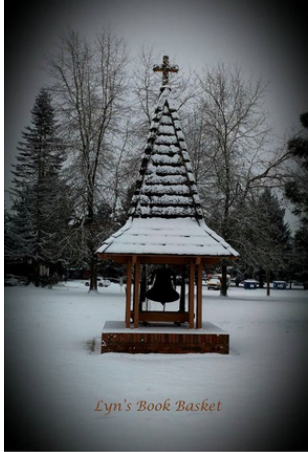
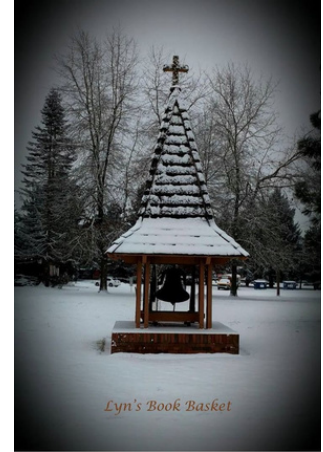


Crest to Coast Currents



*Winter
2024*



Crest To Coast President's Corner

Greetings to everyone in the District and beyond. The culmination of this year's work in the District was our annual District meeting in September. We are so thankful to have Sue Raymond as one of our officers. She came up with the idea of having our annual meeting somewhere besides one of our local churches. She arranged for us to have our meeting at Tacoma Community House in Tacoma, one of our National Mission Centers. They provided an outstanding program with a tour of the facility led by Aimee Khuu, Executive director as well as a large room for our meeting and installation of officers. What a fantastic place to provide services for immigrants, refugees and local homeless youth. This is just one place that our pledge money goes in support of women, children and youth.

The Puyallup UMC ladies brought in a continental breakfast with beverages and also a very nice lunch which was very much appreciated. Deb Avery, our PNW Conference President, did the honors of installing our District officers. Our District Team did a great job in working on this and their presentations. Thank you to them for another successful year. This was a good opportunity to engage our members to the North and get more involvement in our District. We have started our Spiritual Retreats around the District as well so look for them in your area or contact Joan Hackett if you want to set up one at your church. Those will be addressed in another article in this newsletter.

I really encourage members to consider becoming a District officer. It is interesting, fulfilling and we have fun doing it. There are openings and we can always use the extra help. And please come to our annual meetings, we try to have good programs and make it interesting. Sending Love and Blessings for a grateful Thanksgiving to you all,
Bev Thomas, President of Crest To Coast Missional District

Your District Officers

President- Bev Thomas

Vice President- Open

Secretary- Open (Sheree Fitzpatrick is Secretary Protem for now)

Treasurer- Eileen- Costuck

Spiritual Growth-Sue Raymond

Membership, Nurture & Outreach- Joan Hackett

Education & Interpretation- Sheree Fitzpatrick

Nominations- Gail Antijunti

Social Action- Open

If you are interested in information about a position or serving in any position, Please contact Gail Antijunti!

From the Treasurer

I just have a short message letting everyone of our Crest to Coast Treasurers know how much I appreciate them!

We have all completed our Pledges in full.

I will be sending off the 4th Quarter and World Thank Offerings by the end of the week of December 13, 2024 so please send any funds you want for 2024 to me by then.



My Blessings on all of you for a wonderful Thanksgiving and Christmas holidays.

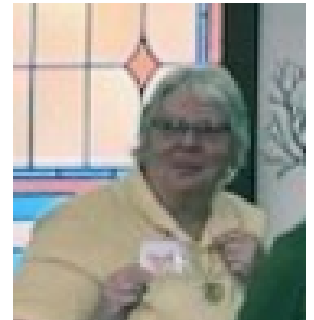
Your Crest to Coast Treasurer and Sister in UWF
Eileen Costuck
(360)605-4578

Welcome to our new Conference Treasurer

World Thank Offering celebrates God's abundance and the joy in your life. It is a way for you to show gratitude for God's blessings and a meaningful way to raise funds to improve the lives of women, children, and youth. When you give from your diverse background and experiences, everyone participating in United Women in Faith feels the joy of the group's diversity and abundance. World Thank Offering allows you to give what you can from your life.

I want to wish all of you a blessed Christmas and New Year.

Roberta Headley, Treasurer
PNW Conference United Women in Faith



“How Is It with Your Soul” Retreats

The Executive Team of Crest to Coast United Women in Faith is offering “How Is It with Your Soul” retreats at any church around our District for all women who would like to attend. These are being planned for 9 to noon or 10 to 2.

Information about past, present and future retreats below.

Centralia Saturday October 12 “For Such a Time as This”

This Soul Retreat was planned by Sue Raymond from Crest To Coast Missional District in coordination with Pastor Vangie Rand from Centralia and Rochester UMCs. 20 people were in attendance. Centralia UMC provided coffee and snacks; everyone brought their own sack lunch. Sue had a welcome skit and icebreaker then dressed as Esther she presented a Jewish Midrash. She told her story with a little ad lib for clarity and give more emphasis. (Midrashes were frequently used to tell biblical stories when many didn't know how to read.) After lunch there were crafts available and time to meet others from Elma, Rochester, McCleary, Olympia, Centralia, Chehalis and Vancouver.

United Women in Faith Vancouver Heights UMC

Saturday December 7, 2024, 10:00-noon

Soul Care Retreat. There will be light breakfast items to start as we build community. This will be followed by worship, reflection, crafts and journaling. We may even try some chair yoga and an opportunity to learn about and walk our community labyrinth- weather permitting.

RSVP davery51@q.com

Grays River UMC 3624 Hwy 4 West. 98621

Monday February 10, 2024, 10:00-2:00

Soul Care Retreat

A time of Bible Study, crafts, and soul enriching activities including a midrash.

RSVP revkeithjoan@hotmail.com

Stevenson UMC 3235 Jefferson St. 98648

Monday March 10 th 10:00-2:00

'For Such a Time as This' Snacks and lunch provided

RSVP janetaxx@aol.com

Soul Care Retreat A time of Bible Study, crafts, and soul enriching activities including a midrash. RSVP revkeithjoan@hotmail.com

Possible themes

- Martha and Mary: Retreat will focus on the different gifts and talents we bring to our faith lives.
- For Such a Time as This: Retreat will focus on discovering the gifts we have been given to use at a specific time to meet specific needs
- Lessons Learned for Ladies Present in the Parables: Retreat will focus on the three parables that Jesus used that had women characters

To reserve a "How Is It with Your Soul" retreat at your C2C church please contact Joan Hackett, Membership Nurture and Outreach Coordinator revkeithjoan@hotmail.com

Or Sue Raymond Coordinator for Spiritual Growth sueraymond@bellsouth.net

Spiritual Growth

Our Spiritual Retreats held around the district have been a great way to combine the goals in our PURPOSE of getting to know God better and developing a creative supportive fellowship! We had 20 ladies gather at Centralia UMC on October 12. We spent time reflecting on Esther and how she used her God-given talents to benefit her people and we enjoyed fellowship with women from five different churches.

If your church would like to host a retreat or if you would like to find one being held in your area, you can contact:

- Joan Hackett Membership Nurture & Outreach
revkeithjoan@hotmail.com
- Sue Raymond Spiritual Growth Coordinator
sueraymond@bellshouth.net

We would love to help you choose a topic and a date for your gathering. We have options of exploring the stories of Esther, Mary & Martha, or the Ladies in the Parables of Jesus. Each topic will allow us to learn more about the women God has used to be a blessing to His people and to get to know women in our area from other churches. Please be in prayer about how we can join together in living out our PURPOSE!

Sue Raymond,
Crest to Coast Spiritual Growth Coordinator

Education & Interpretation

Inspired and invigorated was how I felt at our District Annual Meeting in September at the Tacoma Community House. Seeing our mission giving in action made me appreciate even more our work for Mission Today. Our missions and outreach ministries impact so many and emphasized to me the need for continued financial support and personal action for them.

Our Mission Today criteria forms list the many ways that each unit can be involved in mission through prayer, study, and action. Several updates and changes have been made to the [Mission Today criteria form](#), and the link to that form is included in this article. United Women in Faith represents the power and effectiveness we have collectively by combining our resources to expand the concept that promoting social justice is a mission.

Your local unit can become more involved in the mission and social justice priorities of United Women in Faith by [reviewing the Mission Today criteria form](#) and finding ways to impact locally, regionally, and globally.

If any of you have any questions regarding Mission Today, please contact me by email or phone. My email is shereegf@gmail.com , and my phone number is 360-921-6249.

<https://www.pnwumc.org/uwfaith/wp-content/uploads/2024/05/Mission-Today-Brochure-2024-Fillable.pdf>

Sheree G. Fitzpatrick, Crest to Coast Education and Interpretation

Mission Today Form

BECOME A MISSION TODAY UNIT

What is Mission Today?

Mission Today serves to energize United Women in Faith to be more involved in mission through prayer, study, and action by:

- Increasing contacts between local units and mission personnel and projects so that the units can understand what their money is supporting around the world;
- Encouraging the use of mission resources offered through United Women in Faith; and
- Expanding the concept that promoting Social Justice is a mission.

Mission Today Unit Requirements

Set a goal early on and check the boxes inside this brochure as you complete each item! The complete list is on the reverse side.

- **Gold Units** need to complete at least 12 of the criteria, 6 of which must be marked with a ★
- **Silver Units** need to complete at least 6 of the criteria, 3 of which must be marked with a ★

(Units that have under 15 members, use half of the above-mentioned numbers in all categories) The recording period to become a Mission Today Unit is from September through the following August.

Complete and send the form on the reverse side to your District Mission Coordinator for Education & Interpretation or designated person by August 15

MISSION COORDINATOR FOR EDUCATION & INTERPRETATION POSITION

Mission Education & Interpretation increases the power and effectiveness of United Women in Faith by:

- Helping members understand the mission and outreach ministries of the church;
- Emphasizing the need for continued financial support for the programs and mission of the United Women in Faith;
- Discovering ways to educate and interpret the mission and social justice priorities of United Women in Faith and inviting the talents of new members;
- Promoting the use of response Magazine, utilizing this resource as part of United Women in Faith's outreach to local units.

The Mission Education & Interpretation Coordinator relates to the Other Mission Coordinators in the following ways:

- The Mission Coordinator for Social Action to expand traditional concepts of mission;
- The Mission Coordinator for Spiritual Growth to act on our Biblical and theological foundations for mission and mission giving; and
- The Mission Coordinator for Membership Nurture and Outreach to promote and interpret mission education and mission giving to individual members.

MARK YOUR CALENDARS!

Mission u—July 25-27, 2024, Wesley UMC, Yakima, WA
 "Welcome Home" The Kin-Dom is Among You.
 Drawing Closer to God and One Another.
 Come! Let's explore together the heart of Jesus' good news and what fresh vision it offers us as we seek to be in mission today. Children, youth, and adults are welcome.

Mission Education & Interpretation

Expanding the Power of Our National Mission Locally

Pacific Northwest Conference
 United Women in Faith



United Women in Faith

Mission Today

- Make and meet a Pledge to Mission ★
- Use the Prayer Calendar to pray for people in mission and for mission work with women, children, and youth ★
- Have two or more members subscribing to response Magazine ★
- One or more members attend Mission u or District Mini Mission u ★
- Two or more members attend a District, Conference, or National meeting/training event ★
- Two or more members attend the Local Leadership Membership Training event ★
- Become a Five Star Unit by contributing to all five channels of Mission Giving: Pledge to Mission, Gift in Memory, Special Mission Recognition, Gift to Mission, World Thank Offering, or become a Seven Star Unit by adding: Mission Magic and Love Ribbons ★
- Make a contribution to the Legacy Fund ★

- Two or more members complete one of the Reading Program Plans, report on one of the books, and encourage members to complete Plan 1 ★
- One or more members join the United Methodist Women's Action Network to receive and respond to information on legislative issues. ★
- At least one member of the unit participates in Legislative Day. ★
- Write to five people listed in the Prayer Calendar, two or more times a year
- Participate in the Campaign for Children in two or more ways: support a church or community program related to children and youth needs, support the Children's Defense Fund; write, email, or call legislators or other representatives regarding children's issues; learn how schools are funded.
- Include a mission moment, lifting up and reporting on a mission story from response Magazine.
- Have a Bible study group during the year.
- Participate in the "Call to Prayer and Self-denial" offering
- Invite a District or Conference officer who is not part of the local unit to one or more meetings during the year.

- Your unit made a contribution to the PNW United Women in Faith Conference Endowment Fund, Nome Community Center, or Good Neighbor Settlement House.
- Two or more members volunteer at a community-based Foodbank, feeding program, or women's shelter.
- Donate material items to Nome Community Center, Atlantic Street Center, or Tacoma Community House.

Contact Information

Name: _____

Phone or email address: _____

Unit: _____

Return to

Name: _____

Office: _____

Email: _____

Address: _____

Reflections

I was encouraged to “comment on the Bishop’s letter” in this issue of our newsletter.

Bishop Bridgeforth opened with a reminder of what it is to be a disciple “of Jesus Christ for the transformation of the World.” He reminded us that it includes “caring for the immigrant, the stranger, the widow”; both “those we know and those we do not.” In these times, we need to “extend grace and practice acts of mercy.”

He continued talking about living the word, not just reading it. Making the teachings of Jesus the “center in our lives.” In these times, we need to “speak truth to power,” care for the “most vulnerable,” seek out those who are afraid. We need to offer prayer, food, shelter and “never let go of this unending love that God extends to us.

Bishop Bridgeforth concluded with the message that now “is not the time to rest,” “do not weary in well doing” as we do Jesus Christ’s work “for the transforming of the world.”

I recently read an article titled “Burnout and the rhythm of world “repair.”” This article was written by Ryan Dowd, someone who has worked with the homeless for many, many years.

Over the years, he has noticed, not only that some people burn out quickly while others can work for years, but also what was different about these two groups.

The main difference he noted was the difference in the “source of their purpose” for doing the work. Those who burn out quickly derive their purpose from the outcome (how many addicts they can get off drugs) while those who can continue in contentment for years are those who derive their purpose from the effort itself. There are many factors related to the outcome of working for a better world, most that you have no control over. “The **ONLY** factor ... that is under your control is **your own effort.**”

When working for a better world, you need to first remind yourself what you can and cannot control. Remember that “every loss is temporary,” and “every win is temporary.” The thing that matters most “is that you get up the next morning and continue the work.

His final thoughts are:

When all the moments you will ever know have passed, and all the people you will ever love have grown quiet—in the perfect stillness of eternity—only two things will remain:

The spilled colors where you painted kindness onto the canvas of others’ lives.

The pinholes in the firmament where you threw rocks at the darkness to let the light in.

Take a moment to lick your wounds. Then pick up your paintbrush and a rock.

A fellow traveler,

Ryan Dowd

My last reflection is that as Women United in Faith, we need to keep paintbrushes loaded with kindness and rocks to punch through the darkness of hate and despair in our pockets to pull them out whenever and where ever they can be used in alleviating the pain, fear, and despair of others. We need to use these tools to help us care for the immigrants, strangers widows, and everyone in this world, on which we live.

Lyn Milner



Program Resources

Both the 2025 Reading Program Catalogue and the Program Book for 2025 are now available from the website.

This year's Bonus Books, along with the other offerings in our 2025 Reading Program, are available at bookshop.org/shop/uwfaith

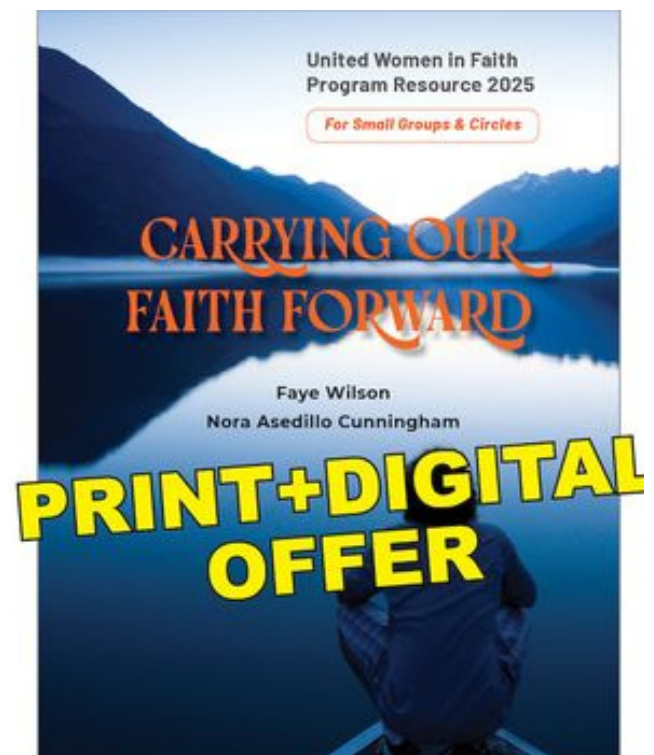
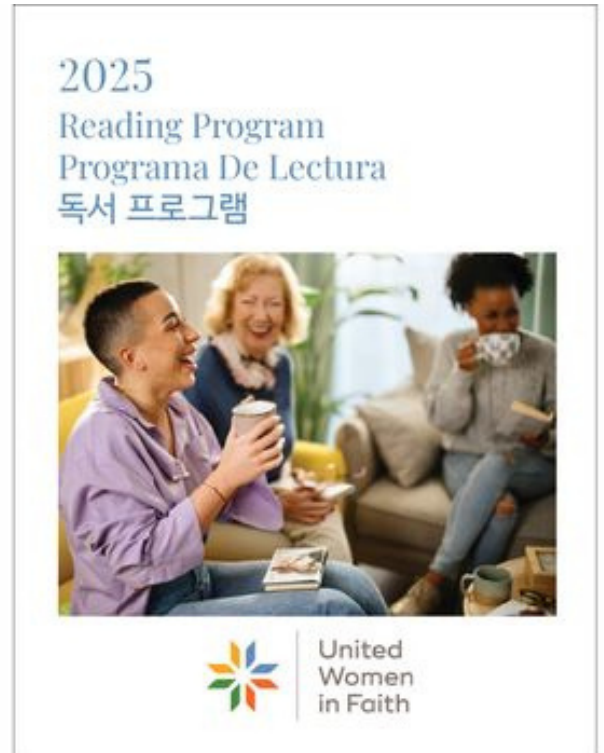
If you purchase your books from here, 10% goes back to United Women in Faith to support our work.

Reminder, for 2025, books from the 2020, 2021-2022, 2023, 2024, and 2025 Reading Program lists are all eligible for Reading Program reporting credit, **if you have not previously read them.**

By ordering the print edition with the digital add-on together, you will always have Program Resource with you and free access to the monthly Community Gatherings!

The 2025 United Women in Faith Program Resource explores intergenerational conversations and what it looks like to carry our faith forward in an expanding or new context. Compared to the path of water, our faith stories reflect a push and pull, peaks and waterfalls, and stagnant ponds and storms.

<https://uwfaithresources.org/download.cfc?method=ProductDownload&storekey=umw&printfileID=8966&token=87F8896E572FF7388141D98C44B1C15696A2B451>



<https://uwfaithresources.org/prodDetail.cfm?productID=11996&catid=2175>

United Women in Faith

Our Vision

Turning Faith, Hope and Love into Action on behalf of women, children and youth around the world.

Our Mission

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.

We believe love in action can change the world

We have opportunities for membership within our local churches and individual membership “all access” to help women connect with other women around areas of justice, soul care, and spiritual growth.

We encourage you to explore the many opportunities for making a difference

Through our partnership with Faith Action Network, Legislative Advocacy events, our ongoing work addressing our Charter for Racial Justice, and our focus on justice issues such as breaking the school-to-prison pipeline, maternal health, food insecurity, climate care, and more, we continue to be challenged to ask the “hard questions” and take action individually, locally and globally.

[Spring Sharing Line](#)
[\(Conference Newsletter\)](#)

Calendar of Events

From the Conference Calendar

2025

February 20 - Washington Interfaith Advocacy Day - Olympia, WA



July 24-25 - Mission u - Wesley UMC, Yakima, WA



September (TBA) - Crest to Coast Missional District Annual Meeting

October 17-18 - Conference United Women in Faith Annual Meeting,
Bothell UMC, Bothell, WA



2026

May 15-17 - Assembly - Indianapolis, Indiana