



For Guidance in Our Calling

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29: 11

Lord God, You have called Your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go but only that Your hand is leading us and Your love supporting us; through Jesus Christ, our Lord.

Prayer taken from Lutheran Service Book, Page 311

A Time to Run

Recently, I ran in the St. Louis Marathon. When I talk to people about running 26.2 miles, the question that comes up most (besides WHY?! Or...Are you CRAZY?) is—How did you ever find the time?

That's a good question. As a busy wife and mother I don't often find myself saying, "I need something else to do...my schedule is wide open!" Actually, I've never said that. It always seems like I have something that needs to be done that I just don't have time for. So when I first considered the intense marathon training schedule I was to follow, I felt a little overwhelmed. I didn't even LIKE to run!

The authors of the marathon program I used, promised that if I would only devote the time, effort, and positive attitude, I would finish my marathon. So I set off in my new pair of sneakers and was surprised when the first week's long run, 5 miles, was under my belt. I'm not saying it was easy or even pretty, but I set aside the time, I prepared my mind, and I finished. I was surprised by how much time I could find when I WANTED to make time to run.



Crossing the finish line.

I ran when the kids went to bed, I watched the sun rise for the first time in ages on early morning runs before they awoke. I especially enjoyed running on Saturdays with my husband, David, who ran with me in the marathon. What I gradually realized was that even though it seemed like I was giving up a lot of free time, those quiet runs allowed me precious opportunities for thinking, reflecting, and praying, which not only helped me become a more confident and successful runner, but also a person better equipped to handle everyday life.

Each week the distances increased and each week I was happily surprised and relieved to find myself at the finish line. Sixteen weeks, 418.2 miles, and three pairs of tennis shoes later, I crossed the finish line on a rainy day in St. Louis, finally NOT surprised to be there.

Submitted by Sarah Ross, OK District LWML Web Servant



TJ Smith has resigned from her position as YWR Coordinator. We thank TJ for her leadership and programming skills she shared with us the past few years. She has been an inspiration and mentor to the Oklahoma District young women. Blessings, TJ, in the path where God leads you.

Bev England, OK District LWML President

Newly Appointed YWR Coordinator Meet Karen Rumsey

My husband John and I are new to Guthrie. We moved from California last August. John is a retired postal worker serving as a commissioned Deacon at Our Savior Lutheran west of Guthrie. We have been married 31 years and have three grown children. Two boys, John IV, Daniel, and our daughter Jeanne.

Sewing and crafts have always been an important part of my life. I presently have a home quilting business and really enjoy the flexibility of working from home.

I have worked as a classroom instructional aide for ten years at the elementary school level and for 14 years at the high school level. For four years I was a high school campus assistant and working with young people is something I have always enjoyed.

The YWR program is a new mission field for me and I am eager to learn and serve in this exciting program.

To all young women out there, as author Anne Ortlund put it, "Your heavenly Father waits to bless you in inconceivable ways to make your life what you never dreamed it could be".

It is my prayer that this program will flourish and bless us all in ways we never dreamed possible and I look forward to serving in my new position with the Oklahoma District LWML.

Submitted by Karen Rumsey, YWR Coordinator

Up to the Challenge!



When I found out I was selected to be a YWR, I was thrilled. I am really looking forward to attending the 2009 LWML convention and meeting the YWRs from around the country. I have already enjoyed meeting my Oklahoma co-YWR, Joanna Wescoatt, and anticipate working together.

In talking with several women who are former YWRs, they all have such wonderful things to say about their experiences. The looks on their faces when they speak of that time says so much more than their words. I pray that I come home from this convention filled with the Holy Spirit and as eager to serve as these young women.

Traveling to new places is something I enjoy and this will be my first time visiting Portland. My Pampered Chef business has taught me that my family and home will not fall apart if I go out of town for a few days. I am so excited about all I am going to learn and can't wait to see how God is going to use me. I am grateful for this opportunity and would like to thank all of you who helped me to get here.

God Bless, and I'll see you in Portland!

Yvonne Moore, OK District YWR