



## Responsively Yours: *Step Up with Intention*

Greetings members and everyone reading this issue.

As we look forward to wrapping up another year, I trust that you have experienced amazing Mission u events studying the Lord's Prayer, attended my installation service in late July in person or online, and participated in annual meeting celebrations. I was blessed to be the guest speaker or have a role at several annual meeting celebrations. Thank you for all the ways and places you have engaged, and the mission you have done locally. You are amazing and make me so proud.

This season is a time to reflect and give God thanks for bringing United Women in Faith and The United Methodist Church through a challenging year. Many have been impacted by disaffiliations. My heart goes out to you, especially if your church chose to disaffiliate. I hope you know that you can stay connected to our sisterhood, whatever choice your church makes. You can continue to meet as you have been, participate with another unit, join a district unit, organize a virtual unit, or join our Member Portal online. There are always resources available online at [uwfaith.org/resources](http://uwfaith.org/resources). If you have questions about staying connected, reach out to [membership@uwfaith.org](mailto:membership@uwfaith.org).

Sometimes the impact of disaffiliations may make us want to give up, lose courage, and lose hope. In the immediate wake, we will lose some members and see a stasis or even a decline in giving. Now we decide: Is this a setback or an opportunity to rise to the challenge? Romans 15:13 reminds us we must have hope, keep the faith, keep showing up, and keep believing that God is with us and will see us through. I shared with you last issue that we are preparing for growth: We have every reason to believe in a bright future. **The season of Advent is not about waiting for the joy of Christ—it is about preparing for it.**

Our strategic plan was developed and finalized in 2021 by a Core Planning Team of directors and program advisory group along with selected staff to guide us for the next three to five years. The plan focuses on four priority goals that United Women in Faith will: 1) be a reliable

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source for women's spiritual growth; 2) attract and engage women for increased membership, funding, and donations; 3) position United Women in Faith as a leading women's Christian organization within the wider faith community and in the world; and 4) mobilize members to inspire, influence, and impact their communities and the world. Which goal do you see yourself and the sisters with whom you are in supportive fellowship being able to engage?

The good news is that we can seize this moment by knocking on the doors of the newly organizing United Methodist communities of faith and new churches being birthed in all our conferences. The Soul Care Retreat Toolkit is a great resource to guide you in connecting with women to offer nurture and sacred space for spiritual growth. Our research showed that all women were interested in self and soul care. It is likely United Women in Faith members are already there and can open the door to greet you. Another opportunity to seize is standing together in our giving. I know it is easier to decrease our pledges and giving levels in times of great uncertainty rather than realizing this is when we make the most difference. After one year of launching our new name and brand and implementing the strategic plan we are seeing impact.

The board, program advisory group, and staff have prepared our way forward through the strategic plan, particularly focusing on strategic goal #2. Join us and turn what feels dim into light for others to follow. Together, if we step up with intention, we can grow our membership by reaching out, inviting women to come grow, lead, advocate, and be nurtured in mission. Together, if each of us steps up with the intention to keep our pledge and giving levels in 2024, the same as we committed in 2023, we are moving mission and the vision forward. With God's help, 2024 can be our year of stepping up as bold women and continuing our legacy as changemakers. We can do it! May it be so.

**SALLY VONNER**  
General Secretary and CEO  
United Women in Faith

Source: <https://uwfaith.org/resources/response-magazine/>  
NOVEMBER / DECEMBER 2023 issue



Limitless Young Women in Action is a diverse community of sisters in Christ to stand for young women of today and tomorrow promoting spiritual growth through acts of compassion, peace and justice.

Greetings West District UWF Sisters,

***"We are marching,  
we are marching,  
we are marching  
in the light of God."***

The words of the hymn, We Are Marching in the Light of God, resonated with me as we sang at our West District Leadership Team Retreat at Riviera UMC. We are coming to the end of another year. For some it has been a great year and for others not so much. One thing is for sure, we have gotten through the year by marching. Marching through whatever life threw at us this year with the light of God. As we begin this Advent season I encourage you all to reach out to the young people in your congregation. Invite them, share with them, show them they matter and you care! We have much to look forward to in the new year. I wish you all a blessed holiday season.

Peace, Joy and Blessings,  
***Tu'utanga Tu'ihamaka***  
WD UWF Limitless Coordinator



***"Tootie"***



## **Message From our NATIONAL PRESIDENT**

# **PREPARE FOR GROWTH**

Can you believe it's almost 2024? It will be a presidential election year, a United Methodist General Conference year, a year in which members of United Women in Faith will elect a new national board of directors. We have much to pray for.

We also have much reason to hope. Change is an opportunity for transformation. We've done a bit of that ourselves lately—though I wouldn't call our new name, look, and programs a transformation so much as a revelation: United Women in Faith is who we are. We are inclusive, bold, spiritual, supportive, and empowered. We influence, inspire, and impact our churches and communities. We are life changing.

This is the time to invest even more deeply in United Women in Faith and in so doing believe that investing in women, children, and youth can change the world for the better. Believe that investing in our church can fill the world with Christ's love. Believe that investing in hope is exactly what it means to put love into action. Believe that investing in ourselves is a cause as worthy as any other.

Sisters, this is the time to prepare for growth.

The season of Advent calls us to prepare for the birth of Jesus our savior. Are we ready for the change Christ brings? Are we ready to grow? Are we ready to see systems change? Are we ready for the poor to receive the good news and for the brokenhearted to be healed and for the captives to be released? Are we ready for liberation? I can envision such a world, on earth as it is in heaven.

One practice that helps us prepare for growth is a willingness to learn. This issue (response magazine, Nov.-Dec. 2023 issue) features the books chosen for the 2024 United Women in Faith Reading Program. The books are picked by fellow members who work to curate a variety of voices that can help us all learn more about one another and the people Jesus called blessed.

Another practice that helps us prepare for growth is gratitude—not the kind that tries to deny struggles or marks us as favored but the kind born of the joy that comes from experiencing God's love, a joy we just can't keep to ourselves. Our World Thank Offering is one way we can share this joy. Whether you keep a "thank bank" of spare change or hop online to give, our collective offerings of thanksgiving will birth more thanksgiving.

If you haven't yet, be sure to sign up for our new Member Portal at [uわfaith.org](https://uわfaith.org) to get members-only resources and stories, including exclusive news on General Conference from a United Women in Faith perspective. Registration is also open for our jurisdictional events! These events are where we elect our national board of directors. We also come together to worship, learn, and celebrate. Visit [uわfaith.org/events/jurisdictionevents](https://uわfaith.org/events/jurisdictionevents) to find where and when your jurisdiction is meeting, then register, and then invite a friend! I will see you there!

United Women in Faith, we are change makers, faith leaders, radical nurturers. We stand on the foundation of 154 years of laywomen in mission, poised to put love into action for hundreds more. Stay strong. Stay faithful. Stay bold. May you have many reasons to give thanks this season, and may you have a blessed Christmas.

**'AINISE 'ISAMA'U**  
President  
United Women in Faith

Source: <https://uわfaith.org/resources/response-magazine/>  
NOVEMBER / DECEMBER 2023 issue

# “GET TOGETHER”

## May 9-11, 2024



2024 WESTERN JURISDICTION

*Get Together!*

United Women in Faith

JOIN US IN  
ANCHORAGE, ALASKA

Western Jurisdiction Quadrennial Event

May 9-11, 2024

Hotel Captain Cook

\*spiritual worship\*  
\*engaging workshops\*  
\*motivating speakers\*  
\*exciting election\*

UNITED WOMEN IN FAITH  
[wjuwm.com](http://wjuwm.com)  
[Facebook.com/wjuwm](https://www.facebook.com/wjuwm)

**REGISTER NOW!**

**<https://www.wjuwm.com/>**

**WESTERN JURISDICTION  
QUADRENNIAL EVENT!**

Our Western Jurisdiction Event will be full of opportunities to mentor and be mentored, to discuss the rights and values of people of all races, to sing, pray, meditate and create, fellowship over meals, and meet new friends and greet old friends. How pleasing it is to belong to a creative, supportive organization of women that envisions its very purpose to be about serving “one another”!



# Message from the **PRESIDENT**

## What is your Faith-based Response?

*Be on guard, stand true to what you believe.*

*Be courageous. Be strong.*

*And everything you do must be done with love.*

(New Living Translation)

As United Women in Faith, we have many avenues for responding to our call, both as individuals and collectively.

When researching this topic, I found an article, *How do I respond in faith?* by Sister Jane Marie Brandish of the Sisters of St. Francis. She made a list of challenges she wants to respond to in faith, using the structure; When (fill in the blank)—how do I respond in faith? One of the ways I can fill in the blank is: When I'm overwhelmed by things I agreed to do—how do I respond in faith? I need to remember that an important part of my response is self-care, part of which is spending quiet time in meditation and prayer

What challengers do you face that require you to respond in faith? One of the primary responses of people of faith is prayer. As the traditional hymn, “What a Friend we have in Jesus” says—“take it to the Lord in prayer.” Self-Care is essential when we encounter life’s difficulties and I encourage you to find ways to regularly care for your mind, body and spirit. To name a few: breathing exercises, spending time in nature, spiritual readings, calling a good friend, having healthy eating practices, and, if needed, getting professional help.

When we are dealing with our collective responses to unjust situations in our country and beyond, we can call on many UWF resources found on the website, uwfaith.org, including our response magazine, webinars, and ways to let elected officials know how we want them to deal with Climate Justice and Racial Justice issues. We can support the Global Ministries that include deaconesses and home missionaries all over the world. Please continue to fulfill your mission giving so that our faithful work nationally and abroad can continue to function.

When our organization took on our new name, United Women in Faith, it was in response to our changing world and denomination. As our new CEO, Sally Vonner, writes in the September/October *response* magazine, “I heard a fresh wind blowing as I listened to how United Women in Faith are living out their call to keep moving forward, dreaming and visioning new possibilities to make a greater impact in their communities and the world.”

Love in Action can Change the World!



Grace and Peace,

*Sara Marshin*

President  
West District UWF



United  
Women  
in Faith

# 2024 VIRTUAL Local Leadership Training

PRESIDENT

VICE PRESIDENT

SOCIAL ACTION

MEMBERSHIP

COMMITTEE ON NOMINATIONS

SECRETARY

TREASURER

PROGRAM RESOURCES

MISSION EDUCATION

COMMUNICATIONS

SPIRITUAL GROWTH

Monday, JAN. 22 @ 5 pm

Monday, JAN. 22 @ 5 pm

Tuesday, JAN. 23 @ 5:30 pm

Wednesday, JAN. 24 @ 6:00 pm

Wednesday, JAN. 24 @ 6:00 pm

Thursday, JAN. 25 @ 6:00 pm

Thursday, JAN. 25 @ 1:00 pm

Friday, JAN. 26 @ 2:00 pm

Friday, JAN. 26 @ 2:00 pm

Friday, JAN. 26 @ 4:00 pm

Friday, JAN. 26 @ 6:00 pm

Combined  
workshops

Combined  
workshops

Combined  
workshops

Newly elected & continuing officers and all those interested in learning about the leadership roles of United Women in Faith are invited, encouraged, and welcome to participate.

Workshop leader will provide Zoom link information after registration deadline.

Register online at the link below:

[WD:LocalLeadershipTraining](#)

Registration deadline is January 17, 2024

We believe love in action can change the world.

IN-PERSON LLT CULMINATION & RECOGNITION EVENT

will be held SATURDAY, JANUARY 27th!

More information coming on separate flyer!!!



United  
Women  
in Faith

# WEST DISTRICT

## Local Leadership Training CULMINATION & RECOGNITION EVENT

**Saturday**

**JANUARY 27, 2024**

9:30 am—Registration

10:00 am—Program

**St. Mark UMC**

8305 South Gramercy Place  
Los Angeles, CA 90047



**REGISTRATION FEE: \$15.00**

**Includes Continental Breakfast & Lunch**

*Celebrate with us.*

**Register online at the link below:**

[\*\*WD-LLTCulmination&RecognitionEvent\*\*](http://WD-LLTCulmination&RecognitionEvent)

**Registration deadline is January 22, 2024**

**COMPLETE REGISTRATION FORM AND MAIL WITH DONATION TO:**

Barbara Hartell, WD Treasurer—6140 Canterbury Dr., Apt. 310, Culver City, CA 90230-7184

Make check payable to "West District UWF"

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

District: \_\_\_\_\_ Church: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

For questions and additional info, please contact  
Tina Pool—WD UWF Communications Coordinator  
— trmpool@gmail.com | 310.210.7504 —

**We believe love in action  
can change the world.**

# SPIRITUAL GROWTH



## PRAYER: CHANNEL TO GOD

### What is Prayer?

The sacrifice of Jesus Christ made a true and meaningful connection with God possible for everyone. God invites followers of Christ to boldly approach him with their praises, thoughts, needs, hopes and requests.

### Purposes of Prayer

- Worship God for who he is and thank him for what he's done.
- Cultivate a personal relationship with God.
- Reflect on daily actions.
- Make requests and ask for guidance.
- Express faith with God.
- Repent and receive forgiveness.

Ephesians 1:5-6, 11-12; 3:12; Hebrews 10:19-22

### How to Pray

- Follow Jesus' example: honor and acknowledge God before making any requests.
- Exude an attitude of love and mercy towards others.
- Approach God with confidence.

Matthew 5:43-45; 6:9-13; James 5:16; 1 John 5:14

### Hindrances to prayer

- Harbor hatred and anger toward others.
- Neglect to confess any sin.
- Doubt that prayers will be answered.
- Ask with wrong motives.

Mark 11:24-25; James 1:6; 4:3; 5:16

### God's response to prayer

- Listens to the prayers of his people.
- Answers those who trust him and ask according to his will.

Genesis 25:21; 1 Peter 3:12; 1 John 5:14



Be blessed,

**Patricia King**

Spiritual Growth Coordinator  
West District UWF



# "Loving Ourselves and Spending Time With God"

This reflection won't do justice to the most beneficial retreat "Loving Ourselves and Spending Time With God." The West District UWF Leadership Team gathered on Saturday, November 19th, at Riviera UMC to address Soul Care. After a rousing singing of "Blessed Assurance" and prayer by Retha Meredith, we were blessed with words from Cal-Pac UWF President Jackie Campbell, who spoke about Soul Care, the importance of prayer, caring for ourselves and then others. She specifically noted the Bible passages of 1 Peter 3:4, Isaiah 41:10, and Luke 10:27.

Patricia King, Spiritual Growth Coordinator and Retha Meredith, Cal-Pac UWF Social Action Coordinator, led the sessions with a very meaningful Ice Breaker on remembering our Baptism and/or commitment to God. Many women were baptized as infants not recalling their baptisms so they related being called and saying yes to following Jesus. Several recalled baptism in rivers, being sprinkled with Holy Water or full immersion. Being raised in the church, service was expected and then joyfully embraced. One member shared that although our experiences were different, yet our stories were the same! As we take time to remember our baptism, we take time to remember our calling.



(Continued on page 10—LOVING OURSELVES . . .)

(Continued from page 9—LOVING OURSELVES . . .)



We then were introduced to a workbook on “How to Live Stress Free in a Stress-filled World.” Various aspects of self care were discussed, why stress is not healthy, how to breathe, disconnecting from social media and the news, intentionally meditating, praying, and getting in touch with nature—listening to its sounds. Claudia Spears, Program Resources Coordinator, had been to a community event on mental health issues, so she shared the handout she received, affirming the importance of seeking help if facing difficult times. A few pointers she mentioned were “you are worthy,” nurture yourself, commit to fun and relaxing activities and acknowledging feelings. West District UWF President Sara Munshin, handed out “15 Reminders from Our Elders,” a wonderful list of aspects of Soul Care, starting with prayer! We worked our way through the Notebook, who were as a person, strengths and weaknesses, self-care routines, and journaling.

Time was spent singing, praying, praising God—and even doing a brief Tai Chi movement session guided by Retha Meredith—and sharing with one another, recognizing how blessed we are, to remember those in need, letter writing to Veterans (as encouraged by Mary Preyer, Mission Education Coordinator), taking time to call on those living alone and being mindful. Dr. Sandra McKinney played the piano, and Dr. Gwendolyn Wyatt was our impromptu choral director, both inspiring our best singing and praising!



(Continued on page 11—LOVING OURSELVES . . .)

(Continued from page 10 — LOVING OURSELVES . . . )



In summary, as one member shouted out, "We Praised God Today!" Everyone agreed! And it certainly energized our singing of "They Will Know we Are Christians by Our Love."

We shared in Holy Communion and drew the formal portion of our time together with energetic singing and marching to "We Are Marching in the Light of God." using the English, Zulu, and Spanish lyrics. Lunch was available and a time of fellowship followed before we went out separate ways, refreshed, renewed, and restored.

The retreat offered concrete ways to take care of one's Soul. West District UWF are truly fortunate to have an organized, caring, giving, knowledgeable Leadership Team of dedicated Christian women in mission. Such a sisterhood of believers who put love into action!

**Mary Ross**  
President, Riviera UWF  
Guest of the  
WD UWF Leadership Team!





## TREASURER'S NOTE



Greeting Fellow Sisters in Christ,

Can you believe it, 2023 is almost over. For many of us, our strength and faith has been tested, but through it all, we know that God is always in control. He is our Strength and our refuge.

As United Women in Faith, we will continue (with God's help) to honor our Vision: Turning Faith, Hope and Love into action on behalf of women, children and youth around the world.

Our Mission Giving for 2023 is coming to an end. Thanks to all the Local Units that have donated to the Five Channels of Mission Giving this year. Unit treasurers, please submit your Remittance by December 10, 2023.

In order to be eligible to receive a "Mission Giving Five Star Certificate" for 2023, the Five Channels of Giving must be met. They are: Pledge to Mission, Special Mission Recognition (SMR), Gift in Mission, Gift to Memory and World Thank Offering.

Good News: Special Mission Recognition new pins are now available. The new pins have the new logo. When ordering an SMR Pin, please state if you would like the *new* logo pin or the standard plain gold pin (\$40).

West District Officers Leadership Training will be held via Zoom - January 22nd thru January 26, 2024

As stated in our *response* magazine: "We offer gratitude for God's blessings in our own lives and work to improve the lives of women, children and youth through United Women in Faith".

***"Let all that you do be done in Love."***

1 Corinthians 16:14

*Happy & Blessed Holidays to all!!*



Peace, Love and Grace,

*Barbara Hartell*

Treasurer  
West District UWF



# PROGRAM RESOURCES



Greetings West District United Women in Faith!

Thanksgiving and Christmas blessings to all, and special congratulations to the West District United Women in Faith Readers. You have experienced another joyful motivated year of challenging, engaging, exploratory growth and learning through your participation in the reading program for 2023. I look forward to recognizing each of our 2023 readers in the spring of 2024. Please keep reading in any spare time, to enjoy a time of solace and renewal. We have about one (1) month to complete our reading for this calendar year.

Here are some updated reminders from our October DLTE event<

- ◊ Read eligible books from the reading list of 2018 to 2023. The prior year reading lists are available online. Go to: [uwf.org/resources/reading-program](http://uwf.org/resources/reading-program).
- ◊ Strive to complete at least Plan I, which is five books for the year. One (1) book from each category as follows: Education for Mission, Leadership Development, Nurturing for Community, Social Action, and Spiritual Growth. (Bonus books count as two books).
- ◊ If possible meet the requirements for Plan II (2) through Plan IV (4). Each year we celebrate one or two inspired readers who complete plans two through four.
- ◊ Read each issue of Response magazine, not only to be informed of United Women in Faith action around the world, but as a guide to your reading, bonus books and reviews. Remember that recommended movies also provide reading program credit. You may read Response magazine on line or your own bi-monthly subscription. The November-December 2023 issue features the 2024 United Women in Faith Reading Program (page 24).
- ◊ Readers please take advantage of recommended Bonus books, and Faith Talk podcasts, Voices from the Fields that are regularly e-mailed to our members from our UWF national office.
- ◊ The 2023 Mission u study book, provides one (1) credit in Spiritual Growth.
- ◊ I recommend to every UWF reader to visit your local library to check out books. Request them to order the recommended books for you. You can also order at [bookshop.org/shop/uwfaith](http://bookshop.org/shop/uwfaith). United Women in Faith receive 10% back on all purchases. You may also order books through an online retailer.

**Finally West District readers, please submit your reporting form via e-mail or U.S. Postal mail to your Local Organization Program Resources Officer or directly to me as your West District Program Resources Coordinator. Please submit your report by December 15, 2023, (no later than December 31, 2023). You will receive your Certificate of Recognition in the Spring of 2024.**

Happy reading for the remainder of the 2023 calendar year, and take a few minutes to go online and learn more about the UWF Reading Program at <https://uwfaith.org/resources/reading-program/>

Wishing you the Joy of Christmas: Emmanuel!



***Claudia Spears***

**Program Resources Coordinator**

**West District UWF**

[cjspears1@aol.com](mailto:cjspears1@aol.com)

Address: 3984 S. Bronson Ave., L.A. 90008

# READING PROGRAM PLANS

Choose and follow one of the four plans. When you have read the required number of books and magazine issues, report your completion to your local member in charge of program resources. Titles read from the 2018 through the 2023 list will be credited through December 31, 2023

## **PLAN I: 5 books a year**

- One book from each category: Education for Mission, Leadership Development, Nurturing for Community, Social Action and Spiritual Growth.
- Selections can be from the 2018 to the 2023 reading lists if not included in previous reports (including children and youth titles).
- Regular reading of response magazine.

## **PLAN II: 10 books a year**

- Two books from each category: Education for Mission, Leadership Development, Nurturing for Community, Social Action and Spiritual Growth.
- Selections can be from the 2018 to the 2023 reading lists if not included in previous reports (including children and youth titles).
- Regular reading of response magazine.

## **PLAN III: 15 books a year**

- Two books from each category: Education for Mission, Leadership Development, Nurturing for Community, Social Action and Spiritual Growth.
- Plus 5 additional books from any category.
- Selections can be from the 2018 to the 2023 reading lists if not included in previous reports (including children and youth titles).
- Regular reading of response magazine.

## **PLAN IV: 20 books a year**

- Two books from each category: Education for Mission, Leadership Development, Nurturing for Community, Social Action and Spiritual Growth.
- Plus 10 additional books from any category.
- Selections can be from the 2018 to the 2023 reading lists if not included in previous reports (including children and youth titles).
- Regular reading of response magazine

# REPORT OF COMPLETION REQUIREMENTS

*(Send completed form to your secretary of program resources or equivalent according to your conference's schedules.)*

NAME: \_\_\_\_\_

PLAN CHOSEN:

I    II    III    IV

CURRENT YEAR: \_\_\_\_\_

## MISSION EMPHASSES

Education for Mission

Leadership Development

Nurturing for Community

Social Action

Spiritual Growth

I have completed the required reading for PLAN \_\_\_\_\_. The books I have read are listed on this form.

LOCAL UNIT

DISTRICT

CONFERENCE

PRINT NAME

ADDRESS

CITY, STATE, ZIP

I have also read **response** regularly.

**response** Check off the issues you have read!

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**"We're here for a reason.  
I believe a bit of the reason is to throw little torches out  
to lead people through the dark."**

—Whoopi Goldberg



United  
Women  
in Faith

## Gifts & Graces Inventory

### Potential Leaders Information Form (to be completed by potential leader)

Type or Print (attach additional sheets as necessary)

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: (hm) \_\_\_\_\_ (wk) \_\_\_\_\_ Email: \_\_\_\_\_

Member of Local Church: \_\_\_\_\_ District: \_\_\_\_\_

Age: 20's \_\_\_\_\_ 30's \_\_\_\_\_ 40's \_\_\_\_\_ 50's \_\_\_\_\_ 60's \_\_\_\_\_ 70's \_\_\_\_\_ 80's \_\_\_\_\_

Languages Spoken: \_\_\_\_\_ Racial/Ethnic Group: \_\_\_\_\_

Employed: No \_\_\_\_\_ Part Time \_\_\_\_\_ Full Time \_\_\_\_\_

Professional skills, job experience \_\_\_\_\_

Office(s) held in United Methodist Women:

	<u>Office</u>	<u>Date of Service</u>
Local	_____	_____
District	_____	_____
Conference	_____	_____
Jurisdiction	_____	_____

Additional experience on the local, district, conference or general church level (other than United Methodist Women), or in the community:

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How will your spiritual journey strengthen your commitment to serve on the Conference Leadership Team?

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1 /20

**THERE IS A PLACE FOR YOU ON THE TEAM!**

Lita Santiago, Chair, Committee on Nominations, West District UWF  
13230 Alburstis Ave., Norwalk, CA 90650 | Email: [lita\\_santiago@yahoo.com](mailto:lita_santiago@yahoo.com) | Phone: 562 547 3497

# COMMITTEE ON NOMINATIONS



Dear friends and sisters in Christ,

I pray that you are all doing well and getting ready for the holidays. It is almost Christmas! Let me be the first to greet you, Merry Christmas, Emmanuel!

The members of your leadership team hopefully attended the Cal-Pac United Women in Faith District Leaders Training held in October at Wilshire United Methodist Church. Your West District officers are ready to share what we learned!

In January we will have trainings via Zoom for one week, then an in-person culmination event on Saturday. The flyers with detailed information is included on pages 4 & 5 of this Westwords newsletter issue. For some who have multiple roles in the unit, you can attend all the trainings via Zoom.

I am new to this role as CON chair; let us learn together the role of Committee on Nominations and all the other leadership roles. If you are an officer OR not an officer and are interested in one of the roles, please attend the trainings that interest you. It's an opportunity to learn what the responsibilities of each office entails, and hopefully give you the opportunity to pin point an area where you would like to serve.

Learning is lifelong experience. Always encourage one another. Let us pray, learn and work together to share God's love. Let us remember our foremothers who prayed and did the work. Let us cultivate the talents that God has given us to advocate for the children, women and youth. We are called like Lois and Eunice in II Timothy 1:3-7. Let us encourage one another and include the young women to be leaders in our organization, our community and the world. We learn mostly from doing the job, let us use the tools that are given to us.

If you are interested in joining West District UWF leadership team, please let me know. Let your talent, your gifts, your light shine for God's work. I'm looking forward to meeting you and seeing you on our Local Leadership Training and West District United Women in Faith programs.



Respectfully,

***Lita Santiago***

Chair of Committee on Nominations  
West District

[Lita\\_santiago@yahoo.com](mailto:Lita_santiago@yahoo.com)

**P.S. Please feel free to complete a Gifts & Graces form (p. ) if you are interested in serving with the West District team. Share with members of your local organization. We specifically need members for our Community on Nominations. Submit completed forms to me.**

**We serve. We advocate. We make a difference.**

**We equip women for leadership.**

**In our sisterhood, we lift each other up.**

# SECRETARY'S NOTES



## Greetings my United Women in Faith Local Secretaries and Sisters in the West District!

By the time you read this article, Thanksgiving Day is gone and we are near the end of 2023. I pray you all had a blessed and thankful day!

This is the time for you to submit the names of your local organization officers. The form is included in this newsletter (pgs. 19-20). If you can type it, it is much better. If not, then print very clearly on the form. You can return the form via email or to my home address:

Ana-Haydeé Urda  
107 W. Mountain Street, Unit D  
Glendale, CA 91202  
Email: [urdaanahaydee@yahoo.com](mailto:urdaanahaydee@yahoo.com)

Also, I request that you send me via email the name/s of your President, Co-President (or contact person, if no President), and their email and phone numbers. I would appreciate receiving this information ASAP, please.

**Our West District Secretaries Local Officer Training for 2024 will be held on Thursday, January 25, 2024, from 6pm—8pm via Zoom.** An in-person Culmination Event will take place on Saturday, January 27<sup>th</sup> at Saint Marks UMC. For Registration use the flyer that is in this issue of Westwords. The ZOOM link and materials will be emailed when I get the list of who has registered.

Have a fruitful, blessed and happy Christmas and a wonderful New Year!



Your Sister in Christ,

***Ana-Haydeé Urda***

West District UWF Secretary

*"Faith does not eliminate questions.  
But faith knows where to take them."*

Elisabeth Elliot

**LOCAL ORGANIZATION ROSTER OF UNITED WOMEN IN FAITH****YEAR: 2023-2024****DISTRICT: \_\_\_\_\_****Church Name and Address:** \_\_\_\_\_

<b>ELECTED OFFICE</b>	<b>NAME</b>	<b>ADDRESS</b>	<b>PHONE [C/H]</b>	<b>EMAIL</b>
President				
Vice President				
Secretary				
Treasurer				
Chair Committee on Nominations				
Spiritual Growth Coordinator				
Education Coordinator				
Social Action Coordinator				
Membership Coordinator				
Program Resources				
Communication Coordinator				

**USE SECOND PAGE ONLY** to add Co-Officer information and Nomination Committee members. Be sure not to forget column one office information,  
**LOCAL ORGANIZATION ROSTER OF UNITED METHODIST WOMEN - PAGE 1**      Revised August 2018

## LOCAL ORGANIZATION ROSTER OF UNITED WOMEN IN FAITH

YEAR: 2023-2024

**DISTRICT:**

**Church Name and Address:**

**USE SECOND PAGE ONLY** to add Co-Officer information and Nomination Committee members. Be sure not to forget column one office information.

LOCAL ORGANIZATION ROSTER OF UNITED METHODIST WOMEN - PAGE 2

Revised August 2018

# WEST DISTRICT UWF 2023-2024 LEADERSHIP TEAM

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<b>Co-Membership Coordinator</b>	<b>PAT THOMAS</b> 616 E. Kelso St., Inglewood, CA 90301 <a href="mailto:hellopat5@sbcglobal.net">hellopat5@sbcglobal.net</a> 310-677-7321 Inglewood First UMC
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<b>Program Resources Coordinator</b>	<b>CLAUDIA SPEARS</b> 3984 S. Bronson Avenue, Los Angeles, CA 90008 <a href="mailto:cjspears1@aol.com">cjspears1@aol.com</a> 323-294-8622 Holman UMC
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<b>Young Women's Coordinator (Limitless)</b>	<b>TU'UTANGA (TOOTIE) TU'IHALAMAKA</b> 4538 W. Lennox Boulevard, Inglewood, CA 90304 <a href="mailto:ttuihalamaka@gmail.com">ttuihalamaka@gmail.com</a> 323-979-5671 Lennox Tongan UMC
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# MISSION EDUCATION



## "Blessings of Gratitude and Praise"

This Thanksgiving season is a perfect time to thank God, for the many blessings he has granted each one of us on a daily basis.

Let's remember to give thanks for life, family, friends, and good neighbors in our various communities. Our prayers also for our local churches, synagogues, temples, and organizations who require our prayers, and support. We express our gratitude, love and prayers, for our missionaries who are in service locally and around the world.

"Mission Giving" is an area each of us can support and see our mission dollars at work. Opportunities are available on a quarterly basis to be informed from our Missionaries through our UWF "Voices from the Field" presentations—missionaries sharing their work and life stories (<https://uwfaith.org/>).

"Mission Giving" helps improve the lives of women, children and youth around the world.

Our year begins and ends with the many blessings and reasons to be thankful for all the blessings God grants us. Give back by supporting our United Women Faith.

**Let's not forget: Mission Today Criteria reports are due December 15, 2023.** Kindly mail reports to:

Mary Preyer  
P.O Box 451845  
Los Angeles, CA.90045

For questions regarding reports, please feel free to contact me at (310) 363-1221.

Abundant Peace, Blessings and love.



***Mary Preyer***  
Mission Education Coordinator  
West District UWF

# Cal-Pac Conference United Women in Faith

## 2023 MISSION TODAY CRITERIA

**To become a Mission Today Local Organization**, the Local Organization (LO) must meet **EIGHT (8)** of the following criteria, including a minimum of **FOUR (4)** of those marked with an **Asterisk (\*)**. **Return To Your District Mission Education & Interpretation Coordinator** no later than **December 15, 2023**.

District Mission Education Coordinator's Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Local Organization Name: \_\_\_\_\_

Contact Person's Name: \_\_\_\_\_

E-mail / Phone: \_\_\_\_\_

### C R I T E R I A

- 1.\* Use the Prayer Calendar at **EACH** general meeting of the LO to pray for persons in mission & for our mission work with women, children, & youth.
- 2.\* The LO will lead their members in the UMW purpose **EACH** meeting.
- 3.\* The LO will make and meet its pledge to mission.
- 4.\* The LO will add at least **TWO** members to its roll.
- 5.\* The LO will have at least **TWO** members subscribing to response magazine. (Order from the Mission Resource Center)
- 6.\* The LO will use **TWO** programs from the Program Book for UMW each year.
- 7.\* The LO will implement the **Charter for Racial Justice** Policies in at least TWO ways during the year. Suggested plans of action:
  - a. Encouraging Equal Employment practices.
  - b. Discussion on how to prevent the School-to-Prison Pipeline or participate in one of the School-to-Prison Pipeline Bible Study.
  - c. Increase efforts to recruit people of all races into the local church and provide leadership development opportunities.
  - d. Participate in workshops and seminars to study, understand and appreciate the historical and cultural contributions of each race to the church and community.
  - e. Explore the Racial Justice Mass Incarceration UMW website.

## 2023 MISSION TODAY CRITERIA

- f. Learn more about mass incarceration and criminalization of communities of color. Listen to one faith talk and discuss with your Local Organization.
- g. Read one article or look at resources listed and discuss with your Local Organization.

Mission u Study virtual class.

- 9. The LO will ADD or ENCOURAGE their LO's Young Women's or Youth Circle.
- 10. The LO will ADD or ENCOURAGE their LO's Language Group Circle.
- 11. At least TWO members of the LO other than a Conf. or Dist. officer attended the District or Conference Annual Celebration virtually.
- 12. At least TWO members of the LO attended any Young Women's Event in the Cal-Pac Conference virtually.
- 13. The LO will have at least ONE person join the United Methodist Women's Action Network to receive & respond to legislative information. (To join, call the Women's Division Washington Office at (202) 488-5660 or write to UMW Action Network, 100 Maryland Ave. NE, Suite 530, Washington, D.C. 20002).
- 14. Members shall write to FIVE persons listed in the Prayer Calendar at least once a year.
- 15. The LO will BE a Five Star LO, contributing to ALL FIVE channels of Mission Giving.
- 16. Each LO, circle, or subgroup will INCLUDE a mission moment where an article from **Response** magazine will be lifted up as a way to tell the mission story.
- 17. Have at least TWO persons from the LO, circle, or subgroup complete one of the Reading Program Plans and report on at least ONE of the books read.
- 18. The LO invited a Dist. or Conf. officer, other than a member of the LO, to ONE of the LO meetings during the year.

Other Mission Work: \_\_\_\_\_

# HIGH SCHOOLERS SERVE BREAKFAST AT LOS ANGELES FIRST UMC

This article highlights one of the many ways connections among different groups can enhance our ministries. Sara Munshin is a member of the Rotary Club of South Pasadena. This club sponsors the Interact Club at South Pasadena High School. Interactors are interested in finding ways to do service projects for which they get school service credit. Prior to the start of school, the Interact Board designated the needs of homeless and low-income people as issues they wanted to address. When Sara told them about the Breakfast Ministry at Los Angeles First UMC each Sunday morning, they decided they would like to participate.

Debbie Bowlus of Los Angeles First UMC is the Social Action coordinator for our UWF unit. We are a church without a building and operate out of tents.

Debbie is a great organizer! She arrives with a few volunteers from our church early each Sunday morning and they assemble the tents and tables for both the breakfast service and the worship service on our parking lot. Because we learned that most locations that offer food to needy people are not open on weekends, we decided to offer a full hot breakfast each Sunday. We now have an agreement with a nearby IHOP restaurant to deliver potatoes, eggs, bacon and pancakes each Sunday. We also have condiments and drinks. It is a first come, first serve situation, as we can only afford a limited number of breakfasts (30-40). We begin at 8:30 am and get the first names of those who come for the breakfast. They can either sit at the tables and be served or have a takeaway box.

*(Continued on page 26 – High Schoolers Serve Breakfast . . .)*



(Continued from page 25 — High Schoolers Serve Breakfast . . .)

We conclude the breakfast service at 9:30 am so that we have time to reorganize our space in preparation for the 10:30 am worship service. Some of those having breakfast stay for our service.

The breakfast plates are dished out by volunteer servers, some of which are members of our congregation, UWF members, and neighborhood volunteers. The members of our Interact Club take the plates to those sitting at the table and ask what beverages they would like and serve the beverages to them. There are often pleasant interactions between those serving and those being served, especially with the regulars whom we see every Sunday.

The students feel they are doing something worthwhile, and the people being served enjoy having young people with whom to interact.

Have you found ways to involve community organizations in your mission programs? If so, please share with us so we can tell others about them.

*I slept and dreamt  
that life was joy.*

*I awoke and saw  
that life was service.*

*I acted and behold,  
service was joy.*

Rabindranath Tagore



# Soul Care

SELF-CARE  
IS  
STEWARDSHIP FOR THE SOUL

UNITED WOMEN IN FAITH SUNDAY

Crenshaw United Methodist Church

SUDONNA MOSS  
GUEST SPEAKER

The Crenshaw United Women in Faith (UWF) held its annual Sunday morning worship service on October 15, 2023. The theme — “Stewardship for the Soul,” was expounded upon during the service with talks about physical, mental, and spiritual health. Dr. Sudonna Moss, renowned speaker and preacher and former member of Crenshaw United Methodist Church (UMC), brought the message based on the scripture 1 Corinthians 6:19-20. The music ministry was led by the Crenshaw Praise Team. The morning hymn was ‘Here I Am Lord’, which was once considered by some as the “UMW” anthem.

The UWF of Crenshaw always use this service to remember and recognize mission service. This year a gift in memory was donated in the name of the late Tina Bennett, who had been an active member for over sixty years. We lost Ms. Bennett on November 22, 2022 at the age of 102. Pastor Royce Porter was recognized with the Special Mission award for his continuous support of Crenshaw UWF.

We welcomed visiting members of United Women in Faith, other guests, and specifically our Cal-Pac Conference President, Jackie Campbell, who was acknowledged and introduced by Pastor Porter.

The Crenshaw UWF thank God for blessing the service and making it the successful spirit-filled worship that it was.

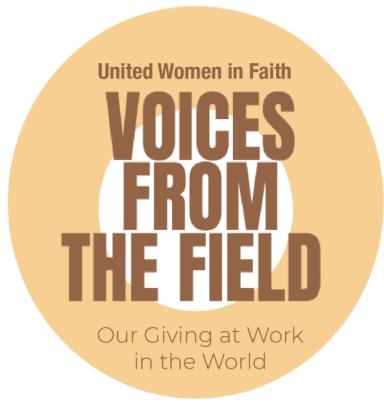
In His Service,  
Crenshaw United Women in Faith

**YOUR WEST DISTRICT UWF TEAM IS HERE FOR YOU!!**  
**Contact your liaison partner for guidance and assistance**

## **WEST DISTRICT LIAISON LIST – 2023-2024**

**N: No unit**

<b>CONNYE THOMAS</b> <a href="mailto:ceeteela@yahoo.com">ceeteela@yahoo.com</a>	<b>JONI ARLAIN</b> <a href="mailto:jdvina@gmail.com">jdvina@gmail.com</a>	<b>TINA POOL</b> <a href="mailto:trmpool@gmail.com">trmpool@gmail.com</a>
Anaheim Native American Bellflower — N Fullerton Orangethorpe Westchester Seal Beach UMC Santa Monica	Long Beach United with Hope L.A. First L.A. La Tijera La Palma Korean	L.A. Faith — N L.A. Grace Venice Crenshaw Echo Park \$
<b>SARA MUNSHIN</b> <a href="mailto:smunshin@gmail.com">smunshin@gmail.com</a>	<b>LITA SANTIAGO</b> <a href="mailto:lita_santiago@yahoo.com">lita_santiago@yahoo.com</a>	<b>SANDRA WINSTON</b> <a href="mailto:sandramwinston@aol.com">sandramwinston@aol.com</a>
L.A. Centenary Torrance Faith L.A. Chinese St. Paul's Redondo Beach La Trinidad Artesia Cerritos	L.A. Kardia - N Long Beach Cambodian — N Long Beach Silverado — N West Anaheim – N Carson Dominguez Wayside - N	L.A. Wilshire Norwalk \$ San Pedro L.A. Young HWA Belmont Heights California Heights
<b>ANA-HAYDEE URDA</b> <a href="mailto:urdaanahaydee@yahoo.com">urdaanahaydee@yahoo.com</a>	<b>GWENDOLYN WYATT</b> <a href="mailto:gwyatt544@gmail.com">gwyatt544@gmail.com</a>	<b>PAT THOMAS</b> <a href="mailto:programresourcecoordinator@yahoo.com">programresourcecoordinator@yahoo.com</a>
Church at Ocean Park — N Lynwood UMC - N Redondo Beach First Maywood — N Riviera Zion Korean, Carson	Heritage L.A. La Plaza West Los Angeles L.A. St. John's Long Beach Grace Redondo Beach	Grace River Kum Ran Lakewood First \$ Lakewood Trinity Long Beach Los Altos Inglewood 1 <sup>st</sup>
<b>BARBARA HARTELL</b> <a href="mailto:Bhartell14@yahoo.com">Bhartell14@yahoo.com</a>	<b>CLAUDIA SPEARS</b> <a href="mailto:cjspears1@aol.com">cjspears1@aol.com</a>	<b>MARY PREYER</b> <a href="mailto:Healthnut3690@gmail.com">Healthnut3690@gmail.com</a>
Hollypark Huntington Park Downey — N El Segundo Rolling Hills — N	Saint Mark's Westwood Pacific Palisades Korean Central Holman	Hollywood Hamilton Wilmington Culver Palms L.A. United University UMC
<b>TOOTIE TUIHALAMAKA</b> <a href="mailto:ttuihalamaka@gmail.com">ttuihalamaka@gmail.com</a>	<b>PATRICIA KING</b> <a href="mailto:2patking@gmail.com">2patking@gmail.com</a>	
Hawthorne UMC/Tongan Lennox UMC LA Los Feliz Feta Ao Samoan, Torrance — N	Crossroads Compton 1 <sup>st</sup> Torrance 1 <sup>st</sup> Torrance Hope Walteria	Tongan Fellowships Anaheim, Compton Inglewood La Palma UMC — N Long Beach Neighborhood — N Torrance Korean — N



Join us on **Tuesday, DECEMBER 5<sup>th</sup>** at 7:30 pm ET (4:30 PM PT) for our virtual Voices From the Field event.

## Voices From the Field: Love, Justice, Service – Home Missioners in Ministry

[Register here.](#)

Hear how three home missioners live out their lifetime calls to love, justice, and service.

- Home Missioner JONAH BALLESTEROS, North Texas Conference
  - Equity, Diversity, and Inclusion Program Specialist for Richardson Independent School District. Ballesteros also actively seeks ways to cultivate community connections in the Philippines.
- Home Missioner JEFF FULLER, North Georgia Conference
  - Abundant Health Coordinator
- Home Missioner BILL WHITE, Michigan Conference
  - Co-Founder of 5Loaves2Fish Northern Michigan

An optional breakout session will follow the one-hour program.

Don't miss the opportunity to join the *Voices from the Field* virtual event to find out more about the work of the Office of Deaconess and Home Missioner, administered by United Women in Faith. Learn from people who are transforming their communities and how you, through Mission Giving, make this transformation possible.

*The quarterly Voices from the Field events feature leaders sharing their work and life stories, daily challenges, hopes, and dreams. This conversation series highlights United Women in Faith's initiatives supported by Mission Giving—initiatives that significantly improve the lives of women, children, and youth down the block and around the world.*

Source: <https://uwfaith.org/event/voices-from-the-field-home-missioners/>

# Faith Talks

A UNITED METHODIST WOMEN PODCAST

Listen to past podcasts at

<https://uwfaith.org/resources/podcasts/>

Faith Talks are monthly conversations with United Women in Faith hosted by Jennifer R. Farmer, Spotlight PR. Each conversation explores themes and resources that empower us to put faith, hope and love into action.

<https://www.unitedmethodistwomen.org/faithtalks>

### UPCOMING PODCASTS:

December 7, 2023, 11:00 am PST

December 21, 2023, 11:00 am PST

January 4, 2023, 11:00 am PST

# STAYING CONNECTED



**West District UWF Facebook page:  
California Pacific—West District  
United Women in Faith**

**West District UWF Instagram page:  
west district UWF**



## response

The official magazine of United Women in Faith, is published by the national office.

Each issue will touch your heart, stir your soul, and challenge your mind.

Topics and issues cover spiritual growth, mission outreach and reports on our local, national and international work.



response

Subscribe Today

**PRINT & DIGITAL SUBSCRIPTIONS AVAILABLE AT**  
[\*\*https://uwfaith.org/resources/response-magazine/\*\*](https://uwfaith.org/resources/response-magazine/)

## TO OUR UWF WEST DISTRICT LOCAL ORGANIZATIONS:

**WHAT'S HAPPENING IN YOUR UWF!!**

**WE WOULD LOVE TO HEAR FROM YOU  
AND SHARE YOUR NEWS,  
EVENTS AND ACCOMPLISHMENTS!!  
WE WILL SHARE YOUR NEWS**

**AS INDEPENDENT ARTICLES / EVENTS,  
OR UNDER *LOCAL ORGANIZATION "TIDBITS"***

**PLEASE FEEL FREE TO SEND US YOUR HAPPENINGS!!**

**SUBMIT YOUR "UWF NEWS" IN  
"WORD" OR "JPG" (If it's a graphic or picture) TO  
[jdvina@gmail.com](mailto:jdvina@gmail.com)**

# CALENDAR

DATE	EVENT
JAN 6	WD UWF LEADERSHIP TEAM MTG. (Via Zoom)
JAN 22-26 (Virtual)	WEST & EAST DISTRICTS UWF LOCAL LEADERSHIP TRAINING (LLT) SESSIONS
JAN 27	WEST DISTRICT UWF LLT CULMINATION EVENT St. Mark UMC
FEB 15	WESTWORDS ARTICLES DUE
FEB. 17	CAL PAC UWF MID-WINTER EVENT—Redlands UMC
FEB 29	WESTWORDS NEWSLETTER PUBLISHED
MAR 16-17	CAL-PAC UWF LEADERSHIP TEAM RETREAT & MEETING
MAR 24	PALM SUNDAY
MAR 31	EASTER SUNDAY
APR 6	WD UWF LEADERSHIP TEAM MEETING (Via Zoom)
MAY 9-11	WESTERN JURISDICTION EVENT—ANCHORAGE, ALASKA
MAY 15	WESTWORDS ARTICLES DUE
MAY 18-19	CAL PAC UWF LEADERSHIP TEAM MEETING
MAY 31	WESTWORDS NEWSLETTER PUBLISHED
JUN 12-15	CAL PAC UMC CONFERENCE—ANNUAL CONFERENCE
JUL—TBD	MISSION U
AUG 3	WD UWF LEADERSHIP TEAM MEETING
AUG 15	WESTWORDS ARTICLES DUE
AUG 26	WESTWORDS NEWSLETTER PUBLISHED
SEP 9-10	CAL PAC UWF LEADERSHIP TEAM MEETING
SEP 28	WEST DISTRICT UWF ANNUAL CELEBRATION
OCT TBD	CAL PAC UWF ANNUAL CELEBRATION

## MARK YOUR CALENDARS!!

*We look forward to “seeing you” at these events!!*





United  
Women  
in Faith

### MISSION STATEMENT

UNITED WOMEN IN FAITH  
SEEKS TO CONNECT AND NURTURE WOMEN  
THROUGH CHRISTIAN SPIRITUAL FORMATION,  
LEADERSHIP DEVELOPMENT,  
CREATIVE FELLOWSHIP AND EDUCATION  
SO THAT THEY CAN INSPIRE,  
INFLUENCE AND IMPACT  
LOCAL AND GLOBAL COMMUNITIES.

### VISION

TURNING FAITH, HOPE  
AND LOVE INTO ACTION ON BEHALF  
OF WOMEN, CHILDREN AND YOUTH  
AROUND THE WORLD.

### PURPOSE

WE ARE 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.



United  
Women  
in Faith

## WESTWORDS NEWSLETTER

WEST DISTRICT UWF

Joni Arlain  
WestWords Editor, West District UWF  
1242 Meadowbrook Avenue  
Los Angeles, CA 90019

*Keeping Us Connected*

**WESTWORDS**

A quarterly newsletter published  
by the West District UWF

## STAY CONNECTED

Our WESTWORDS newsletter is available FREE with an email subscription. Please submit your email address to our WestWords Newsletter Editor, Joni Arlain at [jdvina@gmail.com](mailto:jdvina@gmail.com). Include your telephone number, church name and district. Printed subscriptions are available by U.S. mail at a cost of \$20.00 a year for four (4) issues. Reference "Westwords newsletter" in the memo line. Make your check payable to "West District UWF" and mail to UWF West District Treasurer:

Barbara Hartell,  
6140 Canterbury Dr., Apt. 310  
Culver City, CA 90230

PACIFIC WAVES, our Cal-Pac UWF newsletter is FREE with email subscription, or \$15.00 for U.S. mail. For email subscription send your contact info (as described above) to [UWFcalpaccommunications@gmail.com](mailto:UWFcalpaccommunications@gmail.com).

For USPS mail subscriptions make your check payable to Cal-Pac UWF, with "Pacific Waves Newsletter" in memo line, and mail to Cal-Pac UWF Treasurer,

Grace Han  
20742 Elaine Avenue  
Lakewood, CA 90715-1553

## BE IN THE KNOW!

### Share the faith, action and sisterhood

We've been around for 154 years now—not because we stay the same but because we're willing to follow God's call to new places. We are love in action. We are a faith-driven sisterhood ready to change the world. You are a crucial part of a bright future. I'm so glad I get to do this work with you.

Tara Barmes

BE, KNOW, EXPERIENCE, DEVELOP, EXPAND!!!  
—THAT'S UNITED WOMEN IN FAITH!—