



We Are Oak Lawn

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Mission Together with Rev. Rachel

Over the next few months I will be traveling with a few others from US conferences of the United Methodist Church, to Central Conferences on the continent of Africa and the Philippines. We are traveling at the invitation of bishops from these Central Conferences. The purposes of our trip will be listening and building long-term relationships. We will talk about our desire to remain in mission together and our desire to keep as much of the UMC together as possible. It is so important that the voices from the Central Conferences be heard as we prepare for the work of General Conference 2020. We will share our belief that the Protocol

(separation with the traditionalists) followed by our support of the Central Conference legislation called the “Christmas Covenant” (Regional Conference Plan) can give us the best way to remain strong in our mission together and remain in the same church!

I am truly honored to be allowed to travel and share that United Methodists—lay and clergy—who love our Church desire to remain in mission together.

Our Mission Together team comes with a dream for our United Methodist Church:

- We dream of our global connection being strengthened through greatly enhancing the GBGM strengthening of partnerships of Conferences and local congregations with Central Conferences
- We dream of reciprocal partnerships—we come to you, you come to us. We learn and deepen our love and appreciation for one another through exposure to our respective mission contexts and building of relationships where we know each other by name.
- We dream of liberating each other from the debate on human sexuality. Rather than debating matters of human sexuality in our global gatherings, we can settle these matters and other contextual needs for our respective mission fields at the Regional/Central Conference level.

Above all we are committed to staying in mission together as United Methodists serving our Lord Jesus Christ in order to transform the world! I will hold you all at Oak Lawn in



prayer and I hope you will stay tuned to learn about the relationships and mission together that I will share along my way.

For such a time as this,

 Pastor Rachel

Alyssa's Enneagram Story

In January of 2019, I started The Enneagram Journey. In February of 2019, my husband left me.

Abrupt. I know. That's quite a lot to learn about me in two sentences, but I'm not writing this to share details of my divorce. I'm writing this story to tell you about the deep, meaningful impact that learning the Enneagram has had on my life.



I started the class quite arrogantly. I've always been self-assured and confident in who I am, so it was my goal to better understand everyone else. Within the first 2 weeks, I knew my number. I'm an Eight: The Challenger. I had figured that piece out; so now I could start digging into everyone else's numbers, right?

Wrong.

As I mentioned out of the gate, within 4 weeks of starting the class my husband walked out on me. I was completely blind-sided. There were overwhelming emotions that came with abandonment, but I want to focus on the tools that Enneagram gave me to face the biggest struggle of my life.

I stopped focusing on other people and started focusing on myself. This is one of the most positive decisions I've ever made. I really listened to what Suzanne Stabile, the leader of the video course, had to say about living into my number in a healthy way. She talked about an Eight's struggle with being vulnerable and trusting others. She introduced the personal mantra for Eights, "It's okay to trust others." This mantra felt like a slap in the face considering the person I was supposed to be able to trust most in this world had betrayed me.

I've always kept people at a distance. I'm extremely close and open with my family, and that's all I thought I needed. I didn't need friends. In the past, I would have kept all the hardship to myself and walked this journey alone. I never wanted anyone to see me as weak,



and Enneagram made me realize I have always viewed vulnerability as weakness.

I decided to take a leap and be vulnerable, to try trusting others. I had a group of friends in the class who I started to build a close relationship with. After one class, I asked Le, Lexi, Sean, Jeff, and Christine to stay and talk with me.

I took a deep breath.

“My husband left me 2 weeks ago and has asked for a separation. I don’t know what’s going to happen. I want to fight for him, I still love him, and I don’t know what to do.”

I cried deep, heavy tears. Crying in front of other people is not something I do, but I felt a huge weight lifted off my shoulders. For better or worse, I wasn’t alone.

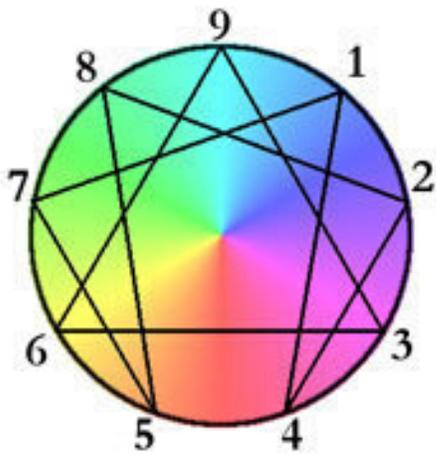
The most astonishing affect about that moment is that they really knew me. They were taking this class alongside me, and they knew what it meant to be an Eight. Because of Enneagram, they knew how to love me and love me well.

Within a few hours, Lexi had texted me a list of fun activities we could do together to take my mind off things. They never asked me questions or offered to talk about it unless I brought it up first. They didn’t try to force me to experience my feelings in a certain way or put my emotions on display. They loved me exactly where I was, for who I was.

This is what Enneagram does for all of us. It elevates us. It shows each of us how we can learn to live into the best version of ourselves. It shows us that we don’t have to resort to the most negative, destructive path of our personalities. It teaches us to have grace and mercy for our own shortcomings. We each have the potential to love others with the strong, powerful, earth-shaking love that is God. And even more miraculous is learning how to love others in the way they most need to be loved.

I couldn’t save my marriage. I am divorced. But looking back on 2019, I can honestly say that it was one of the best years of my life. I’ve learned that I’m capable of more than I ever knew. Enneagram has shown me I don’t have to be an impenetrable wall of strength with my guard up. My strength multiplies when I am open, vulnerable, and even breakable. No





matter what you've been through, are currently going through, or will go through in the future, I believe with every ounce of my being that knowing yourself and learning to love yourself leads to knowing God and loving God. Enneagram started this journey for me.

It's not too late to get started. I hope you consider taking this course with me.

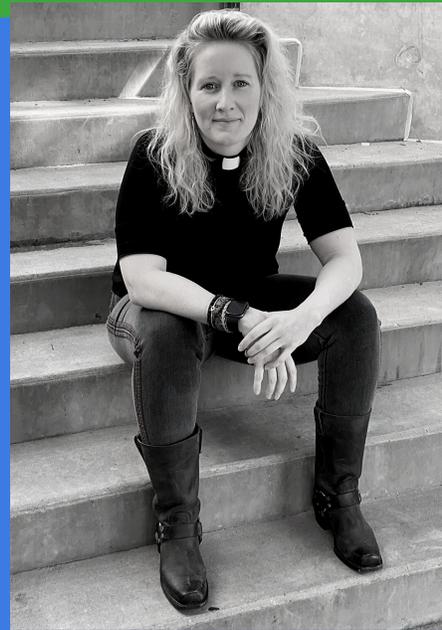
Bento Box Moment

I am constantly looking for new ways to FEEL the divine. I believe ministry requires increased saturation in The Holy Spirit and so naturally, that also implies (for me) an evolution of spiritual practices. Prayer is my natural go-to, and if I turn off my phone, put ear plugs in and focus, it can be very satisfying. I am refueled by dialogue with God, but I confess: sometimes I want more. As such, I have been exploring ways to connect to the divine that are a little out-of-the-box.

One method in particular has grabbed my attention. It's called: Shinrin-Yoku. This is Japanese for "Forest Bathing."

Um...what?

That's also what I thought when I first heard about it. However, the more I researched it, the more I consider this to be a practice worth starting and one that inevitably will lead to divine connection! In Shinrin-Yoku, you immerse yourself in nature (ideally, the woods) and allow yourself time to employ all 5 senses to connect to the planet. Leave your phone in the car, take off your sunglasses, vow silence and wander. Smell the trees, put your hands in the forest floor, let the cool breeze give you goosebumps, hear the birds chirp and branches break under your feet and take as many deep breaths as possible. Move slowly, intentionally, and let the forest bath you in a natural glory. That is Shinrin-Yoku and it's a new 2020 Grow practice for me.



A Day in the Life of a Pediatric Chaplain

by Cassie Wohlfarth



Many people are familiar with the movie stereotype of a hospital chaplain who arrives as the adult patient is dying with a clergy collar and offers absolution. A part of any hospital chaplain's job is continually teaching people what it is chaplains do and why it's important. When I enter a patient's room, I'm often met with one of two questions: Is my family member dying?? And what's a chaplain? The first question I've learned to answer before they ask by explaining during my introduction why I'm attempting to visit them. "Hi, my name is Cassidy, I'm a chaplain and I wanted to introduce myself as a part of the ICU team" Or "Hi, I'm Chaplain Cassidy, I'm a part of the support team for you

while your child is being assessed by our doctors. I'm called to every trauma case for support." My role is of course to support patients and families in times of crisis. However, it is also to create space for meaning making and hoping while people are in the hospital. To shine a light on the importance of our soul, our spiritual health, regardless of faith identity.

I have worked at Children's Medical Center Dallas for 2.5 years. I spent the first two years in residency training to be a pediatric staff chaplain. In my years here I have provided spiritual care to almost every unit in the hospital. Each unit, each medical grouping brings with it its own culture, challenges, and needs from patients, their caregivers, and the staff. Now, as a staff chaplain I am assigned to our Solid Organ Transplant team and our Heart Center. I also act as coordinator for our spiritual care of staff. One of my favorite practices is the use of Holy Listening Stones with patients, families, and staff. Holy Listening Stones are a tool created by a UMC Elder named Leanne Hadley while running a crisis counseling center for children. They are a set of 28 specific symbols hand drawn on rocks/glass pebbles/paper plates or any other medium



meaning out of her life experiences. She became tearful as she shared these tender memories and the importance of that time spent in solitude. When she finished sharing, she exhaled, looked up, and said “I’ve never told anyone about that tree or why it was important to me.”

As our time together went on, mom chose stones representing her relationship with God: a “heart” stone for God’s unyielding love even when she pushed God away in anger. A stone representing the meaning she made of the time she spent away from God, grieving her grandmother’s sudden death: an “arrow pointing up and forward” stone for her understanding that peace and meaning will come in “God’s time, not ours.” She reflected on the intentional internal work she did regarding her grief. Her time of feeling broken: choosing a “broken heart” stone and how she has mended herself with God’s help. We wondered together about what life after transplant might look like and mom expressed having a “cloud” of emotions. Her second daughter is currently offering to donate her kidney to her sister. Mom is fearful for both of her daughters and the complications these major surgeries can bring. She is hopeful that her daughter will not change her mind about donation. And is honored that her girls are willing to even entertain this loving and selfless idea. Our sacred wondering closed with the patient choosing “smile,” “sun,” and “question mark” stones saying “God’s ways are mysterious.” We said a prayer together for continued patience to live on God’s time, strength for surgery, and peace throughout each day of their lives.

I am full of joy and gratitude to be the Children’s Health Solid Organ Transplant Chaplain. In my research and study, I have learned that we are just about* the only pediatric transplant center to have a chaplain integrated into the team. Our staff know that not only are our patients spiritually taken care of, but they have this opportunity as well. The world of pediatrics is so different from adults. Children are not “small adults.” This is true both physically AND spiritually. Children are gifted with the ability to experience and sense the transcendent regardless of the regularity of their Sunday School attendance or the number of verses they have memorized. They are attuned to their souls so deeply that neglect of this in their healthcare can affect so much more than their mood. As a chaplain, I get to create space for their soul to heal, to open, and to express themselves to the multitude of adults they interact with in the hospital.



*So far, no transplant center in the US and Canada have reported having a specific pastoral care evaluation time. One of my goals is to continue researching and presenting on pediatric spirituality and the chaplain's role on the transplant team to raise awareness and imagination of how chaplains can benefit medical teams. In 2019, a colleague and I presented case studies on our use of Holy Listening Stones with pre-transplant evaluations at 2 conferences and have been accepted to present at a 3rd this spring.



Quien es mi vecino?

by Betzy Vazquez



When Jesus spoke about hospitality and taking care of our neighbors on the Good Samaritan parable, he took a very interesting approach by explaining who the traveler saw as his neighbor. Through the traveler's eyes, his neighbor wasn't a person limited from where he was from or the background of the individual.

He saw his neighbor as any human being in need of help. When I think about OLUMC and the relationship members of Gracia Viva have with members of OLUMC, we feel a strong connection with that parable.

OLUMC found us when we needed a safe harbor and they have become an essential part of Gracia Viva by showing us hospitality and true mentorship. They have allowed us to grow in our own special way, without definitions or structures on what we should become but allowing us to find our true essence, our true self. They have respected our background and our heritage and in return OLUMC has become diversified and richer in heritage as well. By adopting us, we have become them and they have become us.

The mission and vision of Gracia Viva is well aligned with OLUMC as we tend to the marginalized sector, to the ones the world has excluded. We bring them a message of salvation from God through Jesus Christ. A message that they are not forgotten, they are not excluded. A message that Jesus died for their sins too and they are part of that table that He prepared for us.

Gracia Viva feels blessed to have the support of OLUMC and I know for a fact that OLUMC feels blessed to have the diversity, spice and excitement Gracia Viva brings to the table...not to mention the food!

Lets never forget the true meaning of lending a helping hand to all that are in need and knowing that we all are citizens of the world, brothers of a universe through Jesus Christ.

Union
Coffee on The Corner



Untitled

[A Union Devised Theatre Project]

After three successful fundraising breakfasts, it's time for a change. This year, we're working with Dallas theatre professionals to develop an experience that will unfold stories of the church, vocation and Union's role in effecting positive change.

Support Union's work and help bring the stories of Union's community to the stage with your sponsorship! Performance Dates are below as well as the link to sponsor:



UNTITLED

[A UNION DEvised THEATRE PROJECT]

PERFORMANCE DATES

Wednesday, April 15th @ 7:30PM

Thursday, April 16th @ 7:30AM

Thursday, April 16th @ 7:30PM

Friday, April 17th @ 8:00PM

TICKETS & SPONSORSHIP:

uniondallas.org/untitled

Union

Artist Showcase



An Interview with @YoungerDayes (aka, Hayes Austell)

by Mara Morhouse

Several months ago, Union hosted the Neighborhood Market, an art and craft fair on the lawn outside our beloved coffee shop. I stopped by to take a gander at all the beautiful (and local) works of art on display. However, among them all, I was particularly drawn to a series of paintings. They were bright and clean; depictions of politicians and icons that I admire. The artist was sitting behind his work, relaxed and smiling. It was Hayes Austell, a member at Oak Lawn UMC! I couldn't believe I was entertaining a painter unaware, and so naturally I shouted with excitement, "These are yours?!" Hayes bashfully smiled back, "Yep!" I didn't have much time to spend pestering Hayes with questions in that exact moment, but I've been curious about his work ever since. And so, I pestered him via email to dig into his creative mind.

So, Hayes, when did you start painting and how did you learn? What is your medium?

I have always been a very curious and creative person so since I was very young, my hobbies have always bounced between things that fuel that part of me. I was always reading and researching, and when I was in high school, I began using Tumblr and was exposed to more art than I knew existed. I became kind of obsessed with that so it was around that time when my mom bought me my first real watercolor set. But now I play with as many mediums as I can get my hands on. My favorites are collage, acrylic painting, and graphic design.

Do you have inspirations or other artists you admire?

I love Keith Haring, Stanley Donwood, Andy Goldsworth, Maud Lewis, Jonas Wood, Chella Man, Bill Connors, Deborah Kelly, and probably a million others because I love so many mediums!

How do you pick your subject matter?

What I like to make honestly changes like the weather. I love using American traditional tattoo flash to make block prints, old National Geographics for collaging, and when I do portraits, I look to icons as well as my loved ones.

Is art a career, hobby...or therapeutic?!

Definitely the latter two! I love doing it, but I don't expect to make crazy money off of it at any point. My cat also super enjoys it.



Where do you showcase your work and what's it feel like to present your work?

I don't really showcase my art, but I recently participated in Union's neighborhood market! I was extremely nervous, but because everyone was so supportive, it gave me a push to start putting myself out there.



What's your favorite painting to date, whether it was fun to create or fun to look at or both?

My favorite painting I've done is a portrait of my beautiful partner. I painted her with acrylic on cardboard then disguised her with magazine cutouts. (left)

What is your most challenging subject to date...

Everything is challenging currently because I am still searching for a consistency in my style!

Where can we find you on social media?

I have an instagram for my little art “business” called Younger Dayes (@youngerdayes) where you can message if you’re interested in commissioning me. I am brand new to selling on social media so please forgive the sparseness... I am working on a new project so I will be posting more in the near future!

How about some advice to someone who wants to try painting?

Experiment! It takes time to figure out what feels good to paint so don’t be scared of the process.



From The Neighborhood



Pastor Mara and Cathy Bryan sat down with Matthew Brown and Misty James from Eating Disorder Solutions to establish a neighborly connection and understand how to support one another. They found that this local organization is doing great work in the Oak Lawn Community! Below is a brief summary of the organization, written by Matthew Brown. Oak Lawn UMC is excited to have yet another resource on

hand for those in need of this specific type of treatment and support. Check out Matthew's piece; it's incredibly informative! If you have any questions regarding this organization, or seek to connect with these resources, reach out to Pastor Mara.



EATINGDISORDER
SOLUTIONS

by Matthew Brown

Eating disorders do not discriminate and can affect all persons, across all demographics, cultures, genders, or financial lines. Unfortunately, research unequivocally shows that the LGBTQ+ community is at a higher risk for developing an eating disorder - which is often associated with various forms of trauma, struggles associated with recognizing one's identity, and other multicultural challenges. That said, it is essential for those in the LGBTQ+ community who are struggling with an eating disorder to receive specialized treatment in a supportive community.



To help raise awareness of the problems with eating disorders, and helping those in need, Eating Disorder Solutions opened in December of 2018 at 3300 Oak Lawn Ave, led by a top-notch team of doctors, licensed therapists, and dietitians. The entire company went through Ally training and certification in November of 2019, led by the Galerstein Gender Center - part of the Office of Diversity and Community Engagement at UT Dallas. Not only was it a great set of informative sessions, but we also had a lot of fun! We're very thankful that UT Dallas has such an outstanding program in place, and we look forward to partnering with them in the future!

We provide individualized residential

and outpatient treatment to help those in need reclaim control of their lives and their futures. Overcoming an eating disorder is a personal and transformative journey, regardless of sexual orientation. Our caring and compassionate staff address each individual client's needs as a person - never a person with a label. After all, we all bleed the same!

Eating disorders such as anorexia nervosa, bulimia nervosa, and binge eating disorder often stem from a specific event or series of events. In the LGBTQ+ community, there are various reasons that individuals develop eating disorders. LGBTQ+ individuals have unique stressors and experiences such as coming out, bullying, anxiety, depression, and low self-esteem, which can manifest in an unhealthy way.



How to **recognize the signs** of an
EATING **DISORDER** in yourself or a loved one

MEDICAL COMPLICATIONS OF AN EATING DISORDER

Anorexia Nervosa

- Critical illness
- Edema
- Hypoglycemia
- Difficulty swallowing
- Liver dysfunction
- Muscle weakness
- Osteoporosis/bone fracture
- Heart and kidney failure
- Hair loss or thinning
- Gastrointestinal dysfunction
- Fainting, fatigue, dizziness, cold intolerance
- Low blood pressure

Bulimia

- Excessive emergency room care
- Heart arrhythmia
- Abnormal electrolyte levels
- Edema
- Purging behavior
- Acid reflux
- Tooth decay
- Irregular heartbeat
- Dehydration
- Inflammation/rupture of esophagus

Binge Eating Disorder

- Type 2 diabetes
- Sleep apnea
- Obese/overweight
- Heart disease
- Hypertension
- Joint problems
- GERD

BEHAVIORAL SIGNS OF EATING DISORDERS

Anorexia Nervosa

- Compulsive or excessive exercise
- Unexpected interest in healthy eating, vegetarianism, veganism
- Weight at or below 85% of ideal for gender and age
- Skipping meals and/or eating very small portions
- Wearing over-sized clothes
- Constant body checking

Bulimia Nervosa

- Purging
- Laxative/diet pill abuse
- Compulsive or excessive exercise
- Chewing and regurgitating food
- Dizziness
- Leg swelling
- Excessive constipation
- Fear of gaining weight
- Using the restroom immediately after meals
- Overconsumption of water and/or non-caloric beverages
- Excessive gum chewing

Binge Eating Disorder

- Eating when not hungry
- Overeating in short intervals
- Lacking control when consuming food
- Eating rapidly
- Feelings of uncomfortable fullness
- Eating alone or in secret
- Feelings of disgust or shame about eating

RECOGNIZING THE NEED FOR EATING DISORDER TREATMENT

When it comes to a person's probability of recovery from an eating disorder, the timing and diagnosis towards treatment is crucial. The longer someone goes without treatment, the higher the risk of life-threatening medical complications.

Eating disorders are often undiagnosed and the population suffering is under-served. Research has undoubtedly demonstrated that receiving care by those experienced in treating eating disorders will lead to a greater likelihood of recovery.

If you know of someone that you feel may have an eating disorder, allow our team of clinicians, doctors, and eating disorder professionals to conduct a free clinical assessment. Contact us today at (972) 430-9452.



"Guiding the Path to a Healthy Mind, Body, and Spirit"
(972) 430-9452
EatingDisorderSolutions.com



In many cases, an eating disorder will occur as an unhealthy coping mechanism. From the National Eating Disorders Association (NEDA):

- Beginning at an age as early as 12, gay, lesbian, and bisexual teens may be at a higher risk of binge-eating and purging than their heterosexual peers.
- Gay and bisexual men are more likely to engage in food restrictive behaviors such as vomiting and laxative abuse in order to control their weight.
- Gay adult men are seven times more likely to report bingeing and 12 times more likely to report purging than heterosexual adult men.

- While gay males represent about 5% of the total male population, among males who have eating disorders, 42% identify as gay.
- Females who identify as lesbian or bisexual were about twice as likely to report binge-eating at least once per month in the last year.

Identifying the underlying triggers for an LGBTQ+ individual is essential during treatment for an eating disorder. By addressing the underlying trauma and issues, clients will have a better opportunity for lasting recovery. Our proven methods address the underlying causes of the eating disorder while treating physical symptoms to help the client nurture a new, healthier relationship with food.

Eating Disorder Solutions offers a full continuum of care, as well as supplemental therapies:

- Residential Program
- Partial Hospitalization Program
- Intensive Outpatient
- Outpatient Program

If you have questions about eating disorders - we're here to help! It is our duty not only to provide care to those in need but educate the population as much as possible about this often talked about yet so often misunderstood epidemic.

- Online: www.eatingdisordersolutions.com
- Email: admissions@eatingdisordersolutions.com
- Telephone: 972-366-4169
- Address: 3300 Oak Lawn Ave, Suite 102, Dallas, TX 75219

OAK LAWN UNITED METHODIST CHURCH

Sunday Morning Grow Study 9:30 A.M.

Sunday Morning Worship 11:00 A.M.

Mañanas de Domingos de Adoración 12:30 P.M.

Wednesday Communion 12:00 P.M.

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publication? Email me at
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OLUMC.ORG

Oak Lawn UMC exists to be a hub of transformative Christian community that is inclusive, expansive, and entrepreneurial.

We are inclusive

Welcoming and caring for all, particularly those on the margins.

We are expansive

Connecting with new people beyond the walls of our church.

We are entrepreneurial

Willing to be courageous and take risks in faithfulness to God's call.

Union




Gracia Viva
¡Viva la Gracia!

OAK LAWN
UNITED METHODIST CHURCH

