



The Rocky Mountain Synodical Women's Organization Newsletter  
 Women Of The Evangelical Lutheran Church In America

May/June 2018

# Views from the Rockies

~ RMSWO Convention Registration

6-7

Greetings from Rocky Mountain Synodical President

## President's Corner

Have you sent in your registration for the Fall Convention in Colorado Springs at Grace Lutheran on October 5-7? Plans continue to be made to make the weekend a special time for spiritual growth and planning for the future. The theme is: "A MAZE of Grace" with the biblical reference from Ephesians 2:4-10 which reminds us of God's love and His grace that has saved us through Christ.

Do you want to be a part of planning the future direction of the Rocky Mountain Synodical Women's Organization? At the Convention, we will be electing a new board as well as voting members for the 2020 Triennial Convention in Phoenix. It is important each congregational unit be represented by a voting member to help make decisions to guide the new Board in the appropriate direction. Come join us at Grace Lutheran in Colorado Springs share your ideas, meet new women, make memories and develop plans for the future. Be a part of the community of women.

Your prayers have helped us work together and share God's spiritual gifts of each member in this planning process. It has been my honor to serve as your president for the last four years and will continue to be a part of the wonderful community of women here in the Rocky Mountain.

*Your sister in Christ,  
 Anna Thompson, RMSWO President*

## A "Maze" of Grace

### RMSWO Convention

### October 5-7, 2018

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# Diane Frederick, Convention Keynote Speaker



Diane Frederick served on the executive board of Women of the ELCA from 2008 - 2014. Prior to that, she served as a board

member and president of the Saint Paul Area SWO, and before that she served on the board of the Rocky Mountain SWO. As a trained *Paths to Wholeness* leader, Diane facilitated this material in many synodical women's organizations, conferences, and units.

A graduate of Concordia College, St. Paul, Diane has taught at the preschool and elementary levels. She also began a parenting-teen program

## Did you know?

### *In the United States in:*

the 1850's – Married women allowed to own and manage property in their own name **during incapacity of their spouse.**

the 1870's – Married women granted control over **their earnings.**

1920 – All women won the **right to vote.**

1963 – Passage of the Equal Pay Act aimed at abolishing **wage disparity based on sex.**

2010 – Sex discrimination was outlawed in **health insurance.**

The issue of justice for women has been an ongoing struggle marked by determination and hard-fought battles throughout history and continues to dominate the headlines in today's world. You now have a timely opportunity to help the ELCA with one of its social statements. According to

with childcare at the local Casper high school for babies of teen parents. After teaching in MN Diane served as the director of a local food shelf and was recognized as *Outstanding Food Shelf Director* from Minnesota Food Share.

Diane and her late husband, Ed, have served parishes in the Rocky Mountain Synod and in the Saint Paul Area Synod. They have two sons, Jeremy and Nathan, a daughter-in-law, Jen, and grandson, Jackson. As a member of Grace Lutheran Church in Casper, Diane serves as congregational president along with many volunteer activities, including serving a weekly lunch to high school students, knitting prayer shawls, and leading Sunday School music. Reading, learning to quilt, baking and gardening fill her free moments.

Diane sees Women of the ELCA as another opportunity to witness and share her faith. Her challenge is to see Christ in everyone she meets. She looks forward to meeting more women as they celebrate their oneness in Christ.

the January 17 eConnection (Rocky Mountain Synod):

"The ELCA Task Force on Women and Justice: One in Christ invites you to read and evaluate the "Draft Social Statement on Women and Justice." Click on the links in the article to find out more information. The task force asks that all responses to the draft statement be submitted by **September 30, 2018**. The task force will review and consider each response during the fall of 2018 and send a proposed social statement to the ELCA Church Council in the spring of 2019. A recommended proposed statement will be considered by the 2019 ELCA Churchwide Assembly.

The draft statement is lengthy (70+ pages), but there is plenty of time between now and September 30 to download and read the draft and to submit comments and responses. Perhaps your church could form its own group/task force to read and review the statement and submit a response.

--Julie Elmquist

**In Kind Donations:** This year we will help provide “College Student Care Packages” for young adults who have aged out of the Foster Care Program that we will hear about from Lutheran Family Services and also for young adults in Sarah’s Home.

# COLLEGE STUDENT CARE PACKAGE

**Being a college student can be very stressful.**

Help Lutheran Family Services support the students they serve by creating care packages for them! Possibilities could include:

## Gift Cards

*(Added to each care package)*

- Amazon *(for books)*
- Walmart
- Target
- Starbucks

## Heath and Beauty

- Shampoo
- Conditioner
- Shaving Cream
- Razors
- Loofah
- Toothbrush/  
toothpaste

## One Tough Cookie!

- Chips Ahoy Chewy
- Chips Ahoy Brownie
- Chips Ahoy Oreo Crème
- Chips Ahoy Candy Blasts
- Chips Ahoy S’mores
- Chips Ahoy Red Velvet

## Relax! You Got This!

- Adult Coloring Book
- Colored Pencils
- Hot Chocolate Packets
- Fun or Fuzzy Socks
- Fuzzy Throw Blanket
- Headphones
- Toothbrush/  
toothpaste

## Stay Healthy

- Puffs
- Wet Wipes
- Ricola Throat Lozenges
- Lip Balm
- Hand Sanitizer

## Box of Sunshine!

*(Everything should be yellow)*

- Mike and Ike Zours
- Lays Potato Chips
- Goldfish Crackers
- Ritz Crackers & Cheese Dips
- Fruit Gushers
- Lemonade Mix
- M&M Peanut

## Just Add Water

- Lipton Instant Soup
- Instant Mac & Cheese
- Instant Raman
- Instant Lunch Meals
- Microwave Brownie Mix & a Mug
- VIA Instant Coffee
- Refreshers Instant infused tea
- Kool-Aid
- Mio Energy drops

- Campbell’s Soup *(Microwave)*
- Gummy Vitamins
- Band-aids
- Neosporin
- Advil

## Something out of the Blue

*(Everything should be blue)*

- Chips Ahoy Cookies
- Act II Popcorn
- Icebreakers Gum
- Planters Peanuts
- Snickers Crisper
- Walmart Gift Card
- Poptarts



For more information please contact  
Katie Scherr at [katie.scherr@lfsrm.org](mailto:katie.scherr@lfsrm.org)  
or 720-541-6826.

## *Women of the Evangelical Lutheran Church in America*

# Lois Bylund, Executive Board Member

Lois Bylund was elected to the executive board of Women of the ELCA in July 2017 for a second term. She serves on the constitution review committee and as convention coordinator.

Prior to her election to the churchwide executive board, Lois was president of the Northwestern Minnesota Synodical Women's Organization (3D). She also served as an advisory member to the Northwestern Minnesota Synod and as a cluster coordinator.



A resident of Moorhead, Minn., Lois is a member of Trinity Lutheran Church in that city. There she is an active member of her circle and served as unit president twice.

### *RMSWO Bible Study Leader*

## Pastor Brenda Frelsi



Pastor Brenda has been the pastor of Grace Lutheran Church in Casper, WY for over 6 years. A graduate of Wartburg Seminary in Dubuque, IA, she has been a pastor for 16 years, all of which are in Casper. She has

come to love the high plains setting at the base of Casper Mountain. Her hobbies are biking, running, XC skiing and biathlon, knitting and photography. Her goals of ministry are to help people take themselves less seriously as they grow in faith and to be the source of a kindness epidemic.

Lois is currently serving as recording secretary of the Trinity Foundation Board at her church. She has also served on the church council and as a voting member of the synod assembly.

Lois has served on the planning committee and worked in the kitchen and dining room for the community Thanksgiving dinner hosted by Trinity Lutheran Church and St. Joseph's Catholic Church in Moorhead. She has also delivered meals to families and shut-ins and served as a United Way representative. Lois is an active member of the Blue and Bold Toastmaster's Club in Fargo, N.D.

Lois and her husband, Leon, have three children. She has worked for a hospital services company for many years and now serves as its operations coordinator.

Lois enjoys crafts, refinishing and refurbishing furniture. She hopes to learn to quilt when she retires.

## Our Mission

Mobilizing women to act boldly on their faith in Jesus Christ.

## Our Purpose

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.

**GRACE**

=

**God's Riches At Christ's Expense**

# In Memory: Jennifer Reali

No matter what the media labeled her, I would label her a true sister in Christ, forgiven and delivered from her past. She moved on and did many amazing things and impacted a myriad of lives. Jennifer was a true friend. She overcame many obstacles in her short life. She taught herself to play the guitar, led the musical portion of worship at New Beginnings Church inside the walls of the Women's Correctional Facility with her guitar and great smile, and she made two CD's with beautiful songs she had written. Since she could not accept the money from the sale of these CD's she gave the proceeds to New Beginnings. I'm proud to have known her and have her as a friend. I want Jennifer to be remembered not as the Fatal Attraction Killer but as the very pure in heart soldier of God that she was. Below are some testimonials from her friends:

"The media can call her whatever—I called her a friend. RIP Jen. You impacted so many lives and

I'm grateful for the time I had with you. You were a light in our world no matter what your past. May your beautiful voice ring out with the angels." Hallie

"RIP to a beautiful woman and someone who helped change so many more lives than she knew.

But she did because in the end she lived for Jesus. I can appreciate her and the love she brought into my life." Elisha

"A great example of God's love, redemption and grace." Linda

"Heaven's choir has gained a new soloist." Lorelee

Jen served 24 years in prison and worked in ministry while on the inside, knowing that the only way she was going to make it through the darkness was to cling to the Lord Jesus Christ. She worked as Deputy Director of Inside/Out

Ministries and shared some of her work in Christ with the RMSWO Gathering in October 2017 as we journeyed through the adventure that is only found in Jesus.

Submitted by Lila Moore



## Starting a Congregational Unit

If you subscribe to the mission and purpose of the Women of the ELCA, there are **4 Simple Ways to become an active unit**. The mission and purpose statement are located on the website, [www.womenoftheelca.org](http://www.womenoftheelca.org). **1.** Meet together for study, support and mission (*Café* and *Gather* offer great ways to do this). **2.** Participate in the ministry of Women of the ELCA beyond your congregation. (e.g. Synodical Women's Convention, Triennial Convention and Gathering) **3.** Support financially the total program of Women of the ELCA (e.g. through offerings) **4.** Designate leadership to communicate with synodical and churchwide women's organization.

## Put savings to work for ministry

Does your Women of the ELCA group have savings sitting unused in the bank? Consider how you can put those dollars to work supporting the churchwide ministries of Women of the ELCA. Give to Women of the ELCA "Where Needed Most" and support our ongoing ministries of advocacy, leadership development, discipleship and program resources, *Gather* magazine, *Café* e-zine and podcast, racial justice education, Bible studies, and more. Questions? Contact Audrey Novak Riley, director for stewardship and development, at 1-800-638-3522, ext. 2736, or [Audrey.riley@elca.org](mailto:Audrey.riley@elca.org).

## RMSWO FALL CONVENTION

### A "MAZE" of GRACE

SPONSORED BY YOUR ROCKY MOUNTAIN SYNOD  
WOMEN'S ORGANIZATION

**Friday through Sunday**

**October 5 – 7<sup>th</sup>, 2018**

In Colorado Springs @ Grace Lutheran Church

It is time to register for the **Convention!**



ALL will agree that women are a powerful force in our church today. What current issues do women face? What have your "Sisters in Christ" been promoting? How can you help? How can you get involved? Enjoy visiting with your friends from all the ELCA churches in the Rocky Mountain Synod.

Your RMSWO Board Welcomes you: Cheyenne, Wyoming-Anna Thompson (St. Paul's); Price, Utah-Jan Young (Ascension St. Matthew's); Sterling, CO-Lila Young (Peace); Colorado Springs, CO-Debra Haar (Prince of Peace); Colorado Springs, CO Tammi Clawson (Grace); Greeley, CO-Julie Elmquist (Immanuel); Albuquerque, NM-Sharon Hamilton (St. Paul)

Women of all ages are invited to participate in this weekend of workshops and business. For questions about the event, please call, text or email RMSWO President Anna Thompson @ (307) 221-3218 or [anna498.at@gmail.com](mailto:anna498.at@gmail.com). (Be watching the Views for more information.)

For registration questions, call Debra Haar, registrar@ (719) 392-5398 or (719) 650-5688.

## REGISTRATION FORM

Your \$75 registration fee covers program costs, lunch, (2) dinners, presenter fees, childcare and scholarships.

The registration fee is \$75, however  
registrations received before Sept 5<sup>th</sup> will be \$50.  
Mail your form and registration fee to the Convention Registrar:

Debra Haar, 6555 Weeping Willow Dr., Colorado Springs, CO  
80925



Please complete and mail in the registration form with a note if asking for a scholarship. All are welcome to the event and the RMSWO Board wants to make this event possible for everyone!

**FALL CONVENTION HOUSING OPPORTUNITIES:**

1) The Clarion Hotel, [314 W. Bijou St., Colorado Springs, CO 80905](#). This hotel gets 4/5 stars on reviews and is only 1.7 miles from Grace Lutheran. Group rates aren't any better than individual rates. Everyone needs to make their own reservations. The rooms are approximately \$120 per night with 2 queen beds. Breakfast is provided free. Their phone number is 719-471-8680. This hotel is downtown, just off of I-25 at the Bijou Street exit.

2) Aspen Leaf Cottages (Tammi Clawson's employer). All properties are close to the church and are reasonably priced. I would suggest that if you are interested you can go to [homeaway.com](#) and look at them. The property numbers to search by are:

3778339 "Downtown Victorian Charm" (1/2 mile from Grace)  
 3762961 "Sun-Filled Cottage" (1/2 mile from Grace)

3922546 "Inviting Scandinavian Cottage" (2 blocks from Grace)  
 3922548 "Charming 'Euro' Cottage" (2 blocks from Grace)

4087184 "Classic Craftsman" Lower unit (A) (less than 3 miles from Grace)  
 4087185 "Classic Craftsman" Upper unit (B) (less than 3 miles from Grace)  
 4087186 "Classic Craftsman" Private cottage (C) (less than 3 miles from Grace)

There would be a deposit and cleaning fee, but Nancy (the owner) is really prompt on refunding the deposit after a stay. If anyone wants more information, please email Nancy through the HOMEAWAY site.

\*\*\*\*\*

**MAKE CHECKS PAYABLE TO "RMSWO"**



Print Name: \_\_\_\_\_  
 Church: \_\_\_\_\_  
 Address: \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Voting Member: \_\_\_\_\_ OR Participant: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Do you have any allergies? \_\_\_\_\_ Do you have any special needs? \_\_\_\_\_

Will you need childcare? Circle No Yes If yes, how many? \_\_\_\_\_ what ages? \_\_\_\_\_

Mail your form and registration fee to the Convention Registrar:  
 Debra Haar, 6555 Weeping Willow Dr., Colorado Springs, CO 80925

# About Katie's Fund

Katharina von Bora Luther was a practical and bold woman of faith. Through Katie's Fund, Women of the ELCA honor her life by supporting global connections, leadership development and living theology. Will you help continue Katie's legacy? Your gifts develop leaders, bridge cultures and nurture faith.

Your gifts to Katie's Fund, whether to the endowment or to the current fund, ensure the organization's continued commitment to community, growth and action. The income earned by the Katie's Fund Endowment, along with Katie's Fund Current, supports ministry in three key areas.

**Leadership Development:** providing opportunities for current and future leaders to participate in and further the mission of Women of the ELCA.

**Global Connections:** building global partnerships that increase multicultural awareness and promote service.

**Living Theology:** nurturing faith through Bible studies, worship experiences and educational theological forums.

These three areas are central to the life of Women of the ELCA. They represent ministries that prepare, nurture and sustain participants as they further the mission of the Women of the ELCA: mobilizing women to act boldly on their faith in Jesus Christ. Learn more at [welca.org/katiesfund](http://welca.org/katiesfund).

Gifts of any size are welcome. Individuals, congregational units and synodical women's organizations are all invited to support Katie's Fund.

## What is Travel Equalization?

To help make travel less expensive for the voting member, each congregational unit is asked to send the RMSWO treasurer a dollar for each member of the unit by April 15<sup>th</sup> of each year. These funds are then used to help balance out the travel expenses for all voting members. Travel equalization grants are available for congregational units which are more than 150 miles away (300 round trip). Virtually all in attendance incur travel expenses, the equalization funds are not intended to cover 100% of the cost of travel but to help.

The deadline to submit forms is **TWO WEEKS AFTER THE CONCLUSION OF THE CONVENTION**. Travel will be reimbursed at the cost of a 21-day-in-advance airline ticket or auto mileage at \$.34 a mile, whichever is less. If more requests are received than funds are available, it may be necessary for the grants to be reduced by a uniform percentage.

Send the Travel Equalization to Rocky Mountain Synodical Women's Organization, Attn: Jan Young, 1567 Eastwood Dr., Price, Utah 84501.

The following guidelines apply for reimbursement:

1. Travel may be by any reasonable means of transportation: air, car, bus, train, etc.
2. The total reimbursement per congregation shall not exceed the combined lowest airfare for the total number of voting members for the congregation. (Lowest airfare is based on a minimum 21 day advance purchase and lowest seat price available)
3. Each voting member will receive .34 per mile, or an appropriate mileage reimbursement determined by that year's RMSWO Board. It is expected that voting members will car pool. Expenses for meals and lodging during travel will be at the individual or congregational unit's expense.
4. The RMSWO cannot cover additional travel expenses incurred.
5. All requests must be received within **TWO WEEKS OF THE CONCLUSION OF THE CONVENTION**.
6. The check will be made payable to the Congregational Unit.



# Rocky Mountain Synodical Women's Organization Travel Equalization Grants

Travel equalization grants are available for congregations more than 150 miles away (300 round trip). Since virtually all in attendance incur travel expense, the equalization funds are not intended to cover 100% of the cost of travel.

The deadline to submit forms is **TWO WEEKS AFTER THE CONCLUSION OF THE CONVENTION**. Travel will be reimbursed at the cost of a 21-day-in-advance airline ticket or auto mileage at \$.34 a mile, whichever is less. If more requests are received than funds are available, it may be necessary for the grants to be reduced by a uniform percentage. Send the form to Rocky Mountain Synodical Women's Organization, Eastwood Dr., Price, Utah 84501 or scan and email [ajyoung@sisna.com](mailto:ajyoung@sisna.com).

The following guidelines apply:

1. Travel may be by any reasonable means of transportation: air, car, bus, train, etc.
2. The total reimbursement per congregation shall not exceed the combined lowest airfare for the total number of voting members for the congregation. (Lowest airfare is based on a minimum 21 day advance purchase and lowest seat price available)
3. Each voting member will receive .34 per mile, or an appropriate mileage reimbursement determined by that year's RMSWO Board. It is expected that voting members will car pool. Expenses for meals and lodging during travel will be at the individual or congregation's expense.
4. The RMSWO cannot cover additional travel expenses incurred.
5. All requests must be received within **TWO WEEKS OF THE CONCLUSION OF THE CONVENTION**.
6. The check will be made payable to the Congregational Unit.

**Congregational Unit & Address:** \_\_\_\_\_

**20\_\_ Convention (year)** \_\_\_\_\_

**Name of Voting Member:**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## ■ AIR TRAVEL REIMBURSEMENT

The travel reimbursement is provided at the lowest reasonable airfare based on a 21-day advance purchase. Voting members who choose to book higher fares will be reimbursed at the least expensive fare. Please submit a copy of the airline ticket receipts with this form.

Voting member who traveled by air:    1    x airfare \$            = \$            TOTAL

## ■ DRIVING REIMBURSEMENT

### AUTOMOBILE # 1

Multiply mileage rate \$ <u>.34</u> x round trip miles traveled _____	= \$ _____
Minus standard deduction for first 100 miles	- \$ <u>34.00</u>
Reimbursement	\$ _____

# RMSWO Board Nomination Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cluster: \_\_\_\_\_

Congregation: \_\_\_\_\_

Office: \_\_\_ President \_\_\_ Vice President \_\_\_ Secretary \_\_\_ Treasurer \_\_\_ Board Member

Age Range: \_\_\_\_\_ 20-35 \_\_\_\_\_ 36-50 \_\_\_\_\_ 51-64 \_\_\_\_\_ over 65

Women of the ELCA Experience:

ELCA Experience:

Ecumenical Experience:

Community Experience:

Why are you interested in serving on the RMSWO Board?

Describe the special gifts, skills and experiences that you would bring to the Board:

What challenges do you expect the Board to be facing in the next two years?

Vocation/Occupation:

RETURN COMPLETED FORM: (with photo, if possible) to: Sharon Hamilton, 7401 San Pedro NE #93, Albuquerque, NM 87109; or email to: [sharon0223@yahoo.com](mailto:sharon0223@yahoo.com) (Attach additional pages if needed.)

**2020 Triennial Voting Member Nomination Form**

Rocky Mountain Synod Women of the ELCA

Voting Member election will occur at our 2018 Convention on October 5-7, 2018

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL (print clearly): \_\_\_\_\_

CHURCH: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

CONFERENCE (circle): BOULDER BROOMFIELD CLUSTER METRO EAST CLUSTER METRO SOUTH CLUSTER  
METRO WEST CLUSTER NORTH COLORADO CLUSTER SOUTHEAST COLORADO CLUSTER  
NORTH NEW MEXICO CLUSTER BORDER CLUSTER UTAH CLUSTER WYOMING CLUSTER

Women of the ELCA Triennial Voting Member Selection Guidelines:

- A. 10% shall be person of color and/or persons whose primary language is other than English
- B. Consideration shall be given to geographic location, variety of ages, diversity of experience, including living with a disability
- C. At least 25% shall be women attending the convention for the first time
- D. Cannot be nominated if have served as a Triennial Convention Voting Member in the last six (6) years for the RM Synod Women

EXPERIENCE AND CHURCH SERVICE: Begin with the most recent and most significant experience in each area over the last five (5) years – attach additional sheet if needed

Congregation Service:

Conference Service:

Synodical Service:

Regional/Churchwide Service:

Community Service

Previous Triennial Voting Member (former “delegate”): \_\_\_ No \_\_\_ Yes (list the last year served): \_\_\_\_\_

Ethnic/Racial Heritage: \_\_\_ Caucasian \_\_\_ Hispanic \_\_\_ Native American \_\_\_ African American \_\_\_ Asian American

Primary Language if other than English: \_\_\_\_\_

Are you a person with disabilities? \_\_\_ Yes \_\_\_ No

Age Range: \_\_\_ 18-35 \_\_\_ 36-50 \_\_\_ 51-65 \_\_\_ >65

My signature and my Congregational Unit Leader’s signature signify that I am willing to allow my name to be placed in Nomination and that I am willing to serve as a voting member (or alternate) to the 2017 Triennial Convention in Minneapolis, MN July 10-12, 2017, if elected.

\_\_\_\_\_ Date \_\_\_\_\_ Date \_\_\_\_\_  
(My signature) (Signature of Congregational Unit Leader)

**Return completed form by August 1, 2018 to: Sharon Hamilton, Chair of Nominating Committee,  
7401 San Pedro Dr. NE #93, Albuquerque, NM 87109**

# 2016-2018 Rocky Mountain Synodical Women's Organizations Board Members

**President, Anna Thompson**

5015 W. Villa Circle  
Cheyenne, WY 82009  
307.221.3218  
[anna498.at@gmail.com](mailto:anna498.at@gmail.com)  
St. Paul's Lutheran, Cheyenne

**Vice President, Sharon Hamilton**

7401 San Pedro NE #93  
Albuquerque, NM 87109  
[Sharonh0223@yahoo.com](mailto:Sharonh0223@yahoo.com)  
St. Paul Lutheran, Albuquerque

**Secretary, Tammi Clawson**

318 N. Foote Ave.  
Colorado Springs, CO 80909  
[tbclawson58@msn.com](mailto:tbclawson58@msn.com)  
Grace Lutheran, Colorado Springs

**Treasurer, Jan Young**

1567 Eastwood Drive  
Price, Utah 84501  
[ajyoung@sisna.com](mailto:ajyoung@sisna.com)  
Ascension St. Matthew's, Price

**Board Member, Debra Haar**

6555 Weeping Willow Drive  
Colorado Springs, CO 80925  
[haardap@hotmail.com](mailto:haardap@hotmail.com)  
Prince of Peace, Colorado Springs

**Board Member, Lila Moore**

305 Platte  
Sterling, CO 80751  
[oggram@KCI.net](mailto:oggram@KCI.net)  
Peace Lutheran, Sterling

**Board Member, Julie Elmquist**

2152 27<sup>th</sup> Ave.  
Greeley, CO 80634  
[sjelmquist@msn.com](mailto:sjelmquist@msn.com)  
Immanuel Lutheran, Greeley

**Board Member, Rhonda Bentz**

5 Highway 474  
Algoones, NM 87001  
[rhonda\\_8588@hotmail.com](mailto:rhonda_8588@hotmail.com)  
All Saints Lutheran, Albuquerque

**THE BELL**

I KNOW WHO I AM

I am God's child (John 1:12)  
I am Christ's friend (John 15:15)  
I am united with the Lord(1 Cor. 6:17)  
I am bought with a price(1 Cor. 6:19-20)  
I am a saint (set apart for God). (Eph. 1:1)  
I am a personal witness of Christ (Acts 1:8)  
I am the salt & light of the earth (Matt.5:13-14)  
I am a member of the body of Christ(1 Cor 12:27)  
I am free forever from condemnation ( Rom.8: 1-2)  
I am a citizen of Heaven. I am significant ( Phil.3:20)  
I am free from any charge against me (Rom. 8:31-34)  
I am a minister of reconciliation for God(2 Cor.5:17-21)  
I have access to God through the Holy Spirit (Eph. 2:18)  
I am seated with Christ in the heavenly realms (Eph. 2:6)  
I cannot be separated from the love of God( Rom.8:35-39)  
I am established, anointed, sealed by God (2 Cor.1:21-22)  
I am assured all things work together for good (Rom. 8: 28)  
I have been chosen and appointed to bear fruit (John 15:16)  
I may approach God with freedom and confidence (Eph. 3: 12)  
I can do all things through Christ who strengthens me (Phil. 4:13)  
I am the branch of the true vine, a channel of His life (John 15: 1-5)  
I am God's temple (1 Cor. 3: 16). I am complete in Christ (Col. 2: 10)  
I am hidden with Christ in God (Col. 3:3). I have been justified (Romans 5:1)  
I am God's co-worker (1 Cor. 3:9; 2 Cor 6:1). I am God's workmanship(Eph. 2:10)  
I am confident that the good works God has begun in me will be perfected (Phil. 1: 5)  
I have been redeemed and forgiven (Col. 1:14 ). I have been adopted as God's child(Eph 1:5)  
I belong to God  
Do you know  
who you are!?

“The LORD bless you and keep you;  
the LORD make His face shine up on you  
and be gracious to you;  
the LORD turn His face toward you  
and give you peace.”  
Numbers 6:24-26

Never regret a day in your life.  
Good days give you Happiness.  
Bad days give you Experiences.  
Both are essential to life.  
Keep going...  
Happiness keeps you Sweet,  
Trials keep you Strong,  
Sorrows keep you Human,  
Failures keep you Humble,  
Success keeps You Glowing,  
But Only God keeps You Going!

>>>BLESSINGS AND LIGHT

# How To Sign Up For The RMS e-Connection by e-mail

By Susan Mitchell

We encourage every woman in the Rocky Mountain Synod to sign up to receive the weekly Synod Newsletter called e-Connection. It is sent out every Wednesday to your e-mail address, and it contains articles and pictures about many things in our lives together as Lutherans living in the states that make up the Rocky Mountain Synod.

Once a quarter, e-Connection will have an article about the current issue of our “Views from the Rockies”—the newsletter of the RMS Women’s Organization. You will be directed to the Synod website, which is where “Views” issues will be available. You may read them online, and you may also print a copy for your personal use. Ask your church office to print the Views for you if you do not have access to the website.

Please sign up as follows:

1. On your computer, go to the Rocky Mountain

Synod website by putting this URL into your browser: [www.rmselca.org](http://www.rmselca.org)

2. On the home page, scroll down to the bottom, and in the middle of the page you will see: Subscribe to e-mail Newsletter. Below that line is a yellow rectangle that says e-mail List. Simply click on the yellow rectangle! This takes you to a page that asks for your e-mail Address, your first & last name, and to check a box stating if you are a Pastor, Associate in Ministry, Diaconal Minister, or Deaconess. Below this you should check the box that states: “I wish to receive e-Connection each week.”
3. Finally, click on the bottom bar that says “Sign Up.” That’s it! Remember, this is a free subscription to the synod e-mail weekly newsletter. You will receive notice of new issues of our Views from the Rockies newsletters from the synod’s e-Connection e-mail.

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## About Views from the Rockies



The “Views” is written/circulated by the Rocky Mountain Synodical Women’s Organization, Women of the ELCA, and provides information about programs and projects.

**NOTE: Articles for the Views are to be sent to [anna498.at@gmail.com](mailto:anna498.at@gmail.com) by the 12th of January, 12th of April, 12th of July, 12th of August and 12th of November.**

There are no longer printed copies of “Views from the Rockies.” Each church and all individuals may now download and/or print FREE COPIES from the Rocky Mountain Synod website. To access the website and get the newsletter, go to [www.rmselca.org/Ministries/Women](http://www.rmselca.org/Ministries/Women).

If you would like to receive the Views newsletter in your personal e-mail, please send an e-mail to [rmswoelca16@gmail.com](mailto:rmswoelca16@gmail.com) with the subject line “Add me.” You will be added to the e-mail list and receive all future newsletters and e-mail blasts from the RMSWO Board. Your e-mail address will not be shared with any other organization.

The website of the Rocky Mountain Synodical Women’s Organization has not only this newsletter but more information about what is going on now, what has happened in the past, and what to look to in the future. Erin Powers at the synod office has kindly kept the site updated. We will keep new, interesting information highlighted on the web.

**Mission:  
To mobilize  
women to act  
boldly on  
their faith in  
Jesus Christ**

**RMSWO Website:** [www.rmselca.org/Ministries/Women](http://www.rmselca.org/Ministries/Women)

*Newsletter design/layout by Mary Lauck*

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