

SNOW Newsletter

From the Desk of the President



Hello BOLD Women of the ELCA!

A lot has been happening since our last SNOW Newsletter. Christmas has come and gone, most of NW MN has had pretty cold and snowy weather and we are looking forward to spring. I know that many of you and your groups are busying quilting to make the winter pass more quickly and those quilts are providing those in both your local communities and world-wide warmth and shelter. Thank you for everything you do to help those in need.

It has been a couple of months since Roxanne Goulet and I made the trip to Liberia, to be present with 8 other women and our token male to witness the dedication and ribbon cutting of the solar array at the Phebe Hospital. I am both grateful and humbled by the time we spent there. During the dedication, our group was thanked by many of those in attendance for making this project possible and a reality. We were the face of the many of you that donated funds to make this possible, so on behalf of the people of Liberia "Thank You!"

Electricity has been generated by the solar array since May, and the hospital has used many 1000's of gallons less of diesel fuel. The array provides all the daytime electrical needs of the hospital. While there, we also traveled to Curran, which also has a Lutheran Hospital, which also could benefit from a solar power. The distance to Curran from the Phebe Hospital was about 50 miles, but it took 3 hours to get there. Because of the expense and to conserve fuel, there is no power during the night, except in emergencies, at this hospital. The installation of a solar array at Curran is the next project, and the hope is that it will be installed within the next year. The solar panels have been donated, so that is huge. As we move forward, you will be hearing more about the project, "Current for Curran". Trips such as these make us aware that there are many needs in the world, and working together we can make a difference. Both Roxanne and I are available to come speak at your church or women's group about our trip and what an impact it has made to us.

Your SWO Board is in the midst of planning our 2018 SWO Convention. The dates are Friday – Saturday September 14th and 15th. The location is at Trinity Lutheran in Detroit Lakes and will also be hosted by the ladies from First Lutheran and Grace Lutheran in Detroit Lakes. Our theme is "Hospitality" and our speaker is Sally Hanson from Long Prairie. The nominating committee is getting ready to begin their work looking for women to be on the ballot, so if they call, please prayerfully consider putting your name on the ballot. On the ballot this year will be Vice President, Secretary, 3 Board Members and 3 for the Nominating committee. Please watch for more information about our convention.

A reminder that our newly elected SWO Treasurer, Roxanne Goulet took office on February 1st. So please send any monies to her rather than Carolyn Nelson. We thank Carolyn for her six years as treasurer of the NW MN SWO. She did a wonderful job and she will be missed.

Here is Roxanne's contact information:

Roxanne Goulet 2450 Rocky Point Road Roosevelt, MN 56673

Thank you for everything that all of you do for the NW MN SWO.

Sue Ellwanger
NW MN SWO President



Special points of interest:

- Fall Cluster Gathering 2017 Reports
- Spring Cluster Gathering Schedule
- Scholarships
- Heart Health
- Going Green
- PV for Phebe Update
- 4 Generations of Bold Women

Inside this issue:

- | | |
|--|------------|
| Fall 2017 Conference Gathering Reports | 2-6 |
| Heart Health in the New Year. Salad Recipe | 2 |
| Go Green | 6 |
| Ceremony shines bright for Phebe Hospital | 7 |
| Spring 2018 Conference Scheduled | 7 |

Conference 1 Fall Gathering

The Conference 1 Fall Gathering was held at Moe Lutheran Church in Roseau on October 7, 2017. Coffee, juice, muffins, fruit, and fellowship with neighboring congregations was enjoyed during registration.

Music by Mary Jo Falk was enjoyed while we gathered in the sanctuary to be welcomed by Sara Olson. Pastor Lisa Beery then provided the devotions using Ecclesiastes 3 as the basis for a 'time for everything' and using a canoe illustration to show how balance is needed during changes in our lives and how everything becomes new again. Following a hymn, inspirational speaker Kate Lundquist, also talked about changes in her life and how God worked in mysterious ways to lead her into the life she has now. God is always beside you in good times and in bad and to trust his lead. Our final speaker was Monique Duray who provided information about a Lutheran Social Services program which provides caregiver support and respite care in Kittson, Roseau, and Lake of the Woods counties along with contact information.

A short break was followed by a musical selection by Bonnie Wenslof before the business meeting.

The business meeting was conducted by co-coordinators Carolyn Eeg and Janice Wollin.

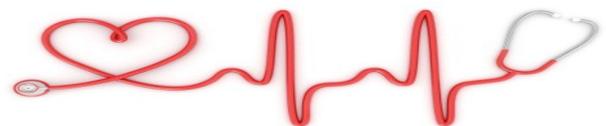
Roll call was done by Jody Horntvedt with each attending congregation 'guessing' the answer to questions related to Martin Luther and the reformation and then providing the numbers of their attendees. There were 12 congregations present for a total of 48 ladies.

SWO Board Member Marilyn Grandstrand provided highlights from the Triennial and Annual SWO Gatherings and provided the LWR quilt pick up places and dates (Roseau on November 3, 2017 12 noon – 3pm and TRF November 4 8am-12 noon).

Sharon Smith was re-elected as Financial Secretary for another 2 year term and then installed by Sue Smith SWO Board member.

Upcoming conference gatherings will be at Karlstad First Lutheran with Bethel Lutheran assisting in the spring of 2018 and Zion Lutheran Warroad the fall of 2018.

With all business complete, we adjourned to enjoy a delicious lunch before departing to enjoy the beautiful fall day.
Conference 1 Recorder, Karen Hanson



Brussels Sprouts, Kale and Almond Salad Makes: 4 servings—Time: 20 Minutes

Ingredients:

- 1 lb Brussels sprouts
- 4 cups Kale, Shredded
- 1/2 cup sliced almonds
- 1 Tbsp. minced shallots
- 2 Tbsp. spicy mustard
- 1/4 Cup olive oil
- 1/4 cup lemon juice
- 1 1/2 tsp lemon zest
- 2 tsp. honey
- Salt and pepper to taste



Directions:

1. In a small bowl, whisk together shallots, mustard, juice, zest and honey. Gradually drizzle in the olive oil while whisking the other ingredients. Add salt and pepper as needed.
2. Finely cut or shred the sprouts and kale into a large bowl, discarding the stems from the sprouts and kales, if desired.
3. Toss vegetables with dressing, almonds and serve.

Calories 198, Fat 8.4g, Carbs 23g, Protein 9.5g, Sugar 8.5g

Heart Health in the New Year

Unhealthy habits are like a warm bed on a cold day: easy to get into but hard to get out of. When it comes to heart health, Americans appear to not want to get out of bed. Cardiovascular disease accounts for approximately 800,000 deaths in the United States, or one out of every three.

With some simple lifestyle changes, the numbers of those at risk can be greatly reduced. Whether you make resolutions or not, as the new year begins, strive to make 2018 a heart-conscious year.

Get Moving—Exercise 2 hours of moderate intensity exercise per week

Eat Heart Smart—Balanced diet—avoid refined sugars, added salt, processed foods and saturated fats.



Conference 2 Fall Gathering



Conference Two held their Fall Gathering, Saturday, October 14, 2017 at Immanuel Lutheran Church, Plummer, Minnesota. The theme for the day was "Harvest of Blessings." Theme verse "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" based on Galatians 6:9. Ebenezer Lutheran ladies served morning

coffee and treats.

We opened the program with the hymn "Praise and Thanksgiving," accompanist was Linda Olson.

Conference Two Coordinator, Judy Scramstad, welcomed the group, followed by a welcome from Debbie DuChamp, WELCA President. Pastor Jonathan Dudson led us in devotions. Our guest speaker was Anna Dee Olson from New York Mills, Minnesota. She left the Amish Community at the age of 24. The rigid restrictions of her culture became harder to follow as she reached her teen years. She shared experiences of her life followed by a question and answer time. She is a published Author and Public Speaker.

A presentation was made by Glenyce Eskelis. She is a life long resident of Plummer, Minnesota and one of the original members that organized the Tri River Pioneer Museum in Plummer. She shared what they are doing to preserve the history of that community. She also opened the Museum following lunch for people to view.

Special music, piano solos, was provided by Elaina Ballard, Bethany Lutheran Church, rural Thief River Falls. She is a talented young lady and we thank her for sharing her music with us.

Greetings and information were extended by Susan Smith, SWO Board Representative. Offering Meditation by Virginia Anderson, Conference Financial Reporter and roll call by Marjorie Iverson, Conference Recorder with 81 attending.

Susan Smith installed our new Financial Reporter Linda Kaushagen.

After closing comments, the Lord's Prayer was said, table grace was sung, with a delicious noon luncheon served by the women of Immanuel Lutheran.

Marjorie Iverson, Conference Two Reporter



Conference 3 Fall Gathering

"Under His Wings" was the theme of the Conference #3 Fall Gathering held on Saturday, October 14, 2017. The theme verse was *"He will cover you with his feathers, and under his wings you will find refuge"*, Psalm 91:4. Trinity Lutheran Church of Crookston hosted the Gathering, with St Paul's Lutheran of Crookston serving morning coffee and muffins. The physical offering of non-perishable food items were given to the food shelf at the Crookston Care & Share.

An organ prelude by Mary Ann Knotek of St. Paul's began the program. Judy Dragseth, on behalf of Trinity WELCA and Jeannine Windels, Conference Coordinator, welcomed the women in attendance.

The theme hymn, *"Under His Wings"*, was sung by all, under the direction of organist Mary Ann. Pr. Elise Pokel of Trinity-Crookston gave devotions and led the Hymn-Sng.

Recorder Sandy Knudsvig conducted the roll call, which was answered by 50 women representing nine congregations. A number of guests were also present, including pastors, the guest speakers, and a number of musicians. Financial Reporter Kay Carlsen reviewed the financial report from the Spring Gathering. Pr. Elise and Andy Pokel provided special music, accompanied by Andy on

his box drum. Connie Haller of St. Paul's-Crookston was elected to a two-year term as Financial Reporter. Bonnie Wagner, SWO Vice President, reported Synod news, including the Triennial Convention held in Minneapolis last summer. Bonnie also presented a rose and certificate of recognition to Marian Bakken of St. Paul's, who was selected as Conference 3's honoree for the Mary Magdalene Award.

The Crookston Bell Choir, under the direction of Sandy Perkins, played two special numbers. Director Sandy also provided a little background on the bell choir, which was started at the Presbyterian Church. Thanks to the gift of a second set of bells, the group now also often performs for worship services at Trinity. Senora Pedersen gave "snippets" on the items available in her bookstore display. Following the break, gathering music by organist Mary Ann drew the group back into the Sanctuary. The offering was taken, with Kay Carlsen giving the offering meditation.

(Continued on Page 4)



Conference 3 Fall Gathering—Continued

The morning's featured speaker was Kathy Lessard of Crookston, who spoke about the "Haiti Eye Mission" trip she was part of in 2016. The primary focus of the medical mission trip was to do basic eye screenings and provide recycled eyeglasses to the people of Haiti. Kathy is looking forward to a return trip to Haiti with the group in February 2018. She also suggested that in times of disaster, the best way for people to help is by giving money.

Following brief announcements, Pr. Greg Isaacson of Trinity sang "On Eagles Wings" and the "Lord's Prayer". Pr. Elise gave the benediction and led the table prayer before the group moved to the Fellowship Hall for lunch. Mary Ann Knotek played the organ postlude.

During the luncheon a surprise visitor, "Mrs. Anderson, Preacher's Wife 1890" entertained with tales of how it was in the 1890's. "Mrs. Anderson" was portrayed by Jan Smith, author and storyteller, of Clitherall, Minnesota. She has written three books and had copies for sale. Jan gifted Trinity's library with a signed copy of one of her books.

The Conference #3 Spring Gathering is set for Saturday, April 7th, at Kingo Lutheran of Fosston.

Sandy Knudsvig
Cluster Recorder



Kathy Lessard



Marian Bakken receiving Mary Magdalene Award

Conference 4 Fall Gathering

The Fall Gathering of Conference 4 was held on Saturday, September 23, 2017 at Faith Lutheran Church in Bagley.

We started with coffee and muffins. Gladys Luecken, President of Faith Lutheran WELCA, welcomed everyone. Betty Wignes, Conference 4 coordinator, led us in the WELCA purpose statement.

Pastor Mark Olson had devotions. He shared about the many faces of Jesus with the different cultures. Theme verse was Mathew 25: 35-36. Whatever we do to help others is like we are doing it for Jesus.

Special music by Lynn Schroeder with Muff Magelssen accompanying her on the piano, "I Love to tell the Story" Everyone joined in the chorus.

Gabriel and Laura Ward from "I Care Ministries" shared their work with the Native Americans. They have been on reservations all over the United States. Today they are living in Bagley, working with the Native Americans in this area.

"Blest be the tie that binds" was sung.

Business meeting was called to order. Ardella Lindberg had the report and roll call. There were 42 attending from 11 churches. Marie Hamre gave the Treasures report. Diane Teigland from Wadena gave the NWMN SWO board reported that the retreat at Detroit was well attended with 190 ladies (2 were under 50 years old) They collected 451 suit cases or duffle bags with items to give to Social Service to be given to Foster kids in the Northwest Area.

RoxAnne Goulet from Roosevelt, gave her report on the Solar Energy System in Liberia.

Gladys Luecken agreed to be treasurer for our Conference 4. Thanks to Marie Hamre served as treasurer for many years.

Closing hymn was "Lord, Dismiss us with your Blessing"

A delicious salad lunch was served. Several beautiful door prizes were drawn for.

Thanks to those who helped to make this a blessed event.

Ardella Lindberg, recorder



Conference 6 Fall Gathering

Date: October 10, 2017
Theme: Joy and Hope amid Sorrow
Hosted by: Immanuel Lutheran Church, Wadena
Members and Guests Present: 59

Jane Bagstad, President of the Immanuel WELCA, welcomed everyone to the fall gathering. Diane Teigland gave a devotion and read a children's book "Maybe God is Like That Too". Pastor Megan Clapp gave the Bible Study on Paul's letter to the Thessalonians. Three things to remember be joyful always, pray continually, and give thanks in all circumstances. Pray and thanks is practice for joy. Pastor Megan also showed a video "One Thousand Gifts" attitude of gratitude, moments are all we have, and how do we stop living life as an emergency. Start journaling a list of things that make you happy all day. Thank God for every moment you have. Thankfulness leads us to Joy. Pastor Nate Loer led us in a hymn sing. Jil Fiemeyer gave the program "Joy and Hope amid Sorrow" she told her story of being a single mom to 3 girls, and losing her daughter Jane to leukemia. She told about the journey she and her daughter went through and the legacy Jane left. Also gave us pointers on how to support grieving parents. Lois Balko, SWO Secretary was present to give us a report on the Convention at Fair Hills. The theme was

"Be Kind" the attendance was 190. Elections were held as follows: Sue Ellwanger President, Roxanne Goulet Treasurer, SWO Board members Marilyn Grandstrand, Diane Teigland, Mary Ann Peterson, and Diane Bjerketvedt. Friday evening ended with Root Beer and Hymns with a group from the Cormorant and Audubon area leading. During the day on Saturday there were several breakout sessions, one being on journaling. Pine Haven Youth and Family Services were the recipients to duffle bags for children of all ages going into foster care. 470 bags were presented to them, with some going to area counties also. Saturday Kevin Wallevand spoke about the human trafficking in the Balkan area of North Dakota. Roxanne Goulet and Sue Ellwanger are going to Liberia to the dedication of the solar power panels. Ardys Horner was nominated to be the Financial Recorder. Ruby Kiihn reminded us to stop and pray for our nation every day at 8:00 pm. Following the Lord's Prayer and table grace a delicious lunch was served by the women of Immanuel Lutheran. Respectfully submitted,
Pam Ross



Conference 7 Fall Gathering

On October 14th, 105 Women of the ELCA met for their Fall Conference 7 Gathering at Faith Lutheran Church in Pelican Rapids.

We were greeted by our host, Faith Lutheran, and members of Grove Lake, Central and Trinity Churches, who provided the morning coffee and treats.

Cynthia Wallace, Conference 7 Coordinator, lead the Business Meeting. Christine Thysell was elected as Financial Recorder.

Our Guest Speaker was Pastor Sue Koesterman, Executive Director at Churches United for the Homeless in Moorhead, MN. Churches United opened their doors in 1987 to be a bridge between homelessness and housing. Micah 6:8b was her theme verse, "and what does the Lord require of you but to do justice, love kindness, and walk humbly with God," Pastor Sue spoke how Churches United meets these requirements of God and how we as Christians can also meet these requirements. Justice: fairness/equitable- lining things up with God's desire. Love kindness: find the value in each per-

son, treat as God's person- loved by God. Walk humbly: recognize we are all made out of the same stuff, we are all level with each other, God's will. What an awesome message to hear.

We also enjoyed special music by Tia Thysell during the offering. Before Tia sang, "Because You Love Me", she asked us to think of who the "you" is in our lives that would fulfill the words of this song.

What a wonderful way to spend a Saturday morning, with friends that we only see twice a year.



Guest Speaker,
Pastor Sue Koesterman.
Executive Director of
Churches United for the
Homeless in Moorhead



Conference 8 Fall Gathering

The Conference 8 Women of the ELCA Fall Gathering was held Tuesday, October 17, 2017 at Shepherd of the Valley Lutheran Church in Clarissa with the theme "Hospitality", using Hebrews 13:2 as the theme verse. The churches of the Faithful Shepherd Parishes were the hostesses: Calvary Lutheran, Little Sauk; Faith Lutheran, Eagle Bend; and Shepherd of the Valley Lutheran. There were 66 attendees from 20 churches plus 6 guests.

The morning registration included coffee and goodies provided by the women of Calvary Lutheran. An opening hymn sing was led by Sharon Harris, and pianist Jody Lunemann.

Welcomes were extended from Conference 8 Coordinator Nancy Kjeldahl, Pat Hinzmann from Shepherd of the Valley, and LuAnn Holt from Faith Lutheran.

Devotions were led by Barbara Gehle from Faith Lutheran using the theme verse, followed by special music from Pat

Lunemann who sang "May This Be the Place". A communion service was led by Pastor Rachel Stout from 1st Evangelical Church, Parkers Prairie.

During the business meeting, Coordinator Nancy encouraged the congregations to get correct contact information to the proper personnel of the Synod and Conference 8 WELCA. Nancy asked for a volunteer to take over the position as treasurer since Jill Gill will be moving from the area. Sandy Devens of Calvary Lutheran, Little Sauk, volunteered. Sue Ellwanger, NW MN SWO President performed the installation of the officers.

Reports were given by Dayna Weltzin of Luther Crest, Lillian Schuneman who gave a LWR report, Sue Ellwanger, and Carol Gealow. Sue reported on her upcoming trip to Liberia for the solar grid dedication, and is asking for help to finance it. A basket was set in the entry for contributions. Carol reported on the successful SWO NW MN Synod Convention held in Detroit Lakes, Fair

Hills Resort, September 14 & 15. Out-going treasurer Carolyn Nelson and new treasurer RoxAnn Goulet were also in attendance.

The churches of Peace Lutheran and Grue Lutheran of Ashby will work together and have agreed to host the Spring 2018 Conference 8 Gathering.

Several churches reported on fall suppers and events to attend.

The guest speaker was Sally Hanson from Long Prairie. Her definition of hospitality is seeking to serve not impress. Sally encouraged us to open our hearts and homes to strangers and guests, learning to be flexible and looking upon entertaining as divinely planned interruptions. She finds that practicing hospitality everyday has many rewards.

The Faithful Shepherd women served scalloped potatoes, fruit salad, and pumpkin dessert for lunch to end the fun and successful fall gathering.

Going Green

As part of an effort to be more ecologically active, we are going green for mailings.

The cost of printing and postage is getting higher; so for all Conference Coordinators and Congregational unit officers, we will now be sending all the information that you need through emails, and by posting all the events and forms on our website: nwmnsynod.org/synod-organizations/synod-womens-organization-swo/

If you aren't able to print from home, please contact your church to help with printing.

If you have no computer access or email, paper copies can be sent to you by completing this form and send it to: SWO Secretary, Lois Balko, 209 7th Street South, Moorhead, MN 56560.

Thank you for your understand and effort to make us more earth friendly.

I am unable to receive emails, or don't have access to the website.

Name _____

Church/Unit _____ **Conf.** _____

Address _____

2018 Spring Conference Gathering Schedule

Conference 1	April 28th	First in Karlstad
Conference 2	April 28th	Our saviors thief River Falls
Conference 3	April 7	Kingo Lutheran Foston
Conference 4	April 14th	Trinity Lutheran LaPorte
Conference 5		North Buffalo Lutheran, Moorhead
Conference 6	April 21	Trinity Lutheran Detroit Lakes
Conference 7	April 9th	Bethlehem Fergus Falls
Conference 8	May 12th	Peace in Ashby



Check out our website for updates at www.nwmnsynod.org

Four Generations of Bold Women



Bunny, Debbie, and Bret DuChamp and Marci Kloety

Four generations attended the Fall Gathering Conference 2 on Saturday Oct. 14 at Immanuel Lutheran Church, Plummer Minnesota.



Ceremony shines light on Phebe Hospital

by Eva James Yeo

Giving thanks was the central purpose of my journey to Liberia as 11 of us traveled to be a part of the Nov. 30 ribbon-cutting ceremony for the new solar panels at Phebe Hospital. I was able to attend with other Women of the ELCA representatives and the RREAL staff who oversaw the solar panel installation.

But your gifts of nearly \$600,000 made it happen. (Read below the names of those who traveled to Liberia and those who were guests of of honor at the ribbon-cutting ceremony.)

The completion of the PV (photovoltaics) for Phebe project is a testament to how Women of the ELCA can make a difference in our congregations, communities and world when we work together. The solar panels are expected to save Phebe Hospital about \$35,000 a year.

Fundraising efforts are underway for the second "Skip the Grid" solar project in Liberia: Current for Curran. Nearly \$20,000 of the \$200,000 needed by Easter has been raised for solar panels to be installed for Curran Hospital in northern Liberia. Learn more about the Current for Curran project.

Visit www.womenoftheelca.org for the rest of the story.



Calling all High School Graduates!

Due April 1, 2018

If you are planning on attending an ELCA College, we have **SCHOLARSHIPS** available!

Contact: Lois Balko at 218-329-8320 or email at lkberno@gmail.com



NW MN SNOW Newsletter

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Women ^{of the} ELCA

NW MN SWO Convention—September 14 & 15, 2018



**31st Annual Convention
Northwest MN
Synodical Women's
Organization
Trinity Lutheran
Detroit Lakes, MN**