



## SeaTac Missional District Newsletter April 2023



### *President's Reflections*

I was recently browsing our new national United Women in Faith website at <http://uwfaith.org/> and I was very impressed with the extensive and inspiring information provided. The home page shows a link to an excellent one-minute video about who we are as United Women in Faith.

The following is an excerpt from this video, *"What does it mean to act boldly? Acting boldly means having the strength, faith, and grace to change the world. United Women in Faith is up for the challenge to put love into action."* Another video, United Women in Faith: All Access Membership <https://www.youtube.com/watch?v=ymoX6PgHOAY> begins with, *"We are a powerful fearless force driven by God's love and united in sisterhood. We show up. We take action. We get it done. Our passion is boundless, and it all begins with you."*

I showed these two videos at my Kent UWF meeting in February. Several women told me after the meeting how much they were inspired to continue to serve, advocate, and make a difference. There are many excellent videos on our website and YouTube channel, and I encourage you to watch them and to share a few with your members or perspective new members.

I know these past three years have been difficult and that some of our units are thriving and some are struggling to keep active. One of my goals this year is to be in closer contact with all our SeaTac District units. If there is anything I can do to help reenergize your unit, or if you would like me or one of our other district officers to attend one of your meetings or to provide the program, please give me a call at 253-859-2964 or send me an email at [wmil1218@aol.com](mailto:wmil1218@aol.com).

In January, I attended the Leadership Development Days presented virtually by National United Women in Faith leaders for Conference and District leaders. They encouraged us as leaders to show up and to inspire, impact, and influence others. We were called to ask ourselves the following questions, "How is God working through United Women in Faith?" "What is God calling us to do as United Women in Faith?" and "Where is God calling you in leadership in United Women in faith?" I challenge you to ask yourselves these same questions. As United Women in Faith, I ask God to bless us as we continue to put our faith, hope, and love into action.

*Peace and Blessings,  
Linda Mills*

**SAVE THE DATE**

**SEATAC DISTRICT UNITED WOMEN IN FAITH**

**ANNUAL MEETING**

**THEME: "For the Beauty of the Earth"**



September 23, 2023  
9:00-11:45am  
12:00-1:00pm lunch  
Hosted by  
Kent United Women in Faith  
Kent United Methodist Church  
Kent, WA

Registration form will be available in August.

**Colossians 1:16-17**

"For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things hold together."

*Paul writes, "Friends don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is Beckoning us onward to Jesus. I'm off and running, and I'm not turning back."*

*Philippians 3:14-19 (MSG)*

**SAVE THE DATE!**

**You are invited to attend  
The United Women in Faith of the  
Pacific Northwest Conference  
Annual Meeting**

October 20 - 21 at Olympia First UMC

*Living our Mission: being the hands and  
feet of Christ*

**Keynote Speaker:**  
United Women in Faith's  
National President  
Ainise Isama'u



**Watch for your registration  
Form in August.**

**You can make your hotel reservations now at our PNW  
Conference website at  
<https://www.pnwumc.org/uwfaith/>**

## **MEET OUR NEW BOARD MEMBERS**



### ***Marilyn Hoff, Vice President***

I Grew up in Pennsylvania. Served as Treasurer for Wesley Foundation while attending Edinboro State College. Went to Harlem and UMCOR offices with Youth Group and Campus Pastor to see how churches were working with at risk youth. Participated in after school volunteer tutoring program. Sent Campus Pastor to Mississippi to assist in voter registration. Visited inner city Cleveland with SNCC. Taught school in

Pennsylvania, New York State, and Washington.

After moving to Seattle I joined FOR, Southern Poverty Law Center, Puget Soundkeepers Alliance, Audubon, Sierra Club, American Farmland Trust, and other environmental groups. Enjoyed several outings at Mt. Rainier during the summer hiking to Spray Park and the Carbon River Glacier Trail. Served as Girl Scout Leader for 10 years while teaching Sunday School and Vacation Bible School. Worked in a Montessori School and as a Youth Group leader at Marcus Whitman Church.

As Safety Coordinator for Federal Way PTA, I helped write legislation for Bike Helmet Law and ran a Bike Rodeo for students to get certificates to ride their bicycles to school. Recently participated in Bible Study Fellowship and led environmental Adult Sunday School class. As a member of United Methodist Women I served at Memorial Services and Women Speak Sunday.

I continue to advocate for women and girls and food equity through League of Women Voters, Hospitality House, Children's Hospital Auxiliary, and Faith Action Network.

This is my 32nd year of participation in the Des Moines CROP Hunger Walk. 25% of the proceeds go to our local Des Moines Area Food Bank. We support an Essentials Bank that supplies household goods, and clothing to refugees and food bank clients.



### ***Carol Sprague, Program Resources Coordinator***

Blessings everyone,

My name is Carol Sprague and I moved to the Tacoma area in May 2019. I have not been able to meet most of you due to our not meeting in person.

Let me tell you about my story and my passion for United Women in Faith.

I was raised in west central Illinois on a farm and I proclaim to be a lifelong Methodist woman member because my mother was very active in WSCS

(UMW at that time) as I was growing up. Her local unit had projects going on all the time.

Many times the meetings were held at our house and I remember her enthusiasm. I was active in our local EUB church youth group and was the church pianist through my high school years.

*Continued on Page 5*





***Carol Sprague, Program Resources Coordinator*** *Continued*

I have been married almost 55 years and have two sons, one lives in Seattle and one lives just north of San Francisco. I have two granddaughters, 13 and 10 and two grandsons, 9 and 5. I attended a Christian college for one year and graduated from a state university in Illinois with my degree in education. After we graduated from college, my husband and I moved to Colorado, first to Colorado Springs and then in 1979 to Fort Collins. There I became involved with the local UMW group and met Margaret Hotze, whom some of you know, who became my mentor and I began to understand more about the depth of the issues and scope of what UMW really is about.

In 2001 my job took us back to southern Colorado and I held offices in the local unit and as the District Treasurer and the Program Resources person for several years. I am an avid reader and there has always been so many great books on the reading lists over the years.

Early 2016 my husband and I moved to the Wenatchee area and we just happened to attend the same church that Ja Net' Crouse was attending and so I was fortunate to have another passionate person to learn so much from. In the Seven Rivers district there are so many people I met that helped me grow in UMW. I served as the Treasurer while we lived there before moving to Tacoma.

I am currently helping to reinvigorate the local unit at Mason UMC in Tacoma and find local missions that we can work alongside for women and children in the Tacoma area. I have always loved to read and am excited about serving as your SeaTac District Program Resources Coordinator and want to help your local units however I can in getting opportunities for more women to read the books on our reading lists. Call me at 719-406-1126 or email me at [ces0204@gmail.com](mailto:ces0204@gmail.com) if you need some ideas on where to get book or you just want to visit with me.

## Reading Program

Summer is coming! It's always a good time to catch up on your reading and there are outstanding selections in the United Women in Faith Reading Program. Include your children and grandchildren in the reading program. Invite a friend to read with you. The library is a great source of books for all ages.

You may download the Reading Program catalog at <https://www.umwmissionresources.org/downloads/ReadingProgramCatalog2021.pdf>

**Remember we can read any of the books from 2018-2023 reading lists and count them on this year's reporting form through August.**

## MEET OUR NEW BOARD MEMBERS – Continued



### *Janice Bronkema, Spiritual Growth Coordinator*

Hello All,

It has been a few years since I have held a SeaTac Missional District board position. I am excited to be back on the board.

Let me reintroduce myself. My name is Janice Bronkema, and I am a member of Trinity United Methodist Church in the Ballard district of Seattle. At Trinity, I am kept busy on Sunday mornings working in the nursery/preschool. We currently have eight children under five years old. Fortunately, not all eight children are in the nursery at the same time.

I am the treasurer of our Trinity United Women in Faith unit. Like many UWF units, the last few years have been difficult for us to stay as active as we have been in the past. We still consider our unit to be an existing and active part of Trinity UMC and UWF SeaTac Missional District.

I also serve as the UWF representative on the Atlantic Street Center Board of Directors. This is my last year on the board as I will have served the term limit of six years. It has been such a privilege and honor to serve on the ASC Board. The Atlantic Street Center is a mission institute the United Women in Faith should be very proud of as it was founded by Methodist Women in 1910. Let us continue to support this and other UWF mission institutions with our pledges to mission.

I do so hope to see many of you at the District Annual Meeting in September.

*Take care and stay well,  
Janice*

*Philippians 4:13:*

*I can do all this through him who gives  
me strength.*



**Trinity United Women in Faith  
Making a Difference**

I am sharing a success story of my UWF unit. A few years ago, Trinity UWF at Trinity UMC in Seattle invited a speaker from the Fabric of Life store in Edmonds to one of our meetings.

The Fabric of Life store was established in 2009 and sold items made by artisans from Mali in West Africa. The main focus of the volunteer run store was to help women in Mali, who were begging on the streets, to become skilled artisans and eventually for them to form their own cooperative.

Carol, who established Fabric of Life, came to our meeting to speak. She brought many beautiful items from the store for us to look at and possibly buy. The best seller was paper made from Elephant poop. This item sold out at our meeting.

The Fabric of Life store closed in 2018, as the rent for the space was raised too high for the store to continue paying. However, the store was open long enough to allow the women in Bamako, Mali to form their own cooperative.

I ran into Carol, this past summer, and she told me that our unit had provided enough money at our meeting to bring one young woman off the streets and place her in a skill training program.

Our UWF unit was thrilled to know that we had been able to provide a path for a woman to leave the streets of Mali and to hopefully a better life as a self-supporting artisan.

Submitted by Janice Bronkema, Trinity UWF

*Romans 2:12*

*Be joyful in hope, patient in affliction,  
faithful in prayer.*

## **UWF at Mason UMC, Tacoma**

I am the new president of our UWF group at Mason UMC in Tacoma. I have been attending Mason church since 2019 and the UMW group was not meeting at any regular intervals. I was very saddened by this and finally in the summer of 2022 I began the process of getting the group going again. No one I talked to wanted to really take it on again, but we held our first meeting in January of this year. I volunteered to be president, we still need a secretary, and our past president has offered to help with the finance area, and we do have a lady, Roberta Larsen, who is the volunteer church librarian and has kept the UWF reading program alive at Mason. She is just as passionate about the books as I am!

We are meeting monthly and are rotating between Tuesday morning and Saturday morning to see which time works best for the women. The first month we had only five ladies come. February we had seven ladies and what was positive was that one of the ladies who was new offered to have our program for March. I'm working to keep the meetings minimal business-related and more fellowship and program-oriented. Coffee and snacks of some sort are provided. We do a devotion and have joys and concerns moments at the start of the meeting.

I am working with the ladies to try to have a special program each month. Maybe someone they know who can come speak or have a craft project we can do related to women and children. We have one lady who knows a Native American and she may have him come one month. We are still in the initial stages of finding a local mission we can support all year long. One of the ladies has connections with Project Linus out of Puyallup that provides blankets and quilts, etc. for children.

I haven't incorporated things like the Prayer Calendar or designated programs from the Program book, or talked about pledges yet. I'm taking baby steps in 2023!

Will keep you updated on how we progress.

Carol Sprague,  
President, Mason UWF



## **Become a Mission Today Unit in the SeaTac Missional District**



United  
Women  
in Faith

### **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**

The requirements are listed in the SeaTac District Mission Today form that can be found at this link on our PNW UWF website. <file:///C:/Users/User/Documents/SeaTac%20District%20UWF/Mission%20Today%202023.pdf>

- 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. Mission Today units receive a certificate and are recognized at the District and Conference Annual meetings.

**Please complete the form on the reverse side and send the form  
by August 15 to:**

Linda Mills at [wmil1218@aol.com](mailto:wmil1218@aol.com) or  
12431 SE 198<sup>th</sup> Pl, Kent, WA 98031

### **THE PURPOSE**

We are a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.



**MISSION u**  
**Join us as we explore the**  
**Good News and what it means for our lives!**

**July 21-23, 2023**  
**Wesley UMC, Yakima, WA**

**Theme: Living the Kin-dom 2023-2024**

**Katherine Parker will be one of the Adult Study leaders.**

Jesus' teachings in the gospels proclaim the good news of the kingdom or reign (basileia) of God. In fact, Jesus mentions the kin-dom 90 times in the synoptic gospels! What does the Bible tell us about God's basileia, and why do we call it the kin-dom? For Jesus, the kin-dom was not simply something to talk about but something we could live and experience. From the Lord's Prayer to the beatitudes to the parables, this good news is at the heart of Jesus' preaching, teaching, and ministry.

**Come and enjoy this learning opportunity!** 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 8-11 are free. Youth ages 12-17 are eligible for full scholarships.**

**Early Bird Registration: May 1 - June 30th**  
**Early Bird Cost \$125**

**Regular Registrations received between July 1 - July 7**  
**Cost \$150**

**SCHOLARSHIPS ARE AVAILABLE UP TO \$125**  
**Scholarship Applications: May 1- June 30th**

**Hotel Information**

1. Home2 Suites by Hilton  
2420 W. Nob Hill Blvd.  
Yakima, WA 98902  
509-574-7840  
Room rates: \$165  
Group Name: PNWUWF

2. Comfort Suites  
3702 Fruitvale Blvd.  
Yakima, WA 98902  
509-249-1900  
Room rates: \$159  
Group Name: PNWUWF

**The Registration Form and Scholarship Application Form are available on our PNW United Women in Faith website at <https://www.pnwumc.org/uwfaith/>**



*A Message from our SeaTac District Vice President*

In Genesis 1:28 man is given dominion over all the life on earth. **To me this means that we have been commissioned to provide stewardship over His Creation. We have not been doing a good job!** Therefore, I have been active in many environmental groups.

We need to preserve, protect and foster sustainable resources. Our Indigenous peoples are showing us how to stop despoiling the earth and waters. As a retired educator I am committed to equal opportunities for women and girls, and fostering reproductive healthcare. The Duwamish River Community Coalition is showing us how to achieve safe water free of toxins. I have been instrumental in the participation of DMUMC in the Des Moines CROP Hunger Walk.

"Puget Soundkeeper acknowledges we are on the land of many Coast Salish peoples and their ancestors. We acknowledge the past and present harm to Indigenous and marginalized people, and the land and waters of this region. We honor the ancestors and those today who continue to steward the land and Salish Sea. We pledge to care for this ecosystem by taking action to protect and enhance our shared waters."

Marilyn Hoff  
President, Des Moines UMC United Women in Faith



**Book Corner by Carol Sprague,  
SeaTac District Program Resources Coordinator**



WE PRAY WITH HER was written by a group of United Methodist clergy women. It is on the 2020 Reading Program in the Spiritual Growth category. The foreword was written by Ginger Gaines-Cirelli, author of *Sacred Resistance*, a 2022 UWF book selection.

“We” includes all of us, “Pray” is understanding the God is always present in our daily lives, “With” is the word that joins us with others experiencing the same things, and “Her” is the woman at every age and stage of life. She is a beloved child of God.

WE PRAY WITH HER is a book of 100 devotions that is divided into sections:

**Call** - that sense of knowing God is calling you in a way of making a difference in the world; **Struggle** - you find some measure of grace knowing you are not alone but know that God is walking with you through your difficult time; **Courage** - helps us to do what we know we are called to do, even in the face of fear to be courageous in our daily life; **Resistance** - seeing the positive and negative aspects of the world and feeling God moving within us to work for change; and **Persistence** - knowing we must continue the direction of our faith and call and knowing that God keeps persisting.

Each devotion is a couple pages that includes a Bible verse, personal insights, and a prayer. Some excerpts from the book: “It’s always easier to remain in our predetermined, comfortable, places than to hit the road with Jess; but only in following him can we truly find the better part.”

**Mark 14:35-36** “Jesus, hear me as I echo your cry; take this cup from me. Fill me with your spirit that I may have the strength to say the next part of your prayer: not what I want, but what you want. Amen”

“Remember when you are afraid, take heart and place your words,, your actions and your very being into God’s hands.”

“What would you do today if you knew, without a doubt, that God’s presence would follow you and fill every need wherever you go?”

“I pray for boldness. Give me the strength to speak and the words to say. Give me the spirit of power so that I might deliver your message in a way that changes things.”

**Philippians 4:13** “We can do all things through Christ who strengthens us.”

By his steadfast presence, there is no challenge we cannot endure. Whether you are a woman leader, a woman in a supportive role, or a woman who wants to support her sisters in Christ, these devotions will touch your heart. I hope you will pick up this book at your local library, read it on your Kindle or purchase it and share with other women.

I have some websites that I have found I can purchase our reading list books at discount prices. Contact me if you are interested in these websites. My phone number is 719-406-1126 or my email is [ces0204@gmail.com](mailto:ces0204@gmail.com).

### **Connect With United Women in Faith Online**

**PNW CONFERENCE WEBSITE:** [pnwumc.org/uwfaith/](http://pnwumc.org/uwfaith/)

**NATIONAL WEBSITE:** [uwfaith.org](http://uwfaith.org)

**FACEBOOK:** [Facebook.com/uwomenfaith](https://www.facebook.com/uwomenfaith)

**FACEBOOK:** [Facebook.com/pnwuwfaith](https://www.facebook.com/pnwuwfaith)

**INSTAGRAM:** [Instagram.com/uwfaith](https://www.instagram.com/uwfaith)

**PINTEREST:** [Pinterest.com/uwfaith/created](https://www.pinterest.com/uwfaith/created)

**TWITTER:** [Twitter.com/uwomenfaith](https://twitter.com/uwomenfaith)

**YOU TUBE:** [Youtube.com/user/uwfaith](https://www.youtube.com/user/uwfaith)

**FLICKR:** [Flickr.com/photos.UMWomen](https://www.flickr.com/photos/UMWomen)



### **Resources for Enrichment**

United Women in Faith offers many ways for you to enrich your life, live your faith and put love into action.

Discover inspiring podcasts and webinars that will help you explore how love in action changes the world with every episode.



**Voices from the Field** <https://www.youtube.com/watch?v=vXgwu0rP3zY>

**Faith Talks, Podcasts & Webinars**  
<https://uwfaith.org/resources/podcasts/>

**How to Subscribe to Response Magazine**  
<https://uwfaith.org/resources/response-magazine/>

**New Free Resources Available!** <https://uwfaith.org/resources/>





**UMCOR DISASTER RELIEF FUND  
ADVANCE # 982450 FOR DISASTER RESPONSE IN  
TURKEY AND SYRIA**

Initial grants to UMCOR partner International Blue Crescent, which is headquartered in Turkey, and Forum for Development, Culture and Dialogue in Syria, are helping to provide tents, heaters, blankets, warm clothes, ready to eat meals and first aid kits to people affected by the devastating earthquakes. By giving through the Advance 100% of your donation reaches your chosen mission project or ministry.

To give online go to the Global Ministries/UMCOR website. To give by mail, make your check payable to GCFA, write the Advance number on the memo line of the check and mail to:

Global Ministries/UMCOR GPO  
P. O. Box 9068  
New York, NY 10087-9068

*Matthew 25:35*

*For I was hungry and you gave me something to eat,  
I was thirsty and you gave me something to drink,  
I was a stranger and you invited me in.*

## 2023 PNW UMF Conference Calendar



April 27, 2023	Spring PNW Conference UWF Executive Meeting
April 28-30, 2023	PNW Conference UWF Spiritual Retreat Lazy F Camp, Ellensburg, WA
June 13-15, 2023	UMC Greater NW Shared Annual Conference Mason UMC and University of Puget Sound Campus in Tacoma Some live streaming and Zoom will be available
July 21, 2023	Summer PNW Conference UWF Executive Meeting TBD
July 21-23, 2023	Mission u Wesley UMC, Yakima, WA
September 23, 2023	SeaTac Missional District Annual Meeting Kent UMC, Kent, WA
October 20-21, 2023	Fall PNWConference UWF Exec. Meeting Oct. 20 PNW Conference Annual Meeting Olympia First UMC, Olympia, WA
May 8-11, 2024	Western Jurisdiction Quadrennial Event, Captain Cook Hotel, Anchorage, AK

**The Circuit Writer** is the digital newsletter of the SeaTac Missional District United Women in Faith. It is published in PDF format.

To receive an email copy please send your name and email address to Diana Wilson, Editor at [dwilson2009@comcast.net](mailto:dwilson2009@comcast.net) or call at 425-641-3297 or to receive a paper copy or to be added to the electronic copy distribution list.





**SeaTac Missional District**  
**Officers for the 2022-2023 Year**



President	Linda Mills
Vice President	Marilyn Hoff
Secretary	Pam Cunningham
Treasurer	Rachel Hall
Education & Interpretation	Open
Membership Nurture & Outreach Coordinator	Ileeda Denman
Spiritual Growth Coordinator	Janice Bronkema
Social Action Coordinator	Marilyn Glasscock
Communications Coordinator	Diana Wilson
Program Resources Coordinator	Carol Sprague
Nominations Committee	Open

**RETURN ADDRESS  
REQUESTED**

**United Methodist Women**  
**C/O Diana Wilson**  
**c/o St. Peter's United Methodist Church**  
**17222 NE 8th St.**  
**Bellevue WA 98008**