DIRECTIONS TO THE
VIRGINIA UNITED METHODIST CONFERENCE CENTER
10330 Staples Mill Road, Glen Allen VA 23060
1-800-768-6040

FROM I-64 WESTBOUND (FROM TIDEWATER) Take the I-295/US-60 exit, exit number 200, towards Washington/ Rocky Mt. NC Merge onto I-295 N. for approximately 28 miles Take the US-33 EAST exit, exit number 49B, toward Richmond Merge onto Staples Mill Rd/US-33 E for 1.75 miles; Conference Center on right at CrossRidge.

FROM I-64 EASTBOUND (FROM CHARLOTTESVILLE) Take the I-295 exit, exit number 177, toward Washington/ Norfolk Merge onto I-295 S, for approximately 3 to 4 miles Take the US-33 EAST exit, exit number 49B, toward Richmond Merge onto Staples Mill Rd/US-33 E for 1.75 miles; Conference Center on right at CrossRidge.

FROM I-95 SOUTHBOUND (FROM NORTHERN VIRGINIA) Take the I-295 exit, exit number 84B, toward Charlottesville. Merge onto I-295 N for approximately 4 to 5 miles Take the US-33 EAST exit, exit number 49B, toward Richmond Merge onto Staples Mill Rd/US-33 E for 1.75 miles; Conference Center on right at CrossRidge.

FROM I-95 NORTHBOUND (FROM PETERSBURG) Take the I-295 exit, exit number 84B, toward Charlottesville Merge onto I-295 N for approximately 4 to 5 miles Take the US-33 EAST exit, exit number 49B, toward Richmond Merge onto Staples Mill Rd/US-33 E for 1.75 miles; Conference Center on right at CrossRidge.

FROM US-360 NORTH (FROM DANVILLE) Take Powhite Exit off 360 near Brandermill Take Powhite and merge onto I-195 after crossing James River Take I-64 West from I-195 Take the I-295 exit, exit number 177, toward Washington/ Norfolk Merge onto I-295 S, for approximately 3 to 4 miles Take the US-33 EAST exit, exit number 49B, toward Richmond Merge onto Staples Mill Rd/US-33 E for 1.75 miles; Conference Center on right at CrossRidge.
Speakers for the Day
Dealing with Difficult People

Difficult people can make life more difficult for everyone. What strategies can we use to deal with these difficult people? Through vignettes provided by the presenter and examples offered by participants, we will review practical strategies in a fun and interactive session.

The scenarios and strategies discussed will focus on difficult people in the church office although these strategies can easily be extended to difficult people in other settings as well.

Sandy Gramling is a clinical psychologist on the faculty at Virginia Commonwealth University where she teaches “Stress and its Management.” She has co-authored two books, published broadly in the area of stress and coping, and enjoys leading workshops/retreats. Sandy lives in Midlothian and is a member of Winfree Baptist Church.

Pension and Healthcare Information

Betty Forbes, immediate past chair of Virginia United Methodist Pensions, Inc. board will lead a brief session sharing information about clergy pension changes that took place at the 2012 General Conference in Tampa and how they might impact our work. She will also discuss healthcare changes we might expect as a result of the Patient Protection and Affordable Care Act.

Virginia Chapter PAUMCS
Winter Event Registration
Wednesday, January 23, 2013

The cost for the session is $20 for Virginia Chapter PAUMCS members and $25 for non-members.

Who should attend?
All Church Administrative Staff, full-time, part-time, paid and volunteer, including but not limited to, administrative assistants, financial secretaries, office managers and newsletter editors.

Name

Street Address

City Zip

Phone

E-mail Address

Church/District

Amount Enclosed

First Time Attendee? □ yes
Who encouraged you to attend? __________________________

Complete the above information and mail with check payable to Virginia PAUMCS by January 11 to:

VA PAUMCS
Terri Biggins, treasurer
P.O. Box 5606, Glen Allen VA 23058

For more information call
Susan Petrey, vice president in the Richmond District Office
1-800-768-6040 ext. 124 or (804) 521-1124.

Virginia Chapter Fall Event
Experience Your Conference Connection Winter 2013
Wednesday, January 23
9:30 a.m. - 3:00 p.m.

Schedule for the Day

9:00 UMCenter worship (optional)
9:30 Registration
10:00 Opening
10:15 Session I--Betty Forbes
11:15 Session II--Sandy Gramling
12:15 Lunch--Discussion and Networking
1:00 Session II continued--Sandy Gramling
3:00 Closing
3:15 Tour the Virginia United Methodist Conference Center (optional)

Bishop Charlene P. Kammerer said, “United Methodist Church secretaries are...part of the ministry teams of our local churches...It is critically important that we work to develop effectiveness and vitality in the life of these teams...PAUMCS is committed to providing a supportive base for the training and fellowship of its members...I strongly encourage staff throughout the Virginia Conference to both join and participate in this worthwhile organization.”