

Hays District UWF SIGNAL, MAY 2022

President Cheryl Metcalf

What a wonderful Spiritual Retreat at Camp Lakeside this past weekend of April 8 & 9! I don't think I have ever been so relaxed and ready to share with 30 other Christian sisters as we learned to "Fill Our Cup". A big Thank you to Coralee Thornburg, chairperson, and to speaker Billy Blair and worship leader Melody Stutz for an inspiring 2 days!

The United Methodist Women will have a new brand coming soon. We will be called United Women in Faith. I highly suggest that every member read about it in the March/April issue of Response. The digital issue is free to everyone. This issue not only features an article on our new brand, but it's also the special biennial mission maps issue, showing the people and programs your generous Mission Giving supports around the world.

Local units will have until the end of the first quarter 2023 to make the transition to UMF. All conferences and districts to transition by the 2022 Annual Meeting. The Great Plains Conference UMW Annual Meeting will be held in Kearney, NE on September 17.

Mission u will be held in Kearney on July 22-24, and in Salina on July 28-30. There is only one study and it will be on "Luke 13". A book can be purchased through the Service Center.

Hays District Fall meeting will be held in Quinter on October 8, 2022. So please be sure to save the date!

District VP Greetings from Teresa Albert

Reminder: Please send a copy of your program book to Vice-President, Teresa Albert at 14091 160 Road, Smith Center, Ks. 66967 that we might share ideas on unit programs and activities. We will display them at the annual District meeting also. Thank you.

I look forward to meeting you in Oct. for our Hays District annual meeting in Quinter on October 8. Instead of officer break-out sessions this year we'll be featuring a panel with computer led discussion of the Conference Website and how to find forms and information pertaining to our local unit reports and information. Amber Hope will be our "Ingathering" this year. A representative will be there to speak. Monetary gifts are welcome but they need diapers if you wish to bring items.

This year's offering will go to Epworth Village. Please make any checks directly to the agencies not to the Hays District.

For officers and those who wish to travel to Quinter the night before, I have reserved a block of rooms at the Castle Rock Inn in Quinter, 785-754-3600, 1095 Castle Rock Street, one block north of the I-70 exit. See you there. It is always an enjoyable day of fellowship and information. Have a great day! Teresa Albert

REGISTRATION FOR HAYS DISTRICT MEETING

HAYS DISTRICT UNITED WOMEN in FAITH Forty-ninth Annual Meeting October 8, 2022

“Healing and Joy on Our Journey to God”

“Those who trust in the Lord will find new strength” – Isaiah 40:31.

Quinter United Methodist Church 218 W. 4th Street, Quinter, KS 67752

Registration & Hospitality Time 9:00 - 9:30 a.m.Meeting 9:30 – 3:30 p.m.

----- cut and send -----

Registration Form

Name _____ Unit _____ Church

Address _____ Phone # _____

Luncheon \$11.00 Registration \$3.00

Morning Speakers: A Representative from Ember Hope (Ingathering)

and Joy Solomon, Epworth Village (special offering)

Check here if you are a District or Conference Officer _____ (send no \$ / District pays)

Reservations due by Sept. 23, 2022. Money must accompany reservations. Send to: Kathy Koehn, PO Box 535, Quinter, KS 67752, kathykoehn@hotmail.com or 785-299-0270 for questions.

Nursery provided if needed. Please send a sack lunch with your child. I will need child care for

_____ (number and ages of children)

Conference Information

The Great Plains United Women in Faith (formerly United Methodist Women) Leadership Team met on March 11, 2022. The following information is a portion taken from the minutes of the meeting. Please contact your conference officers (Margaret Thompson, Kathy Koehn or Carolyn May) if you have questions about the information below or information that was not mentioned here.

Janice Elmore, Conference UWF (formerly UMW) President, reported that United Methodist Women has changed its name to United Women in Faith. The organization has a new look, logo, and mission statement. The official launch date was Thursday, March 3., which kicked off with the release of the new website, a Facebook announcement event and a press release. To access the website, go to <https://uwfaith.org>. The digital March/April issue of *Response* which announced the new name and logo will be available for free on the new website E-Store. More resources such as the Brand FAQ and video will be available on the new website for download and also from the E-Store. All national UMW staff have new email addresses ending in @uwfaith.org rather than unitedmethodistwomen.org. The mission statement for United Women in Faith is as follows: We seek to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship and education so that they can inspire, influence and impact local and global communities.

There will not be a METour 2022. The committee is planning one for May/June 2023, Southeast to Red Bird Mission. Please start contacting young women ages 15-20 who might be interested in participating.

Mission u will be held at three locations: Grand Island on July 15-16, Salina on July 28-30 and Topeka on July 29-30 in addition to via Zoom. There will be only one study. It is "Who Can We Be Together: Building Communities of Hope and Joy" based upon a biblical exploration of Luke 13. The cost and registration information will be announced later. Please check the conference website for info.

Mark Your Calendar

- May 20-22 National United Women in Faith Assembly –
Orlando, Florida
- June 8-11 Great Plains United Methodist Church Annual
Conference Meeting

(face-to-face only)--LaVista, Nebraska

- June 24-25 Leadership Team meeting--Kearney, Nebraska
- July 15-16 Mission u--Grand Island, Nebraska
- July 28-30 Mission u--Salina, Kansas
- July 29-30 Mission u--Topeka, Kansas
- September 17 Great Plains United Women in Faith Annual Conference meeting--Kearney, Nebraska

As so many changes are happening around us, let us keep our eyes on Jesus and our hearts on our calling—to make disciples of Jesus Christ for the transformation of the world. Blessings to you.

Carolyn May, Great Plains Conference United Women in Faith Standing Rules Chair

Greetings Unit Treasurers

I do hope each of you have been able to enjoy the intermittent Spring weather we've had. Some of us were fortunate enough to go to Camp Lakeside April 8-9 for our Spiritual Growth Retreat. It was an enjoyable renewing and recharging time for me. Such an interesting presentation by Retired Elder Rev. Billie Blair on "Fill my Cup". The new Camp staff did an outstanding job especially considering they were also providing services to 45+ Fire men and women at the same time.

I know there are some new treasurers for your units and I hope you will contact me with any questions or concerns. If I don't have the answer immediately, I will certainly try to find it out for you. You do still need to send a copy of your 2021 Audit if you have not done so. Also, following is a list of the Units that have notified me of their 2022 Pledge:

Alton, Atwood, Bison, Bunker Hill, Colby, Downs, Goodland, Hays, Healy, Hill City, Kirwin, Norton, Oberlin, Otis, Quinter, Smith Center, St. Francis, Utica.

Please send your Pledge monies in as early as possible as the need is always great to keep the mission of caring for women, children and youth moving forward.

I hope each of you have the opportunity to read the article about the UMW name change in the March/April issue of the Response magazine. It is free at [response Magazine | United Women in Faith \(uwfaith.org\)](https://www.uwfaith.org/response-magazine) (just hold Control and right click). It

explains very well the changes to our name that have been implemented. The whole magazine is full of wonderful information. As you will find in the article about our change, our "Purpose" has not changed! So let's keep keeping on the very best we can.

In His Service, Deanna Castle, Hays District Treasurer

409 W Elm St, Oberlin KS 67749

Spiritual Growth

Ladies, we finally had our retreat that was postponed for two years due to Covid. I am pleased to say, that our retreat "Fill My Cup" was excellent by Billie Blair. Our worship by Melody Stutz and piano music was great. I was pleased how everything went. We had 24 on Friday and 28 on Saturday. The cafeteria people went out of their way making it work with two groups. All three meals were excellent. What a joy with our hearts full and our cups runneth over.

Easter Thought

There are moments in life when we are treated in ways that are painful, demeaning and unfair. Words are spoken and actions are taken that wound us. It can feel satisfying in those moments of betrayal and injustice to close off our hearts and nurse our grudges. We replay events over and over, crystalizing our pain and justifying our anger.

We think we are doing it to keep ourselves safe so that something like this can never happen again. But we are closing off our own capacity to love, heal, grow, and move forward. By carrying a grudge, we weigh ourselves down with the past, and resentment blocks our good.

Releasing our old grudges means opening the constricted, rigid spaces of our hearts and letting the stories go. Letting go of our need to be right and the idea that whoever hurt us did something wrong. As we are willing to release our grudges and resentments, we open to healing, to an awareness of our own wholeness, to an experience of love and compassion. When we release our grudges against others, we release ourselves.

Let your cups be full of compassion, gratitude, and love.

Colossians 3:14 Above all, clothe yourselves with love, which binds everything together in perfect harmony.

Spiritual Growth, Coralee Thornburg

Nominations

We are needing to fill the Learning (Program Resources) position for 2023. If you know of anyone that may be interested, please contact me at 785-302-1650 or deannajames20@hotmail.com. Also, as most districts do not have a historian and we've found it impossible to replace Louise Schultz in that capacity, the Hays District Team will no longer have a Historian.

Thank you, Deanna James, Co-Chair of Nominations

Communications

We are returning to the old names of our mission coordinator jobs: Spiritual Growth, Social Action, Education and Interpretation, Membership, Nurture & Outreach and Program Resources. You'll see this reflected in the names of our team at our Annual Meeting in October. Remember these dates for the rest of this year and use the conference website to locate information from our newsletter, the Signal, and conference calendar – we'll be having a workshop on how to utilize the website for report forms and information at our Annual Meeting.

One of the snacks shared at the Spiritual Growth Retreat was Teresa Albert's Cinnamon Toast Crackers. She supplies this information for those wishing to try them. She used the Brand name for cracker seasonings which is "The Original Savory". She used Cinnamon Toast but they do come in several flavors. They can be found in gift stores or Third Street Designs in Smith Center.

Check out the online video at www.SavoryFineFoods.com to see how easy they are to make and other serving suggestions. She used 1 package of Savory Cinnamon Toast Seasoning, 1 box of saltine crackers, canola oil and a 2 gallon zip top bag. Directions say to add the seasoning mix and canola oil to the zip lock baggie and mix before adding 4 sleeves of crackers then seal. After tossing gently till coated let it set overnight in the bag before serving. Delicious!!!

Great Plains Conference UMIF Nominations

Great Plains Conference is looking for a person for Education and Interpretation and MNO – Membership, Nurture and Outreach. If you are interested or know of

someone that might be able to fill those slots, please contact Kathy Koehn, 785-299-0270 or kathykoehn@hotmail.com

DATES TO REMEMBER

Signal deadlines – Jan. 15 for Feb. 15 publication – April 15 for May 15 publication – July 15 for Aug. 15

May 20-22 – National United Women in Faith Assembly – Orlando, FL

June 8-11 – Great Plains United Methodist Church Annual Conference Meeting (in person only), LaVista, NE

June 10 – United Women in Faith luncheon – cost will be no more than \$20 – details TBA

June 24-25 – Conference Leadership Team Meeting in Kearney, NE

July 15-16 – Mission u – Grand Island

July 28-30 – Mission u – Salina, KS

July 29-30 – Mission u – Topeka, KS

Details TBA for the ZOOM sessions

Sept. 17 – Great Plains United Women in Faith Annual Conference meeting – Kearney, NE

Oct. 1 – Turn in to Hays District Secretary Janae Tuttle – Local Officer listing for 2023

Oct. 8 – Hays District Annual Meeting, Quinter, KS