



SeaTac Missional District Newsletter
MAY 2025

SEATAC DISTRICT

SPIRITUAL DAY TOGETHER
(A Soul Care Retreat)

Saturday, May 17, 2025

“Practicing Hope Together”

Keynote Speaker
Rev. Dr. Carol Mariano

Beacon United Methodist Church
7301 Beacon Ave. South
Seattle, WA 98108

Registration Deadline:

May 12, 2025

Cost is \$12.00

Scholarships Available

SeaTac District Spiritual DayTogether

“Practicing Hope Together”

Guest Speaker: Rev. Dr. Carol Mariano



The Rev. Dr. Carol Mariano retired in 2017 after serving as an ordained minister for 19 years in the Pacific Northwest. She holds a Master of Divinity from the Vancouver School of Theology in Vancouver, British Columbia, Canada, and a Doctor of Ministry from the San Francisco Theological Seminary.

Pastor Carol started her career in ministry by working for nine years as the editor of the newspaper for the Pacific Northwest Conference of the United Methodist Church. She then spent eight years as the Director of Adult Programs at Renton First United Methodist Church, where she also served as a retreat leader and Spiritual Director. She was the pastor of Orting United Methodist Church for 12 years, and senior pastor at Haller Lake United Methodist Church for seven years.

She has been active on the Conference level in *Jubilate* workshops on worship and the arts, serving as dean and workshop leader as well as being a member of the Jubilate Council. She has also been active in the *Five Day Academy for Spiritual Formation* for many years and was the chair of its Advisory Team for seven years. She served as dean of Mission U for three years (2021, 2022 and 2024) She was a delegate to the World Methodist Conference in Nairobi (1986) and in Singapore (1991). She has done mission work in Africa and Mexico.

Carol is author of a book of poems, *The Cry of Being Born*. One of her poems, *God Came to Me Last Night*, was published in *Presence: An International Journal of Spiritual Direction*.

Born in Colville, Carol is a native Washingtonian. She is married to Sulmo Mariano who was born and raised in Argentina and moved to the United States to do doctoral work. He is a retired aeronautical engineer, who worked for Boeing and for the FAA. They have two grown children, Adrian and Sonia.

One of Pastor Carol's hobbies is music. She sang with the Seattle Symphony Chorale for 25 years and enjoys playing her harp and guitar. She directs the Mercer Island UMC choir. An avid hiker, she finds refreshment and spiritual connection in wilderness treks in the Cascades.

Our Scripture: Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.



United
Women
in Faith

SeaTac District
Spiritual Day Together

“Practicing Hope Together”

Saturday May 17, 2025

Beacon United Methodist Church

7301 Beacon Avenue South, Seattle WA 98108

9: 00am -9:50 Continental Breakfast, Book Browsing, Visiting;

10am – 1pm Meeting

Registration Deadline: May 12, 2025

Cost: \$12 – Scholarships Available

You may pay in advance with your registration form or pay at the event.

Make checks payable to SeaTac UWF

Email Registration form to the District Treasurer, Rachel Hall at riwamoto@hotmail.com or

Mail: Rachel Hall, 9265 Points Dr. NE, Clyde Hill WA 98004-1334

Questions: Contact Diana Wilson, President at

dwilson2009@comcast.net or 425-641-3297(H) or 206-852-6872(C)

Name (as you wish it to appear on your name tag) _____

Address _____

Phone _____ email _____

Church _____

UWF Officer Y/N _____ Position Held _____

Are you interested in being on the SeaTac District Board Y/N _____

If yes, what position or office interests you? _____

An offering will be collected for Mission. Please make your checks payable to SeaTac UWF. You may include with your registration or pay on the day.

Which Social Action area would you like our SeaTac District to focus on?

_____ Climate Justice

_____ Economic Inequity

_____ Immigration

_____ Mass Incarceration & Criminalization of

_____ Communities of Color

_____ Maternal & Child Health

SeaTac Spiritual Day Together

Schedule (times are approximate)

9:00—9:45 Continental breakfast served by Beacon United Women of Faith.
Come and visit at your convenience. Book browsing. Visiting with friends, old
and new

9:45—10:00 Singing in sanctuary

10:00q Program begins

10:00-10:15 Welcome, Housekeeping, Opening Prayer and Litany,

10:15-10:40 Program: Practicing Hope Together

Guest Speaker: Rev. Dr. Carol Mariano

10:40-10:50 Break

10:55-11:45 Group Activities

11:55—12:05 Offering Hymn; Here I am Lord

Offering will go to Pledge to Mission

12:05—12:30 Communion with Rev. Carol Mariano

12:30—12:35 Thank you and Grace

12:35-12:40 Closing Hymn

On Eagles Wings

12:40-1:30 Lunch

Please see the registration form for details.

Questions contact

Diana Wilson, President SeaTac UWF

206-852-6872 cell/text or

dwilson2009@comcast.net.

Thank you to Beacon United Women in Faith for hosting our
day together.



BOOK CORNER



Carol Sprague, Program Resources Coordinator

Happy Spring Everyone.

I hope everyone has been able to read some of the books from our UWF Reading lists over the past several months. There are five categories: Education for Mission, Leadership Development, Nurturing for Community, Social Action, and Spiritual Growth.

I have been reading several books from the 2024 List and have really enjoyed them. There are so many great books on the lists about strong women dealing with issues we face today. The books on each year's lists that always take me out of my comfort zone and expand my appreciation for these writers.

Here is a review of one of the books on the 2024 list: **Other Words for Home** by Jasmine Warga. It is about a young girl, Jude, who moves to the United States from Syria with her mother to escape the wars at home. They leave behind her older brother and father. They move into her uncle's house in the United States. The book is written in prose but in poetry format and is easy to follow her journey as she navigates going to school where she learns to speak English while also being labeled "middle eastern" and not belonging "here."

She makes friends slowly but still considers Syria as "home" so how does she learn to accept America as her 'home'? How do others react when she wears her headscarf just like others at home in Syria do? "I cover my headscarf not because I am ashamed, forced or hiding but because I am proud and want to be seen as I am."

A whole new world opens up when Jude wants to try out for the school musical. This story is about losing and finding home and finding yourself.

Whether you are doing Plan I, II, III, or Plan IV the books from the years 2020— 2025 lists can be counted on the annual Reading Report Forms. If any local unit has questions about the Reading Lists let me know. They can be downloaded from uwf.org/resources/reading-program. I find our Reading List books on book websites that offer them at reasonable prices. I tend to mark in my books and those that really touch me I end up adding them to my personal library.

I know we are all busy with our lives but I would love to hear from anyone who has read any of the books that you really would recommend.

You can email me at ceds0204@gmail.com.

KEEP READING AND GOD BLESS! Carol

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance character; and character hope.

Romans 5:3-4

Catherine Winkworth

Born in 1827, Catherine Winkworth had a way with words. When Catherine was a sixteen-year-old British schoolgirl, General James Napier conquered the Indian province of Sindh. The conquest was unauthorized and brutal. When Catherine heard about it, she told her teacher that Napier's dispatch should have read "Peccavi," Latin for "I have sinned." It was a dark twist on what the dispatch presumably was, "I have Sindh."

The pun was sent to the humor magazine. Punch, and became a meme that traveled through history.

Catherine's cleverness continued to serve her well in her calling. She translated hundreds of German hymns into English and introduced English audiences to the German chorale tradition. She labored to make sure that the translated songs retained the poetry, rhythm, and meaning of the originals.

In 1852, Catherine began to work among the poor in the Sunday School and District Visiting Society. This society gathered volunteer teams to visit poor people in their homes to provide help and comfort. Long after she left this work, Catherine received letters from the people she met and helped. Her compassion was evident in her translation of biographies of founders of sisterhoods for the poor and sick: Life of Pastor Fliedner and Life of Amelia Sieveking. Winkworth not only served people who lived in poverty, but she also had a passion for women's rights and advocated for higher education women and girls.

In 1878, Catherine went to care for her nephew, who was disabled. Soon after, she had a pain in her heart and died with an hour.

This story came from Saintly Scorecard 2018. Printed by Forward Movement in Cincinnati, Ohio.

Submitted by Janice Bronkema, Spiritual Growth Coordinator

Connect With United Women in Faith Online

PNW CONFERENCE WEBSITE: pnwumc.org/uwfaith/

NATIONAL WEBSITE: uwfaith.org

FACEBOOK: Facebook.com/uwomenfaith

FACEBOOK: Facebook.com/pnwuwfaith

INSTAGRAM: Instagram.com/uwfaith

PINTEREST: Pinterest.com/uwfaith/created

TWITTER: Twitter.com/uwomenfaith

YOU TUBE: Youtube.com/user/uwfaith

FLICKR: 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/>

MISSION GIVING RESOURCES

[Burning a Candle in Honor or Memory Form](#)

[Burning a Candle in Honor or Memory Instructions](#)

[Gift in Mission & Gift in Memory Card Order Form](#)

[Mission Giving Brochure](#)

[Mission Giving Pledge Card](#)

SeaTac Missional District
Officers for the 2024—2025 Year

President	Diana Wilson
Vice President	Marilyn Hoff
Secretary	Maggie Keech
Treasurer	Rachel Hall
Membership Nurture & Outreach Coordinator	Linda Mills
Spiritual Growth Coordinator	Janice Bronkema
Communications Coordinator	Diana Wilson
Program Resources Coordinator	Carol Sprague
Nominations Chair	Linda Mills
Education & Interpretation	Open
Social Action Coordinator	OPEN

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.*