



SNOW



Summer 2008
Volume 11, Issue 6

A publication of the Women of the ELCA, Northwestern Minnesota Synod

ARE YOU READY?

Are you ready? Do you have the date marked on your calendar? Have you arranged meals for your family, someone to watch the house while you are gone, and someone to water the plants?

Where are you going you ask? Why to our 21st Annual Convention of the Northwestern Minnesota Synodical Women's Organization, June 6 & 7 held

at Our Savior Lutheran Church, East Grand Forks, Minnesota. Okay, so your plants won't need to be watered, but you need to be prepared. Information will be coming to you shortly with details about the convention but here are some highlights.

The theme, "Do Justice, Love Kindness, Walk Humbly with God" comes from Micah 6:8. The banquet and business session will be Friday evening, June 6. Many think that this is the boring part of our convention but it is also the most important because you elect the women who will serve you for the next two years and approve the budget. Charlene Spillmann, Executive Board Member from Texas will join us for the two days and will bring

us greetings from the Executive Board. Our entertainment will be the Trinity Trio from Thief River Falls. The Trinity Trio is a gospel group whose repertoire includes both old-

time gospel and traditional music. The group includes a banjo, guitar, bass, viola, mandolin, and tin whistle.

**Northwestern Minnesota
Synodical Women's
Organization
21st Annual Convention
June 6-7
East Grand Forks**

Saturday morning, June 7 will begin with a worship service with Holy Communion lead by Bishop Wohlrabe. Our main speaker for the convention is Patricia Lorenz from Florida and she is well-known for her "Chicken Soup for the Soul" books. She has spoken throughout the United States on many subjects and links them to your spiritual life as well. She will be present Friday as well as Saturday with her books for signing and visiting with all of you that are present at our convention. Also, in closing on Saturday we will present Lena and Igna with their "Lutheran Legalities," the Norwegian version. You won't want to miss anything!

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Women
of the
**EVANGELICAL
LUTHERAN
CHURCH
IN AMERICA**

Women's Health Week May 11-17

By Lynda Converse

The 9th annual National Women's Health Week will kick off on Mother's Day, May 11, 2008 and will be celebrated until May 17, 2008. National Women's Check-Up Day will be Monday, May 12, 2008.

National Women's Health Week empowers women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH), encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life. During the week, families, communities, businesses, government, health organizations and other groups work together to educate women about steps they can take to improve their physical and mental health and prevent disease, like:

- Engaging in physical activity most days of the week
- Making healthy food choices
- Visiting a healthcare provider to receive regular check-ups and preventive screenings
- Avoiding risky behaviors, like smoking and not wearing a seatbelt

WOMAN Challenge Fact Sheet

This May, thousands of women across the country will embark on an eight-week physical activity challenge for better health. They will be part of the WOMAN Challenge—that is Women and girls Out Moving Across the Nation. The U.S. Department of Health and Human Services' Of-

fice on Women's Health is coordinating the WOMAN Challenge to encourage women to get 30 minutes of moderate activity most days of the week and to kick off the ninth annual National Women's Health Week (May 11-17, 2008).



What is the WOMAN Challenge?

This free eight week challenge encourages women and girls to walk 10,000 steps or get 30 minutes of moderate exercise every day. The WOMAN Challenge begins on Mother's Day, May 11, and ends on July 5, 2008.

How can I register to participate?

Participants will be able to register online at www.womenshealth.gov/woman

Registration won't officially begin until the spring, but participants can go online this winter and sign up to receive an e-mail announcement when registration officially opens.

Participants will receive a tracking log to record their progress throughout the eight weeks. They will also receive weekly motivational e-mails and health tips to help them reach their goals. Women can choose to travel one of six different "virtual" routes across America.

Can I register a team to participate in the Challenge?

Team participation is highly encouraged. Form an intergenerational team with you, your mom, grandmother or daughter, encourage your co-workers to create an inter-office team or walk with your girlfriends. However you choose to take part in the WOMAN Challenge, make it fun. For information about the WOMAN Challenge and National Women's Health Week, please visit the National Women's Health Week Web site at www.womenshealth.gov/woman or call (800)-994-9662 or TTY: (888) 220-5446.

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WOMEN OF THE ELCA HISTORY QUIZ

Taken from the Women of the ELCA website

How much do you know about the history of Women of the ELCA. Match the item in column A with the correct answer in column B.

Column A

- ___ 1. The first executive director of Women of the ELCA
- ___ 2. In our early history, this was shorthand for a “predecessor church body.”
- ___ 3. What is a VRA?
- ___ 4. Who was the first editor of *Lutheran Woman Today* Magazine?
- ___ 5. What was the *only* thing on the desk of each employee when the churchwide organization began its ministries in 1988?
- ___ 6. In what year did Women of the ELCA introduce its Web site?
- ___ 7. What is the current theme for Women of the ELCA?
- ___ 8. In what year did we launch the One in Christ and Woman to Woman programs?
- ___ 9. The year in which WELCA (followed later by the ELCA) launched the Women and Children in Poverty emphasis.
- ___ 10. Women in this country received a van from Women of the ELCA for their ministry with rural women.
- ___ 11. In what convention year did Women of the ELCA give a tree to the host city?
- ___ 12. Women carried these in opposition to use of plastic foam cups in 1989.
- ___ 13. In 2007, Women of the ELCA participants traveled to this country as part of the organization’s global education and advocacy program.
- ___ 14. Year in which Women of the ELCA launched *Cafe’*, the organizations’ electronic magazine (e-zine).
- ___ 15. Name a current issue Women of the ELCA is addressing
- ___ 16. Name another issue Women of the ELCA is addressing
- ___ 17. When was Katie’s Fund started?
- ___ 18. What do we call our anti-racism education network?
- ___ 19. This is the name of the organization’s evangelism strategy.
- ___ 20. Who is the current executive director of Women of the ELCA?

Column B

- a. Namibia
- b. 1990
- c. Act Boldly
- d. Betty Lee Nyhus
- e. 1993
- f. mug totes
- g. India
- h. Nancy J. Stelling
- i. a telephone
- j. PCB
- k. 1995
- l. 1989
- m. WOW (Witness of Women)
- n. Linda Post Bushkofsky
- o. water
- p. 1998
- q. health
- r. 2003
- s. TDTR: Today’s Dream – To tomorrow’s Reality Network
- t. Volunteer Reading Aides, part of our early work in literacy

Answers on page 4

By Carla Gauwitz

“Note to self – stop volunteering for stuff.” I recently received a fun coffee cup from my future daughter-in-law that proclaims this piece of wisdom. She knows me too well already!

4 years ago, I volunteered to be your secretary. I was walking into new territory. Having never been on the SWO Board, I had no idea what the job entailed. I had no idea when I would find the time to do the work that would need to be done. I had no idea . . .

What I did know was when growing up on a farm in northwestern Minnesota, my Mom was involved on the Board of the Northwestern Minnesota LCW. What I realized even then - she never once mentioned the work it meant but rather the friendships she began . . . the dedicated women she met . . . the beautiful churches she had the privilege of visiting. She was always excited to go to her board meetings, excited to volunteer for more tasks that would work their way into the gardening, the canning, the laundry and all the other things that need to be done for a family of six. Everything just got done.



So, I sit here with my very special cup thinking about all the very special people I have met over the past four years. The other women on the Board who have journeyed through these years with me and become my Sisters in Christ, have shared personal trials and triumphs and become my dear friends; the Cluster officers who have welcomed me to their gatherings and showed me that there is a life beyond Calvary Lutheran in Perham, that there is so much going on in vibrant, busy women’s groups; all the beautiful women in the Northwestern Minnesota Synod who are quick to greet each other as friends, but more than as friends – as sisters.

I thank you for the past four years. I thank you for that one phone call that allowed me to ‘volunteer’ to become involved in your lives. I thank you for finding a place in my heart.

ANSWERS TO THE WOMEN OF THE ELCA HISTORY QUIZ

1-d, 2-j, 3-t, 4-h, 5-i, 6-k, 7-c, 8-l, 9-e, 10-a, 11-b, 12-f, 13-g, 14-r, 15-o or q, 16- o or q, 17-p, 18-s, 19-m, 20-n

SNOW on the web

This and previous issues of SNOW (in color) are available on the Northwestern Minnesota Synod website: www.nwmnsynod.org

By Sharon Temanson

I’m out here in the Bitterroot Valley of western Montana again. That means I’ve missed our March 3rd SWO Board meeting, and I’m sorry about that. But, our church out here in Hamilton (Faith Lutheran) introduced me to a wonderful book that is making me look more conscientiously at the Third Commandment.

Marva J. Dawn, a theologian, writer and retreat speaker, wrote “Keeping the Sabbath Wholly.” I can think of no better way to tell you what this book is about than to quote a paragraph directly from its preface:

“...the act of worship is only one small part (though an essential one) of the whole meaning of Sabbath keeping. To ‘keep the Sabbath holy means to recognize that the rhythm of six days of work and one day of ceasing work is written into the very core of our beings. To observe that order week by week creates in us wholeness that is possible only when we live in accordance with this pattern of being graciously commanded by God.”

So, does that mean that the Third Commandment is more than a suggestion? Yes, indeed! It’s a **commandment!**

Copyrighted in 1989, it took me almost twenty years to discover this book, but I’m glad I did! With the help and guidance of our Heavenly Father, I will learn – little by little – what it means to keep the Sabbath **holy** and **wholly**. You can too!

The Idea Place



By Elaine Scheer

In February, I attended a Presidents Conference at Churchwide in Chicago and returned with some ideas from other synods. This one is from the Virginia Synodical Women's Organization, Region 9A, Jody Smiley, President. She writes:

Our Mission Growth committee is putting together a booklet entitled "Growth of a Woman." It will contain favorite scriptures, women's statement of faith or short stories, perhaps poems written by our women, or life experiences that they would like to share. We hope to have the publication available at our convention this summer.



We hope this resource will be used by our units to share the faith of all the women in the VSWO. It can be given to new members in our churches, newcomers to our units, or anyone we feel needs a reminder that they are not alone.

As a woman, it is important to be prepared to share our Christian faith when the opportunity arises. Often times, we may meet a woman outside of the church who needs support and hope. If we have oil in our lamp, and are prepared by having a couple copies of this publication in the car or in our handbag, we can respond to the spirit that is working and place this tool in their hands. Followed by prayer that this planted seed will grow and leave the situation with God; we are doing our mission as Bold Women who are not afraid to take a step, simple as it may be, and not turn our shoulder to another woman who needs hope.

From the Heart

By Pat Isaacson

2 Corinthians 1:3 *Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort. (KJV)*

How many times have we asked "Lord have Mercy"? When we are in need, have a serious illness or have troubles beyond our control, we ask the Lord to be with us and have mercy on us. Maybe we need to look back and be grateful for the blessings we have received. Most of all our faith is being affirmed. In the past the Lord has seen us through our times in need and we rely on Him to see us through our next crisis and give us strength to carry on.



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Synodical News Of Women

Northwestern Minnesota Synod ELCA

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Moorhead MN 56562

Lutheran World Relief Spring Pick-up Dates

FARGO

May 19-23 LSS, 1325 South 11th St.

GRAND FORKS

May 22-23 Midwest Motor Express, 2215 N.
Washington

THIEF RIVER FALLS

May 3 604 N. Atlantic Ave.

BEMIDJI

May 5 First Lutheran Church (218-444-5302)

WADENA

June 2-6 Pohlman Trucking, West Hwy. #10

OSAKIS

April 14 Osakis Pallets 910 W. Nokomis St.

ROSEAU N/A

Pause for Prayer

By Carolyn Engebretson

What a lesson learned this very morning after 6 inches of snow and Easter Sunrise Services tomorrow. After calling around for snowplowing and finding dead ends, I, again, was in conversation with my friend and vice chair of the council. We talked about prayer and the need of it besides knowing that the hands for God's work are our hands. We decided that I would call and she would pray and then she said to expect a miracle.

After many calls and willing help from others, I got a call from a guy who said there was a note on his door and, yes, he could plow the parking lot. What was the miracle? The concern and willingness of others to help and Mike calling to say he could go plow. Another miracle – I didn't have a heart attack attempting to shovel part of the parking lot!

Laurie often tells people to look for a miracle today. What a difference that makes in one's outlook on the day's events. We look for God to be with us. We trust that a miracle will happen regardless of how big or little. We pause to feel God's presence in our lives.

Look for a miracle today.

Apologies

We apologize to Cluster 10 for missing them when we listed all the cluster spring gatherings in the last newsletter.

To give away

One heavy duty free-standing commercial mixer. Contact First Lutheran Church, Detroit Lakes, 218-847-5656.