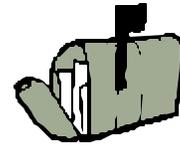


USFW F.L.A.S.H.E.S.

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



Mail from MEG



"Unto the Least of These"
Matthew 25:36-46

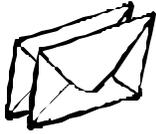
Most people around us are not literally hungry and thirsty, but some may be spiritually starved, even emaciated. Most people are not physically sick, but many are barely breathing spiritually. Some of our acquaintances have numerous social contacts, but are lonely inside, feeling left out, unappreciated. Few are literally naked, but many are exposed and vulnerable to the storms of life because they don't have the protective covering of faith and hope. We don't need to go to the prisons to discover people who have lost their freedom. Many are incarcerated by their own addictions, caged by habits they can't seem to break and attitudes from which they have not yet escaped.

Sometimes we don't do good things to the "least of these my brethren," because we judge them. We put a label on them and then rationalize our misbehavior or our non-behavior toward them. Years ago, we moved in next door to an older couple who yelled at each other. I was first disturbed, then disgusted by what sounded like constant quarreling. My resentment of the couple for all this noise kept me from making their acquaintance. As time went on, however, I suspected that they must be lonely as I was not aware of any family coming to see them. I mentioned this to another neighbor and wondered if I should visit them. This neighbor said, "I think it would be a great idea, but when you go, you'll have to yell because they are both nearly deaf."

If we say we love God and do not show love to those in our immediate reach, we are proven false. On the other hand, God welcomes those who give concrete evidence of their love in their day-to-day acts of mercy, charity and kindness. Let us show love "unto the least of these" as Jesus did during his time on earth. (Copied)

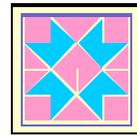
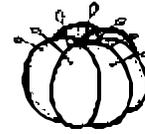
Triennial "Thank You!"

Several societies responded to the plea for goodies and hostessing help for the Triennial Welcome Tea. The donations far exceeded the need, but as planned, the "left-over" (really, "planned-over") cookies were served at Yearly Meeting sessions. To the amazement of everyone who packaged them for freezer storage in July following the Tea, all the cookies--truly, dozens and dozens and dozens--were completely consumed as YM attenders visited and wandered about the lodge. Thanks to all who participated in this effort.



CHRISTIAN SERVICE PROJECTS TWO URGENT NEEDS

Linda Eliason, CS Secretary



As this is being written, it appears that the most urgent kind of Christian Service we can engage in is **hurricane relief**. Last week, the Friends Disaster Service (FDS) sent out a notice calling for specific items needed by September 18, and for monetary contributions. FDS is especially concentrating on helping the approximately 800,000 people who fled New Orleans prior to the storm and are in shelters all over Northern Louisiana and the South. These people are in desperate need of everyday items. To make a monetary contribution you may write a check to your local meeting and mark it "IYM-FDS" in the memo line. This will be an ongoing need for a considerable time, so if you cannot contribute now, keep it in mind for the Christmas season and beyond. If you have questions, please contact Dan or Nancy Ritchie at 515-989-3407 or email DanARitchie@aol.com

Another urgent concern is the condition of **our own USFWI budget**. In the September-October, 2005 *Advocate* on page 31 the Treasurer's report indicated that the Christian Service projects income was only 23.5% - 29.3% of what is needed for 2005! Even if that income has doubled since the printing of the *Advocate*, it would still be under where we should be at this point, because less than one third of the year is left. Please consider what your society can do toward the Christian Service budget that goes to Lugulu Hospital in Kenya, Lisa Stout in Belize, the renovation of Swift Purscell School in Jamaica, and Eden Grace in the African Ministries Office in Kenya.

Our USFWI theme for the new year is "Unto the Least of These", and is based upon Matthew 25:40: "And the King will tell them, 'I assure you, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'" Right in front of us we have two great opportunities to live out this theme in our daily lives.

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 quilting and making cookies? She once worked for Northwestern Bell and has hiked to the top of a mountain in Colorado. Her favorite flowers are mums and she would have a difficult time living without sweets. A special Bible verse to her is Philippians 4:4-7. She would love to show you photos of her 3 grandchildren! You can find her name hidden in this newsletter.



From the Treasurer's Desk

Dorothy Taylor



Thank you for your generous and continued giving to our USFW projects. As we get into the fall season and some of your societies resume meetings after a summer break, take time to look at the Advocate and perhaps direct your giving toward those projects which are still under funded. All of our projects are very important and worthy of our support for the work of the Kingdom.

I am reminded of a chorus that we sang in VBS many years ago. I've no idea who wrote or published it.

Give unto the Lord with a cheerful heart;
Give as I have given unto thee.
Give unto the Lord with a cheerful heart;
This is what my Savior teaches me.

Go into the world with the gospel news;
Go, and I will ever be with thee
Go into the world with the gospel news;
This is what my Savior teaches me.

As we give, others are enabled to go.

In the Moment

Linda Garrison



Often when I consider what to share, I think ahead. What events must be prepared for? What information needs to be shared?

Today, I want to tell you what many have learned through life and loss: Love the one you're with, while you're with them. There are beautiful moments to treasure, to ponder and remember. But they must be lived and enjoyed *in the moment*, that priceless, irretrievable moment that slides by, occasionally unnoticed, often ignored.

Children grow up, leaves fall away, pets die, and spouses suffer. There is a moment, an event, in front of you today. A friend to laugh with, perhaps a sibling to chat with, maybe a spouse to visit with. It's as easy as a smile at the cash register or a friendly comment. Don't get so caught up in tomorrow that today slides by, wasted opportunities with it. These opportunities to share joy also spread the same.



USFW FALL RETREAT

Saturday, October 8, 2005 Camp Quaker Heights



Theme: We Can Make A World of Difference

"Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world." James 1:27

Speakers: Stan & Karen Bauer

Free Will Offering will support Kenyan Widow & Orphan program

Registration & Fellowship begin at 9:30

\$7.00 charge for program & lunch. Tickets available from your USFW President.
Come enjoy a day of relaxing fellowship Betty Arterburn and see the changes at our camp!
All ladies are welcome --- you do not need to be a USFW member to attend.

Simplicity

The strength and peace of inward simplicity helps us to choose and act with outward simplicity. Voluntary simplicity is not about doing without. In fact it's just the opposite -- it's about having enough. Enough intimacy with others and with nature, enough sense of purpose and fulfilling work, enough fun and joy. Voluntary simplicity is about living life fully, of experiencing life as a whole human being. It's also about caring for the earth and people throughout the world who truly do not have enough. (Simplicity Pamphlet-Australia Yearly Meeting)

Simplicity is not so much about what we own, but about what owns us. If our time, money and energy are consumed in selecting, acquiring, maintaining, and talking about our possessions; then there is little time, money and energy left for our other pursuits such as the work we do to further the Community of God. (Charles Hadley Snyder, 1991)

Try to live simply. A simple lifestyle freely chosen is a source of strength. Do not be persuaded into buying what you do not need or cannot afford. Do you keep yourself informed about the effects your style of living is having on the global economy and environment?

We do not own the world, and its riches are not ours to dispose of at will. Show a loving consideration for all, and seek to maintain the beauty of the world. Work to ensure that our increasing power over nature is used responsibly, with reverence for life. Rejoice in the splendor of God's continuing creation. (Britain YM)

"A rich person is not one who has the most, but one who needs the least."

(Interview with God)