



December 2021

President's Message

Over the last two years, warp-speed changes have happened in our world. United Methodist Women is striving to keep up with the changes and taking steps to fulfill our purpose in new and improved ways.

Exciting changes will be rolled-out by national United Methodist Women incrementally in 2022 with a new brand message, logo, and name. United Methodist Women will strive to be a sisterhood where one can nurture their souls, grow in their faith, and make a difference in our world. In January 2022 look for updates to the rebranded United Methodist Women website which will feature new tools, resources, and templates for you to utilize. Here is a link to the website: unitedmethodistwomen.org

Mission U will be introducing three new curricula each year based on a common spiritual, justice-oriented theme – one for children, one for youth, and one for adults. These curricula will be more user friendly for small groups, vacation Bible schools, and other settings. As an adult learner one Mission U course will be offered by United Methodist Women each year instead of the three courses now offered.

Soul Care Retreats are another example of new programming initiatives. These retreats will focus on giving care to your whole person – mind, body, and spirit. These retreats will have thought-provoking speakers, music, poetry, workshops, and discussion groups. National United Methodist Women groups are currently piloting these retreats and we can expect to see the retreats rolled out in 2022.

Some of the other new opportunities include:

- National membership will become an option via the new website. Women will be able to participate in programs and events online or in-person when they choose.
- There will be new tools for treasurers to manage, collect and distribute finances electronically.
- Innovations in provided resources

Fulfilling our purpose in new, improved, and exciting ways in 2022 while focusing on supporting women, youth, and children as we work to transform the world is refreshing and exciting.

Penny Hodge, Cascadia District President

Treasurer

As we are nearing the close of 2021, I want to thank all the units that have sent in mission money this year. With many units operating only virtually or not at all, this has been difficult year for many units to raise funds for mission.

Our district pledged \$20,000 to mission giving this year. As of today, we have \$18,123.12 toward that amount. We need an additional \$1,876.88 to reach our goal. I need to receive funds by December 6 to get them sent to the conference in time to figure in this year's tally.

United Methodist women turn their faith hope and love into action on behalf of women, children, and youth around the world through the five channels of Mission Giving.

Pledge to Mission
Special Mission Recognition
Gift to Mission
Gift in Memory
World Thank Offering

This is a good time of the year to review your units giving to try to respond to the five channels. If you are planning to order Special Recognition Pins, please allow 4-6 weeks. They have been arriving sooner, but everything slows down at the end of the year.

4th quarter payments should be made out to Cascadia UMW and mailed to me. Contact me by phone for my address.

Carolyn Forbes
503-577-4924

Thank you and Blessings to all for sharing and supporting the mission of United Methodist Women.



Social Action

One of the advocacy programs of United Methodist Women is Climate Justice. It is a topic that has been discussed at some length during the recent COP26 meeting in Glasgow, Scotland. There have been several pleas for consideration of the effect of drawing back from fossil fuels on developing nations. Richer nations are being called upon to consider the well-being of poorer nations as there is an urgent call to transfer to cleaner energy throughout this planet. Our role as United Methodist Women is to work for justice and recognition that God has given us a wonderful planet that must be protected for all the created beings that inhabit it. I think that the following passage from the United Methodist Book of Discipline defines our role:

“All creation is the Lord’s, and we are responsible for the ways in which we use and abuse it. Water, air, soil, minerals, energy resources, plants, animal life, and space are to be valued and conserved because they are God’s creation and not solely because they are useful to human beings. God has granted us stewardship of creation. We should meet these stewardship duties through acts of loving care and respect” (Social Principles, 160).

*Gracious Creator, God of Love... Of life and light. ...
We know that we are not alone and that there is hope.
Our hearts are open in grateful praise for this Earth that is not ours to exploit,
But yours, entrusted to our care.
Open our eyes to see you in all of Your creation.*

*God, we are grateful for all those who bring awareness to harmful effects of our energy systems and work to bring about a change in our attitudes.
Forgive us when we fail to listen, when we hear but don't accept the challenge.*

*We confess that we too often make good things bad by using more than we need.
We acknowledge that our present behaviors are destructive.
Enlighten us to appreciate the balance of your glorious creation.
Continue to inspire us to conserve and care for this Earth we share.
Grant us wisdom to be faithful stewards and courage to work for change.
Give us the faith and resolve to act differently and be content with less.*

*Blessings upon all the prophetic voices raising the moral issue of climate justice.
Bless our UMW and faith leaders for inspiring us to revere and care for creation.
Today we are grateful for the frontline communities and organizers at COP who are illuminating these issues.
We offer blessings and prayers for our world leaders making life giving decisions.
For them, we pray for courage to take swift action.*

*We pray for courageous actions to replace carbon emissions with clean and renewable energy.
We pray that we may bring an end to our dependence on fossil fuel and transition to a green economy and more just energy systems.
We pray that love and wisdom might inspire our choices and actions.*

*We offer special prayers for victims of climate injustice;
For the negative impact especially on women, children and the most vulnerable.
We pray for lifestyles that preserve creation for present and future generations.*

May we bring All honor and glory to you in everything we do.

In Jesus' name we believe and pray. Amen and amen.

Submitted by Jane Storey, Social Action

Spiritual Growth

A Rx for Abundant Life

By Emilie Kroen
Spiritual Growth Coordinator
Cascadia District UMW

Be rooted in faith and overflow with thanksgiving

– Colossians 2:7 (paraphrased)

“I am blessed to be a blessing.” This is my breath prayer from “Plotting Goodness.” As a write this reflection. *“I am blessed to be a blessing.”*

“I am blessed” – Oh how blessed!

Even when I feel unworthy, I am blessed.

Even when I feel inadequate, I am blessed.

Even when my words hurt others, I am blessed.

Even when I cry out in anguish, I am blessed.

Even when in my selfishness I fail to help the hurting, I am blessed.

Even when my actions stray from God's will, I am blessed.

Forever and ever, God's goodness blesses me and you, and you, and you, and you, and you too.

How does this knowledge of being blessed move from head to heart? To foster a grateful heart, we can take time to acknowledge the goodness in our lives daily. I do it by keeping a gratitude journal. Other avenues may be through music, meditation, or using a tactile reminder like carrying a rock, coin, cross, or other small object in their pocket.

Did you know*:

That as we create gratitude, a positive ripple effect is generated through every area of our lives – our desire for happiness, our pursuit of better relationships, and our ceaseless quest for inner peace, health, wholeness, and contentment. Studies show being grateful has a positive impact on physical, psychological, and social lives.

A grateful heart can provide a stronger immune system and lower our blood pressure. Gratitude can also lead to higher levels of positive emotions such as joy and optimism, help us sleep better, and inspire us to exercise more and take better care of our health.

Psychologists remind us that what flows through the mind sculpts the brain. If we ask our mind to give thanks, our mind gets better at finding things to be thankful for and we naturally become more grateful.

Gratitude is a relationship-strengthening emotion that helps us to recognize how we are supported and affirmed by other people. With a grateful heart we become more helpful, generous, compassionate, and forgiving.

Gratefulness is the lasting residue that is woven into our very being. Gratitude enhances our wellbeing and compels us as grateful person to do good – to be a blessing to others.

We don't make a practice of plotting evil, but each of us tries to plot our path forward. We have a good idea where we want to go, and planning our route is an important first step. My husband and I took a lengthy road trip last year to visit National Parks across the country. The plan was detailed and comprehensive, but there were surprises and detours.

Abram and Sara had a big journey as well. However, they had no map to follow and no idea where the destination was. God was faithful and His focus never wavered. There were plenty of surprises, and when they stepped out in faith, they were met with blessings that continue through the ages to all generations.

We are overwhelmed when we notice the blessings that surround us. As we have eyes to see how abundantly our lives are blessed, we know there is much to share. May we make a conscious effort (maybe even a plot) to show goodness to others on life's journey.

May I be a blessing to others – today I pray

When I trust in God's goodness, I am a blessing.

When I recognize my worthiness and acknowledge the worthiness of others, I am a blessing.

When I use my giftedness to do God's will, I am a blessing

When I choose my thoughts and words to show grace and mercy, I am a blessing

When I am vulnerable and humbly share my story to help another, I am a blessing.

When this hurting world compels me to give generously of my gifts, time, and money in ways that heal, I am a blessing.

When my actions build up God's kingdom and reflecting his love and solidarity with others and all creation, I am a blessing.

In God's blessing economy, God's goodness blesses me and you, and you, and you. And we bless each other and all God's creation too.

Jesus teaches us to live out our faith trusting in God's "promise of being blessed to be a blessing." To me, this is the prescription for Abundant Life.

"I have come that they may have life, and that they may have life more abundantly."

- Luke 10:10b

*I learned these things and more from reading Robert Emmon's "The Little Book of Gratitude" & M. J. Ryan's book "Attitudes of Gratitude."



Program Resources/Education for Mission

Greetings to My Sisters one and all,

Pandemics come and this one seems to keep coming, but reading books is a lifetime of joy, peace, and happiness. The new list of 2022 books for the reading program are out and online. I've been there once or twice and will probably go again. To find the book listings you go to unitedmethodistwomen.org/readingprogram (enter) go to Print Friendly Catalog and click, then scroll down to the books and find your favorites. I've pulled a few for your enjoyment.

1) "Gum Moon: A Novel of San Francisco Chinatown" by Jeffrey L. Staley, Three-year-old Chinese-American girl Mei Chun Lai was sold to a cruel brothel keeper but befriended by one of the girls. Two years later, during a plague quarantine, a young Methodist woman rescues Chun and finally paces her in a home for abused and trafficked girls. Based on a true story.

2) "Anxious To Talk About It: Helping White Christians talk faithfully about Racism" by Carolyn B. Helsel, Talking about race makes us anxious. Professor and Pastor Carolyn Helsel draws on her experience with white congregations to offer tools and practices to explore the anxious feeling that come up when talking about racism.

3) "Rise!: From Caged Bird to Poet of the People" by Maya Angelou, Writer, activist, trolley conductor, dancer, mother and humanitarian - Maya Angelou's life was marked by transformation and perseverance. This comprehensive and beautifully illustrated picture book biography, geared toward older readers, trace Maya's life from early days through work as a freedom fighter and her triumphant rise as a poet of the people.

Here are a few more books to look for: "#NotYourPrincess" voices of Native American Women, edited by Lisa Charlieboy and Mary Beth Leatherdate 5)"Ferguson and Faith: Speaking Leadership and Awakening Community", by Leah Gunning Francis 6)"Beyond Loneliness The Gift of God's Friendship", by Trevor Hudson Hope you enjoy all the new books, I can't wait to read them myself.

Deadline this year will be Friday, December 10th and I am sorry to say I still have not a working printer, so please send your reading lists to me by snail mail. Contact me by email to obtain my address.

Barbara Alexander, Program Resources

Questions email me at barba@wvi.com

Happy Thanksgiving and a Merry Christmas to my wonderful Sisters

Peace Be With You

Membership Nurture and Outreach

Dear Ladies,

My name is Sharon Perez and I'm the new Membership Nurture & Outreach Coordinator for the Cascadia District. My contact information is: **e-mail** –superteacher47@canby.com. I'd like very much to hear from you!

In the Cascadia District we have 48 churches and only 22 Units. If you are planning to start up a unit in your church, start at the beginning... When do you want to meet? My local unit meets once a month, on the second Saturday of each month at 1:00pm. So, if you have working mothers they can attend. It's at 1:00pm so no one has to get up super early! We have always have some treats (like fruit and pastries). We offer coffee and tea and cold bottled water. My unit has our own room at the church, but since we cannot have food at the church, we meet at my home. I always have an Agenda with copies of the last meeting's notes and a copy of our finances. Once we have finished our goodies and approved our minutes and finances, we say our Purpose, and move on to our plan for the day! This year we started with two people and now have four. So, little by little we grow! I would like to come out and give you a hand if you need one. I would like to recommend a couple of books:

"Practicing Resurrection" by Janet Wolf, "Bearing Witness in the Kin-dom" by Darryl Stephens and finally our Program Resource for 2021-2022, "Healing And Joy on our Journey to God". We also use the Response Magazine. Call Me!

God Bless You All,

Sharon

Each unit of United Methodist Women submit your completed HEALTHY VITAL UNIT form to Sharon Perez by December 30th.

**Download it [HERE](#) or find it on the conference website:
<https://www.umi.org/umw>**

United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

TURN IT UP!

Now is the time to plan to attend Assembly 2022

At [ASSEMBLY 2022](#) we will TURN IT UP! for spiritual healing and renewal.

We will TURN IT UP! for rebirth in a new time.

We will TURN IT UP! for women leaders.

We will TURN IT UP! for justice for women, children and youth

There are a few things you should know if you are thinking of attending either in person or virtually.

- September 1, 2021: Early [Registration](#) fee: \$330, which includes lunch on Friday and Saturday) Virtual Registration fee: \$199. Ubuntu Day of Service, additional cost of \$75, is May 19,2022.
- November 30, 2021: Early Registration closes and the fee becomes \$365. Virtual Registration fee becomes \$235
- April 11, 2022: General and Virtual Registration Closes
- September 1, 2021: Housing registration must be made through Orchid events starting September 1st.

A block of rooms will be held for Oregon-Idaho Conference UMW until December 1, 2021. The rate for single or double is \$158 per night plus tax. Shuttle service will be provided between the hotel and convention center. There is a pedestrian skybridge available from the Rosen Plaza to the convention center. There will be a reservation housing button on the registration form at [Assembly2022.org](#). You will receive a confirmation email upon completion. Please do not contact hotel directly, they are not able to take reservations, everything is booked through Orchid Events.

Can't join us in Orlando? Then join us from your living room! Assembly 2022 has both in-person and online experiences allowing even more women to participate and Turn it Up! Virtual attendees get access to all five Community Gatherings, one workshop on Friday and Saturday, exclusive behind-the-scenes speaker interviews, sisterhood networking, and more. Knowing you no longer pay for travel, hotel, and meals - this is a great bargain for the low [early registration](#) price of \$199.

If you have questions, please contact Turella Woods, the Conference Assembly Liaison, at turrellaw@gmail.com or (503) 318-8711.

Learn more about it [HERE](#) - including guest speakers, as they are announced.

UPCOMING DATES

February 19
Every Member
Enrichment Event
Guest speaker:
Christine Gonzalez

Virtual

September 24
Cascadia District
Annual Meeting
TBD

SHEPHERDING UNITS 2021-2022

Barbara Alexander
Canby, Wilsonville

Sue Chambers
Tualatin, McCabe

Marilyn Edmunds
Newberg, Nehalem Bay

Carolyn Forbes
Marquam, Woodburn

Sue Hicks
Seaside

Penny Hodge
Sherwood, Astoria

Emilie Kroen
Bend, Madras

Gloria Marple
Forest Grove, Tigard

Sharon Perez
Salem Open Door
Stayton

Jane Storey
Carus
Clarkes
Mollala



**United
Methodist
Women**

FAITH • HOPE • LOVE IN ACTION