United Women in Faith

Faithful & Flourishing
August 2025

The Wisdom of Elders:

Growing up in the midwest, my grandparents relied on their neighbors - and neighbors relied on them. Not everyone had a car or a specific piece of farm equipment. As today often there were things that were only needed now and again.

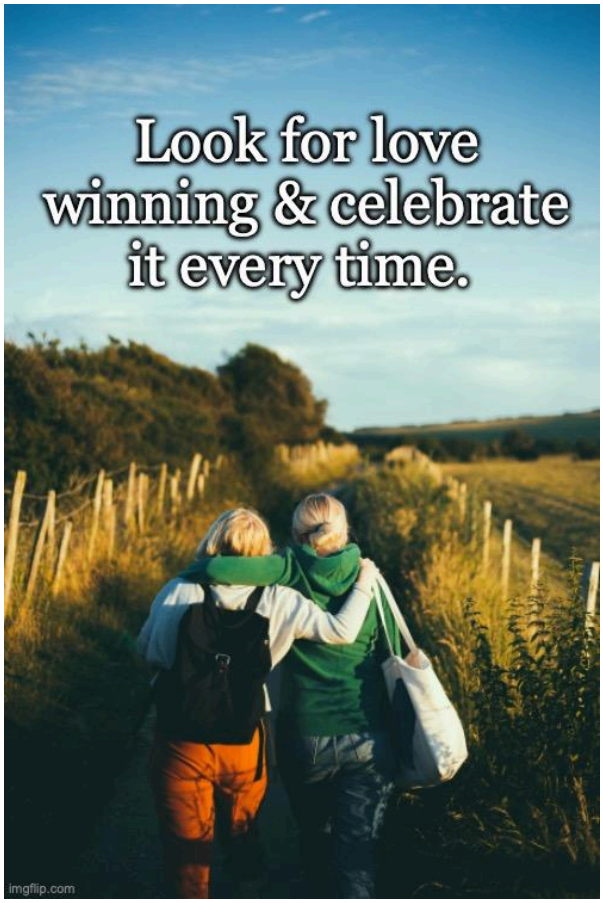
And so one neighbor kept the canning supplies and everyone got together in the fall as produce came in, they'd can like mad! Groups would go together to gather food and other supplies at the market - rather than each taking their own car. It was good for community, mental health, and the collective wallet.

We do some sharing now, but perhaps it's time to consider how we might do more of it. It feels almost like a foreign concept, but imagine the hundreds of items we have that we use only rarely. The mower, snow blower, blender, glue gun. Tools and lawn equipment. Crafting and cooking supplies. Even cars!

Have you ever thought about creating a neighborhood sharing network? Or expand on one you've already built?

The walls are alive!
A Dutch start up is designing bricks that encourage the growth of moss. Moss helps reduce the wall temperature during summer while also cleaning the air. The Netherlands has already begun using them in schools and social housing projects. How cool is THAT?

A SIMPLE PRAYER FOR YOU



Summer rolls. These are absolutely delicious - chewy and crunchy, cool and refreshing with just a little kick.

Grate or cut cabbage into thin strips. Same with carrots. Then cucumbers. You can also add shredded beets, chives, hot or sweet peppers, or toss in rice noodles, you like.

Mix all this deliciousness in a large bowl. Add your favorite dressing or make a slaw using mayonnaise or vinegar.

Add your choice of spices - salt and pepper is fine, but I like to add coconut aminos and sesame seed oil. And if you want that kick, a bit of cayenne or red pepper flakes. You can also toss in a bit of fresh jalapeno if you like.

Now for the fun part! Rice paper is available at most groceries. It comes in rounds. Use a plate or bowl that has some depth and fill it halfway with warm water. One at a time, put the rice paper in the water. If it begins to roll up, flip it over. You want it to retain the round shape. Leave in the water until it's flexible but not floppy. It's easier to work with that way.

Remove it from the water and put on a cutting board. Briefly blot it with a dry towel (not too much or it'll stick to your towel).

Add some of the veggie mixture being careful not to over fill.

Now fold in the sides of the rice paper and roll it up as tightly as you can. You can chill them in the fridge in a sealed container or just eat them right away.

Some people like to make a dipping sauce with salad dressing or sriracha, peanut sauce or BBQ sauce.

Try what you like and let me know how it comes out!