



LWML SUNDAY 2010



Rev. Kenton Wendorf

Rev. Kenton Wendorf and Rev. Nathan Wendorf, husband and son of LWML President Janice M. Wendorf, are the authors of the LWML Sunday 2010 packet materials.

Rev. Kenton Wendorf, senior pastor of St. Paul Lutheran Church in Grafton, Wisconsin, since 2003, also served for 22 years as pastor at Zion Lutheran Church in Painesville, Ohio. Rev. Wendorf currently serves on the LCMS Board for Pastoral Education.

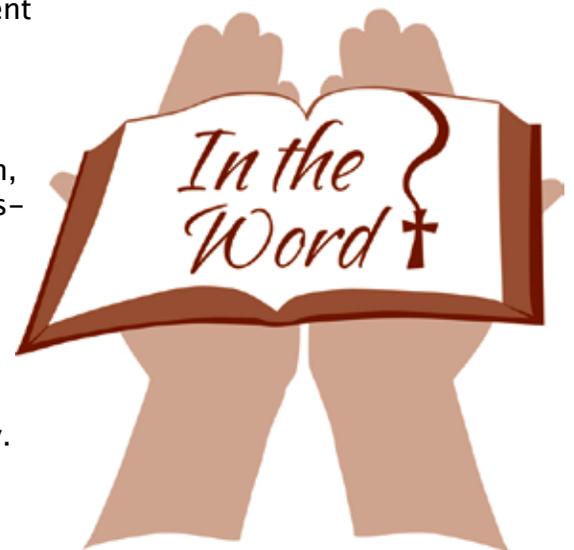


Rev. Nathan Wendorf

Rev. Nathan Wendorf serves as assistant pastor at Our Savior Lutheran Church in McKinney, Texas, since receiving his M.Div. at Concordia Seminary, St. Louis, in 2005.

The LWML Sunday packet includes worship folder, sermon and children's message information, devotions, banner pattern, new items flyer, new LWML brochure, and other helps. More items are available on CD.

PEOPLE OF GOD...



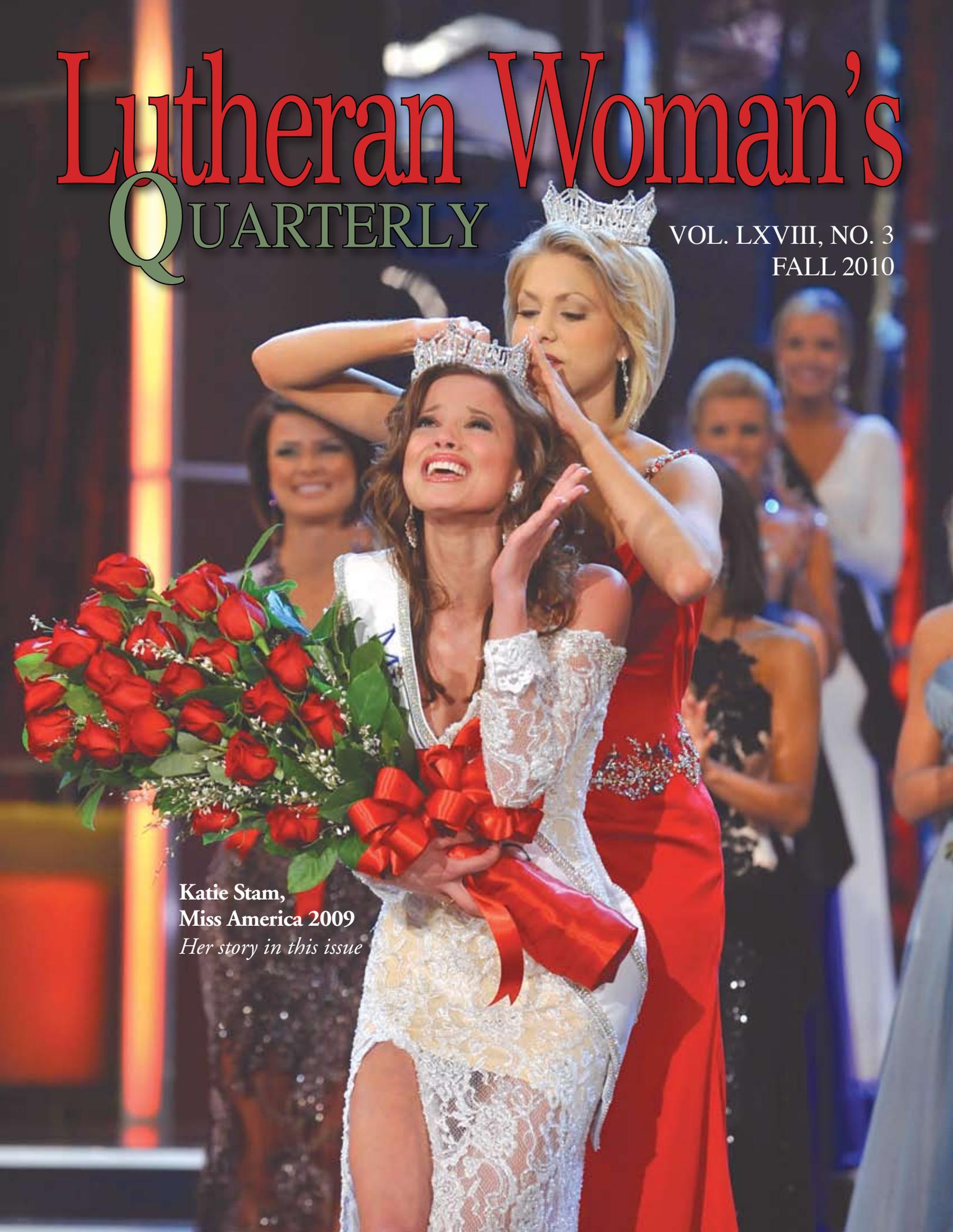
Psalm 119:105-112
Romans 10:1-11
John 17:13-21

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Lutheran Woman's

QUARTERLY

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A photograph capturing the crowning ceremony of Miss America 2009. Katie Stam, the outgoing Miss America, is shown in a red gown, placing a tiara on the head of the new Miss America, Katie Stam. The new Miss America is wearing a white lace gown and holding a large bouquet of red roses. The background shows other women in formal attire, some of whom are clapping.

**Katie Stam,
Miss America 2009**
Her story in this issue

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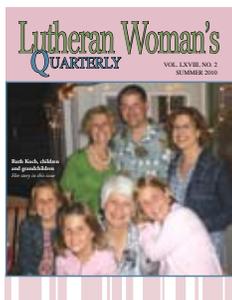
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From the Editor

It is finished (John 19:30).

Wish lists, waitlists, honey-do lists ... even Craig's got a list. And now, thanks to a popular movie, we are supposed to get busy filling bucket lists if we want our life to measure up.

Is it possible that daily doses of "list living" can throw a monkey wrench into our right understanding of the balance between Law and Gospel?

Whether it's because of our original sin or our exposure to media and culture from sources outside our Lutheran circles, we may face an oh-so-subtle tipping of that delicate Law/Gospel balance. It becomes inviting to devise mental lists of things we *must do* ... *should do* ... *need to do* ... to earn God's favor. As a result, we may be tempted to take matters into our own hands, believing that a step-by-step keeping of human laws, or even God's Law — His Top Ten — helps us measure up in our heavenly Father's eyes.

How do we tip the scales back? By clearly testifying the Gospel message, cutting through that clamor that seeks to focus on what "we can do" instead of the Good News we bear: Our Lord and Savior, Jesus Christ, has already done what we can never do for ourselves; He kept the Law perfectly; His blood has forgiven and restored us; and His resurrection assures us that we, too, in faith will rise.

Toss the list! The pressure's off! A better you — a forgiven-and-made-whole you — comes courtesy of your Savior. He's done it all for you. It is finished!

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Cover photograph courtesy of the Miss America Organization.

Turn the Pressure Off!

By Janice M. Wendorf

My dear loved ones,

Pressure and stress go together, are unavoidable, and seem to be a part of everything we do. They can drive us crazy and make us into fragile human beings.

How do I handle pressure and stress? By the grace of God, I have found the answer; I want to share it with you in the hopes of helping you see Who takes the pressure off, making possible a fuller life and a better you.

For years, I struggled with being the best: accomplishing all assignments with perfection, assuming the role of the ideal pastor's wife, teaching to be the teacher most loved. You know the scenario. It applies to all of us. I put so much pressure on myself that at times I lost focus and direction. I did my best — and at times excelled and at times felt defeated — until I discovered the real way to deal with the pressures of life: Turn the pressure off!

The answer was so simple: Only by the power of the Holy Spirit did I begin to understand what it means to rely upon the Lord and His strength, to make Him the top priority in life, to spend time with Him regularly for talking and listening, and to set aside time in His Word for daily nourishment. The pressures of my life, both small and enormous, are given to Him — freeing me to live and serve.

I must confess, however, that my sinful nature gets in and robs me of living in the “pressure-off mode.” I find myself

going to bed only to lay awake thinking about all the things I need to do and planning just how I might accomplish those tasks. I know it is God who is in control of my life, but somehow I still want to be at the mouse, at the steering wheel, at the helm. I struggle with converting my “head” knowledge into “heart” knowledge.

But dear friends, there is not a thing I can, or need, to do. He is the answer! And His Word shows the way!

God's Word speaks to us: *Be still and know that I am God* (Psalm 46:10); *I can do everything through Him who gives me strength* (Philippians 4:13); and *Finally, be strong in the Lord and in His mighty power* (Ephesians 6:10).

When the pressures in your life make you fragile, trust your heavenly Father. Through the work His Son, Jesus Christ, accomplished for you on the cross, you are declared free from those self-imposed, self-focused pressures that rob you of the joy of living as His redeemed daughter.

Take comfort in knowing that the Almighty God is in control. Spend time each day with Him — in Word and in prayer — and be encouraged by Him.

You can count on Him!

In His love, peace and joy,
Jan



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Of Special Note

Marlys Taege, former Editor-in-Chief of the *Lutheran Woman's Quarterly*, is collaborating with others to write a book showing how LWML mission projects through the years have impacted the spread of God's Word in Africa, Europe, and Asia. Have you personally observed the results of a national LWML grant on those continents? If so, please relate those memories and stories to Marlys at marlyst@sbcglobal.net or 414-357-6672 by September 20.

Congratulations to **Adriane Dorr**, former Christian Living Editor of the *Lutheran Woman's Quarterly* (2005–2009), for being selected as Managing Editor of *The Lutheran Witness* by the LCMS Board for Communication Services.

Lutheran Woman's Quarterly

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Memo to Younger Self

btw...

Re: Those not-so-great expectations

By Dr. Jean Garton

A little rhyme has been floating around the church for years, and it goes like this:

Mary had a little lamb.

It would have become a sheep.

It joined the Lutheran Church instead

And died from lack of sleep.

It would be funny if it weren't so reflective of how busy our lives — both in and out of the church — have become. The Scriptures are filled with directives to “go,” but I don't think we are meant to “go” at a whirlwind pace.

As women look at their lives today, too many feel as if they are going in circles, going at triple speed, going down hill fast and, on some days, even feeling as if they are going crazy. We wear ourselves out trying to meet the many expectations placed on us: my husband expects this, my children expect that ... my boss ... my friends ... my congregation ... my LWML ... expects, expects, expects.

As I look back on earlier times, never in my activities in the secular world has the matter of attempting to fulfill expectations **just because they are there** been as pervasive and destructive as they have become for women in recent years. But, as a church leader, I missed children's birthdays, Mother's Days, many of our wedding anniversaries, and even the college graduation of one of our sons. All that busy-ness in the name of “serving the Lord.” I would never do that again!

However, the expectation problem isn't new. In the Eighth Century, B.C., one of God's people

named Micah was trying to clear up the confusion about how to live his life. “Just what does the Lord expect from me?” he asked. “Burnt offerings? Thousands of rams? Ten thousand rivers of oil? The sacrifice of my firstborn? Just what do You expect of me, Lord?”

The Lord's answer to Micah is not unlike that which He gives to us today:

This is what I expect of you — teacher, waitress, choir director, mother, nurse, homemaker, student, or whatever your vocation — that you act justly, love mercy and walk (not jog! not run! but walk) humbly with your God (Micah 6:8 paraphrase).

Whew! Isn't that a relief! We don't have to play God. The job is taken, and He does it 24 hours a day with no time off for coffee breaks or vacations. We don't have to save the world, the country, our schools, or even our congregations. We don't have to be another messiah. The One and Only has already come and finished the job. We can just follow in His footsteps and share in His ministry, beginning with our own families, because the home is, after all, the first church and the first mission field.

Lord, thank You for the many opportunities to witness to others about Your Son. Make all other demands on my time pale in significance to sharing the Good News of the Savior. Amen.

btw... btw is the acronym for “by the Way (Jesus).” It sets the tone for the current issue.



Wearing the Crown: The Katie Stam Story



By Beth Foreman, Features Editor

For such a time as this (Esther 4:14c).

It's the favorite Bible story for Miss America 2009, the story of Esther, a courageous woman of God. "She

was such an amazing woman, so strong in the face of so much adversity, who proved her faith in God," said Katie Stam.

Since being crowned Miss America in January 2009, Katie has traveled the globe promoting community service and acting as official National Goodwill Ambassador for Children's Miracle Network, a non-profit organization dedicated to raising money for children's hospitals. She returned home to Indiana after her yearlong reign to continue her studies in communication at the University of Indianapolis, to plan her wedding, and to continue serving the Lord alongside family, friends, and community.

And although it might seem that the pressure is always on Katie to "perform," she handles the challenges of her rapid rise to fame with maturity, poise, and strength. And like Esther who faced her own pressures to be beautiful, Katie doesn't face the pressure alone. She leans on the Lord.

"I feel stronger in faith today than I ever have in the first 23 years of my life," she said. She gives the glory to God who worked through fiancé, Brian, to help her navigate what could have been a tough yearlong reign.

"I didn't get to attend church during that year. I didn't have a congregation with fellow believers

where we worshipped together — and that's such a powerful part of my personal faith," she shared.

For Valentine's Day last year, Brian presented Katie with a travel Bible. What is more important, he gave Katie the gift of time as they regularly read the Scriptures, shared devotions, and prayed together long distance.

"We'd sit on the phone, whether it was six o'clock in the morning or twelve o'clock at night. He wanted to help me grow spiritually but also to keep me accountable. I'm so blessed and thankful that Brian is in my life and that he was up for the challenge."

Like Esther who was beautiful to behold, Katie represented what many would say is the epitome of beauty when she received her Miss America crown. And while Katie wasn't in such a perilous position to save her people, she was in a position of influence, a position with great visibility where the *pressure was on*.

"It's an unfortunate reality — not just in the pageant world — but in life in general," said Katie as she sat comfortably in a conference room on a sunny spring day at the University of Indianapolis.

"Especially with women, there is an expectation that we have to wear our hair and makeup just right. We have to dress nicely and wear high heels all the time."

The pressure was on to wear the crown.

One of the unwritten job descriptions during her year of reign was certainly to fulfill the public's expectation of a "beauty queen." But Katie is quick to point out that being Miss America has always

Photograph by
Claire Buffie

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been so much more than high cheekbones, perfectly coiffed hair, and stylish clothing.

“Our society focuses so much on the outside and not enough on how we put ourselves together on the inside. That’s really what matters,” she shared.

During her year, Katie made an effort to share that message of beauty. “I wanted to show people that having flaws makes us just as beautiful, and our flaws really bring us closer to God. We can look at the imperfections, the scars, the crooked teeth or smile, the stubby fingers, or whatever. But we look at those things that aren’t considered the most beautiful in our society, and say, ‘I’m proud of them because that’s how God made me. God made me in His image.

“Having that understanding and confidence allowed me to spread a more positive message about what is true beauty. True beauty is understanding that no matter what you look like on the outside, you are beautiful.”

Katie’s path to Miss America started when she was a young girl dreaming of being a princess as she helped milk the cows or clean out the milk parlor on her family’s dairy farm in Indiana. Growing up on a farm with a family of believers helped Katie form a solid foundation for her dreams, her future.

Picture a little Miss America with a milk pail and a pair of gumboots. Farm work was tough work. “I least liked the early mornings! What teenager loves getting up at 5 or 6 a.m. on a summer day to do some really hard work in the barn, the milking parlor, or out in the field? That was the hardest part! But that definitely was what taught me so much,” she said.

As a farm girl, Katie also cherishes a close-knit family. “Every single day, I spent hours and hours with my siblings, my parents, and grandparents. And this created an amazing, wonderful, deep bond. And even though we were working hard, we were spend-

ing time together toward a common goal. That’s a beautiful thing to do as a family,” she added.

So as she cleaned the barn, she dreamed of wearing a crown. “It’s something I always wanted to do. I have always looked up to Miss America. I watched the pageant every single year. Of course when I was five or six years old, I looked at Miss America and thought, ‘Wow! She gets to wear a crown and a beautiful dress and she gets to be on TV.’ When you’re young, you look at that and see only the glamorous side. What little girl doesn’t want to be a princess when she grows up?”

As Katie grew older and dedicated herself to her singing and academics — along with the never-ending chores on the farm — she kept her dream to wear a crown as she learned more about the Miss America organization.



A Mom with Multiple Blessings

By Carolyn Blum, Associate Editor

Handling the stress of becoming parents to four children in five years may have helped the Stam family cope when their daughter Katie was chosen to reign as Miss America 2009. “All of a sudden our small, rural, community-oriented family was catapulted into world-wide fame,” stated Tracy Stam, Katie’s mom.

How has the family handled this media attention? “Our family is so well-grounded in the church, so stable and centered on Christ that we



Katie's Baptism

“When I got older, I learned that Miss America is a scholarship program and the emphasis is entirely on education.” As the winner, Katie received college scholarship money, which is giving her the opportunity to continue her education as she pursues her career in broadcast journalism.



“The Miss America program is about well-rounded young women who are driven to succeed and who reach for goals. I also saw the opportunity — through the title — to have a national platform to share my message with millions of people, the opportunity to travel the globe and meet people from every corner of the country and the world.”

Wearing the crown was an educational experience for Katie. “I had the chance to see different socioeconomic settings, and I gained a new perspective of the world as I saw so many opportunities to help change people’s lives.”

The pressure to be perfect was far from her mind during her year of travel. “Miss America is not at all about a crown or about being on TV or wearing a beautiful dress. It’s not any of those things,” she said. “It’s about growing and serving.”

weather turmoil quite well. Our children were born into the church and grew up with Lutheran values, which prepared them to handle myriad changes and challenges.”

Katie and her three older siblings were baptized and confirmed at local Lutheran Church—Missouri Synod congregations (most recently at Immanuel in Seymour, Indiana) and attended Lutheran schools. “While Keith and I are very proud of Katie’s accomplishments, we are equally pleased with the lives of our other children.

Proud to be associated with the Miss America program, Katie discussed the behind-the-scenes work. “Look at all the service work that the contestants do on the local, state, and national levels. Look at the personal platforms of contestants. Look at the work that’s being done with Children’s Miracle Network. Absolutely incredible!”

Miss America has a reputation for being an organization of integrity, and that’s another reason Katie continued to pursue the crown. “We are celebrating our 90th anniversary this year,” Katie said. “I wanted to be a part of that legacy. I wanted to represent an organization that represents what’s good about America.”

Many previous titleholders have been role models for Katie. “Movers and shakers have been Miss America, and that’s another thing that drew me to the title.” There is a long list of women who have found rewarding careers in everything from broadcast journalism and veterinary medicine to business and law.

Although she had competed in pageants for years, her official quest for the crown began when she won Miss Duneland 2007, which gave her a slot in the Miss Indiana pageant. And in June 2008, Katie was crowned Miss Indiana and prepared for the Miss America pageant in Las Vegas the following January 2009. She was crowned the 84th Miss America, and is Indiana’s first Miss America.

This began her yearlong adventure of traveling over 20,000 miles each month across the country and even to Germany to visit the Armed Forces.

Katie’s platform was Promoting Community Service. “One of my goals in promoting community service was to change the definition. Most people think community service has to be a certain number of hours or money, organizing donations at a shel-

“Heidi, our oldest, works at St. John’s Lutheran School in Indianapolis and is married to David. They’ve blessed our family with three grandchildren: Paige, Breanna, and Noah. Another grandchild is Elizabeth Tracy, whose parents are Heather, our second-oldest daughter, and her husband Carlos. Heather has an elementary education degree and a Lutheran teacher diploma. Eric, our son, graduated from Indiana University’s Kelly School of Business and is the Direct Marketing Coordinator for the Indianapolis Speedway.”

ter, or working with a nonprofit organization. They think ‘time, effort, and money,’ and usually those things are demanded in extreme,” she added.

Katie’s goal in many of her appearances was to educate others about the real meaning of community service. She focused especially on the fact that there are no requirements or regulations — no list of To-Do s — when it comes to service. “Helping an elderly friend go up the stairs, picking up a pencil for someone who dropped it — that’s serving, and that’s what it’s all about.”

One specific experience illustrates Katie’s definition of community service well. As the director of her university’s Super Saturday of Service, she organized 300 students for the event. “We took them to seven different locations in the Indianapolis area for service projects.”

One of the projects was landscaping at a local pregnancy care and adoption center near the university. After working on the project, a freshman student told Katie that he didn’t even know the facility existed, nor did he know they needed help. His father owned a landscaping company, and, after this day of service, they committed to doing the center’s landscaping at no charge.

“Wow!” she said. “His definition of community service changed that day!”

Sometimes the *pressure is on* to measure up in service as well as in physical appearance.

“But it’s all about your heart,” Katie said. “Giving at church doesn’t always mean putting a check into the offering plate. We can teach Sunday school, volunteer in the nursery, offer to bring donuts to Bible study one day. Serving means having a servant heart. That’s what God’s Word calls us to do — to serve and love others.”

Wearing the crown across thousands of miles, she always carried her travel Bible to keep herself ground-



ed. She would openly share her faith story when asked. “We were told that we could not stand up in front of a crowd and ask everyone to give their lives to Jesus Christ. However, if we were asked about our faith or our spiritual journey, we were absolutely allowed to share that. Quite honestly, I was asked about that a lot, and it makes me very proud to be able to share my faith story.”

Katie passed her crown on to the next Miss America and returned to Indiana, where she loves to pull her hair back in a ponytail and put on her blue jeans. Taking off that crown was easy for Katie whose life continues to be busy.

“I’d been told so many times that it would be such a big transition when I got home and I would have this feeling of let-down because I’d just come off of being Miss America where everybody wanted my time. But I didn’t go through that. I give the credit to my fiancé for helping me come home,

“The most challenging part about living out of a suitcase was not having my closest family and friends with me as a constant support system. It becomes very lonely going back to an empty hotel room every night for a year. I always had their pictures with me, whether they were on my phone or in my personal belongings, to remind me that they are always with me even if they are not physically there.”

Both Tracy and Keith are educators in Seymour: Tracy teaches fifth grade at Immanuel Lutheran School; Keith is the music director at the public high school.

“Katie was a beautiful baby from day one and was photographed by many before she even came home from the hospital,” Tracy said. “Often as a child, she and her cousin Janelle would strut around the house pretending to be beauty queens, wearing homemade banners, and balancing crowns made from cereal boxes.

“All of our children are musically talented and sang together for many years as ‘The Stam Family Singers’ at community events. Keith played the piano and I managed the group, sewed their costumes, and introduced them on stage. Katie went on to sing ‘Via Dolorosa’ in the Miss America Pageant and now sings with Sandi Patty at some of her concerts.”

Tracy said that Katie was an easy child to raise. “She was always independent, good-humored, perseverant, and held high morals. Looking out for the underdog and being respectful to everyone are

working outside of being Miss America. I also have a great support system that helps me stay level-headed and keep the big picture.”

Katie has a lot of “big pictures” to juggle in this next stage of her life. “I had 22 speaking engagements in the first three months since I’ve been home! I’m also planning my wedding.” She smiles that beautiful big smile for which she is famous.

Katie is also completing her degree at the University of Indianapolis. “It has been a 24/7 job for me. I feel that God has placed some new things in my life for a reason. He’s sending me in some exciting directions, and I’m just trying to play catch up with Him right now,” she laughed.

One of Katie’s newest passions is an upcoming children’s book series. “I’m writing a series called *I Want to Be*, and the first book is *I Want to Be Miss America*. The series’ mission is to inspire young people to consider their futures,” she added.

The first book will focus on Miss America as a good role model for hard work, education, and community involvement. “It’s my hope that it will inspire and motivate young people to figure out what they want to do and to dream big.”

On many of Katie’s visits to schools during her reign, she asked students what they wanted to be when they grew up. She’d offer suggestions and ask how many wanted to be teachers or doctors or farmers. Very few students would raise their hands. “But when I asked how many wanted to be a movie star or a professional athlete? More than half the class raised their hands!”

While she knows it’s great for young people to dream big, she is hoping that this book series will bring alive some other careers that are not nearly as visible as movie stars and professional athletes.

She is also eager to share her faith through this book series. “I really want to do something faith-

based so the third book in the series will be *I Want to Be Like Christ*, where I’ll write about having a servant’s heart and living to glorify God. That’s something I feel very passionate about and driven to do. I’m really looking forward to writing that one!”

Katie explained that the books will be in rhyme form so they will be fun and easy for kids to read. “I’m also including craft ideas to inspire family time, creativity, and imagination.”

The book series is still in the works, Katie explained. “We are just finishing the illustrations, and then we’ll go to publishers. I’m looking forward to doing a book tour and tons of media!”

The book series makes sense for Katie since she is so passionate about family time and growing in her faith. “Those moments you spend as a family, worshipping and growing together spiritually, that’s really the most important thing.”

It’s not surprising that Katie’s tomorrows are filled with excitement, anticipation, and a bit of the unknown. She’ll be launching her book series, starting her own family, pursuing her broadcast journalism dreams, and exploring new opportunities.

“Sometimes I am afraid about the future. But it’s in those fears, those moments when I’m vulnerable, that I learn the most. And that’s God’s Holy Spirit challenging me. In those moments, I put everything in my heavenly Father’s hands. Trusting Jesus. He has never failed me.”

And although Katie no longer wears her Miss America crown, she looks forward to wearing another crown. “At the end of my life, I want to say that I lived to glorify God.”

And then, on account of Christ’s grace, she’ll receive a perfect and eternal crown.



qualities she exhibits to this day. Katie didn’t get into mischief; there was no time! Our children were involved in 4-H; Katie showed dairy cattle at the Jackson County Fair, played basketball, was a member of the cheerleading squad, and studied gymnastics, piano, and voice. She was a voracious reader and storyteller. Later she entered local pageants and was chosen Indiana Junior Miss in 2005 and Miss Indiana in 2008. She is now continuing her college career at the University of Indianapolis, majoring in communication, and will soon be married to Brian Irk.”

It’s very evident that the Christian qualities with which the Stam children were raised molded them into the solid citizens they are today. “I cherish the close relationship I have with all my children,” Tracy shared. “My family is a great blessing from God.”

Editor’s Note: Katie Stam will be the Friday evening inspirational speaker and entertainment at the LWML Convention in Peoria, Illinois, June 23–26, 2011.

How Heavy is Your Purse?

By Sharla Fritz



How heavy is your purse? At a baby shower I attended, a contest was held: all the party-goers weighed their purses, and the heaviest bag won the prize!

In real life, a bulky bag is not a winner. The weight stresses our shoulders and throws off our posture.

Isn't worry like a handbag we carry around with us day after day? Doesn't worry weigh us down as we continue to throw more and more into that cumbersome tote? And isn't anxiety like a macramé bag — full of knots?

Worry not only burdens us, it can also affect our physical well-being. Health professionals warn us that anxiety can raise blood pressure, increase blood clotting, and prompt the liver to produce more cholesterol, raising our risk of heart attack and stroke. And if the effect of worry on our bodies isn't enough to make us give it up, remember that worry doesn't really help. Most of the time what we worry about never even happens.

Philippians 4: 6–7 offers great advice for our worry-weary selves: *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

The Greek word for *anxious* that the apostle Paul uses here means *distracted*. When worrisome thoughts pop up, don't let them distract you. Rather, transfer them back to our heavenly Father in prayer. His Word promises we can bring anything and everything to Him. Nothing is too big or too small.

How many times have I given that handbag of worries to God, saying, "Here please carry this for me," only to wrestle it out of His hands again the next day, the next hour, sometimes the next minute! My shoulder and back start aching again under the heavy load, and I wonder why I feel so burdened.

The apostle Paul advises: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things* (Philippians 4:8 TNIV).

Think about what is true, what is real, rather than dwelling about what might come true. Don't sugarcoat a difficult situation, but don't make it worse than it is by speculating where the predicament *might* lead. Fix your thoughts on things that are praiseworthy. Fix your eyes on Jesus. (Hebrews 12:2a)

So when you're tempted to pick up that macramé purse of worry, remember there is Someone who wants to carry it for you. And as distracting and anxious thoughts crop up, turn them back over to your loving Savior in prayer.

Ditch the heavy purse ... the contest is over ... the Prize is already yours!

Sharla Fritz loves the Lord, her family and ... chocolate! Her husband is a pastor in Aurora, Illinois, where she helps out as church musician and Bible study leader. They have two grown children and one delightful grandson. Other activities include teaching piano, writing for the Lord, and going out to lunch with friends whenever she can!

By Deb Burma

In [Christ] we have ... the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us (Ephesians 1: 7–8).

Expecting guests, I planned to create a special dessert of unparalleled quality: a rich, extravagant chocolate three-layer cake. The homemade batter rose beautifully in my round layer cake pans as it baked, filling the house with a warm chocolaty aroma.

Eager to complete my sumptuous layered dessert, I began to frost and stack the rounded cakes as soon as they were cool. What this novice baker didn't realize was the need to shave the mounded center of each baked layer before stacking them.

My work was almost complete when the top two layers — balanced carefully over the mound beneath them — split entirely in half, oozing frosting-filled crumbs and large chunks of cake down the sides of the cake plate and onto the table. What a mess!

After disassembling each gooey layer and shaving the rounded tops off (they were delicious, by the way), I pieced my catastrophe back together, not wanting to waste the cake and having no extra time to start over. Making extra loads of frosting, I slathered it on heavily, layer upon layer, over my messed-up, broken cake. And somehow all the flaws appeared to vanish under the grace-filled cover of rich, fudgy frosting.

God's rich, extravagant grace covers all my mess-ups, failures, and flaws — just like that thick, fudgy frosting, which so perfectly concealed and healed my messed-up flop-of-a-cake. When we fail, when we make mistakes, when we crumble under the weight of our sin, our heavenly Father



Chocolate-

lavishes
His thick,
indulgent grace upon
us — covering our sins and forgiving us
through Christ's atonement on the cross.

Maybe your failures, your mistakes, and your mess-ups seem so much worse than this. Do you wonder how God can forgive the crumbling mess you've made? Remember this: no sin ... no mess ... is too much for our Lord to clean up.

Although I was able to create a chocolate covering that filled and healed and covered



Crosted Grace

broken; we are healed. The prophet Isaiah foretold: *But [Christ] was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed* (Isaiah 53:5).

Your selfish desires, your pride, your hurtful words, your lack of forgiveness, your sour disposition, your critical spirit, your laziness, your failure to serve or to reach out to others with His love — He covers your messes with His perfection, making you brand new and mess-free!

Looking back, if I had had the time to start over, I might have thrown out the mess of a cake I had made, especially after it had split in two and slid down the sides of the plate.

In our world, when things are messed up, we often dispose of them, don't we? His Word reveals to us that God thinks and behaves differently. He found us to be worth salvaging, "fixing," reworking; He kept His promise to send us a Savior. (Genesis 3:15)

What broken mess do you find yourself in today? Lay it at the foot of the cross, knowing God lavishes His rich grace upon you in Christ, who heals your brokenness.

That is the grace we savor.

Prayer: God of all mercy and grace, thank You for Your extravagant gift of grace You have lavished on us, forgiving our sins in Christ and healing our broken mess. In Jesus' name. Amen.

my chocolate mess, none of us can "fix" our sins. Only by the Holy Spirit's leading can we, with repentant hearts, acknowledge and confess sins before the Lord, laying them at the foot of the cross. Christ's blood shed for you covers those sins; our heavenly Father declares our sins forgiven!

More than a thick slathering of fudge that effectively conceals the mess we have made, His blood makes us whole where we were once

Deb grew up on a ranch in western South Dakota, graduated from the University of Texas at Dallas, and has pursued careers as stay-at-home mom, ministry leader, and writer. She and husband, Cory, live in Columbus, Nebraska, where he serves as Associate Pastor at Peace Lutheran Church. A mother of three wonderful teenage children, Deb is a frequent guest speaker and retreat leader and will be the keynote speaker at the 2011 LWML Convention in Peoria, Illinois.

Purple Nail Polish

By Pam Lopez



✿ A while back, my teenage daughter made a bold proclamation — she had discovered the strongest nail polish in the world. “Really?” I said. “How did you do that?” “Well,” she replied, “I painted my toenails three weeks ago, and I have tried to take it off twice, but my polish remover isn’t doing a thing to it.” Finding it hard to believe, I told her to get the remover and some cotton balls, and I would do it for her.

✿ Dutifully she complied and planted her foot in my lap. I soaked the cotton ball and rubbed it across her nail. To my amazement there was not even a speck of polish on the cotton. It seemed she had found the strongest polish in the world. It looked as though she would be stuck with purple toenails until it just wore off.

✿ A few days later my daughter came bounding in from her friend’s house. “Look at my toenails,” she said. They were back to their normal color.

✿ “Wow! How did you do that?” I asked.

✿ “I used Lauren’s polish remover,” she said, “and it came right off. The strange thing — it is exactly the same brand as I have.”

✿ Determined to figure out this mystery, I sent her to retrieve her bottle of remover. She handed me the bottle, but the lid was missing. I asked her where it was.

✿ “Oh, I lost it a long time ago.” Now I knew what the problem was. It wasn’t that the polish was so strong, but that the remover was lacking its power. The acetone, the power ingredient of nail polish remover, had evaporated. The remaining liquid in my daughter’s bottle was effectively water and had no power over the polish on her toes.

✿ Sometimes life can be just like that nail polish. We have some problems or issues that we just can’t overcome. We try everything within our power to rid ourselves of the problem, but to no avail. We become convinced that our problem is the toughest one in the world, yet might it be that our faith has been weakened?

✿ Have we allowed our faith to be exposed to the world and its standards, causing us to rely on our own strength to overcome?

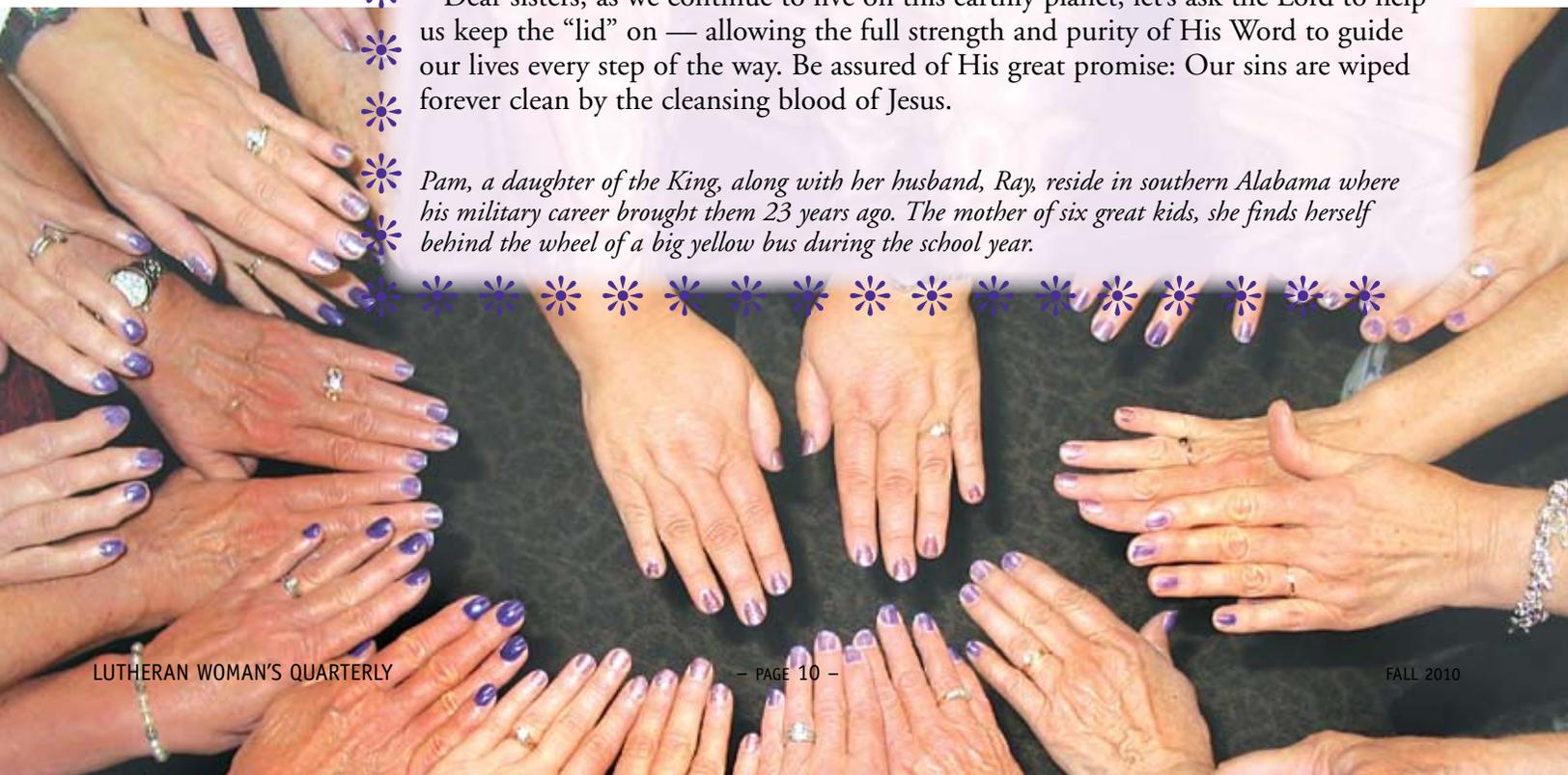
✿ Scripture makes it clear: The power ingredient in our faith is God and His Son, Jesus Christ.

✿ *It is God who arms me with strength and makes my way perfect* (2 Samuel 22:33).

✿ *I can do everything through Him who gives me strength* (Philippians 4:13).

✿ Dear sisters, as we continue to live on this earthly planet, let’s ask the Lord to help us keep the “lid” on — allowing the full strength and purity of His Word to guide our lives every step of the way. Be assured of His great promise: Our sins are wiped forever clean by the cleansing blood of Jesus.

✿ *Pam, a daughter of the King, along with her husband, Ray, reside in southern Alabama where his military career brought them 23 years ago. The mother of six great kids, she finds herself behind the wheel of a big yellow bus during the school year.*



Let's Pray... In Appreciation of Pastors

Blessed is he who comes in the name of the LORD. From the house of the LORD we bless you (Psalm 118:26).

During the month of October, Lord, we are asked to show our pastors how much we appreciate them. This is a good thing to do, not only this month but every month. Bless our pastor as he brings Your Word to our congregation.

I know the pastor's plate is full. Grant him the time needed to prepare for worship services and to do all of the other things required of him. Bless him with the support of our congregation, not only financially, but also emotionally and spiritually.

Help him to have enough time and energy for his family and the wisdom and time also to care for his health. Remind all the members of our church of his need for private time that he might recharge his batteries. We ask You especially to keep him strong in his faith in You as he serves in Your church.

Through Jesus Christ, our Lord and his, we pray. Amen.



Grandma's BLOG

The mound of wood chips I ordered in August arrived in late November and was nearly as tall as I was! How could I possibly get them spread in the rainy, near-freezing weather so my front yard would look good before my Thanksgiving guests arrived the next day?

As I grudgingly tackled the mound, I wished that my grandchildren were not traveling to the "other" grandma's house for the long weekend — I really could use those teen-agers' help! The task was agonizingly slow; I kept my head down, raking those chips as fast as possible and thinking, "If only I were bigger and stronger. Where can I find help?"

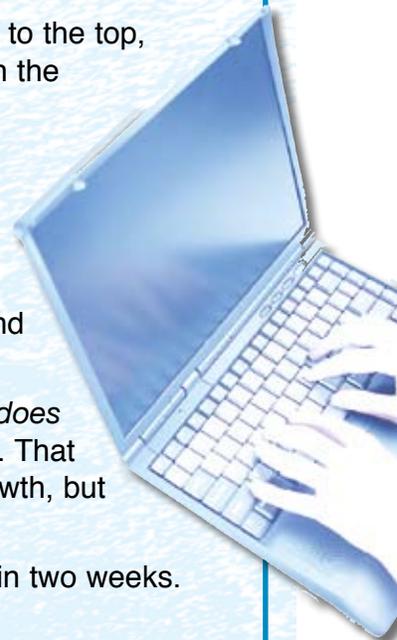
Taking a break and looking up at the mound, I suddenly realized that if I climbed to the top, I could toss shovels-full of chips more efficiently than tediously raking them down the sides of the mound!

It was only when I looked UP that my problem was solved.

Isn't that what we do when we face difficulties in our lives? We "look down," concentrate on ourselves and our problems, and see nothing but hopelessness. It's only when we look UP to our Father in heaven and pray for His help that we are open to His leading. He can shepherd us to solutions that ease our stress and take the pressure off!

My experience brings to mind Psalm 121:1,2a: *I lift my eyes to the hills—where does my help come from? My help comes from the Lord.* Read the rest of Psalm 121. That chapter, along with all other Scripture, provides strength not only for spiritual growth, but also for everyday living.

BTW, my strong-teen-age-grandchildren: Another load of chips will be delivered in two weeks. Can you bring your shovels? ☺



LWML Mission Grants



Ten Chapels, Transportation, and Pastoral Training in Tanzania **\$88,000**

Tanzania is one of the poorest countries in the world with an average income is \$210 per year. The church in Tanzania is growing and in need of places to worship, motorcycles and bicycles for the local pastors and evangelists, and training for those seeking to bring the good news of all sins forgiven in Jesus.

An \$88,000 grant supplies roofs for church buildings, motorcycles and bicycles for pastors and evangelists, and training for those seeking to serve the Lord's people as pastors.



Psalm 69:14 Project — Emergency Disaster Aid in Texas, Oklahoma, and Louisiana **\$50,000**

“Rescue me from the mire, do not let me sink” are the words from Psalm 69 that inspire the work of Lutheran Social Services of the South.

Hurricanes, floods, tornadoes, and other disasters leave families, especially in the south, in the mire of poverty, sickness, and affliction. LSSS has been there to give finan-

2009–2011 Biennium \$1.825 Million Goal

		PAID
1. Defray Cost of Shipping Quilts by Lutheran World Relief	\$80,000	
2. Concordia Seminary, St. Louis, Food Bank Relocation	\$50,000	\$50,000
3. The Carpenter's Hands — Youth Refurbish Homes – Florida	\$26,000	\$26,000
4. Psalm 69:14 Project — Emergency Disaster Aid in Texas, Oklahoma, and Louisiana	\$50,000	\$26,000
5. Digitalized Classes for Specific Ministry Pastor Program – Concordia Theological Seminary, Fort Wayne	\$36,000	\$36,000
6. Ten Chapels, Transportation and Pastoral Training in Tanzania	\$88,000	\$25,000
7. Body and Soul Care for Children in India	\$50,000	
8. LCMS Prison Ministry Provides Devotional Materials	\$50,000	
9. Lutheran Braille Workers Provide English Braille Bibles – Africa	\$100,000	\$50,000
10. Kyrgyzstan Locals Trained for Evangelism	\$100,000	\$50,000
11. The Hope Center for Refugees and Immigrants – Ohio	\$90,000	\$20,000
12. Human Care and Pastoral Ministries Developed in Latvia and Lithuania	\$87,500	\$43,750
13. Mission Support to Dominican Disabled Children	\$50,000	
14. Native Leadership Scholarships for Students Enrolled in Ethnic Immigrant Institute of Theology (EIIT)	\$100,000	\$30,000
15. Human Care Outreach in Kazakhstan	\$90,000	\$45,000
16. International Student Ministry Provides Bibles and Christ-Centered Resources	\$30,000	\$15,000
17. Earthquake Relief Aid and Church Plants in Peru	\$100,000	
18. Light of Christ Chinese Lutheran Mission – St. Louis	\$75,000	\$75,000
19. Humanitarian Aid Opens Mission Field in North Korea	\$82,482	

cial aid and the comfort of the Gospel. Lutheran congregations in the area can provide financial help to cover shelter, medicine, and other critical needs not covered by other resources.

A grant of \$50,000 helps LSSS to provide one-time hardship grants, averaging \$300, to those in the mire of disaster.

Light of Christ Chinese Lutheran Mission – St. Louis **\$75,000**

Over 50,000 Asians live in the St. Louis area, many not knowing Jesus and His love for them. The Light of Christ Mission serves over 140 Asians on a typical Sunday and dozens more through parenting and



citizenship classes, health fairs, and other bridges to the Chinese community.

Sixty-five individuals were baptized in past years. Fifteen of those baptized have returned to China and are now witnesses for our Lord in a country that severely restricts missionary work.

A grant of \$75,000 enables Light of Christ Chinese Mission to continue to proclaim Jesus.

LWML Product Depot

All
New
Items!



100% Fun – 0 Trips to the Mall!

White Lightweight Jacket Purple trim and LWML logo, with two reflective bands on the right sleeve, large front pockets, and concealable hood. A must-have for those cool morning walks or sporting events.



#10060-W \$35.00 (S-XL)
\$37.00 (2X)



You'll want several of these **Face of LWML Tissue Box Covers** for fun door prizes at your next meeting and for your church office and reception area. Ships flat, easy to assemble. (Tissue box not included.)

#10125 3 for \$5.00; 7 for \$10.00

"Bling is the thing," so be sure to order enough for your next event. **Bling Pencil – Black with Purple Jewel.**

#18936



10 for only \$20.00



Be ready for special gift giving with a supply of **Beaded Cross Gift Tags**. These beautiful blank cards feature a raised beaded cross on pearly sheen paper. 2–3/16" X 3–3/16" card includes envelope.

#16541 3 for \$5.00

Sure to be a hit! **Teen Brass Charms** are stamped with "Praise" or "Friend" adhered with eyelets to the hand-tooled brass background. Small circle ring at the bottom allows for attaching additional charm. Brass chain and additional charms sold separately.

#50067 Friends \$20.00
#50068 Praise \$20.00
#50066 Brass Chain \$15.00
#3200 LWML Charm \$15.00
#50062 Fish Charm \$5.00



Buy any two charms, receive a free 30" brass chain (\$15.00 value).



Faith Talk helps women focus on seeing everyday opportunities to share the Gospel as they live and speak their faith in comfortable ways with those they encounter. This ready-to-use DVD format resource has everything needed for a meeting or workshop. Reproducible printed materials allow for ease in preparation.

#14995

\$20.00

Add this lovely **Flameless Wax Fragrance Bowl** to your home. These beautiful, individually-crafted wax bowls are embedded with a silver LWML logo and add a rich fragrance to any room without the need for a flame. Why not purchase some for those special people on your Christmas list? (7" diameter)



#10245

\$20.00



Perfect for a hostess gift or Christmas stocking stuffer, this adorable **Lamb Candle** warms the heart with the reminder that each one of us is Jesus' little lamb. Cellophane bag makes it a ready-to-go gift.

#10246

\$6.00

It's not too early to begin addressing your Christmas cards. The 2010 **LWML Christmas Card** will help share the joyful news of the Savior with your friends and family who live near and far. Set of 10 cards.

#16520–10

\$6.50



MUSTARD SEEDS

NEW! **Large Print Mustard Seed Comfort from the Psalms** includes the same 28 devotions of comfort and encouragement as the standard Mustard Seeds but in a new easy-to-read 9" x 4" larger size with bold print. Packaged in a clear vinyl wallet.

#40220

\$3.50
10 for \$30.00



Shop online at www.lwml.org or call 800-252-LWML(5965). Prices don't include postage. Good through January 1, 2011.

Dear God ...

I am a do, do, doer ... I can't seem to stop. I always say "yes" when someone needs something. I have a "to do" list a mile long. It seems I'm always going to a meeting. My five-year-old son recently asked me what a meeting was because I go to so many. How do I answer that?

All these meetings are for church, LWML, the district ... I think I am serving You in all these meetings and roles, but I need to focus more on why I do all this service. I want to live more in the joy of serving You because of what You have done for me.

Help me — the doer, the pleaser, the taskmaster — to live in the joy and freedom of Your gift of salvation by faith in Jesus. Most of all help me to show my children why I do what I do, out of the love and peace I have, knowing that You are my God and Savior.

Love, Your daughter

Set Free in Christ!

By Tomeka M. Shum

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery (Galatians 5:1).

In him and through faith in him we may approach God with freedom and confidence (Ephesians 3:12).

Many of us feel that we are under constant pressure, being pulled every which way. But Jesus has provided an out for us: We trade burdens with Him because His shoulders are broad enough and strong enough to bear it all. And He did. How? Jesus lived, died, and rose again in our place. His shoulders bore our burden of sin and gave us freedom in His righteousness.

Whom Christ has set free is free indeed! We are free to live, to love, to want, to mess up, to get hurt, to call upon His name, to talk to Him directly, to ask Him the hard questions, to give, to grow, to be. There are no limits to the life He has given!

When you pray, ask the Holy Spirit to guide the way you live each day, so that in even the smallest thing, you can live in the freedom that comes through Jesus Christ. The pressure's off ... now you're on! Live!



Spotlight on Alana

"It's a humbling experience to predict that tomorrow will be a partly cloudy day, only to receive six inches of snow!" quipped television meteorologist **Alana Nehring** from **Traverse City, Michigan**. Alana is a relatively recent graduate of the University of Wisconsin in her home city of **Milwaukee**. She grew up attending LWML events with her mom, Ann, who serves as the South Wisconsin District LWML's Mission Grants Committee Chairman.

Alana participated in her district LWML's eyeglass mission trip to Puerto Rico a few years ago.

"I attend church regularly and am becoming an active member of the community. I hope that as my career continues, people will see that I try to lead my life to glorify God and that I am grateful to Him for the blessings I have. For example, instead of complaining about the fact that my alarm goes off at 1:45 a.m. every morning, I remind myself to be happy that I have a job!"

To see Alana deliver the forecast, go to www.upnorthlive.com.

[Note: While researching this story, LWML Young Woman Representative Task Force Chairman Anne Hartman discovered that Alana had been her student when she, too, lived in Milwaukee!]





Check out what LWML teens are doing at the Teen Light Feature www.teens.lwml.org

Friends, Faith, Fun



Left Photo

"It started with six teens and a pizza party!" shares Lois Cole, leader of Friends Into Serving Him® at Our Saviour, Des Moines, Iowa. "When I asked one of the teens why she wanted to join, she replied, 'I want to get to know some of the older women in the congregation.'"



Right Photo

Marking Bibles for a prison ministry, designing cards to accompany camouflage quilts for those in the armed forces, finishing catheter bags for a local nursing home, and assisting with a church supper are among the service projects of the Friends Into Serving Him® group at St. Paul, Oconomowoc, Wisconsin.

"Because of various schedules," shares Pat Menden, "our group finds it difficult to meet with everyone at once; we work in small groups so everyone can participate. We set up a table at our Fall Mission & Ministry Fair and gave away gummi fish and fish crackers. Any girl that signed up to be contacted for our next meeting got to choose from several Friends-logo items (post-its, cups, markers, etc.). As a result we gained a few more girls!"

Several of the girls stepped up to serve as officers, including a treasurer who collects mite donations. The group held a lock-in to work on a brunch for the families of three of the girls who were being confirmed the following day. "They are so enthusiastic about becoming an active part of the church."

devotion

Jesus a Teen? No Way!

Yes, way! It's hard to imagine the Savior of the world going through puberty, but He did. Jesus was a baby who grew to be a teenager. Just like you, He made choices that shaped the course of His life.

Scripture doesn't say a lot about Jesus' childhood, but what it does reveal can help you be more like Jesus than you ever thought possible. At just 12 years old, Jesus was laying the foundation for the kind of person He would become. They [His parents] found Him in the temple courts, sitting among the teachers, listening to them and asking them questions (Luke 2:46).

Jesus was intentional about the people with whom He surrounded Himself. He sought out wise people to whom He could listen and ask questions. If on earth now, I bet that He would have even texted, facebooked, or skyped with them. The result? As Jesus grew up, He increased in wisdom and in favor with God and people. (Luke 2:52 TNIV).

How can you grow in wisdom? How can you be respected by God and people? Is it even possible for you to make all that happen? Nope, but guess what? The pressure's off — Jesus has already accomplished "a better you" through what He did for you on the cross and at the empty tomb! That's great news!

Celebrate the "new you" as you follow Jesus' example. By the Holy Spirit, you can make a prayerful choice to seek out godly mentors. Pray, look around, and pick someone to whom you will listen, text questions. Take care of yourself physically. Seek the Lord in all things. Work at the relationships He places in your life. In this way, you can live a life based on Jesus as your model made up of choices guided by the Holy Spirit.

Pray right now that the Holy Spirit would grow in you a desire to be more like Jesus was as a youth. Ask Him to guide you as you seek a mentor and to be faithful in making God-pleasing choices on a daily basis. Get ready, hold on, and enjoy the daily ride with and like Jesus!

The Pressure's Off: A Better You

By Janice Kerper Brauer

Ask the Holy Spirit to guide your study of the Word.

Opening

I confess. I like to look at “before” and “after” photos in women’s magazines — the kinds that show how a new hairdo or a different make-up technique can help you look better. If popular magazines are an accurate gauge, today’s women are searching for ways to improve themselves. Besides tips for our physical appearance, there is a plethora of articles on how to have better careers, better marriages, better friendships, and on and on!

“Better” Christians?

Sometimes we carry this self-improvement mindset over to our walk with the Lord. We even compare ourselves to other believers and wish we could be better Christians. What a relief to discover that is not the way it works! The Christian life is not a do-it-yourself project; it is a walk of faith. Read the verses listed below and discuss together the insights they provide about what it means to live as God’s redeemed children. The questions that follow are provided as starting points for your discussion.

Galatians 2:15–21 **Galatians 3:3–11**

Galatians 3:23–27 **Galatians 4:4–7**

Galatians 5:13–16 **Galatians 5:23–25**

What does Paul say about how one is justified?

What does Paul say about how one lives as a believer?

What is the significance of being sons and daughters of God rather than slaves?

How would you describe the role faith plays? (Try to put it in simple terms, as if you were explaining it to a child.)

Why is the Holy Spirit essential?

What do you think it means to walk by the Spirit in your daily life?

Spirit-Empowered Discipleship

What comfort we have as God’s children in knowing that the power for the Christian life comes from the Holy Spirit and that even our faith is a gift from God. This doesn’t mean, however, that discipleship is passive. Read the following verses and note how St. Paul encourages us to actively express our faith.

Colossians 3:8–14 **Colossians 3:18–19**



Colossians 3:23–24 **Colossians 4:2–4**

Colossians 4:5–6

Keep in mind that Paul’s instructions do not imply that we are able to obey these Scriptures by our own power or that following them earns us God’s favor. Rather, walking “worthy of the Lord” (**Colossians 1:10**) is the joyful, Spirit-empowered response of the life that has been gripped by God’s love and grace. What do the following verses tell us about what God has done and continues to do for us?

Colossians 1:10–15 **Colossians 2:6–7**

Colossians 3:1–3

Closing Reflection

Allow a few minutes for individual reflection or for group sharing. Glance back over the Scriptures we have studied: How does understanding who you are in Christ help you move beyond a self-improvement approach to life? How is the Holy Spirit speaking to your heart about your walk of faith? How can you draw upon the power of the Spirit in the week ahead?

Thank God that He changes from the inside out! Divide into two groups and use these verses from **1 Corinthians** as a responsive prayer:

Group 1: By His doing you are in Christ Jesus, who has become our wisdom, righteousness, holiness, and redemption.

Group 2: So let those who boast, boast in the Lord!

Group 1: You were washed, you were sanctified, you were justified ...

Group 2: in the name of the Lord Jesus and the Spirit of our God.

Group 1: There is one God, the Father ...

Group 2: and we exist for Him.

Group 1: There is one Lord Jesus Christ —

Group 2: and we exist through Him.

Group 1: Thanks be to God,

Group 2: who gives us the victory through our Lord Jesus Christ.

All: TO HIM BE GLORY FOREVER, AMEN.

Janice Kerper Brauer is a former editor of the Lutheran Woman’s Quarterly. She is currently a counselor working with couples, women, and missionary families. Janice and her husband, Tom, live in Wheaton, Illinois, and have two college-age sons. They attend Peace Lutheran Church in Lombard, Illinois.

Ya No Hay Presión: Un Mejor “TÚ”

Por Janice Kerper Brauer

Pide que el Espíritu Santo guíe tu estudio de la Palabra.

Apertura

Confieso. Me gusta mirar esas fotos en las revistas para mujeres que dicen “antes” y “después.” Normalmente son fotos que muestran un nuevo peinado o un nuevo modo de aplicarse el maquillaje para que te puedas lucir mejor. Si usamos las revistas como medida, la mujer de hoy está buscando formas de siempre mejorar su apariencia. ¡No solo es la apariencia, pero hay un sin número de artículos de cómo mejorar tu carrera, mejorar tu matrimonio, mejorar tus amistades, etc, etc!

¿“Mejor” Cristianos?

A veces llevamos este pensamiento de automejorar a nuestro caminar con el Señor. Aún nos comparamos a otros creyentes y deseamos ser mejores cristianos. ¡Que bueno saber que no es así! La vida cristiana no es un proyecto de “hazlo tú;” es un caminar de fe. Lean los versos abajo y hablen juntas sobre qué verdades aprenden acerca de vivir como hijas redimidas por Dios. Las preguntas que siguen son puntos de partida para su estudio.

Gálatas 2:15–21

Gálatas 3:3–11

Gálatas 3:23–27

Gálatas 4:4–7

Gálatas 5:13–16

Gálatas 5:23–25

¿Qué dice Pablo acerca de cómo nos justificamos?

¿Qué dice Pablo acerca de cómo uno vive como creyente?

¿Qué significa ser hijos o hijas de Dios y no esclavos?

¿Cómo describes el papel que fe desarrolla? (Trata de ponerlo en palabras sencillas como si estuvieras explicándolo a un niño.)

¿Por qué es el Espíritu Santo esencial?

¿Qué crees que quiere decir caminar con el Espíritu Santo en tu vida diaria?

El Discipulado Motivado por el Espíritu

Qué consuelo podemos tener como hijos de Dios en saber que el poder para la vida cristiana viene del Espíritu Santo y que aún nuestra fe es un don de Dios. Esto no quiere decir, sin embargo, que el discipulado es pasivo. Lee los siguientes versos y note cómo San Pablo nos anima a expresar nuestra fe activamente.

Colosenses 3:8–14

Colosenses 3:18–19

Colosenses 3:23–24

Colosenses 4:2–4

Colosenses 4:5–6

Guarda en mente que las instrucciones de Pablo no quieren decir que podemos obedecer las Escrituras por nuestro propio poder o de seguir las nos gana el favor de Dios. Más bien, cuando caminamos “dignos del Señor” (**Colosenses 1:10**) es la gozosa respuesta bajo el poder del Espíritu Santo de la vida que es alcanzada por el amor y gracia de Dios. ¿Qué nos dicen los siguientes versos acerca de lo que Dios ha hecho y continúa haciendo por nosotros?

Colosenses 1:10–15

Colosenses 2:6–7

Colosenses 3:1–3

Reflección de Clausura

Permitan unos minutos para la reflexión individual o para que el grupo comparta. Vean rápidamente las Escrituras que hemos estudiado. ¿Cómo te ayuda a entender quién eres con la ayuda de Cristo y cómo puedes caminar más allá de la filosofía de automejorar? ¿Cómo está hablando el Espíritu Santo a tu corazón acerca de tu caminar de fe? ¿Cómo puedes recibir el poder del Espíritu en la semana próxima?

De gracias a Dios que Él te cambia desde adentro. Dividan en dos grupos y usen los versos de **1ra de Corintios** como una oración responsive:

Grupo 1: Ustedes están unidos a Cristo Jesús, a quien Dios ha hecho nuestra sabiduría — es decir, nuestra justificación, santificación y redención.

Grupo 2: ¡Así que si alguien ha de gloriarse, que se glorie en el Señor!

Grupo 1: Han sido lavados, ya han sido santificados, ya han sido justificados ...

Grupo 2: en el nombre del Señor Jesucristo y por el Espíritu de nuestro Dios.

Grupo 1: No hay más que un solo Dios, el Padre ...

Grupo 2: para el cual vivimos.

Grupo 1: No hay más que un solo Señor, es decir, Jesucristo ...

Grupo 2: por quien todo existe.

Grupo 1: ¡Gracias a Dios ...

Grupo 2: que nos da la victoria por medio de nuestro Señor Jesucristo!

Todas: A Él sea la gloria para siempre. Amén.

La Sra. Janice Kerper Brauer es una que fue editora de la Revista de Damas Luteranas. Ahora es una consejera que trabaja con parejas, damas y familias misioneras. Janice y su esposo Tomás, viven en Wheaton, Illinois y tienen dos hijos universitarios. Asisten a la Iglesia Luterana Paz en Lombard, Illinois.

Pressure Points

By Shari Miller



For Bible study leader notes and Bible passages, click by the Quarterly icon at www.lwml.org or contact the LWML Office.

Introduction: The dictionary definition of a “pressure point” is (1) any of several points on the body at which an underlying artery can be pressed against a bone to stop distal bleeding; (2) area on the skin that is highly sensitive to the application of pressure; (3) where problems or disagreements are likely to occur.

Faith Talk: In light of the above definitions, discuss how the term “pressure point” could be applied to emotions and/or spiritual life.

As we consider Mary and Martha, the sisters of Lazarus, in this Bible study, we will see how they experienced physical, spiritual, and emotional pressure points in their lives. We will also consider how we experience some of those very same pressure points.

Opening Prayer: Dear Almighty Father, we praise You that we are fearfully and wonderfully made. You have given us our body and soul and all our members. You preserve and protect us. When we sin, we know that we separate ourselves from You, the Holy One. Thank You for sending Jesus to suffer and die for us on the cross of Calvary. We boldly ask that You bless this study of Your Word. In Jesus’ great name we pray, Amen.

Pressure Points: *Mary and Martha*

Read the three references below which refer to both Mary and Martha. Identify in each passage at least one pressure that Mary could have been experiencing and at least one pressure that Martha could have been experiencing.

Luke 10:38–42

John 11:1–44

John 12:1–11

Faith Talk: Finish the following statement. Write in your answers and then share with a partner or in your small group.



I experience these pressures because of my:

family

friends

job

Christianity

Pressure Points: *Pain*

A second definition of “pressure points” follows:

Pressure points are nerve bundles found throughout the body. They can cause both pain and healing. Pressure points can both hurt an attacker (as in martial arts) and heal a wounded body. Acupressure is a traditional Chinese medicinal technique that involves placing pressure on the body to relieve symptoms. Modern-day pressure techniques are practiced in reflexology.

What effect does the pressure of sin have on each of us? Read the following Bible passages. Identify the physical, emotional, and spiritual effects of sin.

Psalm 6:2–3, 6–8

Psalm 32:3–4

Psalm 38:4

Psalm 38:18

Psalm 40:12

Psalm 88:3

What painful pressures did Jesus endure for the salvation of the world? Read the following Bible passages. Identify the physical, emotional, and spiritual effects of Jesus' punishment for our sins.

Psalm 22:1–2, 6–18

Isaiah 53:3–6

Matthew 27:46

Mark 15:15–20

If time permits: Use a cross-reference to find other passages that describe Jesus and His work of salvation. Identify the pressures that Jesus experienced. Share your findings with a partner or in small groups.

Pressure Points: Healing (Relief)

Faith Talk: List ways or methods we use to try to relieve our pain. Share with your group.

Reread the second definition for “pressure points.” Take note of these phrases: “cause ... healing; heal a wounded body; and relieve symptoms.” According to this definition, pressure points can not only cause pain but can also be attributed to relieving and healing such painful things as stress, headaches, nervous tension, anxiety, and even nausea.

Take another look at the three previous references to Mary and Martha. How did Jesus relieve their pressures?

Luke 10:38–42

John 11:1–44

John 12:1–11

How does Jesus our Savior heal us?

Psalm 130

John 14:16–17

Romans 8:22–27

2 Corinthians 5:1–5

Galatians 5:16–26

Hebrews 12:7–11

Extra Credit Question: The Holy Spirit uses the _____ of _____ to keep us in the one true faith. What three things does the Holy Spirit use to “grow” our faith? How are we healed? Hint: See the Bible passages below.

1 Peter 3:18–22

1 Corinthians 11:23–26

2 Peter 1:16–21

Conclusion: Where does every Christian find true joy and peace, even through the pressure points of life? See **Nehemiah 8:10b** and **Philippians 4:4–7**.

Faith Walk:

Help to relieve the pressure of at least one person's sin by sharing with her the Good News of salvation in Jesus this week.

Identify people in your life who need pressure relief. How can you specifically help to provide that relief?

Book Club Suggestion: *Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life* by Joanna Weaver, Random House, 2000.

Closing Prayer: Pray **Psalm 121** together.

1 I lift up my eyes to the hills—
where does my help come from?

2 My help comes from the LORD,
the Maker of heaven and earth.

3 He will not let your foot slip—
he who watches over you will not slumber;

4 indeed, he who watches over Israel
will neither slumber nor sleep.

5 The LORD watches over you—
the LORD is your shade at your right hand;

6 the sun will not harm you by day,
nor the moon by night.

7 The LORD will keep you from all harm—
he will watch over your life;

8 the LORD will watch over your coming and going
both now and forevermore.

In Jesus' name, Amen!

Shari Miller, wife of Rev. Larry and mother of Joshua and Johanna, is the District President of the Montana District LWML. She lives in Helena, Montana, and has written various articles and studies for the LWML.

He Only Has Eyes for You!

By Rev. Dr. Reed Lessing



For Bible study leader helps, click by the Quarterly icon at www.lwml.org or contact the LWML Office. A PowerPoint® presentation graphics program that accompanies this Bible study is available online.

Open with Prayer

The song *I Only Have Eyes for You* was composed in 1934 by Harry Warren and Al Dubin. It has been recorded by numerous musicians, including Peggy Lee, Frank Sinatra, and Art Garfunkel. The Flamingo's version is ranked 157th in *Rolling Stone Magazine's* list of the "500 Greatest Songs of All Time."

The LORD'S Version of this Golden Oldie

In **Isaiah 43:4a**, He tells us, *You are valuable [precious] in my eyes*. The "you" is singular, not plural. It's "you" not "you all." Singular "you" denotes a focus that is individual and intimate, particular, and personal.

Read **Isaiah 43:1-7**. God's care is cosmic and universal, to be sure, but to emphasize His exclusive love for you, He employs twenty-five second person *singular* words and suffixes in these verses. Over and over again it is you, you, you, *you!*

Those who first heard these promises were Judaites living in Babylon in the sixth century, and the empire would have never said this. Babylon was distant, aloof, cold, and calculating.

Read **Daniel 3** to see what life was like for Judaites in Babylon.

This World's Mirrors

As a child, one of the summer rituals of my family was to go to Elich Gardens in Denver, Colorado. The park had all kind of rides and enough sticky cotton candy to amaze my little life. But what always fascinated me most were the fun house mirrors. Some mirrors would make me look tall and skinny. Others would make me look short and fat. And still others would make me look ugly and creepy. None of them reflected who I really was.

And neither do the mirrors that surround us. On a typical day in 2001, the average American consumed — intentionally or unintentionally — about five hundred visual advertisements. By 2009, that number had grown dramatically; from the time most people open the morning paper (or more likely, turn on the morning news) until they finally doze off in front of *The Late Show* or another rerun of *I Love Lucy*, Americans now typically encounter more than 2,000 advertising images.

In most of these images we see perfect people with perfect families and perfect marriages delighting in perfect jobs. And when these images seductively summon us to gaze into their glass, what do we see? We see that we don't measure up. You name it. We don't have it. Addicted to how the world sees us, we begin feeling tall and skinny, short and fat, ugly and creepy. If we look into these mirrors long enough, we begin to feel worthless.

Discuss how the media impacts your self worth.

When we feel worthless, we not only discount ourselves, we begin discounting everybody else. Talk about how this happens in your life.

How is Value Determined?

How we stack up in the eyes of others does not reflect who we really are. Our identity is in the LORD, and He says: *You are valuable in My eyes*.

Value is based on ownership. Discuss how much your car is worth compared to one owned by your favorite celebrity.

Value is also based upon how much someone is willing to pay for an item. What is your favorite heirloom? How much do you think it is worth?

Since value is based on ownership, read **Isaiah 43:6-7** to see who owns us.

And if value is based on how much someone is willing to pay, read **Isaiah 43:4** to see what the LORD paid for His people Israel.

Who is the LORD to Place Value on Us?

We can trust the LORD to place value on us. As we read from Isaiah, we see some of the kinds of things God does. Fill in the blanks as you read these Scripture references:



- A. **Isaiah 41:8; 51:1–2; 54:9** God explains what happened _____.
- B. **Isaiah 44:28; 45:1; 52:13–53:12** God predicts _____.
- C. **Isaiah 43:16–21** God does things _____ that are radically new. The LORD is the holy, supreme, awesome, eternal God, and there is no other.

Read **Isaiah 40:12–31** and list four examples of His power.

Within **Isaiah 40–55** the prophet employs numerous expressions to announce that the LORD isn't a system, a force, an idea, a movement, a doctrine, or a higher power. The LORD is a person.

Match these Scripture references with the appropriate human characteristics of a person [see online study helps for answers]:

- | | |
|---|----------|
| 1. Isaiah 40:2; 41:20; 50:11; 51:16 | a. arms |
| 2. Isaiah 40:10–11; 48:14; 50:2; 52:10; 53:1 | b. hands |
| 3. Isaiah 40:5; 45:23; 55:11 | c. face |
| 4. Isaiah 54:8 | d. mouth |

Match these groups of Scriptures with the LORD's human emotions:

- | | |
|-----------------------------------|---------------------|
| 5. Isaiah 42:25; 48:9 | a. anger/wrath |
| 6. Isaiah 42:13 | b. compassion/mercy |
| 7. Isaiah 41:8; 43:4 | c. friendship/love |
| 8. Isaiah 49:10,13; 54:7–8 | d. zeal/passion |

Match these groups of Scripture references to find that the LORD performs human-like actions:

- | | |
|-------------------------------------|------------------------|
| 9. Isaiah 40:22 | a. gasps |
| 10. Isaiah 41:13; 42:6; 45:1 | b. holds people's hand |
| 11. Isaiah 42:13 | c. sits |
| 12. Isaiah 42:14 | d. shouts aloud |

Match these groups of Scripture references to determine similes and metaphors Isaiah uses to describe the LORD:

- | | |
|--|-------------|
| 13. Isaiah 40:11 | a. Father |
| 14. Isaiah 41:21; 43:15; 44:6; 52:7 | b. Husband |
| 15. Isaiah 42:13 | c. King |
| 16. Isaiah 54:5 | d. Potter |
| 17. Isaiah 45:10 | e. Redeemer |
| 18. Isaiah 45:9 | f. Shepherd |
| 19. Isaiah 41:14; 44:6; 44:24; 47:4; 49:26; 54:5, 8 | g. Warrior |

And in **Isaiah 43:3**, for the first time in the book, the LORD is identified as your Savior. This is the One who says: *I only have eyes for you.*

Conclusions

Martin Luther provides these comments on **Isaiah 43:4**: "Although in supreme trials we seem nothing in our own eyes and are condemned as one cast off by the world, in God's eyes we are glorious. Therefore we may be vile in our own eyes, in the eyes of the world, and even in those of our brothers. Fear not. In God's eyes we are regarded as a precious jewel" (*Luther's Works*, 17:88). But there is more. In the baptismal flood God claimed you as His own and on a hill called Calvary He paid for you with His Son Jesus. And this means the LORD has more than just eyes for you. The LORD has a heart for you; read **John 15:9**. The LORD has ears for you; read **Matthew 7:7**. And the LORD has true body and true blood for you; read **1 Corinthians 11:23–29**.

The LORD loves these lyrics:

"The moon may be high,
but I can't see a thing in the sky.
'Cause I only have eyes for you."
What great love!

Rev. Dr. Reed Lessing is the Director of the Graduate School and Associate Professor of Exegetical Theology at Concordia Seminary, St. Louis, Missouri. Dr. Lessing will lead the Friday and Saturday Bible studies at the LWML convention in Peoria, Illinois, June 23–26, 2011.



Two Music Downloads!

Listen to Christian music on your computer or download to your mp3 player! Go to www.lwml.org, click by the *Quarterly* icon, and scroll down to the links to these two songs.

Hear the waltz, "**Lord, There is Love in Your Eyes**," sung by Nancy Carlson. Copyright ©1998 Bruce Carlson. Permission granted for use by LWML.

Enjoy the ballad, "**The Butterfly**," written and sung by Jeannette Schaible. Copyright © 2001. Permission granted for use by LWML.



Faith
Talk
Tips



Everyday Opportunities

By Mary Culpepper

Be very careful, then, how you live — not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is (Ephesians 5:15–17).

Yikes! What a job we have before us! I sometimes get nervous, almost afraid, of the task of making wise choices in “every opportunity.” I worry (a) about the opportunities I may have overlooked and (b) if I made wise choices. But the pressure's off! Our Heavenly Father knows our needs and wants and gifts. He strategically places us so that we may be living advertisements of His miraculous gift — the death and resurrection of His Son, Jesus.

Therefore, when I start to feel stressed about responding to opportunities to actively demonstrate Christ's love, I will remind myself that the Holy Spirit uses my gifts and my talents to do that demonstrating. I may not find myself in a position to sew clothing for those who need it (probably because of my laughable inability to thread a needle), but I might offer to prepare a meal. I have never been good with other languages, but I do enjoy a busy week of VBS.

My job? Simply to do His will ... in my church ... in my home ... in my work.

Opportunities abound for building relationships of trust with others by listening to and getting to know the people God brings into your life! Through His Word, God can help you to be sensitive to needs and ways to share the Gospel.

▲ Do you have a friend who is worried or anxious? Listen. Then reply, “When I start to worry about something, I remember that often worry is accepting responsibility God never intended me to have.” Offer to pray with your friend and give the concern back to God! (Matthew 6:25–27, 33–34)

▲ If a young mother you know needs an occasional break, offer to pick up her children for Sunday School. Once you build a bond of trust, she might join you. (Titus 2:3–4)

▲ Everyone is sad at times, but there are some who seem to lack joy and purpose in life. You can empathize and share, “I sometimes have ‘down’ times, and it helps me to remember that God loves me, promises to always be with me, and knows how I am feeling right now. He knows how you are feeling, too. He loves you; do you know that?” (Psalm 51:10–13)

▲ When a family member or friend shares an “impossible” situation with you, confess that it might seem like something you cannot solve, but you know that all things are possible for God! (Mark 10:27)

▲ When tragedy strikes, those suffering often question God's action in our world. Share with them that God loves all people, and He desires for all to be saved. Pray with them and help them look for ways to see God's hand in the disaster. God gives us opportunities when disasters strike to be Jesus' hands and feet, showing mercy and compassion in tangible ways. (Isaiah 55:8–9)



International Mission Trips

Teaching English as a Second Language in Costa Rica

Assisting **Pastor Pedro** in **San Jose, Costa Rica**, a **MOST Ministries** team from **Wisconsin, Michigan, Illinois, Iowa, Washington, and Florida**



conducted English classes for students who needed to practice their speaking and writing skills. The church is located in a very poor area of the city.

“Each day we presented reading lessons from the Bible,” shared team member **Bev Lueder**. “My first student was trying so hard to tell me something in Spanish. I called for a translator and found out that the child wanted me to know that she knew who Jesus was, but she wanted to learn more about Him.”

Pastor Pedro, a Lutheran minister from Nicaragua who has been working in San Jose for a year, stated that very few people in the community knew much about the church or who he was. Since the MOST team’s service, however, he reports, “As I walk home each evening, people call out to me ‘Hello, Pastor! Is there class tomorrow?’ and ‘Have a nice evening, Pastor!’”

Kansas LWML Members Serve in Guinea

Betty Kruse, Kansas District LWML President, and her team spent three weeks with LCMS World Mission missionaries **Tim and Beth Heiney** [Summer 2007 LWQ] in **Guinea, West Africa**. “We often had no elec-



tricity to power our lights at night, but what is more important, we came to understand the spiritual darkness of those who don’t know Jesus.” In Guinea, less than five percent of the population is Christian, but she is happy to report, “We saw the light of Jesus’ love in the Guinea churches which are alive with our sisters and brothers in Christ.”

The Kansas District LCMS partners with the **Lutheran Church in Guinea** and one of the team’s goals was to deliver evangelism material for use in schools supported by **Children’s Christian Concern Society**, also based in Kansas.

Beth Heiney especially appreciated the team’s visit as “many of our churches have indicated interest in starting women’s groups. **Betty and Nina Borgstadter** (a former Kansas LWML VP) met with these women, and they mutually encouraged each other.” The women expressed a great need for literacy classes so they can learn to read Scripture and share Jesus with others.

The team was able to witness the baptism of six new Christians during their visit.

Ethel’s Yearly Trek to Latvia

The year 2002 was the first. Then came ’03, ’04, ’05, ’06, ’07, ’08, ’09, and 2010: For nine consecutive years, **Ethel Lesh** from the **Atlantic Dis-**



trict LWML has traveled to **Latvia** with **MOST Ministries**.

“When I felt God tapping me on the shoulder to ‘GO,’ He also gave me a task I could do. Constructing buildings or serving on a medical team required skills I don’t have, but having taught first grade, I could teach English. I look forward to being in Latvia each summer where I teach English as a Second Language at Bible camps. Since I serve in the same country every year, the pressure is off and I can relax and enjoy the experience.”

Teaching English, using the Bible and Bible stories as texts, is a labor of love for Ethel. “Some of our students grew up in the Communist era,” she recalled. “They now rejoice that they can openly bring their children and grandchildren to a place where Jesus is praised and the Bible is taught. God has blessed the sponsoring Lutheran church in **Riga**, the capital city, with increased membership since these camps have begun.”

Did we mention that Ethel is 84 years young?

Teaching Children in Slovakia

Five women from the **Texas District LWML** spent time with 46 children and teenagers at a Lutheran Camp near the small village of **Brezova, Slovakia**, serving as short-term missionaries with **LCMS World Mission**. The local Lutheran pastor read Bible lessons



to them each day in Slovak, and the students read the same passage in English. The American women then explained unfamiliar English words to the students. They also enjoyed playing American games such as kickball and teaching them the Hokey Pokey.

Team member **Marlene Dreyer** said, "A highlight of the trip was helping them mark Bibles, which we had given to the students, and guiding them through the summary of the Gospel."

Domestic Servant Events

Fired Up for Mission Work

Load a bus with 39 women, take them to **Mission Central in Mapleton, Iowa**, to meet with **Gary Thies**, LCMS World Mission Development Counselor, and inspiration will happen! Last April,

South Wisconsin women not only learned how they are to be personally involved with missions, but they also served at **Orphan Grain Train** in nearby **Norfolk, Nebraska**, packing donated clothing for the disadvantaged.

On fire for missions, Gary told the group about mission-minded people: "We are NOT normal! Today's culture does not believe in mission work! Being 'not normal' is a good thing!" He challenged each individual to personalize missions: "Rather than thinking 'WE need to be involved in spreading the Word,' realize that 'I need to be involved.'"

As **Bonnie Grossenbach**, one of the trip's organizers, said, "This trip opened my eyes to the many mission opportunities that are available and how God works through me and all believers to bring His Word to an unbelieving world."

International Student Ministry: Making Friends, Sharing His Love

Serving as part of a team is not the only way to serve as a missionary, discovered **Christine Hutchins** of the **Pacific Southwest LWML District**. When asked by the district's



Packing clothing at Orphan Grain Train



missionary committee to work at the **International Friendship House in Tempe, Arizona**, Chris set out a plan with **Linda Steinbart**, IFH Director. Since forming relationships with students is a first step to sharing Jesus with them, Chris and Linda planned a weeklong series of events where international students could engage in activities and practice their English skills.

From crafts and cooking to sharing American customs and everyday speech, Chris developed friendships with the students. "Women of all cultures understand making glittery ribbon crafts and cooking, mixed with smiles and love. They will come back next time and perhaps ask, 'Why did that gal come and make stuff with us?' The people at the IFH will be ready with the answer: 'Christ's love.' That is my prayer."

LWML Sunday Celebrations in ...

Alta, Iowa

Celebrating 75 years as a women's group at **St. John Lutheran Church in Alta (Hanover), Iowa**, members created a display showing the group's activities over the years. Society president **Marilyn Hinkeldey** reports that "photos of service projects and members from past years, as well as samples of hygiene and other types of kits that were assembled and distributed by the women, were shown."

Ruth Radke, who has served in nearly all of the offices and positions in their LWML society, celebrated her 90th birthday in that same year!

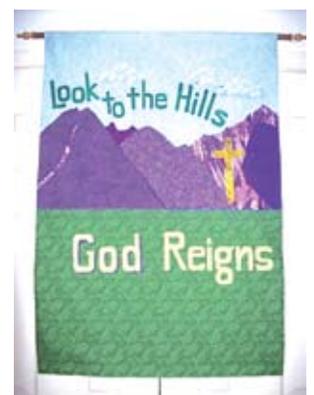


Ruth Radke and Sally Kuhrts, St. John, Alta, Iowa

Hamilton, Montana

Asked by her society to design a banner for LWML Sunday, **Doris Zastrow Wyland** planned to use the mountain theme from the 2009 Portland convention. But since most of the members can see the Bitterroot Valley Mountains from their homes, Doris was challenged to portray those mountains on the banner.

Doris took a photo of the mountains as seen from their church (**Grace Lutheran in Hamilton, Montana**), and proceeded to transfer that design to the fabric. "It was difficult to capture God's grand handiwork onto such a small canvas," she declared.



Houma, Louisiana

Rev. Richard Rudnik was honored as an outstanding supporter of the LWML — and of missions, in general — at **Grace Lutheran in Houma, Louisiana**, on LWML Sunday.

Society president **Joelle Gerken** stated, “To show our appreciation, we gifted him with a colorful LWML stole. Thank you, Pastor!”



Charter Oak, Iowa

Part of the LWML Sunday celebration at **St. Paul Lutheran Church in Charter Oak, Iowa**, was the reading of John 3:16 in four different languages. Ninety-four-year-old **Leona Bohlmann** stood in her pew and read that portion of Scripture in German from her copy of Luther’s Small Catechism that she used as a confirmation class student many years ago.



“Leona has served God in many ways, always with a humble and faith-filled heart,” shared **Vivian Ernst**, a fellow sister in Christ. “She’s been a quilter and a member of the altar guild. She served food at funeral meals and baked cookies for shut-ins.”

“I believe it is important to involve all women in the congregation in serving the Lord,” stated Leona. “The LWML offers that opportunity for women to be in mission at any age.”

Food for Body and Soul

Feed the Farmers

Responding to a Bible study on harvesting, members of **Trinity in Bear Creek, Wisconsin**, reached out to local farmers who were about ready to bring their soybeans and corn to the feed mill. “Because of heavy rains,” explained **Brenda Hansen**, district Christian Life Coordinator, “all the farmers needed to harvest their crops and bring them in during a short dry spell, with long waiting lines anticipated.”

“The Bible study challenged us with a question about what we could do to help in the harvest in our own community. So we decided to do a random act of kindness and serve lunch to the waiting farmers. Many of the men couldn’t believe the food was free!”

“The Bible study correlated the harvesting of crops to the great harvest of souls for God, a call for action. He has much work for us to do, not only in distant lands, but especially in our own neighborhoods.”



Birthday Party Kits for Kids in Shelters

Assembling birthday party kits for children in **Omaha** area shelters was one of the servant

events held at a recent **Nebraska District North LWML** retreat. The 105 attendees packed cake mixes, canned frosting, colorful napkins, and other party supplies and donated them to provide a festive party for children living with stressful situations. **Linda Dammann**, editor of the district’s *Lutheran Women’s Missionary Leaguer*, shared that “the recipients were excited to receive them!”

School Supplies Feed Children’s Minds

School supplies were gathered by the **LWML of Fountain of Life Lutheran Church** to assist inner city students at **Martin Luther School in Phoenix, Arizona**.

“Although most of our women are grandmothers who no longer have children in school,” shared **Carolyn Copeland**, a group leader, “we were overwhelmed by the large amount of donations. It took two tables to hold all the notebooks, pencils, glue, and various types of crayons and markers.”



Monthly Food Ingathering

Each month, members of the **Mary Martha LWML Guild at Mt. Calvary, LaGrange, Texas**, contribute a pantry item for the local food bank. “The donations give us a chance to give back to those in need,” explained society president **Gale Mersiovsky**. “We indicate the ‘food item of the month’ in each person’s yearly schedule, and we collect them in a large basket at each meeting.”





1960 District Grant Used for Mission Church's Chalice

Mary Lou Berghel, historian of Good Shepherd in Gainesville, Georgia, recently completed the history of the church and discovered that a Florida-Georgia LWML grant had been awarded to them in 1960. The grant, given to them as a mission congregation, was used to purchase a silver communion chalice.

"The chalice had been forgotten until Rev. Charles Litterer, our first called pastor, told of its history at our 50th anniversary celebration," Mary Lou explained. "We brought it out and used it at another anniversary celebration in May. Pastor's sermon text was taken from Ezra 8 where there's a description of how the silver vessels dedicated to the Lord were renewed for use in the temple. Could there be a text more fitting? It is a gift that lives on."



Deb with four of her devotion writers: Ruth Braatz, Angie Ellefson, Marge Frank, Judy Sullivan.

former congregation, St. Paul in Janesville, Wisconsin, to write a devotion booklet. Participants in their annual women's retreat, "Women Walking in the Word," were asked if they would write a short devotion for the project.

"Some of the women didn't feel they had the gift to write," shared Deb, "while others stepped out of their comfort zone and gave it a try." Thirty women, including Deb and her teen daughter, Courtney, wrote a devotion after a brief training session. The devotion booklet has gone through three printings. (See Deb's devotion on pages 8-9.)

"We describe the booklet as 'Better than chocolate chip cookies and milk — sweet encouragement for your day and more satisfying than your favorite bedtime snack.'"

Devotions: By Women/ For Women

Deb Burma, Christian author and speaker who will give the keynote address at the 2011 Peoria LWML Convention, inspired members of her

Newsmakers

Introducing ... "Queen" Jan Wendorf!

LWML President Janice M. Wendorf will tell you that she is a princess; after all, she's a daughter of the King! Last spring she claimed another royal title: Queen!



President Jan and Julie Plocher

The Utah-Idaho District LWML Convention staged an interactive presentation of the LWML publication, "LaWeMiLu," whose goal is to give participants a glimpse of what it's like to work in the mission field and experience the challenges missionaries face every day, such as being unable to communicate effectively in another language and to understand unfamiliar customs.

President Jan played the role of the Tribal Queen and, in the words of Julie Plocher, Utah-Idaho VP of Communication, "Jan did a wonderful job of making the witnessing experience difficult. She really showed the ladies just how little a culture might know about Christ. The women took home with them a deep respect for missionary life and a renewed sense of urgency; we gained a new appreciation for mission work and the missionaries we fund."

"LaWeMiLu" (#14993) can be ordered online at the LWML Store (www.lwml.org) or through the *Catalog*.



"Women of the Year" Awards

Lutheran women from 50 Detroit, Michigan, area congregations and other LCMS organizations were honored last March at a luncheon sponsored by the Council of Lutheran Women (CLW). CLW is a federation of these groups that unites the efforts of the women in exerting a Christian witness in the community.

The Women of the Year award recognizes one woman from each of the participating member organizations; each group nominates a woman who is then invited to attend the luncheon. Many women from the LWML were recipients of this award.

Barb Collins, publicity chairman, indicated that “proceeds of the luncheon, which was attended by 950 people, are given as scholarships to seminary and deaconess students from the member organizations. Attendees also brought items such as food and Bibles, which are distributed to ministries which the CLW supports.”

Updates

Another 1942 Delegate Found

Gertrude Schmidtke-Koehlinger indicated in the Summer 2010 *Quarterly* that she may be the last surviving member of the group of women who met in Chicago in 1942 to found the LWML. Thanks to **Karen Emerick** of the **Washington-Alaska LWML District**, who responded to the request for names of other women, we know that **Marie Sundene** was also a delegate. Marie is 99 years young and is a member at **Trinity in Olympia, Washington**. May God bless both Gertrude and Marie!



Marie Sundene

If you know of other delegates, please call 1-800-252-LWML (5965) or e-mail readersrespond@lwml.org.

Every Apron has a Story



Citing the “wonderful source of ideas for gatherings and mission projects from the *Lutheran Woman’s Quarterly*,” the **Zion Evening Guild in Alexandria, Minnesota**, recently held an event entitled “Aprons: Symbols of Service,” a follow-up to an apron story in the Winter 2008 *Quarterly*.

Aprons from the Great Depression and Germany were featured — one hanging to the floor to cover the long dresses they wore. Some were made from feed sacks. A frilly, white organdy apron was worn when waitressing at a wedding reception. One attendee wore a reversible apron.

The theme for the event was taken from 2 Corinthians 9:13: “Because of the service by which you have proved yourselves, people will praise God.”

Where Are They Now?

Cynthia Khan [Spring 2009 *LWQ*] continues in her outreach work to the Muslim community through **People of the Book (POBLO)** in **Troy, Michigan**. Most recently, however, she has been presenting her message through seminars and workshops around the country. Her presentation/workshop topics



range from her personal testimony to the basics of Islam, the women of Islam, the agenda of Muslims for North America, Islam on university campuses, and cultural awareness.

Serving as the Director of Ethnic Ministries for POBLO, Cynthia helps meet the needs of refugees and new immigrants from all over the world.



Sara Frankenstein, Miss South Dakota 1998, an LCMS woman who participated in the **Miss America Pageant**, spoke at the LWML Convention in **Minneapolis** in 1999. Her grandmother, **Phyllis Jastram** (a former **Minnesota North**

LWML District President) reports that Sara is married now and has three young children. She’s a practicing attorney and serves as a partner in a **Rapid City, South Dakota**, law firm.

Sara assisted at the 2010 Miss South Dakota Pageant held in Hot Springs this summer and continues to be in contact with the Miss America Pageant organization. Sara’s mother serves on the Miss America Pageant Board that manages the regional pageants.



The Associated Press Stylebook officially changed the spelling of “Web site” to “website.” Find an former spelling of website anywhere on www.lwml.org, and we’ll send you a free copy of Jan Lutz’s new poem “Mary or Martha.” Contact webmaster@lwml.org. (Hint: Check out back copies of the *Quarterly*.)

Call for news items

Spring 2011 LWQ

UPCOMING ISSUE: “Taking a Stand.” How do you keep your head above water and preserve your grace under fire? How does prayer help you react to stress? Do you have courage to take a stand for Biblical truths? Can you forgive?

NEWS! NEWS! Please send news of unique, meaningful activities, mission trips and servant events from your society, zone, and district, including pictures (electronic preferred, prints accepted) to News Editor Carolyn Blum at newseditor@lwml.org or to 911 Tara Hill East, Hartford, WI 53027 by September 15, 2010. Please include your name, address, phone and e-mail address.



DAILY DEVOTIONS IN YOUR INBOX

Would you like to open your e-mail each morning and find an encouraging message? A **free** subscription to daily Mustard Seed devotion e-mails is one of the many resources available via the LWML website!



Check out the new look to www.lwml.org — you'll find a link for subscribing to the **free** devotions in the Favorites box — just scroll through to find the Mustard Seed Devotions image and link.

NEW WEBSITE DESIGN!

- ▶ **"Favorites"** available from the interactive box
- ▶ Purple tabs under the LWML logo for **Home, Shop, and Login**
- ▶ Changing **"Faces of LWML"** when your window is refreshed
- ▶ **"What's New"** keeps you updated with recent changes to the website
- ▶ **More information** when the homepage opens

Snow Birds Nestle in North Country

By Pat Bilow

Ren and **Sandy Hardies** spent most of their lives living in a small but comfortable home in **Dearborn, Michigan**. While Sandy stayed at home with their son, Michael, who now serves as a Lutheran high school teacher in Macomb, Michigan, Ren worked thirty-five years for Ford Motor Company as a designer. Active many years with LWML, Sandy went on to serve as District President of Michigan District LWML and as LWML Vice President of Communication on the national level.

Although many couples might envision retiring to warmer climates, throughout their early working years in southeastern Michigan the Hardies never wavered from their desire to move north into Michigan's snow country once Ren retired.

"We love snow!" Sandy said heartily as she looked out the window of their retirement home in **Stanwood, Michigan**. Two feet of pristine white snow lay on the ground while various species of birds gathered around the Hardies' bird feeder. Silence from the surrounding woods completely contrasted the city noise which they had become accustomed to for so many years in the Detroit area.

"We couldn't be happier," Ren added. Not only was he speaking of their new digs, but he was also echoing Sandy's joy over their completed charitable estate plan.



Sandy and Ren Hardies



Sandy reflected, "Aside from all the blessings God has provided, now we have this beauti-

ful place to live in. We can rest easy knowing that we have made plans to return some of God's blessings through our estate plan."

Along with a charitable life insurance contract, the Hardies created two testamentary charitable trusts — one for Sandy if Ren predeceases her, and the other for Michael after the Lord calls both of them to their heavenly home.

Not only will this plan escape sizeable income taxes from Ren's traditional IRA, but it will also provide lifetime income for both Sandy and Michael, along with other assets from their estate, plus a nice gift for the Lord's work. This plan will help organizations like LWML to continue reaching out with the saving Gospel message.

View a free resource, at no obligation, at www.lwmlgiftplan.org. Click on "Wills Guide" on the planned giving page for a helpful tutorial on estate planning. For more information about charitable estate planning, call Pat Bilow at 1 (888) 482-8425 or e-mail lwmlgiftplanner@lwml.org.