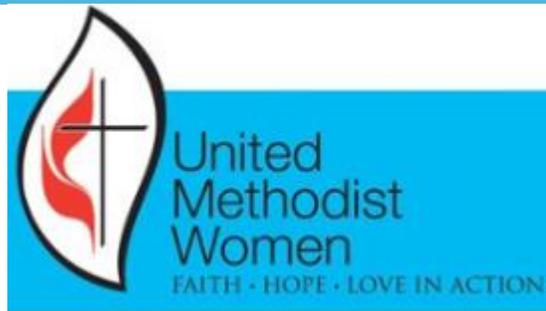


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**East District United Methodist Women
Desert Southwest Conference**

May 2020 Newsletter

Note: the entire newsletter is here! It will be posted with the other district newsletters. Just keep reading for news from the East District!

A Word from our East District President, Bonny Sloane....



Bonny's Blessings

There is so much uncertainty these days but you can be certain that United Methodist Women worldwide are putting **Faith, Hope and Love into Action!** It is what we do when we face challenges that seem insurmountable. I wanted to name my column Bonny's Blessings because I want you to know that you are in my thoughts and prayers as we look at God's blessings together.

Update on a few events we had planned this year:

- Jurisdiction has been postponed until September (I hope).
- Mission u has been cancelled for the year.
- Annual Celebration - still planned for October

You are probably thinking, what can I do? Here are a couple of ideas that will help you weather the isolation:

- Read the mission study books. Because these study books will help to educate you as well as entertain you while we are apart. There are so many good ideas in these study guides.

- Read a book from the [UMW Reading Program](#)
- Pray for first responders and their families
- Pray for your local church and unit
- Send a check to your local treasurer to keep your pledge current (or give what you can)
- Stay connected with United Methodist Women by checking out the [Action Alerts](#)

It is hard to be apart, we are stronger when we are able to gather together. I want to encourage you to do what you can toward pledge and 5-star giving. We still have mission projects that need our support.

Hopefully we will be done with social distancing soon and can reconnect and re-imagine how we'll put Faith, Hope and Love into action!

Bonny

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Now that we are keeping safe at home during this epidemic, we have a wonderful opportunity to examine our spiritual journey. We may need to allow extra time for scripture reading, meditation, and daily prayer. Our spiritual rule of life should include attending worship services either in person or online. It's also beneficial to participate in Bible study and attend spiritual retreats when they again become available to us. These practices should help us to fulfill part of the United Methodist Women's purpose "to know God and experience freedom as whole persons through Jesus Christ".

Make time for a daily confession of sins. This is not to beat up on ourselves, but to evaluate our behaviors and see where we need to improve. We need to ask for God's forgiveness when we have done things that we know are wrong. Prayer does not have to be a structured time with God- we can pray as we go about our daily activities. But routinely setting aside a time each day (either first thing in the morning or just before bedtime at night) helps us to concentrate on God each day in order to thank Him for His blessings and ask for guidance in decision making.

In addition to reading the Bible, we also need to read books that are spiritually uplifting and widen our perspective on social issues. These kind of books are available on our United Methodist Women's reading program, so it's helpful to read as many of these books as are available to you.

When we create a spiritual rule of life for ourselves, we are not making a blueprint for becoming spiritual

superheroes. Rather, the idea is to set realistic priorities and goals that we can keep. We don't want to become overwhelmed by undertaking too many new tasks. The time we spend on improving our spiritual life is not meant to be another long list of chores we must complete each week. Instead, deepening your faith should give you a source of rest and refreshment and give you added strength for your journey.

Linda Munsil
Spiritual Grown Coordinator

Loving God,
Help each of us to remember to actively seek You out as we have this pause in our usual busy lives. We thank you for this time in spring when all of nature comes alive with new growth. Help our spiritual lives come alive with deeper faith and let us walk more closely with Thee. Amen

“

We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.

SONYA RENEE TAYLOR

Membership and Education

Membership

Thanks to all of you who completed your 2019 United Methodist Women Census online.

Please reach out to each other to give each other virtual hugs and encouragement. Be especially vigilant to contact the older population during this trying time.

Remember that many times in the Bible the phrase “it came to pass” is mentioned. It does not say “it came to stay.”

Stay safe and blessings to all of you.

Marilyn Seese



The prayer at the back of the March/April 2020 **response magazine** is especially appropriate at this time.

PRAY

Present God,
When the water is muddy and its direction unclear,
Help us remember that mud and movement
Bring new life to new places.
And when that mud and movement
Feel like a swirling mess,
Remind us that it may your stirrings.
Ground us in you, guiding God.
Let our work be good for our church
And our church be good for your world.

Tara Barnes, Editor response



United Methodist Women's Reading Program

I hope that you are all well and keeping busy the best you can?

Take time during this period of isolation to read books from the United Methodist 2020 reading program.

Reading lists can be found on the United Methodist Women's website. Books from 2015 forward can also be read. Some books are available at the Phoenix public library via Overdrive or books can be ordered from Amazon.

Happy reading!

Barbara Cory

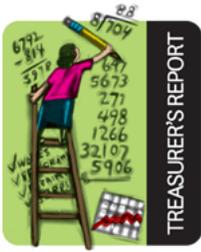
Discipleship Ministries

Latest Upper Room issue available for free download

NASHVILLE, Tenn. — Since churches are unable to meet and gather safely in their buildings during the coronavirus pandemic, The Upper Room is offering the May/June 2020 issue, both in English and Spanish, as a free, downloadable PDF. The Upper Room also has created a web page featuring resources to help create and maintain spiritual wellness during anxious times.

[Download issue](#)

[View resources](#)



Treasurer's Report

At this time last year, I was writing about the donations towards “Five Star Giving” that had been given at this time in 2019. We had met about 41% of our yearly pledge (\$20,003.40). Our pledge last year was \$48,300 and we were able to send in \$57,848.47 to conference. That’s 17% over our pledge!!

For 2020, we raised our pledge to \$49,500 and so far the East District has met about 25% of our yearly pledge (\$12,449.50). It’s been an interesting year so far with the COVID-19 pandemic making us do many things differently or not at all. We need to think of new ways to raise funds to help women, children and youth around the world and mission projects that we can do near us. I know that we will figure a way to get through this with God’s help.

Blessings to all of you and please feel free to contact me with any questions that I can help you with.

Linda Moore, Treasurer East District Desert Southwest Conference

Email: Lamphx25@gmail.com



"Seek and you will find." "A New Way of Doing Things" Nominations

Many things have changed in our lives since we last gathered . Many of us have had to learn new ways of working at home, new ways of grocery shopping, as well as new ways of getting along with those we love and miss. I chuckle at how many Zoom meetings I have had so far, most definitely "a new way of doing things." My first thought was one of gratefulness to United Methodist Women. They have been having Zoom meetings for several years now, so that has been a very familiar process for me. For some it has been a huge learning curve.

One of the greatest things to come out of this quarantine time for me has been the powerful efforts that our Methodist Church's have made for new ways of worship, devotions, meetings, choirs etc. At the top of that list is United Methodist Women. For me the **"Faith Talks" United Methodist Women pod casts**, have been a God send. I have gone to the United Methodist Women web page early in the morning, plugged in my ear plugs and listened as my morning devotions. I encourage you to do the same if you have not already done so. Or you can sign up to join them when they occur. Encouraging words...These are topics we are supporting in our lives, almost like a **mini MISSION U** right in the comfort of our homes.... "A new way of doing things".

I have been encouraged by my United Methodist Women friends. I have offered encouragement where I could. I have been grateful for a sewing room full of fabrics, (many donated to me through the years by United Methodist Women units and friends) I have been grateful for the ability to sew and make masks to help keep others safe. Even my doctor has been amazing in her care and concern for me. Texting me weekly and even a Virtual Visit. "A new way of doing things."

But like all of you I am praying for an end to this. I am praying for things to end in the way God would have us end it. Making sure we are going to be as safe as possible going forward. One of the challenges put forth on the 4/20 podcast was, "not to come out of Covid 19 the same". It is not over yet, but I know I am not the sameAre you? What changes are you going to make?

Meanwhile, **Isaiah 41:10** has kept me going...."**do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.**

Looking forward to the day we meet again. Want to chat? Call 928 970-0864 Take good care of yourselves and be safe.

Cyndi Heinecke
Nominations Committee Chair



Faith Talks are monthly conversations with United Methodist Women hosted by Jennifer R Farmer, Spotlight PR.

Each conversation explores themes and resources that empower us to put faith, hope and love into action.

<https://www.unitedmethodistwomen.org/faithtalks>

You are receiving this notice because you are a pastor or United Methodist Woman in the East District, a current or previous conference officer or requested to be on our mailing list.

Please let us know if you prefer your mail be sent to an alternate address or if you change your email address. Thank you!

Email us at:

edumwomen@gmail.com

