



MODERATOR'S MOSAIC

FEBRUARY 2015

Sealed with Love or with the Spirit?

We are in the midst of this month of February and what is known as a special secular holiday called Valentine's Day. As a small child we learned quickly to make, send, and receive special notes of love to and from our classmates, family members, friends and others. Oftentimes, we would enclose them in an envelope and seal with a sticker, kiss, or as we got older, possibly a wax seal so that no other would be able to venture in to that exceptional greeting to our beloved. What an affirmation of love these cards delivered to each of us, and we were positively changed.

And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The spirit is God's guarantee that he will give us everything he promised and that he has purchased us to be his own people. This is just one more reason for us to praise our glorious God. Ephesians 1:13-14, (NLT)

Paul's messages were affirming to the churches at Ephesus and all believers everywhere of this showering of God's kindness and love (like our modern day Valentines) for them and for us, marked or "sealed" with the Holy Spirit. We each belong to God. The Holy Spirit is like a validating signature on God's letter of love for each of us. The presence of the Spirit in our lives proves that we are God's children, demonstrates the genuineness of our faith and secures eternal life

for us. His power transforms us now and is a taste of the total change we will experience in eternity!

One Body, One Spirit is the theme for our Des Moines Presbytery PW Spring Connection on April 25th at Winterset and also the theme for the Churchwide Gathering on June 18-21 in Minneapolis, Minn. Let's celebrate and be transformed by this gift of love to each of us and all of our PW organizations worldwide by attending these events and praise our glorious God as one body with one spirit.

We are being challenged by our Synod of Lakes and Prairies PW Coordinating Team to register 125 women in our synod for the Churchwide Gathering. Why couldn't we do the same for our Presbytery Spring Connection? Winterset is rather centrally located in the Presbytery. Consider this an invitation of love expressed to you. You are valued for your Christian service and discipleship. Open this issue to learn of more details about both events for *all* Presbyterian Women.

I pray that you will begin to understand the incredible greatness of this power for us who believe him. Ephesians 1:9

Relying on the Spirit,
Sue Kimball, moderator
DM Presbytery PW-Coordinating Team
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PW IN THE SYNOD NEWS

The Blazing Star Quilt Tour

Two women from the Des Moines Presbytery attended the Dakota Presbytery meeting at Good Will Church in Sisseton, S.D., on October 3-5, 2014. They were welcomed with open arms and learned much about the Presbyterian Women of the Dakota Presbytery.

The Des Moines Presbyterian Women have pledged to support them. One way we can do this is by displaying the “Blazing Star Quilt” which was made by the PW of the Dakota Presbytery in our churches and then sending a monetary contribution to the PW of the Dakota Presbytery.

The quilt has been displayed at First Presbyterian Church of Oskaloosa and is presently on display at the First United Presbyterian Church at Winterset. It will be there for our PW’s Spring

Connection meeting, April 25th, where it can be passed on to another church. A bag has been made to transport the quilt from church to church and has information about the quilt and where to send the money.

Synod Gathering Date is Set!

The Synod Gathering is June 15-18, 2016, in Sioux Falls, SD. They are using the theme, “Lord, Make Me an Instrument of your Peace.” The event location will be held at a hotel instead of sleeping in dorms at Buena Vista University. One of PW’s national staff people from Louisville will be speaking. It is hoped that more Native American members can come since it is closer to them. We are also striving to bring in a younger population because of shopping in the town.

Three Sisters Soup Recipe

Simple Cooking with Heart brings you this interesting vegetable and bean soup called Three Sisters Soup. This is actually a Native American recipe and the three “sisters” refer to corn, beans and squash! Serves 6; 145 Calories; 87 mg Sodium; price per serving: \$1.80.

Ingredients

- 6 cups fat-free, low-sodium chicken or vegetable stock
- 16 oz canned, low-sodium yellow corn or hominy, drained, rinsed
- 16 oz canned, low-sodium kidney beans, drained, rinsed
- 1 small onion, chopped
- 1 rib celery, chopped
- 15 oz canned, cooked pumpkin (Tip: Be careful, don’t get pumpkin pie filling!)
- 5 fresh sage leaves **OR**
½ tsp dried sage & ½ tsp curry powder

Directions

1. Bring chicken stock to a slow boil.
2. Add corn/hominy, beans, onion and celery. Boil for 10 minutes.
3. Add sage leaves, curry and pumpkin and simmer on medium-low heat for 20 minutes.



Nutritional Analysis	Per serving
Calories Per Serving	145
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	87 mg
Potassium	542 mg
Carbohydrates	28 g
Fiber	10 g
Protein	9 g
Calcium	58 mg

Recipe copyright © 2015 American Heart Association. This recipe is brought to you by the American Heart Association’s Simple Cooking with Heart® Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.

CHURCHWIDE PW IN THE PC(USA) NEWS

Plan to attend the Churchwide Gathering!

The Gathering will be held June 18-21, 2015, at the Hyatt Regency in Minneapolis, Minn. Christian women (and a few men and children!) from across the country and around the world come together for this triennial event. Past Gatherings have included people of all ages and from more than 20 countries. The Gathering theme, “One Body, One Spirit,” based on 1 Corinthians 12:12–27 (NRSV) will explore the entire passage, paying particular attention to verses 12–13: *“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.”*

Things to do at the Gathering...

- Optional field trips to local Presbyterian, mission-focused and cultural sites.
- Join in worship with sisters in faith from around the country and the world
- Hear uplifting music and gifted preachers
- Find inspiration in the plenary (large group) sessions of Bible study to mission projects.
- Learn about your areas of passion and key issues in the world today through forums and workshops led by inspiring speakers.
- Get excited about the future of PW at the Business meeting, where our 2015–2018 PW leaders will be elected, a budget and programs will be finalized.
- Witness the installation of the newly elected leaders of PW’s Churchwide Coordinating Team.
- Visit the many exhibits and shop in the marketplace and bookstore.
- Take in some of the fun spots that Minneapolis has to offer.



Full registration is \$395. Hotel, travel and some meals are additional. Those needing a one-day registration pay \$125.

Housing and programming are all under one roof at the Hyatt Regency. Room rates are \$169 per room, per night, for one to four persons per room, plus tax.

Unfortunately, PW Churchwide scholarships are not available for this Gathering. However, consider applying for (or donating to!) scholarships through your local PW in your congregation, presbytery or synod.

Registration is now open by mail, fax and online. Go to:

www.presbyterianwomen.org/gathering, the PW Facebook page at www.facebook.com/presbyterianwomenpcusa and of course, *Horizons* magazine Nov./Dec. 2014 issue for a registration form. To order registration booklets call 800-524-2612 or visit www.pcusa.org/store and request item CWG12001.

What materials are available for promotion?

Contact your Presbytery moderator for the promo pack. Also, call 800/524-2612 or visit www.pcusa.org/store to order:

- registration books (CWG15001) and
 - save-the-date magnets (#CWG15029; limit 50).
- And, of course, your story of what the Gathering means to you is a powerful tool—share what the Gathering has meant to you with someone who has never been!

PW IN THE PRESBYTERY NEWS

Church Historians Take Note!

Don't forget to turn in your church historian report in to our PW Historian Darlene Shepherd. Either mail or email to: 316 N 4th St, Oskaloosa IA 52577, 641-673-5793, eddy62osky@mahaska.org. Thank you.

A note from our moderator:

Something Different!

(Moderators, please read this at your circle meetings to promote our 2015 Spring Connection, April 25, 2015 in Winterset, Iowa.)

Your Presbytery PW Coordinating Team is working thoughtfully to promote **positive growth and change** in our Presbyterian Women organization. Every group struggles with the challenge of difference and the church is no exception. Maybe you have seen demographic studies in the changing face of our society. Or maybe you've simply observed that your community, your neighborhood, is changing. **Change is the new normal.**

We try to make our local churches an oasis from the rapidly changing world we live in. We love stability, calm, routine, and no surprises. But, oftentimes, those "no surprises" ultimately bring our churches/PWs to an end. If we want to "thrive and grow", we **must function like living organisms—life and growth bring change.**

So, what all this means is that at your **Spring Connection of 2015**, you will experience a different type of event. Your leadership team (the PW Coordinating Team) is stepping out with a new vision. Pairs of women on the team have selected a topic to facilitate and lead you through some **thoughtful exercises** using a guide book written by Teresa Chavez Saucedo called *Practicing God's Radical Hospitality, Exploring Difference, Change and Leadership Through the Spiritual Discipline of Hospitality*. This booklet is an outgrowth of a decision made by a Churchwide Antiracism Committee.

You may read about Teresa before our Connection at the site below.

www.ecclesio.com/2014/10/the-spirituality-of-change-teresa-chavez-sauceda/

The **interactive** exercises that we invite you to be a part of will take you on a journey that will equip you as an individual and as a group. It will include Bible study, so bring yours if you desire, **personal reflection**; you will gain a better understanding of yourself and your own experience, and develop skills for looking critically at your organization as a system (in a non-threatening way). One of the best parts of this Connection will be the **conversation** you will have with others that will lead to transformative change, **inspire vision and action** that leads to change, as you seek to **work and live** in God's diverse world **as faithful disciples.**

As a representative on the Synod Coordinating team, I took part in a few of these exercises and knew that this was something that we should experience in our presbytery, whether we are in a diverse faith community or not. It touched my heart through examination of my heart and changed me in ways that I didn't know needed changing. I hope that you share this note with all the women of your church and make a decision to **make this a first time to attend a Connection** or a continued commitment to go to this **presbytery event for every woman.**

Look forward to:

- Barb Taylor (Newton) and Pam Deichmann (Winterset) will lead "Welcoming Each Other."
- Sharon Falck and Stephanie Cornelder from Oskaloosa will lead "A New Heaven and New Earth."
- Susan Tinder and Deanne Herr (Indianola) will lead "Practicing Cultural Humility."

Mark your calendar for April 25th and bring a caravan! You will take home something special at the end of the day—for certain.

Sue Kimball

Moderator of Des Moines Presbytery PW



ONE BODY ONE SPIRIT

an interactive experience

PW Spring Connection

Saturday, April 25, 2015 • 9AM—2:15 PM

Sponsored by PW—all women are welcome!

Winterset First United Presbyterian Church

210 W. Green St., Winterset, IA 50273

Lunch: \$6.00

RSVP: Pam Deichmann (515) 462-3227 or pam.deichmann@gmail.com *by April 20.*



SPECIAL OFFERING RECIPIENT:

New Hansen House in Des Moines for women recently released from prison.
A list of specific donations needed will be distributed to PW moderators in March.
Birthday Offering will also be taken/dedicated.

PW IN THE PRESBYTERY NEWS

Broken Bread is a Good Read!

The newsletter of Social Ministries for Peace and Justice of the Des Moines Presbytery, addresses local and global social justice issues. You can read the new Winter 2015 issue at

<http://dmpresbytery.org/missions/social-justice/item/21-broken-bread.html>. Contact *Broken Bread* editor Nancy Lister-Settle, neitherthecat@gmail.com, if you have story ideas, thoughts or suggestions.

Need a Ride or Want to Drive to the Churchwide Gathering?

Minneapolis, Minnesota is the place to make a multitude of memories in June at Churchwide and we will probably never have the chance again to have it located so close to us!

For some of you, the drive is pleasant and you would like others to keep you company on the trip to and from. For others, it's not in your comfort zone to drive, but you would be willing to contribute your share of the trip by carpooling with others. Please inform us of your interest in driving women and from what locale you would be leaving by calling Sue Kimball, 515-961-2493,



no later than May 1, 2015 (the sooner, the better). Do the same if you are interested in carpooling. We will try to assist in making transportation accommodations to the best of our ability.

Let's have a great representation at Churchwide from our presbytery! It will have a "butterfly effect" that will impact others for years to come!

Volunteer at Churchwide

For those of you who love to be helpful, there is a website in which you can sign up to volunteer for the different activities at the Gathering. It is pwsignup.com. If you have any questions, call Belinda Breit at 612-306-5961. Jobs such as ushering, interpreters, book group leader, passing out meals, assembling communion supplies and more are available. Meet others and be blessed.

Orange Day

The 25th of every month is considered a day of remembrance for the victims of domestic violence against women. So, on **Saturday, April 25, at the First Presbyterian Church in Winterset**, the day of PW's Spring Connection of the Des Moines Presbytery, please, consider wearing something orange!



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Pledge gifts to this effort so that justice and peace may prevail.

Thank you.

*Betty Elgin
Justice & Peace Coordinator*