

LWML Oregon District President Deb Weaver, Bronco and Rookie



Vehicle Care vs. Personal Care

As I write this article, it is hard to believe that it was a little over 3 months ago that we gathered in Roseburg, Oregon and “Fanned the flame of the Holy Spirit.” I cannot believe that here we are, leaves turning colors and falling to the ground and the days getting shorter. Where does the time go?

Someone asked me on a phone call in early August, “Did you enjoy your month off?” I really had to chuckle to myself. There is really no time off when you work in the LWML Oregon District. The person thought that I had taken the month of July off after the June Convention. Nope, that did not happen. The district office remains open all the time.

So, as I sat waiting to get my oil changed in my truck a few weeks ago, I started to think about how there are times when I take better care of my vehicle than I do myself. Have you ever felt that way?

I like to drive a clean truck. I do my oil changes every 3,000 miles as the owner manual says. My husband keeps my fluids checked, watches the tread on the tires, and makes sure that I am good to go whenever I travel a distance.

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I will admit that August was a stretch for me. I found days where I had no energy to engage in the tasks at hand. I had several days when I did nothing all day. Deadlines loomed and my energy level was low indeed. One of those “check engine” lights kept coming on in my mind.

As I look at my calendar for the month of October, I see that I am away from home every Saturday. I see a conference on the schedule mid-month. I see St. Louis and Assembly of Leaders training the last week of the month. I am already tired. Ever feel that way?

If I think about the meticulous care I give to my truck, then why do I not give that same attention to the care of myself?

As followers of Christ, we are reminded daily from where our strength comes. We are reminded that God is checking our fluid levels, making sure that our feet are in good shape to take the Gospel message out, monitoring our hearts to make sure they are pumping at just the right time, and He tells us it's OK to put the brakes on when we reach our limit.

If we are going to travel on the road for Christ, we need to make sure we are rested and ready to go. We need to take God along with us and trust that He is the One maintaining our vessel.

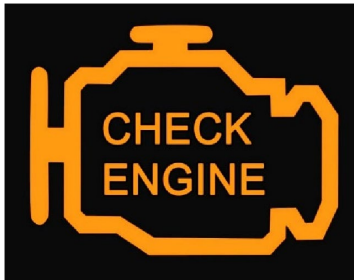
Like going through the car wash, we need to ask Christ to “clean us up” and “wipe the grime of sin off us” daily. We need to care for ourselves, rest ourselves, and know that God has His hands around us, even when we are drained and tired.

My prayer for you is that you take time this fall season and look at nature producing vibrant colors amidst the falling leaves — that you would enjoy the cooler days and the fall moons that will appear.

And I pray that you will take time to notice God renewing you and your strength daily.

*I will instruct you and teach you in the way you should go:
I will counsel you with my eye upon you (Psalm 32:8).*

Blessings,
President Deb



vs.

wellbeing checklist

☐ Sleep 8 Hours

☐ Meditate

☐ Exercise Daily

☐ Drink Water

☐ Practice Gratitude

☐ Connect with Friends

☐ Read a Book

☐ Take a Walk

☐ Stretch

☐ Eat Nutritious Foods

☐ Laugh

☐ Declutter Space

☐ Practice Mindfulness

☐ Listen to Music

☐ Write in Journal

additional:

☐

☐

☐

☐

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notes:

Junior Counselor's Corner

Pastor Nick Koschmann

I enjoyed meeting many of you at the LWML Oregon District Convention in June. Whether talking between sessions or sitting down for a meal, I heard two things over and over: *"Tell me about yourself."* And *"How did you get into the ministry?"* I figured my first *Leaguer* article would be a good opportunity to share that information with anyone who wasn't there.

I grew up all over the United States. We moved to Albuquerque, New Mexico, right before I started high school and my parents have lived there ever since, so that is where I call *"home."* I originally wanted to become a high school band director, so I attended Concordia University River Forest as a Music Education major.



During my sophomore year I began to feel God calling me into the ministry. I changed majors and eventually headed to the seminary in St. Louis. My wife, Rachael, and I were married during my second year at the seminary. While on vicarage in Wisconsin, our first child, Lucy, was born. She is currently a junior at Oregon Tech.



My first Call was to St. Paul Lutheran Church in Trenton, Michigan. I served there for seven years. While we were in Michigan, Rachael and I had three more kids. Murray is a freshman at Northwestern University. Ginny, whom some of you met at the district convention, is a freshman in high school. And Wiley is in 8th grade.

In 2014, I received a phone call inquiring if I would be willing to consider a Call to Mt. Olive Lutheran Church in Forest Grove, Oregon. Rachael's response was, *"Go ahead and take the interview. It's not like you're going to accept the Call if you get it, but it'll be good practice for your next interview."* Our plan had always been to stay in the Midwest, close to her parents in the Chicago area. God had other plans.

I ended up receiving the Call to Mt. Olive and Rachael agreed that I should accept it. However, we both thought this would be a short-term Call. It would be my first Call as a sole pastor, and it was so far away from where we imagined living. Twelve years later I'm still serving the good people of Mt. Olive and we can't imagine living anywhere else.

In my spare time (*if I can find any*), I enjoy playing board games and I am a huge Green Bay Packers fan. Ginny and I also started beekeeping last year. That's been quite an experience.



I'm honored to have been asked to serve as one of the Pastoral Counselors for the Oregon District. I look forward to serving alongside Pastor Westhafer and meeting all of you as we joyfully proclaim Christ, support missions, and equip women to honor God by serving others.



Mission Servants Committee: Serving with Compassion and Purpose

The Human Care Committee has a new name — **Mission Servants** — but its heart and purpose remain beautifully the same. As always, this committee is dedicated to *encouraging sensitivity in women toward those who are hurting and in need in the church, community, and world*. Mission Servants continues to champion hands-on service, offering practical resources that bring comfort, dignity, and hope to the underprivileged and underserved. Their work reminds us that small acts of kindness, done with great love, can ripple far beyond what we imagine.

A Simple Idea with a Big Impact: Meals in a Bag

This year, the Women of Calvary at Calvary Lutheran Church in Stayton shared a wonderfully accessible service project: **Meals in a Bag**. These are complete, shelf-stable meal kits assembled from affordable ingredients found at Dollar Tree, Walmart, Safeway, Grocery Outlet, and similar stores. Each bag includes everything needed to prepare one full meal — items like pasta, sauces, canned vegetables, beans, rice, seasonings, or packaged proteins. The beauty of this project is its simplicity: low cost, minimal cooking skills required, and high impact for families who need quick, reliable nourishment. Instructions and recipes are available through the Girl Scouts *Dollar Tree Dinners Meal in a Bag Service Project* resource.

A Joyful Workday of Service

Our congregation was invited to participate by donating ingredients for the meal kits. The response was warm and generous. During our first workday, **eight women gathered**, rolled up their sleeves, and assembled **36 complete meal bags** — each one a tangible expression of our care for neighbors in need. These meals will be distributed throughout our local area, offering both nutrition and encouragement to individuals and families facing hardship.

Living Out Our Mission

The Mission Servants Committee continues to inspire us to serve with compassion, creativity, and joy. Projects like **Meals in a Bag** remind us that meaningful ministry doesn't require complexity — just willing hearts and hands. As we move forward, may we keep seeking ways to uplift our communities, support those who are hurting, and reflect Christ's love in practical, everyday ways.

Lovingly submitted by the Mission Servants Committee.

MEALS IN A BAG

“Meals in a Bag” are simple, budget-friendly meal kits created entirely from ingredients found at Dollar Tree/Walmart/Safeway/Grocery Outlet and other establishments. Each bag contains everything needed for one complete meal, and are often shelf-stable items like pasta, sauces, canned vegetables, beans, rice, seasonings, or packaged proteins. These meals are designed to be affordable, easy to assemble, and require minimal cooking skills or equipment.

SAMPLE RECIPE



WHITE CHICKEN CHILI

WHAT'S INCLUDED:

- 2 cans great northern beans
- 1 can corn
- 1 can green enchilada sauce
- 1 can salsa verde (or chopped green chilis)
- 1 can cream of chicken
- 1 large can of chunk white chicken
- 1 to 2 bouillon cubes

INSTRUCTIONS:

- Combine all ingredients in a large stock pot, add 1 to 2 cups of water (for desired consistency)
- Bring to a boil then cover and simmer 20 to 25 minutes stirring occasionally.

TIPS/OPTIONS:

- Add cumin, garlic powder, onion powder, and/or chili powder for extra flavor.
- Want it thicker? Mash some of the beans while it simmers
- Topping Ideas: try shredded cheese, sour cream, tortilla chips, cilantro, or a squeeze of lime.



Serving Together

Those of us on the communication committee or the communication team, as we sometimes call ourselves, are filled with gratitude and thankfulness for those we serve within the Oregon District. Your zone and group gatherings, written articles, and other activities provide us with the opportunity to officially publish and post all the news taking place in in our district. Behind the communication team are others who help us with editing, provide pictures of events and offer valuable advice. We appreciate you all. Thank you!

We have a few suggestions that you might find helpful.

- **Pictures:** You are welcome to send your pictures to anyone on the team. We prefer they be in a jpeg or png format. If you are a photographer, please check with the people of whom you are taking pictures, to make sure they know their picture may be posted.



or



- **Written articles:**

- For the *Oregon Leaguer* please send them as a docx.



- For the website, please send them as a PDF.



- If you need help with editing, you are welcome to ask for guidance. An informative resource, with specific guides in support of LWML practices, is the *LWML Style Guide* found on the website. (Look under Quick Links.)
- Articles submitted for publication need a doctrinal review by our Oregon District Pastoral Counselors.

Serving you,
 Janet Schultz, Vice President of Communications
 Carol Reis, Editor of the *Oregon Leaguer*
 Mae Smith, Web Advisor
 Carmen Nagel, Social Media Coordinator
 Pat Reck, Author of the Hug-in-a Mug

Effective Date of this Chart: 09-13-2026		
LWML - O.D. Fall Zone Gatherings 2026 (Alpha Order)		
Zone:	Date:	Place:
Emerald	N/A	No Fall Gathering Planned
Interstate	10/3/2026	Grace Lutheran, Vancouver, WA
Juniper	9/24—9/30/2026	Char K's Cabin, Crescent Creek
Mt. Hood	10/17/2026	Trinity Lutheran, Oregon City
Myrtlewood	10/10/2026	St. John, Sutherlin
Pacific	10/17/2026	St. John, McMinnville
Southern	12/12/2026	St. John, Eagle Point
West Hills	11/7/2026	Pilgrim Lutheran, Beaverton
Willamette	10/10/2026	Calvary Lutheran, Stayton

Leaguer Schedule

2026/2027 Leaguer Dates

Leaguer Issue:	Submission Date:	Publication Date:
Winter 2026/2027	December 1, 2026	January 1, 2027
Spring 2027	March 1, 2027	April 1, 2027
Summer 2027	June 1, 2027	July 1, 2027

Send items and photos to:

Leaguer Editor:

Carol Reis crlwmlor2020@outlook.com

VP of Communication: Janet Schultz

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TRUE OR FALSE ????????????

According to Robert's Rules of Order

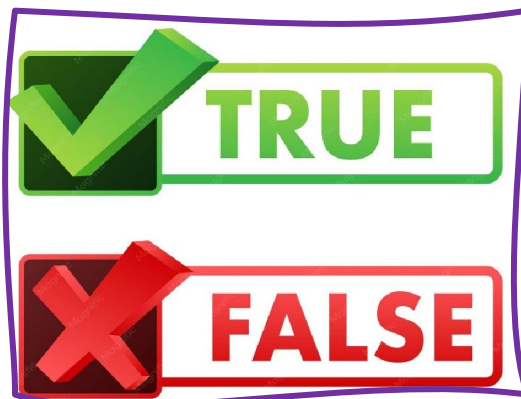
"When the bylaws require a vote to be taken by ballot, this requirement cannot be suspended, even by a unanimous vote."

Even though there is only one candidate for each office a ballot must be taken.

The ballot should be prepared prior to the meeting, or it can be a slip of paper on which the members write the candidates of choice.

Where the bylaws do not require the vote to be by ballot, it can be ordered by a majority vote, or by general consent.

(See answer someplace in this edition).



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, lwmlor.org



The Widow's Mite

Jesus looked up and saw the rich putting their gifts into the offering box, and he saw a poor widow put in two small copper coins. And he said, "Truly, I tell you, this poor widow has put in more than all of them. For they all contributed out of their abundance, but she out of her poverty put in all she had to live on" (Luke 21:1-4).

Mite Explanation and History

Based on the Biblical account of the widow's mite (Luke 21:1–4), the Mite Box is intended for regular contributions of "mites" — offerings above and beyond the support given to congregations and the LCMS. Mite Box contributions amount to millions of dollars that fund district and national mission grants and implement the LWML program.

View the
Monthly HUG-IN-A-MUG

lwmlor.org/district-news





LWML Oregon District Website:
lwmlor.org



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 &
Carmen Nagel, Leader Development Committee
Chairman

TRUE OR FALSE Answer
According to Robert's Rules of Order...
The answer is true

SHARE THE JOY

What's Happening in Your Zone? Let's Share the Joy!

The women of our LWML Zones and Groups are busy — serving, studying, celebrating, and lifting one another up in Christ. But unless you tell us — we don't get to rejoice with you!

The *Oregon Leaguer* is your place to shine. Has your group hosted a creative fundraiser? Installed a new pastor? Launched a Bible study that sparked great conversation? Tried a new outreach idea that brought unexpected blessings? We want to hear it — and so does the rest of the district.

Your story might inspire another group. Your idea might solve someone else's challenge. Your joy might encourage a sister who needs it.

Whether it's a big event or a small moment of grace, **your zone's activities matter**. Sharing them helps us celebrate together, learn from one another, and strengthen the mission we all love.

So consider this your invitation: **Send in an article for the *Leaguer*!**

Let us help spread the word about the wonderful things God is doing through you.



Together, we can make our district buzz with excitement, connection, and encouragement — one story at a time.



OFFICER CONTACT INFORMATION

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LWML 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—Kathy Haas

Juniper Zone—Pat Reck

Mt. Hood Zone—Connie Adams

Myrtlewood Zone—Joan Mahaffy

Pacific Zone—Char Kroemer

Southern Zone—Barb Northrop

West Hills Zone—Judy Chase

Willamette Zone—Carol Reis



2026-2028 LWML Oregon District
Executive Committee, Pastoral Counselors and Nominations Committee.