



# CASCADIA SPIRIT

Cascadia District United Methodist Women June 2020

## ***PRESIDENT'S MESSAGE***

### TIMES THEY ARE A CHANGING

So much has changed in just a few short months. We are socially distancing due to a global pandemic, we have 40 million people out of work, and we have people marching in the streets for social and racial justice.

I am proud to be part of our United Methodist Women's organization as we have long been champions for equitable healthcare, income equality and racial justice. Our members have risen to meet challenges for over 150 years and will continue to do so as we move forward in these unique times. Generations ago our members collected pennies to support missionaries to India. Today our members sew face masks to prevent the spread of a deadly contagion. Today we make blankets for children in need. Today we raise funds to support missions throughout the world. Our work as United Methodist Women continues even in challenging times.

We are adapting to the changing times. Mission U will be online this year (watch for details). Our Cascadia District Annual meeting will be a virtual event. We are holding unit meetings via Zoom. Even in these trying times we are finding ways to be connected and do the work.

Yet, even in these changing times there is a constant, something that never changes. There is the deep abiding love of God who calls us to be God's face in the world. Our God demands we call out injustices in the world. Our God challenges us to "hate what is evil: cling to what is good" (Romans 12:9).

We will keep moving forward together even though the times are changing.

You are in my prayers!

Penny Hodge, District President

## Message from National

### Black Lives Matter to God and Black Lives Matter to United Methodist Women

United Methodist Women continues to grieve the extrajudicial killings of Black people in America. It has only been a few weeks since we spoke out against the killing of Ahmaud Arbery, and in that time two more killings have shaken the country: the death of Breonna Taylor in her own home in Louisville and the death of George Floyd on a public street in Minneapolis. United Methodist Women grieves with the families of those who have been killed.

UMW condemns the culture of White supremacy and the racism it nurtures. We decry the criminalization of Blackness as it shows up in these most extreme, fatal cases and as it appears in the everyday harassment that disrupts everyday life—from coffee shop meetings to street corner catchups to, most recently, even solo birdwatching. Such racial harassment exhausts the mind, body and spirit of many in the family of God.

At times, United Methodist Women members and leaders have been complicit in this violence: When Ida B. Wells invited legendary lay leader Frances Willard to join in the antilynching movement, Ms. Willard said no, in a haunting refusal of solidarity under the false belief that lynching was “necessary” to protect White women. At other times, however, United Methodist Women—of all racial identities—have been inspirational leaders in the work of racial justice: 90 years ago, Jessie Daniel Ames helped found the Association of Southern Women for the Prevention of Lynching; Mary McLeod Bethune, in addition to an incredible legacy of educational leadership, also campaigned actively against lynching and other forms of racial violence; and in the mid-20th century it was United Methodist Women members who led the struggle for the denomination’s adoption of the Charter for Racial Justice even as their mission dollars helped finance bail funds for those jailed in the Civil Rights Movement. Then, as now, work for racial justice does not just come naturally; it is work against resistance, and therefore must be an active discipleship choice we make each day.

We are committed to choosing justice. We also realize that there is no easy fix. There exists no single, one-time action that can undo a multigenerational legacy of racist violence. But we at United Methodist Women commit to engaging in the ongoing work, guided by the promise that God's future is far brighter than the present moment.

Visit <https://www.unitedmethodistwomen.org/.../black-lives-matter-t...> for more resources and actions you can engage during this time.

## ***Spiritual Growth***

“In this unfolding conundrum of life and history, there "is" such a thing as being too late. This is **no time** for apathy or complacency. This is a time for vigorous and positive action.” — Martin Luther King Jr.

As United Methodist Women, we are women of action. We are committed to justice for women, children, and youth throughout the world. We are women who have difficulty sitting still and staying silent in times when the world needs movement and noise. We have a long history of supporting agencies and missionaries committed to changing their communities. We have important conversations with legislators and leaders of our states. We serve our local neighborhoods and neighbors. We are committed to justice.

### **BUT...**

In the Cascadia District of the United Methodist Church we are also predominantly WHITE United Methodist Women. As white women, we must ask ourselves:

In what ways have I been complacent in doing the important internal work of examining my own racism?

Do I avoid asking difficult questions of myself that I may be afraid of discovering the answers to?

While outwardly serving our communities, it is easy to avoid the action of confronting our own biases, stereotypes, and prejudices. Avoidance means that we can continue our lives in the comfort we are accustomed to, benefitting from the privilege we possess, and resting in the peaceful shelter of our own whiteness.

Jesus certainly did not call his disciples into a place of comfort. Each of the twelve disciples were confronted with the need to sacrifice relationships, livelihood, security, freedom, and life in order to live into what Jesus' radical love required of them. Jesus does not call US into a place of comfort. As the lyrics of the hymn “Let There Be Peace On Earth” so beautifully say: Let peace begin with me. Let this be the moment now.

I invite YOU to get UNCOMFORTABLE. This is no time for apathy or complacency. This is a time of vigorous and positive action. Let us start with working on our own hearts. It is not easy work, but it is SO SO necessary.

Here is one place we can start. For guidance in confronting our own whiteness, dismantling our own racism and becoming the best allies we can be in anti-racist work, please explore the content provided in the link below. You can use this content to begin and continue necessary conversations with yourself, families, friends, churches, and wider communities as you strive to become allies and eventually accomplices for anti-racist work.

<https://docs.google.com/document/u/0/d/1PrAq4iBNb4nVlCtsLcNIW8zjaQXBLkWayL8EaPlh0bc/mobilbasic?fbclid=IwAR2HoEf88rWuV5KvT6HhrQdDbpN4jV3rTvgnHSUJcRX5P-UL1czZPYpPWEo>

Carly M. Hodge, MDiv  
Spiritual Growth Coordinator  
Cascadia District UMW

## **QUILTS FOR CHILDREN**

**Greater Pacific Northwest Annual Conference has been cancelled for 2020.**

Since we are still “sheltering in place,” here is the new plan for all the wonderful quilts, fleece blankets, knitted and crocheted blankets, etc. that you have made with love. They will be distributed through the local units to non-profits who work with Women, Children and Youth at risk.

- Take a photo of each quilt and blanket. Label photo with name of maker, the name of the organization where the quilt is donated, name of your church and district. These photos will be made into a slide show for your District Annual Meeting. Email photos to [joannenglish.or@gmail.com](mailto:joannenglish.or@gmail.com).
- The quilts/blankets will be celebrated at our District meeting in the fall.
- Another Celebration of the quilts will be at the Conference United Methodist Women meeting in October 2020.
- Each local unit making the quilts can decide where they can best be used.

If you would like a recommendation, Project Linus is a non-profit organization that provides blankets to children in need.

### **Portland/Vancouver, WA Chapter of Project Linus**

*Serving Clackamas, Linn, Marion, Multnomah, & Washington Counties*

Contact: Jodene C

(360) 993-1944

<https://www.projectlinus.org/>

Thank you for your diligent work on this project!! Any questions? Call Jo Ann English 541-741-0575 or (541) 743-6878 or Email Penny Hodge at [pennykhodge10@gmail.com](mailto:pennykhodge10@gmail.com)

## **SOCIAL ACTION**

During this time of pandemic all of us are involved in the social action of maintaining practices that will slow the spread of the virus. While no UMW meetings are taking place because of the need for social isolation, many units are involved in sewing masks for themselves and the greater community. When the churches do open it is likely that we will be wearing masks for some time to come.

The Cascadia District social action topic, Climate Justice, has been somewhat obscured by the overwhelming concern for addressing the corona virus. However, when a vaccine has been developed, when the curve of infection has been flattened, when the “opening up” can be done safely we will have more time to consider the beneficial effect of the pandemic. During the last two months the air on this planet has been much cleaner than it had been for a very long time. As residents of the Earth we may think more intently about how we might maintain this healthier atmosphere. To do so is complicated by many questions about the just distribution of resources. However, it will be important for us to keep in mind that seeking a cleaner world is honoring the Creator by caring for the creation.

## **Mission U Update**

### **Finding Peace in an Anxious World**

Little did we know how appropriate the Spiritual Growth Study for Mission u 2020 would be, “Finding Peace in an Anxious World.” I’m sure that you have heard by now that Mission u 2020 is not happening in person. Many of us are sad but understand. None of us want to spread COVID-19 any more than it already has. I was thrilled to hear that plans are in the work for a virtual or online study. Yes, that does present a different set of issues as many of members do not use computers but many of us do and this is an opportunity for many more to participate in the study in many different formats. I encourage those who are comfortable with computers to take advantage of the virtual/online study (when details are announced) and then share with those who could not. Now for some exciting news! The Cascadia District Executive team is behind this push for participation and therefore will reimburse any local active unit for the cost of one book! Please send a copy of the book receipt, it can even be an email forwarded, to district treasurer, Janelle Bolt, ([janelle@busyhands.biz](mailto:janelle@busyhands.biz) or 1120 SW 2<sup>nd</sup> St Dundee OR 97115) and she will get a check right back to you. And that’s not all. A leader’s guide is available for free download on the web [here](#).

More information about the changes for Mission u will be coming soon from Bonnie McOmber, Dean, and her team. If you are not currently receiving the conference newsletter, “Our Two Cents”, contact conference secretary, Gayle Woods ([gaylewoods5964@msn.com](mailto:gaylewoods5964@msn.com)), and get signed up today. Then get that book ordered and send Janelle the receipt.

# ***Treasurer's Report***

## **S.O.S**

So many thoughts whirling around in my head and how to compile them into a coherent story. Well, Suzanne Wardenaar, Columbia District Treasurer, stated it so well, I decided to share her words with you.

“These are certainly complicated times for all of us. We cannot gather together physically for fear of spreading the virus, but it is important to remember that the work of the United Methodist Women is more critical than ever! “

Unfortunately our Cascadia fell short of its pledge last year. One cause for that is that our district also has fewer giving units than in the past. Meanwhile, because no UMW meetings and other events are happening, no offerings are being collected.

“But there is an opportunity to reverse the trend in giving! While the Columbia District Board was contemplating the possibility of lowering our pledge going forward, several women remarked that they actually find themselves saving money while ‘sheltering in place.’ You may find it true as well: not spending on entertainment, gas, dining out, travel, shopping, etc. Or maybe you didn’t really need the full amount of the stimulus checks that were distributed in the last few weeks. For some of us, anyway, there may be spare money that could be donated to the wonderful outreach of UMW!

### **Let's Consider Sharing Our Savings!**

Perhaps your unit would like to make a special gift, or you want to help keep the good work going yourself. This unexpected savings could become part of our global missions. Please, consider sending a check made out to Cascadia District UMW. Write SOS and your Unit on the memo line.

Thank you so much for considering this plea!“

And thank you Suzanne for these wonderful words. I pray that these words will speak to you the way they did to me. Yes, times have changed and were not quite done yet. We will again meet in person it will just be a bit longer than we expected. I look forward to getting the checks in the mail!

Janelle Bolt, Cascadia District Treasurer  
janelle@busyhands.biz

# ***Nominations Chairperson***

## **A Life Changing Opportunity!**

### **Be a Leader!**

The Cascadia District United Methodist Women invites you to join the United Methodist Women district leadership team. We need your gifts and talents to help do the mission work in our District. This year there are leadership opportunities to serve as:

- Vice President (responsible for program planning),
- Treasurer
- Communications Coordinator
- A member of the Committee on Nominations

Accepting a leadership role requires a commitment of time, energy, and effort. But in return, you:

- Develop a deeper understanding of mission
- Grow spiritually
- Make a difference in the lives of women, children and youth

United Methodist Women is a laywomen's organization. We on the leadership team are not professionals, perfectly equipped to serve. Instead we are a group of women who believe in the PURPOSE of UMW and have stepped forward to offer ourselves as vessels of leadership. We work together as a team to offer support to each other and to create programming to empower all the laywomen of our district to work toward the vision of the PURPOSE.

Please prayerfully consider stepping out in faith and volunteering to join the leadership team.

Blessings on each of you!

The Committee on Nominations

Chris Mitchell ([cmitchel@cluge.com](mailto:cmitchel@cluge.com))

Linda Scheirman

Sue Hicks

## Who are United Methodist Women Members?

United Methodist Women members put faith, hope and love into action in their churches and communities.

They see need around them and prayerfully discern how they can help.

Supplies for a local women's shelter, quilts for a nearby nursing home, baby showers for mothers and children in need, school supply drives- United Methodist Women members are faithful servants.

You'll also see them in their legislators' offices, in front of capitol buildings, voting at General Conference, marching in the streets and writing letters to the editor. United Methodist Women members advocate in solidarity with the marginalized.

Their fundraisers for mission also bring together the community at bazaars, garage sales and meals. Their educational forums offer opportunities for church and community members to transform themselves and the world.

In the 21st century, the world needs these women organized for mission.



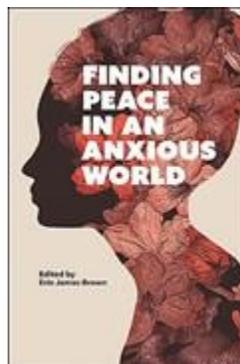
Due to the Corona Virus, there will not be a face-to-face Mission u this summer.

However, United Methodist Women National is developing a webinar of the Spiritual Growth study Finding Peace in an Anxious World. When that has been completed, it would allow people to participate in the study in one of 3 ways:

- Participate in the webinar virtually
- Stream/access it a later time when it has been posted online, and view on your own
- Meet as a unit or cluster or District (once that can safely happen) to participate using a combination of the webinar and small group discussion.

While we don't have more details yet, you will be kept informed as we learn more.

What you CAN DO while you wait if order your study book: *Finding Peace in an Anxious World* edited by Erin James-Brown at [https://www.umwmissionresources.org/shopping\\_product\\_detail.asp?pid=53481](https://www.umwmissionresources.org/shopping_product_detail.asp?pid=53481)



Also, for those who were planning on taking the study "Pushout: The Criminalization of Black Girls in Schools", please know that this study will be offered next year (2021) at Mission u.

Your Mission u team asks for your prayers and patience as we determine how to bring Mission u to you in this new format.



Oregon-Idaho Conference

TO: United Methodist Women, Oregon-Idaho Conference

FROM: Becky Warren, Conference President

This week Bishop Elaine Stanovsky wrote: “As bishop of the Greater Northwest Area of The United Methodist Church, I am extending the suspension of in-person worship in United Methodist Churches and other ministries and the closure of church facilities to all but essential services . . . through June 15, 2020.”

In response to this timetable, **United Methodist Women** in the Oregon-Idaho Conference are gearing up to **make masks to give to their congregations.**

**Prior to getting out the sewing machine and materials, please do the following:**

- Learn what plans your church is making to prepare for the opening of its facilities
- Ask if homemade masks are needed or whether commercial masks have been purchased
- If homemade masks are requested, get a count (masks are not to be shared but given to an individual)
- Plan for extras in case someone forgets a mask the following week
- Line up materials and begin
- Please keep a tally

The Conference has shared the following **links to patterns appropriate to this need and adequate for protection.**

- Here is the **CDC recommendation on everything about masks including sewing directions:** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Here is the Kaiser Permanente **approved cloth mask pattern:** <https://about.kaiserpermanente.org/our-story/news/our-perspective/fabric-face-mask-instructions>



There will be **contact people in each district available to answer questions** you might have. Their job will be to know where mask-making supplies can be obtained in case you are running short, i.e., Joyce Orem and Dixie Jacky have elastic to share, and Ann Murchison has yards of fabric. I will oversee the conference effort.

When your church has its sufficient supply of masks, if you wish to make more, please contact the district contact person to learn what churches have mask needs. I recognize that this is a new effort and there are questions. I will be talking with the district contact individuals early next week. In the meantime, **please communicate with your churches** and feel free to get that sewing machine up and running for this mission and public health project.

**QUESTIONS:**

With Gratitude,  
Becky Warren

Cascadia District contacts: [pennykhodge10@gmail.com](mailto:pennykhodge10@gmail.com)  
[Sue Chambers suetnt@comcast.net](mailto:suetnt@comcast.net)

## ***Shepherding Units 2019-2020***

Barbara Alexander	Monmouth, Jefferson, Stayton
Janelle Bolt	Tigard, Bay City, Grand Ronde, Tillamook
Marilyn Edmunds	Sherwood, Tualatin, Newberg
Sue Hicks	Seaside, Nahalem Bay, Warrenton
Carly Hodge	Forest Grove, Astoria, Las Naciones (Hillsboro), Banks
Penny Hodge	Bend, Fossil, Madras, John Day
Chris Mitchell	Salem 1 <sup>st</sup> , Keizer-Clear Lake, Wilsonville
Linda Scheirman	Canby, Marquam, Woodburn
Norma Sohn	McCabe, Mtn. Home, Morningside
Jane Storey	Carus, Clarkes, Mollala, Oregon City

## ***Upcoming Dates***

September 11-13	Calling u Western Jurisdiction Quadrennial Event, Tempe, AZ
September 26	Cascadia District Annual meeting Virtual Meeting (more info coming)
October 16-17 –	District Leadership Training Event (DLTE) and Annual Meeting, Boise, ID



