

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

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



Mail from MEG



"Woven Into a Tapestry of Love" taken from Colossians 2:2, is our USFW theme this coming year.

My life is but a weaving, between my Lord and me;
I cannot choose the colors, He worketh steadily;
Oft times He weaveth sorrow, and I in foolish pride,
Forget He sees the upper and I the underside;
Not until the loom is silent, and the shuttles cease to fly,
Shall God unroll the canvas, and explain the reason why;
The dark threads are as needful, in the Weaver's skillful hand,
As the threads of gold and silver, in the pattern He has planned.
He knows, He loves, He cares, Nothing this truth can dim.
He gives His very best to those Who leave the choice with Him.

-Author Unknown

God is the one who is "working all things for our good." At times that scripture is difficult to understand. Now we "look through a glass darkly" but there is coming a day when we will see clearly. On that day when he unrolls the canvas of our life we will understand completely. For it is then when we will see the finished work and realize that the Father has been faithful and true to His word all along. "For I know the plans I have for you says the Lord. They are plans for good and not for evil, to give you a future and a hope." God has a destiny for each of us. He plans each and every thread in our tapestry. (Copied)



YOU ARE INVITED TO A CELEBRATION!

(Evelyn Cook)



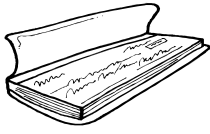
A Celebration of Service in Ministry Around the World

will take place at Camp Quaker Heights

Saturday August 4, 2007, 10:00 am, and you are invited to participate.

- * Learn about experiences at a clinic in Kenya from Diane Martin.
- * Travel to Jamaica with youth and adults of College Avenue Friends Church through Mary Ann Coppinger's review of that group's ministry there.
- * Taste Ann Nichol's excitement when she shares her experiences from Triennial with Friends from various parts of the world.
- * Celebrate the service outreach of local USFW women and welcome the new Iowa USFW Board members.

Following the Celebration of Service,
Trish Edwards will speak at the Yearly Meeting banquet on her recent time in Ramallah.
Join with us at Camp Quaker Heights!



TREASURER'S DESK



I have been reading the "cartoons" in the paper. In one continued story, a recent episode went like this: April, a young teenager, is quite unhappy because her parents bought a different house (just down the street from their old home). She is the last child left at home, and her older brother and family are buying the old house from her parents. On this day, April is grumbling to her girlfriend about the new house. She doesn't like her room, she has to share a bathroom with her parents, and it just "doesn't feel like home."

Her friend is trying to help her see that she really has things pretty good. The friend said, "Suppose you lived in a war zone and your home had been completely destroyed. If all you had left were your family, you would feel lucky." April grumbled, "This isn't a war zone." To which her friend replied, "See, you're really lucky."

Well, as a Christian, I don't believe much in "luck", but I do know that we are richly blessed by God. And we have the opportunity to share these blessings in many ways. One of which is supporting the USFWI projects and our Iowa projects, all of which help people and help to spread the gospel.

I compared our giving for 2006 and 2007 to June 30. We are about \$400.00 behind last year's giving at this point, but that is pretty close. I trust and pray that each society will do the best they can to provide support for all of our projects, so we can meet our yearly goals and provide for all the projects that have been promised support. May God bless you richly.

Dorothy Taylor, Iowa USFW Treasurer

Know Your Iowa USFW Board?

Each of our FLASHES contains information about one of our Iowa Board members. Can you guess which one enjoys violets and Bunny Tracks ice cream? Her first paying job was ironing for a neighbor and her favorite pet was a peacock! She met her husband through her pastor and they now have 14 grandchildren. A collection of quilt books and hymnals fill her home library. Streams in the Desert is her favorite devotional book. Have you guessed? Check for her name hidden () in another article in this newsletter.



HOW TO SUPPORT A MISSION WORKER

Once on the field and the new routine of their work sets in, missionaries feel isolated, out of touch. Letters, e-mail (observe the guidelines), phone calls, care packages, can do much to encourage them. Share things that matter, your thoughts and feelings - be realistic and honest - and encouraging.

Show interest in their lives on the field, their concerns and what specifically you are praying for them.

Encourage your children to connect with their children.

Care packages could include even little things: Packages of seasonings unavailable on the field, or new Christian books or music CD's, sermon or Bible study tapes etc.

You might even pay a visit them on the field to get a first hand taste of life there; or facilitate a pastor or someone else in doing so. Best of all ask the missionary what you personally can do to encourage and pray for them and their families. And be sure to follow through!

***INFORMATIVE & ENCOURAGING
CHRISTIAN WEBSITES***



<http://www.homestead.com/christiangrowth/livelovelaugh.html> Jokes, comics, humorous stories; you'll find them all at this sight! Remember, "A merry heart is like good medicine." Proverbs 17:22

<http://www.happynews.com/index.htm> Real news, compelling stories, always positive!

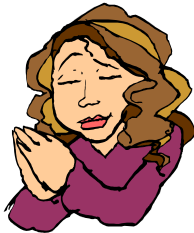
<http://www.growingchristians.org/rfgc/index.html> Sound study helps for most books of the Bible.

<http://www.christiananswers.net/spotlight/> The latest movies reviewed with Christians in mind.

<http://www.usfwiowa.com/> The Iowa USFW site is not complete; keep checking back through the summer

www.usfwi.org The USFW International site

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**PRAYER,
THE FOUNDATION FOR CHRISTIAN SERVICE**



Linda Eliason, CS Secretary

Recently I've been thinking of all the ways we try to serve the Lord, as individuals and in our USFW circles. At College Avenue Friends our USFW is involved in baking birthday cakes for each child in the Jack and Jill preschool that meets in our building. We volunteer at the Church Women United ecumenical food cupboard and collect food for it. We send offerings to the various FUM mission fields to support the USFWI budget. We collect postage stamps and soup labels. We provide programs for the local assisted living and care centers. We make comforters for Quakerdale, ABC quilts for at-risk babies, and prayer shawls for those who need encouragement. I'm sure I've missed something that should be on this list. When we add all that individual USFW members do on a voluntary basis, it seems like a lot. As a matter of fact, our schedules, and we, can become overwhelmed by the call to serve.

In my expanded concordance I found 412 scriptures listed under "servant", "serve", and "service". The Bible places a huge emphasis on serving. Jesus came as a servant, and He taught that we must serve.

Recently the Lord has been reminding me – again! – that in order to serve we must stay connected to Him. The busier our schedules become, the more essential this is!! And yet that is when we are most likely to skip or reduce our devotional and prayer time. The Lord doesn't expect us to do everything. He expects us to do what He asks us to do. We won't know what that is unless we listen carefully – a very difficult task in today's super-busy world.

A new USFW year will begin soon, and I am challenged to remember John 15:4-6: "Live in me. Make your home in me just as I do in you. In the same way that a branch can't bear grapes by itself but only by being joined to the vine, you can't bear fruit unless you are joined with me. I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing." (The Message) Let's pray for each other that we may be able to meet this challenge one day at a time in the coming year!

EXCITING READING AHEAD!

Ethel Watson, Adult Literature Secretary



I have finished compiling the Adult Literature reports from all of you and thank you for your prompt attention to this. Many ladies have been busy reading this year. I have spent the last few months reading the new books for 2007-2008 and have thoroughly enjoyed them as I know you will too. I decided to share two of my favorite books with you (although I think most of them fit into the "favorites" category! Perhaps I should say the ones I have personally related to recently.

The first one, **Saturday Morning** by Lauraine Snelling was very hard to put down while reading. In it, we find 4 ladies from different walks of lives, each with life challenges, who find themselves flung together through unusual circumstances. Through their developing friendship, trust in each other, Bible study/prayer group/support group, they develop a bond and help each other through difficult circumstances. The power of women praying together and helping each other is woven throughout the book. We all find ourselves in difficult situations in life, and lean upon the support and friendship of a few close women friends if we are lucky enough to have them in our lives. (I hope you do!) The Bible study I have in my home fills this niche for me. If you don't have one, please start one! Lots of humor, lots of realistic life situations, are found throughout this book. I highly recommend this book.

The second book, **Small Changes for a Better Life** by Elizabeth George (Daily Steps To Living God's Plan For You) says: "Don't settle for okay when best is in sight!" Author Elizabeth George says, "Let's be radical! Let's be bold! Life only gets better when we grow." p. 75 She also states: "Maturing comes in the good times to prepare you for the bad times." (P.77). I thoroughly enjoyed reading this book. The author takes us through several small changes that we can all make in our lives in order to grow spiritually as God would have us do. She quotes scriptures quite often and applies them to these "changes" that we need to make. We are all encouraged to read from the book of Proverbs daily - choose the day of the month to determine which chapter to read. I tried it and I like it! This is an easy way to remember just where we are in our reading. Through the small steps that she gives, we as women should grow closer to God and become stronger in all aspects of life. We also discover how to: Maximize productivity in our busy schedules, Improve our overall health, Cultivate good habits and conquer bad ones, Make our life more passionate, and Further God's plan for us! (From the back of the book). This is great reading for all ages. Young mothers, middle-age women, and mature women (grandmothers!) - all can benefit from her counsel. (Dorothy Taylor) I found myself meditating on my spiritual walk and whether I have been "settling" instead of seeking more of Christ and the growth that comes with it. I encourage you to read this and see what small changes you might need to make in order to have a better life.

As you can see, we have some interesting and challenging books for the new year. I look forward to seeing you at Yearly Meeting and helping you start on an exciting new year of reading!

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News to Smile About! 😊 "A cheerful heart is good medicine..." Proverbs 17:22

Laughter increases blood flow, just like aerobic exercise!



Stressed spelled backwards makes desserts!



Dark chocolate lowers blood pressure! Enjoy & keep smiling!