

## Criteria for a Healthy, Vital Unit Oregon-Idaho Conference

The purpose of the Healthy, Vital Unit is to:

- Energize United Methodist Women to be more involved in Mission through prayer, study and action
- Increase contacts between local units, districts, conferences, national offices and mission personnel so that United Methodist Women have a firm understanding of the Purpose of United Methodist Women, resources available and current mission projects;
- Encourage use of mission resources available through United Methodist Women;
- Expand concepts of mission, including social justice as mission.

To be recognized as a Healthy, Vital Unit, the unit must complete a minimum of 8 of the following items.

Healthy: Four in the Connection category and two each from the emphasis areas

Athlete: Five in the Connection category and three each from the emphasis areas

Olympian: Six in the Connection category and four each from the emphasis areas



: Bonus items also count for leadership development credit. Completing five bonus items earns the unit a coach's whistle.

### Maintain connection to the organization and PURPOSE of United Methodist Women:

- Recite the PURPOSE at every unit meeting.
- Make a unit Pledge to Mission...and meet it.
- Remit a minimum of 60% of funds raised each year to United Methodist Women
- Make contributions through all five channels of undesignated giving:
  - Pledge to Mission
  - Gift to Mission (cards)
  - Gift in Memory (cards)
  - Special Mission Recognition
  - World Thank Offering
- Use a minimum of two programs from the **Program Book** during the year.
- Invite a district or conference officer, other than a member of the unit, to one of the unit meetings during the year.
- Member(s) attend the district's Every Member Enrichment Event (EMEE)
- Member(s) attend the district's Annual Meeting.
- Member(s) attend the conference's Annual Meeting.

### Spiritual Growth




- Use the **Prayer Calendar** at each general meeting of the unit to pray for persons in mission and UMW mission projects.
- Unit programming includes a program to promote *A Call to Prayer and Self-Denial*.
- Unit programming includes a program to promote the *World Thank Offering*.
- Host or unit member(s) attend a spiritual growth retreat (minimum full-day in length).
- Conduct or unit member(s) attend the Mission u spiritual growth study.





United  
Methodist  
Women

FAITH · HOPE · LOVE IN ACTION



## Education and Interpretation

- The unit general meeting includes a "Response Moment" when an item from **Response** will be lifted up as a way to interpret Mission Giving.
- At least two members participate in the Reading Program at Level I –or– At least one member participates in the Reading Program at Level II or higher. 
- Connect with at least one missionary and share updates/newsletters from the missionary at general meeting.
- Conduct UMW Sunday as an opportunity to share how the unit is involved with mission. 
- Conduct or unit member(s) attend the Mission u geographic study. 

## Social Action

- Select a social action priority or priorities for the unit.
- At least three times a year, the general meeting of the unit includes a "Social Action Moment" when a summary of an *Action Alert* from the *United Methodist Women's Action Network* will be presented.
- Unit member(s) attend a UMW conference-sponsored *Legislative Event*. 
- Participate in a social action. Possible actions include:
  - Letter-writing campaign directed at elected leaders to advocate for justice
  - Attend or host an issue education program or event
  - Attend or organize a prayer vigil or march
  - Visit elected leader to advocate on a social action priority
  - Implementing an action suggested in an *Action Alert*
- Conduct or unit member(s) attend the Mission u issue study. 
- Become a green United Methodist Women unit.
- Implement the *Charter for Racial Justice* in at least two ways during the year. (See Charter Club Checklist for possible activities.)

## Membership Nurture and Outreach

- Increase unit membership by one member for units with membership of 20 or few members and by at least two members for units with greater than 20 members
- Create a membership directory to facilitate members caring for each other. The directory can include:
  - Contact information for each member
  - Member's birthday
  - Name of member's spouse
  - Names and ages of member's children
  - Unit programming planned for the year
  - District, conference or quadrennial events scheduled for the year
- Create/Maintain a talent bank containing information for all women of the local church. 
- Provide nametags for participants at unit gatherings
- Conduct or unit member(s) attend an event with participants 35 years of age or younger. 
- Reach out to home-bound or inactive members with visits, telephone calls, cards, or letters at least once during the year.

Please fill in and sent this completed form to:

District Mission Coordinator for Education & Interpretation  
Address line 1  
Address line 2

Unit: \_\_\_\_\_ Church: \_\_\_\_\_

Completed by: \_\_\_\_\_ Office: \_\_\_\_\_