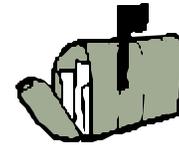


USFW F.L.A.S.H.E.S.

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



Mail from MEG Relax and Enjoy



Adapted from an article by Ralph Marston

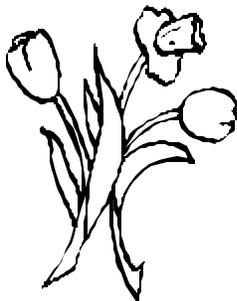
Diligent, focused effort will bring about great achievements. But that effort is more effective when regularly balanced with complete, total relaxation. The more effectively you work, the more opportunities you'll have for relaxation. The more fully you regularly relax, the more effective your work will become.

It is common to get stuck when you are working on something difficult. One of the best ways to get moving forward again is to take some time off. Get completely away from your demanding effort. Put it totally out of your mind, and replace it with something that's overwhelmingly enjoyable. Then, when you come back, you'll be operating from a more powerful, positive, purposeful perspective. And the breakthrough you need will come.

On a regular basis, take time to relax, to enjoy, and to savor life fully. And you'll find that it improves every corner of your world. In Psalm 46:10 God said: "Be still and know that I am God". When was the last time you were still and simply enjoyed being in the presence of God?

Margaret Good, your Iowa president

"SPRING FLING" REPORT



Our April gathering was attended by 155 ladies who learned how to improve their sense of humor under the direction of Barb Briggs. She was quoted as saying: "A well developed sense of humor is the pole that adds balance for your steps as you walk the tightrope of life."

Bess Holveck of Bangor USFW won the drawing for a free book from the 2005-2006 USFW Reading Course selection.

Know Your Iowa Board?



Each of our newsletters contains some information about an Iowa USFW board member. Can you guess which of your board members enjoys trapping & hunting? She once worked as a security person in the desert. She loves baking, woodworking and roses. Don't know? You will find her name hidden () in another article in this newsletter.



ANNOUNCEMENT FROM
MESQUAKIE FRIENDS CENTER

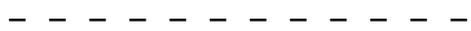
Address: PO Box 36, Toledo, IA 52342
Phone: 641-484-2329



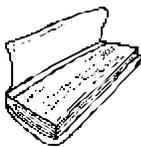
Victor and Brenda White announced that they would be having summer camp for Indian kids at the Mesquakie Friends Center. Time and travel expenses to Oklahoma have become a factor in their decision. They have the facilities to develop a summer camp program and with God's guidance, it will become a reality. Much prayer and thought have gone into making this decision and to planning the summer camp program. They would like to ask you to be a partner with them in serving the Lord and these kids. You can donate any of the following items or send funds for them to be purchased:

- Camp scholarships for children in your personal or church name
- Recreational activity fees for swimming, tubing, etc.
- Paper products such as plates, napkins, toilet tissue, paper towels
- Disposable eating utensils
- Paperback New Testaments
- Notebooks, pencils and pens
- Prizes for the different activities
- Craft supplies
- T-shirts
- Food

Donations should be sent to, and checks payable to **Mesquakie Friends Center**.



When you are dissatisfied with the responsibilities of adulthood
and would like to go back to your carefree youth...
think of Algebra. ☺



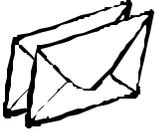
From the
Treasurer's Desk



The Iowa USFW board voted to designate the Spring Fling offering to the Four Funds and to match the offering with funds from the Iowa treasury. After rounding it up, we were able to send \$1,700.00 to be divided among the Four Funds.

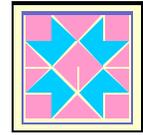
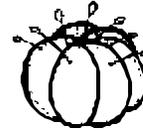
Thanks to all you society treasurers who send me your checks so regularly. In 2004, Iowa had 241 paid members; so far in 2005 we have 165.

Remember to make your checks payable to Iowa USFW, and to send them to: Dorothy Taylor, 132 190th St., Glidden, IA 51443-9004.



CHRISTIAN SERVICE PROJECTS LARGE AND SMALL

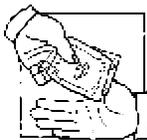
Linda Eliason, CS Secretary



Christian service encompasses a huge spectrum of possibilities! Three examples have been brought to my attention recently. Yesterday in worship we were privileged to hear Maxine Nash speak about her experiences with Christian Peacemaker Teams in Baghdad, Iraq. This is an example of Christian service in which one of our sisters is putting her life on the line daily to potentially save the lives of others. It is a huge, scary commitment, but one that is having a positive impact on a violent situation. Maxine is making a difference!

Recently I have been reading and summarizing the Hesper USFW minutes for the past more-than-one-hundred years, to help friends who are writing a history of Hesper Friends Meeting for the church's 150th celebration in July. I have been amazed and humbled by what has been accomplished for missions in that small church. I believe it shows the importance of persistence in service, through all kinds of social, economic, political, and religious times. It also shows what a group of like-minded women can do to make a difference.

The third example that comes to mind is something I learned from my college piano teacher: "15 minutes a day equals 91 hours a year". We often find ourselves saying, "I would take that on if I just had more time; I'm so busy!" But, small bits of time add up, and amazing things would happen if each of us reserved 15 minutes a day for working on a Christian service project. Perhaps you would use the time to cut quilt blocks, or send greeting cards to those who need encouragement, or pray for your pastor or for a missionary. Use your imagination! and make a difference!



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

Friends United Meeting Triennial News

What a source of delight and pride to be able to host FUM Triennial Sessions in Iowa Yearly Meeting's backyard in Des Moines. Iowa USFW has a further opportunity to show gracious hospitality in that we have been asked to organize a Welcome Tea for Triennial participants. We need at least 1,000 cookies and treats (finger-food varieties) to serve to more than 250 visitors on Wednesday afternoon at 2:45 p.m. If your meeting or society has someone attending, items can be sent with them, or with someone from a neighboring meeting. Please contact Linda Garrison at 641-751-4008 (cell phone), 641-939-7475 (house phone) or lindakgar@yahoo.com (email) if you are able to prepare 3-4 dozen items. Anything not used entirely will be frozen (if product is freezable!) at camp and enjoyed by the Iowa Yearly Meeting Summer Ministries Conference attendees in August. Inform Linda by July 1 of your intention to participate. Here's your chance to share your delights.



Eve Goodhue sent word that muffins are needed for a daily hospitality time. This is separate from the above effort. The Host Committee also needs small items/trinkets for the welcome bags for each person attending. If you work at a company (Kay Huffman) that might be willing to donate items please contact Eve. (They are planning to make 350 bags but any number of trinkets would be greatly appreciated.) To contact Eve, call 515-961-4650. Thank you!



The Importance of Books!

"When I consider what some books have done for the world, and what they are doing, how they keep our hope, awaken new courage and faith, soothe pain, give an ideal life to those whose hours are cold and hard, bind together distant ages and foreign lands, create new worlds of beauty, bring down truth from heaven; I give eternal blessings for this gift, and thank God for books." - John Freeman Clarke (From North Carolina USFW newsletter "Carolina Woman")

Recently Bangor USFW joined with Liberty, LeGrand, Chester, Honey Creek New Providence and Marshalltown at Hartland Friends to hear Delores Jones share about the new Reading Course books. We enjoyed the fellowship, food, and laughs as Delores gave her usual wonderful reviews. I'm sure she'd be willing to come share with a group in your area this spring. Just give her a call!

Margaret





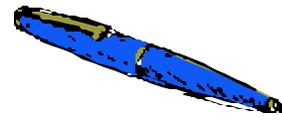
Questions To Be Considered

Do we examine how we communicate with children?
How can good habits be formed in the family around respectful communication?

What is the impact of media and popular culture? Is the child picking up aggressive and disrespectful ways of speaking and acting? If so, what impact is that having within the family? Does the time spent with media (of all sorts) interfere with or replace time the family could be spending together? Is their interaction with media inhibiting us from having the time and access we need to have healthy relationships with our children?

Do we have structured times when we come together as a family and children know they can voice their concerns?

YEAR END REPORTS



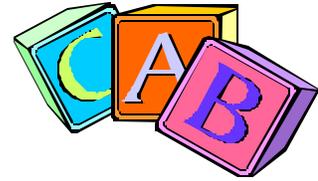
Grab your pens, complete the year-end reports and get them returned as soon as possible. We encourage you to do this at a group gathering so you have several to help remember the many activities of the past. It can be fun recalling all that was accomplished. The Iowa board members will compile these reports and send the information on to the Yearly Meeting and USFW International Board. Your input is a great help for us to know how to better serve and encourage you in the coming year. Whether your group is large or small, we need to hear from each of you.

EA COX REMINDER



Your society may wish to honor someone with an EA Cox membership during our Saturday meeting at the Iowa Yearly Meeting Ministry Conference. Send \$25 for each honorary to our treasurer, Dorothy Taylor, plus \$7 if you wish them to receive a pin. Then send a photo and biography of each person to Linda Burnett. Deadline is July 15.

ABC QUILT CORRECTION



Please note a phone number change for Linda Burnett. The sheet in the Spring Packets was incorrect. The contact number should be 515-758-3915. While Linda is officially retiring from her leadership position, she is still willing to be our contact. You may deliver your quilts or financial donations to her and she will pass them along.

MISSION REMINDERS

Betty Arterburn, Adult Missionary Secretary

Summer time is almost here, and some of our societies will not be holding meetings during the summer months. We hope that you will still remember our mission projects and contribute to them. June, July, and August emphasis is on KEYS TO THE KINGDOM. In the May-June Advocate there is some information about the Advocate Subsidy. The Advocate is our media link between USFW 's in the USA and twenty-one yearly meetings in seven countries outside the USA. We send complimentary copies of the Advocate to the overseas yearly meetings USFW clerks/presidents and missionaries to help keep us connected and informed. It takes financial support to make this a reality, and Keys #3 provides the finances and needs our help in meeting this goal of \$1000. Cost of printing and mailing a copy of the Advocate ranges from \$3.60 - \$4.00.



Joyce Ajlouny is our FOUR FUNDS, (LOVE FUND) recipient for his year. Joyce, Friends School Director, reports on one of the music programs at the Friends School in Ramallah. Through a Culture Foundation, five music teachers have arrived from Germany & Austria to teach string and wind instruments. They call them 'Musicians in Residence'. Minutes after the bell rings marking the end of the school day, music fills the air of our campus. It is a daily musical extravaganza. In the midst of an imprisoned, abnormal life, military occupation and injustice in Ramallah, PEACE has come to our school thru music.

The Smile File



One Sunday after church, a Mom asked her young daughter what the Sunday School lesson was about. The daughter said, "Don't be scared, you'll get your quilt." Needless to say, the Mom was perplexed. Later, the pastor had stopped at the house and the Mom asked him what that Sunday school lesson was about. He said, "Be not afraid, thy comforter is coming."