



# The Metro Messenger

The voice for the United Women in Faith of the Metro District,  
Western North Carolina Conference

## President's Message

Dear Metro District Sisters,

A few years ago, adult coloring activities became the "in thing" as a kind of therapy for anxiety and stress. We saw adult coloring books pop up in all kinds of stores. Those coloring books are still around. And there are some very good reasons to try these adult coloring books. The most obvious one is to improve motor skills. Some of the other reasons are to lower one's stress level, to improve the ability to meditate, to develop better sleep patterns, and to be a distraction. In short, coloring gives us something to think about instead of worrying about things that are often beyond our control.

The whole adult coloring process reminds me of our UWF local units. There are so many benefits to being associated with a local unit—distraction because we're busy helping others, help with stressful situations, time to meditate on God's goodness, and even improved motor skills that come about through arranging things for local meetings and fundraising events—lifting containers, moving furniture, setting tables, and more. We sleep better because we don't have to carry our burdens alone—our UWF sisters are there to help. Adult coloring is great, but it is an activity done in isolation, while UWF membership connects us with other women who are ready, willing, and able to help. Put your next UWF unit meeting on your calendar and invite someone to go with you! Looking forward to my next UWF meeting,

*Diann*

Diann P. Back  
President, Metro District UWF  
Email: [diann.back@carolina.rr.com](mailto:diann.back@carolina.rr.com)



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## response Podcast

 Tune in to audio versions of some of the top articles from each issue of **response** magazine, the award-winning official magazine of United Women in Faith. Topics cover everything from spiritual growth and living our faith to reports on local, national and international work.

<https://uwfaith.org/resources/podcasts>

## Treasurer

It was beautiful to see so many of you at the District Annual Celebration on August 29th. The fellowship was wonderful! Thank you for your 3rd quarter remittance giving.

WOW, can you believe this year is almost over, and we're already in the 4th quarter? As we approach the end of this year, please remember to give your designated and undesignated gifts to your unit Treasurers by the end of November.

You can send the Conference Love Offering directly to the conference treasurer: Bess Redmond, 19 Wright's Cove Trail, Fairview, NC 28730. Total unit giving for 2026 will be provided to unit treasurers in January.

Here's a breakdown of what we reported to the conference for the third quarter:

|                                |             |
|--------------------------------|-------------|
| Pledge to Mission              | \$ 3,910.00 |
| Special Mission Recognition    | \$ 240.00   |
| Gift to Mission                | \$ 1,156.00 |
| Gift in Memory                 | \$ 280.00   |
| World Thank Offering           | \$ 5.00     |
| The Legacy Fund                | \$ 96.75    |
| Call to Prayer and Self-Denial | \$ 937.00   |

Thank you for all you do to help United Women in Faith support women, children, and youth. FAITH-HOPE-LOVE in ACTION!! We can Make It Happen!

Sylvia Casey, District Treasurer

[sil1casey@gmail.com](mailto:sil1casey@gmail.com)



# Membership Nurture and Outreach

## Join us for UBUNTU Day!

**October 3** | 9:00 am | AC4Ed - 700 Parkwood Ave, Charlotte.

As you know, United Women in Faith celebrates UBUNTU Day, a day of service. Your unit may decide to do a mission project in your community to honor UBUNTU Day, or your unit might want to help cut out paper stars—one for each child enrolled in the Alliance Center for Education programs.

This year we will be cutting out stars on Saturday, October 3, beginning at 9 am. We are usually finished well before noon. The cutting party will be held at the Alliance offices at 700 Parkwood Avenue in Charlotte. Please come and join me as we show our love for the children in the Alliance Center's programs.

The stars are divided among the participating churches. They are used to decorate a Christmas tree. Church members can pick out one or more stars that appeal to them. Some people want to buy hats, gloves, and books for boys, while others want to buy them for girls. The recipient's gender doesn't matter as much as the gift of love you are giving. Thank you.

Please share this information with your local units. Come and join us as we cut out the 2026 Alliance Center Christmas stars! Please bring your own scissors and a hole punch.



### Walk for Missions



The women of the United Women in Faith Metro District are invited to participate in our Walk for Missions! Choose a time and place that works for you and walk as a unit or individually. Gather with friends, family, or fellow UWFaith members, enjoy some time outdoors, and help raise funds to support missions!

Send your collected funds (preferably one check per unit) to our District Treasurer, Sylvia Casey, 7009 Summer Place, Charlotte, NC 28213. Make checks payable to Metro District UWF.

Every dollar raised in the Walk for Missions is used to support the missions and ministries of the United Women in Faith of the Metro District.



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# Social Action

If your circles take a break over the summer and are looking for ways to share social action ideas in your new year, I suggest two response articles: 1) Faithful Resistance: A Public Witness for Immigrant Justice in the May/June 2026 edition and 2) Why Engage in Social Action, a United Women in Faith Bible Study in the July/August 2026 edition. Make Social Action a part of your units' priorities and let me know how I can help!

And we wrap up our review of The Charter for Racial Justice. I hope that you will share it with your circles every year!

Because we believe:

7. That our strength lies in our racial and cultural diversity and that we must work toward a world in which each person's value is respected and nurtured;
8. That our struggle for justice must be based on new attitudes, new understandings, and new relationships and must be reflected in the laws, policies, structures, and practices of both church and state

Therefore, as United Methodists in every place across the land, we will unite our efforts within the church to take the following actions:

7. Support and participate in the worldwide struggle for liberation in church and community;
8. Facilitate nomination and election processes that include all racial groups by employing a system that prioritizes leadership opportunities of people from communities that are disproportionately impacted by the ongoing legacy of racial injustice. Use measures to align our vision for racial justice with actions that accelerate racial equity

Many of us often find it hard to know when and what to say as we advocate for issues, especially Just Energy 4 All and Ending Mass Incarceration and Criminalization of Communities of Color. God will equip us! I share these tips from the book *Raise your Voice, Why We Stay Silent and How to Speak Up* by Kathy Khang, a UWF Reading Program Book.

Before you speak up:

- Pray. When we speak up because a situation is "wrong" or "not right," it should be grounded in our faith and understanding of what this world is meant to look, feel, and be like according to the Word.
- Do your research and know your facts.
- Know why you are speaking up. Figure out what your position is in the situation.
- Prepare your talking points.
- Can you deal with a negative end result?
- What is the best outcome? If you could see only one thing change, what would it be?

While you speak up:

- Pray for the interaction to reflect mutual respect and honor the imago Dei in others.
- Breathe. You may have to deal with emotions.
- Listen and ask questions. Ask them about their concerns, thoughts, and hopes.
- Know your power and be aware of the setting in which you are speaking.

After you speak up:

- Pray. Speaking up is spiritual work.
- Follow up. Speaking up is a way we hope to bring about change and understanding.
- Start all over again.

United Women in Faith has many resources—the Reading Program, response magazine, Faith Talks, and opportunities to be a part of contacting your elected representatives by simply entering your name and contact information. The easiest way to do this is to sign up to receive Social Action emails at [Advocacy | United Women in Faith](#).

## Program Resources

United Women in Faith's Unstoppable Campaign is a four-year journey. In the first year, the focus was "Learning the Story: Inspire." The highlights were Soul Care, Mission and Assembly as Ways that United Women in Faith inspires and opens the door for new women to join us. For our second year (August 2026-July 2027), the focus will be "Share the Good News Everywhere: Influence." The Unstoppable Campaign will highlight the influence pathway through UWF's two social justice priorities: Climate Justice and Ending Mass Incarceration and the Criminalization of Communities of Color. You can find current resources on Social Action on UWFaith Digital's Free Resources section and online at [uwfaith.org/climate-justice](http://uwfaith.org/climate-justice). Also, check out the 2026 and 2027 Reading Program selections related to climate justice and mass incarceration/criminalization.

One such book under Leadership on the 2026 Reading Program may prepare you for the upcoming social justice impetus. *Social Justice for the Sensitive Soul: How to Change the World in Quiet Ways*, author Dorcus Cheng-Tozun describes sensitive souls as people who are highly emotional, full of empathy, or introverted. They are also wise, thoughtful, conscientious, and tuned into their feelings. Social Justice needs everyone's contributions to make an impact, whether you're an introvert or extrovert. Cheng-Tozun offers six possible pathways for sensitive types to contribute:

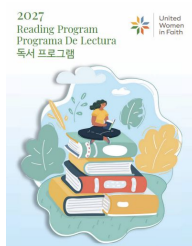
- Connectors: people who bond with others and bridge diverse people to help social relations.
- Creatives: artists and creators whose work inspires and sheds light on issues.
- Record Keepers: those who record and preserve our history for the future.
- Builders: inventors, programmers, and engineers who use their empathy to develop new products and ideas.
- Equippers: teachers, mentors and elders who build skills and knowledge in others to continue the movement into the next generation. Social Action is not always instantaneous- it's OK to make small dents to carry into the future.
- Researchers: use data-driven information as a tool to drive change and offer ideas for improvement.

Dorcus Cheng-Tozun offers possibilities for sensitive souls to use their gifts and talents to serve a hurting world. Soul Care is also encouraged to keep activists from burnout. If you identify as a highly sensitive person, you will be interested in learning that many famous people were also shy, sensitive souls- Mahatma Gandhi, Dr. Martin Luther King Jr., Nelson Mandela, Abraham Lincoln, Cesar Chavez, Mother Teresa, and Jane Goodall. They were empathetic, sensitive, and dedicated souls who quietly changed their corner of the world.

*Social Justice for the Sensitive Soul* may inspire and help you find your path to work towards Climate Justice and Ending Mass Incarceration and the Criminalization of Communities of Color. We can all do something.

I hope that your UWF Reading logs are coming along. Don't forget that 2 or more Faith Talks count as 1 Spiritual Growth credit. Two or more Voices from the Field count as 1 credit for Education for Mission, and 6 Response magazines count as 1 credit for Nurturing for Community. Keep reading, listening to podcasts, and learning and thinking about the world around us and the world inside us.

Sharon Lasher, Program Resources



## Committee on Nominations

The Committee on Nominations is pleased to announce two new additions to our Metro District

Council Nominations Committee. Joining Tonja Schult, Class of 2029, will be Avis Lewis, Class of 2030, and Reagan Axker, Class of 2027. Also, a big thank-you to Diann Back, Debbie Eudy, Sylvia Casey, Marilyn Morris, Lisa Delano, Shauna Stroud, Amanda Dyer, and Sharon Lasher for stepping up for another term. Earonita Strong and Sylvia Sekle-Dueh, elected last year, will complete this strong team of dedicated women who will lead the Metro District United Women in Faith next year (2027). Special thanks go to Sibyl Long— a long-term leader at the District and Conference levels who, along with me, will be stepping down at year's end.

**WE NEED YOUR HELP...** We are still seeking someone to serve on the Nominations Committee for a 2-year term. This is an opportunity to step up, make a difference, and be part of this wonderful team with a minimal commitment.

We would also like to leave next year's Nominations Committee with a list of committed women to draw from—who would be interested in carrying on the work of connecting and nurturing women to "inspire, influence, and impact local and global communities."

I ask you to prayerfully consider whether you or another person from your unit might be interested in serving now or in the future. Please call Louise Woods at 704-604-0430 with names and contact information and/ or to discuss what this might involve.

Louise Woods, Chair, 2026 Nominations Committee

## Updates

### Local Officer Training for 2026

The annual Local Officer Training for new and returning unit officers will take place on Saturday, October 24, beginning at 10:00 am via Zoom. All unit officers are encouraged to make plans to attend. Watch for additional information about the training, as well as the Zoom link, which will be sent to unit presidents for distribution to the local officers and mission coordinators. The training helps assure that Metro District local officers have the tools and information to be successful in their roles, as well as providing an opportunity for officers to meet others who have the same role at our sister churches.

### End of Year Reports Due by December 15

We would love to hear what everyone is doing in their units so we can celebrate you. End-of-year reports account for each unit's annual activities for that year. We use these reports to recognize your unit's accomplishments and track membership. Our goal is for 100% of units to turn in reports.

Links to report folders and directions for completion will be sent to unit presidents soon. These can be completed directly in the google folder without having to download or print. This format helps prevent mistakes in entering information and saves a tree or two along the way.

If you have questions about any of the Reports, contact Diann Back, Amanda Dyer, or your Nurturing Partner.



## 2026 District and WNCC UWF Events Calendar

### **October 3 @ 9:00 am**

UBUNTU  
Alliance Center 4 Education  
700 Parkwood Ave, Charlotte

### **October 24 @ 10:00**

Metro District Leadership  
Development Day  
~ All **Local Unit Officers** (Virtual)

### **October 17**

Leadership Development Day  
~ LDD All **District Officers** (Virtual)

**2027** event dates and locations will  
be sent out at a later date. We are  
still securing locations.

### **Bet on the Community - Providence UMW Signature Event & Luncheon Featuring Molly Grantham**

Providence UMW will host a special General Meeting and Luncheon on Tuesday, Oct. 6 from 11:30 a.m. – 1:30 p.m. in Wolfe Hall of Providence UMC. This signature event features Molly Grantham and is open to all Providence UMW members, friends, family, and our community. Molly is a four-time Emmy Award-winning journalist, popular speaker, author of three books, founder of a non-profit pediatric network, advocate for various cancer causes, and a mom.

#### **Registration Options**

1. **Individual registration:** \$20
2. **Table of 6:** \$120

When registering, you'll select your sandwich preference: **turkey, ham, or veggie**. (You'll need to include this info for all individuals you are registering.)

**Don't wait to register!** We expect this popular event to sell out quickly.

Registration closes **September 24—or earlier if we reach capacity**.

We look forward to gathering together for this wonderful luncheon and inspiring keynote from Molly Grantham!

[Click Here to Register](#)

# 2026 In Pictures



## Metro District Mission Study

Practicing Hope



## Metro District United Women In Faith 2026 Annual Celebration

*It is well  
with  
Our Souls*



## Metro District United Women In Faith Praise, Worship, And Memorial Service

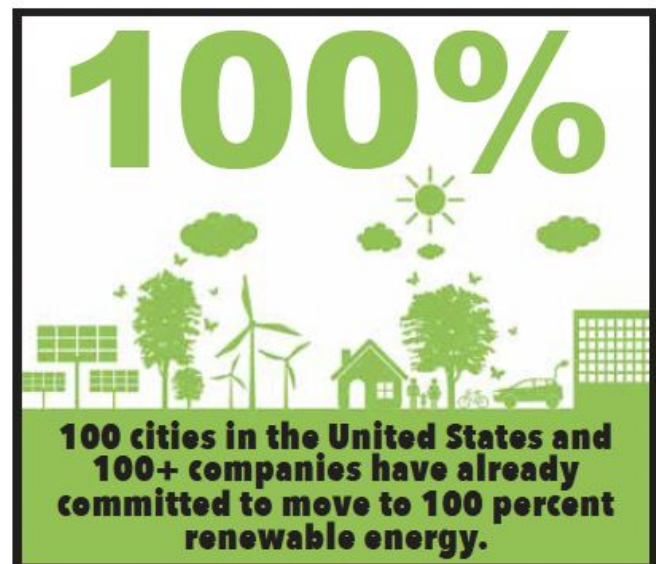
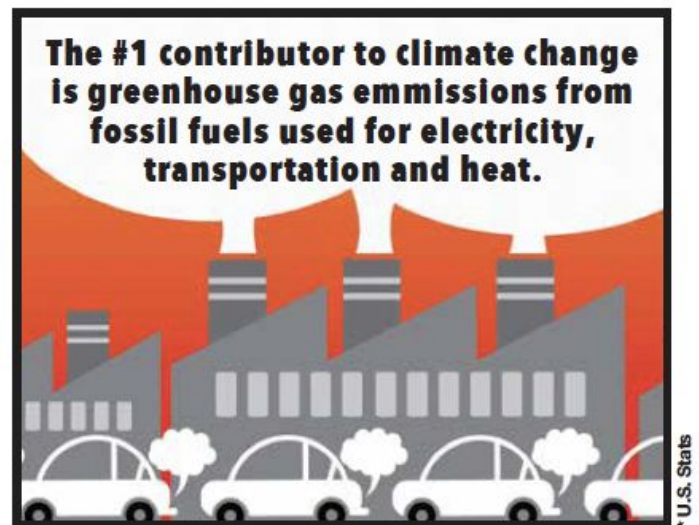
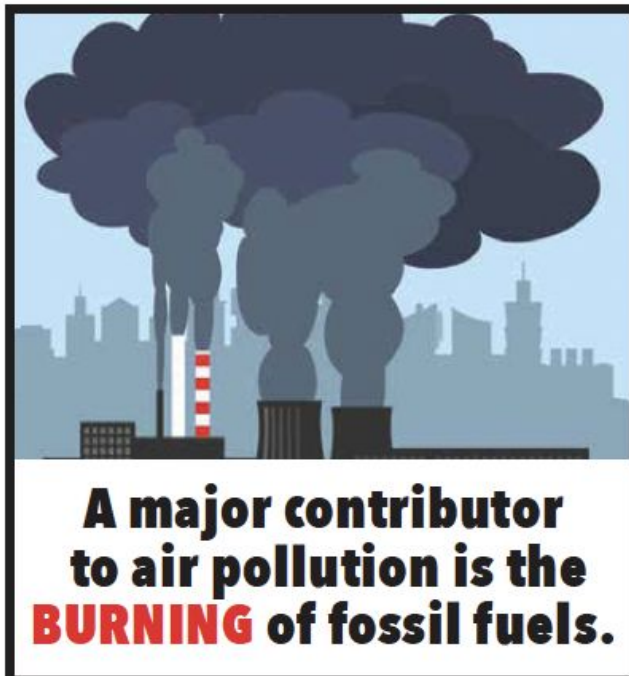


# Climate Justice

## CAMPAIGN: JUST ENERGY FOR ALL



Be stewards of God's creation: Work with companies and governments for clean, renewable energy through a just and equitable transition.



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### TAKE ACTION:

[uwfaith.org/what-we-do/serve-and-advocate/just-energy-4-all/](http://uwfaith.org/what-we-do/serve-and-advocate/just-energy-4-all/)



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## United Women In Faith Metro District 2026 Executive Committee

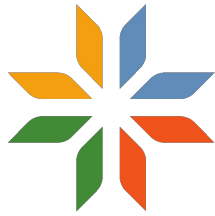
| Office             | Name                                       | Address                                                            | Phone                            | Email                    |
|--------------------|--------------------------------------------|--------------------------------------------------------------------|----------------------------------|--------------------------|
| President          | Diann P. Back<br>(St. Stephen)             | 9301 Whitethorn Dr.<br>Charlotte, NC 28277                         | 704-846-8875 h<br>704-517-5436 c | dback@carolina.rr.com    |
| Vice President     | Earonita Strong<br>(Simpson-Gillespie)     | 1929 Crestdale Dr.<br>Charlotte, NC 28216                          | 704-534-4387                     | stronge@carolina.rr.com  |
| Secretary          | Debbie Eudy<br>(Memorial/Charlotte)        | 806 Eaglewood Ave.<br>Charlotte, NC 28212                          | 704-759-4477                     | snakcak3655@gmail.com    |
| Treasurer          | Sylvia Casey<br>(Simpson-Gillespie)        | 700 Summer Pl.<br>Charlotte, NC 28213                              | 704-596-3578                     | sil1casey@gmail.com      |
| ME&I               | Sylvia Sekle-Dueh<br>(Hickory Grove)       | 212 Hunslet Circle<br>Charlotte, NC 28206                          | 704-606-5557                     | dueh1409@gmail.com       |
| Spiritual Growth   | Marilyn Morris<br>(North Davidson)         | 3400 Winterfield Pl.<br>Charlotte, NC 28205                        | 704-807-5551                     | 1circleofgrace@gmail.com |
| Social Action      | Lisa Delano<br>(Davidson UMC)              | 116 Webbed Foot Rd<br>Mooresville, NC 28117                        | 704-957-8035                     | mybrowneyedgirls@msn.com |
| MN&O               | Shauna Stroud<br>(St. Mark's)              | 7711 Park Vista Circle<br>Charlotte, NC 28226                      | 954-329-5121                     | shauna.stroud@gmail.com  |
| Program Resources  | Sharon Lasher<br>(Memorial, Charlotte)     | 1836 Graybark Ave.<br>Charlotte, NC 28205                          | 704-661-5268                     | sharonllasher@gmail.com  |
| Communications     | Amanda Dyer<br>(Forest Hill)               | 701 Wingard Rd.<br>Concord, NC 28025                               | 704-201-8672                     | adyer0813@gmail.com      |
| Parliamentarian    | Lynda Morris<br>(St. Stephen)              | 737 Pavilion View Dr.<br>Apt. F305 Matthews, NC 28105              | 704-847-2521 h<br>704-619-2013 c | lfmorrisap@aol.com       |
| Historian          | Nancy Ward<br>(Matthews)                   | 4003 Colton Ridge Drive<br>Indian Trail, NC 28079                  | 704-681-4779                     | Nward001@carolina.rr.com |
| Nominations        | Louise Woods<br>(Central Charlotte)        | 3800 Shamrock Drive<br>608 Pine Grove Court<br>Charlotte, NC 28215 | 704-536-0335                     | lwoods@BellSouth.net     |
| Member-at-Large    | Sybil Long<br>(Central Charlotte)          | 8238 Terra Linda Ln.<br>Charlotte, NC 28215                        | 704-773-8678                     | sibyl.long@gmail.com     |
| Member-at-Large    | Linda Davidson, Ch.<br>(Simpson-Gillespie) | 6201 Spring Garden Ln.<br>Charlotte, NC 28213                      | 704-281-9565                     | lad6201@gmail.com        |
| Member-at-Large    | Tonja Schult<br>(St. Marks)                | 134 Oasis Dr.<br>Mooresville, NC 28117                             | 404-290-2690                     | tonjaschult50@gmail.com  |
| Conference Advisor | Cathy McCauley<br>(St. Stephen)            | 6835-A Farmingdale Dr.<br>Charlotte, NC 28212                      | 704-965-6566                     | cathymc855@yahoo.com     |

Your Metro Nurturing Partner is the point of contact and liaison with our local churches. Please welcome them when they contact you. Even with a designated Nurture Partner, the entire team is here to support you. Contact your Partner or any Metro Team Officer 10 with your questions, ideas, or concerns

## 2026 Metro District Nurturing Partner List

| CHURCH               | PARTNER           | CHURCH               | PARTNER           |
|----------------------|-------------------|----------------------|-------------------|
| Aldersgate           | Sylvia Casey      | Memorial (Charlotte) | Linda Davidson    |
| Bethpage             | Lynda Morris      | Midway               | Sybil Long        |
| Center (Concord)     | Louise Woods      | Mount Olivet         | Sybil Long        |
| Central (Charlotte)  | Linda Davidson    | Myers Park           | Nancy Ward        |
| Central (Concord)    | Amanda Dyer       | North Davidson       | Sylvia Sekle-Dueh |
| Christ               | Sylvia Sekle-Dueh | Pineville            | Diann Back        |
| Cokesbury            | Diann Back        | Pleasant Grove       | Linda Davidson    |
| Commonwealth         | Earonita Strong   | Providence           | Debbie Eudy       |
| Davidson             | Lynda Morris      | Rocky Ridge          | Sharon Lasher     |
| Dilworth             | Diann Back        | Simpson-Gillespie    | Sharon Lasher     |
| Epworth              | Amanda Dyer       | South Tryon          | Sylvia Casey      |
| First (Charlotte)    | Shauna Stroud     | SouthPark            | Shauna Stroud     |
| Forest Hill          | Linda Davidson    | St. Francis          | Nancy Ward        |
| Harrisburg           | Diann Back        | St. Marks            | Sylvia Casey      |
| Hickory Grove        | Debbie Eudy       | St. Stephen          | Debbie Eudy       |
| Hunters Chapel       | Earonita Strong   | Thrift               | Sylvia Sekle-Dueh |
| Huntersville         | Earonita Strong   | Trinity (Charlotte)  | Sylvia Casey      |
| Indian Trail         | Nancy Ward        | Trinity (Kannapolis) | Amanda Dyer       |
| Matthews             | Louise Woods      | Woodlawn Community   | Earonita Strong   |
| Memorial (Charlotte) | Linda Davidson    |                      |                   |

United Women in Faith  
Metro District of the WNCC UMFaith  
701 Wingard Rd.  
Concord, NC 28025



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## United Women in Faith

### **Vision**

Turning faith, hope, and love into action on behalf of women, children, and youth around the world.

### **Mission**

United Women in Faith seeks to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship, and education so that they can inspire, influence, and impact local and global communities.

### **Purpose**

To be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.