



United
Women
in Faith

January 2025 Social Justice News



As we move into the New Year, we reflect on 2024 and celebrate all the joy, reflect on the sorrows, and consider what we'd like 2025 to look like. It really all comes down to habits. What habits do we want to work towards establishing?

Here's what some other women are doing to help spare our environment and save our kids. I hope it serves as inspiration.

Elizabeth: "Each week, I call my representatives to ask what they are doing to protect the earth - what active bills are they supporting?"

Taylor: "I'm planning to buy more from local farmers rather than buying produce that's shipped in."

My personal crusade is making sure kids are getting healthy meals. If you feel strongly about childhood hunger too, call your rep and let them know that providing breakfast and lunch at school would be a good start to reduce behavior problems and interrupt the school to prison pipeline.

<https://www.nokidhungry.org/blog/how-does-hunger-affect-learning>

And if you want to eat healthier this year yourself, here are some great ideas from Stanford: <https://tinyurl.com/3s37yb86>

If you wanted to try going vegetarian for a meal, here are a couple of my favorite recipes:

Beans and Corn:

Drain and gently combine well - 1 can of white beans, 1 can of corn, 1 can of Rotel, 1 packet of taco seasoning. Heat in a saucepan and then put into ramekins. Cover in the cheese of your choice and broil until cheese is golden brown. Serves 4. Pair with a nice crusty bread dipped in olive oil and herbs.



Sweet Potato Soup. (freezes well)

Combine in a Dutch oven

3 T. Olive Oil

2 sweet potatoes peeled and cut into chunks

1 10 - 12 oz. bag of frozen butternut squash

1 medium onion of your choice chopped well

Optional, but good for protein: 1 - 2 cans of drained and rinsed white beans

Broth of your choice to cover ingredients

Cover and cook over medium low heat until everything is soft.

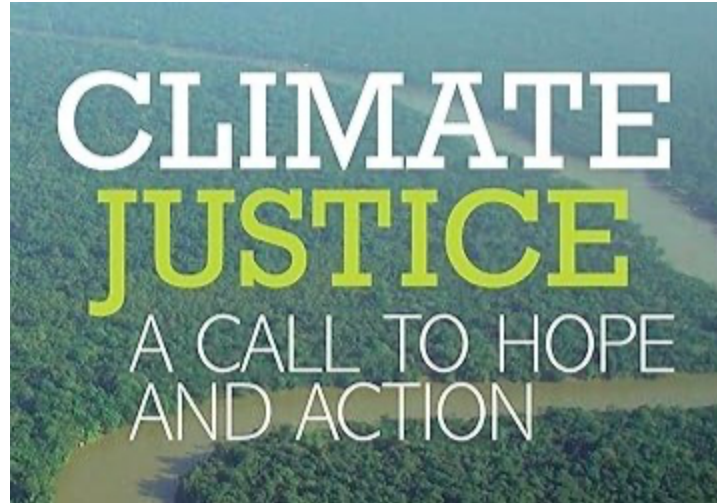
Use an immersion blender until smooth.

Add to taste: salt, pepper, thyme, rosemary.

Optional: red pepper flakes

Add a couple tablespoons of olive oil or butter for a final finish.

Top with pumpkin seeds.



Please join us for this year's Mission U Study.

A Call to Hope and Action:

2025 Virtual Mission U Study

Dates: January 19, 26, February 2 and 9, from 2 to 4:30 p.m.

Study Leader: Rev. J. R. Atkins

Study Book: Climate Justice-A Call to Hope and Action

A deep dive into what it means to set a right relationship with each other and the earth. The study is a collaboration with UWF and the MSC Creation Justice Task Force that brings resources and information specific to the MSC geographical area. The study will challenge attendees to consider what changes and actions are required to promote climate justice. How do we model our lives to address climate change? How do we more fully address how we can bring justice to people and our planet?

Learn more and sign up: <https://www.mtnskyumc.org/newsdetail/18799112>



I usually close with a prayer, but today I'd like to share a beautiful song I found called The Prayer of St. Francis. I'm listening to it each day before prayer as it calms and centers me. I hope you enjoy it too.

<https://youtube/aeqqi6nPKKO?si=tYnb56NYwTfGPUTz>