



Timely Reflections **May, 2026**

**INLAND MISSIONAL DISTRICT
UNITED WOMEN IN FAITH**

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WEBSITES: uwfaith.org

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 15-17 UWF National Assembly

July 10-12 Mission U @ Lazy F camp

August 29 IMD Exec Board mtg

Pullman, WA Simpson UMC

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 13 IMD Newsletter deadline

November 14 IMD Exec Mtg Zoom

Please pray for our Inland Missional District Officers and friends who will be attending

UWF National Assembly in

Indianapolis, IN

May 15-17, 2026



The Scoop

IMD UWF President Spring 2026 newsletter article

This Spring brings renewal in so many ways. This month, five of us from the Inland District are attending our National Assembly in Indianapolis, IN and we are in for a big treat. Speakers such as political leader and author Stacey Abrams and her mother retired UMC clergy Rev. Carolyn Abrams will inspire, influence and impact us in so many ways. Additionally, we will experience powerful worship, education, and fellowship, while networking with women from all around the globe. The Assembly theme is “Dream It, Believe It, Do It”.

Our national office in conjunction with our elected directors and program advisory committee members from each jurisdiction have released some “Key Talking Points” for us to consider and share with others. They include:

- 1) ***Unstoppable Growth and Our Shared Responsibility- growing beyond 500,000 members by the end of 2029!***
- 2) ***Mission U-more than a conference, it's a structured learning experience where scripture, theology, and current issues come together in practical and transformative ways (July 10-11 at Lazy F).***
- 3) ***Ratification of Constitutional Amendments- celebrate ratification of 2024 amendments reflecting our commitment to gender equality and ability equality.***
- 4) ***Serving as a UWF Delegate at Annual and General Conference for UMC- advocate for our commitment to equity, mission, and faithful leadership.***

An important United Women in Faith Video ([please share with your units and circles](#)) is accessible in 2 ways:

- 1) UWF website: uwfaith.org/wp-content/uploads/2025/07/Mission-u-video-UMC-Conference-Meeting.mp4/
- 2) YouTube: youtu.be/WZ1jBOMhDV4/

Please keep our Annual Gathering on your calendar and encourage as many women in your unit to attend as possible. Consider making it an opportunity for a fun girl's trip. It will be held at Simpson UMC in Pullman, WA on Saturday Sept 12th from 9:30-3:30 and will include a mini-soul care retreat in the afternoon! Have a wonderful relaxing summer and we'll see you at Mission U!

IMD UWF Spring 2026 Unit Status Updates for Timely Reflections Newsletter

There has been considerable change in the past year with the composition of the Inland Missional District. We have gone from 13 units (on paper) down to 8 this year. We are grateful for many years of UMW/UWF service in the Grangeville unit, but after the deaths of key members, they no longer feel that the unit is sustainable and have asked to close. With the formation of the New Connections UMC, two prior units (Lewiston and Clarkston) have rolled into one unit. Two other churches have also become part of the New Connections church. Asotin has its own UWF unit that has chosen to remain a separate entity for now but will likely roll into New Connections in time. A 4th church rolling into New Connections didn't have a prior UWF unit but will hopefully now enjoy the opportunities of their new unit formation. Two other smaller units have combined as well- Fowler and Audubon (now just known as Audubon unit). We have 4 units with under 6 people regularly participating and 4 units with 20+ members.

It's a season of considerable change, but our units continue to forge ahead, busy with local mission work and activities that help with meeting their pledge to mission in UWF. Despite the challenge of fewer units, IMD came close to meeting their pledge to mission of \$20,000- falling less than \$1000 under our pledge (though other donations may have occurred directly to National via online donations). We also have 5 women from the district who are eagerly awaiting a fantastic experience at Assembly in May. Well, that is my Spring report. I will be away for our April PNW Exec meeting, but I included additional specific information on each of our units. If you are interested keep reading!

Local Unit Updates:

Audubon Park has a connection with Mission Community Outreach Center and supports the center financially and with donations for their outreach to families in need of clothing, coats, blankets, and diapers. Additionally, several of the UWF ladies volunteer at their church's community food bank- and the church recently received a grant to establish a new walk-in refrigerator! They've lost some members in the past year or two and the decision to combine units with Fowler has provided better connection with the happenings of the district and conference as well as better attendance at activities. UWF member pledges fund their pledge to mission annually.

Community (CDA) UWF has started a working young women bible study that evolved into an evening UWF circle! They are working on a weekly exercise-related activity for members like walking, etc. They financially support local community needs- like a children's center for abused children in crisis as well as holding 3 events with the local mobile food bank Second Harvest, serving hundreds of people at each event, and working together with other community members to serve the families attending. At Christmas they make gift bags for their shut-in UWF members, and many members volunteer annually for Pride Day. They meet their annual pledge to mission with a very successful annual rummage sale.

New Connections is forming this year and figuring out how they want to function as a new entity. They have some great plans for local mission work and for raising their pledge to mission funds for UWF including a bazaar held annually in November. They have a “brunch bunch” circle and a “craft and Sew” circle and a very active reading program group that meets monthly. Two volunteers from the unit assisted the local YMCA with a MLK awareness event in January and another couple of members raised \$250 with a cookie sale and donated it to 2 national Mission Institutes who help women who are escaping human trafficking.

Asotin 's local unit is meeting monthly at the Lion's Club (their church closed and was combined into the New Connections church, but they have elected to remain their own local unit in Asotin). They plan to periodically do some activities with New Connections UWF and will join them for their Fall Bazaar fundraiser to raise funds for local mission work and for their pledge to Mission for UWF. Their annual local mission focus includes making Christmas boxes for people in need.

Bonnors Ferry has been quite active in their local community and in their gifts to Mission for important UWF priorities throughout the nation and world. They have a biannual rummage and bake sale earning over \$1500 for mission! They have a children's clothing closet that serves parents in crisis from domestic violence and can outfit them and their children who must leave their home quickly to stay safe. They collect socks for their local senior center and serve their 'Caring Community" with toiletries for those in mental crisis.

Davenport has a very popular annual cookie tray sale and donates the funds to local organizations in town. They enjoy dinners together, regular meetings, and in Spring they start working to fundraise with soup luncheons held for the local Lion's club at their community hall. In December they give their funds to United Women in Faith, Heifer project and to other local organizations like Shalom ministries in Spokane. They are busy women, and I can attest that they really know how to make a good pie!

Rockford's major effort in Spring is the making of children's quilts (50!) that are donated to 5 local charities. Considering that they have 6 members in their unit with a few additional helpers, that is quite a feat! It's a great bonding time for all who participate. They have also done a pie booth at their local fair in the past, though they are finding 3 days at the fair to be quite taxing with limited manpower. They are trying to find ways to fundraise with less up-front expense and with limited physical resources. They are excellent readers with the reading program. They are engaged with racial justice efforts and are looking forward to visiting a CDA-based JC Whitehouse Museum representing several native American tribes in North Idaho. They also took a great daytrip to Worley, ID to tour the MARIMN health Coeur Center for health and wellness, a Native health center with wonderful community resources (primary care, gymnasium, Olympic- sized pool, water slides, lazy river, etc.) for the local Native community.

Spokane Valley UWF has been fundraising through “eat in / take out” meals twice a year. They serve a Fall harvest meal and a spring Easter dinner. Generally, with prudent shopping and donations, they can net about

\$1000+ at each of the 2 occasions for gift to mission pledges for the unit. They also provide a soup luncheon 6-7 times a year for an outside Eastern Star group and donate the money earned from those luncheons to their gift to mission pledges. They work hard to keep their donations and gifts to mission to a 60/40 split for national UWF/local UWF priorities. Additionally, they are enjoying 3 annual book club gatherings throughout the year. Each circle chooses a book and hosts a gathering for discussion. One circle has even opted to listen to the audiobook weekly leading up to the discussion with the whole unit. Twice yearly they meet as a whole unit for a Christmas gathering in December, and for a Lilac luncheon in May.

Sandpoint UWF celebrated women's history this month with a luncheon and program event for women from the district. We heard about their local food and community resources for those in need and we enjoyed a game that tested our knowledge of women's history! They served a lovely luncheon as well. Their fundraising efforts for mission include a potato bake with desserts and a raffle of blankets. They also enjoy doing regular local mission work including sending appreciative Christmas cards (191!) for the employees of three nursing homes in their area. They also provide Valentine's Day Bags every Feb for Priest River Ministries (advocates for women in vulnerable populations in crisis). They meet their pledge to mission through individual donations as well as donations from attendees at their events.

Join United Women in Faith Digital!

Join our community online at [United Women in Faith Digital](https://www.uwfaith.org) on your computer or phone through the Mighty app. You'll find a place to get new ideas, share questions, and find sisterhood. National offers regular Digital open houses to help you get started, so please go to [UWFaith.org](https://www.uwfaith.org) and create an account. Once there, you'll also get access to all sorts of resources, including a calendar with upcoming events.



Program Resource Report for May Newsletter 2026

Tana Truscott

Happy Springtime with the taste of summer heat coming our way.

May Flowers for Scholarships

One of the Unit's members offered Mother's Day geraniums to be purchased at our April meeting. This is an annual sale in the Coeur d'Alene area for PEO. The PEO group uses their earnings to support women's scholarships. This is an easy way to show our support and to enjoy the Spring plantings.



From your Vice President...



Save the Date!

Experience Mission u Kathy Johnson, Spiritual Growth Coordinator

Experience Mission u

Kathy Johnson, Spiritual Growth Coordinator

The Mission u justice focused biblical curriculum entitled A Deep Knowing: Experiencing Emmanuel Through Every Part of Our Lives looks at the scripture and stories of Esther, Woman at the Well, Hagar, Shiphrah and Puah. With each session comes the opportunity to discover more than we can imagine on our own. You are invited to see the passage of scripture from a different cultural, socioeconomic, or other demographic

perspective. Challenge yourself to think and experience more deeply, what may be a familiar story, considering it in light of our present time.

The writer of Hebrew 10: 24-25 encourages us not to neglect meeting together. Meeting is not about an obligation or requirement but rather about mutual support, strength and fellowship. Mission u is an environment that rekindles the desire in each other to love and do good. We have been gathered together by Jesus. Pacific Northwest United Women in Faith, through Mission u, continues regularly gathering together as a means to grow closer to others, explore God's word in new ways and experience the presence of Emmanuel. Each of us is part of God's story. Mission u is a call to be empowered by God and experience life together.

Bring to Mission u a willingness to learn, a desire to be intentional with others and a mindset to be present. Also when you pack, include your favorite pillow and the musical instrument of your choice for campfire sing along times! Please note, there are scholarships available and attendees do not need to be members of United Women in Faith. This is a great family and multi-generational event. Registration and further information about meals/accommodations is available on the PNW UWF website at <https://www.pnwumc.org/uwfaith/2026/01/11/mission-u-2/>. I look forward to gathering at Lazy F Retreat Center and forms are at the end of this newsletter too.

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.

Scholarship Application – Mission u, July 10-12, 2026 Scholarships are available for registration ONLY up to \$125. Please check with your Local Church/UWF Unit and District UWF first. APPLICANT NAME

ADDRESS

____ CITY _____ STATE _____ ZIP _____
____ PHONE: (including Area Code) Home or Cell: _____
____ Email _____

____ Name and location of the church you attend: _____
____ Do you plan to share what you learn with others in your church? _____ First time attending Mission u? Yes No Children 5-12 are \$50 with a parent or grandparent Youth 13-17 (all are eligible for the full \$125 scholarship) 18-35 36-55 56 and over

Scholarship forms are sent to Linda Mills (see below). Indicate other scholarships that you have received on this form below. Scholarship checks should be payable to Mission u and mailed to the Mission u Business Manager: Carol Gruen 2205 Lakemoor Dr. SW, Olympia, WA 98512 gruenc11941@gmail.com Please list any funds you are receiving from: Local church name _____ amount Local UWF unit name _____ amount District UWF name _____ amount \$ _____ \$ _____ \$ _____ Personal Check amount \$ _____ Total \$ _____ Mission u scholarship amount that you are requesting up to \$125 _____

Please complete and either email or mail this Scholarship Application and your Registration Form by May 27th, 2026. To: Linda Mills, 12431 SE 198th Pl, Kent, WA 98031 Email: wmil1218@aol.com Questions: Contact Linda at either 253-859-2964 (h) or 206-399-2302 (c)



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 extended: May 27th, 2026

Name for Your Name Badge _____

Address _____

City _____ **State** _____ **Zip Code** _____

Home Phone _____ **Cell Phone** _____

Email Address Yes No **If Yes, Email Address** _____

Church _____

District _____ **Conference** _____

Status: Is this your first time attending Mission u? Yes or No

Check all that apply: Pastor/Clergy Lay UWF UMM

Are you a UWF Officer? Yes No **Check all that apply:** Local District Conference

Gender (optional) _____ **Age Group:** 6-12 13-17 18 -35 36 -55 Over 56

Children and Youth registrants: Completion of the **Medical Release Form** and the Covenant for Responsible Adult Form is mandatory for attendance. Youth must complete the **Youth Covenant Form**. Find the forms here: www.pnwumc.org/uwfaith/mission-u-forms.

Doctor or Healthcare Facility _____ **Phone** _____

Emergency Contact _____ **Phone** _____

• **Please have a list of any medications you are bringing to Mission u** in your luggage or with you in case there is a medical emergency.

May we use your photo in promotional materials? Yes or No

Do you need a lanyard for your name badge? Yes or No

List All Food Allergies and Dietary Restrictions _____

ADA needs: Please share your challenges or concerns so we can assist you.

Registration Deadline extended to May 27, 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; **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.

