



# UPDATE



## UWF Meetings

"St. Mark's United Women in Faith" monthly gatherings take place on the second Tuesday, September through May.

Morning Meetings: 9:30-11:30  
Evening Meetings: 7-9

Childcare is provided for morning meetings. Register for childcare using the childcare sign up genius page (found on the [UWF](#) site) by Thursday prior to the meeting.

*Upcoming Meeting Dates:*  
October 8  
November 12

*Need a ride?*

Contact Mary Etta at (765) 215-7773 or email [maryetta.yoho@gmail.com](mailto:maryetta.yoho@gmail.com)

## Important Dates

**October 29** - Deadline to send content for **\*\*this\*\*** newsletter. Email [UWFNewsletter@StMarksCarmel.org](mailto:UWFNewsletter@StMarksCarmel.org)

## President's Corner

Ah here comes Fall! A light chill in the air, grabbing a sweater, raking leaves that have fallen, chili, building a fire in the fire place. And school!

Every time I see the yellow school bus, I have memories of going to school. In the "old" days, school began after Labor Day in September.

How does UWFaith compare with the return of school?

UWFaith starts its year in September with a kickoff meeting. It's a time for UWFaith members to introduce themselves and make new friends.

The leader of the school is the principal, with teachers as supporting team members. The leader of UWFaith at St. Mark's is me! My supporting team includes the UWFaith board and Interest Group leaders.

Remember home room? It was the place to go when you first arrived. After a brief message, you were dismissed to go onto your first class. That compares to UWFaith's general meeting. We meet in the chapel, have a brief message and then go onto different groups or classes.

Hungry? Sometime around lunchtime, you would go to the lunch room and have a nutritious (maybe) lunch. There is always food at UWFaith gatherings! If you go away hungry, it's on you.

PE - you would change your clothes and then out to the gym for a variety of activities. At UWFaith, setting up for meetings, Trinkets and Treasures, Arts and Crafts Marketplace Fair all count as physical exercise!

So the next time you see a school bus, I hope it brings happy memories of both school and UWFaith!

Ecclesiastes 3:1 says "There is a time for everything, and a season for every activity under the heavens."

Steff

UWF President

[steffmabe@yahoo.com](mailto:steffmabe@yahoo.com)



## Love into Action

A new year for St. Mark's United Women in Faith has officially started! The fellowship of being together with old friends and welcoming new friends was a blessing. We are eager to learn and be involved in mission work as we put "Love into Action"! Our guest speakers from Prevail, a non-profit agency dedicated to serving victims of crime and abuse, broaden our understanding of the many services they provide in the community to educate and hopefully change the culture that leads to domestic violence. They certainly put "Love into Action" as they walk beside the survivors with compassion and dedication.

At the October 8th gathering, come, invite a friend, and enjoy fellowship and light refreshments before gathering in the chapel for announcements and devotions. Interest Groups will follow. It's not too late to select an interest group! More details at <http://stmarkscarmel.org/UWF>.



### Need a ride?

Contact Mary Etta Yoho at (765) 215-7773 or email [maryetta.yoho@gmail.com](mailto:maryetta.yoho@gmail.com) for a ride to the Tuesday meetings!



## St. Mark's UWF to Host IN Conference UWF Celebration

St. Mark's UWF has the privilege of hosting the annual celebration of the Indiana Conference United Women in Faith on Friday-Saturday, October 4-5, 2024. Family Promise homelessness program will begin at 6 pm on Friday. The Celebration on Saturday begins at 9:45 am and ends at 3 pm with presentation by the Fair Housing Center of Central Indiana. There will also be a silent auction of "themed baskets" with proceeds to Lucille Raines Residence.

Registration is closed but you are welcome to attend at no cost but bring a sack lunch or pick up something for lunch nearby. Come and enjoy the fellowship and celebration with our IN UWF sisters!

### Pecans

The UWF will be selling these delicious Georgia nuts starting **Sunday, Nov. 3** between and after services. Besides the bags of mammoth pecans halves and the pecan pieces the old favorites will be back: Milk Chocolate, Dark Chocolate, Chocolate Pecan Clusters and Cinnamon Glazed Pecans. Plus a new offering is Southern Praline Pecans.

**Halves and Pieces are \$13 and all other bags will be \$15.**

Order forms will be available in the gathering area. All proceeds will be distributed to the missions the we support.

More details at <http://stmarkscarmel.org/UWF>.

[St. Mark's UWF Update Newsletter](#)

### Pledges

Can't remember if you are up to date for your 2024 pledge??? Send a quick email to our Treasurer Peggy-Anne Hoy. She will check and let you know how you are doing on your pledge for this year.





## Volunteers Wanted

### Arts & Crafts Marketplace Fair



St. Mark's Crafters please start working on your handcrafted items to donate to the UWF craft table. Popular items in the past have included matching knit scarves and hats, aprons, ornaments, American Girl doll clothes and jewelry.

#### CALLING ALL BAKERS & CANDY MAKERS!



Please sign up to donate your homemade baked goods or candies for the Arts & Crafts Marketplace Bake Sale. Items can be left on the cart by the church office on Friday, **Nov. 1st from 9AM-Noon** and in Wesley Hall from 5 PM-7PM. Please label items and note if they contain nuts. Items should be individually wrapped or in small amounts

(e.g. 6 pretzel rods, 6 cookies, etc.). Decoratively wrapped treats for the Christmas holidays are especially appreciated.

### Christmas Gathering Planning Committee



Christmas will be here soon! Our Gathering is Tuesday evening, Dec 10. **Table hostesses are needed** to host a table and decorate a table. This year's theme is All is calm All is Bright!

If you would like to help with the planning of the event or to be a hostess, please contact Mary Etta Yoho at [maryetta.yoho@gmail.com](mailto:maryetta.yoho@gmail.com)



## Update Newsletter Contributions

Thank you to everyone who contributed to the newsletter! **Anyone** and **Everyone** can contribute content! If you have a delicious recipe, letter of appreciation, or anything else you would like to share – please do. Email content to [UWFNewsletter@carmelstmarks.org](mailto:UWFNewsletter@carmelstmarks.org) by **October 29** for the November Update!

Please email [UWFNewsletter@carmelstmarks.org](mailto:UWFNewsletter@carmelstmarks.org) if any content was unintentionally omitted from this newsletter, as nothing was left out intentionally.



## Interest Groups

Interest Groups meet after the general meeting, with the exception of September, December and May.

### Morning and Evening Groups

---

#### *Cultural Insights*

Each month October, November, January through April, a different travel location or extremely unusual career or life experience will be shared during the monthly morning Interest Group. This group meets in room G/H.

**October** - "Social Action Connection + Love = Change" with Donna Schwartz

The United Methodist Church proclaims the value of each person as a unique child of God and commits itself to the healing and wholeness of all persons. How can we move forward?

**November** - "Walking as a Spiritual Practice" with Mary Ann Moman

We will talk about how walking/movement helps us challenge our assumptions about life and our connections with God. Step by step we learn more about ourselves and God as I did along the El Camino in Spain.

**January** - "Visiting our Neighbors in Southeast Asia" with Debbie Uhl

Welcome to Vietnam and Cambodia.

**February** - "Listen Up!" with Jonene McDermid

Jonene's mom, Marguerite, began losing her hearing in 1958. Her eventual deafness led Jonene to a career teaching deaf children at the Indiana School for the Deaf and as an itinerant teacher in Hamilton county. We are blessed to be able to LISTEN to her story and learn about the challenges of deafness.

**March** - "Living in China" with Brenda Erickson

Brenda, her husband Kent and daughter, Chrissy, moved to Shanghai, China in 2007, for Ken's corporate job. Chrissy was 15 and soon to be a sophomore when they moved to their primary home there in 2016. Hear about the joys, adventures, trials and tribulations of living in China!

**April** - "Finding God in Other Places and People" with Mary Hayes

Mary will talk about the value of getting out of your comfort zone in service to others.

### Morning Groups

---

#### *Bookworms*

Gail Lee, Facilitator

Bookworms discusses both fiction and non-fiction works from a faith-based perspective. This group meets in the Library.

❖ **October:** "Address Unknown" by Kathrine Kressmann Taylor

❖ **November:** "The Beekeepers of Aleppo" by Christy Lefteri

❖ **January:** "Horse" by Geraldine Brooks





UWF Pledges

Pledges can be brought to the meetings, dropped off in the church office or mailed to UWF Treasurer, 4780 E. 126th Street, Carmel, IN 46074. If you have not made a 2024 pledge, it is not too late. Forms will be available at the next meeting or email Peggy-Anne with the amount to [pahat664@gmail.com](mailto:pahat664@gmail.com).

Our pledges are a major resource for UWF to respond to the needs of others locally, nationally and globally.

Reading Program

Next Reading program meeting is Monday October 28 at 7 pm in the library. We are reading from the Social Action category. Contact Kathy at [KathyLentz@gmail.com](mailto:KathyLentz@gmail.com) for more information on how to participate.

MNO Theme

Ecclesiastes 3:1 NIV

There is a time for everything, and a season for every activity under the heavens.

- ✦ **February:** "Come and Get Me" by August Norman
- ✦ **March** - "Strong Poison" by Dorothy Sayers
- ✦ **April** - "Vera Wong's Unsolicited Advice for Murderers" by Jesse Sutanto

Gail has reserved all of the kits at the Carmel library.

*Spiritual Growth*

Pastor Karla, Facilitator

Reading Rev. Dr. Jacqui Lewis's book *Fierce Love: A Bold Path to Ferocious Courage and Rule-Breaking Kindness That Can Heal the World* for Oct-Nov, Jan-Apr, meeting in Room B/C. In our divided world, our differences are reduced to simplistic labels that can all too often turn our perspective into "us" against "them." But the author's experiences—of being the first female and first Black minister in her church's history, being in an interracial marriage, and making peace with childhood abuse—illustrate that our human capacity for empathy and forgiveness is the key to reversing these ugly trends. Inspired by the tenets of *ubuntu*—the Zulu philosophy that we are each impacted by the circumstances that impact those around us, and that the world won't get better until we all get better—*Fierce Love* lays out the nine daily practices for breaking through tribalism and engineering the change we seek. From downsizing our emotional baggage to speaking truth to power to fueling our activism with joy, it demonstrates the power of small, morally courageous steps to heal our own lives, our posse, and our larger communities. Books will be available for purchase at the UWF September Kickoff and in the church entrance (Door #2) for \$13.

**Evening Groups**

*Bookmarkers*

Led by Debbie Skinner

This group reads a variety of books on different subjects. Our book for October is *The Women* by Kristin Hannah. We will be deciding the booklist at our October meeting for the remainder of the year. Come and join us to pick books, discuss and for fellowship! Contact Debbie Skinner [dskins25@hotmail.com](mailto:dskins25@hotmail.com) or call [317-574-1997](tel:317-574-1997) with any questions.

**World Thank Offering & 2025 Pledges**

November is World Thank Offering month so start saving your spare change. We will have Ziplock baggies for you to take home at the October Meeting as well as 2025 pledge cards. Please bring them both to the November pledge meeting.

All the loose change money goes directly to the UWF District for our World Thank Offering.



## *Spiritual Formation*

Led by Michelle White

Welcome ladies to the evening UWF spiritual formation interest group for a study of the prophet Isaiah. Isaiah "saw the glory of Christ and spoke of him." (John 12: 41), linking the Old Testament and the New Testament.

Each month we will watch and then discuss a video.

Copies of the study book *Isaiah: Striving Less and Trusting God More* by Melissa Spoelstra will be available for any who would like to read further about learning to rely on the Lord.

Please feel free to drop in and share your thoughts and prayers with our small group.

## Social Action

Shared by Donna Schwartz

### **VOTE LOVE PEACE VOTE LOVE PEACE**

**Love** in action can change the world. Voting is making your voice heard. **Vote** because of one thing or **vote** for a hundred reasons, but **vote**. And encourage others to **vote**. Talk and listen to each other about what you believe, what you care about. We are woman standing up for those who need to know that we care and can help. **VOTE!**

## Mission Education & Interpretation

Our mission emphasis for the month of October in the Fletcher Place preschool program-Reach Early Learning. We are planning a trip to visit the program on **Monday, October 21**. We'll meet at St. Mark's at 9:15 am to carpool together to Fletcher Place. We should arrive back at St. Mark's around noon. To sign up or for questions, please contact Linda Schenk at [lschenk@att.net](mailto:lschenk@att.net).



We will also be collecting the following supplies for the preschool program at the October UWF meeting or anytime until the visit:

- ✦ Unscented/sensitive baby wipes
- ✦ Play dough (store bought)
- ✦ Washable paints
- ✦ Stickers (kid friendly)
- ✦ Tissues



# Breaking Bread Together

## Daily Prayer Guide 2024

Faith and good are strong partners in the human experience. The Bible makes that clear. The very act of eating is a reminder of God the Creator, the Provider. God in the beginning builds dietary guidelines into the covenant with Israel and sends manna from heaven when the people are lost in the wilderness. Feeding the stranger and the needy is a biblical mandate. The Bible finds resolution in the formation of the church, a community of faith formed around an actual and symbolic meal. Acts 2:42 describes early Christians as devoting “themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.” In the pleasure of the table, the young church emulated Jesus, who enjoyed wedding feasts (at Cana), dinner parties (at Matthew’s), and picnics (by the lake for 5,000).

And then there is Holy Communion, the ultimate breaking of bread as an act of faith:

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.” Then he took a cup, and after giving thanks he gave it to them, saying “Drink from it, all of you; for this is by blood of the covenant, which is poured out for many for the forgiveness of since.” (Matthew 26:26-30)

“Breaking Bread Together,” as the 2024 *Daily Prayer Guide* theme, prompts humble thanksgiving for God’s abundant provision of nourishment and grace—for the product of field and stream and for the love bound up in Jesus Christ. It leads to rejoicing in the opportunity to serve the food needs of all persons and to celebrate he lives of those—including missionaries, deaconesses, home missionaries, and others—who plant and harvest in Christ’s name.

Breaking bread together in faith calls for reverence—in the attitude of the spiritual:

Let us break bread together on our knees.  
Let us break bread together on our knees.  
When I call on my knees,  
With my face to the rising sun,  
O Lord, have mercy on me.

	Lectionary Readings	Pray Every Day
<b>OCT 6</b> <i>TWENTIETH SUNDAY AFTER PENTECOST</i>	Job 1:1, 2:1-10	Murphy-Harpst Children’s Centers, Cedartown, Georgia
<b>OCT 7</b>	Job 8:1-22, 1 Corinthians 7:1-9	Global Health Action, Atlanta, Georgia
<b>OCT 8</b>	Job 11:1-20, 1 Corinthians,7:10-16	Tunda Hospital, Democratic Republic of the Congo
<b>OCT 9</b>	Job 15:1-35, Matthew 5:27-36	Macy Kaye Block, a scholarship recipient pursuing a Master of Divinity at Perkins School of Theology in Dallas, Texas
<b>OCT 10</b>	Job 17:1-16, Hebrews 3:7-19	Augmenting Food Production and Income in Times of Siege: Women’s Gardens, Israel/ Palestine
<b>OCT 11</b>	Job 18:1-21, Hebrews 4:1-11	Tudikwashi - Empowering Women and Children, Zambia
<b>OCT 12</b>	Job 20:1-29, Matthew 15:1-9	Ruth M. Smith Center, Sheffield, Pennsylvania

Birthdays of the Week: Carolyn Winslow, Connie Pilkington, Corinna Sisk-Casson, Dwight DaCosta, Elisabeth Tasciotti, Gayle Lesure, Hannah Hanson, Juarez Goncalves, Katherine Parker, Margaret Frazier, Rachel Harvey Splaingard



## October Birthdays

**1** Cathy Brinkman  
Karen Dougherty  
Carol Hommel  
Amy Schulke

**2** Judi Pearlman

**4** Diana Lawrence  
Claudia Updike

**6** Janet Brown  
Carol Smith

**11** Chari Griggs

**15** Ann Fletcher  
Kathy Myer

**17** Wanda Thompson

**19** Mindy Davis

**20** Lynn Akerhielm  
Elizabeth Melvin

**29** Joan Dunn

**Happy Birthday!**

## Conference Events

### Monthly

#### Faith Talks

Faith Talks are monthly conversations with United Methodist Women hosted by Jennifer R Farmer, Spotlight PR. Each conversation explores themes and resources that empower us to put faith, hope and love into action. To access Faith Talks podcasts, go to [uwfaith.org/resources/podcasts/](http://uwfaith.org/resources/podcasts/)

### October

#### Annual Celebration

- ✦ St. Marks United Methodist Church
- ✦ October 4 Friday 5pm dinner & October 5 Saturday 9:45-3pm

#### Silent Retreat

- ✦ St. Joseph's Retreat and Conference Center
- ✦ October 11-13 (Friday 7pm - Sunday 12pm)

### November

#### Leadership Development & Officer Training

- ✦ November 2 10am - 3pm, Online

### January

#### Spiritual Growth Retreat

- ✦ January 17-18 (Friday 7pm-Sat 3pm), McCormick's Creek State Park

## St. Mark's Events

### October

#### Juliets

- ✦ October 17 11:30am - Bonefish Grill Castelton
- ✦ Make your reservations by the Monday before to Linda Schenk, [lschenk@att.net](mailto:lschenk@att.net) or 812-454-0661

#### Fletcher Place Preschool Visit

- ✦ October 21 9:15 - noon
- ✦ Contact Linda Schenk at [lschenk@att.net](mailto:lschenk@att.net) to signup or questions

#### Kidz Music & Praise

- ✦ October 27 11am The Current Service
- ✦ KMP Kidz will sing during service and after celebrate Joyce Click 30 years at St. Mark's!
- ✦ More information on [website](http://website).

### November

#### Arts & Crafts Marketplace

- ✦ Sat Nov 2nd 9 am to 3 pm.

#### Family Fall Festival

- ✦ Sat. Nov 9 2:30-5pm in Wesley Hall
- ✦ Music with DJ and an Apple Dessert Contest
- ✦ More information on [website](http://website)





## Stay Connected

### Facebook

All women of St. Mark's UMC are invited to sign up for the closed facebook group. Search for the group UWF - St Marks Carmel on facebook and send a request to join.

### Distribution List

Please submit any changes to your contact information to Laura McCloughan at [laura.mccloughan@gmail.com](mailto:laura.mccloughan@gmail.com)

### Newsletters

#### Mission Messenger

Link found on St. Mark's UWF Website <http://www.stmarkscarmel.org/UWF>

#### UWF Connect Newsletter

Subscribe by emailing [info@uwfaith.org](mailto:info@uwfaith.org)

#### Update (This Newsletter)

Share your favorite recipes by emailing them to [UWFNewsletter@carmelstmarks.org](mailto:UWFNewsletter@carmelstmarks.org)

# UWF Favorite Recipes

## Toffee Apple Pie Cookies

Makes: 24 cookies

### *Ingredients*

- ½ cup unsalted butter
- ½ cup graham cracker crumbs
- ½ cup brown sugar
- ¼ teaspoon salt
- ¼ cup sugar
- ½ teaspoon cinnamon
- 1 large egg
- ¼ teaspoon nutmeg
- 1 teaspoon vanilla
- ½ cup finely chopped apple pieces
- 1 teaspoon baking powder
- ½ cup toffee bits
- 1 1/3 cups flour
- ¼ cup white chocolate melting wafers



### *Directions*

1. In a mixing bowl, cream the sugars and butter until fluffy. Add egg and vanilla.
2. In another bowl, stir together flour, graham cracker crumbs, baking powder, salt and spices. Add to butter mixture slowly and beat until just combined.
3. Gently stir in apple pieces and toffee bit by hand. Refrigerate 30 minutes.
4. Scoop the dough into 24 even dough balls. Place on a baking sheet and bake for 12 minutes. Cool on pan for 2-3 minutes. Move to parchment and cool completely.
5. Melt white chocolate wafers. Stir until melted and creamy.
6. Spoon into a plastic bag and cut tip. Drizzle over tops of cookies. Let set.

*Recipe shared by Steff Mabe.*



# Board Members

President	Steff Mabe
Vice President	Mary Etta Yoho
Recording Secretary	Trisha Staneart
Treasurer	Peggy Hoy
Assistant Treasurer	Cathy Wilkinson
Interest Group Coordinators	Nancy Heller Angela Blankenship
Fundraising Coordinator	Jackie Mock
Mission Coordinators - Spiritual Growth AM - Spiritual Growth PM - Education & Interpretation - Membership Nurture & Outreach AM - Membership Nurture & Outreach PM - Social Action	- Jenny Miller - Michelle White - Linda Schenk - Connie Southard - Holly Moore - Donna Schwartz
Program Resources Coordinator (National Reading Program)	Kathy Lentz
Communications Coordinator	Becky Mills
Nominations Chair	Kathy DeaKyne
Update Newsletter Editor	Angela Blankenship
Member-at-Large	Doreen Velde
Member-at-Large	Brenda Erickson
Member-at-Large	Betty Bemis

**Next Board Meeting: November 5, 7pm at St. Mark's UMC.**

**If you are interested in attending the UWF Board meeting via zoom, please email Becky Mills at [bmills@stmarkscarmel.org](mailto:bmills@stmarkscarmel.org) by 3 PM on the first Tuesday of each month.**



## Support Team Members

<b>Hospitality Coordinators</b>	
- Morning	Janet Lucas Carol Blackwell
- Evening	Shared by Evening Group
<b>Pianist</b>	
- Morning	- Pam Whitehead
- Evening	- Pat Parks
<b>Song Leader Morning</b>	Lydia Fourman
<b>Historian/Photographer</b>	Kathy Lentz Barbie Schmenner
<b>Corresponding Secretary</b>	Beth Montag
<b>Web Mail Manager</b>	Laura McCloughan
<b>Interest Group Facilitators</b>	
Morning	
- Spiritual Growth	- Pastor Karla Elliott
- Bookworms	- Gail Lee
- Cultural and Life Insights	- Nancy Heller
Evening	
- Book Markers	- Debbie Skinner
- Spiritual Formation	- Michelle White
- Cultural and Life Insights	- Nancy Heller
<b>Fundraising Chairs</b>	
Arts & Crafts Marketplace	
- Candy Cane Cafe	- Jackie Mock & Connie Southard
- Bake Table	- Ann Baker
- UWFaith Craft Table	- Steff Mabe
Pecan Sales	
	Linda Mitchell-Powell
	Jackie Mock
	Susan Salter
Dessert Extravaganza	
	Jackie Mock
Trinkets & Treasures	
	Peggy Hoy
	Steff Mabe