

UNSTOPPABLE

**REAL WOMEN. REAL FAITH.
REAL COMMUNITY.**



ONE UNSTOPPABLE FAITH

Coming together to celebrate
faith, fellowship, and action.

FIND YOUR WELL

From busy to blessed.
Finding renewal at The Well.

SISTERHOOD SOUL CARE

You lead. You hustle. You give.
Now it's your turn to breathe.

President's Letter

Dear Sisters in Faith,

As I reflect on the incredible journey of United Women in Faith, my heart is filled with gratitude for each of you who make our mission possible. Together we have nurtured communities of support, lifted voices for justice, and created spaces where faith and action intersect in powerful ways.

This year has been one of growth and opportunity. From our local outreach to national programs advocating for women, children, and families, your commitment has made a difference. Through Wonder Walk, Prayer and Self Denial, and the Cornerstone Baby Shower, we have supported underserved children in our local and national communities. Our new circle, Women of the Well, gives busy women an opportunity to gather remotely each month and renew themselves spiritually. Those of us who attended Assembly 2026 came away energized, equipped, and ready to make a difference in our communities.

We are excited to sponsor the annual Granny's Attic and St. Andrew's Craft Fair. Our September social action program will focus on our Asian sisters and brothers. We have opportunities to gather with our District and Conference sisters as we celebrate the work of United Women in Faith.

I encourage each of you to stay engaged: volunteer, mentor, and share your experiences. Your energy and dedication are the heart of United Women in Faith, and together, there is no limit to what we can accomplish. **Together, we are UNSTOPPABLE!**

Let us continue to lift each other, serve our communities, and embrace the calling of faith in action. I'm honored to serve alongside you and cannot wait to see what we will achieve together in the months ahead.

With Gratitude and Faith,

Carolyn Miller

President, St. Andrew's United Women in Faith



Love in action is
UNSTOPPABLE



United
Women
in Faith

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REAL WOMEN. REAL FAITH. REAL COMMUNITY.

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3,000 Women. One Unstoppable Faith.



FEATURE STORY: UNITED WOMEN IN FAITH 2026 ASSEMBLY INDIANAPOLIS, IN

This year's 2026 Assembly in Indianapolis, Indiana was unforgettable! Shari Gillis and Carolyn Miller were able to join 3,000 women from across the globe May 15-17, as they came together to celebrate faith, fellowship, and action.

We connected, learned, and shared stories of resilience and hope, strengthening the bonds of sisterhood that make United Women in Faith so powerful! We joined in worship, reflected on Scripture, explored mission opportunities, and heard from women leaders about how their Christian faith inspires them to act.

Rev. Stephanie Arnold reminded us that we have the power to help fulfill Jesus' promise of "abundant life." Sally Vonner, CEO of United Women in Faith, stressed that the threats facing women, children, and youth are great. She encouraged us to **be UNSTOPPABLE and put our faith into action.**

The keynote speakers were fellow United Methodists, Stacey Abrams, author and voting rights activist, and her mother, The Rev. Carolyn Abrams. Stacey said, **"Courage is action."** When she needs a model of courage, she looks to her mother, Rev. Carolyn Abrams. She said her parents taught her how to put faith into action. This means working to ensure people have access to healthcare, education, and housing as well as defending people's civil rights and human rights. Elizabeth Eckford, one of the Little Rock Nine teenagers who helped integrate Little Rock schools, shared her story at the Saturday evening Legacy Dinner. **"Change begins with recognizing and embracing our individual capacity to act,"** she said. "Learn to see the world through different perspectives. Don't shut yourself up inside your comfort zone."



Prison reform advocates, Cynthia Holland and Michelle Morrison featured in "Never Give Up" documentary with Carolyn Miller, St. Andrew's UWFaith.

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3,000 Women. One Unstoppable Faith.

UNITED WOMEN IN FAITH 2026 ASSEMBLY



Keynote Speaker Elizabeth Eckford, American Civil Rights Activist, One of the Little Rock Nine, 2026 Assembly



2026 Assembly worship and communion table served by women Bishops from across the country.

Assembly included many workshops where participants learned such things as how they might get involved in supporting migrants, cleaning the environment, and ending mass incarceration. Michelle Morrison and Cynthia Holland, who were featured in our “Never Give Up” seminar last year, led one of the workshops. The discussion focused on urging a nationwide reckoning with the systemic racism embedded in the criminal justice system and the urgent need to break the cycle of mass incarceration. Another workshop featured Eastern Cherokee storyteller, Ragghi Rain Calentine. She shared the tales of the Eastern Woodland Creation Teachings. Through these stories, she connected the past with the present, inviting listeners to reflect on their journeys and the timeless lessons that resonate through the ages.

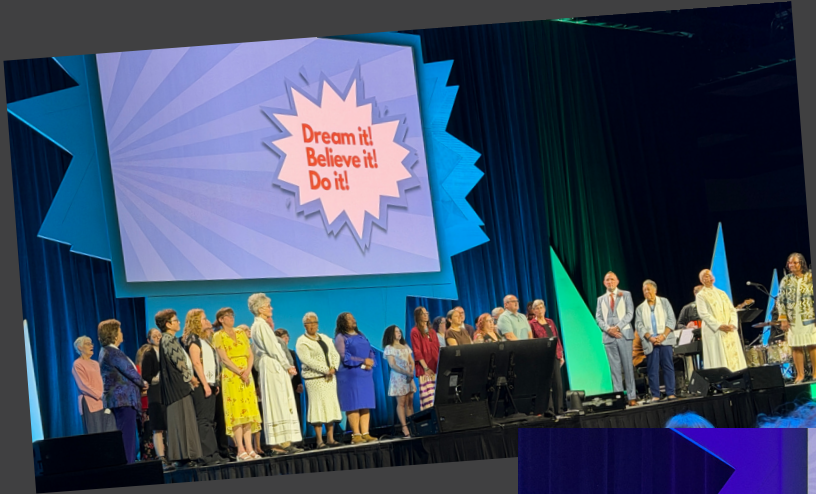
A recap of Assembly would not be complete without mentioning the incredible music. The band did such a wonderful job blending traditional hymns with new modern music. There’s something holy about thousands of voices lifting together, singing our new anthem, “Dream It, Believe It, Do It!” and “Lean on Me” with flashlights waving was awe inspiring! Sunday morning ended our Assembly with a worship service and communion served by women Bishops from around the country. During the service, it was announced that **the goal of raising \$100,000 for mission was exceeded by \$200,000** in additional donations.

What an exciting time to spend with women of faith from around the world. We left inspired, equipped, and ready to continue our mission: to act boldly, advocate fiercely and live our faith in service to others. **The next Assembly will be held in Richmond, Virginia May 17-19, 2030. Mark your calendars now and join your sisters in an incredible weekend of faith and fun.**



3,000 Women. One Unstoppable Faith.

UNITED WOMEN IN FAITH 2026 ASSEMBLY





We're
fired up.

We're
UNSTOPPABLE



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Prayer and Self-Denial Recap

Our annual Call to Prayer and Self Denial program was held on March 8, 2026. This year's theme was "The Future is Now: Invest in our Children." We were joined at this meeting by some of our sisters from Keeney Chapel United Women in Faith. The program emphasized prayer, sacrificial giving, and advocacy for vulnerable populations served through National Mission Institutions. It challenged us to recognize that children's well-being is shaped not only by families, but also by churches, communities, schools, and public policy.

As Christians and United Women in Faith, we share responsibility for creating environments where children can thrive spiritually, emotionally, educationally, and physically.

While we ate a minimalistic lunch of fruit, crackers, and cheese, we watched a slide show featuring the National Mission Institutes which serve women, children, and youth in each state. Every woman then took a notecard and wrote a thank you to one of the organizations featured. We thanked them for the work they do serving children and reassured them that United Women in Faith supports them. We also took time to write postcards to our state representatives urging them to consider Florida children as they voted on key issues.

The \$800 from the offering that was taken will support the work of National Mission Institutions that create a more just world for all children and their families. **We left the gathering with a renewed commitment to see every child as a gift from God and to take action in whatever ways we can to ensure they have the support they need to grow in body, mind, and spirit.**



Program Spotlight

GETTING INTO BALANCE!



One out of every four adults over the age 65 will fall at least once a year. Your physical therapists can identify and treat factors that make you more likely to fall including; muscle weakness or inactivity, difficulty walking or balancing, visual problems, pain, side effects related to medications, or home hazards.

Our Friendship Circle was recently treated to a demonstration of various key indicators of mobility assessments that could determine fall risk.

Balance rehab might consist of:

- Gait and balance training program
- Endurance training
- Strength exercises

One of the conditions that can cause balance impairment is peripheral neuropathy, as demonstrated here. Simply close your eyes and touch your outstretched finger to your nose. We had a wonderful time with our visiting PT and enjoyed learning about such an important way to keep us safe and upright.



Where Soul Care Meets Sisterhood

**YOU LEAD. YOU HUSTLE. YOU GIVE.
NOW IT'S YOUR TURN TO BREATHE.**

United Women in Faith care about their members. They work to connect with women focused on giving care to the whole person-mind, body, and spirit.

On March 21, 2026 women from around Gulf Central District, from as far as Lake Wales to south St. Petersburg and north to Zephyrhills, met at The University of South Florida's Botanical Garden for a day of Soul Care.

Upon check in, everyone was given a lovely canvas tote with scripture sayings. We greeted each other, met new women from around the district, and enjoyed some time of fellowship.

We gathered in the outdoor pavilion of the gardens for refreshments and a lecture from Becky Findlay, a Registered Nurse on the healing properties of herbs and plants. We strolled through the Gardens and returned to play a plant-based game of Jeopardy. The winner went home with a indoor garden with LED grow lights.

Soul Care stretches your thinking and increases your awareness of the Divine's presence in your life. We believe that Soul Care is sacred.



Becky Findlay, a Registered Nurse shares lecture on the healing properties of herbs and plants.

Unstoppable Peace



National Missions Spotlight: Wesley House

The United Women in Faith supports many National Mission Institutions throughout the United States. In Florida, we are fortunate to have two of them. In addition to Cornerstone Family Ministries in Tampa, we also have Wesley House Family Services located in Key West.

Wesley House Family Services was founded in the early part of the last century by the Methodist Church as a settlement program for Key West's Cuban community—beginning with something beautifully simple: a kindergarten to teach English to children who had immigrated from Cuba, easing their transition into public school.

Over the decades, the organization grew alongside the needs of Monroe County. In the mid-1940s, Wesley House Family Services became a stand-alone nonprofit, and by 1971 had established the area's first full-time childcare center for working parents. **Today, Wesley House Family Services is a nationally accredited organization dedicated to protecting and nurturing children and strengthening families across Monroe County.** Its programs include early childhood education, child welfare case management, foster parent licensing, and the Healthy Families program which equips parents with the tools to build safe, nurturing homes.

What started as a Methodist mission of compassion remains exactly that. To learn more or support their work, visit wesleyhouse.org.



A photograph of two women sitting at a white table in a bright, modern setting, possibly a cafe or office lounge. The woman on the left has dark, curly hair and is wearing an orange short-sleeved shirt. The woman on the right has long, wavy brown hair and is wearing a white short-sleeved shirt. Both are holding black mugs and laughing heartily, looking towards the right. In the background, other people are blurred, and there are indoor plants and modern lighting.

**Real women.
Real faith.
Real community.**



United
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When Life is Full, Find Your Well

WOMEN OF THE WELL CIRCLE MEMBER FEATURE

Less than a year after moving to the area, Katie Chalupsky found herself immersed in a busy season of life.

Between owning Burn Boot Camp Brandon, raising three active boys (ages 6, 8 and 10) with her husband, and managing a packed schedule of school events and sports activities, there was rarely a quiet moment.

But in the midst of the chaos, Katie realized something important was missing. She wanted to reconnect with her faith, find a church home, and raise her sons in a community centered on God.

That journey began when friend and UWFaith Circle Leader, Christine Schneidman, invited Katie and her family to St. Andrew's UMC and introduced her to a new Circle, Women of the Well. Inspired by the woman at the well in John 4, the Circle provides a welcoming space for mothers and women to find spiritual renewal, meaningful connection, and community amid the demands of everyday life.

FROM BUSY TO BLESSED: FINDING RENEWAL AT THE WELL

When the group launched, Katie immediately felt drawn to it and quickly realized it was exactly what she needed in this season. With meetings held virtually after her children are in bed, the Circle allows her to connect with other women without adding more obligations to an already busy schedule. She loves that participation is flexible, allowing members to engage in whatever way feels most comfortable—whether that means actively sharing, or simply listening quietly and soaking in the conversation.



"The Women of the Well is the circle I didn't know I needed," she says. One of the aspects Katie appreciates about the circle is the opportunity to journey through a Bible study, "She's Not Your Enemy" together. By focusing on one chapter per month, the group provides both structure and accountability, helping her stay intentional in her faith even during life's busiest seasons. The shared discussions encourage deeper reflection and create meaningful opportunities to apply biblical truths to everyday life. But for Katie, It's more than just a Bible study. **It's an opportunity to connect with women who share a strong foundation of faith and understand the realities of balancing full schedules, careers, families, and personal growth.**

Through this group, she's finding herself—growing in confidence, deepening her faith, and becoming more comfortable showing up as her authentic self, so she can better serve, love, and support the people who matter most in her life as a mom, wife, and friend. As she puts it, **"It's very important to pour into ourselves so we can pour into others."**

Historical Fun Fact



70 YEARS OF WOMEN'S ORDINATION IN THE UNITED METHODIST CHURCH

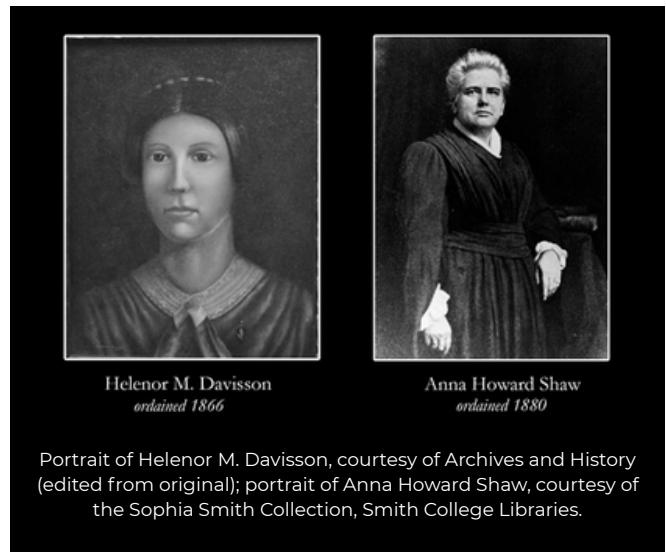
This May marks a profound milestone for The United Methodist Church: 70 years since the 1956 General Conference granted full clergy rights to women.

That historic vote in Minneapolis opened doors to full ordination that had been closed for generations, with Maud Keister Jensen becoming the first woman to receive those rights. Yet the story of women in Methodist ministry stretches back much further, to early voices like Sarah Crosby, Mary Bosanquet Fletcher, and Sojourner Truth, who preached and led long before ordination was ever formally extended to them.

In the decades since 1956, clergywomen have served as pastors, district superintendents, and bishops, reshaping the Church's leadership at every level. Today, 17 of the 32 residential bishops in U.S. jurisdictions are women—a remarkable shift that reflects both progress and the ongoing work of the Spirit. Still, wage gaps and representation disparities remain, reminding the Church that celebration and advocacy must go hand in hand.

As we mark this 70th anniversary, we give thanks for the faithful witness of those who paved the way and for the many women whose ministries continue to enrich and transform the Church today. As Bishop Delores J. Williamston reminds us, this anniversary is not only a commemoration—it is “a proclamation of hope for the future.”

Source: Response Magazine, May 2026



Cornerstone Family Ministries

Showered with Love

Cornerstone Family Ministries is a National Mission institution of United Women in Faith. Their mission is to make a lasting and positive impact in the lives of economically disadvantaged children and their families in our community by nourishing young bodies, developing young minds, and fostering hope through Christ...One child at a time.

Each year, United Women in Faith of Gulf Central District gives a Baby Shower for Cornerstone and donates diapers and wipes to them. We gave over \$5,000 in diapers and wipes online and in person at the Baby Shower. There will be lots of little bottoms throughout the year that will be thankful!

On May 30, 2026 the Gulf Central District members of United Women in Faith decorated the Social Hall of Oak Grove UMC (where one of the two Cornerstone early learning centers is located). We provided an abundance of pastries, fruit, coffee and juices for the staff of Cornerstone and families of the Caregivers of the Year (each chosen by the teachers of 14 classrooms). We recognized each Caregiver of the Year with a Gift to Mission card in their honor and included a \$40 gift card. We played Cornerstone Bingo. Each letter and number called included the history and facts about Cornerstone. With the purchase of the Bingo cards, netting \$385, Cornerstone can purchase more diapers and wipes.

We always do some activity while we are there to benefit Cornerstone, in addition to the diapers and wipes. This year we purchased the items for their Kid Care Packages. These are given to the children on Friday to take home and provide nutritional snacks over the weekend. We packed the items into 60 one-gallon bags with an inspirational note in each bag written by us.

Faith, Action, Sisterhood....just one day in the life of United Women in Faith.



Wonder Walk 2026

Why We Walk

The St. Andrew's Wonder Walk to support Cornerstone Family Ministries was a huge success this year. Our participants were encouraged to "walk, pray, and stand" with vulnerable children and families in the community.

We chose to have a basket raffle at the church rather than send baskets to the Bayshore location. **We had 27 church ministries participate in donating basket with themes ranging from beach time to knitting.** It was so much fun to see the excitement of children and adults as they decided on which baskets they wanted to try to win. **The basket raffle raised \$3,264.26** which, along with the donations to walkers, will support the work of Cornerstone Family Ministries.



We appreciate the creativity and support of our St. Andrew's congregation. On April 25, 2026, our walkers gathered at the church to begin a three mile loop up Bryan Road. Those who were unable to walk, gathered in the sanctuary to pray for the walkers and the children served by Cornerstone Family Ministries. Our goal for this year's walk at St. Andrew's was \$12,000 to provide scholarships for three students at Cornerstone. Every scholarship helps parents "earn and learn" while providing children with safe education, meals, and care.

To date, our walk and basket raffle has raised \$13,167.77. St. Andrew's raised the most money and had the most walkers this year! We are so grateful to those in our community who gave their time and money to support the 2026 Wonder Walk!



Book Review

GULF CENTRAL DISTRICT BOOK CLUB

The Happiest Man on Earth
by Eddie Jaku

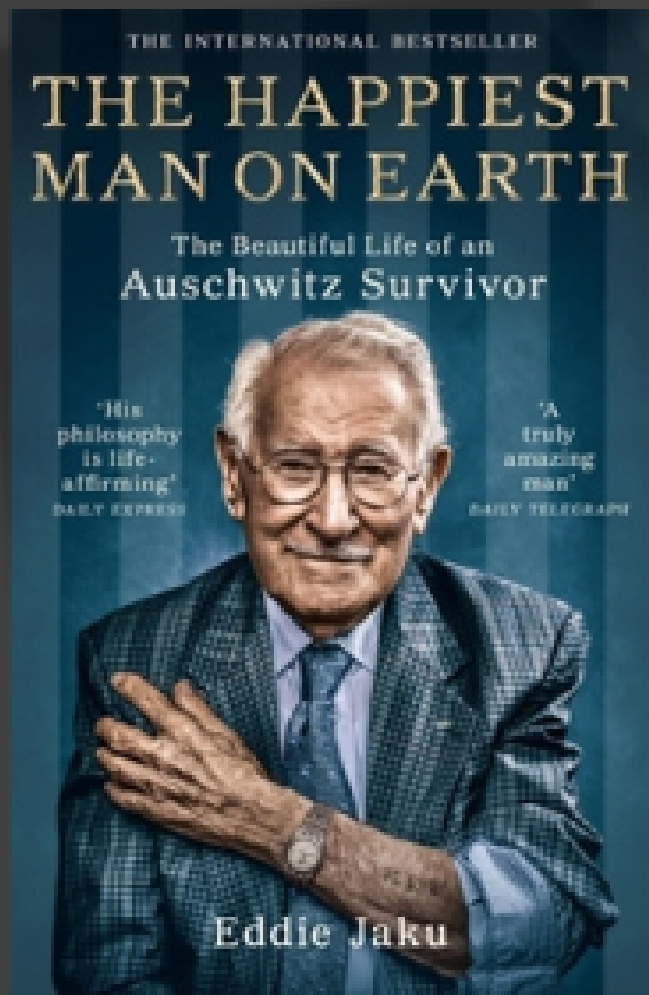
Our June book for the Gulf Central District Book Club was *The Happiest Man on Earth* by Eddie Jaku. This is a deeply moving memoir that shows the power of resilience, hope, and kindness.

Eddie Jaku survived the Holocaust, yet chose to embrace happiness, gratitude, and love in every moment of his 101 year long life. The story is heartbreaking, inspiring, and a reminder that even in the darkest of times, we can choose joy.

His journey challenges us to reflect on our own choices, relationships, and capacity for gratitude. It reminds us that even in the worst circumstances, there is a choice to embrace life and spread kindness.

One of the last sentences in the book is, **“Alone we are powerless, but together we are strong.”** This echoes one of the themes of United Women in Faith. We believe in the power of women coming together through faith to create real change. Real change for ourselves, our communities, and for future generations.

We are UNSTOPPABLE!





JOIN US AND BECOME **UNSTOPPABLE**



United
Women
in Faith

When women come together in faith, fueled by purpose, and a deep sense of commitment for our community we become something else entirely: **unstoppable**. **United Women in Faith isn't just an organization, we're a powerful movement.** We're spiritual, fired up, and never satisfied sitting on the sidelines. We're showing up for one another in bold life-changing ways.

You are invited to one of our Circle Groups and participate with us in our events. To learn more or to become a member, scan or click the QR code.





United
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ST. ANDREW'S UNITED METHODIST CHURCH
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