

# On the Move

July/August 2011

Alliance Women Ministries

Western Pennsylvania District Newsletter

## Why Walk?

**Walking in short bouts improves fitness, too. A study of sedentary women showed that short bouts of brisk walking (three 10-minute walks per day) resulted in similar improvements in fitness and were at least as effective in decreasing body fatness as long bouts (one 30-minute walk per day).**

## Executive Committee

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Ethel Fennick

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### Secretary-

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### National AWM

### Publications Editor

Rachel Sproul

## Exercising Rest and Celebration ...

We have two months left to be "On the Move" with the discipline of the Sabbath and the discipline of celebration.

Who does not like a Sabbath or a day of rest? Hebrews 4:9-11 says, "There remains, then, a Sabbath-rest for the people of God. For anyone who enters God's rest, also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience."

As we believe in Jesus, the Son of God, we have salvation. We are secure in him and we can have rest knowing we do not have to work to be his child. It is by faith that we are saved. It is a free gift from God. "He saved us, not because of righteous things we have done, but because of His mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom He poured out on us generously through Jesus Christ our Savior (Titus 3:5-6)." God's Sabbath-rest is a life living in obedience to him, as we listen to his voice and do what he says. Oh, that we might enter his Sabbath-rest!

Who does not like a celebration? Celebration brings joy to life. Joy makes us strong. Nehemiah 8:10 says, "The joy of the Lord is our strength." Jesus wanted his disciples to be filled with joy. "I am coming to you now, but I say these things while I am still in the world, so that they [the disciples] may have the full measure of my joy within them (John 17:13)."

We celebrate birthdays, anniversaries, weddings, graduations and so many achievements but the greatest is the joy of the Lord. We celebrate through singing, dancing, shouting, worshiping and praising.

Psalms 150: "Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding trumpet, praise him with the harp and lyre, praise him with tambourine and dancing, praise him with the strings and flute, praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the Lord. Praise the Lord!!"

We celebrate all the holidays, but the greatest is to celebrate Easter and the power of the resurrection. He is Alive!! Let's celebrate!!

Ethel Fennick, District AWM Director

## ***Notes and Such***

The next update will be on the new theme "Simply Fragrant"

2 Corinthians 2:14b-15: God uses us to spread his knowledge everywhere like a sweet-smelling perfume.

Our offering to God is this...we are the sweet smell of Christ among those who are being saved and among those who are being lost.

We want to instill this in others through discipleship and a deep, abiding passion for Christ so that they become more like Him.

Logo is perfume bottles--Colors are ruby, sapphire, emerald, amethyst and citrine with gold accents.

The National Project is for equipping nationals of other countries to reach the nations.

Motif is aromatic items such as perfumes, flowers, cleaning items, baking and food items. Just think of the sweet smell of vanilla and cinnamon.

You will hear more at the workshops!

**New AWM National Director**----Mrs. Edna Mapstone---[emapstone@lifeimpactcma.org](mailto:emapstone@lifeimpactcma.org)

**Annual Report Forms**--Local directors send them to your Area Director by July 15. You may get this form on [www.alliancewomen.org](http://www.alliancewomen.org). Click on "resources" and then on "report forms". **Please try to get 100% Reporting!!** Area Directors, please send your form in to me the District Director by August 15.

**Alliance Women Retreat** June 15-16, 2012 Speaker--Gwen Smith UPJ-Johnstown

## ***Up and Coming***

**Mahaffey Camp AWM Rally--July 28, 2011 @ 1:15 pm**

Theme—Fresh Aroma

Speakers--Mother/Daughter team---Karen Conkle, Rachel Clason, Rebecca McCabe

AWM Workshop after the rally for all Area Directors and Local Church Directors

Items for new theme can be purchased at this time.

Grove at 9 am for active IW and 10:30am for retired IW and selected pastors on low income.

Ladies, **please do not set up tents or tables until after Wednesday evening service!!**

**Edinboro Camp AWM Rally--August 11, 2011 @ 1:30 pm**

AWM Workshop after the rally for all Area Directors and Local Church Directors

Items for new theme can be purchased at this time.

**District Conference AWM Annual Meeting and Luncheon--September 28, 2011 in Erie First Alliance Church**

Speakers: Karen Neubauer and Charlene Myers

Reservation and cost of the catered (ham) meal is \$10 per person.

Registration forms are also on our website at [cmawpa.org](http://cmawpa.org). Only one form per church is needed.

Forms can be sent to Doris Murphy. You can find her address on the form.

**Celebration 2012-- Sheraton Sand Key Resort, Clearwater, Florida--September 27-30, 2012**

Registration \$275 and rooms \$110 for up to 4 persons.

Sessions begin Thursday the 27<sup>th</sup> at 7pm and end Sunday the 30<sup>th</sup> at 12 noon

Each person is to secure their own transportation.

**Are you Watching?** The video of "On the Move" by Sarah Sproul on the AWM website-  
[www.alliancewomen.org](http://www.alliancewomen.org)

## **Home Assignments**

Bubna, Joel and Elin – Senegal

BP 50,600

Dakar, Senegal

[joelbubna@gmail.com](mailto:joelbubna@gmail.com)

H 4/22/11 R 8/9/11

Conkle, Doug and Karen – Senegal

BP 50,600

Dakar, Senegal

[dkconkle@gmail.com](mailto:dkconkle@gmail.com)

H-6/20/11 R-6/30/12

Davis, Mike and Ruth Ann – Brazil

310 Newry St

Hollidaysburg, PA 16638

814-696-0638

[mikeruth5@gmail.com](mailto:mikeruth5@gmail.com)

H-11/21/10 R-7/31/11

Howard, John and Kathy – Mexico

302 South Dr

Valencia, PA 16059

724-443-4613

[johnhoward19@hotmail.com](mailto:johnhoward19@hotmail.com)

H-6/15/11 R-6/30/12

Kendall, Jim and Sharon – Indonesia

318 Sherwood Circle

Youngwood, PA 15697

[jsk@linkmail.org](mailto:jsk@linkmail.org)

H-6/22/10 R-9/24/11

Martinez, Joel and Nancy – Spain

Pio Baroja 34

18194 Churriana de la Vega

Grinada, Spain

[insunflower@yahoo.com](mailto:insunflower@yahoo.com)

H- 1/4/11 R-7/2/11

Maurin, Guy and Denise – Ecuador

Casilla 17-11-4955

Quito, Ecuador

[cmalaro@ymail.com](mailto:cmalaro@ymail.com)

H-6/20/11 R-8/15/11

McCabe, Shawn and Becky – Mali

Mission Protestante CMA

BP 2233 Bamako, Mali

[sbmccabe@gmail.com](mailto:sbmccabe@gmail.com)

H-5/6/11 R-6/30/12

McGarvey, Joel and Lynn – Argentina

603 Stewart Ave

Grove City, PA 16127

[joelmcg@certainty.net](mailto:joelmcg@certainty.net)

H-6/25/10

Ord, Doug and Naomi – Columbia

1152 Connellsville Rd

Fayette City, PA 15438

301-275-7196

[familiaord@yahoo.com](mailto:familiaord@yahoo.com)

H-5/14/11 R-12/31/11 To Retire

Robinson, Lorinda – Burkina Faso

45 School St

Baden, PA 15005

724-869-0136

[lorindabf@gmail.com](mailto:lorindabf@gmail.com)

H-5/5/11 R-8/13/12



# Western Pennsylvania Alliance Women

**Luncheon & Annual Meeting**  
**September 28, 2011 12:00 pm**  
**First Alliance Church Erie, PA**

**Speaker: Charlene Myers**  
**Cost: \$10 per person**  
**Register by September 12, 2011**



Name \_\_\_\_\_ Area \_\_\_\_\_

Address \_\_\_\_\_ Church \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Please send this registration and money [make check payable to Alliance Women] to:

### **District Alliance Women**

**Doris Murphy, Treasurer**  
**2782 Melloney Lane**  
**Indiana, PA 15701**  
**724-465-6048**  
[dorismurphy@juno.com](mailto:dorismurphy@juno.com)

Questions? Call Ethel Fennick at  
724-652-6097 or  
email [wefcma1@verizon.net](mailto:wefcma1@verizon.net)

Number attending \_\_\_\_\_ Total \$ enclosed \_\_\_\_\_

\*\*\*\*\*Please note that delegates must register and pay for the luncheon since there is no meal plan this year for Prayer\*\*\*\*\*  
Conference. Delegates may either register on this form with their AWM group, or online when registering  
for Prayer Conference. Choose only ONE way to register to avoid duplicate reservations.