



WHAT'S NEW ABWOTS!

American Baptist Women of the South
an auxiliary of American Baptist Churches of the South

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All ABWOTS Women: Look Forward to a Mini Conference Zoom Meeting Coming in August!

(see more about this and other items in
WHAT'S New! on page s 6 - 8)

From My Heart to Yours...

ABWOTS, President Cynthia Bentley



Greetings American Baptist Women of the South,

It's with the love, peace and joy of our Savior, Jesus Christ that I acknowledge you. I applaud you for the amazing time that we shared together at the 54th Annual Session of American Baptist Churches of the South. It was there we met and united to share in the Women's Leadership Training Session. We had a wonderful opportunity to embrace one another after walking in the spirit for a year and looked forward to seeing one another.

We were truly blessed by the contributions of Dr. Deborah Parham Hopson, the Senior Public Health Scientist and Director of Center for Public Health Systems Innovation at the Maya Tech Corporation, the Dr. Kristin Kelley, Central Virginia Director for Phoenix Physical Therapy (therapist) and Ms. Jasmine Snead of Housing Families First-The Hilliard House, Communications and Community Engagement Manager. The churches of ABCOTS contributed monetarily and with donations to support babies and their homes.

Until next year, may you allow the work that you do for the Lord shine for others to see. May He keep you, bless you and grant you tender mercies to continue to "Be Strong, Be Courageous" in the Lord.

So "thank you" from the Executive Committee of the American Baptist Women of the South and me.

Blessed to be a blessing.

Cynthia Bentley, President ABWOTS

Meet Our New Vice-President

Angelia R. Mumford is deeply engaged within the American Baptist Churches of the South, bringing over two decades of dedicated service to church ministries and community leadership. Her journey began as Love Gift Coordinator in Area 1 Women's Auxiliary, a role she held for several years before ascending to ABWOTS Regional Women's Auxiliary Love Gift Coordinator for three terms. Following this, she served with distinction as Treasurer of ABWOTS Regional Women's for nine years and has been instrumental as Coordinator of Events since 2019.



Her commitment and contributions have been recognized with the prestigious ABWOTS Silver+ Recognition Award, celebrating her 25 years of unwavering dedication to ABWOTS and ABCOTS.

Professionally, Angelia dedicated 28 years to Mount Calvary Baptist Church in Rockville, Maryland, retiring as Secretary/Administrative Assistant. In this role, she managed crucial administrative functions and supported the church's operational needs with dedication and skill.

As a cherished member of Mount Calvary Baptist Church for 37 years, Angelia has generously shared her time and talents across various ministries including Finance, the Bus Ministry, and as a Budget Committee Member. She has also played pivotal roles as coordinator of the Church Directory and served as Women's Ministry Treasurer for many years.

Angelia cherishes her 36-year marriage to Reverend Anthony Mumford, reflecting with gratitude on their journey as proud parents to three daughters, nine grandchildren, and twelve great-grandchildren.

ABWOTS Open Positions

Coordinator of Mission with Women and Girls promotes the vision for all women and girls to have opportunities to live in the fullness of God's purpose for their lives; studies issues related to executive committee's current emphases on women and girls and suggests materials for study and action; promotes the Women and Girls Mission Fund and special mission projects that empower women and girls; suggests ideas for education and promotion of mission related resources. (This position began at the National level in 2013).

Coordinator of Events provides leadership in planning all regional women's events sponsored by ABWOTS; oversees and delegates tasks in the implementation of regional ABWOTS meetings and conferences; assures that the conference revenues exceed expenses; and leads the budgeting process for upcoming conferences working with the Treasurer.

Coordinator of AB Girls is responsible for the regional Gathering of Girls and promotes AB GIRLS.

Coordinator of Love Gift is responsible for the education and promotion of the Love Gift offering.

Area President positions for Area I, II, III, IV, V and VI are also open.

Highlights from ABWOTS Annual Leadership Seminar and Business Meeting

On Tuesday, April 30, in Richmond, Virginia, we held our ABWOTS Annual Leadership Seminar and Business Meeting as a part of the ABCOTS 54th Annual Session. Our theme for the program was “Be Strong, Be Courageous: Building Your Body, Mind and Spirit”. We proudly hosted sixty women from the seven areas of ABCOTS. The meeting room was filled with positive energy and excitement, this being our first fully in-person meeting since COVID-19.

We were blessed to have two very dynamic speakers during the Leadership Seminar covering topics from women’s health and wellness to physical fitness and exercise. Dr. Deborah Parham-Hopson covered some of the top health issues facing black women today such as heart disease, breast health, black maternal health, mental health, and spiritual health. She also spoke about health disparities between black women and those of other races and some of the causes. Her presentation was very engaging, leading to numerous questions from the participants which she welcomed and responded to thoughtfully. Dr. Kristin Kelley, our wellness facilitator for the morning, stressed the importance of physical fitness. She gave us pointers about proper posture, safe lifting, and even guided us through some simple exercises that we can do almost anywhere.

We also heard from Ms. Jasmine Snead, Communications Manager with Housing Families First, our mission outreach partner for this year. She told us about some the work being done at the Hilliard House to assist homeless families in the Richmond area. On behalf of Housing Families First, she expressed heartfelt gratitude for ABWOTS donating to the Hilliard House. The ABWOTS Executive Committee also wants to thank all of you and your churches for the generous donations to the Hillard House, making this year’s outreach project a great success.

You can click this link to find the speaker’s presentations and the presentation about past mission projects. [ABWOTS | abcots](#) Share the presentations with women from your churches.

During our Business Meeting we elected Sister Angelia Mumford to fill the new position of Vice-President. Sister Mumford is no stranger to us, having served on the ABWOTS Executive Committee for many years. Her biography is included on page 2 of this issue. We made a plea for volunteers to fill the vacant positions on the Executive Committee that now include Coordinator of Missions with Women and Girls, AB Girls Coordinator, Love Gift Coordinator and Area President for Areas I through VI. In addition, we now need to fill the much-needed position of Event Coordinator.

We set aside time during our Business Meeting to recognize women who have been involved in church ministries, ABCOTS, and/or have supported ABCOTS ministry objectives for over 25 years by awarding them with the ABWOTS Silver+ Recognition. It takes women willing to give of themselves as these women have for so many years to keep our churches and ABWOTS strong as we move into the future. Congratulations again to the recipients (page 4). Remember, your pastor’s approval is required for you to be considered for this award.

We sincerely appreciated your participation in the women’s programs and your valuable feedback in the evaluations. We received twenty-nine responses, the majority of which indicated the event met or exceeded their expectations. The most positive feedback was on the speakers and content of the leadership seminar. Respondents thought the topics were very appropriate for our first completely in-person post-COVID program. The participants really enjoyed the wellness games including gift cards to the winners. Overall, the women were very happy to be able to meet again in person to fellowship with sisters from across the region.

Suggestions for improving the program included:

- better allocation of time for the Leadership Seminar since some respondents felt it was a bit rushed,
- respondents really appreciated the Silver+ Recognition being included, but some felt it would be better to have it during the Leadership Seminar in the morning rather than after lunch since some attendees needed to leave early.

Suggested topics for future seminars included:

- Youth and teen related discussions, including how to engage youth,
- Mental health awareness discussion,
- More discussions to strengthen women overall and
- Discussion about ancestry.

We were delighted to have American Baptist Women's Ministries (ABWM) Interim Executive Director, Rev. LaThelma Yenn Batah and some members of her staff join us for the day, as well as representatives from International Ministries. ABWM staff posted photos from our event on their Facebook page at <https://www.facebook.com/abwomensministries>.



2024 ABWOTS Silver+ Recognition

The following women were recognized during the Annual Session for their involvement in church ministries, ABCOTS, and/or has supported ABCOTS ministry objectives for over 25 years.

Congratulations

AREA I

Mt. Calvary Baptist Church, Rockville, MD

Mrs. Barbara Boone

Mrs. Myra Byrd

Mrs. Adrienne Hatchett

Dr. Deborah Parham-Hopson

Mrs. Muriel Stanley Miller

Mrs. Carolyn Piggott

Mrs. Judith Robinson

Area II

New Beginning Christian Church, Charlottesville, VA

Rev. Elizabeth Emrey

Second Baptist Church- West End, Richmond, VA

Mrs. Beverly Epps

Mrs. Geraldine Lemon

Mrs. Joan C. Tucker

AREA IV

First Baptist Institutional Church, St. Petersburg, FL

Ms. Virginia Charles

Mrs. Alice Felder

Mrs. Venita Gilstrap

Mrs. Essie Simmons (deceased)

Ms. Denia Weaver

ABWOTS Conference Snapshots



2024 ABWOTS

EXECUTIVE COMMITTEE

President
Mrs. Cynthia Bentley

Vice-President
Event Coordinator-Co-Chair
Newsletter Coordinator
Mrs. Angela R. Mumford

Secretary
Event Coordinator- Co-Chair
Mrs. Claretha N. Harris

Treasurer
Mrs. Kathia M. Miles

Chaplain
Mrs. Linda Woodson

Area VII Women's President
Mrs. Georgianna Jones

Spiritual Advisor
Mrs. Adranna Grant

WHAT'S NEW!

BE A PART OF THE DISCUSSION!

The ABWOTS Executive Committee will be holding a Zoom meeting sometime in August to begin planning for the ABWOTS auxiliary meetings to be held during the 55th ABCOTS Annual Session in 2025. We appreciate the feedback you have already given us and would like to hear more from you. We'll be sending an invitation to the Zoom meeting sometime in the near future.

Birthday Honorees:

We would like to highlight ABWOTS members' birthdays each month.

We are asking you to submit your information by email to: Angelia Mumford @

abwotswomen@gmail.com

Please include

Your Name:

Your Church Name, Location and Area number

Birth month and day (No Year)



American Baptist
Women's
MINISTRIES

THERE'S STILL TIME!

Be Strong, Be Courageous Conference -- Register now!

Girls and women of all ages from across the US, including Puerto Rico, will gather for ABWM's **Women and Girls Conference on July 18-21, 2024, in Salem, Virginia**. The conference, based on our two-year 2023-2025 Ministry Focus, "Be Strong, Be Courageous," will create opportunities to study God's word and explore leadership. Scholarships are available! [Register today!](#)

UPCOMING EVENTS AROUND ABCOTS

MOUNT CALVARY BAPTIST CHURCH'S
14TH ANNUAL
HBCU COLLEGE FAIR

SAT., NOV. 2, 2024
9:30 AM -
1:30 PM EST

Free
and Open to
the Public

Check out our
Workshops
and Seminars

ROCK YOUR
PARAPHERNALIA!

Walk Into Your Future

HBCU SUNDAY
Nov. 3, 2024
11:00 AM EST

QUIZ BOWL
Nov. 3, 2024
1:15 PM EST

 **Register at mtcbc.org/hbcu**

Mount Calvary Baptist Church
Rev. Dr. Brian O. Bellamy, Senior Pastor
608 N. Horners Lane, Rockville, MD 20850
(301) 424-8717 | mtcalvary@mtcbc.org



Remember to send your announcements about upcoming events at your church or in your area to us at abcotswomen@gmail.com for publication in our next newsletter!

ACCEPT THE CHALLENGE!

Solve the word search on the next page and be the first to email a copy of your solved puzzle to ABWOTS at abwotswomen@gmail.com. We'll reveal the name of the winner in our next communication.

American Baptist Women of the South

B W V I D F R E M E M B R A N C E L W X D T H U D A Z U L R L X J M R P T J
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GEORGIANNA JONES
 ANGELIA MUMFORD
 BE COURAGEOUS
 CYNTHIA BENTLEY PRESIDENT
 GREETINGS
 LINDA WOODSON
 NOMINATING
 REMEMBRANCE
 WOMENS CONFERENCE

KRISTIN KELLEY
 ANNOUNCEMENT
 BUDGET
 DEBORAH HOPSON
 JESUS
 LOVE GIFT
 OUTREACH
 RICHMOND
 WORSHIP

ABCOTS
 ANNUAL SESSION
 BUSINESS SESSION
 EMPOWERING
 KATHIA MILES
 LUNCHEON
 PLANNING
 SILVER RECOGNITION

ADRANNA GRANT
 APPRECIATION
 CLARETHA HARRIS
 FINANCIAL REPORT
 LEADERSHIP SESSION
 MISSIONS
 PRAYER
 WELLNESS ACTIVITY