



The Sower



Newsletter for the Presbyterian Women in the Synod of Lakes & Prairies

May, 2021

Editor: Kathleen Keefer

Moderator's Musings:

I love spring! I love the new green, the tulips and daffodils that bloom in my yard, the warmer temps, and the promise of new life that comes with the warmer weather. Spring is a season of hope. Hope for renewal of life, for starting new projects, for being renewed in spirit. But sometimes life turns out a different way.

My dad recently fell and broke his kneecap, so my sister and I are trading off staying with our parents and providing the needed care. One of us stays for a couple of days and then the other one takes her place. During the time I stay with them, I make meals, provide "transportation" around the apartment for Dad, make sure they take their meds, do laundry, and things of that nature. It's pretty intense, but I know I am a vital link for them to stay in their home. And I treasure the time with them.

But I treasure my "days off", too. It's a time to catch up on chores at my own home, read or work a puzzle, cuddle with my cat, and generally charge my batteries for the next round of care giving. I know that my mental health depends on having a break now and then, so that I can return to their apartment rested and renewed and ready to cheerfully provide what they need.

I wasn't planning on doing this for the 6 weeks that Dad will have to have his knee immobilized. I was planning on doing some gardening, getting a deck put back on the house, getting caught up on some indoor projects at the house. But this opportunity to provide care for the 2 people who cared for me for 18 years and beyond is precious and I am thankful for it. I also know that I can rely on the love of God to keep me going. Thanks be to God!

Sue Medsker-Nedderman
PWS Moderator

*Sketch of the Sower comes from: California's Ancient Cornucopia – The Weston A. Price Foundation

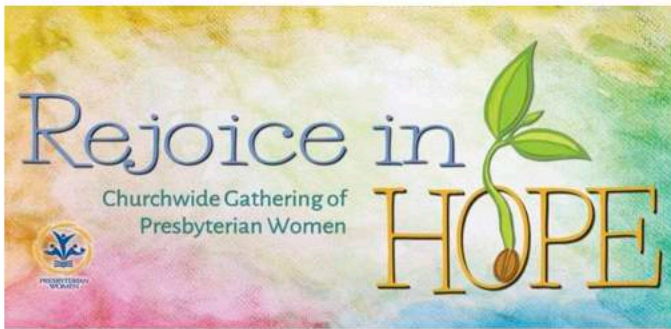
Amazon SMILE

Share and bookmark this link so all your eligible shopping will benefit PW.

<http://smile.amazon.com/ch/80-0473061>

PW, Inc. has received **\$3385.38** from Amazon Smiles as of 3/21/21. So much for so little!!! Please continue to use this for eligible shopping on Amazon.

**MARK YOUR CALENDARS for
the 2022 Synod Gathering – June
16-19, 2022 -- at the Hilton
Garden Inn in Sioux City, Iowa.**



CHURCHWIDE NEWS: You may have heard that the Churchwide Gathering scheduled for this coming August has been canceled! It was a very difficult decision to make but it was necessary to protect our PWs during this time of pandemic. There will be a Business Meeting, via Zoom (or other platform on **August 4th and 5th**. If you are a Voting Representative (VR) you should be already receiving documents and instructions. If you have any questions, please contact Patricia Longfellow at: patricia.longfellow@pcusa.org

A wonderful plenary and worship event (on-line) is planned for **August 5th** after the end of the business meeting. The Rev. Dr. Diane Moffett, president and executive director of the Presbyterian Mission Agency will be leading us in a time of rejoicing and renewal.

If you would like to follow the Gathering updates please send an email to patricia.longfellow@pcusa.org and she will put you on the list!



Calling All Gardeners!

The Online Gathering will also include a slideshow that both celebrates and strengthens Presbyterian Women. Would you like to thank a mentor, celebrate your PW group or highlight an amazing ministry? Three tiers of engagement allow you share your message and also financially support Presbyterian Women's mission and ministries!

Master Gardener level, \$5000+

Includes a two-minute or less video spot (provided by Master Gardener) during the online event on August 5th; a post on PW's social media channels (Facebook, Twitter and Instagram); Master Gardener's logo or name on Presbyterian Women's website July 1 – August 15, 2021; a slide in the Gathering slideshow; a mention in *Horizon's* magazine.

Cultivator level, \$500 – \$4,999

Includes Cultivator's logo or name featured on Presbyterian Women's website July 1 – August 15, 2021; a slide in the Gathering slideshow; a mention in *Horizon's* magazine.

Care and Tender level, \$100 - \$499

Includes a slide in the Gathering slideshow and a mention in *Horizons* magazine. Design assistance can be provided by PW staff for the Gathering slideshow – just ask!) Contact Carissa Herold at: carissa.herold@pcusa.org or 844.797.2872 ext 5322, to stake out your place in the PW garden! Please provide your name, phone number, email address and the focus of your ad/slide. Carissa will contact you with details regarding next steps and the timeline. Deadline: Reservations, art (or requests for design assistance) and payment due June 18, 2021.

Zoom video-conferencing (this is a repeat – so you know this is still available)

In these days where face-to-face meetings are not possible due to social distancing, Zoom video-conferencing presents as an option for PW coordinating teams to meet, stay connected and be supportive to one another. Our PW Synod renewed its Zoom services for another year. The PW Synod Coordinating Team has agreed to offer use of its licensed Zoom account to PW Coordinating Teams, Circles, Committees for group meetings or bible study should your church not have its own Zoom Account. Please contact Lana Schultz (lanaj0@casseltan.net) if you wish to schedule a Zoom meeting for your PW.





The growing need for mental health ministries

Breaking the stigma now

By Rich Copley, *Presbyterians Today*, April 20, 2021 (Entire article in May/June 2021 issue)

Since 1949, May has been known as “Mental Health Awareness Month.” As Presbyterians work to break the stigma in congregations, the simple act of wearing a lime green ribbon — the international symbol for mental health awareness — can be a start to getting much-needed conversations going. Encourage church [PW] members to wear a green ribbon to show others they care about their mental well-being.

First Presbyterian Church Yorktown [New York] and Oakhurst Presbyterian [Decatur, Georgia] are two of numerous churches across the country that have been working recently to address the mental health of people in their congregations and help people find resources to achieve better mental health. It is an effort that has been recognized at the national level of the Presbyterian Church (U.S.A.), which at the 2018 General Assembly called for the updating of the church’s policy on mental health called “Comfort My People” and designated funds for mental health resources, including establishing a staff position and grant program, and supporting the development of a grassroots Presbyterian Mental Health Network. [Find out more about “Comfort My People” and the Presbyterian Mental Health Network at www.pcusa.org/mentalhealth.] Rich Copley is the communications strategist for the Compassion, Peace & Justice ministries of the Presbyterian Mission Agency.

We all know someone:

ALZHEIMER’S REQUEST

Do not ask me to remember,



don’t try to make me understand.
Let me rest and know you’re with me,
kiss my cheek and hold my hand.

I’m confused beyond your concept,

I’m sad and sick and lost.
All I know is that I need you,
To be with me at all cost.

Do not lose your patience with me,
do not scold or curse or cry.
I can’t help the way I’m acting.
I can’t be different, though I try.

Just remember that I need you,
That the best of me is gone.
Please don’t fail to stand beside me,
Love me ‘til my life is gone.

Getting through these difficult days!

MINDFULNESS

Mindfulness

This is a good time to take a moment, breathe and practice mindfulness: Mindfulness is the practice of simply paying attention. We focus on what we are doing in the current moment, letting all else drift away. I practice mindfulness when I am doing the dishes, since this is not my favorite thing to do. I put my hands in the hot soapy water, lift the cloth and let all thoughts about the stressful things: things on my to-do list; all the news that is so horrible right now; money issues; health problems. I just focus everything on the dishes, feeling my hands clean them, scrubbing when necessary, rubbing when not. Pretty soon the dishes are done and I feel more at peace. My other time of using mindfulness, is when I am sitting in front of my sewing machine. I used to call what I do, Zen Sewing, but it is really simple mindfulness. The motion of the needle going up and down, the sound of the machine, the movement of the fabric in my hands becomes my focal point. I come away feeling refreshed and more at ease.

What are the other benefits of practicing mindfulness:

- Reduced Stress
- Increased Focus
- Improved Emotion Regulation
- Increased Emotional Intelligence
- Increased Empathy and Respect
- Increased Resilience
- Improved Physical Well-being
- Improved Creativity & Collaboration

When can we be mindful?

- Throughout the day during tasks that we always do: washing the dishes, dusting, putting away the groceries, cleaning the bathroom
- Walking mindfully, concentrate on each step, enjoying the beauty of God’s creation all around you.
- Eating mindfully – slowly, tasting each delicious bite
- Listening to a friend or colleague
- Anytime we can just focus on what we are doing and allow other things to drift away.

Mindfulness is not a religious practice, it is simply paying attention to what you are doing, being in the moment. It is also a great time to open your mind, heart and soul to voice of God! If you would like to learn more about Mindfulness, here are some books by Thich Nhat Hanh – [The Miracle of Mindfulness](#), [The Blooming of the Lotus](#), [Peace in Every Step](#), and [Being Peace](#). Submitted by Kathleen Keefer

Wired and tired after months of COVID-19 distress, it's time to recover our mental health

Dr. Lucy McBride

Excerpts from USA Today, April 3, 2021

We have been laser-focused on treating and preventing the physical symptoms of COVID-19 for over a year. Yet the full scope of suffering is only now unveiling itself.

We already know that trauma affects us, particularly if the trauma is sustained. The social, economic, and political upheaval of the last year combined with the uncertainty and fear of COVID-19 is nothing short of trauma. Pile on postponed doctor visits and unhealthy coping mechanisms, and a bad problem is made worse.

As expected, primary care doctors have witnessed a deluge of anxiety and depression. Now, the physical manifestations of cumulative trauma are washing ashore. Underlying health conditions are flaring, new medical problems have been unleashed, and our emotions are making us sick.

When faced with a threat like COVID-19 and robbed of our normal coping strategies, our bodies and minds naturally go on high-alert. We are sleepless, irritable, anxious, and easily startled. When fear overtakes us, we behave in ways that our rational brains wouldn't normally allow. We eat high-calorie comfort food. We gravitate to alcohol, marijuana, and other substances to cope.

Two in five Americans report an average weight gain of 29 pounds during the pandemic. They don't need fast fixes or a lecture on how to lose weight. They need tools to manage stress, emotional eating, and sleep issues — the real sources of their physical ailments.

Weight gain, for example, can be reframed not as a diagnosis but rather as a symptom of stress and dysregulated behavior. Instead of absolutist advice from articles, friends — or yourself — doctors can give more nuanced guidance and help patients address individual root causes. After all, every number on every scale has a story behind it.

The prescription for our patients' recovery is clear: it is to name, normalize, and help navigate mental health issues as an essential part of overall health. It is to provide a safe, non-judgmental space for listening and healing. It is to treat the high blood pressure and the anxiety that drives it.

After a year in distress, we are wired and tired. We need nuanced medical guidance and someone to trust. We need a dose of reassurance and a plan for recovery. We need science under our feet and doctors at our back.

The first steps toward post-pandemic health are seemingly simple yet vexingly hard for most of us. They are to reflect on our mental health, to draw connections to our habits, to find a primary care doctor, and to show up to our doctor exactly as we are: naturally flawed, predictably unsettled, and willing to be seen.

We have every reason to be hopeful. COVID-related deaths and hospitalizations are falling fast, and real world data confirms the stunning efficacy of our vaccines. The medical community has its hands on the science we need for reentry.

To fully recoup from COVID, we now need our arms around our patients. The doctor is in; are you?

Dr. Lucy McBride, an internist in Washington, D.C., is a health care educator, mental health advocate as we are: naturally flawed, predictably unsettled, and willing to be seen.

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Many Mental Health Resources are available through the PC(USA) website:

<https://www.pcusa.org/search/results/?q=mental%20health>

We have celebrated Earth Day for 51 years and we don't always do a great job of taking care of the planet God created for us! Here's some advice on becoming better stewards:



Last month the PWS Justice and Peace Book Club read, *Climate Justice*, by Mary Robinson. One of the questions raised was, "What can we do to support climate justice?" Responses and other findings follow:

1. Financially support organizations with a focus on climate justice solutions
2. Vote for leaders with a climate justice agenda
3. Use shampoo bars
4. Buy toilet paper that's 100% postconsumer recycled or renewable material which also comes packed in paper, not plastic.
5. Eat more plant-based items and cut back on red meat and dairy because methane from cows is damaging to the environment.
6. Recycling is a must.
7. Exchange plastic wrap and bags with reusable containers.
8. Use natural, 100% readily biodegradable, phosphate-free cleaning supplies.
9. Alternatively, make your own all-purpose solution in a spray bottle with one-half cup of white vinegar, 2 tablespoons of baking soda and water.
10. Switch from single-use coffee pods to coffee percolators. Single-use coffee pods currently in landfills could circle the Earth more than ten times.

11. Instead of paper towels, keep a basket of small folded towels by the sink, then wash them on cold. Paper towels result in 3,000 tons of waste each year.
12. Switch to laundry sheets, strips or detergent pods made from plant-based materials instead of plastics.
13. Look for products that come in reusable containers. Companies are now making refillable products of everything from mouthwash to deodorant.
14. Reducing an 8-minute shower by 60 seconds will save 60 gallons of water per month.
15. Keep thermostats at 68 degrees or lower at night to conserve energy, which is often supplied by a power plant using nonrenewable resources.
16. Consider growing a few houseplants as natural air purifiers. Fiddle-leaf figs and snake plants produce lots of oxygen.
17. Reduce the amount of energy wasted by well-insulating your windows, doors and walls against the cold.
18. Capture rain in barrels and use that gray water on your lawn and flowers. After all, only .007% of the water on our planet is available for drinking.
19. Instead of driving, ride a bike, walk or carpool. Implement a 30-minute rule—if it's less than a 30-minute trip, walk or bike.

What is happening at Peace Presbyterian Church, St Louis Park, MN

Who is your neighbor? Neighbors near and far are in need of prayer. Please pray for Michigan. COVID 19 is overwhelming their health system at this time. Please pray for the people of India who are facing seemingly insurmountable surge in COVID 19 cases.

Our church member **Eunice Goodrich** will be doing a Virtual Tour of Amsterdam (think spring



Tulips) Tulips were imported from Turkey 400 years ago.

Missions

A young church member, Elizabeth Greene, has initiated the establishment of a fund through our church to provide books for children in Liberia. The planning team consisting of: Dana Councilman, Elizabeth Greene, Mary Ann Christendom, Pastor Heidi and Josh Heikkila meets through the use of Zoom to work with the non-profit "Books for Africa."

Happy Spring from Michele Gallick, Twin Cities



Moderator

TREASURERS – PLEASE REMEMBER TO SEND YOUR CHECKS FOR MISSION PLEDGE AND OTHER DONATIONS TO:
 TERRI SHERMAN,
 12244 N. 84TH STREET
 LINCOLN, NE 68517
 SHE IS THE NEW TREASURER FOR Presbyterian Woman in the Synod.



What is happening in your circle? Church?

Presbytery? Send a story to

kathleenkeefe20@gmail.com and tell us about it!

2020-21 Dakota Presbytery

PWS NATIVE AMERICAN EDUCATIONAL SCHOLARSHIP



Has your PW been looking for ways to show God's love and your caring concern to our Native American friends in the Dakota Presbytery? A new opportunity is now available!

The PW of the Synod of Lakes and Prairies has established a new scholarship for Native American students who are attending a Native American College. This scholarship will become a reality only with your support and prayers. Will you consider helping to make this scholarship a continuing PW project?

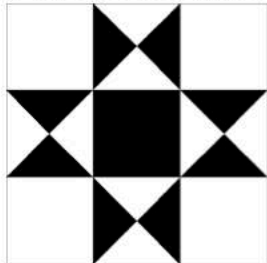
Please send funds for the scholarship to: Terri Sherman, SLAP Treasurer, 12244 N 84th Street, Lincoln, NE 68517; on the memo line indicate Native American Scholarship Fund.

Sharon Falck
NACC Moderator

CALLING ALL QUILTERS

Susie Amos, PW moderator of Dakota Presbytery PW, is working on quilts which will be auctioned at the Mission meeting in August 2021 to raise funds for the Dakota PW.

She has received some blocks but needs many more. The **12 ½ x 12 ½ block** can be any design you choose. Susie asks you to put your name, address and the name of a woman and what she did to influence your life (keep this short)



Please send them to: Susie Amos, P.O. Box 104, New Effington, SD 57255

Bdecan Presbyterian Church – Vacation Bible School

Physical Address: 8194 34TH ST NE Tokio ND 58379

Mailing Address: PO Box 141 Tokio, ND 58379

Bdecan Presbyterian Church, the only Native American Presbyterian Church in North Dakota, is located on the Spirit Lake

Reservation in north central North Dakota. An important way to "keep Christ's love at our center" for the children is to host 10-12 member mission



teams who would lead **Vacation Bible School** for a week during the summer. The 20-30 children in the community love VBS and never tire of it! VBS is so critical for the children for many reasons, including learning about and experiencing God's love, as well as participating in positive activities when few other activities exist for the children. In addition to VBS, a hands-on mission project could be done, as well as participating in a "cultural night". Hotel options for lodging are about 20 miles away in Devils Lake.

Won't you consider putting together a team and taking VBS on the road connecting with children and adults? It promises to be a great learning experience for you too. Contact Rosie Helland for additional information at

bdecanpresbyterianchurch@gmail.com or
(701)294-2283.

PW CREATIVE CORNER:

I'm a fan of home makeover shows, so this year for Christmas one of my daughter's gave me a subscription to the [Magnolia Journal](#): Inspiration for Life and Home that is published by Joanna and Chip Gaines of "Fixer Upper" fame. I thought this little poem in the most recent issue was nice:

THERE IS
Time to sit still
Time to dream
Time to try
Time to fail
Time to learn

Time to get to work
Time to play
Time to think
Time to change your mind
Time to start over
Time to grow
THERE IS NO WASTE OF TIME.
Submitted by Jeanine Brandt

The following portions of an article in the April 21, 2021 issue of the Postville Herald are reprinted with permission from Sharon Drahm, news editor, and the Freys. Emily is the daughter of Larry and Annette Frey of Postville, IA and the granddaughter of the late Lindy and Betty Frey. Betty was an active and faithful PW member for many years.

Emily Frey, a sophomore at Postville High School, has had a poem selected for publication in the Young American Poetry Digest. Mr. Sean Singwald, a teacher at John R. Mott High School, submitted the poem after Frey submitted it in his science class.

Mr. Singwald explained, "I teach science so this was an extra credit opportunity or a "just for fun" project. I came up with the idea while driving to school during the week of Dr. Martin Luther King, Jr. Day. While listening to NPR (National Public Radio) they gave a writing prompt entitled, 'I dream a world...'"

He went on, "I have always been interested in student insights and how they view things so I thought this was a great way to showcase that insight ... When I saw Emily's poem, I knew it did everything I want poetry or literature to do when I read it ... I got chills in the back of my arms and made me pause and think. I found myself tearing up. At the end, I couldn't believe what I read, the topics that were covered and most of all, the thinking and feeling behind the words."

When asked about how he decided to submit Frey's poem for publication, her teacher said, "It was totally by chance as I saw a flier in the teachers' lounge and I had exactly one day to send it to the *Young American Poetry Digest*."

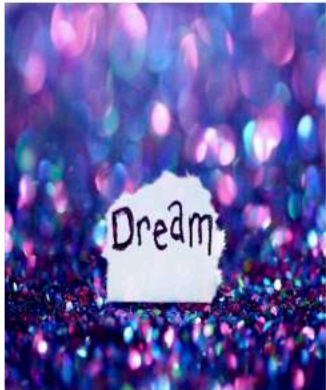
Last week, Emily and her parents received notice that her poem will indeed become part of the publication. The notification letter said in part, "The selection panel members are educators who select only the best poems submitted, poems that are especially well written for the age level of the student."

Emily's poem, which she noted reflects her heart-felt wishes and dreams for our world, is printed below:

I dream a world

By Emily Frey, 10th grade

I dream a world in which people are not immediately judged by their skin tone
A world where persecution does not yet have a definition
A world in which love is love, and consent is cared about
A world in which people with disabilities are not treated like monsters
A world where our leaders are good and fair, and not an embarrassment to our country
A world in which you have the right to make decisions over your own body autonomy
A world where you don't have to worry about being littered with bullets while getting an education
A world in which no human is illegal on stolen land
A world in which you don't have to choose between debt and life
A world where being able to make enough money to live free of stress is not an argument
A world where we recognize that we are killing our planet and work to change that
A world in which ignorance is not accepted as an answer.



Following notification that Emily's poem has been accepted for publication, Mr. Singwald said, "I am really excited for Emily and I can't wait to see what she does in the future. I'm glad the world will have a chance to see this wonderful piece of writing. I am changed for it, and I appreciate Emily's honesty and willingness to share these thoughts with me and the world."



Prayer Walk

Go for a walk and use this guide to pray as you find each item!



Bird - Thank God for promising to always be with us.



Bug - Ask God to heal those who are sick.



Red Flower - Ask God to protect those in the medical field.



Evergreen - Ask God to give leaders wisdom.



Nut/Seed - Ask God to take care of your family & friends



Fallen Leaf - Ask God to take care of your neighbors.



Butterfly - Ask God to use the church to share his love.



Yellow Flower - Ask God to bring revival through this time

JUSTICE & PEACE CALENDAR

MAY

1 May Day; https://en.wikipedia.org/wiki/International_Workers%27

Day 3–9 Children's Book Week; <https://everychildareader.net/cbw/>

3–9 PW Together in Action Days for Children's Literacy; www.presbyterianwomen.org/justice

4 National Teacher Day; <https://www.nea.org/>

6 National Day of Prayer; www.nationaldayofprayer.org/

8 World Fair Trade Day; <https://wfto.com>

8 Stamp Out Hunger drive; <https://about.usps.com/corporate-social-responsibility/nalc-food-drive.htm>

9 Mother's Day; www.presbyterianmission.org/story/a-prayer-for-mothers-day/

16 Intercultural Church Sunday; www.pcusa.org/resource/intercultural-ministries-19226/

22 International Day for Biological Diversity; www.cbd.int/idb

23 Pentecost; www.presbyterianmission.org/ministries/worship/christianyear/pentecost/

30 Mission Worker Sunday; www.presbyterianmission.org/story/may-26-2019/

31 Memorial Day

June

JUNE 4 National Gun Violence Awareness Day; <https://wearorange.org/> www.nasponline.org/research-and-policy/policy-matters-blog/national-gun-violence-awareness-day

19 Juneteenth; <https://en.wikipedia.org/wiki/Juneteenth>

20 Father's Day; Men of the Church Sunday; www.presbyterianmission.org/ministries/men

20 World Refugee Day; <https://www.un.org/en/observances/refugee-day>

27 PC(USA) World AIDS Sunday; www.presbyterianmission.org/ministries/phewa/pan/

JULY

4 Independence Day; www.presbyterianmission.org/ministries/worship/independence-day

4 Immigration Sunday; <http://oga.pcusa.org/section/mid-council-ministries/immigration>

AUGUST 6 Hiroshima Day; <https://pda.pcusa.org/pda/resource/hiroshima-day-prayer/>

9 International Day of the World's Indigenous People; www.un.org/en/observances/indigenous-day

15 Day of Prayer for the Peaceful Reunification of the Korean Peninsula; <https://www.pcusa.org/resource/sunday-prayer-worship-for-peaceful-reunifica-78123/>

19 World Humanitarian Day; www.worldhumanitarian.org/ and https://en.wikipedia.org/wiki/World_Humanitarian_Day

22 Public Education Sunday; www.presbyterianmission.org/ministries/compassion-peace-justice/child/ SEPTEMBER
Thank Offering of Presbyterian Women; www.presbyterianwomen.org/thank

August

1 World Day of Prayer for the Care of Creation; www.creationjustice.org/world-day-of-prayer-for-the-care-of-creation.html

5 Season of Peace begins; <https://www.presbyterianmission.org/ministries/peacemaking/season-peace/>

6 Labor Day; www.iwj.org/resources/plan-labor-day-service

8 International Literacy Day; www.un.org/en/observances/literacy-day

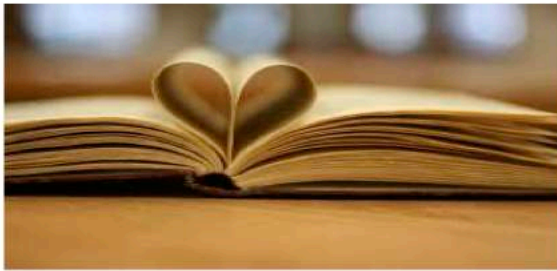
19 Global Week of Action Against Gun Violence begins

21 International Day of Peace; <http://presbyterian.typepad.com/peacemaking/2010/08/celebrate-the-international-day-of-peace.html>

24 Native American Day; https://en.wikipedia.org/wiki/Native_American_Day

Report your NEW PW Leadership – Synod, Presbytery and Congregation

In order to keep your PW leadership informed of “all things” PW, be sure to forward a complete list of your PW leadership, including name, email address and leadership role to Patricia Longfellow at patricia.longfellow@pcusa.org.



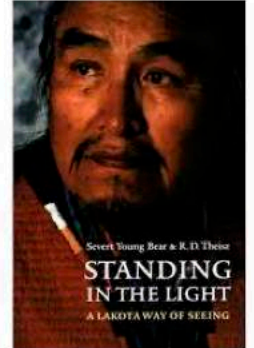
PRESBYTERIAN WOMEN READ...

If you have a book you think everyone should be reading, send the title, author and a brief review to: kathleenkeefe20@gmail.com

NATIVE AMERICAN CONCERNS COMMITTEE BOOK STUDY

Standing in the Light: A Lakota Way of Seeing by Severt Young Bear & R. D. Theisz

May 10, 24 and June 7. For most of his adult life, Severt Young Bear stood in the light - in the center ring at powwows and other gatherings of Lakota people. As founder and, for many years, lead singer of the Porcupine Singers, a traditional singing and drumming group, he also stood, figuratively, in the light of understanding the cherished Lakota heritage. Young Bear's own life in Brotherhood Community, Porcupine District of the Pine Ridge Sioux Reservation, is the linchpin of this narrative, which ranges across the landscape of Dakota culture, from the significance of names to the search for modern Lakota identity, from Lakota oral traditions to powwows and giveaways, from child-rearing practices to humor and leadership. "Music is at the center of Lakota life," says Young Bear; he describes in rich detail the origins and varieties of Lakota song and dance. A descendant of chiefs and of Wounded Knee survivors, he recounts his role in Wounded Knee II 1973 and his association with the AIM Song. A highly respected musician, teacher, and elder, Severt Young Bear performed with the Porcupine Singers throughout North America, taught at Oglala Lakota College, and served on the Oglala Sioux tribal council. He was music and dance consultant for the films *Dances with Wolves* and *Thunder Heart*. This book is the fruit of his long friendship and collaboration with R. D. Theisz, a fellow Porcupine Singer and professor of communications and education at Black Hills State University.

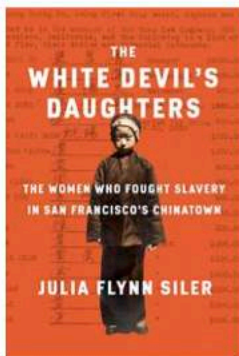


Justice and Peace Book Club:

White Devil's Daughters, by Julia Flynn Siler will be discussed on June 14, 2021

Datebook review by Anisse Gross, May 9, 2019

In the Evergreen Cemetery in East Los Angeles, Donaldina "Dolly" Cameron, a Presbyterian missionary from a Scottish American family, and Tien Fuh Wu, a Chinese woman who was brought to America as a household slave, are buried side by side. How these women from very different backgrounds became intertwined is at the heart of Julia Flynn Siler's meticulously researched and inspiring new book "The White Devil's Daughters: The Women Who Fought Slavery in San Francisco's Chinatown."



The book opens with a teenage indentured prostitute, Jeung Gwai Ying, whose captors have allowed her 30 minutes at a local beauty parlor. Before they return, she escapes into the night, climbing the hill to a home she'd only heard about, where women could be safe. She rings the doorbell and is welcomed inside by women who encourage the teen: "Tell us your story."

Telling their stories is what Siler does, recounting the bravery of the women who dared escape their imprisonment and the devotion of the women who ensured their safety. The lens is on the early years of Chinese immigration to San Francisco during the late 19th century, when thousands of Chinese women were sold and brought in as domestic slaves and prostitutes to work in the brothels and homes of the city's

Chinatown district. Siler draws upon a vast array of sources, from letters to fascinating photographs of the time, to paint the city's lawless early years, when smugglers operated largely with impunity.

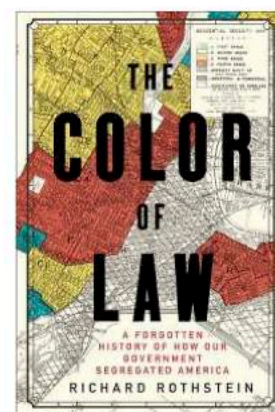
While many city officials were willing to look the other way (while sticking one hand out for bribes), a small group of Presbyterian women scraped together funds to purchase a boardinghouse on Sacramento Street, which would become the Occidental Mission Home for Girls, a safe haven to house Chinese girls and women from Chinatown's slavery syndicates.

<https://datebook.sfchronicle.com/books/review-white-devils-daughters-excavates-ghastly-history-of-indentured-chinese-women-in-sf-and-the-authority-defiers-who-rescued-them>



The Color of Law by Richard Rothstein will be discussed on August 9, 2021

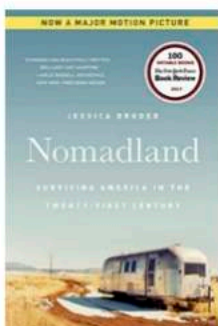
The Color of Law: A Forgotten History of How Our Government Segregated America is a 2017 book by [Richard Rothstein](#) on the history of [racial segregation in the United States](#). The book documents the history of state sponsored segregation stretching back to the late 1800s and exposes racially discriminatory policies put forward by most presidential administrations in that time, including liberal presidents like [Franklin Roosevelt](#).^[2] The author argues that intractable segregation in America is the byproduct of explicit government policies at the local, state, and federal levels, also known as *de jure* segregation — and not happenstance, or *de facto* segregation.^[3] Among other discussions, the book provides a history of [subsidized housing](#) and discusses the phenomena of [white flight](#), [blockbusting](#), and [racial covenants](#), and their role in housing segregation. Rothstein wrote the book while serving as a research associate for the [Economic Policy Institute](#), where he is now a Distinguished Fellow.



The book has been reviewed many times and was received with critical acclaim; among other honors, it made the longlist for the 2017 [National Book Awards](#),^[4] was placed at number four on [Publishers Weekly's](#) Top 10 Best Books of 2017,^[5] and won Rothstein the [2018 Hillman Prize for Book Journalism](#).^[1] It went on to become a bestseller during the mid-2020 resurgence of [national interest in racial injustice](#) following the [George Floyd protests](#).^[6] As of the December 20th, 2020 issue, the book has spent 32 total weeks on [The New York Times Best Seller list](#).^[7]

Wikipedia, https://en.wikipedia.org/wiki/The_Color_of_Law

NOMADLAND



Jessica Bruder, an award winning journalist, became interested in people who were adversely affected by the 2008 financial collapse. She decided to better understand what she had heard and read about them she felt she needed to get to know them. She began seeking them out in areas where there were seasonal jobs, driving to the areas where they had parked their vans, motor homes, school buses and family autos outfitted to live in them. She met people from all walks of life, many retirement aged and older for whom the amount they received from social security was not enough to pay rent, or a mortgage, let alone pay medical bills and have food to eat. The younger people often had had excellent jobs then were laid off with few or no benefits. They did not like to be called “homeless” they preferred “houseless”.

Locating them and talking with them did not satisfy her desire to really understand what they were going through as they moved from place to place across the country seeking jobs. Bruder purchased a used van and traveled with them as they found jobs in the sugar beet harvest in Dakota, serving as hosts at National Parks which meant cleaning up after the other campers and becoming “Campforce” people, hired by Amazon to work

in warehouses all over the country during the Christmas rush just to name a few.. She found them to be caring, resilient, trustworthy and creative.

The movie made in 2020 received Oscars for Best Picture, Best Director and Frances McDormand, Best Actress . The movie stayed true to the story, however reading the book prior to seeing the movie made it easier to understand the direction the film took.

Submitted by Sharon Falck



If you **still** haven't yet taken the pledge ...here is the information!!

Take the Pledge: I commit to Thursdays in Black. In solidarity, in protest, in mourning, for awareness and in hope. By supporting Thursdays in Black, I stand in solidarity with 1 in 3 women worldwide who face violence in any form. In protest against systems and societies that encourage violence in any form. In mourning for men, women and children who are harmed and killed in sexual

violence. For awareness and knowledge about the challenges of sexual and gender-based violence. In the hope that a different reality is possible. Go to: <https://www.ecumenicalwomenun.org/> Click on the Thursdays in Black link, scroll down to take the pledge. Be sure to enter Presbyterian Women as your organization.

Register today to join a book study . . .

Standing in the Light:

A Lakota Way of Seeing

by Severt Young Bear & R. D. Theisz



This book study is sponsored by Presbyterian Women in the Synod of Lakes and Prairies and led by members of the PWS Native American Concerns Committee.

It is open to interested women and men across the synod,
via Zoom videoconferencing (using computer or phone)

There is no charge to participate nor to use Zoom, yet registration is required.

Dates: May 10, May 24, June 7

Daytime study begins at 1:30-2:30 PM (CST)

Evening study begins at 6:30-7:30 PM (CST)

Synopsis: For most of his adult life, Severt Young Bear stood in the light - in the center ring at powwows and other gatherings of Lakota people. As founder and, for many years, lead singer of the Porcupine Singers, a traditional singing and drumming group, he also stood, figuratively, in the light of understanding the cherished Lakota heritage.

Young Bear's own life in Brotherhood Community, Porcupine District of the Pine Ridge Sioux Reservation, is the linchpin of this narrative, which ranges across the landscape of Dakota culture, from the significance of names to the search for modern Lakota identity, from Lakota oral traditions to powwows and giveaways, from child-rearing practices to humor and leadership. "Music is at the center of Lakota life," says Young Bear; he describes in rich detail the origins and varieties of Lakota song and dance.

A descendant of chiefs and of Wounded Knee survivors, he recounts his role in Wounded Knee II 1973 and his association with the AIM Song. A highly respected musician, teacher, and elder, Severt Young Bear performed with the Porcupine Singers throughout North America, taught at Oglala Lakota College, and served on the Oglala Sioux tribal council. He was music and dance consultant for the films *Dances with Wolves* and *Thunder Heart*. This book is the fruit of his long friendship and collaboration with R. D. Theisz, a fellow Porcupine Singer and professor of communications and education at Black Hills State University.

Register by contacting Marilyn Stone at mmstone52@att.net

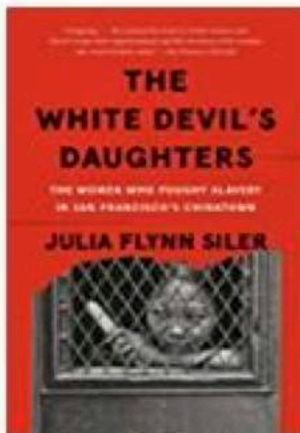
Provide the following information:

- | | |
|-----------------|---|
| - Email address | - Name |
| - Presbytery | - Phone # |
| | - Afternoon or evening study preference |

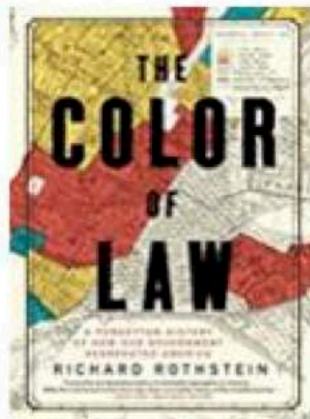
JUSTICE AND PEACE BOOK CLUB

- READ A BOOK EVERY TWO MONTHS
- RECEIVE STUDY GUIDES TO INFORM YOUR READING
- DISCUSS THE BOOKS WITH OTHERS VIA ZOOM

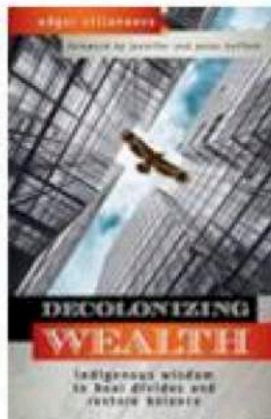
BOOKS FOR THE 2021-2022 READING SEASON:



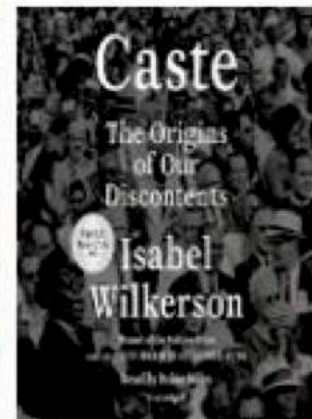
June 12, 2021



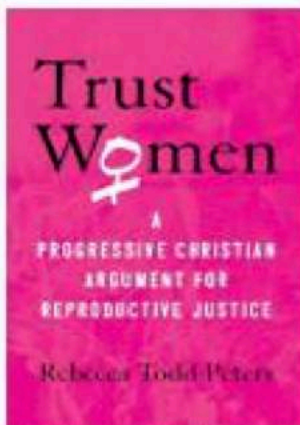
August 9, 2021



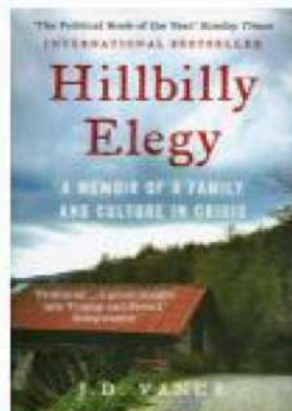
October 11, 2021



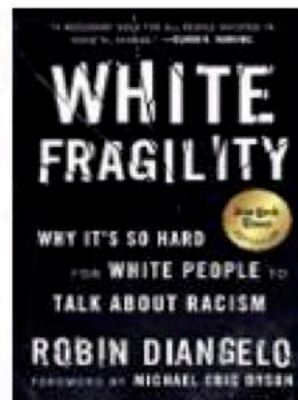
December 13, 2021



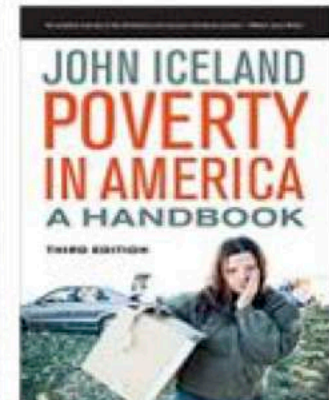
February 7, 2022



April 11, 2022



June 13, 2022



August 8, 2022

Most of these books are recommended by Presbyterian Women. There will be two times to join the Zoom sessions, 12:30 – 2:30 pm and 6:30 – 8:30 pm (Central Time). You must be registered to receive the study questions and to join the call due to Zoom protocol. Contact Kathleen Keefer at: kathleenkeefe20@gmail.com. You do not need to commit to participate in future book discussions as you will register for each one separately. The "CLUB" is open to all regardless of gender.

Presbyterian Women (PW) is the national women's organization of the Presbyterian Church (U.S.A.). With more than 300,000 members and 30 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.

www.presbyterianwomen.org

Here is a link to the Who-Ya-Gonna-Call? The Who's Who at PW National

https://www.lakesandprairies.org/files/448_pw_national_staff.pdf

The Synod of Lakes and Prairies website, find a link to "The Sower" there too.

<http://www.lakesandprairies.org/>

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

"The Sower" publishing dates are February, May, August & September. 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.slap@gmail.com

If you have an e-mail address change, please send the notice of change to the Editor at the above e-mail address. If you know someone wants to subscribe, please send the name and e-mail address to the above e-mail address. If you no longer wish to receive "The Sower", just send that request, yes, to the above cited e-mail address.



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Terri Sherman, treasurer
Kathleen Keefer, CW BOD
rep
Judy Bell, historian
Gloria Rust, Search
moderator

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U. S. Mail

This newsletter is being sent by e-mail to all who have provided an e-mail address. Please forward to the members of your PW or make copies of this **The Sower** and give those in your PW group a copy. Urge them to share it with others. Don't keep this info a secret!!

If you are no longer the moderator or don't wish to receive this newsletter, please let Kathleen Keefer know who the new moderator is or your request to be taken off the mailing list at thesower.slap@gmail.com or call 712.542.0039

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