

The Tide

Los Rios UMW District Newsletter



December 2020

Calendar Items:

- Mission U Events—All Canceled for 2020
- December 17, 2020—Faith Talks
- January 7, 2021—Faith Talks
- January 16, 2021—Los

Los Rios District Annual Celebration



Zoom Virtual
Event

*Knitted Together
In Love and Mission*

Los Rios District
United Methodist Women
2021

Saturday - January 16, 2021

A Christmas Message from Los Rios District President, Adi Mere Nabou

As we are all facing the new world we live in, COVID lockdowns and safety precautions to take, in our own space we are still alive and moving; it has expanded our passion to try to reach out to whoever is out there that needs assistance, a helping hand is all that can make a difference.

Our District team are faith-bearing, courageous servants facing all challenges as we walk together, facing up to all the bumps and the cracks along the way, and yet we are still stretching out to lend a hand.

It is really a new beginning to us all, as we gladly hope for what's ahead of us,

**Merry Christmas and
Happy New Year—2021**

Blessings to you &
Your loving Families



Adi

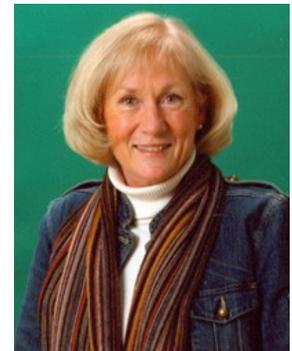
The featured speaker will be
Sam Kauffman

Sam, an internationally known Christian singer, retreat leader, writer, workshop presenter, songwriter, dramatist and recording artist, a roster artist with NEAG, does not remember a time when God and music were not central to her life.

Since starting a Servant's Heart Ministry and Music twenty-five plus years ago, Sam has presented over 2,000 concerts, programs and retreats along with seventeen original, one-woman, musical biblical dramas. She has traveled extensively across the United States and internationally singing in Europe and Canada along with adjudicating vocal competitions for GMA, presenting workshops and performing for CITA and NEAG.

Sam enjoys working with churches across the US as a workshop presenter, retreat leader, program presenter, dramatist and speaker.

With a vast background of experiences in working with children, youth and families, along with music and recording, Sam will bring a creative and meaningful program for our Annual Celebration.



"Zoom!" in for this great event!



UMW In Action

Los Rios held a virtual get-together for the District Presidents on Tuesday, December 1, 2020. The idea was to connect, find out how the UMW units are doing, and to discuss ways to find spiritual renewal.

Adi Mere Nabou, Los Rios District Leadership Team President, challenged us to ponder the following questions:

- ◆ How do we shine the light in this world of darkness?
- ◆ How can you be a beacon of light to your unit?
- ◆ How can we nourish our souls on a deep level?
- ◆ What are you doing, personally, to renew your spirit?

This provided food for thought along with ideas on how to stay spiritually alive.

Lorraine Ballesteros-Dobbins of Hope UMC

shared that being involved in their UMW's weekly bible study has helped her. They meet by phone every Thursday and share what is happening in their lives along with studying scripture.

Anne Breeden continues her information gathering and assessment of the proposed United Methodist church division. The podcasts, You Tube videos, along with participating in an ecumenical bible study are providing her much food for thought.

Bonni Fields of St. Marks starts the day reciting the phrase, 'Rejoice and be glad for this is a day the Lord has made.' followed by reading the Guidepost. She also has words posted as daily reminders; Hope, Joy, Peace. Staying on contact with her sewing group and praying for each other lifts her up. She says it is wonderful to be in contact with people of strong faith.

Their group also sends out a monthly UMW newsletter including stories, upcoming events, and jokes.

Rosa Washington-Olson, the Los Rios Spiritual Leader, took us through the scripture reading, **Galatians 5:22**. Rosa covered each section in the verse.

Love—Treating people with love, dignity and respect;

Joy—Resides deep in the heart of a believer. Jesus gives us that Joy.

Peace—A desired state of mind, calmness of body, mind and spirit. A trust in the power of God.

Patience—A skill to be learned and practiced every day. An attitude of the heart while we wait. Patience is the root of the spirit.

Kindness—Triggers a warmth in the heart (Micah 6:8-6).

Faithfulness—Staying the course, being a person of your word and delivering on your promises.

Gentleness—Starts with humility and respect. Saying with care what needs to be said even when it hurts.

Generosity—Time, talents, gifts, open hands. Trusting God to give generously and using his gifts to help others.

Self Control—This takes practice. God is at the center and how we display God to other people shows our respect and control.

Paul said as believers, we live differently from non-believers. Say "yes" to Jesus and your life will be different.



Advent Preparations

Advent began November 30 and continues through December 24th

After Rosa's thoughtful overview of Galatians 5:22, I thought about how this all applied to Advent. In researching, I came across this article by Dionne Boissière in the December 2014 issue of Response Magazine entitled, "Journal Through the Season of Advent."

As we currently are back to sheltering in place, journaling and using your own advent candles may provide a way to honor the season without the usual in-person events. Excerpts of Dionne's article is shown here.

Dionne writes:

"The preparation time of Advent is not about the commercialism of a holiday season, but, rather, it is about being ready for a holy season of new dreams, new possibilities, new strategies, new plans, new methods of organizing, new outcomes, new ways of being and becoming, new ways of thinking and engaging, new joys and new hopes!

In the midst of a world full of tragedy, war, hatred and injustice, we must embody the essence of this season and live out the hope of Christ in the world.

Let us look deeper into the Advent story so that we can hear God's call to be vigilant and bring truth and light to the confusion that plagues our world as we engage in faithful action on behalf of women, children and youth, and walk with those who alone are not powerful enough to secure justice for themselves.

I invite you to journey with me and keep an Advent journal. We will use the four weeks of the Advent season as the focus of our journal entries. According to our Christian liturgy, each week in Advent we focus on a different attribute, and each Sunday a candle is lit on the Advent wreath to represent the coming of Christ into the world:

- **Week 1—HOPE.** First Sunday of Advent, the first purple candle is lit. This candle is typically called the "Prophecy Candle" in remembrance of the prophets, primarily Isaiah, who foretold the birth of Christ. This candle represents **HOPE** or expectation in anticipation

of the coming Messiah.

- **Week 2—LOVE.** Second Sunday of Advent, the second purple candle is lit. This candle typically represents **LOVE**. Some traditions call this the "Bethlehem Candle," symbolizing Christ's manger. This is God's love for the world to bring new life, light and liberation to all.
- **Week 3—JOY.** Third Sunday of Advent the third purple candle is lit. This candle is called the "Shepherds Candle" and represents **JOY**.
- **Week 4—PEACE.** Fourth Sunday is the pink candle, oftentimes called the "Angels Candle," represents **PEACE**, the peace that the angels sing of with the coming of the Messiah.

On Christmas Eve, the white center candle is traditionally lit. This candle is called the "Christ Candle" and represents the life of Christ that has come into the world.

Using the Advent season's weekly themes of hope, love, joy and peace to journal, consider: What things am I **HOPING** for from/in God—and what personal investments am I willing to make to attain it? In what ways can my **HOPE** in God and in God's promises for humanity be enhanced through personal reflection? How do I **HOPE** to see personal transformation manifest in my life, in my new way of thinking about who I am in Christ and in/for the world.

The advent season ends on Christmas Eve but the message stays with us always."

The National UMW website address is
<https://www.unitedmethodistwomen.org/>

*Los Rios District Theme
for 2020*

*'Fill My Cup, Lord'
John 4:13-15*





California Nevada UMW Conference PROGRAM ADVISORY GROUP (PAG)

YOUR NATIONAL PAG REPRESENTATIVE: MARLENE WARD



My CA-NV UMW Sisters,

I wanted to share with you that I will be your CA-NV UMW representative on the UMW National “Program Advisory Group” (PAG) for 2021 - 2024. I received official confirmation of my election to this position in October 2020.

I have started to receive emails and postings from the Western Jurisdiction and National UMW on just what is involved in this position. And yes, some of the details of who and what the PAG is are still being developed!

I do know that I will be working on the *Legacy Steering Team* and I have been told that there will be one other smaller Team that I will be assigned to: *To Be Determined!* Beyond this, my “Purpose” as all other PAG members is “*to ensure communication between members of United Methodist Women in conference, district, and local organizations and its national leadership. PAG will provide programmatic recommendations to the United Methodist Women board of directors and staff and will communicate with conference, district, and local organizations about the work of United Methodist Women.*”

So ... I am your link with National UMW via PAG which consists of between seventy and eighty voting members (National Directors of UMW, Jurisdiction Presidents, conference representatives, representation from General Board of Global Ministries, representation from UM agencies, representatives from the Deaconess/Home Missioner/Home Missionary Community, plus a few more!)

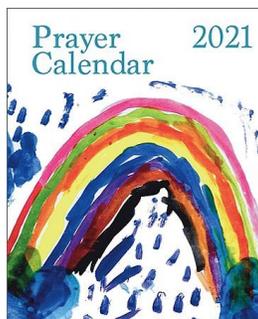
I have met via Zoom with Western Jurisdiction PAG representatives and also present at this meeting was our new National UMW President – Ainise Isama’u from the Cal Pac Conference and our new Western Jurisdiction President – Bonita (Bonnie) Miller from the Alaska Conference.

The full PAG will be meeting in March, 2021 and between now and then my work will begin on the Teams that I am assigned to.

This is new territory for me, but I look upon this opportunity to expand my connection to all of you and pass on to the next level what CA-NV UMW are focused on and what you hope to see happen in the broader UMW.

I ask for your prayers and please know that I look forward to working, once again, with the CA-NV UMW Conference Team so that I am up-to-date and informed on just what CA-NV UMW is up to!!!

Grace & peace, forgiveness & love,
Marlene Ward



The 2021 Prayer Calendar

The Prayer Calendar invites you to pray as one people responsive to God's call to relationships of caring, connecting and healing in a world of uncertainty in all but the love of God.

Now available on the UMW website at
www.umwmissionresources.org for \$14.00



2021-2022 UMW READING PROGRAM

There have been some major changes to the UMW Reading Program and the simplest way to get your questions answered is to cut and paste 2021-2022 UMW Reading Program into your search engine.

Please note that you will have two full years to complete whichever reading plan you choose and your report won't be due until December of 2022. You may choose books from the reading lists from 2017-2021 and Children's books will count towards all of the plans. At the local level, our library shelves at the church will have books from 2017-2020. We decided that our Mission pledges have priority on our resources this year so we did not purchase any books from the 2021-2022 list. If all goes well we may have an opportunity to purchase some next year. In the meantime, catch up on books you haven't read in earlier years and check the local library catalog, including the Link+ catalog for the new books. If you purchase any books for yourself, please consider donating them to our library when you've finished.



There are two books on the new list that I would like to recommend.

Gum Moon: A novel of San Francisco Chinatown by Jeffrey Staley is one that I obtained from the library last year due to my interest in our mission giving to Gum Moon House over the years. It turns out that it is based on the true story of one of Staley's relatives named Gum Moon but it does include quite a bit about the Methodist mission house which later was named Gum Moon.

Sleep, Pray, Heal by Donna Fado Ivery, which I just discovered today is free in Kindle form on Amazon through December 11. Donna is a clergy woman in our Conference who sustained major injuries some years ago when a large glass partition fell on her head and this is a memoir of her subsequent struggle for wholeness and healing.

Please contact me at herzogm@pacbell.net if you have any additional questions including how to put holds on library books or how to use a Kindle book without a Kindle device.

Happy reading, Mary Herzog



Faith Talks: Giving in Advent December 17, 2020—11 am

Faith Talks are monthly conversations with United Methodist Women hosted by Jennifer R Farmer, Spotlight PR.

Each conversation explores themes and resources that empower us to put faith, hope and love into action.

Thursday, December 17 at 11:00 pm PT • Faith Talks: Giving

Thursday, January 7 at 11:00 pm PT • Faith Talks: Creating a Sustainable Lifestyle with Emily Jones



LOS RIOS DISTRICT LEADERSHIP— POSITIONS OPEN

The Los Rios District Team currently has leadership positions available for the following:

Mission Coordinator for Social Action (2021)

**Mission Coordinator for Education
and Interpretation (2021)**

Committee on Nominations (2021)

Descriptions of responsibilities (under Leadership tab) along with an interest form (under Forms tab) are found on the Los Rios District Website;

www.losriosumw.org

Take the next step in your UMW experience and join with others working across the District on the Leadership Team. New people bring new viewpoints and ideas and are happily welcome on the Team.



Knitted Together In Love and Mission

This image is the 2021 theme for the Los Rios District along with the verse from Ephesians 2:10:

"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."