

# ***THE WARNOCKS' ESCAPADES***

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## **Musings from Carla: FYI: I have Skype - Carla.Warnock553**

Wow! 2009 is drawing to a close and, like many of you might be feeling, I sense that I am being pulled along rather than riding on top of the wave. My Christmas and New Year's wish for all is that we are able to get on the wave and ride it with passion, faith, and joy! And, If GOD lets us get wet, maybe we just needed washing.

**Writing for God.** This year, after almost six years of part-time study, I graduated in May

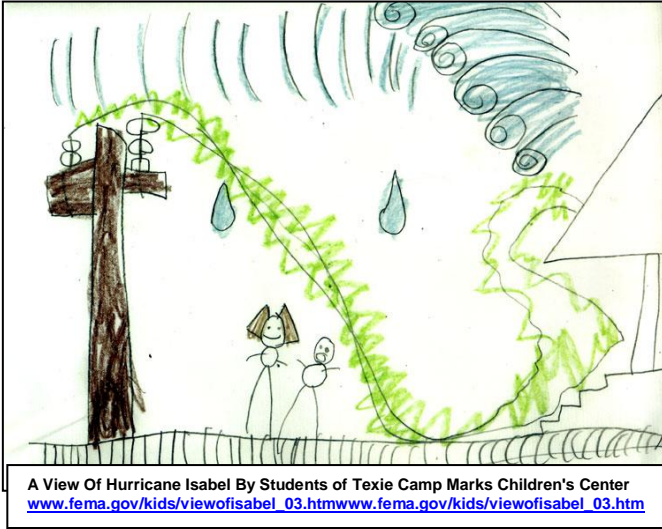


with my Masters of Science in Nursing specializing in Parish Nursing - which is also called Faith Community Nursing. Faith Community Nursing is my mission service with my faith community of missionaries spread around the world as well as in my community. Having earned two master's degrees has emblazoned on me I am not a scholastic writer.

My parents are proud that I have had two "scholarly" articles published this year in professional journals. One article looked at the so-called constitutional separation of church and state in the US and asked the question *Who Pays for Spiritual Health Care?* The other article discussed health issues that clergy and religious workers face and how Parish/Faith Community Nurses can help. However, I believe my writing and speaking talents lie in making health information more understandable. My mission work with the Missionary Health Ministry Wellness Program includes providing holistic health information, guidance, and advocacy to the UM missionaries. Since 2006, I have published an e-health information newsletter "Health Happenings" three times a year for our UM missionaries. I manage the Missionary Wellness web site. I also write health-related articles for our GBGM Mission Matters newsletter. I would like to share with you, our supporters, friends, and family an article I was sent by a friend. It reminds us to make time and take the opportunities to make memories every day.

**Special Story: NEED WASHING??** A little girl had been shopping with her Mom in Target. She must have been 6 years old, this beautiful red haired, freckle faced image of innocence. It was pouring outside. The kind of rain that gushes over the top of rain gutters, so much in a hurry to hit the earth it has no time to flow down the spout. We all stood there under the awning and just inside the door of the Target. We waited, some patiently, others irritated because nature messed up their hurried day. I am always

mesmerized by rainfall. I get lost in the sound and sight of the heavens washing away the dirt and dust of the world. Memories of running, splashing so carefree as a child came pouring in as a welcome reprieve from the worries of my day.



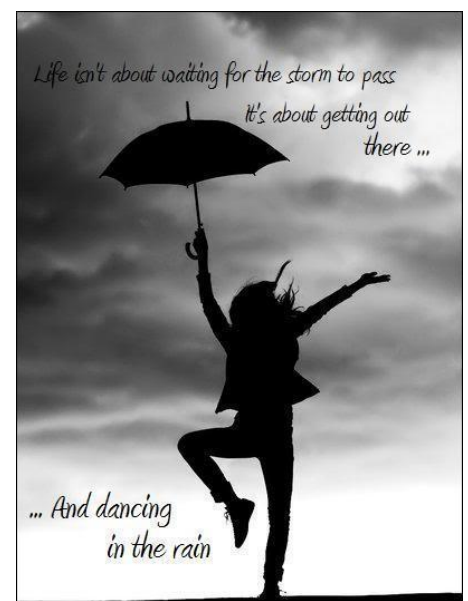
The little voice was so sweet as it broke the hypnotic trance we were all caught in "Mom let's run through the rain," she said. "What?" Mom asked. "Let's run through the rain!" She repeated. "No, honey. We'll wait until it slows down a bit," Mom replied. This young child waited about another minute and repeated: "Mom, let's run through the rain." "We'll get soaked if we do," Mom said. "No, we won't, Mom.. That's not what you said this morning," the young girl said as she tugged at her Mom's arm. "This morning? When did I say we could run through the rain

and not get wet" Mom asked? "Don't you remember? When you were talking to Daddy about his cancer, you said, "If God can get us through this, he can get us through anything!"

The entire crowd stopped dead silent. I swear you couldn't hear anything but the rain. We all stood silently. No one came or left in the next few minutes. Mom paused and thought for a moment about what she would say. Now some would laugh it off and scold her for being silly. Some might even ignore what was said. But this was a moment of affirmation in a young child's life. A time when innocent trust can be nurtured so that it will bloom into faith.

"Honey, you are absolutely right. Let's run through the rain. If GOD lets us get wet, well maybe we just needed washing," Mom said. Then off they ran. We all stood watching, smiling, and laughing as they darted past the cars and yes, through the puddles. They held their shopping bags over their heads just in case. They got soaked. But they were followed by a few who screamed and laughed like children all the way to their cars.

And yes, I did. I ran. I got wet. I needed washing. Circumstances or people can take away your material possessions, they can take away your money, and they can take away your health. But, no one can ever take away your precious memories...So, don't forget to make time and take the opportunities to make memories every day. To everything there is a season and a time to every purpose under heaven. (Unknown Author)



**Notes from Ted:** Yes, I also have Skype and I am on Facebook - although and not often viewed. Yes, it has been a busy few months and I have seen my role in UMCOR Health take on new and positive directions. First, I have needed to add still more pages to my Passport. While I had been traveling to Africa for years, the areas where I am expected to be in service over the next few years will take me to Sierra Leone, Democratic Republic of Congo, Nigeria, Zimbabwe, Cote d'Ivoire, Angola, and Mozambique. The initial focus of my efforts has led to my participation in providing Health and Clinic Board training and development.

UMCOR Health (in addition to many other areas) will also be focusing considerable effort towards ending Malaria. A key factor in this fight to end Malaria is to ensure that the infrastructure of our partner Conference's health and clinics boards have the capacity to govern and lead with confidence and integrity. In my first training program in Sierra Leone last month, we covered considerable topics - some in depth and others - just an overview. We covered topics such as Strategic Planning, Governance versus Management, Board Capacity and Board Evaluation, SWOT and its relevance to planning, Dashboards (simplified Board reports) and Leadership traits. In this last topic, I used quotations from Nelson Mandela (given to me by a friend from Floris UMC) and adopted the traits to specifically apply them to the characteristics that Board Members should seek. To highlight one lesson, Mandela noted that "Nothing is Black or White". He realized that life is never either/or. Our Health Board members are facing decisions that are complex, filled with uncertainties, fraught with competing factors for programs and resources, and most are filled with contradictions of cultural realities too numerous to place in this holiday letter. For me, board development must incorporate the realities of the people we serve - seek to understand our mutually understood goals and objectives, and then strive for culturally sensitive leadership. If this seems like a challenge - great!

These next few months will also lead to advancing the development of Artificial Limb programs in Mozambique and Angola - similar to our operational program in Sierra Leone. After many years of war and marginal medical care in these countries, thousands of people are missing legs and arms. These programs (using trained technicians) use the simplest of resources such as aluminum, rubber feet, and fabric and yet provide immeasurable benefits.



*We wish you a blessed Christmas and Memorable 2010! Ted & Carla*