



United
Women
in Faith

Timely Reflections

INLAND MISSIONAL DISTRICT
UNITED WOMEN IN FAITH
FEBRUARY 2024

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CALENDAR 2024

Western Jurisdiction:

Quadrennial May 8-11 Anchorage

Conference:

April 19-21 Leadership Development Lazy F

July 25-27 Mission u Yakima

October 18-19 Annual Meeting Spokane Valley

Inland District:

Annual Meeting Audubon Park Sept. 21

Mission Today Forms due August 1

PRESIDENT'S PONDERINGS

My pride in our Inland Missional District United Women in Faith should be evident. We can boast a full slate of District officers enabling us to fully support our UWF program, our Local Units "think out of the box" creatively such as combining two small units, outstanding Annual Meetings.

Khia Shaw, UWF National Transformation Officer, facilitated the breakout session of the very first Conference Officer Training for District officers. She asked us, "Why Is United Women in Faith Important to Me?" Not being one to tolerate a silence, I volunteered to respond. As briefly as possible I shared that I had long felt the most important reason for being in UWF is its supportive community. Since a planned surgery in September had unexpected complications that resulted in a prolonged recovery, I have been the recipient of the tremendous support of my sisters, sisterhood from near and far that has continued to support me to this day. Khia thanked me for my "powerful story."

One of the four goals of National UWF is to mobilize members to inspire, influence, and impact their communities and world. My sisters have done all three for me personally! Hearing the voice, receiving a visit or text from a loving sister has kept me going these long months. Our community begins with us, where we are, with our family, neighbors, and then beyond. May we each be inspired to reach out today to that person who needs our sisterhood!

Judy Dirks, Inland Missional District President

THE PURPOSE

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.

TREASURER

Hi, to all Unit treasurers, as you may know our name has changed to United Women in Faith.

In the last Timely Reflections newsletter the new EIN was incorrect. The correct EIN number is 88-3064541. This is the number to use when changing your name on the bank account.

The name on the checks should be:

PNW Conference

United Women in Faith-Inland District, (local unit name)

*It's the name first of our organization and then the district name and or the local unit name. You should **not** put your address on the checks - the bank will have your name on file and most of you get your statements "paperless" anyway. There should be enough room even if you go to the 3rd line.*

This is important because the name will need to match the paperwork. We are still United Methodist Women but are doing business as (dba) United Women in Faith.

*You will be helping your local units do this as well when they decide to make the move to do so. Some wish to do so now because of the cost of their accounts and others will wait till they are out of checks or perhaps have new leaders. It is a good idea **not** to be using the church EIN number especially if there are any issues. I am here to help you and your local units make this change. Please ask questions!! If there are units ready to get*

started and make the change let me know as well. I am available to help and if you have any questions at all ask!! Even though the banking process has been confusing at times the bankers who I have been working with have been more than helpful and have worked with me.

Also, when you send checks to the District, please make check out as follows: PNW Conference United Women in Faith-Inland District. You can make changes to your unit account when you are ready to do so. Questions, please feel free to call me at 509-238-6583.

Thank you, Roberta

PROGRAM RESOURCES

The Gift of Time

Recently, and unexpectedly, one of my favorite TV shows was replaced with another program. At first I was sad and upset. Suddenly I had 2 or more hours of free time without entertainment. Then it came to me that this time is a gift. I could use this time for reading, craft projects, calling friends, or taking walks. Sometimes it is easier for us to be passive vessels instead of being an active participant in life

Our UWF book club, led by Kathy Johnson, has recently read **Unclutter Your Soul** by Trina McNeilly, which is on our Program Reading List. At first I thought it was not a valuable use of my time, but further on into the book, her reflections and intuitive lessons resonated with me. Young people, especially, will identify with her struggles, coping mechanisms, and sense of overwhelming pain that can prevent us from experiencing life in the fullest sense. Consider gifting it to your younger members, daughters, and daughters in laws. Then listen to how these young women respond to the message Trina brings.

Have you located the Food, Faith, and Fellowship program resource developed by Dr. Joyce del Rosario? It was shared online through UWF January 4th as a supplement of Program resources. January's program was titled **Welcome to the Practice of Communion**. About 300 women participated in the event, with many sharing recipes. If you haven't purchased this resource, set up your Mighty Networks account; this program can be found in the Resources section. The February 1st program will be **"Living Water"** 5pm Pacific time.
Tana Truscott
Program Resources

SECRETARY

I would like to send a huge thank you to each unit for your timely help in updating the 2024 Inland Missional Directory. This information is vital to establishing up-to-date communications within our district and beyond. Please keep me informed of any changes within your unit by contacting me at nanahen6@comcast.net.

I want to extend a heartfelt thank you to Melva Lohstroh and Madelyn Bafus for their help in creating the directory.
Susan Henderson,
Secretary



Find United Women in Faith on:

WEBSITE: uwfaith.org pnwumc.org/uwfaith **INSTAGRAM:**

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

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

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

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

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

SPIRITUAL GROWTH

Good news! Planning for an Inland District spiritual retreat/rejuvenation event is underway. United Women in Faith is calling experiences that embody both self-care and spiritual rejuvenation *Soul Care*. Such events are for member enrichment and serve as a pathway to connect with other women focused on giving care to your whole person – mind, body and spirit.

To tailor a meaningful event, your input regarding the nature of activities is important. The link below will lead to a simple, anonymous survey consisting of five multiple choice questions and two questions asking for a brief response. The survey typically requires less than 5 minutes to complete.

<https://www.surveymonkey.com/r/VVXWH7M>

An alternative to completing the online survey is simply to call or text me, Kathy Johnson, at 304-667-4820. I will be happy to talk and receive your personal input in that manner.

The purpose of rejuvenation activities is to stretch our thinking and increase awareness of the Divine's presence in our life. Incorporating nurturing activities is intentional with a goal of claiming the joy and fulfillment of being in harmony with self and spirit. Jesus modeled prioritizing time to rest, reflect and renew as referenced in Scripture. For instance, Mark 6: 31-32, Jesus invites the disciples to share a time of group solitude. Such time may allow one to grow closer in relationship with God and, in turn, closer with others. May we each seek times of group solitude and continue to gain awareness of God's presence in all things!

Timely Reflections is the newsletter of the Inland Missional District of United Women in Faith.

It is published four times per year. Complimentary copies are sent to the following: PNWC UWF Officers, other District Presidents in the PNWC, Inland District UWF Officers, Local UWF unit officers, Inland District Superintendent and the Inland District Office.

BLIND FAITH

During recent church conversations regarding an upcoming decision to be made, an individual repeatedly used the phrase blind faith. A dictionary definition of blind faith is “belief without full understanding, perception, or discrimination.” Is this the kind of faith God gives us, a blind faith (Ephesians 2:8-9)? Is our faith really to be blind, without true understanding?

We are expected to act in faith on God’s promises, as Abraham and Sarah did, but we do that from a position of trust based on all the knowledge we have of God. Abraham followed God’s order regarding Isaac based on his faith that God would keep His promise to raise up a nation through Isaac (Hebrew 11). Abraham learned God would keep His promises through a lifetime of walking with God; this was a reasoned and informed faith.

There will be times in our personal walk with God that we will act on faith because we do not have the whole picture. May we do this from a position of trust based on knowledge of God’s nature and character, using our God given ability of reasoning/logic and His promises found in the Scriptures.

Practicing spiritual disciplines can help bring us to a deeper understanding of God. Meditation, fasting, study, solitude, service, confession and worship aid in shedding superficial habits and free us from self-interest and fear. Consider Mission U (July 25-27, 2024), an upcoming Soul Care Retreat and select reading program resources as avenues to strengthen your spiritual discipline practices.

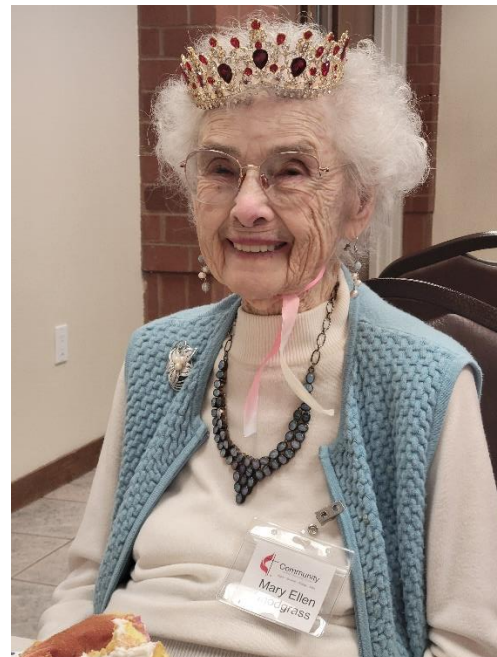
Kathy Johnson, Spiritual Growth

RESPONSE PHOTO CHALLENGE

Where are you reading **response**? Whether it’s the print or digital edition, we want to see you reading **response**. Please email a photo of yourself or your group reading **response** to response@uwfaith.org. Write “photo challenge” in the subject line. Be sure to include the names of the people in your photo, your church and your conference, a description of when and where you’re reading, and the photographer’s name. You may see yourself in **response**!

LOCAL UNIT NEWS

Mary Ellen Snodgrass, faithful attending member of United Women in Faith, Coeur d’Alene Unit, just celebrated her 101st birthday on January 22. At the closing of the church service on Sunday the 21st, the Community United Methodist congregation sang Happy Birthday to her and then retired to the fellowship hall to share in a variety of cupcakes, coffee and punch. UWF sister Joan Davidson-Sheer crowned Mary Ellen with a beautiful “ruby” studded tiara.



MISSION U

Mission u is the annual mission education opportunity for the Pacific Northwest Conference. We meet at Wesley UMC in Yakima, WA, for three days of learning and fellowship. Wesley UMC is our location of choice because of its size, its hospitality, and that it is centrally located for participants arriving from northern Idaho and all of Washington State.

Save the dates of July 25-27, 2024. We will reserve a block of rooms; children and youth are welcome to join, and an age-appropriate curriculum will be provided.

The curriculum for this year's study is entitled: "Welcome Home," by Neomi Fletcher, with Contributors Parker Roberts and Sandra Williamson. The book is available for purchase through the United Women in Faith website: [Mission u | United Women in Faith \(uwfaith.org\)](https://www.uwfaith.org). This link opens to the order page for the Adult curriculum book, as well as those for Youth and Children.

Plan to attend this Spirit-filled gathering. We are working to identify opportunities for home hospitality where some may stay in the home of members of the congregation while participating at Mission u.

The United Women in Faith reading list has been compiled for 2024. So many of our members are dedicated readers. Here is a link to the Reading Program Catalog for 2024:

[United Women in Faith - 2024 Reading Program Catalog \(uwfaithresources.org\)](https://www.uwfaithresources.org)



— JULY 25-27, 2024 —

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!

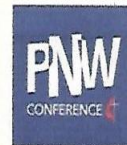
Yakima Wesley UMC



United
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Learn more: pnwumc.org/uwfaith

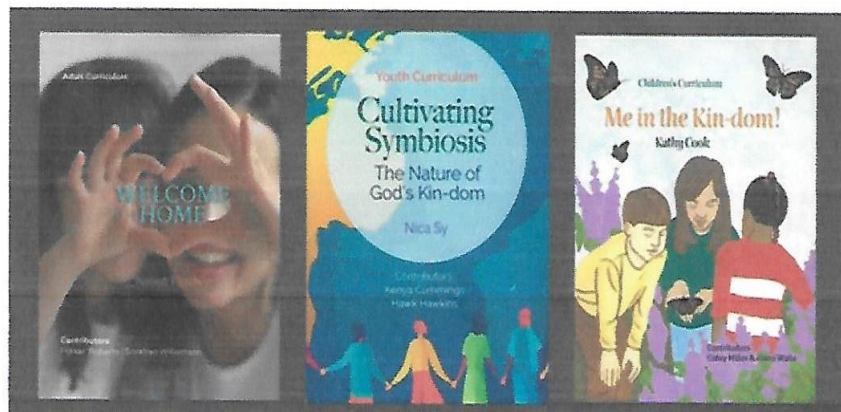


Remember, you can go back five years to compile your report of books read for the year. Some used United Women in Faith books will be available for purchase at Mission u.

Plan to come to Mission u this year. Bring your children or grandchildren along for a great weekend.

Jan Catrell

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