



United  
Women  
in Faith

# The Connection

UWFaith Mile High Metro District Newsletter  
May, June, July 2023



## President's Message

By Marcia Canter  
President  
Mile High Metro District

“Yes, but...”

How many times a day do we use that as a response. “Yes, I should go on a walk, but I am tired. Yes, I want to lose weight, but that piece of pie is taking up too much space in my refrigerator. Yes, I think that class sounds interesting, but I am really not smart enough to be with those people.”

In April I went to a Cultural Competency Workshop in our Mile High Metro District, which included clergy and laity. You can bet I had a number of yes buts with that sacrifice of a Saturday in an already busy April, but I did. Rev. Dale Weatherspoon, author of *Building Lasting Bridges*, was the facilitator of the workshop. It was a very good use of a Saturday.

The biggest takeaway for me was the examination of the power of how saying “Yes and we can...” outweighs “Yes, but...”. Of giving thought to the suggestion put forward before putting down the idea. Yes, it is good to be realistic. I am not going to fulfill an early childhood goal of becoming a jockey, but I could go on a trail ride in Rocky Mountain National Park. I am not going to be appointed to the Supreme Court as the first woman supreme court justice which I hoped for in my 20s, (never mind that I don't have a law degree), but I can be more active in local politics, making a difference and do more than filling out a ballot and gritching about why the government doesn't do something.

The something more for me lately has been dealing with the refugee family that Arvada UWFaith and Green Mountain United Methodist Church has helped sponsored. The family of four (a mom, an adult daughter, a 10<sup>th</sup> grade daughter and a seven-year-old boy) arrived the week of Easter. They have a home; the younger kids are enrolled in school and the mom and older daughter are taking ESL classes through Emily Griffith. Green Mountain had their UWFaith Sunday in April and had International Rescue Committee staff present their story. The congregation responded financially in a generous manner.

At our wonderful district day together in April, I asked for ideas that we could put our hearts and time together. The one that intrigues me the most is Interfaith Soccer Games. I can hear yes buts loud and clear on this one, but for a minute think about the yes and we can. We can sponsor an event that younger people and families might enjoy. We can bring different faiths together or people without exposure to faith. We can get exercise. If we're not soccer players, we can cheer them on. We can connect to others. Plus, I can have a made-up name like Marcia Messi.

Seriously, I don't know that we'll bring about soccer games, but maybe...In the meantime check out the list of possible activities that we could do together. Or send Brenda Bronson some ones you're willing to champion. Think about joining me and my [Methodists on the Move Team](#) in the Gay Pride 5k. Or if you're at the Annual Conference that weekend or don't feel up to walking, you can always pledge and support The Center, a group that supports the LGBTQ community by providing programs and resources that they need.

Yes, but we're already doing a lot. Yes, but we already have commitments. Yes, but I don't know how. All of that is true. Here's more truth—we are called to put love into action. We are called not to hide our talents under a bushel. We are called to love our neighbor. None of which is easy, and these thoughts are not meant to “guilt” you into action when perhaps you are really tired or overextended or not interested.

But...

If there's something that you want to do which will help others or even yourself, let's think about it. Yes, you can. Yes, we can.

Marcia Canter  
Mile High Metro District President  
[bomaanka@yahoo.com](mailto:bomaanka@yahoo.com)  
303-477-6278



**By Donna Parisi**  
Vice President  
Mile High Metro District

Ah...summer. As we leave the cold months behind and head into a sunny summer, we have held two of our four annual district events. We had a very successful *Mission & Mentoring* day at the first of February. At the end of April, we enjoyed *Peace Like a River*, our spiritual day. It was a small group but we learned about the many rivers in Colorado & the Bible, learned how to care for ourselves as caregivers, moved to Qigong, wrote poetry & prayers, and there were many beautiful paintings. We finished the day with a peaceful Taize service and communion. Special honorariums were sent in the name of each of our presenters.

Our next event will be our *Ubuntu Work Day* on Sat, August 12. There is an article from Brenda Bronson with all the info in this newsletter. Our last event of the year

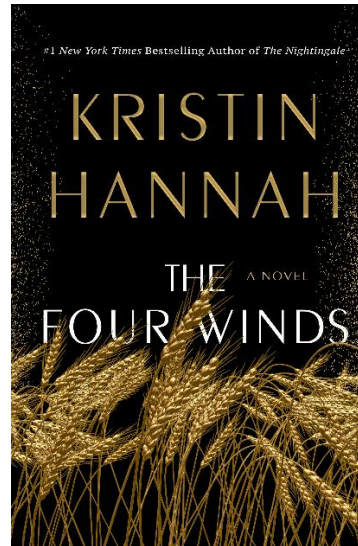
will be our *Annual Meeting* on Sat, Sept 16. Phillips UWFaith will be hosting us this year. Mark your calendar now and watch for a lot more info in the Aug newsletter.

With those events planned, I turn my focus to 2024. I am looking for units to host our *Mission & Mentoring* day in late January or early February, a spiritual day in April, and the *Annual Meeting* in Sept. Please talk with your leadership teams and let me know who is willing to host. Hosting duties are not hard, we mostly need space.

I know many groups don't meet in the summer. Please remember that this is when the need can be the greatest for our local agencies. People with limited means need the year-round support that we can provide. Perhaps a local community garden needs some help, or a summer school needs mentors to listen to children read. Let's continue to put our Faith, Hope and Love in Action. As always, please contact me with any questions, if you need resources, or if you just want to chat!

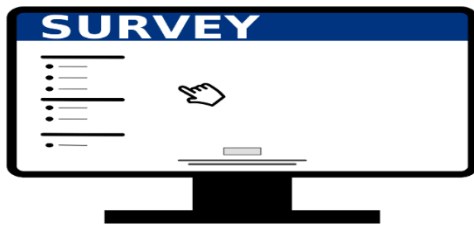
[Donnaparisi@comcast.net](mailto:Donnaparisi@comcast.net)

Arvada United Women in Faith invite any interested reader to their zoom book discussion of Kristin Hannah's 24<sup>th</sup> book "The Four Winds," on Thursday, June 15, at 7 p.m.. The New York Times described it at the time of its release as "eerily prescient in 2021, with its Depression-era tale of blighted land, xenophobia, fear of contagion — and determination to join forces and rebuild. Its message is galvanizing and hopeful: We are a nation of scrappy survivors. We've been in dire straits before; we will be again. Hold your people close." Contact Marcia Canter [bomaanka@yahoo.com](mailto:bomaanka@yahoo.com) if you want to participate. Even if you haven't read the book, the comparison between the Dirty 30s and what the COVID-19 Pandemic will make for an interesting discussion. This book is on the Reading Program list under Social Action.



Thank you for your generosity!

Recently, our district president, Marcia Canter, learned that the truck used by Epworth UMC for their food ministry was stolen. The truck was recovered & repaired, but the loss disrupted their food ministry for a couple weeks. At our recent spiritual day, we took a special offering to help get the food ministry back up to speed. On Sunday, May 14, Marcia Canter and Donna Parisi attended Epworth UMC to present a check for \$250 to help with this special ministry. Pastor Vicky Alvarado and their United Women in Faith president were on hand to receive the gift. Thank you to all the women who generously gave to help this important ministry. Your generosity was greatly appreciated by the Epworth congregation.



## The 2022 Survey is Here

Finally, the unit survey for 2022 is here. The online survey is open from May 13 – Aug. 30. The survey is intended to be completed by the unit president or All Access group convener. Questions are related to how your unit or group is thriving in sisterhood, faith and action and how you are committed to act boldly for justice and transform communities. Answering the questions will take about 15-20 minutes.

Your responses matter. Your answers will allow the United Women in Faith Nation Office to:

- Deliver more resources to the areas that matter most
- Gather engagement data based on region
- Celebrate all the work you are doing on behalf of women, children and youth

Your participation is essential. Please consider reviewing the Sample [2022 Survey](#) so you are better able to gather any necessary information before starting. Here is the link for our conference; <https://www.surveymonkey.com/r/MountainSky>. We want to ensure every UWFaith member is counted and our actions are recorded.



## UWFaith has a new CEO!

May 25, 2023

NEW YORK, NY—United Women in Faith is pleased to announce the election of Sally Vonner to the position of General Secretary and Chief Executive Officer, effective June 1, 2023. The May 22 board vote culminated a six-month nationwide search.

Ms. Vonner joined the organization’s national staff in 2010 as Assistant General Secretary of Membership and Leadership Development. With reorganization in 2018, she became the Transformation Officer, coordinating the organization’s visioning and strategic development to positively impact the lives of women, children, and youth. She oversaw an organizational rebranding that opened new ways for women to join, introduced program innovations and initiatives, and rolled out United Women in Faith as the new public-facing name.

“Sally is not just a woman who knows this organization but also a visionary who possesses a wealth of knowledge and experience,” said ‘Ainise ‘Isama’u, board president. “She is the kind of leader who understands where we’ve been, where we are, and where we need to go.”

Board Vice President Cynthia Rives said, “Sally’s grasp of the current strategic plan will enable her to lead United Women in Faith boldly as we live out our belief that love in action can change the world. Equally important, she brings stability in a time of change as she is well grounded in our organization, knowledgeable of our history, and today’s United Women in Faith.”.....

Yvette Moore, Director of PR & Marketing

Read the full press release at [www.uwfaith.org/press](http://www.uwfaith.org/press).



## Social Action

Brenda Bronson  
Social Action Coordinator

### Would you like to participate Saturday August 12 in a District UWFAITH Ubuntu Day of Service?

Please read the Ubuntu opportunities below and email me at [brendabronsonfpe@gmail.com](mailto:brendabronsonfpe@gmail.com) any of them you would be interested in doing by **June 15**.

If you would like to serve at a different organization with volunteer opportunities on Saturdays, please email me information about it and we can consider it also!

I will email all people responding soon after June 15 which activities people wanted to do. Depending on responses, we'll organize which activities we'll do.

### Ubuntu Opportunities

**Joshua Station:** a repurposed motel for families who have experienced homelessness. Typically they stay two years (not emergency shelter), with a robust variety of supports they need in order to heal from trauma and make courageous steps toward stability.

Volunteer groups can bring unskilled but care-filled labor for cleaning (interior and exterior), gardening, landscaping, organizing (shed, closets, storage areas), and painting over graffiti in our alley.

Time: 9am-noon

Location: 2330 W Mulberry Pl, Denver, CO 80204

#### **Café 180 (Morning Shift)**

Volunteers will help prepare meals for customers along with other kitchen, dining area, and outdoor tasks.

Café 180 nonprofit restaurant depends on volunteers to help them in the cafe daily. Please wear long pants and close-toed shoes, no jewelry is allowed in the kitchen except for one ring, per health code. No tank tops or crop tops please.

Time: 10:00 AM - 12:30 PM

Location: 3315 South Broadway St, Englewood 80113

**Safe Outdoor Spaces** are healthy, secure, staffed, resource and service-rich environments that provide an outdoor, individualized sheltering option for people experiencing unsheltered homelessness in Denver.

Volunteers will prepare sack lunches for 40 residents living at the Safe Outdoor Space and drop off by 12 noon.

Time: 10:30 AM-12 PM

Location: 3815 Steele St, Denver CO 80205

#### **Denver Rescue Mission: Lunch Preparation**

Must be vaccinated and bring COVID card. Together we will prep and serve a meal, bus tables, and connect with guests and residents at Denver Rescue Mission.

Time: 11:15 AM - 1:15 PM

Location: 2222 Lawrence St, Denver

#### **Women's Crisis Center: Cleaning, Landscaping & Playground**

Empowering adults and their children with the skills they need to live a life free of fear and move forward on their healing journey. Clean up the grounds and landscaping, and mitigate weeds, around the facility and playground.

Clean common and kitchen areas of the facility. Wear work clothes, gloves, and sturdy shoes and bring lunch, water, and snacks. Due to the sensitive nature of the agency's work a confidentiality form will need to be signed.

Time: 9:00AM-12:00 PM

Location: Will be given to volunteers a few days before date of service

## Denver Metro Area Park Clean-Up

Work in your own neighborhood supporting your local parks by doing trash cleanup. Pick a park in your neighborhood to clean. Bring the family and make a day of it.

Time: All Day

I look forward to hearing from you!

Brenda Bronson

iPhone 303.941.7634



## 2023 Mission u

### Free Virtual Summer Mission u

**Adult Study – Four Consecutive Tuesday Evenings, Summer 2023** (\*for adult women and men) – **via Zoom**

**Dates/Times:** July 11, 18, 25 and August 1 – 7:00 to 9:30 p.m.

**Study:** Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation

The study book was written by Riva Tabelisma. (It is available in print and in a Kindle version.)

**Online Registration:** <https://mtnsky-reg.brapp.com/2023MissionUexploringthelordsprayer>

**Questions?** Contact Registrar Lora Fulton, [mscumwregistrar@gmail.com](mailto:mscumwregistrar@gmail.com), 303-439-2129 (home phone).

**Study:** This study by Riva Tabelisma gives fresh eyes to the Lord's Prayer. Often learned by rote, the Lord's Prayer is a rich guide for how we can live out God's kingdom in our lives. Tabelisma invites participants in this study to step away from the automatic recitation of the prayer and dive deep into the meaning of each line over the course of four two-hour sessions. Each of the sessions examines sections of the Lord's Prayer from Matthew 6:9–13, as it is recorded in the New Revised Standard Version of the Bible.

Living the Kin-dom can be adapted to a variety of settings outside of the Mission u format, including Sunday school and other church school settings.

### Study Leaders:

**Sandy Barton** is a member of Hope United Methodist Church in Greenwood Village, Colorado, where she is a member of United Women in Faith, the hospitality team, the handbell choir; and she is a Certified Lay Servant. Sandy moved to Colorado in July 2020, from Florida, and is living in southeast Denver with her cat, Henry. For more than 40 years, Sandy taught high school. She taught in Pennsylvania, Morocco (as a Peace Corps Volunteer), the U.S. Virgin Islands, Denver, and IMG Academy in Bradenton, Florida.

Sandy is a long-time member of United Women in Faith. She was a district spiritual growth coordinator in the Florida Conference and has done many Spiritual Day Apart programs. Her experience includes teaching several Mission u spiritual growth studies. She now serves as the Spiritual Growth Coordinator on the Metro Mile High District team. "I am looking forward to meeting many of you in the months to come," says Barton.

**Denise Logan** is a member of the First United Methodist Church of Rocky Ford, Colorado, where she and her husband have lived for 45 years. Denise is a Certified Lay Servant and teaches Sunday school. During her 40+ year membership at the church, she has taught several different age groups of Sunday school and vacation Bible school; directed children's choir, helped with the youth group, and she is a member of the adult choir. Denise has been a member of United Women in Faith (formerly United Methodist Women) since her early days with the church. She is the treasurer of her local unit and the spiritual growth coordinator of the Trinity District. Denise said, "I am really excited to lead a Mission u study."



## Jurisdictional Events

Every four years United Women in Faith members gather in five Jurisdiction Events convened around the nation for spirited worship, engaging workshops and motivating speakers as voting delegates elect their region's representatives to serve a four-year term on the national Board of Directors.

Voting delegates to the Jurisdiction Events are elected at each of the 55 United Women in Faith Conference Annual Meetings.

### Board Executive Committee

**President:** 'Ainise 'Isama'u | California Pacific Conference

**Vice President:** Cynthia Rives | North Texas Conference

**Secretary:** Bethany Amey Sutton | Greater New Jersey Conference

**Chair of Governance Committee:** Daryl Junes-Joe | New Mexico Conference

**Chair of Finance Committee:** Heidi J. Careaga | Wisconsin Conference

### North Central Jurisdiction

**Ruby Anderson** | Michigan Conference

**Dawn Armstrong** | Dakotas Conference

**Krishna Heyward** | Indiana Conference

**Roxie Hutsell** | West Ohio Conference

### Northeast Jurisdiction

**Colleen F. Cates** | Baltimore-Washington Conference

**Valerie Clark** | Upper New York Conference

**Hazel McIntosh** | New York Conference

**Denise-Nicole Stone** | Western Pennsylvania Conference

Our board is composed of 25 members—all United Women in Faith members—dedicated to shepherding our success across these key areas: program policies, finances and property, and executive staff.

Purposefully structured to meet the needs of women organized for mission, 20 board members are elected by member delegations in five regional jurisdictions, while an additional five are selected through a nomination process designed to ensure diversity of age, race, language and physical ability.

Our leadership also includes our valued Program Advisory Group, created to give voice to the membership into the programs and initiatives of our organization and provide meaningful connection across the denomination. This group provides representation from each of the Annual Conferences and from six general agencies, regional missionaries, deaconesses and home missionaries, as well as the World Federation of Methodist and United Church Women.

### Western Jurisdiction

**Estella Wallace** | Pacific Northwest Conference

**Jana Jones** | Mountain Sky Conference

### Southeastern Jurisdiction

**Haejin Ban** | North Georgia Conference

**Deloris Carhee** | North Georgia Conference

**Betty Helms** | Alabama-West Florida Conference

**Caroline Martin** | Tennessee Conference

**Melba McCallum** | North Carolina Conference

**Debra Payne** | North Alabama Conference

### South Central Jurisdiction

**Darlene R. Alfred** | Central Texas Conference

**Daryl Junes-Joe** | New Mexico Conference

**Cynthia Rives** | North Texas Conference

**Louise Niemann** | Great Plains Conference

### Additional Members

**Heidi J. Careaga** | Wisconsin Conference

**Magdala Edmond** | Florida Conference

'Ainise 'Isama'u | California Pacific Conference

**Bethany Amey Sutton** | Greater New Jersey Conference

**Pearl Thomas** | Oklahoma Indian Missionary Conference



August 12, 2023 – Mile High Metro District UWFaith  
Ubuntu Day of Service

September 16, 2023 – Mile High Metro District UWFaith  
Annual meeting – Phillips UMC, Lakewood

***The Connection***

**UWFAITH MILE HIGH METRO DISTRICT NEWSLETTER –**

**May, June, July 2023**



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