



# Views *from the* Rockies

*Newsletter of the Rocky Mountain Synodical Women's Organization  
Women of the Evangelical Lutheran Church in America*

Volume 18 Issue 6

Early Winter 2006

## **RMSWO Supports Iglesia Luterana Cristo Rey**

*An excerpt from ELCA Mission Partners brochure:*

“We’re really like a family,” says Pat[...] an active member of Cristo Rey, which held its first worship service in 1992 in a very economically impoverished area of the city. It continues to serve in that community where 85% of the people make less than \$10,000 per year.

The congregation brings the Word and Sacraments through its warm, lively worship service. It is very intentional about providing worship that is meaningful and “attractive” to multiple generations.

From the beginning, Cristo Rey has also cared for the day-to-day concerns of its members as well as the whole community. Needs are considerable.

Yet, joy and excitement abound as members talk about the adult Bible study groups that are forming, their after-school program for children, a health ministry, anti-drug coalition, immersion events for Lutherans across the county, and the bridges that are being built with the Lutheran congregation in Juarez, Mexico, just across the border,

Cristo Rey has been holding worship in the gymnasium of a local Episcopalian facility. All other activities are held in a second building, which is being rented at considerable cost. Being able to worship and fellowship at one location would be a very positive step.

The congregation is in the process of purchasing their building and making the necessary reparations, so that they might grow and better serve their community,

Please help this congregation continue its outreach ministry.

- \$5 purchases one box of candles
- \$12 buys a Spanish language Bible
- \$30 buys one bi-lingual Bible
- \$100 pays for musicians for one Sunday
- \$800 provides field trips for children
- \$1,500 provides annual La Posadas festivities
- \$3,500 provides one month’s rent on temporary building
- \$5,000–300,000 helps them purchase their permanent facility.

*Please include a note stating that you are giving as a member of the Women of the ELCA and send your checks, designated for Cristo Rey, El Paso, to ELCA Mission Partners, PO Box 71764, Chicago, IL 60694-1764.*

***The women in  
the RMSWO have  
pledged our support in  
the amount of \$20,000.  
Please open your hearts  
this Christmas and give  
until it feels good. If you  
do a fundraiser, check to  
see if Thrivent will match  
your donations. We want  
to complete our pledge  
before Easter.***

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# Be Fit Forever!

by Diana Bleignier

## Exercise—the Mood Booster!

While it's not news that exercise is good for the body, researches say it's also good for the brain! One study divided a group of depressed patients into two sets—those who walked on a regular basis and those who took medication. Researchers found those who walked recovered from their blues just as well as the antidepressant group!

Even if you're not clinically depressed, regular exercise will strengthen your mental reserves against the stresses of everyday life. While scientists don't understand exactly why this is, they know exercise sets in motion many chemical reactions in your body that work to your benefit. So when life is getting you down try taking a walk instead of a nap! You'll be surprised how much calmer and in control you'll feel!

## Thought for You!

Judge your success not by financial gain, but by the degree to which you are enjoying health, peace, and love! These commodities can never be traded or bartered!

## An Excellent Fruit Dip!

- 1 cup applesauce
- 1 cup low-fat yogurt (Your favorite flavor)
- Great choices of fruit: strawberries, apples, bananas, pears, kiwi, pineapple, and grapes!

Share your fitness enjoyment! E-mail me if you like at [bleignier6729@msn.com](mailto:bleignier6729@msn.com)!

*Peace and Joy to All!*

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## Remember to Change Your Unit Constitutions

By this time, changes that were made to the congregational and intercongregational unit constitutions [that were voted on at the Triennial Convention in San Antonio in July] were mailed to congregations as part of the Women of the ELCA Fall Stewardship Packet. Please check with your church or unit secretary to make sure you received the Fall Stewardship Packet. When you have made the changes to your constitution, a revised constitution should be sent to your synodical president.

Revised constitutions are also available on the Women of the ELCA Web site, [www.womenoftheelca.org](http://www.womenoftheelca.org). Click on "About us" and on "Constitutions."

*adapted from article in December 2005 Interchange*

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## What Our Women of the ELCA Unit is Doing...

Every Tuesday a small group of devoted women of Zion Lutheran Church in Montrose, CO meet in the church basement and put together quilts made out of double knit fabric. They are given to many places—Lutheran World Relief, the crisis center, the nursing homes, and anyone who needs them. Some of the quilts the ladies make are given to the gift shop at the hospital. Some are sold and the money used to buy more materials to work with. The quilts make wonderful baby gifts.

When these ladies learned of the need at Lutheran Social Services in Denver, they made and sent quilts and afghans to them. One woman gave us a huge amount of yarn and the ladies are using this to make the afghans. Most of these are made at their homes. There is always a need for these things. Some of the ladies have never had an afghan.

This past fall Zion women also made twelve 12" x 14" baptismal banners and sent them to Oaks Indian Mission in Oaks, Oklahoma. They are given to children who are baptized at the Mission. They are a lovely gift to these children to make their baptism more special.

Several of our ladies have worked for hours making beautiful banners for the church sanctuary. At the present time there are 12 banners hanging on the walls

of the church. One of the ladies prepares the pieces for the banners. The rest of the women get together and sew and glue them together.

Many of these ladies in their spare time visit the shut-ins, the sick, and those in the hospital and hospice care.

We do not have a regular "Altar Guild", but a number of the ladies assist with this by making bread for communion, preparing the items for Sunday Communion, laundering the linens, etc.

A project that we have been involved in the past several years is the "Equal Exchange" coffee project. We sell coffee each Sunday after church. This project serves several purposes. First of all it helps the farmers in the third-world countries receive more of the profit from their labors by eliminating the middle man. A small part of it goes to LWR where it helps more people. With our local group, we save \$1.00 from each package of coffee sold and when a sizeable amount is collected, we send it to Pastor Rob in Madagascar. He needs this help very much.

These are all things that are done besides the regular meetings and Bible Studies.

*written by Dee Tesch*

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Our Savior's in Greeley held their Thank-offering Sunday on Sunday, Oct. 9<sup>th</sup>. We explained to the congregation what this was all about and encouraged them to participate with us in our mission and ministry. We received over a \$1,000! Every Sunday the Fair Trade Coffee is available for purchase along with the chocolates. We have combined this effort along with the High School project of their very own version of Starbucks. Fair Trade coffee is also what is served during the coffee and fellowship time.

Our congregation participates in school kits, health kits, and the layette kits. I do know that over 100 school kits were sent in. Our ladies sewing group makes the bags. We have our very own Emily [Cardin] here in Greeley that we support in her prison ministries. She visits males as well as females of the Weld County Prison. Kathy Gardener is her name and does she ever have a testimony about how her life was and what finding Jesus has done for her. I know you would love meeting her!

My friend Mary from my congregation and I have rewritten our Unit's Constitution with trying to redefine who we are as Women of the ELCA moving ahead with changes for encouraging a non-joining generation of ladies to be educated, equipped, and motivated to understanding as to how they can be a part of our mission focus. Brainstorming ideas and options saw us one evening staying up until 1:00 A.M. At least our efforts were not in vain as the ladies voted to accept the newly revised Constitution and to work through this year with the changes recommended! Hooray! It's a start!

*submitted by Diana Bleignier  
North Colorado Cluster Coordinator*

*What is your Women of the ELCA unit doing in ministry? Please share your story with your Lutheran sisters by submitting a short piece telling about the many great accomplishments of your women's group, no matter whether your group is formally organized or loosely knit.*

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# Events, Ideas, and Useful News

## Opportunity for Aspiring Web Designer/Webmaster

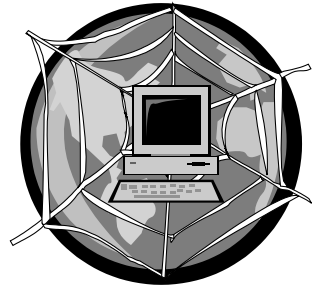
The Women of the ELCA in the Rocky Mountain Synod are looking for a websteward to replace the current websteward, who will be busy with her first baby, due in December.

This is a great opportunity for anyone in the ELCA community who has the desire to serve God using their Internet and communication skills. While the position is an unpaid, volunteer position, the fringe benefits are top-notch!

Benefits include: webmaster/web design experience that looks fantastic on a resume, the opportunity to work with some fantastic women leaders throughout the ELCA, autonomy, serving God in a fun and unique manner.

No experience necessary. Training and guidance available from current webmaster, Shannon Holck, who holds an MCS D and is currently a technical trainer for a locally based international software company. She can assist you with HTML, JavaScript, ASP, JSP, JSF, RSS, ODBC/JDBC, etc. (no worries if you've never heard of those before!) The site is currently mostly static and is administered using FrontPage/Adobe Acrobat, but this is not a requirement. It could be maintained using a text editor and an FTP client to publish the pages.

Please share this information with your congregation. For more information, contact: [women@rmselca.org](mailto:women@rmselca.org) or call Shannon at 303-632-8443.



## 2008 Convention and Gathering Will be Separate, Consecutive

The Seventh Triennial Convention and Gathering will be held the second week of July 2008 in Salt Lake City. Rather than run the convention and gathering at the same time, as has been the practice, the convention will now take place first, midweek, followed by the gathering, which will begin Thursday evening.

The two major factors influencing this decision were cost savings to the organization, and feedback from Sixth Triennial Gathering participants. Holding the convention over a more concentrated period of time will reduce delegate expenses for the organization and eliminate the need to staff and equip two large halls with staging, lighting, sound, and so on. Also, although 84% of recent attendees who filled out an evaluation form said they would likely attend another gathering, the data collected showed that the greatest obstacles to attending were cost, time away from home, and time off from work.

Carmen Richards, executive board president, said that given not only the cost savings but the fact that participants obviously need to take time away from their families and work to attend, "I think it's a positive model to go after."

Linda Post Bushkofsky wants to emphasize that it's not only about cost savings to the organization: "We're hoping that we make it more affordable, both in time and cost, for more and more women to participate."

*from December 2005 Interchange*

## Calendar of Events

### January 2006

- 13-15 RMSWO Board Meeting  
St. Franciscan Retreat Center,  
Colorado Springs, CO
- 18-25 Week of Prayer for Christian Unity

### February 2006

- 10-12 "Taste And See That the Lord is Good"  
Bethel Lutheran Church Women's Retreat  
St. Malo's Retreat Center, CO  
Church Office: 303-364-2245
- 18 North New Mexico Cluster Event  
*see details on page 5*

### March 2006

- 8 International Women's Day
- 18 Lenten Retreat - "Meditative Prayer"  
9:00 A.M., to 2:00 P.M., St. Paul, Albuquerque  
call Sylvia Chenault 515-255-9288

### May 2006

- 14 Rachel's Day: Raise awareness of women's and children's issues by holding a service.

### September 2006

- 15-17 RMSWO 2006 Fall Convention  
First Lutheran Church,  
Colorado Springs, CO

**IS YOUR UNIT OR CLUSTER HOSTING AN EVENT?  
WE WOULD LOVE TO LIST IT ON THE CALENDAR!**

*Please e-mail your event information to [IrishLutheran@comcast.net](mailto:IrishLutheran@comcast.net)  
or call the editor at 303-343-3018 to leave a message with event details.*

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## Cluster News

### Thankoffering Services at All Saints Lutheran Church, Albuquerque

All Saints Lutheran Church women held their annual Thankoffering Service on October 23. Pastor Pat Halverson, Las Vegas, NM, was guest speaker. During the service, a gift of \$940.00 was presented by Jennifer Lioce, Unit President, to Michelle Fuller from Safehouse, Albuquerque, NM, a domestic violence shelter. Bookmarks were given to everyone at the services and a reception held following each service.

A total of \$816.00 Thankoffering was donated by congregation members at the two services and was sent to Churchwide Women of the ELCA.

Profits from the sale of a self-published cookbook were distributed equally to Safehouse, Albuquerque, NM and The Heifer Project-Tsunami Relief for a total of \$1,880.

*submitted by Dorothy Stover*

### New Mexico Units' Advent Luncheon

The St. Luke Women of the ELCA in Albuquerque, had their annual Advent Luncheon on Saturday, December 3<sup>rd</sup> at 11:0 A.M. in their Fellowship Hall. Each women brought her favorite potluck dish to share. A Silent Auction was held on items the women brought. Proceeds will go to the Scholarship Fund for conventions and retreats. A program was held to get us prepared to the Advent season. Children were welcome. A nursery was available for the little ones.

St. Paul Women of the ELCA held its Advent Luncheon on December 3<sup>rd</sup> beginning at 10:30 in the Fellowship Hall. A program entitled: "The Symbols of Christmas—Chrismons" was presented. There was also a "finger food" buffet luncheon following the program.

*submitted by Betty Ann Arner*

### North New Mexico Cluster Event

*Fun and Fellowship with our Sisters  
Saturday, February 18, 2006*

Bible Study, lots of socializing, catered lunch and closing Worship at the host church of Cross of Hope (6104 Taylor Ranch Drive, Albuquerque).

We want to especially invite the women from Los Alamos, Las Vegas, and Santa Fe to join us. Come down Friday night and stay in a woman's home. We have lots of housing available. Hope to see you there!

#### ***Directions to Cross of Hope Lutheran Church for the Cluster Event:***

From I-25 coming either north or south on the freeway, take the Montgomery Blvd. exit and go west across the river to the top of the hill, (at the light) and turn right. It's just around the corner. (6104 Taylor Ranch Road, NW).

### Materials for World Day of Prayer



The next World Day of Prayer is on March 3, 2006. For more information and to order materials, please contact Liz Calvin at the World Day of Prayer office at 212-870-2466 or by e-mail: [wdpusa@churchwomen.org](mailto:wdpusa@churchwomen.org)

#### *Our Sympathies To...*

Prayers are asked for Leslie Whited Vance and her family as they mourn the tragic death of her youngest brother.

Notes can be received at: 1038 East Manchester Road, Kaysville, Utah 84037.

Donations in lieu of flowers are requested to: Lutheran Social Service of Utah—as this was the charity of his choice (no doubt out of loyalty to his sister).

## RMSWO Board 2004-2006



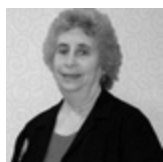
**President**  
Yvonne Page  
24445 Speer Rd.  
Calhan, Co. 80808  
(719) 683-2113  
Jazzypage@aol.com



**Incoming Treasurer/  
Board Member**  
Sharon Hamilton  
628 Bhutan Dr.  
Rio Rancho, NM 87124  
(505) 892-2757  
sharon.hamilton@worldnet.att.net



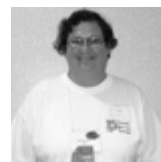
**Board Member**  
Robbi Ross  
1815 Childers NE  
Albuquerque, NM 87112  
(505) 293-1676  
robbialb@aol.com



**Vice President**  
Grace Sanchez  
1115 Chiquitos Road  
Bosque Farms, NM 87068  
(505) 869-2950  
graceksanchez@yahoo.com



**Board Member**  
Ina Anders  
4105 Edwinstowe Ave  
Colorado Springs, CO 80907  
(719) 599-3223  
InaAnders@aol.com



**Board Member**  
Tami Talbot  
2540 W. 56th Ave.  
Denver, CO 80221  
(303) 964-3390  
talbot911@msn.com



**Outgoing Treasurer**  
Darlene Foster  
11735 Bucking Bronco SE  
Albuquerque, NM 87123  
(505) 298-4653  
dafoster@usinternet.com



**Board Member**  
Sue Edwards  
1509 S. Forest  
Denver, CO 80222  
(303) 753-9407  
Sue\_Edwards@dpsk12.org



**Board Member/  
Newsletter Editor**  
Mary Katherine C. Smith  
11664 Del Mar PKWY  
Aurora, CO 80010-4138  
(303) 343-3018  
IrishLutheran@comcast.net



**Secretary**  
Carlyn Nankervis  
5822 S 1075 E  
South Ogden, UT 84405  
(801) 476-0327  
Nankerviscarlyn@yahoo.com



**Board Member**  
Ruth Von Mosch  
315 West 20th St.  
Pueblo, CO 81003  
(719) 545-5116



**Web Steward**  
Shannon Holck  
4358 S Ceylon Street  
Aurora, CO 80015  
(303) 632-8443  
women@rmselca.org



**Cluster Administrator**  
Joyce Teter  
1069 Champion Circle  
Longmont, CO 80503  
(303) 776-2798  
Jteter2@aol.com

**Board Member**  
Position is Open

*Great News! Board member Sharon Hamilton has offered to take on the role of treasurer effective February 1, 2006, completing the remainder of the term left upon Darlene's resignation. Thank you to both ladies for taking on this important work for the RMSWO!*

## Cluster Coordinators

### South Metro Cluster Contact

Sheree Weverstad  
2905 E. Nichols Circle  
Centennial, CO 80122  
(303) 290-6106  
sweve@comcast.net

### Southeast Colorado Cluster

Helen Peterson  
3625 Maizeland Rd.  
Colorado Springs, CO 80909  
(719) 596-7868  
ralphelen@juno.com

### North New Mexico Cluster

Betty Ann Arner  
3008 Casa Del Norte NE  
Albuquerque, NM 87111  
505-294-1935  
bettyannarner@cs.com

### Boulder Cluster

Jo Ann Benter  
13729 Legend Trail, #101  
Broomfield, CO 80020  
303-466-4661  
jobenter@netzero.net  
*and*

### North Colorado Cluster

Diana Bleigner  
1606 22<sup>nd</sup> Avenue  
Greeley, CO 80631  
(970) 353-6729  
bleignier6729@msn.com

### Colorado West Cluster

Lucy Grewe  
PO Box 1378  
Gypsum, CO 81637  
(970) 524-1410  
lucygrewe@juno.com

### Metro East Cluster

Kathy Rewalt  
3350 So. Richfield Way  
Aurora, CO 80013  
303-699-0486  
rrewalt@earthlink.net

Mary Ellen Schreckengost  
6165 Johnson Way  
Arvada, CO 80004  
303-424-7966  
meschreck@msn.com

### Utah/Evanston Cluster

*Coordinator Needed!*  
*Are you willing to help?*  
*If so, contact Joyce Teter*

### Wyoming Cluster

Gail Young  
3111 Thomes Avenue  
Cheyenne, WY 82001  
(307) 634-2428  
young\_gail\_l@msn.com

### Sun Cluster

*Coordinator Needed!*  
*Are you willing to help?*  
*If so, contact Joyce Teter*

# Subscribe to the Views

Please complete this form (type or print/write legibly), then mail with your check to the newsletter editor :  
Mary Katherine Smith RMSWO Editor 11664 Del Mar PKWY Aurora, CO 80010-4138

Subscriptions are \$6.00 a year. Please make your check payable to Rocky Mountain SWO, Women of the ELCA

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*Phone numbers and e-mail address are requested in order to contact you about your subscription and will not be sold or shared with anyone outside the RMSWO board and the newsletter editor.*



### GET YOUR EVENT ANNOUNCED EARLY FOR A GREAT TURNOUT!

*Please submit your announcements  
and articles for events in Spring  
2006 (i.e. March, April and May) by  
January 21<sup>st</sup> for the next newsletter!*

### About Views From the Rockies

*Views from the Rockies* is produced and circulated by the Rocky Mountain Synodical Women's Organization (RMSWO), Women of the ELCA, and provides information concerning current programs, projects and other information.

One copy is distributed free to every congregational unit, cluster coordinator, current RMSWO board members, past RMSWO presidents, pastors who request to be added to mail list, the Bishop, and Women of the ELCA churchwide staff. Copies are also sent to individuals and groups who subscribe. Many congregations have subscriptions for each of their circles, unit officers or their women's board, and new members of their congregations.

The *Views* is published six times annually (Jan/Feb, Mar/April, May/June, July/Aug, Sept/Oct, Nov/Dec.) **Expiration dates are printed after each person's name and are in red if the subscription is**

**about to expire.** Please make a note of that date and renew before the next issue. Also, if your address has changed, or will change soon, please notify the editor of the new address ASAP.

#### Submitting Pieces to the Newsletter

Letters, articles, and photographs of interest to the RMSWO may be submitted to the editor **no later than the 20th of odd-numbered months.** If you have questions about your files, please feel free to contact the editor first before sending. Some general guidelines for submission may be found at <http://www.rmselca.org/women/newsevent/news/>.

The editor reserves the right to edit submitted pieces for readability, correct spelling and grammar, and space considerations, and may elect to publish any article in a later issue.

Please make copies of this newsletter and see that the women of your unit are given the opportunity to share the news! Views pages may be copied for local use by congregations, clusters, circles, or other women's groups in your congregation.



**Rocky Mountain Synod**

**Women of the ELCA**

**Newsletter Editor:**

Mary Katherine Smith  
11664 Del Mar Parkway  
Aurora, CO 80010-4138

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**PLEASE DO NOT DISCARD!**  
Please display and share with  
the women in your unit!  
Read the good news inside!