



Spotlight on a Young Woman

Young Women DIY Event

Summer is the perfect time to reach out to the youth in your congregation and to de-stress at the same time. A "Cookies & Canvas" night is a great way for you to engage all women in your congregation. By including the youth as well, the event can help spark their interest in the LWML for the rest of their life.

Enlist a crafty lady from your group to be the teacher for the night's painting class. You can find all the supplies needed at a craft store, including canvases, paint, and brushes. Paint by number works too! Add cookies and you've got a fun event that will help connect women of all ages!



Meet Tracy Eickhoff. She hails from the LWML Minnesota South District and attended the 2015 Des Moines LWML convention as a Young Woman Representative (YWR). At that convention, Tracy enjoyed seeing and hearing about the mission grants, spending time with her district president, and devoting time in prayer with many other women.

Tracy also attended the LWML Convention in Albuquerque last summer and had a great time connecting with the new YWRs from her district. She felt like she was experiencing the convention as a YWR all over again as she heard what they were experiencing and learning each day.

She got involved in the LWML because many people invited her multiple times to come to a society meeting.

When asked which current national mission grant speaks most strongly to her heart, Tracy responded with two. The first is ***Christ for Veterans and Their Families***. As she says, "I believe we can never do enough to support the men and women who put themselves in harm's way for our safety." The second is ***Equipping Youth to Witness for Life — Y4Life***. She sees great value in supporting youth in their faith.

Tracy's advice to future YWRs: "Be in prayer. I have found my prayers are more frequent and more honest since attending the Des Moines convention. Trust God's plan for you in this world."

But now thus
says the Lord, he
who created you,
O Jacob, he who
formed you,
O Israel: "Fear
not, for I have
redeemed you; I
have called you
by name, you are
mine. When you
pass through the
waters, I will be
with you; and
through the rivers,
they shall not
overwhelm you;
when you walk
through fire you
shall not be burned,
and the flame shall
not consume you."

Isaiah 43:1-2



When we have difficulty staying on track and feel lost under the burdens of life, these verses can be a true comfort. It is easy to become burdened with stress and to be under pressure from all directions. Step back and take a breath. You are redeemed. The Lord has called you by name, and He is with you! Father, I ask You to assure me of Your presence today and always. Help me to focus on Your Word and Your guidance for my life, that I may not be overwhelmed. Amen.