

FLAME

THE OFFICIAL NEWSLETTER OF THE SEVEN RIVERS DISTRICT UWF
SUMMER EDITION 2025

SUMMER'S OFFICIALLY HERE!

Are we all ready to **PRACTICE HOPE TOGETHER?**
Among members of the UWF, summer means Mission U! The Seven Rivers District's Wesley UMC is hosting this year's event that promises to be joyful, energizing and spiritually-enriching. See you there!

It's Not Too Late to Register for Mission u!
Register by June 30, and get the Early Bird discount.

Mission u 2025
Practicing Hope Together
July 24-26, 2025

MISSION U 2025



**PRACTICING
HOPE
TOGETHER**



United
Women
in Faith

UWF News

Pickled asparagus awaits fair shoppers



Sandy Teegarden (pictured left), along with UWF members Alice Faringer, Joan Jacobs, Jane Kealy, Carol Mills, Claudia Rolfs, Mary Lou Schut, and Autumn and Brian Teegarden prepped and pickled 75 quarts of asparagus on May 29. This is the fourth year that Sandy's mother, Annis Ernesti, donated the asparagus and Sandy donated the brining supplies for this special day of canning and fellowship. It's all a labor of love for the fall Holiday Craft Fair, where the asparagus will be sold with proceeds going to the various groups supported by Wesley's UWF.

Wesley blossoms thanks to its gardeners



Catherine Zumwalt (above) and Nadine Griffin are spearheading the planting of the new **UWF Memorial Garden**, the idea of which was conceived with a gift of forget-me-nots for each Wesley woman who passed away in 2024. The garden, which is located in the southeast quadrant of the property near the preschool and sewing room, is also planted with roses and lavender. In the fall UWF will put up a sign and hold a dedication service for the garden.

**JOIN OUR
TEAM**



Happily we can report that Seven Rivers Missional District United Women in Faith have almost a full slate of officers for 2026. Former members of the Nominating committee have had to resign because of health issues.

If the Nominating committee is not for you, where would you like to serve? Other positions could be available if you have a special interest.

Job Descriptions are available. Contact **RUTH HENDRIX** at ruthehendrix46@gmail.com for more information.



HAIL, HAIL, OUR LEADERS ARE HERE!

Let's meet the women who will lead us in navigating the low and high tides of our Seven Rivers. Here's a list of each officer's job description. Let's cheer them on and help them succeed. That's sisterhood in action!

Galatians 6:2: "Carry each other's burdens, and in this way you will fulfill the law of Christ."

PRESIDENT

Builds a District team where relationships with each other and with our units is a priority in accordance with our PURPOSE. Work with the Executive Team in receiving, evaluating and preparing reports. Serve as a contact person for local presidents, provide resources, and conduct training at least annually. Write an article for each issue of "The Flame" district newsletter. Provide each member of the District Executive Committee with an agenda for all meetings. Must Attend; Executive meetings, Annual Meeting, District Leadership Training, Mission u, Annual Conference .



ROBIN INLOW

VICE-PRESIDENT

Recruits local host units and location for District events and produces an annual event hosting calendar no less than 6 months prior to the new year. Recommends themes for each year's events and leads the team in setting innovative and exciting programs for District events and incorporates the annual program book into planning activities. Is responsible for production of the District Leadership Exploration and Development event. Trains counterparts at least once a year & shepherds units for requests. Performs the duties of the President in her absence.



NADINE GRIFFIN

TREASURER

Collects Mission Giving statistics to report to the Conference Treasurer and to present certificates for Units at the District Annual Meeting and include; Pledge to Mission, Special Mission Recognition, Gift in Memory cards, World Thank Offering, Mission Magic, and Love Ribbon cards. The Treasurer and E & I Coordinator perform the lighting of the Mission Today Candle at the District Annual Meeting. Performs the annual Pledge Service at the District Annual Meeting. Presents the District Annual Budget for approval and adoption with the amount to be Pledged to Mission for the upcoming year at the District Annual Meeting. Trains counterparts at least once each year and shepherds units from any requesting unit.



**SUZANNE
TAYLOR**

SECRETARY

The Secretary records minutes of Executive meetings to include all motions and summary of discussions on agenda items and is responsible for approval and distribution to all District Executive Officers, designated PNW Conference Officers. Produces a summary of the Fall planning meeting and Spring budget meeting and any motions made as a result of these sessions. Produces the Annual Directory of the District in November for distribution and ensures that a copy goes to the D.S., Conference Team. Ensures that all information in the Directory includes each unit's active member count, church phone number and street address, pastor, and meeting schedule. The Secretary performs roll call of each unit at the District Annual Meeting. Serves as custodian of all records. Serves as contact person for all local unit secretaries, trains counterparts at least once each year, shepherds units for any requesting unit.



**CAROL
MILLS**

COMMUNICATIONS COORDINATOR

The Communication Coordinator shall produce 3 - 4 newsletters each year announcing each District event and containing registration form inserts for upcoming events. Set the theme for each newsletter in conjunction with the President. Produce a schedule for production including a deadline and mailing schedule. Recruits from each Executive Officer an article with priority for the front page being the upcoming event. Encourage units to contribute to the newsletter. Updates and maintains the mailing list and email distribution. Coordinates with the Conference Communication Coordinator, Annual Conference Office, D.S. Office to get our news out to churches. Serves as contact person for local unit counterparts, shepherds any unit requesting.



**EDELWISA
GONZAGA**

PROGRAM RESOURCE SECRETARY

The Program Resource Secretary is responsible for submitting names of all District Executive Team members to the Mission Resource Center for the annual sampler, Resource Handbook, Mission U study book and any other approved resource items. Produces resource rooms at all District events. Submits a reading program of 5 books, one from each category, for the District Team to read each year. Provides a book summary for each newsletter. Ensures that each unit has access to the annual reading program list. Receives and processes all unit reading program readers and presents certificates at the District Annual Meeting, forwarding this information to the UWF Conference for printing in their program book. Serves as contact person for local unit Program Secretaries and trains counterparts at least once each year and shepherds units from any requesting unit.



BARB STOUT

A CLOSER LOOK AT MISSION COORDINATORS

Your mission should you choose to accept it is to read this article to know more about mission coordinators and how they move from MISSION IMPOSSIBLE to MISSION ACCOMPLISHED.



MISSION COORDINATOR- SPIRITUAL GROWTH: LISA RIEDINGER

The Spiritual Growth Coordinator is called on at Executive meetings, planning sessions and events to provide inspiration that may include; grace, devotions, prayer, litany, leading songs, provide focal point, organizing a love feast, and more. Is responsible for the Spiritual Day Apart event. Works with local units to provide assistance as needed in planning and holding a Call to Prayer and Self-Denial and reflection program and the World Day of Prayer. Relates to MNO (Membership, Nurture & Outreach) Coordinator on explaining Biblical and theological basis for building and nurturing an inclusive community. Relates to Social Action Coordinator on interpreting the Bible and theological basis for social action. Relates to the E & I Coordinator on defining the Biblical and theological basis for mission and mission giving. Educates women about the relationship between personal spiritual development and mission. Serves as contact person for local units and trains counterparts at least once each year and shepherds units from any requesting unit.

MISSION COORDINATOR - SOCIAL ACTION: JA NET' CROUSE

The Social Action Coordinator is responsible for coordination of the Faith Advocacy Days with the Conference Social Action Coordinator and other producers of the event. Develops annual social action priorities for adoption by the District team based on the priorities proposed by the PNW UMW Conference to include one more in each of the following categories; Global, National, and local. Works with each unit implementing the Racial Justice Charter Club program. Gathers reports from the units and presents Charter certificates to qualifying units at the annual meeting of the District. Forwards the information to the Conference Social Action. Subscribes to the National UMW Action Alerts and incorporates the alerts into action items with units. Serves as contact person for local units' Social Action and trains counterparts at least once each year and shepherds units from requests.

MISSION COORDINATOR - EDUCATION & INTERPRETATION: MYRA SALAPANG-DUNCAN The Mission Education & Interpretation (E & I) promotes and Interprets the work of the General Board of Global Ministries supported by UMW, promotes and interprets the need for undesignated giving to undergird the program of Global Ministries, with special emphasis on women, children and youth. Works with local units to set goals in becoming a Mission Today Unit in the Seven Rivers District. Works to educate on criteria of Gold, Silver, and Bronze unit and five columns of Mission priorities as applicable. Receives and processes all unit mission today reports and presents certificates to qualifying units and to forward to Conference E & I. Staff, receive payment, and reconcile receipts for display and sales of Love Ribbons, Gift to Mission cards at each event and arrange for display of quilts, prayer shawls, and other items needed for women, children, and youth. Submit monies to the District Treasurer. Help women understand the mission and outreach ministries of the church, including covenant relationships with missionaries. Incorporate the Five Columns of Mission priorities. Serve as District Liaison for Mission U. Work with the Treasurer to provide support and training with local units on mission giving.

MISSION COORDINATOR - MEMBERSHIP, NURTURE & OUTREACH:
MARSHA AUFENKAMP

THE MEMBERSHIP, NURTURE & OUTREACH COORDINATOR WORKS WITH INACTIVE UNITS OF THE DISTRICT TO HELP BRING THEM INTO ACTIVE STATUS. ENCOURAGE THE USE OF THE BROCHURE "JOYS OF MEMBERSHIP" FROM NATIONAL TO GAIN ENROLLMENT AND PLEDGE COMMITMENTS. RESPONSIBLE FOR DISTRIBUTING AND COLLECTING YEAR END MEMBERSHIP COUNT REPORTS FROM UNITS AND FORWARDING TO CONFERENCE. OBTAIN A LIST OF MEMBERS WHO HAVE DIED FROM UNITS AND FORWARD TO CONFERENCE MNO IN ACCORDANCE WITH ESTABLISHED REPORTING DEADLINES. DEVELOP AND PRODUCE ANNUAL MEMORIAL REMEMBRANCE SERVICE AT THE DISTRICT ANNUAL MEETING EACH YEAR. TOGETHER, WITH THE TREASURER, HOST THE REGISTRATION TABLE AND PRODUCE NAME TAGS FOR THESE EVENTS. APPLIES TEAM BUILDING EXERCISE AT EXECUTIVE MEETINGS AND PLANNING SESSIONS AS NEEDED. IMPLEMENT THE "MEMBERSHIP COUNTS" PROGRAM OF UWF NATIONAL, DESIGNED TO GROW MEMBERSHIP AND LEADERSHIP IN EXISTING UNITS. THE MNO COORDINATORS FOCUS ON NURTURING, ASSIST IN CREATING AN ENVIRONMENT WHICH INVITES, WELCOMES, INCLUDES AND ACCEPTS ALL WOMEN. SERVES AS A CONTACT PERSON FOR LOCAL MNO AND TRAINS AT LEAST ONCE A YEAR AND SHEPHERDS REQUESTING UNITS.

CHAIR OF COMMITTEE ON NOMINATIONS AND COMMITTEE MEMBERS: CHAIR AND AT LEAST THREE OTHERS, ELECTED FOR A FOUR YEAR TERM. CHAIR PERFORMS THE INSTALLATION OF OFFICERS' SERVICE AT THE DISTRICT ANNUAL MEETING. CHAIR IMPLEMENTS THE RECRUITMENT PROCESS AND PROCEDURES LISTED IN THE STANDING RULES AND OPERATING PROCEDURES. ARE FULL MEMBERS OF THE EXECUTIVE TEAM. THE RECRUITING CAMPAIGN SHALL INCLUDE, BUT NOT BE LIMITED TO, UNIT VISITATIONS, CONTACTS WITH DISTRICT AND CONFERENCE EVENT ATTENDEES. VACANCIES ARE FILLED OUTSIDE THE DISTRICT ANNUAL MEETING, APPROVED WITH A VOTE OF THE EXECUTIVE MEETING. CHAIR TRAINS COUNTERPARTS AT LEAST ONCE EACH YEAR, SHEPHERDS UNITS AS REQUESTED.



Updated 2023 UWF Standing Rules are available.
Want a copy? Please reach out to any of our officers

From The District Vice President's Corner

Summer greeting, hoping all of you are enjoying your summer. Many units do not usually have meetings during the summer months. But a summer picnic, potluck, or swim party is a great way to keep in contact with your members as a social gathering.

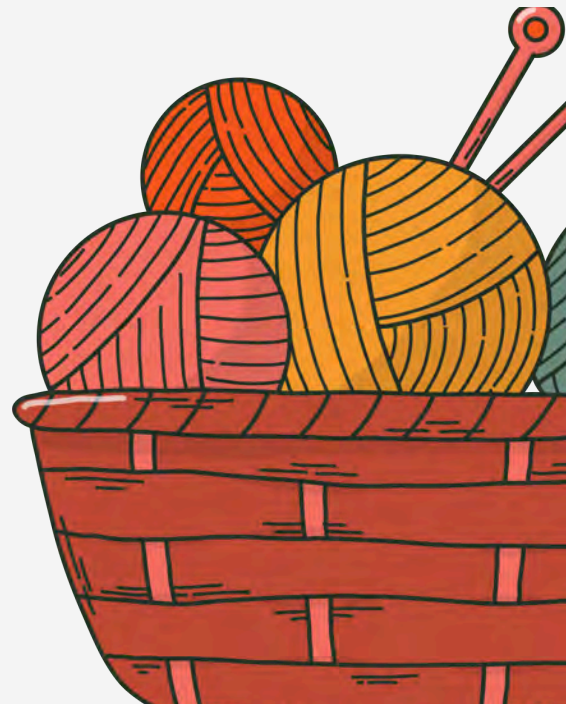
Meetings will be starting in September and I want to bring to your attention the SEVEN RIVERS DISTRICT ANNUAL MEETING – Saturday, September 20th at the Ellensburg United Methodist Church, check in time is 9-10:00 am with coffee, juice, and pastries to refresh you from your drive. The meeting will start at 10:00am , with Opening welcome and our guest speaker Rev. Christie Love speaking on "Diversity." A luncheon will be provided with a chance for you to see the FISH display (our project-bring non-perishable food) and those lovely Love Ribbons that Fran Hauser will have for sale. It is a great chance to meet other women from other units and hopefully we'll have all 12 units represented.

The registration form is included and if anyone needs a scholarship, please let Suzanne Taylor know as soon as possible. Her email is listed on the registration form. Please note we are looking for candidates for the position of District Spiritual Growth Chairperson. Lisa Riedinger has completed her fourth year, we appreciate her hard work and hope she will continue in another capacity on the board or committee. Remember MISSION U is coming up the end of July. Information included in this newsletter.

MOSES LAKE KNIT AND CROCHET FOR KIDS

The group recently shipped 19 sweaters (total sent 2,083) and 125 hats (total sent 798) to World Vision Knit for Kids for distribution to needy children worldwide.

The team thanks the United Women of Faith for covering the shipping costs.





Spring Soul Retreat – Held at Lazy F on Friday, April 4th and Saturday, April 5. We might have been small in numbers but it was a very fun packed evening and ½ day. The weather was excellent and so was the food! We all stayed in the same lodge and had our classes and renewal time all together. Everyone had a great time and was nourished by the program and materials given out.

Ellensburg – had Potluck /Game Day for church on 1/12/25, a fund raiser, Bottle Auction Giving Our Hearts Away on 2\9\25, Letter Writing to Trump on 3/15/25, Birthday Bags for FISH, and fished formal book study Braiding Sweetgrass, had a program “A Call to Prayer and Self-Denial for our Peruvian Sisters, 4/19/25.

Kennewick 1st –Holly Daze workshops continue the 1st Saturday of each month, program meetings are related to current events: children’s school programs helping with school food, dental and medical; vegetation control . Our reception team helped one of our members celebrate her 80th birthday. An Invitational Salad Luncheon was held on May 17 , the guest speaker spoke on “Farm to Table” farming. May is paper products for the food bank, which we are collecting from members.



Omak – had a discussion “Reflect on “How our faith was Nurtured” ” with snacks on Thursday, February 20, 2025.



Pioneer – hosted a free very successful vision clinic on March 13, 25 in collaboration with Dr. Jim Ogden. The success of this event was by the support of 30 UWF volunteers. In April the group gave out 20 Easter Boxes filled with food to families struggling to make ends meet. Pioneer continues to support CASA with items that are needed to care for children taken out of their homes and into foster.

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

Wesley – had a program in February By Rev Christie Love on the “ Yakima Immigration Response Network ” and how faith communities can respond. Planned Parenthood gave an outline and discussion of their office here in Yakima and how they are assisting in coping with Yakima County’s large outbreak of STD’s. April was our annual rummage sale 2 day event, which was very successful. Also an April luncheon was held on Saturday, April 26th with our local councilman, speaking on “Homelessness in Yakima and what needs to be done.” The middle of May, Wesley UWF planted a Memorial Garden for those members that have passed on with the “For-get—Me - Not seeds given at the fall district conference last year. Many units have adjourned for the summer, but please stay in contact with your members by having picnics, socials, swim parties, etc.



DATES TO REMEMBER

Mission U – Thursday, July 24 –28, Wesley United Methodist church, Yakima, Washington
Seven Rivers District Meeting, Saturday, September 20, Ellensburg United Methodist Church, Ellensburg, Washington. Theme “Love, Hope, Joy”, guest speaker Rev. Christie Love.

REMEMBER THERE OUR SCHOLARSHIPS FOR BOTH EVENT. LET YOUR WOMEN KNOW.

Deadline for the District conference is September 10, 2025. Included is an application that can be duplicated and sent out to all your members.

OTHER REMINDERS – Unit reports must be in by August 15, 2025. These include Mission Today, Racial Justice , Book Club, and 5/7 Star awards for The traditional 5 Channels of Giving, plus Mission Magic and Love Ribbons. Please make sure that a list of your unit members who have passed away this past year is sent to Marsha Aufenkamp for the Memorial Service.

Recognition of units that have provided prayer Shawls and Quilts. You may bring quilts or prayer shawls for display or to give out at the District Meeting. We will be collecting food items for the Ellensburg Food Bank and our offering will be divided between the Ellensburg Food Bank and Missions.

SOURCE: NADINE GRIFFIN



United
Women
in Faith

SEVEN RIVERS UWF Annual Meeting
"Love ♦ Hope ♦ Joy"

September 20, 2025—Ellensburg UMC, Ellensburg, 9:00 am-3:00 pm

Registration Deadline: September 10, 2025

Mail Registration form and check to:

Suzanne Taylor PO Box 157, Chelan, WA 98816

Phone: 509-670-6297 suzyross1992@gmail.com

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ email: _____

District: _____ Church _____

UWF Officer Y__ N__

Please list your local/District office.

Local _____ District _____

May we include you in published photos? Y__ N__

Registration fee: \$20 Paid: ____/____/2025

☐ I need special diet – specify _____. ☐ I need baby-sitter service.

Number and Ages of Children _____, _____, _____

***Please bring a non-perishable food item to donate to the Food Bank.**

We look forward to seeing you.

Each year the PNW Conference selects a Social Action to focus on.

Please consider the following and you will receive a ballot at check-in to vote.

- Climate Justice
- Economic Inequality
- Maternal & Child Health



Dear Friends,

With hearts full of gratitude, we are thrilled to share the incredible news that, thanks to your efforts, we raised a total of **\$553,826** for Day of Giving 2025! Not only did we surpass our goal of \$450,000, but together, we've raised even more to support women, children, and youth for generations to come.

Your passion and commitment as Legacy Team members have been nothing short of inspiring. Your efforts have made it possible to create lasting change, grounded in the hope that our collective work will continue to empower others for years to come.

Thank you for your incredible contributions and for being a beacon of faith, love, and hope in this important mission. Together, we are building a future filled with promise and possibility.

Blessings,

UWFaith Development Team
Suzanne, Kenya, Christi, Shannon, Julissa