



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

AURORA DISTRICT UMW

REACHOUT

December 2020

PRESIDENT'S MESSAGE

As it says in Ecclesiastes 3:
"There is a time for everything,
and a season for every activity
under heaven."

And what a time we are in now,
taking part in two seasons. First,
we are preparing for the birth of
Jesus Christ and all the joy, lights, ribbons, and bows that includes.
The celebration of Advent and the preparations we are making for
Christmas Day. Secondly, we are in our ninth month of the COVID-
19 pandemic spanning more time than anyone I am sure thought
possible. Many in our communities, from all walks of life, have been
affected by this unseen disease.

Where do we go from here, and have, we learned anything from the
past nine months? In January at our leadership training, we will
present an interactive meeting discussing different ways in which
COVID-19 may have changed us and how we are continuing with a
new normal.

With the redistricting of the Northern Illinois Conference beginning in
July of 2021, I want to assure you that as United Methodist Women
we will remain in our current six districts until the end of 2021. We
will spend this year preparing for making new relationships starting
in 2022.

In closing I would like to wish everyone a safe and healthy Christmas
season, looking forward to a New Year as positively as we can.
Social distancing and COVID-19 cannot take away our Love, Faith,
and Hope for the challenges and joys yet to come.

*With Gratitude
Betty Erickson
Aurora District UMW President*



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AURORA DISTRICT LEADERSHIP

VIRTUAL TRAINING

SAT., JANUARY 16, 2021

9:30 - 11:30 a.m.

UNITED METHODIST WOMEN: COPING WITH COVID AND OTHER CHALLENGES

Our leadership training this year will be an interactive conversation with your District leaders leading breakout sessions discussing different areas that as United Methodist Women we are staying proactive and courageous with all that is going on in the world.

Awards will be announced, and all the normal items will be included in this virtual event.

There will be no registration fee, however we are encouraging everyone who can to send an offering to help us get closer to making our pledge to conference.

Here is the Zoom Link for those who will register online:

<https://my.cheddarup.com/c/aurora-district-united-methodist-women-leadership-training>

NAME: _____

Preferred Phone: _____

Email: _____

Local Church: _____

Position Held: _____

Is this your first Aurora District Meeting/Leadership Training: Yes No

Emergency Contact: _____ Relationship _____

Emergency Contact Phone Number: _____

If you have any questions, please feel free to contact the following:

Betty Erickson – (630) 701-5672 (text) or n9yfc@aol.com

Phyllis Pepiot – (630) 253-6326 or ppepiot@gmail.com

Those who register by mail should mail completed registration form to: Aurora District UMW – c/o Betty Erickson, 39W265 Osage Drive, St. Charles, IL 60175

**Aurora District REACHOUT
DECEMBER 2020**

Aurora District United Methodist Women Annual Celebration

Virtual Event

Saturday, September 26, 2020

Minutes

President Betty Erickson opened the virtual meeting at 9 am by welcoming all in attendance and establishing Zoom etiquette. She reminded attendees that all necessary District forms and due dates were included in the program booklet.

Erica McIntosh provided a devotion from the Message based on Romans 4:19-21. Do we tiptoe or plunge in our faith walk?

Prior to reading from the Prayer Calendar, Betty acknowledged all special guests and past officers, thanking them for their service and attendance. She provided the opening prayer, closing with the UMW Purpose.

Gail Helland gave the Response moment, noting that Northern Illinois Conference had been highlighted for making and distributing masks. Her book review of Which Way God from the current reading list included 2 new definitions for GPS: God's Positioning System and Gifts, Passion, Style. All current books are available on the UMW website.

Phyllis Pepiot introduced Pastor Esther Holiday, founder of Love Outreach Center (LOC). Pastor Holiday noted that her passion for this organization stemmed from the fact that she was trafficked at age 17.

Kara Doan spoke about Restoration 61 whose mission is to provide hope and dignity to victims of sex trafficking. A recent survey noted that sex trafficking is the second largest criminal enterprise netting over \$32 billion. In 2004 it was estimated that 16,000-25,000 would be trafficked in the Chicago region, most sold between 15-40 times daily. The average age of a victim was 12-14, found through social networks, home neighborhoods, clubs, bars, Internet or school. Signs of a trafficked victim were noted, but intervention is not recommended. Local authorities should be notified immediately. The national hotline is 1-888-373-7888.

Following a brief break, Betty called the Annual Business Meeting and Pledge service to order at 10:10. Following a motion by Phyllis and second by Emmy Lou John, minutes from 2019 were approved as written.

Chyrlie Soltau presented the 2021 Budget, which was approved following a brief discussion to note the opportunity to exceed this year's reduced budget. The Pledge service was led by Chyrlie with attendee participation.

Donna Szoke read the proposed 2021 slate of officers: President-Betty Erickson 2nd year, 1st term; Vice President-Phyllis Pepiot 2nd year, 2nd term; Secretary-Pam Stare 1st year, 2nd term; Treasurer-Chyrlie Soltau 1st year, 2nd term; Communications-Anita Young 2nd year, 1st term; Spiritual Growth-Charlotte Wyncoop 1st year, 1st term; Social Action-Nadia Kanhai 1st year, 1st term; Education and Interpretation-Aija Borkland 2nd year, 2nd term; Membership-Gail Helland 1st year, 2nd term; Class of 2021 nominations- Donna Szoke. Emmy Johns moved to accept the proposed slate. It was approved.

Erica installed elected officers using individual Bible verses. She began the worship service with centering words followed by the call to worship and an opening prayer. Mark 12:28-34 was the scripture preceding the message entitled Simple Gifts. Erica noted that we all have gifts, but may have forgotten how to share them. The worship service ended with the dedication of gifts, offertory prayer and closing hymn.

Betty closed the meeting at 11:10 thanking all in attendance.

*Respectfully submitted,
Pam Stare, Aurora District UMW Secretary*



Mission u – Winter Event

January 23, 2021 (9:30-2:00, via Zoom)

Learning Together for the Transformation of the World

Presented by **Northern Illinois Conference - United Methodist Women**

Register by: Jan. 18

Online registration option: <https://mission-u-winter-2021.cheddarup.com>

Cost: \$5.00*** Checks payable to: NIC UMW

(online payment, does contain a small fee)

FYI: Mission u will include a guest speaker on racial justice, followed by discussion; music/worship; one/two podcast discussions. Indicate your podcast topic interests choices below.

Mission Project: TBD – watch for an update in the NIC UMW's E-news from nicumw@gmail.com

Event Questions? Contact Beth Jayapalan, Assistant Dean, 847-913-0135 (pls leave msg), jaybeth76@yahoo.com

Registration Questions? Contact Betty Erickson, Registrar, 630-701-5672 (text), NILUMW.registrar@gmail.com

*** *Can't manage the fee during this COVID time, please contact your District President or one of the two listed above.*

Send Registration to: Betty Erickson, 39W265 Osage Drive, St. Charles 60175 or NILUMW.registrar@gmail.com

..... ✂ Cut and return the bottom portion postmarked on/before **Jan 18, 2021**.

Name: _____

Is this your first Mission u event?: Y N

Preferred Phone: _____ Email: _____

Address: _____

District: _____ Local Church: _____

Special Needs (visual, hearing, technically challenged, etc.) _____

Emergency Contact Person: _____

Relationship: _____ Phone number(s): _____

For all attendees: Video/Photo Release

Videos/Photos will be taken at Mission u and could be used in material to promote this event. I permit my photo to be used by NIC UMW to help share United Methodist Women with others. _____ (initials if you consent)

Podcasts:

Choose podcast option type – **Faith Talks** or **response** (*one or both*)

 Faith Talks - *each about 1 hour; pre-listening extremely helpful, details will be sent later*

 response - *no pre-listening needed; each one will be 7 minutes or less*

Check/rank your top three podcast topic choices –

climate justice racial justice children & youth United Methodist Women

Mission u – Winter Event Deadline: Jan. 18	Single Attendee at Virtual Event	\$5	
	Group Attendees at Virtual Event (number in group <u> </u>)	\$5/each	
	Mission project/offering (designate – on check memo line)		
MAKE CHECK PAYABLE: NIC/UMW		Total Enclosed	\$
MAIL TO: Betty Erickson 39W265 Osage Drive St. Charles 60175			

Confirmations will be sent by e-mail. If you wish one by mail, enclose a self-addressed stamped envelope.

Membership Report


By Gail Helland
Membership

The pandemic has changed our world, but the UMW remains constant. How we meet has changed, but our service to others has not. Whether you are quarantined at home or have to stay home due to the winter weather, you can find a good book to read from the UMW reading list. The UMW website has the 2021 reading list available for you. My church's book club has chosen 5 books slated for discussion in the next year. There are many ways you can conduct a book club. At the beginning of the year, my reading group met in person. Then we social distanced with masks. Another option would be holding a Zoom meeting. Even if we cannot meet in person, technology has allowed us to communicate safely.

Please remember to send in your membership form to me and your book club information. I look forward to seeing what books you have found enlightening, thought provoking, spiritually uplifting, or just plain fun to read.

Gail Helland, GailPaint@aol.com

See pages 8 and 9 for the Membership and Reading forms!



**UNITED METHODIST WOMEN
2021-2022
READING PROGRAM
PROGRAMA DE LECTURA
독서 프로그램**

You can find the Reading Program Catalog online at
<https://www.unitymethodistwomen.org/readingprogram>

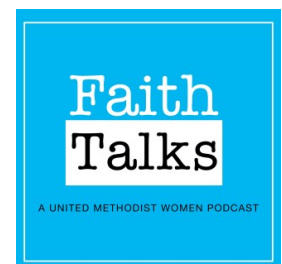
Join with your unit to read some of the books on the list!

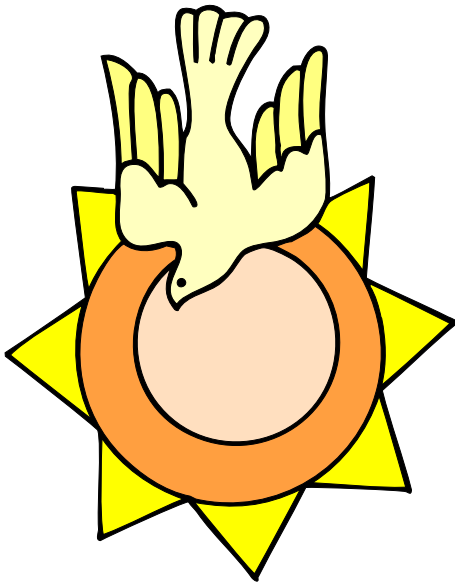
Stay Connected and Informed with Faith Talks

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.

You can register to participate in an upcoming webinar or listen to a past podcast. The next podcasts will be January 7 at 1 p.m. (Creating a Sustainable Lifestyle with Elizabeth Lee) and February 11 at 1 p.m. (Sustaining Faith with Emily Jones).

To learn more and register, go to the website <https://unitymethodistwomen.org/faithtalks>





Taking on the Challenge When Spirit Calls

*By Charlotte Wyncoop
Spiritual Growth*

When our district President Betty Erickson called me and asked me to be the Spiritual Growth Coordinator, it caught me by surprise. I had been recommended by someone I had met in Lay Academy.

A theme that God keeps pounding into my head over the years is that he doesn't call the equipped, he equips the called. I haven't been a member of UMW, our church hasn't had a unit in years. After explaining all my deficiencies Betty, I hung up and God was knocking on my heart. I've heard Him knocking before and He always wins in the end. No matter what arguments I came up with the next week and there were lots of them, I knew it was pretty useless. For some reason, He wanted me to do this...SOOO... I should get my act together and say

yes. While Betty was sympathetic and I think probably secretly delighted, I was still rolling my eyes at God and asking what on earth am I supposed to do?

I am a stay at home Mom of four kids - they are 17,15, 13, and 11. My oldest daughter is in Sweden at the moment on foreign exchange - yes, even during Covid. My kids are in school hybrid—part of the time at school and part time e-learning. Because I've been an at-home Mom, I've been able to return to my passion for art. In other years, my fall would be filled with craft shows and renaissance fairies where I share my labyrinths and talk about making space in our lives for God. At least that part feels a little spiritual growth oriented...

So as I take on this challenge and learn what God intends to do with it, I urge you to also take up your challenges. Often it doesn't make sense, or its outside our comfort zone, but you know what God knocking on the door of your heart feels like. He doesn't aim us at tasks that we can't do and He doesn't send us out on our own. Jesus walks us through them with us and equips us for them. This Christmas, remember that Mary didn't come equipped for the task either, but she was called, and God made it possible. Emmanuel means "God with us." It's not a slogan. It's an invitation to see what's possible when you walk with your Creator.

UMW Purpose

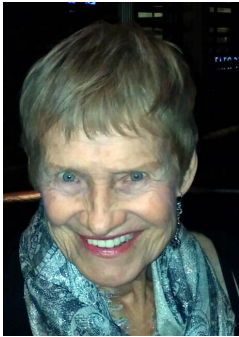
United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the Global Ministries of the Church.

Aurora District REACHOUT DECEMBER 2020

FROM YOUR MISSION COORDINATOR for EDUCATION and INTERPRETATION

December 2020

By Aija Bjorklund



Greetings to all of you, beautiful and amazing UMW ladies. Although we have not been able to meet face to face since March, we have had many awesome and effective Zoom meetings and I extend my sincere thanks to all involved.

UMW ladies have a long history of Mission Giving, and so I would like to take this opportunity to remind everyone that the MISSION TODAY GOALS form is due to me, Aija Bjorklund, on January 10, 2021, from each of our UMW Church Units.

The form for the Mission Today Goals as well as the form for “Be A Green Unit: Take The Pledge” can be found in this issue of the Reachout on pages 13-16. You may not have completed all the actions listed in the form, but please do fill out the sections of the form reflecting the actions your unit has done. For example, my UMW unit from the United Methodist Women of New Lenox have taken all the actions in Section 2, namely, Green Your Living Space, as well as action listed in Cleaning Products, Water Use, Managing Electric Use, and Appliance Use.

NOMINATIONS COMMITTEE

By Donna Szoke

When I am asked to be on a committee I usually have to think about it for a few days. How much time will it take, what will I be responsible for, can I do what is needed, and so on. I usually say yes, and after being on the committee I feel blessed that I was asked.

I have met so many wonderful people, learned so much about United Methodist Women and my faith has grown. The Nominations Committee is responsible for finding women to help fill the slate of officers. We learn so much about people by just talking to them and that is how we can tell what their strengths are, as well as their talents, past experience, and what they can bring to the Aurora District United Methodist Women.

So, if you like meeting and talking to people or think you know of someone who would consider being an officer for the Aurora District UMW please consider becoming a member of the Nominations Committee. Sometimes we have to take a chance on trying something new and when we do, our faith grows. I wish you all a Merry Christmas and a safe and healthy New Year.

**Aurora District REACHOUT
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**Aurora District United Methodist Women
Reading Program
2020 Participation**

Participation in the Reading Program shows that your unit is interested and engaged with a variety of issues from the personal to the global. Participation fulfills a requirement for Mission Today units. Please complete the form below so that we can recognize your local unit's participation in the 2020 Reading Program.

Local Unit: _____

President: _____

Phone Number: _____

Email: _____

_____ Total number of women in our local unit participating in the 2020 Reading Program.

_____ **Plan 1**—5 books each year, one from each category, selections for 2015-2020 Reading Lists and regular reading of Response Magazine.

_____ **Plan II**—10 books each year, at least 2 from each category, selections from the 2015-2020 Reading Lists and regular reading of the Response Magazine

_____ **Plan III**—15 books each year, 10 books with at least 2 from each category 5 additional books from any category, selections from the 2015-2020 Reading Lists and regular reading of Response Magazine

_____ **Plan IV**—20 books each year, 10 books with at least 2 from each category, 10 additional books from any category, selections from the 2015-2020 Reading Lists and regular reading of Response Magazine

Please return this form by email or mail by December 1, 2020 to:

Gail Helland
4010 Wood St.
Morris, IL 60450
Email: GailPaint@aol.com

**Aurora District REACHOUT
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2020 Local Membership Census Form

Local Unit Name: _____

Unit President: _____

District Name: _____

Address: _____

Conference Name: _____

City: _____

Reported by: _____

State /Zip: _____

Phone: _____

Email: _____

Number of Members January 1, 2020 _____

New Members added _____

Members lost by death or other reasons _____

Total Members December 31, 2020 _____

Instructions:

Fill in your information and send by January 30, 2021 to Gail Helland 4010 Wood St.,
Morris, IL 60450 or email to GailPaint@aol.com.

2020 REPORT OF AUDIT UNITED METHODIST WOMEN

Unit: _____

Church: _____

I have audited the Treasurer's books of the _____ United Methodist Women
of _____ Church for the year January 1, 2020, through
December 31, 2020, and found them to be _____.

Signed _____

Date _____

*Complete and send form to:
Chyrlie Soltau, 5300 Walnut Avenue, Unit 17C, Downers Grove, IL 60515*

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THE REMITTANCE FORM FOR ALL TREASURERS

Order No. (Please make sure that all orders have a unique order no.):		
Local Unit:	District:	
Conference:	Period from:	To:

Mission Giving	Amount
1. Pledge to Mission	
2. Special Mission Recognition	
3. Gift to Mission	
4. Gift in Memory	
5. World Thank Offering	
Total Mission Giving (Lines 1 thru 5):	\$

Supplementary Gifts	Amount
6. A Call to Prayer and Self-Denial	
7. Designated Gifts	Amount
A Brighter Future for Children and Youth	
Assembly Offering	
Scarritt-Bennett Center	
World Communion Scholarship	
Magazine Fund	
National, international and UMCOR projects (if additional pages are needed, complete the Supplementary Gifts Details Form)	
Name of project	Address
	Amount
Total from Supplementary Gifts Details Form	
Subtotal Designated Gifts (line 7 only):	
8. Bequest (please attach a copy of the will or excerpt of the will)	
9. Other Designated Gifts	
Total Supplementary Gifts (lines 6 thru 9):	\$
Total—total giving for this period (including Special Mission Recognition orders)	
\$	
Less SMRs (and other as applicable) remitted previously (Enter as a positive number.)	
Total remittance Check no.:	TOTAL: \$

TREASURER:		
ADDRESS:		
PHONE:	FAX:	E-mail:
DATE:		



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ALL TREASURERS

For local treasurer

Submit the completed remittance form with your check to your district conference treasurer.

For district treasurer

Complete this remittance form using information from all of the local treasurers in your district. Submit the completed form to your conference treasurer. *Each remittance form is to be mailed with a check to your conference treasurer.*

For conference treasurer

Complete this remittance form using information from all of the district treasurers in your conference. *Submit this completed form to the National United Methodist Women treasurer.* You may complete this form on a monthly or quarterly basis. You should make a remittance to the national United Methodist Women four times per year. Each remittance form is to be followed by or mailed with a check. To use electronic funds transfer, contact the national treasurer's office.

You may submit the remittance form in several ways:

- Complete the Remittance Form. (To save time, you may fill in the non-changeable items, photocopy the form and then complete that copied form each time.) Photocopy the completed form and mail it to your conference treasurer.
- Download and then mail or e-mail the completed form. The downloadable form is available at www.unitedmethodistwomen.org/give/forms

• How to Complete the Remittance Form •

MISSION GIVING—Five Channels of Giving

1. Pledge to Mission: This includes Pledge to Mission and supplementary gifts collected on special occasions.
2. Special Mission Recognition: Insert total from Special Mission Recognition local order forms. This form may be sent on its own or attached. On the form, indicate the amount (\$40, \$60, \$100, \$200, \$500, \$1,000, or \$2,000) for each order. Attach copies of local treasurers' orders.
3. Gift to Mission: Insert total from Gift to Mission order forms. Local units order cards from you, their district treasurer. Cards are sent to you on a revolving basis. Be sure to have many on hand for a speedy reply to requests.
4. Gift in Memory.
5. World Thank Offering: You may order a World Thank Offering packet to give to local units so they can participate in this giving channel (#5712, free).

SUPPLEMENTARY GIFTS

6. A Call to Prayer and Self-Denial.
7. Designated Gifts: A Brighter Future for Children and Youth; Assembly Offering; Scarritt-Bennett Center; World Communion Scholarships; Magazine Fund; national, international and UMCOR projects—please provide the names and addresses and amounts of specific projects or enclose a copy of your local treasurers' remittance forms.
8. Bequest—please attach a copy of the will or excerpt of the will.
9. Other Designated Gifts.

TOTAL REMITTANCE

Fill in check number and insert the total of all items.

District treasurers: Write a check in the amount shown on the "total remittance" line made payable to the conference and send to the conference treasurer. Keep a copy for your records.

Conference treasurers: Write a check in the amount shown on the "total remittance" line made payable to the United Methodist Women National Office (or use electronic funds transfer) and send to:

United Methodist Women National Office, Gift Processing, P.O. Box 29925, New York, NY 10087-9925.

Always put your name and address in the space provided. Keep a copy for your records.

Aurora District REACHOUT DECEMBER 2020



NORTHERN ILLINOIS CONFERENCE UNITED METHODIST WOMEN Mission Today Goals 2017-2020

*The purpose of Mission Today is to fulfill the **PURPOSE** of United Methodist Women by energizing members to be more involved in mission through faith, hope, and love in action with the local church, as well as in the district, conference, and global levels. MISSION is undertaken on behalf of women, children, and youth around the world, and expanded through prayer, study, and action using mission resources and creativity. The following goals are based on our Purpose and Vision to help you in your annual planning for God's mission in the world.*

Recognition Criteria for becoming a Mission Today local unit of United Methodist Women:

Narration of one of your stories of mission work during the year.

Plus

___ Faith = completed any 2-3 goals & paid our Pledge to Mission

___ Faith & Hope = completed 1 goal in each area & paid our Pledge to Mission (**BRONZE**)

___ Faith & Hope & Love = completed 2 goals in each area & paid our Pledge to Mission (**SILVER**)

___ Faith, Hope, & Love in Action = completed 3 or 4 goals in each area & paid our Pledge to Mission (**GOLD**)
(Please check the one recognition that applies)

REQUIRED: 1- Please narrate one of your stories of mission work. We would like to share it with others.

2- Please check the completed goals in each area as you work to fulfill our UMW PURPOSE:

We are a community of women whose purpose is

To know God (spirituality) *We provide opportunities and resources to grow spiritually, become more deeply rooted in Christ, and put faith into action.*

___ Use the **Prayer Calendar** (individually and at meetings)

___ Attend or host a spiritual growth study or event

___ Use the **UMW Program Book** (as a circle or as a local organization)

___ Care for God's creation

___ Take the pledge to be a **Green Unit** & submit form to District Education and Interpretation Coordinator

___ Participate in Call to Prayer and Self-Denial program

___ Other—explain

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To experience freedom as whole persons through Jesus Christ (social justice) *We work for justice through compassionate service and advocacy to change unfair policies and systems.*

- ☐ Share information about social justice issues to promote awareness
- ☐ Display and honor the **Charter for Racial Justice** (use as a program)
- ☐ Join the action network and share information about issues of justice (Action Alerts)
- ☐ Respond in action to an issue (Lobby Day, silent vigils, etc.)
- ☐ Participate in a community children's program
- ☐ Other—explain _____

To develop a creative supportive fellowship (membership and leadership) *We are organized for growth, with flexible structures leading to effective witness and action. We equip women and girls around the world to be leaders in communities, agency workplaces, governments and churches.*

- ☐ Increase membership of local organization (invite and celebrate UMW)
- ☐ Make connections within the local organization and beyond (UMMen, ecumenical groups, etc.)
- ☐ Be a **Five Channels of Giving** local organization
- ☐ Connect with district and/or conference leadership (call, invite, use your officers)
- ☐ Celebrate / observe a United Methodist Women Sunday in your church
- ☐ Other—explain _____

To expand concepts of mission through participation in the global ministries of the church (mission and outreach) *We provide education experiences that lead to personal change in order to transform the world.*

- ☐ Attend **Mission u** (local organization members as well as district or conference leadership)
- ☐ Connect with people in the **Prayer Calendar** (reach out to those in service throughout the year)
- ☐ Share the story of mission at meetings (response magazine, **New World Outlook**, **Reading Program**, **Children's Sabbath**, **National Mission Institutions**, etc.)
- ☐ Increase and pay **Pledge to Mission**
- ☐ Contribute needed resources to a mission project
- ☐ Other—explain _____

Local Unit _____ District _____

Date _____ Number of Members in Local Organization _____

Person submitting this form: _____ UMW Position _____

Address _____ City _____ IL Zip _____

Email _____ Phone _____

By **JANUARY 10** send your completed form to your District Education and Interpretation Mission Coordinator:

Name: Aija Bjorklund

Phone: _____

Mailing address: 205 Sheridan Court Unit D
New Lenox IL 60451

Email: aijabjorklund@gmail.com

Approved by NIC UMW on Nov. 13, 2016

Page 2

BE A GREEN UMW UNIT: TAKE THE PLEDGE

Every action has consequences on other humans and on the earth. Become aware of the outcome of your actions, reduce your impact on others, and walk lightly on the earth. Consider these practices to be a spiritual discipline.

We pledge to work toward the following environmentally safe practices. Sign up now.

Name Local Unit _____ UMW Conference _____

SIGNED by Unit E and I Coordinator _____

DATE _____

1. EDUCATION

- ☐ Learn about the environmental crisis and ecological justice.

- ☐ Read about or join a study group fostering voluntary simplicity.

2. GREEN YOUR LIVING SPACE

Energy Use

- ☐ Alternative energy: solar/geothermal or purchase wind from your energy company.

- ☐ Purchase Energy Star appliances (refrigerator, dishwasher, washer/dryer, water heater, dehumidifier) and high efficiency furnace, air conditioner, and windows.

- ☐ Get a programmable thermostat. Lower thermostat in winter; raise it in summer. Change settings when away. Use ceiling fans.

- ☐ Clean/replace filters for all appliances/furnace with new filters regularly.

- ☐ Replace all incandescent light bulbs with compact fluorescent light bulbs.

Cleaning Products

- ☐ Use non-toxic dish detergent, laundry detergent, and cleaning products.

- ☐ Use safe cleaning products either purchased or homemade.

Water Use

- ☐ Do not let water run while doing tasks.

- ☐ Install low-flow shower heads and faucet aerators.

- ☐ Repair faucet leaks and toilet runs immediately.

- ☐ When not in use, turn off lights, TV, computer, appliances. Prefer natural light.

- ☐ Turn off TV, computer, microwave, etc. at the strip/plug.

- ☐ Run full loads in dish washer, washer, and dryer. Use short cycles/clothes line.

- ☐ Use microwave/toaster oven/slow cooker rather than oven/range.

- ☐ Set refrigerator at 35°F, freezer at -5°F to +6°F, and water heater at 120°F.

- ☐ Use cold or warm water when washing clothes; rinse in cold water.

- ☐ Insulate walls/attic. Repair leaks around windows/doors. Lock windows to seal.

- ☐ Repair hot water leaks. Insulate water heater (blanket) + hot water pipes (wrap).

- ☐ Avoid spray products for cleaning, air-freshening, and cooking.

- ☐ Take a shower rather than a bath, and shower less often.

- ☐ Wash dishes and laundry on full load.

Aurora District REACHOUT

DECEMBER 2020

Food

- ☐ Buy fair-trade products.
- ☐ Buy organic products.
- ☐ Buy local produce and products.
- ☐ Buy only what you will consume, and then use all you buy.

Paper Use

- ☐ Use recycled, post-consumer paper products for kitchen, bathroom, and cleaning.
- ☐ Avoid paper towels; use cloth napkins and handkerchiefs.

Reduce/Recycle/Reuse

- ☐ Avoid use of paper, plastic, and Styrofoam in plates, cups, and utensils
- ☐ Recycle glass, tin, plastic, newsprint, mixed paper, cardboard, etc.
- ☐ Recycle batteries, printer cartridges, cell phones, plastic bags.
- ☐ Safely dispose of computers, printers, paint, and other toxic products.

3. TRAVEL

- ☐ Purchase high mileage car. Maintain engine/tire pressure. Change oil/air filter.

4. WORK

- ☐ Green the work space and work practices: office, shop, factory, classroom
- ☐ Advocate with employers to green your company, agency, or institution.

5. NATURE

- ☐ Enjoy as kin the plants and pets in your living space.
- ☐ Take ten minutes a day to enjoy/love nature. Take a retreat with nature.

6. PUBLIC COMMITMENTS

- ☐ Advocate for environmentally friendly legislation and policies.
- ☐ Restore a local habitat; protest a local environmental violation.
- ☐ Contribute to social justice organizations and environmental organizations.
- ☐ Invest in socially responsible stocks and bonds that foster eco-justice

- ☐ Put on your plate only what you will eat, and then eat all on your plate.

- ☐ Eat fewer (or no) meat meals each week. Have a hunger meal each week.

- ☐ Use electronic media rather than paper.

- ☐ Avoid bright-colored paper.

- ☐ Use recycled, post-consumer, acid-free note/office paper or paper from tree farm.

- ☐ Use the paper completely on both sides.

- ☐ Do not put grease or strong chemicals down drains.

- ☐ Buy products with less packaging.

- ☐ Compost food scraps and lawn clippings.

- ☐ Use canvas bags for shopping or reuse paper/plastic when shopping.

- ☐ When eating out, take your own plastic container for leftovers.

- ☐ Drive more slowly, not over 55 miles per hour. Easy stops and starts. Do not idle.

- ☐ Where feasible walk, bicycle, carpool.

- ☐ Promote greening among fellow workers and clients/customers/students.

- ☐ Use devotional materials that enhance your love of nature and your care for it.

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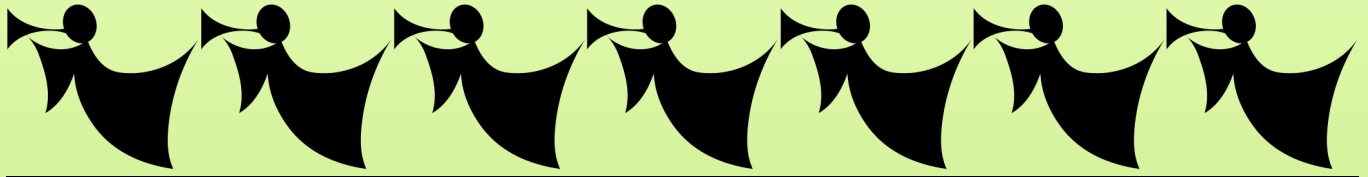
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2021 DATES TO REMEMBER:

January 16 – Aurora District Leadership Training Meeting
January 23 – Winter Mission u event
March 27 – Aurora District Leadership Team meeting
April 10 – Aurora District Day of Spiritual Renewal
September 11 – Aurora District Leadership Team meeting
September 25 – Aurora District Annual Meeting
October 23 – NIC-UMW Annual Meeting

2021 DATES TO BE DETERMINED:

March – World Federation of Methodist and Uniting Church Women
July – Mission u Weekend and One Day Event
August – Korean Praise Night

Connect with UMW Electronically

United Methodist Women website: <https://www.unitedmethodistwomen.org/>

Aurora District UMW Facebook page: [Aurora District UMW-Illinois](#)

Aurora District website: <https://auroradistrictumw.wixsite.com/auroradistrictumw>

Northern Illinois Conference UMW website: <http://umwnic.org>

NIC UMW Facebook page: [Northern Illinois Conference –United Methodist Women](#)