

USFW F.L.A.S.H.E.S.

(United Society of Friends Women) (Friends' Ladies Always Sharing, Helping, Encouraging & Serving)

"Margaret's Musings"

Sadly, this is our last issue of F.L.A.S.H.E.S. It was the decision of the Iowa USFW Executive Board to concentrate on our articles in the Iowa Friend so be sure to look for us there in the coming months. We celebrate the vision and skills of Margaret Good as she initiated and carried out this project since its inception.

Here are some informational items:

1. If you need Eliza Armstrong Cox certificates, I have them available. Just let me know how many you need. Remember that a membership is \$25, with half of that remaining in Iowa and the other half going to USFWI.

2. Our *Celebration of Service* in connection with yearly meeting sessions will be a bit different this year. We will enjoy a Kenyan tea, award the E. A. Cox fellowships, honor readers, and install officers. Our gathering will be at College Avenue Friends in the Fellowship Hall at 10:00 on August 9 followed by the Missions Banquet in the dining hall of Atkins Memorial Union on the Penn campus where Judy Davis will be our speaker.

3. We are in need of photos, mementoes, Blueprints, Advocates, historical information to use in the celebration of the 125th anniversary of the founding of Iowa USFW. Our celebration gathering will be the weekend of October 3-5 at Camp Quaker Heights. The camp is having its 60th birthday this year as well so we will have a joint celebration with Mary Glenn Hadley, president of USFWI, as our featured speaker. Our theme is: 'Serving in Seasons of Change'.

4. Together with IAYM we are arranging for Eirena, a Friend from Cuba, to be with us for 2 weeks in August of 2009. Linda Garrison and Mary Thury are combining their talents on the paperwork to make this happen. We look forward to this unique opportunity to learn and to make a new friend.

5. The offering at Spring Fling was over \$1100 and will be used for camp scholarships for Quakerdale clients. We enjoyed a wonderful day together hearing from Rob Talbot, new executive director of Quakerdale, and Dave Holm, director of spiritual life. The attendance that day was around 80 so the offering was a tremendous out-pouring of love and support from Iowa USFW. We have 163 paid memberships this year. (More members would be wonderful!)

6. Lyn Kinney, of Lynnville, has volunteered to be our vice president! How fortunate we are to be blessed with her willingness to use her gifts for USFW.

7. Be thinking about the restructuring proposal that was presented at Spring Fling to reduce the size of the Executive Board and perhaps limit our meetings to two each year rather than three. Action needs to be taken in the fall.

8. Thanks to those of you who sent in your end-of-year reports in a timely fashion. The information is being tabulated and will be shared with you in the fall.

Margaret Stoltzfus

INFORMATIVE & ENCOURAGING CHRISTIAN WEBSITES



Iowa USFW Site: <http://www.usfwiowa.com/>
Christian articles & poems: <http://christiangrowth.homestead.com/articles.html>
The "Light" House, encouragement: <http://nicol.net/>
Talks for Growing Christians, Bible studies: <http://www.growingchristians.org/rfgc/index.html>
Children's SS Resources: <http://www.io.com/~lcowper/resources.html>
Chuck Colson's Breakpoint commentaries: <http://www.breakpoint.org/listings.asp?ID=158>



READING COURSE BOOK REVIEWS

Ethel Watson, Iowa USFW Literature Chairman

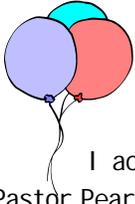


Greetings! I am excited about all the wonderful books we have to read this year! They all compliment the theme our USFWI ladies have set up for us: "What is That in Your Hand?" from Exodus 4:2. This coming year as each of us reads and examines our own talents and abilities that God has entrusted to us, we need to decide how best to use them to honor and glorify God and to grow His Kingdom. Our purpose here on earth is to share Jesus Christ with others in whatever manner God directs. Our Reading course will help in this self-examination.

The first book I want to share with you is *The Autumn's Brightness* by Daisy Newman. In the Spring, we think of new birth, Summer brings growth and fulfillment, Autumn brings serenity to many, with changes along the way, much as leaves change their color, and with it all, an excitement for many of what is to come. Our lives are much the same way and Daisy Newman brings a new excitement to Dilly, a woman in the autumn of her life. With the children basically grown, a widow whose world is a busy place, but who is looking for more, Dilly encounters a whole new world before her when she goes to visit a cousin in New York. I know you will enjoy this Autumn love story with insights to Quakerism throughout. As usual with this author, it is very well written and maintains your interest throughout the story. It leaves you wanting more!

All of the Devotional books are great also. *Sacred Rhythms: Arranging our Lives for Spiritual Transformation* by Ruth Haley Barton causes us to reflect and ask: Do you have a longing to know more of God, draw closer to Him, to seek His Face? Too often we try to fill this longing with more Christian activities, when what we really need is to slow down, listen to God, meditate on His Word, and fill ourselves with His Holy Spirit! The author gives step by step instruction on how you can do just this. We, Quakers, often speak of "centering down" which is basically what this book recommends. It goes a little further as she also asks us to honor our bodies, study the scriptures, use discernment, etc. Many of these are Quaker practices already, but she does an excellent job of presenting them. This book can be used as a personal devotional or in a group discussion where it can be practiced. I found it best to read one chapter at a time, close the book, meditate on it, and spend some time thinking about it as I went about my daily activities. It is well-written, easy to read and to absorb. So, if you are looking for Spiritual growth, I would highly recommend this book.

Our books this year ask us to look deep within and ask God to search our hearts and lives to see what changes each one of us needs to make to become more like Christ. If you want to grow in your Spiritual life, these books will definitely help you achieve that!! Happy reading!!!



INTRODUCING...

We are happy to welcome Lyn Kinney as our new vice president for Iowa USFW. She shares some of her life story in the article below.

I accepted Jesus as my Savior at the age of 9 at the Christian Union Church, Chariton, Iowa. Pastor Pearl Sams and Veda were my first ministering couple. Now a half a century later, I am learning to be your Vice President!

I'm an Irish Swede born at Chariton as Linda Mae Kinney. I acquired the name Lyn as an early teen & it has stuck. I lost my parents in the early 80's and my only sibling, a brother, in the 90's. Dan Jones and I married in 1970 after a rocky courtship. We divorced after 20 years of a rocky marriage. Opposites attract, and we were that!

We reared two beautiful God fearing children. Our first born, Eric, and his sweet wife Julie reside in Sully with their 9 yr old son, Lucas. They are active members at Lynnville Friends. Our daughter, Regina (Reggie) was born four year later. She, with her quiet and patient hubby Todd Kaldenberg, have two boys; Casey, 14 and Zachary 12. They live in rural Sully and claim the Lynnville Friends Church as theirs too.

I love having Friday Night Cartoon Parties! My grandsons & I do all nighters. We watch cartoons, wrestling, Zack & Cody, High School Musical, etc. We play drums, listen to Bill Cosby CDs, and play on the computer. We eat pizza, ice cream, luncheon meat sandwiches, and drink chocolate milk. We crash when we want...and I don't mind letting ya know...I am usually the first to fall asleep!

I am nearing 30 years in the same home in Lynnville...3 houses south of the Friends Church. It is an old simple Quaker home that was owned by Lynnville settler John R Sparks & his family until the mid 1900's. The home has a new foundation, siding, 20 + new windows, doors, new wiring, garage...and it is still old!! I hope to have it paid for before I retire.

I have lived in Bloomington, IL and Iowa all of my life. For nearly a quarter of a century, I have worked for the State of Iowa Dept. of Human Services as an IM2 (Caseworker). I have been housed in 6 counties. It can be very rewarding at times, and those are the times I try to remember. I enjoy meeting new people and learning from them. Life is an adventure! There have been lots of bumps along the way, but I thank God he has been always there. I can't imagine being without my Lord in my life.

ADULT MISSIONARY NEWS

Written by Bob & Hope Carter, Submitted by Delores Jones



The post-election violence was keenly felt at Friends Hospital in Kaimosi. Many victims of the violence were admitted with machete and arrow wounds. Dr. Kamau, the hospital's only doctor, had to live and work under 24-hour police protection because he belonged to the tribe that others were trying to drive out of western Kenya. During that time most of the daily care was done by the nurses and clinical officers, as Dr. Kamau only ventured to the hospital for emergencies. We are thankful that contributions sent through FUM allowed for the temporary employment of two consecutive short-term Kenyan doctors. This allowed Dr. Kamau to 'take a breather' from the stress of having to risk his life continually in order to save others. We are also grateful for the dedication of the hospital staff during this difficult time. Many had to work double or triple shifts, when others could not come to work due to the danger of being on the roads.

Meanwhile, the hospital renovations are going along well and patient attendance is picking up. The modest increase in revenues this generates is very welcome, but it also increases the pinch felt by inadequate staffing. There is an urgent need to employ four more nurses, but recent significant increases in government nursing salaries is actually inducing nurses to leave Kaimosi to seek positions in the government institutions. Currently the Adopt-A-Nurse program is the only thing keeping nurses at the hospital, and it urgently needs to be expanded. Besides recruitment of new staff, the hospital must significantly increase the salaries and benefits it offers to current staff if it is to avoid a mass exodus of qualified employees. In the short run, this will not be possible without outside help. (continued...)

As you pray for Kenya, please pray specifically for the Church in Kenya as well. Pray that she will not 'tire of doing good.' Pray that she will be given a prophetic voice at this crucial time in Kenya's history. Pray that she will speak for the widow and orphan, the disempowered and the despised. Pray that she will speak with the voice of Truth, of Justice, of Equity, and of Forgiveness and Reconciliation. Thank you for praying.



THE VINE AND THE BRANCHES

By Linda Eliason
Christian Service Secretary



This week's Fruit of the Vine devotionals have been on the "inconvenience" of serving God. It isn't always fun and easy, is it? Perhaps the secret is in John 15: 5: "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." I don't know about you, but I too frequently try to do things in my own strength and then wonder why it doesn't work ☺. Obviously many of you are way ahead of me in learning this lesson, because Iowa USFW women have accomplished extraordinary things just during the short time I've been on the Board. Let's think about some of them and be encouraged!

Just think! - At Iowa USFW Spring Fling we gave nearly \$1,200.00 for camp scholarships for Quakerdale kids. Even now Bill, David, Gary, Tyron, Dillon, Eric, Mike and Gina are preparing to leave for camp this Sunday; and God has great things in store for them!

Just think! - USFWI women gave thousands of dollars to help with relief during Kenya's recent time of political unrest.

Just think! - Many of you have knitted or crocheted baby caps for Kaimosi Hospital or prayer shawls for your local circles or care centers. Many others have made quilts or comforters for Quakerdale or completed other craft projects for local projects.

Just think! The Quaker Stamp Project in Mattapoisett, MA has raised nearly \$50,000 for Quaker organizations (including USFWI) just by recycling your commemorative stamps.

Just think! how much money you have collected at your circle meetings for USFWI and FUM missions and for Church Women United's Fellowship of the Least Coin.

Just think! An incredible number of local Christian projects have been funded or staffed with volunteers just because you care - soup kitchens, care center visits, ecumenical food cupboards, clothing drives, flood/tornado assistance, Habitat for Humanity, shelters for abused women and children and others far too numerous to mention.

Let's be alert for new opportunities to serve. Let's encourage one another to continue in service. Let's look to Jesus, the Vine, for the strength that only He can give!

"If God sends us on stony paths, He provides strong shoes." - Corrie ten Boom

PEACE AND CHRISTIAN SOCIAL CONCERNS PROJECTS

Karen Bauer, P & CSC Secretary

The USFWSI peace and social concerns has budgeted \$6,000 for the following projects:

Jamaica - Lyndale/Swift-Purscell Scholarships \$3,000

Education is the key to providing a future for these children.

Ramallah - Eli and Sybil Jones Scholarships \$3,000

In the difficult economic situation for many families, scholarships are much needed in order for children to receive an education.

Today I read in the news that the climbing prices of food and gas may impact giving to charities this year. The thought that people do not want to change their comfortable lifestyle so they will give less is sad. It is very important that USFW continues to support mission projects. Remember if we are feeling the financial crunch, those who are less fortunate will most likely be more affected.

Living in the U.S. we often take for granted the freedom our children and families have to choose the kind of education available. Some families choose private education, some participate in the local public school and others are home schooled. Families choose the kind of education that is in the best interest of their child.

This is not the case for many children in other countries, education is not free and often times difficult to obtain. Education is crucial to help children break the cycle of poverty. Education is vital to help children cope in places of political unrest and violence. Please give generously. Thank you.

Happy moments, praise God.

Difficult moments, seek God.

Quiet moments, worship God.

Painful moments, trust God.

Every moment, thank God.

Reminder: Presidents & Society Contacts, please return your year end reports to Margaret Stoltzfus @ 1214 S 2nd St., Oskaloosa, IA 51577 as soon as possible. Your input is very helpful to the Board as they make future decisions.



Our love and sympathy goes out to Dorothy Taylor (Iowa Board Treasurer) whose husband Waylon passed away June 19. Dorothy is also recovering from recent cataract surgery. Please remember her and the family in your prayers. Cards and memories may be sent to Dorothy @ 1121 Parkway Drive, Apt. #1, Boone, IA 50036.