

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

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



## **Mail from MEG**



### THINGS THAT RESTORE OUR SOULS

(Copied from 'Feed My Sheep' website)

- Sleep - It is important to get sleep. Sleep restores our soul.
- Rest - When you rest you don't have to do anything!
- Reflection - You need to get away from negative thinking and spend time with God. You need time to look back and see what you have learned. You need to look up to God. Look around and see who has needs. Look ahead to the days to come.
- Diversion - We need to find things to do that will restore our souls. The number one diversion is reading. Other diversions include spending time with family, gardening, walking or fishing. It is about doing something different.
- Ministry - The ministry of the Word can restore our souls - if we have the previous four things. Without the other things ministry can seem like a burden to us.

God has green pastures...a place to be alone to think without distractions. It is a place with God. We need this in our life. God makes us to lie down. No running, standing or sitting. We need to lie down in humility before the Lord and meet with Him. Christ repeatedly got alone from the crowd and the disciples. If Christ needed still waters and green pastures, then we need to do the same. Try spending three separate hours a week alone with the Lord.

### QUOTE FROM FUM MISSION BROCHURE

*"Our greatest concern is for the world-wide Religious Society of Friends, that we become what God has in mind for us, that we take risks and obey God with boldness of heart, that we give without thought of return, that we consider others needier than ourselves, and look always for how God calls us to be in ministry and service amid the brokenness of the world."*

*Eden & James Grace – mission workers in Africa*



## Ladies USFW Fall Retreat Saturday, October 7 Camp Quaker Heights



Theme: "He Restores My Soul"

Speaker: Gladys Kang'ahi

Gladys is a Quaker minister who has worked in many leadership roles in Kenya, Africa. She now serves on the USFW International board as the Christian Service Secretary.

Gladys is an inspirational speaker whom you will both enjoy and appreciate.



Time: 9:30 - 3:00

Retreat Cost: \$7.00

Registration Deadline: September 28



Join us for fellowship, music, mission news and a beautiful fall day at Camp Quaker Heights!

As usual, you do not need to be a USFW member to attend.

## Know Your Iowa USFW Board?

Theresa DeMeyer of Mt. Pleasant has joined the board as Stewardship Secretary. Theresa has been married to her husband Jim for 14 years. She has two wonderful children Ashley 8, and James who is 5. Theresa loves to cook and bake. She also loves to garden. She mostly grows tomatoes (24 plants), green peppers, and cucumbers. Theresa has her own recipe for stewed tomatoes so she makes and cans LOTS every year. She has also made salsa.

Theresa is a member and treasurer of Grace Community Friends Church and President of the Grace USFW society. She helps with the local Girl Scouts and provides daycare for preschoolers. She recently began caring for an 8 week old baby. Her favorite Hymn is 'Amazing Grace' and currently her favorite scripture is Psalms 150.

Karen Dorrell has joined the board as Children and Youth Secretary. She has been married to Dale for 33 years. He is chaplain at Des Moines hospitals and pastor at Ackworth Friends Church. Karen & Dale have three children, each with angel names. Mike is in medical research. He lives in California with his wife Beth, and Karen's first grandson. Karen's 2<sup>nd</sup> son Gabe married Jenny in September. He is a youth pastor in Wisconsin. Daughter Angela is married to Josh Burnham. They live in Grinnell where she is a social worker and Josh works with Iowa Telecom.

Karen teaches phonics and pre-reading to students who are homebound and have special needs in the Newton School district. She has a passion for teaching kids and watching them grow. Karen says her favorite hymn is "Blessed Assurance" and claims Philippians 4:11 as an important scripture for her life. Her hobbies include being outside and having fun with animals. She loves to read children's books, yet hasn't read an adult book in years.



### TALL OAKS LODGE BECOMES CENTER OF ACTIVITY

Evelyn Cook, secretary



In July, 32 members of our family gathered from seven states for six days at Tall Oaks Lodge to celebrate our 50th wedding anniversary. This was the perfect location for our reunion. The Lodge has nine bedrooms, each with a comfortable queen-sized bed and a set of bunk beds, thus providing lodging for a total of 36. Each room has its own bathroom; bedding and towels are provided. Both levels of the Lodge are handicap accessible and there are bedrooms on each level. A ramp provides access to the large deck where we grilled meat, shucked sweet corn, and watched deer leap across the campgrounds.

The spacious dining/meeting room with large windows on the east and south overlooking the camp was our gathering area for eating, table games, and the sharing of pictures and stories. We give thanks to the women who attended this year's Iowa USFW Spring Fling. Their generous offering allowed the purchase of sturdy light oak chairs to match the round dining tables and added to our comfort.

Since our family had chosen to provide our own meals, we enjoyed the beautiful, well-equipped kitchen. The spacious pantry and cupboards were more than adequate for the treats and non-perishables that we supplied. Two large refrigerators, a microwave, and dishwasher were added luxuries.

The 16 young people in our group thoroughly enjoyed the swimming pool, mini-golf, basketball court, baseball, and carpet ball. A walk around nearby Pine Lake was invigorating for many of the adults.

Many in Iowa Yearly Meeting have dreamed and prayed for more "adult-friendly" lodging for Camp Quaker Heights over several decades. We praise God for His provision. Thanks to each one who generously provided funds, and to all the volunteers who dedicated their time and energy to this project, so that Tall Oaks Lodge can become a vital part of the ministry of Camp Quaker Heights.



## TREASURER'S DESK

Dorothy Taylor



Summer is over, and we are all getting back to our regular routines. I know that some societies do not meet in the summer, and I have received very little money for our projects this summer. Please check the USFWI financial report in each Advocate to see which projects could use some extra help. Then maybe you could consider making a special gift to one of them. I know we are a part of a larger whole, but it takes all of us working together to support and meet the funding goals set by the USFWI board. All the projects are important and deserve our support.

According to the Advocate schedule, September's emphasis is the Joy Fund (which was only 37% funded as of July 3). October's project is Christian Service, which has a better level of funding at this point.

Please remember to pray for the missionaries and projects supported by our funds. Money is necessary to carry out the work, but prayer is even more essential. The Advocate periodically has articles about them, which will increase our knowledge of the work we are supporting.

Looking forward to seeing many of you at Fall Retreat.

### INFORMATIVE CHRISTIAN WEBSITES



[FriendsChurches.Org](http://FriendsChurches.Org) - Dedicated to listing as many Quaker churches as possible on the net. It is in the early stages, but already looks to be a good resource. Check and see if your Friends church is listed. If not let them know to include it.

<http://www.family.org/> - Focus on the Family, a nonprofit organization that produces daily internationally syndicated radio programs. Parenting tips, political news, movie reviews etc.

<http://www.crown.org/> - Equipping people worldwide to learn, apply, and teach God's financial principles so they may know Christ more intimately and be free to serve Him,

<http://www.myutmost.org/calendars/09.html> - Oswald Chambers' classic daily devotional 'My Utmost for His Highest' in the original English. Daily calendar.



### THE POWER OF BOOKS

*Carolina Woman USFW Newsletter*

*"When I consider what some books have done for the world, and what they are doing, how they keep up 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*

Recently, while reading the newspaper, I came across an article that mentioned adults are reading books less. Is this true for you? If so, why? Failing eyesight? Concentration difficult? Busy? I hope our USFW members do not fit into this category. I hope we are regular readers of our Bibles and then add books that give us pleasure, stretch our mind, and refresh our soul.

Have you checked your Meeting's Children and Youth library recently? You might like to donate a book in honor of your child or grandchild for their birthday or other special occasion. The reading course has wonderful selections. Be a good example for the young by sharing your love of reading and encouraging them to become lovers of reading as well.



## ATTENTION ALL KNITTERS!

Linda Eliason, CS Secretary



"This is what I have asked of God for you: that you will be encouraged and knit together by strong ties of love, and that you will have the rich experience of knowing Christ with real certainty and clear understanding." Colossians 2:2 (The Living Bible)

Did you know that knitting is mentioned in the Bible? If you know how to knit, or have been thinking about learning, the following project may be for you! I have made six of these prayer shawls to give away, and have been encouraging our local USFW ladies to make them also. If you make this a group project, you could give the shawls to Friends in care centers, to shut-ins, to missionaries in places with cold climates, or to your local "safe house" for abused women – just to name a few possibilities. Or your circle could make them to sell and use the proceeds for a Christian Service project of your choice. Remember also that there will be craft tables available at Triennial in Indianapolis next year. So lets knit together, in love!

### PRAYER SHAWL KNITTING INSTRUCTIONS

1. Purchase 3 skeins of Lion Brand Homespun yarn, available in beautiful colors at places like Hobby Lobby and Wal-Mart. 2. Cut 100 1-foot pieces of yarn and set these aside to use for the fringe. (This can be done as you start the 2nd skein or 3rd skein if you prefer to wait.) 3. Using size 11 or size 13 needles, cast on 57 stitches. 4. Knit 3, purl 3 to the end of the row. 5. Turn and knit the purl and purl the knit. 6. Begin every row with knit. 7. When the shawl is approximately 6 ½ feet long, bind off and add the fringe, 2 pieces of yarn per hole, using a crochet hook. For a neater look, trim the fringe evenly. 8. Finished size: approximately 2 feet by 7 feet, including fringe. The prayer shawl may be machine washed and dried on gentle cycle.

(Thanks to Margaret Stoltzfus for the pattern.)

### MISSION SPEAKER OPPORTUNITIES

USFWI Christian Service Secretary Gladys Kang'ahi from Maliki, Kenya will be in Iowa and available to visit your church or circle October 9-11 (after speaking at our Fall Retreat). Gladys is a Quaker minister who has worked in many leadership roles including working to improve the condition of Kenyan women. She also serves as the FWCC Presiding Clerk Africa Section and recently completed her term serving as Presiding Clerk of USFW Kenya.

Patrick Nugent will be in Iowa conducting deputation from October 22-27. Patrick is the Principle of Friends Theological College in Kaimosi, Kenya. This college trains and prepares people to become pastors in the Quaker church in Kenya. The goals of Patrick's ministry are to implement an accredited degree program, provide opportunity for faculty development, expand the college library, train students in AIDS prevention ministry and conflict resolution skills and build a chapel.

If your church or women's group is interested in hosting either Gladys or Patrick contact Karen Bauer at 319-694-4120 or [karennbauer@yahoo.com](mailto:karennbauer@yahoo.com)

## ANNOUNCING THE USFW SPRING FLING!



Saturday, April 14, 2007 @ Bangor Liberty Friends Church, Union, IA

Theme: "A Child Like Faith"

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

