

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.

From the President

A-new Bold!

Ez 11:19 *“I will give them a new heart, and put a new spirit within them.”*

Sometimes part of being “Bold” means acting out of our comfort zone. Sometimes it might mean listening more than talking. It might even mean recognizing when change is needed. With this in mind, I am bringing to you three important questions that our Church-wide board is asking of all members of the Women of the ELCA. The importance of the responses to these questions will help to define the future of the Women of the ELCA. If you have ideas or thoughts, please feel free to go to our website and respond there (<https://www.neiasynod.org/women-of-the-elca/>), or send an email to any board member, or bring your ideas to our gathering in June and share them with our church-wide representative, Anna Sarver. Here are the questions:

1. If you could make constitutional changes to encourage more participation in Women of the ELCA, what would they be?

2. Why is this organization important to you?

3. If this organization went away tomorrow, what would you miss? And Why?

Take some time to think about these questions and discuss them in your circles, groups or with your friends.

We value you and your opinions!!!

See you in June!

Be A-new BOLD, Diane Wills

Stewardship Committee

Attitude of Gratitude

Every day God blesses us. A Gratitude Jar can be a fun way to reflect on our blessings, answered prayers and good memories. It can also teach our little ones the value of gratitude. Make it a visual reminder that ...

- You Have Enough
- You Are Enough
- Gratitude Makes the Jar Half Full

(mindbodygreen.com)

Create your own container or do as a family project. Use stickers or free online printouts and decorate with ribbon, paint or gems.

“Happiness is the spiritual experience of living every minute with love, grace, & gratitude”—Denis Waitley

Write down or pray about 2–3 things or events and add to jar with a designated amount of coins every day until

your jar is full and then give the funds away to a charity, church, women’s group or Katie’s Fund.

I love this idea I found at sparkleisanattitude.com. My daughter refers to me as the “Glitter Queen” because I love to add sparkle... yes—glitter does make a mess—easily cleaned up with a lint roller!

Sparkle Jar

In this jar are moments of Light, Joy & Gratitude moments when I...

laughed out loud
noticed the beauty around me
was used by God for His glory
recognized the blessings in front of me
was assured of God’s presence
received a genuine compliment
trusted God & let Him take control
accomplished a challenging task
was pleasantly surprised
knew I was loved
thought to myself “Remember this”

My granddaughter gave me some cut up pieces of a coloring book page & asked me to take them home & color them. She is a special blessing to me so this will be the first addition to my “Sparkle Jar”.

Have fun and remember “God Loves You!”

Submitted by Della Benson

Around the Synod

St. Paul Women of the ELCA, Mason City, first heard about “Lily Bags” from a member who read an article about a group of ELCA women in Pennsylvania that started a ministry for victims of abuse or assault. They started it because they heard about a group in West Virginia that was fighting human trafficking. The kits contained lightweight sports pants and bra, T shirt, panties and socks. These items were chosen because many times the victim’s clothing is not useable or has been kept for evidence which leaves them nothing but hospital gowns or scrubs to wear home. The St. Paul women decided to see if there would be a need for this type of ministry in our area and consulted with the Crisis Intervention Center. We were told it would be wonderful and very helpful to their advocates so we went forward with the project by funding it, making the purchases and putting the bags together. Again consulting with the Crisis Intervention Center, we got advice on sizes and types of material for the clothing. We began with medium and XL all in light weights. The bags that we use here at St. Paul are the same ones we use for the school kits. They hold all the clothing and are easy to pack and store.

CALENDAR

- June 13 *Good News* deadline (July/August edition)
June 21 SWO Board meeting at Wartburg College, 7–9 p.m.
June 22 32nd Annual NE IA Women of the ELCA Gathering, Wartburg College, Waverly
Aug. 1 *Good News* deadline (Sept. Edition)
Oct. 4–5 Tri-Synod Fall Retreat, Bethesda LC, Ames
Oct. 19 Living Waters Cluster G Fall Gathering, 8:30–11:30, St. Paul, Mason City
Nov. 1 Deadline for Triennial Gathering Scholarship applications
Nov. 9 LWR Ingathering, St. Peter LC, Denver
Nov. 11 LWR Ingathering, South Port Mall (old Sears area) 9–11
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We attach a small card to the bag that has a beautiful colorful lily on the outside, just as the Pennsylvania group does. As you know, the lily is the emblem of the Women of the ELCA. It stands for strength, beauty and vitality. Our brief message on the inside is meant to be encouraging and hopeful. We don't need to preach—only provide help and love.

The Crisis Intervention Center serves 10 counties in the North Iowa area. When they are called, advocates come to



the aid of victims and give them the “Lily Bags.” So far St. Paul has made and given more than 20 bags to the Crisis Intervention Center. More are “in the works.” We feel this ministry has come about because God has laid it on our

hearts to be women helping women. *Submitted by Becky Lundblad.*

Little Flock Cluster met at Bethany in Elkader on April 27th, 2019. Our theme was “In Our Own Voice”. Our speakers were Farrah Fritz and Patricia Stevens from NAMI (National Alliance on Mental Illness) who presented personal perspectives on what it is like to live with mental conditions.

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Pastor Susan Friedrich led devotions based on I Kings 17:8–24, the story of Elijah and the widow of Zarephath, which teaches us to have faith that God cares and will provide.

It was reported that fall donations to LWR from Little Flock included: 282 quilts, 67 baby kits, 155 personal kits, 363 school kits, and 6 blankets, a total of 160 boxes.

After the table prayer the women of Bethany served a delicious lunch. *Submitted by Dorothy Peterson, Little Flock Secretary*

Discipleship Committee AMMPARO?

Are you interested in finding out more about Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities? First you can check out our NE IA AMMPARO Network group @ <https://www.neiasynod.org/ammparo-welcoming/>, maybe even become a member of this group; second, you can attend one of the interest sessions @ our gathering on June 22nd; and/or third, check out the AMMPARO 40 day Bible Challenge on our website @ <https://www.neiasynod.org/women-of-the-elca/>. This challenge will be open starting 40 days before our June gathering (May 13th to be exact). It contains a brief Biblical passage and then allows you the opportunity to contemplate how that may affect your world view. No pressure, no commitment, just reading, thought and prayer—something we as Women of the ELCA are very good at! See you on June 22nd! *Submitted by Diane Wills*

Justice Committee

“To most of us in the United States, mosquitoes are nothing more than pests. But in many places, especially in Africa, just one bite from an infected mosquito could transmit malaria and lead to death. EVERY TWO MINUTES, A CHILD DIES FROM MALARIA—a preventable and curable disease. In a recent report, the World Health Organization warned that progress against malaria has stalled.

Between 2009 and 2015, you helped the ELCA Campaign raise more than \$15 million to fight malaria, sharing the love of Jesus and practical support with our neighbors. Since then, the work has continued. ELCA World Hunger supports health care around the world, including programs to end malaria.... You can make a difference in the fight by supporting ELCA World Hunger’s health-related work”. Taken from the help end malaria

<https://blogs.elca.org/worldhunger/world-malaria-day-2019/>

Submitted by Jane Godson

Good News

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Articles are due the 1st of the month for the next month's newsletter (e.g. April 1 for May issue). Please put WELCA in your subject line. (You can also send paper copies by “snail” mail.)

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