

# News, Connections & Joys

United Women in Faith North Central Jurisdiction

Volume 3, Issue 1 March 2023

## Anxiety and Soul Care

The last few weeks of February 2023 were very challenging for me and my son health-wise. Both of us were going through various changes in our medication. It was the worst experiences that both of us ever had and we could not understand how anyone could have so many problems with trying to take care of his or her health. Our anxiety levels were very high and was causing new health concerns; such as: not sleeping, not eating, extremely nervous, and emotionally irritated. It was truly a very distressful few weeks. However, Patricia Bostic (United Women in Faith Soul Care Coordinator and Vice President for the North Central Jurisdiction) conducted a "Soul Care" session with the team at our October 2022 on-site meeting in Indianapolis, Indiana. During that session, Pat helped us to understand the need and gave us examples to use for each individual's "soul care." That included taking care and paying attention to our mental and physical health. I started to think about the "soul care" session and it helped me and my son to relieve some of the stress and anxiety relating to the changes of the medication situation. Also, as we relaxed more and more each day, we began to find solutions for our various problems and concerns that we were going through.

The "soul care" activities that we used were:

1. Find something that would make us feel better while we were working through our situation. For example: I enjoy drinking tea. My son spent time with his friends at his lodge club.
2. Prayer and remember that God is in control at every point of our lives.
3. Once we put our faith into action, we could stop becoming over-anxious about what we cannot control.
4. Open and detailed discussion with our physicians concerning the difficulties we were experiencing.

Due to us having more level heads, we did some research and were able to resolve some of our own problems and how we needed to adjust. By temporarily resolving our problems, we could get some much needed rest; enjoy our days and other activities better.

Yes, we will encounter many things in our everyday lives. But we must learn to not let the problem or situation take control of us. We always need to first pray to God and hand these situations over to Him. And remember that, God is always in control with whatever is happening! Also as important, we need to learn and practice ways to stay in control of our personal emotions. During the North Central Jurisdiction 2024 event, we will be learning more about "Soul Care" and how we need to practice taking care of our physical and mental selves. **Patricia Bostic (pbostic02@att.net)** and **Jeanette Harris (jharris48@yahoo.com)** are the North Central Jurisdiction Soul Care Coordinators. If you have any questions or concerns, please contact one or both of them.

**Marchelle "Micki" Phelps**  
**NCJ President**





### Northern Illinois Joys

The **Annual Celebration** (meeting) in late October 2022 was just that - a **hybrid** format in **celebration** of being together in a sanctuary **and** making use of technology for those not wanting to travel/gather. The event's mission outreach was to collect underwear, socks and feminine hygiene products for asylum-seekers arriving by busloads in the Chicago metro area. Our host church in Sycamore, IL, happens to use grocery carts in their local ministry work, so two carts were filled to nearly overflowing by generous attendees! We learned that these items were then routed to a suburban church working directly with asylum-seekers! Thus, our mission was accomplished - timely and directly - to benefit women, children and youth new arrivals.

Our members seemed to appreciate having our Winter Mission u (2022 Luke study repeat) held entirely by "Zoom", sparing everyone from worrying about winter weather/driving and reducing cost. Furthermore, a new schedule was created to take advantage of January 2023 having four Sundays beyond the January 1st holiday. Participants met for 2 hours the afternoon of Sun Jan 8th, the first hour for joint worship/orientation and the second hour for Lesson One. The next three Tuesdays gave students the option of a morning class **or** an evening class, each 2 hours and 2 lessons in the text. The final Sun Jan 29th included Lesson Eight and a closing/recap time for all. Our conference anticipates using technology for future "winter Mission u" events and having "summer Mission u" events in-person.

**Marilyn Steenwyk, President  
Northern Illinois Conference**

### Faith < > Action < > Sisterhood

I encourage everyone to subscribe to **response**, and if you already subscribe; remember to renew. You don't want to miss a single issue. The official magazine of United Women in Faith is **response**. The price of a one-year subscription is \$24.00; a two-year subscription is \$45.00. A single copy can be purchased for \$2.75 [maybe use as a gift for someone].

From cover to cover the articles are so interesting and keep a person informed, what the organization is all about. The 2023 Reading Program is a featured article of ten pages in the November/December 2022 issue. There are always articles which can supplement your regular meetings and gatherings. The magazine is so amazing, and it is written basically by you and me.

Atmospheric scientist Katharine Hayhoe, active in **Just Energy for All**, speaks about climate change during the United Women in Faith Assembly 2018 in Columbus, Ohio. Luci Wright writes the article 'Sharing Hope' in November/December 2022 issue. Luci is a member of United Women in Faith at Raleigh Court United Methodist Church in Roanoke, Virginia. Together, this article of climate change concern resulted in: The earth is the Lord's, and everything in it, the world, and all who live in it. **Psalm 24:1**. We are told to be good stewards of God's creation.

We know, as women of

Faith < > Action < > Sisterhood

we don't give up, we make a difference. Our foremothers taught us that. The speaker, Ms. Hayhoe, says it clearly, "talk with one another, you don't need to be a scientist to make a difference". Our meaningful conversations bring hope and activism. Even if your units are small, and you are not able to continue in the capacity you once achieved, you are still United Women in Faith! Coming together as a few members to support and look after one another is still part of our sisterhood. The size of your unit does not matter, nor does your ability to meet the expectations you once held.

As we all 'Spring' forward, may we keep our Faith strong during this Lenten Season, may we 'Spring' into Action for the Call to Prayer & Self-Denial, and may we be forever grateful for the Sisterhood we share.

**Sylvia Kempton,  
NCJ Treasurer**

## United Methodist Community House

In 1902, a group of women from Grand Rapids First UMC (Grand Rapids, MI), learned about newly arrived Syrian immigrants in their community and felt called to put their faith, hope and love into action. They found an available storefront property in the neighborhood and started kindergarten and early elementary education classes for the children. They also offered needed classes for the women, such as Bible study, citizenship, sewing and cooking. This was the beginning of United Methodist Community House (UMCH), a United Women in Faith National Mission Institution.

Over the years, as the neighborhood changed, so did the ministries and services offered. But always, believing that everybody deserves an inclusive opportunity to feel deeply rooted in a community, they have been creating a place to belong – for children, families and seniors.

Soon UMCH will be breaking ground on a major, visionary, expansion project. Through a combination of public, government and private funding, they will be building 90+ affordable housing units for seniors - including a senior center, expanded child development/childcare space for 0–4 year-olds – including 2<sup>nd</sup> shift and drop-in care, a fresh market selling fresh, locally grown produce and healthy foods on a sliding scale, and intergenerational programming space to bring all ages together. Creating a place for children to get their best start in life, a place for older adults to feel connected and supported, a place for families to find needed resources, and a place for their community to belong – together. Michigan Conference United Women in Faith remain their committed partners in this upcoming project, 120+ years in, as we continue to put our faith, hope and love into action!

If you are ever in the Grand Rapids area, please plan to visit UMCH (<https://www.umchousegr.org/>), they would love to host you and share their community vision!

***Julia Paradine-Rice, President  
Michigan Conference***

**The Future is Now!**



### Ways to Give:

- Online at: [uwfaith.org/dayofgiving](http://uwfaith.org/dayofgiving)
- By phone: 800-278-7771  
(8 am-5 pm EST, Mon.-Fri.)
- Text: "GIVE" to 20503
- By check to:  
United Women in Faith, Attn: Legacy  
475 Riverside Drive, Ste 1500  
New York, NY 10115  
Write "**Day of Giving**" in the memo section

**We are almost there!**  
**3/23/23**

**WE'RE on the WEB!**

[umwncj.org](http://umwncj.org)

**"LIKE" us on Facebook!**  
**North Central Jurisdiction UMW**

## Wisconsin Social Action Day

Wisconsin Conference United Women in Faith has just put the finishing touches on our Social Action Day which will be held by zoom on Saturday, April 15<sup>th</sup> from 9:00 am to noon. The Social Action Day registration form can be found on Page 5 in this newsletter. Please publicize widely. Everyone is invited – women, men, youth, coworkers, friends etc.

People can register 'on line' by going to the link provided on the registration form and they would pay by credit card, or people can print off the form and send in their registration form with a check. Registration fee is \$10.00 and they can add a donation to United Methodist Children's Services in Milwaukee. The fee can be waived for anyone needing extra help. In that case, please have them give me a call and I will get them registered. If you have any questions give a holler.

**Josie Gobel, President**  
**Wisconsin Conference**

920-988-0705

[josiegobel@charter.net](mailto:josiegobel@charter.net)

## IGR Happenings



United Women in Faith are blessed to have two National Mission Institutions in the Illinois Great Rivers Conference. Cunningham Children's Home and Lessie Bates Davis Neighborhood House in East St. Louis. We are excited and a little anxious about our conference's redistricting from 10 District to 5. However, we know that God is in charge and we follow. I am studying the last words of Christ for the Lenten Season and looking forward to attending our Mission event in July 16-19 at Northfield Inn, in Springfield Illinois. Registration will be on the [igrc.org](http://igrc.org) website.

**Susan Connor, President**  
**Illinois Great Rivers**

# N C J

## North Central Jurisdiction

### News, Connections & Joys

#### News:

"The Spirit of the Lord is upon me, because he has anointed me to bring **good news** to the poor. He has sent me to proclaim release to the captives, and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor." *Luke 4:18-19 NRSV*

Go, Tell It On the Mountain

UMH #251

#### Connections:

United Women in Faith is a Sisterhood acting in faith. We connect spiritual women to act boldly for justice and transform communities.

"In prayer, there is a connection between what God does and what you do."

*Matthew 6:14 "The Message"*

Bind Us Together

*The Faith We Sing #2226*

#### Joys:

"**Make a joyful noise** to the Lord, all the earth. Worship the Lord with gladness, come into his presence with singing. Know that the Lord is God, it is he that made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. For the Lord is good, his steadfast love endures forever and his faithfulness to all generations."

*Psalms 100 NRSV*

Joyful, Joyful, We Adore Thee

UMH #89





United Women in Faith

### SOCIAL ACTION DAY (VIRTUAL)

SATURDAY, APRIL 15, 2023

9:00am to NOON

"FAITHFUL CLIMATE ACTION"



Elena Canler, M.A., M.P.H. (they/their) Deputy Director-Faith in Place

**"Interwoven Crises: How Climate Change and Identity Impact Maternal and Child Health"**



Rebecca Gregory, B.S. (she/her) Director of Development and Outreach United Methodist Children's Services of WI, Inc.

**"UMCS: Working with the Community to Improve the Quality of Life for All"**



Alexander Malchow, B.A. (he/his) WI Policy Coordinator-Faith in Place

**"The Art of Advocacy, Creating Change in the 21<sup>st</sup> Century."**

**EACH PERSON SHOULD REGISTER INDIVIDUALLY. TO REGISTER ONLINE CLICK THIS LINK:**

<https://wisconsin-reg.brapp.com/UWfaithsocialactionday>

**OR** you can register by mail by using the form below.

For questions please contact: Josie Gobel, 920-988-0705 or email [josiegobel@charter.net](mailto:josiegobel@charter.net)

Please register by **April 10, 2023**. Zoom link and additional info will be sent April 11, 2023.

*Cut here*-----

Name: \_\_\_\_\_ Your church (if any) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

HOW WILL YOU BE JOINING THIS MEETING? (3 options)

Phone \_\_\_ Computer \_\_\_ Church Zoom Watch Party at \_\_\_\_\_

(See zoom watch party listings on Page 2)

Registration (suggested) \$10.00

Donation to United Methodist Children's Services \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_

Make checks payable to: Wisconsin Conference United Women in Faith

Mail form and payment to: Josie Gobel, 309 W Johnson St Apt. 930, Madison WI 53703

## National Mission Institution Closes in Iowa, Reopens with New Mission

### Shesler Hall has sold, Closed on January 1st

Shesler Hall in Sioux City, owned by Iowa United Methodist Women since 1901, has been sold to Hope Street of Siouxland. Its long history as a national mission institute will now serve the needs of another group. According to former Director Kris Dam, "It's sad, but it's a good feeling that another non-profit is going to take advantage of this wonderful building and keep the resources in the community."

Joanna Shesler built Shesler Hall in 1901 as a home for deaconesses, such as those in this picture.



In 1924 it became a home for single women moving to Sioux City to work. But in 1985 fewer women wanted to live in a boarding house environment, so the mission changed to house women struggling with mental illness to gain stability and learn life skills.

The decision to close came in October for several reasons: only nine women remained in the 26-bed facility; funding changed from county funds to state funds and Shesler Hall didn't qualify for those; many of the staff were retiring; and many more similar living facilities are now available in

Sioux City for women who need these services.

The building was sold for \$100,000, which was paid to our Iowa account. It was sold fully furnished.

In the meantime, Hope Street of Siouxland serves "men who are homeless and battling addiction and mental illnesses," according to the Sioux City Journal. Its director, Sara Johnson, said in the Journal article, "This building is perfect. It was really a blessing for us to be able to make a seamless move from one location to another." The Hope Street program currently has 61 applicants on its waiting list.

"To open up another 20 or so bedrooms for them is going to be a phenomenal program," Kris Dam said. To read the full article in the Journal, click this link: <https://siouxlandnews.com/news/local/sioux-city-shesler-hall-closes-hope-street-of-siouxland-moving-in#>

Below is a picture of the first original building and in the right upper corner is a picture of Joanna Shesler.



Submitted by *Judy Marnin*  
Iowa Conference Historian

## What Happens at the Quadrennial Meeting?

### The Constitution and Bylaws provide instruction on the Official Business:

\* \* \* \* \*

#### CONSTITUTION OF UNITED METHODIST WOMEN IN THE JURISDICTION

Article 3. Membership. The voting membership of the jurisdiction organization of United Methodist Women shall be composed of the members of the jurisdiction leadership team; three members elected by each conference organization, members of the board of directors of United Methodist Women and the members of the United Methodist Women Program Advisory Group in organizations within the jurisdiction; a representative of the jurisdiction Association of Deaconesses, Home Missioners and Home Missionaries; and all the active bishops of the jurisdiction.

Article 4. Meetings and Elections. a. There shall be a meeting of the jurisdiction organization of United Methodist Women during the last year of the quadrennium. At that time the jurisdiction president, members of the jurisdiction leadership team and members of the board of directors of the United Methodist Women's national organization shall be elected according to The Book of Discipline of The United Methodist Church 2016 (¶¶ 647.6d, 1906).

\* \* \* \* \*

#### BYLAWS OF UNITED METHODIST WOMEN IN THE JURISDICTION

ARTICLE I INTRODUCTION The jurisdiction leadership team of United Methodist Women described in the constitution shall be the planning body that works as a team in the fulfillment of the Purpose. It shall be elected by the jurisdiction organization at the quadrennial meeting to be held during the last year of the quadrennium.

\* \* \* \* \*

**We also have some great programming for you!**

**The event in Indianapolis will challenge and inspire, educate, and equip. You will join sisters from all over the North Central Jurisdiction in singing, praying, laughing, and engaging. You'll participate in worship and workshops. You'll meet new friends and nurture your own souls as you share and learn from each other. You'll be glad you came!**

2024 NORTH CENTRAL  
JURISDICTION

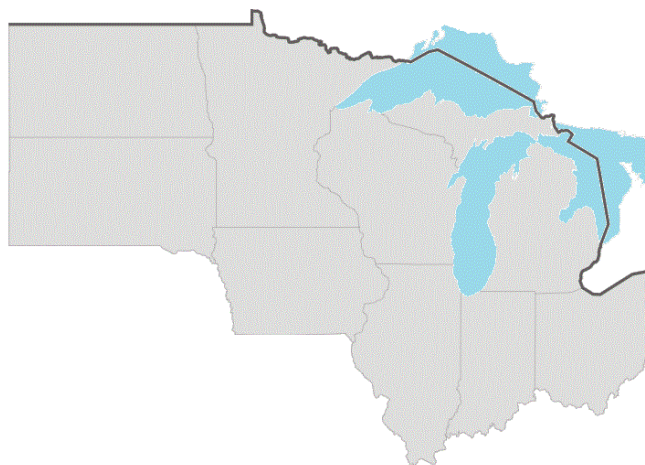
Get Together!



SAVE THE DATE

**Indianapolis IN**

May 30 - June 2, 2024



**United Women in Faith  
North Central Jurisdiction**

email: [ncjumw@gmail.com](mailto:ncjumw@gmail.com)

2024 Quadrennial Event

Our Region

Illinois, Indiana, Iowa, Michigan, Minnesota, North Dakota, Ohio, South Dakota, Wisconsin



# **North Central Jurisdiction Event (May 30, 2024 through June 2, 2024)**



## **Sheraton Hotel 31 West Ohio Street, Indianapolis, IN 46204**

The Sheraton Hotel has not yet started accepting reservations for NCJ 2024. Instructions on reserving rooms, including blocks of rooms, will be coming soon.

## North Central Jurisdiction

**President – Marchelle (Micki) Phelps**  
marchellephelps@gmail.com (Michigan)

**Vice President – Patricia (Pat) Bostic**  
pbostic02@att.net (Michigan)

**Secretary – Becky Heeren**  
becky@alumni.iastate.edu (Iowa)

**Treasurer – Sylvia Kempton**  
kemptonss@yahoo.com (West Ohio)

**Nominations Chair – Elizabeth Everitt**  
e.everitt@comcast.net (Minnesota)

## 2021-2024 Leadership Team

### Nominations Committee:

**Dr. Linda Johnson Crowell**  
lfchso@msn.com (East Ohio)

**Virginia (Ginny) Coates**  
edcoates@gwtc.net (Dakotas)

**Simmie Proctor**  
simmiepr@hotmail.com (Michigan)

**Elizabeth (Beth) Jayapalan**  
purplemountainlaurel@gmail.com  
(Northern Illinois)



**Stay tuned for updates on our North Central Jurisdiction  
Quadrennial Event to be held in Indianapolis in 2024!**



**Recommendation to the NCJ Committee on Nominations**

Date \_\_\_\_\_

**I recommend: (please print)**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Cell \_\_\_\_\_

E-Mail \_\_\_\_\_

Age: \_\_\_ 20's \_\_\_ 30's \_\_\_ 40's \_\_\_ 50's \_\_\_ 60's \_\_\_ 70's \_\_\_ 80's+

Race/Ethnicity \_\_\_\_\_ Languages Spoken \_\_\_\_\_

Employed: \_\_\_ Yes \_\_\_ No

**Why this person should be considered (use back side, if needed):**

**Positions I would recommend this person for:**

Office of \_\_\_\_\_

And/or \_\_\_\_\_

**References:**

1. Name \_\_\_\_\_ Phone/e-mail \_\_\_\_\_

2. Name \_\_\_\_\_ Phone/e-mail \_\_\_\_\_

**Person submitting this information:**

Signed (your name) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Conference \_\_\_\_\_

**Please return to:** Elizabeth Everitt, Chair of Nominations, NCJurisdiction  
4460 Jack Pine Trail North  
Lake Elmo MN 55042  
651-260-5347

*Thank you and God Bless You!*

**United Women in Faith  
North Central Jurisdiction  
Committee on Nominations**



***Tell me more....I may be interested!***

**Date** \_\_\_\_\_

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Telephone: Home** \_\_\_\_\_ **Cell** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Conference** \_\_\_\_\_

**My ethnicity/race (to help us be as inclusive as possible)** \_\_\_\_\_

**My Experience in United Methodist Women/United Women in Faith:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What I might be interested in doing** \_\_\_\_\_

\_\_\_\_\_

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**Please return this form to a NCJ CON Team member.**

Elizabeth Everitt, Chair  
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***Thank you and God bless you!***

**United Women in Faith  
North Central Jurisdiction  
Committee on Nominations  
<https://www.umwncj.org>**