

Contact

North Bethesda
United Methodist Church

Easter 2023
Volume 52 Issue 2

Holy Week and Easter



Palm Sunday

April 2nd
10:00am

Maundy Thursday

April 6th
Soup Supper 6:00pm
Service 7:00pm



Good Friday

April 7th
Joint Service with
St. Mark Presbyterian and
Trinity Lutheran Churches

Details Page 3

Easter Sunday

April 9th

Sunrise Service 6:30am
Breakfast Afterwards

Festival Service
10:00am



THANK YOU

Dear NBUMC Family,

Thank you for the great send off during coffee hour. The many cards, emails and calls mean so much to me and I wish I could give you all a big hug!

Thank you also for the gift card and generous monetary gift. Fond memories of the NBUMC family will always be with me!

Warmest regards, Chris Lee



Dear NBUMC Family,

Your kindness and generosity shown to me Sunday, February 26th, at my Coffee Hour sendoff was deeply appreciated! I enjoyed seeing all of you and talking with many of you. The acknowledgements from Christena on behalf of the congregation were sincerely heartfelt.

I am truly grateful for the privilege and time God gave me with you and the children over the years as Christian Education Director. As I sojourn on the path that leads me to future endeavors, I take a piece of you with me. I will sincerely miss you.

I will not forget the support, gifts, delicious food from Anthony, Jenna, Nana and Keli, and the breakfast/coffee hour team, as well as the monetary offerings in my honor.

Christena's poignant and eloquent introduction and tribute left me completely humbled. To God be the Glory! She fluidly and eloquently brought to my remembrance our journey together. Wow!

The years all seem to have flown by. (B) represents the new Primetime generation. May God fill those Primetime rooms with overflowing chatter of little saints.

Again, I will miss all of you. You will always be dear to me. I want to especially thank Brandon, Christena and Flora for their SPRC support and representation in special meetings on my behalf. What a blessing you have been!

This letter would be too long if I were to acknowledge everyone individually. Nevertheless, you are all cherished in my memory and I am grateful for you, your love and support.

Until we meet again, I remain.....

Your Sister in Christ, Renee S. Newman

Photo Credits: Sara Barakat, Gwendolyn Daniels, Ardoth Hassler, Christena Johnston-Pulliam, Jenna Love, Carol Malmi, Natalie McManus, Ken Ow, Janet Replogle, Ed Swanson, Linda Thompson, Julie Toohey, JoAnne Wong
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North Bethesda United Methodist Church

10100 Old Georgetown Road

Bethesda MD 20814

Phone: (301) 530-4342

E-mail: office at northbethesdaumc.com

Website: www.NorthBethesdaumc.org

Office Manager: Gwendolyn Daniels

Office Hours: Monday -Thursday

8:30AM- 3:00PM

Pastor: Rev. Kara Scroggins

(on leave until May 15th)

Minister of Visitation: Linda Thompson

Music Director: Simon Charette

Christian Educator: Grace Thompson

Church Board: board at northbethesdaumc.org

Contact Newsletter Editors and Principal Writers:

Ardoth Hassler-Short, Carol Malmi

MORE THANK YOUS

I want to thank everyone who attended our highly successful Shrove Tuesday Pancake Supper and Talent Show! Thanks go to the 50 people who ate pancakes, helped out, cheered, and participated in the Talent Show. Specifically, thanks go to:

- Ed Swanson and Mark Aehle for setting up the stage
- Tony Ashur who played piano for our singers
- Brandon for serving as our MC
- Ed Swanson for sharing his craftsman talents and being in-charge of our audio and stage set up

Special Thanks go to all our helpers who set up, cooked, served, and cleaned up:

- Mark Aehle, Bob Dean, Chris Lee and Wayne Huff for helping me cook in the kitchen
- Dick Getzinger, Gail Hazelrigg, Pat and Steve McSpadden for greeting the guests
- Nancy Kane, Monica Dean, Flora Milans, Hilda Smith,
- Paul Hurlburt, Linda Thompson, and Jenna Love for helping with setting up, decorating, and cleaning up

(I hope I haven't forgotten anyone - please forgive - the old memory can sometimes be spotty- but Thank You!)

For those who missed it:

- Kudos to (B) for his superb jokes
- Bravo to Janet Replogle and Mark Aehle for their wonderful, witty singing talents
- The Replogle men, Mike and John, who regaled us with a monologue and a demonstration of fencing techniques
- Yeah to Rev. Bonnie for her juggling and expert chair making
- Cheers to our poetry readers - John Welton, Wayne Huff, Brandon Kesselly, (and me)

What a wonderful evening! Thank you all!!

Have a wonderful Lenten season.

With Much Appreciation,

Natalie McManus, Arts Committee Chairperson

Deadline for Next Issue: May 15, 2023

MESSAGE FROM THE INTERIM PASTOR

Dear North Bethesda,

It has been, and continues to be a delight to serve as your interim pastor during Rev. Kara's Sabbatical. I'm thankful for your welcoming spirit and heart. I want to share with you some written words about "hope" that I shared at the conclusion of a recent sermon.

Hope--by an Unknown saint

Hope is a radical openness to God's activity in the world.

Hope is an ineffable sense. A deep and primitive trust. A radical faith in the unseen.

Hope is a core confidence in what hasn't happened yet, don't really know what it will be, but it will be good and excellent and gracious.

Hope is not cheap optimism, airy cheerfulness, positive thinking, or denial that wallpapers over tragedy; or self-deception; or a desperate attempt to convince others that you are strong so they will not abandon you.

Hope is not a trough of platitudes--"Just got to believe" or "I know there is a reason for this" to cover up grim, angry, and passive acceptance because nothing can be done.

No. Hope is: "all shall be well, all shall be well, and all manner of things shall be well."

Hope is a place you can get to, from time to time, where you know that God is with you, that you belong to God, that your future is in God's hands, and that those hands are most wonderfully kind.

Hope is a refusal to pin God down.

Hope is a stance of radical openness and expectation.

Hope is a posture of receiving.

Amen.

We continue to live in hope for the future of the church, and for the unfolding of God's next dream. I pray that hope surrounds you and uplifts you as you walk the journey of Christ's passion and resurrection.

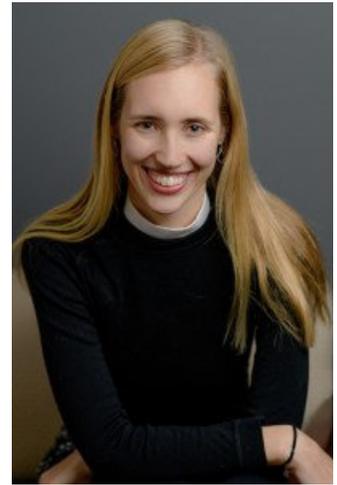
Peace and Joy,
Rev. Bonnie Hawk

Holy Week

Maundy Thursday -- The Arts committee will lead us in a soup supper (6pm) and program (7pm). Rev. Bonnie will be celebrating communion at the conclusion of our gathering, so that we might remember that holy night in the upper room. This meal that we share is the ultimate feast of manna and mercy.

Good Friday -- Joint Service with St. Mark Presbyterian via Zoom.

Easter Sunday -- We'll be celebrating the resurrection of Jesus in two Easter services. At sunrise (6:30am), we will gather outside by the cross to sing and pray and "wake the dawn" with shouts of Alleluia. After an Easter breakfast, we will gather in the Sanctuary at 10am to hear a word about what Easter means for us today.



Rev. Bonnie Hawk is an ordained Elder in the Baltimore-Washington Conference, a graduate of Duke Divinity School, and recipient of the national David HC Reed Preacher Scholar award. She is on personal leave while exploring a secondary calling to furniture-making. She operates a small business called *A Humble Carpenteress Woodcraft, Soulcraft*. She makes custom fine-furniture and hopes one day to open a "woodworking church" where folks can worship God with their hands. Rev. Bonnie spent the last ten years in Montgomery County, but now resides with her new husband in Frederick, MD. She enjoys hiking, sewing, and making chairs from fresh-split trees.

Church News

Board Report

Your Church Board is moving forward under our new “one board” model. At our March 14th meeting, we received reports from the work areas and committees on the vitality of our ministry, the state of our finances, the safety of our building, and the hard work of our staff. Whew!

Board Member Pamela Major reported that, with the support of our Membership & Evangelism Committee and Minister of Visitation, she is leading an effort to make visitors to NBUMC feel welcome. Check out the new welcome gift bags! (Below)

The Board agreed to participate in a pilot program with eight other churches in the Baltimore-Washington Conference to explore the installation of an electric vehicle (EV) charging station on our property. Vice Chair Bob Dean will represent NBUMC in this effort.

We are excited that NBUMC’s Service and Outreach Committee is coordinating a visit from the Matsiko World Orphan Choir on March 28th and look forward to their concert on April 4th. We are grateful to the Arts Committee for coordinating the Maundy Thursday Soup Supper and Service, and Easter Sunrise Service.

Grace Thompson has agreed to take over Prime Time during worship services and work with our children. Simon Charette playing the organ on Sunday mornings moves everyone to rousing applause. We are thrilled to have Gwendolyn Daniels in the office tending to our needs and representing NBUMC. And, we are so fortunate to have Linda Thompson staying in touch with those who need our prayers and support.

The Board discussed NBUMC’s needs, which are many. Our church building requires constant care, our technology needs upgrading, and our systems and processes need modernization, just to name a few. The Board asks for and welcomes your assistance with anything you are willing to do from serving on a committee, installing network cable, to singing in the choir or helping in the nursery.

Before our meeting, I asked each Board member to share their backgrounds, experience, and gifts to get to know each other better. After receiving my request, one member came to me and said, “But I don’t have any gifts.” Do you feel that way sometimes? Few of us are ready to raise a hand and say, “I’m gifted! Pick me!” Well, this is what happened: as we shared our stories, one by one people affirmed that NBUMC is a warm, loving faith community that is important. I hope you feel that way too. If so, we pray you will participate in our ministry and share your gifts.

In closing, for this Lent and Easter season, I offer one of my favorite poems:

*Christ, He requires still, wheresoe'er He comes
To feed or lodge, to have the best of rooms:
Give Him the choice; grant Him the nobler part
Of all the house: the best of all's the heart.*

Robert Herrick (1591-1674)

- Janet Replogle, Board Chair (email: boardchair at northbethesdaumc.org)

Financial Update

At the end of February 2023, NBUMC has a budget surplus of \$22,956. Revenue for the January and February was \$85,238 and expenditures for this period were \$62,282. We've paid 100% of our Mission Shares to the Baltimore-Washington Conference. NBUMC's planned Financial budget for 2023 is \$419,043.

- Jesse Jennings, Assistant Treasurer

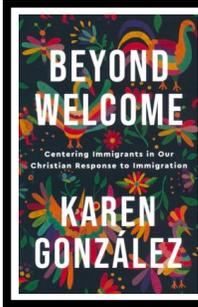


Our new "Welcome" bags for Visitors. Thanks to M&E: Mary Lou Griffin, Chair; Sue Ernst, Pamela Major, and Linda Thompson; and, Gwendolyn Daniels



Manna and Mercy Small Groups

Thank you to all of our wonderful small group leaders for leading us through Manna & Mercy. We hope this Bible study deepened your love of scripture. We will be finishing up the series in time for you to participate in the *Beyond Welcome* study, starting April 12.



NBUMC is starting a book study on April 12th of the book *Beyond Welcome* by Karen González. The cost of the books will be paid from a grant that the church was awarded. If you would like the church to order you a copy of the book, please email the church office before March 29th. Rev. Laura Kigweba James and Pamela Major will be leading the study, which will take place every Wednesday evening at 7pm starting on April 12th. This is a wonderful and important study, and we hope you will join us.



LESSONS AND PSALMS

On Sunday, April 23, the NBUMC Choir will perform works by Franck, Rutter, Haydn, Handel, and Mendelssohn as part of our "Lessons and Psalms" Service at 10am. Come hear some great music and some of the most beautiful psalms.



Pentecost
May 28,
2023

The French Choir of Washington and the Choir of the French Embassy
IN CONCERT
May 19th - 8pm



Serving the Interfaith Works Women's Shelter
June 18 - 24



NBUMC will be providing meals to the Women's Homeless Shelter at 2 Taft Court, Rockville, MD, during the week of June 18 -24.



We Are An Active Church: Shrove Tuesday

Thank You To:

Our chefs (right):
Natalie, Mark, Chris, Bob,
Monica and Wayne



Our greeters:
Dick and Gail; Steve
and Pat (not pictured)

Our Singers



Alto Janet singing "The Alto's Lament".
Bottom line:
"altos never
get to sing
melody"



Mark channels
Otis Redding
"Sittin' on the
Dock of the
Chesapeake
Bay"

Our Juggler



Rev. Bonnie: 15
frenetic seconds
of juggling rather
than giving a
sermon!

Our Sword Handler!



A thrilling demo of warrior tai chi
with two swords by John

Those Who Brought Crafts



Ed's woodworking



Rev. Bonnie's
handmade
chair

Our Poets and Talented Performers



Wayne Huff read
a humorous poem
written in limerick
style titled,
[Confessions Of A
Serial Plant Killer](#)
by Cynthia C.
Naspinski



**Special Thanks
to Natalie who
organized,
cooked AND
read four
poems!**



Brandon
served as
MC and
read an
original
poem. See
page 11.

[The Animal and
Insect Act](#) by Cecil
Rajendra of
Malaysia was read
by John Welton



Mike delivered a
humorous
monologue with a
surprise funny
ending



Last, but not
least, the joke
teller who
stole the show!



We Are an Active Church!

The Story of the Kina Mamas

Long ago, before Covid came and the world changed, the women of NBUMC came together now and then to eat a meal together, understand one another more deeply, and share joys and concerns. What shall we call ourselves, they asked, but they could not find the right words. Finally a Wise Woman among them, Elvira Williams, said, "In Tanzania there is a phrase that might work. Kina Mamas, strong women."

And "Kina Mamas," they all agreed, was exactly right.



In February 2023, an open invitation to NBUMC women went out announcing a re-startup of the Kina Mamas group at a Saturday morning potluck. Thirty-one women responded (and said what dish they would bring). Some were "old hands" familiar with the Kina Mamas. Some were new to NBUMC. Some were not church members. But everyone brought something to eat on Saturday, February 25.

Rose Aehle, the mastermind behind the event, organized helpers to set up familiar folding tables in a circle and decorated them with flowers, prettily-wrapped favors, and raffle tickets. As Kina Mamas arrived, they set their dishes on the long buffet (more folding tables). A colorful parade of salads, quiches, assorted veggies cooked and raw, breads, and pastries almost overflowed. Dunkin Donuts coffee and NBUMC tea stayed hot in their containers until the very end.

After opening the meeting with prayer and a poem of sisterhood, Rose invited everyone to help themselves at the buffet. Eventually everyone was seated and relishing the repast. As conversation and hoots of laughter filled the air, Sue Ernst organized the raffle for a ladybug-red ceramic non-stick heavy-duty cast iron Dutch Oven. The astonished winner was Rose Hammond-Akpebu, who held back, saying, "But I never win anything!" Overcome by surprise and shyness, she managed to express thanks with touching words to warm applause.



Rose Aehle introduced the "program" activity: a round-robin sharing joys and concerns using a hand-held microphone. She set out the only rule: What is said in Kina Mama stays in Kina Mama. Anyone who preferred to remain quiet simply passed the microphone on. Along with the microphone, a huggable globe of the earth went around, signifying that we all carry the weight of the world in worries, but when we speak we share the load. Most



Kina Mamas spoke, some light-hearted and some grief-filled. The microphone went around the inside of the circled tables and then the outside, and all who wished to speak did so. The whole time, the only sound was the voice of the speaker.

It was time to clean up, wrap up dishes to go home, and break down the tables and chairs and put them away. Every hand pitched in. As the Kina Mamas left, they stepped out into a magical snowfall of tiny pea-sized snow pearls that bounced off every surface. They had all wished it would snow before winter ended, and their wish came true.

- Carol Malmi



Our People

Thanks and Farewell to Renee Newman



Renee Newman stepped down as Director of Christian Education in February after serving NBUMC for five years. While at NBUMC, she organized several events including Fall festivals and Easter egg hunts. She grew our children's program and their talents, having them participate as liturgists during service, providing instrumental and vocal performances, and leading services, including holiday programs and children's performances for Christmas Eve. During COVID, she engaged the children through regular Zoom classes and other events. Her contribution to developing our children's talents and spiritual growth is evident in our church family and will be remembered and cherished. We thanked Renee and recognized her service after worship on February 26th, sending her off with our best wishes for her next endeavors.

- Christena Johnston-Pulliam

Craggs Honored

Jacqui & Gordon Cragg received the President's Award from [The Asbury Foundation](#) on March 10, 2023. They were recognized for their outstanding contributions and leadership for the Foundation. The Foundation does many things, of which one of the most important is providing Benevolent Care, which ensures that if an Asbury resident runs out of money, they will not have to leave. It provides many other things as well, such as scholarships for employees, the new Brain Health Center in Asbury Gaithersburg, lots of the fitness facilities, and more. The Craggs have been residents at Asbury Methodist Village in Gaithersburg since 2016.

CONGRATULATIONS from your church family.



Jacqui and Gordon Cragg (seated, left) with members of the Asbury Board and Staff

It's Official!



Lilz Renee Poole Swanson (Left) was officially and legally adopted into the Swanson Family on February 24, 2023. Congratulations to this lucky family!

I AM Zimbabwe Trust



It was a joyful moment for the kids and staff when Tsitsi T.K. Sithole, one of the directors of I AM Zimbabwe Trust, arrived to visit. Tsitsi is the founder of the K.U.T.A.M.B.A program, which is now Nest Zimbabwe supported by PILAglobal. I AM Zimbabwe Trust is one of the organizations supported by NBUMC.

Lilz and her family (L-R): Heather, & Dawn Swanson, Jordan, Lilz, Melody, Ed Swanson and their happy Judge



Rev. Bonnie and Irene Charette, Simon's daughter, share a Word for All Ages

Where in the World Was Sara Barakat in 2022?

by Sara Barakat

As Reuters Logistics Coordinator for the Americas for more than 10 years, I've done some travel, but nothing like my travels last year. Last Spring, I wrote in the [Contact \(Vol 51 #2\)](#) about going to the Beijing Olympics. Even though it was extremely restricted because of the pandemic, I still saw the Great Wall and attended the finals of the Olympic Pairs Ice Skating in person.

Outfitting War Reporters for Ukraine

In April 2022, I was happy and honored to be part of the Reuters team covering the war in Ukraine. I volunteered to assist with logistics at the Polish border. Reuters used Przemysl (pronounced P-shemishill), a very small town about 12 kilometers from the Ukrainian border, as an outfitting base before journalists headed to Kyiv. Journalists from all over the world flew into Warsaw or Krakow to help cover the Russian invasion of Ukraine. They arrived in Przemysl (after a 4-hour ride from Warsaw or a 2.5-hour ride from Krakow) to spend one night at the Hotel Troika, where I was based. We had several rooms there. One of the rooms was dedicated to equipment: security gear, gear for satellite phones and cameras, medical supplies, Meals Ready to Eat (MREs), and many other supplies. I made sure the reporters had their body armor, gas mask, ballistic helmet, ballistic goggles, gas mask, ballistic helmet, ballistic goggles, medical kit, and other supplies for safe coverage in the different Ukrainian cities.



My favorite part of assignments like this is the people I meet. I am lucky to get to know our reporters from Asia, Africa, the Middle East, and Latin America-- people I would otherwise never meet. I would escort them to dinner, and the next morning, I drove them to the border. I walked with them to the passport gate, gave them a hug, and sent them on their way.

For journalists who had finished their assignments, I met them at the border gate, gave them a “welcome back” hug, and took them out for dinner. Sometimes they talked about their assignments, but most didn't talk about the horrors they saw. The next day, they rode to Warsaw or Krakow to fly home.

People I Met at Church and the Train Station

During my first weekend in Przemysl, I attended services at a very tiny church on Easter Sunday. (See [Contact Vol 51 #2](#)). Thirty-three chairs were set up in the church, but there were only 12 attendees plus the minister, who was also the organist. Of course the service was in Polish, and I couldn't understand most of it. I stood when everyone else stood. I could tell when they were saying the Lord's Prayer, so I joined them, praying in English. Even though there were only 12 of us, they sang like the church was full! It was wonderful! After the service, every person greeted and welcomed me. I asked about volunteer opportunities to help with Ukrainian refugees, and a couple visiting from England said they needed help at the train station, close by the church. At the train station, they took my passport information and assigned me to the room where mothers and children waited to catch trains out of town. I played with three-year-old Liam until he left. I choose to believe that he was going to see his grandma. After three hours, I went back to the hotel.



It was a bit lonely when no one was coming into town or leaving, but I had a lot of work to do – all of the work I normally do when I'm back at the home office. At the end of my assignment, my husband Michael met me in Prague for several days of much needed down time. Prague is a beautiful city, and I looked forward to visiting it while I was in Przemysl.

Training Journalists to Survive Hostile Environments

Another big part of my job is to facilitate the Hostile Environment Training (HET) courses that our journalists must take before they cover big natural disasters or war – situations where they might not have hotels, electricity, or even fresh water. We teach them how to keep themselves and their equipment safe. The journalists sleep in rustic conditions during the course, not in hotel rooms. They learn how to build a base camp, some self-defense, how to cross a river safely while keeping their equipment dry, cyber security safeguards, a lot of first aid, and team building. We also teach them how to keep themselves emotionally safe in very difficult situations, like the Ukraine War and the earthquake in Turkey and Syria. We give each attendee a personal medical kit that includes a tourniquet, flexible splint and many different bandages.

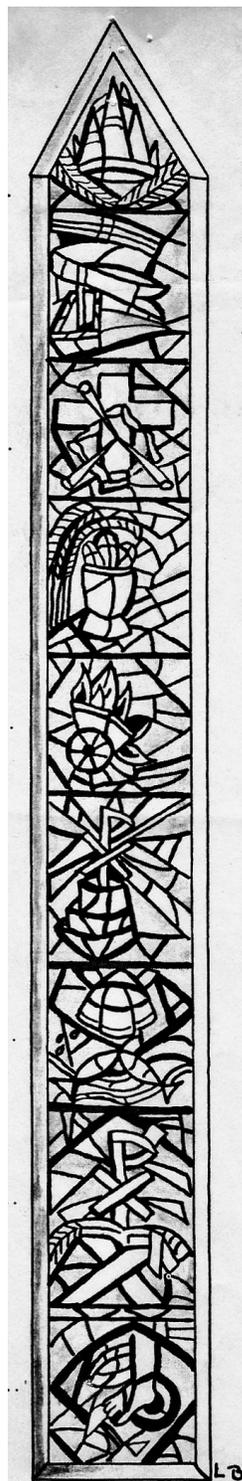
We run these courses in different regions of the world – Asia, Europe, Africa, the US, and Latin America. In 2022, I worked at the courses that we ran in Kenya, Poland, Guatemala, and New York. The best part of these assignments is meeting the brave journalists who travel from all over the world to take these courses. They are eager to learn and further their careers by going to more dangerous places.

- Continued on page 11

LOOKING BACK

Paul Hurlburt, Church Historian

Lillieanna Beck Is Remembered for Her Church Sketches



Even before the completion of our church sanctuary in 1965, church member Lillieanna Beck was sketching the chancel window that had just been installed.

“I can still see Lillieanna in the shell of the Sanctuary sitting on a bag of sand sketching the stained-glass window while workmen continued their tasks all around her,” Rev. Harry B. Miles Jr., pastor from 1960 to 1977, wrote in the bulletin for the Mortgage Burning and Rededication of our church, May 4, 1986. The chancel window is called “The Tree of Life,” with individual scenes symbolizing the Life of Christ. (Left)

Two years ago, Ardoth Hassler came across a pen-and-ink drawing of our church steeple (Right) by Lillieanna while helping clear out the church offices to get the carpet cleaned. “It was literally falling out of its cheap frame,” she said. She took it to be professionally framed and, “...plans are to hang it somewhere it can be seen in the church.”

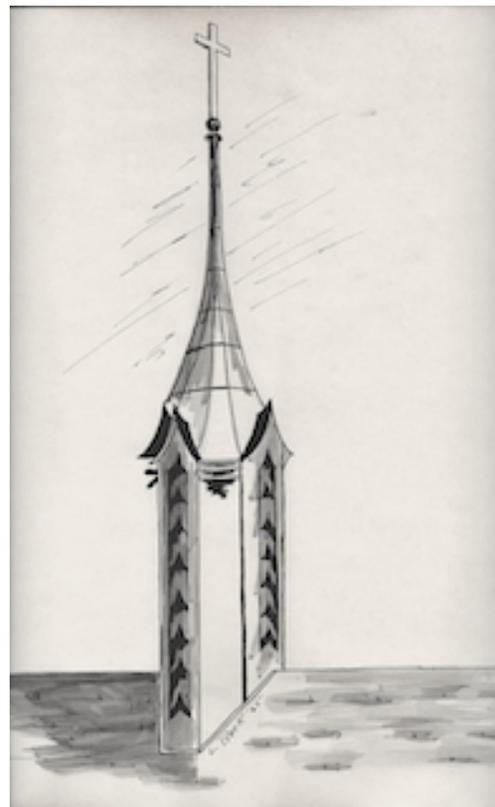
The steeple drawing appeared on the cover of the bulletin for the consecration service for our church sanctuary on December 19, 1965, along with her sketch of the chancel window on the inside back cover. Both drawings were used again in 1986 on the front and back covers of the bulletin for the Mortgage Burning and Rededication.

At the time that Lillieanna did the drawings, her husband Paul was serving as the church Treasurer and Chairman of Ushering. Paul was a CPA with J. Henry Oehmann and Company. His parents, Paul and Hazel Beck, were also members of our church.

Lillieanna and Paul lived in Bethesda on Shelton Street, where they raised a family of four daughters, Judy, Christina (Tina), Catherine, and Marcia.

As a student at Walter Johnson High School, Tina, who married Phillip Updike in our church in 1974, was inspired by her mother’s work, not only in pen and ink but later in oils and acrylics, for which Lillieanna won several awards in local art shows. To pursue a career as an art teacher, Tina enrolled in the James Madison University School of Art, Design and Art History in Harrisonburg, Virginia. She remained there, starting after graduation in 1973 and continuing for 38 years as a specialist in visual resources. In 2002, Tina and Phil established what became the Paul and Lillieanna Beck Fellowship to support professional development opportunities for faculty and staff in the university’s art school.

Lillieanna graduated from the Corcoran School of Arts and Design after the girls grew up. Moving to the Harrisonburg area in retirement, she and Paul attended many events on campus. They were “thrilled and honored” by the establishment of the fellowship in their name, Tina told a university publication. Lillieanna and Paul have both since died, Lillieanna in 2010 and Paul in 2016, but Lillieanna’s passion for art lives on.



Paul and Lillieanna Beck

Paul H. plans an article on "the window" in an upcoming Contact.

Miscellany

The Road to El Dorado

by Brandon Kesselly

Walk the often-traveled road
Searching for a land of gold
Many looked but never found
Others never spoke aloud
Secrets learned along the way
Hours spent from day to day
Tracking down a place of endless treasure

The journey sometimes breaks you down
The counterfeits may make you frown
But sifting through the fool's gold
Deciphering the stories told
Digging deeper every day
This is just the price you pay
As your quest becomes your daily pleasure

Traveling from town to town
Learning still your way around
You've seen planted flags before
Accompanied by cheap decor
You'd hoped to quickly find what's real
But cynical you start to feel
You were told this quest would make you better

Is it just the destination?
Are you seeking reparation?
What exactly is your goal?
Will this truly make you whole?
You don't know, but you decide
That you must try before you die
To travel onwards through the stormy weather

With the will of Mansa Musa
And your trusty appaloosa
You've traveled countless days and nights
You think you finally see the light
Is your journey at an end?
Is it real or still pretend?
Suddenly, you feel light as a feather

The golden city, El Dorado?
A long rest for our desperado?
You breathe a deep sigh of relief
Gold as far as you can see
More abundant than you need
With gratitude, you tap your steed
For you could not have made it but together

© Brandon Kesselly; reprinted with permission



Who is that Rabbit?

(the moms provide hints!)

Happy Easter!!



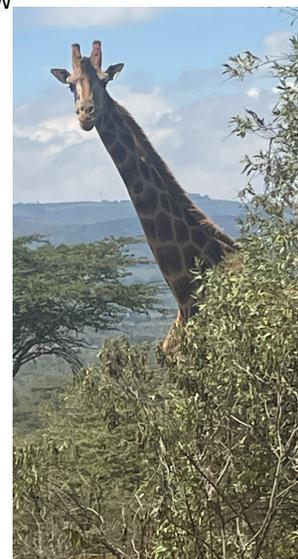
Where in the World Was Sara Barakat in 2022? - Continued from page 9

Last year, the team covering Hurricane Ian had just come from the course that was held in New York. They said they used everything that they learned from the course they had just attended, including the river crossing. That information is obviously very helpful and rewarding to hear.

My job with these courses is to make sure the journalists get through the course safely, that they have body armor to try on and get comfortable wearing, their medical kits, and last-minute supplies. I take them to the hospital if need be (last year, one of our students sprained her wrist). We always have a medic on each course who teaches the many first aid modules, including how to put on a tourniquet (on yourself or someone else), some CPR, dealing with catastrophic bleeds, and splinting a broken bone. Last year in New York, our medic was the first on the scene of a fatal car crash that happened about 100 yards from our course location. It turned out, sadly, to be caused by a drunk driver! – talk about a teachable moment!

Sometimes, when I travel for these courses, I'm able to take a few days after and explore the area – like I did after my Poland assignment. Since I was assigned to the Kenya course only a week before it started, I didn't get to plan ahead, but I did a safari right outside of Nairobi, seeing lots of giraffes, rhinos, lions, ostriches, as well as beautiful birds and trees. The wildlife was amazing.

In 2023, I won't be traveling nearly as much: there are no Olympic Games, there is no logistics team in Poland for the Ukraine war because all of our supplies have already been moved to Kyiv, and Covid will probably not prevent people from traveling to a HET course. However, I'm gearing up for the 2024 elections, so next year will be lots of travel -- but not nearly as exciting as 2022!



North Bethesda United Methodist Church

10100 Old Georgetown Road
Bethesda, MD 20814

RETURN SERVICE REQUESTED

Time/Value Dated Material

Non-Profit Org.
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Suburban MD



Easter 2023 Issue

Sunday Worship
10:00 a.m.
and via YouTube

Visit us at
northbethesdaumc.org

