



United
Women
in Faith

*East Ohio
Conference*

KEEPING CURRENT

Volume 02 · Issue 2

April 2025

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MISSION u

- Dean—Cynthia Rose
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MY SOUL CARE IS SACRED

WHAT IS A HEALTHY SOUL?

The soul involves our thoughts, emotions, and how we interact with God on a spiritual level. It is a place where we meet and interact with the Holy Spirit. Just as with our spiritual level, just as with our mind and body, we must take care and nature our soul to achieve a sense of inter peace and wholeness. We need to focus on the importance of soul care and how to use it.



MISSION ROOTED IN SPIRIT

Spirituality motivates and sustains mission, although we may be not always be aware this. In spiritual formation, we align our spirits with God's spirit; in mission, we align our activity with the tasks of God. For this to work, we must maintain a healthy soul so both are guided by the Holy Spirit. We must delve into the relationship among soul care, spiritual growth, and mission.

RESTORING MY SOUL

Our soul is at its best when our body, mind, and spirit are healthy and work together for God. Our soul care must turn our practices that align our body, mind, and spirit to the best use for God's purposes in our life.

A very good book:

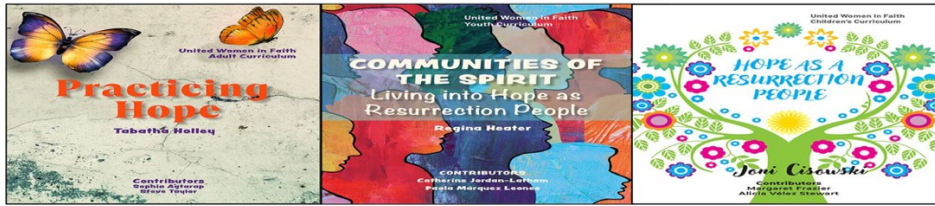
SOUL GARDENING—Cultivating the Good Life by Terry Hershey

Sandy Marek—Spiritual Growth Coordinator

Join us for Mission u 2025!

Why Attend Mission u?

- ⇒ Spiritual Growth: Enhance your spiritual journey through engaging sessions and meaningful discussions.
- ⇒ Community Connection: Build strong, supportive relationships with other attendees who share your faith and values.
- ⇒ Renewed Purpose: Leave Mission u with a renewed sense of purpose and a deeper understanding of your role in God's plan.
- ⇒ Study, Fellowship. Networking, Lifelong Friendships
- ⇒ Meet new people. Share this wonderful event with your Unit, your church family, your neighbors, your neighbors children and youth, and even your card club!

PRACTICING
HOPE
TOGETHERUnited
Women
in Faith**EAST OHIO MISSION u 2025 REGISTRATION INFORMATION**

Mission u 2025, will be held at University of Mount Union, 1972 Clark Avenue, Alliance, Ohio 44601. Friday, July 18th at 3:00 pm until Sunday, July 20th at 12 noon. Executive team will meet on Friday, July 18th at 1:00 p.m. - 3:00 p.m. in the Campus Center – Alumni Room.

You may register online at East Ohio Event URL: <https://na.eventscloud.com/83929> or mail the attached registration form and check to Marcia Gill-Bass, 4850 Highland Place Court, Richmond Heights, OH 44143. Mission u Assistant Registrar. Checks should be made payable to United Women in Faith.

Here are the registration costs for 2025. The registration form is ATTACHED to this email.

Please use a SEPARATE REGISTRATION FORM for EACH individual attending.

- A. Double Occupancy Dorm room: \$160.00 – housing, and meals included.
- B. Single Occupancy Dorm room: \$200.00 – housing, and meals included.
- C. Commuter: \$100.00 –meals included. You may commute from home or from a nearby hotel.
 - a. **You must make your own reservation. Nearby hotels are Holiday Inn Express & Suites, Hampton Inn & Suites, Comfort Inn and America Best Value Inn. Please make reservations early.**
- D. Children: \$125.00 inclusive based on double occupancy. Completed Kindergarten – 6th grade.
 - a. Children must be accompanied by an adult registered for the adult study.
- E. Youth: \$125.00 inclusive based on double occupancy. Completed 7th – 12th grade.
 - a. Children must be accompanied by an adult registered for the adult study.

WAYS TO GIVE

Keep this information handy for when your District, Unit or an individual is ready to donate.

Online at: uwfaith.org/dayofgiving

By phone: 800-278-7771 (8 am–5 pm EST, M–F)

Text: “FUTURE” to 20503

By check to: United Women in Faith, Attn: Legacy

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

Suggestions always welcome! Email Elizabeth Feldman, EOC UWF Communications, eoc.uwf.news@gmail.com



PLEASE FORWARD, PRINT/COPY THIS NEWSLETTER AND SHARE IT!

THIS IS YOUR CHANCE TO SPREAD THE NEWS!