

SNOW

The Mission of the Women of the ELCA is: "To mobilize women to act boldly on their faith in Jesus Christ."



"Grow and Go"



"Grow in grace and knowledge of your Lord and Savior Jesus Christ. To him be the glory both now and forever. Amen! 2Peter 3:18

On June 11 & 12, women from 287 congregations in Northwestern Minnesota will be gathering at Calvary Lutheran in Perham, Minnesota for the Northwest Minnesota Synodical Convention! Our theme this year is "Grow and Go". It is our hope that your faith will be increased and you will go and share the Good News!

We are excited to have Inez Torres Davis from Women of the ELCA in Chicago as our keynote speaker. Inez specializes in social justice assisting all participants in promoting healing and wholeness in our church, society, and world. Inez coordinates the Women of the ELCA grants program, and develops resources, events, and conversations related to racism, cross-cultural understanding, and the care of creation. Inez has written several resources and offers workshops and retreats on these topics.

We will also have an afternoon of workshops that you can choose to attend. We will focus on the three mission areas of Women of the ELCA: Growth, Action, and Community. Inez Torres Davis will help create a "Sacred Space", Helen Phalen will share tips about her passion to get young people involved, and a representative from Dakota Boys & Girls Ranch will be sharing stories of how their ministry has reached young people in a big way!

The Triennial convention will be coming up in July of 2011 in Spokane, Washington. We will be electing delegates. To help raise money for these delegates we will again have a Silent Auction. Be thinking about sending someone(s) from your congregation!

So mark your calendars for the Synodical Convention in June, and be looking for more details from your congregational officers

Synodical Women Contribute Heartily

Our Northwestern Minnesota Synodical Women's Organization responded to the crisis in Haiti with their hearts and dollars. The SWO Board voted to send \$10,000 to ELCA Disaster Relief – Haiti, and \$5,000 to Lutheran World Relief. "Usually this money would have been given to several other places that might have needed it," said SWO President Elaine Scheer. "But the Board felt that Haiti needed an enormous amount immediately. We can always give some to other concerns later, but lives come first. We are proud of what we can do with the money given to us by our women of the ELCA."

Spring 2010



Are you regularly checking out our churchwide website at www.womenoftheelca.org? The newest resource is "Finding Your Bold," which is based on 2 Corinthians 3:4-6a, 12. This resource is developed from the "I am She" program and can be used in any small group setting as an ice-breaker activity. This can be downloaded – free of charge!

Remember in Prayer

Word has been received that Rev. April Larson's (former Bishop of the ELCA LaCrosse, Wisconsin, Area Synod) and Rev. Judd Larson's son, Ben, daughter-in-law, Renee, and nephew, Jonathan, were in Haiti at the time of the earthquake. Ben was killed when the building (St. Joseph's home for Boys) in which they were in at the time of the quake, collapsed. Efforts were made to save him, but failed. Please keep the family in your thoughts and prayers during this difficult time.

The Larsons are pastors in Duluth. April is the senior pastor at First Lutheran Church, and Judd is retired and serving as an interim at Our Saviors Lutheran Church, Duluth. Renee and Jonathan told of their escape from the collapsed building and their unsuccessful attempts to rescue Ben.

They also talked about the suffering of the people of Haiti,

their strong feelings of gratitude for the ELCA, and the positive influences it had on Ben throughout his life. The three senior students at Wartburg Seminary, Dubuque, Iowa, went to Haiti to teach Lutheran theology to members and pastors of the Lutheran church during the seminary's January term. Ben played and sang in the bands at ELCA Global Mission events and the 2008 Women of the ELCA Triennial Gathering in Salt Lake City.

"Grow & Go"

Save the dates of June 11 & 12 and plan on attending the Synodical Convention in Perham. Like last year, we will have a silent auction to raise money for women attending the Triennial Convention in Spokane, Wash. If you have anything you would like to donate, please contact Ardis Horner, our Triennial Coordinator.



As you begin planning to attend the Convention, consider young women in your congregations who might be good prospects for scholarships to the convention. Remember to "Act Boldly" by inviting a young woman to experience the joy and ministry of God's love at our convention.

Sisters in Christ,
Elaine Scheer

Spring Cluster Gatherings 2010

	Date	Church	Place
Cluster 1	April 24	First Lutheran	Karlstad
Cluster 2	April 10	Our Saviors	Thief Lake Rural Middle River
Cluster 3	April 17	Trinity Lutheran	Beltrami
Cluster 4	April 17	Calvary Lutheran	Park Rapids (8:30)
Cluster 5	April 28	Zion Lutheran	Twin Valley (5:00)
Cluster 6	April 22	Our Saviors Lutheran	Moorhead (5:30)
Cluster 7	April 17	Esjko Lutheran	Lake Park (9:00)
Cluster 8	April 12	Hope Lutheran	Fergus Falls
Cluster 9	April 19	Shepherd of the Valley	Clarissa
Cluster 10	April 24	Osakis Lutheran Church	Osakis (8:30)



Cluster 7 Fall Gathering 2009

On Saturday, September 12, 94 women gathered for the Cluster 7 Fall Gathering at Lund Lutheran Church in rural Detroit Lakes. The theme was "Church Basement Ladies...Called and on the move!" Vicki Heydt, Cluster 7 Coordinator, opened with Devotions and a prayer. Carolyn Engebretson, the SWO Board Rep, discussed the WELCA questionnaire that was included in everyone's program and asked that they be turned in at the end of the gathering.



Our Bible study was led by Pastor Greg Anderson of Lund Lutheran Church. He discussed "Joy." Our guest speaker and musician was Eric Bergeson, a third generation of Bergeson Nursery of Fertile, and a writer for 20 newspapers. His theme was 'Church Basement Ladies.' Between his singing imitations, discussing

his Aunt Olive who is 97 years old, the different 'dialects' of living in northern Minnesota, and of course

Church Basement Ladies, he has all of us almost in tears from laughing so hard!

Our new Financial Reporter is Carolyn Nelson of Cormorant Lutheran of Lake Park. Carolyn Engebretson in-



stalled Carolyn and re-installed Vicki Heydt (Cluster Coordinator) and Ginny Leland (Recorder). Then she installed the women in the audience as Women of the ELCA, who have the job of staying active. The Spring Cluster will be hosted by Trinity Lutheran and Lake Grove Lutheran of Waubun. Ardys Horner gave an update on travel plans for the 2011 Triennial in Spokane. Right now it looks like Amtrak may be the best mode of transportation. She is heading to Spokane this fall to learn more about the Triennial and will report back to us at the Spring Cluster Gathering. We closed with the table grace. Lunch was served by the women of Lund, a very tasty meal. We even had lefse!

Are you a leader or a follower?

Are you a leader or a follower? I'm guessing that most of you have been in both positions at one time or another. Dr. Randy Carlson, of *Family Life Christian Radio*, has a list of 10 characteristics of great leaders.

Those in **LEADERSHIP:**

- L LISTEN** to their followers
- E ENVISION** a great future
- A ANTICIPATE** problems—they are prepared
- D DISCIPLE** their followers
- E EXPECT** the best from others
- R RELY** on God and others
- S SERVE** their followers
- H HANDLE** the most difficult situations
- I IGNITE** enthusiasm in their followers
- P PRACTICE** what they Preach!

Remember that when you are called to a leadership position, you are not alone. God is with you every step of the

way! Think of all the Biblical leaders who felt inadequate but trusted God to fill the gaps in places where they "lacked."

When asked to take on a leadership role, it's my prayer that you will honestly consider your gifts, listen to the "internal nudges" that God has placed within you, consult with those who know you well, and above all, earnestly pray about it.

"Here I am, Lord. Is it I, Lord? I have heard You calling in the night. I will go, Lord, if You lead me. I will hold Your people in my heart."

(Daniel Schutte)

Blessings,
Rachel Ronnevik
Board Member

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Women of the ELCA Triennial Gathering July 2011

Attention Women of the ELCA. Start saving up for travel to the Gathering in Spokane, Wash., in July 2011. Spokane is a beautiful city, very easy to travel around, with a downtown area close to the convention center. The hotels nearby are beautiful and it offers many wonderful places to eat and area sightseeing opportunities for you and your family.



The Women of the ELCA are working hard on the program, lining up speakers, vendors and sightseeing opportunities around the area. So plan to go early or stay after the Gathering to look over the region.

Over two million women in our church do not belong to a local unit, so **invite your friends** to travel with you. Experience a marvelous worshipping community, great inspiring guest speakers, music and wonderful workshops. You also have an opportunity to meet Lutheran women from all over the United States and world.

You are encouraged to use the online registration.

You'll have immediate confirmation of your registration and have a better chance of getting into the workshops you want. Forty-two women from Northwestern Minnesota have already pre-registered. The price of registrations **goes up** after January 1 of 2011. Look for signup information in the August issue of Lutheran Woman Today.

If you have questions about anything related to the Gathering, please contact Ardys Horner at 218-847-1483, 14144 E. Fox Lake Road, Detroit Lakes, MN 56501, or at ardyshorn@msn.com

We are comparing costs of travelling by AmTrak or flying into Denver and transferring to Spokane. I left early in the morning and was there by 12:30 pm. If you have family in the area, traveling by car is another option and pretty easy trip on I-94. I look forward to seeing you at Cluster events and at our Northwestern Minnesota Synodical Convention in Perham. Join me in Spokane.

In Christ, *Ardys Horner*

For your Cluster Gathering!

Bishop Larry Wohlrabe, along with his wife, Joy, are willing to attend Spring Cluster Gatherings to speak about their trip to India. You can reach Bishop Wohlrabe at: Pastor Larry Wohlrabe

Book Reports



Still Alice by Lisa Genova

Report by Diane Nord

Alice Howland is a fifty year old Harvard cognitive psychology professor, a world renowned expert in linguistics. She has a successful husband and three children. It's a good life that she is proud of that starts to change fast after she is diagnosed with early-onset Alzheimer's. She starts to see changes as she becomes disoriented and forgetful. All which she first attributes to being busy, possibly the start of menopause or typical "old age" excuses. But after forgetting to attend a seminar and failing to show up for a class, she decided to see a neurologist. The author, Dr. Lisa Genova, holds a Ph.D. in neuroscience from Harvard University and writes the book from Alice's point of view. It really takes you into what it must be like to know you have this disease: knowing what will happen to you and as the disease worsens; realizing as you read it that after a point, you don't know that anything is wrong with you.

I have the opportunity of knowing someone with Alzheimer's. She does not have early-onset Alzheimer's so the circumstances are a little different but I could relate too many of the changes that Alice was going through and how it affects everyone in her family. The author has included accurate and useful information which helps the reader understand better how the disease affects the brain and what the medication does for the patient.

The Whistling Season by Ivan Doig

Report by Sharon Squier, Wadena

The setting for this work of historical fiction is Montana in 1909. Widower Oliver Milliron and his young three sons desperately need a housekeeper, so he answers an ad even though she says she 'can't cook, but doesn't bite'! Rose Llewellyn surprises them by showing up with her brother, Morris Morgan. When the local country school teacher elopes, Morris is pressed into service for the remainder of the school year. He proves to be a unique teacher, over-educated, unorthodox, but effective. The author's use of language, well-crafted plot, and depiction of rural schools in that era are especially enjoyable.

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Earth-keeping by Inez Torres Davis

Earth Day is a perfect time to learn and think hard about how we humans affect the earth by our lifestyles. There really is no longer any debate that climate change is happening, and that we have contributed to it.

Do you know what a carbon foot print is?

The way we live, the way we consume the earth's natural resources, can be measured by what is called a "carbon footprint." Not all people have the same carbon footprint. The more westernized a culture and the further "developed" a nation is, the larger its people's carbon footprint. On the whole, we in the United States leave really big carbon footprints. So for us to be asking developing countries to stop enlarging their carbon footprints is a bit like the really big pot calling the little kettles black.

Here is an easy learning experience - Have women in your group measure their individual carbon footprints. Then discuss what you've learned as part of an upcoming meeting or program. There is an easy-to-use carbon footprint calculator at www.carbonfootprint.com/calculator.aspx.

Maximize your conservation efforts to make a real difference

Most people realize that using hot water consumes more energy than using cold water, but supplying and treating cold water requires a significant amount of energy too! American public water supply and treatment facilities consume about 56 billion kilowatt-hours per year—enough electricity to power more than 5 million homes for an entire year (source: www.epa.gov). So, while we may feel really good about only doing cold-water washes, if we do not also adjust the load size on our washing machines (and use water saving toilets, among other things) we aren't really doing that much.

It's really very easy

Yes, taking care of the earth can sound complicated, but it does not have to be! There are simple, easy things we all can do:

- Use compact fluorescent bulbs.
- Drive less. Plan your driving carefully-make every time you take the car out a multi-tasking event that moves you from place to place in the most efficient way possible. And, of course, carpool.
- Boil water with a lid on the pan.
- Reuse, recycle, repurpose. Before tossing anything, ask yourself: Can this be reused? Can it be recycled? Can it be repurposed?
- Plant trees. (Earth day is not that far from Arbor Day!)
- Recycle at home *and* at church *and* at work *and* at school.

Re-orienting our values

We want those green lawn, but at what cost? What if, instead, we chose plants that are native to the area and right of the local climate, and we refused to use chemicals on those plants? It has become quite passé to have exotic plants in your yard that require lots of attention and greedy for water.

It is time to consider what we are gaining in exchange for what the earth must give for us to get it. At the time when islands are disappearing (source: news.bbc.co.uk) earth-keepers hold stewardship of the earth as a sacred trust. Earth keepers appreciate the balance of the natural world and believe that when God created the earth, God created it with the capacity to provide adequately for all. We simply must be open to learning how to live in more energy efficient ways so that we can do more than confess our gratitude to God – we can demonstrate it. (Reprinted from *the Interchange*, February 2010)
Earth Day is April 22



“Trunk Sales” fundraiser

Here is an interesting idea out of Florida! This fundraising effort operates out of the trunks of cars. It’s called “Junk in the Trunk”. You simply put what you want to sell in the trunk of your car and drive it straight into the church parking lot. You then set up a table and chair, and sell the items right out of your car trunk. Once you’re done selling everything, you close up the trunk and drive away. There’s no need to clean up inside the church, or find a home for things that don’t sell! Your junk may be someone else’s treasure!



IDEAS FROM OTHER SYNODICAL WOMEN

Knit wool caps

The largest and most successful project in the Southwestern Minnesota Synod the past 1 ½ years has been military project for troops going to Iraq and Afghanistan. They have made hundreds of (1) knit wool caps that are used for warmth and cushioning under helmets, (2) sleeping bag liners made from regular or queen sized sheets that can be slipped into sleeping bags and easily removed to wash or shake out the sand, (3) handmade quilts and (4) cool-ties. They worked with the armories in their synod so each troop received each of these items. Many mothers and grandmothers made these items for their family members. Other people took their items directly to the troops or to the armories. So after counting about 500, we lost track of the number of items made.



Wool should be used for the caps – other materials melt to the skin during intense heat – camouflage, sand, brown or green colors should be used. Sheets should be folded the long way and sewn across the bottom and a short way up the side. Cool-ties are soaked in water, and water-sorb pellets inside these ties cool the head or neck of the soldier.

Marion McCrory – Southwestern Minnesota SWO

Health Kits and Quilts

At the Conference of Presidents, we were told that Health Kits and Quilts are desperately needed for Haiti.

Elaine Scheer NWMN SWO

Service project from Upper Susquehanna

The Women of Bethany of the ELCA, Upper Susquehanna SWO, have a service project that serves college students and single military personal. Each February, they box candy and nuts for all of their college students and single military personal. The women pack the boxes and include a valentine and personal note of encouragement, in each box, directed to that particular person. They have been doing this for years. It has always been much anticipated and enjoyed, by those on the receiving end, not to mention, those who send out these care packages.

Carol A. Winter Upper Susquehanna SWO

Ideas from Minneapolis Area Synod

One of the things that work in the Minneapolis Area Synod is our service days. These are held twice a year, each at a different church. The day’s project is determined by the hosting congregation and has included such projects as; assembly kits for Lutheran World relief and Global Health Ministries, tying quilts, rolling bandages, or even card making for local institutions.

These events are intergenerational and even the men have pitched in and helped. The funds for purchasing kit and/or quilt supplies are often requested from Thrivent Financial for Lutherans. The day begins with devotions and a continental breakfast, and a lunch ends the gathering. During lunch, mission videos are often on the program. **Nancy Giddings Minneapolis Area SWO**

Lutheran World Relief Pick Up Sites	Date / Hours	Address
Fargo, N.D.	May 17- May 21 from 9:00 am to 4:00 pm	1325 S. 11 th St., Fargo, ND 58103
Grand Forks	May 20- May 21 from 9:00 am to 4:00 pm	2215 N. Washington, Grand Forks ND
Roseau	May 7 & 8 - 1 pm to 3 pm November 5 & 6	Parking Lot East of Post Office
Thief River Falls	May 7 & 8 - 8 am to 12 noon November 5 & 6	604 North Atlantic Ave No
Wadena	June 7 – June 12 December 6 – December 10	Polman Transfer West side of town just off Hwy 10 218-631-1753
Osakis	April 26– AM hours starting at 8:00 October 18 – AM hours starting at 8:00	Hensley Trucking 910 W Nokomis Osakis MN 320-859-2297

Packing Instruction from LWR

- Do not use plastic or paper bags to pack donations.
- Donations should be sorted and packed in separate boxes.
- Use strong cartons secured with packing tape.
- Do not allow box weight to exceed 40 pounds.

Label each box as follows:

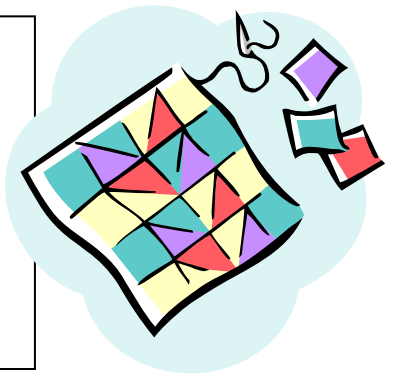
- Name and address of congregations
- Contents of box

-Please be prepared to load quilts into trucks.

-No assistance will be available at LSS or Midwest sites.

Needs List:

Quilts
Layettes
Sewing Kits
Health Kits
School Kits
Blankets
New bars of soap



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Synodical News Of Women
Northwestern Minnesota Synod ELCA
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Raising up Healthy Women and Girls: Spring Greens!

Did you know?

Spinach was first cultivated over 2000 years ago in Iran. By 1906, it had become a popular vegetable in America and in the 1920's the U.S. pushed spinach commercially, with Popeye the Sailor man cartoon becoming a great advocate for spinach consumption. Spinach is eaten raw in salads on a sandwich. It is also delicious sautéed with garlic in a little olive oil.

How to Select

Choose fresh, crisp, green bunches with no evidence of insect damage.

How to store

Loosely wrap spinach in a damp paper towel. Refrigerate in plastic bag for use within 3-5 days.

Nutrition Benefits

Low in calorie, fat free, saturated fat and cholesterol free, excellent source of dietary fiber, vitamin A & C, high in iron, foliate, and a good source of magnesium.



Spring Strawberry Spinach Salad

- 9 cups torn fresh spinach
- 1 pint fresh strawberries, halved
- ½ cup slivered almonds, toasted
-

Dressing

- ¼ cup vegetable oil (canola)
- 2 Tbsp sugar
- 2 Tbsp cider vinegar
- ¼ tsp paprika
- 1 Tbsp chopped onion
- 1 tsp poppy seed
- 1 tsp sesame seed
- 1/8 tsp Worcestershire sauce

In a large bowl, mix spinach, strawberries and almonds. Place dressing ingredients in a blender. Cover and process until combined. Pour over salad and toss to coat. Serve immediately. Yield: 6-8 servings

Find out more at www.fruitsandveggiesmorematters.org