



United
Women
in Faith

The Connection

UWFaith Mile High Metro District Newsletter
February, March, April 2023



President's Message

By Marcia Canter
President
Mile High Metro District

Ash Wednesday is the first day of Lent. When Lent comes, we are awakened from our mundane and dull lives and we are given a second chance to live life according to God's words.
Pope Francis

I am ready to awaken from this winter. It has been anything but mundane. Sometimes I could use a little more mundane. Between having numerous trips to the airport due to airport snafu to three trips to ERs and two to urgent care since December 2022, I am ready for a little dullness.

My personal problems seem minor compared to the devastation of Turkey and Syria; the horrifying mass shootings; the heartless bombings in Ukraine; and wondering if war will continue to spread in Europe and beyond. Yet my problems zap me and dishearten me along with the other problems in the world.

One time, Jessica Rooks who was our youth pastor and now has moved into district leadership role as our superintendent, advised us not to give up things for Lent but take on things for Lent. I think of this every Lent. So based on my mood, here are the things I'm taking on these 40 days and beyond:

- 1) I will thank the medical community openly and in prayer for the work that they have provided my mother-in-law and husband since Christmas, appreciating the work that they do every day healing the sick through their skills and God given talents. I will pray for their strength and spirit through these times.
- 2) I will continue with fervor the work that we started to sponsor a refugee family through the International Rescue Committee. While I am disheartened by the numbers of refugees that keep growing, I will remember that helping one family means a great deal and may have a ripple effect.
- 3) I will take care of myself by not going to every meeting that I'm invited to or reading/listening to every program that is available. I will refresh my soul with walks around the lake near my house and with laughter with my family and friends, even sometimes skipping church.
- 4) I will remember the past but look ahead to the future. I just finished Kristin Hannah's *The Four Winds* which is on the UWFaith reading list. This novel is set during the Dust Bowl when people left their state to find a new but hostile life in California. It reminded me of my parents who met when my dad left the dried up farm in South Dakota to pick corn in Minnesota. He courted and married my mother, the farmer's daughter because of that drought. I will wonder what we might have gained from going through the experiences of COVID, floods and war. Or hours spent in ERs.

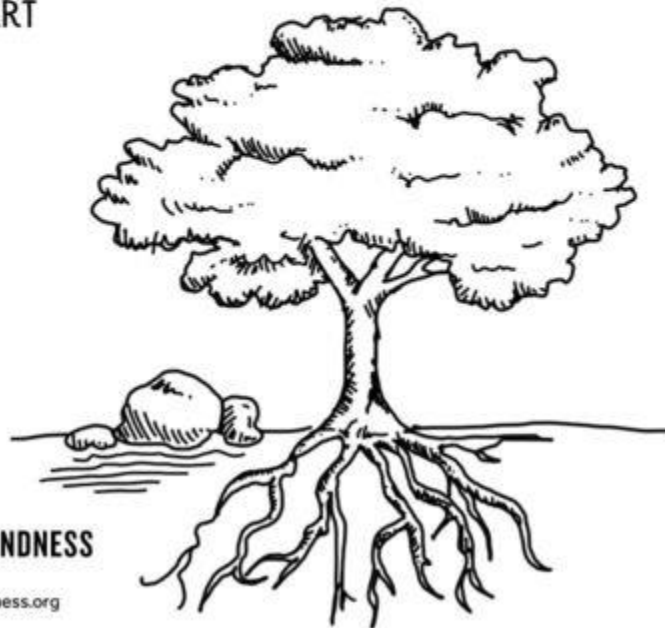
- 5) I will enjoy my second chance to live life according to God's word. I will do my best to fear not; to help my neighbor; and to let peace begin with me. The upcoming Spiritual Day together at Hope United Methodist Church April 29 will help me flow with peace.

As a follow up to my letter in November we are moving ahead with sponsoring the refugee project at Arvada. We've raised, thanks to generous donors in the church and beyond, over \$3000 of the \$5000 needed. A number of us will start training to work directly with the family once we find a place for them. I know others of you have assisted with supplying migrants needed clothing and resources while others regularly feed the less fortunate. Thank you for all you do and may this Lent bring you a peace and strength to keep doing God's work.

Marcia Canter
Mile High Metro District President
bomaanka@yahoo.com
303-477-6278

"A SINGLE ACT OF KINDNESS THROWS OUT
ROOTS IN ALL DIRECTIONS, AND THE ROOTS
SPRING UP AND MAKE NEW TREES."

- AMELIA EARHART



RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org



Mile High Metro District's Mentoring and Mission Day February 4, 2023

By Donna Parisi
Vice President
Mile High Metro District

We were excited to welcome 55 women to our 2023 Mission and Mentoring event, Turning the Corner, held at University Park UMC on Saturday, February 4th. It was a day of learning and being in mission. We heard ways that UWFaith is "Turning the Corner"; giving us new ways to explore membership, easier ways to structure our local units, and lots of help and resources along the way

We had training for specific offices and discussion groups on various topics. We learned that the focus going forward is on Faith, Action and Sisterhood. Those are the reasons why most of us originally joined.

A big **THANK YOU** to Carolyn Roggensack and the UWFaith from the Crosspoint Cluster for hosting us and feeding us so well. We appreciate your hospitality.

Our mission project of the day was helping with kits for Showers for All, a Denver-based organization that has three shower and laundry trailers that move to various parts of the area each week offering showers to our un-housed neighbors. You can get more information how your local unit can support Showers for All by checking their website www.showersforall.org.

If you were unable to attend this event and would like training for your office or for your leadership, please contact me at donnaparis@comcast.net.



Photo by Beth McKee



Photo by Beth McKee



Photo by Beth McKee



Photo by Beth McKee



Mile High Metro District Directory 2023 Are Here!

By Carla Schwartzkopf
Mile High Metro District Secretary

Thank you to those units who have responded to requests for information. For those units who did not inform me of any changes, the previous year's slate was carried forward for this year's Directory. The Directory will be distributed to the unit Presidents who will, in turn, share with their unit members.

The Directory includes information regarding district events, churches in our district with active units, duties of the various positions for the local units and the Standing Rules that govern your District Team members.

I hope you will find this information helpful. If for some reason you do not get the Directory, please email me at Carlasch@me.com.

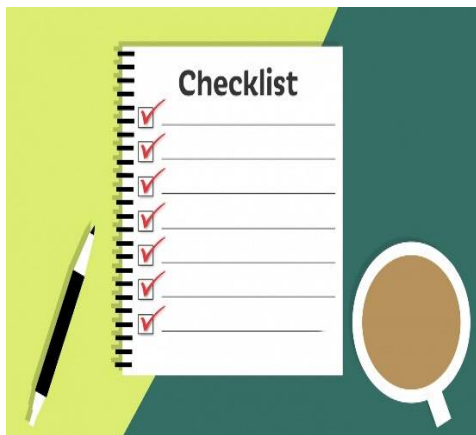


"Peace Like A River" will be the theme of our annual Spiritual Day Together on Saturday, April 29, 2023.

We will meet at Hope United Methodist Church in Greenwood Village for a

day of rest and reflection. Our program will be led by Sandy Barton, Mile High Metro District Spiritual Growth Coordinator, and lunch will be provided by the Hope United Women in Faith. Last year we had nearly 70 women participate.

Mark your calendar now and watch for more info to come!



1. Instead of Giving up something for Lent, try to take something on.
2. Presidents – please distribute the 2023 MHM District Directories to your unit members who would like a copy.
3. Mark your calendar for our April 29, 2023 Spiritual Day Together *"Peace Like a River"*.
4. Email Brenda Bronson, our social Action Coordinator, ideas for a district-wide Ubuntu project this summer.
5. Send in a brief recap of your 2022 activities (formerly the Mission Today report.)
6. Visit the Call to Prayer and Self Denial Web site for information and resources for Call to Prayer and Self Denial.
7. March 23, 2023 is the Annual Day of Giving for the Legacy Endowment Fund,.

(Information on all these items can be found in this newsletter)



2021-2022 UWFaith Reading Program

By Terri Sergeant
Program Resources Coordinator



Congratulations to the following UWFaith ladies who completed the two-year 2021-2021 Reading Program and were recognized at the February 4, 2022 Mission & Mentoring Event:

Crosspoints Cluster UWFaith

Janet Nelson
Nancy Fagan
Marian Straight

Grace UWFaith

Carol Cole
Julie Tipton

Arvada UWFaith

Marcia Canter
Marie Daniels
Ginny Dunkelberger
Deanna Kehlenbach
Jessie Willford

Trinity UWFaith

Lois Cochran
Sandy Barton
Carolyn Johnson
Betsy Shepherdson
Marilyn Hull
Miriam Slejko



Mission Today

By Donna Parisi

Vice President
Mile High Metro District

Many units have been inquiring about the Mission Today reports. The national office is no longer requesting these reports. However, our district leadership team would still like to know what the units are doing.

The Mission Today report was very helpful to give us some great ideas for action and to let us know where help is needed. We are asking each unit to send a brief recap of their 2022 activities to Donna Parisi donnaparis@comcast.net. We want to know about agencies that you support, projects you have done, how many are in the reading program, are you participating in Mission u, doing Bible studies, are you using the resources on the Website, etc.

An activity list will be compiled to share ideas with everyone. Hopefully there will be some new ideas for us. If there is something that interests you, we will be happy to give you the info on the church that has done that project so you can get some help to get started.

We are all working to support the same Purpose and Vision, so let's share ideas!



Social Action

Brenda Bronson
Social Action coordinator

Paint-A- Thon & other Ubuntu projects for this summer

We want to have a district wide UWFAITH Ubuntu project day this summer. Please email me your ideas for work projects you'd be interested in us doing. Here is one idea I read about.

Would you be interested in being part of a team to paint the exterior of a home for a senior? Or do you know seniors who might be eligible to apply for this wonderful volunteer service? Please email me your ideas at brendabronsonfpe@gmail.com

Paint-A-Thon begins Season 45!

During its long, successful run, the Paint-A-Thon has painted more than 7,500 local house exteriors with the help of more than 133,000 volunteers. And we're still ready each spring and summer to take on all houses whose eligible owners want and need an exterior paint job at no charge. We're accepting applications right now for the 2023 season. Please apply early and give us a head start in our planning.

Painting a home exterior can cost upward of \$5,000—a huge expense for any homeowner. The Paint-A-Thon program offers income-eligible homeowners the chance to save big and devote their savings to their other important costs, such as medication, groceries and bills, while still maintaining their most important investment—their home.

To qualify, homeowners must be 60 years or older and/or have a disability, must own and occupy their Denver metro area, and plan to live in it for at least 12 months. The home must be no taller than one and a half stories — and in need of painting!

Nominate a neighbor, friend, family member or yourself by calling [720-339-5864](tel:720-339-5864), or by emailing chad@brothersredevelopment.org or visit their website at www.brothersdevelopment.org

Here is link to their application form <https://brothersredevelopment.org/wp-content/uploads/2023/01/2023-Paint-A-Thon-Application-English-Fillable.pdf>



A Call to Prayer and Self Denial

United Women in Faith
Web site

One hundred percent of the offering goes to the focus projects for that year.

This yearly event is a faith-filled time when we assemble with lifted hearts and hands to celebrate selfless giving for a common cause and spiritual communion with God. A Call to Prayer and Self Denial's 2023 offering will support the ongoing racial justice work of United Women in Faith's national office. We invite you to gather, pray, reflect and put your faith into action.

2023 Call to Prayer brochure

The Call is often observed during Lent. Information and resources for the Call, including a service in the program book, prayer card, poster and brochure, can be found at <https://uwfaith.org/blog/2022/a-call-to-prayer/>. Funds received are to be sent to the district treasurer on the usual remittance form.

BECAUSE WE BELIEVE...that racism is a rejection of the teachings of Jesus Christ.

For more than 150 years, United Women in Faith members have taken action to turn faith, hope, and love into work on behalf of women, children, and youth in every corner of the world. As an annual part of our action, United Women in Faith invites women from all over to gather locally and participate in A Call to Prayer and Self Denial.



Mile High Metro District's 2022 Census

By Donna Parisi

Vice President
Mile High Metro District

The 2021 census was delayed last year until late spring due to the changes to our name and the Web site.

According to the national office, the census will again be done online and a link to the site should be available in March. Please make sure your membership lists are up to date.

Remember, UWFaith is a voluntary organization that is open to any women that chooses to belong and agrees to uphold our Purpose and Vision. Being a member of the church does not necessarily make one a member of UWFaith.

Membership in the United Methodist Church is not required, and we welcome women of various faiths. Your membership lists should have a name, phone, email address and mailing address for each member. Please verify with members who have not been participating that they still want to be a part of your local unit. And just because a woman has limited participation, she is still welcome to be counted as a member.

If anyone needs help completing their census, please contact Donna Parisi at donnaparis@comcast.net.



United Women in Faith Celebrates a “Day of Giving” to Raise Funds For The Legacy Endowment Fund

By Karen Bueno
Mtn. Sky Conference Leadership Team

**On March 23, United Women in Faith celebrates a
“Day of Giving” to raise funds for
The Legacy Endowment Fund.**



Why March 23? Because on that date in 1869 a group of six intrepid women founded the **Woman’s Foreign Missionary Society**, an organization that was the forerunner of United Women in Faith. To fulfill their vision of creating educational opportunities and providing health care to women in India, these founding women asked others to contribute “their prayers and two pennies.” In this way a movement of faith and generosity in action was born.

[The Legacy Endowment Fund](#) of United Women in Faith is a permanent endowment that supports the work of the organization on behalf of women, children, and youth around the world. The goal of The Legacy Endowment Fund Campaign is \$60 million. Thousands of generous donors have contributed to date, bringing the campaign close to half of this goal.

The annual Day of Giving on March 23 is the single largest fundraising activity for the Legacy Fund of the year. United Women in Faith members and supporters across the country gather locally and virtually to contribute to and raise funds for the endowment.

[WATCH THE LEGACY FUND VIDEO](https://www.youtube.com/watch?v=IiZfpfaBktw) <https://www.youtube.com/watch?v=IiZfpfaBktw>



February 5, 12, 19 and 26, 2003 – Mission u

March 23, 2003 = Annual Day of Giving to raise funds for The Legacy Endowment Fund.

April 29, 2023 – Mile High Metro district’s Spiritual Day Together – Hope UMC.

The Connection

UWFAITH MILE HIGH METRO DISTRICT NEWSLETTER –

February, March, April 2023



From: Terri Sergeant
UWfaith Metro District Communications
2531 S. Ivy St.
Denver CO 80222