

2022 Synod Women's Retreat

In-kind gifts for Days for Girls Service Project that you may bring to retreat
Please follow all specific criteria when purchasing items.

***Washcloths** -new, not white, thinner all cotton, darker colors. Cheap cloths from Target are great. They are about \$4 for 6 cloths.

***Underwear** - All Cotton, colored briefs or hipsters. No people, animals or bugs! Butterflies are ok if they don't have eyes. Sizes: kids size 12 to Women's size 7. Amazon Fruit of the Loom or Walmart Kids seem to have the best prices.

***Fabric** - new, all cotton, dark or busy, stain hiding fabrics. Florals or patterns are great. No people, animals or bugs. No camouflage, patriotic patterns, or flags. Butterflies are ok if they don't have eyes.

***Monetary donation** is great and is used for postage/shipping costs and purchasing needed items. Checks can be made out to WELCA with Days for Girls (DfG) on the memo line. Thank you.

Pictures wanted for a slide show presentation of --

Your women's activities

Women clergy in honor of 50 years of ordination

Send to Lynn Mehringer via email hvacres@tds.net by Wednesday, September 14

Tables available for women's group's display or selling women's crafts or products

Contact Helen Sheahan at sheahan1@sbcglobal.net by Wednesday, September 14

Presentation & Workshop Descriptions

"Rise Up – Overcoming Life's Obstacles" By Tricia Clason and Ginger Shomberg

The Covid 19 pandemic has exhausted us from our energy. We have been isolated and scared. Many of us have been feeling like we are living in the dark alone. We have grown comfortable here but it is time to trust God with our lives and rise up! It is a call to live life resurrected each and every day. God created us to a life of community; being together, finding rest and rejuvenation so we can rise up and live in response to God's great love for us!

Tricia and Ginger are from Mazomanie and New Heights Lutheran Church in Black Earth, WI. Tricia works full-time at Edgewood Campus School in Madison as the Administrative Assistant. God has called her to go back to school to get her Bachelor's degree in Christian Ministry. The journey God has her on is one she never expected to be on and she looks forward to sharing her stories and experiences with you!

Ginger lives along the Wisconsin River. She has been actively involved in several roles at her church, serving on the Vision Team and Welcoming Team, leading the Prayer Team. She is passionate about helping others see how much God loves them and growing in their relationship with Jesus. Both women have co-led and spoke at their church's women's retreats.

Workshops for Body, Mind, and Spirit - Workshops are offered 2 times unless otherwise noted.

1. Connecting with Jesus - OFFERED ONCE, First Hour by Tricia Clason & Ginger Shomberg

We will explore ways to connect with Jesus and build that intimate relationship with Him. We'll learn about and practice a few ways to center yourself and listen to God through methods including Lectio Divina, Prayer of Examen, and the Breath Prayer. Take time to hear from The One we love and adore.

2. Paper Quilt Cards to Show You Care (craft) - OFFERED ONCE, Second Hour by Lynn Mehringer & Sandy Seffrood & Diane Luginbuhl

Join us for a hands-on craft project. Quarantine time provided endless opportunities for crafting and ample opportunities for folks to send a card of encouragement. Materials will be provided to create "Thinking of You" cards featuring quilted patterns.

Lynn is a semi-retired estate plan paralegal and enjoys card making and photo journaling. Sandy and her husband farm. She likes to scrapbook. Diane enjoys crafting and spending time with her granddaughter.

3. Engaging with the news and government as people of faith: Why bother and how do I keep my faith?

by Pastor Cindy Crane and Helen Sheahan

This workshop is in response to the question on the 2021 Biennial evaluation, "What can the church do to fight the powers that control us & draw us away from faith - media, government, politics?" The workshop will answer "Why Bother responding to social issues?" We'll then explore the second question of what we can do as individuals and congregations. How does our faith inform and sustain us?

Pastor Cindy is the director of the Lutheran Office for Public Policy in WI (LOPPW). Helen is an active and longtime member of Good Shepherd Lutheran Church, Madison & Verona.

4. Qigong as Self-care for Mind, Body, and Spirit by Phyllis Lobdell

Qigong (pronounced Chee Gung) is a practice of gentle, meditative movement and self-massage using breath and mind focus as our guide. The movements are easy and can be done standing or sitting. The only requirement is to be able to breathe! You will find an increased sense of relaxation and calm, and discover some practical ways to create this calm when you are faced with the stresses we encounter in our daily lives.

Phyllis has been practicing and teaching qigong for over 15 years. She is a Benedictine Oblate of Holy Wisdom Monastery and participates with their Ecumenical Center for Spiritual Renewal (ECCSR) leading qigong as part of the morning ritual for Pastors in residence at a retreat.

5. Caring for God's Creation - Solving the Climate Crisis by Bob Lindmeier

Bob's presentation on climate change begins with science. He will look at the results of a warming climate in weather events and local experiences. Bob will show projections of future climate change and the urgency to transition to renewable energy. He will look at solutions and then tie this together with our faith.

Bob is Chief Meteorologist at WKOW-TV in Madison, WI since 1989. He is a member of St. John's Lutheran Church in Oregon, WI, where he leads a Care for Creation ministry. He is also a member of our synod's Care for Creation Ministry and the Wisconsin Care for Creation Ambassadors.

6. Service Project – Days for Girls by Linda Frautschy, Peggy Schaub, and Our Savior's and Sun Prairie women



Days for Girls (DfG) is a nonprofit organization that prepares and distributes sustainable menstrual health solutions to girls around the world who would otherwise miss school during their monthly periods. Our Savior's Lutheran Church kits have gone to Haiti and refugee camps in Syria. DfG volunteers create washable, reusable pads, and provide the girls with a personal kit of all they would need to continue their schooling with hygiene and dignity. You will be able to pack a kit that will be sent to a girl somewhere in the world.

Linda is an active member of Our Savior's Lutheran Church. Peggy is also a member of Our Savior's and a member of the women's synod board.

Spiritual Walk with stations during lunch – Wander the Biblical obstacles that were overcome and contemplate your calling. Created by Janean Hill from New Heights Lutheran Church in Black Earth and past member of the women's synod board.

Renewal Service at the end of our day. Service led by Pastor Dara Schuller-Hanson, Good Shepherd Lutheran (Madison & Verona) and Pastor Kelli Schmit, McFarland Lutheran (McFarland). Just as we are called to care for others, we are also called to take care of ourselves. Join us for a worship service of contemplation and hope as we praise God and ask for renewal of spirit. We will share God's Word and hear God's promises to walk with us through life as we conclude our time together.