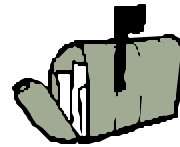


USFW F.L.A.S.H.E.S.

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



Mail from MEG



Zig Ziglar says, "Pretend everyone you meet is wearing a sign around their neck that says, 'I'm hurting,' and nine times out of ten, you'll be right." We live in a fallen world full of "the least of these." When you know the Savior, you have a way of healing the wounds of this world. Will you reach out to someone in need today? Or are you too busy to see the "least of these?"

Begin your day in prayer, asking that God reveal a special hurting heart to you today. Then pay attention! God is working all around us. Allow Him to work through you by seeing the opportunity He gives you. Pray to notice others' needs more clearly. Pray that God will help you manage your day to allow time for others. Remember Romans 12:10, "Be devoted to one another in brotherly love. Honor one another above yourselves."

Lord, we live in a fallen world with many hurting hearts. You have appointed one of those hearts to me today; help me to see them. Give me words that care, hands that share, and shoulders to help bear the burdens of those around me. Teach me that this day is not about me, it is about serving You and others with the love you have given me. In Jesus' Name, Amen.



USFW SPRING FLING

"Simplicity Pattern"

Grace Community Friends Church (Mt. Pleasant)



April 1, 9:30

Conference Cost: \$10.00

Speaker: Nancy Twigg (Knoxville, TN)

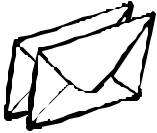
Author of 'Celebrate Simply: Your Guide to Simpler, More Meaningful Holidays'

Editor of Counting the Cost E-zine @ www.countingthecost.com

Overnight hospitality available at the Brazelton Hotel with Greg & Pat Watson
(formally Ramada) 1200 East Barker, Mt. Pleasant

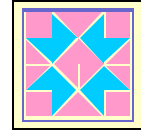
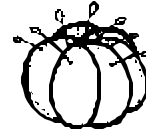
Discount Rate: \$25 for 1 person in room; \$40 for 2 people in room

Mention USFW when you call to reserve: 319-385-0571



CHRISTIAN SERVICE PROJECTS TWO URGENT NEEDS

Linda Eliason, CS Secretary



“I believe that we are most ourselves when we are connecting with others through service. The impulse to serve is the mysterious ingredient that fills us up, that makes our cup run over.” -- Robert Lawrence Smith in A Quaker Book of Wisdom, p. 119.

Our USFW International President, Margaret Stoltzfus, has written an excellent article on Christian service in the January-February, 2006 Advocate. It includes the quotation above, and I hope you all have read it. As we consider what service means, we inevitably come to its practical application in daily life. Praying, caring, doing, giving – all are essential to this daily application. Let’s consider a couple of ways we USFW women can live out our Christian service during these winter days of a new year.

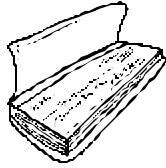
1. The January-February Advocate, shows the money received through Nov. 30 for the 2005 USFW International budget. That total equals 79.1% of what was needed. In particular, every one of the four Christian Service projects was seriously under funded, with income ranging from 44.2% - 51.7% of what was needed. We can do better! Christian service projects in the 2006 budget focus on Kenya. \$1,000 is designated for Samburu Dispensary medical supplies, \$2,000 for supervision of the ASHA Lugulu Hospital Grant, and \$5,000 for Turkana worker and program support. (See p. 12 of the January-February Advocate for details.) Please consider a local fund-raiser to help meet the 2006 budget!

2. On the local level, you may want to consider “adopting” one or two shut-ins from your church this winter. Here are a few possibilities for helping these dear friends know they have not been forgotten: send a greeting card or note; telephone often; visit and bring a poem, a baked treat, or offer a listening ear; cook dinner, deliver it, and eat with her/him; take her/him out for lunch, a ride, or to visit a friend, relative, or other shut-in; check out library books (large print or books on tape, perhaps?); deliver the church bulletin and/or a tape recording of Sunday’s service. Your circle may want to purchase a small, easy-to-operate, portable cassette tape player that can be loaned to those who would enjoy hearing a tape of each Sunday’s worship service. No doubt you can think of many other ways to show you care. With the Lord’s help and guidance, we can make Christian service a way of life!

Know Your Iowa Board?



Each of our newsletters contains some information about an Iowa USFW board member. Can you guess which of your board members would like to vacation in England or Ireland and enjoys chocolate mint ice cream? She plays the piano and has many scrapbooks. A favorite devotional book is “A Journey into Spiritual Growth” by Evelyn Christenson. If you haven’t guessed, you can find her name hidden () in an article in this newsletter.



From the Treasurer's Desk

Dorothy Taylor



January is supposedly named for mythological Roman deity named Janus, who had two faces: one to look back over the old year and one to look ahead to the New Year. Since it is January, (can you believe the wonderful weather we're having ... unless you want to snowmobile or ski or ice skate!) and I want to do a little looking back and a little looking forward.

Our total contributions to the USFW International projects for 2005 was \$5,800, which is approximately the same as last year. The final USFWI report has not yet come out, but as of Nov. 30, 79.1% of budgeted funding for the projects was in, as compared to 70.9% in 2004. So that is somewhat encouraging.

On the Yearly Meeting level, we were blessed to have Stan and Karen Bauer speak at Fall Retreat about the "Cow Project" in Kenya, which provides a means for widows and children to become more self-sufficient. You responded with a very generous offering, and a little more came in after the retreat. We were able to contribute \$1,166.00 for the Cow Project, and the USFW board contributed \$1,000.00 for other expenses of this ministry, and \$500.00 for uniforms & books for school children in Belize. The board thanks you for your support of these worthy projects.

The 2006 projects are listed in the Jan-Feb Advocate. Please pray for all of these women and their worthy work for the Lord. Perhaps, as we work and pray for these missions, we will be enabled to contribute just a little more money than we did last year. I know that money is not the most important thing, but our missionaries cannot fulfill their missions without our financial and spiritual support. We all have an important place in the Lord's work through the USFW.

I pray that this will be a wonderful and exciting year for all of our local societies as we serve the Lord together.

Dear Iowa USFW,

It was a joy to be speakers at the Fall Retreat. Stan and I want to thank you for your generosity. I will be traveling to Kenya Jan. 11-29 and continuing the work with widows and orphans. I expect to buy a cow from your donations. Also we will continue to help the Nyasi widows group plant crops for their feeding program. From your generous gift we will be able to buy seeds & fertilizer. We will also provide for medical costs and funding for transport money for widows so they can receive antiretroviral drugs to keep them alive so they can stay healthy and raise their children.



This trip will be focusing on programs already developed and planning a work team for June 2006. Perhaps someone from your USFW would like to join us.

I would also like to inform you that after a long discernment process, and much encouragement from friends, I have started a nonprofit organization called "Friends Bringing Hope". This organization will focus its ministry on helping the widows and orphans in Kenya. I look forward to sharing more information about this and report back to you about the good work you supported in Kenya.

Blessings, Karen Bauer



EXCERPT FROM MAXINE NASH'S LETTER LATE DECEMBER 2005

"My friends are still not home today as we wait for the New Year. It's been hard not to be discouraged. But, as often happens, the words of a child brought me new insight. A friend who has been telling her young daughter about the situation e-mailed me a letter in which she made an extraordinary comment. She said, "I hope they keep them long enough to know them like friends."

Know them like friends? Could that possibly happen? Knowing my colleagues, I think it is. I can well imagine Tom Fox having incredible discussions about faith with his guards. I can imagine Norman telling about his visit to the Radiation Hospital in Baghdad, how he taught radiation medicine in England, and how he feels badly that this hospital is struggling to perform such necessary medical care. I can imagine Jim recounting his previous journeys to Iraq and his love of the Iraqi people, especially his good friend Sa'ad who refused to fight in Sadaam's army because he couldn't live with killing people. I can imagine Harmeet talking about this being his first trip to Iraq, and how much he's seen about the difficult situation even in such a short time.

I can imagine they've been there long enough now to be friends. Although I can appreciate that the kidnappers may want to keep their new-found friends close at hand, I'm hoping they will see how precious they are and return them to us who treasure them."

MISSION NEWS

Here we are into another New Year! Have you made New Year's resolutions or do you do that? I have decided this year to be open to the Holy Spirit and accept whatever God has in mind for me. Starting a new year means that we also have new mission projects for the year 2006. The new projects are listed in front (Linda Eliason) of the Jan.-Feb. 2006 Advocate.

FOUR FUNDS

- Love Fund - \$5000.00 -- Supplement income for Joyce Ajlouny director of the Ramallah School.
- Faith Fund - \$6000.00 - Supplement income for Mary Kay Rehard & Eden Grace in Kenya
- Hope Fund - \$6000.00 - Divided between Kay Cain & Lisa Stout, workers at Belize Friends School
- Joy Fund - \$6000.00 - Supplement for Native American Workers Brenda White & Christine Wood

KEYS TO THE KINGDOM

1. Kenya Field Staff Children's Education - \$3000.00 - This fund will help off set the cost of the education of the Nugent-Rehard and Grace Children in Kenya.
2. Triennial Travel Assistance \$4000.00 This fund will help fund travel expenses of workers coming from overseas and also our Native American Workers. This is just a portion of their travel expense.
3. Advocate Subsidy - \$2000.00 - This is to help subsidize the printing and mailing of the Advocate.
4. Eli & Sybil Jones Scholarship - \$2600.00 - This scholarship helps on multiple levels. It not only helps to educate a student, but it also provides the school with necessary funds to support itself. This could be used for meeting payroll or the everyday costs of running the school.

Happy New Year! Betty Arterburn, Adult Missionary Education Sec.

PEACE & CHRISTIAN SOCIAL CONCERNS
PROJECT SUMMARIES



Maxine Nash - Christian Peacemaker Corps - \$2000. Christian Peacemaker Teams - CPT is a program of Brethren, Quaker and Mennonite Churches. Christians from other ecumenical communities also participate in the 40 member full time Christian Peacemaker Corps. Maxine Nash is currently living in Baghdad, Iraq. She works to bring healing to a war torn country and to foster nonviolent alternatives for a free, independent Iraq. Please pray and give support for Maxine Nash.

American Friends Service Committee Emergency Material Aid - \$2000. The following information is quoted from AFSC website: EMAP - formerly the Material Aids Program - is the oldest continuously running program of the AFSC, a Quaker peace and justice organization. EMAP's mission is to provide aid to victims of war, disasters, and poverty. The program provides crucial assistance so people can survive in emergencies. It also helps with longer term recovery efforts as people re-establish their lives and re-build. Getting material goods to those in need is the backbone of EMAP's work. EMAP gives not only material, but spiritual assistance as well. It gives volunteers a way to provide service, learn about the needs of people on the other side of the world, and help in a direct way. It gives those who receive aid the beginnings of hope.

Friends Committee on National Legislation - \$2000. Friends Committee on National Legislation continues to bring a Quaker voice on Capitol Hill. Quoted from the Friends Committee on National Legislation Statement of Legislative Policy "FCNL is composed of members of the Religious Society of Friends who bring spiritual values to bear on public policy decisions. Our legislative policy grows out of our basic belief that there is that of God in every human being and that God's love endows all creation with worth and dignity. Through individual and corporate worship we try to be open to the will of God and to express the spirit of Christ in all relationships and levels of interaction, whether personal, communal, national, or global. We work together to secure justice and freedom for all people so that we may live at peace with one another."

We seek a world free of war and the threat of war; We seek a society with equity and justice for all; We seek a community where every person's potential may be fulfilled; We seek an earth restored.

* * * * *

"Simplicity is not so much about what we own, but about what owns us. If our time, money and energy are consumed in selecting, acquiring, maintaining...and talking about our possessions, then there is little time, money and energy left for our other pursuits such as the work we do to further the Community of God." Charles Hadley Snyder, 1991

"A rich person is not one who has the most, but one who needs the least."
(Interview With God)

* * * * *

A little girl was sitting on her grandfather's lap as he read her a goodnight story. From time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek. Then, she would touch her own cheek, thoughtfully.

Finally she spoke, "Grandpa, did God make you?" "Yes, sweetheart," he answered, "God made me a long time ago."

"Did God make me too?" she asked. "Yes, indeed, honey," he answered. "God made you just a little while ago."

She touched his face and then her own again. "He's getting better at it, isn't He?" she said.