

# SRD EXPRESS NEWSLETTER

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of the Indiana District LWML

Spring 2010

Volume 72

Greetings in the name of Jesus!

It is snowing . . . again! With the low temperatures, high winds, and whiteout conditions plans are being changed by just about everyone in this area. School has been cancelled for me making this the sixth time I haven't met my 3-4 year old class in the past 10 class sessions. They don't even remember what "school" is all about! I just have to remember this new development is done for the safety of all and everyone has been inconvenienced.

In speaking with various members of the convention committee, it appears it is "snowing" on their plans, too. STANDING AT THE CROSSROADS seems to be a good theme for all of us as we make decisions and plans that affect all convention go-ers and presenters. As we LOOK at the situation and ASK what is the best solution, we WALK as children of the light and FIND the answer in God's Word: Spread the message of the gospel in the most effective manner, uplift and encourage one another with psalms, hymns, and spiritual songs, and "feed my sheep". If those criteria are met, convention go-ers will be better prepared when faced with the many crossroads in life even if the cost of the convention seemed to be a little expensive. With each decision, let us remember that all LWMLers are affected and, hopefully, all be inspired to continue to serve the Lord with gladness and trust Him at each crossroad.

STANDING AT THE CROSSROADS (Jeremiah 16:6a)  
June 25-27, 2010, Sheraton at the Crossing, Indianapolis

In Christ, Sue Pflughoeft, VP- Spiritual Resource Department

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- 1) The zone LWML President, Christian Life, Christian Outreach, Human Care, and Leader Development chairman through their home and/or email address.
- 2) The society LWML President receives a copy, which is sent to her church. She  
Makes at least one copy of this newsletter;  
Reads and keeps a copy for herself; and  
Distributes the sections of the other copy to the appropriate committees.

## IF YOU KNOW OF SOMEONE WHO IS NOT RECEIVING THE SRD EXPRESS:

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Check out our NEW Web site!

[www.lwmlindiana.org](http://www.lwmlindiana.org)

Listed below are the areas/zones of the IN District LWML and the chairmen and committee members of the Christian Life, Christian Outreach, Human Care and Leader Development committees. Please feel free to contact them for resources, speakers or to share ideas you have used. They are very willing and available to help you.

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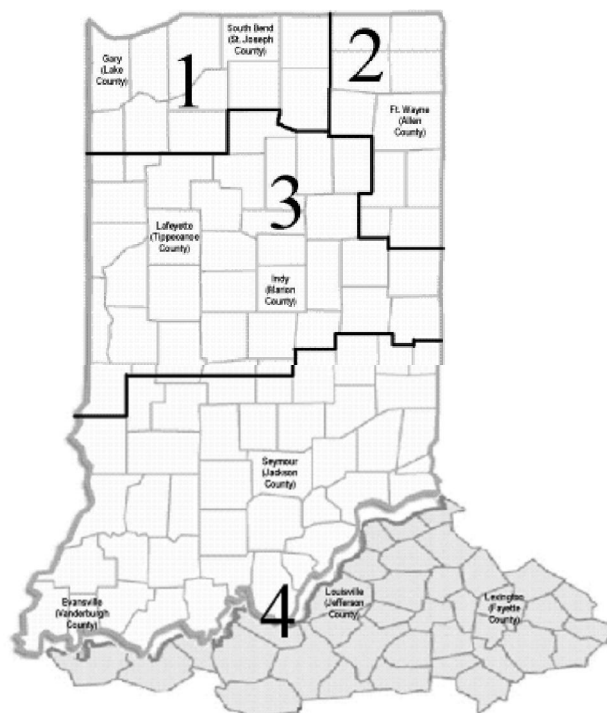
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# Christian Life

SRD Express Newsletter

Spring 2010

Greetings,

Recently the following verse was brought to my attention three different times in one day! "Be still and know that I am God" Psalm 46:10. Have you ever felt like someone was trying to tell you something? I certainly did.

Later I read in Proverbs 3:5-6, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight." The message was finally coming through. Be still, listen to God, trust Him and let Him lead you. He knows the plans He has for you! Can you be still, listen to Him, and trust in Him?

At our convention this June we will be talking about "Standing at the Crossroads". For most of us at the crossroads, now is the time to ask for help! We pray and look to the Word for guidance. In God's Word we find the assurance that He is with us and wants to help us in all areas of our lives. In the Word we find the courage to trust God and follow where He leads!

Wouldn't it be wonderful, if together, we could all trust God and move in the direction He is pointing us? Think of all we could do together as we walk through the crossroad and beyond!

Caroline Kindsvatter Christian Life

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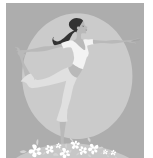
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## OUR BODY, HIS TEMPLE

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have from God? You are not your own; for you were bought with a price. Therefore honor God with your body. (1 Cor. 6: 19-20).



With the current health craze, we are urged to spend a lot of time making sure our bodies are kept in great shape! Eat lots of fruits, vegetables and whole grains. Exercise, watch your fat intake, take all kinds of food supplements and vitamins; and the list of things to do so we can live longer and better continues.



While we are bombarded with so many ideas and in so many ways that we properly label them "a current health craze," we also realize that God has created our bodies. He expects us to care for them in a sensible way. We should not let ourselves become a burden on family or society. More important, we should strive to be healthy in order to be a more effective witness for Christ.

While there is nothing wrong with keeping our bodies in shape, even if we did all the right things to keep fit and in good shape, one fact remains. This outer shell, this body, is only temporary. As a consequence of sin, our physical bodies will perish!

So, while we are busy keeping our bodies strong and fit, have we lost sight of what is really important? Are we keeping our inner bodies in tip-top shape?



Keeping our spiritual body in shape ultimately determines what happens to the eternal body -- everlasting life or everlasting death. By spending time in God's Word daily, and receiving the forgiveness of sins, through Holy Communion, we are nourished by the body and blood of Christ -- He is in our very body. When we do this, we are nurtured to keep our spiritual body strong and resistant to the ways of the world.

Through the waters of Holy Baptism, we received the Holy Spirit to sanctify, enlighten and keep us in the one true faith. With the Holy Spirit within us, we are His temple. Wow! What a great guest to have within us!



We were created by the Father, Jesus, empowered and nourished by the Holy Spirit. Our whole person belongs to God. We are children of God and His Spirit lives in us. We are His temple and able to give light to the world by doing what He has planned for us as we serve Him with gladness



**Prayer:** Dear God, help us to be more faithful in our daily walk with You. Send the Holy Spirit to renew and keep our bodies healthy and fit so we can be Your faithful servants in this world. Amen

*Written by Betty Reichert, Vinita, OK Published by Lutheran Women's Missionary League - 2009*

Submitted by Trisha Letterman  
Christian Life



# Christian Outreach

SRD EXPRESS NEWSLETTER

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## WHAT'S ON THE PROGRAM?



A lady recently contacted me and asked about Christian Outreach materials to include in her society newsletter. I had to tell her that Christian Outreach as a committee is very new and that we have not produced any official "Christian Outreach" materials. However, I was also able to direct her to the LWML catalog which contains many fine resources that are applicable to Christian Outreach.

Christian Outreach has two areas of focus:

1. Evangelism/ witnessing or sharing the message of God's love and forgiveness through Christ particularly to those not like us (cross-cultural)
2. Developing relationships (communicating, praying, growing spiritually) with uninvolved members of our congregation or societies (usually not like us, i.e., a different culture) so that we can TOGETHER be more effective in evangelism.

Some "different cultures" that may be in our congregations include: teenagers, divorced women, single moms, working moms, stay-at-home moms, working women, young professionals, singles, unemployed women, ethnicity other than the majority, Spanish, Burmese, Vietnamese, Chinese or other language speakers, women in shelters, women adjusting from prison, women recovering from addictions, the visually or hearing impaired, the physically handicapped, abused women, etc.

☺ Have you ever thought about these as "different cultures"?

In case you also want Christian Outreach materials, here are some possibilities from the catalog.

### Cross-Cultural Evangelism

- Bilingual Master's Cards #15401. These are witness cards to be given away with Spanish and English on each one.
- "Go Ye" Means Me? #99550. Bible study based on the Great Commission. It includes English, Spanish and Vietnamese sections.
- The Open Window DVD #69970. A true-to-life story of an abused wife and the friend who helped her. It has print materials and discussion helps.
- The Life of Jesus, ESL Material. #20185. English lessons to help people learn English as well as important truths about Jesus.

### Inter-church cross-cultural relationships

- Living & Learning Heart to Heart #14994. This CD is a manual to intercultural learning to help build positive relationships in a cross-cultural world.
- Living in Prayer Mustard Seeds #40211. Spanish version. It can be used in society meetings along with the English version (#40101) for devotions in a bilingual group.

Look for more reviews of Christian Outreach materials in the next SRD.

Your servant in Christ,  
Michele Yamanaka,  
Christian Outreach Chairman

### CHRISTIAN OUTREACH COMMITTEE

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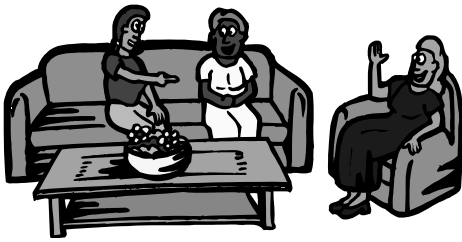
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## **“All for One, and One for All!”**

*For just as the body is one and has many members,  
and all the members of the body,  
though many, are one body... - 1 Corinthians 12:12(ESV)*

Our little country church has been blessed by so many special people with different personalities and gifts. Last year, various church groups planned, organized, and accomplished several fundraising and outreach activities including a soup supper and euchre party, a taco supper, a community picnic, a car and tractor show, a fish fry, and a living nativity. I was thrilled to see so many members of the church participate in these events and the joy and excitement in their eyes.

There are three ladies who can always be counted on to be involved and to help get the job done. I secretly call these ladies our church's "Three Musketeers." These three have been friends for a long time. In addition to working together for our church's many special events, every week they walk together, they come to our Ladies' Bible study together, and they volunteer at the Cougars Den, a non-profit re-sell-it shop. But more importantly, these "Three Musketeers" also worship, sing, and pray together.

These three ladies are just very ordinary people living very ordinary lives, but what they accomplish is extraordinary! It's amazing to see how their warmth, caring, and love act like a magnet to attract people. Do you remember the pledge of the Three Musketeers? Their pledge of unity was "all for one and one for all!" These women don't have a pledge as such, but their witness to Christ and their unity in Christ certainly demonstrate their "all for One" just as their message of Christ's love for all demonstrates Christ as the "One for all!" Their outreach witness has attracted some to join our ladies' Bible study and others to come to our Sunday worship service.

Although these "Three Musketeers" have different personalities, they do have one thing in common – they do not like to speak in public. Even so, they are recognized as leaders in our church and they lead by serving, not by talking. Their serving in quietness, gentleness, and kindness has led others to serve our Lord in humbleness and willingness. Although they may not always agree with one another, they never doubt God's love for them and their love for one another. And because of the love and faith they share, they always figure out a way to work together in harmony and unity.

The lives of our "Three Musketeers" have been a constant source of encouragement and inspiration to me as well. The Holy Spirit has certainly given these ladies a special gift of unity and of being able to serve and witness without ceasing. And in so doing, they certainly are building up the "body of Christ." I thank God for our "Three Musketeers" who work together in unity and reach out in love that others may know the love that is in Christ Jesus – "One for all, and all for One!"

Stella Beabout  
Christian Outreach

# Human Care

Demonstrating God's love and concern by extending a helping hand to all in need.



*SRD Express Newsletter*

*Fall 2009*

## Haiti

We have all heard of the January devastating earthquake in Haiti, and the question we all ask is "What can I do"?

Financial help is still being accepted. To make a gift that shares Christ's mercy and helps suffering Haitians, call toll free 888-930-4438, or mail donations marked "Haiti Earthquake Relief" to LCMS World Relief and Human Care, P.O. Box 66861, St. Louis, MO 63166-6861.

### Medical volunteers needed

There is a need for medical professionals in Haiti. An LCMS World Relief and Human Care Emergency Mercy Medical Team (MMT) is currently serving in Jacmel, Haiti. An emergency MMT served Haitian refugees on the Haiti-Dominican Republic border within a week following the earthquake. Two more MMTs are scheduled to serve in Haiti in the coming months; one left on Feb. 13 and the other scheduled for March 11-21. "The response from medical professionals eager to serve with an MMT has been overwhelmingly enthusiastic," said LCMS WR-HC Life and Health Ministries Director Maggie Karner.

To learn more about Mercy Medical Teams, visit [www.lcms.org/mercyteams](http://www.lcms.org/mercyteams). To fill out a volunteer application and be notified of upcoming service opportunities. Volunteers are asked to send an e-mail to [rcymedical@lcms.org](mailto:rcymedical@lcms.org) including their name, dates of availability, and specialty.

PRAY for the grace and mercy of God's help for the people of Haiti, the missionaries and the volunteers.

Mary Ellen Fuller  
Human Care

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# Three Month's Worth of Human Care Ideas

As taken from the "with Care and Compassion"



The ideas listed below fall into three categories:

*Self: Taking care of your physical self*

*Service: Reaching out to aid someone else in need*

*Spiritual: Finding ways to grow spiritually*

## April

<i>Self</i>	Spend extra time in your year preparing it for Spring, or make a point to walk in a park enjoying the beauty of God's creation.
<i>Service</i>	Focus your efforts this month on helping those who have been victims of domestic or child abuse. Contact a local shelter to discern specific needs
<i>Spiritual</i>	Continue your Lenten devotional time throughout the Easter season by reading through one of the Gospels chapter by chapter.

## May

<i>Self</i>	Make time to read a book that will lift your spirits.
<i>Service</i>	Decorate a box and fill it with special items to pamper a new mother: bubble bath, body lotion, aromatherapy candle, chocolates and a Christian parenting book. Including a few coupons for free babysitting would be a thoughtful addition.
<i>Spiritual</i>	Prepare to attend an LWML national or district convention by spending time meditating on the theme verse. Uplift the district and national LWML officers as they prepare to lead the convention.

## June

<i>Self</i>	Change one of your regular eating habits to make more healthy choices: cut back on fast food, lessen the amount of caffeine you drink, or periodically
<i>Service</i>	Have a baby shower for a crisis pregnancy center. Collect baby clothes, food and bath products along with Christian parenting books and Bible story
<i>Spiritual</i>	Surround your congregation's Vacation Bible School with prayer. Especially remember to uplift the directors and teachers as they faithfully prepare their lessons, but also remember to pray for the children who will be attending that their hearts might be opened to God's leading.

The "With Care and Compassion" book is available from the LWML store

Catalog No. 14880

Price \$15.00

The "With Care and Compassion" is also available on CD

Catalog No. 14881

Price \$15.00

# Leader Development



**SRD Express Newsletter**

**Spring 2010**

Dear Sisters in Christ,

This is my second day at home from school because of the winter weather. We have had snow, ice, drifting snow and very cold temperatures. Most of the main roads are open, but the side roads, the crossroads, are drifted shut. As soon as the snowplow opens the roads, they drift shut again. The **crossroads** are blocked so we can only travel on the main roads.

This happens not only during winter weather but also in life. As leaders, we encounter many blocked **crossroads**. What can we do about them?

- 1. Pray to God - ask for guidance on the journey.** "Evening, and morning, and at noon, will I pray, and cry aloud: and He shall hear my voice," (Psalm 55:17).
- 2. Change the course - find a different crossroad.** "In all your ways acknowledge Him, and He will make your paths straight," (Proverbs 3:6).
- 3. Look for others on the same journey - share ideas.** "Therefore encourage one another and build each other up, just as in fact you are doing," (1 Thessalonians 5:11).
- 4. Read the road map - study God's Word.** "Thy Word is a lamp unto my feet and a light unto my path," (Psalm 119:105).
- 5. Rely on "The Cross" - trust Him to take care of "the road".** "Trust in the Lord with all your heart and lean not on your own understanding," (Proverbs 3:5).
- 6. Thank God for the crossroads - He reveals new roads, new resources and new friends through them.** "This is the day the Lord has made; let us rejoice and be glad in it," (Psalm 118:24).

Plan to attend the Indiana District LWML Convention, "**Standing at the Crossroads**," from June 25-27 at the Sheraton Hotel, Indianapolis, Indiana. Visit the Leader Development display and sign-up for the Leader Development Breakfast on Sunday morning to see how leaders deal with the **crossroads** of life. We hope to see you there.

Trusting in Him for guidance,  
Emily Rogers, Leader Development Chairman

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## How Can I Effectively Share Event Information?



The event is selected, date and time decided, even the location and programming is finalized, but now how do I get the word out? How will people learn about our event?

It is the responsibility of the leader to make sure this information is publicized. The leader can handle the publicity herself or delegate it to another person. Maybe there is someone who is unable to attend the event but wants to help in another manner. Ask someone who is creative. Find someone who is good with computers.

Use the talents around you.

It is important to get the word out early for people to put on their calendar or even “clear” their calendar for the event. Information should be accurate and clear. Remember the 4 “Ws”: Who, What, Where and When. Always have a contact person’s phone number and/or e-mail address for questions or for others who want to help with the event. Never turn down a willing volunteer!

Each church is different, but here are some suggested means of publicizing the event:

- Place event information in church family mailboxes
- Ask the church secretary to put information in the bulletins and announcements
- Use your school (if you have one) newsletter to share the information
- Distribute “Save the Date” cards on Sunday morning
- Use e-mail to notify others
- Post your event on your church Web site
- Hang up event informational posters
- Use a phone committee to call each woman in the congregation
- Create an event flyer
- Ask your pastor to make a verbal announcement to the congregation
- Tell everyone you know and spread the word!



Bev McIntosh  
Leader Development, Spring 2010