

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

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



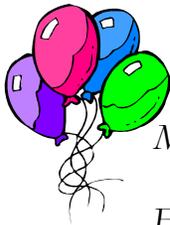
Mail from MEG
DO YOU KNOW SATISFACTION?



"Satisfaction comes to stay, hand in hand, with contentment. Knowing you have tried your hardest, done the best you could do, and being happy with what you have brings contentment and satisfaction. Satisfaction looks like smiling faces around the dinner table, a garden well tended, flowers blossoming, friends and family who love you no matter what, a church home that is supportive and loving, the sound of children playing, enjoying the quiet of a winter evening, making do with what you have because you can, finding the humor in tough financial times, sitting side by side with spouse or kids in silent contentment, leaving your own world a better place each and every day.

How much stress, frustration and unhappiness is caused by so many of us seeking that elusive something that will finally make us happy/content/satisfied when everything we truly need is already provided? The answer isn't in spending money on material goods to fill the emptiness. The answer is in being thankful to God for blessing your every moment and for providing you with your 'daily bread.'" ~ Copied

CELEBRATION OF SERVICE



Saturday, August 5, 10:00 William Penn University, Oskaloosa

Panel of ladies sharing mission trip experiences

Mission Updates & Reader Reorganizations & Society project sharing

Join us in celebrating a year of efforts given to God!

Followed by the Mission Banquet 12:00, for all MEN & WOMEN

Speaker: Sylvia Graves, Friends United Meeting Interim General Secretary

Purchase banquet tickets @\$10.50 each with registration form or call LAYM Office (641-673-9717)



Each year it is so much fun to gather and see what has been going on around the world and here in Iowa! We gain support and ideas from each other, so if you have never been before I encourage you to come this year. We have 4 openings on the board, vice-president, children & youth, stewardship and adult missionary. Instead of saying, "Oh, I can't do that" why not pray and see if God wants you to fill one of these positions. We always underestimate our abilities and therefore we fall short of doing all that God wants to use us for to further His plans. Take a chance. You will not regret it! Linda Burnett, FF Editor



A FAMILY MATTER
Evelyn Cook, Recording Clerk



Todd and Pat Gourley of New Providence spent 17 days during June in Sierra Leone, which is on the western coast of Africa. (Pat is a daughter of Kenneth and Evelyn Cook). The couple went to Sierra Leone with the hope of adopting an orphan, Mary Ina, who has lived the 4-5 years of her life at Jonathan's Child Care Ministry. (Her birth records are indefinite, accounting for the uncertainty of her age). Todd and Pat were with Mary Ina throughout their visit, bonding with her, becoming acquainted with her familiar environment, and helping with some of the work at the orphanage. On the final day of their visit, a judge approved the adoption. However, paper work needs to be processed at the American Embassy in Dakar, the Capital of Senegal, before the couple returns to bring little Mary to Iowa. Their children, Hannah -16, Zach -14, and Emma 7, are eager to welcome Mary into their family. The Gourley's, their parents, and friends are praising God for the many ways He has prepared the way throughout the lengthy adoption process, and guided every detail for Todd and Pat's safe trip.



ARE YOU BRINGING HOPE? SHOWING LOVE? BEING USED BY GOD?

Ethel Watson, Literature Secretary



What an AWESOME God we serve!! Five of us just returned from a mission trip to Kenya, East Africa, with Friends Bringing Hope, where our desire was to serve God by visiting the Widows and Orphans of AIDS in that area. As we shared, once again I saw the joy, love, and caring, that only Kenyans can give to each of us as we interacted with one another. We saw the poverty, the need for food, clothing, and shelter that was all around us, yet there was "joy unspeakable and full of Glory!" For the last 30 plus years, I have stood in awe of how these wonderful people of God can rejoice in their time of need and continue to Praise God in everything.

As we were winding up our time there, I thought again of how we get to return to our comfortable lives in America. We don't have to spend the rest of our lives in mud houses, carrying water from the streams, using a Kenyan choo (bathroom), eating the same food everyday if we are blessed enough to have food at all. Instead, we return to the many comforts of America where most of us don't worry about where our next meal is coming from. We look in closets and wonder what outfit to wear, not if the one or two outfits we have are clean and mended. How blessed we are with material things, but not any more blessed with the Love of God!! In that, we are equal. Do the people of 3rd world countries appreciate and recognize their blessings more than we do? I think so. What does all of this have to do with being the Literature Chairman for the Iowa USFW?

Upon returning home, I continued to read the books for the 2006-2007 Reading Course and just finished *Under the Overpass (A Journey of Faith on the Streets of America)* by Mike Yankoski. I highly recommend this book! Mike addresses many of the same questions and feelings I had while in Kenya, but about the homeless people of America. Mike lived and worked alongside the homeless of America, yet knew he would be returning to his middle class life when he stopped. How does living the Christian life in either America or Kenya (or wherever) fit into what the scriptures tell us? We are to feed the poor, give drink to the thirsty and clothe them. If a person has needs, we are to be there to help supply them.

Friends Bringing Hope is attempting to do just that through Micro-Enterprises (the cow project). In the book, Mike set out to see how that (helping the homeless) could be done here in America. This book is a real eye-opener about life on the streets. If you haven't read or heard about this topic, I would highly recommend this book so that you, too, may ask, "How can I be used by God? What would Jesus have me do? Is living the Christian life simply going to church on Sunday, or does He expect more from me?" Showing love to the "unlovable" of America can be hard at times, but it is what Jesus calls us to do. I hope you enjoy all of the wonderful books that USFW has to offer this year. It has been a pleasure to preview them for you! God bless!!!

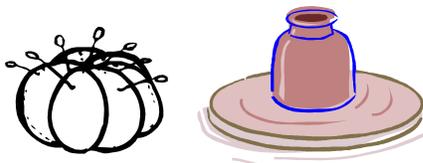
INFORMATIVE QUAKER WEBSITES

Associate Committee of Friends on Indian Affairs: <http://www.acfiacquaker.org/>

Friends Disaster Services: <http://www.friendsdisasterservice.org/>

Friends United Meeting: <http://www.fum.org/>

Iowa Yearly Meeting: <http://www.iaym.org/>



CALLING ALL FRIENDLY CRAFTERS!

USFWI Triennial 2007 will be held at the Adam's Mark Hotel, Indianapolis, IN July 19-22, 2007. The theme is "*Woven into a Tapestry of Love*" taken from Col. 2:2 (The Message) "*I want you woven into a tapestry of love, in touch with everything there is to know of God.*" For the Triennial, we are planning to have a craft event where Quaker women from around the world can display, sell and demonstrate their unique crafts. Do you weave, knit, quilt, make jewelry, pottery or any other kind of art or craft? It will be a fun time to see crafts from various countries. We invite interested friends to participate from all over the world. To help us plan for this exciting event, we invite you to reserve a table or space. Contact Karen Bauer 319-694-4120 or karenbauer@yahoo.com by September 1.

A STEWARDSHIP THOUGHT

"Stuff" is a drag on life. Bondage to stuff keeps the traveler from fully participating in the adventure of a journey. Stewardship provides the opportunity for people to be freed from the bondage to stuff to participate more fully and freely in the journey.

II Corinthians 9:6-8: *"Now this I say, he who sows sparingly shall also reap sparingly; and he who sows bountifully shall also reap bountifully. Let each one do just as he has purposed in his heart; not grudgingly or under compulsion; for God loves a cheerful giver. And God is able to make all grace abound to you, that always having all sufficiency in everything, you may have an abundance for every good deed."*

KENYAN WORK TEAM REPORT

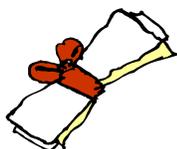
Karen Bauer, Peace & Christian Social Concerns Secretary



From June 5-22 five Friends Bringing Hope work team participants experienced Kenya in new ways. Norma Bond, Fairfield; Bob & Ethel Watson and Donna Heard of Glidden and Karen Bauer, Founder of Friends Bringing Hope, Pleasant Plain; made new friends as they worked to improve the lives of widows and orphans affected by the AIDS epidemic. The objectives of the work team were to build a water tank on the dairy farm, build a house for a displaced widow and her four young children, and provide funding for seeds for growing grass for grazing. We also had the opportunity to fellowship and minister to widow and orphan groups, visit FUM missions in Kenya and worship in Kenyan Quaker churches. We received many blessings while doing the work.

This work team was the first group I facilitated in Kenya and in many ways they will always be special friends to me. It was a joy to work with these gifted people. God continues to encourage me to go forward with the work of Friends Bringing Hope. It is my prayer that Friends Bringing Hope continues to become the organization that is a blessing to God and a blessing to many widows and orphans.

A very meaningful experience for me was the building of a home for Jacqueline and her four children. Working along side the Kwanza widows group gave me an appreciation for all they do to keep a home. Working with them made me feel like a sister and I was better able to understand more about their life. This laboring together became a work of love. Each time the home is mudded the mud has to dry and then another layer of mud is smeared until it becomes smooth and hard as cement. It is cemented with a mixture of mud, grass and manure for the best results. On June 15th we began the first mudding process, however this home will be mudded many times before it is finished. I asked a friend how often she re-muds her home. She said that she does it every two weeks because her family has allergies. Imagine the hard work that goes into this process! Reminder: Friends Bringing Hope began out of the work started as a result of the dairy project in Kaimosi, Kenya.



MISSION MOMENT

Betty Arterburn, Adult Education Secretary

We are about half way through the financial year and many of our projects are still in need of support. I hope that you will continue to support each one as they are depending on US. One of the 4 Keys to the Kingdom this year is the Eli & Sybil Jones Scholarship - \$2600 US. The Eli and Sybil Jones Scholarships at the Ramallah Friends Schools are providing an excellent education for the students as they prepare for college work. When scholarship funds are utilized, a student is provided with an education, a teacher is provided with a salary, and additional expenses can be taken care of. I encourage you to support this project. Education is a gift that lasts a lifetime.



Treasurer's Desk

Dorothy Taylor



Thanks to all societies who contribute so generously to our Iowa & USFWI projects. From your Spring Fling offering we were able to contribute \$990.00 toward furnishing Tall Oaks Lodge at Quaker Heights. I know that many societies do not meet in the summer, so incoming checks have slowed down, but fall will soon be here, bringing a new enthusiasm for USFW, I trust!

I pray that when you contribute and send in funds for our projects, that you truly consider and pray for the people and projects. Our combined contributions are a part of the larger work of FUM missions and help make possible God's work in the world. Check your Advocates for articles relating to these projects and become more personally and spiritually involved.

We in the US have financial and material resources unimagined by many people in the parts of the world where our mission dollars go. Would you be thrilled and grateful to receive a mud hut for a home (without utilities or conveniences), even if it was specially made for you? Would I? Probably not! But the widows in Kenya are, and show an inner joy and gratitude that we often miss.

As the little chorus Pat Coffin so often led us in singing says: "I am blessed, I am blessed. Every day of my life I am blessed. When I wake up in the morning, When I lay my head to rest; I am blessed, I am blessed." And truly we are blessed! May we joyfully share our blessings with others.



CHRISTIAN SERVICE UPDATE

Linda Eliason, CS Secretary



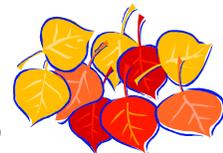
"Serve the Lord with gladness....Enter into his gates with thanksgiving and into his courts with praise: be thankful unto him, and bless his name." Psalm 100: 2, 4

Greetings, ladies! In the packets that were sent home from Spring retreat in Mt. Pleasant, one of the handouts mentioned two Christian Service projects. The information on stamps and postcards for missions was correct! I hope you are continuing to collect these and are sending them to the address below. In case you did not receive your packet of information, I am repeating it here.

They collect all U.S. and foreign stamps EXCEPT the 34 cent Statue of Liberty; the 37 cent heron and flag stamps, and the 39 cent flag and liberty stamps. They also collect picture postcards in their entirety (used and unused). You may send your stamps & postcards to: Quaker Missions Project; P.O. Box 795; Mattapoisett, MA 02739. To date they have raised \$47,000, some of which has gone to USFW projects as listed in *The Advocate*.

PLEASE NOTE: After the retreat handout was printed I learned that Mowa Choctaw Academy has closed. Therefore my recommendation that you send them your Box tops for Education is no longer valid. Please accept my apologies for any inconvenience! You might check with your local school district to see whether they can use them. If anyone knows of a Quaker organization that collects these, I will be happy to distribute the information. You may contact me at lje8930@mahaska.org or 641-673-8930. I'm looking forward to seeing many of you at yearly meeting and I would love to hear of local Christian Service projects that might be exciting for all of us to try!

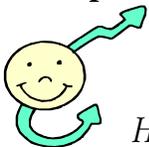
ANNOUNCING FALL RETREAT!



Saturday, October 7, 2006 Quaker Heights Camp

Speaker: USFW International Christian Service Secretary, Gladys Kang'ahi

Watch your mail and the *Iowa Friend* for more details.



*Happiness keeps you sweet, Trials keep you strong, Sorrows keep you human,
Failures keep you humble, Success keeps you glowing, But only God keeps you going.*