NORTHWEST SYNOD OF WISCONSIN

Women of the ELCA

The Northwester

Newsletter for Women of the Evangelical Lutheran Church in America
Northwest Synod of Wisconsin
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Northwest Synod of Wisconsin – Evangelical Lutheran Church in America NON PROFIT ORGANIZATION

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Meet your *NEW* SWO Board for 2014-2016!

Left to right: Mary Jane Sedin, Lake Superior Rep.; Brenda Wheeler, Heart of the North Rep.; Marian Nernberger, Chequamegon Rep.; Sue Saarem, President; Stephanie Rumstick, Dairyland rep.; Carol Johnson, Apple River Rep.; Dawn Wicklund, Secretary; Audrey Severson, Treasurer; Phyllis Grohn, Chippewa Valley Rep.; Emilie Horken, St Croix Valley Rep,; missing is Jan Allison, Vice President. [Jan was undoubtedly busy with the final wrap-up of the convention! ☺]

FROM THE PRESIDENT

In this first time writing for the Northwester I am going to give you the full version of the quick talk I gave at the end of the Convention in Eau Claire in May. I apologize to those who must endure it again. I might not have said it aloud, but when someone approached me about running for SWO President, the initial thought was, "no." But, she assured me I was qualified and that I could do the job, and would I please pray and think about it. I did ask a couple close friends to pray on my behalf as well. So here I am!

After the decision was made to run for this office, I proceeded to write out my "cute" list of ten goals I could use for "fixing" all that was wrong with this organization, going from 10 down to the number one reason... That was until Greg Kaufman had lunch with my husband and me at another retreat. I asked how he, as a male on the Bishop's staff, got stuck with being the liaison to all us silver hairs. Ladies, I think he really likes us!

He proceeded with several reasons why he genuinely seems to think we're great: *W/ELCA is leading the pack in doing the justice teaching, we put our money where our mouths are when it comes to doing the stuff,* we *give out seminary and lay school scholarships*, and he went on (the words here are my "recap"). It only took a two-minute after-thought to realize my goals needed to change! I literally trashed my list! It became way more appropriate to try to become a better W/ELCA cheerleader than Greg Kaufman.

I look at the most frequent complaints I hear about us and know that we do have work to do in some areas, so some of the items on my list will remain as goals. For instance, the recent SWO Board took some good steps to reach out to younger women. We need to further that process. Where are our sisters from up north? Maybe instead of expecting them to come to us, we could plan a fun road trip, especially in the fall when the autumn colors up there are every bit as pretty as those in New England.

Another area that seems worthy of consideration is hospitality practice. I was a recent retreat speaker at a Lutheran Church and was one of the last ones to get to the dining room for lunch. I found a vacant spot and sat. The food had been served family style to each table. I tried to get the attention of the women at the other end, where the bowls had been placed after they had served themselves, but to no avail. Finally, the woman between them and me had to ask more than once for the bowls to be passed. Are we really so busy in our cliquish conversations and having coffee or lunch with people we know that we aren't open to welcoming the newcomers?

An area that stems from my multi-denominational background is dear to my heart. I'm not sure what we can do with our Christian sisters in churches that have a different name than Lutheran on the sign post, but I think we need to try. Why do I suggest this? To get to the bottom line quickly, you need to know where I'm coming from! I was sprinkled in baptism as a baby in a Presbyterian church; we moved and I was confirmed as a teen in a Lutheran Church; when my father got upset with the pastor we went to the only other English-

speaking Christian church in that town which was Mennonite affiliated, and they dunked me in the lake. After another move, the Baptists dunked me in the tank at the front of their sanctuary; after marriage and a move, it was Presbyterian again and they believed that I had been baptized enough. Then, with no car after a divorce, my kids and I walked to a Baptist church, but we never asked about joining because they didn't like divorce. Another move and the closest congregation was Covenant; we attended there but I took a job as a secretary at a Methodist church; then I met and married a Lutheran pastor, so I'm back! And the bottom line that I promised? Many people in other denominations think Lutherans aren't really Christians because we try so hard to work our way to heaven. That hurts! I have enough of a rebellious spirit in me that I want to show them that we love and serve the same God! So how can we find more areas for cooperation? Let me know about things you are already doing in this area.

Yes, sometimes we take ourselves way too seriously. We could try to have more fun!

Last but not least, I challenge each of you to please make me accountable for praying about everything. I have put together a team of five ladies that have agreed to back me in prayer as I try to lead this organization. I cherish the prayers of each and every one of you, too. If you see me at Wal-Mart or JoAnne's or a concert, ask me what I've been praying about most recently. What would happen to W/ELCA and each of us personally if we became truly passionate about prayer? Let's find out!

Susan Saarem, President

Treasurer's Notes

WITH A GRATEFUL HEART.....

1 – THANK **YOU WOMEN OF THE NORTHWEST SYNOD of WI** for your financial gifts to the SWO Convention offering to support ministry. The offering received at our SWO Convention totaled $4942.25, of which $1,724.00 were personal offerings and $3,218.25 were congregational unit offerings

This offering has been shared ½ with Women of the ELCA ($2,472.00) to support their ministries, and ¼ with the Community Table of Eau Claire ($1,236.00). Since 1993, The Community Table has been nourishing hungry bodies and spirits in the Eau Claire Community. Currently, the Community Table serves one meal each day, 365 days a year on a no-questions asked basis. Whether hungry in body or spirit, one is always welcome at their table. The specific ministry for the ¼ designated for our companion synod of Malawi ($1236.00) will be decided later this summer when we visit with our Malawi guests.

2 – Thank you for supporting the Triennial Convention and Gathering offering. The Triennial Gathering Offering is designated as follows: ¼ to Lutheran Immigration and Refugee Service which is celebrating its 75th anniversary in 2014; ¼ to On Eagle's Wings Ministries, a North Carolina based organization that restores women and girls who have been sexually exploited through the commercial sex industry; and ½ to churchwide to support ministries of Women of the ELCA.
The Triennial Gathering Offering along with submittal Form B is to be sent to: Women of the ELCA, PO Box 71256, Chicago IL 60694-1256.

3 - It is with a grateful heart **I thank you, for the offerings received in your congregational unit whenever women gather** (Bible study, luncheon, quilting, planning sessions). **Our offerings are an expression of gratitude and stewardship.** A portion of your unit offering is kept for your local ministries, a portion (recommended 50%) is sent to your SWO Treasurer to support the ministries of the Synodical Women's Organization and the SWO Treasurer sends half of the offerings received to churchwide Women of the ELCA to support their ministries. **For example,** if you give a $10 offering to your unit, your unit keeps $5 and sends the other $5 to the SWO Treasurer. The SWO keeps $2.50 and sends the other $2.50 to Churchwide. **So your regular offering supports all expressions of Women of the ELCA and the ministries they support. We are all together in mission and together our offerings make a larger impact than what we individually could do.**

NEW SWO TREASURER

JULY 2014

Send your unit offerings, and convention expense funds ($30) to:
Audrey Severson
SWO Treasurer
N6059 530th St
Ellsworth WI
54011-5107

715-273-5019
nwswotreas@gmail.com

4 – It is with grateful heart that I have had the honor of serving as SWO treasurer for the past two years. Thank you for your questions, requests for information and your offerings to support the ministry of Women of the ELCA.

5 – Effective July 1, 2014, please send your unit offerings, questions, and requests to the new SWO treasurer, *Audrey Severson*. Look for her contact information in the box in this article.

6 – The chart to guide treasurers in their responsibilities has been updated with Audrey's name and address and is on our SWO website: http://www.nwswiswo.org. You can also use the nwswo treasurer e-mail to obtain a copy as well. This chart lists several types of giving and to whom that offering is to be sent – whether it be to the Synodical treasurer or to churchwide. **Links for the NEW** Offering Forms A & B are on our website as well as on www.womenoftheelca.org website.

7- **Please pass the information in this article to your treasurer so she has the current information for sending offerings to the proper place. Or better yet, give your treasurer a subscription to the Northwester.**

8 – Again, it is **with grateful heart that we thank and praise God for the active, faithful, and joyous stewardship of Women in the Northwest Synod of Wisconsin.** It is **you** and **your** offerings that support the many worthwhile ministries of your community, the SWO, and churchwide Women of the ELCA. Thanks be to God.

Phyllis Beastrom, outgoing SWO Treasurer

FROM OUR RACIAL JUSTICE ADVOCATES

Our Northwest Wisconsin Synod Women's Organization now as ***five*** trained Racial Justice Advocates – more than any other synod in the WELCA. We are very eager to speak to your units, conference events, or churches. We have a passion for making anti-racism/white privilege presentations! Please note our contact information below if you'd like us to come and speak in your area.

We have been busy the past couple months. Gail Lando and Angie Kutney spoke at the St. Croix Conference Morning of Renewal in New Richmond on April 5th and Diane Kaufmann and Marcia Lindseth spoke at the Dairyland Conference Day of Renewal in Osseo on April 23rd. Gail Lando and Kimberly Schafer spoke at our SWO Convention on May 2-3 in Eau Claire and Gail Lando, Diane Kaufmann, and Marcia Lindseth presented at the NW Wisconsin Synod's "Walking Together" event at UW-Eau Claire on June 7th. Each time we present, we find that more and more women want additional information about racial justice. Several indicate a desire for us to visit their units or churches and make presentations there, and some even ask to help us as presenters to spread our message throughout Northwest Wisconsin. We ARE making a difference in this synod and we are very grateful that our Synod Women's Organization supports our work with a budget and with encouragement.

At its June 17th SWO Board meeting, our Synod Women's Board voted to support some of the expenses for Kimberly Schafer to attend the Summit for Change and Justice in Washington D.C. this month. This is more evidence that our Synod Women's Organization is committed to the work of justice, especially as it relates to racism and white privilege. Be watching for opportunities for Kimberly to share what she learned at this very important conference on change and justice. We can expect to hear from her in the near future!

If you didn't get a chance to read ELCA Presiding Bishop, Elizabeth Eaton's column in the February 2014 issue of *The Lutheran,* please find it and read it. It is entitled" *Learning to Speak a Hard Truth."* In the column, Bishop Eaton writes about the ELCA as an overwhelmingly white denomination in a culture that is still majority European American. She notes that in its 25-year existence, the ELCA has barely moved the needle on the percentage of our members who are people of color or whose primary language is not English. She echoes what we, as Racial Justice Advocates, are teaching:

"Those of us who are white almost never have to think about being white. We can consider ourselves the norm. People of color, then, are implicitly expected to adapt. This, in and of itself, doesn't mean that we who are white are bad people. It's a system and reality that is already in place. We didn't create it. In fact, many of us can point to our own persecuted ancestors who came to America to have an opportunity for a better life. But no matter where we came from or why we had to come, the mere physical characteristic of being white admits us to a certain degree of privilege, just as being right-handed is easier than being left-handed in our culture."

She goes on to say, *"I yearn, not for a color-blind world, but for a color-amazed world where distinctiveness and diversity aren't washed out but are noticed and treasured as God's gracious gift. The only norm is that we are all children of God and sisters and brothers to one another."*

Amen!

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Angie Kutney
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angkutney@gmail.com

Diane Kaufmann
715-579-1731
dikaufmann@yahoo.com

Marcia Lindseth, 715-262-3498 (home), 651-278-8460 (cell), mlindseth@centurytel.net

SWO Convention Thank You's

Thank you from Marcia Lindseth, Past SWO President:

Thank you to all the women of our Synod who attended our May 2-3 SWO Convention. It was so nice to see everyone there! Thanks to convention chair, Janet Allison, and the convention committee of Becky Loftus, Lacey Loftus, Susan Carlson, Jean Larson, Peggy Schroetter, and Brenda Wheeler for the outstanding job they all did. Thanks to our Conferences for help with registration, hospitality, awareness session hostesses, worship service, decorations, publicity, and GPS Navigators. Thanks to Julie Riemenschneider, Parliamentarian, the Minutes Committee of Brenda Wheeler, Dawn Wicklund and Carol Medchill, Pastor Melinda Halom and Phyllis Beastrom for the music leadership, and to the Offering, Credentials, and Elections Committee members. Special thanks goes to Rev. Greg Kaufmann who is our SWO Photographer and technical "guru," helping us with all our IT needs. Thanks, too, to our dedicated SWO Board for all their efforts in planning and directing the convention. Putting on a convention is a lot of work and it takes many hands to make it be the inspiring event that it is so I want to thank everyone for another great SWO Convention! We truly were blessed to have such a great team working together on this convention!

Marcia Lindseth

Thank you from Jenny Michael, President of the Women of the ELCA and churchwide visitor to our SWO convention:

Thank you so much for your hospitality and warmth during your convention. I'm so excited to hear about the amazing activities that are happening here in NW Wisconsin! You are certainly women of vision and promise. I thank God for all that you do and I pray for your continued growth.

Jenny Michael

Thank you from The Community Table of Eau Claire, one of the recipients of our Convention Offering:

On behalf of The Community Table, I would like to thank you for your contribution of $1,236.00. Your financial support helps us continue our mission and assist those in our community. For over twenty years, The Community table has been serving hot food and hospitality to those in need. We offer daily, balanced meals on a no-question asked basis.

The Community Table was built and is supported by our community. It is a place where people come together over food, the most basic of needs, and quench their thirst for companionship, cooperation, and a sense of commonality. Each day, volunteers, staff, and guests share a table, breaking down barriers and feeding not only bodies but also spirits. Thank you for being a part of our Community. You are always welcome at our table.

Rachel Keniston, Executive Director

Thank you from Pati Kachel, Keynote Speaker at our Convention:

Thank you for providing the opportunity for me to share my presentation of *A Patchwork Quilt of Heartwarming Stories* with the women of the NW Wisconsin Synod at your convention. It was a joy to be with all of you! I loved to hear us sing *Great Is Thy Faithfulness* in four-part harmony! I think God was smiling down on all of us.

I pray that the collection of stories, songs, Scriptures and quilts that I shared were a great encouragement to all who attended. I hope that you will keep me in mind for future conference or synod events. I have many more stories to tell and would certainly be glad to come be with you again someday.

Joyfully, His servant and your sister, Pati Kachel

Convention Revue

The 2014 SWO Convention is history. From the 110 evaluations, I think we can count the convention as a success. We had 178 registrations and, in all, 188 attended (includes pastors, etc.)—down a bit from 2012, but a good attendance! Out of the 188 attendees, 110 completed the "revue" sheet with about 99% positive comments. Comments from the revue sheets (which I read before dinner on Saturday night, May 3) follow:

What did you like best about the convention?

Jenny Michael (WELCA Churchwide President) was awesome—very energetic with good ideas

I loved the message from Pati Kachel (keynote speaker, and there were many positive comments)

Valuable information of which I was not aware

Mood Swing Singers—AWESOME

Hagar International speaker was compelling (other speakers also singled noted as great)

Would have liked to attend more sessions—too many choices

Good variety of subjects

I love the fellowship—meeting old friends and making new friends

Four of us attended from our church. We all agreed that the awareness sessions were fantastic

Speakers—WOW!

Very well organized (expressed many times in a variety of ways—thanks committee)

Speakers were inspirational

Loved the singing

Loved the Communion service

Lots of different things to do

The excitement, empowerment, inspiration

The opportunity to attend—I was invited by a friend

Wonderful theme and wonderful speakers

Liked the venue for exhibitors—had more time to visit exhibits

I enjoyed all the music because the hymns were all familiar

Several of us from our church attended—**we will be back!**

Besides this, there were numerous comments about the energy generated by the speakers and their topics. Even the luncheon menu received positive comments (but the service for Friday night's supper did not—and that has been addressed with the Plaza staff).

If you didn't notice from the convention booklet, 14 scholarships were awarded. One recipient isn't even an ELCA member—would we call that "a mission"? She was grateful and she participated in one of the presentations.

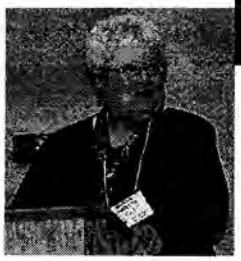
Eleven women volunteered to serve on the next convention committee! Imagine that! VOLUNTEERS!

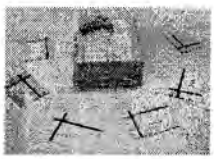
I am so grateful for the efforts of those who made this convention a successful event—conference representatives, the convention committee, those who helped with registration, and all the women whose names I don't even know that served as GPS, hostesses, Communion assistants, etc.

If there is anything else you wish to know regarding convention, just contact me. I'm still basking in the afterglow. In fact, on May 21 I heard more good things about the convention (from a woman who isn't even recruiting for the next time). The compliments are very energizing. Suggestions for next time are welcome.

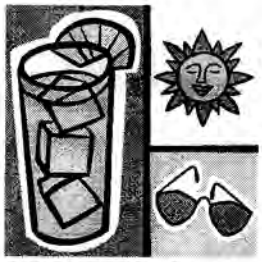
Janet Allison, Convention Coordinatorjallison@bloomer.net

Wisconsin
Conference
Rapids River
Conference





SYNOD RESOURCE CENTER



It looks like summer is really coming. After such a hard winter, spring/summer are a welcome change.

Your Synod Resource Center has been busy cataloguing books. Pastors sometimes bring their libraries to us. We go through the books to see if there are some we can use. As you might guess, there is lots of duplication, but there are some great additions to the Center, too. Duplications are weeded out and given to the Lay School of Ministry in the fall, usually October or November. The students love the books and we're glad to see them find a good home!

We will be at the "Walking Together" and Synod Assembly on June 7 – 8 at the UW-EC new Davies Center. A number of new resources have been received, so there will be some great materials to look at.

As always, we are so grateful to all of you for your monetary donations to keep the Center open and serving the congregations of the Northwest Synod of Wisconsin. Without your understanding and cooperation over these past nearly 14 years, there would have been an entirely different outcome for the Resource Center.

Thanks for all you do for the mission of Jesus Christ in your daily ministries.

Sincerely,
The NW Synod of Wisconsin
Resource Center Staff

"Walking Together" snapshots

Women of the ELCA display

"Using Social Media"

"Leaving Scarcity Behind"

"Chicken Coop Church"

"10,000 Quilts!"

"Small churches CAN dream Big!"

ADDITIONAL SYNOD RESOURCE CENTER NEWS

Churchwide Women of the ELCA recently sent each ELCA Resources Center two copies of two documentaries, *I BELIEVE YOU* and *HARVEST OF EMPIRE*.
Our Synod Resource Center received these gifts from Women of the ELCA, so they are available to us, our congregations, and our Women of the ELCA groups.
The funding came from Katie's Fund. These films will be shown at the Ninth Triennial Gathering in July.
Bonnie Weber, the assistant at our Synod Resource Center, wrote to Women of the ELCA: "As assistant director of the NW Synod of WI Resource Center, located in Eau Claire, I just received the 2 DVD's in the mail. I...am thrilled with this addition to our Center. Thank you, Churchwide Women, for the thoughtfulness of sharing these timely, touching, and soul-searching videos."
Bonnie had them at the recent Synod Assembly on June 7 & 8, did you see them there?

CAMPUS MINISTRY NEWS

Greetings!

On behalf of the UW-Stout, UW-Eau Claire, and UW-River Falls Lutheran Campus Ministries, we want to thank you for your continued support, encouragement and prayers. College is a significant time and transition period for a young person. Lutheran Campus Ministry is an important tool and resource for college students to discover more about their faith away from their home church and how they can see God working in their lives as they study and prepare for life after school. We strive to keep these young people connected to God and nourished in faith, feeling energized and excited to share God's love within their school and community. We ask that you keep our Campus Ministries in mind as you send off your high school seniors in your congregations.

If you know any students that will be attending any of these three schools this fall, we would love to get their names from you and reach out to them and get them involved in Lutheran Campus Ministry. At this time, UW River Falls Lutheran Campus Ministry is going through a transition time, so feel free to contact either of us with those student's names and we will get them into the right hands. We look forward to the future of Campus Ministry and our continued partnership with the Women of the ELCA. Thank you for all you do!

Blessings,

Katie Wagner, Director
University of Wisconsin-Stout
lcm@uwstout.edu

Pastor Alan Buresh
University Lutheran, Eau Claire
pastor@universitylutheran.org

Journey House
University of Wisconsin-River Falls
143 E Cascade, River Falls WI 54022

Unit News

Ladies Bike or Hike Day

God did indeed provide the women of First Lutheran in Barron with a beautiful spring day for their first bike or hike event at the Old Abe Bike Trail in Jim Falls. There were some bikers and some hikers who participated in the activity. There were many beautiful wildflowers in bloom. Some of them were trilliums, marsh marigolds, and June Flowers. Several baby turtles were observed sunning themselves on logs that were sticking up along the shore of the Yellow River. The walkers even spotted a yellow warbler. There were also geese swimming in the river and the birds were all singing. It reminded us of the song, "This is My Father's World," when the words say, "All nature sings, and round me rings, the music of the spheres." It was a fun day and everyone enjoyed it.

Mabel Madinga, Malawi Guest, to Visit our Synod Women

Our Synod Women's Organization is bringing Mabel Madinga, Administrative Assistant to Bishop Joseph Bvumbwe of the Evangelical Lutheran Church of Malawi, to our Northwest Synod to visit from July 18-22.
Mabel's visit to our Synod will precede her participation in the Women of the ELCA's Triennial Gathering in Charlotte, North Carolina July 24-27. Mabel will be one of several international guests at the Ninth Triennial Gathering. They will represent our ELCA Companion Churches.

All women in our Synod are invited to visit with Mabel while she's in our Synod! Mabel's schedule while in our Northwest Wisconsin Synod will be as follows:

Friday, July 18th- 6:00 pm	Potluck Supper with Synod Women's Board at home of Rev. Greg and Diane Kaufmann, 5207 – 70th St., Chippewa Falls, WI 54729
Saturday, July 19th -10 am-3pm	Informal Visiting with Mabel at "Daylily Dig" at Rev. Kaufmann's home, 5207 – 70th St., Chippewa Falls, WI 54729(Come and dig some daylilies – proceeds to benefit Zomba Parish in Malawi)
Sunday, July 20th-9:45 am *(Chippewa Valley Conf.)*	Our Saviour's Lutheran Church, 1300 Mansfield Street, Chippewa Falls Church service followed by brunch and social time with Mabel
Sunday, July 20th -7:00 pm *(St. Croix Conference)*	English Lutheran Church, 229 W. Main, Ellsworth, WI 54011 Sharing by Mabel, followed by dessert and coffee
Monday, July 21st -2:00 pm *(Dairyland Conference)*	Peace Lutheran Church, 13083 Main (Hwy 121), Pigeon Falls, WI 54760 Sharing by Mabel, followed by coffee and dessert
Tuesday, July 22nd -5:00 P.M *(Heart of the North Conf.)*	First Lutheran Church, 4 W. LaSalle Ave., Barron, WI 54812 Potluck Supper, followed by 6:00 P.M. Program with Mabel

Would you like to know what is happening in our Companion Church, the Evangelical Lutheran Church of Malawi? Are you wondering how the ELCA's Malaria Campaign is helping our brothers and sisters in Malawi? Do you want information about what the Lutheran women in Malawi are doing in their churches? Are you pondering how our synod churches can walk in accompaniment with our Malawi companion churches? Are you interested in what we can learn from our Malawi companions in order to have more effective ministry here in our churches? If you are interested in these questions and others, please come and listen to Mabel, ask questions, and share. This is a wonderful opportunity for the women (and men) of our synod, so do try to come to a church near you and be prepared for an inspiring and educational time with Mabel Madinga!

All Women (and Men too!) are Invited to any of the above locations to hear Mabel!

If you have questions, contact Marcia Lindseth (Coordinator for Mabel's Visit to our Synod) at 651-278-8460 or any of the above hosting churches.
Special thanks to all who are hosting Mabel overnight in their homes and providing transportation from one location to the next location!

MORE UNIT NEWS

As we are experiencing an overabundance of mosquitos this spring, we can only imagine what it is like in Africa.

In March, Dovre Lutheran Church, rural New Auburn, had a "Buzz off Mosquitos" day. The Women of the ELCA placed 50 mosquitos [like the illustrations] on windows, doors, walls, piano, hanging from the ceiling, on as many places they could in the sanctuary. Then, members were encouraged to pay $10.00 per mosquito to remove it from its position. A miniature net was provided for placing them in after removal.

As encouragement, they were told of the fact that every 45 seconds, a child in Africa dies from malaria. The death of even one child is one death too many. The goal of the ELCA Malaria Campaign is to raise $15 million by 2015. This is enough to fund malaria prevention, treatment and education programs in eleven countries in Africa. We'll bring mosquito nets, water treatment, medicine, technologies and education to affected households and communities in Africa. Together, we can overcome this disease... and make malaria history.

In 2013, $510.00 was raised for the Malaria Campaign. However, in 2014, over $700.00 was gathered for the project. It was necessary for us to put additional mosquitos out since the first 50 were taken down quite quickly.

This undertaking has created interest among the youth and adults of the congregation as well as visitors who attended our Sunday morning worship services. It has been amazing to see the amount of interest that the 'mosquitos' have encouraged our members to participate!

Additionally, the Dovre church has celebrated Rogation Sunday, where the farmers drive their tractors to worship to be blessed for the upcoming planting season. They also brought bags of seed corn, soybeans, peas and barley, etc. These bags were placed in the chancel area along with a bucket of soil and a bucket of water. Children were encouraged to bring their pedal tractors and ride them down the aisle to be blessed. The pastor blesses all of the items brought to the church.

After the service ends, the congregation gathers for a chili lunch that is served by the men of the congregation. The only cost is a free will offering which in turn, is given to Good Gifts to purchase animals in Third World countries.

Thank you to Arlene Hoveland, of Dovre Lutheran of New Auburn for the article.

Did you know that the words "Fear Not" or "Do Not Be Afraid" appear 365 times in the Bible?
One for every day of the year. Isn't that interesting!
And it applies to everything about each day too...

TRIENNIAL IS ALMOST HERE!

Some of us will soon be on our way to Charlotte for the Ninth Triennial Gathering. If you've ever gone to a Triennial before, you know that a lot of SWOs come up with something to wear to show they're from that synod, such as a hat, a scarf, a pin, a vest, etc. Our new SWO President, Sue Saarem, came up with a great idea. She has made a baby hat, you take diaper pins and pin a comb, a round-edge scissor and a spool of thread on the baby hat, tied up with a ribbon also, and wear it like a corsage. It contains something from each of the kits that we send to Lutheran World Relief; at the end of the Gathering, we untie our corsage, take it apart, and give it as in-kind gifts. Isn't that great?

Many SWOs also hand out items to other women, such as pins or bookmarks and things like that. This year, we've decided to hand out rubber bracelets like those that are worn for cancer funding, only we're doing this for the Raising Up Healthy Women and Girls Initiative. Heart disease is the No. 1 killer of women in this country, and this initiative raises awareness of ESP – emotional, spiritual and physical health, especially heart health. Funds are used to give grants to churches doing after-school programs for girls, exercise programs for older women, and community gardens, to name a few. This Triennial they are once again doing a 5K Run, Walk and Roll to raise money for this initiative. I have signed up again to participate so I'm looking for pledges of $5, $10, or more. You can make the check out to Women of the ELCA and put RUHWG-Run, Walk and Roll in the memo line and send it to me at 23770 Old 35, Siren, WI 54872. If you wish, you can send a check directly to Women of the ELCA, Attn: Valora Starr, 8765 W. Higgins Road, Chicago, IL 60631-4189. Thank you!

Whether you're heading to Charlotte or not, you can bring or send in-kind gifts. I won't list them all in detail here, because you can go to the Women of the ELCA or our own Northwest Wisconsin SWO website to get the full list. They are looking for gift cards in any amount, beginning with a minimum of $10, from Target, Walmart and K-Mart. We're looking for hygiene items for women, teen girls and teen boys: deodorants or antiperspirants (no aerosol cans), body wash and body puffs, shampoo and conditioner, hair gels, moisturizers, toothbrushes (in original packaging), toothpaste, dental floss, disposable razors, feminine hygiene products, wide-toothed hair combs and brushes. Socks and underwear are needed in any size and color for women, teen girls and teen boys. Bras in any size are needed for women and teen girls. I hope many of the local units and individuals have been busy making prayer shawls as well. Your items can be mailed to the following address, to arrive by June 15, 2014: Women of the ELCA, In-Kind Gifts, 8765 W. Higgins Road, Chicago, IL 60631-4101.

The countdown has started! We will soon be on our way. We have Mabel Madinga coming from Malawi to spend a few days with us in the Northwest Synod and then coming to the Triennial with us! Look for her schedule on another page of the newsletter. We ask your prayers for safe travel for all of those women attending from around the globe. ***Don't forget – in 2017, the Triennial is in Minneapolis!***

Blessings,
Roberta

Like Father, like child...

As we celebrated Father's Day, we likely see traits in our dads [or other father figures] that we hope to be known for ourselves: integrity, gentleness, a great sense of humor, a love of learning, a humble spirit.

Amy Grant's song "Father's Eyes" tells of a young girl who wants nothing bore that for others to recognize her father - and her heavenly Father – in her. "When people look inside my life, I want to hear them say, 'She's got her father's eyes.'"

What characteristics of God your Father are reflected in your eyes, heart and life? And what godly qualities would like to cultivate?

raising up
HEALTHY WOMEN AND GIRLS

Raising Up Healthy Women & Girls

Why a health initiative?

When we commit to caring for ourselves, we can then fully commit to our purpose and mission. We can commit to God's command to make disciples in the world and stand ready to serve others. Healthy women can produce healthy families, churches, and communities, and can develop healthy, more just, and more holistic societies.

What is it all about?

We are committed by our purpose statement to promoting healing and wholeness in our church, society, and world. Making a real difference in the total health of women begins at the "heart" of the matter: being physically, emotionally, mentally, and spiritually healthy and balanced women.

The current realities

According to the American Heart Association (and its division, the American Stroke Association) heart disease and stroke are the No. 1 and No. 3 killers of women in America. So many women are directly affected by heart disease and stroke, and indirectly by the high blood pressure, diabetes, obesity, upper respiratory illnesses, and restricted quality of life related to them.

Women also face many barriers to being in control of our own health care of serving as healthy role models to the girls and families we are raising. Our vision is to support women and together address some of the harsh realities women face, particularly around heart disease and stroke.

Run, Walk & Roll

Yes! You will have the opportunity to take part in the fourth *5K Run, Walk and Roll.* This event has become a major public witness of the commitment to our health initiative, Raising Up Healthy Women and Girls. It is also the primary means of funding the initiative that has changed the lives of thousands of women and girls. Participation has grown since our first Run, Walk and Roll in 2005. Will we break 500 in 2014? You can support our own Roberta Bitler: *"I have signed up once again to participate so I'm looking for pledges of $5, $10, or more. You can make the check out to Women of the ELCA and put RUHWG-Run, Walk and Roll in the memo line and send it to me at 23770 Old 35, Siren, WI 54872. Or you can send a check directly to Women of the ELCA, Attn: Valora Starr, 8765 W. Higgins Road, Chicago, IL 60631-4189. Thank you!"* (Just make sure you indicate that you are supporting Roberta if you send your check to churchwide).

Eating 'The Colors of Health'

Scientists say for optimum health, eat a rainbow of colors". Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals your body uses to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and *heart disease.*

Blue/purple: blackberries, blueberries, plums, raisins, eggplant, and purple cabbage, just to name a few.
Green: avocados, Green grapes, Kiwi, asparagus, green beans, cucumbers, peas, celery, spinach and zucchini, for example.
White: bananas, white peaches, cauliflower, jicama, kohlrabi, onions, white potatoes, turnips, are among your choices.
Yellow/orange: apricots, cantaloupe, grapefruit, lemons, peaches, pineapples, butternut squash, sweet corn, rutabagas, for example.
Red: red apples, cherries, cranberries, strawberries, watermelon, beets, radishes red potatoes, rhubarb and tomatoes, to name a few.

10 great health foods:

Almonds-[packed with nutrients and fiber and good for your heart]
Apples-[good source of soluble fiber and vitamin C],
Blueberries [loaded with phytonutrients, which may help prevent heart disease and diabetes],
Broccoli-[Improves eye and skin health, good source of folate and vitamin C],
Spinach-[boosts your levels of folate and vitamins A & C; also protects eye health],
Red beans-[such as dark red kidney beans, low-fat source of protein and dietary fiber, as well as phosphorous and potassium],
Salmon-[with omega-3 fatty acids, reduces heart disease risk and may boost mood or ease depression],
Sweet potatoes-[high in beta-carotene, vitamins and minerals, which helps slow the aging process and reduce the risk of some cancers],
Vegetable juice-[has nearly all the vitamins and minerals (except fiber) found in the source vegetables] and
Wheat germ-[sprinkle some on your hot or cold cereal for a nutrient and vitamin boost].

WHY SEND QUILTS . . .

When you make and send a quilt to LWR, you are not only comforting someone you have never met, but providing a object that is useful in ways you probably never imagined. In addition to being a cozy, clean new bed cover, it can be a baby carrier, a market display, spread on the ground and piled with vegetables; a sack for transporting those goods to market; a sunshade; a shawl; and most importantly a constant reminder that someone, far away. cares a lot. Shipping cost for LWR to ship a quilt is $2.25.

WHY SEND PERSONAL CARE KITS . . .

When LWR distributes Personal Care Kits, it's often to people who have lost everything. In the wake of an earthquake, or having fled from violence as their homes were overtaken, they clasp a towel from a faraway place, with a bar of soap, a toothbrush and washing up, they know that they have not been forsaken by thee work.

It cost LWR about $2.65 per Personal Care Kit to add toothpaste and deliver it overseas.

WHY SEND BABY KITS . . .

A Baby Care Kit from LWR is like a promise. It says to that baby, *Your need will not be neglected by this work. You matter to us.* When you send Baby Care Kits, you provide encouragement by welcoming these little ones into an international community that cares. Baby Care Kits are distributed as part of emergency and relief efforts, to be sure, but they are also given out as part of LWR health initiatives to encourage women to see prenatal care. One such initiative in Mali provided training for local prenatal health care workers who were given Baby Care Kits to distribute when they assisted with births. These kinds of programs help more babies in rural, poor areas receive a healthy start in life.

Delivering Baby Care Kits to the children who need them most cost LWR about $1.30 per kit.

WHY SEND FABRIC KITS . . .

Teach a person to sew and you've given them tools they can use to earn an income, support their family and break out of poverty. Many of the thousands of Fabric Kits LWR distributes are used in vocational training programs to teach young men and women useful and marketable sewing kits.

Delivering Fabric Kits to the people who need them most cost LWR about $1.00 per kit.

WHY SEND SCHOOL KITS . . .

To the children who receive School Kits, these supplies mean the difference between getting an education or not. Public school is usually free, but in the places where LWR works, even a few required supplies, like pens and paper, may be more that many families can afford. And when parents can only afford to send one of their children to school, girls rarely get priority . . .yet the education level of mothers has the biggest impact on development.

Delivering School Kits to the children who need them most cost LWR about $1.40 per kit.

START NOW! CHALLENGE YOUR CONGREGATION . . .

See who can find the best bargains! See how many Quilts, School, Baby Care, Fabric, Personal Care kits they can gather and send to LWR in 2014. School supplies go on sale in July. Garage sales are happening now! You can even track your kits. Check: www.LWR.org under: Get Involved: Kits

Don't think you can assemble the kits or make quilts, why not collect an offering and help ship the kits where needed

'GATHERING' TOGETHER……..
A mini-retreat introducing the 2014-2015 "Gather" Bible Study

"TRANSFORMING LIFE AND FAITH"

Saturday, September 6, 2014
Immanuel Lutheran Church
104 Snelling Ave So. St. Paul, MN.

Theme Verse "…be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect." Romans 12:2b

This Bible Study, found in the Gather magazine, was written by Carol Schersten LaHurd Ph.D. Professor LaHurd is a lifelong teacher: Red Cross swimming lessons, high school English, parish education, and, for the past 30 years, biblical studies, Islam, and interfaith relations in colleges, seminaries, the church and the wider community. With her family, she has lived in Damascus, Syria, and Sana'a, Yemen where she taught and did research on women in Islam. She has published many scholarly articles on biblical and interfaith topics. She is the author of "Luke's Vision: The People of God," the 1998 Bible Study for Lutheran Woman Today. Currently she teaches at the Lutheran School of Theology at Chicago

Our presenter will be Rev. Cindy Bullock – Senior Pastor of Immanuel Lutheran Church.
Pastor Cindy has been pastor of Immanuel since 2011. She received her MDiv from Lutheran Theological Southern Seminary in Columbia, SC. and has served congregations in Virginia, Texas and West St. Paul, MN. Pastor Cindy has a passion for faith in daily living: discovering ways to live out God's call in the home, workplace and community, and she Loves Bible Study! She will give us an overview of upcoming lessons, and lead us through Session 1: "Transformation and Conversion."
Please share this with other women in your congregation and invite them to attend.

Leader's Guides and Companion Bibles
We have the opportunity, again this year, to place a bulk order for these resources through the Women of the ELCA. This will be less expensive than ordering separately.
Cost will be $8.50 for the Leader's Guide, and $4.50 for the Companion Bible. They will be available on September 6.
Please call or E-mail me by July 15 with your order. Include your name, congregation, phone number/E-mail address and the quantity of each book you wish to order. Extras will not be ordered as we will have to pay to return them.

In His Love,
Virginia Coller, Committee Chair
651-777-0584 or ginnacoller@hotmail.com

About the Author of the Bible Study

Carol Schersten LaHurd is a lifelong teacher: Red Cross swimming lessons, high school English, parish education, and, for the past 30 years, biblical studies, Islam, and interfaith relations in colleges, seminaries, the church, and the wider community. After earning degrees from Augustana College (Illinois) and the University of Chicago, she received a Ph.D. in New Testament from the University of Pittsburgh and Pittsburgh Theological Seminary. She is author of "Luke's Vision: The People of God," the 1998 Bible study for *Lutheran Woman Today* (now *Gather*).

GATHERING TOGETHER.....
A mini-retreat introducing the 2014-2015 "Gather" Bible Study

"TRANSFORMING LIFE AND FAITH"
Author: Carol Schersten LaHurd Ph.D.

Presenter: Rev. Cindy Bullock – Senior Pastor of Immanuel Lutheran Church

DATE: Saturday, September 6, 2014

PLACE: Immanuel Lutheran Church. 104 Snelling Ave So., St. Paul, MN. The church is located one mile south of I-94 and Snelling. The church is handicapped accessible by using the front door on Snelling Ave.

TIME: 8:30-9:00am – Registration
9:00-1:00pm – Program and Lunch – The luncheon includes chicken pasta salad, vegetable salad, fresh fruit, breads, sherbet and beverages.

SPONSORS: ELCA Women of Immanuel, Gloria Dei, Lutheran Church of the Resurrection and St. Mark's (North St. Paul)

Nursery services available – if bringing children, please bring along a bag lunch for each. Milk will be provided.

NOTE: Bring your September Gather magazine, your Bible and the Leader's Guide-if possible.

COST: $15.00 (includes registration, speaker, breaks and lunch). Payable to ILCW.
Bible Study Only (No lunch) - $8.00. Memo: Bible Study Enrichment.

Send registration and payment – due by Sept. 3 to:

Judy Carney
1841 Pascal St.
St. Paul, MN. 55113-6150

For further information: Please call Virginia Coller (651-777-0584)

Registration for the Introduction to the 2014- 2015 Gather Bible Study

Name:_____ Phone:_____

Address:_____

Church:_____

Cluster (if known):_____ Dietary restrictions_____

Do you need nursery services? ____If yes, list names and ages of children_____

Church Leaders: Please copy and distribute as needed.

THE DIARY OF A BIBLE

January 16: "I've been resting quietly for a week. The first few nights after the first of the year my owner read me regularly; but now, has forgotten me, I guess."

February 2: "Cleaned up. I was dusted, along with other things, and but back in my place."

February 22: "My owner used me for a short time after dinner. Looked up a few references. Going to Sunday school 'tomorrow.'"

March 7: "Cleaned up. Dusted, and in my old place again. Have been down in the lower hall since my trip to Sunday school."

April 2: "Busy day. My owner led a Christian endeavor meeting and had to look up references. He had an awful time finding me, although I was right here in my place all the time."

May 5: "In Grandma's lap. She is here for a visit today. She left a teardrop on Colossians 2:5-7."

May 5: "In Grandma's lap again this afternoon. She spent most of her time on 1 Corinthians 13, and the last four verses of the 15th chapter."

May 7, 8, and 9: "In Grandma's lap every afternoon now. It's a comfortable spot. Sometimes she reads me, and sometimes she talks to me."

May 10: "Grandma's gone. Back in my old place again. She kissed me goodbye."

June 4: "Had a couple of four-leafed clovers stuck in me today."

July 1: "Packed in a trunk with clothes and other things, off on a vacation, I guess."

July 7: "Still in the old trunk."

July 10: Still in the old trunk, although nearly everything else has been taken out."

July 15: "Home again, and in my old place. Quite a journey, although I don't see why I went, for I never got taken out of the trunk."

August 1: "Rather stuffy and hot. Have two magazines, a novel, and an old hat on top of me. Wish they would take them off."

September 10: "Cleaned up. Dusted and set right again."

September 22: "Used by Mary a few minutes today. She was writing a note to a friend whose brother had died, and wanted to find an appropriate verse."

October 1: "Back in my old place again. Not even dusted this week. I seem to be used only in emergencies. Wonder why they bother with me...."

From a Delaware-Maryland SWO newsletter - seen in Churchman's Magazine

Psalm 23 for the Worker

The Lord is my real boss, and I shall not want.
He gives me peace, when chaos is all around me.
He gently reminds me to pray and do all things without murmuring and complaining.
He reminds me that He is my source and not my job.
He restores my sanity every day and guides my decisions that I might honor him in all that I do.
Even though I face absurd amounts of emails, system crashes, unrealistic deadlines, budget cutbacks, gossiping co-workers, discriminating supervisors and an aging body that doesn't cooperate every morning, I still will not stop - for He is with me!
His presence, His peace, and His power will see me through. He raises me up, even when they fail to promote me. He claims me as His own, even when the company threatens to let me go.
His faithfulness and love is better than any bonus check. His retirement plan beats any 401K there is!
When it's all said and done, I'll be working for Him a whole lot longer and for that I will bless His Name!

Received from a friend who heard it in a sermon...

2014 CALENDAR OF EVENTS

JULY

- 22-24 – NINTH TRIENNIAL CONVENTION, Charlotte, North Carolina
  Our Delegates: Dawn Wicklund & Rhonda Cummings – First-time attendees
  Avalene Swanson, Phyllis Beastrom, Carol Medchill, Marcia Lindseth, Audrey Severson, and Carol Johnson
  Alternates: Diane Campbell, Gail Lando, Mary Lou Wold, and Kay Shager.
  Kay Shager is also alternate for first-time attendee
- 24-27 – NINTH TRIENNIAL GATHERING, Charlotte, North Carolina

AUGUST

- 11-12 – Heart of the North Conference Retreat, Luther Park, Chetek – speaker, Rev. April Ulring Larson
- 13-14 – Chippewa Valley Conference Retreat, Luther Park, Chetek – speaker, Gary Olson
- 14-15 – Dairyland Conference Retreat, Luther Park, Chetek
- 16 – Fall Retreat, Apple River Conference, Luther Point Bible Camp, Grantsburg

LOOKING AHEAD – SEPTEMBER 27th

FALL LEADERSHIP TRAINING at Bethany Lutheran in Rice Lake

REGISTRATION/COFFEE 8:30 - MEETING at 9:00

Why so early in the morning? The SWO Board listened to your evaluations of last year's leadership. You said you wanted to learn more, but you need a break in the middle, too! We have double breakout sessions planned that will include the usual get-together for unit officers, but we also have some exciting new plans for a panel of participants from the Triennial, Kimberly Schafer's report on the National Summit for Change that she attended in Washington D.C., and a Women and Justice "Process Builders" listening session. More information will be sent to each unit in August. And we will still complete our morning with a delicious lunch provided by the Bethany kitchen crew.

SEPTEMBER

- 6 – Mini-retreat introducing 2014-2015 Bible study, Immanuel Lutheran, St Paul, MN (see info on earlier pages – the Bible study introduction at Luther Seminary has been cancelled. This is an opportunity to attend another if you are interested.)
- 27 – SWO Leadership Training Meeting, Bethany Lutheran, Rice Lake. Registration/coffee at 8:30 am, meeting will begin at 9:00 am.

OCTOBER

- 8 – Leader Training Meeting, Dairyland Conference, Little Norway Lutheran, Black River Falls
- 25 – Leader Training Meeting, Apple River Conference, Balsam Lutheran, Amery

NOVEMBER

- 15 – SWO Board **and** Conference Coordinators, Shepherd of the Hill Lutheran, Elk Mound

Remember to keep in prayer all of the Delegates and visitors to the Ninth Triennial for safe travel and wonderful experiences while in Charlotte, NC!

JULY 24-27, 2014
Ninth Triennial Gathering
of many generations

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NEWSLETTER INFORMATION

The Northwester is published four times a year by the Northwest Synod of Wisconsin Women's Organization. *Local units* are *encouraged to subscribe for all of their officers,* **including the president *and your pastor***.

The SWO board trusts that local units will help them be good stewards of the offerings that are sent to them by helping to offset the cost of publishing *The Northwester*. Subscriptions to the newsletter are **$6.00** per year. ***- - - And Yes, you may renew for multiple years!!! - - -***

The due date of your subscription appears on the address label. ***Reminders are not sent,*** so please watch your label for your expiration date and renew.

All address changes and any questions concerning subscriptions should be addressed to Eleanor Johnson, Editor, at the address below. [Or email at **hdjebjohnson@tds.net** If you are emailing, *please* include Northwester or W/ELCA or subscriptions in the subject line]. This newsletter may be photocopied.

DEADLINE for the next issue of *The NORTHWESTER* is **SEPTEMBER 1, 2014**

✂----------

Enclosed is payment of **$6.00** payable to: ***WOMEN OF THE ELCA,*** **Northwest Synod (SWO)**

Name _____

New _____ Renewal _____

Street _____

City _____ State _____ Zip +4 _____

Home Telephone _____

Church _____ Conference _____

(Email) _____

Mail to: Eleanor B. Johnson, W5370 Century Road, Greenwood, WI 54437-8308 ----- hdjebjohnson@tds.net

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