



Cascadia Spirit

Fall Edition
August 2021



**Oregon Idaho Conference
Cascadia District UMW**



District Annual Meeting

September 25 from 10-12:00

"Seeing Through the Creator's Eyes"

You are invited to join us for the District Annual Meeting on September 25 from 10-12:00. The meeting will be a virtual meeting (via Zoom) again this year because of the Covid-19 precautions. In addition to conducting the business of the District UMW, we are delighted to have Eva Johnson joining us as our keynote speaker. She will be sharing about her experience on the United Methodist **Committee on Native American Ministries (CONAM)** and about land acknowledgement. Eva lives in Salem and has been active in both the United Methodist Church and the United Methodist Women through the years.

We recognize that not all of the women in our local units have access to a computer and Zoom. One unit solved this dilemma by meeting

together at the church (or in a home) and watching the meeting together on a large screen tv or the church's projection system. This not only allowed all the women to participate, but it promoted fellowship as well. There is no cost to attend this meeting and you don't have to travel. You can sit in the comfort of your own home and enjoy gathering with other United Methodist Women across our district. As one woman said, "We can grumble and complain because we can't gather together in person, or we can consider what a blessing it is to be able to come together via Zoom in these challenging times!"

You will find the registration information on page 2. We hope to see a lot of you at this meeting! Please share the invitation with others in your local unit!

Purpose

**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.**



2021 Zoom Annual Meeting Registration Information September 25, 2021 from 10-12:00

There is no pre- registration required to attend the meeting, but if you would like to receive an agenda and reminder about this meeting a few days before the meeting, please send an email or call Chris at cmitchel@cluge.com or (541) 539-0367 and she will send out those items to you on Thursday September 23.

To join the Annual Meeting at 10 AM on Saturday September 25, click on the Zoom link below. If you have any questions about the meeting or Zoom questions, please email or call Emilie Kroen who will be our host for the meeting. (503)- 92-2799 or ekroen@yahoo.com

Zoom Link

Join Zoom Meeting by clicking on this blue address. You probably will not need the meeting ID or the passcode, but they are included, just in case. Notice that there is also a phone number if you want to join by phone. Call Emilie or Chris if you need assistance getting into the meeting!

<https://greaternw.zoom.us/j/95319830160?pwd=N3BRSW1aOWJneVlPSFU0cEFjUmVuQT09>

Meeting ID: 953 1983 0160

Passcode: 711152

One tap mobile

+12532158782,,95319830160#,,,,*711152# US (Tacoma)

+13462487799,,95319830160#,,,,*711152# US (Houston)

Please share this link and information with all your members. If you would like to give an offering to Mission Giving, please send your check to Carolyn Forbes, the treasurer!

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### Treasurer Report

Our district annual meeting will be held soon. Due to COVID, this will be a zoom event again this year. In the past, when this meeting has been an in-person meeting, we have collected an offering that is sent in for mission giving.

This year I would like to encourage everyone to prayerfully think about giving an extra donation for our Annual Meeting offering to help support the UMW missions around the world that is in addition to your annual pledge. Our giving is the lifeline for the mission work we do. It is a way we can show our faith in action. Your gift will be joined with others in the Mission Giving Fund to support global programs and projects on behalf of women, children, and youth. From Climate Justice to women's Leadership Development, United Methodist Women are making a difference where it matters most.

Also, at this meeting we will be considering a Pledge to Mission of \$20,000 for 2022 for our district. Our pledge for 2021 was also \$20,000. To date I have received \$12,869 toward this pledge. Please send in any money you have received as soon as possible to help us reach our goal.

There are several ways you can donate. You can give through your local unit, or if you would like to give online, you can go to [unitedmethodistwomen.org](http://unitedmethodistwomen.org) and click on the donate button in the upper right-hand corner. You can also mail a check made out to Cascadia District UMW to me at 13473 SW Chelsea Loop, Tigard, OR. 97223. UMW is working on a process that will make online giving easier on the local level. More information on that will follow as they release the details of how it will work. The UMW website also has information on many of the projects currently being funded around the world through Mission Giving..

This video is about a UMW project in Honduras.

<https://youtu.be/FJsAwJP10hU?list=PL2VGSkIV9zE77cE3ETK8mxgCrYG7IW6PI>

Treasurers-below is the 2022 Unit Pledge form. This needs to be turned into the district treasurer by September 20.

Blessings,  
Carolyn Forbes



### **2022 Unit Pledge to Mission Cascadia District United Methodist Women**

The following pledge is given to continue the mission of United Methodist Women to improve the lives of women, children and youth around the world.

Unit Name \_\_\_\_\_

2022 Unit Pledge to Mission Amount: \$ \_\_\_\_\_

Date \_\_\_\_\_ Signed by \_\_\_\_\_

*Let us continue to grow in our faith, hope and love as we serve in God's mission together.*

Please email or mail this completed form by September 20 to Carolyn Forbes, Cascadia Treasurer.

Email: [cfourfourbes@gmail.com](mailto:cfourfourbes@gmail.com)

Mail: Carolyn Forbes 13473 SW Chelsea Loop Tigard OR 97223

**UMW Cascadia District Administration and Membership Development (A&MD)  
for 2022**

**Proposed Budget**

|                                     | 2021<br>Budget    | Proposed<br>2022  |
|-------------------------------------|-------------------|-------------------|
| <b>Leadership Operating Expense</b> |                   |                   |
| Planning Meetings                   | \$75.00           | \$75.00           |
| Telephone                           | \$0.00            | \$0.00            |
| Postage                             | \$50.00           | \$50.00           |
| Printing                            | \$25.00           | \$25.00           |
| Administrative Supplies             | \$25.00           | \$25.00           |
| Resources & Literature              | \$125.00          | \$125.00          |
| Audit                               | \$150.00          | \$150.00          |
| Leadership Recognition              | \$200.00          | \$200.00          |
| President to Annual Conference      | \$375.00          | \$375.00          |
| Gift to Mission Cards               | \$25.00           | \$25.00           |
| <b>TOTAL:</b>                       | <b>\$1,050.00</b> | <b>\$1,050.00</b> |
|                                     |                   |                   |
| <b>Membership Development</b>       |                   |                   |
| Legislative Event                   | \$100.00          | \$100.00          |
| Mission u                           | \$750.00          | \$250.00          |
| Mission u Scholarships              | \$0.00            | \$0.00            |
| Local Unit Visits                   | \$150.00          | \$100.00          |
| Newsletter                          | \$50.00           | \$25.00           |
| Directory                           | \$50.00           | \$50.00           |
| <b>TOTAL:</b>                       | <b>\$1,100.00</b> | <b>\$525.00</b>   |

|                                      | 2021<br>Budget     | Proposed<br>2022   |
|--------------------------------------|--------------------|--------------------|
| <b>Enrichment Events</b>             |                    |                    |
| Annual Retreat                       | \$0.00             | \$500.00           |
| Every Member Enrichment Event (EMEE) | \$200.00           | \$500.00           |
| Young Women's Event                  | \$50.00            | \$50.00            |
| UMW Conference Annual Meeting        | \$250.00           | \$250.00           |
| Mission/Spiritual Retreat            | \$125.00           | \$200.00           |
| Annual District Expense              | \$500.00           | \$500.00           |
| Book Sale Expense                    | \$0.00             | \$0.00             |
| Dependent Care                       | \$50.00            | \$50.00            |
| Contingency Fund                     | \$50.00            | \$50.00            |
| <b>TOTAL:</b>                        | <b>\$1,225.00</b>  | <b>\$2,100.00</b>  |
|                                      |                    |                    |
| <b>Quadrennial Fund TOTAL:</b>       | <b>\$800.00</b>    | <b>\$800.00</b>    |
|                                      |                    |                    |
| <b>Total District Budget</b>         | <b>\$4,175.00</b>  | <b>\$4,575.00</b>  |
|                                      |                    |                    |
| <b>District Pledge to Mission</b>    | <b>\$20,000.00</b> | <b>\$20,000.00</b> |

## ***Cascadia District UMW Annual Meeting Minutes - September 26, 2020***

~Penny Hodge, president, called the meeting to order at 10:00.

~Carly Hodge gave an opening devotional and prayer.

~We saw a video, United Methodist Women for Racial Justice.

~Roll call: 30 ladies were present. They represented at least 8 units from our district and 4 units outside the Cascadia district.

~The minutes were presented on screen. A motion was made and seconded to accept them and the motion was passed unanimously.

~Chris Mitchell presented the slate of officers to be elected. One lady, Emile Kroen was nominated from the floor for the office of mission coordinator of Spiritual Growth.

The slate was as follows:

### **To be elected:**

**President:** Penny Hodge (Tigard – 2 years)

**V. President:** Gloria Marple ( Yamhill – 1 year)

**Secretary:** Marilyn Edmunds (Tigard - 2 years)

**Treasurer:** Carolyn Forbes (Tigard – 1 year)

**Spiritual Growth:** Emile Kroen (Tualatin – 2 years)

**Social Action:** Jane Storey (Tigard – 2 years)

**Nominations Committee Member:** Janelle Bolt (Newberg – 2 years)

### **Remaining in office:**

**Mission Education and Resources:** Barbara Alexander (Salem)

**Membership Nuture & Outreach:** Norma Sohn (Newberg)

**Nominations Committee Chair:** Chris Mitchell (Dallas)

**Nominations Committee Member:** Sue Hicks (Astoria)

As Emile Kroen was nominated from the floor, Chris Mitchell talked to her while the rest of us took a pop quiz on the 5 channels of giving. When we voted to accept the entire slate, it passed unanimously.

~Treasurer's report: Janelle Bolt presented the budget and explained cuts we had made due to problems caused by the covid 19 virus. Our total budget for 2021 is \$3,350.00 plus \$800.00 for the Quadrennial Event Fund. Our pledge is \$20,000, down from \$35,950.00 for this year. As these figures came from the finance committee, we did not need a motion. The vote was unanimously in favor of accepting these figures.

~Then we watched a Mission Minute video, East Belfast Mission.

~Chris Mitchell, chair of the Standing Rules Committee, then presented some changes to the standing rules for the district rules. Most of the changes are designed to bring the district rules in line with conference and national standing rules. The committee recommended accepting the changes. The vote accepted all the changes unanimously.

~After the meeting closed, we watched a video made by JoAnn English showing quilts made by ladies in the conference for kids.

~Penny recognized the outgoing officers, Carly Hodge and Linda Scheirman. Janelle Bolt is moving from treasurer to nomination.

~Becky Warren installed the new officers.

~Carly Hodge closed with a prayer.

*Marilyn Edmunds, secretary*

**Nominations Report:**

*As you can see by the list below, we are still looking for women to serve on the Committee on Nominations and as Communications Coordinator. If you are willing to serve in either of these positions, please contact Chris Mitchell (cmitchel@cluge.com)*

| <b>2021-2022 Cascadia District UMW Proposed Officers</b>       |                                    |                                |
|----------------------------------------------------------------|------------------------------------|--------------------------------|
| <b>Office</b>                                                  | <b>To Be Elected (2 year term)</b> | <b>Continuing in Office</b>    |
| President                                                      |                                    | <b>Penny Hodge</b> Tigard      |
| Vice President                                                 | <b>Gloria Marple</b> Yamhill       |                                |
| Secretary                                                      |                                    | <b>Marilyn Edmunds</b> Tigard  |
| Treasurer                                                      | <b>Carolyn Forbes</b> Tigard       |                                |
| Coordinator of Mission Education and Resources                 |                                    | <b>Barbara Alexander</b> Salem |
| Mission Coordinator for Spiritual Growth                       |                                    | <b>Emilie Kroen</b> Tualatin   |
| Mission Coordinator for Social Action                          |                                    | <b>Jane Storey</b> Tigard      |
| Mission Coordinator for Membership Nurture and Outreach (MN&O) | <b>Sharon Perez</b> Canby          |                                |
| Communication Coordinator                                      | vacant                             |                                |
| Committee on Nominations: Chair (2 year term)                  | vacant                             |                                |
| Committee on Nominations: Member (Class of 2022)               |                                    | <b>Janelle Bolt</b> Newberg    |
| Committee on Nominations: Member (Class of 2023)               |                                    | <b>Sue Hicks</b> Astoria       |
| Committee on Nominations: Member (Class of 2024)               | <b>Jennifer Houk</b> McCabe        |                                |
| Committee on Nominations: Member (Class of 2025)               | vacant                             |                                |

## Standing Rule Proposed Addition:

*Explanation: The Cascadia District and Columbia District UMW have had a tradition of holding a joint spiritual growth retreat each spring. In an effort to clarify the responsibilities for planning and implementing the retreat, the leadership teams requested that the Standing Rules Committee develop a clear policy of how to share the responsibilities for the retreat. The following rule needs to be approved by the membership at the Annual Meeting on September 25.*

### III. MEETINGS

#### E. SPIRITUAL GROWTH RETREAT

1. The Spiritual Growth Retreat is held in the spring of each year in partnership with the Cascadia and Columbia District UMW.
2. It is planned and coordinated by the Spiritual Growth Coordinator and the Vice-President of the District.
3. Columbia District will be responsible for planning the Retreat on even years and Cascadia District will be responsible for planning the Retreat on odd years. Planning includes but is not limited to: topic, speaker, venue, date, time, and publicity.
4. Registration and snacks will be handled by the District who is NOT in charge of the Retreat planning.
5. The Registration fee for the Retreat shall cover ALL costs for the event including speaker honorarium, speaker mileage and housing (if necessary), retreat facility charges, meals, tech support, music leadership, supplies, name tags, etc.
6. In the event the registration fee fails to cover unexpected expense, the two Districts will each pay one-half of those expenses, up to the budgeted line item amount.
7. A program reflecting the UMW Purpose shall be presented.

## From the President:



Greetings sisters in Christ!

The seasons are about to turn once again. We have survived what have been (hopefully) the hottest days this year has to offer and we can now look ahead to the beauty of fall. Before we know it, the leaves will be changing and a cool crispness will fill the air. As the seasons signal, if there is one thing that is constant in life, it's change. With change comes the challenge to stare the unfamiliar in the eye and become friendly with it somehow. Funny, even the unfamiliar is becoming more familiar now. The never-ending task of adaptation is upon us. Still, I know many of us are weary of it. We are longing for something constant. We are longing for something good that is steady and lasting. I am reminded of the calling of the twelve disciples, who were asked to leave their families, their jobs, their towns, and everything else they knew and

held dear in order to follow Christ and partner with him in ministry. I imagine them thinking, from time to time, "What was I thinking?" I find it encouraging as we continue to face the big changes life tosses our way, that Christ and the twelve knew just how challenging adaptation could be and yet walked through it with grace. Further, I look to the examples we have in scripture of the first churches creating something new in the wake of Jesus' earthly life. Did they always do it perfectly? No. They were human after all, but with the guidance of God's Spirit, they became the church. **Together.**

And so, through the changes that life *continues* to throw at us, we persist. **Together.** That's what church does. That's what UMW has done for the past 150 years. We weather the seasons and with God's grace. We stand firm in the purpose we were and are called to. Will we always do it perfectly? No. It's a challenge. As we continue to live out our PURPOSE and calling to embody faith, hope, and love in action, let us be encouraged by Christ who walks with us. Let us be encouraged by Christ who calls us anew each day to partner with him in ministry. Let us move forward, **Together**, with the courage of the twelve that carried them through new and scary places for the good of the Kingdom. Wonderful things await us. I just know it.

Penny Hodge

Cascadia District UMW President





## **Social Action: Just Energy for All**



One of United Methodist Women's focus of concern has been the study of how to supply "Just Energy for All". During the last legislative session in Oregon there was an important movement toward the establishment of clean electricity in Oregon this year. A bill signed into law by the governor pushes an agenda to rapidly convert all sources of electricity to clean energy in Oregon with a goal of 80% by 2030 and increasing thereafter.

Because the heat and smoke from forest fires this summer continue to remind us that we have an obligation to learn how best to deal with climate change, we need to continue to educate ourselves about the issues involved in developing clean energy and distributing it justly. The monthly sessions produced by United Methodist Women provide good information about such issues. "Just Energy for All Strategy and Capacity Building Session" are available every third Wednesday at 12PM PDT. Check the United Methodist Women's website to register.

Jane Storey, Social Action Coordinator

Join United Methodist Women and people of faith to urge Congress to prioritize climate justice in their infrastructure framework and reconciliation package! Will you join me? Click here to take action: <https://p2a.co/zbqD4RW>

## The Gift of Friendship

I received a new daily devotion book from a dear friend for my birthday last month. When I read this devotion, I had to share it. I hope it touches your heart as well.

**Emilie Kroen**  
Spiritual Growth

### Loving Sisters

*But Ruth replied: "Don't urge me to leave you or to turn back from you. Where you go, I will go; and where you stay, I will stay. Your people will be my people and your God my God. – Ruth 1:16 NIV*

The story of Ruth and Naomi is inspiring on many levels. It talks of two women from different backgrounds, generations, ethnicity, and even religion. But rather than be obstacles to loving friendship, these differences became invisible. Both women realized that their commitment, friendship, and love for each other surpassed any of their differences. They were a blessing to each other.

Do you have girlfriends who would do almost anything for you? A true friendship is a gift from God. Those relationships provide us with love, companionship, encouragement, loyalty, honesty, understanding, and more! Lasting friendships are essential to living a balanced life.

Mother God, thank You for giving us the gift of friendship. May I be the blessing to my girlfriends that they are to me. Please help me to always encourage and love them and to be a loving support for them in both their trials and their happiness. I praise You for my loving sisters! AMEN

*From Daily Devotions or a Woman of Faith, published by Barbour Publishing, Inc. Used by permission.*



# Turn It Up!

## Assembly 2022

Exciting plans are underway for the 21st Assembly of United Methodist Women, May 20-22, 2022. We hope that you will be among the thousands of women attending this exciting celebration in Orlando, Florida.

The Assembly website contains a wealth of information and resources regarding the upcoming event.

Registration will open on **Sept. 1, 2021** for either the in-person event or the virtual experience. We invite you to visit the site at [assembly2022.org](https://assembly2022.org).

### Quilts, Quilts, and More Quilts

Many of you in the Cascadia District have been making quilts and donating them to various charities. Pictures of those quilts have been requested by United Methodist Women's President, Becky Warren. The photos will be used for a slide show during the United Methodist Women's Conference Annual Meeting on October 16. Please send photos of the quilts that you made and information about where the quilts were donated to Janelle Bolt, [Janelle@busyhands.biz](mailto:Janelle@busyhands.biz) by September 30. She will be creating a video/slideshow for the October 16 Conference Annual Meeting.

Oregon-Idaho Conference United Methodist Women  
Annual Meeting  
**Awake to Love and Serve – Empowering Women**



*Do not remember the former things, or consider the things of old.  
I am about to do a new thing; now it springs forth, do you not perceive it?*

-Isaiah 43: 18, 19a

**Saturday, October 16, 2021**  
**9 am -11:15 am PDT; 10 am-12:15 am MDT**

Due to ongoing concerns about the pandemic, re-opening of churches (including ability to serve food), and host housing, we have made the difficult decision to again be totally virtual. Thank you for your understanding in these uncertain times.

Our program this year is very timely as we focus increasingly on the issues women face both globally and locally. Members of United Methodist Women can empower other women through our Mission Giving. Learn about the many ways this happens through this year's program - ***Empowering Women Through Mission Giving***.

Here is the link to register:

[REGISTER](#)

An email will be sent on Monday, **October 11**, with an agenda, copies of the items we will be voting on, and the Zoom link. If you do not receive the email, check your *Junk* or *Spam* folder. If it is not there, or if you have any questions or problems, please contact either:

Janelle Bolt - [janelle@busyhands.biz](mailto:janelle@busyhands.biz) or 503-538-9401

or

Gayle Woods – [gaylewoods5964@msn.com](mailto:gaylewoods5964@msn.com) or 208-571-0945

District Leadership Training Event (DLTE) will be virtual as well, and will be arranged separately by each leadership position.

Registration information is also available on our web page: <https://www.umi.org/umw>