

CHRISTIAN LIFE NOTES

LWML Oregon District

Volume 107

September 2025

Renewed and Refreshed My words are seasoned!

The 2025 Fall Retreat, "Seasoned with Salt", was held September 19-21, on a beautiful sunny fall weekend.



Our LWML sisters, from all over Oregon and SW Washington, came to hear Mary J Smith teach about mentoring others in the Christian Faith. Wow! What great examples and discussions about the joys and difficulties in meeting people and sharing the gospel with them. Mary emphasized that mentoring isn't something that you can use by meeting with someone and stepping on the gas pedal and say, "I am going to mentor you."



Instead, the idea of mentoring is to come along side someone and mentor as the opportunity arises. There are many styles of mentoring, and we discussed various ways we

can use the different modes. Some of the styles include being a **Role Model** which mentors by example, a **Teacher** who mentors by instructing, or a **Discipler** is one who helps fellow Christians strengthen their faith. And when we need help with mentoring someone, we have one perfect mentor - Christ.

"You call Me Teacher and Lord; and you are right, for so I am. "If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet."



"For I gave you an example that you also should do as I did to you. "Truly, truly, I say to you, a slave is not greater than his master, nor is one who is sent greater than the one who sent him. "If you know these things, you are blessed if you do them" (John 13:13-17).



We explored mentoring and practiced talking with each other using questions that people might have about our Christian faith. Who is this Jesus? How do we know the Bible is true?

But Bible Study was not all of what happened at the retreat. We had time to catch up, and to relax. We walked and talked, and some participated in Tai Chi. Other activities included a prayer walk, crafts and a Salsa Tasting Contest. Mealtime was exceptional. Aldersgate Lodge and Retreat Center made plenty of delicious food which everyone enjoyed.

Sunday Pastor Beck and Pastor Westhafer led us in an uplifting divine service. Pastor Westhafer share that we are to use our words to encourage others in all our daily tasks.

Prayer: Father, it is Your desire that we follow Christ's example of service. Inspire and enable us to live in love as we mentor and serve others in your name. May we glorify You in all we say and do. We ask this in the name of our Perfect Mentor, Jesus Christi our Savior. Amen

Lynne Beck- Vice President of Christian Life
Tillamook, Oregon