Crest to Coast Currents



Summer 2025



Crest To Coast President's Corner

Greetings from the Crest To Coast Team. We have had a busy winter planning for and attending our Soul Retreats. They are becoming a very popular way for communities to get together whether they have United Women In Faith Units or not. These are planned with various programs and topics with the local ladies and our District representatives. We have another retreat planned at Bay Center UMC on Willapa Bay, Friday July 18, a "Loaves and Fishes Picnic" with Sue Raymond presenting a Jewish Midrash, "Loaves and Fishes." It sounds fun and if you can get over there please join us. Puyallup UMC will host another retreat in the fall, watch for details on that one and there is one or two to come. Joan Hackett would be glad to fill you in on all the details if you would like one in your community.

Mission U is coming up, July 24-26 in Yakima, Washington. The theme is "Practicing Hope Together." All United Women in Faith are encouraged to attend. These are always well planned and a fun way to meet other women The Sharing Line and this Newsletter have all the information and the registration form. I can always send it to you if needed.

The District Fall gathering is September 20 so put that on your calendar now. An information sheet and registration form is to come. We would love to have you come to Centralia, Washington and join us for our yearly meeting and more.

We are always looking for folks to join us on our District team. Are you good at taking notes? We are looking for someone just like you to take our minutes. We meet about four or five times a year and have a good time planning for the District. We do try to help with some expenses and Mission U. There are other vacancies to fill also for next year. We try to make it more fun than work and would love to talk to you about these opportunities. You can reach me at the email above or any of the members of our team listed in the District directory.

United Women In Faith is so much more meaningful and relatable when you participate in the district events. We are all here to serve women, children and youth for the betterment of our world and learn in the process.

Have an enjoyable summer.
Blessings,
Bev Thomas,
Crest To Coast District President



Carrying Our Faith Forward

Join us for the District Fall Gathering on Saturday, September 20, 2025 10am - 2pm - Light Lunch Included at Centralia UMC, in Centralia, WA



Speaker-Brittany Gilliland Youth Director for Olympia UMC



Carrying Our Faith Forward Registration

Questions? 360-605-4578



Registration Deadline: September 3, 2025. \$5 per person Mail form and payment to: Eileen Costuck, 3720 E. 18th St., Apt. 211, Vancouver, WA 98661. Or email form to ecostuck@gmail.com. Mail payment.

Name	
Address	
E-mail	
UWF Officer	
Church	

From the Treasurer

Dear Treasurers of Crest To Coast Missional District

I want to pass along some Treasurers information I received from Roberta Headley, our Conference Treasurer.

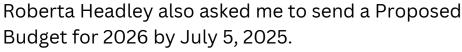
She sent us a list of the 2/3/4 Quarter giving dates.

June 15, 2025 2nd Quarter

September 15, 2025 3rd Quarter

December 12, 2025 4 Quarter/ Year end

The last Quarter has an earlier date as she needs to send out our Reported giving for the year before the Christmas Holidays to National Division.



Beverly Thomas and I met today and discussed what 2026 Pledge to Mission might look like. I am thinking that we will most likely have the same as 2025 Pledges \$12,750.

So far I have only received Pledge remittances from 4 of our Units. I know that many of our units do not meet in the Summer so I am asking for what I can expect from the remaining 5 Units by June 15, 2025.

This is what I will send to cover the first half of 2025.

Thank you for your continued support of our Crest to Coast District UWF.

I am also hoping to see you in July at Mission u July 24-26.

Yours truly in United Women in Faith Fileen Costuck



Soul Care Retreat March 10, 2025

Reconnecting with longtime United Women in Faith friends and meeting women who are being introduced to UWF always bring a smile to my face and heart. At the Soul Care Retreat at the Stevenson UMC on March 10 I was able to do both. The retreat nourished not only our souls but also our spirits. Focusing on women and faith provided a connection to our past as well as a path to our future.

With this focus we sang songs written by women, learning about those composers and lyricists from histories read by Joan Hackett. The celebration of women continued throughout the day as we shared women who have impacted our spiritual lives, shared our own journey with church and faith, and listened to the histories of Stevenson United Methodist Women and th-e White Salmon United Methodist Women. The highlight for me was the midrash (biblical text interpretation) of Esther presented by Sue Raymond. Her cloak and jewelry added to the illusion of Esther, but the words of Esther's journey and her efforts to save the Jewish people mesmerized all who witnessed it. My understanding and appreciation of Esther's journey grew as I imagined Esther's discovery of her "true purpose" in life.

And as always, sharing a meal with other Methodist women is a highlight of any gathering, and this was true at the Stevenson Soul Care Retreat as well. Every woman left with their bodies and their souls nourished.

Sheree Fitzpatrick, C2C E&I

Comments gathered from some of the 14 attendees-

- Women's Luncheon-Well planned- wonderful female souls- liked story of Esther community of women always a joy
- The program about Esther was wonderful. Great hymn selection.
- A super great program- Thank you

- Enjoyed getting together with other United Women in Faith womensinging, praying, eating, Such dramatic presentations- it was rejuvenating. Thank you all
- So far everything has been quite nice, Loved Sue's presentation about Esther. That was fantastic. Great meeting, wonderful food.
- I really enjoyed Sue's presentation of Esther. It was a unique way to express the story. It is refreshing to see a program for women that incorporates music from women.
- I thought the program was very compelling. Sue's midrash was so educational. The singing was inspirational. The food was delicious. It was such fun meeting women and new United Women in Faith Women and reconnecting with women who have served UWF for many years.
- · Interesting, inspiring
- I have been attending women's programs and been involved over 60 years. Sue's program today was the best and most memorable. When I got home, my husband was not here. I needed to tell him about it so much so called on his cell to share the day. When Sue took that piece of material, wrapped it around and over her shoulder, added the necklaces, with Joan's help, she became Esther. We were wrapped up in Esther's identity until that fabric was undone. Thank you for your encouragement to host the meeting. Karin Ditzler would be so proud! She was determined we would have the meeting in Stevenson. Thank you, a million times. Janet
- Just a note to say how much I enjoyed "Sharing Our Souls and Celebrating Women" retreat. My spirit was uplifted by being with women who shared their faith journeys. In reflection I thought of the wonderful every-other-week feasts that our church provides. Sometimes, on a good night, we have fed up to 50 folks, in a town that has poverty and where grocery prices have skyrocketed. I feel the presence of God every time I'm in the kitchen on those evenings with the community of men and women feeding people. Many of our church participants have left this earth, so our congregation is very small. It's a wonder that providing food which is so basic while reducing loneliness for our folks, is accomplished by such a small group in the kitchen!

The Howell and Debolt forget Me Not seeds will rest in peace in our church garden. I'm going to paint two rocks with their names to bring attention to lives well lived. *Many blessings, Erica*

Postscript

Stevenson women had prepared a cashew chicken casserole and salad, and Deb Avery brought half her birthday carrot cake. Like at Grays River we began in the sanctuary then ate in the fellowship hall and did the coloring of the Bridge of the Gods drawn by Erica, a Stevenson artist, and the rest of the program there.

I gave packets of Forget Me Nots seeds year given out at our Conference Gathering last year at Spokane Valley, to remember Merna Debolt and Gloria Howell from Stevenson who died last year. Later at the Celebration on Life on April 19 for Karin Ditzler, who had helped plan this event, I gave another packet of seeds. Erica has painted large stones with names decorated with Forget Me Nots to be placed by the church entrance where the seeds will be planted in remembrance.

Joan Hackett C2C MNO

UPCOMING EVENTS - ALL ARE WELCOME! Please RSVP for planning purposes.

Bay Center United Methodist Church 35 2nd Street, Bay Center, 98527

Noon to 2:00, Friday July 18, 2025

Jewish Midrash on 'Loaves and Fishes' &

'Loaves and Fishes Picnic' Drinks and Desserts

By Bay Center and Grays River UMCs Please Bring your own 'Loaf and Fish'

Questions and RSVP - revkeithjoan@hotmail.com

White Salmon United Women in Faith
Fall Heirloom Tea with lunch to follow
Wednesday September 10th at 11 am
Please bring a Family Heirloom and the Story to share

Wednesday, September 10, 2025--10am in the Fellowship Hall of Kalama United Methodist Church. Book report and discussion and review of the reading program. We would invite anyone to join us. For confirmation and directions call 360-673-4128 and leave a message.

More upcoming programs to note-Vancouver Heights September 13 th 10:00 Gathering 10:30 Program on Human Trafficking

Puyallup United Women in Faith September 27 th

Here are photos from the Soul Care Event organized by Crest to Coast District Leaders of United Women in Faith, hosted by Stevenson United Methodist Church. Women who joined together represented Stevenson UMC, White Salmon UMC and Hood River.

















Calling young women who want to travel and study!

United Women in Faith is accepting applications for the Theressa Hoover Community Service and Global Citizenship Award. The grant is awarded to a lay woman (between the ages of 21–35) who wishes to travel in order to explore and study in a country or region other than the applicant's own.

Priority will be given to projects that explore one of United Women in Faith's social justice priorities:

- Climate Justice: Advance just energy for all through advocacy or concrete projects that promote clean, just, renewable energy, energy democracy, and a just and equitable energy transition.
- Racial Justice: Ending mass incarceration, stopping the criminalization of communities of color, and/or interrupting the school-to-prison pipeline.

In addition, applicants should demonstrate concern for, and a connection to, their community, as well as a recognition of their global responsibilities.

Check the website to Learn about Theressa Hoover and to see the Application Criteria!

Applications are due by July 10, 2025.

To learn more and obtain the application, please contact the United Women in Faith's grants office at grants@uwfaith.org noting in the email subject line: Theressa Hoover Application Request. In the body of the email, please include the following: applicant's name, email address, and any other details you feel necessary.



Transformational Education Opportunity

As your Conference President of United Women in Faith, I was blessed to be able to attend a very informative program around the topic of Social Media and its impact on "Teen Anxiety" in our culture today. Our presenter was **KATHY HARDY**, a middle school math teacher in Vancouver School District and active member of Salmon Creek United Methodist Church. Our thanks to Salmon Creek members for hosting and to Joan Hackett, "Membership, Outreach and Nurture" coordinator for Crest to Coast Missional District of United Women in Faith (formerly United Methodist Women) for the support of this learning opportunity.

It was exciting to see and hear Kathy in action since I first got to know about her passion for children and youth when she served as a district officer several years ago. Kathy was very well prepared in her presentation using a variety of learning techniques. We had ample time for group discussion and questions as well. She shared a wealth of data regarding the use of social media and anxiety in our youth based on research as well as her personal experience with youth of a variety of ages.

We began reflecting on our own "best and worst" memories of our own time as a teenager. She shared additional recommended resources for our further exploration such as "The Anxious Generation" by Jonathan Haidt. We discussed ways to support "disengagement from sociamedia" with our youth, especially as we model this as adults.

The following is a litany written especially for this program and we committed to praying regularly for children, youth and their families that we love and care deeply about...whether or not we know their names. This is the core Purpose of United Women in Faith....Mission and Ministry with Women, Children and Youth. You can contact Kathy at Kathy.hardy@vansd.org if you would like to know more!

A Litany of Love for Our Children

Written by Deb Avery
Pacific Northwest Conference

United Women in Faith
April 2025

- 1 Because our Purpose is to make a difference in the lives of women, youth and children...
- 2 We ask you, Creator, to open our minds and hearts to new learning this evening.
- 1 Because we are called by you to give voice to the voiceless, freedom to those who are oppressed and strength to the weak...
- 2 We ask for you guidance as we move forward in these areas of justice in our world today.
- 1 Because for over #156 years United Women in Faith and its predecessor organizations have responded to God's call to advocate, intervene and be bold in our actions in regards to the safety of our children and youth...
- 2 We stand up in our boldness for all of our children...all of our youth and children.
- ALL WE THANK YOU FOR OUR SPEAKER,
 KATHY, THIS EVENING, WHO SHARES
 FROM HER PASSION FOR YOUTH. MAY
 SHE ENLIGHTEN US AND CHALLENGE
 US TO RESPOND IN LOVE WITH YOUTH
 AROUND US. AMEN AND AMEN!



Assembly 2026 Website now open

May 15-17, 2026 Indianapolis, Indiana

Registration opens September 1, 2025



135% Mission Giving Award 2024!



Racial Justice Engagement Opportunities for Local Units of United Women in Faith

Share with your District President which of these activities you have completed:

Build awareness.

- Distribute a copy of the Charter for Racial Justice to every United Women in
 Faith member in your unit and to members of your local church. Post it on
 a church bulletin board or include a link in your digital newsletter. Read and
 discuss the Charter at your unit/circle meetings.
- Develop a regular practice of reading/sharing news articles from local and regional news sources related to racial justice issues in your community.
- Host a racial justice guest speaker from your community at your unit/circle meeting. Seek out a trusted voice with a history of deep engagement.
 Be sure to compensate that person appropriately for the time and energy of preparing and presenting.



Grow your understanding of racial justice.

- Engage in a Bible study or devotional program focused on racial justice themes. Explore the resources available from United Women in Faith, the General Commission on Religion and Race (GCORR), Discipleship Ministries, Church and Society, Black Methodists for Church Renewal, MARCHA— Metodistas Asociados Representando la Causa de los Hispano-Americanos, New Federation of Asian American United Methodists, Native American International Caucus, and Pacific Islanders: National Caucus of United Methodists.
- Study United Women in Faith's Racial Justice
 Time Line together. Invite each member to choose
 an event for deeper research and study. Then bring
 back your learnings to share with one another at
 the next unit/circle meeting.
- Lead the "Because We Believe: Life Within United Women in Faith" workshop during a unit/circle meeting. This dynamic workshop offers a variety of United Women in Faith-specific scenarios for member engagement and reflection.
- Screen a film or TV documentary series on racial justice and discuss it as a group.
- Participate together as a unit in a webinar related to racial justice and one of the two United Women in Faith campaigns (Just Energy for All and/or Interrupting the School-to-Prison Pipeline).
- Attend a conference- or district-sponsored racial justice event together.
- Lead a racial justice book study, drawing from trusted reading list recommendations.
 One useful resource for beginning this work is So you want to talk about race by lijeoma Oluo. A companion supplemental online course is also available for readers who want to go deeper.
- Plan a pilgrimage to an important local site in your region's racial justice history. For example, you might visit a local civil rights museum, a justice memorial or local courts and/or ports of entry with trustworthy guides.

QUESTIONS TO CONSIDER WHEN PLANNING

How can we engage new members and potential members in our racial justice programming? (For more on member engagement, connect to Recruitment Guide here.)

How can we engage/ partner with our pastor(s) and other lay ministry teams in our church to deepen our impact?

Are there special Sundays or other seasons of the Christian year that may be especially useful times to engage?

Build relationships across lines of race and ethnicity.

- Plan a joint unit/circle meeting with a unit/circle of a different racial/ethnic background.
 Be attentive to issues of equity in your planning and participating. For example: Who has to travel and who gets to be "host"? How are speaking/listening times shared responsibly? How is your gathering aligned with our "sisterhood of grace" guidelines?
- Plan a joint worship service with a church whose majority membership is of a different racial, ethnic or language background than your own church.
- Develop a relationship with your United Methodist Church Conference Commission on Religion and Race (CCORR) team. Connect your United Women in Faith circle/unit to your conference's racial justice work.

Take action.

- Join local coalition efforts to advance racial justice in your local community. Regularly support the group with your prayers, your presence, your gifts and your service.
- Participate in a local or state-level vigil, march, advocacy day or other public witness for racial justice. You might think about collaborating with groups such as the NAACP, Black Lives Matter. United We Dream or others.
- Hold a letter-writing event after church to support racial justice-focused efforts through one of United Women in Faith's two national campaigns (Just Energy for All and/or Interrupting the School-to-Prison Pipeline) or another campaign in your community/ context.
- Partner with your church's pastor, other lay ministry teams and congregants of all ages
 to update your church's classrooms, curriculum resources and library to better
 embrace core values of diversity, equity and inclusion.

Deepen your self-awareness and practice accountability.

- Explore and deepen your own racial self-awareness at an individual level. When in your childhood did you first realize you were [Black/Asian/Native/White/Pacific Islander/ Multiracial/Latina/o/x]? How does your identity inform your perspective and experience? Reflect personally and share your stories with one another.
- Conduct a racial justice audit of your church with the help of trusted antiracism leaders. The General Commission on Religion and Race (GCORR), Crossroads and People's Institute for Survival and Beyond are potential partners in this work.

A Word for District and Conference Presidents: Please encourage and uplift the work of local units engaging with the Charter for Racial Justice. Consider featuring stories in the district/conference newsletters and/or publicly celebrating units' racial justice engagement at annual meetings or other gatherings. Most importantly, continue to pray for local unit leaders as they engage in this vital ministry.



Here is the recipe that was so graciously shared at a recent Soul Care Event hosted by Crest to Coast UWF district leaders and the Stevenson United Methodist Church.

Kala's Cashew Chicken

(served at United Women of Faith 3/10/2025 at Stevenson UMC)

Preheat oven to 375 degrees

3 cups cooked chicken chunks 11/2 cups chopped celery

2+ cups cooked pasta

1 cup mayonnaise

1/2 cup shredded cheddar cheese

Small jar of pimento (2 oz) or some chopped red pepper (color)

1/4 cup chopped onion

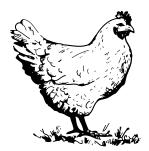
1/2 teaspoon salt

1 cup salted cashew halves

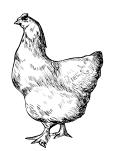
Coarsely chop the cashews, reserving half

Stir together the ingredients, sprinkle reserved half cup of cashews over the top.

Bake in 8"X8" or 2 quart casserole dish for about 35 minutes. 375 degrees



The next one is the recipe for the yummy pumpkin dessert shared by our hosts from Puyallup United Women in Faith at our 2024 Crest to Coast Annual Gathering at Tacoma Community House.



Pumpkin Dessert

(served at United Women of Faith 3/10/2025 at Stevenson UMC)

CRUST:

- 1 (15.25 OZ.) PACKAGE YELLOW CAKE MIX, DIVIDED
- 1/3 CUP UNSALTED BUTTER, MELTED
- 1 LARGE EGG

FILLING:

- 1 (29 OZ) CAN PUMPKIN PUREE
- 3 LARGE EGGS
- 2/3 CUP MILK
- ½ CUP BROWN SUGAR
- 2 TABLESPOONS PUMPKIN PIE SPICE
- TOPPING:
- ½ CUP WHITE SUGAR
- 1/4 CUP COLD UNSALTED BUTTER, CUBED
- ¾ CUP CHOPPED WALNUTS

DIRECTIONS:

PREHEAT OVEN TO 350 DEGREES, LIGHTLY GREASE 9X9 INCH BAKING DISH.
TRANSFER 1 CUP CAKE MIX TO SMALL BOWL, SET ASIDE FOR TOPPING.
PLACE REMAINING CAKE MIX IN A MEDIUM BOWL WITH MELTED BUTTER AND EGG, MIX UNTIL WELL BLENDED.

SPREAD MIXTURE INTO BOTTOM OF PREPARED BAKING DISH.

MAKE FILLING: COMBINE PUMPKIN PUREE, EGGS, MILK, BROWN SUGAR AND PUMPKIN PIE SPICE IN A LARGE BOWL, MIX WELL AND POUR OVER CRUST.

MAKE TOPPING: ADD WHITE SUGAR AND CUBED BUTTER TO RESERVED CAKE MIX, USE A PASTRY BLENDER TO MIX UNTIL MIXTURE RESEMBLES COARSE CRUMBS.

SPRINKLE OVER PUMPKIN FILLING, THEN SCATTER CHOPPED WALNUTS OVER THE TOP.

BAKE IN PREHEATED OVEN UNTIL THE TOP IS GOLDEN BROWN, 45 TO 50 MINUTES.

SERVE WITH WHIPPED CREAM OR A SCOOP OF ICE CREAM, ENJOY!!!!!





Mission U "Practicing Hope Together"

Every summer I look forward to Mission U. Fellow, fun, learning, spiritual growth, and of course, food. This year's Mission U is scheduled for July 24-26. Curriculum will focus on hope as the theme for the 2025 session using Tabitha Holley's book, Practicing Hope Together, for the adult class.

Always an educational and transformative event, Mission U will offer sessions and mission opportunities at Yakima's Wesley United Methodist Church. Books for the sessions, adult and youth/children, are available at the United Women of Faith's resource website page. More information on tuition and scholarships will be available soon. Jan Catrell, serving as Dean of Mission U, can be reached at jcatrell@yahoo.com.

Sheree Fitzpatrick
Education and Interpretation

Note: Our Mission u isn't showing up on the National UWiF Site.

All of our Mission u forms are available on the conference website.

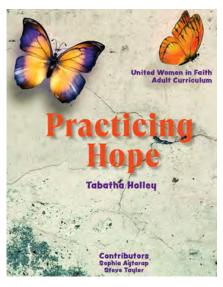
New this year--people can save the postage by ordering the Adult Study book with their registration by adding \$15 to the registration cost and getting the book at Mission u. If people are planning to order the book with their registration form, the deadline is June 26. Early Bird registration without the books is now June 30.

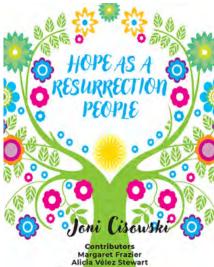
Register Here

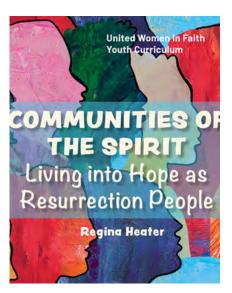
Program Resources

Mission u books are available now.

Add it to your Mission u registration form for \$15 to pick up at the event! or Follow the links to order your copy early.







- Practicing Hope: Adult Curriculum by Tabatha Holley
- <u>Communities of the Spirit: Living into Hope as Resurrection People:</u>
 <u>A Youth Curriculum</u> by Regina Heater
- Hope as a Resurrection People: A Children's Curriculum by Joni Cisowski

United Women in Faith

Our Vision

Turning Faith, Hope and Love into Action on behalf of women, children and youth around the world.

Our Mission

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.

We believe love in action can change the world

We have opportunities for membership within our lo9cal churches and individual membership "all access" to help women connect with other women around areas of justice, soul care, and spiritual growth.

We encourage you to explore the many opportunities for making a difference

Through our partnership with Faith Action Network, Legislative Advocacy events, our ongoing work addressing our Charter for Racial Justice, and our focus on justice issues such as breaking the school-to-prison pipeline, maternal health, food insecurity, climate care, and more, we continue to be challenged to ask the "hard questions" and take action individually, locally and globally.

<u>Spring Sharing Line</u> (<u>Conference Newsletter</u>)

Calendar of Events

2025

July 24-26 - Mission u - Wesley UMC, Yakima, WA

September 20 - Crest to Coast Missional District Annual Meeting, Centralia UMC

October 17-18 - Conference United Women in Faith Annual Meeting, Bothell UMC, Bothell, WA

2026

May 15-17 - Assembly - Indianapolis, Indiana

You received this newsletter because you signed up to get it or because you are required to receive it due to the United Women if Faith communication guidelines

If you want to be removed from the list, please contact me at: lmilner2016@gmail.com

and I will remove you if I can. If you are on the list due to an office you held, please let me know the contact information for who now holds that office. I want to make sure that the newsletter goes to the appropriate people.

Thank you, Lyn Milner.