

FLAME

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



Quarter 2, 2023



SEVEN RIVERS' UWF ATTENDS SPIRITUAL RETREAT

The Seven Rivers District was ably represented by a number of delegates at the UWF Spiritual Retreat last April 28-30 in Lazy F. Delightful photos inside! *Pages 3-5*

SEVEN RIVERS UWF DISTRICT OFFICER WINS WRITING COMPETITION

Edelwisa Roman Gonzaga, Seven Rivers District Communications Coordinator, recently won a writing competition that drew over 350 entries around the globe. In her essay "Chasing Ginilo," Edelwisa reminisced about her idyllic childhood in Bataan, Philippines where she would make "ginilo"—an ice-cold sweet beverage that is a refreshing melee of sweet potatoes, gelatin and rice crispies, swimming in coconut milk and shaved ice. *Page 2*

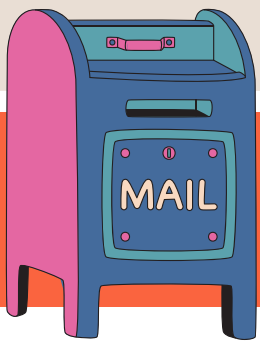
SPOTLIGHT
FILIPINO FOOD WRITER FROM WASHINGTON STATE WINS TOP PRIZE AT MAMA SITA FOUNDATION'S "MGA KUWENTONG PAGKAIN" ESSAY WRITING CONTEST



wesley united methodist church
of yakima

SPRING HAPPENINGS AT WESLEY UMC, YAKIMA

Things are coming up roses at Wesley United Methodist Church in Yakima. A successful two-day rummage sale held from April 14-15 raised over \$8,100. Proceeds support mission projects. A spring luncheon was also held on May 6 that gathered 49 attendees. They enjoyed not only the edible treats but also music from Broadway musicals led by Peter, the Choral Director and Sara Krum. Get to know more about the goings-on at Wesley UMC. *Pages*



You've got mail! Check out the messages from Seven Rivers District UWF Officers!

SEVEN RIVERS UWF DISTRICT OFFICER WINS WRITING COMPETITION

Edelwisa Roman-Gonzaga, Seven Rivers District Communications Coordinator has won the award for Overall Best Essay of Mama Sita Foundation's Mga Kuwentong Pagkain (Food Stories).

Edelwisa regales us with her work titled 'Chasing Ginilo. In the colorful account, her fondest childhood memories in Bataan where she would make the sweet beverage with her family. Despite moving to Washington, Edelwisa still enjoys the *salamig* drink by making it with her own children. Even though she is limited by the ingredients available to her, every indulgent bite still takes her back to the good old days. 'Liquid nostalgia,' she calls it!

Read Edelwisa's essay here: <https://www.mamasitafoundation.com/news/2023/3/13/mga-kuwentong-pagkain-2022-winners-edelwisa-roman-gonzaga-essay-category>.



Message from the Seven Rivers District UWF President

Sisters,

The first thing that I think of when someone asks about UWiF is mission. When something needs to be done UWiF is there to help. Our women don't hesitate to step up and help, whether it's providing a meal after a funeral, raising money for migrants on the border, helping a community center in Nome, AK, or making quilts and baby blankets. It seems like our units are always busy!

Sometimes we need to pause to recharge our batteries so that we don't get overwhelmed with all we do. A great way to do this is attend one of our PNW conference events, such as the Spiritual Retreat at Lazy F a few weeks ago, or the upcoming Mission U this summer. I was at Lazy F and I had an amazing time! It was great to reconnect with old friends and make new ones. The sessions with our leader, Rev. Shalom Agtarap, were excellent. She reminded us to take time to listen and reflect, even something as simple as walking around in silence for 10-15 minutes. We had time for crafts, enjoying nature, and just enjoying each other. Think about taking advantage of the opportunities UWiF gives us. Don't forget to include self-care in your missions!

Peace!

Barb

7 Rivers president

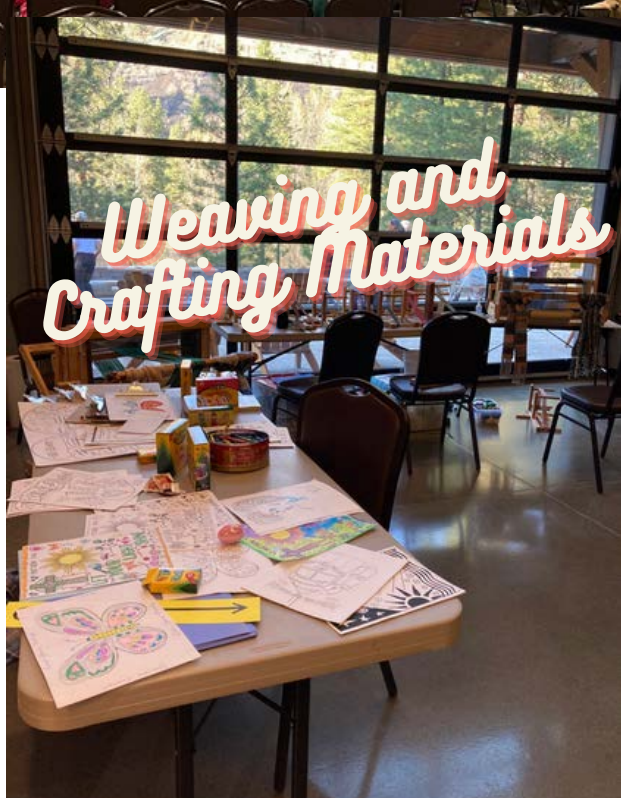
UWE Spiritual Retreat 2023 Photos and Memories



Table where attendees placed items that represented an interest or a part of them



Lively group sing and interesting presentations in one side of the dining room without disturbing the meal set-up in the other side.



Legacy Liaison and PNW PAG
Marsha Aufenkamp and
Marilyn Reid with National Director
from New York, Cecilia Malm



Love Ribbons were available from Fran Houser. Janet' Crouse, past president of PNW UWF showing the Cross that was commissioned for us.



A gift for giving to the Legacy Fund. We are #1 in the Nation! 2014-2023 \$650,000. Bless you all for supporting the future of UWF. Over all nationally almost \$40 million

Thank you!



PNW UWE CONFERENCE OFFICERS AT LAZY E



UWF Spring Happenings at Wesley, Yakima



Robin Inlow, Wesley UWF President, welcomes members and guests to our 2023 Spring Luncheon held March 6 in our Fellowship Hall



Peter and Sara Krum delight us with a selection of Broadway tunes

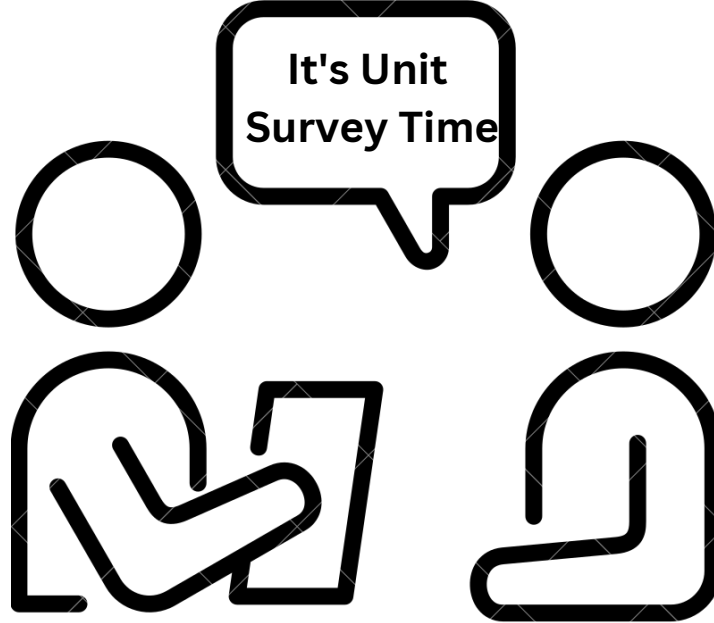


Lisa Williams, speaks at our Spring Luncheon. She spoke about Fields of Grace, a program in the TriCities that organizes volunteer gleaning of local produce to give to Food Banks.

Mary Pedersen created our lovely yellow and blue centerpieces reminding us to continue to lift up the people of Ukraine in our prayers.



Claudia Rohlf, left, is announced by Shalee Cunningham, Nominations Chair, as Wesley UWF 2022-23 Woman of the Year. Claudia is Membership and Nurture Chair. She quietly shines in her care for our members. Whether a phone call, a visit, or a note, Claudia helps connect our members, especially as some are unable to attend meetings or activities. She lends her time and energy to our fundraisers and events, also sings in our Worship Choir. Thank you, and CONGRATULATIONS, Claudia!



United Women in Faith has developed a new portal to be used to fill out your Unit Survey this year. It is open from May 12, 2023, until August 30, 2023.

The survey is intended to be completed by the unit president or All Access group convener. Questions are related to how your unit or group is thriving in sisterhood, faith and action and how you are committed to act boldly for justice and transform communities.

If you are completing the survey choose the link below and then dive into the questions. Answering the questions will take about 15-20 minutes.

Your responses matter. Your answers will allow the United Women in Faith National Office to:

Deliver more resources on the areas that matter most

Gather engagement data based on region

Celebrate all the work you are doing on behalf of women, children and youth

Your participation is essential. Please consider reviewing the sample so you are better able to gather any necessary information before starting.

If you have questions, please email membership@uwfaith.org. Or smcgovney@gmail.com and I will help you find the link

The link for the Pacific Northwest is:

https://www.surveymonkey.com/r/Pacific_Northwest

Blessings,

Sue McGovney
Inland Missional District
Membership Nurture and Outreach

Greetings from your Mission Education & Interpretation Coordinator

I am hoping many of you took the opportunity to hear one or more of our wonderful deaconesses as they made the rounds throughout our District. I am always so inspired by them and if you are, you can show them your support by making a contribution to the work they do.

Mission U will be here before we know it. I have sent in my registration form, have you? I don't know if we will have any free time but if we do, I would like to meet with you and we can talk about our opportunities and challenges.

My unit, Pioneer UWnF, has made a commitment to support the migrant families who come to the Walla Walla Valley to work in the vineyards and orchards. Did you know there are 9,000 migrants who come to work in orchards, etc along the Columbia River every year? What we learned this year is if the weather is bad, they are not able to work. This can be a challenge because they only make enough to pay their rent and put food on the table. Without consistent work and we know how hard the work is, it may not always be possible to meet their basic needs.

My unit provided 22 boxes of food, winter clothing, etc helped with baby showers this winter and provided bottled water, hats that protect their necks and faces from the burning sun last summer, etc. I would love to hear what speaks to your heart within your community.

Also, Yvonne Gowell would love to get cards or calls. Yvonne was very active in UMW but now has some health issues and is residing at the address below. Yvonne Gowell Bonaventure Senior Living 50-29th St NW Apt #352 E Wenatchee, WA. 98803 Landline: 508 885-9468 Before I close, I want to remind you to take a look at the Mission Today check list that you will need to fill out and send to me by mid August if possible. My address is 767 SE Magnoni Dr., College Place, WA 99324 Blessings, Linda Hay

Before I close, I want to remind you to take a look at the Mission Today check list that you will need to fill out and send to me by mid August if possible. My address is 767 SE Magnoni Dr., College Place, WA 99324

Blessings,

Linda Hay

**Comments? Questions? Suggestions?
Got stories you would like to share?**

**Email Edelwisa Roman Gonzaga
Communications Coordinator at
panadodel@yahoo.com**