

Generosity helps others be resilient

This issue of the *Star* is focusing on resiliency. The ability of people and communities is often dependent upon the stewardship and generosity of others:

The Northeastern Iowa Synod has collected and distributed 200 flood recovery buckets. The generosity of some provided the tools for the resiliency of others.

The *Enterprise Journal* reports that a small boy in St. Ansgar with autism is doing much better after the members of St. Peter in Toeterville helped him to receive a service dog.

“Resiliency is not something we do on our own . . .”

Children can be remarkably resilient if shown some love.

Ten congregations are setting up “Little Food Pantries” to help those in poverty, especially children and the elderly.

Lutheran Services in Iowa helps children who have been victims become resilient and rebuild trust.

Trinity in New Hampton helped 54 stranded motorists be resilient from the blizzard by providing a warm, safe place to stay.

Resiliency is not something we do just on our own — it is something achieved with the support and generosity of others.

— *Pastor Mark Anderson*
Assistant to the Bishop



Families have the tools to nurture resilience
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a story about Mother Teresa who had a novice helping her with her schedule. The novice said she had a problem, and Mother Teresa told her to change the word “problem” to “gift.”

“When you change your words you can change your world,” Meyer says. “When you use a positive, the negative can’t get to it. Your mind can’t say those two things at the same time.”

EMBRACE FORGIVENESS

Sometimes resilience begins with self-forgiveness. People need to find a place to be able to forgive themselves. Meyer recommends removing distractions that can keep a family from being healthy — too many devices or overly hectic schedules — and focus on rituals that keep the family centered on faith, such as daily prayer, devotions

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Abdelkader Contest for Educators

Middle school and high school teachers, along with college and university faculty members, are invited to participate in the 2019 Abdelkader prize for educators sponsored by the Abdelkader Education Project (AEP). Participants are invited to create three classroom lessons based on Emir Abdelkader’s life story and values to help students learn about how his life is an influence today in fostering cultural understanding. The first place prize is \$1,500, second place is \$1,000 and third place is \$500.

Emir Abdelkader was a 19th century Algerian religious and military leader who led a struggle against the French colonial invasion and founded the modern Algerian state. The city of Elkader was

named after him. The AEP, based in Elkader, seeks to promote cultural literacy, civility and respectful engagement between all people through education and outreach drawn on Emir Abdelkader’s life story and values — courage, integrity, intellect, humility and compassion. The Northeastern Iowa Synod Council voted to recognize the work of the Abdelkader Project and partner with it in ministry.

The deadline for final submissions is June 15, 2019. The AEP is available to help craft teaching units and offer educational resources. Samples of curricula are available to view.

To learn more, visit www.abdelkaderproject.org/educator-contests.

