



United
Women
in Faith

Trumpet Sound

East Central District

Table of Contents

Page 1	President's notes
Page 3	Upcoming Events
Page 8	Secretary Notes
Page 10	2022 Survey
Page 11	Unit News
Page 16	Reading Program
Page 19	Communications Coordinator Notes



President's Notes

I have just arrived home after attending Mission U 2023 and I (and many others) had a great time! This year's Mission Study is "Living the Kingdom: Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation." We took a dive into different translations of the Lord's Prayer (English, Haitian Creole, Aramaic and Native American.) It was interesting how hearing different translations made you think of its meaning in a whole new way! I want to thank the 18 East Central District Members who attended Mission U in person (we had a little luau at our District get-together) and the four additional District Members taking the Virtual Mission U over the next couple weeks. We will have eight members of the District Leadership Team trained to teach this year's Mission Study. So, if your unit would like to offer this year's mission study at your Church/unit, let me know and some of the District Leadership Team will be available to help! Mission was held at the Westin, Lake Mary. The rooms were nice, the food was good, and the company was excellent! I was cold all weekend, but I am always too cold or too hot, so you can't go by me! I also learned to play a song on chimes (which are more economical than bells) but sound similar and both groups played a song during Sunday's church service, others took classes in Chair Yoga or put together 96 Menstrual Kits for the United Methodist Committee on Relief (UMCOR) for distribution during disasters or in refugee camps!



So, if you missed the fun at Mission U, you won't want to miss the Conference Spiritual Retreat on Sept 8-10, 2023, at Lake Yale Baptist Conference Center in Leesburg, FL. The theme is "Answering Our Call to Action Today." The Registration deadline is August 25! So Register today! You can register online at <https://www.eventbrite.com/e/spiritual-enrichment-retreat-tickets-635510136927> or if you prefer to fill out the form and mail in the forms to the registrar by the Aug 25th deadline! The forms are available on the Conference website at www.flconfuwf.org or you can find them attached later in this publication.

President's Notes Cont'd



Then, save Oct 13-14 2023 on your calendar, the East Central District will be hosting a soul care retreat which will start at 4 pm (check-in begins at 3 pm) on Friday, Oct 13 and ends with the District Annual Meeting on Saturday, Oct 14 from 11:00 am- 2:00pm. The cost to attend both events is \$100 per person (double occupancy) or \$120 per person (single occupancy, while available) with 3 meals included Friday dinner, Saturday Breakfast and Saturday Lunch. If you will only be attending the District Annual Meeting, the cost will be \$12.00 and will include lunch and the Annual Meeting Program. The theme will be "Hope and Joy!" You can register for this event on our website at www.flecdumw.org/events

Have you stepped out in faith and wondered why you feel like a fool? Have you come across failure like a roadblock in your path? Keep going! Instead of fleeing from the feeling of being foolish, lean into it, like I did in the picture of me at Vacation Bible School earlier in this article. King David did this when the Ark of God entered Jerusalem. He danced in joy, with lots of abandon and little clothing (let's all keep our clothes on), all in front of the people. His wife thought his behavior made him look foolish because he was the King. King David replied, "I am willing to look even more foolish than this, even to be humiliated in my own eyes!" Where most of us would apologize and try to defend ourselves, King David essentially says: "You ain't seen nothing yet." He realizes that defending his honor is not his job and that God gets the most glory when we humble ourselves.

Let's never give up, give in, compromise, or quit. We're going to make it. And it's going to make us...not into fools, not into failures, but into victorious followers. You are never a failure!

Janet



Upcoming Event Details

An exciting time as we head into the fall with two spiritual retreats! Take some time for yourself whether it is at the September or October Events. Be inspired and enjoy connecting with each other. Below please find the on-line details with the flyer and registration forms for printing following.

September 8 -10, 2023

Florida United Women of Faith Conference Spiritual Enrichment Retreat

Lake Yale Baptist Conference Center in Leesburg, FL

“Answering Our Call to Action Today”

Online registration details: <https://www.eventbrite.com/e/spiritual-enrichment-retreat-tickets-635510136927>

Printable forms available the Conference website at www.flconfuwf.org or in this publication.

Submit no later than 8/25/23

October 13-14 2023

Florida East Central District Retreat

Warren Willis Leadership Conference Center, Leesburg, FL

“Living with Hope and Joy”

Online Registration details: www.flecdumw.org/events

Submit no later than 10/1/23

There is more detailed information on our website at www.flecdumw.org/events



United
Women
in Faith

Florida Conference
of The United Methodist Church

SPIRITUAL ENRICHMENT
RETREAT

September 8-10, 2023

ANSWERING OUR CALL
TO ACTION TODAY

Let us not love
with words or
speech but
with actions
and in truth.
1 JOHN 3:18



Facilitator:

Rev. Juana Jordan

Lake Yale Baptist Conference Center

39034 County Road 452, Leesburg, FL 34788

Cost: 2 nights & 5 meals - \$169

2 nights & 4 meals - \$154

Commuters (2 meals) - \$65

Register: [Click Here To Register](#)



SPIRITUAL ENRICHMENT RETREAT
September 8-10, 2023
Lake Yale Baptist Conference Center
39034 County Road 452, Leesburg, FL 34788

ANSWERING OUR CALL TO ACTION TODAY

Please answer all questions.

Name: _____ Phone (____) _____
(as you would like it on your name tag)

Street Address: _____

City: _____ State: _____ Zip Code: _____

E-Mail: _____ District: _____

Member of UWFaith? Yes No If yes, unit/city _____

Position (if any) _____ Age? 18-25 26-34 36-45 46-55 56-65 66-74 75+

2 Nights w/5 Meals

\$169 for 2 nights (Fri & Sat., double occupancy) & 5 meals (Fri. dinner, Sat. breakfast – Sun. breakfast)

\$224 for 2 nights (Fri & Sat., single occupancy) & 5 meals (Fri. dinner, Sat. breakfast – Sun. breakfast)

2 Nights w/4 Meals

\$154 for 2 nights (Fri & Sat., double occupancy) & 4 meals (Sat. breakfast – Sun. breakfast)

\$209 for 2 nights (Fri & Sat., single occupancy) & 4 meals (Fri. dinner, Sat. breakfast – Sun. breakfast)

Commuter w/2 Meals

\$65 Commuter, 2 meals (Sat lunch, dinner) and day fee.

Conference Officers requesting single occupancy \$55 additional to be mailed to the registrar.
Make checks payable to: Florida Conference United Women in Faith.

A limited number of Scholarships are available. Check with your district president. Scholarship deadline is Aug. 12. Please do NOT register until scholarship confirmation is received.

Registration Deadline: Aug. 18. Event check-in begins on Friday, Sept. 8 at 4:00 P.M.

Choice of Roommate: _____

Housing Needs (1st floor, Handicapped) _____

Do you need wheelchair access? you need a language interpreter? ___ Language? _____

Do you need an interpreter for the hearing impaired? _____

In case of emergency notify:

Name: _____ Relation: _____ Phone: (____) _____

Allergies or Medical Concerns: _____

Health/Dietary Needs/Other _____

Childcare Needed? _____ Number of Children _____ Names/Ages: _____

Refunds available before August 18. After that date fees may apply.

Send to Registrar: Donna Spear, 5107 N Seminole Ave, Tampa, FL 33603.

Phone: 813-293-4281 Email: [donnaspear.umw@gmail](mailto:donnaspear.umw@gmail.com)



United
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East Central District
Soul Care Retreat and
District Annual Meeting

Living with Hope and Joy!

October 13-14, 2023

Warren Willis Camp & Conference Center
Fruitland Park FL

Check-in will begin at 3:00 pm on Friday October 13, 2023

Program will begin at 4:00 pm

\$100 per person (double occupancy)

Fri Dinner, Sat Breakfast & Sat Lunch included

District Annual Meeting will start 11:00 am on

Saturday, Oct 14th and end at 2 pm,

\$12.00 to attend District Annual Meeting Only

For more information, or to register on-line,
go to www.flecdumw.org/events

faith

action

sisterhood



United
Women
in Faith

Combined Soul Care Retreat/
East Central District Annual Meeting
October 13-14, 2023

Warren-Willis Camp & Conference Ctr
4990 Picciola Rd Fruitland Park FL 34731

Name: _____ (As you would like it on your name tag)

Unit Name: _____ or

_____ District Member-at-Large _____ Conference Member-at-Large _____ All Access Member

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone (____) _____ Cell Phone (____) _____

email: _____

\$100 per person, double occupancy for 1 night & 3 meals (Fri. dinner, Sat. breakfast & Saturday Lunch)

\$120 per person, single occupancy for 1 night & 3 meals (Friday Dinner, Saturday Breakfast & Saturday Lunch)

\$12.00 to attend District Annual Meeting Only (w/lunch) - Oct 14, 2023, 11:00 am-2:00 pm

Choice of Roommate: _____

Housing Needs (1st floor, Handicapped) _____

Registration Deadline: October 1, 2023

Check-in begins on Friday, October 13 at 3:00 pm

In case of emergency notify:

Name: _____ Relation: _____

Phone: (____) _____ Cell Phone: (____) _____

Allergies or Medical Concerns: _____

Health/Dietary Needs/Other _____

Make checks payable to: East Central District United Women in Faith

Mail checks to: Maryann Mueller, 9000 US HWY 192, Lot #591, Clermont FL 3471

Secretary Notes



Secretary Report

I am so excited to be attending Mission U this year and hopefully meeting some of you face to face. This has been a crazy year so far, and we truly appreciate your patience and grace as we continue our journey. Thankfully God is in charge and will see us through to where he wants us to be.

If you haven't received a request from me for your Mission Today Reports and Mission Study Reports, I apologize. I am attaching website links for each. If you could send me those reports by August 15, I would really appreciate it, so that your unit gets credit at our Annual Meeting for all the hard work you do. I have already received three reports! Thank you!!!

Both reports can be found in the second column under the Education and Interpretation heading.

[Mission Today and Mission Study Reports](#)

If you cannot download the forms, you can email me, and I will send a paper copy through the mail.

Have a great summer and I hope to see you in the Fall!

Linda Welander

Secretary

lindawelander.umw@gmail.com





United
Women
in Faith

National Office Address:

United Women in Faith
Church Center for the United Nations
777 United Nations Plaza, 11th Floor
New York, NY 10017

info@uwfaith.org
212-870-3900
<https://uwfaith.org/>

Legacy Office:

legacy150@uwfaith.org

On the website:

• [Brand Guidelines and Logos \(zip file\)](#) (Now includes EPS files!)

Social Action Priority Issues – 2021-2024

1. Climate Justice – Just Energy for All
<https://uwfaith.org/what-we-do/serve-and-advocate/just-energy-4-all/>
2. Ending Mass Incarceration and Criminalization of Communities of Color
<https://uwfaith.org/what-we-do/serve-and-advocate/mass-incarceration/>

United Women of Faith Board of Directors

Officers 2021-2024

President	'Ainise 'Isama'u	akisamau@gmail.com
Vice President	Cynthia Rives	
Secretary	Bethany Amey Sutton	
Governance Committee Chair	Daryl Junes-Joe	
Finance Committee Chair	Heidi Careaga	

National Executive Leadership

General Secretary and CEO	Sally Vonner	svonner@uwfaith.org
Treasurer and CFO	Tamara Clark	tclark@uwfaith.org
Connectional Officer	Sung-ok Lee	slee@uwfaith.org
Operations Officer	Mollie James-Vickery	mjames-vickery@uwfaith.org
Transformation Officer		
Corporate Secretary	Susan Moberg	smoberg@uwfaith.org

2022 Unit Survey

The **2022** Unit Survey is open from May 12, 2023, until August 30, 2023. Ladies, you will be receiving an email with sample / instructions. Answering the questions will take about 15-20 minutes. As a leader in United Women in Faith, Membership office invites you to participate in the **2022** Unit Survey.

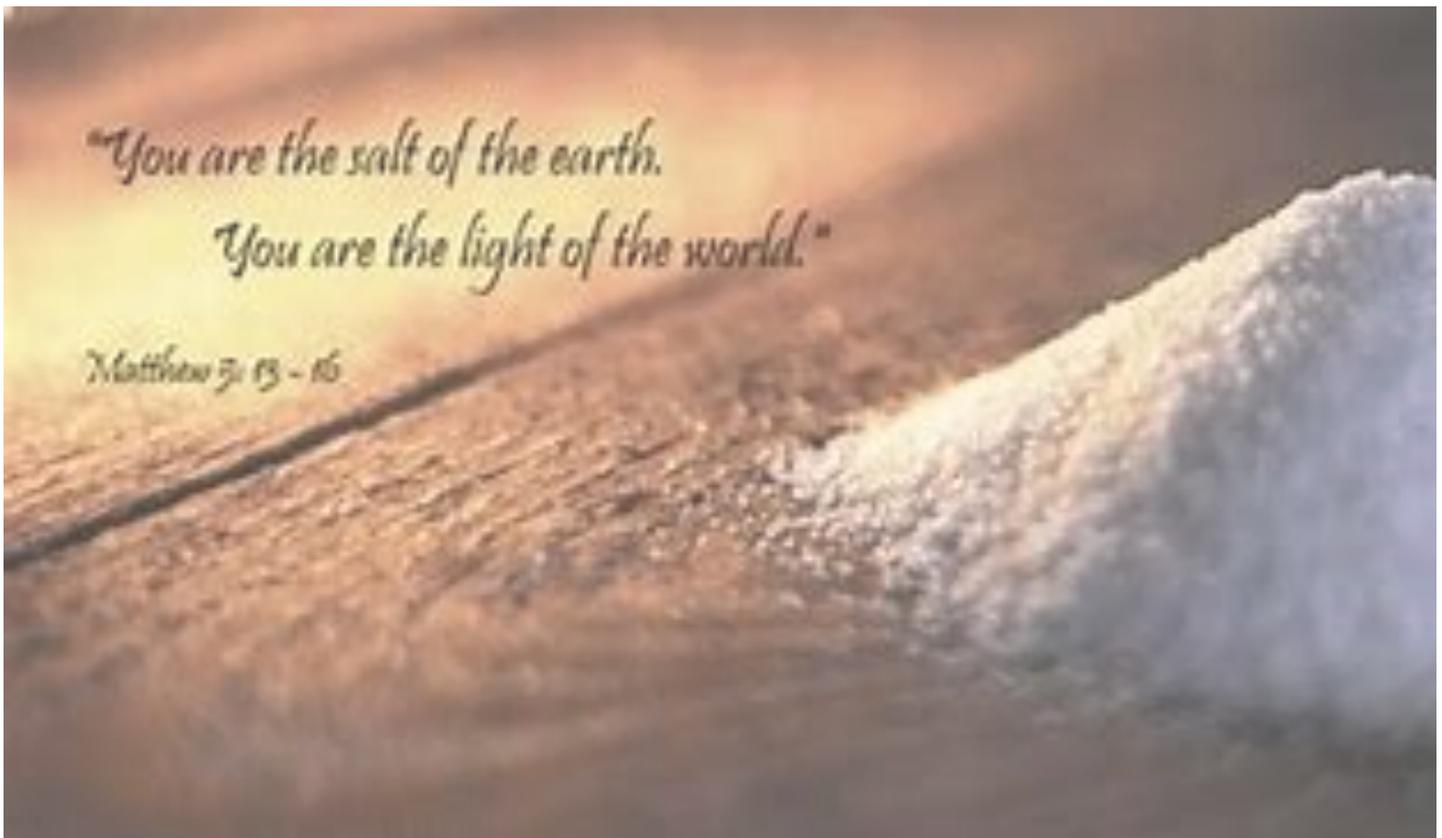
The survey is intended to be completed by the unit president or All Access group convener. Questions are related to how your unit or group is thriving in sisterhood, faith and action and how you are committed to act boldly for justice and transform communities.

Thanking you in advance for completing the 2022 Survey,

Doris Hatfield

Co-Membership, Nurture & Outreach

Email: umw.dorishatfield@gmail.com



Sanlando UWF Unit News

The women of the Sanlando UWF have been keeping busy this summer! We had our annual spring “Seats and Feets” collection that includes socks and underwear for school age children. These collected items are brought to the Seminole County School Board and they give out the needed items to children who have needs that are identified through the school per social worker. This mission is a church favorite and all members participate with the UWF to support the children!

We also had our Spirit circle visit the Lucas Nursery and Butterfly Encounter to enjoy the wonders of our LORD in nature! You can see from the pictures that they were blessed with “visits” from the butterflies! The Spirit women also had a book study of “Taste and See” which all enjoyed! If you haven’t read the book you should consider it!

Soon we will be having our back to school “Tools 4 Schools” mission drive from July 30-August 13th. Any and all school items are collected and brought to the Tools 4 Seminole schools located in Sanford FL where teachers are able to come and “shop” with credits for their students and classroom needs. Teachers often spend as much as \$500 of their own money...some probably more... buying supplies for their students and materials for their classrooms. Tools 4 Seminole Schools collects and distributes school supplies and classroom materials to help alleviate this burden from teachers and low-income parents. The store has everything from pencils, notebooks, crayons and glue to tissues, socks and underwear... whatever is needed for students to be in school, ready to learn.

Respectfully submitted,
Live Kotkin
NOMS Committee
President Sanlando UWF Unit



St John's UMC UWF Unit News

LENTEN AGAPE MEAL March, 2023

On the last Thursday of March, the United Women in Faith at St. John's UMC sponsored a Lenten Agape Meal for all church women, including women from two other community churches - New Horizon UMC in Haines City and Missionary AME Church in Mulberry. There were 51 women in attendance.

The tables were arranged in the shape of a cross and the food that was served is similar to what Jesus and his disciples would have eaten - figs, grapes, dates, almonds, olives, cheese, and matzo crackers served on a bed of lettuce with water to drink.

The program was led by Nancy Carver. Diane Lowe, Judi Falen, and Karen Rice spoke on Grace, Peace, and Love respectfully. The program included food, fellowship, music, scripture, prayer, and the sharing of our faith. After closing the program with a moving musical rendition of "The Lord's Prayer," the women left in an atmosphere of silence and reflection on what Christ death and resurrection means to them. It was a special time of personal reflection leading into Holy Week. Thanks be to God.

Respectfully submitted,
Kitty Walker



Community of Faith Davenport UWF Unit News

Flower garden, duffle bags, Mother's Day, and Summer Camp

The UWF of COF is a part of a coalition that has developed a wild-flower garden in Davenport, FL. This garden is a portion of our Mission of Creation Care. This month the garden was recognized by the University of Florida Agriculture Department as a Florida Friendly Garden. To be recognized the garden must meet the requirements of water conservation, plant variety, wildlife habitats, number of plant species and host plants for insects, just to name a few benchmarks. We are happy to say we were awarded the Silver Award.



Our group has donated duffle bags to the United Methodist Children's Home in Enterprise, FL. These bags are filled with toiletries, adult coloring books, scripture cards, stress balls, snacks, and a wooden cross is attached to the zipper of each bag. We provide these filled bags all year long to the Home.

For Mother's Day one of our members crocheted long stem roses to distribute to the women attending our services.

Lastly, we made a monetary donation to the organization HELP Now, a domestic violence shelter providing services to our area, so that children of the residents could attend summer camp.

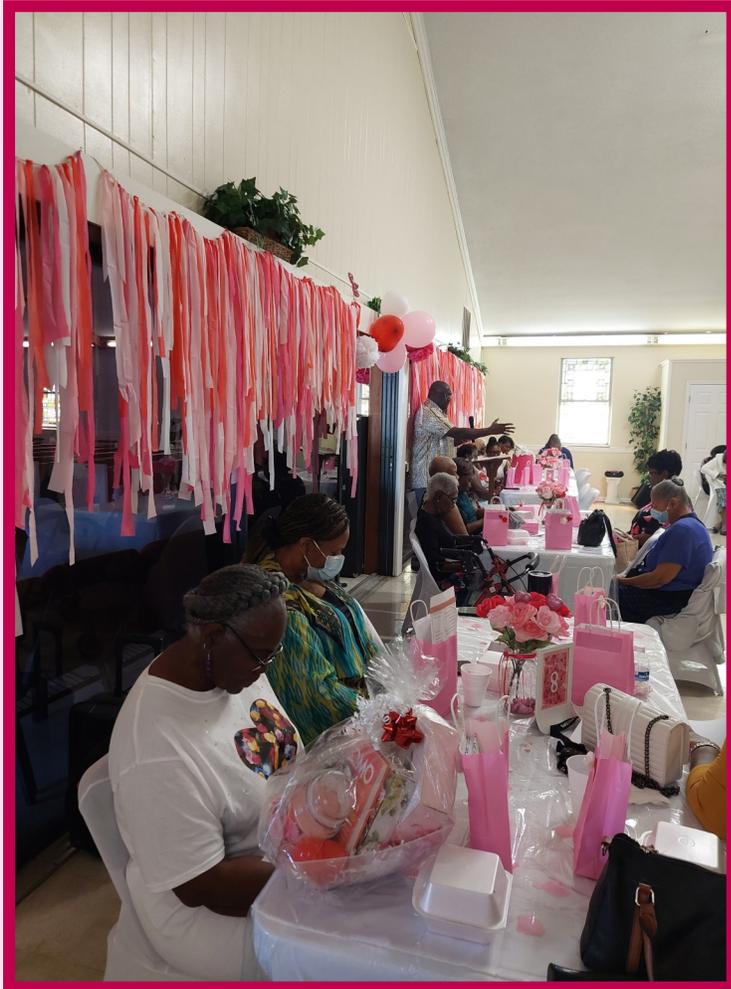
Our year end goal is to provide a woman in our Four Corners area a certificate to a day spa.

God is blessing us with exciting things happening in our UWF organization.

Solid Rock UWF Unit News

Solid Rock United Women in Faith, Kirkman Road celebrated International Women's Day on March 11, 2023 with a brunch. It was a wonderful time of worship, fellowship, and inspiration as we reflected on women in the bible and the role they had in shaping history.

Submitted by Pamela May
President



New Horizon UWF Unit News

The New Horizon United Women In Faith do not meet June thru August but we are busy serving in Mission here at the Church and with as much "Love in Action" as we are physically able to handle.

We will meet again as a Unit in September using the UWF Program Book, as well as programs on Call to Prayer and Self-Denial. We plan to hold a Craft Show in October and will begin planning for our upcoming annual Rummage, Book and Bake Sale that has been held for a number of years by our Unit.

In the meantime, we continue to show Love in Action for women, children and youth by participating in and helping with our upcoming July Vacation Bible School program. Serving when we can monthly at our House Blest Food Pantry and in Mission thru our monthly "store", crafts, prayer table, bible readings and conversations with the residents at the Palm Krest Facility here in Haines City.

Respectfully submitted by Julie A. Weed, Unit Secretary



Reading List

July 2023 to June 2024

July 2023 - Four Winds - KRISTIN HANNAH

Bestselling author Kristin Hannah delivers a powerful epic about love, heroism and hope during the Great Depression, when millions were out of work and even the land seemed to have turned against them. Centered on Elsa Wolcott, married to a Great Plains farmer whose land is ravaged by dust storms and drought, each day has become a desperate battle against nature and a fight to keep her children alive. Elsa must make an agonizing choice: fight for the land she loves or leave it behind and go west in search of a better life for her family. *The Four Winds* is a rich, sweeping novel that stunningly brings to life the Great Depression and the people who lived through it—the harsh realities that divided us as a nation and the enduring battle between the haves and have-nots.

August 2023 - CASTE: THE ORIGINS OF OUR DISCONTENTS ISABEL WILKERSON

In this brilliant book, Isabel Wilkerson gives us a masterful portrait of an unseen phenomenon in America as she explores, through an immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system. Linking the caste systems of America, India, and Nazi Germany, Wilkerson explores eight pillars that underlie caste systems across civilizations, including divine will, bloodlines, stigma, and more. Using riveting stories about people—including Martin Luther King Jr.—she shows the ways the insidious undertow of caste is experienced every day, ultimately pointing to ways America can move beyond the artificial and destructive separations of human divisions toward hope

September 2023 - STAMPED (FOR KIDS): RACISM, ANTIRACISM, AND YOU JASON REYNOLDS AND IBRAM X. KENDI

Adapted from the award-winning, bestselling *Stamped: Racism, Antiracism, and You*, this book takes young readers on a journey from present to past and back again. Kids will discover where racist ideas came from, identify how they impact America today, and meet those who have fought racism with antiracism. Along the way, they'll learn how to identify and stamp out racist thoughts in their own lives—and learn that talking about race is one of the most important things to learn how to do. Ibram X. Kendi's research, Jason Reynolds' and Sonja Cherry-Paul's writing, and Rachelle Baker's art come together in this vital read.

October 2023 - I AM A MAN" CHIEF STANDING BEAR'S JOURNEY FOR JUSTICE JOE STARITA

In 1877, Chief Standing Bear's Ponca Indian tribe was forcibly removed from their Nebraska homeland and marched to Indian Territory (now Oklahoma), in what became the tribe's own Trail of Tears. "I Am a Man" chronicles what happened when Standing Bear set off on a 600-mile walk to return the body of his only son to their traditional burial ground. Along the way, it examines the complex relationship between the United States government and the small, peaceful tribe and the legal consequences of land swaps and broken treaties, while never losing sight of the heartbreaking journey the Ponca endured. It also explores fundamental issues of citizenship, constitutional protection, cultural identity, and democracy—issues that continue to resonate loudly today.

Reading List (Cont'd)

Reading List - July 2023 to June 2024 (Cont'd)

November 2023 - PHOEBE: A STORY - NOVEL PAULA GOODER

When the apostle Paul wrote to the church in Rome around 56 AD, he entrusted his letter to Phoebe, the deacon of the church at Cenchreae. But who was this remarkable woman? In her debut novel, biblical scholar Paula Gooder tells Phoebe's story—who she was, the life she lived, and her first-century faith—and in doing so opens up Paul's theology, giving a sense of the cultural and historical pressures that shaped Paul's thinking, and the faith of the early church.

December 2023 - BEING SHEELA: THE LIFE JOURNEY OF AN IMMIGRATION LAWYER ADITHI RAO

A young mother separated from her children for eight long years; a man facing deportation after being mistaken for a terrorist; a woman forced to endure domestic violence so she can retain her right to remain in her adopted country—these are just a few of the thousands immigration lawyer Sheela Murthy has helped in her long career as a philanthropist. From her birth in India through law school at Harvard and starting one of the world's most successful immigration law firms, Adithi Rao explores the journey of a woman driven to help others overcome injustice, dispossession, and legal tangles so they may live a life of dignity in an increasingly challenging world.

January 2024 - IDA B. THE QUEEN: THE EXTRAORDINARY LIFE AND LEGACY OF IDA B. WELLS MICHELLE DUSTER

Journalist. Suffragist. Antilynching crusader. In 1862, Ida B. Wells was born enslaved in Holly Springs, Mississippi. In 2020, she awarded a Pulitzer Prize. *Ida B. the Queen* tells the awe-inspiring story of a pioneering woman who was often overlooked and underestimated—a woman who refused to exit a train car meant for white passengers; a woman who brought to light the horrors of lynching in America; and a woman who cofounded the NAACP. Written by Wells' great-granddaughter Michelle Duster, it is a unique visual celebration of Wells' life, and of the Black experience.

February 2024 - A KNOCK AT MIDNIGHT: A STORY OF HOPE, JUSTICE AND FREEDOM BRITTANY K. BARNETT

Brittany K. Barnett was a law student when she came across the case that would change her life forever—that of Sharanda Jones, single mother, businessowner, and, like her, Black daughter of the rural South. A victim of America's war on drugs, Sharanda had been separated from her young daughter and was serving a life sentence without parole for a first-time drug offense. As Barnett studied this case, a system came into focus with widespread racial injustice at the core of America's addiction to incarceration. Moved, Barnett set to work to gain Sharanda's freedom. The memoir is at once Barnett's coming-of-age story and a powerful evocation of what it takes to bring hope and justice to a system built to resist them

Reading List (Cont'd)

Reading List - July 2023 to June 2024 (Cont'd)

March 2024 - TOGETHER: THE HEALING POWER OF HUMAN CONNECTION IN A SOMETIMES LONELY WORLD VIVEK H. MURTHY

In this groundbreaking book, the 19th surgeon general of the United States Dr. Vivek Murthy makes a case for loneliness as a public health concern: a root cause and contributor to many of the epidemics sweeping the world today—from alcohol and drug addiction to violence to depression and anxiety. Loneliness, he argues, is affecting not only our health, but also how our children experience school, how we perform in the workplace, and the sense of division and polarization in our society. His message underscores the importance of human connection, the hidden impact of loneliness on our health, and the social power of community

April 2024 - THE PRODIGAL PROPHET: JONAH AND THE MYSTERY OF GOD'S MERCY TIMOTHY KELLER

The story of Jonah is one of the most well-known but most misunderstood parables in the Bible. In *The Prodigal Prophet*, pastor and New York Times bestselling author Timothy Keller reveals the hidden depths within the book of Jonah. Keller makes the case that Jonah was one of the worst prophets in the entire Bible. And yet there are unmistakably clear connections between Jonah, the prodigal son, and Jesus. Keller provides an answer to the extraordinary conclusion of this biblical parable—and shares the powerful Christian message at the heart of Jonah's story

May 2024 - DAUGHTER OF CANA (JERUSALEM ROAD, BOOK 1) ANGELA HUNT

Thomas and Tasmin, twin siblings hired to oversee a wedding feast in Cana, worry when the host runs out of wine—until a guest tells Tasmin to have the servants fill the pitchers by the gate with water from the cistern. Reluctantly, she obeys and is amazed when rainwater turns into the finest wine ever tasted in Cana. When Thomas impulsively decides to follow the teacher from Nazareth, he and Tasmin argue. Tasmin can't accept losing her brother to some magician-prophet. She decides to follow the Nazarene's group, do whatever she must to mend the fractured relationship with her brother, and bring him home.

June - UNTIL UNITY REV. FRANCIS CHAN DAVID C COOK

If unity is so important to the heart of God, why is the church one of the most divided groups on earth? New York Times bestselling author Francis Chan calls for believers and churches everywhere to align hearts with God and start taking seriously God's numerous commands to unify. While many believe doctrine is at the root of the problem, Chan argues that the real problem is the shallowness or non-existence of our love for each other—rooted in a shallowness in our understanding of the gospel. This is what desperately needs to change.

A Note From Your Communications Coordinator...

What is your unit doing to show LOVE IN ACTION?

What is your unit doing in your community to help women, children and youth? We would like to hear from you. Send in your article telling us how you are showing your Love in Action so we can share it with others!

The Trumpet Sound will be published bimonthly (Oct, Dec). *Due date for all articles are the 15th of Sept & Nov.*

Here are some ideas for articles:

- ◇ What is your unit doing to show Love in Action for women, children and youth?
- ◇ How is your unit serving in missions?
- ◇ Have you used the UWF Program Book for a unit event?
- ◇ Have you done a program on Call to Prayer and Self-Denial?
- ◇ How have you used the Daily Prayer Guide?
- ◇ What are your upcoming UWF events?

Please make sure the article is no more than three paragraphs. Also, send a couple pictures with your article.

Email your articles to dianeabresky.umw@gmail.com. In the subject line add **Trumpet Sound**.

If you have any questions, please feel free to email me at the above email.

Past Trumpet Sound Publications can be found on the website by following this link: <https://flecumw.org> under publications.