

The Growing Edge

Puget Sound Missional District
United Women in Faith

January 2023

Inside this issue

Issue 1

Vol. 39

A President's Perspective	1	
·	•	
From the Treasurer	2	
Program Resources	2	
A Book Study	3	
Mission u	3	
Spiritual Growth	4	
Upcoming Events	5	
Message from Coupeville	7	
Message from Trinity -Sequim	7	
A Message from Colby	10	
Introductions -Nancy Stokes	10	
A Note from the Editor	9	
Conference Calendar	12	
Spiritual Growth Retreat 13	-14	
District Leadership Meeting 15-16		

A President's Perspective

Jasmine Ray-Symms, Acting President Puget Sound Missional District

As Puget Sound Missional District (PSMD) United Women in Faith (UWF) Officers, I can tell you it's been a busy year for all of us! I just had my second knee replacement in three months on top of other ministry responsibilities and health sagas. I am



worn out! But, while I was not able to complete everything I set out to do over the last year, it has been a good year nonetheless. Our District Annual Meeting in September was a wonderful chance to come together and fellowship with one another and draw deeper into our faith. Now, we move forward towards other ministry opportunities such as the Spiritual Growth Retreat in April.

Our message to you, our beloved PSMD units, is this: We are here for you. Our goal as district officers is to connect with our local counterparts in order to strengthen one another in Christ. We want to make sure you have what you need to move forward as United Women in Faith. We want to love and support you. We are exploring what the best ways are to make this happen, but our message is clear. As units struggle and some even have to close, we want you to know you are not alone. Your district counterparts are here to support you. Yes, we get busy and even overwhelmed but we are here to minister with you in Christ. We will be reaching out to you over the next few months but know, you can reach out to us. If you haven't received your District Directory yet, you will receive it soon. Feel free to ask for help or simply request a listening ear. Whatever you need, let's work together to make sure you have it. As it says

in Hebrews 10:24-25 "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."

Jasmine Ray-Symms Puget Sound Missional District President

We're in this together.



From The Treasurer

Hello Everyone,

I have talked and emailed with most of the treasurers since I have started as your District Treasurer while still working as the Conference Treasurer. I have answered questions for many of you having to do with the name change and checking accounts. The State should be responding soon to the paperwork sent in September. There is nothing I can do to hurry the process – I have tried. On a more uplifting note, it is always nice to hear how well we are doing with donations and meeting the goals of the district and the Conference United Women in Faith. And I am happy to report that we are a generous group of women and supported your pledge to the Puget Sound District. The District met its goals of giving for the year 2022 and then some with a total of \$34,661in Pledge to Mission. This amount included money from funds in the account from 2021. Giving at the District Annual meeting held in October of 2022 was \$612 and it was donated to UMCOR Ukraine Project.

Kendra Smith Pacific Northwest Conference Treasurer (Your temporary District Treasurer) 206-390-9736

Program Resources

The reading program at the website uwfaith.org/resources/2023-reading-program/ has many plans. Basically, books can be from the previous five years or the current list. Books can be found at the local libraries or bookstores and online sources, like

Amazon. If someone reads at least one book, it can be counted as participation.

There are four plans. Plan 1, five books from each category; Plan 2 is 10 books, Plan 3 is 15 books, and Plan4 is 20 books.

A BOOK STUDY

One of the books I would recommend for groups to read on this year's list is The Book Woman of Troublesome Creek by Kim Michele Richardson. This historical novel is about the true blue-skinned people of Kentucky. The librarian organized a packhorse library for residents out in the valleys. It's a story about strength and courage during the 1930's which will amaze you.

Another book I hope to read soon is: Ida B. the Queen: the Extraordinary Life and Legacy of Ida B. Wells by Michelle Duster. Born a slave in 1862, she was a journalist, suffragist, antilynching crusader. Often overlooked and underestimated, she was a woman who cofounded the NAACP among much of her accomplishments. National Association for the Advancement of Colored People (NAACP)

Happy reading UWF members! Helen Smith, Program Resources Coordinator

Plan 1: 5 books a year

Read one book from each category and regular reading of "response" magazine.

Plan 2: 10 books a year

Read two books from each category and regular reading of "response" magazine.

Plan 3: 15 books a year

Read two books from each category, plus "5" additional books from any category and regular reading of **"response"** magazine.

Plan 4: 20 books a year

Read two books from each category, plus "10" additional books from any category and regular reading of "response" magazine.

A BOOK STUDY

Reading Program

The Reading Program is a cherished tradition that brings together members to explore, share and discuss books.

There's something for everyone—the Reading Program is available for:

- Adults, youth, and children
- Enlightening subjects in diverse genres, including:
- Education for Mission
- Leadership Development
- Nurturing for Community
- Social Action
- Spiritual Growth

Response magazine and the Faith Talks **podcast** are part of the Reading Program.

The current catalog at this link: 2023 Reading Program Catalog (uwfaith.org)

Ask questions if you cannot locate the books you want.



Books, books, books

We encourage you to reach out to other churches to find some of the books on the list if you cannot find them at the local library. We realize you do not all have access to electronic versions of the books, so we are still reading real books.

Gold Unit: Complete at least 16 of the criteria, 10 of which must be marked with a star.

Silver Unit: complete at least 8 of the criteria, 4 of which must be marked with a star.

Mission u

"Mission u" is the primary mission education event for the Conference. The event provides opportunities for everyone: women, men, pastors, families, youth, and children to grow in understinding of the mission of the church in the current world context as well initiate opportunities for spiritual and educational experiences.

For participants, Mission u is an opportunity to study current issues impacting society with particular attention to the responsibilities of women in fulfilling the mission work of the church.

Conference events are open to members and nonmembers of United Methodist Women who wish to grow in mission understnading of the church in the current world context. Come, enjoy this learning opportunity.

MISSION u

This Year mark your calendars for Mission u at Wesley United Methodist Church in Yakima, Washington

July 21-23, 2023

Mission Today

MISSION U

SAVE THE DATE: JULY 21-23, 2023

Place: Wesley United

Methodist Church,

Yakima, WA

Theme: Living the Kin-dom

Mission u theme for

2023-2024

Overview: This will be a two-year

study, with a distinct curriculum created for both and 2024 under the broader theme of the Living the Kin-dom.

Theological Rationale:

Living the Kin-dom

Spiritual Growth

Greetings, Ladies!

My little church in Arlington, WA, has gone through many ups and downs through the years. As a merged church of two denominations (United Methodist and Evangelical Covenant) we present special challenges to our laity as well as to our Pastor. Through the years, we've formed special bonds and become like an extended family to many different people; we've weathered through Covid, appreciated the leadership of interim pastors, and now have a full-time pastor from the New York area who is excited about helping us grow as we find opportunities to talk to people whom God wants us to bless.

We've been encouraged to learn more about ourselves by taking the online **Enneagram** assessment, and are working through our individual personality reports. I'd not heard of Enneagrams, but others have used their findings as helpful & useful tools. Our Arlington United Church (AUC) Women are planning to resume our weekly Bible Study,

and a few of us hope to begin to build a women's fellowship to utilize resources available through our reorganized United Women in Faith (UWF) and the Evangelical Covenant's Women's Ministries; there is so much we women can do as we focus our energies on needed ministries, whether local, regional, national or somewhere else in the world.

Who said "It isn't easy being green?" We're learning that we all need to become more mindful of thinking and being green, whether referring to our daily habits, recycling, reusing things, repurposing items, caring for our neighborhoods, advocating for justice, and just being willing to take a stand for what is right, true, and needed.

Do we need to rediscover what our passions are? At this point in our lives, what are we willing to do to commit to make a difference in our own lives or to help others? I encourage you to invite someone else to join you when you attend opportunities for training, for sharing ideas, for gaining new tools to help us on this life journey.

I hope and pray to see you soon!

Jeannine "Jeannie" Lish
425 923-8267

Jeanninelish@gmail.com
Chair of PSMD UWF Nominations
Spiritual Growth Coordinator

UPCOMING EVENTS

Puget Sound Missional District Leadership Meeting – Theme "Lead on, Carry on" March 25 2023



We need to build leaders among us.

This year's District Leadership meeting will be about getting back to the basics of United Women in Faith (UWF). There will be break out sessions for all roles in UWF. All women are welcome. Bring a friend.

The meeting will be hosted by Edmonds United Methodist Church on March 25. With respect to everyone's busy life, we will have a short, but focused meeting, on getting us all ready for the coming year.

Mark your calendars for March 25, 2023, 9am – 12:00. We are releasing everyone early and let you head home before lunch.

Puget Sound Missional District Leadership Meeting March 25, 2023 9-12pm Theme: "Lead on, Carry on"

April 28-30, 2023



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

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

COSTS:

Skyline 2 nights/5 meals – \$135.00 (Includes bedding and towels)

Ridgeview 2 nights/5 meals – \$125.00 (Bring own bedding and towels)

Trading Post 2 nights/5 meals – \$120.00 (Bring own bedding and towels)

Hope to see you there!

Retreat Reservations are due March 10, 2023 (Form attached)

Scholarship requests are due March 1, 2023 (Form attached)

Do you need to carpool?





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

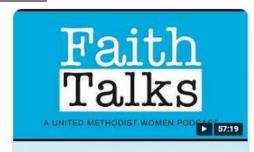
Registration form is forthcoming

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

SCHOLARSHIPS ARE AVAILABLE

PACIFIC NORTHWEST CONFERENCE WEB: http://pnwumc.org/uwfaith

<u>United Women in Faith: Faith Talks on Apple</u> Podcasts





<u>United Women in Faith: All Access Membership - YouTube</u>

YOUR DISTRICT TEAM IS MISSING SOME FOLKS.
PLEASE CONTACT JEANNIE FOR A DISTRICT POSITION.

Jeannine Lish 425 923-8267 — cell jeanninelish@gmail.com

Nominations Member - Open Nominations Member - Open Nominations Member - Open



A Message from Coupeville

Coupeville United Methodist Women/ United Women in Faith 2022

2022 was a year of change for Coupeville United Methodist Women. The name of our international group was changed from United Methodist Women to United Women in Faith. New leadership included Judy Good as Chair and Janet Gaston as secretary. Our meetings were held in person after meeting online during much of 2020/2021.

Officers continuing to serve were Val Hillers (Treasurer), Darlene Sherman (Spiritual Growth and Nominations), Jan Martin (Program Resources), and Suzanne Hauff, Kathleen Flower, and Peggy Shirar (Membership Nurture, Outreach).

Kathleen Flower received the 2022 Special Mission Recognition Pin.

The UWF vision is to be a powerful, fearless force driven by God's love and united in sisterhood. We seek to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship and education.

Coupeville UWF monthly meeting topics focused on education about local agencies, personal health through nutrition, and taking responsibility for the earth through recycling. Love, Justice and Service were themes for the Quiet Day service in the sanctuary. The May and December meetings deepened our feelings

of fellowship and sisterhood through eating meals together.

Two members broadened their knowledge of UWF ministry through attending Mission u in Yakima and we hosted the District UWF meeting in September.

We raised funds via the annual bazaar, member donations, memorial receptions, honoring loved ones by sponsoring Tulips for the sanctuary at Eastertime and a candy sale. Our successful fundraising enabled us to donate \$4,050 to local agencies (Boys and Girls Club, Small Miracles, Gifts from the Heart, Coupeville School Foundation Promise Fund and CADA) plus \$600 to non-local agencies (Days for Girls International and Atlantic Street Center) and \$3,500 to UWF national and international mission work. We also purchased new tablecloths for the Fellowship Room.

Judy Good President, United Women in Faith Coupeville United Methodist Church

A Message from Trinity - Sequim

Mission and Outreach Projects Trinity UMC Sequim WA

Trinity UMC, Sequim WA has several projects to serve our local community and global missions. One service we provide is to respond to inquiries from East Clallam County residents of any income level looking for advice and information to deal with the challenges of aging. This includes providing help with finding transportation and finding inhome help. We help people connect with volunteers who provide home visits, run errands, provide transportation, do chores and yardwork, and help with getting organized. We

also make follow-up calls to those who visit our worship services, and to church members who request a call. We listen to people to learn what they think would be helpful to them and what they feel they can do to be helpful to others. Service to our community is grounded in *The Caring Congregation Ministry* by Karen Lampe and Melissa Gepford.

Another service we provide is a respite program for people who deal with the challenges of dementia. For persons with dementia, we provide connection and stimulation in a fun, safe, loving environment. There are 2-5 volunteers for each person with dementia, and we all do the activities together. For their caregivers, we provide time to go do things other than provide care, as well as a class on caring for the caregiver, and a dementia support group. Our program is modeled after the program started at First United Methodist Church in Montgomery, AL. We held an open house to invite the community to come and see what we provide and to invite volunteers to take the training to be participants. Over 60 people from the community attended, and the open house was featured in a front-page article in the local newspaper.

We are active in many partnerships. We work with the local food bank and other organizations to distribute holiday food boxes to those in need of help. We host a Little Food Pantry on our church property and restock it daily. Teams of two people restock the pantry every morning for one week. We have enough volunteers for the teams to do this every other month. The food comes from donations, and we exchange with the local food bank items that are not used by our Little Food Pantry users for items they do want. We partner with Cub Scouts, Boy Scouts, and Girl Scouts who help out as a community project.

Our church is a designated disaster shelter. The Red Cross provides training for volunteers, and we participate in an annual event where we dedicate one day to practicing setting up and running the shelter. Our prayer shawl ministry provides enough prayer shawls or lap blankets so that every person at the shelter can choose one item that is theirs to keep, knowing it was made with prayers for their well-being.

We partner with the local Boys and Girls Club to provide daily lunch for one week over the summer to children who would otherwise not have enough to eat. The youth prepare the food, and adults are present for the distribution at specified locations in the community. We also partner with the local food bank to hand out on Fridays at playgrounds bags of food for children who otherwise would go hungry over the weekend.

We partnered with two other churches to collect donations for starter kits for Ukrainian refugees. We created boxes of Cleaning Kits and boxes of Bathroom kits, which were donated to a community refugee center.

In August, we participated in a Back to School Fair for our local school district. We helped collect supplies and back packs and clothing. We filled the backpacks according to what was needed for each grade. We helped families find the clothing they needed.

When immigrants were bussed to parts of the country which were not prepared to receive them, we partnered with other conferences to help fund supplies for those in need.

We partnered with the local education foundation so teachers could apply for grants to get what they needed that was not provided by the school district. We selected two grants to fund. We helped a Spanish teacher get materials and a reading program.

We continue support of a missionary to Nepal, providing partial support for her salary. We hold Noisy Can fund drives on each month when there are 5 Sundays. Through this we raised money to help pay nurses and open a maternity ward in a community in Nepal that did not have maternity care.

We partner with the Voices for Vets organization to help with the two events they hold each year to collect socks and clothing for unhoused veterans.

In all these activities, I am reminded of the hymn, Surely the Presence of the Lord is in this Place.

Rev. Dr. Kathleen Charters kcharters@mac.com

A Message from Colby

Faith in Action

By Deanna Bedell, President, Colby United Women in Faith

Although we are a small group, the Colby United Women in Faith from the Colby United Methodist Church in Port Orchard, WA have been busy. Nine of us met on January 16th in our fellowship hall to tie blankets for the Discovery Alternative School in the South Kitsap School District. The students and teachers appreciate the warm fleece to cuddle up in and we enjoy the giving. We also donated gloves and scarves to keep students warm. We want them to know they are valued and cared about. See our efforts below: Additionally, our group reached out to our shut-ins. In December, 2022, we met to make hand-made Christmas cards. Poinsettia plants were wrapped in colorful holiday cloth to be delivered along with the cards to our shut-ins.

A holiday lunch was shared as among members after our card-making efforts. See below:







OPEN INVITATION

We invite all churches in the District to share their stories, events, and goals. Tell your story in The Growing Edge.

Introduction

My husband and I have been active members of the Marysville United Methodist Church since 1981. While raising 2 boys, we were involved with mission trips and youth group service projects. Most recently, I co-lead Bible and service groups. We are striving to understand and promote social justice issues. I am still learning my role with UWF. When not involved with church activities, I love to play pickleball. Ski and hike., Family activities are the best.

Nancy Stokes Marysville UMC Social Action Leader, Puget Sound District

Staying in Touch

A Note from the Editor

It was so nice to meet some of you at the District Meeting at Coupeville United Methodist Church in September. It was also really good to gather and talk. It is important to work together, stay I touch, share ideas, and keep the energy going for the good works of United Women in Faith.

In moving forward, we are in constant change and we need to share the updates in the church, in UWF, in our own stories to keep the groups going. Membership, in my eyes, is always an issue, but what we do is so important.

In the months ahead, we hope to host a Leadership Meeting for all our churches. We are also finishing up the Puget Sound Missional District Directory that will be shared with all of you.

Again, it is all about sharing and staying in touch. Look for updates for meetings.

Gay Johnson
Puget Sound Missional District
Communications Coordinator
gajedmonds1325@yahoo.com

CONFERENCE NEWSLETTRS

THE SHARING LINE

The newsletter of the Pacific Northwest Conference United Women

Timely Reflections
Newsletter for the Inland District churches
of Pacific Northwest Conference

Circuit Writer Newsletter for SeaTac District churches of Pacific Northwest Conference

Flame

Newsletter for Seven Rivers District church of Pacific Northwest Conference

The Growing Edge: Newsletter for Puget Sound District churches of Pacific Northwest Conference This newsletter is in digital format from Puget Sound Missional District, United Women in Faith and is produced three times per year. It is distributed in PDF format by email.

The Growing Edge Newsletter are sent via email to:

- Local UWF Officers
- **❖** District UWF Officers
- Conference UWF Officers
- **❖** District Communications Coordinators

LIKE US on our Facebook Page "Pacific Northwest Conference of United Methodist Women





DATE	EVENT	LOCATION
January 13-14	Winter Conference United Women in Faith Executive Meeting	Zoom
January 19-21	Leadership Development Days	Zoom
January 21	Eastern Washington Interfaith Advocacy Day	TBD
January 22	Idaho Legislative Event #1	Zoom
January 29	Idaho Legislative Event #2	Zoom
February 9	Interfaith Advocacy Day	TBD
March 25	Puget Sound Missional District Leadership Meeting	Edmonds UMC Edmonds, WA
April 27-28	Spring Conference United Women in Faith Executive Meeting	<u>Lazy F Camp & Retreat</u> <u>Center</u> , Ellensburg, WA
April 28-30	Conference United Women in Faith Spiritual Retreat	<u>Lazy F Camp & Retreat</u> <u>Center</u> , Ellensburg, WA
June	United Methodist Church Greater Northwest Annual Conference	TBD
July 21-22	Summer Conference United Women in Faith Executive Meeting	TBD
July 21-23	Mission u	<u>Wesley UMC,</u> Yakima, WA
September 23	Crest to Coast Missional District Annual Meeting	TBD
September 16	Inland Missional District Annual Meeting	TBD
September	Puget Sound Missional District	TBD
September 23	SeaTac Missional District Annual Meeting	TBD
September 16	Seven Rivers Missional District Annual Meeting	TBD
October 20	Fall Conference United Women in Faith Executive Meeting	TBD
October 21-22	Conference United Women in Faith Annual Meeting	TBD
April 8-11, 2024	Western Jurisdiction Quadrennial Meeting	Anchorage, Alaska

REGISTRATION FORM

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	Church StateZip email	
City	StateZip	
Telephone	email	Family Doctor or
Healthcare Facility		
Address/City/State/Zip		Emergency
Contact	Phone	Secondary
	Phone	
	t this time and bringing them to the retreat, plear needs or restrictions which would affect your p form.	
In signing this form, I hereby co	ertify that this information is correct and comple	ete as far as I know.
medications, and seek emergen medical need, I understand that person.	Retreat Leadership to provide routine health cancy medical treatment to include ordering x-rays t every effort will be made to contact the above siched, I hereby give permission to the physician spectal including bospitalization.	or routine tests. In case of a -named emergency contact
	necessary for insurance purposes. I authorize the	use of photos for the future
Signature	Date	
and 5 meals)\$135.00 Skylin Upper Bunk (5 meals, provide o towel and bedding)\$120.00	here appropriate)\$135.00 Skyline Cabin Upp ne Cabin Lower Bunk(includes towel, bedding and own towel and bedding)\$125.00 Ridgeview L D Trading Post Upper Bunk(5 meals, provide own als, provide own towel and bedding) *SKYLINE As ase List Roommates	d 5 meals)\$125.00 Ridgeview ower Bunk (5 meals, provide own towel and bedding)\$120.00
• •	c Northwest Conference UMW Please send comp on Stovall at 2311 E. Marshall, Spokane, WA 992	•
	a Chair Massage at an additional \$15.00. (To be p da Mills - wmil1218@aol.co or 12431 SE 198th P	



Spiritual Retreat April 28-30, 2023 Scholarship Application Scholarships are available up to \$120. Application Deadline March 1.

Applicant Name:			
Address:			
City			
Zip			
Phone (including area code)	Home or Cell:		
Email:			
Local Church/UWF District UWF Total I am requesting a scholarsh	\$\$ \$\$ \$ ip in the amount of \$		fa h a a af tha
You may choose to	•	• • •	form by one of the
	following	methods:	

Complete and submit the form online at https://www.pnwumc.org/,

Complete a paper form and mail to: Linda Mills at 12431 SE 198th Pl, Kent, WA 98031 or Email the form as an attachment to Linda Mills at www.pnwumc.org/,

Puget Sound Missional District LEADERSHIP MEETING

Theme: "Lead on, Carry on"

Saturday, March 25, 2023 Edmonds United Methodist Church 828 Caspers Street, Edmonds, WA 98026 425-778-2119 (church)

Registration Check-in, Refreshments & Fellowship – 9:00 am Program – 9:30- 12:00PM No Lunch Excused at 12:00 Noon

Our focus today is back to basics and covering all that United Women in Faith stands for and getting the tools you need to sustain your group.



Rest for the Weary Matthew 11:28-30

...28Come to Me, all you who are weary and burdened, and I will give you rest. 29Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. 30For My yoke is easy and My burden is light."...**

The day's Program will also include: Music and singing Meet the District Team

Overview of the day

Meet in small groups to address the jobs people hold and answering questions

- *President
- *Vice President
- *Secretary
- *Treasurer
- *Program Resources includes Reading Program
- *Social Action
- *Membership
- *Education and Interpretation
- *Mission ues
- *Mission Today

Puget Sound Missional District United Women in Faith

DISTRICT LEADERSHIP MEETING

Saturday, March 25, 2023

Edmonds UMC 828 Caspers Street Edmonds, WA 98020

REGISTRATION FORM ALL ARE WELCOME

(Please print)

Your UNIT NAME / Church and provide the following information



Name	Phone	email	

Don't forget your mask. Required in Sanctuary.

Join us for worship, singing, & FUN getting acquainted.

Registration form Deadline: March 20, 2023.

Registration forms can be mailed or emailed to registrar:

Pat Rudd

2513 Cedar Street 425-418-2528

Everett, WA 98201 scarpat@frontier.com

We look forward to seeing you.

NOTE: The Church is entirely accessible to persons with mobility issues, such as wheelchairs and walkers.

For any questions contact District Communications Coordinator: Gay Johnson 425-771-6569