



The Catawba Valley

Voice



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All New Information



APPALACHIAN & CATAWBA VALLEY JOINT DISTRICT MISSION STUDY 2024

When: February 24th 9:30 AM - 1:30 PM

Where: First Hickory UMC

311 Third Avenue NE Hickory NC 28601

Study Leader: Renee Hayes

Theme: Living in the Kin-dom: Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation.

Hands-on Mission: UMCOR Menstrual Hygiene Kits (guidelines on assembling and packing the kits may be found at <https://umcmmission.org/umcor-menstrual-hygiene-kit/>)

This is a four hour event with **no charge** to participate. PARTICIPANTS WILL BRING THEIR OWN BAG LUNCH We look forward to seeing you there!

CVDistrict Team

For a printable Flyer with additional information - see Page 3

Coming Soon !

Mark Your Calendar

MARCH 16, 2024

**CATAWBA VALLEY
DISTRICT
PRAYER BREAKFAST
AND**

MEMORIAL SERVICE

**MYERS MEMORIAL
UMC, GASTONIA,
NC**

SEE PAGE 6

FOR DETAILS

President's Letter

Dear United Women in Faith,

I pray that 2024 will be a year of renewal and energy for all of us. We stand in Faith as we continue to learn and be nurtured in our mission work and reading in the many and varied books that are available to us for our growth and education.

Our Catawba Valley District is the hostess group for upcoming events in the Conference. This is Mission U in Hickory, Aug. 2-3 and the Annual Celebration at Lake Junaluska. In our newsletter, you see our Officers and must realize we need some help from you to round out what we can accomplish at these meetings, since we expect more women to attend. This past year 92 were present at the Catholic Retreat Center in Hickory, 19 of that number were first-timers! The Annual Celebration in Sept. had over 200 attending.

I have tried to keep up with all units that are following our mission and enjoying our sisterhood. I have called some of you for end-of-year reports, and would love to receive more soon. These were emailed early in November by Communications coordinator, Gwen Perkins.

Please ignore the calendar in our last year's 4th Qtr. newsletter. We made a correction to have our CV District Mission Study on Feb. 24th, 2024 because that is the original plan I made with Appalachian Dist. President Linda Greer at the Mission u in 2023. Please note the new calendar in this 1st Quarter newsletter.

Some select ideas to consider when attending District events: Inspirational! Always a blessing, good food, good fellowship. It gets your battery charged for serving others. Renews your faith and purpose in life. Praise + worship. The awesomeness of these women!

From 40 responses gathered, fellowship is listed at least 15 times, and as United Women in Faith, our togetherness creates a oneness in us, no matter color, denomination, background or age. —"Create in us a clean heart, O Lord."

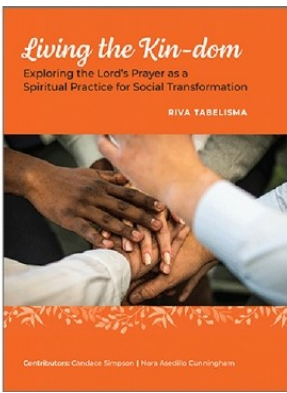
In the last program from "Mosaics of Faith" - We are all part of God's story.

Sharing God's Love and Living in Him. "Be the hands and feet" from the hymn.

Many Blessings,
Janet



Janet Bjork-Colton, President
Catawba Valley District



Appalachian/Catawba Valley Districts 1st Quarter January 15, 2024

United Women in Faith

Mission Study 2024

First Hickory UMC

311 Third Avenue NE

Hickory, NC 28601

Saturday, February 24, 2024

9:00a.m. - 1:30 p.m. (includes time for lunch)

Living the Kin-dom: Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation

Study Leaders: Renee Hayes and Sherry Sink

If child care (young children) is needed – Contact Olivia Griffin (828-291-7616) by February 10th

Registration begins at 9:00 a.m.; Program/Study begins at 9:30 a.m.

No Cost: Bring your own lunch; drinks (tea, coffee, water) and simple desserts will be provided.

This study explores the Lord's Prayer as it is recorded in Matthew 6:9-13, and invites you to take a deeper look at the prayer and the role it plays in your faith journey.

Attendance at this study will fulfill requirements for Mission Today Criteria #4.

Conference Hands on Mission Project: UMCOR Menstrual Hygiene Kits {Kit Contains: Two 2 oz. bottle hand sanitizer; Three 4-gallon bathroom trash bags; One travel pack of wet ones; 10 Tampons (5 regular and 5 super absorbency) unscented; 10 Sanitary Napkins (unscented, Long super ultra-thin); Bath-size soap (3 oz. bar or larger) - No Ivory or Jergen's soap & do not remove from packaging ; One pack of flushable wipes (42 count) - unscented; Six laundry detergent sheets (Laundry detergent sheets should be placed inside of a small plastic storage bag prior to being added to the kit.) Place items in 1-gallon re-sealable plastic bag; include \$2 per kit for shipping – checks should be made out to your District and write UMCOR on the memo line. - DO NOT PUT in bag but turn in separately to your District Treasurer. Total cost of kit is estimated to be \$24.00.

Love Offering: A gift to mission in honor of all those who serve in the kin-dom of United Women in Faith.

Directions to First Hickory United Methodist Church

From East/Northeast (Sparta, Elkin, Jonesville, Ronda, and Statesville): Take I-77S to Statesville;

From Statesville, take I-40W to Exit 125 toward Hickory; keep right at the fork and follow signs for Lenoir-Rhyne University – merge onto Lenoir-Rhyne Blvd SE; in 1.4 miles, turn left onto Highland Ave., SE; in .3 miles, turn right onto 6th St PI SE and in .3 miles, keep right to stay on 3rd Ave. NE.; First UMC will be on the right (across the street from the Patrick Beaver Memorial Library and Catawba Science Center.)

From West (Morganton): Take I-40E to Exit 125 toward Hickory/Lenoir-Rhyne University; Keep left at the fork and follow signs for Lenoir-Rhyne University; turn left onto Lenoir Rhyne Blvd. SE; in 1.4 miles, turn left onto Highland Ave., SE; in .3 miles, turn right onto 6th St PI SE and in .3 miles, keep right to stay on 3rd Ave. NE.; First UMC will be on the right (across the street from the Patrick Beaver Memorial Library and Catawba Science Center.)

From South (Shelby, Lincolnton, Gastonia): Take 321N to Exit 42 for NC-127N (keep right at the fork); in 3.2 miles, turn right onto 1st Ave NE, then left onto Main Ave NE; at the traffic circle, take the 1st exit and stay on Main Ave. NE and in 400ft turn left onto 3rd Ave NE; keep right to stay on 3rd Ave. NE and First UMC will be on the right (across the street from the Patrick Beaver Memorial Library and Catawba Science Center.)

From North (Boone, Lenoir, Granite Falls): Take US-321S; turn left onto Clement Blvd. NW; in 1.4 miles continue straight onto 2nd Ave. NW and at the traffic circle, take the 2nd exit onto Main Ave. NE; in .1 mile turn left onto 3rd Ave. NE and keep right to stay on 3rd Ave. NE; First UMC will be on the right (across the street from the Patrick Beaver Memorial Library and Catawba Science Center.)

From Wilkesboro, Taylorsville, Hiddenite: Take NC-16S and turn right onto St. Peters Church Rd; in 2.1 miles, take a slight right onto Springs Rd; in 6.6 miles turn right onto 9th Ave. NE and in .8 miles turn left onto 8th St. NE – use the 2nd from the right lane to turn right to stay on 8th St NE, in .3 miles turn right onto 3rd Ave. NE and keep right to stay on 3rd Ave. NE; First UMC will be on the right (across the street from the Patrick Beaver Memorial Library and Catawba Science Center.)

NOTE: Parking is available beside the church on 3rd St NE and behind the church in the parking lot.

Vice President's Note

Greeting from Gastonia, I hope you all had a wonderful holiday. I know this time of year can be hard for a lot of people, in years past it was for me but this year I was able to celebrate in a very special way. My first Grandbaby was born in October so there for he was here for his first turkey day and Christmas! I am so proud of my daughter and son-in-law they have done an amazing job with baby G so far and I know they will continue to do so.

My local unit at Myers Memorial UMC was able to host an event that went doormat due to covid we call it the Festival of Trees. Its where we get our church members to donate and decorate Christmas trees to the Salvation Army so that they can give them out to family that cannot afford Christmas trees along with their that they receive. Our goal was 10 Trees and we beat it by having 14 total! This was a wonderful event! We also used it as a fundraiser for our unit. With Donations and the monetary votes for the trees our event was a success in many ways. If you are interested in doing something like this for your unit, please contact me I would love to help you with it. It's so much fun and so rewarding to all.

I hope you all mark and plan to attend the upcoming events within our district; Saturday February 24, 2024, Mission Study at First Hickory UMC, and Saturday March 16, 2024 Prayer Breakfast at Myers Memorial UMC. I want to encourage you all to come out and participate in these events. There is so much to learn and to celebrate in each of them. If you have questions, please ask that what we are here for!

Now for another pressing matter. Have you ever had that nudge? That nudge that you keep saying no not today, I will do it tomorrow or maybe next year? Well let me help with that nudge last year I had the nudge to start my local unit back and I met with the executive team to learn what to do and who is who within the UWF community. When I left, I had agreed to be the Vice President of the Catawba Valley District. (I had the nudge and I listened to it!) So yes, that right I went to the meeting to learn as my unit President, and I came out still being our unit President and our Catawba Valley Vice President! The dreaded nudge had gotten to me God calling me out of my comfort zone, and I knew I had to do it, or He would hit me over the head with a frying pan (like most of the time) I must be honest the past year has been a true learning experience and I am still learning. But I would not change a thing! I have met some wonderful women and I look forward to meeting many more. We need some ladies on our executive team if you have that nudge and want to answer Gods call, please let us know we would love to have you! IF you have any questions, please let us know we will get the answers for you. Also, if you would like any of us to come and join any of your local church events or meetings, please reach out to us we would love to come! God is calling and so are we are you willing to answer?

So here we are in a new year, I pray that this year is better than last year and each of us are blessed and protected by our loving and gracious God. May He be first in our lives, and He will show us the way. That He make the nudges in our lives, and we answer them in all aspects in our lives. That our new year is forgiving and forthcoming to a bright future. Remember that you are all so loved by God. My God continue to bless you and keep you all safe. Love you all your Vice President Tanya Lunsford.



Tanya Lunsford

Catawba Valley District Vice President

Christmas Trees from Myers Memorial UMC Festival of Trees

1st Quarter January 15, 2024





United
Women
in Faith

Catawba Valley District UWF
Prayer Breakfast and Memorial Service
March 16, 2024

Myers Memorial UMC
301 S. New Hope Rd
Gastonia, NC 28054

Guest Speaker: Pastor Sally Queen

A Continental Breakfast will be available at 8:30 AM and the Service will begin at 9:00 AM and will be streamed LIVE on Myers Facebook Page for those unable to attend in person.

If you plan to make a Love Offering, please use this form

Love Offering - Prayer Breakfast & Memorial Service

Given By: Name _____	In Memory of _____
Address: _____	Mail your donation directly to the treasurer
City _____ State _____ Zip _____	Gaye Dagenhart, 29 31st Ave. Court NE
Unit/Church Name _____	Hickory, NC 28092
	Amount donated: _____

Treasurer's Report

Greetings Catawba Valley District Treasurers,

Thank you, Treasurers, for your support last year even though I was not as responsive as I needed to be. I hope that my life is not plagued with illness this 2024 year. I would still like to resign as treasurer but no one has come forward to accept the position and Janet shouldn't be forced to carry both president and treasurer.

Because of all the disaffiliations, our giving as a district was down from 2022.

In 2022, we posted a total of \$62,558.88 in our five channels of giving as opposed to posting \$44,341.35 in 2023. That is a reduction of 29.1%. We missed our pledge to conference by \$15,658.65, because we weren't expecting so many of our large churches to disaffiliate. The remainder of our churches in our Catawba Valley District UWF are strong units and we will grow stronger. We will probably miss our pledge this year as well for the same reasons. Ladies, if you are still reading our newsletters remember that you can continue to be members of United Women in Faith. We are a separate business entity from the United Methodist Church and you do not have to be a member of the Methodist church to be a member of United Women in Faith.

The first thing I need from all of you is your pledge form for 2024. If your unit has not yet decided on a pledge for 2024, I still need the form with your President and Treasurer contact information.

Remember your first quarter remittance is due to me by March 1, 2024. I am going to try emailing your statements and forms as much as possible because I still have trouble stuffing the envelopes and postage is so expensive.

Love and blessings,



Gaye Dagenhart
Catawba Valley District Treasurer

READING PROGRAM

Hi,

As I am writing this, we are preparing for cold. Maybe snow, ice, or rain. Who knows, any way, it's a great time to grab a book and curl up on the couch. You can flip thru a magazine (Response) or you can pick up one of those "grocery store" novels which we all know everything ends up in the fairy tale Happily Ever After. Why not stretch your mind? Grab one of the books off the Reading List, grow in your knowledge base. We have just left the party season of the year. Did you always have something to contribute to the conversation? Maybe the facts from one of the past books contributed to the conversation. We can always discuss politics, the upcoming election, trade laws between different countries.

Books on the Reading list give knowledge and perspective on current topics (trade agreements), give background info for current events (human traffic), repercussions of environmental issues. I am sure you watch or listen to both local and national news and form your own opinions of how issues should be handled. We all pick up another perspective from discussions, either at a social gathering or family discussions.

At the next meeting, we will have a table for the books from the list you have read. Stop by, pick up one someone has read, drop off one you have read. Maybe put a note about what you liked or disliked about the book on the inside cover.

Stay safe, dry, and warm.



Anita Fox

Program Resources

ATTENTION PRESIDENTS:

IN EARLY NOVEMBER YOU WERE SENT YOUR YEAR END PACKETS WHICH REQUIRE ACTION ON YOUR PART. We have received some completed packets back, but not nearly enough.

We really need some of the information NOW as we prepare our new mailing lists and prepare for the Memorial Service. We need at least your contact info for the President, Vice Pres., Secretary, and Treasurer ASAP. We also need the names of your deceased members for 2023 ASAP. Contact info should contain name, address, phone, and email for each officer. IF YOU HAVE ANY QUESTIONS CONCERNING THIS, PLEASE CONTACT: JANET BJORK-COLTON. HER CONTACT INFORMATION IS ON PAGE 9.

2024 Calendar of Events

Catawba Valley *District* United Women in Faith

Feb 24 - Mission Study - First Hickory UMC

Mar 16 - Prayer Breakfast and Memorial Service - Myers Memorial, Gastonia

April 6 - Executive Committee Meeting - location TBD

April 19-21 SEJ Event Chattanooga TN **ALL UWF MEMBERS**

April 23-May 3 - General Conference Charlotte NC

Jun13-15 Spiritual Growth Retreat, Lake Junaluska **-ALL UWF MEMBERS**

June 20-23 - Annual Conference, Lake Junaluska

Aug 2-3 - Mission U - Catholic Conference Center (Hickory) **All UWF Members**

Sept 6-8 - Annual Celebration, Lake Junaluska **All UWF Members**

Oct 5, 12, 26 - Ubuntu Days of Service (various locations) **All UWF Members**

Catawba Valley District UWF Officer Team - 2023

Office	Name	Address	Phone and Email
President	Janet Bjork Colton	516 Roderet St. S Valdese, NC 28690	828-205-4157 jntcltn61@gmail.com
Vice President	Tanya Lunsford	376 Woodlawn Ave Cramerton, NC 28032	704-678-7122 tlmartintm@gmail.com
Secretary	OPEN		
MNO	OPEN		
Treasurer	Gaye Dagenhart	29 31st Ave. Court NE 30 Hickory, NC 28601	828-381-2716 cvdtreasurer@gmail.com
Social Action	OPEN		
Communications Coordinator	Gwen Perkins	3021 Harmon Homestead Rd Shelby, NC 28150	704-300-9553 cvdcomm@gmail.com
Spiritual Growth Coordinator	OPEN		
Mission Education & Interpretation	OPEN		
Parliamentarian	OPEN		
Historian	OPEN		
Nominating Chair	OPEN		
Program Resources	Anita Fox	2430 Mountain Laurel Ln Morganton, NC 28655	828-390-6349 Taco582001@yahoo.com
Nominations - Burke	OPEN		
Nominations - Catawba	OPEN		
Nominations - Cleveland	OPEN		
Nominations - Gaston	Vicki Boyd	2305 Hillside Dr Dallas, NC 28034	704-922-3241 vwboyd@bellsouth.net
Nominations - Lincoln	Linda Reep	4780 Grigg Rd Lincolnton, NC 28092	704-276-2150 lindareep@charter.net
Conference Liaison	Virginia Robinson	2141 Millbrook Morganton, NC 28655	828-238-4493 robinsonva62@gmail.com