



United
Women
in Faith

The Connection

Mile High Metro District Newsletter

May - July, 2025

Save The Date!

Make a Joyful Noise!

Our district Spiritual Day Together will be Saturday, June 7 at Smoky Hill UMC in Centennial. Sara Harris shares more details below. *Mark your calendars now and invite your friends!*

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### *Conference Breakfast at Annual Conference*

*Saturday, June 14, 7 a.m. - St. Luke's UMC*

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Mission u - Practicing Hope Together

Saturday, June 21 at Smoky Hill UMC, 19491 E Smoky Hill Road, Centennial

Presented by Kathryn Witte and the Mountain Sky Conference UWFaith

Visit to Colorado History Museum

Saturday, June 28, 1 p.m.

Faith Not Fear, Acting Fearlessly

Mountain Sky UWFaith Spiritual Retreat and Annual Gathering, October 17 and 18, Montrose UMC. More details to come.

To Do List

- As soon as you are financially able, please send your pledges to Ann Horton. Please do not wait until December, as your funds are needed for operations.
 - Register for Spiritual Day at Smoky Hill UMC, Centennial, Saturday, June 7, 2025.
 - Register for the Conference Breakfast, Saturday, June 14.
 - Register for Mission u, Saturday, June 21.
 - RSVP for the outing to the Colorado History Museum, Saturday, June 28.
 - Make plans to attend the Field Trip to the Sand Creek and Amache Historical Sites, August 22-23.
 - Send an update on your Unit activities to MileHiMetroUWFaith@gmail.com.
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Mile High Metro United Women in Faith
Spiritual Day ~ ALL Women Welcome!

Saturday, June 7 9 a.m. - 2 p.m.

Smoky Hill UMC

19491 E Smoky Hill Road, Centennial

**Cost is \$12, which includes lunch. Please
register by visiting this link:**

<https://secure.myvanco.com/L-ZECN/home>

Payment can be made at the door by cash or check payable to MHM UWFaith,
but we must have an RSVP so we order the correct number of lunches.

Questions?

Need childcare (RSVP required)

Special dietary needs

Please email

MileHighMetroUWFaith@gmail.com

**Make
A
Joyful
Noise!**

**Bring a non-
perishable food
or feminine
hygiene donation
for Aurora
Interfaith Food
Pantry**

Dixie Lingler and Karen Mazza
will lead us as we remember
the joy of making music, like we
did as children, instead of
performing music.

Muhummad Zeeshan, LPCC will
lead a workshop on "what to do
when the noise is too loud"
teaching healthy coping
strategies.

Join Kim Myers for Triple G:
Grace, Gratitude and God.
Explore ways to take a short
break from everyday chaos and
reunite with God!

Enjoy Calming Collage and
therapeutic relaxation with
Alyce Duckworth.

[Click here to send an email regarding Spiritual Day](#)

[Click here to register for Spiritual Day](#)

Reading Program

Do you or someone you know enjoy reading? We are seeing more and more women participating in the UWFaith Reading Program. As you may know, the Reading Program consists of many books, separated into five categories. New books are added each year. Those who read at least one book from each category, and read our Response magazine, will have completed Plan I. There are four plans, each requires reading more books. More information about the Reading Program is available at <https://uwfaith.org/resources/reading-program/>. Reading can be done on your own or with a group. Some groups meet by Zoom so you can include members from other units too.

Conference Breakfast, June 14, 2025

"Pick Me" Breakfast on Saturday, June 14, 2025, 7:00 a.m., sponsored by Mountain Sky UWFaith in conjunction with Mountain Sky Annual Conference. Cost is \$10.

[Register for Conference Breakfast](#)

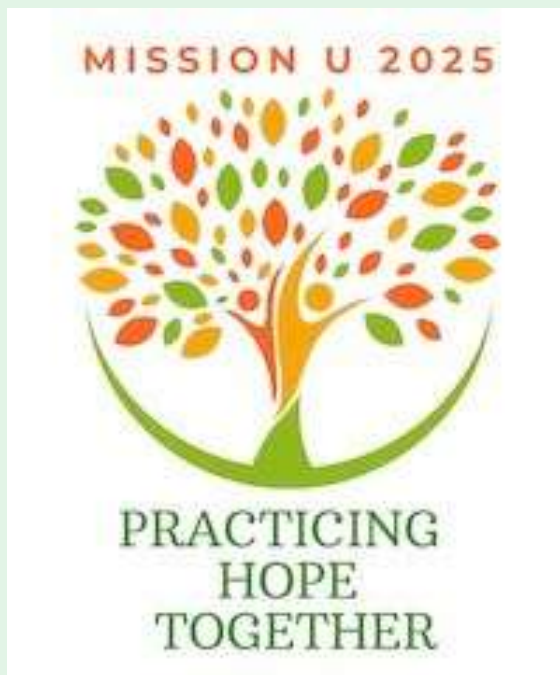
Mission u - Practicing Hope Together

Mountain Sky Conference's United Women in Faith invites you to a day-long IN-PERSON Mission u at Smoky Hill United Methodist Church, 19491 E Smoky Hill Road, Centennial, CO on Saturday, June 21. The theme is Practicing Hope and the study will be available in both English and Spanish. ONLY the Spanish study will be offered in a hybrid format for online participation.

Practicing Hope is a timely study reflective of the spiritual and political moment we are experiencing. It is a time when many of our churches are discerning where Christ is calling us to be morally courageous when our world leaders fail us and our communities work to "come back" together after being on the brink of collapse.

This curriculum will explore how we can hope differently. We will study scripture, look at some timely podcasts and practice how we can take care of ourselves.

Register online at <https://mtnsky-reg.brtapp.com/MissionuPracticingHopeTogether>



[Online Registration](https://mtnsky-reg.brtapp.com/MissionuPracticingHopeTogether)

[for Mission u](https://mtnsky-reg.brtapp.com/MissionuPracticingHopeTogether)

Unit Events

While we wait for information from other units, you will hear all about Smoky Hill, because that is my unit. :) Please send your events to MileHighMetroUWFaith@gmail.com.

In May, Smoky Hill presented Coming to America. Hamu Chigwada, president of Green Mountain UWFaith and National Director, and Shereen Murad, vice president of Smoky Hill UWFaith, shared their stories of emigrating to the USA.

On July 20, we will screen the film Kobane, a documentary about Syrian women fighting ISIS. All are welcome; the film will be shown beginning at approximately 11:15 a.m. and will include a lunch featuring middle eastern cuisine. Shereen will lead us in discussion following the film.

Unit Spotlight

Crosspoints UWFaith

Our Crosspoints UWF name originates from the three churches that were going to merge in 2013 but didn't: Emmanuel, Englewood and Evanston UMC. Crosspoints was named because the locations of the former churches represented a cross on the Denver map. We became a cluster in 2017 when District asked the more populated UMW churches to seek members from smaller churches. Crosspoints UWF now represent Cameron, Spirit of Hope and University Park. A member from each church is an officer in our unit.

We facilitate the Metro Caring donations each month and we just added in person volunteering at Metro Caring. We also support Serving Sierra Leone (Jana Jones mentions this in the Nov/Dec 2024 issue as she traveled with our members Hope and Les Law).

We also facilitate the money received from the King Soopers Rewards Program. We donate 100% to local non-profits. Our membership is increasing as of this year. We meet September through May on the 2nd Thursday of each month at 10am in the UPark Church library. We welcome any church to visit our meetings and see if it's a good fit for them!



New Shoes, New Possibilities!

Crosspoints United Women in Faith donated \$170 from King Soopers Community Rewards and \$230 from their treasury to Girls on the Run so that six young athletes had new shoes to run the 5K course at the Colfax Marathon.



Would you like to join in UWFAITH district outings to learn more about Sand Creek Massacre & Amache National Historical Sites (NHS) this summer?

Our District UWFAITH is planning two outings to learn more about them:

Saturday June 28, 2025 at 1pm: outing to Colorado History Museum, 1200 Broadway, Denver, CO 80203 to visit their Sand Creek NHS and Amache NHS exhibits.

Tickets are \$15 and my membership allows us to take 6 visitors for free - so the first six people who arrive will be free! They may have a senior discount.

Let me know if anyone else have a History Museum membership that allows guests.

Friday morning August 22- Saturday evening August 23, 2025: overnight outing to visit both Sand Creek & Amache National Historic Sites. We plan to stay overnight at a hotel in Lamar, Colorado.

We are keeping the planning for road trip very simple - without buses and group preregistration - so people can drop out easily if/when life intervenes and they are not able to attend at the last minute.

1. We plan to carpool for the road trip. We'll take as many cars as are needed. People unable/unwilling to drive will ride with people willing to drive. It's ~ 3-1/2 hour drive to Sand Creek NHS. We'll plan to drive to it first & tour it early Friday afternoon. We'll plan to visit Amache Saturday morning then drive home (~ 4 hour drive home from Amache site). I am willing to drive and I can comfortably take 3 other adults & 1 small child in our car. Who else is able and willing to drive and how many riders can you comfortably take with you in your car? Who needs or prefers to ride with someone?

2. We agreed each of us will make our own hotel reservations for our overnight in Lamar. If you later determine you cannot go, you can cancel your own hotel reservation. I will call Lamar hotels and get us a block of rooms in one offering the best value/price (& includes breakfast).

3. We agreed we can bring friends, spouses and/or children on this trip.

4. Each of us will pay for our own food and other expenses.

5. I will call both National Historic sites and try to arrange for guided visits of them. We will also call the Amache Museum to arrange for a guided visit of it. (We may switch which site we visit first based on what we learn).

6. Regarding admission into the National Historic Site: they are free for the car load with National Park Service's Golden Age Passport. My husband and I each have a Golden Age passport. It would be ideal if someone in each car had a NPS passport.

If you are interested in joining us, email Brendabronsonfpe@gmail.com and she will send you more information about both outings.

For an overview of Sand Creek Massacre NHS see <https://www.nps.gov/sand/index.htm> and <http://www.historycolorado.org/exhibit/sand-creek-massacre-betrayal-changed-cheyenne-and-arapaho-people-forever>

For an overview of Amache NHS see <https://www.nps.gov/amch/index.htm> and <https://amache.org/>



President's Message

Mile High Metro District President

Marcia Canter

Email: bomaanka@yahoo.com

President's Letter

May 17, 2025

It's a day that makes me feel like staying at home. Maybe baking something; maybe reading a good book; maybe talking to some friends, but not feeling overly ambitious. There's enough on my to do list to choke a horse and I'm procrastinating on the things that I find difficult or that I am nervous about doing. Yet I know that they need to happen.

On a day like this I need some spiritual inspiration perhaps to get going. That's one of the things that I think our Spiritual Day at Smoky Hill United Methodist Church might bring us on June 7. Listening to music; listening to spiritual themes; talking to others who might be going through this same feeling that I have. Perhaps they went through this and can give me some wisdom or just let me know that this too will pass.

Here's what I've gained in past Spiritual Days:

Time away from those responsibilities that I've ignored or procrastinated on. By being a way a bit I can come back at it refreshed.

Enjoying the music and other creativity endeavors that I don't see on a weekly basis. I remember the dancers at Scott, flowing in beauty and grace.



Not having an "agenda" per se, just as election of officers or figuring out the budget, just being with other women.

Enjoying summer days with others.

This year there will be an offering of music; a chance to use writing to connect; a breakout on handling the stresses of the day. We will talk; we will laugh; we will pray; we will reflect.

And as a special incentive, the unit that brings the most number of women who haven't been to a spiritual day before will have the sweet joy of a dozen cinnamon rolls compliments of Brenda Bronson and myself.

So treat yourself and someone who hasn't been to this event before. Make a joyful noise.

And if you can't make it to our event at Smoky Hill, there are two events not far away coming up...one rather quickly. Northern Colorado District SOUL Care retreat at Boulder 1st UMC on May 31. (See attached flyer.)



Soul Care

A Day Together, Apart from the World

**Join us on
Saturday, May 31, 2025
at First United Methodist Church**
1421 Spruce St., Boulder, CO
9:00 a.m. - 2:00 p.m.
Check-in & breakfast at 8:30 a.m.

Be Inspired by
Jana Jones, National United Women in Faith President
Rev. Emily Kintzel, Niwot UMC

Participate in Personal Soul Care
Labyrinth Walk, Chair Yoga, Watercolor, Soul Care Crafts

Register by May 26 with Lora Fulton at fultonhaus@comcast.net
Registration Fee - \$25 (Cash or Check)

There will be a collection of Ubuntu items for TGTHR, see Wish List

And on June 21 a similar day is planned at my church Arvada United Methodist (6750 Carr Street) which we're calling Living the Bold, the Gold and Restless Life. It's free and I'm helping work out the details so contact me if you're interested.

Keep putting love into action, but give yourself a break every so often.

Vice President

Kim Myers

Email: kimuwfaith@gmail.com

Shalom Sisters in Faith,

Sometime God nudges us in new directions. I started attending the Green Mountain

United Methodist Women for their monthly breakfast meetings when my mom moved in with us and gave up driving. I had grown up in the church, but I really never knew what the UMW

did other than eat and cook food. My mom didn't get involved until after she retired and she never attended district meetings. I became our Vice President when Carolyn Wrapp passed away. Brenda and Hamu were friends of mine and encouraged me to join them at a couple of district events. I was asked about becoming District VP last fall. I must admit God was pushing hard. I received mixed advice about whether I should accept or decline. So, I prayed a lot about it. I am a solo parent of a teenager with numerous activities who doesn't have a license, I am the caregiver for my mom and hold two jobs at the church (Office Manager and Children's Director) and do volunteer work monthly for a few charities. (And did I mention we have 16 pets who all demand to be fed as soon as I get up.) How would I be able to take on one more thing? How would I know what to say and do? I had experience teaching for 30+ years and worked in law enforcement for 22 but this was a whole new realm. I was inspired by Brenda's activism, always posting photos of herself at rallies and hosting get-togethers for local politicians. Hamu a mother, a wife, traveling for work often and taking on a national position in UWFaith which also involves some travel in addition to being our President. In my heart I always knew it was a calling

and somehow God would lead me in right direction. I have surrendered to his will, and he has been by my side. They say if you want to get something ask a busy person or something like that. It seems like every time I am pondering something lately the Holy spirit whispers to me or takes over my computer. I recently did a eulogy for a UWFaith sister whose family was not able to attend her service in person. The Holy Spirit inspired me in the most unlikely way. My message inspiration came to me while watching an episode of The Chosen. It was so fitting and in left field but truly embraced Melyn's unwavering faith while battling pancreatic cancer. Taking on these new challenges has opened so many new windows. I could see in before but the glass was foggy. Participating in activities, the reading program and online forums, listening to podcast, talking to UWFaith sisters has not only strengthen my relationship with God but empowered me to help change the world along side my Sisters in Faith. Now in my head the lyrics are playing from "Pass it On". A fire has been ignited with in my soul because all the amazing things UWFaith women are doing locally, nationally and

globally. To each and every one of you, I thank you from the bottom of my heart. We all have our own special strengths and gifts given to use by God. Together standing side by side hand in hand and making a difference in the world through our actions sharing his love with everyone. (I know I should include a few Bible verses, but I am beyond burning the midnight oil and I think The Holy Spirit went to bed hours ago).

Blessings,

Kim Myers

Mile High Metro United Women in Faith Vice President



MHM Membership, Nurture and Outreach Coordinator

Donna Parisi

Email: donnaparisi@comcast.net

We need more members....We need younger women in our unit....We need to keep our long-term members engaged....And everyone's favorite, we can't get officers! Sound familiar? Yes, we all have the same issues. So, what do we do?

I think the first step is to determine WHO we are. How can we invite women to join "us" when we don't have a clear identity. Let's look at the national perspective.

Our 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.

Does that describe your unit? If not, why not? Have you gotten away from our stated Purpose and Mission? Is your unit "flying solo"? United Women in Faith is a membership

organization of the United Methodist Church. We have seen many changes to this organization over the years as we adapt to a changing society. Has your unit kept up with the changes? Are your membership ideas grounded in 2025 or 1995? Perhaps it's time to reassess. If we want women to join us NOW, we need to have plans and programs that are suited for today's women. Are we offering Christian spiritual formation? That might draw in new members. What about leadership development? We have eons of experience in our units, but it needs to be shared. Developing leaders doesn't just happen. It requires intentional mentoring. You have the knowledge to help guide someone else. Are you doing that?

I challenge you to take a good look at your congregation. How many women are in worship each Sunday? What are their ages and life stages? Are they employed, full-time or part-time? Do they have young children? Teens? College kids? Grandkids? No kids? I strongly believe that UWFaith has something to offer any woman, but she needs to know about it. Are we offering creative fellowship to those that aren't available during the day, have child-care needs, no longer drive or don't drive after dark?

We have the perfect opportunity coming on June 7 with our annual Spiritual Day. Please invite someone who is not currently involved to attend with you. Those of us who have been members for many years love this organization. Share that love, the strength of this sisterhood with others. This kind of connection and support is needed desperately in our communities. Remember – We Believe Love in Action Can Change the World!



MHM Communications Coordinator

Nancy Friday

MileHighMetroUWFaith@gmail.com

Hi! I'm Nancy Friday your communications coordinator. We want to share what is going on in the units so that we can support and inspire one another. **We now have a Facebook page, search for Mile High Metro United Women in Faith and follow our page. Please send emails and photos so that I can share what is happening!** MileHighMetroUWFaith@gmail.com

[MHM Facebook Page](#)



MHM Secretary

Carla Schwartzkopf

Email carlasch@me.com

Good News, Good News! Our 2025 District Directory is ready. By now your leadership team should have received the Directory and has distributed it out to everyone in your unit. The directory was being updated with corrections right up to the day it was distributed. You now possess the most up to date information for our active units. Thank you to all who responded to my emails and phone calls to help make this a reality. A link to the directory is below.

Carla Schwartzkopf

MHM District Secretary

[2025 MHM Directory](#)



MHM Treasurer

Ann Horton

annhortonuwf@gmail.com, mobile 303-885-2066

Please send all checks and remittance forms to:

Ann Horton

7342 S. Delaware St.

Littleton, CO 80120

I want to thank all our units for their remittances this year. We appreciate receiving remittances early in the year.

As of May 17, I have received the following this year:

Pledge to Mission	\$ 7,566.58
Special Mission Recognition	\$ 0.00
Gift to Mission	\$ 0.00
Gift in Memory	\$ 70.00
World Thank Offering	\$ 252.13

Total Mission Giving	\$ 7,888.71
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Mission Giving Plus through the District Treasurer:

Call to Prayer & Self Denial	\$ 671.00
UMCOR	\$ 525.00

Total Mission Giving Plus:	\$1,300.00
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Our District's 2025 Pledge for Mission Giving is \$35,000.

This goal includes the 5 channels giving: Pledge to Mission, Special Mission Recognition, Gift to Mission, Gift in Memory and World Thank Offering.



MHM Spiritual Growth Coordinator

Sara Harris

Email: sara.margaret.harris@gmail.com

“Make (and Share) a Joyful Noise!”

The Mile High Metro District is sponsoring a Spiritual Day Together for all women of faith! It will take place on Saturday, June 7, 2025 from 9:00 am to 3:00 pm at Smoky Hill UMC, 19491 E. Smoky Hill Rd, Centennial. Join us as we joyfully learn how to deepen our faith and share it with others. Special small group sessions will focus on learning to express our joy in sound, word, and deeds, with a special session on helping children deal with stress. We will conclude our day with a short worship and communion service. There is a \$12 charge for the event, which will cover lunch, and reservations are required. Invite your friends to join us! Please contact Sara Harris at (620) 433-2517 or sara.margaret.harris@gmail.com, for more information.

Sara Harris

Communications Director

Phillips UMC

(303)934-5549

MHM Social Action Coordinator

This Position is OPEN! Contact Brenda Bronson to join our team.

brendabronsonfpe@gmail.com



MHM Education & Interpretation Coordinator

Karen Bueno

email: karenbueno@aol.com

WHERE DO OUR PLEDGES GO?

Pledges from the local church United Women in Faith units do not stay in the unit nor are they used to upgrade existing local unit buildings. All of the pledged money in local units goes to “Pledge to Mission” is sent first to our District, the Mile High Metro District.

Local UWFaith units make a budget for any expenses they anticipated during the next year. That total does not include salaries for anyone locally.

The District will return, church by church, what each church unit budgeted for local expenses. They receive money from the District, who has received funds from the Conference/District accounts which were withheld for local expenses. If the District spends less than their budget, any extra goes to Conference funds.

Conference plans for local expenses and scholarships for women to attend Leadership Training and Assembly. Participants in those broader events pay for registration. The National organization does pay salaries to members of their staff who work full time for United Women in Faith. Any extra unspent money continues to the National United Women in Faith budget.

For me, the most important use of our pledge money is for the vast number of projects, national and global, college scholarships and special grants. The total given for our projects in recent years has been from \$5 million to \$8 million EVERY SINGLE YEAR. Local meetings, district meetings, conference meetings and national meetings are held. Study the list of national and global projects, scholarships and other grants. You have contributed to every single one of these funds through your pledge to mission or your contribution to the other four channels, including the World Thank Offering. Read Response magazine to learn about projects, a few at a time every issue. All of our gifts are used to create outstanding education and health and vocational opportunities around the world.

Karen Bueno, District Education and Interpretation Coordinator



UWFAITH National Board of Directors

Hamu Chigwada

hamu.umw@gmail.com

Mobile 414-334-3305



MHM District Nominations Coordinator

Brenda Bronson

brendabronsonfpe@gmail.com

Want to join our fun team? Contact Brenda today!