



United
Women
in Faith

**Western Mountains District
UMW leadership team**

- President:**
Janet Ulrich
- Vice President:**
vacant
- Secretary:**
Cindy Baril
- Treasurer:**
Claudia Davis
- Newsletter Editor:**
Cathy Speich-Ferguson
- Program Resources:**
Laurie Ball
- Spiritual Growth:**
vacant
- Mission Ed & Action:**
Arlis Vannett
- Nominations:**
Tish Herries
Carol Perry

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GLOWING EMBERS

**Spring 2024 Newsletter
Western Mountains District - Mountain Sky Conference**

JANET'S JINGLES

Janet Ulrich, Western Mountains District President
bluejaytree5881@gmail.com

Please Step Forward

United Women in Faith needs you to step forward. We need a district president, vice president, and a few other officers. Several of the reasons we used to hear about a district officer's role, have fallen away. For example, one previous thought was that you didn't have the time. Well, meetings by Zoom takes a fraction of the time as meeting in person used to. Right now, almost all our meetings are by Zoom. That means less time away from your other responsibilities, such as your family, your job, if you are employed, and your local church, and other important roles. How about not having the means to drive or fly to a meeting? With Zoom meetings, or hybrid meetings, you can be present even if you can not physically attend a meeting. You don't have the training to handle the position? There is on line training available. There are also many more district officers with experience that you can draw upon, with our expanded conference. So, please step forward! Contact Tish Herries at 406-370-6572 or tishaffron@gmail.com.

Have you registered for the Spiritual retreat at Fairmont in April yet? There are partial scholarships available, if you need help with funding the event. Invite friends to join you so you can share the cost of the hotel room and the cost of driving to the event. Sharing an event with friends is always more enjoyable!

How about the Jurisdiction event in Anchorage, Alaska, in May? Never been to Alaska before? This would be a great time to explore our northern state! The workshops will be great! I am leading one workshop that is a historical walking tour of the downtown Anchorage area. You might even see the Northern Lights or Denali, if you are lucky!

So, step forward. Volunteer to be a district officer. Come to the Fairmont Retreat and have a good time! I'll see you there!

UNITED METHODIST WOMEN

The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and 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.

Spiritual Life Retreat 2024 — Soul Care!



Take a break and treat yourself to some **Soul Care**

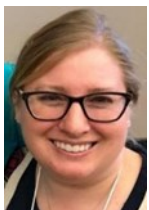
Coping in a complex world can be challenging. This Women's Soul Care Retreat April 5-7, 2024, at Fairmont Hot Springs near Anaconda, Montana will provide you with tools to increase your spirituality and your inner strength.

Get away from it all and enjoy skilled speakers, interactive workshops, soaking, water aerobics and like-minded women at this retreat for women ages 13 and up. Bring a friend and escape to this sanctuary to focus on spiritual self-care, connect with your higher power and become the best possible version of yourself. **Attendees do not have to be UWFaith members.**

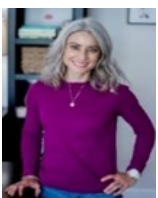
Register today at <https://form.jotform.com/240034920443143> by March 31. Call Fairmont Hot Springs room reservation number 406-797-3241 for block pricing under UMW 2024. **Block pricing closes March 15**, so book early. Room price at Fairmont includes as many as four persons, so bring friends/family to share the fun and the cost. Contact your local UWFaith unit for possible scholarship assistance. For more information, email Judy Nielsen at nielsenhca@hotmail.com



Keynote Speaker Rev. Lynn Miller Jackson, MT West DS



Rev. Sami Pack-Toner will present a workshop on dealing with stress and anxiety.



Michelle Haught, entrepreneur, adj. business professor at MSU, published author and busy mom will help you find order in chaos and offer hints on making space for YOU.

IT'S TIME!

Is it time for YOU to serve on the District Leadership Team? Is it time for YOU to share your gifts, to make new friends, and to make a difference? Our district needs YOU! Please look at this Talent Bank, fill it out and submit it. If YOU can't serve this coming year, then maybe somewhere in the future? If you can't serve, maybe you know someone who has talent to offer and encourage them to submit a talent bank sheet, or maybe you could serve together? Please pray about this opportunity. If you have any questions, you are welcome to contact nominations committee members Tish Herries at tishsafron@gmail.com or Carol Perry at c2s2p@yahoo.com.

Talent Bank Information for Prospective Leadership United Women in Faith

Type or Print _____ Date _____

NAME _____

ADDRESS _____

TELEPHONE: _____ Other _____

LOCAL CHURCH _____

AGE (Optional) _____

EMPLOYED FOR PAY? _____ Full-Time _____ Part-Time _____

NATURE OF EMPLOYMENT _____

OFFICE(s) held in United Methodist Women	Date of Service
Office(s)	
Local _____	_____
District _____	_____
Conference _____	_____
Jurisdiction _____	_____

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

AREAS OF SPECIAL INTEREST AND CONCERN: _____

Please submit to Tish Herries, tishsafron@gmail.com. THANK YOU!

Western Mountains District Treasure's Report

Notes from the Treasurer

Hello to all! I'm writing my first report as your new District Treasurer. Many of you know me as I served on the District Team for many years. I even used to publish this newsletter. (Thank you, Cathy, for rescuing me!) It's been a crazy few months with the treasury. In order to get the correct name on the bank account, Mountain Sky Western Mountains District, I had to change banks. I've had to recover missing bank statements, and have an audit done. (Still in progress). I am learning how to get your money to the conference treasurer, who is also new. But I'm getting there!

We were able to send all the money that we budgeted to mission work for United Women in Faith. We can be very proud of that. And we have money to host the Women's Event at Fairmont in April.

If you are a Unit Treasurer, please be sure I have your contact info. And if you need anything from me, please ask! If I don't know, I'll get you an answer. You can reach me at westernmountainsdistrictuwf@gmail.com, or 406-461-9618. Mail goes to: 725 Middlemas Rd, Helena, MT 59602.

I'll miss the Fairmont fun this year as I have another convention that I must attend. I'm very sad about this. But I'll see all of you at the next gathering. Watch for emails from the UWFaith conference leaders as they are planning the UWFaith breakfast in June at the church conference, and the UWFaith annual meeting in October.

Keep up the "money for mission" mission work!

Claudia Davis

District Treasurer

Links to Education and Action

Be in the Know. Check out these sites for exciting information, program ideas, inspirational quotes, podcasts, and more.

Pinterest - UWFaith

Mountain Sky UWFaith—You Tube

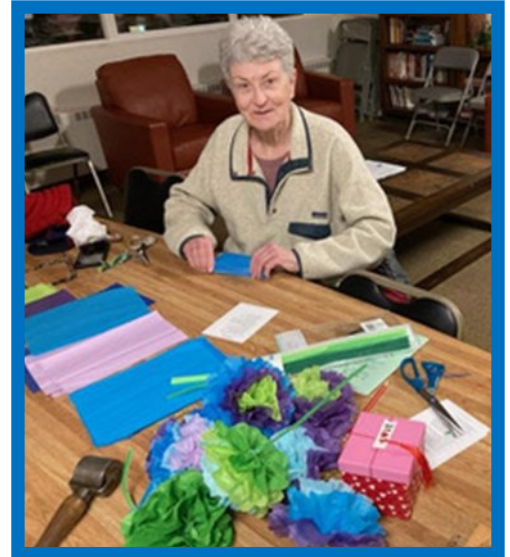
UWF National Website—uwfaith.org

Featured Unit

Missoula First UWF

BUSY UNIT

The circles at Missoula First UWF have been busy this winter. The Crafters had a creative challenge making ice luminaries for lining the entries to the Church on Christmas Eve. The unit held a successful sale of Valentine treats, and the GEMS evening circle is helping to make decorations for the Fairmont Women's Event in April. YOU don't want to miss it! Register soon!



SAVE THE DATE

- **April 5 –7 Women's Spiritual Retreat: *Soul Care***, Fairmont Hot Springs, Montana
- **May 8-11 UW Faith Western Jurisdiction Quadrennial Meeting**, Anchorage, Alaska
- **June 8 Mission u Study: "Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation"** Saturday, 9am to 3:30pm, Ogden First United Methodist Church, Marriott-Slaterville City, Utah. Hybrid (in-person and virtual)
- **June 22 UW Faith Breakfast** during the Mountain Sky Annual Conference in Casper
- **Sept. 21 UW Faith Western District Fall meeting**, Bozeman, MT.
- **Oct. 10 –12 UW Faith Annual Gathering** at St. Andrew UMC, Officer's meeting on Oct. 10, Annual Gathering Oct. 11 at St. Andrew UMC, Highlands Ranch, CO. Hybrid (in-person and virtual)



Western Jurisdiction United Women in Faith Quadrennial Event

May 9-11, 2024
Pre-Event Legacy Dinner is Full

**Hotel Captain Cook
Anchorage, Alaska**

Registration
Ends
April 15
\$345

Hotel Room
Block Closes
April 8

UBUNTU EVENTS

1. AK Child & Family, A United Women in Faith Mission Institution
2. Beans' Café and the Children's Lunchbox
3. Showered In Grace

WORKSHOPS

1. Communicating with God
2. Supporting the LGBTQ Community
3. I stole your land and now I am keeping it: How to create an appropriate land acknowledgement
4. Helping new neighbors on the road from harm to home
5. Women, Leadership and Change
6. Putting the Power in Philanthropy



Western Jurisdiction United Women in Faith

Quadrennial Event

May 9-11, 2024

Keynote Speaker: Amy Valdez Barker

Amy Valdez Barker works with The Ministry Collaborative as the Congregational and Pastoral Formation Curator, bringing two decades of experience in religious education and church mission. As the former Executive Director of Global Mission Connections at The General Board of Global Ministries she was responsible for leading five regional offices and two global offices in leadership development and scholarships, as well as overseeing the placements and supervision of 200+ missionaries. Prior to that, Amy served as the Chief Connectional Ministries Officer for the Connectional Table of The United Methodist Church, responsible for coordinating the mission, ministries, and programs of The United Methodist Church.

In addition to her executive leadership roles, Amy has been a practitioner in the area of youth ministry education, strategic visioning, and leadership development through church and conference positions in The United Methodist Church.

She received her Master of Theological Studies in the Psychology of Religion and a Doctor of Philosophy in Religious Education and Congregational Studies from Garrett Evangelical Theological Seminary. Over the past ten years she has taught courses at Garrett Evangelical Theological Seminary, Drew Theological School, Claremont School of Theology and through BeADisciple, an online learning community. From 2021-2023 she served as the Visiting Associate Professor of Religious Education and Mission Innovation at Candler School of Theology of Emory University.

Amy has many academic and writing interests which she carries out through teaching at Candler School of Theology and writing regularly for Sparkhouse and 1517 Media. She is passionate about the Lilburn/Gwinnett County community and has gotten involved in bringing the community hope in the form of ART from the HEART through Citizen Exchange an online community of creatives, dreamers, and innovators.

Western Mountains District Leadership Team

Western Mountains District Leadership Team 2022

President

Janet Ulrich (2020)
24 Bruyer Way Loop
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Cell: 907-230-5881
bluejaytree5881@gmail.com
Church: Epworth UMC

Vice President

vacant

Secretary

Cindy Baril
2975 Arabian Rd
Helena, MT 59602
Cell: 406-438-1002
cbaril6870@gmail.com
Church: St. Pauls

Treasurer

Claudia Davis
725 Middlemas Road
Helena, MT 59602
Cell: 406-461-9618
grmaclyde@gmail.com
Church: St. Pauls

Spiritual Growth & _____ Membership Coordinator

Vacant

Education & Action

Arlis Vannett
319 S. Argenta Street
Dillon, MT 59725
Cell: 406-925-2209
arlis_v@hotmail.com
Church: Dillon Grace UMC

Program Resources

Laurie Ball (2023)
6605 Bristle Cone Court
Lolo, MT 59847
Cell: 406-273-1887
Laurie.umc@outlook.com
Church: Missoula First

Communications Coordinator

Cathy Speich-Ferguson
319 S. Argenta
Dillon, MT 59725
Cell: 406-925-1994
cathysf@bresnan.net
Church: Dillon Grace UMC

Chair – Nominations

Tish Herries (2024)
2363 Village Square
Missoula, MT 569801
tishsaffron@gmail.com
Church: Missoula First

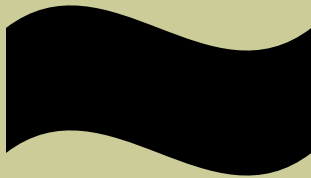
Nominations Committee

Carol Perry
2100 4th Ave N.
Great Falls, MT 59401
c2s2p@yahoo.com
Church: GF First

HOLY HILARITY

GLOWING EMBERS

Western Mountains
District
Mountain Sky
Conference 2024
Spring Newsletter



Do you have news articles, events or photos you would like to submit for the newsletter? If so, you may email your information to:
cathysf@bresnan.net

Church bulletin board

The following appeared in church bulletins or were announced at church services.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

The Rector will preach his farewell message, after which the choir will sing 'Break Forth Into Joy'.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Potluck supper Sunday at 5pm – prayer and medication to follow.

The church will host an evening of fine dining, super entertainment and gracious hostility.

At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Low Self-Esteem Support Group will meet Thursday at 7pm. Please use the back door.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: 'I Upped My Pledge – Up Yours.'

This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.

Compiled by Max Bowen