



The Messenger

The mission of LWML North Dakota is to equip and encourage all women to share the compassion and hope of Jesus Christ.

A Message From Our New LWML ND District President, Ali Arndt

Every year, the fall retreat is a highlight for me — a chance to step away from the rush of life and refocus on God's Word. This year, Rebekah Curtis, co-author of *LadyLike: Living Biblically*, led the sessions. I'll admit, I was a bit skeptical at first. Could she really speak to the struggles of modern Christian women? Would her insights resonate in today's world? I quickly realized how wrong I was.



Our speaker, Rebekah, led us through an eye-opening discussion on the roles of women according to Scripture, compared with the expectations the world places on us. She referenced a powerful monologue from America Ferrera in the Barbie movie, which speaks to the exhausting pressure many women feel to be perfect and to meet everyone's needs. What struck me, was how each generation of women faces these pressures, though the challenges seem to grow with each passing era.

Rebekah reminded us that while the world places impossible demands on us, God invites us to lean on Him. He has already walked the tightrope for us. We are called to lift one another up, serve in our families, churches, and communities, and remember that we were created for relationships. Most importantly, we aren't meant to do it all alone.



That reminder resonated deeply with me. Even though I'm surrounded by people who love me and are willing to help, I often try to handle everything on my own. Even in prayer, I sometimes try to offer my own solutions to God instead of fully trusting Him with my burdens. But through His Word, He continually reminds me that I don't have to be perfect — His Son has already lived the perfect life and saved us from our sins.

When life feels overwhelming, we can hold on to the promise in Lamentations 3:22–24: *"The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness."* 'The Lord is my portion,' says my soul, 'therefore I will hope in Him.'

As sisters in Christ, let's continue to encourage and build each other up, just as we are doing.
(1 Thessalonians 5:11)

Therefore encourage one another and build one another up, just as you are doing. (1 Thessalonians 5:11)

She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her: "Many women do noble things, but you surpass them all." Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Honor her for all that her hands have done, and let her works bring her praise at the city gate (Proverbs 31).



LWML ND DISTRICT FALL RETREAT *in Review*

Christ's Creation:

Reclaiming Womanhood in Christ

Wittenberg Lutheran Chapel and Immanuel Lutheran Church in Grand Forks, ND

The 2024 LWML ND District Fall Retreat was held on September 12–14. We had 63 people in attendance. We began our weekend at Wittenberg Chapel where Pastor Dan Suelzle led our opening worship service. We collected an offering presented to Wittenberg Chapel.

Our speaker Rebekah Curtis, author of the book *Lady Like: Living Biblically*, presented three sessions throughout the weekend.

She shared with us a Biblical way of looking at our lives and how we live them. She challenged us to think of our feminine traits as a gift from God. He designed us to be nurturing, caring and a helper to man. Because of this, we can serve our church and community in different ways than men. Often, we feel so overwhelmed by doing “it all,” we sometimes forget what a privilege it is to serve our neighbors and church.

While we were at the retreat, we were able to take a break and do a mite/prayer walk. Along the path we prayed for our families, neighbors, government, pastors, civil servants and missionaries. The Orphan Grain Train also brought a trailer to receive donations.

Pastor Mike Suelzle led a Bible study on Servanthood using the scripture reference Philippians 2:1–18. We discussed different reasons we serve and about serving with humility. He also discussed inappropriate respect when it comes to servanthood. In the end, several Bible verses were shared to help encourage us toward humility, unity and service.

On Saturday afternoon we were entertained by members of the ND LWML who participated in a talent show. We had a trumpet player, a flute duet by a mother and daughter, a sign language presentation of the Apostles’ Creed, a few skits, vocalist and pianists. Our new President, Ali Arndt, was even our emcee and comedic relief.

Over all, it was a wonderful weekend filled with God’s word, music, fellowship, food and laughter. We look forward to seeing you all again next year. Mark your calendars for September 12–14, 2025 and invite your friends to come along. We always have room for more!



Wittenberg Chapel



Rebekah Curtis



Immanuel Lutheran Church Grand Forks



Rev. Dan Suelzle & Rev. Mike Suelzle



A Message From Sr. Pastoral Counselor, Rev. Michael Suelzle



“While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease” (Genesis 8.22).



Fall is a great reminder of the changing of the seasons. The change in the hours of daylight and darkness, creating beautiful sunsets and sunrises. The beginning of crisp mornings and temperate afternoons. The green of the trees melts away, revealing vibrant colors. Harvesters work tirelessly to pull the bounty of the fields out. The aroma of pumpkin spice fills the air in baking and confectionery delights.

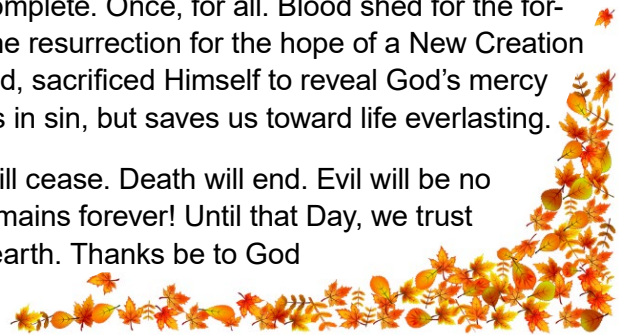
God’s words in Genesis 8:22 are a wonderful reminder of His ordering Creation. But did you look where this verse is found? This comes right after the Great Flood where God blotted out most of humanity because of their gross wickedness! In verse 20 Noah built an altar and offered up some of every kind of clean animal from the ark. The wages of sin is death. In verse 21 God says that the intention of man’s heart is evil from his youth. In sin we were conceived.

God declares this ordering of Creation in spite of what should have happened because of the blatant wickedness of the world. If God’s goal was to wipe out all sin and evil, He would have had to destroy Noah and his family and every creature corrupted by sin because of the Fall of Adam and Eve. However, in this promise, God reveals His mercy toward us. As long as sin remains, God will maintain order in His Creation.

What a great comfort for us! Even though there is turmoil in the world because of sin, God will not forsake us because of His mercy. When there are terrible natural disasters, causing fatalities of hundreds or thousands, God is still merciful to not treat us as our sins deserve. When we hear of wars and rumors of wars, displacing families and neighborhoods and cities, God is still merciful to not treat us as our sins deserve. When politics gets ugly and the fate of nations hangs in the balance, God is still merciful to not treat us as our sins deserve.

One might think that the sacrifice performed by Noah is the reason for this mercy. Noah’s sacrifice pointed to a much more powerful sacrifice. Forever. Complete. Once, for all. Blood shed for the forgiveness of sins. One death for the life of the world. One resurrection for the hope of a New Creation ordered without sin or evil. Jesus Christ, the Son of God, sacrificed Himself to reveal God’s mercy toward us. God loves us enough that He won’t leave us in sin, but saves us toward life everlasting.

One Day the earth as we know it will not remain. Sin will cease. Death will end. Evil will be no more. Because God is merciful and His love for you remains forever! Until that Day, we trust in and proclaim His mercy in Christ to the ends of the earth. Thanks be to God because He is merciful in Christ!



LWML ND District Banner Design And Crafter Needed

Our North Dakota District Board of Directors will be choosing the convention banner design at the February 2025 BOD meeting. This banner, to be designed and crafted by creative women in our district, will represent North Dakota at the national LWML Convention in Omaha, Nebraska in June 2025 with the theme, “Growing In God’s Grace” based on 2 Peter 3:18 The banner will also be used for our LWML ND District Convention in 2026.

Submit your designs by January 31, 2025 to Recording Secretary, Joyce Voss via email at recordingsecretary@ndlwml.org or call, 715-533-9856. Contact Joyce *asap* if you are interested in crafting the banner for convention.



Crafty People Need Apply!

Report from Vice President of Mission Grants by Tami Ulland

LWML ND DISTRICT MISSION GRANT 2022—2024 BIENNIUM		PAID	BALANCE
Dakota Boys And Girls Ranch; Kruse Chapel <i>(This Mission Grant request was entirely fulfilled!)</i>		\$3,500	0

LWML ND DISTRICT MISSION GRANT 2024—2026 BIENNIUM	TOTAL	PAID	BALANCE
Orphan Grain Train Jamestown, ND	\$8,000	\$8,000	0
ND Full-Time Church Workers Scholarship	\$25,000	\$5,000	\$20,000
Mercy Meals Of North Dakota	\$6,000	0	\$6,000
Lutheran Family Service	\$15,000	0	\$15,000
Main Street Living North	\$4,950	0	\$4,950
Youth Ministry In The ND District	\$10,000	0	\$10,000
Food and Clothing Co-Op Concordia Seminary Fort Wayne	\$5,000	0	\$5,000
Physical Wellness for at Risk Children Dakota Boys And Girls Ranch	\$4,000	0	\$4,000
Where Charity And Love Prevail Concordia Seminary, St. Louis (Partial Funding)	\$60	0	\$60
2024—2026 Biennium Mission Grant Total:	\$78,000	\$13,000	\$65,000

Memorials And Honorariums for July through October 13, 2024

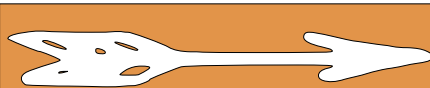
Memorials

Esther Guthmiller
 Jeanne Puffe (22)
 Elissa Riemer
 Don Schroeder
 Laurie Willprecht
 Hannelore Doeling

Honorariums



We give thanks and praise for these wonderful Children of God who have or are joyfully serving our Lord and we give thanks to those who remembered them through their donation to the LWML. What a truly awesome way to spread the Good News of salvation through our Lord and Savior Jesus Christ.



Happy Fall everyone! This is

your LWML ND District Financial Secretary, Laurie Rubbert. Please continue to send your mites to me at:

**Laurie Rubbert
 587 86th St. NW
 Upham, ND 58789**



If your unit has not given to the delegate fund yet this year, please send those checks to me as well. We suggest that each unit send \$5.00 per member to the fund. It will be used to send our delegates to the LWML National Convention in Omaha next summer. Thank you!!



Fall Rally Recap

SW Zone October 5, 2024 — St. John's Lutheran Church, McClusky



The SW Zone Fall Rally was hosted by St. John's Lutheran LWML in McClusky. Some in our Zone traveled up to 3.5 hours (time zone change included!) on an extremely windy day, but greeted warmly with coffee and breakfast refreshments. The



Bible study, *Grow In God's Service*, written by Rev. Dan Suelzle, was led by Rev. Thompson.

Our guest speaker, Joy Ryan, President/CEO of Dakota Boys and Girls Ranch, explained the Ranch's history, advancements in understanding the brain, and shared stories of much hope, healing and the work of Christ that occurs in the children with the help of skilled staff.



The guest speaker was followed by the Mite offering of \$216, Delegate Fund collection of \$250, the district report given by Recording Secretary, Joyce Voss, and the business meeting led by Paulette Huber. Paulette announced her upcoming move to Plymouth, Minnesota (to be near family). The SW Zone Interim President is Marie Johnson.

Paulette's new address is: 3790 Lawndale Lane N; Unit 208
Plymouth, MN 55446

There were 27 in attendance and several bags of items were collected for ingathering donations to benefit Dakota Boys and Girls Ranch.



NE Zone September 28, 2024 — Immanuel Lutheran Church, Grand Forks



Lutheran Women In Mission gathered for the **NE Zone Fall Rally** on September 28 at Immanuel Lutheran Church, Grand Forks. Devotions including hymns were led by Pastor D. Provost. Bible study was written and led by Pastor D. Suelzle. A business meeting was conducted to appoint Adrienne Montonye as vacancy Zone President. Megan Vrudny was voted in as Zone Vice President and Patricia Lopez was voted in as Zone Secretary/Treasurer. Caribou coffee and treats were provided by ladies from Immanuel. Women were free to stay after to participate in making bracelets to remind them of the Rally theme *Growing in God's Service*. It was a lovely afternoon.



Fall Rally Recap

Central Zone October 5, 2024 — Concordia Lutheran Church, Jamestown



Central Zone Fall Rally was held October 5, 2024 and hosted by Concordia LWML, Jamestown. Thirty faithful Sisters in Christ gathered with the theme, *Jesus Loves the Little Children*.

Central Zone Counselor, Rev. Paul Preus, led the Ladies in an excellent Bible study showing how Jesus cherished the little children; every child in every land throughout the world. Children are a blessing from God. (Also, Rev. Preus shared he and his wife, Bethany, are expecting blessing #8!)

Mission Speakers for the day included Bob Wurl, one of Project 24 founders. As a bonus, John Kissinger Nyang'au, the "on the ground" manager of Christ's Care for Children Kenya, spoke too. Their presentations highlighted the distinctions between the two projects, how each fit together, and how each need the other. These projects passionately care about the children's physical and spiritual needs. To that end, the ladies gathered at the Fall Rally offered \$1,555 in support. The Lord blessed us with compassionate hearts, taking care of our neighbors and especially these vulnerable children. Check out the websites and see how you can become involved with helping these projects thrive. Go to [lcms.org](https://www.lcms.org) and search for Project 24. Please remember to keep them in your personal prayers.

The day also included the pinning of the new Central Zone President, familiar to everyone as the past ND District President, LaurieAnn Totenhagen. Completing her term and pinning LaurieAnn was Central Zone President, Audrey O'Brien.

The day concluded with a skit tying the theme together with portrayals of the faith journey from toddler through the senior stage of life.

We would like to thank the ladies of Concordia Lutheran Church, Jamestown, for hosting us with a festive spirit and great food. Thanks to Rev. Preus, for his exceptional Bible Study, and we thank our mission speakers, Bob and John, for their heartfelt presentations. We thank LaurieAnn, for her assistance with the skit, Sue Corwin, who always comes through (with most everything and especially the technical stuff), and Kathie Hay, who has the challenging position of Secretary (to keep everything straight). We're thankful for all those wonderful women with their LWML hearts — how blessed we all are.



Fall Rally Recap

SE Zone October 5, 2024 — Immanuel Lutheran Church, Hankinson



Immanuel Lutheran LWML of Hankinson: (back) Dianne Loll, Bev Grohnke, Peggy Griepentrog; (front) JoAnn Bladow, DiAnn Milbrandt, Roxan Medenwald, Wanda Zietlow, Diana Hermes



Ladies attending Fall Rally from Zion in Gwinner: Cindy Enderson, JoAnne Rehborg, LaVonne Nelson. Centerpieces from the district convention were given as prizes.



Speaker BJ Christopher. Bible Study with Pastor Durham

Lisbon. Pastor Clark did the opening and closing devotions. There were twenty-nine in attendance.

Our guest speaker, William (BJ) Christopher, spoke about how missions and contacts in Ukraine led him to start Machinery Management Service Inc., which is now located in Hankinson. He shared his experiences and offered suggestions for us concerning others. It was very interesting!

Our monetary ingathering was for a new LCMS mission called St. Thomas Lutheran Church at Magnolia, Texas. Pastor Durham explained to everyone about them and how he knew their pastor, Rev. Lacey. Donations of \$350 was collected for them.

The business meeting was led by President, Wanda Zietlow, who also gave the district report. There was election of officers, but no president was elected. Wanda was elected as Vice-President. Ruth Clark will be our Zone Delegate at the convention in Omaha, Nebraska and Wanda Zietlow will be the alternate. JoAnn Bladow agreed to be on the Nominating Committee for SE Zone. We were invited to Redeemer Lutheran Church in Lisbon for our 2025 Fall Rally. We collected \$202.80 for our Mite offering.



Fall Rally Recap

NW Zone October 12, 2024 — Bethlehem/St. John Lutheran (rural Newburg)

The Northwest Zone Fall Rally was held on Saturday, October 12, at Bethlehem/St. John Lutheran Church (rural Newburg), hosted by the Bethlehem/St. John LWML. Forty-two individuals were greeted with refreshments and, of course, coffee & juice.

The Bible Study, *Grow in God's Service*, was led by Pastor Bonine. Our mite offering was \$518.65.

Lynda Bertsch, guest speaker and member of St. Mark's Lutheran Church in Minot, presented the Backpack Buddies program and expained her part in its origin years ago in Minot Schools. Food supplies and cash were collected as the ingathering for the backpack program at participating schools in our zone. Units were asked to provide the names of schools in their area who have this type of program, and we were able to provide boxes/bags of food to seven schools in our zone. The \$365 donated will be divided equally between the schools.



Business meeting was led by Kathy Huettl, president. Election of officers was held for secretary, treasurer, committee member for Human Care/Christian Life and the delegate and alternate for the LWML convention in Omaha, Nebraska, next June. Delegate funds were collected and provided to Laurie Rubbert, district financial secretary. There was no report from the district. Units approved updates and revisions for the zone bylaws and standing rules. The spring rally will be held March 29, 2025 in Rugby.



Eastern Zone October 12, 2024 — Immanuel Lutheran Church, Fargo



The Eastern Zone Fall Rally was held at Immanuel Lutheran Church in Fargo on October 12 at 9:15 a.m. The ladies of Immanuel had registration and coffee before the rally started. We started the rally with a welcome from Immanuel. Bible study, *Grow in God's Service*, was led by Pastor Kramp. The ingathering items were supplies for the Perry Center. Mite offering was taken at registration.


The business meeting was started by President Janee Brendemuhl announcing this day is not just another day, we are getting older. Today we are one more day closer to being with our Lord. We are one more day closer to being with our loved ones that have already gone to be with the Lord. The treasurer, Wanda Mitchell confirmed who mite, delegate fund, and speaker checks are to be written. Ali Arndt gave the district report. Carolyn Delorme of Immanuel has agreed to be the President-Elect and Bylaws Chairman. The Secretary/Treasurer position was open and Marlys Gregory of Beautiful Savior Lutheran Church was elected to this position. We are still in need of someone to take over one position on the Bylaws Committee. There were 45 LWML ladies and 2 guests.

We had a speaker on plants (growing) by Kirk Howatt. The new officers and old officers were installed for the upcoming year by Pastor Kramp. Sandy Eaten gave a welcome to our Spring Rally to be held on April 26, 2025 at St. Andrew Lutheran Church in West Fargo. Immanuel served a very nice noon meal to end the Eastern Zone Fall Rally.



**Growing
IN GOD'S
grace**
2 PETER 3:18

Lutheran Women in Mission
41ST BIENNIAL CONVENTION
Omaha, Nebraska
June 26–29, 2025



Lutheran Women in Mission invites you to the
41st Biennial Convention
Thursday, June 26–Sunday, June 29, 2025
in Omaha, Nebraska

Convention Theme:
Growing in God's Grace

Scripture Verse:
But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen (2 Peter 3:18).

Convention Goal Statement:
Through Word and Sacrament, I will grow in grace to serve our Lord and proclaim His glory.

2025 Convention Objectives:
Each convention attendee will be:

- ▶ Inspired to dig deeper in God's Word.
- ▶ Nurtured to share the love of Christ with enthusiasm.
- ▶ Encouraged to support missions and our mission goal with joy.

Convention Logo Explanation:
The 2025 Lutheran Women in Mission Convention logo features green leaves sprouting up and revealing the Lutheran Women in Mission icon to signify Growing in God's Grace. It is based on the convention verse, 2 Peter 3:18 — *But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.*

A fresh, bright green color is used for the leaves and the word "grace" to indicate new growth and to connect it with God's grace. Including the Lutheran Women in Mission icon links the logo with our organization and the convention goal "Through Word and Sacrament, I will grow in grace to serve our Lord and proclaim His glory."

Stay Connected
Be the first to see convention updates and announcements from Lutheran Women in Mission.

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lwml.org/stayintouch

Follow us on social:
Facebook @TheLWML
Instagram @lwmlnational



Young Women IN MISSION



Are you a young woman between the ages of 18 and 35? And ... would you like an expense paid trip to Omaha, Nebraska for the national 2025 LWML Convention as a **Young Woman Representative** for North Dakota District next **June 26–29, 2025**.

Read the qualifications and fill out the YWR Application form on the following pages. Don't delay and email it in! The application deadline is fast approaching: October 31st. Application also available at: ndlwml.org/resources. This is a wonderful opportunity to learn about the LWML and enjoy an entertaining, informative and spiritually inspiring event with women of all ages. Read the YWR Application & pray. God may be calling you for this awesome adventure with Him and other women of faith! LWML ladies, please share with a young woman in your church today — and pray!

Young Women Representative Pin Meaning

The double links represent LWML, women of all ages who are joyfully united in spirit and purpose. While each member is different, in Christ all are linked together, complementing one another's gifts, talents, and strengths.



Name _____ Age _____
Address _____
City _____ State _____ Zip Code _____
Telephone _____ Email _____
Occupation _____ Church Name _____

1. The LWML motto is “*Serve the Lord with Gladness*” (Psalm 100:2). How do you do this in your life?
2. What groups/activities have you been active in at church?
3. What is your knowledge of and level of participation in LWML, if any?
4. Why do you desire to attend the national LWML convention?
5. What do you feel are the special strengths (gifts) that God has given you?
6. The convention is an interesting and spiritually inspiring event. It is, however, also a working session of the organization, and at times the sessions can be long and the days and evenings are packed with events. There is very little free time and it can be very tiring. Understanding all of this, can you willingly accept participating in the full scope of the convention?
7. We ask that you have someone who knows you well (i.e. friend, unit president, etc.) list their name and relationship to you and answer the question, “Why do you feel this individual would be a good candidate to attend the national LWML convention?” (Use and attach a separate sheet of paper.)

Please return completed application to:
Miki Peterson |
email: miki.peterson.lwml@gmail.com
Cell: 701-535-1320





YOUNG WOMAN REPRESENTATIVE LWML CONVENTION



Qualifications

1. Any mature young woman who is preferably 18-35 years of age and a member of the LCMS may become a Young Woman Representative at the LWML Convention.
2. She shall have a deep love and devotion to her Lord Jesus Christ and be willing to participate in all aspects of this program of the LWML.
3. She shall be able to be away from home and/or work for the entire convention and travel time.
4. She shall be willing to attend all sessions of the convention, sitting in assigned seating, though she will not be able to vote.
5. She shall complete the application form and return it to the Vice President of Servant Resources.

Expectations

1. She will attend all sessions of the LWML Convention and all activities for Young Women Representatives.
2. She will give a report to the LWML ND District Convention following the LWML Convention.
3. She will commit herself to involvement in her local, zone, and district LWML activities, including support of young women's functions.
4. She shall be willing to share her impressions and experiences in the LWML ND District *Messenger* and the ND District Supplement to the Lutheran Witness.
5. She will keep an accurate and detailed record of her expenses with receipts and submit them to the LWML ND District Financial Secretary for reimbursement. The LWML ND District will cover registration, housing, meals, and travel expenses.

All applications must be turned in by: October 31, 2024

Young Women
IN MISSION

Please return completed application to:
Miki Peterson |
email: miki.peterson.lwml@gmail.com
Cell: 701-535-1320



Fostering LWML Fun, Fellowship, & Friendships

Girls Movie Night at Wittenberg Chapel Bringing Generations Together

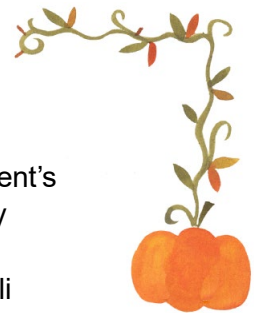
Ladies from Immanuel Grand Forks along with some of their daughters came together with the ladies attending Wittenberg Chapel on the University of North Dakota's campus to participate in a movie night October 11, 2024 at the chapel. The goal of the evening was to bring generations together and to encourage relationships between the two groups. It was a great night of fellowship that included popcorn and a giant "candy salad" where ladies from Immanuel provided a variety of gummy candies that were all mixed together in a giant bowl before being enjoyed by all. The evening ended with excitement, hugs and wishes to plan another evening together.



Women In Mission Graced With Great Friendships



Past President's met recently supporting President Ali with devotions and dinner.



Past Presidents, Debbie Larson, Dottie Sincebaugh, JoAnn Bladow — Lutheran Women in Mission graced with great friendships.

*Perfume and incense bring joy to the heart,
and the pleasantness of a friend
springs from their heartfelt advice.
(Proverbs 27:9).*

LWML North Dakota District Upcoming Dates:



- YWR Application Deadline — October 31, 2024
- Board of Directors Meeting — November 2
- LWML Convention — June 26–29, 2025, Omaha, Nebraska

Zone Activities:

- Central Zone —
- Eastern Zone — Spring Rally is April 26, 2025 at St. Andrew, West Fargo
- NE Zone — Advent by Candlelight — *please note: open to entire ND District!*
December 8, 2024 3:00–5:00 p.m, Immanuel Grand Forks
Register at immanuelgf.org/lwml-advent
- NW Zone — Spring Rally is March 29, 2025 in Rugby
- SE Zone —
- SW Zone —



From the editor...

The Messenger e-newsletter can be viewed on your phone or computer, downloaded, & printed directly from PDF or from ndlwml.org/messenger. Print versions may be available from your unit LWML President. If you know someone who would like a printed version and does not have access to the electronic version, please contact your unit president to make arrangements. Thank you, to all who contributed to this issue of The Messenger.
— LWML ND District News Editor/PR

2022–2024 District Officers and Zone Presidents

President

Alissa Arndt • 701.212.0487
2823 Edgewood Dr, Fargo ND
58102
pres@ndlwml.org

VP Mission Grants

Tami Ulland • 701.360.1469
631 Harvey, Ave, Minto, ND 58261
missiongrants@ndlwml.org

VP Christian Life

Kathy Rubbert • 701.460.0747
PO Box 754, Garrison ND 58540
christianlife@ndlwml.org

VP Human Care

Brianna Wegner • 507.210.4957
238 12th Ave W, West Fargo, ND
58078
humancare@ndlwml.org

VP Servant Resources

Miki Peterson • 701.535.1320
121 2nd St SE, Ellendale, ND 58436
servantresources@ndlwml.org

VP Communication

Cindy Barton • 701.212.0487
17678 Hwy 13, Wahpeton, ND
58075
communication@ndlwml.org

Recording Secretary

Joyce Voss • 715.533.9856
4703 Nova Ave NW, Mandan, ND
58554
recordingsecretary@ndlwml.org

Financial Secretary

Laurie Rubbert • 701.263.7692
587 86th St NW, Upham, ND 58789
financialsecretary@ndlwml.org

Treasurer

Renee Johnson • 701.263.1270
430 12th St. NW, Minot, ND 58703
treasurer@ndlwml.org

Sr Counselor

Rev. Michael Suelzle • 701.807.2009
Grace Lutheran Church
821 5th Ave. S, Fargo, ND 58103
srcounselor@ndlwml.org

Jr Counselor

Rev. Daniel Suelzle • 701.215.2592
Wittenberg Lutheran Chapel
3120 5th Ave N, Grand Forks, ND
58203
jrcounselor@ndlwml.org

Bylaws Committee Chairman

Sara Eclipse • 605.380.7479
209 5th Ave, Edgeley, ND 58433
bylaws@ndlwml.org

Historian

historian@ndlwml.org

Parliamentarian

Kay Kreklau • 701.520.7090
103 N 5th, Drayton, ND 58225
parliamentarian@ndlwml.org

Nominating Comm. Chairman

Louise Tegtmeier • 701.371.2667
15188 12th St SE
Hunter, ND 58048
nominating@ndlwml.org

Gifts & Bequests Chairman

gifts@ndlwml.org

LWML Store

store@ndlwml.org

News Editor / PR

Cheryl Rackov • 701.260.1501
2851 Bullinger Dr, Dickinson ND
58601
editor@ndlwml.org

Webmaster

Marie Johnson • 701.748.2025
922 Elbowoods Dr, Hazen ND
58545
webmaster@ndlwml.org

Meeting Coordinator

pres@ndlwml.org

Convention Manager/Communication

Megan Vrudny • 701.303.0036
Megan.vrudny@gmail.com

Archivist

Larissa Brelje • 701.238.9686
69 15th Ave N
Fargo, ND 58102
lbrelje@gmail.com

Central Zone President

Audrey O'Brien • 701.710.0769
PO Box 3, Oakes ND 58474
centralzone@ndlwml.org

Eastern Zone President

Janee Brendemuhl • 701.789.0450
13355 4th St. SE
Hope, ND 58046
easternzone@ndlwml.org

NE Zone President

Adrienne Montonye • Interim
adrienne.montonye@gmail.com

NW Zone President

Kathy Huettl • 701.337.6429
405 Carvell St
Max, ND 58759
nwzone@ndlwml.org

SE Zone President

Wanda Zietlow • 701.899.3365
309 4th Ave NW, Hankinson, ND
58041
sezone@ndlwml.org

SW Zone President

Marie Johnson • 701.748.2025
922 Elbowoods Dr, Hazen ND
58545
swzone@ndlwml.org

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