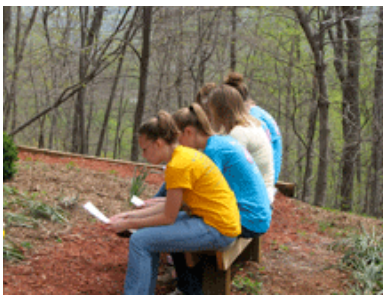


## Less Talk...More Walk!



It was impossible to miss the “Caribbean blue” t-shirts with flip-flops on them that could be spotted all over Eagle Eyrie Conference Center. The t-shirts were worn by over 200 teenage girls and their leaders who were gathered for Weekender 2008, an annual retreat sponsored by WMU of Virginia. From April 11-13, the group participated in many activities centered around the theme of “Less Talk...More Walk” and the words of **1 John 3:18 – “Dear children, let us not love with words or tongue, but with actions and in truth.”**

Worship services were led by keynote speaker Reverend Lynn Litchfield, Chaplain at Fluvanna Correctional Center, and Pier 19, a Christian band from Altavista, VA. “Plug into your power source,” Lynn told students in her Friday night sermon. Her messages, focused around loving God with one’s whole heart, soul, mind, and strength, both inspired and challenged worshippers. Pier 19 also established a strong connection with worshippers through leading music. This year’s State Panelists, Katie Hogan and Michelle Helton, led worship by offering prayers, a theme interpretation for the weekend, and sharing powerful testimonies with the crowd.



Bible study times and Conferences, which were led by various folks from around the state, allowed girls to process what they were learning and apply it to their lives. The conferences included interpretive dance, self-image, a poverty simulation, and self-defense, among others. Several mission organizations were highlighted during the weekend to give girls a few more tangible ways to be involved in missions in the world. There were also a couple of hours for free time, where students jumped in the inflatable moonbounce, did manicures and pedicures, ate ice cream, or engaged in a prayerwalk around the grounds.

Before coming to the Weekender this year, groups collected flip-flops to bring. The flip-flops will be taken to Honduras by missions teams and given out to folks who do not have shoes. Additionally, participants contributed to an offering that will be given to Free Wheelchair Mission ([www.freewheelchairmission.org](http://www.freewheelchairmission.org)). For just under \$50, a wheelchair can be made and sent to someone in another country who is disabled and could benefit greatly from a chair. Students and adults at the Weekender raised over \$1200 for FWM, thus providing wheelchairs for 24 people across the world who need one.

God, without a doubt, was at work in young women’s lives on that mountain during the Weekender. May His Spirit continue to call out servant leaders from among those 200. May the thought of “Less Talk...More Walk” be something that transforms both individuals and the Church.



## **Ways Students Can Be Involved in Missions through the WMU of Virginia:**

\*Make plans now to attend Weekender 2009! The Weekender is an annual missions-focused retreat and is open to all middle and high school girls and their adult leaders. It is held each Spring and is an event you won't want to miss!

\*Participate in Outflow! Outflow is a 1-2 week missions experience for 12-18 year olds (male and female) and their adult leaders. Opportunities for service are available in Virginia, elsewhere in the US, and also in other countries. The gifts and passions of the Outflow team are matched with needs of a community to make a difference in the world. Team members commit to participate in all three components – Inflow (pre-project team training), Outflow (the 1-2 week experience), and Overflow (post-project team reflection).

\*Become a Virginia State Panelist! State Panelists are young ladies (ages 15-18) with a strong commitment to Christ and to missions. Panelists serve on the Student Leadership Team of the WMUV, assist in planning/leading the Weekender, assist with Mom and Me, and are available to speak at various church/associational meetings.

\*Learn more about World Missions Unlimited! World Missions Unlimited is a missions model that allows folks to impact the Kingdom of God by using their gifts and passions. Discover what it is that you love and how you can use it to make a difference in someone else's life.

\*Work on a Quest! Missions Quest is a great way for teenage girls to go deeper in their relationship with God and to grow in their commitment to missions. There are six quests to choose from – Courage, Confidence, Character, Creativity, Excellence, and Vision.

\*Begin an Acteen or Youth On Mission (YOM) group at your church! Many churches do not have a place for middle and high school students to learn about missions, pray for missions, give to missions, and do missions. Acteens and YOM are groups that help students develop a missions lifestyle.

Please contact Kristen White if you would like to plug in to one of the above, need training, want more information, or have any questions – 804.915.5000, ext. 8237 or [kwhite@wmu-va.org](mailto:kwhite@wmu-va.org)

Photos by Nathan White for WMU of Virginia