

# The Trumpeter

South Central Wisconsin Synodical Women's Organization  
Women of the Evangelical Lutheran Church in America  
Volume 34, Number 3 July 2022 Published Quarterly

## Voices of Color 2022 series

### What are you reading? Who is the author?

Synod Women of the ELCA and the Synod Racial Equity Ministry Team will continue quarterly book discussion by authors that may or may not be familiar. Please join us. All are welcome to participate – men, women, youth. The discussion will be done in the small groups/breakout rooms. You must register to participate

**Monday, August 1, 2022 from**

**7 to 8 p.m. via zoom -**

Register in advance for this meeting: <https://us02web.zoom.us/join/zoom/register/tZMldOCsqz4tEtAB-KVArG8-FSGk5BpY5B7G>

After registering, you will receive a confirmation email containing information about joining the meeting.

**Modern Jungles: A Hmong Refugee's Childhood Story of Survival** by Pao Lor He has been writing about the Hmong American experience for many years. As a five-year-old boy, Pao Lor joined thousands of Hmong who fled for their lives through the jungles of Laos in the aftermath of war. After a difficult and perilous journey that neither of his parents survived, he reached the safety of Thailand, but the young refugee boy's challenges were only just beginning



### New Campaign Hopes to Build Women's Ministries into Next Century

In the beginning, Lutherans knew Katie Luther as the wife of Martin Luther. When Women of the ELCA first established the Katharina von Bora Luther Fund Endowment in 1997, Katie was a mystery to many. But over the years, through resources, scholarships, articles, and skits, Women of the ELCA told the story of the bold and brave woman who brewed beer, raised cattle, managed a busy household, and kept a theologian in line. These day, Katie Luther is loved and admired by those who know her. Many women see a bit of themselves in this legend who wore many bonnets..

Women of the ELCA hopes giving will last far into the future. That's why they created a new capital campaign, 2122: Growing Katie's Fund for the next 100 years with a goal to raise \$1 million. Dollars given to Katie's Fund are invested in ministry, now and future. Katie's Fund supports ministry in three areas: Leadership development, global connections, and living theology. More details can be found at <https://www.womenoftheelca.org/blog/news/new-campaign-hopes-to-build-womens-ministries-into-next-century>

### Women of the ELCA Purpose Statement –

As a community of women created in the image of God, called to discipleship in Jesus Christ and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world.

### PROPÓSITO

Como comunidad de mujeres creadas a imagen de Dios, llamadas a convertirnos en discípulas de Jesucristo, y fortalecidas por el Espíritu Santo, nos comprometemos a crecer en la fe, afirmar nuestros dones, apoyarnos las unas a las otras en nuestras respectivas vocaciones, involucrarnos en el ejercicio del ministerio y la acción, y promover la sanación y la integridad en la iglesia, la sociedad, y el mundo.



## South Central Synod of Wisconsin Women of the ELCA Board members and conference contacts

### President

#### Donna Peterson

4966 State Hwy 23  
Dodgeville, WI 53533  
608-574-5389  
[Dpeter8182@gmail.com](mailto:Dpeter8182@gmail.com)  
Grace Lutheran Church  
Dodgeville

### Vice President

#### Helen Sheahan

1106 Valley Stream Drive  
Madison, WI 53711  
608-692-7553  
[Sheahan1@sbcglobal.net](mailto:Sheahan1@sbcglobal.net)  
Good Shepherd, Madison/Verona

### Secretary

#### Lynn Mehringer

N5602 Switzke Road  
Johnson Creek, WI 53038  
920-699-2174  
[hvacres@tds.net](mailto:hvacres@tds.net)  
St John's Lutheran  
Johnson Creek

### Treasurer

#### Sandy Seffrood

8329 County Road D  
South Wayne, WI 53587  
608-558-5057  
[sefffarm@gmail.com](mailto:sefffarm@gmail.com)  
Wiota Lutheran Church  
South Wayne

### Board Members

#### Tana T. Zeich

10828 W Beloit Newark Rd  
Beloit, WI 53511  
608-879-2791  
[nighthawkacres@yahoo.com](mailto:nighthawkacres@yahoo.com)  
Luther Valley Lutheran Church  
Beloit

#### Gayle Corcoran Stettler

327 Ann St  
Whitewater, WI 53190  
608-449-3799  
[gaylestettler@hotmail.com](mailto:gaylestettler@hotmail.com)  
First English Lutheran Church  
Whitewater

### Lawanna Schieldt

505 Stoughton Road, #7  
Edgerton, WI 53534  
608-728-4730  
[lawannasch@gmail.com](mailto:lawannasch@gmail.com)  
Central Lutheran Church  
Edgerton

### Peggy Schaub

1304 Troon Drive  
Sun Prairie, WI 53590  
608-212-1007  
[plschaub@gmail.com](mailto:plschaub@gmail.com)  
Our Savior's Lutheran Church  
Sun Prairie

### Arnell Jorgensen

128 Fox Lane  
Walworth, WI 53184  
262-275-6371  
[arnelljorg@gmail.com](mailto:arnelljorg@gmail.com)  
Faith Lutheran Church  
Walworth

### Jean Kwapil

510 Clovercrest Court,  
Watertown, WI 53094  
920-261-3063  
[kwapilj15@charter.net](mailto:kwapilj15@charter.net)  
Immanuel Evangelical Lutheran  
Church, Watertown

### Bonnie Gilbertson

5498 Windridge Road  
Oregon, WI 53575  
608-835-7387  
[Bc\\_gilbertson@charter.net](mailto:Bc_gilbertson@charter.net)  
St John's Lutheran Church  
Oregon

### Karen McLeer

402 Elm St.  
Cobb, WI 53526  
608-553-2121  
[rkmcleer@charter.net](mailto:rkmcleer@charter.net)  
St. John's, Boscobel

### Conference Coordinators

#### Baraboo Conference

Carolyn Meyer  
135 Main Street, PO Box 5  
Loganville, WI 53943  
608-727-3511  
[ckmeyer@wicw.net](mailto:ckmeyer@wicw.net)  
St Peter's LC, Loganville

#### Beloit Conference

##### Barbara Clem

1801 East Milwaukee Street #106  
Janesville, WI 53545  
608-247-3006  
[brbrclm@yahoo.com](mailto:brbrclm@yahoo.com)

#### East/West Conference

##### Polly Carter

2818 Prairie Road  
Madison, WI 53719  
608-271-7912  
[pfcart48@gmail.com](mailto:pfcart48@gmail.com)  
Good Shepherd, Madison

#### Elkhorn Conference

##### Janna Smith

919 W Charles St  
Whitewater, WI 53190  
262-215-6892 cell  
[smithjanna55@gmail.com](mailto:smithjanna55@gmail.com)  
First English LC, Whitewater

#### Monroe Conference

##### Sandy Potter

8765 Highway 78N  
Gratiot, WI 53541  
608-922-6240  
[allankp@centurytel.net](mailto:allankp@centurytel.net)  
Wiota LC, South Wayne

#### Barneveld Conference

#### Beaver Dam Conference

#### Southlake Conference

#### Southwest Conference

## Pennies for Poverty



For 2022 fiscal year the Synodical WELCA Board voted to:

- congregational units/circles can choose to give the Pennies for Poverty locally to
- local women's shelter
- or local school backpack food program.
- If your unit/circle wishes to send your Pennies for Poverty to the SWO Treasurer, Sandy Seffrood, 100% of the donation will be sent to DAIS (Domestic Abuse Intervention Services) of Dane County.

## Offerings sent to Synodical Treasurer



For 2022 fiscal year the Synodical WELCA Board voted that 50% of all offerings received will be sent to churchwide Women of the ELCA .to support the ministries (educational resources about giving and managing money, including devotions, Bible studies, and program materials for individuals and small groups) of Women of the ELCA.

## *Monroe Conference*

Women of the **ELCA** 

## *Fall Gathering*

**COME! SHARE! CELEBRATE!**



*“The Mission goes on. . .“*

Wiota Lutheran Church in Wiota

Saturday, August 6, 2022

9-9:30 am Registration

:30 am *“Celebrating Our Past 10 Years “*

Lunch \$5.00 plus free will offering

**ALL MONROE CONFERENCE CHURCHES ARE INVITED**



## Saturday Retreat, September 24, 2022

Our Savior's Lutheran Church – 550 Lincoln Drive, Sun Prairie, WI 53590

8:30 am Registration, 9:30 am Program, ending at 3:30 pm

### “Rise Up – Overcoming Life's Obstacles”

**Tricia Clason & Ginger Shomberg**

Romans 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (NIV)

#### Afternoon Workshop at 12:55 pm, choose one of these –

- Connecting with Jesus
- Engaging with the news and government as people of faith
- Qigong as Self-Care for Mind, Body, and Spirit
- Caring for God's Creation - Solving the Climate Crisis
- Service Project – Days for Girls

#### Afternoon Workshop at 1:55 pm, choose one of these –

- Paper Quilt Cards to Show You Care (craft)
- Engaging with the news and government as people of faith
- Qigong as Self-Care for Mind, Body, and Spirit
- Caring for God's Creation - Solving the Climate Crisis
- Service Project – Days for Girls

#### Renewal Service at 3:00 pm

Help spread the word - Use the ½ sheet bulletin insert

Want to help with the Retreat? Sign up at <https://www.signupgenius.com/go/10C084BADAB29AB9-women>

Return your registration and payment, postmarked by September 8 to:

**Helen Sheahan, 1106 Valley Stream Drive, Madison, WI 53711**

**Make Checks payable to WELCA or Women of the ELCA**

We can not accommodate Child Care or Special Dietary Needs on late Registrations

If email is provided, your registration will be acknowledged.

Questions: 608-692-7553 or [sheahan1@sbcglobal.net](mailto:sheahan1@sbcglobal.net)

By registering for this event, you give Women of the ELCA permission to use your image (picture) & comments in educational, informational, and promotional materials in a variety of media, including electronic media.

# 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](mailto: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](mailto: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.

# **Registration Form**

(please postmark by Sept. 8)



## **South Central Wisconsin Synodical Women's Organization**

### **"Rise Up – Overcoming Life's Obstacles" Saturday Retreat, September 24, 2022**

**Our Savior's Lutheran Church – 550 Lincoln Drive, Sun Prairie, WI 53590**

**Invite and Bring a friend, neighbor, daughter, and granddaughter.**

**Please complete a registration form for each person attending all or part of a day**

Name \_\_\_\_\_ Name for Nametag \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Church \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Any Special Needs? \_\_\_\_\_ Spanish Translation or Sign Language Needed? \_\_\_\_\_

Is free child care needed? \_\_\_\_\_ If so, more information will be requested.

#### **REGISTRATION OPTIONS**

\_\_\_\_ \$35 All day, includes lunch (8:30 am Registration, 9:30 am Program, ending at 3:30 pm)

\_\_\_\_ \$20 Teen aged and < 26 years old discount – All day

\_\_\_\_ \$15 Half day without lunch

\_\_\_\_ \$25 Half day with Lunch

\_\_\_\_ Morning – 8:30 am to 12:00 noon

\_\_\_\_ Afternoon – 12:55 to 3:30 pm

\_\_\_\_ \$10 via Zoom – morning program & Connecting with Jesus & Renewal Service (your email is required)

Please bring in-kind gifts or a monetary gift for Days for Girls. See Workshop description.

**Box lunch-sandwich choices** -- \_\_\_\_ Beef/Colby Jack; \_\_\_\_ Smoked Turkey/Swiss; \_\_\_\_ Chicken Salad Sandwich;  
\_\_\_\_ Gluten Free Sandwich (Choose a meat from above) (Sandwiches are on whole wheat bread)

**Salad choices** --

\_\_\_\_ Caesar Chicken Salad; \_\_\_\_ Berry Chicken Salad (Nuts-separate packaging); \_\_\_\_ Garden Salad(Vegetarian);  
\_\_\_\_ Spinach Veggie Wrap

**Afternoon Workshops: Mind – Body – Spirit** -- Please **circle 1** workshop for each time period.

**12:55 pm** • Connecting with Jesus

• Qigong as Self-Care

• Service Project – Days for Girls

• Engaging with the news and government as people of faith

• Caring for God's Creation - Solving the Climate Crisis

**1:55 pm** • Paper Quilt Cards to Show You Care (craft)

• Qigong as Self-Care

• Service Project – Days for Girls

• Engaging with the news and govt as people of faith

• Caring for God's Creation - Solving the Climate Crisis

Return your registration and payment to: **Helen Sheahan, 1106 Valley Stream Drive, Madison, WI 53711**

**Make Checks payable to WELCA or Women of the ELCA**

# To Use or Not to Use Reusable Grocery Bags?



Concerns for the spread of COVID-19 has led to questions about the safety of reusable grocery bags for transporting food. As a result, some grocery stores have asked customers to no longer package their groceries in reusable bags brought from home and/or if customers wish to use reusable bags that they bag their own groceries. Even though the potential for exposure is minimal from reusable bags, these restrictions have been initiated in an effort to further protect store employees.

The risk for the [spread of the virus that causes COVID-19](#) may be minimal from these bags, however as consumers it is important that we use reusable grocery bags in a way that keeps our food safe from any microorganism that can cause illness - especially foodborne illness.

Consider the following questions the next time you use your reusable shopping bags:

- Have juices from meat dripped in your bags?
- Do you wash or clean and sanitize bags after each use?
- Do you have separate bags for raw meats, produce, chemicals?
- Do you store your bags in the trunk of your car?
- Do you use your bags for things other than groceries?
- Do you wash your hands and clean your counter tops after putting the groceries away?

While we may be being extra cautious at this time, [Caring for Reusable Grocery Bags](#) outlines the key points to follow all the time to keep reusable and insulated bags safe for reuse. During the restrictions, you may want to take the additional step of [disinfecting](#) nylon, polypropylene and insulated bags. If you do, be sure to follow directions for application of the disinfectant as well as the drying or contact time of the disinfectant on the object. This is critical to effectively kill harmful microorganisms.

One thing we are being reminded of during this pandemic, is the importance of handwashing and cleanliness in preventing illness. This also applies to how we [handle food and clean surfaces/materials](#) that come in contact with food. So, if you haven't been taking proper care of your reusable grocery bags, now is a great time to start!

Adopted from an article by Sharon McDonald, MED, RN, LDN, Extension Educator, Food Safety & Quality, Penn State Extension

## Lutheran World Relief Quilt and Kit Ministry



### LWR Mission Quilts connect hands and hearts around the world

LWR Mission Quilts create a tangible, lasting bond between the people who lovingly assemble them, and our neighbors around the world, who receive quilts in their greatest times of need. We give thanks to the countless men, women, and youth who assemble LWR Mission Quilts every year. If you'd like to learn more and become a part of this ministry of love, visit [lwr.org/quilts](http://lwr.org/quilts).

- What - 2022 Delivery of quilts and kits
  - Where - Railyard in Madison
- When - Saturday, September 17, 2022 from 7 to 11 a.m.





## Saturday Retreat, September 24, 2022

### “Rise Up – Overcoming Life’s Obstacles”

Tricia Clason & Ginger Shomberg

Our Savior’s Lutheran Church

550 Lincoln Drive, Sun Prairie, WI 53590

8:30 am Registration

9:30 am Program

Workshops in afternoon

Renewal Service

Ending at 3:30 pm

Information and registration available

on the Synod website & in the July Trumpeter

At <https://scsw-elca.org/welca/>

Want to help with the Retreat? Sign up here--

<https://www.signuugenius.com/go/10C084BADAB29AB9-women>



## Saturday Retreat, September 24, 2022

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## **Hospitality:** ***More Than Warm & Friendly***

Hospitality is more than being warm and friendly. It is a transforming way of life that opens our hearts to seeing Christ in others and being available to those in need. This resource is designed for individual study but can also be used in a group setting and should take about 60 minutes.

<https://www.womenoftheelca.org/filebin/pdf/resources/Hospitality.pdf>

[https://www.womenoftheelca.org/filebin/pdf/spanish\\_resources/Hospitalidad\\_Hospitality.pdf](https://www.womenoftheelca.org/filebin/pdf/spanish_resources/Hospitalidad_Hospitality.pdf) Spanish version

Women of the ELCA churchwide has suggested this year and I am guessing next year as a Rebuild, Reboot Women of the ELCA church units/circles/bibles study groups. This may be a good resource to use when planning on how to involve women in your congregation.

The May Gather magazine Devotional Study also had the theme of Hospitality. The stories included in the Devotional revealed how the authors have reached out across barriers of age, race and ability to bring people together and share hospitality. I encourage each of you to consider your story of hospitality and the places God has led you. You may be surprised by the power of relationship and hospitality to inspire change. I enjoyed the variety of stories shared.

- What is your personal story of hospitality?
- What is your Unit/Circle/Bible Study group's story of hospitality?
- Do the women of your congregation need to think outside of the box? What are some new ideas to be more hospitable and inviting?
- How can the women of your unit/circle/bible study/quilting group "Rebuild and Reboot"?

Written by Donna Peterson

## South-Central Synod Women of the ELCA

<https://scsw-elca.org/welca/>

go to this link for information and resources related to Women of the ELCA events and materials in our Synod.

## WELCA WWW.WOMENOFTHEELCA.ORG

What is **WELCA**? It's an easy way to say Women of the Evangelical Lutheran Church in America. Our organization includes Lutheran women who gather in over 7,000 locations in the U.S. and the Caribbean, for service, study, advocacy, fellowship and more! WELCA embraces all kinds of ministries that support our mission of mobilizing women to act boldly on their faith in Jesus Christ. There is a place for you in Women of the ELCA.

Like the South Central Wisconsin Women of the ELCA  
[Facebook](#) page

## GATHER, the magazine of Women of the ELCA

*Gather* offers a mix of articles, theological reflections, a Bible study, and stories of comfort and challenge that help readers grow in faith and engage in ministry and action. *Gather* is published 6 times a year with combined issues in January/February and July/August. A print subscription is \$19.95 a year. Digital access (computer, iPad, Android) is free to print subscribers. [For more information](#), or to subscribe by phone, call 1-844-409-0576. Intro offer for new subscribers: One year of *Gather* for just \$9.95.

## Café

is a free monthly online magazine for women whether or not they identify as Lutheran. It explores topics that are relevant to women and how faith relates to these issues. Many use it to learn more about what the Lutheran Church has to say about issues and to start discussions with friends or classmates. Café, the monthly publication and podcast, are made possible through offerings donated by women from over 7,000 active WELCA units in congregations of the ELCA. See more at: [www.boldcafe.org](http://www.boldcafe.org)

The Trumpeter is the newsletter for the Women of the South-Central Synod of WI and is emailed four times a year to churches, leaders, and individuals in the synod.

January, April, July, October

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[welcatrumpeter@gmail.com](mailto:welcatrumpeter@gmail.com)

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<https://www.womenoftheelca.org/>



## **THE TRUMPETER**

Tammy Hedrick, Editor  
PO Box 539  
Whitewater, WI 53190

### **Please share this Newsletter with the women of your congregation**

Please note: All articles submitted for publishing in the newsletter must include the author's name. All submissions are subject to editing. We reserve the right not to publish any submission for any reason. Submission deadline is the 15th of the month prior to publication - [welcatrumpeter@gmail.com](mailto:welcatrumpeter@gmail.com). Submitted articles and photos may be posted on our Facebook page.

- <https://www.womenoftheelca.org/>
- South-Central Synod of WI Women of the ELCA <https://scsw-elca.org/welca/>
- Facebook page South-Central Synod of WI Women of the ELCA  
<https://www.facebook.com/South-Central-Wisconsin-Women-of-the-ELCA-327816168436>
- WELCA Faithful Friends online <https://community.elca.org/faithfulfriends>  
OR hardcopy <https://scsw-elca.org/wp-content/uploads/2018/12/WELCA-Giving-Faithful-Friends-Form.pdf>
- CAFÉ <https://www.boldcafe.org/>
- Gather Magazine <https://www.gathermagazine.org/>