



Eastern Synod Women's Ministry



The Columbine



Filling Your Blessings Jar

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Dear Sisters in Christ,
I am a big believer in reading to children even when still in the womb and I did so with both my girls and it instilled in them the love of reading for both practice and pleasure. Research shows that early reading stimulates the mind and generally makes you smarter when you are young and sharpens your mind as you age.

I was looking for a book for my great niece born this past July to give as a gift so that her mother could read to her and I tend to lean towards books that can teach a lesson, especially a Christian one. In my searching, I came across a book entitled, "The Blessings Jar—A Story About Being Thankful", by Colleen Coble**. I picked it up and started to read it—it is a Christian fiction book which weaves a story around the concept of gratitude as a cure for the "grumpies" Punky, the little girl in the story

is bummed out that her sick friend cannot play with her so her grandmother comes up with a solution by going on an adventure with her to find things that will remind Punky of God's blessings and puts them in a jar she gives to her. Throughout the day, Punky finds items to add to the jar: a ballet slipper, shell, leaf, cookie cutter, and bookmark, all symbolizing moments of happiness, which her grandmother helps her recognize as gifts from God. She has such an enjoyable time that forgets the "grumpies" she had in the morning—they are all gone!

It is a somewhat predictable story and ending, but what it can do is inspire us to emulate Punky's jar filling adventure. **What would you put into your jar?**

I think we would be very surprised at the things we don't even think of as blessings that we would end up sticking in that jar. In today's world it is so easy to skip over the

small things in life. It is important that we remember to appreciate all things in life - even the little things.

This is something that you can do with your family this Thanksgiving as well. Set up your own Blessings Jar and ask each person to put what they feel blessed about on a piece of paper and insert it into the jar. Draw them out during the prayer before your meal and use them as a basis for your prayer. I firmly believe that if you practice being grateful, you will be more joyful! Plus it is a great sharing moment with your family too!

But whatever you do, I hope that you and your families have a very blessed Thanksgiving holiday. Please enjoy the rest of the Columbine and pass it on to your colleagues too.

Blessings and Peace
Cathy Calvin
Ministry Director.

** The book is available through Indigo online in Canada and at Barnes and Nobles stores in the US.



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"Hear that? People in heaven have ever-laughing life."

H.U.G.S. ABOUND!

Helping Us Grow Spiritually. It was an exhilarating, spiritually fulfilling week end. Hugs were shared as we greeted friends who we had not seen since the last retreat two years ago and the many new retreat participants.

The Kempelfelt Conference Centre was a backdrop that drew us in with the glorious beauty of nature at its best. This lakeshore haven was surrounded by forest and beautifully adorned with gardens.

The first evening, despite threats of rain, turned out to be amazing. Many of us gathered at the lakeshore at a campfire recalling our youth as we sang every camp song that we could remember. Others enjoyed indoor games which elicited joyful chatter.

As we woke to a beautiful new day, after a scrumptious breakfast, we participated in a varied program. The guest speakers set the tone for the day and kept us engaged with messages that held relevance in our lives. Ruth Smith Meyer challenged us to reflect and Brenda Byers amused us with her phenomenal story-telling. The group enjoyed

a variety of workshops throughout the day. Some took the opportunity to experience the Pearl of Life Prayer Walk on the glorious grounds. Some took part in Tai Chi or found their artistic self in painting. A bible study and a healing touch presentations gave opportunities for learning.

Clearly the only regret was that



we were unable to attend all the sessions. Of course, we had many breaks allowing us to enjoy some refreshments or to shop at Sperlings.

Dinner was a feast followed by entertainment provided by the Barrie Westside congregation. What a variety of talent they offered! Their presentation included choral music, solos, duets and trios, trumpet, saxophone and accordion music. Kudos!

Every evening, Pastor Ann led us in meaningful closing devo-

tions. The hospitality areas offered us an opportunity for informal chat and snacks before slowly finding our way to our rooms to reflect on all we had gained from this spiritually rich day.

Sunday morning began with a presentation by Sherry Lawson, *Administrator of Heritage Services, Culture*, from Chippewa of the Rama First Nation who shared moving stories of her experience with the struggles of native women. She spoke with a quiet, calm manner, yet her passion for her work shone through.

To end our time together Pastor Ann engaged all of us in a meaningful service. During the service we formed a large circle around the presentation area. It was like one great big hug joining us with our neighbour as we shared communion.

We left spiritually richer and perhaps a few pounds heavier after such a rewarding retreat. Hugs abound!

Submitted by

Seija Hyhko, Committee Member

H.U.G.S. ABOUND *cont'd*

Some photos from the weekend...



Artists among us!



Prayer Walkers



Campfire Singing!



Brenda Byers



Ruth Smith Meyer



We are all connected



Focusing ourselves with Smudge



Great Food and Fellowship



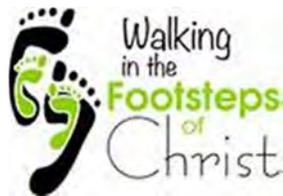
Westside Barrie Entertainers



Tai Chi Anyone?

TORONTO EAST AREA CHURCHES – LADIES GET TOGETHER

(Epiphany, Scarborough, Peace, Pickering, Christ the King, Whitby, Faith, Oshawa and Christ Peterborough)



1Peter 2:21 (ESV) "For to this you have been called, because of Christ also

suffered for you, leaving you an example, so that you might follow in his steps".

Saturday, June 3rd was a beautiful sunny day as women from the five Toronto East Area Churches gathered together, as a group, for the first time for fun, fellowship, prayer, singing and creative arts based on the theme "Following in the Footsteps of Jesus".

Our day started at 10am with registration and wonderful coffee and goodies prepared by the women of Epiphany, Scarborough and Peace, Pickering. Our morning session began with a welcome and introduction of the theme and agenda for the day by Rosie Lantzsch. Guest Speaker was Cathy Calvin, Director of Women's Ministry of the Eastern Synod. Cathy reviewed the history on how the Women's Ministry got started and explained about current activities such as the Reformation Challenge - Toonies For Trees, and the Women of Faith Fund Scholarship Fund. She also told us about the recent H.U.G.S. (Helping Us Grow Spiritually) women's retreat held May 26-28 at the Kempenfelt Conference Centre, Innisfil, ON. All enjoyed learning about the goals and activities of this Ministry. Arden Baechler thanked Cathy for her informative presentation and presented her with a small gift of appreciation.

A humorous skit introducing the theme was conducted by Rosie Lantzsch and Ann Earley. Follow-

ing this the Planning Committee presented a short devotion by Julia Bettencourt titled "Well Dressed Feet" which poses the question "what shoe fits you in your Christian walk". This was a fun devotional with participants either wearing or holding up various shoes/boots describing them with humor - which included "attitudinal" and Christian thought provoking questions or statements pertaining to the individual footwear being shown.

At the conclusion of the session everyone moved to the downstairs hall for a lovely potluck lunch. A special grace/blessing was provided by the women of Christ, Peterborough.

The creative arts portion of the day followed the lunch. Each woman present was able to design and make a garden footstone as a keepsake. Special thanks to our cement mixer extraordinaire Robert Baechler and all the women who brought the lovely rocks, jewels and items to decorate the stones!

We ended our day with a guitar and revised lyric rendition of "these boots are made for walking" which was written, played and sung by Bethan Riehle-Johns. A responsive reading prepared by Pastor Suzanne Nevile, was read, which ended with everyone repeating: "Stepping out with you is an adventure. It is stepping out into unknown places, following unmarked paths, and meeting unpopular people.

Stepping out with you is an adven-

ture, in faith". Go in Peace to follow Jesus! Thanks be to God.

Submitted by: Arden Baechler, Planning Committee Member



GEORGIAN BAY MINISTRY AREA WOMEN – SPRING EVENT

April 22, 2017

Hosted by St. Matthew's Evangelical Lutheran Church, Hanover

We began the day with coffee and fellowship. Our goals for the day were "Sharing our Faith Journey" and "Fellowship and Fun".

Pastor John Polaock led us in a very Spiritual Holy Communion service based on the Theme of the Day "Exploring Our Spiritual Selves – Sharing our Faith Stories" The Theme Scripture was taken from Hebrews 11:1 "Now faith is the assurance of things hoped for, the conviction of things not seen." Our Theme Hymn was "Be Thou My Vision"

DAY OF REFLECTION - Greetings were shared by our President, Eleanor McLeod. She thanked Pastor John for his inspiring message, the Organist Linda Bender for giving up part of her day to lead us in music, and the ladies of St. Peter's – Neustadt for making our beautiful Name Tags. President, Eleanor then gave us a brief outline of the agenda for the day. She also shared a humorous reading "Old Ladies Drives".

St. Matthew's ELW president, welcomed all to St. Matthews and shared some housekeeping rules. All would be having lunch together.

Pastor John, Dean of the Georgian Bay Ministry Area brought greeting on behalf of all the Congregation in our Ministry Area and from Bishop Michael Pryce and Synod Staff. He reminded us of the 500th Reformation Service to be held on Nov. 12th at the Neustadt Community Hall. There will be a Worship Service 3:00pm, Social Time at 4:30pm, Catered Supper at 6:00pm, and Supper Entertainment at 7:30pm. All congregations will be asked to take part in some way.

President, Eleanor then introduced us to the Anglican Church Women's Representative of the Deanery of the Saugeens, President Ellen Wayne. President, Ellen thanked us for the invitation and was impressed at the number of ladies we have attending our event.



The Roll Call was taken with 61 ladies attending, and St. James – Williamsford, receiving the offering of \$1,575.00 and shared a prayer. Our Offering for the day was shared by Eastern Synod Women's Ministries and the Scholarship Bursary Fund for Women in Christian Studies and Global Citizenship Program at Waterloo Lutheran Seminary.

We had requested our Female Pastors to share how they got involved in the Ministry and two of our Pastors were willing to share their stories. Dorothy Frook introduced Pastor Darlyne Rath and Pastor Becky Klages. Both Pastors shared their stories as to how and why they became Pastor and their stories were very different and very interesting. Audrey Orth thanked our speakers and stated how Blessed we in the Georgian Bay Ministry Area are to have these Pastors in our Area. They help us to grow in our faith

and by growing and going to different Congregation they share their faith.

Following our lunch, the Nominating Committee shared the names of our new Executive who will start their new positions effective today. Our new executive is President – Ann Colman – St. Paul's Wallace/Listowel. Secretary/Treasurer, Debbie Grenfell – St. Matthew's, Hanover, and re-elected as Program Co-ordinator – Grace Osterdorff – St. John's, Elmwood. We welcomed and thanked these three ladies with a rousing round of applause.

A question was brought before the group- "Do we continue to meet semi-annually or should we only meet Annually". Some ladies

felt we should continue semi-annually as it was felt we would loose contact and not know what is happening in other congregations while other felt it would be better to meet only once a year. It was suggested we put more of a push for our ladies to attend the Women's Auxiliary Meeting in Waterloo which meets every Fall. This years meeting is Oct. 21st, at St. John's – Waterloo. Our final decision was to use the Georgian Bay Ministry Area, Reformation Worship Service in the Fall of 2017 as our next meeting encouraging ALL to attend and then the new executive can discuss further as to how often we will meet. It was also decided to Drop the Twinning gathering which we have been doing for many years, but it was suggested that we invite other groups as we wish to keep in touch and in contact with each other.

Submitted by Dorothy Frook

Reformation Challenges

For the past two years, we have been focused on two of the Reformation Challenges set out by the ELCIC for the 500th Anniversary of the Reformation. We began, back in 2015, the “Toonies for Trees” campaign and encouraged women’s or other groups in the congregations to raise money for the planting of 500,000 trees with either Lutheran World Relief efforts or in Jordan and the Holy Land. I am really pleased to report that we

have raised, to date, **\$4,455.75!** Of that amount, \$2,144.00 was submitted at our HUGS event in May.

My heartfelt thanks to all those women and congregations who contributed. This money can represent over 4,000 trees that can be planted. A valiant effort for all those who participated!

I also know there were other congregations that participated and planted trees in the areas around

their churches and neighborhoods as well.

At the HUGS retreat, 50% of the offering went to the Scholarships for youth in Jordan and the Holy Land to go to the Lutheran Church sponsored school there. The amount sent was \$958.00. Again, thank you to the women at the retreat for their generosity.



Save the Date! Our Next Women’s Retretat!



May 24–26, 2019

Niagara College

Niagara-on-the Lake, ON

in the
JOY
JOURNEY

Women's Auxiliary of Waterloo Lutheran Seminary

REVISED

THE WOMEN'S AUXILIARY OF WATERLOO LUTHERAN SEMINARY

Annual Meeting: Sat. October 21, 2017

ST. JOHN'S LUTHERAN CHURCH

22 Willow St., Waterloo, Ontario

WOMEN OF THE REFORMATION



**Queen Maria of Hungary
A Supporter of the Reformation
Guest Speaker: Henry Fischer**



Images for free photos Katherine Luther

**“Meet” Katharina von Bora,
Wife of Martin Luther**

Registration: 9:30 a.m.

Meeting: 10:00 a.m. – 1:00 p.m.

Cost: \$22.00 includes lunch.

Come out and enjoy a wonderful time of worship, meet the new Seminarians, and sing some of Luther's hymns.

The meeting will conclude with the noon-day meal, due to other local Reformation functions.

For more information, please contact:

Helen Weber (President) Phone 519-885-6094

Ruth Jones (Vice-President) Phone 519-578-9876

or visit our web-page at www.seminary.wlu.ca

Eastern Synod Women's Ministry

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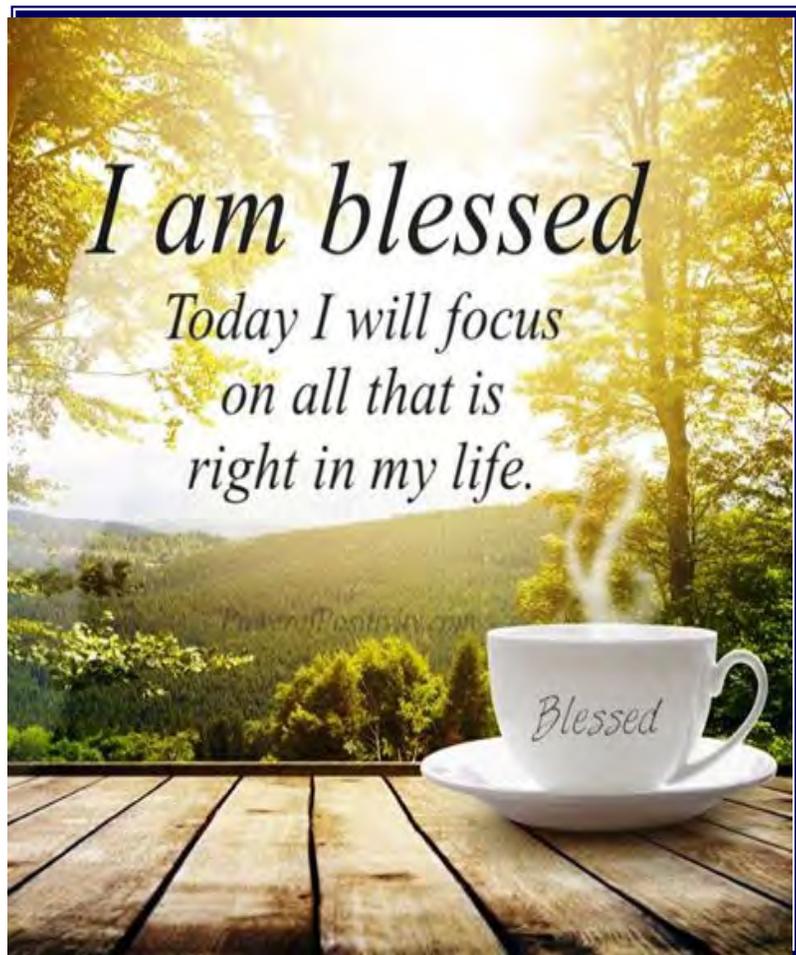
Deadline for Spring Edition is March 31, 2018

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Eastern Synod Women's Ministry



The Last Word—The Salt of the Earth

By Betty Killebrew

"Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men." Matthew 5-13

If we are to be brothers and sisters in Christ with good spirits, we all need to have a little "salt" in our lives to provide us with the savour we need for being his instruments on earth. There are many little things that add a sudden burst of pleasure to your day. These are the "salt" of your life. Here are ten, but I bet you can think of a lot more.

1. Finding a coin—even a penny—on the sidewalk.
2. Receiving a compliment on your outfit
3. Receiving a smile from a child.
4. Seeing an old friend unexpectedly
5. Finding just what you planned to buy at a lower price than you expected.
6. Receiving a picture hand drawn by a youngster.
7. Meeting an old person who still has a zest for life
8. Overhearing some long-married person speak of their spouse with love and respect.
9. Realizing a dream after a long, long wait.
10. Realizing once again that God does love you and has NOT forgotten you.