

Newsletter of the
Association of Retired
Ministers and Spouses



To ARMS!

AUGUST 2019

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60 new retirees
have served more
than 1,288
combined years 4

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Reflection for the Journey

Precious Memories by Dr. R. Franklin Gillis, Jr.

I have discovered that aging takes its toll on a quick ability to recall names as well as to remember other things. To make matters worse, there are times when friends start a conversation with, "Do you remember when?" Sometimes I do; sometimes I don't! My memory is often challenged.

When I don't remember, I sometimes jokingly suggest that my memory board is unavailable and presently "downloading new data." Sometimes I even forget ordinary things like going into another room to get something and forget what it was I was looking for. Can you identify with that predicament?

Remembering where I put things has also become a challenge. I am grateful that I can still recall the important things – family birthdays and gatherings, the high and holy moments and special events that have left their

mark deeply embedded in my memories.

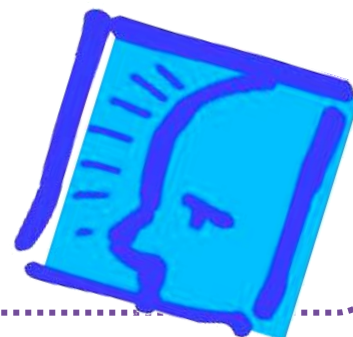
In my moments of forgetfulness, I take some comfort in knowing that the Bible is full of forgetful people. The disciples forgot that Jesus had fed a multitude with a few loaves and fish. (See *Mark 8:18-19*.) Israel forgot that God had delivered them, so they returned to worshipping idols (*Ps. 106:21*). Peter forgot Jesus' words and denied him three times (*Mark 14:72*).

Sometimes we are also guilty of forgetting God's promises and all the wonderful and mighty things God has done in our lives. The good news is that although we sometimes forget, God never forgets us.

In 1925, J.B.F. Wright wrote the hymn "Precious Memories" which became a popular gospel song recorded by many artists of the last century. These words from "Precious Memories" are especially

meaningful to me: *As I travel on life's pathway, Know not what the years may hold; As I ponder, hope grows fonder, Precious mem'ries flood my soul!*

What "precious memories" do you want to retain? I have found it helpful to start a "memory book" -- a diary of sorts that includes recollections of faith journey experiences. It's a good mental experience and spiritual one as well. Such a memory book can include mini-statements of faith and testimonies to God's activity in your life. Recording "precious memories" creates a legacy which can provide a document of faith that will live on as a testimony of faith and God's faithfulness.





Body



Mind



Soul

2019 Retreat for Retired Clergy & Spouses

It Is Well with My Body, Mind, & Soul

This year's annual ARMS retreat will focus on health and wholeness issues around the theme, "**It Is Well with My Body, Mind, and Soul.**"

Scheduled for Wed.-Thurs., **Oct. 9-10**, at **Eagle Eyrie** in Lynchburg, the retreat will feature guest speaker Dr. Hamidah Sharif-Harris, a health/wellness expert representing United Healthcare; the Rev. Dr. Alexis (Haddix) Fathbruckner, a retired pastor who will lead our worship; and the Rev. Mike Johnson, the pastor of the Nottoway-Lunenburg Charge on the Farmville District, who will lead our music. John Fuller, Exec.

Director of Virginia United Methodist Pensions, Inc., will again join us this year to talk about pension and insurance plans and benefits.

A registration form is included on page three of this newsletter, and the deadline for registering is October 1. The cost for the two-day retreat is \$60 per person (double occupancy) or \$80 per person (single occupancy). New retirees, their spouses, and anyone who has never attended are invited to come at half price. We hope you will join your retired colleagues and friends for the fun, fellowship, learning, and worship.

Retreat Schedule

Wednesday, Oct. 9

- 11:00 am - 12:30 pm General Registration
(No lunch provided; please eat before arrival)
- 12:30 pm Opening Welcome
- 1:15 pm A Proper Diet for Keeping Your **BODY** Well
- 2:15 pm Break
- 2:45 pm Exercise for Keeping Your **BODY** Well
- 3:45 pm Break – **MIND** Activities
(Various activities will be available or you can do your own thing)
- 5:30 pm Supper
- 7:00 pm Music for the **SOUL**
- 8:00 pm Ice Cream Social and Fellowship

Thursday, Oct. 10

- 7:00 am Morning Stroll
- 8:00 am Breakfast
- 8:45 am Room Checkout
- 9:00 am Morning Devotions
- 9:15 am United Healthcare Options
(Presented by John Fuller)
- 10:15 am Break
- 10:30 am Retirement Benefits Update
(Presented by John Fuller)
- 11:15 am Celebration of Holy Communion
(Led by the Rev. Alexis Fathbruckner)
- 12 noon Lunch and Depart

A free-will offering will be received to thank those who will be providing our meals.

— Retreat Leaders —



Dr. Hamidah Sharif-Harris

Dr. Hamidah Sharif-Harris, a successful entrepreneur, consultant, and health education expert, is the president and CEO of Thrive Well Company assisting health-care providers determine what employees need to lead healthier lives. She has served as health educator at the Northern

Manhattan Perinatal Partnership in New York and for Cigna Healthcare, one of the first HMOs to institute a health education program. The Loudoun County Government and Public Schools Employee Wellness Programs she put in place have won numerous awards. She earned her doctorate in health education from Columbia University and serves as a consultant to United Healthcare.

The Rev. Dr. Alexis (Haddix) Fathbruckner

The Rev. Dr. Alexis Fathbruckner retired in 2004 but has continued to serve local churches in her retirement. She is currently pastor of Tabernacle UMC on the Farmville District's Amelia Charge. She earned both an MDiv and DMin at Wesley Seminary and ran her own retreat house, "Mary's Place," for 12 years. She will be our spiritual director throughout the retreat and will be the celebrant for our closing Service of Holy Communion.



The Rev. Michael A. Johnson

The Rev. Mike Johnson is the pastor of the three-point Nottoway-Lunenburg Charge on the Farmville District. A longtime leader in The Walk to Emmaus, Chrysalis, and Kairos Prison Ministry, Mike will share his many talents as our music leader during the retreat and will lead us in a special hour of singing on Wednesday evening.

John W. Fuller

John Fuller is executive director of Virginia United Methodist Pensions, Inc. (VUMPI). Previously, he worked for Mercer in Richmond. A regular at our ARMS Retreats, he will explore with us our healthcare options through United Healthcare, as well as an update on retirement benefits. John lives in Glen Allen and attends Good Shepherd UMC. He is a graduate of VMI and earned an MBA from the University of Richmond.



REGISTRATION

Minister's Name: _____

Name tag should read: _____

Spouse: _____

Spouse name tag should read: _____

Address: _____

City: _____

State: _____ Zip: _____

Preferred Phone: (_____) _____

Email: _____

Special dietary/physical needs: _____



Make checks payable to:
Virginia Conference UMC
(ARMS Retreat 2019)

Retreat Fee:

\$60 per person (double occupancy)

\$80 per person (single occupancy)

First Time Retirees:

(New retirees, their spouses, and anyone who has not attended before)

1/2 off or \$30 (double); \$40 (single)

*Scholarships available
Contact Registrar*

Deadline for Registration: Oct. 1, 2019

(NO REFUNDS AFTER OCT. 1)

Mail check & completed form to:

Gale & Harry Kennon, Registrars
2696 Southern Hills Ct.

North Garden, VA 22959

galegram@aol.com (434) 296-2954

2019 ARMS Leadership Team

Co-Presidents: John & Catherine Price

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Co-Treasurers: John & Ann Shappell

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Newsletter Editors: Al & Cheryl Horton

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Return Address:
1200 Pulliam Street
North Chesterfield, VA 23235

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Virginia Annual Conference
P.O. Box 5606
Glen Allen, Virginia 23058
Phone: 800-768-1100

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Want to support ARMS?

Send suggested donation of \$10 per person to:

John Shappell,
Treasurer
221 Delaney Dr.
Suffolk, VA
23434

Make check payable to "Virginia Conference UMC" with "ARMS donation" in memo line.

The 2019 Clergy Retirement Class has a combined service record of 1,288.75 years

Catherine G. Abbot, 13.00	Larry J. Edmonds, 40.00	John E. Meservey, 6.00
Karen M. Adams, 14.00	Sharon L. Forbes, 16.00	Lynda D. Moore, 13.00
C. Douglas Akers, 39.00	Walton C. Forstall, 30.50	Judy G. Morris, 12.00
Marie B. Allen, 3.00	Thomas E. Frost, 10.00	David L. Nesselrodt, 28.00
Paul S. Baker, 11.00	R. Douglas Gunsalus, 24.00	Charles W. Parks, 27.00
Thomas R. Barnard, 24.00	Stephen M. Hall, 6.00	Robert J. Parks Jr., 36.00
Mary Beth Blinn, 38.00	Kenneth E. Hanson, 7.00	Barry L. Penn Hollar, 41.00
James F. Brown, 24.00	Robert F. Hardy, 12.50	Dennis W. Perry, 43.00
Marc D. Brown, 42.00	Janet D. Hawkins, 19.00	Bonnie G. Pizeck, 17.50
Mark A. Burgess, 42.00	Doris T. Hedrick, 7.00	Martha T. Reynolds, 3.00
Ruth M. Burgess, 33.50	Robert L. House, 31.00	Thomas W. Reynolds, 14.00
A. Bruce Carper, 28.00	Lucretia A. Hurley Browning, 44.50	Raymond G. Rowland Jr., 29.00
Marlene A. Chandler, 9.00	Franklin T. Jennings, 35.00	Betty Jo Sims, 13.00
Pamela Clark Egan, 16.00	Edward W. Johnson, 1.00	Debra A. Straughter, 4.75
W. Mark Clayton, 26.00	James F. Lacy, 12.50	Rudolph E. Tucker Jr., 38.00
Mary Alice Colwell, 4.00	Larry A. Lehman, 8.00	Russell T. Urban, 20.00
Wesley S. Corber, 8.00	Ronald A. Litten, 36.00	Walter W. Westbrook, 39.00
Janet L. Davis, 1.00	Susanne H. Mactavish, 2.00	William J. Winfree, 41.00
Michael T. Davis, 20.00	Pamela G. Meeuwissen, 13.00	James R. Wingert, 34.00
Michael G. Day, 30.00	Thomas L. Mercer Sr., 40.00	
Alexander Duncan Jr., 9.00		