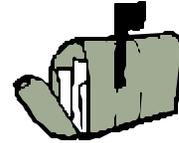


USFW F.L.A.S.H.E.S.

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



Mail from MEG



Greetings ladies,

Are you hopeful? What do you hope for? One thing that helps me through the cold and ice of winter is the hope of spring! When a friend dies we have the hope of seeing them again in heaven. If we sin we have the hope of God's grace and forgiveness. *"Hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us."* (Rom. 5:5).

Biblical and Christian hope does not mean living in the clouds, dreaming of a better life. It is not merely a projection of what we would like to be or do. It leads us to discover seeds of a new world already present today, because of the life, death and resurrection of Jesus Christ. This hope is, in addition, a source of energy to live differently, not according to the values of a society based on the desire for possession and competition. *"...those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not grow faint."* Isaiah (40:31)

Jeremiah assures us that those who put their faith in God can face the future with confidence. In Jeremiah 29:11 God says, *"For I know the plans I have for you... plans to prosper you and not to harm you, plans to give you hope and a future. If we have the faith to trust in God and walk with him we will be people of hope."*

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Rom. 15:13).

Serving God with you,

Margaret Good, your Iowa president



MESQUAKIE FRIENDS CENTER

From Brenda White

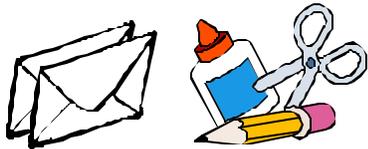
Address: PO Box 36, Toledo, IA 52342 Phone: 641-484-2329

"These listed projects and programs are only a glimpse of what we try to do here at the Mesquakie Mission. If there are any churches or ladies groups who would like to hear or know more about us or our work, we would certainly like to visit them to better inform them. We feel we have a lot to share. Being Native American ourselves, we have a great burden for our people."

- VBS - food, lesson materials, recreation equipment, craft items
- Funds for activities - skiing, swimming, skating, sledding, parties
- Ice Machine
- Vacuum cleaners
- Van garage door openers

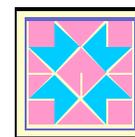
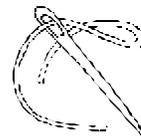


Wednesday night Kids Club - Paper products for meals that are served to 40-45 kids and 10-15 adults. Vehicle expense for 2 vans that are used to pick up the kids.



CHRISTIAN SERVICE

Linda Eliason, CS Secretary



Greetings, ladies! It came to my attention recently that some of you are not aware of the ABC quilts project, so I am including that information in this newsletter. Winter is a great time for quilting. If you are not a quilter, you may help by cutting quilt blocks or by donating money for supplies. Enjoy!

A thought for today: "God's blessings come to us in some unusual circumstances. We stop to help, we say a word, we offer some encouragement and later, sometimes much later, we discover God used that moment to be a great blessing in an individual's life. In fact, change occurred because we helped point the way." Stephen Main in *Fruit of the Vine*, Jan.-Feb.-Mar. 2005.

A B C – AT RISK BABY CRIB QUILTS

Bring some comfort and sunshine to aids babies, border babies and crack cocaine babies.

OUR GOAL: A colorful, cozy "blankee" as a gift of compassion and unconditional LOVE from the heart of America.

NEEDED: QUILTMAKERS and all who love to sew; ORGANIZERS for sewing groups in your area; NETWORKERS to spread the word across the country; DONATIONS of fabric, batting, thread, or money for delivery costs.

BABY QUILT DESIGN:

Size: 36" X 54" (depending on design can be square or rectangular)

Style:

1. Pieced patchwork (any pattern)
2. Juvenile prints or panels – prequilted panels
3. Appliquéd or embroidered
4. Combinations of any of the above. Please NO paint.

Fabrics:

1. Use cotton or cotton/poly (best to prewash)
2. Polyester batting (best if bonded) for filling.



Finishing:

1. Quilt (machine or by hand) or tie knots every 4" on center to secure layers to withstand frequent washings. (Do not tie with yarn! Tie with double embroidery thread or pearl cotton crochet thread -- in a square knot.)
2. To make edges strong, machine stitch close to edges of quilt binding.
3. Please autograph in lower right hand corner with permanent ink laundry pen as follows: ABC QUILT –Love and comfort to you; YOUR FIRST NAME; next line: YOUR STATE & YEAR

**FOR PATIENT CONFIDENTIALITY,
PLEASE OMIT THE WORD "AIDS" ON ANY QUILT**

To donate quilts or money please contact our Earlham coordinator:
Linda Burnett – A.B.C. area coordinator
135 W. 1st St.; Earlham, IA 50072 After 6 p.m.: 515-758-2191



MISSION REMINDERS

Betty Arterburn, Adult Missionary Secretary

Here we are into another year, 2005, and we are off to a slick and snowy January. We had 16 inches of snow in Marshalltown the first week of the year. WOW!! Even in the midst of winter storms, the sun is still there, somewhere above the clouds, it still shines. It warms and pulls at the life buried deep inside the brown branches and frozen earth. The sun is there, spring will come! And with spring will come our "Spring Fling". I hope to see you there!

As your Iowa USFW Adult Missionary secretary, I would like to tell you of some of our projects we will be working toward this year. As you know, our projects start on January 1 and end on December 31, of each year. Our January Advocate has a listing of the 2005 projects, and I will get information out to each local Adult Missionary Secretary, within the next month. These projects include the Four Funds: Love, Faith, Hope and Joy. The United Thank Offering, and Keys to the Kingdom. I will enlarge on these in my next communication.

As we close the 2004 projects, there are some areas that are not meeting our goals. These projects still need our support, and you might consider a special donation to one of these. (Be sure to mark what project and the year). Some of the projects that are low are the Love Fund for Kathy South, Sadie Vernon's retirement, and medicines for Lugulu Hospital in Kenya.

May the God of Peace be with each of you this year.

TEN THINGS GOD WON'T ASK ON THAT DAY

Contributed by Delores Jones, Literature Secretary

God won't ask what kind of car you drove,
He'll ask how many people you drove who didn't have transportation.

God won't ask the square footage of your house,
He'll ask how many people you welcomed into your home.

God won't ask about the clothes you had in your closet,
He'll ask how many you helped to clothe.

God won't ask what your highest salary was,
He'll ask if you compromised your character to obtain it.

God won't ask what your job title was,
He'll ask if you performed your job to the best of our ability.

God won't ask how many friends you had,
He'll ask how many people to whom you were a friend.

God won't ask in what neighborhood you lived,
He'll ask how you treated your neighbors.

God won't ask about the color of your skin,
He'll ask about the content of your character.

God won't ask why it took you so long to seek Salvation,
He'll lovingly take you to your mansion in heaven, and not to the gates of Hell.

God won't have to ask how many people you shared this with,
He already knows whether or not you will share this information.

Be Aware of Opportunities

Linda Garrison, Vice President

Many of the USFW-IA ladies, as well as other Friends, had a chance to hear of our fellow Friends who minister to serve, to usher in the kingdom of God from the land of Cuba. Our 2004 visitor, Enelia, shared of the joys and challenges of living out the Christian faith in her neck of the woods. What encouragement she brought to so many, as she shared of the opportunities God has presented. She observed much as well, and mentioned how lovely the hospitality had been.

We have additional chances in 2005 to hear of the many journeys fellow Christians are on and the ways they serve. The 2005 Triennial sessions will be held in our back yard, in Des Moines, eliminating the cost of travel. Some won't even have to give up their own beds! Plan to participate.

Cadena de Amigos, the Cuba Task Force of IAYM, has extended an invitation to Cuba Yearly Meeting to provide hospitality to yet another Cuban visitor to be named at the Cuba Yearly Meeting Sessions in February 2005. Be in prayer for the situation to be such that permission to travel is easily secured for our visitor. Mark your schedule to attend if our Friend comes to your meeting and take advantage of any other rich opportunities that will come our way with the Triennial close by.



FUM Triennial News

Ann Nichols, Planning Committee



A wonderful opportunity is in front of us as Iowa Friends host the Friends United Meeting Triennial in Des Moines this summer. It will take place at the Airport Holiday Inn, July 13-17, 2005.

This will be a great time of fellowship with International Friends. You will have opportunities to speak with and hear from folks we have supported such as Mike & Kay Cain, Belize; Patrick Nugent & Mary Kay Rehard, Friends Theological College, Kenya; staff from our Native American Centers and many others.

There are a variety of workshops planned. One especially that we as women interested in our work around the world would enjoy is the "New Vision and New Beginnings for Global Ministries" led by Colin South, FUM Global Ministries Director, with several of our Field staff. F(f)riends from Kenya, Ramallah, Jamaica, Belize and Cuba will be attending and sharing with us.

You will enjoy a relaxing time at the "Coffee House" after the banquets. Super programs are planned for Young Friends and Children. Various tours will be available for those who are interested. We have the unique opportunity to take advantage of all this right here "at home". You can find more information and registration forms in the January/February issue of Quaker Life. I hope to see many of you at the Airport Holiday Inn where the whole hotel is reserved for FUM Triennial 2005!

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 considers herself a shy person? She once worked for the Department of Corrections. She had a dog named Skippy and now enjoys crafting. Don't know? You can find her name hidden () in another article in this newsletter.



PREPARING OUR HEARTS FOR A
“**SPRING FLING**”
“The Art of a Merry Heart”



We hope your calendar is marked for the April 9 “Spring Fling” at Grinnell Friends Church, as announced in the last issue of USFW F.L.A.S.H.E.S. Our speaker Barb Briggs will share during four sessions entitled: “Darts to a Merry Heart,” “The Start of a Merry Heart,” “Parts of a Merry Heart,” and “Warts on a Merry Heart.”

To prepare our hearts for this topic, Barb has given us an “assignment”. She suggests we read some or all of the following books:

Klein, Allen; *The Courage to Laugh*, New York, NY: Penguin Putnam, 1998

*Klein, Allen; *The Healing Power of Humor*, New York, NY; Penguin Putnam, 1989

Samra, Cal; *The Joyful Christ*, New York, NY; Harper Row Publishing, 1986.

*Wirt, Sherwood; *Jesus, Man of Joy*, Eugene, OR; Harvest House Publishing, 1999.

Wirt, Sherwood; *The God Who Smiles*, Eugene, OR; Harvest House Publishing, 2001.

Barb’s two favorites from this list are the ones marked with an asterisk. In addition, the following books will be for sale (\$10 each) at the H.B. London ministry conference at College Ave. Friends on February 5, so come prepared to make humorous additions to your library:

Mullen, Tom; *Laughing Out Loud and other Religious Experiences*

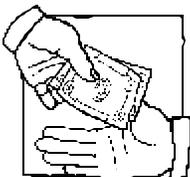
Swindoll, Charles; *Laugh Again*

Let’s prepare our hearts by checking our personal, church, and public libraries for any of these joyful resources. Curl up in front of the fire with one of these good books, and have a merry winter. ☺
by Linda Eliason

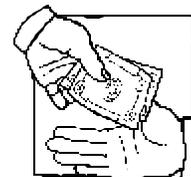
CHRISTIAN CONFERENCE / MISSION TRIP SCHOLARSHIP

This scholarship is available to women and youth who are active attendees of an Iowa Yearly Meeting Friends Church. The Christian Conference you wish to attend or the Mission trip you wish to participate in must be approved by the Iowa USFW Board. Please include a brochure or information of the event at least 30 days prior to the event. The approved scholarships will be granted, as funds are available. Up to 50% of the cost may be awarded. Maximum amount awarded may not exceed \$50.00.

If you are interested in this scholarship, contact our Iowa USFW Peace and Christian Social Concerns Secretary Kay Huffman with the information requested, no later than 30 days prior to the event.



Kay Huffman
15532 Illinois Street
Indianola, IA 50125-9396



2005 PROJECT INFORMATION

Dorothy Taylor, Treasurer

We're beginning a new year, and this is my first time to write for Friendly Flashes as Treasurer. With a new year come new USFWI projects; some are the same as last year and some are new projects replacing the old ones. The NEW projects include:

Love Fund: Joyce Ajlouny, Ramallah

Children & Youth: Belize Lunch Program

United Thank Offering #1: Treatment Room, (Linda Hourihan) Njoro Health Center

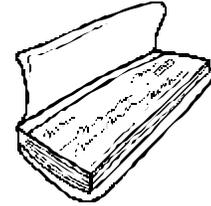
Keys to the Kingdom #6: Violet Zarou Retirement, Ramallah

Christian Service: 1 Supervision of ASHA Grant, Lugulu Hospital

2 Lisa Stout, Belize

3 Renovation of Swift Purcell School, Jamaica

4 Eden Grace, African Ministries Office



There are also changes in the Peace and CSC projects. The Jan-Feb issue of The Advocate has the complete list of all 2005 projects on page 5. Please refer to it for more details. The project emphasis for January is the Hope Fund: Kay Cain, Belize. The February emphasis is Key #1: Scholarships for Ramallah.

One society has already sent a check in January contributing to all the projects for the entire year. Others send several checks during the year. The USFWI report for 2004, as of Nov 30 showed giving at 70.9% of the budgeted items. I trust & pray that the year-end report will show a much higher level of funding.

I am enjoying my service as treasurer. I would request that you make checks payable to: **Iowa USFW**, instead of to me personally. However, I endorse and deposit them all! I'm looking forward to a great year serving our Lord in 2005.

STEWARDSHIP QUERIES

Glenice Hutchins, Stewardship Secretary New England Friends Women

When I think about stewardship I think in terms of questions or Quaker queries. The queries that come to my mind are as follows.

1. Am I a good steward of the bounty that has been entrusted to me?
2. What am I doing about conserving resources such as oil, electricity, energy, time?
3. How do I treat other living beings who share our planet?
4. Do I contribute my fair share to the life of my Meeting either in time or money?

When I make the effort to answer these queries I find that although I am doing much there is always room for more to be done.

Letters to God from Children

Dear God, Did you mean for the giraffe to look like that or was it an accident?

Dear God, I didn't think orange went with purple until I saw the sunset you made on Tuesday. That was cool!

