

Out of the believer's heart

shall flow

streams

of living water

- John 7:38 -

Synod Gathering of Presbyterian Women
June 20-23, 2019

SYNOD GATHERING FOR PRESBYTERIAN WOMEN IN THE SYNOD OF THE LAKES & PRAIRIES

June 20-23, 2019

Theme: Out of the believer's heart shall flow streams of living water.
John 7:38

GATEWAY HOTEL & CONFERENCE CENTER
2100 Green Hills Dr.
Ames, IA
800-367-2637

GENERAL INFORMATION

The Gathering begins with registration on Thursday, June 20, 2019, at 3:00 PM at the Gateway Hotel & Conference Center, 2100 Hills Dr., Ames, IA, and concludes after the plenary on Sunday morning, June 23, 2019.

Full registration of **\$200** includes meals and all programming.
Refund of registration: (less \$30) if cancellation is received by June 1, 2019

All sleeping rooms for the 2019 Gathering will be at the Gateway Hotel & Conference Center. Attendees are responsible for making their own hotel reservations and finding roommate(s). Please call **800-367-2637** to make your reservation. We have a block under Presbyterian Women. Only one person per hotel room should submit an online hotel reservation or call for the reservation but should list the names of others to occupy that room. Room rates are \$120 per room, per night, one to four persons per room, plus tax. These room rates will apply 3 days before and 3 days after the gathering. **Make it a vacation!** To take advantage of the special Gathering rates, **reserve your room by June 1**. After this date, the hotel may charge higher rates. Parking is free at the hotel.

HALF REGISTRATION

Registration is also available for \$100 for half the gathering. Half the gathering will be designated as Thursday night through Friday night OR Saturday morning through Sunday morning.

OFFERING RECIPIENTS

Marion Medical Mission: UNICEF reports that 1 in 5 children die before their fifth birthday because they lack potable water. An estimated 356,700 of the extreme poor will have safe drinking water this year. All donations go to the MMM designated mission field purposes in Africa. Wells built in 2017 provided villages in Malawi and Tanzania with a sustainable source of safe drinking water. More than 31,000 wells have been built since 1990. More than four million people have been served and 2.4 million of these were children.

Sudanese Tutoring Program: Through the years, the Sudanese ministry at Cottage Grove Church in Des Moines, IA, flourished, and though the ownership of the church building changed hands in 2016, the Sudanese ministry continued to develop into a thriving congregation. With the support of the 1001 Worshiping Communities project of the Presbyterian Church (U.S.A.), the Sudanese congregation is now organized as the First Arabic Presbyterian Church, with the Rev. Ekram Kachu serving as pastor. The congregation offers weekly worship services, hosts weddings and funerals, and provides assistance to Sudanese refugees in need, as well as a tutoring/literacy program for the children. Your monetary gift to this welcoming community will be a blessing to their ministry.

Please bring \$10 gift cards from Target or HyVee which will be given to the following two ministries:
Wings of Refuge, a Christian based transition house for trafficked girls. It is located in Iowa Falls and has just received a Birthday Offering grant. They hope to relocate to Ames and may be there by June 2019.

Butterfly Freedom House, a place designed to help women who have been incarcerated find hope and success as they seek to discover God's plan for their lives. Participants are taught that Jesus is the Way, the Truth, and the Life through regular Bible Study, while working to be integrated into the community and a local congregation. The house is directed by a board of Christian women who desire to help women who have gotten out of prison lead a productive life and live in society again.

SPECIAL EVENTS

BEJEWELED

Something new this year! We are asking everyone to bring a piece of costume jewelry or a scarf that you no longer want or need. We will sell each item for \$5. This money will go to the Native American Dakota Fund.

GLOBAL MARKETPLACE

This busy place will feature booths for shopping and gathering resources. It will be open Thursday afternoon as you arrive and Friday and Saturday following the plenary. Check for specific times in the gathering booklet after you arrive at the gathering. The marketplace will close at 5:00 PM on Saturday.

OUTDOOR PRAYER STATIONS

Need time alone? Step outside and enjoy the water features on the Inn grounds. Each is equipped with personal devotions that guide you into a time of prayer. Enjoy this time of peace.

LOOKING FOR A WAY TO HONOR YOUR PW SISTERS OR SEND A PRAYER OR WORD OF PRAISE?

If so, consider placing a PW personal ad in the 2019 Synod Gathering Program Book!

What Gathering attendee doesn't have her program book(s) stashed away as a reminder of good days spent in fellowship with good friends in the faith? In other words, the program book becomes a highly regarded and appreciated resource for years to come!

Following the example of the Churchwide Gathering, the pages of the 2019 Synod Gathering of Presbyterian Women will expand to provide Presbyterian women with the opportunity to express their thanks, admiration, good humor and invitation to one another!

Here's how to reserve your program book recognition space:

Reserve your spot. Send us your ad and if you need design assistance, let us know. We do not have the capabilities of elaborate art work but if you look at the Churchwide Program Book there are some tasteful and lovely expressions of thanks, admiration, etc.

Choose a size: Full page ad: \$50; Half page ad: \$25; Quarter page ad: \$15

Please send your check made out to PW in the Synod of Lakes & Prairies (SLAP) to: Sue Medsker-Nedderman, 314 N. Cedar Ave., Hastings, NE 68901-5348.

Send your digital copy of the ad to s.medsker.nedderman@gmail.com.

HANDS-ON PROJECTS

Days for Girls is a global movement that prepares and distributes sustainable menstrual health solutions to girls who would otherwise miss school during their monthly periods.

This organization gives direction to provide personal hygiene kits to girls world-wide. Each kit is placed in a draw-string bag and includes reusable cloth menstrual pads made up of colorful shields and liners; panties; a washcloth and soap; zip-closure plastic bags and other items. The kit enables girls to carry their clean and used pads discreetly and to take care of their own hygiene needs. During the distributions, women and girls also receive health education to break stigmas and cultural taboos associated with menstruation.

KEY PARTICIPANTS

KEYNOTE SPEAKER: Kathy Reeves

Recently retired after having served the PCUSA for 26 1/2 years with Worldwide Ministries (World Mission) and Presbyterian Women, Kathy is living in Manistee, MI, enjoying becoming involved with local congregations as a "person in the pew." Kathy is the daughter and granddaughter of Presbyterian missionaries who served in Cameroon, Central West Africa. She is a graduate of Louisville Presbyterian Theological Seminary, and prior to retirement, a minister member of the Presbytery of Denver.

PLENARY SPEAKERS:

Elona Street Stewart

Elona is Synod Executive of the Synod of Lakes and Prairies, providing leadership and vision, supporting presbyteries and mission partners, and building relationships with diverse and emerging communities. She is a member of the Delaware Nanticoke Tribe and was raised in the Philadelphia area. An Upward Bound high school student experiencing early higher education at Swarthmore College, she graduated from Occidental College in Los Angeles with a BA in Anthropology. From there she gained an extensive background and numerous awards working in community agencies, public service and church organizations with expertise in racial justice, education and Native American affairs. A long-time synod staff person, Elona continues to staff racial ethnic ministries, Self-Development of People, Committees on Representation and engage in racial and environmental justice work of the PCUSA. Prior to being called as synod executive, Elona also chaired many community boards and developed 9 family centers with the Saint Paul Children's Initiative and was elected to the Board of Education, Saint Paul Public Schools, serving 12 years. Involved over 40 years with structures, collaboration, history and culture, she credits her relationships with strong, independent women for helping her succeed. A recipient of the Women of Faith award 2010, her PW days go all the way back to Pendleton, Oregon, in the 1970s. Elona and her husband, the Rev. David Stewart, have 4 adult children, 4 grandchildren, 4 grand dogs and 1 grand cat.

Mary Newbern-Williams

Mary studied toward a D. Min., is a graduate of Princeton Theological Seminary (M.Div. and M.A.), and Baldwin-Wallace University (B.A.). She was awarded an Honorary Doctor of Humane Letters in 1999 from Mary Holmes College, a PCUSA College, while serving the General Assembly. Ordained as Minister of the Word and Sacrament of the PCUSA in 1989, Mary has served at every level of the denomination from local congregation as pastor to presbytery associate and executive, chair of a synod committee, and national staff and committees of the Presbyterian Church USA.

WORSHIP LEADER: Rev. Suzanne Gorhau

Suzanne is a lifelong Presbyterian. She heard the call to ministry after attending a Presbyterian church camp in junior high school. She attended a Presbyterian college and went on to San Francisco Theological Seminary. She's been ordained over 20 years, serving churches in Kansas, Illinois, and Iowa. She is a spiritual director and leads prayer retreats.

BIBLE STUDY LEADER: Kathleen Keefer

Kathleen is the Moderator for Presbyterian Women in the Missouri River Valley Presbytery. She holds a certification in Spiritual Direction and has attended the University of Dayton in Pastoral Ministries. Professionally, Kathleen is a retired social worker, having worked in the field of child abuse and neglect. She is married to the Rev. Dr. Robert Keefer who is senior pastor at the Presbyterian Church of the Master in Omaha, NE.

MUSIC DIRECTOR: Kris Peterson

Kris lives in Lincoln, Nebraska, and has loved music since she was a young girl standing in the pew and singing off-key and at the top of her lungs! She believes nothing can sooth or restore the soul like music, and singing is her favorite form of worship. Kris has been coached vocally and has sung in many different choral groups of varying genres, performed in several musicals, and sung solos in churches in Nebraska, Iowa, and even a few outside of the USA. Kris has directed children, youth and adult choirs and been a song leader at conferences and workshops. She looks forward to sharing her energy and passion for celebrating faith through music with you!

PIANIST: Mary Bell

Mary of Lincoln, Nebraska, is and has been in love with music since childhood. It has given her a sense of peace and stability through the years. Her career in acute care nursing spanned 40 years, but always allowed time for music. Her church and volunteer activities included organist/pianist/accompanist and directing children, teen and adult choirs. Now retired, Mary is active in her church and loves being with her family.

WORKSHOPS

1. Suzanne Gorhau: Wells in Africa: Providing Clean Water for Rural Villages in Africa

In 2001, after hearing about Marion Medical Mission numerous times at Presbytery meetings, Suzanne went on her first trip to Malawi, Africa. In October 2018, she went on her 6th trip to Malawi to put together a short video that tells the story of Marion Medical Mission's shallow well program. Suzanne will share her experience volunteering with Marion Medical Mission (MMM). One in 5 children die before age 5 because they lack potable water. MMM works hand in hand with the people of Malawi, Tanzania and Zambia to provide clean drinking water to those in need. Since 1990, MMM has built over 31,000 wells, providing more than 4,000,000 people with safe drinking water. Suzanne will share what it's like driving in back country Africa, experiencing the joy of parents who know their children have a chance at a healthy life, and how \$400 can provide a well for an entire village.

2. Kathleen Keefer: Love Carved in Stone – a Fresh Look at the Ten Commandments

This workshop will focus on the surprises in store for those who will use the 2019-2020 *Horizon* Bible study on the Ten Commandments. Come for stories, tips for circles and study practices that will bring the study to life.

3. Kris Peterson: Leadership

Empowering people and congregations to develop and realize their potential with confidence and influence.

4. Mary Newbern-Williams: With Scars on My Soul

We will explore the use of literature and novels in the lives of people of faith. One question I will share with the group will be how we respond as church people when an atrocity occurs.

5. Meghan Davis: Chair Yoga

Meghan's yoga as a Christian spiritual practice classes use the same postures and poses as traditional/secular yoga to strengthen the body and improve flexibility and balance. We learn in scripture that the body is the temple of God, so it's important that we take care of it! Yoga is also a wonderful way to relax and de-stress. While secular yoga ends with the physical benefits of yoga, her classes incorporate scripture, prayer, and Christian meditation, taking the practice beyond the physical and into the spiritual. It is a chance to rest and relax in God's presence, thanking God for the miracle of life and the opportunity to move and breathe in our amazing bodies while getting centered with Christ. Meghan will be giving a brief introductory talk about yoga as a Christian spiritual practice, followed by a chair yoga class - mostly sitting in a chair, with some standing with chair to assist for balance. Participants will be invited (but not required) to remove their shoes and should wear comfortable, but not overly loose, clothing.

6. Ekram Kachu: My Story as a Refugee.

Ekram's goal is to help those who want to learn about refugees. Although refugees often receive resettlement support when they arrive in the US, individuals and families may need additional help securing housing, furnishings, education, and job skills. Ekram will also share with you some experiences with the refugee communities in Des Moines, Iowa, and how churches have stepped up to support their needs. Ekram is a pastor of First Arabic Presbyterian Church in Des Moines, which consists primarily of refugees from Sudan and South Sudan and the surrounding region.

7. Marcia and Mark McAdoo: Toxic Charity

We all want to do good in this world. We have mission opportunities in abundance, and heaven knows there is much to be done, right? Is there a way to make a positive impact without undermining those we are trying to help, or worse, creating dependency? This workshop will explore ways our assistance can help, can empower others, and help us to see every person's God-given gifts and talents.

8a. Marilyn Stone: Immigration and the Refugee Crisis: How can I help when I don't live near the border?

Are you wondering how the Presbyterian Church (USA) is responding to the refugee crisis along the southern US border? Presbyterian Disaster Assistance (PDA) coordinates the PC(USA) humanitarian response and advocacy on behalf of refugees, asylum seekers and other forced migrants. How is PC(USA) responding to the refugee crisis and what support is it providing? What resources are available to learn more? What can be done to make a difference especially when you don't live on the border?

8b. Marilyn Stone: Presbyterian Disaster Assistance: How can I assist in disaster response?

Presbyterian Disaster Assistance (PDA) is the arm of the Presbyterian Church (USA) that responds to disasters of all kinds, domestically and internationally. What ways does PDA respond? Who actually responds? How can you assist with disaster response? Discover the answer to these questions and more.

9. Susan Ingels: Global Mission Exchange to Indonesia

Susan was the representative from the Synod of Lakes and Prairies to the 2017 Global Exchange, which visited Indonesia. This trip invites women from the USA to visit their Christian sisters in another part of the world to see what is happening there. Sue will tell about her trip and how it changed her life.

10. Nancy Siewert: Book Review: Waking Up White and Finding Myself in the Story of Race

This book by Debby Irving will be discussed and we can share our own stories. We will also look at the PC(USA) Policy on Antiracism. Please read the book ahead of time and come prepared to discuss your thoughts and feelings.

11. Sue Kimball: In Her Shoes- a simulation experience on domestic violence.

The simulation was designed by formerly battered women and the professionals who help them at the Washington State Coalition Against Domestic Violence. It will help us to understand, in a very compressed period of time, the ups and downs a battered woman experiences over the course of many years.

12. Fern Cloud: The Circle of Life

The circle of life is a journey of healing as a native and a Christian. Using the hoop or circle as a teaching tool, Fern will share how the native people's spirit has been broken and the journey toward healing.

13. Kim Coulter: What's the secret to taking great pictures with your phone?

As it turns out, there are a few of them. Check out this class with Kim, communications director at Central Presbyterian Church in Des Moines. She will give you tips to improve your phone photography and once you have the photo taking part down, then you, too, may be able to make a splash on your social media platforms and church networks.

14. Sharon Falck: Native American Stories: Hear stories of the women in the Dakota Presbytery

Sharon has developed a personal relationship with the women of the Dakota Presbytery, participating with the women in their worship and mission. Native American women from our synod will share life stories and how we can all further support them.

15. Flint, the Poisoning of an American City, gives voice to the current struggle of 100,000 residents in the city of Flint, MI, who are finding a way forward through the tragedy and disaster of lead poisoning. The film follows the environmental history of Flint and the car industry and how the continued abuse of the river and post-industrial neglect of city infrastructure and environmental regulations have led to the poisoning of families and communities. This is a call to look at our own communities and cities and collectively confront these issues. There will be time after viewing the film for discussion and questions.

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ E-mail Address _____

Check Age Range: under 18 _____ 18-25 _____ 25-40 _____ 41-55 _____ 56-70 _____ Over 70 _____

If under 18, name of parent _____

Congregation _____ Presbytery _____

To register for workshops, mark "1" as your first choice and "2" as your second choice. Remember it is your choice to participate in any or all of the workshops. There are other interesting things to do.

Friday 9:45 to 10:45

8a _____
5 _____
7 _____
10 _____

Friday 11 to 12

1 _____
3 _____
9 _____
13 _____

Friday 1:30 to 3:30 PM

15 (film) _____

Friday 1:30 to 3 PM

2 _____
11 _____
12 _____

Friday 4 to 5 PM

4 _____
14 _____

Saturday 9:45 to 10:45 AM

2 _____
5 _____
7 _____
10 _____

Saturday 11 to 12

1 _____
3 _____
9 _____
13 _____

Saturday 1:30 to 3:30 PM

15 Flint: the documentary _____

Saturday 1:30 to 3 PM

8 b _____
11 _____
12 _____

Saturday 4 to 5 PM

4 _____
6 _____
14 _____

Lunch will be served from 12:15 to 1:15 PM; Dinner will be served from 5:30 to 6:30 PM

Do you have any dietary restrictions? _____

All activities are on the 2nd floor and are handicap accessible.

To attend only part of the Gathering, check which days you will attend, choose your workshops for those days, and send \$100 to the registrar:

_____ Thursday night through Friday night

_____ Saturday morning through Sunday morning

Email your registration (copy and paste this page only) to s.medsker.nedderman@gmail.com. Then mail your check for the \$200 registration fee, made out to PW SLAP, for your registration to Sue at the address below.

OR

Mail your registration (print this page only) to Sue at the address below with your \$200 check made out to PW SLAP.

You will receive an emailed registration receipt, noting which workshops you are registered for. If you email your registration and haven't received a receipt in 4 or 5 days, please send a reminder email to Sue at the same email address.

Registrar: Sue Medsker-Nedderman, 314 N. Cedar Ave., Hastings, NE 68901-5348