



The Sower

Newsletter for the Presbyterian Women

in the Synod of Lakes & Prairies

April 2016

Editor: Karen Bartel

Message from the Moderator

With the arrival of spring, we witness the renewal of God's creation around us. As the grass greens, the crocus and daffodils burst forth with color and the trees begin to bud, I hope this brings forth a spiritual renewal for you as well.

I recently drove past a mural and marveled at its incredible beauty! A gap in traffic permitted me to pause just long enough to notice the individual tiles that created this mural. As traffic carried me forward, my thoughts pondered that mural – created of thousands of small colored tiles, that when carefully combined together, formed this beautiful picture on the wall for each passerby to enjoy.

After further reflection, I realized that this is true of Presbyterian Women! Presbyterian women in the congregation, presbytery, synod and at Churchwide levels each are uniquely created and respond to God's call to use their gifts accordingly. Yet, when these women join in community, their efforts are multiplied and together they reveal the face of God to others around the world. We can accomplish so much more when we combine our gifts of service and outreach, prayer, Bible study and financial contributions! Through words of encouragement, support, prayer and action, spirits of those near and far are renewed.

Presbyterian Women also provides spiritual renewal through the upcoming PW Synod Gathering which will occur June 15-18, 2016 at the Ramkota Hotel and Conference Center in Sioux Falls, SD. This will be a wonderful opportunity for spiritual renewal and growth, as well as renewing old friendships and creating new ones. In addition, new ways to live out our PW Purpose through mission opportunities, advocacy work and Bible study will be explored. Are you planning on attending? Have you registered and made your hotel reservations? Check out additional PW Synod Gathering information in this newsletter. You won't want to miss what promises to be an exciting and fun event!

Blessings, Marilyn Stone, PWS Moderator

Ask Ms. PW

Dear Ms. PW,

Who are Presbyterian Women?

Dear PW Moderator,

What a timely question. Presbyterian Women have been active since the 1800s. The CCT (Churchwide Coordinating Team) is now promoting just who we are by developing some very unique posters with the theme: Think you know Presbyterian Women? Think again and prepare to be amazed. This series of posters tell the fuller story of who we are, what we do, and why we do it as Presbyterian Women.

The first poster says, 'Aren't they the ladies in the kitchen after church?' The answer: 'Yes, Presbyterian Women have been known to offer hospitality in their congregations. They also boldly work for peace and justice, giving voice to the oppressed and standing up for the marginalized.'

So far, there are 4 posters in the series. The next questions are: 'Don't they raise money for mission?'; 'Aren't they the women in sensible shoes?'; and 'Don't they knit baby blankets and roll bandages?' To read the 'Yes' part of the poster you can go to pw_pcusa@pcusa.org posters.

Have fun and thanks for being a Presbyterian Woman.

Ms. PW

Global Exchange 2017

Every three years, a group of Presbyterian women travels to another part of the world to hear the joys and pain that our sisters in that country experience, and to share faith stories and ministries with one another. It is a global exchange because the following year, a group of women from that part of the world is invited to visit in our synods and participate in the Churchwide Gathering of Presbyterian Women, to share their stories.

Building bridges of understanding, as sisters in Christ we will:

- learn how to live respectfully in a multi-faith culture and
- encourage and accompany one another as together we seek a more peaceful and just world.

To learn more about Presbyterian Women's Global Exchange, visit

www.pcusa.org/pw/missionmatters, or call the PW associate for mission at 502/569-5402.

Return the attached application to your PW in the Synod moderator no later than August 15, 2016.

Send a copy to your PW in the Presbytery moderator and keep a copy for yourself.

Save the date for the 2018 Churchwide Gathering of Presbyterian Women

The 2018 Churchwide Gathering of Presbyterian Women will be held August 2–5, 2018 in Louisville, Kentucky. 2018 is also the year that PW celebrates its 30th anniversary!

Editor's Note: Changes in Moderator positions that should receive "The Sower" should be sent to the PWS Secretary, Jean slapsec2016@hotmail.com.

Please include as copy furnished to:

Patricia Longfellow at Patricia.Longfellow@pcusa.org

Anyone who wants to either stop or start a subscription to "The Sower" may just send a request to the Editor, Karen thesower.slap@yahoo.com

FUN SNACK FOOD PERSONALITY TEST

Take this very simple test that will reveal secret knowledge about your personality. It doesn't require any psychological interpretation. As soon as you take test, you can turn to the profiles and find out the essence of your personality. Furthermore, you can keep an eye on which snacks your friends choose and thereby have secret knowledge about them, which will naturally help you socialize more effectively.

In fact, this test might save Christians lots of time and money, because it may be about as reliable and valid as most other personality tests that mission agencies and other Christian organizations use in evaluating candidates. Furthermore, this test was administered to 800 volunteers along with other personality tests and the results were comparable.

The only prerequisite for the test is that you must answer the question as if you are not on a diet and as if all the choices are equally beneficial to your body. Now, just pick your favorite snack from the following list:

- | | |
|-------------------|-------------------|
| 1) Potato chips | 2) Tortilla chips |
| 3) Snack crackers | 4) Pretzels |
| 5) Cheese curls | 6) Meat snacks |

Discover your own Snack Food Personality Profile.

According to Alan Hirsch, MD, a researcher at the Smell and Taste Treatment and Research Foundation in Chicago, the following are snack food personality profiles:

- 1) Potato chips: "Potato chip lovers are successful, high achievers who enjoy the rewards and trimmings of their success- both in business and in family life."
- 2) Tortilla chips: "Perfectionists in regards to their own actions and to the community at large, people who crave tortilla chips are humanitarians who are often distressed by the inequities and injustices of society."
- 3) Snack crackers: "Contemplative and thoughtful, people who prefer snack crackers base their decisions on logic rather than emotion."
- 4) Pretzels: "Lively and energetic, pretzel fans seek novelty and thrive in the world of abstract concepts. They often lose interest in mundane, day-to-day routines."
- 5) Cheese curls: "Formal, conscientious and always proper, the cheese curl lover can be described with one word—integrity. They will always maintain moral high ground with their family, work and romantic partners."
- 6) Meat snacks: "Gregarious and social, those who reach for a savory bag of pork rinds or crave beef jerky and other meat snacks are often the life of the party. They are loyal and true friends who can always be trusted."

Wow! Did you notice that with this test everyone is a winner? That's because the research for this personality test was "conducted on behalf of the Snack Food Association and the National Potato Promotion Board." To learn about some of the negative aspects of these personality profiles, just take some of the key words of each profile and compare them with some of the more detailed lists given with other descriptions of personality types, such as the four temperaments, the DISC, or the MBTL.

The question remains, however, as to whether "You are what you eat" or "You eat what you are." Can a persona change personality types by choosing the snack with the most appealing personality? If this all sounds like nonsense, you are getting the point. However, we must end this nonsense with one more typology: there are two types of people: those who believe this nonsense and those who don't. (This was at a booth at Churchwide for women to participate in the selection of a snack. What fun!) ***Visit the Leadership Space at the Synod Gathering!***

Recommended Workshop Reading for the Gathering

Practicing God's Radical Hospitality - book will also be available at the Gathering

Every organization struggles with the challenges of change and difference. The church is no exception. But people and organizations can learn to respond to growth and change in constructive ways. As the author says, "If we put a pot of water on the stove, add some fresh vegetables, but don't turn the heat on, it will never be soup. If we put it on high and leave it, it'll turn to mush. A practiced cook learns to bring the water to a boil, then turn the heat down to let it simmer. Along the way, she stirs the pot occasionally and adds salt, herbs or other seasonings to enhance the flavor of the vegetables." In short, individuals and organizations can learn to embrace change for enrichment, transformation and growth, and, in fact, might find that they need to seek and effect change in order to more effectively live the gospel message of God's radical hospitality. This resource uses the mutual invitation process for Bible study about God's radical hospitality. It engages others through a variety of activities with thorough instructions which all can facilitate.

This book will be used in Sue Kimball's Workshop #7, but even if you aren't signing up for that workshop, it's a great book!!!

One Body, One Spirit

Submitted by Kay Olson, Synod Representative to CCT

2018 Churchwide Gathering! Mark your calendars for August 2-5, 2018 Churchwide Gathering will be held at the Galt House, Louisville, Ky.

PW Manual. We've been hearing about the revisions coming to the 2013 PW Manual. It will be published as three separate, smaller documents: Guide for PW Groups; Guide for PW Moderators; Guide for PW Treasurers. A separate booklet will be created for promotional purposes. These materials will be available late spring so be watching for an announcement when they are ready to be purchased or downloaded!

Think You Know Presbyterian Women? Think Again. PW has available a series of four light-hearted and happily serious posters to help share the range of what it means to be Presbyterian Women!

Go to PW website: www.presbyterianwomen.org to download the posters.

PWP Moderator or PWP Secretary. Please send to Patricia Longfellow your list of PWPCT members and PWC's whenever you update these lists. Send lists to:

patricia.longfellow@pcusa.org

Churchwide does not want to miss reaching critical leaders with important information.

Leadership Development Grants. Don't forget about the opportunity to apply for a grant to participate in leadership education events, including conferences. Go to PW website (see above). Select "Giving & Funding". Scroll down to Leadership Development Fund. Read about applying and see if it is an opportunity you want to pursue.

Thank Offering Reports. Thank you for submitting 24 out of 54 reports concerning Thank Offering recipients in your presbytery since 1988. Tracking down some of the older grants has been tricky but trying to find out something about the recipient is the goal. If your presbytery has not completed your reports, please try to complete this effort as soon as possible.

SUGGESTIONS FOR PEOPLE GOING TO THE SYNOD GATHERING

Here is a list of what to bring with you, who the offering recipients are, and a list of questions and answers about the gathering. Registration will be in the hotel lobby on June 15 between 2:00 and 5:00 p.m. Parking at the hotel is free. The Gathering begins with dinner at 5:30 p.m.

Things to bring with you are:

- Tote bag
- Bible and devotional materials
- A light sweater – the rooms can be cold sometimes
- Offering money
- Thermal mug with lid (for coffee) and/or water bottle with lid
- Swim suit if you plan to use the hotel's water park or pool

OFFERING RECIPIENTS

\$10 gift cards from Target or Hy-Vee will be given to the Center of Hope in Sioux Falls, SD. The Center of Hope is a gospel outreach ministry for people who struggle with difficult life issues. They seek to empower each individual to make the changes they desire in their lives. We care about each struggle including family concerns, relationship strains, addictions, financial concerns, joblessness, incarceration, hospitalization, questions about spirituality, or feelings of hopelessness. The Center of Hope is a place where people can come, be listened to, encouraged, and refreshed with the love of Jesus.

ECPAT-USA is a group trying to keep children out of trafficking. They will receive half of the offering to assist them with policy and legislative advocacy, collaboration with the travel industry, and protection and empowerment of youth to ensure children grow up free. For more information on ECPAT-USA, go to their website, www.ecpatusa.org.

The Sweetgrass Program will receive the other half of the offering. It is a grant under the umbrella of the Oglala Sioux Tribe Health Adm. Program. The Sweetgrass Program is funded by SMHSA to provide greater community awareness, support, resources and skills for tribal youth suicide prevention.

HANDS-ON PROJECT

Please bring fat quarters (go to your local quilting shop and ask them for these) of 100% cotton. They will be cut into blocks for quilts, lap quilts, etc. Bring sewing scissors, if you have them. No sewing will be done at the gathering. The blocks will be taken by local quilters and made into the quilts. The quilts will be donated to local domestic violence shelters, VA hospitals, or nursing homes. This hands-on mission project involves cutting donated fat quarters into blocks for quilts, lap quilts, etc. Supplies such as cutting boards, rulers, rotary cutters, scissors, etc. are provided. Perhaps you may find a machine or two for sewing the blocks together to make a quilt top. Completed quilts will be donated to domestic violence shelters, the VA Hospital, or nursing homes in the area. OR... anyone wishing to complete a quilt can take the blocks home and donate the finished item to a favorite local project.

QUESTIONS AND ANSWERS REGARDING THE SYNOD GATHERING

Where is the Gathering being held and how do I get there?

The Gathering is being held at the Ramkota Hotel & Conference Center, 3200 W. Maple St., Sioux Falls, SD. This is located at exit 81 off I-29. There is a free hotel shuttle from the airport, if you are flying in.

What if people need to contact me during the gathering?

The direct line to the hotel is 1-605-336-0650. We encourage you to bring your cell phone if you have one for people to contact you directly.

What should I bring to wear?

Dress is casual – shorts or casual slacks. While the air outside is often hot and humid, all our meeting rooms and hotel rooms are air conditioned. A sweater or jacket is useful for these rooms or if the weather turns cool.

Are there opportunities for recreation?

There is an indoor water park at the hotel, as well as an outdoor pool, so if you plan to take advantage of this, bring your swimming suit. There is a fitness center and hot tub available as well. To see the hotel's services and amenities, go to their website at www.sioxfalls.bwramkota.com. An outing is planned on Thursday night after the plenary to go to the Sioux Falls Park to see the falls. There are numerous other places to visit in the Sioux Falls area. Visit the Sioux Falls visitor bureau website to see all of these at www.VisitSiouxFalls.com.

What else should I bring?

Since this gathering is being held at a hotel, housing accommodations are in the hotel. Bring any personal items that you need. Other things to bring would include your Bible, something to write on and with (to take notes in the workshops), and a water bottle. It is PW's policy to not provide bottled water at events, so you will need to provide a reusable bottle or lidded cup for water. If you drink coffee, you might like to bring a lidded coffee mug also. The more we use reusable items, the fewer one-use cups will go into the landfills.

How much money do I need to bring?

All meals (including breakfast) are included in the registration fees. If you plan to purchase books or gifts, credit cards will not be accepted but cash or checks will be. If you have a balance on your registration fee, that will need to be paid by cash or check. We will receive an offering on Friday and we hope you will give generously to help the mission projects that have been chosen to receive our offering. See the gathering booklet for more information on them.

What about accessing my email?

Computers are available at the hotel's business center. Wireless internet access is also available in your hotel room.

IF THIS IS YOUR FIRST TIME AT THE SYNOD GATHERING

Your housing: Housing is all in the Ramkota Hotel and Conference Center, where the Gathering is being held. If you haven't already made your room reservation, please do so as soon as possible. The direct phone number for the hotel is 1-605-336-0650. Tell them you are attending the PW Synod Gathering in order to get the special rate. The special rate will be available until June 1. Up to 4 people can stay in one room. Only one person should make the reservation for the group.

Your workshops: Your registration confirmation form will show the workshops to which you have been assigned based on your requests. If you would like to change your workshop there will be an opportunity to do so, as long as space is available in the workshop to which you would like to change.

Registration at the Gathering: After arriving at the hotel, come into the main lobby. You will be directed to the registration area for the Gathering. If there is a balance due on your registration, you can pay it with cash or check only.

After registration: After you have registered at the Gathering, unload and unpack. If there is time, walk around the hotel to see where everything is located. Or you might want to visit the marketplace area of the Gathering.

Dinner: Dinner is served from 5:30 to 6:30 p.m. in our dining area. All meals will be served in the same area. There will be plenty of time for a leisurely meal before the evening programs begins at 7:00 p.m.

In the Marketplace, you will find gift items from Rahab's Rope, Presbyterian Women's gift items, Items for sale from members of the Synod and we hope a selection of books.

The African Team Ministries has a wide variety of gifts available such as precious and semi-precious jewelry, nativity scenes, hand painted soapstone, African animals carved out of various woods from the region, scarves, handwoven baskets, musical instruments and many other unique items ranging from \$5.00-\$60.00. And they will have a booth in the Marketplace.

Call or email us if you have questions – or bring them to registration.

For Information regarding the ads for the Program Book, please check the second page of the Registration Booklet. The deadline for the ads has been set for May 1st. We plan to publish the Program Book on May 15th.

Did You Know???

Living Water for the World has curriculum for VBS?

Water All Around the World Vacation Bible School Curriculum

go to this website for information and to order: <http://www.livingwatersfortheworld.org/vbs.php>

Suggested Reading

Betrayal: The Crisis in the Catholic Church: The Findings of the investigation that inspired the this is the story behind the groundbreaking movie "Spotlight" by the Boston Globe

Here are the devastating revelations that triggered a crisis within the Catholic Church.

Here is the truth about the scores of abusive priests who preyed upon innocent children and the cabal of senior Church officials who covered up their crimes; deeds that left millions around the world shocked angry, and confused; also an account of the ongoing struggle as Catholics confront their Church and call for sweeping change.

You will find this an explicit and difficult message to read, but very revealing of a reality of our time. It is a story well worth your time.

Helen McMasters

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**Note: “m” indicates PWP Moderator
“r” stands for PWS Presbyterian Representative**

Learn about Presbyterian Women

Presbyterian Women (PW) is the national women's organization of the Presbyterian Church (U.S.A.). With more than 300,000 members and 25 years as an organization, PW is organized at all levels of the Presbyterian Church (U.S.A.). Learn more about PW and consider joining your local group. It's a good read at our website. <http://www.presbyterianmission.org/ministries/pw/>

Here is a link to the Who-Ya-Gonna-Call? The Who's Who at PW National
<http://www.pcusa.org/resource/pw-staff-who-ya-gonna-call/>

The Synod of Lakes and Prairies website,
<http://www.lakesandprairies.org/>

“Like” Presbyterian Women of the Synod of Lakes and Prairies on Facebook!!!

“The Sower” publishing dates are January, April, July & October. If you have an article or would like to have an article or information on any particular subject, please send the Editor your article or question by/before the first of each of the above cited months. thesower.slapp@yahoo.com

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The Sower

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