



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

October 2019

# Views from the Rockies

► **Fall Gathering Photos**

**pages 4-5**

## Rocky Mountain Synodical President's Corner

### It's No Mystery...

...the Fall 2019 RMSWO Gathering at St. Paul Lutheran Church in Albuquerque, New Mexico was incredible! Over 50 women met to worship, visit, learn, pray, sing and EAT! After all arrived Friday evening, we enjoyed a baked potato bar meal followed by a movie – “The Staircase” – based on the true story of the miraculous staircase at the Chapel of the Sisters of Loretto Convent.

Saturday morning, we sang songs featuring the words “mystery” or “mystic.” Pastors Kristi Koppel and Bre Roberts then led us in a “Team” Bible Study. The first workshop featured Gail Starr, who gave an informative and thought-provoking presentation about ABQ S.A.N.E. During lunch, we heard briefly from some of our vendors and exhibitors: Judy Messal, Joy Junction (serving families in transition), the Rape Crisis Center, S.A.N.E. and Storehouse (a local food bank).

Our Keynote Speaker was Carolyn Good, entralling us with information about the organization “Parliament of the World’s Religions.” Carolyn also shared music from “Interfaith,” a work in progress to become a Broadway musical. Pastors Koppel and Roberts started the final session of the Bible Study inside and then led us outdoors to the beautiful Labyrinth on the grounds of St. Paul. Laura Combs gave a passionate talk about the work that she and others do with Family Promise, an organization assisting families with children who experience homelessness. Rhonda Bentz entertained us with photos and videos of “Mysteries of the Southwest.” ...what REALLY did happen to all of that hidden GOLD!?!?

Dinner that evening was a plentiful buffet featuring local green chili dishes and local recipes. Our dinner speaker was Tina Kvitek with the ELCA Foundation, who gave us her best “Sherlock Holmes” impersonation and a Food-for-Thought Power Point presentation.

Evening worship and Sunday morning worship rounded out a weekend full of blessings. Read more about each event in this issue of “Views from the Rockies.”

God’s Blessings!  
 Julie

### In this Issue

RMSWO President’s Corner.....	1
Albuquerque SANE .....	2
Keynote Speaker, Carolyn Good .....	3
RMSWO Gathering Bible Study .....	3
Tina Kvitek, ELCA Foundation .....	4
Photos from the RMSWO Gathering.....	4-5
Family Promise, Laura Combs .....	6
Current for Curran Project .....	7
Summary of Gathering Survey .....	7
Save the date: 2020 Convention .....	7
Gathering Financial Report.....	8
Gathering In-Kind Donations .....	8
Ribbon Jello .....	9
Photos of prizes.....	9
Gathering prize donators and photos .....	10
The Staircase film and photos.....	11
Triennial Gathering Poster.....	12
RMSWO Board.....	13
Views Information .....	14

# Albuquerque SANE

*If you have sensitivity or are triggered by a conversation about rape and/or domestic violence, please do not read this article. This article is information shared at the Gathering*

On Saturday, September 21, the Synod's RMS-WO Gathering was a full day of learning, meditating and responding about and to God's love.

The first workshop of the day was sponsored by the Albuquerque SANE program. "SANE" nurses are trained as "Sexual Assault Nurse Examiners." In Albuquerque and surrounding areas, the SANE nurses work as a unit to aid and assist all victims of sexual assault.



Gail Starr spoke passionately at the Gathering about this subject. After working as a Registered Trauma Nurse (RN) for 16 years, she is now a coordinator of the SANE program. SANE training, starting in 1976, is an international, in-

tense programing focusing on the medical aspect of sexual assault. SANE nurses are much more than a medical partner in this field. They also work closely with law enforcement.

Facts:

- All SANE services are free.
- IPV (Interpersonal Violence) is very common.
- ACE (Adverse Childhood Events mainly from domestic violence) is very common.

National Statistics:

- 1 in 4 women have been raped or rape has been attempted. Of these, 1 in 3 women are victims of domestic violence.
- 1 in 6 men have been raped or rape has been attempted. Of these, 1 in 7 men are victims of domestic violence.
- About 1 in 5 reports of abuse are sexual abuse.
- 75-80% of sexual abuse victims know their predators.

The focus of the SANE system:

- To provide education
  - to assist the victim to know the options
- To collect forensic evidence
- To assist the victim to move from victim to survivor

- 50% of sexual assault victims now live with PTSD. (In contrast, 15% of the military live with PTSD.)

- SANE nurses are sometimes asked to testify in court

Trauma from sexual assault:

- Anguish
- As real as any other wound
- Each person reacts and acts differently, which influences how they respond to the healthcare provider
- Each person deserves medical care
- Rape is about power and control, not sexual

More facts:

- Sexual assault victims
  - 50% live with depression
  - 50% consider or complete suicide
  - 61% live with PTSD

What we know about perpetrators

- Most are male
- 91-96% of men are not perpetrators
- Most 'don't look like rapists'
- Most perpetrators rape many times before they get caught
- Victims are more likely to be victimized again
- Most done by serial rapists (90-95%)
- Average age when offending begins is 13-14

Studies show that sexual assault victims under 17 years old live 20 years shorter lives than the average population.

SANE provides resources to get out of domestic violence situations safely. SANE educates both victims and the public.

Advise for how we women can help victims

(known or not known to us personally):

- Start by believing, with language such as: "I believe you." "It's not your fault." "Do you want to tell me more?" "Thank you for telling me."
- Be sensitive
- Be aware of your own bias
- Offer a judgement-free zone
- Domestic violence victims mistrust the legal and the healthcare systems
- Sexual assault victims fear being judged and already feel shame
- Churches need to be aware to be a safe place; for example:
  - Do NOT say "give me a hug." DO ASK "Can I give you a hug?"

To learn more, check out their website: [abqsane.org](http://abqsane.org).

# Keynote Speaker, Carolyn Good

In 1893, leaders and followers of the world's religions gathered in Chicago, Illinois to discuss the importance of finding common ground among each other's beliefs. It would be 100 years before a similar gathering occurred!

Having been involved with the World Council of Churches, Carolyn Good was a natural fit to attend the November 2018 gathering of what is now called "Parliament of the World's Religions."

After the 1993 event, organizers and attendees realized how crucial it is to try to convene every few years. The recent "Parliaments" have taken place in the Americas, and it is hoped that countries on other



continents will be able to host future gatherings.

Carolyn described how by this time, these "Parliament" gatherings have become such huge and varied events that they require an inch-thick catalog to keep track of all that is offered over the week-long time period. Speakers and presentations about cultures, religions and beliefs were from all over the world, and all are welcomed with respect and acceptance.

Before and after her talk, Carolyn played music for us from a yet-to-be-staged Broadway musical, "Interfaith." The song themes were that we have more in common with each other than we might think!

## RMSWO Gathering Bible Study Sessions

### Session I:

Pastor Kristi Koppel of St. Paul's Lutheran Church, Albuquerque, N.M. and Pastor Bre Roberts of Campus Ministry at UNM & CNM, Albuquerque, N.M. made their presentation using a dialogue format with a strong emphasis upon what All Faith Communities have in COMMON which pulls us together (such as, Baptism, Communion) rather than what separates us into different denominations! The example that Pastor Bre shared that even though she is a Lutheran Pastor, her husband is a Pastor of a Disciple of Christ Congregation!! Pastor Bre's emphasis as she works with Campus Ministry is the Presence of God rather than a particular way of Worship.

The Bible Study was based upon scripture as found in I Corinthians 1:10 and Ephesians 4:4-6, along with a book entitled "The Use of the Means of Grace" (1997) which was used as a resource.

### Session II

The focus was upon using a Labyrinth. They shared that walking using a Labyrinth has been part of the Church for centuries, as it creates a pathway in which God can illuminate those who mediate as

they walk--creating a union between God and each person. The Pastors, again, made their presentation



in a dialogue manner and stressed that as we exit to St. Paul's Labyrinth to stay focused, be prayerful, and be in a devotional mode, as based upon the scripture of Ephesians 6: 19. An added benefit of St. Paul's Labyrinth was that IF walking was not an option for anyone, there is a beautiful garden area which also has tables and benches that participants can use for meditation as well. There

was a sign on a rock at the Entrance to the Labyrinth which truly says it all!

"All are Welcome. Walk the Labyrinth. You are Not Alone. God is Love."

# Tina Kvitek ELCA Foundation Gift Planner



Dressed in her best Sherlock Holmes costume, complete with pipe and deerstalker hat, Tina Kvitek gave us clues and tried to solve some of the mysteries of charitable giving. (*Tina is pictured at left with Sharon Hamilton.*)

Tina is a Regional Gift Planner with the ELCA Foundation and is assigned to the Rocky Mountain Synod. Just as estate planning is a wise idea for individuals and their families, estate gifts to charitable organizations can help them with their plans for the future. Tina shared some statistics about charitable giving that were concerning, but also encouraging.

Please consider inviting Tina to give a presentation in your congregation!

## Photos from the RMSWO Gathering 2019



*St. Paul Lutheran Church*



*Baptismal quilt hanging at St. Paul.*



*Sunday morning with Pastor Kristi.*



*Kitchen staff at St. Paul, above. Sharon Hamilton with painted balloon, at right..*





*More from the Gathering*



**Top 4 photos, clockwise:** President Julie Elmquist; Rhonda Bentz, Strange Things Happen in New Mexico; Judy Messal, Centro Santa Cataluna; The Storehouse.



**Bottom 6 photos, clockwise starting at top right:** Luther House with Pastor Bre; Walking the Labyrinth; Joy Junction, Patrick Hankins; RMSWO Board relaxing with friends; Tina at ELCA Foundation Booth; Suzanne Green with SANE Albuquerque.



# Family Promise by Laura Combs of Albuquerque

Family Promise (the former IHN, Interfaith Hospitality Network) is a nationwide program to help families that are homeless. The program is found in most major cities. The need for this service far outweighs the availability.

In New Mexico there are approximately 7,000 homeless children. Of the school age children, about 45% are homeless. Living paycheck to paycheck is normal for 80% of New Mexicans.

Unemployment and a lack of affordable housing are increasing the homeless population.



Family Promise has national guidelines to follow. You must have at least one child under the age of 18 in your custody, you must be able to get a driver's license, and you must be able to pass a drug test, including marijuana. They take applications over the phone, after which background checks are completed, a face-to-face interview with more questions about their current situation occurs, and then the family is put on a waiting list. The family must then wait for another family to get back on their feet

before they are chosen to enter the program. Depending on the family, most are in the program for 3 - 6 months until they have found their footing and are able to manage without assistance from Family Promise. The office still stays in contact with the families for at least 2 years to make sure they are doing well.

The families are housed at area churches for a week at a time. Albuquerque has 18 churches that open their Sunday School rooms for bedrooms and their Fellowship halls for meals. They also have 7 helper churches that provide meals, fellowship, and other needs. The 4 or so families are fed an evening meal and breakfast. During the day, the families can go to the Day House to use the computer to look for jobs or let the kids play. Lunch is on their own but some churches have enough leftovers for the families to use. Every penny that they save means less time until they are on their own again.

While families are in the program, counseling on financial matters, parenting classes, skill classes, mock interviews, and many more opportunities improve their lives and their ability to lead a stable life for their families.

Family Promise has been given some mobile homes that they have refurbished and then offered to some of the families as permanent homes. The family pay a small mortgage fee each month to help defray the cost of the refurbishing (done by volunteers).

Family Promise also has an eviction prevention service that provides some money for applicants to help pay rent, thus helping to prevent eviction and homelessness. This is a one-time only service and the money goes fast per quarter.

Family Promise has been a lifesaver for many families over the years and they are proud to offer their services to those in need. For those who call on us and don't fit the requirements the office staff will give out names and phone numbers of other services in the area that may be able to help the caller.

# Current for Curran Project

Curran Hospital is a Lutheran hospital located in Lofa County, Zorzor, Liberia, about 200 miles from capital city, Monrovia. The hospital has 125 beds, outpatient services, a school of nursing and supervision for 23 community health centers and clinics. Lutheran women have been supporting Curran Hospital for over 100 years.

Reliable energy supply is necessary for quality health care delivery. In Liberia, where less than 1% of the population has access to the electricity grid. Generating needed power at rural hospitals literally is a life-or-death scenario. Solar presents an opportunity for a more reliable energy supply—more reliable for the hospital and the many people it serves. Curran is the only mission hospital that also serves as the Government



of Liberia's referral and teaching hospital in Lofa County.

The project at Curran will cost \$593,000, and as of August 5 \$233,000 is still needed by the end of November. Please continue to spread the word and encourage folks to donate.

You can be part of the hundreds of people helping make the impactful project a reality by: Follow [Skip the Grid on Facebook](#),

[www.skipthegrid.org](http://www.skipthegrid.org), Please make checks payable to: 'RMSWO' and with "Current for Curran" in the memo and mail them to: Jan Young, RMSWO Treasurer, 1567 Eastwood Dr., Price, Utah 84501. Remember your donations need to be in before the end of November.

## Summary of Gathering Survey

The RMSWO Board thanks Albuquerque, Sharon Hamilton and her excellent, far-reaching team! The Gathering was visually stunning, tasty, contemplative, and a learning resource for all who attended. The vendors were attentive and informative. The kitchen staff made sure no one walked away hungry. The ministry leaders were remarkable and caring. The RMSWO Gathering in Albuquerque is rated as one of the best ever by 3 times the "Exceptional" ratings than any other rating!

Some comments:

- "The speakers were terrific."
- "Very well planned."
- "Enjoyed the Labyrinth walk."
- "I will invite sisters in Christ to join me next time!"
- "What I liked most about the Gathering was the variety and the profound sense of faith."
- "The subject matter in some of the workshops was vital but intense. Very meaningful."
- "A great thank you to all who worked to make this and outstanding weekend!"
- "It was a great experience. It was obvious that there was a lot of input from lots of people."

Suggestions for the next RMSWO event:

- Allow/ invite men: go coed!
- Solicit all our sisters: Episcopal, Presbyterian, UCC, Methodist, etc.

- Provide more handouts.
- Even more music!

**The Gathering theme from the Message:  
Ephesians 4:4-6**

**"You were called to travel on the same road and in the same direction, so stay together, both outwardly and inwardly.**

**You have one Master, one faith, one baptism, one God and Father of all, who rules over all, works through all, and is present in all.**

**Everything you are and think and do is permeated with Oneness."**

**SAVE THE DATE!**

**PLAN NOW!**

**RMSWO Fall 2020 Convention**

**September 18, 19, 20**

**Immanuel Lutheran Church**

**1865 14<sup>th</sup> Avenue**

**Greeley, Colorado**

# Gathering and RMSWO Financial Report as of October 1, 2019

The Gathering was a great success thanks to the ladies of St. Paul's church and the RMSWO Board. Below is the financial report for the RMSWO as of October 1, 2019. Some expenses from the Gathering may still be coming in during the month of October.

## Gathering

Registration fees	\$1560.00
Gathering Expenses	\$2049.37 (includes food, decorations and printing)

## Donations from the Gathering

Income from the RMSWO Booth	\$117.00
RMSWO	\$990.00
The Storehouse	\$760.00
Family Promise	\$45.00
ABQ	\$70.00

## October 1, 2019 Balances

Checking Account	\$4,794.74
Savings Account	\$14,288.08
Third Quarter regular donations	\$1416.87

A second quarter check for 2019 will be sent to WELCA Churchwide for \$600.00.

Thanks to everyone for your generous donations and support during the Gathering and throughout the year. See you in Greeley next year for convention.

Jan Young  
Treasurer, RMSWO

## In-Kind Gift Donations—Albuquerque RMSWO Gathering

Each year the RMSWO designates three organizations to receive in-kind gifts at the Convention or Gathering. This year the Board selected the following organizations as recipients at the RMSWO Gathering in Albuquerque.

**STOREHOUSE** – An organization in Albuquerque that collects donations of non-perishable food items to give to anyone in need. RMSWO attendees brought the food items.

**ABQ SANE** – (Albuquerque Sexual Assault Nurse Examiners.) This organization assists sexual assault victims. RMSWO attendees brought colorful, flowered panties, sports bras and

sweatpants and tops to give to the victims.

**SARAH'S HOME** – (Sex traffic victims who have been rescued). RMSWO attendees donated gift cards from Wal Mart and Target so the victims could purchase personal items.





## Ribbon Jello

*You will need:*

A double boiler

Several bowls

1 pkg. unflavored gelatin

1 cup sugar

1 cup cream

1 cup sour cream

½ cup cold water

Flavored jello

*Directions:* Mix sugar and cream in the top of a double boiler; when thoroughly mixed add water and unflavored gelatin. (I usually use my measuring cup to mix these together first.)

Cook for 12-15 minutes stirring frequently. Take off heat and beat in sour cream. Set this on a counter so it doesn't gel too quickly.

Make your jello according to package directions. Pour jello into several bowls, or whatever containers you wish. Let each layer gel completely before adding the next one. Alternate the



“creamy layer” with any of your favorite layers. It takes 45 minutes to an hour for each layer to gel completely.

**NOTE:** This recipe came from a cookbook put out by The Children's Friend Society of Michigan. My mother made this at Christmas time with red & green jello. I have used reds, oranges, and yellows for Thanksgiving and combined several various colors to make pastel colors for Easter. Diane Remer-Thamert, St. Paul Lutheran Church, Albuquerque, New Mexico. Served at the Fall Gathering.



**Pictured here are some of the prizes donated for the RMSWO Gathering. See the list of prizes and donors on the next page.**



# Donations For RMSWO Gathering

Thanks to the following businesses and churches who donated the beautiful gifts that were given to the attendees at the RMSWO Gathering, September 20-22, 2019:

Affordable Antiques & Metal Art: A large Mexican Pot  
2906 4<sup>TH</sup> Street NW Albuquerque  
Eric Eckhardt – owner

Mud Monsters: Back yard Fountain Kit  
5101 Edith Blvd NE – Albuquerque  
Randy Kindrick – owner

Chili Traditions: Red Chili Ristra  
8204 Montgomery NE- Albuquerque  
Ken - owner

Old Town Basket & Rug Shop: 58 Crosses & Bags  
301 Romero St. NW – Albuquerque  
Lorraine and Karen – owners

Theobroma Chocolatier: Chocolate Pieces  
12611 Montgomery NE  
Chuck Weck – owner

St. Paul Lutheran Church: Quilt, Prayer Shawl & Christmas Hanging

1100 Indian School Rd NE – Albuquerque  
Pastor Kristi Koppel/ Sharon Hamilton

St. Luke Lutheran Church: Southwest placemats & napkin silver rings

Albuquerque

Made and donated by JoAnn Brawley, NNM Cluster and member of St. Luke

All Saints Lutheran Church: Southwest Pottery Quilt  
Albuquerque

Patti Ferdig, NNM Cluster and member of All Saints

St Paul Lutheran Church: Blanket  
Albuquerque

Peggy Burnett, NNM Cluster

All Saints Lutheran Church: Cactus Coasters, Wooden Cross & WELCA tote bag

Albuquerque

Rhonda Bentz, NNM Cluster

All attendees were also given a bag that contained a cross, a recipe booklet “Food for the NM Soul “libro de cocina” made by JoAnn Brawley, a balloon refrigerator magnet, molded and painted by Sharon Hamilton, her daughter, Darlene Beard and her granddaughter, Matti Kindrick along with info about Albuquerque.

**Joann Brawley, at left, with donated bag. Below, more of the donated prizes for the RMSWO Gathering.**



# The Staircase

On Friday evening after dinner the Gathering participants moved into the sanctuary to watch the unsolved mystery of *The Staircase* starring Barbara Hershey and William Petersen. Based on a true story, 'The Staircase' is one of those uplifting Christian movies heavy on morals and faith, and thanks to an intelligent script and very good performances, it works.

Barbara Hershey gives a smooth and touching performance as Mother Madeleine, a dying nun who wants to see the completion of a chapel in the Santa Fe territory before she dies. Diane Ladd is a sympa-

thetic nun and William Peterson of TV's "CSI" is the mysterious carpenter who volunteers to build a spiral staircase after the original builders forgot to provide access to the chapel's choir loft.



Actress Barbara Hershey

**Photos:** Present Day Loretto Chapel; Present Day Staircase; Staircase as it was in 1879 and 1887; Participants ready to view the film.



## Gathering 2020 registration opens Sept. 30

Triennial Gathering brings Lutheran women together from across the church with life-changing workshops, worship, Bible study and more. The Eleventh Triennial Gathering, July 16-19, 2020, will be no exception. Women will gather in Phoenix, Ariz., under the theme “Just Love.” Registration opens September 30. Early-bird registration, through January 6, 2020, is \$325; after that registration is \$375. Day registration is \$200. Register at [welcatg.org](http://welcatg.org) after September 30 or email [women.elca@elca.org](mailto:women.elca@elca.org) for a registration form.



We invite you to this life-changing event. Come. Be inspired. Then begin living out your faith in new and invigorating ways.

**July 16-20, 2020**  
**Phoenix, Arizona**



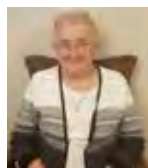
WOMEN OF THE ELCA GATHERING

Registration opens September 30. Visit [welca.org](http://welca.org).

## 2018-2020 Rocky Mountain Synodical Women's Organizations Board Members



**President**  
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Newsletter design/layout by Mary Lauck



**Your 2018-2020 RMSWO Board**

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

By Susan Mitchell

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

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

**Please sign up as follows:**

1) On your computer, go to the Rocky Mountain

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

2) On the home page, scroll down to the bottom, and in the middle of the page you will see: Subscribe to e-mail Newsletter. Below that line is a yellow rectangle that says e-mail List. Simply click on the yellow rectangle! This takes you to a page that asks for your e-mail Address, your first & last name, and to check a box stating if you are a Pastor, Associate in Ministry, Diaconal Minister, or Deaconess. Below this you should check the box that states: “I wish to receive e-Connection each week.”

3) Finally, click on the bottom bar that says “Sign Up.” That’s it! Remember, this is a free subscription to the synod e-mail weekly newsletter. You will receive notice of new issues of our Views from the Rockies newsletters from the synod’s e-Connection e-mail.

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## About Views from the Rockies



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

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

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

If you would like to receive the Views newsletter in your personal e-mail, please send an e-mail to [anna498.at@gmail.com](mailto:anna498.at@gmail.com) with the subject line “Add me.” You will be added to the e-mail list and receive all future newsletters and e-mail blasts from the RMSWO Board. Your e-mail address will not be shared with any other organization.

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

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

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

*Newsletter design/layout by Mary Lauck*

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