

**We Are All Part
Of God's Story**



**United
Women
in Faith**

MARY MARTHA LINK PEAKS PIKES PEAK DISTRICT APRIL/MAY 2024

Calendar Dates

Peaks Pikes Peak District

Events

Spiritual Day Together

June 1

***Parker UMC
and Zoom***

Annual District Meeting

September 21

Location tbd

Mountain Sky Conference

Events

Mission u

July 9,16,23,30

Annual Conference Meeting

October 10-12

St. Andrew UMC

mtnskyumw.org

Western Jurisdiction Events

May 8-10, 2024

Western Jurisdiction Meeting

Anchorage, Alaska

National

Assembly, 2026

Indianapolis, Indiana

National Mailing Address

***United Women in Faith
Church Center for the United
Nations***

777 United Nations Plaza,

p11th Floor

New York, NY 10017

April/May 2024



Margaret Wiatrowski

President

719-531-5283

mwiatrowski@earthlink.net

Happy Spring!

It seems like spring has come to Colorado. Sometimes Mother Nature likes to fool us, but I hope all of the moisture we received during the winter will bless us with a beautiful spring season. I hope all of you had a blessed Easter with friends and family. Spring and Easter, both make me think of growth-physically, spiritually and mentally.

It's a great time to think about growth for our United Women in Faith units, too. At our Leadership Development Day in January, we all joined breakout rooms to discuss ideas for helping our units grow. I was in Breakout #3 and we had good discussion and sharing of ideas. I will share some of those with you and encourage all of you to have this type of discussion in your local unit also.

(President's Message continued)

COMMUNICATE: Don't rely on telling people just once or using just one form of communication. Take advantage of social media.

PROVIDE CHILD CARE: We don't want anyone to miss out on the opportunities we offer.

START A NEW GROUP: Sometimes a new person doesn't want to be the only new woman in a group.

USE TECHNOLOGY: This applies to communication, but to other areas also. The national office has many resources on their website at uwfaith.org.

HAVE GOOD SPEAKERS: Women want to use their time wisely and appreciate hearing new and interesting information.

DISCUSS SOCIAL ISSUES: Talk about things that matter outside the walls of the church.

INVITE OTHERS PERSONALLY: This can make all the difference for someone new.

I would love to hear ideas from your unit. Articles for the Mary Martha Link are always welcome. Tell us what you're doing.

Make a Spring Resolution to grow physically, mentally and spiritually. It's as easy as taking a walk outside, challenging yourself to read one (or more) of the books on the UW Faith Reading Program and using the [Daily Prayer Guide](#) on a regular basis.

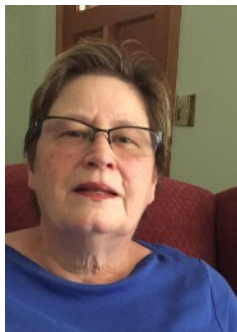


Nancy Friday
Secretary

303-990-344

Nan.Friday@gmail.com

Contact Nancy with directory information (slate of officers for your local unit.)



Cheryl Runyon
Mtn. Sky Conference Vice-President
cheryl.runyon@comcast.net
303-494-0434

Save the Dates:

June 22, 2024--We are planning for the United Women in Faith Breakfast during the Mountain Sky Conference. It will be held on Saturday, June 22, beginning at 6:45 a.m., at First UMC, 332 E. 2nd St., Casper, WY. We will have a fabulous breakfast offered by the UW Faith unit at First UMC, a wonderful presentation by Deaconess Robin Ridenour, and the opportunity to meet the deaconesses and home-missioner who live and work in our conference. If time allows, we hopefully will have a Good Morning poem before everyone heads back to the Ford Center for that morning's sessions. The registration fee for the breakfast is \$15. Cannot attend the breakfast in person? We plan to Zoom the presentation and the Zoom registration fee is \$5. Lora Fulton is our registrar. Please contact her at: mscumwregistrar@gmail.com, 303-439-2129, or 1710 Dogwood Ct., Broomfield, CO 80020, to register. We've included a flyer in this newsletter that you can share with district officers and local units.

October 10-12, 2024—Mountain Sky Conference United Women in Faith Annual Gathering, St. Andrew UMC, Highlands Ranch, CO. The Mountain Sky Conference (Colorado, Utah, Wyoming, and Montana) rotates hosting the Annual Gathering and **2024 will be our turn to host the meeting.**

On Oct. 10, district and conference officers will gather for a business meeting; on Oct. 11, we will offer Ubuntu projects either at the church or in the Denver area, leadership workshops, officer training, book discussions, a banquet, and a bedtime story. On Oct. 12, we will open our annual business meeting to nominate and approve our slate of officers, approve the 2025 Conference budget, offer our district pledges to the conference, remember our sisters who have passed this last year, host a panel discussion about one of our major policy issues, and gather for worship time and communion.

We will host a display area for our 2024-25 Reading Program, Education and Interpretation, and Social Action and Creation Justice Task Force. We also will have several items for sale, including books in the Reading Program, Bead for Life jewelry (UW Faith microloans), nuts and snack mixes, etc.

We are planning to hold a block of rooms at a nearby hotel if you would prefer not to commute to and from Highlands Ranch. (Staying at that location will also provide more time for participation in Ubuntu activities Friday morning, the 11th. Please watch for more information about the Annual Gathering in upcoming issues of the Mary Martha Link.

Questions? Please contact Cheryl Runyon at 303-494-0434 or cheryl.runyon@comcast.net.

UNITED WOMEN IN FAITH BREAKFAST AT ANNUAL CONFERENCE



COME FELLOWSHIP WITH
DEACONESS ROBIN RIDENOUR
MEET OUR DEACONESSES AND HOME-MISSIONER

SATURDAY, JUNE 22 (6:45 A.M.)

First UMC
332 E. 2nd St.
Casper, WY 82601

We will have a delicious breakfast
and presentation from Deaconess Robin Ridenour

In-person Registration fee: \$15 Zoom Registration fee: \$5
RSVP by June 19 to Lora Fulton (mscumwregistrar@gmail.com)
303-439-2129,
1710 Dogwood Ct., Broomfield, CO 80020)

More from Cheryl:

BUMP Suffers Weather Damage from Severe Montana Winter

The Blackfeet United Methodist Parish (BUMP) experienced an extended, very cold winter in northern Montana that resulted in frozen pipes and roof damage. The buildings that normally would house and feed the Volunteers in Mission teams that visit in the summer were damaged and will need repairs for future teams to visit. Pastor Gail Hoyt is coordinating with Rev. Jean Schwein (Conference Disaster Response Coordinator) and Bishop Karen Oliveto to develop a plan to respond to and repair the damages. (We met Rev. Gail at the 2023 Mountain Sky UW Faith Conference Annual Gathering in Billings, MT.)

Please keep BUMP and Rev. Gail Hoyt in your prayers. Donations can be made electronically through the Mountain Sky's donations portal.

<https://secure.myvanco.com/L-Z5QF/home>,

or checks can be mailed to the Conference (Mountain Sky Conference of the UMC, PO Box 462200, Centennial, CO 80046) with the memo, BUMP repairs.

Period Kits Needed for CU Wesley Foundation

Rev. Ashley Murphy, the director of the Wesley Foundation at the University of Colorado-Boulder, has shared that the university has estimated it needs 10,000 period kits per semester to meet the needs of students and staff at the Boulder campus. Many of the students are first-generation and their family's finances already are stretched with providing tuition and housing; their budgets often don't include 'extras' like food and sanitary products.

With the assistance of cluster units, the Mountain View UW Faith unit made and delivered 211 kits, plus extra supplies, to the Wesley Foundation on Feb. 25. If your unit is interested in helping with this project, please contact

Rev. Ashley Murphy (directors@wesleyf.org) or

Cheryl Runyon (303-494-0434 or cheryl.runyon@comcast.net).

Each period kit contains: 1- or 2-gallon Ziploc bag, Ziploc sandwich bag, baby wipes (in the sandwich bag), 15 regular sanitary napkins, 5 overnight napkins, 2-3 tampons (regular), and 2 pair underwear (size noted on the outside of the gallon bag). Small hotel-size soap bars also can be included.

Don't live close to CU-Boulder? Please check with your local schools (middle through college) and see if they need period kits for their students.

One Nation Walking Together Christmas Shoeboxes for Native American Elders

It isn't too early to begin thinking about saving shoeboxes for the Christmas shoebox project.

Last year we packed 22 shoeboxes at our Annual Gathering at Rinn UMC on Sept. 23. Margaret Wiatrowski graciously packed the shoeboxes in her car and her UW Faith unit at Calvary UMC completed the shoeboxes, wrapped, and delivered them to the Colorado Springs office of One Nation Walking Together. Let's plan to continue this Ubuntu project at our 2024 Annual Gathering.

The Christmas shoeboxes are for Native American elders who live on reservations in South Dakota. One Nation Walking Together, a nonprofit located in Colorado Springs, will take the shoeboxes to the reservations prior to Christmas for distribution; for many elders, this may be their only Christmas present.

First—what do we need besides shoeboxes? Just about anything that you think someone might need in the coming year that will fit in a shoebox. Many of these folks live 40 to 50 miles from the nearest store. Needed items include pens, notepads, soap, small toiletries (shampoo, conditioner, body lotion), toothbrushes and small toothpaste tubes, reading glasses, socks (for men or women), hats, gloves, paperback books, dishcloths, and towels, as well as tea bags, hot chocolate mixes, hard candies, and non-perishable snacks or cans of tuna, Vienna sausages, or even a small canned ham.

Join with Frasier Residents to Help A Precious Child

The Warm Ups, a group of residents at Frasier Manor Retirement Community (350 Ponca Pl., Boulder, CO 80303) have committed to knit or crochet 50 baby afghans for A Precious Child in Broomfield by the end of 2024. A Precious Child is a local non-profit in Broomfield that serves children and families in the counties surrounding Denver. The Broomfield United Women in Faith unit has worked closely with A Precious Child for several years.

This year, we need **YOUR** help to complete this project. If you could knit or crochet a baby afghan (approximately 35" x 45") that would be great. The Warm Ups also are seeking donations of 9"x7" knitted/crocheted rectangles (any acrylic worsted yarn) to be sewn together and made into baby blankets. If you have a 'stash' of yarn to use up, this may be a project that your unit or other crafty friends would like to participate in this year. Don't live close to Frasier? Please bring you completed squares to the PPP District Annual Gathering, or the Mountain Sky Annual Gathering, Oct. 10-12, at Highlands Ranch UMC. Cheryl Runyon can collect and deliver them to Frasier.

(From Cheryl: A HUGE Thank You! for your service to others) ..



Laurel Kubin
Treasurer
970-686-0544
909 Palomino Way
Windsor CO 80550



Congratulations!

Six Star Units

- Berthoud United Women in Faith**
- Boulder First United Women in Faith**
- Broomfield United Women in Faith**
- Calvary United Women in Faith**
- Christ Fort Collins United Women in Faith**
- Colorado Springs First United Women in Faith**
- Fort Collins First United Women in Faith**
- Fort Lupton United Women in Faith**
- Good Shepherd United Women in Faith**
- Greeley United Women in Faith**
- Heart of Longmont United Women in Faith**
- Lafayette United Women in Faith**
- Longs Peak United Women in Faith**
- Mountain View United Women in Faith**
- Parker United Women in Faith**
- Smoky Hill United Women in Faith**
- Sunrise United Women in Faith**
- Windsor United Women in Faith**

Registration for District Spiritual Day Together
Connections

Saturday, June 1

9:30-2:30

\$20 In Person, ParkerUMC

or Zoom

Register by Wednesday, May 29

Name(s) _____

Phone _____ E-mail _____

Unit _____

Name _____

Phone _____ E-mail _____

Unit _____

Name _____

Phone _____ E-mail _____

Unit _____

Local church/unit _____

Address _____

Unit _____

Registration may be made to Laurel Kubin by phone, 970-686-0544,

by e-mail, laurelkubin@gmail.com

or by mail:

Laurel Kubin, 909 Palomino Way, Windsor CO 80550

(Plan are for this meeting to be hybrid – access with Zoom)

**Peaks Pikes Peak District United Women in Faith
2024 Budget**

Expense

Directory	\$400
Program Resources Shipping	0
Newsletter	\$25
Audit	\$100
Zoom Subscription	\$165

District Events

(Net of registrations)

Leadership Training	\$850
Day Together	\$300
Annual Gathering	\$500

District Officer Expenses

Subscriptions (response, etc.)	\$750
Travel Expense	\$800
General Supplies	\$175
Print / Postage	\$250
Shepherdess Program	\$100
Special Projects (MN&O, etc)	\$500
Total Budget/AMD Requested	\$4915

Mission Giving Budget \$65000



The Legacy 150 Campaign
is now in a Sustaining Phase.

Go to
uwfaith.org
to Legacy Fund
For details on giving or
becoming a
150 Legacy Builder



Lorrie Toni
Membership
Nurture and Outreach
970-578-9300
lorrietoni@gmail.com

CONNECTING

It is interesting to see how the connections of events during the spring-to-summer time frame,,,relate to the concepts of Membership, Nurture and Outreach. We experience the solemn beauty of Palm Sunday; the blessed joy of Easter, the commitment of Pentecost, the love surrounding Mother's Day, and the honors acknowledged on Memorial Day.

United Women in Faith easily relates to solemn beauty, blessed joy, commitment, love, and honor. Women who live in faith find solemn beauty everywhere they look. They find blessed joy each time they donate their talents. They feel committed to sharing the words of Christ. Women of faith practice love of others daily. And women who gather to support UWFaith honor all who contribute to the work of helping women and children around the world.

It is through these connections of humbleness, rapture, blessings, duty, love, and respect that our organization can have so much impact, both locally and internationally. Bless all of you for the time and talents you constantly share and give to your families, your churches, your communities and to your world.

Now let's talk about how much you are giving to yourself! Do we remember to take time out for our own time to sit quietly with God, in prayer and contemplation? Do we ever enter this note on our calendars: "Look at the beauty of the stars tonight"? Do we jot a calendar note like this: "Notice the peace of the flower garden this afternoon"? Do we connect Monday afternoon to "recite my many blessings this morning"? Have we carved out a time to dutifully commit to a task that is our least favorite activity? Have we done enough lately to show care for ourselves? Did we find some time to salute our neighbors for their help with the snow shoveling?

Internal connections are as important as external connections. Let's promise ourselves some "check-in" times (beyond registering at the summer vacation hotel). How am I doing? Is my body getting enough sleep? Is my mind sufficiently stimulated? Is my spirit ready for the next challenge?

I am looking forward to seeing you at our Spiritual Day Together in June and learning concepts about connecting body, mind and spirit!



Jan Spitler
Spiritual Growth
720-204-6583
janaspitler@gmail.com

I have been thinking that maybe we should get back to the basics of spiritual growth. I found some good information on a website called cru.org. I hope this helps all of you on your spiritual growth journey:

What Is Spiritual Growth?

Spiritual growth is the journey of growing in faith to know more about God and become the person that He created you to be.

Peter, one of Jesus's closest followers during the time He was on earth, encourages us this way: "Grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Peter 3:18).

Paul, a leader in the early church who wrote much of the Bible's New Testament, describes this growth in another way: "We have not ceased to pray for you, asking that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and increasing in the knowledge of God" (Colossians 1:9-10).

The type of person that God wants you to be is one who is characterized by His qualities: "The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law" (Galatians 5:22-23).

How Do You Know You Are Growing Spiritually?

Active spiritual growth is usually visible, and there are several things that make it evident:

1. A desire to spend time with God to learn more about Him (2 Peter 3:18).
2. Desire to dig deeper into the truths of the Bible (2 Timothy 3:16-17; 1 Peter 2:2).
3. Learning and teaching others the truths of the Bible (2 Peter 3:18).
4. Growing in grace with forgiveness (Titus 2:11-14).
5. Desiring to obey God (John 14:15; James 1:19-25).

When you have faith in God, it will show itself in how you live your life (James 1:26).

This is a journey that lasts a lifetime -- let's journey together.



Betty Edney-Milner
Program Resources
970-381-0230
betty_milner@msn.com

Program Resources

We are 3 months into 2024! Where does the time go?! I hope you are all finding time to read books from the Reading Program.

Here are some helpful links to Program Resources and the Reading Program:

Program Resources: <https://uwfaithresources.org/prodDetail.cfm?productID=11292&catid=2177>

2024 Reading Program:

<https://uwfaithresources.org/prodDetail.cfm?productID=10846&catid=2175>

I haven't forgotten about the Reading Certificates. I hope to do them right after Easter.



Myrna Prentice
Communications
303-469-1633
myrnaprentice@mac.com

Connections! What a great theme for our Spiritual Day Together. A great theme for United Women in Faith. As I assemble this newsletter, I am reminded of the meaningful things we can do "together". Welcoming others as we meet in small groups in our individual churches...enjoying the support and fellowship of our unit members... working on projects that endeavor to meet the needs of a hurting world. I look forward to attending Jurisdiction in Anchorage, Alaska, May 8-10—an opportunity to meet kindred spirits,...to learn, to worship, to be energized! Connections—-realizing the power of many!

Committee on Nominations



Margaret Hotze
Co-chair
970-223-8539

margarethotze.umw@gmail.com



Loeda Westphal
Co-Chair
719-632-5965

loedawestphal@gmail.com



Pat Chase
Member
303-356-0017

patchase99@yahoo.com



Connie Takamine
Member
303-554-9785

ctakamine@msn.com

March 23, 2024 we celebrated the 155th birthday of our mission organization now known as United Women in Faith. With that milestone of mission including service and advocacy, we now look forward to the continuation of supporting related activities. Diversity of our members encompasses the variety of talents we share as we work together to ensure the continued success of our missions and advocacy work.

During this time of many changes, leadership will be of utmost importance. There are many challenges in our hurting world and the needs continue to increase. We will need to share the responsibility with our many talents and interests. It is now more important than ever for each to participate in the activities of United Women in Faith. We are members of an organization that provides an avenue of service.

Each year the Committee on Nominations searches for individuals to serve in related positions as leaders. We need to be considering where we might serve. During the next few months, think about your talents and what you can offer. Perhaps health and age problems limit physical activity, but remember financial giving. You may not be able to lead as President, but many other positions are needed on the local, district, conference and national levels. Training is offered for all positions. As you consider your abilities and interest for the next few years, think about the world's needs and how best you can serve. Remember that United Women in Faith provides an avenue of service. Say "yes" to the call during 2025.

Loeda Westphal

Contact these other District Officers with questions or for more information



AnnToll
Vice-President
720-498-1484
[anntoll.com](mailto:ann@anntoll.com)



Megan Wieck
Education & Interpretation
970-308-15234
wieckmmegan@gmail.com



Mary Ann Kerttula
Social Action
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Just a reminder—
District Newsletters and the Conference Newsletter
are available at any time at
mtnskyumw.org

2024 Peaks Pikes Peak District Officers Contact Information

President	Margaret Wiatrowski	719-531-5283	mwiatrowski@earthlink.net
Vice President	Ann Toll	720-498-1484	ann@anntoll.com
Secretary	Nancy Friday	303-990-3944	Nan.Friday@gmail.com
Treasurer	Laurel Kubin	970-686-0544	laurelkubin@gmail.com
Spiritual Growth	Jan Spitler	720=204-6583	janaspitler@gmail.com
Social Action	Mary Ann Kerttula	303-335-0923	makerttula@comcast.net
Membership (MNO)	Lorrie Toni	970-578-9300	lorrietoni@gmail.com
E&I (Education & Interpretation)	MeganWieck	970-308-1523	wieckmegan@gmail.com
Program Resources	Betty Edney Milner	970-381-0230	betty_milner@msn.com
Communications	Myrna Prentice	303-469-1633	myrnaprentice@mac.com

Co-Chair of Committee on Nominations –

Margaret Hotze	970-223-8539	margarethotze.umw@gmail.com
Loeda Westphal	719-632-5965	loedawestphal@gmail.com
Committee on Nominations – Connie Takamine	303-554-9785	ctakamine@msn.com
Committee on Nominations – Pat Chase	303-356-0017.	patchase99@yahoo.com

Connections:
Mind, Body, Spirit

Peaks Pikes Peak District
Spiritual Day Together

Saturday, June 1

10 a.m. to 2:30 p.m.

Parker United Methodist Church
11805 South Pine Drive, Parker CO

9:30 a.m. Registration

Keynote Speaker: Deaconess Laurie Fujinami

Panel Discussion:

***The Loneliness Epidemic** by Susan Mettes

***Together: The Healing Power of Human Connection in a
Sometimes Lonely World** by Vivek Murthy

Workshops for further exploration/discussion

Registration cost: \$20 (includes lunch)