



CASCADIA SPIRIT



Cascadia District United Methodist Women

January 2021

PRESIDENT'S MESSAGE

“Now faith is being sure of what we hope for and certain of what we do not see.” (Hebrews 11:1)

The last ten months have been a test of my faith. I have truly had to abandon all my trust in my own resources, abilities, and reasoning and rely instead on the things I cannot see. In my solitude during the lockdowns, social isolation, and major social and political upheavals, knowing God is with me and I can count on God to see me through has been my strength.

My hope has been that we could continue as United Methodist Women to put our faith, our love, and our hopes into action. We are a resilient lot. We have made masks, we have sewn quilts, we set up phone trees. We have found ways to be in creative fellowship by meeting on Zoom, by phoning friends, and by meeting in parks while socially distanced. I am not going to lie - sometimes it has been lonely. Knowing my United Methodist sisters are there, even when we cannot see each other in person, has been reassuring. I look forward to meeting with you in new ways and learning together at our Every Member Enrichment Event and Mission U. The possibilities for doing our business in new ways is exciting.

My certainty is that God is with us all no matter what happens in the upcoming year. Welcome 2021!!

Penny Hodge



Every Member Enrichment Event

Hope During the Pandemic

YOU are invited to this event of hope and enrichment!!!

When: February 20, 2021 10 am to noon

Where: Virtual event on Zoom

Turella Woods from the Oregon Idaho Conference of United Methodist Women will deliver a message of “Hope During the Pandemic”.

You don’t want to miss this presentation as she explores ways of staying connected and remaining a healthy unit during these trying times.

There will also be brief breakout sessions to explore the leadership roles within United Methodist Women.

Register here before February 18: <https://forms.gle/CnMFDv73FLgzhaUy8>

The Zoom link will be emailed on February 18th to those who have registered for the event.

Social Action

The next "Just Energy for All" session produced by our UMW national office deals with Climate Justice which is our district mission emphasis. I hope that many of you will be able to register for and attend this session and future sessions. The topic of climate degradation is one that is being increasingly brought to our attention the national and local level. I was somewhat alarmed by a January 12th article in OPB’s First Look on line publication that was entitled “Broken promises: Cascadia region not on track to cut carbon emissions”. The article dealt in depth with the goals developed by the governments of the Cascadia region which is defined as Oregon, Washington and British Columbia. To some extent all have fallen short of attaining the goals that they had set together and are even falling behind other states and provinces. I was heartened to learn how closely the governments of the Pacific Coast are working together to deal with the problem of carbon emissions which is the major problem in this region. It is a complex problem, but one that effects all of us and which behooves us to try to understand. Submitted by Jane Storey, Social Action Coordinator

Addressing the Climate Crisis: What is the U.S. Climate Fair Share?

UMW Monthly Just Energy for All Strategy and Capacity Building Session
Wednesday, January 20, 2021 3:00PM – 4:30PM ET



While the U.S. is only four percent of the world's population, we are responsible for 25% of historic cumulative global greenhouse gas emissions. As the new administration plans to rejoin the Paris Agreement, what is U.S.'s "common but differentiated" global responsibility? What does it mean to love our neighbors, our sisters in Mozambique, Philippines, Fiji or some in the U.S. disproportionately impacted by but least responsible for the climate crisis? As women of faith, what is our clarion call?

The US Climate Action Network, of which UMW is a member, has been grappling with the question of what is the **U.S.'s climate fair share**. Join this month's session where we will learn from partners through USCAN who will offer guidance on the U.S. climate fair share.

[Register today for UMW's monthly Just Energy for All Strategy and Capacity Building sessions!](#)

Speakers include:

- Rev. Susannah Tuttle, Director of North Carolina Interfaith Power and Light and Co-Founder Southeast Faith Leaders Network
- [Brandon Wu](#), Director of Policy and Campaigns at ActionAid USA
- [Sivan Kartha](#), Senior Scientist with Stockholm Environment Institute and Coordinating Lead Author for the Intergovernmental Panel on Climate Change (IPCC)
- [Dr. Christian Holz](#), Senior Research Associate at the Climate Equity Reference Project and the Executive Director of the Climate Equity Reference Project Canada.

[If you have not already registered for UMW's monthly Just Energy for All Strategy and Capacity Building sessions, register here!](#)

This session is organized by United Methodist Women and part of United Methodist Women's Just Energy for All monthly strategy and capacity building sessions that take place on the third Wednesday of every month at 3 pm ET. All are welcome to join. If you have not already registered for this and future calls, please register here: <https://us02web.zoom.us/j/84461212693>.

To receive updates from our office, please sign up at https://secure3.convio.net/umw/site/SPageNavigator/bjbg_signup.html.

If you have any questions about these monthly strategy and capacity building sessions, please reach out to climatejustice@unitedmethodistwomen.org.

Spiritual Growth

As part of our January newsletter, it seems a very appropriate time to share the lyrics and music to “Lift Every Voice and Sing.” This beautiful song was originally written in 1900 as a poem by James Weldon Johnson, an NAACP leader. It was put to music by his brother, John Rosamond Johnson in 1905 when it was first performed in public by school children at a birthday celebration honoring President Abraham Lincoln.

This song is an important part of African American culture and history and has been regularly sung at Black community events and worship services. Over the decades this hymn, which you can find in our United Methodist Hymnal (page 519), has become known as the Black National Anthem. As we work to dismantle racism that is embedded in our culture, may we sing this song proudly in all our churches. Sing it with understanding of the truth it speaks of and the hope for a just future.

U.S. Rep. James Clyburn, D-S.C., plans to introduce a bill that would make "Lift Every Voice and Sing" the national hymn. This song does not romanticize America's past. It was written during another tumultuous period for Black Americans when Jim Crow laws were entrenched and Blacks who were being lynched. “Yet it is full of the faith that the dark past taught and hope that the present has brought.”

”Making *Lift Every Voice and Sing* the national hymn for all Americans is one way to acknowledge the plight of African Americans and the systemic racism they face,” advocates say. However, I caution that we cannot overstate this important primarily symbolic act. It cannot substitute for the substantial structural changes we must all work toward in order to end racism and create what MLK, Jr calls “Beloved Community.

Enjoy this prayful song on You Tube and follow along with the words below.
https://www.youtube.com/watch?v=ONgOH_tq7-Q

Lift ev'ry voice and sing,
'Til Earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the list'ning skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on 'til victory is won.

Stony the road we trod,
Bitter the chastening rod,
Felt in the days when hope unborn had died;
Yet with a steady beat,
Have not our weary feet
Come to the place for which our fathers sighed?
We have come over a way that with tears has been watered,
We have come, treading our path through the blood of the slaughtered,
Out from the gloomy past,
'Til now we stand at last
Where the white gleam of our bright star is cast.

God of our weary years,
God of our silent tears,
Thou who has brought us thus far on the way;
Thou who has by Thy might
Led us into the light,
Keep us forever in the path, we pray.
Lest our feet stray from the places, our God, where we met Thee,
Lest, our hearts drunk with the wine of the world, we forget Thee;
Shadowed beneath Thy hand,
May we forever stand,
True to our God,
True to our native land.
Amen.

Prayfully submitted,
Emilie Kroen, Spiritual Growth Coordinator
Cascadia District, United Methodist Women

Information for this message was drawn from UM Discipleship Ministries (Feb. 2014 article), USA Today (Jan. 14, 2021 article), and Wikipedia.

Education/Resource Program



Greetings to all in 2021, may it be better than 2020. The last couple of weeks have been very frightening and upsetting for many of us. As United Methodist Women we will persevere during this difficult time. With this being said, how many of you have read "Finding Peace in an Anxious World", edited by Erin James-Brown? I found it very helpful. It centers around "The Serenity Prayer". The book takes a look at Serenity, Acceptance, Courage, and Wisdom. This is a book to read or reread during this trying time.

I know that since March there have been fewer meetings of circles or gatherings of any kind so I don't expect anything from any of the units, however you can still do the Five Ways of Giving.

- 1.) Pledge to Mission,
- 2.) World Thank Offering,
- 3.) Gift to Mission,
- 4.) Gift in Memory,
- 5.) Special Recognition.

If any unit has found a way to donate to all five of these, then be sure to send it to our District Treasurer, Carolyn Forbes. cfourforbes@gmail.com

For those who are reading books for the reading program you still have time to send me your information. January 31, 2021, and please remember I need them in snail mail (sorry). If you have any questions please feel free to call me at (503-930-9267). My address is 148 Bayview Way NE Apt 103, Salem, Or 97301 Thanks!

Peace be with you
Barbara Alexander

A Message from Membership, Nurture and Outreach

Every year each UMW unit is asked to complete an online Census Form. I contacted the staff at the National Office to learn why this Census is important. First, the name has changed to 2020 Unit Survey. The form is more than a number-reporting tool; it is a questionnaire regarding the health and vitality of the unit. Some programming additions and changes have been in response to these unit surveys. Not only can you be counted as part of the over 800,000 members but your voice can be heard for changes you would like to see.

Let's make our voices heard and our ideas shared.

The survey is now open for you to report how your unit has impacted your community and how you have connected during the pandemic. It can be found at www.unitedmethodistwomen.org/census2020

This is a perfect time to get this done. If you have any questions, please contact me.

Turella Woods

Membership Nurture & Outreach

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A Call to Prayer & Self-Denial
2021

SHE LEADS:
EMPOWERING WOMEN TO MAKE A DIFFERENCE

You Are Invited

United Methodist Women invites you to be part of an observance in sisterhood with women from the local unit and your community. Every year, "A Call to Prayer and Self-Denial" encourages women to step out in faith and bring the love of Christ into a hurting world through their prayers and selfless giving.

In 2021, we will come together around the theme "She Leads: Empowering Women to Make a Difference." This year's Call to Prayer and Self-Denial offering will provide the means for women to be able to gain control of their lives and futures. It will support the programs offered by National Mission Institutions and international partner organizations that promote leadership development and foster the well-being of underserved women, children and families. Projects include, but are not limited to: GED and ESL, job readiness, life skills and livelihood training, scholarships and microenterprise programs. Through your Call to Prayer and Self-Denial offering, you are witness to God at work, empowering women to make a difference.

In this challenging year, the Call to Prayer and Self-Denial offers a unique online opportunity to get involved and help continue this vital and powerful witness. We welcome you to come pray, learn and offer your gifts that will make a real change in the lives of women, children and youth around the world.

United Methodist

- **PRAY** - As we unite in prayer, we prepare ourselves to listen.
- **LEARN** - As we learn about the impact of the Call to Prayer and Self-Denial, we also learn about the impact our giving has on the world.
- **GIVE** - As we generously give, we remember with confidence all that God has already done in and through us and all that God has yet for us to do.

Join together to bring justice and inspire change, living into United Methodist Women's faith and action.

For program ideas and resources, check out this link

<https://www.unitedmethodistwomen.org/call-to-prayer>

Why be a member of United Methodist Women?

As I began 2021, I realized that I have been a member for United Methodist Women (UMW) for a LONG time. I began the journey with UMW as a young mother, and I am still on the journey many years later, as a grandmother to 6 grandchildren. I feel that UMW is as vital an organization today as it was at its inception 150 years ago. Here are some of the attributes of UMW that have helped me grow and develop through the years.

~**Supportive community:** I first joined United Methodist Women as a young mother because of the supportive community that the local unit offered to me. Through the years, I have broadened my supportive community to include women across the district, the conference and the nation.

~**Spiritual growth:** United Methodist Women are grounded in scripture and offer many opportunities to grow spiritually, the most meaningful for me being the annual spiritual growth study offered at Mission U and the Prayer Calendar.

~ **Mission Education:** UMW offers a variety of ways to deepen my understanding of mission, such as the Reading Program, Response magazine, mission speakers and studies. Throughout my many years participating in UMW, my concept of mission has grown and evolved, thanks to the UMW focus on mission.

~**Social Justice advocacy:** UMW has always been a leader in raising social justice issues and providing amazing resources and support in helping women to understand the critical issues such as human trafficking, climate change, racial justice, immigrant rights, the environment, economic justice, women's health, the rights of children, human rights, and farm workers' rights, to name a few. Because of UMW, I have come to realize how important my voice can be when I join it with others to advocate for social justice changes.

~**Mission giving:** UMW is totally focused on ministry that makes a difference in the lives of women, children and youth. Mission Giving, which is mission money used for any part of mission work, provides funds to which all mission programs have access. It allows the work of United Methodist Women to reach far beyond the church walls and into the lives of women, children and youth who are often outside the bounds of the church's traditional ministries. I know that when I give through UMW channels, my gifts are supporting ministries for women, children, and youth throughout the world.

~**Leadership development:** One of the greatest gifts that UMW has offered me is many opportunities for leadership development. I have participated in many leadership trainings through the years that have caused me to grow personally and as a UMW officer. Although most of my leadership training has been offered to me because of my leadership position, there have been several events that I participated in that have been open to all members.

As your District Nominations chair, I invite you to be involved in United Methodist Women leadership at the local, district, conference, jurisdiction or national level. Accepting a leadership role requires a commitment of time, energy and effort, but the benefits are live changing! I urge you to **become a leader with United Methodist Women!**

Chris Mitchell (Chair, Committee on Nominations)

2020- UMW 21 Cascadia District Shepherdess Units

Barbara Alexander

Canby

Wilsonville

Penny Hodge

Astoria

Sherwood

Chris Mitchell

Salem Open Door Churches

Stayton

Gloria Marple

Forest Grove

Tigard

Jane Storey

Carus

Clarkes

Molalla

Emilie Kroen

Bend

Madras

Carolyn Forbes

Marquam

Woodburn

Marilyn Edmonds

Newberg

Nehalem Bay

Norma Sohn

Tualatin

McCabe

Sue Hicks

Seaside

Save the Dates



February 20	Every Member Enrichment Event	Virtual event
April 10	Spiritual Retreat	Virtual event
May TBD	Legislative Event	
September 25	Cascadia District Annual meeting	TBD

Mission U and Oregon/ID annual meeting dates will be available soon on the website
<https://www.umi.org/UMW>