

June 2025

BROADCASTER

A magazine of Worship Anew

A photograph of two elderly women with white hair, smiling and looking at each other outdoors. The woman on the left is wearing a grey textured sweater and glasses. The woman on the right is wearing a light-colored sweater and a light blue scarf. The background is a soft-focus green and yellow, suggesting a garden or park setting.

*Serving or
Sitting humbly*

HOW DO WE LEARN FROM WOMEN IN THE BIBLE



Women of Faith

Balancing Service and Spirituality

narrative of Mary and Martha provides a powerful lesson about balancing service with devotion.

As Jesus and His disciples journeyed, they arrived at a village where a woman named Martha welcomed Him into her home. While Martha busied herself with various preparations, her sister Mary sat at the feet of the Lord, absorbing His words. When Martha requested that Jesus direct Mary to assist her, Jesus kindly reminded her that Mary had chosen the better path, one that would not be taken from her (Luke 10:38-42 ESV). In this scripture passage, God's Word shows us the importance of balancing active service with spiritual commitment.

I am grateful to have been surrounded by such incredible women of God throughout my life.

Growing up, my mother was the epitome of hard work and resilience. She tirelessly supported our family. She worked throughout my childhood, sometimes even working two jobs, while my father pursued his calling to become a pastor.

Her unwavering commitment and sacrifice ensured that we had everything we needed, and her faith and trust in the Lord were a guiding light in our home. She worked as a caregiver for others and then for my father before his passing. She filled our home and lives with a mother's love.

Today, I feel truly blessed to witness the same dedication in my wife. She is a fourth-grade Lutheran school teacher, nurturing and educating young minds with patience, passion, and love for the Lord. At the same time, she is raising our four children, balancing the demands of her career and motherhood with grace and strength. She has been a steadfast supporter in my ministry. Her ability to juggle these responsibilities is genuinely inspiring, and her love for our Savior is the foundation of our home.

The empowerment of the Holy Spirit is vital to Christ-centered women. In Acts 2:17-18 (ESV), we witness a powerful declaration of God's promise to pour out His Spirit on all people: "And in the last days it shall be, God declares, that I will pour out my Spirit

Matthew F. Leighty

Matthew F. Leighty
Executive Director

The Bible contains numerous accounts of remarkable women who devoted themselves to the Lord, serving God and His people in extraordinary ways.

I am deeply grateful for the incredible women in my life, especially those in my immediate family: my amazing wife, my three wonderful daughters, and of course, my loving mother.

We can turn to scripture to grasp God's purpose for women. The



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Worship Anew engages and equips aging adults with resources to live a full and abundant life in Jesus Christ.



“And in the last days it shall be, God declares, that I will pour out my Spirit on all flesh, and your sons and your daughters shall prophesy.”

Acts 2:17 ESV

on all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams; even on my male servants and female servants in those days I will pour out my Spirit, and they shall prophesy.”

This scripture passage emphasizes the power given by the Holy Spirit to serve and share God’s Word. This verse is especially significant as we celebrate Pentecost on June 8, where the Holy Spirit was given to the apostles, granting them the ability to speak in various languages and disseminate the gospel across all nations.

At Worship Anew, we truly cherish the color **purple**! Every time we see it, we’re reminded of the incredible women of the Lutheran Women in Mission (LWML). In this special issue of the Broadcaster magazine, we honor the LWML as they gather for their national convention.

So much of what we do, including this magazine, is possible because of their prayers and support. These women, much like my mother and wife, embody the virtues of Christ-centered faith, hope, and love. Their commitment to serving in their communities and taking God’s Word into the world is a powerful reminder of the vital role women play in ministry.

Each week on the Worship Anew program, we open with the hymn “What a Friend We Have in Jesus.” The hymn was written by Joseph M. Scriven in 1855 as a poem to comfort his mother during difficult times while she

was living in Ireland and he was in Canada. Scriven’s life was marked by personal tragedy, having lost two fiancées to tragic deaths. Amid these challenges, his deep compassion for his mother and Scriven’s faith in God inspired him to write a hymn whose beautiful words continue to bring comfort and hope to countless people.

“What a friend we have in Jesus, All our sins and griefs to bear! What a privilege to carry Ev’rything to God in prayer! Oh, what peace we often forfeit; Oh, what needless pain we bear — All because we do not carry Ev’rything to God in prayer!”

As we reflect in this month’s Broadcaster magazine on the stories and contributions of truly remarkable women, let us be encouraged by their unwavering faith in our Savior’s mercy and grace, dedication to growing God’s kingdom, and commitment to sharing His love. From the incredible efforts of my mother and wife to the impactful work of the women in the Lutheran Women in Mission (LWML), we see the embodiment of Christ’s teachings in their actions and devotion.

Thank you for joining us for this special issue of the Broadcaster magazine.

If you are new to our publication, we hope you find inspiration and encouragement within these pages and will join us for future issues. May the stories and reflections help you live a full and abundant life in the grace and mercy of our Lord and Savior Jesus Christ.

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LWML provides great support for Lutheran organizations

*By Renee Schuller
Care Ministry Specialist*

Lutheran Women in Mission (LWML) equips and encourages all Lutheran women to live in joyful response to God's steadfast love and mercy, which compel us to go forth and make disciples of all nations.

These sisters in Christ serve the Lord, sing His praises, share His Word, and care for others in active ministry and support of missions.

LWML's primary focus is funding grants for Lutheran missions and ministries.

Women across the country collect donations in small "mite boxes." Each woman gives according to the blessings that the Lord has bestowed on her. These boxes are named after the account in Mark 12 of Jesus and His disciples observing the widow in the temple, placing her two mites in the offering box. Just as Jesus points out that the widow's gift, though small, was significant, these seemingly "mini" mites given out of an abundance of love for God and neighbor are truly mighty.



The 2023-2025 biennium mission goal of \$2,350,000 has been exceeded, funding more than 30 mission grants, including Worship Anew for the creation of our Broadcaster Magazine, which you are enjoying today. This is in addition to the many district grants, ministry support at the local level, and invaluable contributions of time and talent. Each grant blesses countless individuals with the works of mercy and Gospel proclamation done at each organization that is supported.

Here at Worship Anew, I see firsthand how each mite given makes a temporal and eternal difference in the lives of those we serve. We are truly grateful for all the women who support us by funding grants, sharing about our ministry, giving their time and talents, utilizing our resources, using those resources to share the Gospel and comfort of God's love to others, and praying for us.

Yet, to Lutheran Women in Mission like me, the blessing is also ours in fun, faith, fellowship, and friendships.

Thanks be to God for the LWML, each Lutheran Woman in Mission, each mite given, and all that you do to serve the Lord with gladness!

“LWML is more than collecting mites and supporting missions. It's also about building relationships and friendships, spending time in God's Word with Christian women, who are like sisters to me.”

~ Nicole Knutson - Washington-Alaska District, member of the LWML Church Workers in Mission Committee

“The women have been mentors, helping me grow and strengthen my faith through fellowship, activities, and shared focus. It is a rich, fertile soil of women in service to their Lord.”

~ Sarah Rippy, LWML Indiana District President

The Mite Box, shown at right, is used to collect donations for the LWML.

Top left: The women of the Indiana District of the LWML recorded hymns for the Worship Anew program in 2024.





Photos Provided

Jill Hasstedt, DCE Emeritus, (shown at right and above in the orange, floral shirt) teaches aging adults on how to find their purpose as they transition into their final years of ministry.

HELPING OLDER ADULTS FIND THEIR 'NEXT CALLING'

Jill Hasstedt draws from her time as a DCE to help church workers find God's purpose in their final years of ministry

By Ashley Wiehe
Director of Communications

Finding God's purpose — especially at an older age — can be difficult, especially for those who are coming to the end of their careers.

For Jill Hasstedt, it's a passion to help those transition into their final years of ministry.

Hasstedt serves with the Karpenko Institute for Nurturing and Developing Leadership Excellence (KINDLE for short, but not to be confused with the tablet). KINDLE "fosters

and multiplies Christ-like servant leaders to enhance the ministry of congregations in their communities and the world," according to their mission statement.

She is also a DCE Emeritus (a retired Director of Christian Education). In Lutheran churches, a DCE works alongside the pastor (second-chair leadership) in teaching and fostering faith development for members of the congregation.

"I've been privileged to contribute to all the initiatives (within KINDLE), but 'Next Callings' is my passion," Hasstedt said. "I serve on the leadership team and as an



instructor helping the older church worker navigate a strong finish as they plan for the transition into whatever God is calling them to do in their next chapter of life.”

In her work, she leans on her own training as a DCE to support congregations as they have older generations retiring and what impact that would have on the leadership structure as well as the congregational makeup.

“Since (these older church workers) are part of a growing demographic of people in their congregation and community who are also looking at retirement, they can have a significant impact on the church. I’m here to help those individuals discover God’s next callings upon their life,” she said. “That may look different for each person, but there will be powerful ways to bless others in the years ahead.”

Hasstedt worked as a DCE for 43 years, retiring in 2021. Like many DCEs, she wore many hats during her ministry. She started out in youth and family ministry then moved to family ministry and small groups. As time went on, she added website administration, adult education, and then senior adult ministry.

“My congregation also allowed me to give time to LCMS National Youth Gatherings and KINDLE, understanding that such service allowed me to bring much back that benefited the congregation,” she said. “I enjoyed the ever-changing opportunities.”

As Hasstedt leads the older generation into their next callings, she fondly remembers how the first DCEs helped her to come into her ministry.

“I was privileged to be mentored by some of the earliest DCEs in Synod and some great Lutheran teachers. I admired their work and the impact they were having,” she said.

She was able to find her passion for the ministry from these DCEs who had paved the way for this program, which was still in its infancy at the time, especially for women joining the program.

“In the 1970s, the LCMS had a ‘Youth Staffer’ program allowing me to do two years of domestic volunteer ministry all over the State of Kansas. The people I met

and the experiences I had sealed the deal,” she said. “There were not many women in DCE ministry then, but I wanted to serve Jesus. It felt like God was calling me to use the gifts He had given me in that way.”

Today, she is leading DCEs and other church workers who are in their last 10 to 20 years of the ministry into their next calling.

They start by discovering what it means to have the attitude of Christ (Philippians 2), especially in this transitional time in their lives. They then look to how that fits into God’s purpose for them and develop a plan for their final years of ministry and beyond.

“Some will find caregiving as a significant next calling whether for older parents, a spouse, grandchildren, or others in their life. Some will volunteer in areas of interest, and some will take a much-needed rest before considering what’s next,” Hasstedt said.

The program also equips them to share the same information with older adults in their congregation who will be facing the same obstacles, affirming God’s purpose in their own lives.

“For many, it is the first time they have considered their Baptismal identity and calling since their Confirmation,” she said. “For some, the last time they tried to understand God’s purpose for their life was when they were in their 20s.”

She explained that she has done this in her own congregation with positive results. And viewing ministry as a DCE, she knows that the work-life balance can be difficult. She is proud to be helping in her retirement to ensure that others are finding their purpose in God’s Will.

“In retirement, it’s been great to be an advocate for healthy ministry and home life locally and through my work with KINDLE,” she said.

If you are interested in participating in “Next Callings,” the next event is scheduled for October 13-16, 2025.

You can learn more or apply at www.kindleservantleaders.org/next-callings.



Find a 'Reason to Celebrate'

*By Thomas Moll
Director of Content & Innovation*

We observe Pentecost on our June 8 program. This is a time for celebration! On this day, we celebrate the gift of the Holy Spirit.

In Dr. Lawrence Rast's message for this day, he reminds us of the wild ride the disciples had been on over the last 50 days. They had experienced all the events of Holy Week, from the triumphal entry into Jerusalem to seeing the crucifixion of their teacher, mentor, friend, and Savior. But then came a reason to celebrate — Jesus rose from the dead!

Then, 40 days after Easter, Jesus ascended into heaven. There, He made a promise that they would "receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth," Acts 1:8 (ESV).

Read about the Pentecost account in Acts 2. Jesus keeps His promise. His followers are filled with

the Holy Spirit, and about 3,000 were baptized and given the gift of a new life in Christ that day.

So, what do we celebrate now? Dr Rast points to John 14:23 (ESV), "If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him." We celebrate that God makes His home in us. We will never be alone.

Just as the disciples were filled with the gift of the Spirit without earning it or deserving it, we also receive God's gift of the Spirit, not because we loved Him perfectly but because of His perfect love for us. This is our reason to celebrate!

Tune in to hear guest pastor, Dr. Lawrence Rast, lead our program with a "Reason to Celebrate!" Dr. Rast currently serves as a professor of American Christianity and American Lutheranism at Concordia Theological Seminary, Fort Wayne, Ind.



Worship Anew in June

Year 2025 | Series C



Why Did He Leave?

June 1, 2025 – The Ascension of Our Lord ~ Rev. Paul Shoemaker

Many times, people have wondered, “Why did Jesus leave the earth?” Would it not have been better for Him to remain? Jesus’ work on earth was done. It was time to return to heaven. Join us on Worship Anew as we discuss the reasons why Jesus ascended to heaven.

Sermon Text: Luke 24:44-53

Readings: Psalm 47; Acts 1:1-11; Luke 24:44-53

Featured Choirs: St. Paul Lutheran Jubilate, Munster, IN; St. John Lutheran Adult Choir, Indianapolis

Featured Art and Architecture: St. John Lutheran Church, Indianapolis



Reason to Celebrate!

June 8, 2025 – The Day of Pentecost ~ Rev. Dr. Lawrence Rast Jr. (Guest Pastor)

We celebrate every Sunday in the Church. And on Pentecost we see Jesus keep His promise to send His Holy Spirit. That is reason to celebrate!

Sermon Text: John 14:23

Readings: Psalm 143; Acts 2:1-21; John 14:23-31

Featured Choir: Holy Cross Lutheran Men's Chorus, Fort Wayne, Ind.

Featured Art and Architecture: Concordia Theological Seminary, Fort Wayne, Ind.



Surprised by the Trinity

June 15, 2025 – Holy Trinity Sunday ~ Rev. Scott Zeckzer

Do you like surprises? Our God is a God of surprises. Tune in to Worship Anew and hear the surprises God has for you.

Sermon Text: John 8:58

Readings: Psalm 8; Proverbs 8:1-4, 22-31; John 8:48-59

Featured Choir: St. Paul Lutheran Jubilate, Munster, Ind.

Featured Art and Architecture: Emanuel Lutheran Church, New Haven, Ind.



Adopted by God

June 22, 2025 – Second Sunday after Pentecost ~ Rev. Dr. Walter Maier III

Despite the fact that by nature we were enemies of God, He, in His love and grace, made us His children. We have been adopted by God. That means for us tremendous blessings in this life and in future glories.

Sermon Text: Galatians 4:4-5

Readings: Psalm 3:1-8; Galatians 4:4-5; Luke 8:26-39

Featured Choir: St. Paul Lutheran Jubilate, Munster, Ind.

Featured Art and Architecture: King of Kings Lutheran Church, Jasper, Ga.



The Heavenward Walk

June 29, 2025 – Third Sunday after Pentecost ~ Rev. Dr. Thomas Ahlersmeyer

Where are you going and how will you get there? Today Jesus begins the journey that will take Him to the cross, the empty tomb, and the right hand of His Father. He called people then and calls us today, to follow Him on The Heavenward Walk.

Sermon Text: Luke 9:51, 57-62

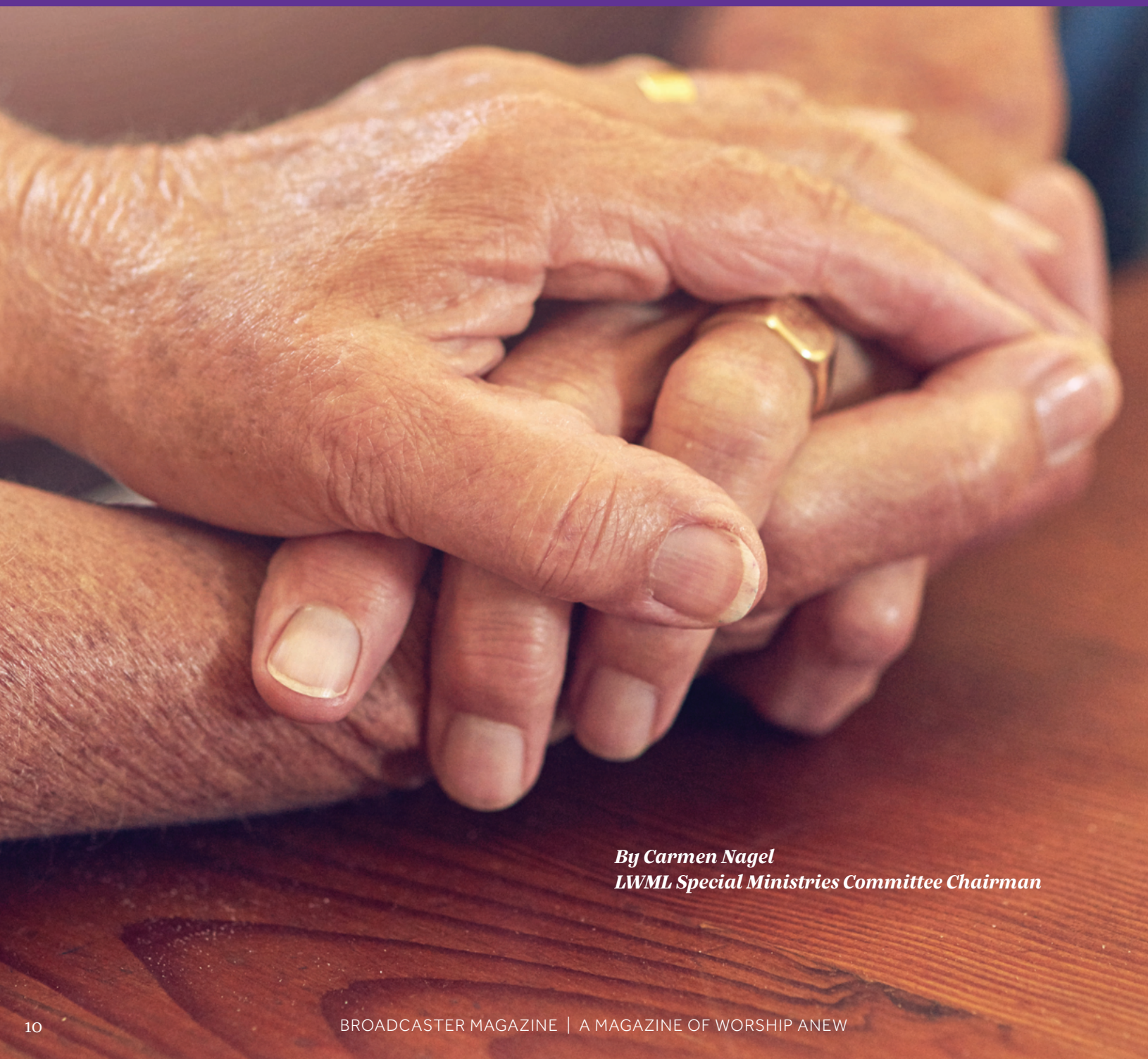
Readings: Psalm 16; Galatians 5:1, 13-25; Luke 9:51, 57-62

Featured Choirs: Holy Cross Lutheran Treble Choir and Angelis Choir, Fort Wayne, Ind.

Featured Art and Architecture: Timothy Lutheran Church, Woodstock, Ga.



Jesus Sees You!



*By Carmen Nagel
LWML Special Ministries Committee Chairman*



Jesus sees you and knows your limitations — failing eyesight, hearing loss, learning challenges, and aging. Limitations are debilitating, and at times, bring you to your knees, and yet He still calls you to reach out in love.

It is written in Jeremiah 29:11 (ESV), “For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.” That is God’s assurance and sweet promise that whatever life circumstances you may be facing, He has plans for you.

God promises His presence. “Even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save,” (Isaiah 46:4 ESV). Age or health challenges do not prevent you from being in God’s Word or serving others.

Think of the gifts you bring to those around you: wisdom, experience, and patience. Give thanks for your current state, look forward to the next window of life to open, and seek the next opportunity to serve. Be open for opportunities to tell of the love of Jesus! Love for the Lord never ages. It just grows and enables us to share more!

But you may ask, “How, Lord, with my limitations?” Look at your hands. What do you see — wrinkles, thin skin, twisted knuckles, or empty hands? Whatever you see, Jesus says in Matthew 28:20 (ESV), “I am with you always.” The Lord fills your hands with the gift of life and salvation to share with ALL. In Christ, your hands are filled with all you need to help others, to pray for others, and to comfort someone by holding a hand.

The Lord bids us ALL to come to Him with empty hands and an open heart, and He will give us ALL we need to share Jesus. “He gives power to the faint, and to him who has no might he increases strength,” (Isaiah 40:29 ESV).

The Lord will fill our empty hands with forgiveness, and we will say, “Create in me a clean heart, O God, and renew a right spirit within me,” (Psalm 51:10 ESV).

Be encouraged to hold fast to God’s Word, learn from Him through worship and Bible study, and look to the Lord for His strength to fill each of your days.

“Even to your
old age I am
he, and to gray
hairs I will carry
you. I have
made, and I will
bear; I will carry
and will save.”

Isaiah 46:4 ESV



ARE YOU MORE LIKE

Mary or Ma

We can both serve & humbly sit at o

By Deb Burma



I'm such a Martha!" I overheard a woman lamenting to her friends recently, and I smiled, as I may resemble this remark as I've heard it said many times before!

Appearing not to need explanation, the other women nodded in agreement, pointing to themselves. Discussion followed, including words of resignation and an admission of perceived defeat, a struggle to sit still, and a propensity toward busyness. One woman shyly admitted, "You know, I'm more of a 'Mary,'" and all the 'Marthas' turned to her, sighing and nodding wistfully, wondering aloud why they weren't more like her.

Yes, women often relate and connect to either Martha or Mary, one of the two sisters mentioned in Luke 10:38-42 (ESV). They and their brother, Lazarus, were dear friends of Jesus during His ministry. In this brief account, we learn a little about Jesus' visit to their home in Bethany, with His disciples in tow:

Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve

continued on page 14

Martha?

ur Savior's feet

**"I'm a Mary. And
I'm a Martha."**



continued from page 13

alone? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

We can envision Jesus reclining at their table, surrounded by His closest followers. With rapt attention, the disciples listened as Jesus continued to teach, even as they rested from rigorous ministry in the comfort of Martha’s home. It’s possible that her humble home was fairly bursting with visitors, as Jesus’ disciples may have numbered in the dozens at this time.

We’re quick to pick on Martha, traditionally. “*After all,*” we reason, “*she is distracted with serving, even as Jesus, Himself, sits in her home! How could she miss the ‘one thing necessary,’ placing her priority in serving, instead?!*” Then we hang our heads, recognizing our own failure to give greatest importance to time spent with Jesus. We “Marthas” admit we’ve often chosen busy work over soul-quenching time with our Savior. Led to repent, we recognize a teachable takeaway from this passage of Scripture, and we readily receive God’s forgiveness, won for us in Christ!

Is there more, however, to unpack from this passage? What may we learn from both Martha and Mary, unlikely women of influence, as Jesus ministered to both sisters?

Martha’s service was valuable. With perhaps dozens of hungry people in her home, Martha was necessarily serving, taking care of others’ needs. Some chastise her for complaining to Jesus, but may we, instead, recognize not only her need for help, but also the cultural expectation that Mary would serve alongside her sister, and not be found sitting among the men.

In the ancient Jewish world, traveling religious leaders and rabbis would not have invited women into their teaching circles, so Jesus likely surprised everyone in the room as He not only welcomed Mary’s proximity and posture at His feet, but as He also gently led Martha to see her greatest need, too. He did not chastise Martha; instead, He affirmed Mary as He also acknowledged Martha’s anxious, troubled heart; indeed, He *did* care.

In John 11 and 12, we learn more about the sisters of Bethany, along with their brother, Lazarus. John tells us plainly that Jesus loved this little family! Martha and Mary sent word to Jesus that their brother was sick. When Jesus arrived later than they’d hoped, Martha ran to meet Him and cried out:

"Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask from God, God will give you."
Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?" She said to him, "Yes, Lord; I believe that you are the Christ, the Son of God, who is coming into the world."
John 11:21-27 (ESV)

Martha's bold declaration revealed the faith of a woman who had certainly learned at Jesus' feet, too. By her words, we know that she received "the good portion," eternal life in Christ, confident of the final resurrection!

When Mary learned that Jesus had come, she too ran to meet Him. This woman who had faithfully learned at Jesus' feet now fell at His feet, sobbing. Her cry, matching Martha's, is the only recorded statement we have from Mary:

"Lord, if you had been here, my brother would not have died."
John 11:32 (ESV)

So moved, Jesus wept with Mary and all who mourned, just before He miraculously raised Lazarus. Jesus met each sister in her sorrow and responded as each had need. We can envision the sisters' joy as Jesus then called Lazarus from the grave!

Soon after, just one day before Jesus' triumphal entrance into Jerusalem for the Passover, the siblings gave a dinner party in Jesus' honor, no doubt celebrating Lazarus' resurrection! Once again, Martha served the Lord in her home (and this time, we don't hear of a complaint)! Mary placed herself at Jesus' feet again too, but this time she also honored Him by anointing His feet.

As followers of Jesus today who reflect on the influence of these sisters from Bethany, may we say we're a bit like both sisters. Sometimes we become "distracted with much serving," but may we be repentant and teachable, as the Holy Spirit works within us, confident that

Jesus knows when we are troubled; He does care.

May we be found sitting in humility at our Savior's feet, leaning in to listen and learn, receiving "the good portion" — lasting nourishment that cannot be taken away.

May we freely cry out to the One who has come to us, who will return on the Last Day; the One who would weep with us — who meets us in our every need.

And may we willingly serve our Savior by serving His people "... by the strength that God supplies — in order that in everything God may be glorified through Jesus Christ" (1 Peter 4:11 ESV).

We can humbly say, "I'm a Mary. And I'm a Martha." To God alone be glory. Amen.

Deb Burma is a Christian author and speaker, best known for "JOY: A Study of Philippians," "Living a Chocolate Life," and "Be Still & Know."





Planning for Surviving Spouses & Families

*By Jon Dize, CFRE
Director of Development
& Strategic Initiatives*

Thinking about our legacy for the future is important, especially as you consider your spouse and family.

For me, I found out the need for the list at right firsthand when my father was moved to a rehabilitation facility in October 2024.

At age 88, he had planned his entire life, from saving how-to articles from Reader's Digest to quarterly oil changes for the cars to taking vitamin supplements ever since I could remember. Unfortunately, the aftermath of two strokes, prostate cancer, and a brain bleed slowed him down enough that one day he couldn't get out of bed, and it was time to face the hard facts that mom needed help finding a long-term solution for dad. We started on the tough road — a road that needed quick attention — to determine what was next.

We soon discovered something unexpected. Despite his planning, he no longer could tell us what his passwords were, or where to find needed documents. While he tried

his best to share what he could, we four siblings and mom started to comb through his old computer files, paper files, and related files. Once we did find the access we needed, moving forward continued to be difficult because he couldn't easily speak on the phone or sign his name to authorize changes and updates.

A few months later, with lots of papercuts, several calls, emails, and texts with an attorney, and newfound friends formed at the various mutual fund administration centers, we were able to move forward. Luckily, dad is still with us, and mom has more peace of mind knowing what is what and where is where.

What can you do today to start helping a surviving spouse and your family for when you are incapacitated or gone? **START NOW.**

Start with the checklist. First, jot down your answers. If you have good handwriting, you are almost done! If you are like me, consider typing your answers or asking a trusted family member, professional adviser, or church friend to help you. If you can't write it down, record it! Take a picture. Anything to help your family during an already-stressful time.

Last, but not least, put a copy of what you compile in a secure fire-proof case, a safe deposit box, or with that trusted person who helped you with the list. In addition, jot down the customer service call numbers for these items listed below, and if time allows, ask them how information can be obtained if your spouse was no longer with you.

This list may seem daunting, and it is! But the best way to finish is to simply start and do your best. This list is not exhaustive, but it should help you get moving forward and may help you remember other items not included on the list.

Make sure someone else knows where to find these items. The best plans should be secure but not hidden for those that survive you.

If you don't have the answer to all of these, it's ok! Not everyone does! Start today, continue tomorrow, and soon you will have a comprehensive guide and peace of mind knowing that you have done your best for those that survive you.

Life changes quickly. Don't wait!



CHECKLIST

Username/Passwords:

- Where are they located
- How are changes and updates notated

Professional Adviser

Name/Phone Number:

- Tax preparer
- Accountant
- Financial/Investment
- IRA/Retirement
- Charitable Gift Planner

Financial Accounts:

- Bank account access (checking, savings)
- Investment account access (stocks, bonds, mutual funds, CDs)
- Retirement account access (401k, IRA, pension plans, annuities)

Income Sources:

- Social Security benefits
- Pension payments
- Annuity payments
- Rental income
- Other income sources that are auto-deposited into your accounts

Insurance Policies:

- Life insurance (privately purchased and company-sponsored)
- Accidental Death & Dismemberment insurance
- Health insurance
- Longterm care insurance
- Homeowners or renters' insurance
- Auto insurance
- Automatic payments that need changed

Other Benefits:

- Spouse and Self Retiree benefits
- Spouse and Self Military/Veterans Administration benefits

Legal Documents:

- Will and/or living trust
- Durable power of attorney for finances
- Durable power of attorney for healthcare
- Living will or advance directives

Property and Real Estate:

- Deeds and titles for any real estate
- Mortgage documents
- Home equity loans or reverse mortgages

Charitable Giving:

- Giving that needs to be stopped
- Giving (continue or change amounts)
- Auto payment donations that need altered

Debts and Liabilities:

- Credit card statements
- Personal loans
- Outstanding medical bills
- Payments that are auto-paid every month or quarter or year

Personal Property:

- Vehicle titles and registrations
- Boat titles and registrations
- Location and appraisals for valuable personal items (jewelry, collectibles)

Funeral-Related:

- Burial plots
- Pre-paid funeral expenses
- Funeral service song and verse preferences

Other Important Documents:

- Tax returns (last 3 years)
- Safe deposit box keys and inventory
- Contact information for financial advisers, attorneys, and accountants

Is there a significance to 50 days between Easter and Pentecost?

Pentecost means "the fiftieth day" and was originally a Jewish festival of the first-fruits of the harvest, a part of the Festival of Weeks. The Festival of Weeks, also known as Shavuot, is a Jewish holiday celebrated seven weeks after Passover, commemorating the first fruits of the harvest and the giving of the Torah on Mount Sinai. It's a pilgrimage festival, which meant that Jewish people from many nations would be present. After the events of Acts 1:1-21, Christians decided to keep the name "Pentecost" because of it being 50 days after Easter. There's also a connection to the first-fruits as, on the first Pentecost, there was a gathering of around 3,000 who were given new life by the Holy Spirit.

Why are women specifically mentioned in Jesus' genealogy?

Five women are mentioned in Matthew's genealogy of Jesus: Tamar, Rahab, Ruth, Bathsheba, and Mary. The Rev Timothy Appel explains the inclusion of these women well on an episode of "Sharper Iron" from KFUO radio:

"The first and fourth women involve particularly scandalous events from all parties involved; the second and third women are Gentiles who are included in the people of God. Each one shows God's faithfulness to bring the Savior into the world, which He accomplishes through the most unlikely woman of all: the Virgin Mary. Each name mentioned points us to Jesus, the Savior whose birth Matthew is about to proclaim."

A note from the Editor ...

In our letters to the editor section, we would like to answer any and all questions that you have about scripture, aging well, and our ministry. Please send your questions to editor@worshipanew.org. Please know that we will try to answer as many questions as we can. Thank you and enjoy!

Staying connected is good medicine

*By Jennifer L. Boen
Ministry Team Writer*

“For where
two or three
are gathered
in my name,
there am I
among them.”

Matthew 18:20 ESV

We are called by God to be social — to gather in His name. But, as we age, circumstances can draw us away from our church and our community. Loneliness sinks in, which can negatively affect our mental health.

Changes in health, mobility, and independence all affect one’s ability to cope with day-to-day life, says Dianne Stitzer, a mental health counselor with more than four decades of experience. She currently runs a nonprofit faith-based organization called Mentoring Moms, out of Fort Wayne, Ind., which provides programming for women seeking to connect with other women and desiring to grow in their faith. Most have similar histories of addiction, being in abusive relationships, and other circumstances that have marginalized them and caused them to feel unloved and unsupported.

“Depression is not part of the normal aging process,” Stitzer said. “Physical health conditions can affect our mental health. If signs of depression or anxiety are noticed by you, a family member, or caregiver, the first step is a check-up with your primary care doctor. Chronic diseases such as diabetes, COPD, and cardiac conditions, compounded with increased isolation and loneliness, caregiver needs, money worries, and

loss of independence, are a recipe for depression and/or anxiety.”

Certain medications can cause mood changes. For example, beta blockers, used to control heart rhythm, may increase the risk of depression. Heart palpitations can be caused by anxiety as well as the antihistamine Benadryl.

“As I age and observe other people aging, I often see that we’re told what to do and not included in the decision making,” Stitzer said. “Then we begin thinking we’re not any good to anybody. We’ve got to have worth.”

Through her many years as a counselor and now her work with Mentoring Moms, Stitzer has found “there is power in the group.” Staying connected to people is crucial in preventing depression and anxiety. She notes that losing the ability to drive is a pivotal point in isolation among older adults.

People need to find a group in their church or neighborhood or at a community center that offers a safe, welcoming place to gather and make friends. Mentoring Moms offers just that, she says, noting those who still are driving pick up those who don’t.

“They make connections at the weekly meetings and share phone numbers,” she said.



The women share a meal, have a time of singing and praise, have a Bible study, and share prayer requests. They bring a favorite knitting or crocheting project or someone teaches a new craft.

Stitzer says staying connected to one another is a lifeline and truly “good medicine” to ward off loneliness and depression.

If you are feeling signs of depression, please talk to a trained counselor for help.

***National Alliance of Mental Illness
NAMI.org / 1-800-950-6264***

SIGNS OF DEPRESSION

- ▶ Apathy — not caring about anything
- ▶ Loss of interest in something you once really enjoyed
- ▶ Persistent sadness
- ▶ Irritability
- ▶ Trouble concentrating; other cognitive changes
- ▶ Fatigue, low energy
- ▶ Insomnia or sleeping most of the time
- ▶ Overeating or decrease in appetite
- ▶ A sense of hopelessness
- ▶ Feelings of worthlessness or guilt
- ▶ Slower speech or movement
- ▶ Digestive problems that persist

Source: National Council on Aging, www.ncoa.org



Mercy for the 'Other'

By Deaconess Sarah Longmire

Have you ever felt like an outsider? Perhaps you didn't get the memo, or you aren't wearing the right outfit. Or, maybe the whole group is men, and you are the only woman (or vice versa). It can feel like trying to be included or "fit in" can take all of our effort!

At times, it might seem like emulating someone from the Bible will give us help in our own lives. We look at women in the Old Testament, for example, and think, "Oh to have the courage of Esther! And the leadership of Deborah! If I could just trust like Ruth."

Yet, when we make heroes out of these flawed characters, we miss

a lot. To hold up the sinners as the focus of the story instead of God's message of grace, mercy, and trust misses the great and merciful message that God would have us know. His Word is about His Son, our Savior Jesus, and His saving work for us.

Consider the account about a Canaanite woman in Matthew 15. This woman doesn't get her name recorded, but it is noted that she is an outsider, an "other." And yet, God works in and through her. He gives her faith in Jesus and uses her to point to the truth of Jesus.

This woman is serving within her vocation as mother as she falls before

Jesus and begs for mercy and for the rescue of her daughter. He responds in verse 26 (ESV):

"It is not right to take the children's bread and throw it to the dogs."

It would seem as though Jesus is agreeing to the divide between the Jews and "the others." And yet, we know from all of Scripture that Jesus came to reconcile — to make right — the relationship between God and all people. In response to Jesus' comment, the Canaanite woman says (v. 27 ESV), "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table."

This outsider has been given faith



by God and clings to the promises that God has made — even unto her. She, in faith, believes that even a crumb from Jesus is powerful enough and will do what He came to do: Restore that which is broken.

We may be tempted to hold her up and think, “I need to have the faith of an ‘other.’” We can indeed rejoice in her faith and ask that God would help us to trust as she trusted. And yet, the focus, her hope, and our hope all rest in Jesus.

In your Baptism, you are made whole and reconciled to God. We, like this Canaanite woman, were outsiders, because of our sin. And yet, we are washed clean in Baptism and given new life. We are restored and made new.

As we consider how we look at people in the Bible and as we consider how we look at those around us, start with Jesus. See the work that He has done through them and the work He is doing through you. And, more importantly, see that we, as sinners, get to cling to His promises for mercy, forgiveness, love, and grace.

Consider the faith that God gave the unnamed Canaanite woman; it is the same faith that He gives in your Baptism. He is faithful in His promises and has given Himself to you, for you, to your neighbor, and to anyone who may feel like an “other.”

Deaconess Sarah Longmire serves as the Director of Family Life at St. Matthew Lutheran Church in Lee's Summit, Mo.

This month's study text:

The Faith of a Canaanite Woman

21 And Jesus went away from there and withdrew to the district of Tyre and Sidon. 22 And behold, a Canaanite woman from that region came out and was crying, “Have mercy on me, O Lord, Son of David; my daughter is severely oppressed by a demon.” 23 But he did not answer her a word. And his disciples came and begged him, saying, “Send her away, for she is crying out after us.” 24 He answered, “I was sent only to the lost sheep of the house of Israel.” 25 But she came and knelt before him, saying, “Lord, help me.” 26 And he answered, “It is not right to take the children's bread and throw it to the dogs.” 27 She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.” 28 Then Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly.

Matthew 15: 21-28 (ESV)

Prayer:

Lord God Heavenly Father, thank You for Your Word. Thank You for the fulfilled promises that point to the saving work of Jesus for sinners. Thank You that grace, mercy, peace, and forgiveness are for all people, including me. Remind me as I serve in the roles You have given me that I am Your redeemed and Baptized child and that I get to share Your gifts with those around me. In Jesus' Name, Amen.

Reflection Questions:

Have you ever felt like an outsider? Have you ever (even unintentionally) caused someone else to feel like an outsider? How does Galatians 3:28 help realign our identity and our love for those around us?

Do you know your Baptism birthday? If not, find out! What do you do to celebrate the day when you were brought into God's family?

How does remembering that God works through sinners help reshape your reading of Biblical accounts throughout the Bible?



Getting to know your ‘Circle’

A small group Bible study or a Circle Meeting is a wonderful time to be in the Word as well as in fellowship with God’s children. When someone new joins the group or a new group is forming, an important place to start is the “get-to-know-you” process. Here are some questions to help as you get to know each other better:

LIFE EXPERIENCES & WISDOM

- ▶ What’s one piece of advice you wish you could give your younger self?
- ▶ What’s something you know now that you wish you had known 20 years ago?
- ▶ What’s the most valuable life lesson you’ve learned so far?
- ▶ What has been your proudest accomplishment?

PERSONAL STORIES

- ▶ What’s a favorite memory from your childhood?
- ▶ What was your first job? What did you learn from it?
- ▶ What’s the most interesting place you’ve ever traveled to?
- ▶ What hobby or interest has brought you the most joy over the years?

RELATIONSHIP & FAMILY

- ▶ What family tradition means the most to you?
- ▶ What quality do you admire most in other people?
- ▶ What’s the best piece of relationship advice you’ve ever received?

FUN & REFLECTIVE

- ▶ What movie or song has had a big impact on you?
- ▶ If you could have dinner with anyone, living or dead, who would it be?
- ▶ What’s something that always makes you smile?
- ▶ If you could learn any skill instantly, what would you choose?

FAITH

- ▶ What is your favorite Bible verse?
- ▶ Who has been the most influential person in your faith life?
- ▶ Think of someone who is always in your prayers.

For more help on how to run an LWML gathering, visit the LWML website at www.lwml.org/posts/leadership/meetings-101.



Women of the Bible Word Search

Words may be horizontal, vertical, or diagonal,
forward or backward, and may overlap.



Women of the Bible Word Search

ABIGAIL	ESTHER	KEZIAH	NAOMI
ANNA	EUNICE	LEAH	PHOEBE
BATHSHEBA	HANNAH	LOIS	RACHEL
CHLOE	Jael	LYDIA	RAHAB
CLAUDIA	JEMIMAH	MARTHA	RUTH
DEBORAH	JUDITH	MARY	ZIPPORAH

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RETURN SERVICE REQUESTED

Esther 4:14

“For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father’s house will perish. And who knows whether you have not come to the kingdom

for such a time as this”



(ESV)