

All roads lead to Indy!

Convention is Coming!!! Now is the time to start planning. How shall we plan? Listen up...



- Start promoting it in your group.
- Keep your eye peeled for a prospective delegate
- Start working on financial support for your delegate.
- Elect a delegate and an alternate
- Grab somebody else and share a car and a room- 4 to a room is quite economical.

Right now you can grab yourself a jar and start putting in \$10 per month, and covering your expenses will be pretty manageable come July (OR) put aside \$5.00 a month and help send somebody! (I'll be stopping by to check those jars when I get a chance.)

Your cluster committee is planning this fall's retreat at the renowned Carmelite Monastery in Munster. It features a beautiful banquet hall, chapel, and spacious wooded grounds ideal for reflection. We hope you'll make plans to attend, and if you have ideas or want to help, contact us. The date is October 7. More info later!



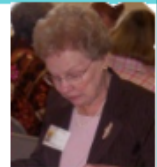
For pictures or more info, visit <http://www.alllake.org/listings/> or <http://community.webshots.com/photo>

July's Interchange devotion, "Get some rest," by Valora K. Starr, was very interesting reading, hitting quite close to home. In fact, the whole emphasis on balance in our lives, as symbolized by the Wholeness Wheel, is starting to have an impact on me. As I focus more on the concept of balance, I am able to see the validity of it all, and I find myself looking at what is happening in my life from a different perspective.

So many times I have said, and heard others say, "Something told me..." Paying closer attention to these instances, I can see that I am indeed not listening with my heart and soul. I am too busy, and, in retrospect, I see things that I could have avoided, messes that did not have to be, and time that could have been saved, as well as pans that would not have had to be tossed (cont. p. 2)

IN OUR PRAYERS

On behalf of **Hazel Schlicker**, the cluster committee would like to thank all who kept, and continue to keep, her in your prayers. Her husband Jim passed on June 16 after a lengthy illness.



We also extend our sympathies to **Helen Tittle**, co-convenor at Gloria Dei, whose husband died on July 9.

Continue to hold both families in prayer and love.



I attended the I-K Synod Assembly at the downtown Marriott, June 1-3, and got a chance to do what I enjoy doing. Helping our president

Jill Watson man the Women of the ELCA display, I got a chance to meet a lot of women (and men) from all over the synod and talk about the Women's Organization. We even shared a table with the keynote speaker, professor and author, Dr. Mark Alan Powell. Pastora Presidente Gloria Rojas of the IELCA (Iglesia Evangélica Luterana en Chile), sister synod to IK, delivered the sermon at the closing worship, relating her people's struggle and determination to proclaim the Gospel in Chile. She and Bishop Stuck exchanged gifts at the end of her message.



"Bunch of Guys" kept everything lively with their uplifting music, and even the music of the liturgy was a welcome experience, much like the kind many of us have experienced at our synodical conventions. I was not a delegate, but the cost of attending was money well spent.

Has your unit sent a Synodical or Churchwide offering? Remember that your offerings support the SWO budget, and 1/2 of those offerings support the CWO. You may not realize how important to the entire program of the Women's Organization your unit's regular gifts are. Read "Where do our offerings go?" and understand how important your gifts are to the extended mission of Women of the ELCA.

I-K Women of the ELCA, NW Cluster
 Dorothy Nevils, Coordinator
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All churches received folders from Spring Gathering containing information about relief requests from Christus Victor in Ocean Springs, Mississippi. A semi will be at St. Paul, 818 Franklin Square from August 1 - 26 to receive supplies as listed. To avoid receiving a surplus of some items and not enough of another (like 1,600 cans of beans and 6 boxes of cereal), they are requesting that you adhere to their *needs as listed* and collect in requested quantities or "kits." Visit christusvictordisasterresponse.org or contact St. Paul at 219-874-7293 if you've misplaced your list.

[JULY, cont'd] because I was doing three things at once and cooking came up on the burned side.

Women have a tendency to postpone rest and renewal, and attempt to do it all—and for all! We need to pause, take a break. That's one good reason for marking **October 7** on your calendar—**RIGHT NOW!**



Support the HEART for Women Act

Women of the ELCA has endorsed this bi-partisan bill introduced on February 14 in the Senate and House of Representatives.

By collectively putting our voices together to advocate on behalf of those who have died or are ill, or who could become so, we become an effective, powerful voice for action on women's health issues. Become an advocate today. Contact your legislators and tell them to vote YES to S.2278/H.R. 4747. Check out the July *Interchange* or visit <http://www.womenoftheelca.org/getinvolved/health.html> for more info.

What's going on?

St. Paul, Michigan City: Fall Retreat, Saturday, September 30, 9 a.m. at Red Mill County Park in MC. Bible study: "If You Want to Walk on Water, You Must Get Out of the Boat," led by Donna Mitchell. Cost: \$10 includes lunch. Reservations to Wilma Dwight at 219-879-9477 by September 22.

Gloria Dei, Highland: Collecting "baby hygiene kits" for Christus Victor Distribution Center; Collecting health & school kits and soap for LWR; Rummage/bake sale in May for "Pastor Relocation Fund" for moving expenses when a new pastor is called to congregation

Bethlehem, Gary: Planning LWR Kickoff Sunday, July 30; Collecting adult and infant hygiene kits; monthly Summer Bible Study on 3rd Thursday.

Creation Corner

Caring for God's Creation

Gen 2:15

Quilters make use of *scraps*. People get up early in the morning and drive around town looking for *scrap* metal. Infact, one of the most popular hobbies is *scrap*booking. There is something to be said about *scraps*, and true to my habit, I'm going to say it. What God created returns to the earth (Ecclesiastes 3:20). So we are following a plan set by God when we return things to the earth.

Some *scraps* provide nutrients for the garden. From the **kitchen** we can use coffee grounds, tea bags, veggie and fruit *scraps*, and corn husks. Put a small paper bag in a container to collect peelings, cores, etc. Then, if you don't have a compost bin, bury the whole bag in the garden.

Use grass clippings, leaves, shrub and tree waste, sawdust, and wood chips from the **yard**. **Do not** add pet feces, because of ecoli; citrus peels, eucalyptus leaves, and pine needles, because their chemical makeup retards the process; greasy foods, dairy products, meat scraps and bones, because they attract rodents and contribute to odor.

Help your *plants*; help the *planet*.

Take part in a healthy heart event.

Choose one of this fall's health events to attend to your own wellness and to help engage all women and girls of the church in heart health. Hear engaging speakers, take part in a health faire unlike any you've taken part in before, and learn how to replicate a health event in your area.

Chicago, Illinois--September 29--October 1, at Holiday Inn Mart Plaza (Riverview) 350 North Orleans, Chicago, IL 60654. Speakers: Rev. Mary Stein-Webber and Dr. Gwen Wagstrom Halaas. Register online: \$75 by Sept 1, 2006; after Sept. 1, \$85. Hotel reservations \$145 by August 30 at 877-410-6667. Rooms will accommodate four people.

Those Spam Blockers!

I recently looked in my spam folder and found that I'd been relegated to spam in one of yours! Please tell your "bouncer" to let me in!

The Northwex, a publication of IN-KY Women of the ELCA Northwest Cluster, is published bimonthly and distributed free to the women's leader of each church. For questions, submissions, comments, or to inquire about subscribing via USPS or email, please contact me by mail or at 219-886-0201 or maslivend@sbcglobal.net.