



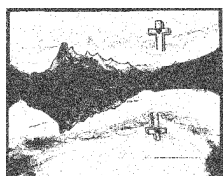
Expressions

VOL. 23, NO. 3 AUGUST 2009

Women of the Evangelical Lutheran Church in America, Nebraska Synodical Women's Organization

Be Still and Feel Christ with us at Convention

The Convention Team is looking forward to taking time with you to *Be Still and Feel Christ's Heart Within You* next month at the Ninth



Biennial Convention in Kearney, September 25-27.

Where we will be reminded: "You shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength." Luke 10:27a NKJV

The team is excited about the keynote speaker Patty Morrison, whose message of encouragement and celebration lingers long after she is done speaking. Patty has been public speaking since she was fourteen-years-old.



Other highlights of this convention, which they have been planning for two years, include

reports from Beth Wrenn of North Carolina, Women of the ELCA President. Bishop David deFreese will lead the Bible study and Pastor Connie Raess of Tri-Saints Lutheran Parish in Byron and Hardy will serve as Convention Pastor.



Beth Wrenn

Descriptions of the workshops were included in the board letters mailed to the unit's presidents/coordinators.

Convention team members are Gwen Edwards, chair, Bellevue; Terri Durham, Omaha; Arlene Johnson, Wahoo; Janet Schmidt, Lincoln; Support Team Member Diane Brauer, Lincoln; and Ad Hoc member Beth Meyer, Fremont.

The worship offering, collected Sunday morning, will be given to Nebraska Lutheran Campus Ministry. One-half of the convention offering, collected Saturday, will be given to Churchwide Women's Organization and the other half to Katie's Fund. The tangible offering will be supplies for Lutheran World Relief kits which will be assembled onsite in the servant room (we are not collecting completed kits).

So mark your calendars, send in your registration form, and we will see you in Kearney!

**Young Women
Scholarship
Deadline
extended to
August 15!**

**Support Lutheran World
Relief with Your Time,
Talents, and Money**

Special and tangible offerings will go for Lutheran World Relief Health Kits and shipping costs.

Health Kits Need: Toothbrushes and full-size bars of soap must be in original individual wrappers. Towels, wash cloths, combs (large tooth, please), and fingernail clippers,.

School kits need: pad or notebook of 8½x11" ruled paper (150-200 sheets), construction paper (assorted colors), blunt safety scissors, 30 cm. (or cm/inch) ruler, pencil sharpener, 2½ inch eraser, and box of 8 or 16 crayons.

Please contact Carol Bosshardt to volunteer to help staff the room (1-hr or more shift) or with any questions, 308-440-8422, cbosshardt@hotmail.com

Come and join us for one of the workshops to put together Health Kits and other LWR projects.

Prayer Team Members Needed!

Contact Ruth Manning, Lord of Love/Omaha, Prayer Team Coordinator at 402-455-7221 or at cranecoffeechick@gmail.com.

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Made To Love

By Becky Flores, 3rd Year Seminarian from Nebraska;
currently serving as an Intern at Trinity Lutheran in Laramie, Wyoming

Recently, in a women's Bible study, I asked the question, "When was the last time you did something good that did not involve a relationship?" After thinking for a while, they all came up with the same answer I did. NEVER! Without relationship with God, creation, or other people we do absolutely nothing that is good. This is why it is so important for us to recognize all the different relationships that God has placed into our lives so that we can share love with God and all of creation.

In Matthew 22:35-39 Jesus is tested about what Law is most important.^{v35} *And one of them, a lawyer, asked him a question to test Jesus.*³⁶ *"Teacher which commandment in the Law is the greatest?"*³⁷ *Jesus said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind."*³⁸ *This is the greatest and first commandment.*³⁹ *And a second is like it: "You shall love your neighbor as yourself."* Do you see it? Did you find the one important word that was a part of both of the greatest commandments? It is love! Not only is it how we can be "good," but it also is the one thing God would command us to do, not only are we to love the Lord, we also are to love one another. I am convinced that is exactly why we were made, to love!

If you don't quite agree, take a look at the popular wedding text from 1 Corinthians 13:1-8a. Verses 1-2 make clear just how important love is. *1. If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. 2. And if I have prophetic powers, and understand all the mysteries and all the knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing.* Here it is saying, you could have all the speech and powers in the world, yet without love it truly is NOTHING! Only when we have love and show love do we have anything worth possessing or sharing!

But what about when we love and do not feel loved in return? Well, this is when we need to turn toward God, the one who first loved us and gave us the power and ability to love in the first place! *We love because God first loved us!* (1 John 4:19) When God first created the world, and saw that it was "good," I truly believe God loved it all and really enjoyed the close relationship in which all things

were made and loved. Then we went and turned away from loving God to have more power and knowledge, only to forget the important thing, why we were created in the first place, to love! Then God had to send Jesus to lay down his life for us, so that even though we might turn away from a right and loving relationship with God at times, through the death of Christ we might be saved; through the steadfast love of our Lord through His death on a cross for us.

When we feel empty or in need of repair, it is through turning back to God to be "filled" with this great love that we are able to abide in God and become overflowing with the love of God ourselves. That we can continue to "spill" this love into the lives of others and in the process become "thrilled" with just how much love we receive in the process of giving it out to others. You see, it really is all about love. When we turn to God and turn to give love to others, I believe we are shining with the light of Christ to others, just as we were created to do! So if you're feeling down, start polishing up your relationship with God and others, and shine on brightly because you were created to be loved. You are special because you not only are loved, you can shine on by giving love too! After all, you were made to love!

Let us pray:

Loving Lord, we thank you for all the ways you nurture us through our relationship with you and our neighbor. Sometimes we get down and need to be reminded that you created each of us because you love us. Help us to be filled with your love and to be able to reach out to those around us, and especially to those who are sometimes hard for us to love. We thank you for abiding in us through love, and saving us through the love you poured out for us on the cross so that we might have life eternal, love one another more completely, and live abundantly by abiding in you. Amen.

Thank you, Becky, for this wonderful devotion. Becky is the daughter of Midlands Board Representative Jane Flores of St. Paul's Lutheran Church in Hooper, Nebraska.

A MESSAGE FROM THE PRESIDENT

I have been delaying the writing of this article for as long as I could because I know it will be the hardest one to write. This will be my final article in *Expressions* as the president of this wonderful organization. In these past four years, I have witnessed the work of the women of the Evangelical Lutheran Church in America and in Nebraska. I have been a recipient of their hospitality and warmth. I have been surrounded with their love, knowing it comes from being Christians. I have become friends with women from all parts of the USA and Puerto Rico while attending President's Conferences and Triennial Gatherings and know that these are friendships that will last forever. The international friends that I have made with our sisters in Argentina and Tanzania are very dear to me. We all have had our joys and our sorrows and have stood together in good times and in bad knowing that we are compelled by the love of Christ to be who we are and do what we do.



The accomplishments of the Nebraska Synodical Women's Organization do not happen because of me being the president, they happen because of the women in the congregational units that have been the backbone and the laborers in the work of the church. It is the support of all the units' resources of time, talent, work, and money that the NSWO has been able to "get 'er done!" Thank you for making this such a vital organization.

The relationship that the women of our organization have with the Bishop, the Synod staff, and the Synod Council is a blessing beyond words. Women of the ELCA staff and leaders have also been most helpful. Thank you all for your support and prayers.

The people with whom I have worked closest in the past four years are those that have served with me on the NSWO Board. We have become a true community and we have worked together to make decisions that are sometimes difficult to make; through prayer we have been led to do what we felt was best for this organization. The work becomes a true labor of love when you are filled with the Holy Spirit. Thank you - thank you - thank you!

Past presidents and board members have been my mentors, even though they might not know this. I watched, listened, and learned from the best. It is always great to hear their encouraging words and being able to go to them with my questions has helped me immensely. Please know that you are loved and appreciated.

I can not forget the support of the presidents in Region 4. Some of us have served all four years together, some have served and moved on, and some have come on board while we have been serving. Our caucuses at the COP's and the President/Vice-President Retreats have been good times spent together. Remember – Region 4 Rocks!! I love you gals!

Thanks to my church family at First Lutheran in Fremont for their prayers and support. First Lutheran Women and Faith Circle, you are the best!

The gratitude I have felt for my family during these years has not always been expressed as it should. I am telling you now that I wouldn't have been able to have done this without your support and love. Thanks for understanding that this was important to me. I am signing off this time saying, "I thank God for this opportunity to 'Say Yes to the Call' to be His servant."

Beth

Saved to Serve Event Lakota Lutheran Center and Chapel

By MARY MAYFIELD,
NSWO Saved to Serve Coordinator

The Lakota Lutheran Center and Chapel Saved to Serve Opportunity was held June 12 to 14 in Scottsbluff, Nebraska, with our coordinator Kandy Pflaster, Cozad, at the helm. What a blessing it was to serve the Lord with twenty-seven other NSWO sisters. Our participants were absolutely awesome, with the help of local churches and following a landscape plan, they moved earth and planted dozens of grasses, perennial plants, and trees transforming the Center grounds. They also reupholstered the seats of over forty chairs, made curtains and pillows for the new library. Cleaned, sorted and put away the boxes and boxes of paper products, coffee, etc. donated by so many of our NSWO units. A special thank you to all of you who sent monetary donations that made the purchasing of dozens of plants, bushes, and trees possible. If



Pearl Anderson, Emily Laaker and Sandra Schueler visited Chimney Rock near Scottsbluff.

you care to sponsor a tree, many are still needed.

Friday evening, after a light supper, we had a wonderful time getting acquainted with women from Adams to Butte Nebraska. The history of the Lakota Lutheran Center and its programs and dreams for the future were presented along with a Bible study lead by Pastor Will Voss.



Ruth Jensen was one of several women who helped give the Lakota Center a thorough cleaning.

Saturday morning our Bible study was lead by the interim Pastor from Calvary Lutheran. Then we rolled up our sleeves and went to work. That evening we boarded vans and traveled to Fort Robinson for the 'Inter-tribal Pow Wow.' We experienced Indian Tacos and the songs, dances, and ceremonies of the Lakota Indians and their friends.

Sunday we visited the Scottsbluff Monument before attending services at the Lakota Lutheran Center. It was a new experience attempting to sing several verses of our favorite hymns in Lakota.

We ate well all weekend, thanks to the Women of the ELCA units at Rejoice in Gering, Calvary in Scottsbluff, and Holy Trinity in Sidney. On Sunday following worship, we experienced a Lakota soup kitchen dinner



Julie Reiser and Barb Englund plant a tree as a part of the landscaping project at the Lakota Lutheran Chapel and Center in Scottsbluff.

featuring corn soup and Indian fried bread and berry sauce, a Lakota favorite.

The Sunday paper ran a photo and one liner about our 'Saved to Serve' group landscaping the Lakota Lutheran Center. We had to purchase a paper or two for a souvenir.

We thank God for the break in the weather, for safe travel, for willing workers, for the preparation and cooperation of the churches in Scottsbluff and Gering; Especially for Nancy Steele who put so many of the pieces together for the Saved to Serve Opportunity. Thanks for Carmen Kleager, Parish Nurse, who secured the cots and was so instrumental in helping us with extra activities in case of rain. Thanks to Ron Nuss-Warren who worked so diligently helping us with the landscaping. A special thanks to First Lutheran Church Kearney for the use of their van and driver, Kim Deyo, who worked right beside us every step. Thanks to Calvary Lutheran who found housing for Kim Deyo and Becky and Jack Martin who drove the second van from Calvary in Scottsbluff to the Pow Wow and who came and helped with the landscaping as well.

Thanks to Pastor Gail Maddeson for leading our Monday morning Bible Study, and to



Rose Miller helped with recovering the seats on about 40 chairs.

Pastor Helmet and Jodeen Yurk who assisted us with planning and supplies.

And a HUGE BIG THANK YOU, THANK YOU, THANK YOU to our Saved to Serve event coordinator Kandy Pflaster who worked tirelessly to make our Lakota Lutheran Center and Chapel Saved to Serve opportunity a reality. Thanks to Shirley Kehne who took over the landscaping coordination and to Vicki Hingst who ordered the supplies from the nursery as money came in from NSWU Units to purchase them. Thanks to Susan Watson, who made the road trip to Scottsbluff with Kandy, to Nancy Johnson who handled registration and kept track of all the donations, and Mary Mayfield for encouragement and last minute details.

As we circled up for our "group hug" and good-byes, we thanked the Lord for a great weekend with fulfilling work, faith building, friendship making, cultural understanding, love, and laughter.

Final Three Spring Gatherings held in April



On **April 4, 2009**, the women of the **Southern Prairie Conference** gathered in Glenvil, NE, at Immanuel Lutheran Church for their Spring Gathering. The theme was the same as the previous Spring Gatherings, "Seeds of the Heart: Growing in Grace." Conference Coordinator, Arlene Hjelm presided at the meeting and was elected to a second term. Elected to the planning team were: Karen Daffer, Bethel/Holdrege; Lynetta Kellogg, St. Paul/Glenvil; and Lillian Larson, First/Kearney. Corinne Jensen, Immanuel/Glenvil; Lynette McCutcheon, St. Paul/Hardy; and DeAnna Tuttle, Salem/Superior were elected to the nominating committee. Musical entertainment during lunch was by mother and daughter, Jackie & Jordan Glawe. Lisa Kramme, NE Synod Director of Faith Formation, led the Bible study using the verses in Matthew 13 that explain the meaning of the 'Parable of the Sower'. The Gospel Train (with whistle) guided women through the workshops entitled "Cultivating the Garden of your Heart," "Receiving the Seeds in Your Heart," "Quit Bugging Me," "Got Water?," and "Reaping the Harvest of Replanting the Seeds." The material was used with permission from Pastor Barbara Lemke and the Women of Bethel Lutheran/Aurora, Colorado. A worship service followed in the sanctuary led by Pastor Glawe. Tracey Dusatko showed a video presentation of MOSAIC (recipient of tangible offering).

The **Central Conference** Spring Gathering was held at St. Mark's/St. Paul on **April 18, 2009**. Kathy LaRoe informed the group about the work of the Howard County Food Pantry (recipient of the tangible offering). Robin Elstermeier is a horticulturist that was literally raised in the greenhouse owned by his parents. His presentation was on growing seeds and plants and which fertilizers are best to use for proper growth. He is an active member of St. Marks and provides special floral displays for special Sundays at the church. Pastor Larry and Sue Sydow presented some of his power point pictures of herbs and his silly songs about these herbs. Jim Peterson, a lay church professional who serves the NE Synod as Mission Director and Assistant to the Bishop, gave the Bible study using the Bishop's outline, he did a PowerPoint of the 'Parable of the Sower' instead of a melodrama. Pastor Harvey Johnson shared what Messiah Lutheran/Grand Island does to help the community with their 'Community Garden'. The size of the garden and the number of people served has grown since it was established. Vicky Hingst showed us a plant and told us about the prayer garden at the



Central's new team members: Val Killinger, Beth Cumming, Betty Rother, Jo Alexander, and Gladys Johnson.

Wayne State College Lutheran Student Center that was planned and planted by Vicky and the women of the 'Saved to Serve' opportunity last summer. The day closed with a worship and communion service with Pastor Joseph Javorsky presiding and Pastor Johnson assisting.

The Central Conference meeting was conducted by Conference Coordinator, Pal Matuszek. Betty Rother, Messiah/Grand Island, was elected as the 2009-10 Central Conference Coordinator. The following were elected to the 2010 Spring Gathering planning team: Val Killinger, St. Mark's/St. Paul; Carol Ortengren, Salem/Stromsburg; Jo Alexander, St. John's/Norfolk; and Beth Cumming will serve as recorder for the team. Elected to the nominating committee were Renee Tucker, St. Mark's/St. Paul and Gladys Johnson, Calvary/Stromsburg. There is one opening for the nominating committee. Can anyone help out here?

The final 2009 Spring Gathering was Midlands Conference's held at Bethlehem Lutheran in Wahoo on April 25. After rolls and coffee (this happens at all Spring Gatherings) we gathered for devotions presented by Pastoral Ministry Associate, Glenda Ferguson of Grace/Swedeberg. The meeting was conducted by Conference Coordinator, Estelle Riemann. Vernyce Schmidt, Salem/Fremont, was elected as the new Conference Coordinator. Planning team members elected were: Arlene Johnson, Bethlehem/Wahoo; Dorothy Jacobs, Sinai/Fremont; and Nancy Johnson, Elim/Hooper. The following were elected to the nominating committee: Glenda Ferguson, Grace/Swedeberg; Dolores Dunker, Salem/Fremont; and Carolyn Peters, St. John/Scribner. Cluster 1, Lincoln, Cordova, and Hickman, are not represented on either the planning team or the nominating committee. The day included workshops with varied topics: Arboretum – God's Gift & Our Responsibility by Gary A. Carlson; Companion Synods by Pearl Anderson; NLOM's Ministries to God's People by Pastor Brad Meyer & Becca Groves; The Green House Project at Tabitha: A Place Where Love Matters by Joyce Ebmeier; Lutheran Family Services by Ruth Henrichs; and MOSAIC by Julie Corbett. Pastor Martin Russell presented the Bible study (covered in May issue) and assisted Pastor Carl Kramer with the worship and communion service.

Approximately 630 people participated in the seven conference events and a total of \$12,924.32 was collected and divided ½ to the Churchwide Women's Organization, ¼ to the NSWO, and ¼ to Lutheran Disaster Response. Thank you to all who helped plan the events, to all the presenters, and to the Pastors that opened their churches to us and helped with the worship and communion services. We can not thank the Bishop, Pastor Russell, Lisa, and Jim enough for their Bible studies. The women always enjoy the Bible studies. Ladies, we will look for you next year and the 2010 Spring Gathering information is included in this issue of *Expressions*.

Lakota Lutheran Center and Chapel Dedication

Information from the Nebraska Synod office states that Thursday, August 27, 2009, is the date set for the Lakota Lutheran Center and Chapel dedication service. The service will begin about 6:00 p.m. Mountain daylight time according to Pastor Will Voss.

An Arrow bus lines coach will leave Omaha early in the morning August 27 and will pick up riders along I-80 on the way to Scottsbluff. These people will spend the night in Scottsbluff and will return home on August 28. Cost for this trip will be \$68.00 per person if the bus is filled. Comfort Inn Scottsbluff has offered us

special double rooms at \$65.00 per night and Hampton Inn, Scottsbluff offers their rooms at \$84.00 per night though availability won't last. Persons traveling with us will be expected to make their own hotel reservations. We will furnish hotel telephone numbers upon confirmation of your interest.

You can call Jim Peterson at the Synod office (402) 896-5311 or e-mail Jim at jimpetersen@nebraskasynod.org to see if there is still room available. You can always drive to Scottsbluff with a group of friends if the coach is full.

Global Awareness

By SHIRLEY DAIRE,
NSWO Global Missions Coordinator

For many years now, I have been serving as an appointee on the Nebraska Synodical Women's Organization board as a Global Mission Advocate. Together we have explored just about every area of living as a "global Christian." I have found that Nebraska women are very focused on our companion relationships and on making quilts and kits to serve real needs of people. You like to know more about people of different cultures and religions.

Now it is time for me to leave this ministry and for another woman to begin. I know the board would appreciate your suggestions to fill this position. Thank you, all my global partners, for your enthusiasm and energy!

COMING TO LINCOLN October 30-31 is an ELCA 2009 Global Formation Event. This is a time for us to learn how we can globally help our churches serve. By understanding how God's activity is changing the world around us, we can build skills that help us be more effective at home and globally. Bible study, workshops, a time for fellowship and sharing --- we can pool our resources in a more effective way. That's Southwood Lutheran Church, Lincoln, October 30-31. Treat yourself!

WE HAVE A GREAT NEED for more Lutheran World Relief Presenters! What is that? Let me suggest to you what could be one of the most exciting times of your life! Take a study tour to another country with LWR. Learn about farmers and their families, fair trade, organic farming, women's needs and how they work together. Learn about international trade and so much more. Add to that the time with other group members and perhaps a stay with a farm family. Of all the international traveling I have done, these trips are the greatest value for your dollar! When you return, you will be ready to share what you learned with other women and congregations. My trip was to Nicaragua and was a life-changing event for under \$2,000.00

A new tour schedule will be out soon for next winter. Wouldn't it be fun for friends to go together!!!! For more information telephone:

1-800-597-5972 or go on the computer to lwr@lwr.org or e-mail lwr@lwr.org.

READING PROJECT: Want to know more about other religions and how Christians can understand and have conversation with people of faith in other cultures? An interesting book I am reading is *Relating To people Of Other Religions* by M. Thomas Thangaraj. Another very useful book is *The Complete Idiot's Guide to the World's Religions* by Alpha Books.

Dear Shirley, on behalf of all Women of the ELCA in Nebraska, thank you so much for your many years of service and all you have shared and taught us. Many Blessings to You!

Mark Your Calendar

By PEARL ANDERSON,
NSWO Companion Synod Coordinator

We are planning a trip to Tanzania to visit our sisters there and experience their ministries. The date for the trip is February 7 to 22, 2011. The trip will include a safari as well as time to visit with the women of Tanzania. We will be inviting two women from Argentina to join us on this exciting adventure. Stop by the Companion Synod table at convention in September for more information.

2010 Spring Gatherings

- Come and "Share the Light of Christ: Live, Laugh and Love." Theme verse is Isaiah 2:5b
- CEV- *let's live by the light of the Lord.*
- Theme song is *This Little Light of Mine.*
- Registration will remain at \$15.00 and one-fourth of the offering will be given to LFS Building Families Boutique.

• The schedule is as follows:

- March 6 - Northeast - Salem/rural Dakota City
- March 13 - High Plains - Mariah/Hershey
- March 27 - Southeast - American/Adams
- April 10 - Central - St. Johns/Norfolk
- April 17 - Metro East - First/Blair
- April 24 - Southern Prairie - Bethel/Holdrege
- May 1 - Midlands - St. Andrews/Lincoln

Mission Action

By BERNICE GENGEBACH,
NSWO Board Committee Chair

On Sunday, our Pastor asked for help in determining the mission of our congregation. What are we doing to make our community a better place to live and to share the love of God? It didn't take long before there was a show of hands and voices telling the numerous things that we do. We give hope to the poor, and there are many more now with the economy as it is, by contributing to the local food pantry; support homeless shelters; survey our community and give food baskets at the holiday season; have clothing drives to provide coats, scarves, mittens and caps; there is a prayer shawl ministry; and the list continued. We were reminded that we helped to provide for the building of a house in Tanzania and support financially a missionary in Costa Rica. We have a chart to show our progress in the Nebraska Synod Campaign. Our Youth are active also by doing tasks for the elderly such as washing windows, cleaning yards, mowing lawns, and other cleaning projects. We support the mission of our Synod with offerings, and the list continued until the face of a large tablet was filled.

By doing this exercise, we are not "patting ourselves on our back" to make us feel good, we continued to look to see if there is more that can be done. Not everyone in the congregation participates in all of these projects, you have to choose, with everyone doing something, we find that much can be accomplished.

Can we stop? NO. We need to continue seeking to find other opportunities to make our presence known in our community, to make it a better place for those who live here.

Why do we do these things in the first place? Jesus said, "As you do it to the least of these, you do it to me." We are showing our love for Christ by our actions.

If you and your congregation haven't done this exercise for some time, why not do it so that you can define your "Mission Action" in your community.

This-and-That

Grants

We have received word from Women of the ELCA that the Lutheran Family Services of Nebraska, Inc. – Building Families Boutique has received a grant of \$3,000.00 to fund their project. Their project offers parenting education classes, support groups, health care education, and referral services for low-income families.

Scholarship

Crystal Corman is attending school in Washington DC. She is studying Peace & Conflict Resolution at American University. Crystal was one of the recipients of a *Cronk, First Triennium Board, General, Mehring, Paepke, Piero/Wade and Edwin/Edna Robeck Funds Laywomen Opportunity Scholarships*. These scholarships assist ELCA laywomen in undergraduate, graduate, professional, or vocational studies.

Volunteerism

Three Nebraska ELCA women have been recognized for their volunteerism, working with the poor and with the mentally challenged.

Vivian Ingraham from Immanuel/Omaha was the recipient of the Thrivent Financial for Lutherans' awards for volunteers.

Juanita Diaz from Sinai/Fremont was featured in an article in the Fremont Tribune for her work with the poor. She cooks lunch for the people staying at Care Corp (homeless shelter) in Fremont one day a week. Juanita is also very active in volunteering for other causes such as the low-income store and food pantry, and for Habitat for Humanity.

Mavis Heidemann from St. Timothy/Fremont was featured in *Lutheran Woman Today*, May 2009 issue, for starting a Sunday school class on the first Sunday in January 1972, for the mentally challenged and being the teacher for nearly 38 years. Because of Mavis' failing eyesight, she is now assisted by her daughter, Linda Heidemann.

Listen, God is Calling!

The nominating committee has been hard at work (and continues to work) praying for the members of the Nebraska Women of the ELCA; asking God to help you feel His presence, listen to His call, and then Act Boldly.

Act Boldly by sending in your nomination form to serve on the NSWO 2009-11 board or as a delegate for the 2011 CWO Triennial Convention.

The nomination committee is chaired by Gwendolynn Edwards, Vice President, and is assisted by the conference coordinators: Arlene Hjelm, Terri Johnson, Jane Olafson, Betty Rother, Vernyce Schmidt, Judy Stahlecker, and Connie Wallman.

Nominations forms were included in the May issue and are available from your unit president/coordinator.

Nominations may be made from the floor if the following requirements are met:

NSWO

1. Permission from the nominee.
2. Signature of five delegates.
3. Biographical information on required form (which will be available on site).
4. Completed and returned to the nominating committee by 10:00 a.m., Saturday, September 26.

Triennial Delegate

If a person was suggested to the nomination committee and was not chosen to be placed on the ballot, that person may be nominated from the floor.

Run, Walk, or Roll

Raising Up Healthy Women and Girls is Women of the ELCA's initiative to change the lives of women by mobilizing various types of bold action around health and wellness. During the past triennium we have centered on the need to target heart attack and stroke, the numbers 1 and 3 killers of women today. We are helping women take control of their own health by being better informed and asking better questions. We have encouraged women to step into action by getting physical for their health.

Consider participating in the Run/Walk/Roll event on Saturday, September 26, at our Biennial Convention. Watch for details coming out soon!

Today's Dreams: Tomorrow's Reality

**By BRENDA KRUGER,
NSWO Anti-Racism Appointee**

Fran Hughes and Brenda Krueger are the Nebraska Women of the ELCA TODAY'S DREAM: TOMORROW'S REALITY representatives and will present workshops at next month's convention to increase understanding of white skin privilege and to look at how racism has been built into our culture, often in ways we've not realized. It's a program to build understanding, not guilt, and to explore what the Bible says about loving one another.

Fran and Brenda will be attending additional training in Kansas City, August 13 to 16. They are available to present programs to your group. For more information contact Brenda at grand_travelers@hotmail.com.

Upcoming Events

ARGENTINA FABRIC, FACTS, AND FUN!! August 30 to September 1, 2009, Swanson Center at CJH. Make a table runner, a tote bag, a wall hanging, or a quilt using some fabric from our companion synod, Argentina. For more information contact Heather at Camp Carol Joy Holling, 1-888-656-6254 or www.nlom.org or Instructor Mary Mayfield, 402-778-0291 or mayfieldim@cox.net.

"To God's Beloved: Paul's Letter to the Romans" the *Lutheran Woman Today* 2009-2010 Bible study written by Rev. Dr. Sarah Henrich. This nine-session study will explore one of the foundations of Christian theology. Martin Luther called this epistle the most important piece in the New Testament—he even said it would be worth memorizing! The early Christians in Rome had Phoebe to explain what Paul was saying to them in this letter. Henrich's Bible study will help us understand what Paul is saying.

Expressions is a publication of the Nebraska Synodical Women's Organization, Women of the ELCA.

Expressions provides information concerning programs and projects of the Churchwide and Nebraska Synodical Women Organizations, Women of the ELCA; and helpful information for congregational units. It is distributed free to Nebraska congregational unit presidents/coordinators and pastors of Nebraska congregations.

The newsletter is published four times a year, in February, May, August, and November. Deadline is the first of the month preceding the issue date.

It is currently team designed, edited, and proofread. Contact the team at expressions@nebraskaelcawomen.org, or by phone, 402-721-3053. Content information can be sent via e-mail.

August *Expressions* team members were Gwen Edwards, Arlene Johnson, and Beth Meyer.

Katie's Fund Annual Appeal Launched

Nebraska Synodical women were recognized at the 2008 Triennial Gathering as having the most congregational units contributing to Katie's Fund and also contributing the most money. This is the first year we have the opportunity to be contributors to Katie's Fund with the option of either making a gift that will be used now to meet current needs or making a gift to the endowment, where your gift will build the principal of the fund and the interest on your gift will be used. Let's keep up the good work, ladies.

Katie's Fund was established in 1997 to celebrate the tenth anniversary of Women of the ELCA. The principal generates interest income for the support of Women of the ELCA ministries in global sharing, leadership development, and nurturing faith. To allow Katie's Fund to grow in its early years, the interest earned has been spent sparingly. The fund has assisted in supporting ministries with young women at the 2002 and 2005 Triennial Gatherings of Women of the ELCA, global travel on behalf of our organization, and a Women of the ELCA presence at ELCA National Youth Gatherings.

Brochures and envelopes about Katie's Fund are available and you can call 800-638-3522, ext. 2730, to request as many as you wish. These donations go directly to Women of the ELCA with Form B.

Nebraska Synodical Women of the ELCA, 2007-2009 Elected Board

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Check List for Congregational Units

To Do Every Month

- ___Send stories and pictures about unit to the *Expressions* Team
- ___Remind women to use their Thankoffering boxes
- ___Share information received from SWO and CWO
- ___Send offerings to synodical treasurer

To Do on Specific Months

(S applies to units whose year starts in Sept.; J to those starting in Jan.)

August

- ___Remember in prayer the SWO conventions being held this month

- July 31-August 1 – NSWO Board Meeting in Axtell, NE
- 8-10 – Today's Dream Tomorrow's Reality Team Training, Kansas City, MO
- 17-12 – ELCA Churchwide Assembly, Minneapolis, MN
- 22 – Postmark date for early Convention registration. Send forms to Nancy Johnson, 12777 A Street, Omaha, NE 68144

September

- ___Remember in prayer the SWO conventions being held this month
- ___Promote Katie's Fund Annual Appeal
- 11 – Postmark date for late Convention registration. *No registrations taken onsite.*

- 25-27 – NSWO Convention, Kearney, Nebraska
- ___Have you sent your travel fund assessment to Nancy? Each unit needs to pay \$16 per year for 2008 and 2009. *Must be received before Convention*

October

- 1 – *Expressions* deadline
- 30-31 – ELCA Global Formation Event – Southwood Lutheran Church/Lincoln.
- ___This is a good month to do a fun collection calendar for Thanksoffering.
- ___(S) Send list of new officers after unit elections to Mindy Chandler and to Conference Board Representative.