

# The Tide

## Los Rios UMW District Newsletter



February 2021

### 2021 Calendar Items:

- March 5—World Day of Prayer
- March 6—CaNv UMW Conference Event—A Time for Soul Care
- March 20—CaNv Social Action Event—A Path Appears
- March 23—Day of Giving—Legacy Fund
- March 27—Los Rios Leadership Event
- April 4—Easter
- May 4, 11, 18, 25—Mission U - Pushout

## Los Rios District Leadership Training

Featuring Dr. Mary Cheng

### The Good Work of Love: Mending to Make New

*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Eph.2:10*

Using Ephesians 2:10 as our starting point, we will explore the theme of doing and being God's good work of love in a fractured world. Weaving together Scripture, stories, and art, particularly Kintsugi, the Japanese technique of repairing broken pottery, we will find encouragement, hope, and wisdom for living and leading during these extraordinary times.

**March 27, 2021—Saturday**  
**10 am to Noon**  
**via Zoom - Attendance is Free**



**Dr. Mary Cheng** is a former staff member of the National Office of United Methodist Women overseeing Transformative Education/ Mission u. Before UMW, she worked in the California State University, East Bay directing student services while serving with her clergy husband in San Francisco Chinatown. Mary received her Ph.D. in Christian Spirituality from the Graduate Theological Union in 2017. Her passion is helping to educate and facilitate personal and social change from a foundation of spirituality.

**TO REGISTER: Event is Free**—Details and a registration form are on the Los Rios District website - [www.losriosumw.org](http://www.losriosumw.org) Once registered, you will be sent the information on Zoom and an agenda so you can access the event. An agenda will then be posted on the Los Rios website.



## A Message from Adi Mere Nabou—Los Rios District President

Ephesians 1: 18-19

*"The eyes of your understanding being enlightened; that ye may know what is the hope of His calling, and what the riches of the glory of His inheritance in the saints". "And what is the exceeding greatness of His power to us-ward who believe, according to the working of His mighty power."*

Hello to 2021!!

It's really exciting feeling, spiritually, mentally & physically in tune as we move out of all the challenges, we faced the whole year of 2020 - from Covid-19, struggles and emotional problems, fear of unexpected shut downs, all through the physical year 2020. That endurance towards a new start or new beginning, gives us hope for tomorrow as we step right into the New Year 2021.

Our year-ending was marked by the Los Rios District Annual Celebration Event. This event was dragged all the way from September 2020 to January 2021. It came right into my mind despite the shut downs of the whole year, all events cancelled, no gatherings, inventions of new daily living, at times there was a-lot of confusing spirit, nothing seems right at all, yet we still had hope for tomorrow to celebrate the whole year of 2020. No turning back, we are marching forward. With a heart full of Love & compassion elevating our spirit of faithfulness above us as we are still breathing in the Grace of our Lord and Savior.

As I write you today, marks the half way mark to end the month of February, 2021. Our head start seem to be moving into the right direction, motivated in spiritual strengthening Believing, " God is with us all the time". As we settled in deep in our faith, creating our space to be able to see the light above us, removing away in our midst whatever that's obstructing our paths.

" The eyes of your understanding being enlightened ".

Our theme for this year "Knitted Together in Love and Mission".

Your District Team working together, rebuilding, putting Love, Faith in action as a dedicated Team reaching out rebuild and put together the master piece, standing in the gap working closely to be knitted together to all our Local units in Los Rios District and in faith.

The highlights ahead from Los Rios District are coming up in March

- World Day of Prayer, Woman All Around the World ☑ gathering together in there own space, in one cord with love in there hearts overflowing to Pray as our Sisters from Vanuatu In the Pacific Islands, leads us all in covenant prayer **Friday March 5th, 2021.**
- **UMW Legacy Builder March 23rd, 2021,** in support for our continuation of our future generation the vision left behind by our courageous bold UMW from the past, and here we are the present generation to continue the momentum for the future

*Continued on Page 3*



## United Methodist Women—**Census 2020 Survey**

*To Be Completed By: March 30, 2021*

### **Need assistance filling out the online survey?**



**Help is at hand!** Contact District MNO Officer, Maraia Gonelevu by phone (916) 243-9453 or send an SOS to Maraia via email: [burebas@yahoo.com](mailto:burebas@yahoo.com).

If local units MNO's do not have access to computer and internet, please contact Maraia immediately via phone or email and she will send the form to you via US Mail. Please include the local unit MNO's contact information-phone numbers for Census 2020 Survey information verification and questions only.

Mail your **completed form** in time to be received before **03/15/21** to the address below:

Maraia Gonelevu  
3620 Belden Street, Sacramento, CA 94838

Another option is to access the link below. This will take you directly to the 2020 Census Survey and please make sure you complete the form online before **March 31, 2021**.

Thank you for helping the Los Rios District present information on our amazing UMW units to the National UMW organization.

[Survey - 2020 UNIT SURVEY \(formerly Census\) - United Methodist Women](#)

### **2021—Our Year of Hope**



**On Day of Giving—March 23, 2021**—Let us honor our foremothers by giving to The Legacy Endowment Fund to ensure United Methodist Women can continue serving women, children and youth around the world for the next 150 years.

Generous donors have agreed to match gifts received for Day of Giving. Please go to the UMW website to learn more and find out how to contribute. [www.unitedmethodistwomen.org/150](http://www.unitedmethodistwomen.org/150)

**Together, we are building our legacy**

### *Adi's Message—Continued from Page 2*

- Right after this comes the **March 27th Leadership Training** - Transformative Education Women leading Women to better our skills of Discipleship, as homemakers making a difference right where we are called to serve.

Let's continue to pray together and focus to better each day full of hope for tomorrow-

Blessings to you all, my Sisters in Christ,  
Adi



## Los Rios Leadership:

MC for Spiritual Growth  
Rosa Washington-Olson

The Los Rios District Team is fortunate to have Rosa as our spiritual leader. She makes sure our meetings start and end with something that causes a person to pause and think.



In one of our recent meetings, she read the poem to the right and, since our theme for 2021 is *Knitted Together in Love and Mission*, this poem was most appropriate. So, we wanted to share it with each of you.

Your units probably have a wonderful soul that makes sure you all have some spiritual food for thought. Should you find you need some suggestions on where to find great material, please give Rosa a call or send an e-mail. The information is on our Los Rios website.

## Knitted Together as One

By: Mae Stein

Our patterns of love all knitted in one  
God nourishes us as life has begun  
If we slip stitch by fault, correct each error  
God forgives mistakes as we knit with care

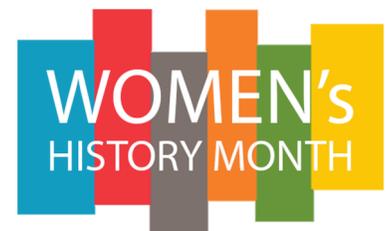
We are of God, all knitted together  
knit and purl like the birds of a feather  
Angels all knitted in pattern of God  
All following His precious golden rod

Starting out as if a skein of warm wool  
producing hope until our life is full  
Now knitted together in image of Him  
One day we'll be marching back home again

Pray for more wisdom, together we knit  
Doing good in the world, loving each bit  
Gathered together with knitting's behold  
Heaven's waiting, where you never grow old.

## March: Women's History Month

The history of women in the world, our country, our society, and our church is rich and captivating. To narrow it down, the National UMW website has the history of the UMW along with other articles and information [ [www.unitedmethodistwomen.org/about/history](http://www.unitedmethodistwomen.org/about/history) ]



One passage reads;

“United Methodist Women inherits the vision and toil of women’s societies of eight denominations since 1869. Its 150-year legacy started when the Woman’s Foreign Missionary Society first organized in Boston in response to a lack of women’s health in India.

Women in the Methodist and Evangelical United Brethren traditions organized about the same time in history (1869-1893) when women and children were legally classified as “chattel, legally dead, non-persons.” There was little service to women because of prejudice and limitations of cultural attitudes in the church and in society.”

It’s great to know that things have picked up for women since 1869! See if you can find the time to read about how UMW has advanced through the years. It is a source of pride and inspiration.



## CA-NV United Methodist Women - 2021 Zoom Retreat!

### Time for Soul Care finding Peace

March 6th | Day: Saturday | Time: 10:00 AM

What to bring to the retreat:

- Bible
- A shell or stone
- Oil for anointing.  
(Any oil of your preference you have on hand)
- Water and bread for Love Feast

UMW Conference Vice President in partnership with her District Counterparts and Conference Mission Coordinator for Spiritual Growth have planned an enriching Soul Searching Retreat to help prepare, equip and enable United Methodist Women to take on 2021 with hope and courage. A lot of work lay ahead; so we need to be buckled up with the armor of God, and above all the peace that passeth all understanding. We are fortunate to have a member from the National Office of UMW to lead our program. We are hopeful that you will take advantage of this opportunity and join us for a wonderful time of worship and spiritual enlightening.

**Dr. Dharmaraj is the President of the World Association for Christian Communication-North America.** She is retired director of spiritual formation and mission theology for the United Methodist Women. Prior to that, she served as the Administrator of the United Methodist Seminar Program on National and International Affairs at the Church Center for the United Nations, New York. Glory received her Ph.D. from Loyola University, Chicago. She has done special studies at Harvard University and joint studies on doctor of ministries at San Francisco Theological Seminary, California, and Ecumenical Theological Education at the World Council of Churches, Geneva. Her favorite hobby is listening to medieval chants and lyrics in her mother tongue, Tamil.



Scroll down on the first page of the California Nevada UMW Conference website [ [www.canvumw.org](http://www.canvumw.org) ] and find the information on the Soul Care retreat.

**This will be a great time to be together and renew our spirits.**

## World Day of Prayer—March 5, 2021

### Build on a Strong Foundation Matthew 7:24-27

*Promotes justice and equality for women through prayer, partnerships service and celebrations*

This year's service is written by the women of Vanuatu who are the primary breadwinners for their families. There is an excellent video found at [www.wdp-usa.org](http://www.wdp-usa.org) that provides excellent information on the life on the island and their concerns.



April 6, 2020 Cyclone Damage



Market in Better Times



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## SAVE THESE DATES:

**May 15**—Los Rios Spiritual Retreat—Guest Speaker: Rev. Holly Hillman

**September 18**—Los Rios Annual Celebration— Guest Speaker: DS Rev. Debra Brady



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**The California Nevada UMW Conference has a new website.** Check out the calendar and all the information detailed on events. The site address is [www.canvumw.org](http://www.canvumw.org) A new site for the new year!

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**Los Rios District Website** [www.losriosumw.org](http://www.losriosumw.org)

Contains information on COVID-19 safety, leadership contact information, and a place to submit comments and concerns.