



United  
Women  
in Faith

## Timely Reflections

## February 2026

### INAND MISSIONAL DISTRICT

### UNITED WOMEN IN FAITH

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**WEBSITES:** [uwfaith.org](http://uwfaith.org)

[pnwumc.org/uwfaith](http://pnwumc.org/uwfaith)

**See the Sharing Line newsletter at this site**

#### 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**

### CALENDAR 2026

May 8 IMD newsletter deadline

May 9 IMD Exec meeting Coeur d'Alene

May 15-17 UWF National Assembly

July 10-12 Mission U @ Lazy F camp

August 1 IMD Exec mtg location TBD

August 7 IMD Newsletter deadline

August 25-29 WFMUCW World Assembly

September 12 IMD Annual meeting

Pullman, WA Simpson UMC

October 24-25 PNW Annual Meeting

Bellevue, WA Hope UMC

November 6 IMD Newsletter deadline

November 7 IMD Exec Mtg Zoom

### Save The Date



**WFMUCW  
15TH WORLD  
ASSEMBLY**

**25-29 AUGUST 2026**

Auckland, New Zealand

**UWF National Assembly in  
Indianapolis, IN  
May 15-17, 2026**

# The Scoop

“The Scoop” for TIMELY REFLECTIONS Feb 2026

I’m happy to reach out and see how you are all doing at the start of this new year. Before serving on the Inland Missional District United Women in Faith board, I remember feeling a bit detached and not “tuned in” to Inland District happenings. I was lucky to have great mentors in UWF- especially Madelyn Bafus- who mentored me and brought me “up to speed” with how to be a president in our organization. The District Executive board (which looks like your local unit boards) is here to serve our units- to help mentor you and your office holders in your roles and in ways to help your units be successful.

Every unit is different- we have different things that we emphasize, different ways we raise funds for women, children and youth, and different ways we gather in fellowship to support one another. That’s wonderful! We don’t all have to be the same or operate by a long set of “rules”. We can be a big unit with several circles or a small unit with just a few women. You may meet every month, or 4-6 times a year. The only requirements to be a UWF unit is to have a 3 women willing to serve as president, treasurer and a committee on nominations chair and to make a pledge (of any amount) to mission each year- which benefits Women, Children and Youth locally, nationally (through National mission institutes that serve local communities) and globally. If you have more women willing to serve in other positions- wonderful!

I want to welcome our newly formed unit “New Connections” which is a unit formed from a combination of congregations (New Connections Church is formed from Asotin, Lewiston Orchards, Lewiston and Clarkston churches). I believe Asotin has elected to keep their own Unit active for now, and Lewiston, Lewiston Orchards and Clarkston have a combined unit). Also- units can operate within a church or within an online community digitally. Participants do not need to be church members to be UWF members. We have so many options available to us!

Many of you are far more experienced in UWF than I am, and you may not need advice, but I hope you consider me and your counterpart officers on the UWF Inland Missional District exec team to be a resource. We have a couple of big events coming up that I hope you’ll promote to your members.

In May, (15-17) our national organization will present “United Women in Faith: Assembly” in Indianapolis, Indiana. This is an amazing gathering with inspirational speakers (like Stacey Abrahms among others), worship, breakout sessions, fabulous music and exhibits from many of the national mission institutes and other organizations UWF supports. This has been a life changing event for many women. Registration ends April 13, 2026- so give it some serious thought!

Additionally, Mission U will be held this year from July 10-12 at Lazy F! This gathering of women around the PNW includes an intensive and topical bible study called “Experiencing Emmanuel”- in addition to singing, worship, meditation and good fellowship! If you’ve ever been to this wonderful Methodist camp and enjoyed the nature and wonderful food and facilities there, you know not to miss it! Scholarships are available to Mission U- More info to come on that.

Finally, we sincerely hope that you and your members will consider attending our own District Annual Meeting at Simpson UMC in PULLMAN, ID on Sept 9, 2026. In the past we’ve typically held the event on the 3rd weekend of Sept, but we realized that we conflicted with some regular events a couple of units have on a yearly basis. We decided to change our date this year to try and make it more likely for those of you with previous conflicts to attend. We work hard to provide a meaningful gathering and this year we will have a short business meeting and then we will have a Soul Care program after lunch that you won’t want to miss! We heard many of you say that you appreciated time to talk in small groups with one another at last year’s meeting- and so we want to bring more soul care and connection to our gathering this year- please ask your ladies to attend. Car-pooling is always a great option- even with other units!

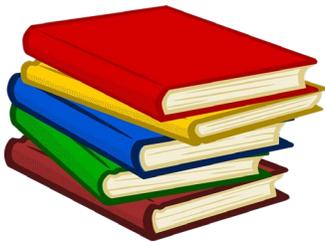
I know you are all engaged in lots of service activities and great efforts to engage within your communities and I'd love to share your efforts with others in our District. Please write and let me or Gerrie VanVoorhis ([gerrievan@hotmail.com](mailto:gerrievan@hotmail.com)) know what's happening in your unit! We'll be sure to share the news in Timely Reflections! God Bless you all- may you have a healthy, happy 2026.

-Robin Gregory, President

United Women in Faith Inland Missional District

(858) 344-7462

[brentandrobin@comcast.net/](mailto:brentandrobin@comcast.net/)



Program Resource Reflections Winter 2026

Tana Truscott-Program Resource Co-coordinator

We have been experiencing many overcast and gloomy winter days here in the LC Valley. I do not relish the idea of outside work, so it is the perfect time to read for just a little more often. I appreciated Robins sharing her book choices, and encourage more members to recommend their recent titles. Please don't forget about the resale of books at the September Inland District annual meeting! All proceeds go towards our mission pledge.

Encouraging young people's reading is a most worthy goal. Parents and grandparents alike, benefit also from the bond that is established and love of learning that is passed on to their children. Reading aloud is especially good for our brain connectivity, besides the feelings of closeness and safety it gives children. Looking through the 2026 Reading Program Guide, I found several youth and children's books you may want to share. Here are a few: **A Prayer for our Country: Words to Unite and Inspire Hope**, by US Senate Chaplain, Barry Black, **Brown Baby Jesus**, by Dorena Williamson, (Spiritual Growth). **"Something, Someday**, by Amanda Gorman, and **The Light She Feels Inside**, by Gwendolyn Wallace (Leadership Development).

Our local libraries are a wonderful source for book club kits, and they are open to suggestions. If you need to locate books on previous reading lists, go to: [uwfaith.org/read](http://uwfaith.org/read).

Happy New Year and Happy Reading!

## Psalm 121:5-8

The Lord watches over you-the Lord is your shade at your right hand;

The sun will not harm you by day, nor the moon by night.

The Lord will keep you from all harm - he will watch over your life;

The Lord will watch over your coming and going both now and forevermore.

## **Fasting and Feasting**

**Kathy M Johnson**

Lent is a period of preparation for Easter fostering repentance, self-examination and spiritual renewal. Join with others in a shared and reflective journey to be more. Lent should be more than a time of fasting. It should also be a joyous time of feasting. Lent is a time to fast (give up, avoid, spend less time/money/energy on) from certain things and to feast (prioritize, spend more time/money/energy on) on others. These wonderful thoughts are from William A. Ward (American author, teacher, pastor, 1921-1994)

Fast from judging others	<b>Feast on the Christ dwelling in them</b>
Fast from emphasis on differences	<b><i>Feast on the unity of life</i></b>
Fast from apparent darkness	<b>Feast on the reality of light</b>
Fast from thoughts of illness	<b>Feast on the healing power of God</b>
Fast from words that pollute	<b>Feast on phrases that purify</b>
Fast from discontent	<b>Feast on gratitude</b>
Fast from anger	<b>Feast on patience</b>
Fast from pessimism	<b>Feast on optimism</b>
Fast from worry	<b>Feast on divine order</b>
Fast from complaining	<b><i>Feast on appreciation</i></b>
Fast from negatives	<b>Feast on affirmatives</b>
Fast from unrelenting pressures	<b>Feast on unceasing prayer</b>
Fast from hostility	<b>Feast on non-resistance</b>
Fast from bitterness	<b>Feast on forgiveness</b>
Fast from self-concern	<b>Feast on compassion for others</b>
Fast from personal anxiety	<b>Feast on eternal truth</b>
Fast from discouragements	<b>Feast on hope</b>
Fast from facts that depress	<b>Feast on verities that uplift</b>
Fast from lethargy	<b>Feast on enthusiasm</b>
Fast from thoughts that weaken	<b>Feast on promises that inspire</b>
Fast from shadows of sorrow	<b>Feast on the sunlight of serenity</b>
Fast from idle gossip	<b>Feast on purposeful silence</b>
Fast from problems that overwhelm	<b>Feast on prayer that strengthens</b>

Lent is not simply about giving things up, it's more about transforming the heart. Choose the feast that draws you closer to God.

## Experience Mission u: Play, Pray, Grow



Mission u @ Lazy F camp, Ellensburg, WA on July 10-12, 2026

A Deep Knowing: Experiencing

Emmanuel Through Every Part of Our Lives

by Linda Louise Furtado,

now available on Amazon

<https://www.amazon.com/dp/1952501407>

Do you want to deepen your connection and understanding of Emmanuel? Have the events of your life, and in the world, sparked a renewed desire to understand what it means to be “the salt of the earth”? Following Christ isn’t to be isolated from the rest of our day to day lives.

Mission u content dives into biblical stories that reveal how God is present in every aspect of our lives. Discussions of Shiphrah and Puah’s courage, Hagar’s resilience and Esther’s justice will challenge us to recognize and respond to Emmanuel in our own lives. Time and space will be available for honest and meaningful discussions, open dialogue with a tone that allows sitting with tensions. Mission u is focused on offering a supportive environment genuinely seeking to understand nuances.

We live in a time and culture of instant action and reaction. We watch, read, scroll the news and know immediately what we think and begin to react accordingly. Our minds are made up and we’re planning our action. And, given the state of the world, lots of action is needed.

Yet, I suspect, the discerning view not the reactive view may serve Christ. Leaning in with a sense of humility, to hear God’s voice, is critical now. Yes, we need to act, but perhaps even more we need to be agents of change through our willingness to see our world as a community in which we are all committed to being transformed. We start with ourselves. Humility, is truly a **grass roots** change. It is up to us to model that change and to support one another in the process. Full registration and scholarship information to be available soon: [pnwumc.org/uwfaith/2026/01/11/mission-u-2/](http://pnwumc.org/uwfaith/2026/01/11/mission-u-2/)

*Kathy M Johnson, Spiritual Growth Coordinator*

## Black History is American History

WHAT IS OFTEN CALLED EXCEPTIONAL  
ABILITY IS NOTHING MORE THAN  
PERSISTENT ENDEAVOR.

- PAULI MURRAY -

LIQUOTES.COM

United Women in Faith is committed to the pursuit of racial justice and the recognition of the remarkable contributions of Black communities. We also recognize that Black history is being written in real time; we are grateful for our sisters and neighbors who lead us forward today. As we combat the school-to-prison pipeline and threats to an honest telling of history, we invite all to join us on a path to racial equality and justice.

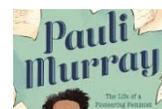
Pauli Murray was born in 1910 and from the beginning her life did not fit the categories the law relied on. She was Black in a Jim Crow country. Assigned female in a legal system built by and for men. Poor in institutions designed to preserve privilege. She learned early power lived in language. In definitions. In footnotes. In the words of court opinions that decided who counted and who didn't. Murray endured rejection, racism and sexism. She graduated first in class at Howard University School of Law anyway. Murray recognized segregation and sex discrimination were not separate injustices. They were built on the same faulty premise. She showed how the Constitution's Fourteenth Amendment promising equal protection could not logically exclude women. She wrote memos/articles/briefs/books that circulated in legal circles.

Thurgood Marshall used her arguments in the legal strategy that led to *Brown v. Board of Education*, the case that dismantled school segregation. Ruth Bader Ginsburg would call Pauli Murray's work indispensable. When Ginsburg argued *Reed v. Reed* (1971) the first Supreme Court case to strike down a law because it discriminated on the basis of sex she cited Murray's writings. Later in life Murray became an Episcopal priest, one of the first Black woman ordained.

Her calling remained the same. To hold systems accountable to their own language. Pauli Murray shaped the American jurisprudence. She proved revolutions are not only fought in streets. Some are written quietly by those who refuse to accept the law means what power says it means. Though denied the microphone one can still write the speech.<sup>25</sup> UWFaith Reading Program Leadership Development Category (Nonfiction, Youth)

### **Pauli Murray: The Life of a Pioneering Feminist & Civil Rights Activist**

By: Rosita Stevens-Holsey and Terry Catasus Jennings



### Mission Giving Dollars

A portion of the Pledge to Mission for each United Women in Faith conference is kept by the conference for its own administration and membership development (A&MD) expenses on the district and conference levels.

The remainder of the Pledge and all income from the other four channels of Mission Giving are



## **Get Ready for Mission u 2026!**

**Friday, July 10, and ends Sunday, July 12 at Lazy F Camp & Retreat Center**

**An intergenerational transforming mission experience in a camp type setting.**

**Scholarships available: Study books are available through Amazon. Type “United Women in Faith” in the search and Amazon will direct you to the books. It is recommended that all adult participants order their book ahead of time. They are available now. The study books for Youth and Children are basically used by adults leading those sessions. If you work with children and youth within your own churches I highly recommend you purchase one to use in that setting.**



**Mission u Registration Form July 10-July 12, 2026**

**(Friday 4:00 p.m. to Sunday 11:00 a.m.)**

**Lazy F Camp and Retreat Center**

**16170 Manastash Rd, Ellensburg, WA 98926,**



**Registration Deadline May 20, 2026** Cost includes 2 nights' lodging and 5 meals. **Adults—\$150; Children (6-12) & Youth (13-17)—\$50** Make checks payable to **Mission u**

**Pre-payment is required. NO payments are accepted at Mission u!**

**\*\*\*PLEASE LIST FUNDING PROVIDED BY\*\*\***

Local Church or Unit UWF \$ \_\_\_\_\_ from: \_\_\_\_\_

District UWF \$ \_\_\_\_\_ from: \_\_\_\_\_

Conference UWF \$ \_\_\_\_\_ from: \_\_\_\_\_

Individual Donation \$ \_\_\_\_\_ from: \_\_\_\_\_

Participant Payment \$ \_\_\_\_\_ (Participants are responsible for the difference.)

**Total amount enclosed:** \$ \_\_\_\_\_

**Please send the completed registration form and payment to Linda Mills at: 12431 SE 198th Pl, Kent, WA 98031**  
**Email:** [wmil1218@aol.com](mailto:wmil1218@aol.com); **Cell phone:** 206-399-2306

**Please check where appropriate Provide your own towel and bedding.**

**I require a Lower Bunk.**

**Skyline Cabin—Upper Bunk**

**Skyline Cabin—Lower Bunk**

**\*SKYLINE ASSIGNMENTS ARE ON A FIRST-COME, FIRST-SERVED BASIS.**

**Ridgeview—Upper Bunk**

**Ridgeview—Lower Bunk**

**Trading Post—Upper Bunk**

**Trading Post—Lower Bunk**

**Family Cabins** along the Creek; (For Families Only)

### **Adult Study Book**

**The adult study book is *A Deep Knowing: Experiencing Emmanuel Through Every Part of Our Lives* by Linda Louise Furtado.** The book is available for \$14.99 on Amazon. Type "United Women in Faith" in the book search, and it will take you to the book. It is recommended that you purchase the adult study book in advance, as it will not be available for purchase at Mission u.

The Youth and Children study books are also available on Amazon, but they are primarily used by the adults leading those sessions.

