The Southern Conference Presents:
Educating, Equipping and Empowering Series

Tuesday, April 28, 2020, 6:00 pm

**Topic:** Human Trafficking: Learn what we need to know to protect our loved ones and others from being victims, and discover how to respond.

**Featured Presenter:** Courtney Pierce is a graduate of Tidewater Community College and Regent University. She has worked with survivors of violence for the past 8 years. She served a 2-year term on the public policy committee for the state of Virginia through the Virginia Action Alliance. She currently is the Anti-Trafficking Outreach and Direct Service Coordinator of Samaritan House. Courtney is honored and grateful to serve all survivors.

**Presentation Overview:**
- What is Human Trafficking?
- Who are the traffickers?
- Indicators of Trafficking
- Effects of Trafficking
- The scope of human trafficking in Southeastern Virginia
- Samaritan House data/statistics
- HRHTTF Victim Service Provider Samaritan House services
Thursday, April 30, 2020, 6:00 pm

Topic: Teletherapy (online counseling) modality

Featured Presenter: Greg Phipps, (Ph.D.)

Greg Phipps, PhD, LCMHCA, NCC, BC-TMH is a Licensed Clinical Mental Health Counseling Associate (LCMHCA) in North Carolina, National Certified Counselor (NCC), and Board Certified Telemental Health Provider (BC-TMH) in Greensboro, North Carolina. He has a Master's of Science in Clinical Mental Health Counseling and a doctorate in Rehabilitation Counseling and Counselor Education from North Carolina A&T State University. He has a passion for serving individuals, couples, and families with a variety of mental health and wellness needs. His focus areas are in racial identity, multicultural counseling competence, and behavioral addictions.

In addition to his work with clients, he works in higher education as a counselor educator, preparing the next generation of counselors for excellence in practice. He leads workshops and trainings within the Greensboro community on counseling and wellness related topics, and is always open to collaborating with others in the community.

During the COVID-19 pandemic, Phipps is serving clients exclusively through the teletherapy (online counseling) modality.

Greg Phipps will discuss mental health issues that arise in times of crisis, such as anxiety, grief, depression, and trauma. He will share simple, positive coping skills and mechanisms that can be put into practice to help individuals and families to navigate these issues and concerns. In addition, there will be a Q + A portion of the webinar to allow for open dialogue about mental health and wellness during the current pandemic and how to seek support.

Please click the link below to join the webinar:
Spiritual Practice and Self-Care Corner

by Rev. John T. Myers (D.Min.)

Spiritual Practice and Self-Care Corner #5

Who said that laughter is the best medicine? I don't know, but I believe the Bible said it best. In the book of Proverbs 17:22 (KJV) it says, "A merry heart does good like a medicine."

A few years ago, our beloved Southern Conference UCC, put on an annual meeting centered on health and wellness. I remember it well. We had Dr. Livingood who urged the Conference to start the 21-day challenge to give up sugar and to exercise. We had others that talked about stress, worry and anxiety and how they negatively impacted the mind, body and soul. It was a great meeting that gave all of us some practical ways to better take care of ourselves.

But the highlight for me occurred during the evening banquet. The main presenter for the evening program was a spiritual seeker and Yogi. I don't recall his name, but what he presented was laughing yoga. He informed the banquet guests that he had been all over the world teaching this ancient practice that had the potential to heal, empower and produce happiness. Further, he taught us about all the facial muscles and body reactions that had to take place in order to produce laughter. In other words, laughing caused all those muscles to relax and let go, producing a sense of well-being, peace and calm. What was more interesting is that he didn't tell us any jokes to get us to laugh. He just started laughing. And it was contagious.

Within minutes, the whole room was laughing. And in that moment, we were not focused on any stress, problems or trouble. We were drenched in tears of laughter. All of us noticed that we felt better. We felt more relaxed. We were in the moment. Laughter may not be the best medicine, but it's good one.

During this time of social distancing, sheltering in and isolation, may I recommend a little bit of laughter. Try these:

1. Netflix, Amazon Prime etc. Watch some comedies (TV series and Movies).
2. Watch some stand-up comedians on You-Tube.
3. Download and read some joke and riddle books.
4. Listen to funny and humorous podcasts.
5. Read Reader’s Digest: "Laughter the Best Medicine."

About the author: Rev. John T. Myers, (D.Min.) Associate Conference Minister, EVA, is founder and CEO of Fruit of the Spirit, LLC, devoted to sharing spiritual practices that heal and transform. Rev. Myers is available for zoom calls to discuss and share spiritual practices and perform life coaching. www.fruitofthespirit.life.

Download above practice #5 with additional narrative
Download Spiritual Practice series #1, 2, 3, 4, 5

Check in with your Association

Associations continue virtual check-ins with various schedules and topics. If you are not aware of options in your Association, contact the ACM or other named person in your region.

Eastern Virginia Association:
Rev. John Myers (D.Min.) / (ACM) / johnmyers2122@gmail.com

Eastern North Carolina Association:
Rev. Eddie Weathers (ACM) / eandaweathers@hotmail.com
Rev. Micah Royal (ENCA president) / micahbroyal@yahoo.com

Western North Carolina Association:
Rev. Colleen Samson (D.Min.) / ACM / revsamson@wnca-soc.org

Conference Call-in Prayer Line is available to ALL

See SOC web page: "Prayer Practices during this Pandemic" for call-in numbers and times.

Links for previous Zoom Webinars

Maundy Thursday Service / YouTube
View service here

Generosity in the Pandemic
with Rev. Andrew Warner, UCC Generosity Outreach Officer
Originally aired on April 2, 2020
Download highlights of Warner Powerpoint presentation

Web and Digital Strategies
with Chris Gabriel, UCC Manager - Web strategies
Originally aired on Apr 14, 2020
Access Meeting Recording here
Password: n3^6&rMl

Mental Health
Scams and Predators
with Frank Burton Jr., Chief Apostle of Perfect Will Ministries in New Castle, Delaware (17 years); and retired FBI Special Agent (22 1/2 years)
Originally aired on April 23, 2020
Access Meeting recording here
Watch Apostle Burton’s Powerpoint presentation

Lectionary Reading, Fourth Sunday of Easter / May 3, 2020 / Psalm 23
Photo: Bass Lake, Blowing Rock, NC / by C. L. Stumb