



The Catawba Valley

Voice



Inside This Issue	
Goings On	1
Presidents Letter	2
Vice President's Note	3
Photos from Mission Study in Feb	4-
Spiritual Growth Retreat 2024	5
Mission U 2024	6
How units can HELP with Mission U	6
WE CAN HELP FORM Mission u	7
Reading Program	8
Beautiful Love Languages	8
WE CAN HELP FORM Annual Celebration	9
Mission Today Criteria	10-11
2024 Calendar of Events	12
Current CV District Officer List	12



We Need More Bees to take on some special tasks...

2024 is the year that the Catawba Valley District 's

Turn to host both Mission U (August) and the Annual Celebration (September)

These are huge undertakings for our small staff so

BE SURE TO CHECK OUT PAGES 7 and 9 on HOW YOU CAN HELP



There is so much going on in the Churches, the District, the Conference, and the world UMC in the next few months that I could not pick just one event to focus on for the cover.

So on this page you will find brief notes about the "Goings On", most of which will have expanded information on other pages of this newsletter. So don't skip a single page or you are sure to miss something.

Also Spiritual Growth Retreat at Lake Junaluska is coming up in June - see information on page 5

President's Letter

To My Sisters in the District:

Having recently returned from the Southeastern Jurisdictional Meeting in Chattanooga, I feel inspired by all the positive people I was surrounded by in the Convention Center.

We gathered for music and laughter Friday evening, when the trio of Music Leaders helped us be a choir and the Message from Rev. Janet Wolf led us to visualize how we can be stronger in our growth and Mission to others.

The General Secretary, CEO Sally Vonner also spoke to us emphatically and positively about our history and promise for the future! The theme was "Get Together" and we certainly did. Especially at the close on Sunday when the retiring SEJ leaders and the new crew led all of us around the large room to the train whistle and singing the "Happy" Song.

General Conference 2024 in Charlotte...

...is looking for people willing to welcome our visitors from around the country and the world. Deeply committed delegates rooted in their love of Christ can accomplish a lot in 10 days.

We have Faith. There will be ways to view some of this as it progresses. United Women in Faith will be present at the General, Disability inclusion, support for racial/ethnic caucuses and National plans, Mutuality in world Conference, April 23 – May 3. To ensure women and children are prioritized - but we know this work is inter-connected and can't be accomplished without also prioritizing racial justice, climate justice, wide Mission, LGBTQ+ inclusion, Lay Ministry and other means of celebrating the diversity in which God so clearly delights.

Mission u

Your Executive Team is preparing for the hostess duties at **Mission u in August** and again later for the Annual Celebration in September. We could use extra hands to bake cookies or simple notions to fill our gift bags in Sept., those we have in Aug. are being done now.

Pray: Holy and Gracious God, thank you for leading us in our daily walk of mission. Help us to continue to follow your guidance as we meet new people in avenues of Faith. Amen.

Ever Hopeful, Janet



Janet Bjork-Colton, President
Catawba Valley District

AKA



Queen Bee

Vice President's Note

Hello all, I hope this finds you well and all are in good health. I hope some of you have got to participate in or are participating in General Conference. I had planned to but with my job promotion and the training in Raleigh conflicted with each other. However, I enjoy seeing all the posted-on Facebook by my friends that were and are able to attend.

Our Prayer Breakfast was held at Myers Memorial UMC on March 16, 2024 and we had 53 ladies from the district to attend. Pastor Sally Queen delivered a great sermon on Peace. Here is the link if you would like to watch it:

<https://youtu.be/3SUrEyUzTAK?si=DbyRDgwcUF-lgxMA> (You will have to copy and paste the link)

We would like to extend our gratitude to Myers Memorial UMC for allowing us to have the Prayer Breakfast at their campus along with a thank you to Pastor Sally Queen, Laura Beaty (music), Glen Fried, and Ed Fritzsche for sound and tech. Also, the women of Myers Memorial UMC for the hospitality and the wonderful food that was provided.

We are having some great events in June, August, and September. I must say it will be my first in attending a couple of these, but I look forward to it and I encourage all of you to attend them. We will need your support and smiling faces to help us in August and September. August is Mission U and we are hosting it. We encourage all of you to attend and help greet and welcome others to the event. In September it will be at Lake Junaluska and we will also need volunteers to greet at that event. So, if you have the willingness to greet and say hello and welcome to people, please let us know.

The Summer is upon us and with that I hope everyone stays, keeps cool and drinks lots of water. As always if you have any questions, please reach out to me or any of us if I don't know the answer I will find it for you. I am here to help in any way possible.

Tanya



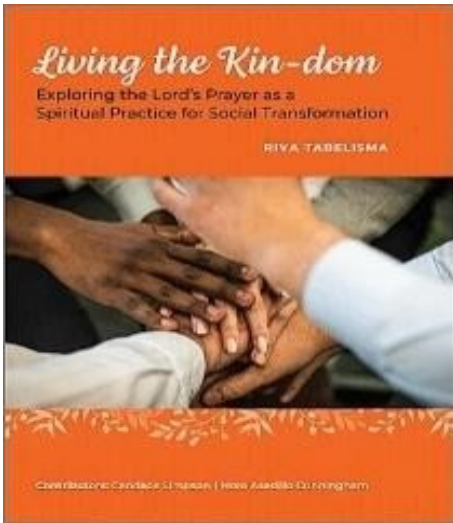
Tanya Lunsford
Catawba Valley District Vice President



A really busy bee!

Pictures from the joint Appalachian and Catawba Valley Districts' 2024 Mission Study held in February 2024

2nd Quarter April 29, 2024



Western NC Conference United Women in
Spiritual Growth Retreat

June 13-15, 2024 Lake Junaluska, NC



Rev. Marilyn Weiler
Retreat Leader



Rev. Dr. Mark Barden
Music Leader



Catherine Ritch
Music Leader

Hands-on Project: Hygiene Kits

Registration: www.wnccumw.org



United
Women
in Faith

Mission u 2024

August 2-3, 2024

The Catholic Conference Center, Hickory, North Carolina
Hosted by the Catawba Valley District

! Passionate about mission?

Love to learn?

Want to engage with others who are?

Then Mission u is right for you

Online registration opens In June!

HOW YOUR UNIT CAN HELP:

- 1) We need a few (6-8) hostesses to show people around, help them find check-in, hospitality room, etc. You might meet your new best friend!
- 2) As we will supply snacks, drinks, etc. for 2 full days, some of you wonderful bakers out there might want to make a batch of cookies, brownies, muffins, etc. to donate to the hospitality room.
- 3) Your unit might want to make a monetary contribution to help us purchase supplies like utensils, bottled water, coffee, tea, or juice etc. You crafty folk might want to make a few little trinkets that we can add to the gift bag we will be handing out to participants or your group might want to purchase something like mini hand sanitizers or small note pads for the gift bags. If you have questions about suitable items - just contact an officer (numbers on page 12)

There are many things that can be done to help out. Page 7 and 9 are forms that you can fill out and return to the officers to let us know how you plan to help, BUT we need them back fairly soon No later than June 15. Information for filling out & returning forms is on them.

Yes, we can help with Mission u!

AUGUST 2-3



Your Church/Unit _____

Name, Email, and phone# of person coordinating this effort, so we can contact you if needed:

THESE ARE THE WAYS WE CAN HELP:

Volunteer to Be Hostesses		

SNACK ITEMS WE CAN PROVIDE:

Such as cookies, brownies, muffins, et al

ITEMS FOR GIFT BAGS WE CAN PROVIDE:

Such as small notepads, mini hand sanitizer,
hand crafted items

A **Monetary Gift** of: _____ (Enclosed)

Please complete your form and send to: Tanya Lunsford 376 Woodlawn Ave. Cramerton, NC 28032. ANY QUESTIONS - contact Tanya at 704-678-7122 or email her at:

tlmartintm@gmail.com

READING PROGRAM

Hi,
Spring has arrived with all the new allergies!! Grab your tissues, sinus meds and a blanket. I grabbed Angeline Bouley's Fire Keeper's Daughter. It is from the Young Adult section. She writes from the perspective of a Native American. This is a book full of twists and turns. The main character is from a single parent home in a small town near the Reservation. Mother is from a local important family and father is Native American and deceased. Time frame is early 2000's. I entered her world as a young lady who is athletic and full of potential. We learn a little about Danius Fontaine, an 18 year old, in her final year of High School trying to figure out how to live with one foot in Native American teachings and the other in a modern world full of potential as well as modern problems.

This book deals well with single parent families, mixed races, growing pains of youth struggling with demands of the world while dealing with truth about family history, lies, Native American teachings, death, rape, divorce, and meth. It has all the elements of a series starter. In fact, I will be ordering the second book from this same author. Twentyish years later in time with the growth of the kids from this book being adults.

The main takeaway I read out of this book is FAMILY. I questioned my ideas of single parents, knowledge of groups of people who are not of the same background as I, and the possibilities of the repercussions of the everyday choices of the people around me as well as myself. Who do you want to give a guiding hand and nurture, what type person are you perceived as, how does your role model for someone else??

Hope you enjoy as much as I did.



Anita Fox

Program Re-

sources



Beautiful Love Languages

Respecting someone's time

Showing up over and over

Bringing Soup

Responsiveness

Loving someone's animals

Listening

Presence

Walks

Utterly believing in them

Reassurance without being asked

Notes

Comfortable silence

Victoria Erickson

Yes, we can help with Annual Celebration at Lake Junaluska - September 6-8



Your Church/Unit _____

Name, Email, and phone# of person coordinating this effort, so we can contact you if needed:

THESE ARE THE WAYS WE CAN HELP:

Volunteer to Be Hostesses		

SNACK ITEMS WE CAN PROVIDE:

Such as cookies, brownies, muffins, et al

ITEMS FOR GIFT BAGS WE CAN PROVIDE:

Such as small notepads, mini hand sanitizer,
hand crafted items

A **Monetary Gift** of: _____ (Enclosed)

Please complete your form and send to: Tanya Lunsford 376 Woodlawn Ave. Cramerton, NC 28032. ANY QUESTIONS - contact Tanya at 704-678-7122 or email her at:

tlmartintm@gmail.com

Catawba Valley District United Women in Faith

2024 Mission Today Criteria

Mission Today Gold – Complete 10 criteria: 6 with asterisks (*) and 4 other. Mission Today Silver - Complete 8 criteria: 4 with asterisks (*) and 4 other.** Mission Today Bronze - Complete 6 criteria: 4 with asterisks (*) and 2 other.****

**Note: "Other" may also include items with asterisks (*).

CRITERIA:

_____ *1. The Unit will make a Pledge to Mission.

__ *2. The unit will use the Prayer Guide at each general meeting or circle meeting of the unit to pray for persons in mission and our mission work with women, children and youth. A new Prayer Guide is printed each year and may be ordered from the Mission Resource Center.

__ *3. The unit will use at least two programs from the Program Resource during the year. A new Program Resource is printed every year and may be ordered from the Mission Resource Center.

__ *4. The unit or circle will conduct or participate in at least one mission study each year. Contact your district or conference Mission Coordinator for Education & Interpretation to learn what the studies are for each year. (If members of your unit attend the conference Mission u or your District Mission Study and your unit takes an action growing out of the study, Gift to Mission, ministry related to the study, etc., your unit will meet this criterion.)

__ *5. The unit will have at least two members subscribing to **response** (1 member subscribing with units less than 15 members; Local unit subscription may count as one.) Order information is printed at bottom of page 2. \$24.00 for a one-year print subscription (includes digital subscription); \$20 for a one-year digital only subscription.

_____ *6. The unit will implement the Charter for Racial Justice in at least two ways during the year. Possibilities are:

- Have members read and discuss books and articles about other races and cultures;
- Sponsor or attend an interethnic event between two or more units;
- Intentionally recruit women of other ethnic groups to be members and officers of the unit; Use the "Resources for Racial Justice: Tools for UWF Leaders" handbook. (Available on our conference website on the "Downloads Available" page, and on the "Mission Today" page.) Write to elected representatives to support legislation affecting issues such as immigration, affirmative action, low-income programs, civil rights, etc.

__ *7. The unit will have a program and/or complete an action addressing one of the Social Issue Priorities for 2020-2024.

These are 1. Climate Justice; 2. Criminalization of Communities of Color and Mass Incarceration. Find information at www.unitedmethodistwomen.org/service-adocacy HYPERLINK "

__ *8. The unit will add at least two new members (one member for units with less than 15 members) to its roll. Available at www.Cokesbury.com.

_____ *9. The unit will have one program from the Social Principles of the United Methodist Church 2017-2020.
2nd Quarter April 29, 2024

_____ *10. The unit will contribute to all Five Channels of Mission Giving.

_____ *11. The UW in Faith Purpose will be recited at each general and/or circle meeting.

_____ *12. The unit will contribute \$186.90 or more to the Legacy Fund.

13. At least one member of the unit will attend Mission u and report back to the unit on classes and events they experienced. Virtual participation qualifies as attending.

14. At least two members (one member for units with less than 15 members) will attend the district or conference Annual Celebration and report back to the unit about the event and what they experienced. Virtual participation qualifies.

15. The unit will have at least one person joining the United Women in Faith's Action Network to receive and respond to legislative information at least three (3) times a year. (To join, contact the United Women in Faith Washington Office, 100 Maryland Avenue NE, Room 100, Washington, DC 20002. Phone #: 202-488-5660.

Email: csad@unitedmethodistwomen.com (Attach to Mission Today report the action that was taken and to which issue.)

16. Members will correspond with five persons listed in the Prayer Guide at least once a year.

17. The unit will co-sponsor, with the local church, a Children's Sabbath. (This is a worship service highlighting the needs of children.) The United Women in Faith National Office and the Council of Bishops support this effort. Children's Sabbath materials are on our website.

18. Each unit or circle meeting will include a "response Moment" where an item from **response** magazine will be lifted up as a way to tell the mission story.

19. The unit will sponsor one teen member (ages 12 to 17) and/or one young woman member (ages 18 to 39) to at least one conference event during the year.

20. At least two members (one member for units with less than 15 members) will attend a district Prayer Breakfast, District Day Apart, conference Spiritual Growth Retreat, or any other special district or conference event other than Ubuntu Day. Virtual participation in any of these events qualify as attending.

21. At least two members (one member for units with less than 15 members) will participate in an Ubuntu Day Event. Units may develop their own UBUNTU event in their communities. If checked, explain what you did at bottom of page.

22. At least two members (one member for units with less than 15 members) will complete Plan 1 of the Reading Program and give a report to the unit on one of the books read.

23. The unit will invite a district or conference officer, other than a member of the unit, to one of the unit meetings during the year and/or for their United Women in Faith Sunday. This qualifies as a Nurturing Partner visit.

24. The unit will add one new teen (ages 12 to 17) and/or one young woman (ages 18 to 39) circle during the year, or one new teen member (ages 12 to 17) or one new young woman member (ages 18 to 39) during the year.

25. 100% of the unit's active members will make a gift of at least \$18.69 to the Legacy Fund.

26. The 2023 Conference Financial Goal is: To increase unit pledge giving by at least \$5.00 per member. The unit will help accomplish the goal by increasing giving in this channel by at least \$5.00 per member over 2019.

27. Each unit will be responsible for supporting at least one local mission project and participate in one Conference Hands-on Mission Project during the year. The local project should be listed on your Mission Today report.

2024 Calendar of Events

- ⇒ **April 23-May 3 - General Conference Charlotte NC**
- ⇒ **June 13-15 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**
- ⇒ **Aug 24 - District Annual Celebration - Boger City UMC**
- ⇒ **Sept 6-8 - Conference 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
Treasurer	Gaye Dagenhart	29 31st Ave. Court NE 30 Hickory, NC 28601	828-381-2716 cvdtreasurer@gmail.com
Communications Coordinator	Gwen Perkins	3021 Harmon Homestead Rd Shelby, NC 28150	704-300-9553 cvdcomm@gmail.com
Program Resources	Anita Fox	2430 Mountain Laurel Ln Morganton, NC 28655	828-390-6349 Taco582001@yahoo.com
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