

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

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

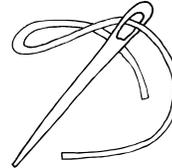
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## **Words Have Power**

From: Dayspring Cards Siloam Springs, Arkansas

"Margaret's  
Musings"

Your life is a beautiful tapestry  
That the Lord is weaving together for good.  
Each day new threads are added...  
A little here,.. a little there.  
With each new experience  
He brings about His glory in you,  
And it shines as you grow  
Ever more lovely with time,  
You are a masterpiece of His creation.



The theme for our work this year in USFW is "Woven Into a Tapestry of Love," taken from Colossians 2:2 in The Message. At our Triennial sessions this summer in Indianapolis, Linda Cabe, the Bible teacher, gave us each a card with these words printed on it. Whenever I open my Bible, there it is and I reread it with joy and anticipation for what God might accomplish in me that day, what threads might be added to the tapestry of my life.

"Words have the power to create life," Henri Nouwen says in his book, BREAD FOR THE JOURNEY. Indeed what we say can either create or destroy life. The affirmations we give to friends and the "I love you" that we express to family members are critical pieces of our expression of God's love and light within us. We cannot assume that people know we appreciate and love them. Expressing our feelings in words is a valuable tool for our own growth as well.

So, during this year, let's bless one another with words that create life and watch as God weaves us together in the lovely tapestry that He envisions for Iowa USFW.

--Margaret Stoltzfus, president

## **INFORMATIVE & ENCOURAGING CHRISTIAN WEBSITES**



The Family Room, a Publication of Family Life: <http://www.familylife.com/familyroom/default.asp>

Streams in the Desert Devotionals by Charles Cowman: <http://in.geocities.com/gloryofhiscross/>

Online Sudoku Puzzles: <http://www.websudoku.com/>

Over 750 Christian stories and poems: <http://www.christianstories.com/>

Advent Daily Devotional: [http://www.pghpresbytery.org/news/pdfs/2006\\_advent\\_devotional.pdf](http://www.pghpresbytery.org/news/pdfs/2006_advent_devotional.pdf)

## WHAT IS A STEWARD?

Mary Ann Coppinger, Stewardship Secretary



I was pretty sure I knew the meaning of the word steward, but thought I'd check the dictionary for the exact words. One of several definitions said that a steward is a person who manages another's property or financial affairs. Relating that to our Christian life as stewards of God's "property" presents an overwhelming responsibility. Our very lives are His, all we have is a gift from God. God is a generous giver. He invites us to join in giving. As we become partners with God we share what God has given us with those around us. We need God's power to break the hold that money and possessions have on us. It takes a conscious commitment to release our time, our money and our things and recognize they are not ours but God's. We have been given them to share with others.

As we begin this new year in the ministry of United Society of Friends Women let us sincerely seek to be good stewards of God's resources in our lives. God has richly blessed each of us as Friends women. We have many opportunities to share those blessings.

I Timothy 6:17-19 says, "Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."

May our prayer be that God will continue to empower us to use the gifts of our time and resources in meaningful, spiritual ways.



### Children & Youth Secretaries: Queries for Boys and Girls

Karen Dorrell, Children & Youth Secretary



1. Do you think of God often during the day and try to understand what His Spirit says to you?
2. Do you try to act, as Christ did, so that there is no cause for quarreling with other children? Are you careful to speak well of others? Do you forgive those who injure you by word or act?
3. Do you try to be honest and truthful in what you say to do?
4. Do you try to realize what it would be like to live as others do who are less comfortably cared for than you are, and do you try to make their lives happier?
5. Do you go to your Meeting as regularly as you can, and do you make an effort to prepare your mind for helpful thoughts during worship?
6. Do you work hard to be cheerful, unselfish and cooperative in your home, your school, and your playground, so that every day you can put into practice some of the lessons that Christ taught?

Maybe they are not just for boys and girls. ☺



## USFW FALL RETREAT



Saturday, October 6, 2007 at 10:00a.m.

Motor Friends Church, Milo

Speakers: Gene & Fran Wolfley "Evangelize or Fossilize"

Program & Lunch Cost: \$10 to be paid at the door

Register with your local USFW president

or contact

Mary Ann Coppinger (641-672-2892) [djma@mahaska.org](mailto:djma@mahaska.org)

You do not need to be a USFW member to attend.

## PEACE & CHRISTIAN SOCIAL CONCERNS PROJECTS

Karen Bauer, Peace & Christian Concerns Secretary

Where has time gone this summer! This summer was very busy for me. I spent 5 weeks volunteering for Friends Bringing Hope in Kenya helping widows and orphans. Anita Starr from West Branch Friends joined me in a work team there. While there, we helped to improve dairy herd milk production, built two homes, and paid school fees for several orphans who would not have been able to attend school otherwise. We visited widow groups and saw their income producing projects. We also enjoyed worshipping with Kenyan Friends on Sunday. That time was very busy and productive.

I also was able to attend the USFWI Triennial representing Iowa USFW. This was a wonderful time of fellowship, worship and of being challenged to continue God's good work. Then too, spending time with family and friends took up considerable time this summer. This summer was not ordinary for me. It was a joy to be so busy and I was blessed and am thankful for being able to do these things.

However now it is time to get back to a normal routine. Sometimes the normal routine is a let down and we get bogged down with the mundane tasks of everyday life. Often in the everyday normal routine of life we take for granted the abundance that exists in our lives. How do we see God at work in the ordinary? Perhaps it is the attitude we choose that helps us experience the Sacred in the ordinary. Here, it is my prayer that I am able to express the love of God through the simple tasks of normal life and that I am able to see God's abundance of blessings in my life.

The USFW international has in its 2007 Peace and Christian Social Concerns budget the following:

Ramallah Scholarships \$2,600 - In the difficult economic situation for families, these scholarships are much needed.

John Hishmeh, Ramallah Friends Schools \$2,000 - John (FUM) is appointed in Christian Leadership Development Program and is serving as a school counselor.

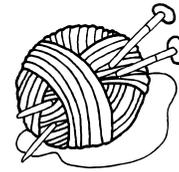
Jamaica Scholarships \$2,400 - Education is the key to providing a future for these children.

Thank you for your support. These ministries are crucial and they help those most in need.



## PATTERNS FOR WINTER CHRISTIAN SERVICE PROJECTS

By Linda Eliason, Christian Service Secretary



Greetings, ladies! What gorgeous fall weather we have been having! Of course we know it means that winter is coming and, along with it, more time indoors. Some of you have been requesting patterns that are usable for winter projects, so I have been searching the Internet and receiving ideas from Margaret Good to pass on. (Thanks, Margaret!)

At USFW Fall Retreat on Saturday, October 6 at Motor Friends Church there will be more patterns in the packets available to each of your societies. So if you can't be at the retreat, be sure to ask your society president or Christian Service secretary for those patterns. If you have a favorite pattern to share, please send it to me at lje8930@mahaska.org or 1709 Lacy Drive, Oskaloosa, IA 52577 and I will pass it on in the next FLASHES. In the meantime, here are two patterns to get you started:

### Crochet Prayer Shawl Directions

By Jo Ann M. Heiser

Materials: 3 skeins of soft worsted weight yarn

Size N Crochet Hook

Pattern: Chain 51 loosely – I chain 55

Row 1: (Right Side): (3dc, ch 2, sc) in fourth ch from hook, \*skip next 2 chs, (3dc, ch 2 sc) in the next ch. Repeat from \* across.

Row 2: Ch 2 turn. (3 dc. ch 2, sc) in first ch 2 sp and in each ch 2 space across.  
Repeat Row 2 until you have used 2 2/3 skeins of yarn (or the piece is about 6 feet long).  
Do not finish off.

Last Row: Ch 2, turn \*sc in first ch 2 sp, ch 2. Repeat from \*across and end with a sc.  
Finish off.

Fringe: Add fringe to first and last rows as desired with remaining yarn.

### Bev's Stretchy Knit Premie Cap

Copyright 2001, 2006 Beverly A Qualheim (used by permission)

This cap can be made for a boy or girl preemie, and fits from 3 lb. – 5 lb. babies.

It is super fast to knit up and will stretch to fit.

1 oz. of sport or baby yarn – not fingering

Size 9 knitting needles

Loosely cast on 36 sts.

Rows 1-5: k2, p2....repeat across

Rows 6 - ?: Knit all rows (garter st) for 4 inches

Decreasing row 1: Knit 2 together across row (18 sts left)

Next row: knit across.

Next decreasing row: Knit 2 together across row. (9 sts left)

Next row: knit across

Cut yarn leaving a 12 inch tail.

Thread a large eye needle with the yarn and gently remove the 9 sts left on the needle.

Carefully weave the needle through the 9 sts and pull tightly to gather top of hat.

Now fold hat in half and whip stitch the sides together to form hat.

Add a homemade pompom if you like.



## EXCITING READING AHEAD!

Ethel Watson, Adult Literature Secretary

Fall is here and many of us will find more time to read as winter approaches. I would encourage each of you to spend some time reading from the USFW International Reading Course List. We have some wonderful books to choose from. Hopefully your local USFW Society bought books for you to read and share. I have chosen two books to highlight for you at this time. It is difficult to decide which you will all enjoy the most as we all differ in our reading tastes.

The first book: **Silent Friends** by Margaret Lacey contains "Stories of three generations of a Quaker family and the ways change impacts their small farm and its community." This is a stroll down memory lane for those of us who are older and a good read about Quaker family life during the last few generations for the younger crowd. I thoroughly enjoyed reading this book. It is fairly "non-eventful" for the most part, but interesting to see how the Quaker faith was lived and passed down to each succeeding generation. The author says that the story is fiction, but that the land is true. I'm pretty sure the stories all had a lot of truth, but about different individuals - thus combining them to make a good Quaker story. I also wondered about the names of the places. She spoke of North Branch - was there such a place, or was she really referring to West Branch? (Some suggest the Earlham area?) Perhaps some of you know the answer to this and other questions about names and places. There was one point in the book in which the transition from one chapter to the next was difficult to follow, but the rest fell into place. Another "downfall" of this book would be the small print for people who have problems seeing. Since I believe this book will carry more interest for those over 50, I wish they had considered this when they printed it. I'm sure most of you will relate to the stories told - putting just a slightly different twist on them to make them your own. I liked the way the author pulled the story together in the last chapter, giving a feeling of completeness. If your eyesight can handle the print, I encourage you to read this - the young to learn more about our Quaker heritage, and the older to reminisce about the early Quakers. (Note: This book talks mostly about the silent meeting Quakers).

My second choice this month is **Mind the Light** by J. Brent Bill. One quote says: "God's creation moves toward the light. Thru this book we learn to see God's light around and inside us." This is the 2nd book written by Brent Bill that I have read. Last year his book This Holy Silence was on our reading list and I thoroughly enjoyed it also. I am amazed that someone can take topics such as Silence and Light and find enough material to write an entire book about them and keep the reader's interest throughout! Brent Bill does just that. He has a good sense of humor, which he interjects throughout his writing while still keeping to the topic. Bill speaks of the many kinds of light that surround us and of course, the light that is within us. "This profound book invites us to 'mind the light,' a Quaker practice of learning to see God's light both around and inside us. Light changes how we perceive the world and other people. Brent Bill guides us to see with spiritual 'eyes' the connectedness between the inner life of the soul and the everyday life around us." The author calls us to examine ourselves through "illuminating moments", which are similar to Quaker Queries, causing one to examine their/our own lives. If you seek to further understand the Quaker meaning of the inner "Light", I would encourage you to read this. If you merely want to understand how Light in general affects us, then you would also enjoy this book.

Whatever books you choose to read this year, I wish you a blessed year of reading and enjoying God's blessings through the wonderful books He is bringing into your lives. Happy Reading!

Hello ladies,

Fall is here, school has started, harvest is on, and there are changes in our lives. The biggest change in my life is that we have moved so I have a new address!

Dorothy Taylor  
1121 Parkway Drive Apt 1  
Boone, IA 50036

It has been quite a change for us, but we are enjoying apartment living and we are just off the corner of a large city park, so have plenty of trees and outdoorsy things to see. If you have sent checks to my old address, I am still picking up mail in Glidden one a week, so everything is coming through on time.

I just encourage you as you get back into the fall routine of regular meetings, to be faithful to contribute to all of our projects. Watch the Advocate and the notes from the various secretaries so we can maybe work harder on the projects that are farther behind in the yearly contributions so far. I hope to see you at Fall Retreat!

Dorothy Taylor, Treasurer

### WAYS YOU CAN SUPPORT MISSIONARIES

by Barry McWilliams: <http://www.eldrbarry.net/ug/msnother.htm>

*"You will do well to send them on their journey in a manner worthy of God. For they have gone out for the sake of the name, accepting nothing from the Gentiles. Therefore we ought to support people like these, that we may be fellow workers for the truth." 3 John 6-7*



The obvious way to support missionaries is through our prayer and giving, but there are other ways we can use our personal gifts in sending and supporting missionaries.

Be the one in your local church who keeps up-to-date on a missionary and his or her work - and keep your local church up-to-date as well. Keep in touch with them personally. Endeavor to learn as much about their field of ministry as you can. Frequently share specific prayer requests both orally and in church publications. Put together an attractive display on their ministry. Organize fund-raisers, or special projects.

Letters, e-mail, phone calls, care packages, can do much to encourage them. Share things that matter, your thoughts and feelings - be realistic and honest - and encouraging. Show interest in their lives in the field, their concerns and what specifically you are praying for them. Encourage your children to connect with their children. Care packages could include even little things: packages of seasonings unavailable in the field, or new Christian books or music CD's, sermon or Bible study tapes, etc. You might even visit them, getting a first hand taste of life there; or facilitate a pastor or someone else to do so. Best of all ask the missionary what you personally can do to encourage them and their families.

*"We must either go out for the sake of his name, or we must send and support such people who do, and do so in a manner worthy of God. . . . The name of God is at stake in how we treat our missionaries. God is glorified when we support them substantially with our prayers, our money, our time, and in myriad other practical ways. God is not glorified when our missionaries are simply a name on the back of the church bulletin or a line item in the budget."*

Tom Steller in Let the Nations be Glad by John Piper