



Timely Reflections

INLAND MISSIONAL DISTRICT
UNITED WOMEN IN FAITH

AUGUST 2024

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THE PURPOSE

United Women in Faith seeks to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship, and education so that they can inspire, influence and impact local and global communities.

PRESIDENT'S PONDERINGS

It is with mixed feelings that I write this, my last, article as your Inland District President. What an honor to serve such an amazing team the past four years! Every meeting has been a joy, every office filled by a woman passionate about our organization who fills her role with knowledge and enthusiasm. Just to name a few of my reasons for taking pride in our team: providing special talent for the Leadership Development event at Lazy F, encouraging someone wanting to start a Unit at Moran UMC, stepping in to fill the duties temporarily for one going through cancer treatment, almost every officer attending this Mission u, awarding scholarships to enable new women to attend events, and organizing the very first Soul Care Retreat for our District. Now with a full slate to be elected at our Annual Meeting September 21st at Audubon Park United Methodist Church, I look forward to hearing of many more accomplishments in the coming years.

United Women in Faith is so much more than a group of ladies getting together for dessert and conversation! It would be difficult for me to rank in order of importance all it offers so, in no particular order, some of the ways I have been richly blessed by United Methodist Women and now United Women in Faith over more than 30 years: its nurturing community, Assemblies, Western Jurisdictions, Mission trips such as to Gum Moon that included Glide UMC and Mary Elizabeth Inn, a UN Seminar, retreats at Twinlow Camp, Legislative Days, and, best of all, lasting friendships.

My life has been so full because of invitations. I want to leave you with a challenge: invite someone to share in your meeting, event or, how about a small group conversation about all we have to offer with a special place for her?

God Bless you on your United Women in Faith Journey, Judy

Education and Interpretation

I have had seven units turn in the Mission Today forms for Gold Units. You will receive your certificates at the Inland Missional Meeting September 21, 2024 at Audubon Park Church.

Good job. Hope to see you there.

Charlene Mullis

Treasurer

United Women in Faith unit treasurers,

Fall is just around the corner. I hope that your units will be ramping up for the fall by meeting again after having a hot summer off (that is if your units do not meet during summer). The end of the quarter is fast approaching, September 30, for sending your quarterly "Pledges to Mission". If you have any monies please send them in by September 20. The longer I am District Treasurer the more I learn about United Women in Faith and all the programs we support. Yes, we support international programs but we have nearly 90 organizations we assist right here in the United States. Therefore, your dollars given do make a difference in helping women, children, and youth. Just as a ripple when a stone is thrown in the water, starts small but gets bigger as it moves out. In addition to our pledges, my circle collects tea money, which is that spare change in your pocket. At the end of the year, we donate them to a local charity in Spokane, you would be surprised how those nickels, dimes, quarters, and bills add up. Bless you all for what you give to United Women in Faith.

Beth Meersman sent a thank you note for the scholarship she received for Mission u.

Roberta



Program Resources

Summer gives us the pleasures of warm and lazy days, and hopefully, time to relax with a good book.

Thank you to the units who have been reading and have sent their completed reading lists to me. One of my favorite garden activities is gathering up salad fixings, like Sun Sugar tomatoes, cucumbers, various herbs, and summer squash and zucchini. Looking at the various books our members are reading reminded me of a colorful salad bowl. I see a rich and powerful mix and perspective on many subjects, and current issues, both in novels and major works of study. We are learning the truth of how injustice in race, immigration, climate, and stigmas affect our families, society, and the natural world. Reading these important books and sharing them with others, is the gift of participating in the UWF reading program.

Here is a short list of books read by our units: There are many more from our book lists 2019-2024.

Education for Mission: Apple: Skin to the Core (Gansworth), One: Unity in a Divided World (Riggs)

Leadership Development: Beautiful Country (Wang), Eleanor (Smith), Ida B. The Queen (Duster)

Nurturing Community: The Seed Keeper (Wilson), The Three Mothers (Tubbs)

Spiritual Growth: Braiding Sweetgrass (Kimmerer), I am You: A book about Ubuntu (Moahlioli)

Social Action: Girl Gone Missing (Rendon), The Four Winds (Hanna), Saving Us: A Climate Scientist's case for Hope and Healing in a Divided World (Hayhoe)

*****Look for the Program Resource Table at the September Annual Inland District Meeting where good books will be available for \$5 with proceeds going to Mission.**



THE LEGACY ENDOWMENT FUND & 1869 SOCIETY are very important to me and the Pacific Northwest. Helping Mission around the World by sharing what I can and leaving a gift for the future ensures blessings on our United Women in Faith. Noriko’s passion for encouraging others to join in their Estate planning makes our future brighter. Giving is a response to the love and grace of God. Is your Will ready? “Where There’s a Will, There’s a Way.” Do you have a story to share with your friends? Do you have an enthusiastic young person to mentor? We provide opportunities and resources to grow spiritually, become more deeply rooted in Christ and put Faith into action! We equip women and girls around the World to become leaders. The Legacy Endowment Fund is all about the future. We provide educational experiences that lead to personal change, in order to transform the world. Please do what you can! Because our roots are strong, we can grow in new directions, we perhaps never imagined. To do so we need the experience, wisdom, passion, and voice of women of all ages, called to support one another in a sisterhood of grace. Not only to share stories, but listen with our hearts and minds to those who live with pain and suffering. Embrace the vision of our foremothers and give to the future! Blessings, Marsha PNW Legacy Liaison

5/8/24 **Legacy Grand total \$39,691,271.**

GIVING TOTALS 2014 - 2024 PNW Conference

2015, 2016, 2017 - \$98,38; 2018 - \$111,308;
 2019 - \$120,004; 2020 - \$128,35; 2021 - \$133,735;
 2022 - \$620,129; 2023 - \$679,800; 2024 - \$688,572
 as of 3/31/24 **International Total “Day of Giving”
 March 23, 2024 \$424,415.**

Nominations

The Nominations Committee is pleased to announce the 2024-2025 slate of officers. Note that we have one opening on the team – Member of the Committee on Nominations. Please give Madelyn Bafus a call at 509-869-8213 or email her at Maddyb47@msn.com if you are interested. You will not want to miss being part of their installation at the United Women in Faith Inland Missional District Annual Meeting at Audubon Park UMC on September 21, 2024 Thank you to these dedicated women for accepting their positions.

SLATE OF OFFICERS FOR 2024-2025

- President – Robin Gregory
- VP – Melissa Jaquette
- Secretary – Susan Henderson
- Treasurer – Roberta Headley
- Program Resources – Tana Truscott
- Communications Coordinator – Gerrie Van Voorhis
- Education & Interpretation – Charlene Mullis
- Social Action – Patsy Charlton
- Membership Nurture & Outreach – Suzanne Zabriskie
- Spiritual Growth – Kathy Johnson
- Nominations Chair – Linda Hansen
- Nominations – Gerrie Van Voorhis
- Nominations – Andrea Henderson
- Nominations – LaFawn Hamm
- Nominations – OPEN

DISTRICT ANNUAL MEETING INFORMATION!

The time is drawing near for our District Annual Meeting to be held next month at Audubon Park United Methodist Church. Mark your calendar for Saturday, Sept. 21, 2024 and join us for a time of reflecting over the past year, sharing with one another about the mission work present in our communities and how we may serve to help them to bring better and brighter futures to children, youth and women locally. I would like to encourage you to bring items to donate to the food bank. They can always use the following items: canned soups (creamed soups such as cream of mushroom or cream of chicken), canned tomato products, canned beans of all kinds, main dish items: Hamburger Helper or other meal kits, stew, rice dishes. Please fill out the registration located in this newsletter and get it sent in before the early bird deadline of Sept. 4 and we will see you on Sept. 21st! Grace and peace, Melissa Jaquette, Vice President of Inland Missional District



Registration Form
 2024 Inland Missional District
 United Women in Faith Annual Meeting
 "Food Insecurity - How Can We Help?"
 September 21, 2024

8:30 – 9:00 Registration; 8:45 – 9:20 Coffee and Snacks; 9:30 Meeting begins.
 Audubon Park United Methodist Church, 3908 N. Driscoll Blvd, Spokane, WA

Our meeting will again be in person. Our guest speakers will be a panel with Karen Peacock with Audubon Park Food Bank, David Stone with Valley Partners and Kathleen Hedgcock from 2nd Harvest discussing each of their programs with a brief Q & A following.

****All participants this year will be asked to bring items for the Food Bank which is in the Vice President's article.

Find below the registration form for our Inland District Annual Meeting. Please fill it out and send it to Roberta Headley.

Early bird registration will be \$20.00. The registration cost at the door will be \$25.00.

Registration forms need to be sent in by September 4, 2024. We hope to see everyone there.

+++++

NAME: _____ **UNIT:** _____

CHURCH: _____

REGISTRATION \$ _____

FOOD RESTRICTIONS: _____

Send form & money to Roberta Headley, Treasurer, 17008 E. Bill Gulch Road, Mead, WA 99021;
beancounters87@yahoo.com. *Checks should be made out to **Inland Missional District United Women in Faith**





MISSION U 2024

THE KIN-DOM IS AMONG YOU
DRAWING CLOSER TO GOD AND ONE ANOTHER
WESLEY UNITED METHODIST CHURCH
YAKIMA WASHINGTON JULY 21-25



2024 UWF Inland District Soul Care

Saturday-August 17, 2024 at Clarkston United Methodist Church

A team led by Kathy Johnson, Spiritual Growth Coordinator for the Inland District, planned and presented this opportunity to refresh our souls.

There were 40 women from churches in the Lewiston-Clarkston Valley, Spokane, and the Palouse area that enjoyed a day of relaxation, fellowship, and learning new skills. The breakout sessions included chair yoga, breathing techniques with instructor Jeanette LaRondella, journaling with Pastor Daniella Ramsay, and Tea Bag art with Kristin Guyer. Music was provided by sisters Kay Anderson, and Carol Jefferies. A delicious lunch buffet was prepared by Terry and Carol Entze. Thank you to all who shared their time and talents to make this a day of renewal and spiritual awakening.



Serving and Spiritual Growth

Kathy Johnson

Serving is part of our spiritual formation. Reading John 15, it is evident God expects we bear fruit. Serving is important for our individual growth, not simply because the church/faith community needs volunteers.

I have heard the best way to solve your problems isn't to solve your problems. The best way to solve your problems is to have something in your life bigger than your problems.

	Seeds	Roots	Branches	Fruit
Milestones	Jesus says, "Come and See" John 1:45-46	Jesus says, "Follow Me" Matthew 4:19	Jesus says, "Abide in Me" John 15:4-8	Jesus says, "Represent Me" Mathew 28:18-20
Desired Outcome	I say, "I see it."	I say, "I believe it."	I say, "I practice it."	I say, "I multiply it."
How I Grow	Social Events, Prayer	Sunday Services, Sunday School	Small Groups	Leadership, Missions
How I'm Changed	My eyes are opened.	My heart is changed.	My life is new (Fruit of the Spirit).	My hands and feet are His.

Spiritual practices are intended to lead toward a deeper, more meaningful relationship with God. Consider the stages of spiritual growth. Are you growing into a new life, growing out of self-centered living, growing into God-centered ambitions, sacrificing for others to grow? Where are you at the present? Spiritual growth while a journey, is not linear. There are switchbacks, detours, alternate routes. Using red, yellow or green rate your spiritual growth practices/pathway for practicality and purpose. Today, whatever milepost marks your path, renew your pledge to:

- Pray** regularly
- Worship** frequently
- Read** scripture
- Serve** at and beyond church
- Connect** with others
- Give** of my time, talent, resources
- Go** boldly share the Gospel

For many, the missing piece for spiritual growth is actually the first step of understanding their own spiritual gifts. It is challenging to develop without understanding how God made you. When people discover their personal gifts, they become connected and feel more fulfilled. Want to do a program assessing spiritual gifts or stages of spiritual growth? The District Spiritual Growth Coordinator is an available resource to your unit.



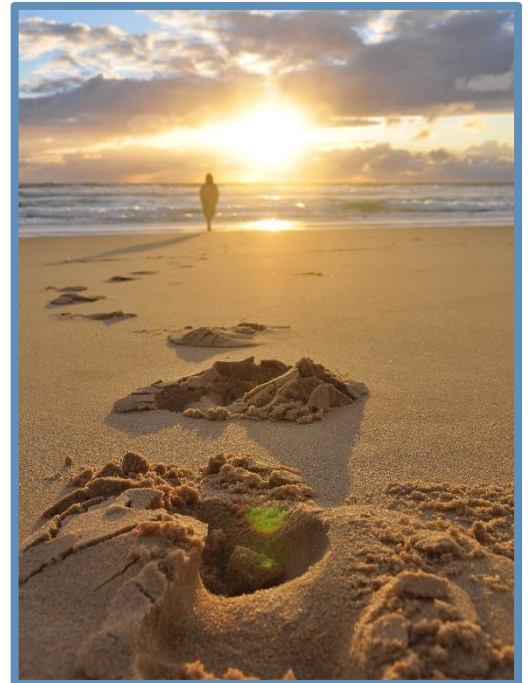
Pacific Northwest Conference
United Women in Faith
ANNUAL GATHERING

*Stepping Out in Faith:
Expanding Our Vision...
Trust the Nudge*

Scripture: Matthew 14:22-33

Spokane Valley UMC

115 N Raymond Rd, Spokane Valley, WA 99206



Keynote Speaker:

Sue Magrath
Spiritual Counselor
and Acclaimed Author

SCHEDULE FOR

OCTOBER 18 — 19, 2024

Start time: 5:30 PM with dinner on Friday

End time: 1:00 PM on Saturday.

A Sack Lunch is available for an additional \$10 at the time of registration.

REGISTRATION FEE — \$30

HOTEL INFORMATION

A participant is responsible for making their registrations!
The hotel includes breakfast.

[Comfort Inn & Suites Spokane Valley](#)

Please use the group name United Women in Faith.

We have reserved a block of rooms here.

The cost is approximately \$155 for double occupancy on Thursday and Friday. There are options for king-size or double-queen bedrooms.



United
Women
in Faith

Annual Gathering Registration Form
Pacific Northwest United Women in Faith
October 18 — 19, 2024

Spokane Valley United Methodist Church — 115 N Raymond Rd, Spokane Valley, WA 99206

REGISTRATION DEADLINE—SEPTEMBER 30, 2024

Name for your Name Badge _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Cell Phone _____ Email _____

Emergency Contact _____ Phone _____

Church _____ District _____ Conference _____

Are you an officer? Yes No If yes, position _____

Home hospitality needed Yes No

Dietary: We will work hard to accommodate most diets by providing various options. Gluten-free and diabetic choices will be available. **Food Allergies:** _____

ADA needs: We are happy to help you prepare for an enjoyable experience! Please share your challenges or concerns. If we don't know before the event, we may not be equipped to assist: _____

Childcare will be available. Please note the ages and number of your children:

Infants _____ 2 to 3 years _____ 4 to 5 years _____ 6 to 8 years _____ 9 to 11 years _____

Do you need a lanyard for your name badge? Yes No (Please bring a name badge holder if you have one.)

Can we use your photo in promotional materials? Yes No

Are you interested in purchasing a sack lunch for Saturday, October 19? Yes No
(Veggie or turkey/cheese sandwich, chips, fruit, dessert, and water bottle.)

If interested, you must pre-order and add \$10 to your registration form.

Registration Fee—\$30:

Make checks payable to PNW Conference United Women in Faith
Mail Your Completed Registration Form and a Check to:

Sharon Stovall, Registrar, 2311 E Marshall, Spokane, WA 99207-5438

For questions, call Sharon at 509-534-2083 (Home) or 509-939-8677 (Cell)

or email: shrstovall@peoplepc.com

