



United
Women
in Faith

The Connection

Mile High Metro District Newsletter - March 2024

Save the Date! Spiritual Day Retreat! **Sat April 27 9-3 at Scott UMC**

Feeling overwhelmed and in need of a little Soul Care?

Sometimes it is not well with our souls these days. Wherever there is injustice, fear, a sense of loss, it just wears us down. We are living in uncertain times, and there is way too much noise coming from all directions.

Come to our annual Mile High Metro District Spiritual Day on **Saturday, April 27, 2024 from 9-3 at Scott United Methodist Church, 2880 Garfield Street, Denver** for a retreat to reconnect with our United Women in Faith Sisterhood. Lunch will be provided, and we will end the day with Communion.

This Soul Care Retreat will be a time to remember that we are all in this together. Join us as we connect through music, poetry, inspiring videos, storytelling and much more. We will email you registration information soon!



President's Message by Marcia Canter, Mile High Metro District President bomaanka@yahoo.com Mobile 303-477-6278

I resumed running again in late February. When my mother-in-law moved in with us in November, my walking/running slowed down a great deal. After her passing in January I seemed a bit at loose ends and the weather was undesirable for an amateur runner like me. Besides getting a new grandson three weeks early and losing my mother-in-law in the same weekend, I turned 70. My best running buddy (Hailey, my dog) was slowing down as well and we no longer could do much more than a mile. I just couldn't get going.

But on one of my infrequent runs, I remembered the [MOVE 4 MISSION](#) recently announced by United Women in Faith. I didn't have the energy or time to organize another fundraiser, but I could do my own. Here's what I came up with: On February 23 I thought what if I pledged 70 cents for every mile I ran. So it has begun. I'm still toying with an "official" event to possibly support this UWFaith endeavor, but right now my plate feels full. Here's a few things I'm running with right now which I hope maybe you can join in or come up with your own run.



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My UWFaith reading group, the Bookworms, at my church Arvada United Methodist chose Bishop Karen Oliveto's **Strangely Warmed Hearts** to read. I said I'll invite her, thinking that her likelihood of coming was slim and yet...she accepted. The event will consist of a meal and a discussion of her two books and more. **Registration by April 1 is required because we want to plan the meal. Here is the [link](#) to register.**

In January at the district meeting I talked about the experiences I have had in my church UWfaith sponsoring a refugee family through the International Rescue Committee (IRC). We have just started up with another core team to co-sponsor another family. I think the biggest challenge is housing but lots of things are needed by the people escaping from danger and harm. Pastor Vicki Alverado at Epworth Methodist Church contacted me the other day saying that her church is looking for people who could help in ESL classes. If you are interested in helping migrants and want more information about the IRC, let me know.

Sometimes we might fall and not feel like going on. Sometimes we might feel that we're running against the wind and get going anywhere. Sometimes we may feel like we're running on empty. There is no end to the areas that we could help and the state of the world may feel hopeless. And it's cold and snowy out. Even though Isaiah tells us "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint," some of us are worn out and depressed and just sick of everything.

That's when coming to the Spiritual Day at the end of April might help lift us up. I hope this spring our strength will be renewed and we can put more love into action. Let's move on it, starting with ourselves. If you want some physical motion, I plan to participate in the Pride 5k again in June and if any of you are interested, let's get a team going.

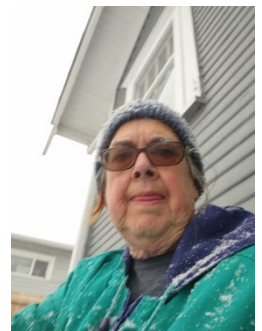
I'm not going to win a gold medal at the Olympics for my speed or distance. I'm not going to raise a ton of money, but whatever I do will help this effort. I don't know how long I'll do

it because I tend to drift to other ideas or opportunities. There will no doubt be days that I talk myself out of going for a run, but my first week of this effort has resulted in me running 15.7 miles and raising \$11 for Move 4 Mission.

If you have an idea of something new for you or your unit could do, I encourage you to run with it. Or walk with it. Do it for the world, do it for yourself. Just do it. And

tell us about it.

A cold windy snowy day to run
one short mile.



Blessings, Marcia Canter



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Vice President's Message by Donna Parisi, MHM District Vice President,
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"The spirit of God has made me, and the breath of the Almighty gives me life",
Job 33:4

As I write this, it is a warm breezy day, bringing the first hints of spring. I can feel the excitement in the air, even though I know we have at least two more months of winter weather. But the feeling is there, something new is happening. A month ago our district met at Littleton UMC for our annual **Mission & Mentoring Day**. Fifty-five women, representing 15 churches in our district, shared a day of asking questions, learning new things, meeting other women in the district who may have the same office that we hold, and sharing smiles. We made 50 "period kits" that were sent to the Wesley Center at CU and to help some local immigrants. We worked together and learned together.



Making Period Kits



Littleton UWFaith hosted us



Marcia given hospitality

As the weather changes we look forward to our annual **Spiritual Day coming on Sat, April 27**. That is a special day where we will be focusing on our Soul Care. There is more info in this newsletter. Mark your calendar now!

I hope you all are taking advantage of the **Call to Prayer and Self Denial**, a special designated offering for UWFaith. This year's theme is **Lifting up Voices for Climate Justice**. All the materials are easily accessible on the UWFaith website. After this special offering, grants will be available for projects with this theme.

There is so much happening in our churches, our units, and UWFaith national. Be sure you are connected and receiving all the information you need to fully participate, when you can and where you can. Please share this newsletter with your UWFaith sisters. This is an amazing organization that we all love. Let's continue to put love into action to change the world!

Be Well, Donna



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Faithfully Forward

Day of Giving
Sat, March 23, 2024



Happy Birthday United Women in Faith!! March 23 is our birthday, and we are celebrating 155 years of faith, hope, and love in action.

Celebrate with a gift to the UWFaith Legacy Endowment Fund. Step faithfully forward to create a brighter, more compassionate tomorrow for women, children, and youth. The Legacy Endowment Fund is a permanent investment that supports the work and the future of United Women in Faith. You can give a regular gift, or make a donation in honor or in memory of someone special in your life. **Click [2024 Day of Giving](#) to give now.**



SECRETARY'S MESSAGE By Carla Schwartzkopf, MHM District Secretary
carlasch@me.com mobile (303) 478-7185

Please email your 2024 slate of officers to me at Carlasch@me.com. If you have someone new in a position, please include their name, phone number, home address and email. If the person is returning and all their information is unchanged from the 2023 directory, you can just provide their position and name. Thank you in advance for helping get this information to us so we can turn it around and get the Directory out to you.



Education and Interpretation by Karen Bueno, District Coordinator,
Karenbueno@aol.com, mobile (303)587-9693

My job assignment is to be sure that all of our United Women in Faith members know about the ways that we are **Serving Around the World!**

Please share this information, even if your local unit does not have a person in this role

- In 2022 and 2023 more than \$7 million was given to U.S. and international mission
- United Women in Faith supports more than 1000 projects or people in 39 countries.
- That number includes nearly 500 scholarships totaling more than \$1 million to students around the world.





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You can find the project maps in response magazine, March/April 2024. Quoting from page 27 of that issue:

“Giving out of our bounty is an important part of Christian life. It is a way for us to put our faith into action and make a positive difference in the world around us. I have chosen United Women in Faith as an avenue for my giving because of the variety of mission projects we support that focus on the needs of women and children.”

Saturday, March 23, 2024, is our Day of Giving. How about planning a fund raising event to support the Legacy Endowment Fund or to add to your Pledge to Mission?

HIGH METRO DISTRICT NEWSLETTER – March 2024

From: Brenda Bronson
UW Faith Mile High Metro District
Communications Coordinator
11063 W Ohio Pl
Lakewood, CO 80226



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Message from MHM District Communications Coordinator

Brenda Bronson, brendabronsonfpe@gmail.com, mobile 303-941-7634.

I would love your help! Please email me articles you think should be in our quarterly district newsletter.

Is your unit doing an event you'd like to invite women from other UW Faith units to attend? Do you use Facebook? Would you like to see our District have a Facebook Group where people can invite other units to participate in our special events, write posts about our events? Would you join that group? Let me know what you think! Email, text or call me. Since this newsletter is usually only issued quarterly, Facebook posts and invitations might be best way for us to share.