

# FLAME



Newsletter for United Women of Faith Seven Rivers District  
Pacific Northwest Conference



## ***STARTING STRONG IN 2023***

***Marsha Aufenkamp, one of our beloved strong women, continues to take us through the rich history of the Seven Rivers District that was previously known as Walla Walla District from 1882-1961. This is the second of a series of Seven Rivers' Legacy Stories.***

**Pioneer Walla Walla** began January 13, 1886 and merged with Wilbur in 1915. Mrs. Levi Tarr was the first WSCS District President and Emma Ferris became a Foreign Missionary to Singapore. The financial contributions by these women to the foreign field assisted in keeping evangelists, doctors, nurses, hospitals, teachers, schools and church women at work, bringing the gospel and salvation to untold thousands.

The Clara Swain Auxiliary was a chapter of the W.F.M.S. They supported field workers in India, Malaysia, China, South. Africa, Japan and Alaska. In 1934 there were six circles, Pioneer's Diamond Jubilee. Membership was about 250 with many projects for the needy. The Wesley Service Guild (an evening group) was started in October 1948.

**Trinity East Wenatchee** – NOW “Bridges” meet at Wenatchee First due to Trinity closing. Raised money for several programs in need; Seattle Against Slavery Campaign to place metal plaques at every Rest Stop in WA to assist Human Trafficking victims, Solomon's Porch a teen shelter, Prayer Shawls, Backpack Program and helping migrant students graduate. Their speciality was a food cart put out every day for needy.



**The reading list is out!**

<https://www.umwmissionresources.org/downloads/RP-BookTitles-2018-2023.xlsx>

**Kennewick First** began in 1912. The Women's Society of Christian Service's aims to grow spiritually, financially, and in membership. This has been accomplished through each of their seven circles working cooperatively and singly. Each circle taking their month for church decorations, serving luncheons,

“Kick-Off” dinners for evangelistic calling and for Finance Drives. Each circle taking their month for church decorations, serving luncheons, “Kick-Off” for evangelistic calling and the Finance Drive. Some of the highlights; mystery box, secret sisters, book review of Africa, mother/daughter tea, and much more.



## MEET OUR NEW PRESIDENT!

Hello Sisters!

My name is Barb Stout and I'm the new 7 Rivers District President. I'm fairly new to our organization: I've only been a member of UMW/UWF for a little over 6 years. After I retired as an elementary music teacher, the first thing I did was join my local unit of UMW. Even though I am a lifelong member of the United Methodist Church, I didn't really know much about our women's organization. The local meetings didn't work with my teaching job, so I waited until I retired. I've always believed that the way to learn about an organization is to get involved, so I joined the district team as a member of the nominations committee.

After spending 4 years on the district team, I felt more comfortable with the amazing women who make up the United Methodist Women. I agreed to serve as President for the next couple of years. Now we have a new name (that we are all getting used to), new officers on the 7 Rivers team: besides me we have a new vice president, Robin Inlow, new secretary, Carol Mills, and a new communications coordinator, Edel Gonzaga. We are all looking forward to doing wonderful things this year as United Women in Faith.. I hope to see many of you at our Spiritual Retreat in April at Lazy F!

Barb



Barb Stout  
President, Seven Rivers District UWF

## Greetings from your Mission Education and Interpretation Coordinator

The sun is out and I feel like Spring is right around the corner. Even though we had a mild winter, I am ready for some sunshine and for the flowers to bloom!

I have been communicating with two of our wonderful deaconesses, Ronda Cordill and Joy Prim. Both are willing to do a "zoom meeting" late spring or early summer. Ronda will be leaving for Kenya from July 27-August 17th then she goes right into school. She is available to talk about what she hopes to accomplish while in Kenya and what has been going on there in the recent past. The best time for her would be early July.

Joy Prim is working in Hong Kong. She will be itinerating the month of April, arriving in Seattle April 14-16, then flying to Spokane the 17-19 to visit Cheney UMC before heading back to Portland the evening of April 19th. From Portland she heads to Cal conference. She could be available in early May for a zoom get-together.

Once I hear if there is interest from some of our units, I will nail down the dates and get back to you. It might be fun to have a unit lunch and zoom meeting!

Let me know your thoughts by mid-May so I can tie up the loose ends!

Blessings,  
Linda Hay



## SOCIAL ACTION THROUGH FAITH ACTION NETWORK (FAN)

In 2023 the Washington State Legislative Session lasts January 9-April 24 (105 days). Since this is an odd numbered year, the state will adopt a two year budget. The best way to follow action is through Faith Action Network. FAN is an interfaith advocacy group that includes 160 faith communities in Washington.

Click onto [www.fanwa.org](http://www.fanwa.org) and explore the website. Sign up for news and advocacy alerts. Each week FAN provides an update on the legislature. The Legislative Agenda adopted by the board December 20, 2022, provides valuable information.

--Ja net' W. Crouse, Conference Church and Society

## Message From The District Treasurer

Welcome to the New Year! Thanks to all those units that sent in their audits and estimated pledges for 2024. If your unit has not corresponded, please do.

I am now accepting 1st quarter pledges, mission money, World Thanks/ Prayer & Denial offerings that will be sent to PNW UWF on the 28th of February.

Remember there is still time and money to apply for the Spiritual Retreat the end of April. Get your applications in asap. Have a great Spring and start thinking of money making projects for missions giving.

Nadine Griffin, District Treasurer



My name is Carol Mills, maiden name Quinn. I grew up in Yakima, lived many places across the country for college and my husband's job that moved us from coast to coast and Hawaii over 10 years. My husband's name is Don. He is from upstate New York. We have a solar business here in Yakima. We have two sons, Mike and Jason, amazing men with lovely wives, and each have two daughters. Mike, and wife Sue, lives in Flagstaff, AZ, and Jason is right here in Yakima. He and his wife, Nicole, both teach at my alma mater, Davis High School.

I grew up in the First Presbyterian Church in Yakima, Sunday School, VBS, Camp Ghormley, Youth Groop, Choir-kids through high school--such wonder-full memories of the Christmas Eve midnight Service of Carols and Candles. I graduated with my teaching certificate from Washington State University--GO COUGS!

When we lived in Florida, our neighbors attended Orange City UMC and invited us. We found our church home there. We moved to Yakima when Don was hired by Marq Packaging systems. I joined the staff at Eisenhower HS as a social studies teacher and yearbook adviser.

We visited Westpark UMC, and met families whose kids when to the same school as ours. Our boys made friends through Sunday School, VBS and youth group and were invited to join a Sunday morning class, In-Betweeners, parents of young children. Amazingly, that group is still together, over the years members of this group moved to Wesley UMC, but we continue to meet in homes for fellowship, Bible Study, and yes, also food and fun. Our wonderful leader has led this group for more than 40 years.

For the last 15 or so years, we have been members of Wesley UMC. I treasure the faith and fellowship shared with our church family. Since retirement I have been able to be more involved in our UMW/UWF group. We are a busy group and enjoy working on our projects and being able to support mission projects both within the denomination and here, in our Yakima Community. I am currently Communications Chair for our group. For two years I served as co-President with Betsy Broom, and have been secretary in the past.

My involvement has been within our local group, but I enjoy knowing we are a part of something bigger, something beyond us, in learning about and helping projects in the world.

Several years ago a group of us visited the UMCOR warehouse near Salt Lake City. Our pastor drove the church van, and we went on a Road Trip. The fellowship was great, but even greater working for the week in packing school packs and sewing infant sleepwear. We saw, first-hand, the huge amount of items ready to go to wherever in the world help might be needed.

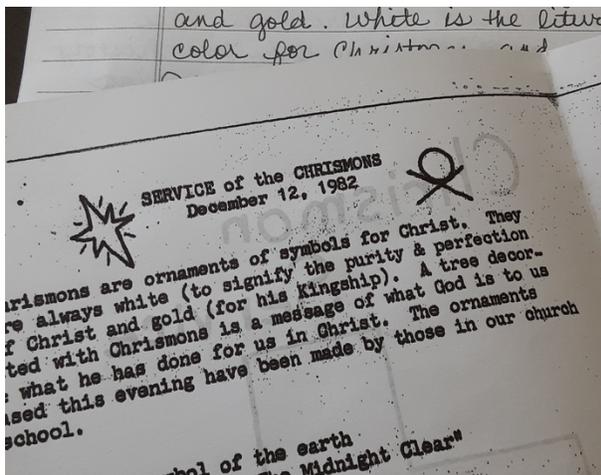
Besides all the good works, the fellowship within this group is immeasurable. We worked throughout the fall, and intensely the week before our Holiday Craft Fair, November 19. Sue Nelson led our work throughout. We sewed, we baked, we canned, we crafted, we cooked, we served, and through it all, we enjoyed our friends and fellowship. Join UWF? Highly recommended!

# Moses Lake UMC Revives its Chrismon Tradition After 40 Years

by Edelwisa Gonzaga

At first, there didn't seem to be anything unusual about the December 12, 2022 Sunday morning worship service. People sat in their regular, favorite spots in the pews. Choir members were preparing to make their entry upon hearing the second stanza of the introit. Friends chatted about how nippy the weather had been the past few days. Nothing extraordinary. Nothing really special. Nothing out of the regular routine.

But then again, there was Mary Laughlin distributing what looked like Christmas ornaments with a paper guide about what turned out to be special Chrismon symbols that she and Barbara Shay, Moses Lake UMC's UWF president had been working on the past few days. Looked like something awe-inspiring was about to happen after all. Something Moses Lake UMC had not witnessed in 40 years: a proper Chrismon service. Chrismons, meaning Christ monograms, are Christmas decorations with Christian symbols on them, a fitting tribute for the Reason for the Season.



Mary Laughlin, the author and Barb Shay



Worshippers of all ages, slowly proceeded to hang the Chrismon symbols while timeless hymns were playing and Mary was providing more details about each Chrismon. It was a simple but moving ceremony for everyone. For the young ones, it had been a new and unique experience. Older folks on the other hand became nostalgic as sweet memories from yesteryears came back to mind.

Yes, it had been a spell since Moses Lake UMC had its last Chrismon service. However, no need to wait for another forty years. Everyone agreed that this beautiful Yuletide tradition is here to stay for future generations.

How about your local church? Does it have a Chrismon tradition? Share your Chrismon experience with us at [panadodel@yahoo.com](mailto:panadodel@yahoo.com).

To learn more about Chrismons, visit <https://www.umc.org/en/content/ask-the-umc-what-are-chrismons>

## GETTING TO KNOW LISA RIEDINGER



UMW has been a part of my life since I was a young girl tagging along to activities with my mother in our small church in Easton, Kansas. At that time, my recollection is of our yearly hamburger fry with a fishpond and cake walk. My name is Lisa Riedinger, and I am currently President of our local UWF unit at West Highlands United Methodist Church in Kennewick, Washington, and Spiritual Growth Coordinator for our Seven Rivers District of the Pacific Northwest Conference. In the past twenty or so years, I have been treasurer, vice president and president in our local unit.

Our local unit is still struggling to keep up with some of the activities we have always done, and that struggle is due mainly to age. We can no longer organize and run our yearly rummage sale. Our two-day holiday bazaar used to feature a lunch of homemade sloppy joes and pie or cake, crafts made by several circles and a bake sale. We no longer make lunch and there are no more circles. We have gone to table rentals to outside craft vendors and a bake sale with a small craft table. We have made changes because we are aging, but we are still hosting the bazaar to raise funds for our missions efforts.

We also make about 50 homemade pumpkin pies for the Union Gospel Mission for Thanksgiving and again at Christmas. We also sell the pies to our congregation to help offset the costs of the donated pies.

We still invite other local UWF groups, as well as a local CME ladies' group, to our Friendship BBQ in the summer to promote fellowship with one another. This used to be part of a series of reciprocal events...teas, lunches, salad suppers...but the others have dropped out over the last few years, even before Covid shut us down. I'm proud that our group is still extending hospitality and reaching out, despite our silver hair!

We support local missions like Grace Clinic (free health care for those who can't afford health insurance), My Friend's Place (shelter for homeless teens), You Medical (a pregnancy advocacy program, an alternate to Planned Parenthood), and Second Harvest food bank, in addition to UWF missions.

Needless to say, my idea of what UMW...now UWF...has changed considerably since my hamburger fry days. We are fellowship, we are mission, we are activism, we are ever changing.

Lisa Riedinger  
President of West Highlands UWF, Kennewick, WA  
Spiritual Growth Coordinator, Seven Rivers District



Join the Pacific Northwest Conference United Women in Faith as we look at the characteristics of women as thinkers, problem solvers, caregivers, feisty, strong, loving, made in the image of God.

Rev. Shalom R. Agtarap, pastor and developer serving at First UMC Tacoma, will lead us.

WHERE: Lazy F Camp and Retreat Center | 16170 Manastash Rd. | Ellensburg, WA 98926

WHEN: April 28-30, 2023

WHAT TO EXPECT: Study, Worship, Music, Relaxation, Crafts, Walks & Massages

Questions? Contact: Sharon McDaniel | 360-724-3246 | sharongarymcdaniel@gmail.com

**SCHOLARSHIPS ARE AVAILABLE**

Hurry,  
registration  
deadline is on  
March 10, 2023.  
Sign up now!

**SPIRITUAL GROWTH RETREAT**  
**April 28 - April 30, 2023**  
 Lazy F Camp and Retreat Center, 16170 Manastash Road, Ellensburg, WA 98926  
Registration Deadline March 10, 2023

**HEALTH HISTORY**

Name \_\_\_\_\_ Church \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ e-mail \_\_\_\_\_  
 Family Doctor or Healthcare Facility \_\_\_\_\_  
 Address/City/State/Zip \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Secondary Contact \_\_\_\_\_ Phone \_\_\_\_\_

> If you are taking **medications** at this time and bringing them to the retreat, *please bring a list of medications with you.*  
 > If you have **special needs, dietary needs or restrictions** which would affect your participation, *please attach* this information to the registration form.  
 > In signing this form, I hereby certify that this information is correct and complete as far as I know. I hereby give permission to the Retreat Leadership to provide routine health care, administer prescribed medications, and seek emergency medical treatment to include ordering x-rays or routine tests. In case of a medical need, I understand that every effort will be made to contact the above-named emergency contact person. In the event they cannot be reached, I hereby give permission to the physician selected by the Retreat Leadership to secure and administer treatment, including hospitalization. I agree to release any records necessary for insurance purposes. I authorize the use of photos for the future publicity.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**REGISTRATION**  
 (Please check where appropriate)

\_\_\_ \$135.00 Skyline Cabin Upper Bunk (includes towel, bedding and 5 meals)  
 \_\_\_ \$135.00 Skyline Cabin Lower Bunk (includes towel, bedding and 5 meals)  
 \_\_\_ \$125.00 Ridgeview Upper Bunk (5 meals, provide own towel and bedding)  
 \_\_\_ \$125.00 Ridgeview Lower Bunk (5 meals, provide own towel and bedding)  
 \_\_\_ \$120.00 Trading Post Upper Bunk (5 meals, provide own towel and bedding)  
 \_\_\_ \$120.00 Trading Post Lower Bunk (5 meals, provide own towel and bedding)

**\*SKYLINE ASSIGNMENTS ARE ON A FIRST-COME, FIRST-SERVE BASIS.**  
**Please List Roommates**

Make checks payable to: Pacific Northwest Conference UMW  
 Please **send completed registration form and check total** of \_\_\_\_\_

To: Sharon Stovall at 2311 E. Marshall, Spokane, WA 99207-5438.  
 Email [shrstovall@peoplepc.com](mailto:shrstovall@peoplepc.com)  
 \_\_\_ Check if you plan to have a Chair Massage at an additional \$15.00. (To be paid on site)  
 Conference Scholarships requests go to Linda Mills - [wml1218@aol.com](mailto:wml1218@aol.com) or  
 12431 SE 198th Pl., Kent, WA 98031-0600