fellowship weekly devotionals, the UM Music FB page

Keith Dyer: Convocation

Donna Bott: My associates.

Travis Lowery: Diving into liturgical resources

Janice Wisinski: Florida Fellowship Music Conference!

Judy Weaver: Words of the great hymns, especially "And Can It Be"

(Editor insert) <https://www.hymnal.net/en/hymn/h/296>

Keith Dyer: Junaluska Choir Music Weekend in the Fall

Rani Woodrow: Covenant group

Nancy Farrington: Fellowship events, sharing thoughts and ideas with colleagues

Janice Wisinski: Brainstorm ideas.

Keith Dyer: Planning the whole year's music with the Music and Worship planner (and then changing....)

Barbara Thorick: When I am unable to meet with others, I use music and knit and reflect

Lana McKinzie: Planning music for the Fall

K-AZ: Mind/Vocation: I always find myself re-energized studying another language

Carol Miller: Team meetings with staff and sharing some good laughs.

Joan Estus FitzGerald: A pastor we had once said that if you feel renewed, you're using your God given gifts.

K-AZ: Physical: Alexander Technique Constructive Rest--it works for ALL of these areas!

(Editor insert) <https://alexandertechnique.com/constructiverest/>

Joy Toll-Chandler: walking

Travis Lowery: I guess my daily walk to work. I'm able to get my body moving a little.

Judy Weaver: Walking in the woods/ swamps

Karen Forrester: I am slack on that as I exercise my jaw too much with eating

Joan Estus FitzGerald: I struggle with physical health -- I need to walk more & I am a member of WW. It keeps me accountable.

(Editor insert) <https://www.weightwatchers.com/us/promos/free-trial-digital>

Beth Green: I do Zumba in my living room with trainers on YouTube
<https://www.youtube.com/watch?v=MeTOjL-fBYU>

Nancy Farrington: walking, also massage!

Andrew Davis: Walk along a local creek or drive to one of the nearby trails and hike. I live in the mountains, so lots of places to connect with nature.

Keith Dyer: During a long video edit session, running up to the third floor, across the building and down the other side.

Carol Miller: On Demand free fitness classes.

(Editor insert) <https://makeyourbodywork.com/how-to-exercise-at-home/>

David Bone: My day is always better when I start with a walk.

Janice Wisinski: Long, brisk walks. Healthy eating. Dancing.

Judy Weaver: Oooh, massage!

Barbara Thorick: Routine check ups and follow MD's advice.

Martha Spruitenburg: I miss going to the gym. Difficult to do as much here at home. We do Zoom exercise, but it's not the same.

Selina: blowing bubbles with a 3 year old

Travis Lowery: Oh wow. We should all be so lucky!

Barbara Thorick: Walks with my dog

Joy Toll-Chandler: Cooking foods that are good for me

Opal: All

Austen Wilson: Which *one*? lol

David Bone: Mind

Travis Lowery: Physical for sure but to a greater degree, heart and soul

Cindy Huffman: Body

K-AZ: Isn't it all a continuum?

Joan Estus FitzGerald: Heart

Janice Wisinski: Physical

Joy Toll-Chandler: mind

Travis Lowery: Heart

Donna Bott: Heart

Judy Weaver: Soul

Quinn Moss: mind

Opal: Body

Andrew Davis: Spirit and heart

Karen Forrester: Physical

Carol Miller: I would say physical is hardest to keep up with. Like already said, miss the fitness center.

Barbara Thorick: Hard to separate them.

Janice Wisinski: Mind comes in second.

K-AZ: I can't seem to separate them, either. After decades of "living in my head," I've focused so much on inclusive Gestalt that I now find it hard to distinguish differences.

Barbara Thorick: Creativity is my strong point, so mind is my strength

Travis Lowery: I think just stopping

Travis Lowery: Maybe even scheduling time to do nothing

Keith Dyer: Continue to work on balancing them.

Judy Weaver: Forgive myself for all the stupid things I've done in my life

Cindy Huffman: Find a way to be more active and really enjoy it.

Donna Bott: Stay optimistic; all will be well!

Quinn Moss: Don't overthink. have faith that things will work out.

Janice Wisinski: Find a way to take a few days off.

Sharon's iPad: Try to intentionally and specifically spend time to deal with my issues!
Trust in God always!

Austen Wilson: Go to the beach this week.

Lana McKinzie: Sit outside with a good book, something I wasn't able to do much before
March.

From Carol Miller: Thank you so much for this. Very helpful and something to work with.
Love you all. See you later. Back to work.

Jack Alwood: Day off for ME, US

K-AZ: Maybe to have the patience to live with not knowing and not having
solutions

Kathy Toole: Rohr also has some good YouTube videos on the Enneagram.

(Editor insert)

<https://www.youtube.com/watch?v=Fbp9FaYMGi0&list=PLAlxbZbnAal7xCtbAJdJxAoZjC3N1BhFD&index=2>

Karen Forrester: I am a 2

Sharon's iPad: Thank you...have to sign off but will see you all later.

Selina: thank you Leigh Anne.

Andrew Davis: Yes'm

Martha Spruitenburg: Thank you!

Travis Lowery: Only 12:02 in Texas!

Austen Wilson: Thank you so much! This was wonderful.

Travis Lowery: Thank you!

Andrew Davis: Thank you! 🙏

K-AZ: Thank you!

Quinn Moss: thank you so much!!!

Nancy Farrington: Thank you Leigh Anne!

David Bone: We've been blessed. Thanks, Leigh Anne!

Donna Bott: Thank you!

Jack Alwood: Thank You

Janice Wisinski: Thank you so much! How I needed this!

Rani Woodrow: thanks!

Lana McKinzie: Thank You!

Cindy Huffman: Thank you so much!

Andrew Davis: See you tomorrow. Have a webinar with our bishop at the same time of the evening session. Blessings!

David Bone: <https://www.umfellowship.org/resources/fellowship-reflections/inhaling-peace>

Leighannetaylor: Love to you all and thank you everyone for your great participation,

Cindy Huffman: Bye Leigh Anne, and thank you!