

United Methodist Women - Oregon-Idaho Conference

Crater Lake District Messenger

August 2020

**Justice in an Uncertain World
United Methodist Women
Crater Lake District Annual Zoom Meeting
Sept. 26, 2020 - 1:00-3:00**

Because of the Covid Pandemic, we will have a virtual meeting this year to keep everyone safe. You will still need to register for the meeting with your name, your units name and your email address so that we can send you the link to the Zoom meeting when it is available.

Our speaker this year is Gloria Marple who will present information about the School to Prison Pipeline. Gloria is a deaconess and has held many leadership roles in United Methodist Women. Be sure to join us for this interesting presentation.

**2020 Zoom Annual Meeting Registration Form
Registration Deadline - Friday, September 25**

One registration form per person, please

**Please note: You will NOT be allowed into the Zoom meeting
unless you are registered!**

PLEASE PRINT

Your Name _____ Phone Number _____

Your Unit/Church _____

Your Email Address _____

I will be joining using: my computer/tablet _____ my phone _____

Send registration to Jeannie Boese, 4642 Sjodin Lane, Klamath Falls, OR 97603
or Email the information to jboeseumw@charter.net

There is no registration fee. Please copy and share this with all your members.





Greetings!

It is hard to imagine that we are in month five of the pandemic. All concepts of normal have been turned upside down, wearing face masks just an every day necessity, streaming church services a Sunday calendar date, and missing family a very real heartache.

But in the midst of this disruption United Methodist Women is using modern technology such as video streaming, video conferencing, webinars and conference calls to keep us all connected. For instance:

- Visit United Methodist Women.org to view the Mission u webinars for the 2020 studies along with downloadable study guides. Many other webinars and training videos available.
- Be prepared for a virtual **Crater Lake District Annual Meeting on September 26** – a shortened format with keynote speaker, election of officers, and possible break out sessions. Stay tuned.
- Conference United Methodist Women Annual Meeting in October will also be virtual...more to come.

So as you can see, though it is not what we are accustomed to, United Methodist Women wants you to stay connected and energized for our mission of

promoting the empowerment of women, children, and youth. We need to keep core mission emphasis priorities in our minds and in our prayers:

- Providing opportunities to grow spiritually
- Equipping women & girls to be leaders
- Providing transformative educational experiences
- Organizing for growth & flexibility
- Working for justice through service & advocacy

And along with our call to mission is our call to Social Action. These are turbulent times across our nation and now more than ever we need to be in solidarity with our sisters facing racial injustice in their communities. *As United Methodist Women of the 21st century, we are called to be bold in our witness, working to dismantle systems of oppression, and build, together, a better world.*

I would pray that we can make a difference.

*Sharon Smith,
President*

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Finding Peace

Proverbs 3:24-26 ²⁴ When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. ²⁵ Have no fear of sudden disaster or of the ruin that overtakes the wicked, ²⁶ for the LORD will be at your side and will keep your foot from being snared.

The 3rd week of February, I started a personal study. It included a book entitled *Finding Peace in an Anxious World** edited by Erin James-Brown. This seemed like a comforting topic as my husband and I went into quarantine. The COVID-19 virus was all I could think about for a while. I wondered if we would make it through this time. The book was helpful and has been an interesting journey. I'm progressing in my journey to find peace.

As the weeks have passed from winter to spring to summer, finding peace has become even more challenging. George Floyd's tragic death in Minneapolis set off devastating demonstrations. I worried about young friends living in that area. Stories of other wrongful deaths of Black people at the hands of private citizens and other officers began to hit the news. The demonstrations were everywhere and continued to grow. As troops arrived in the city of Portland, violence increased. We all hoped and prayed to find peace.

The days ahead promise more stress as the virus shows no signs of letting up, nor do the demonstrations. So I sit quietly in my patio swing, close my eyes and picture a calm sea and sandy beach. I close my eyes and slowly allow my mind think of all my concerns. I allow my mind to lift up those I know with special needs. I find I am praying for people struggling with the virus, those involved in demonstrating for change in our country and I suddenly realize that I am at peace.

May you find a path to peace as you encounter the concerns and blessings in the days ahead of each of you. In the name of our Creator,

Amen

Sheryl Aydelott,
Mission Coordinator for Spiritual Growth

* *Mission u Spiritual Growth study for 2020. See page 11 for more information.*



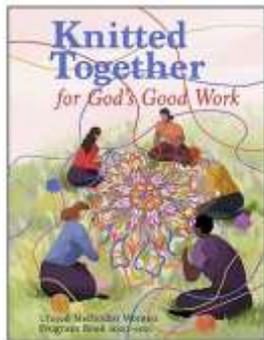
Pacific Ocean and Seal Rock at Camp Magruder



Dear Crater Lake District Ladies:

So, what has changed in your life since March 2020? What has stayed the same?

I find myself just as busy but sometimes feeling busier as we find new ways to continue business and to reach out to each other.



Program Book
2020-2021
M3353, \$10

Our United Methodist Women's 2020-2021 Program Book, *Knitted Together for God's Good Work* begins in September. I am looking forward to this new study series.

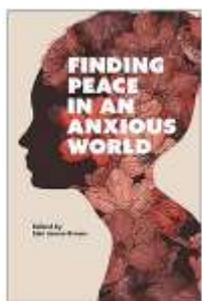
Knitted Together for God's Good Work explores how we as children of God are joined and linked together into the whole body of Christ. Even at times when social distancing or other obstacles may keep us

physically apart, we are knit together in community to transform the world.

New This Year: To ensure that everyone can join together virtually for monthly study and bonding, instructions on how to use videoconferencing platforms are provided, along with suggestions on how to adjust program activities for these forums.

For more information on the Program Book and ordering, please visit:

www.unitedmethodistwomen.org/program-book.



M3346, \$10

Recommended Reading:

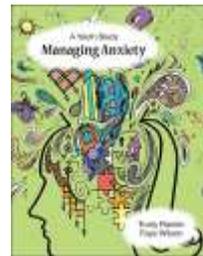
The 2020 Spiritual Growth Study by staff of the Urban Village Church, uses the book of Proverbs and "The Serenity Prayer" as a guide to help Christians find their way through anxiety, worry, and fear and move towards God's peace that surpasses all understanding. Using "The Serenity Prayer" as a scaffold, *Finding Peace*

in an Anxious World explores ways to discover peace through scriptural and spiritual disciplines so that we can be rooted in God and energized to live fully as disciples of Christ.

To order *Finding Peace in an Anxious World*, click this link:

https://www.umwmissionresources.org/shopping_product_detail.asp?pid=53481

Managing Anxiety: A Youth Study



M3344, \$10
manage them using our Christian faith as a guide.

In *Managing Anxiety*, authors Trudy Rankin and Faye Wilson provide youth with a foundational understanding of anxiety and other emotions while equipping young people with practical ways they can

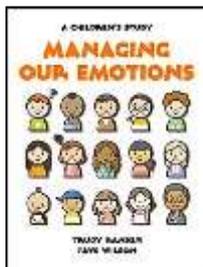
Through four two-hour sessions, this explorative spiritual growth study educates youth on their emotional health and offers tools and practices that give them self-confidence to manage decisions, control emotions, and mature into healthy young adults. The focus of the study is on one very normal emotion with considerable power—*anxiety*. By being a part of this study, youth will understand how anxiety shows up in their lives and learn a variety of practical techniques to manage anxiety, including the Daily Energy Routine and the Emotional Freedom Technique, or tapping. They also will know how they can experience God's help and God's love through spiritual practices, such as reading the Bible, engaging in spoken and embodied prayer, and practicing individual reflection. This study also encourages youth, their leaders and mentors, and their families to access other church and community resources, such as counseling and peer support.

To order *Managing Anxiety*, click this link:

https://www.umwmissionresources.org/shopping_product_detail.asp?pid=53475

(Continued on page 5)

Resource Room, Cont.



Managing Our Emotions: A Children's Study by Trudy Rankin and Faye Wilson

Managing Our Emotions helps children learn about their emotions and accept God's gift of their entire range of feelings (sadness, joy, excitement, fear, and frustration to name a few). The study draws from

M3345, \$10 the Bible, science, music, and our lived experiences to help children learn to manage their emotions in a positive and healthy way. Techniques like the Emotional Freedom Technique, or "tapping," and the Buddy Bench, allow children to help both themselves and others.

Authors Trudy Rankin and Faye Wilson provide lesson plans for four two-hour sessions, along with a handy chart at the end of the overview section that provides leaders with a detailed summary of the contents of each session. Each session includes the following components:

- Gathering to worship
- Exploring the scriptures
- Creating art
- Watching videos about the topic of the session
- Reflecting on the lesson
- Engaging in a closing experience

At the end of each session ideas are provided on how to extend the lessons about emotions. These activities will help children connect with each other, learn how to be friends, and work and play together.

This study encourages all of us, children and study leaders alike, to be aware of our feelings, understand what the Bible teaches us about the role of feelings in our lives, find ways we can cultivate strength to deal with challenges, access other church and community resources for support, and discover a community in which to celebrate.

To order *Managing Our Emotions*, click this link:

https://www.umwmissionresources.org/shopping_product_detail.asp?pid=53476

Beverly Douglas,
Resource Room Manager
bdouglas2041@gmail.com
(541) 821-0718 Cell/text

Addition resources:

<https://www.umi.org/craterlake>, Crater Lake District News
<https://www.umi.org/districtumwcraterlake>, Crater Lake District *Messenger* and *Pulse* Publications
<https://www.umi.org/ourtwocents>, Oregon-Idaho Conference Newsletter
<https://www.umi.org/UMWnationallinks>, National United Methodist Women Links
https://www.umwmissionresources.org/shopping_product_detail.asp?pid=53472, 2020 Reading list

Social Action Charlotte Sutton



Membership Nurture & Outreach Cheryl Drumheller

The task of a social action chair is to remind the membership of United Methodist Women about issues that are important in our world today. The women can then be up to date about what matters to them. So...here's my pressing issue for today!

This year 2020 is an election year. Our country is embroiled in several crises at the same time and finds itself bitterly at odds with itself. The one responsibility we all have, no matter where we stand on the various issues we face, is to register and to vote. I encourage each one of you to consider it seriously that it is your job to vote!

Oregon is fortunate that we vote by mail. Our legislature passed a bill last year that you don't even need a stamp to post your ballot in the mail. However, I would recommend you put that ballot in one of the white ballot boxes located (at least in Lane County) around town. Again I urge you to vote this November and make sure your voice is counted!!!

Charlotte Sutton
Mission Coordinator for Social Action



Staying Connected During COVID-19 Pandemic

As we continue to face the COVID-19 pandemic, the restriction on traveling and gatherings is still in place. It is recommended we wear a mask or face-covering, maintain physical distance and avoid large group get-togethers.

During this time, we miss our United Methodist Women meetings, friendships, and learning more about how we can support one another, our church and community.

So, how can we United Methodist Women stay connected? Below are a few suggestions:

- **Phone calls** – Phone calls can be made immediately
- **Letters or cards** – People love to receive hand-written letters or cards. However, they take longer to reach the 'Receiver' than phone calls
- **Emails** - E-mail is a useful method of communication and is quicker than regular mail
- **ZOOM or conference calls** – ZOOM is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, chat, and webinars across mobile, desktop, and room systems
- **Texting** – Text messaging is everywhere, it is personal, does not need internet, and is download free. It is usually answered quicker than an email

These are but a few ideas on ways to stay connected with our United Methodist Women.

Cheryl Drumheller
Crater Lake District
United Methodist Women
Mission Coordinator for
Membership Nurture & Outreach



From Chair of Nominations Committee,
Kathi Hoffer-Riedman:

I have been trying to write this article for weeks and decided to wait till after our Team meeting to submit it, hoping some miracle would make willing souls magically appear. So, I am sad to present a slate of officers with lots of missing names. We have tried calling, begging, cajoling different units but no one has stepped forward to offer to serve on our Crater Lake District leadership team, except for Charlotte Sutton, bless her heart. But that was the news in the last newsletter, so here is our slate of officers:

President: Charlotte Sutton (2 years)
Program Planner: Joyce Barber (1 more year)
Secretary: Shirley Leisinger (1 more year)
Treasurer: Kirsten Allam (1 more year)

Mission Coordinators:

Education & Interpretation - Vacant
Membership Nurture & Outreach - Vacant
Social Action - Vacant
Spiritual Growth - Sheryl Aydelott

Resource Room Manager - Beverly Douglas

Committee on Nominations -

Kathi Hoffer- Riedman, Chair
Karen Long
Charlotte Park

Communications Committee:

Jeannie Boese, Chair
Sharon Smith
Judy Brown

So one last plea for participating on the team! We really need YOU! CALL KATHI IF YOU WOULD LIKE TO ADD YOUR NAME AND VITAL INPUT! 541-521-4149

Kathi Hoffer-Riedman

Please note: In lieu of nominations from the floor, a nominations form is being prepared and will be sent to all units by Chair of Nominations, Kathi Hoffer-Riedman, for any nominations from the units with a deadline of September 19, one week before our Annual Meeting on September 26. There will be no nominations from the floor at the meeting.

Treasurer



Kirsten Allam

My dear sisters at arms, it appears we have arrived at the battlefields. The year 2020 has been both precarious and volatile. We are daily reminded how precious life is and that our nation is still struggling to treat everyone equally.

Our Pledge to Mission funds are needed just as much now as they have ever been needed to aid women, youth, and children here in the United States and around the world. Together we can make a difference, not only in our own communities, but in places this pandemic has hit harder.



*Blessings,
Kirsten Allam, Treasurer*

Enclosed in this Messenger (Page 9) is the Crater Lake District 2021 Proposed Annual Budget. Please review it carefully and email your questions to me no later than Tuesday, September 22nd so your concerns can be brought up for discussion at the meeting.

The Crater Lake District Pledge to Mission for 2020 was approved for \$40,000 at our district annual meeting in September 2019. In 2019 Crater Lake District total *Pledge to Mission* was \$37,022.90. We did not meet our 2019 pledge to Mission of \$40,000. As of the end of the 2nd quarter 2020 the *Pledge to Mission* we have received to date is \$13,095.00. At the District annual meeting I will have the *Pledge to Mission* figures through the end of the 3rd quarter 2020. The Crater Lake District Team voted to reduce our *Pledge to Mission* for 2021 to \$20,000, with hopes to be able to send more, as shown in the proposed 2021 Annual Budget. The Pledge to Mission for 2021 will be voted on by the membership at our Annual Meeting on September 26.

Treasurers - below is the 2021 Unit Pledge form. This needs to be turned in to the district treasurer by the annual meeting September 26th.

Please note, when sending checks into the Crater Lake District make them payable to *United Methodist Women*.

Blessings, Kirsten Allam

**CRATER LAKE DISTRICT OF UNITED METHODIST WOMEN
UNIT PLEDGE FOR THE YEAR 2021**

Unit: _____ Amount: _____

Officer Name: _____ Title: _____

The completed form may be emailed or mailed by September 20, 2020 to Kirsten Allam, CLD Treasurer.

emailed: k.allam@comcast.net
or mailed: 5235 Mallard Circle SW
Albany, OR 97321



Proposed 2021 Budget

CRATER LAKE DISTRICT
2021 Proposed Budget

	Approved 2020	Proposed 2021	
Leadership Operating Expense:			
Planning Meetings	\$ 100.00	\$ 100.00	
Postage	\$ 100.00	\$ 100.00	
Printing (Directory & Newsletter)	\$ 100.00	\$ 100.00	
Office Supplies	\$ 100.00	\$ 100.00	
Program resource	\$ 100.00	\$ 100.00	
Audit*	\$ 250.00	\$ 450.00	
Leadership Recognition	\$ 200.00	\$ 200.00	
President to Annual Conference	\$ 500.00	\$ 500.00	
Gift to Mission Cards	\$ 50.00	\$ 50.00	
TOTAL	\$ 1,500.00	\$ 1,700.00	
Membership Development:			
Legislative Event	\$ 350.00	\$ 350.00	
Mission u	\$ 2,000.00	\$ 2,000.00	
Mission u Scholarships	\$ 500.00	\$ 500.00	
District Unit Shepherding	\$ 300.00	\$ 300.00	
TOTAL	\$ 3,150.00	\$ 3,150.00	
Enrichment Events:			
Leadership Training (EMEE)	\$ 1,200.00	\$ 1,200.00	
Young Women's Event	\$ 200.00	\$ 200.00	
UMW Conference Annual Meeting	\$ 350.00	\$ 350.00	
District Annual Meeting	\$ 1,200.00	\$ 1,200.00	
Contingency Fund	\$ 50.00	\$ 50.00	
Dependent Care	\$ 50.00	\$ 50.00	
TOTAL	\$ 3,050.00	\$ 3,050.00	
TOTAL DISTRICT BUDGET	\$ 7,700.00	\$ 7,900.00	Quarterly \$ 1,975.00 allowance
Quadrennial Event Fund	\$ 800.00	\$ 800.00	
	\$ 8,500.00	\$ 8,700.00	
2021 Pledge to Conference:	\$ 40,000.00	\$ 20,000.00	
Current 2020 pledges received to date	\$ 19,067.50		

*Audits were completed for 2018 & 2019 for roughly \$450 each.





Quilt/Blanket Project

Did you make a quilt or blanket this past year to be blessed at the Annual Conference that did not happen in June? If so, please send a picture with the name of the person who made the blanket, your church or unit name, and the program or agency you gave it to, or plan to give it to, to me, Jeannie Boese, at jboeseumw@charter.net. If you don't have a digital camera or don't know how to send it, contact me at that email address or call me at 541-331-3464 and I'll try to help you figure it out (leave a message, I don't answer when I don't recognize the number).

Pictures will be part of a slideshow that will be shown at our District Annual Meeting on September 26, and again at our Conference Meeting in October.

If there is more than one blanket in a picture or if you send several pictures of blankets made by different people in an email together, please give the person's name and a description of the quilt they made; i.e., Jane Doe - quilt with dolphins so that the correct name will be on the slide with the correct picture.

PLEASE SEND PICTURES BY AUGUST 31!

Tips for taking pictures:

- Have someone hold the blanket up by the corners (my husband is my "official" quilt holder for pictures)
- Place the blanket on the floor and take from above (place a clean sheet on the floor first to keep the blanket clean)
- Place the blanket on a large table
- Try to get the whole blanket in the picture, it can be cropped
- Make sure the camera is focused on the blanket so it is clear
- Be sure there is plenty of light but don't let the blanket be washed out

*Blessings,
Jeannie Boese*



Crib size quilt made by Asbury member Jamie Wagle. Given to Womenspace (<https://www.womenspaceinc.org/>)

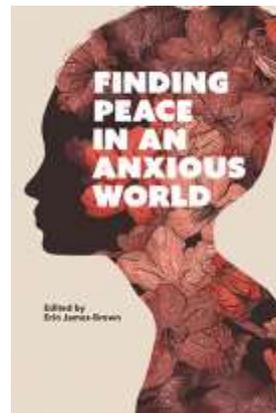


Mission U Online Study - Finding Peace in an Anxious World

Finding Peace in an Anxious World, the 2020 Spiritual Growth Study by staff of the Urban Village Church, uses the book of Proverbs and “The Serenity Prayer” as a guide to help Christians find their way through anxiety, worry, and fear and move towards God’s peace that surpasses all understanding. Using “The Serenity Prayer” as a scaffold, *Finding Peace in an Anxious World* explores ways to discover peace through scriptural and spiritual disciplines so that we can be rooted in God and energized to live fully as disciples of Christ.

“The Serenity Prayer” shaped a 2015 four-part sermon series at the Urban Village Church in Chicago. It was through that series that the church was able to address the tumultuous events of that summer and present a framework for how to approach a God who desires peace for the hearts of God’s people in times of anxiety. These sermons are the basis for this book.

The four chapters, each written by a different Urban Village Church leader, focus on different aspects of the prayer—serenity, acceptance, courage, and wisdom—and each concludes with a spiritual practice to help further develop the featured characteristic in your life.



2020 Mission u Alternatives

These resources help individuals and small groups remotely engage in [Mission u](#).

Companion Study Guide:

 [Finding Peace in an Anxious World - Companion Study Guide for Individuals and Small Groups](#)

Video Supplements:

 [Overview of Chapter 1: Serenity](#)

 [Overview of Chapter 2: Acceptance](#)

 [Overview of Chapter 3: Courage](#)

 [Overview of Chapter 4: Wisdom](#)

 [Theological Frameworks in Chapter 1: Serenity](#)

 [Theological Frameworks in Chapter 2: Acceptance](#)

 [Theological Frameworks in Chapter 3: Courage](#)

 [Theological Frameworks in Chapter 4: Wisdom](#)

To order *Finding Peace in an Anxious World*, click this link:

https://www.umwmissionresources.org/shopping_product_detail.asp?pid=53481

Tips and resources for virtual meetings:

 [If It Is Not Possible to Have a Face-to-Face Program](#)

 [Leader's Guide in English](#)

2020 Virtual Mission u Events

Many conferences are sharing the 2020 studies in virtual formats, even as the global pandemic has forced all in-person training and events to be canceled. Interested in participating? [Click here to go to the list of available events.](#)



PURPOSE of the United Methodist Women

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.

**Be sure to read the 2020 Summer edition of the
United Methodist Women Oregon-Idaho Conference
Newsletter "Our Two Cents."**

It contains interesting and informative articles.

[Click here for your copy.](#)

Calendar of Events

2020

- | | |
|--------------|---|
| September 26 | Crater Lake District Annual Meeting via Zoom @ 1 pm |
| October 7 | Practice Zoom Meeting @ 6 pm PDT* |
| October | District Leadership Training via Zoom by Office |
| October 17 | Conference Annual Meeting via Zoom @ 10 am PDT |

*A practice Zoom Meeting will be held on Wednesday, October 7, 2020, at 6 p.m. PDT for those who are not familiar with using this application. If you have a computer, tablet, cell phone or a landline phone service you will be able to join and will be given instructions in a separate notice in September.

