

# Columbia Explorer

## Columbia District United Methodist Women Winter Edition 2019



*Happy 150th Birthday United Methodist Women*

*March 23, 2019*



### Calendar of Events 2019

**Jan. 30** *Healthy Vital Unit Report Due*

**Feb. 22** *Spiritual Retreat Registration Due*

**Feb. 25** *Reading Program Report Due*

Mail to: Judi Hanson

11960 SW Edgewood Portland, OR 97225

**Feb. 25** *OR Legislative Advocacy Days Registration Due*

**March 4** *Legislative Day Advocacy Days, Salem, OR*

**March 22 & 23** *Spiritual Retreat*

Alton L. Collins Retreat Center

Facilitator: Lois Wagner

**April 6** *Every Member Enrichment Event*

**July 12 & 13** *Mission u* Boise, ID

**July 19 & 20** *Mission u* Roseburg, OR

**August 2 & 3** *Mission u* Lake Oswego, OR

**August 9 & 10** *Mission u* Burley, ID

### *President's Message*

United Methodist Sisters:

I hope your Christmas season and New Year were happy and blessed. This season can be difficult for some however, and I keep you all in my prayers.

My New Year's Question as we embark on 2019 is: "What will you do differently this year to take care of yourself?"

We all get so busy with family, jobs, volunteering, running errands...just the everyday stuff of life.

At our recent District Executive Team meeting our Spiritual Growth leader, Gloria Marple gave a devotion on remembering to be grateful. She asked how many of us present did journaling and most of us do!

Are you a "journal writer" and do you show gratitude to God each day for all that God gives you? I expect that many United Methodist Women do keep journals and if you are one of them, hurray! If not, may I suggest you give it a try. It is such a great way to keep track of your thoughts, prayers, "gratefuls," and reminders to care for YOU!

So, Happy Journaling to each of you and may 2019 be filled with blessings, joy, and "gratefuls!"

In Christ's Love,

Janice Stevens

**Do you know??** 1. There are how many channels of giving? \_\_\_\_\_

2. Name the channel identified as the amount a woman gives to her local unit. \_\_\_\_\_

3. Name the channel given in gratitude for

God's abundance.

\_\_\_\_\_

Look for answers on

Page 4.





## EMO INTERFAITH ADVOCACY DAY MARCH 4, 2019

### St. Mark Lutheran Church, Salem, OR

Ecumenical Ministries of Oregon is offering an Interfaith Advocacy Day on March 4th in Salem, Oregon. This is an opportunity to let your voice be heard by our state representatives and senators. It runs from 9:00 am to 4 pm. The morning events will be at St Mark Lutheran Church at 790 Marion St NE in Salem. Then around noon we will walk to the capitol and hold a rally and meet with our own representatives and senators to advocate for compassionate legislation on issues such as housing, healthcare, immigration, gun violence prevention, criminal justice reform and climate justice. There will be briefings on the legislation and workshops to train us in doing advocacy. Together we can have an impact on the quality of our life here in Oregon.

There is a \$20.00 registration fee which covers all of the materials you will receive and lunch. You can register or get more information on line at [www.emoregon.org](http://www.emoregon.org) or mail your registration to EMO at 0245 SW Bancroft St, Portland, OR 97239. Make your check payable to EMO and include your name address and phone number. Let them know if you have dietary restrictions.

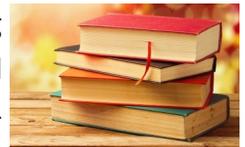
We strongly encourage you to carpool together as parking in that area is somewhat limited. If you have only one or two going from your unit, give us a call and maybe we can find a group you can ride with. You can contact Claudia Roberts at [clarobb@juno.com](mailto:clarobb@juno.com) or call 503-407-6005.

In the brochure for this event they write, "There is strength in knowledge and in numbers!" We would like to have a strong showing of United Methodist Women from Columbia District so discuss this in your circles and units and plan to join us in Salem on March 4th.

*Submitted by Claudia Roberts, Social Action Chair*

## NURTURE YOUR MIND

In 2018 United Methodist Women in the Oregon-Idaho Conference logged over 25,000 miles in their collective effort to celebrate the physical challenge in the Abundant Health Initiative's call to nurture the Body, Mind, and Spirit". Now we turn our attention to the **Mind**. From January 1, 2019 until our 150th Birthday on March 23, 2019 we shall aim to read 150 books from the Reading Program from the years 2014 to 2019. We shall be nurturing our minds by reading the interesting, enlightening, and widely varied books in the United Methodist Women reading Program. One additional option is the conference-wide read *We Make the Road by Walking* by Brian D. McLaren.



As you finish a book share its title with your unit Program Resource Manager who, in turn, will share the titles with the Conference Program Resource Managers. The total read will be posted weekly on Facebook. Check with your local Resource Reading Program Chair for a list of books in the reading program for those years. Many can be found in your local library, as well as some are available from your library to read on-line.

These cold, dark days of winter provide time for reading and reflection — mindful work. So, on your mark, get set....READ.



## Columbia/Cascadia Districts Spiritual Retreat—March 22 & 23.

9:30 am —3:30 pm. Facilitator: Lois Wagner

### Alton L. Collins Retreat Center

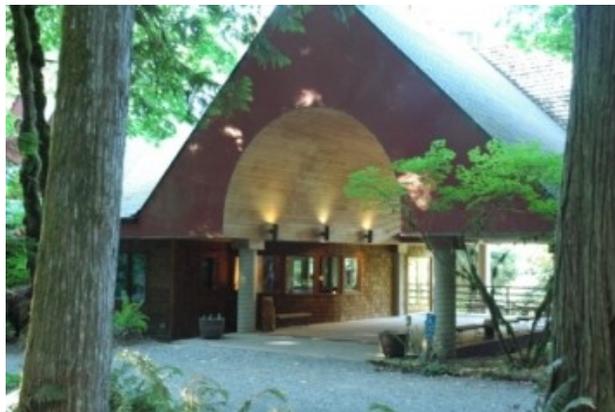
32867 SE Hwy 211 Eagle Creek, OR

Happy New Year!!!

I retired from my position at the Washington county Jail on December 31, 2018. I really believe this is a New Year and new adventures await me. What that might be has not been totally revealed itself and that is okay!! Right now, I am trying to focus on my home and to develop some new spiritual practices. In a previous newsletter I talked about keeping the Sabbath. Anyone still working on that? Recently at the District Team meeting, for our devotion, I talked about keeping a “Gratitude Journal” (See Cesie Delve Scheuermann Blog dated December 12, 2018). To my delight, almost everyone on the team had this as a spiritual practice!! To do so will make you happier as well as healthier!! Awesome! Try it!

Our speaker for this year’s **Spiritual Growth Retreat, Pastor Lois Wagner** feels that each one of us should support spiritual practices that reach out beyond the church activities, worship, and relationships. Pastor Lois was pastor at Great Spirit (formerly known as Wilshire UM Native American Fellowship) and at Wilsonville UMC. She is also a musician and just finished a busy time of playing and coordinating several groups that she is part of. When asked about a title or subject for the retreat she said, “ I know what I want to talk about, and to get and give ideas about staying spiritually grounded during this volatile time in our world. What I can tell you is that I am very enthusiastic about doing this, and hope to make the experience participatory for the attendees.” Pastor Lois has been a long time friend as well as a mentor on my journey to be a Deaconess and a Lay Assigned Pastor. Plan to make this part of your busy schedule for the year!!

As in the past, the **Spiritual Retreat will be held at Alton Collins Retreat Center on March 22 and 23**. Come either the Friday or Saturday, which ever fits your schedule better. **Registration starts at 9:30 AM** and our first session will begin at 10. Morning and afternoon snacks as well as Lunch are provided. It is a wonderful time of fellowship and a great way to learn about spiritual practices in a beautiful setting! At 3:00 pm. we will close out the day with a Birthday Celebration for United Methodist Women celebrating their 150th Birthday!! **Cost is \$32.00, you can register online directly with Collins Retreat Center at:**



[umoi-reg.brtapp.com/UMW2019](http://umoi-reg.brtapp.com/UMW2019) Or by phone: 503-637-6411. Registration deadline will be February 22nd.

What are you grateful for today? I know that I am grateful for United Methodist Women and the connection we have!!! See you in March!!

Gloria G. Marple, MA

Deaconess of the United Methodist Church; Spiritual Growth Person for Columbia District

## Program Resources (*Reading Program*)

For 150 years United Methodist Women have encouraged prayer, study and action. The reading program is a study opportunity that, hopefully, leads to action. The purpose is to expand understanding of issues and participation in God's mission.



The current 2019 reading Program list is downloadable from the United Methodist Women website. The lists will also be available at District events later in the spring. The books are available through the e-store at [United Methodist Women.org/stor](http://United Methodist Women.org/stor). Your local library may have some copies. E-books are available for kindle through Amazon.com. Braille and audio books are available at [222.loc.gov/nis](http://222.loc.gov/nis).

Keep reading!

*Judi Hanson, Program Resource Room Manager*

### More Do you Know??

4. UMW provides many resources: Name of award-winning monthly magazine that has articles and photographs about programs and projects of UMW. \_\_\_\_\_
5. UMW has a program that promotes reading and encourages critical thinking about issues we face today. Name the program \_\_\_\_\_

- Answers to Do you know.
1. Five
  2. Pledge to Mission
  3. World Thank Offering
  4. Response
  5. Reading Program

## Healthy Vital Unit

The Healthy Vital Unit Report is due January 30th. If you need a copy, let me know and I will get you one. So far, I have not received many. I am sure many of you are doing some Vital things in your unit.

## 2019 Columbia District United

### Methodist Women Directory

This will be coming soon to all Presidents, Secretaries and Treasurers by e-mail. Printed copies will be available for a donation at the Spiritual Retreat and the Every Member Enrichment Event in the Spring.

### Correspondence Information

How is your unit planning on celebrating our 150 Birthday? Please let us know and enclose pictures. We can put them in one of our Newsletters. **Contact Clarice Kruschwitz at 2514 SE 66th Ave. Portland, OR 97206 or by email: [clarohn@msn.com](mailto:clarohn@msn.com)** for any thing for the Newsletter, Healthy Vital Unit reports, or for any Directory Changes.

## 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.