

SOUTH DAKOTA SYNODICAL Women of the ELCA

VOLUME XXXXII NUMBER 1

Spring 2023



President

Margene Thompson

Dear Women of the ELCA: Greetings!

In our tradition as Lutheran women, our time together, our ministry to others and to one another, often focuses on the gifts of and celebration of food: soup suppers at Lent, lefse and cookie exchanges during the holidays, coffees and treats after Sunday services, hot dishes prepared for funerals. Sharing food does more than feed the physical body: it also enhances generosity and friendship, and shows we care.

I recently toured the Sanford Eating Disorders Research Center and Clinic in Fargo, ND, home to one of the US's largest research centers for eating disorders. My time there opened my eyes to the relationship people have with food, and to the physical and mental health disorders that create challenging paths to recovery.

- While eating disorders can affect anyone, risk factors include body image dissatisfaction, weight stigma, personal trauma, and family history of mental illness.
- An estimated 20 million women and 10 million men in the US struggle with eating disorders.
- It's common for people with an eating disorder to have one or more co-occurring conditions.

One study found that 71% of people with an eating disorder were also diagnosed with an anxiety or mood disorder.

- Eating disorders have the highest mortality rate of any mental illness. Every hour, at least one person dies in the US as a direct result of an eating disorder.
- In a study of 14- and 15-year-olds, dieting was the most important predictor of developing an eating disorder. Although eating disorders can be successfully treated, only 1 in 10 people with an eating disorder ever receive treatment.

How can you help someone who may be experiencing disordered eating?

1. Learn about eating disorders.

This is essential. It will help you understand what they are dealing with, and also show that you truly care about what they're going through.

2. Ask questions

and listen without judgment. And then truly listen to what they are saying. Do not criticize or advise them. You may not fully understand what they are going through, but they need to know they are being heard and that their feelings are valid.

3. **Use appropriate language.** Using "I" statements is critical when discussing your loved one's behavior. For example, try saying "I'm worried that you haven't been eating with us anymore," instead of "You're not eating!" Or "I'm concerned that you are going to the bathroom after every meal," instead of "You're

Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.

John 14:27

EATING, continued on p.3



Vice President

Wanda Biel

Dear Sisters in Christ,

As I write this, we are preparing to celebrate St. Patrick's Day. St. Patrick, as a teen, was sold into slavery and brought to Ireland in the year 400. He escaped slavery and returned to his native Wales, where he studied to become a priest. He chose to return to Ireland to bring the Good News of Christ. Due to his efforts and God's power, many people became Christians.

The simplest definition of a saint is a Christian believer. The saints who have preceded us have given us a rich legacy of faith and service. We owe them a debt of gratitude for being our examples of a faith filled life. They have been our teachers, our mentors and our leaders.

Now we must step up and follow their example.

As your Vice President, I am part of the nominating committee. Currently we are looking for nominations for the following offices:

- President
- Treasurer
- Two members of the nominating committee

If you know of any possible candidates, please send that information along to me or any member of the nominating committee. If you are asked, please help, so that our organization can continue and flourish for the sake of society and Christ's mission in the world.

I hope to see you at the convention in June so that we can select our next leaders and enjoy a time of fellowship, growth and worship.

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Treasurer

Darla Toben

Greetings from your synodical treasurer!

"All Are Welcome" is this year's theme for the 36th Annual SD synodical convention that will be held at Calvary Lutheran Church in Rapid City in June.

The synodical board knows there are many W/ELCA units that might not meet on a regular basis or maybe have even disbanded. Even though your unit might not be active or you no longer meet, **You are Welcome** to come and join us at the synodical convention June 21-23, 2023.

The synodical board is encouraging ladies to attend and bring a friend. We have kept the

registration fee quite affordable. Registration is \$50 before June 1 and \$65 per individual after June 1, so get your registrations in EARLY!

You may register by mail or register and pay online using Tithe.ly <https://tithe.ly/event-registration/#/6654314>. Hotel information is listed on the registration form. Online registration is available thru June 16, 2023. If you have any questions or trouble with the online, please call me, 605-880-3506.

Voting delegates—Each unit can register **one voting delegate** to the convention, and the Board encourages your unit to do so. Delegate information will be mailed to the delegates prior to the convention.

Silent Auction—Each unit is encouraged to bring **ONE** item for the silent auction.

Carpool with other churches and come to the convention in Rapid City. We know you will enjoy the beautiful Black Hills of SD. All are Welcome!



Director for Justice

Connie Matzner

At our Synodical gathering in June we will hear from a variety of speakers. One of those speakers will be Kelly Patterson. Kelly is a survivor of Commercial Sexual Exploitation/sex trafficking. She is a survivor and has worked with other survivors of sexual trauma since 1996, currently via Treasured Lives. Her tenacity to free others helps her push through the most difficult of

obstacles, a skill learned through climbing out of sex slavery herself.

Having survived the unthinkable, Kelly maneuvers the difficult arena of very painful subject matter. Kelly believes that facing the truth with peace is possible because of her own experience. The courage it takes to discuss such a controversial subject with large crowds is a gift that she excels in. Her fearless dynamic style has engaged many audiences with her story.

Kelly's artwork and writing skills reflect a passion to reach out to other survivors, lend understanding to their family and friends, and light a fire in others to help the fight against sex trafficking in all its forms.

Looking forward to seeing you in June, when we will all hear Kelly's story.



Secretary

Teresa Mikkelsen

I can't wait for June! The snow should stop by then, shouldn't it!? I'm also excited about traveling to the Black Hills for our State W/ELCA convention.

One of our speakers will be Kathy McHenry, Executive Director of Lutheran Planned Generosity of South Dakota. Kathy is going to share information about the ELCA Fund for Leaders in Mission endowment fund. This fund started in 1995 and has helped many women in our synod with a seminary scholarship. Kathy will share how and why the fund was established as well as tell about some of the women in our synodical organization who have been awarded these scholarships through the years.

EATING, continued from p.1

purging everything you eat!" Focus on behaviors you have personally observed. If you come across as accusatory, that is likely to be met by defensiveness.

4. **Be mindful of triggers.** Avoid discussions about food, weight, or eating, or making negative statements about your own body. Set an example of a healthy relationship with food by maintaining your regular eating habits.

5. **Take care of yourself.** Do not become so preoccupied with your loved one's eating disorder that you then neglect your own needs. Make sure you have time for relaxation and support.

For help or support with an eating disorder, contact the National Eating Disorders Association at **(800) 931-2237** or www.nationaleatingdisorders.org

I leave you with three scriptures that focus on relieving anxiety. Whether praying for your own relief or a loved one, may you find peace:

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Jeremiah 29:11 For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

John 14:27 Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.



Director for Discipleship

Vicki Persson

Convention Love Offerings: Youth & Family Services and Woyatan

Be kind to yourself and others. We need to show kindness every day and in many different ways. One way you can share that love and kindness is through Love offerings at the Synodical Convention.

Youth and Family Services is a non-profit organization based in Rapid City that has been serving children and their families since 1965. Their vision is that children in western South Dakota would develop healthy bodies, inquiring minds, wholesome relationships, compassionate hearts, creative spirits, the conviction to stand up for themselves and others, and the courage to build a better society.

They have eight programs to meet the needs of youth in their community. Some services they provide are educational and recreational programs, meals and snacks, health advocacy and support, counseling services, father-focused programming, parent enrichment education, prevention programs, and more.

Youth and Family Services provides programs to more than 14,000 children and families each year. YFS provides programs and services in every county in western South Dakota. Bear Butte Conference believes in YFS.

We, the Synodical Women of the ELCA believe in helping children. Our Love Offering for the Synodical will be a voluntary monetary offering to Youth and Family Services for anyone wishing to donate.

Love Offering #2 will be collected for **Woyatan Lutheran Church**. Woyatan is a traditional Lakota congregation in Rapid City, a ministry by and with Lakota people that invites and welcomes everyone. Woyatan partners with Wambli Ska,

whose mission is “to provide structure, stability, and love to Native American youth and their families. Woyatan committed to reviving culture as a solution to bring forward the sources of strength and resiliency to better address the challenges they face.”

One of their missions is to deliver personal & feminine hygiene products to reservations. You may donate shampoo, soap, body wash, toothpaste, tampons or pads, etc. to support this program.

Banquet Speaker Lily Mendoza

Our banquet speaker for the Synodical Convention is Lily Mendoza, the founder of the Red Ribbon Skirt Society. Lily graduated from Cheyenne Eagle Butte High School and studied at Black Hills State University, and is a member of the Cheyenne River Sioux Tribe.

Lily lives in Rapid City and owns the Bird Cage Book Store and Mercantile. She manages a wholesale book business with her son named “Dakota West.” Lily also manages the Word Carrier Trading Post. She specializes in bringing Native American Literature books to students on reservations and colleges. You have to visit her book store and art gallery!

Lily also works to raise awareness of missing and murdered indigenous women (MMIW). The Red Ribbon Skirt Society helps families grieve for and remember their loved ones and brings more MMIW awareness to the area.

“The sad thing is the numbers of missing women continue to grow. As far as awareness and education, there is a lot going on in communities, not only in South Dakota but across the United States. We still have missing women that have not been found,” Lily says. She is a firm believer in prayer circles and has a healing room located in her bookstore for families.

MMIW has been a problem for hundreds of years, and Lily would like us to pray for missing women and their families. She has put up an annual red dress display since 2016. She has 30 dresses hanging at the Journey Museum in Rapid City since February, representing missing Indigenous Women. Missing Indigenous Women are indeed a crisis in South Dakota.



Member at Large

Cheryl Lundeen

BOLD Women and Katie's Fund

Katharina von Bora Luther, wife of Martin Luther, was a practical and bold woman of faith. This is who the Katie's Fund is named after. It is a fund designed to honor her life by supporting today's women to be **BOLD** in their faith through global connections, leadership and training.

We will learn more about this **BOLD** woman – Katie Luther – at our June Convention in Rapid City. Be ready to go back in time and meet Katie. It will help us to better understand her life and mission and then to make sure our **BOLD** women of today can have opportunities to develop more skills to lead our organization forward.

There are many **BOLD** women among us today. Last year we honored Pastor Erika Lehmann with a Bold Woman Award and we will honor another at the June 2023 Convention. The Award comes with a \$500 gift given in the recipient's honor to Katie's Fund. You will be hearing more about the \$1 million Campaign for Katie's Fund in the coming year. Our proceeds from the Silent Auction will also go to Katie's Fund.

Bold Women's Day was observed the first Sunday of March, but can be celebrated any time. There is a litany available on the Churchwide

W/ELCA web site. In your individual Units, find some way to acknowledge and celebrate the Lutheran women in your church who have acted boldly on their faith – whether it is through unceasing prayers, service to those in need, advocacy or

hospitality. We all live out our bold story of faith at work, home and community and our faith can help make the difference in the lives of others. Are you bold? Speak up. We need to be heard.



Growing Katie's Fund for the next 100 years

Wednesday Vespers

Come enjoy Vespers at the beautiful Chapel in the Hills!

You are invited to attend the Vespers Service at 7:30 pm June 21, 2023 at the Chapel in the Hills. Pastor Tony Dusso will be the guest pastor for the week. The museum, prayer and benediction walk, and gift shop will also be open.

What a beautiful setting to begin our 36th Synodical Convention!

Don't miss your Spring Conference Gathering this month!

For more information, see page 11 for Conference contact information

Bear Butte: April 29 Faith Lutheran, Rapid City

Crossroads: April 15 Renner Lutheran Church

Medary: April 15, Bethany Lutheran, Howard

Northern Plains: April 15, Zion, Aberdeen

Prairie Coteau: April 29 Our Savior's, Veblen

Prairie Rivers: April 29 Our Savior's, Corsica

Southeastern: April 22, Trinity, Yankton



Member at Large

Dee Sanderson

Greetings from Northern South Dakota! I am anxiously awaiting signs of spring, as I know you all are as well. Spring Gathering plans are well underway (see page 5), and your Synodical Board has great plans for the Synodical Gathering in Rapid City. "Let all that you do, be done in love." 1 Corinthians 16:14. We would love to see **each** of you in Rapid City.

Finally, the Triennial Gathering of the Women of the ELCA will be happening September 21-24 in Phoenix, Arizona. Be aware that **all are welcome!!** Bring your family; bring your friends. Heck, especially bring your not-so-close friends!

For detailed information and registration go to welcatg.org. Then...

- Click **Print Registration** and print all the information to register for the Gathering. OR click **Online Registration** to register a new person or modify a previous registration.
- If you click **Modify**, enter your email and your registration number. If you can't find or don't know your registration number, you can click get it by email. This will apply to those women who prepaid registration in 2017 or had made registration plans in 2020.
- Read information on hotels, optional tours and excursions, childcare, volunteering, etc.

Registration Fees: Through April 30 the registration fee is \$375. AFTER APRIL 30, the fee rises to \$425. So time is of the essence if you want to save \$50. Also, please note cancellation fee deadlines.

The W/ELCA synod board level is pondering partial reimbursement following attendance at the Triennial Gathering. Watch for further information about reimbursement.

I pray you will join me in Phoenix!

Yours in Christ's love, Dee



Director for Stewardship

Kathy Heffernan

It's Sunday afternoon. The sun is glistening off snowbanks. The pheasants are running along the tops of the drifts, and rabbits are enjoying the warmth. Looking at the size of these critters, they're not lacking food! Before this winter, during two years of drought, there were few wintering pheasants and rabbits. Were they dying from lack of forage or from hunting by fox and coyote? This winter despite harsh weather/snowfall, the deer, pheasants, and rabbit populations are high!

Over the last four years of data collecting from the Annual Conference Stewardship reports I receive from the seven conferences, I'm seeing a similar trend to the prey vs. the predators.

From 2019 –2022 our "predator" was Covid-19. There was sickness, hospitalizations, and death. However, during 2020, the number of Active units was 174, up from 170 in 2019. GREAT! But why? Stewardship projects were worked on in homes because we couldn't gather in person.

As churches and W/ELCA groups began to relax from the COVID restrictions, the 174 active unit numbers changed.

- 2021: 150 units: a 14.8% drop;
- 2022: 131 units: a 13% drop.

Why? Think of your own women's group. If your numbers are shrinking, why? What are some new ways you can invite those women who are not an active part of your unit? What are their interests and passions?

Also, 2022's financial giving, donations to LWR, GHM, local donations, and support to people in need are down in comparison to 2021. I am confident that this will move upward as we go through 2023. My prayer is with all the SD units as you move forward into the future.

SOUTH DAKOTA SYNODICAL 36TH Annual Convention



June 21, 22, 23, 2023

“All Are Welcome”

*Let all that you do be done in love.
1 Corinthians 16:14*

Wednesday, June 21

Thursday, June 22

Friday, June 23

Registration:

7:30 pm Chapel in the Hills Vespers Service

9:00 am—7pm

9:00 am to noon

**\$50 if paid by June 1; \$65 if paid June 1 or later
(one voting member per unit)**

Some of the Speakers:

Katie Luther, aka...

Kelly Patterson

Pastor Jonathan Steiner

Jesse Schmidt

Peg Holmquist

Kathy McHenry

TBD

Diana Glover

Treasured Lives, on sex trafficking

Associate to the Bishop

Better Business Bureau of South Dakota on scams

Good Shepherd Clinic, Our Savior's, Spearfish

Executive Director of Lutheran Planned Generosity of SD

Churchwide Representative

BANQUET SPEAKER

Lily Mendosa, Red Skirt Society

LOVE OFFERINGS:

Monetary donations for Youth & Family Services

Personal and feminine hygiene products for Woyatan

SILENT AUCTION PROCEEDS Katies Fund (one item per Unit, please)

Calvary Lutheran Church
5311 Sheridan Lake Road, Rapid City SD 57702

Find the newsletter, registration, and more at sdsynod.org/ministries/welca



Lutherans Outdoors

Mara Stillson

Thank YOU!

As women of the ELCA, your gifts make it possible for all to know the love of Christ at Klein Ranch, NeSoDak, and Outlaw Ranch. Thank you for your gifts of time, prayers, dollars, and in-kind donations. Your gifts provide opportunities for people of all ages to experience the WONDER of GOD around this state and the world. Thank you for your support of Lutherans Outdoors!

Summer Worship at NeSoDak

Sundays at 11 am, June 11-Aug 13, 2023

Join us for community Worship on the peninsula. Worship will take place in the NeSoDak Chapel. Learn more at and view the list of quest preachers at losd.org/nesodak-worship.

Summer Bible Study 2023: *Wonder*

In this Bible study, summer campers will explore the wonders of creation, the gift of grace through Jesus, and how humanity cares for these amazing gifts. Campers will look down, look up, look around, look in, and out to examine the precious gifts of community and creation.

"They were all amazed, and they glorified God and were filled with fear, saying, 'We have seen *WONDERful things today*.'" - Luke 5:26 (Modern English Version)

LSS Strengthening Individuals,
Families & Communities
**Lutheran Social Services of
South Dakota**
Jessica Lillebo

Last spring, you showed us that together, we are powerful as a community. Together, during our South Dakota CARES fundraising drive in 2022, 289 donors came together to donate more than \$282,000 in support of vital LSS services.

We are grateful for the critical role you have played in our history and for your continued passion and belief in our mission to make our vision a reality – that all people in South Dakota will be healthy, safe and accepted.

Join us in making history once again, by making a donation during our biggest fundraising event of the year! We have some exciting matches and challenges so your gift can make an even greater impact. Give today at <https://www.southdakotacares.org/>



April 10-14, 2023

LSS Tours, Giving Matches & Social Events

Scan the QR code below with your phone's camera to sign up to tour an LSS facility or RSVP to a social event.



Visit www.SouthDakotaCARES.org today to take advantage of match and challenge opportunities! Your donation can go even further during our day of giving, South Dakota CARES.



We also invite you to come visit us! We have a number of facility tours during our South Dakota Cares giving week and also an opportunity to come together at in-person events in Sioux Falls and Rapid City. Meet staff and clients and hear about how your dollars make an impact! Sign up today by using the QR code above.

REGISTRATION FORM

SD Women of the ELCA 36th Synodical Convention

June 21-23, 2023

Calvary Lutheran Church, 5311 Sheridan Lake Road, Rapid City SD

Please **Circle** one: Voting Member Non-Voting Member
(One voting member per unit)

Name _____ Telephone _____

Address _____

City/State/Zip _____

Email _____

Congregation _____ Conference _____

Registration fee: \$50 before June 1, 2022 \$65 after June 1, 2023

includes Thursday noon meal and Thursday evening Banquet meal

Wednesday eve Indian Taco dinner by Woyatan at Calvary Lutheran—if yes, add \$10 by June 19

Register online at: <https://tithe.ly/event-registration/#/6654314>.

On-site registration starts at 3 pm Wednesday, June 21st

Direct any questions to Darla Toben 605-880-3506 dgtohen@itctel.com

Mail-in registration to Darla Toben 47906 171st St, Clear Lake SD 57226

*You are invited to bring an
Offering, Love Offering, and/or
one Silent Auction item per unit.*

OFFERING

Half to Churchwide

Half to SD Women of the ELCA

LOVE OFFERINGS

Monetary donations

for Youth & Family Services

Personal and feminine hygiene

products for Woyatan

SILENT AUCTION PROCEEDS

Katie's Fund

You are responsible for your own lodging.

Blocks of rooms are available at these Rapid City hotels under the name: **SD Women of the ELCA**

All are 2 queen beds and all serve a continental breakfast

Comfort Inn & Suites, 915 Fairmont Blvd.

1-605-718-4444 **\$152.15 + tax**

(officers are staying here)

14 double rooms available

Quality Inn, 7150 Cathedral Drive Rapid City

1-605-341-9300 **\$139.00 + tax**

7 double rooms available

Super 8 by Wyndham, 2520 Tower Rd

10 double rooms available **\$129.00 + tax**

(To reserve a room at the Super 8, please call
Darla Toben at 1-605-880-3506)



LAMP Ministry

Catherine Williams
LAMP Exec. Assistant

Did you know that Sunday school, Bible studies, Christian youth programs, and regular worship services are rarely available in remote northern communities in Canada? Although the Canadian Indigenous population has grown rapidly, the number of local clergy and missionaries has declined dramatically. That's why it is so important that LAMP Ministry goes. Many communities are begging our mission staff and teams to come to



reach this and future generations.

Read more online at www.lampministry.org. Volunteers' comments are a strong testament to the work that the Holy Spirit is doing in people's lives.

LAMP Ministry Inc. is a cross-cultural ministry sharing Jesus Christ with God's people in the North. LAMP has set a goal for reaching 55

communities by its 55th anniversary in 2025 and is recruiting volunteers to either join an existing team or form a new one.

Will you pray with us for God's people in northern Canada who want to know more about the love and hope in Jesus we have? Your prayers are vital to the ministry. If you'd like to know how you

can be involved, please feel free to call 1-800-307-4036 or email director of mission opportunities: shelly@lampministry.org.



Bread for the World

Cathy Brechtelsbauer

"The earth is the Lord's and everyone in it."

Psalm 24:1

In this year's Offering of Letters, "Nourishing & Sustainable Food Systems for All," we speak up for God's earth and God's people. It is extra important this year. Every 5 years, the Farm Bill sets policies on farming, ag research, and conservation and controls nutrition programs like SNAP.

Please help this year by asking Congress for a Farm Bill that will:

- Strengthen our most critical supports that help our neighbors keep food on the table.
- Ensure more access to nutrition, not less, for

U.S. households.

- Prioritize farming practices that improve soil and protect water resources
- Help farmers adapt to climate change
- Address extreme concentration in food systems and protect small farms
- Provide funding for Food for Peace and the McGovern-Dole international school lunch Program.

"There is no alternative path ahead for our common future." Dr. Gro Harlem Brundtland, former prime minister of Norway and world sustainability leader

Contact members of Congress by phone or their websites or by mail. For a joint Bread for the World and Dakota Rural Action handout to aid letterwriting at your meetings, let me know.

Cathy Brechtelsbauer, SD Coordinator, Bread for the World, 605-335-6222, ryebread@breadrising.org, www.bread.org

Megan EisenVos, Dakota Rural Action, megan@dakotarural.org, 605-610-5358

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South Dakota Synodical

Lilah Gillis, Editor

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CHANGE SERVICE REQUESTED

June Convention Speakers

Don't miss this opportunity for fun, fellowship and learning in the beautiful Black Hills! Register with the form on pg 9 or online at <https://tithe.ly/event-registration/#/6654314>.

Peg Holmquist will be one of our speakers at the 36th Annual W/ECA Convention in Rapid City. She is with *Good Shepherd Clinic in Spearfish*. GSC is a free walk-in clinic providing quality, confidential, professional medical, emergency dental, and counseling services.

Kelly Patterson works with survivors of sexual trauma through *Treasured Lives* and is herself a survivor of Commercial Sexual Exploitation/sex trafficking.

Jesse Schmidt, *Better Business Bureau* of South Dakota, will be speaking on scams and how prevalent they are becoming in our society. She will give us ideas and plans to be aware of

how scams affect all of us.

Matt Rusch is the camp director of Lutherans Outdoors Outlaw Ranch in the Black Hills. He was instrumental in starting the *Connecting Cultures* project. Listen to him tell how our outdoor camps make an impact on our youth, and how our camps are equipped to host weekend getaways, family reunions, retreats, etc.

Kathy McHenry, Executive Director of Lutheran Planned Generosity of South Dakota, a ministry of the South Dakota Synod, will bring an update about the *SD Women of the ELCA Fund for Leaders in Mission* endowment fund and *Katie's Fund*, an international W/ELCA endowment established in 1997 to honor the legacy of Katharina von Bora Luther. Kathy will also share her enthusiastic endorsement for generosity and new ways your life can make a difference.

Read more about September's W/ELCA Church-wide Gathering in Arizona on pg 6