



“Serve the Lord with gladness.” Psalm 100:2

# Oregon Leaguer

## Winter 2025

Oregon District President Deb Weaver



### Heart on Fire — Brain on Ice

When I trained for marathon walking 20 years ago our coach talked about the “Heart on Fire, Brain on Ice” theory. The walker’s heart would be so on fire at the start of the marathon on race day that the walker would start out at a pace way beyond what they could maintain for 26.2 miles. The walker’s brain however would be on ice — not thinking correctly. By mile ten the walker would be burning out, getting tired and starting to fade. 16.2 miles to go seemed impossible to the walker.

A fire starts as a spark on some kindling. Sometimes you must blow on the fire. You might have to fan the flame to get it going. Sometimes it smolders. Sometimes it goes out completely.

The marathon walker has a fire burning inside their heart to complete the race. It takes months of training. It is daily practice. The desire to achieve the goal needs to be fanned daily. The brain tells you to give up, but the fire in the heart continues to burn. Fanning the flame each day becomes a habit. Mile after mile the dwindling fire needs to be stoked.

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A heart on fire is contagious to those around. Some want to fan the flame. Others offer encouragement to the walker and feed the fire. The flames burn hot and long. Sometimes the flames spread. A heart on fire allows the walker to accomplish the race.

A heart on fire for the Lord acts the same way. It fuels those around them. It is contagious. It spreads. It grows strong as together we work to fan the flames of our faith. The fire stays ignited. It takes daily work to keep the flames going.

## President's Message Continued

The marathon walker's brain on ice keeps emotions in check. It helps the walker maintain an even pace throughout the 26.2 miles. The brain on ice focuses on the task at hand and how to accomplish it. A brain on ice plays it safe. It is also necessary for the walker.

A heart on fire lights the emotions and sparks the flame of desire. It makes the last five miles of the race easy. It restores and renews the tired walker.

Is your heart on fire for the Lord? Will you help me fan the flames within the Oregon District?

Together let us ignite our District. Let us fan the flames of our faith. Let us set our mission on fire in the New Year.

*Do not quench the Spirit (1 Thessalonians 5:19).*

### *SAVE the Date*

#### *"T.I.M.E. Traveling with Fire"*



*Spring Executive Committee Meeting February 21, 2025*

*6 p.m.—8 p.m.*

*Spring Board of Directors Meeting February 22, 2025*

*9 a.m.—2 p.m.*

*St. Paul Lutheran Church and School*

*750 W. Keady Ct., Roseburg, OR 97471*

*Watch for the Call to Meeting to be out early January 2025*

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# Junior Counselor's Corner

## St. John the Evangelist

A Blessed Advent and Christmas to you all. As the new Junior Pastoral Counselor for the Oregon District, it is my pleasure to write this Pastoral Corner. I love the season of Christmas especially those twelve days of Christmas (Dec. 26 to Jan. 5) as we wait for the Magi to come to see the child Jesus.

On December 27, the church celebrates the day of St. John, Apostle and Evangelist. John was one of the inner circle of Jesus' disciples along with Peter and James. John was likely one of the younger disciples in his 20s at the time of Jesus' death.

John has often been referred to "the disciple whom Jesus loved." In the fourth Gospel, John shows his close relationship to his Lord. We know at the end of Jesus' life that Jesus requested John to welcome His Mother Mary into his house. A very important theme for John is the showing of love. The *Lutheran Study Bible* states that the purpose of John's Gospel is to lead people to believe that Jesus is the Christ, the Son of God.

The first chapter of John states a clear Christmas Gospel message. Verse 14 records and *the Word became flesh and dwelt among us and we have seen his glory, glory as of the only Son from the Father, full of grace and truth* (John 1:14).

In the month of December, we are bombarded with so many things. We go to parties, bake cookies, send Christmas cards and spend time with families and friends. My sincere hope and prayer is that each day we take a bit of time to reflect on the meaning of the "Word came to dwell among us." God's Son came to earth to be a man. We should enjoy the Advent and Christmas season. Moreover, we need to realize that the child of Bethlehem came with the purpose to die for all men, women and children. A very blessed Christmas that brings you closer to loved ones and to your Savior.

Serving Our Risen Savior Together,

Pastor John A. Westhafer

# Christian Life



## We have a Superhero

We have all grown up with Superheroes like Dick Tracy, Batman, Superman and the Avengers. We have an affinity with the Superheroes because they “Save the World” for the good of all. We like the fact that they do the right things. For example, Batman catches the evil one. These stories give us positive reinforcement that all will be peaceful, the world will go on, and we do not have to worry.

As Christians, brought to faith in the one true God and redeemed by God’s plan through Jesus’ death and resurrection, we have the only TRUE SUPERHERO we will ever need. Our God created the world and man. He gave man a free will which he misused, and sin entered the world. But God, in His loving mercy, made a plan to save all sinners. *For if, because of one man’s trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ* (Romans 5:17).

How do we know Jesus is our Superhero? God sent His son Jesus into the world to take our sins away. This is the fulfillment of the prophecies foretold throughout the history of the Bible. We also see the actions Jesus performed on earth, by the things He said and did. During Jesus’ ministry on earth He taught us to love one another. He showed this through His actions:

*Healing the blind.*

*Forgiving Others.*

*Curing the deaf and lame.*

*Teaching us prayers.*

*Casting out demons.*

*Sharing the Word of God.*

*Dying and raising from the dead to save mankind from their sins.*

God sent His Son out of love for us. Our Superhero, Jesus, may not have a mask or a cape, but He offers, as a gift, everlasting life through faith in Him.

*Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God’s power are being guarded through faith for a salvation ready to be revealed in the last time* (Peter 1:3-4).



God sent His son Jesus into the world as a human, perfect in every way, to save us from sin and the devil. Jesus changed the world for us! Jesus has given us the gift of hope and forgiveness. More than Batman or Superman could ever do.

Lynne Beck, Vice President Christian Life



# Seasoned with Salt

*Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person (Colossians 4:5-6).*

## Save the Date

# LWML Oregon District Retreat

at Aldersgate Retreat Center

7790 Marion RD SE Turner, OR 97392

503-743-2494

# September 19-21, 2025

Registration will be out in July.

**Come enjoy a weekend of Bible  
Study, Friends, Good Food and Fun**

# Take TIME

*For everything there is a season, and a time for every matter under heaven (Ecclesiastes 3:1).*

At some time or another, we all suffer from discouragement, stress, and a feeling of being overwhelmed.

Here is a “TIME” guide to help you to provide strength as you serve and with whom you serve.

**T is for touch** – We have all heard about scientific studies proving that human touch can actually improve mental and physical health, boost career performance, and even increase longevity. An appropriate, well-timed touch can communicate love and acceptance; a pat on the arm, a touch on the hand, a squeeze of a shoulder, or a platonic hug can improve a person’s outlook.

**I is for inspiration** – We all need inspiration. We need to know why we are toiling and sweating and sometimes putting up with difficult situations or people. Encourage your volunteers to attend worship services each week. If a volunteer finds it necessary to be absent from worship, consider providing a recording of the service.

**M is for motivation** – Two sources may be used to motivate volunteers: First, train them for their specific role through workshops, books, DVDs, and on-the-job experience. The second source is hearing real-life stories from people whose lives have been positively impacted because of the ministry for which the volunteer is working.

**E is for encouragement** – Listen! Take time to find out about the volunteers’ families, hobbies, and interests. Listen with your heart, which causes people to feel special and valued.

Carmen Nagel, Chairman, Oregon District Leadership Committee



## News from Chloe Keller, Scholarship Recipient 2024

Concordia University, Irvine, CA. has genuinely been a blessing to attend. Within the first couple of months, I can confess that not only have I been exposed to an amazing community of professors and students, but my faith has grown exponentially. Worship is a daily part of my life while attending chapel and weekly student-led worship services.

This has made it very easy to make friends, and I know they will be lifelong. I am also involved in music ensembles, Bible studies — on campus and at a local church — and I am a member of Concordia's Dance Team. I am very grateful for all the things God has provided me throughout this season, and I look forward to everything He has in store in the future!

Sincerely,  
Chloe Keller



### **Leaguer Schedule**

Spring 2025

Submissions Due: March 1, 2025

Publication Date: April 1, 2025

Send items and photos to:

Janet Schultz, Vice President of Communication  
[janet.h.schultz@gmail.com](mailto:janet.h.schultz@gmail.com)



## Showing God's Mercy and Sharing His Word

Showing God's Mercy and Sharing His Word with people living with intellectual and developmental disabilities (IDD) is what BLDM (who?) is all about! Yes — Bethesda Auxiliary's name and outreach has been officially changed by its governing board to: Bethesda Lutheran Disability Ministries! (pending government approval). Since April, a study committee has met twice a month via Zoom to re-vision the ministry to reach more people living with IDD across our nation. Not only those living in the residences of providers, but also those living with their families or in host homes in your community.

A national LWML mission grant proposal entitled, "Equipping for Disability Ministry," has been submitted for this next biennium. Please pray that it is accepted for the ballot and voted to be funded at the LWML Omaha convention in June, 2025. The funding will be used for surveying, equipping, and mentoring congregations to start their own disability ministries. Speakers and workshop presentations will be available to educate and encourage students at LCMS seminaries and colleges, and attendees at district LCMS and LWML conventions, as well as all-workers' conferences and youth gatherings. Funding will also be used to set up a social media presence and develop needed materials. Small grants will be available to congregations to jump-start their disability ministry.

LCMS Recognized Service Organization (RSO) status as been applied for and bylaws are being updated. Scholarships for college students and post-graduate students entering a vocation sharing God's Word and Jesus' love with people living with IDD will continue. Also the "Changing Lives One Heart at a Time" program for Lutheran Elementary schools will continue to be offered and is a great blessing to these children and the faculty.

Your prayers for BLDM plans are greatly appreciated. In Oregon, specifically pray that our presence into the residential facilities for Bible studies be allowed.

Submitted by,

Terry Putnam.



**REMINDER:** Please send all checks and Remittance Forms to Karen Reed, Financial Secretary of the LWML Oregon District. Remittance forms with Karen's information can be found on the district's website.



## Thank you for ingathering generosity

**Mercy, kindness, generosity, goodness and love** are a few of the gifts the Holy Spirit gives His LWML ladies. Thank you all for the trailer load — a van would not hold them — of art and craft supplies that were brought to the LWML Oregon District Convention at Living Savior Lutheran Church, Tualatin in June 2024. They will be bringing en-JOY-ment to the 125 people living with intellectual and developmental disabilities (IDD) in the AbleLight residential facilities in Oregon over the next few years. Thank you very much.

Terry Putnam

## Bethesda Lutheran Disability Ministries (BLDM) Serving You

Oregon and SW Washington has a new “Information Officer” for BLDM. Introducing to you: Rebecca (Becky) Garrett-Sanchez, a wife, mother of three, and an LCMS member who lives south of Hillsboro.

Becky will be replacing Terry Putnam. Becky is very knowledgeable on the challenges a person living with intellectual and developmental disabilities (IDD) and their family face each day. Their 12- year old son, Oliver, lives with IDD and Becky and her husband are tremendous advocates for their son, and for others living with IDD and their families.

She serves on several boards and speaks out on behalf of all people facing various challenges. She will be keeping you up-to-date on God’s plans and progress for BLDM. Also, on how BLDM can help your congregation’s outreach to this under-served and over-looked population of God’s people.

Becky’s email address is: [rgarrettiae@gmail.com](mailto:rgarrettiae@gmail.com)

Please welcome this delightful young woman.

Thank you, Terry Putnam

# 2024 Fall Gathering Zone Photos



Pacific Zone



Willamette Zone



## Prayer Chain Email!

Let us pray with you.

*lwml.or.prayerchain@gmail.com*

*Blessings on your day, Lynne Beck, Prayer Chain Coordinator*



Did you know? The LWML Oregon District has a Facebook page. If you're on Social Media, particularly Facebook, we welcome you to "like" our page so that you can see what is going on in our district! Here is the link for our Facebook page:

*facebook.com/LWMLOregonDistrict/*

Thank you,  
Janet Schultz, VP of Communication and Carmen Nagel



**LWML Oregon District website:**

*lwmlor.org*

**LWML website:**

*lwml.org/home*

**View the Leader Development's Monthly**

**HUG-IN-A-MUG**

*lwmlor.org/district-news*



## OFFICER CONTACT INFORMATION

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**Junior Pastoral Counselor**—Rev. John Westhafer

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## Mission Statement

As Lutheran Women in Mission, we joyfully proclaim Christ, support missions, and equip women to honor God by serving others.

## Oregon District Mission Statement

Lutheran Women in Mission will, by God's grace, ignite, involve, equip and encourage women of the Oregon District to express their faith as servants of the Triune God through joyful Christian Ministry.

## ZONE PRESIDENTS

**Emerald Zone**—Delores Feddersen

**Interstate Zone**—Joyce Twiss

**Juniper Zone Contact**—Donna Luinstra

**Mt. Hood Zone**—Connie Adams

**Myrtlewood Zone**—Joan Mahaffy

**Pacific Zone**—Coleen Gurske

**Southern Zone**—Janis Arnsdorf

**West Hills Zone**—Judy Chase

**Willamette Zone**—Karen Clark

## LWML Goal

Each woman of the LCMS is the Heart of LWML. Christ is in the heart of each woman as she engages in mission education, mission inspiration, mission service, and mission support. Each woman of the LCMS is invited to embrace her role as a Lutheran Woman in Mission.



Please remember to submit photos of your LWML gatherings and events for publication in the *Leaguer* and on the website to Janet Schultz at:




[janet.h.schultz@gmail.com](mailto:janet.h.schultz@gmail.com)

*“As a Lutheran Woman in Mission, I will share the joy and wonder of what is done through the LWML by the grace of God — the resources created, the missions supported, and the ministries provided.”*



*Thanks be to God! We are HIS!*

We are:

-  Held by God's Word
-  Inspired to share HIS Gospel
-  Surrounded by HIS Grace