

FLAME

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



Quarter 1, 2024



MOSES LAKE UMC Has 27 New CPR/AED Certified Members

...and they have an awesome UWF member to thank for this.

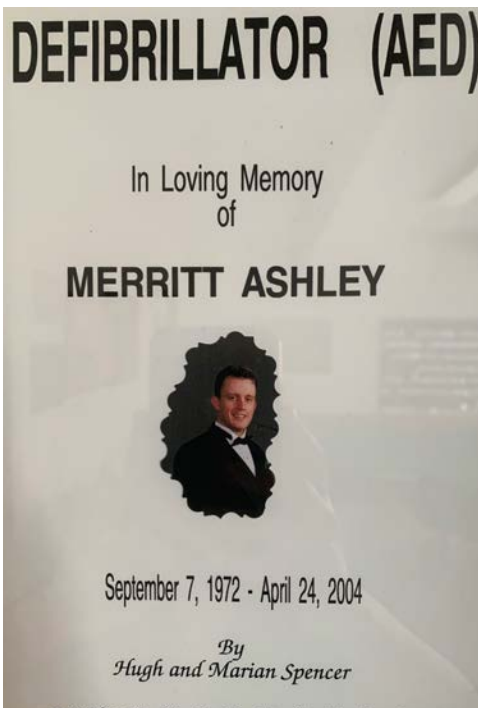
Moses Lake United Methodist Church just might be the safest church in the whole Grant County. Not only does it have a defibrillator, it also has a whopping number of certified CPR/AED people sitting on its pews and seats.

On January 13, twenty-seven people were trained by members of the Moses Lake Fire Department on CPR and AED management. These volunteers are ready and able to assist in case of emergencies in and outside of the church. Their names are posted near the defibrillator by the church narthex. The participants listened to lectures, watched instructional videos and later on did hands-on application of what they've learned by "reviving" the mannequins through pumping their chests and breathing life into them. Their hard work and dedication allowed them to finish the training with flying colors and were able to secure those much-coveted CPR/AED cards issued by the American Heart Association.

The woman behind the training is MARIAN SPENCER who lost her son, Merritt Ashley in 2004 due to cardiac arrest while in a softball tournament. *"Since then, it has become my advocacy to promote the importance of timely and proper intervention for health emergencies. Many people survive if they're given CPR,"* Marian says.



Marian Spencer looking on as her pastor, Rev. Conrado Gonzaga resuscitates a mannequin



Marian and her late husband, Hugh, donated a defibrillator to MLUMC in 2006 to make sure that her church has a device that can help restore normal heartbeat until an ambulance or medics arrive. Through the years, Marian has been on top of the training that happens every two years to help guarantee that MLUMC has people who are knowledgeable about what to do in cases of medical emergencies. *"I'm happy about the turn-out of the CPR/AED Training despite the cold weather. There were even members who came all the way from Spokane. It gives me great joy that this program continues to be sustainable since it started,"* Marian adds.

More photos from the CPR/AED Training

Marian gets tremendous support from her UMW (now UWF sisters) for which she is grateful for. Her partnership with Samaritan Hospital and now Moses Lake Fire Department helps make Marian's advocacy up and running, even thriving!

Want to start a CPR/AED Awareness Program in your own church? Reach out to Marian Spencer at (509) 674-1488 (mobile), (509)-766-7276 (landline) or email her at oldcrows@nwi.net. Our quick action can save countless lives!



Here's Everything You Need To Know About The UWF Quadrennial Event

JURISDICTION UNITED WOMEN IN FAITH QUADRENNIAL EVENT

MAY 9-11, 2024

EARLY REGISTRATION

NOVEMBER 30, 2023: \$295

REGULAR REGISTRATION

DECEMBER THROUGH APRIL 15, 2024: \$345



WJUMW.COM



COME TO JURISDICTION IN ALASKA!

Greetings, United Women of Faith!

Registration is now open for the *Western Jurisdiction United Women in Faith Quadrennial Gathering in Anchorage, Alaska!* Please register at wjumw.com, where you will find detailed information on the hotel, Alaska Airlines discounts, time schedules, and workshop opportunities. Hotel Captain Cook offers the option of adding three additional days before or after our gathering if you'd like to extend your stay and take the opportunity to see more of Alaska.

We're excited about this chance to *"Get Together" at the Captain Cook Hotel in Anchorage on May 9-11, 2024.* (pre-events start May 8, 2024). Our theme, "Get Together," is centered in John 13:34, and all the jurisdictions share it. This theme feels especially relevant after having to cancel the 2020 in-person event and move to online only. After eight

years, our team is eager to gather in person, as we're sure you are!

The central purpose of this event is to elect women who will represent our jurisdiction as National Board of Director members. In addition, we will worship, celebrate, share, serve, learn, sing, pray and connect.

The past several years of planning have been unusually challenging due to the pandemic. Still, our team is delighted with how well the many aspects of our event have come together to showcase our values and priorities while also highlighting the rich diversity and many cultures of Alaska. *We're honored to have Amy Valdez Barker, PhD as our keynote speaker and Makeda McCreary as*



our music director. This will also be an opportunity to *meet Sally Vonner, our new General Secretary/CEO, and our President, 'Ainise 'Isama'u.* It is our prayer that this event will be an opportunity for each of you to rest and be renewed as we celebrate our work as United Women of Faith together. Early registration goes through Nov. 30, 2023, offering you an opportunity to save \$50. Thank you for your continued support of all we do as United Women of Faith! We hope to see you in Anchorage!



SCHOLARSHIP APPLICATION—WESTERN JURISDICTION QUADRENNIAL MEETING

May 9-11, 2024, Anchorage Alaska

Scholarships are available for up to \$400.

Please obtain support from your Local Church/UWF Unit and District UWF first.

Application Deadline: February 15, 2024

Applicant Name: _____

Address: _____

City _____ State _____ Zip _____

Phone (including area code) Home or Cell: _____

Email: _____

Have you already registered for the Western Jurisdiction event? Yes No

Do you plan to share what you learn with others? Yes No

Why do you want to attend Western Jurisdiction?

Additional funding is provided from the following sources:

Local Church _____ \$ _____

Local UWF _____ \$ _____

District UWF _____ \$ _____

Total \$ _____

Download and complete this scholarship application and email the form as an

Source: Sharing Line

**Do you want to join but need a little help?
Scholarships are available! Email Ja net'
Crouse at crousejw@crouses.com.
You may also call (509)-884-8415.**

Pioneer Women United in Faith

by Linda Hay

In September of 2022, a group of mission-oriented women formed a group known as Pioneer United Women in Faith. The many struggling, hard-working migrants from Mexico came to our minds and our hearts. Many of these folks work in the fields for long hours under the scorching sun. We immediately started to provide drinking water and hats that protected their necks and ears from the strong summer sun. Since then, we have provided Thanksgiving and Christmas dinner boxes, helped with rent payments and utility bills when necessary.

About two weeks ago, an old friend and eye doctor from Goldendale, WA (where I lived before moving to College Place) emailed me. He was using a huge coffee maker that UMW gave to him for his prison ministry many years ago. It made him think of me and he was wondering how I was doing. How nice was that!!

That person is Dr. Jim Ogden. The conversation reminded me that Dr. Jim has traveled to many countries, did eye exams and provided many, many sets of eyeglasses to people who needed them. Would he come to Walla Walla and provide glasses to our neighbors, the farm laborers? Well, Dr. Jim didn't hesitate for five minutes! He will be in Mexico in February, so will come to Walla Walla in March! He will stay with my husband and I, he will hold his clinics in our church, two men who are licensed to drive the church bus will pickup the folks from the town where they live, bring them to the church, our ladies will have the coffee, cookies, pots of soup and bread ready for our guests!! Other ladies will work directly with the doctor doing the documentation of the examination in the event "readers" aren't sufficient. Dr. Jim will write prescriptions, fillable for \$30 for those whose needs are different and send the prescriptions to Airway Heights Prison Optical Lab.

We feel blessed to be of service to others and grateful for people like Dr. Jim Ogden who share the same advocacy. I will provide an update on how many people were served in the next issue of Flame.

Need to get in touch with a UWF officer from Moses Lake UMC? Please take note of the following corrections that need to be made in their list of officers as printed in the directory:

Treasurer: Kathy Lantz

baknlantz@hotmail.com

4442 Cindi Lane

rest of address and phone the same.

Reading Group: Nancy Cone

509-760-3135

Communications: Edel (not Adelle) Gonzaga



Comments? Questions? Suggestions? Want your story to be featured?
Email Edel Gonzaga, at panadodel@yahoo.com



Faithfully Forward

uwfaith.org/dayofgiving



United
Women
in Faith



Save the Date: March 23, 2024

Faithfully Forward Join United Women in Faith as we step faithfully forward, uniting hearts and hands to create a brighter, more compassionate tomorrow for women, children, and youth. Give to The Legacy Endowment Fund on the Day of Giving, March 23.

WAYS TO GIVE

- **Online at:** uwfaith.org/dayofgiving
- **By phone:** 800-278-7771 (8 am–5 pm EST, Mon.–Fri.)
- **Text:** "FUTURE" to 20503



By check to:

United Women in Faith, Attn: Legacy
777 United Nations Plaza, 11th Floor
Church Center for the United Nations
New York, NY 10017

Write "**Day of Giving**" in the memo section.

Together we are building our Legacy!



United
Women
in Faith

The **Legacy Endowment Fund** is a permanent investment that supports the work and the future of United Women in Faith.

Here are a few ways you can get involved:

1. Host an in-person Celebration: Organize an in-person event in your Conference. We would love to celebrate these events with you in person or virtually.
2. Host a Virtual Celebration: Organize a virtual event where you can share, engage and encourage donations.
3. Spread the Word: Share information about Day of Giving on your social media platforms, Conference and District E-newsletters, and encourage your network to participate and contribute.

Let's make this Day of Giving one to remember, filled with generosity, joy, and a shared commitment to making a positive impact in the lives of women, children, and youth. Thank you for being an essential part of our community and for your continued dedication to the mission.



A MESSAGE FROM THE SOCIAL ACTION CHAIRMAN

This year the district Social Action theme is "Climate Justice" that was voted upon in our annual meeting 9.16.23. Remember to include a Racial Justice program for your Racial Justice Program during the year. Those units wishing to start a Racial Justice Charter please contact me for information.

A good way to keep on top of legislation regarding Social Action is by joining your local "Faith Action Network." This organization keeps you informed with the latest developments within Washington State for Legislation regarding laws being submitted and enacted by Legislators.

Good resources for Social Action is the Podcasts "Faith Talks" by Jennifer Farmer. She has one each month, this month's was "Black Women making History." Check your Women in Faith network for the coming month's programs, also "Just Energy 4 All" through your United Women in Faith website is great. There are free posters to download for your unit regarding Social Action. There are books at the Resource Store for sale, one of interest is "Climate Justice, a Call to Hope and Action" edited by Pat Walkins.

If you wish suggestions for programs, please contact me at nadinegriffin@yahoo.com

Nadine A. Griffin, Social Action Chairman
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Comments? Questions? Suggestions? Want your story to be featured?
Email Edel Gonzaga, at panadodel@yahoo.com