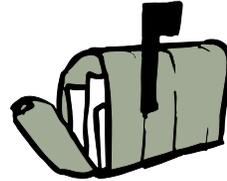
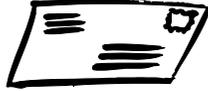


USFW F.L.A.S.H.E.S.

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

Mail from MEG



Greetings ladies,

For you who are wondering about "MEG", they are my initials since being married. Pretty neat to have your initials spell out a nickname appropriate for your name!

I'll begin this first email newsletter with a little history lesson.

It was the winter of 1881, when Eliza A. Cox formed The Woman's Missionary Society. The name was changed in May of 1948 to USFW. Through the years the purpose has not changed: to unite Friends women in fellowship and service; to stimulate spiritual development with program devotionals and reading course books; to cultivate Christian stewardship; to educate and support mission work among Friends; to connect with USFW International via the *Advocate* publication and Triennials.

Eliza used Micah 6:8 as a challenge to the ladies in 1881. It says: "And what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?" What is USFW doing today? We continue to do justice, love with kindness and walk with God, doing his will.

Serving God with you,

Margaret Good, your Iowa president



It's A Spring Fling!



Theme: "The Art of a Merry Heart"
Briggs

Speaker: Barb

April 9, 2005, 9:30

Grinnell Friends Church

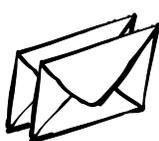
More details will be out shortly.

Be sure to mark your calendar for this “joyfilled” conference.



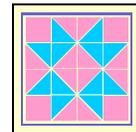
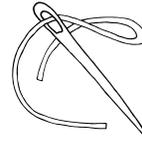
Know Your Iowa Board?

Each of our newsletters will contain some information about an Iowa USFW board member. Can you guess which of the board members was born in New York, was once a telephone operator, loves pecan pie, and enjoys scrapbooking? Her favorite Bible verses are Proverbs 3:6 & John 1:12. Don't know? You can find her name hidden () in another article in this newsletter.



CHRISTIAN SERVICE

By Linda Eliason



Greetings in the name of Jesus! Isn't it great to have this new means of communication?! (Thank you, Margaret!) I am new to the Iowa USFW board as your Christian Service secretary, and I appreciate your patience with the inevitable mistakes that go with "learning the ropes". With the Lord's help, I hope to keep them few and far between.

Although I have met many of you at USFW events, I trust this column will provide a way to get better acquainted with the challenges and joys you face as you are working on this year's Christian Service projects.

These are some of my goals for this column:

- To share words of encouragement - a scripture, a quotation, or a devotional thought - relating to Christian Service.
- To serve as a channel of communication between USFW International and Iowa USFW ladies on Christian Service project details.
- To promote personal sharing of the gifts God has given us, in keeping with this year's USFW theme, "Simple Gifts".
- To provide a space where USFW circles can share Christian Service ideas and concerns.

You will notice that this last goal involves YOUR participation, so I hope you will send me your ideas, questions and concerns at lje8930@kdsi.net (that first character is an "l", not a "one"); or 1709 Lacey Drive, Oskaloosa, Iowa 52577; or 641-673-8930.

As I've been thinking about Christian service, I was prompted to look up "service" in the dictionary. According to Webster one of many definitions of service is "spiritual serving as shown by obedience, good works, and love; as, dedicated to the service of God". As we

obey the Lord, and His love fills our hearts, our "good works" will have the impact and result desired by Him. God bless you as you serve Him through USFW Christian Service projects!



Lessons From the Advocate **God is Working!**

I've been thinking a lot lately about how God doesn't seem to wait around for a lot of people to get on board before setting about to accomplish something big. Story after story in scripture proclaims to us God's power to work miracles where 2 or 3 of us come together choosing to be obedient. I've heard many stories about small circles and how they can't do what they used to do...but does that mean God has no work for you? Have you actually asked God for direction? (I can ask this because I need to hear the question daily!) Have you asked God to bring any specific help you need? To raise up the people who need to be in the circle today? Maybe even to give you one small way to be a blessing to one person each month? When our prayer lives become seamless with our works, God truly begins to do miracles in and through us. I'm looking forward to hearing stories of miracles."

Sara Beth Terrell, President North Carolina USFW

Read any good books lately?

Good Books

by Edgar Guest



Good books are friendly things to own.
If you are busy they will wait.
They will not call you on the phone
Or wake you if the hour is late.
They stand together row by row,
Upon the low shelf or the high.
But if you're lonesome this you know:
You have a friend or two nearby.



The fellowship of books is real.
They're never noisy when you're still.
They won't disturb you at your meal.
They'll comfort you when you are ill.
The lonesome hours they'll always share.
When slighted they will not complain.
And though for them you've ceased to care
Your constant friends they'll still remain.

Good books your faults will never see
Or tell about them round the town.
If you would have their company
You merely have to take them down.

They'll help you pass the time away,
They'll counsel give if that you need.
He has true friends for night and day
Who has a few good books to read.

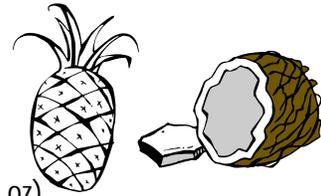
FOOD FOR THOUGHT

by Linda Garrison

What a delightful day we had at Camp in October! There were several requests for the dessert recipe. I got the recipe from Bonnie Minter, President of the Chester Society. She often uses sugar-free ingredients, and now that there are some reduced-sugar baking mixes, this one could be just as tasty for a lot less calories! Enjoy.

Pineapple cake: 1 yellow cake mix-Bake as directed on package except divide batter into 2- 9 x 13 pans and bake in 350 degree oven 15 minutes.

- 3 pkgs. (3.4 oz. size) instant vanilla pudding mix
- 4 cups cold milk
- 1, 8 oz. cream cheese softened
- 20 oz. can crushed pineapple drained
- 2 cups heavy cream whipped or cool whip can be substituted (Or 2, 8 oz)
- 2 cups toasted coconut



Beat pudding mix, milk and softened cream cheese for 2 minutes. Stir in drained pineapple and spread over cooled cakes. Spread whipped topping over pudding mixture and top with toasted coconut. Better if allowed to sit in refrigerator for several hours or overnight. May also be frozen for several weeks.

For those of you who will be trying new cookie recipes this holiday season, keep track of the tastiest. Iowa USFW will provide the Welcoming Tea at FUM's 2005 Triennial Sessions in Des Moines, and we will need HUNDREDS of cookies. What an opportunity (Evelyn Cook) to display good old Iowa hospitality. There will be more information on this at our Spring Fling in Grinnell.

A Reminder to Pray

"If My people, which are called by My Name, shall humble themselves, seek My face, and turn from their wicked ways, then will I hear from heaven, forgive their sins, and heal their land." II Chronicles 7:14

Regardless of how we feel about the current war in Iraq and against terrorism, it is essential and our duty to pray for our President, his cabinet, and all congressional leaders, the CIA, FBI, who work under extreme pressure and danger on a daily basis, our police and fire personnel who daily put their lives on the line, and our EMTs and paramedics who stand ready to meet any and all challenges which they face daily. We must pray especially for our troops who have been committed into harms way and their families as well.

No other country enjoys the freedoms we do and nowhere else can one voice their opposition to causes through Freedom of Speech. Praying for our President is the right thing to do.