

Women of the ELCA Program Resources

(Most of the resources listed in this index are available to be downloaded from the Women of the ELCA web site. Go to <http://www.elca.org/> , scroll to the bottom of the page, then click on Women of the ELCA. On the left side bar, click on “Program Resources for You and Your Women’s Group”. A few must be purchased from Augsburg, and others are available by contacting Women of the ELCA)

For the most part, these resources fall into the following five categories:

- ☞ **Growing in Faith**
- ☞ **Affirming our Gifts**
- ☞ **Supporting One Another in Our Callings**
- ☞ **Engaging in Ministry and Action**
- ☞ **Promoting Healing and Wellness**

Resource		Type of Resource	Time	Description
Act Boldly for Health		Bible Study	3 Sessions	This three-part Bible study supports Women of the ELCA's Raising Up Healthy Women and Girls initiative; designed for group use but can also be used by an individual.
Promoting Healing and Wholeness				
Session 1	Act Boldly with Balance	Bible Study	1 Hr.	With our busy lives, we know that balance comes when we are in harmony with God and one another. It is our hope and prayer that this Bible study will provide you with information and inspiration on how to Act Boldly with Balance. In a “multi-tasking” world, how can we practice “uni-tasking” (that is, “there is need of only one thing,” in Luke 10:42).
Session 2	Act Boldly in Crisis	Bible Study	1 Hr.	We’ve all heard the command, “Don’t just stand there, do something!” Could it be that to act boldly in crisis, it should be: “Don’t just do something, stand there!” This session uses the parables from Mark 4 to examine Jesus’ teaching to his disciples.
Session 3	Act Boldly Toward the Goal	Bible Study	1 Hr.	Basing this session on Philippians 3:9–14., we are challenged to “press on” toward our goals...toward the goal God would set for each of us.
Act Boldly for Mission Engaging in Ministry and Action		Bible Study	3 Sessions	This three-part Bible study explores how women can boldly take part in God's mission to love, bless, and save the world; designed for group use but can also be used by an individual.

Session 1	With the Message of Jesus	Bible Study	1 Hr.	In this session we'll hear about God's dream for the world by looking together at some of Jesus' kingdom parables, as told by Luke. We'll discover that God's dream is <i>for</i> us. And we'll learn about God's plan to share this dream with the whole world <i>through</i> us.
Session 2	Like the First Evangelists	Bible Study	1 Hr.	Jesus has always chosen those who may seem to be the most unlikely people to share the Good News. In this session we'll look at the stories of just a few of them, including the man who had a "legion" of demons . . . the Samaritan woman. . . and the Seventy whose names we don't know.
Session 3	In the Power of the Holy Spirit	Bible Study	1 Hr.	God sends the Holy Spirit to be at work in and through us, so that we can do it! We'll look at a few stories from the Book of Acts to learn what happens to and through people when the Holy Spirit is on the loose.
Advent: A Season for All Generations <i>Growing in Faith</i>		Bible Study with worship	Two 20-45 minute sessions; 1-day retreat; intergenerational program	This two-part Advent program can be used by a group of any size. You'll discuss various customs and explore the biblical figures of Advent (Zechariah and Elizabeth, Simeon and Anna, Joseph and Mary, and more). You might use it with your regular study group or as a special Advent Bible study group. Each part takes about 20 to 45 minutes and includes prayer, hymns, Scripture, narration, and discussion.
A Bold Life of Faith: Katharina von Bora Luther <i>Affirming Our Gifts</i>		Discussion/ Study group	1 Hr.	Katie Luther was a wife, mother, farmer, brewmaster, innkeeper, and more. In all that she did, she acted boldly on her faith in Jesus Christ. There's a little bit of Katie in all of us. Learn about Katie while learning more about yourself; for a small group or individually.
<i>The Called to ... series</i>		Global Awareness	8 Sessions	This series of eight programs for groups offers a wide variety of opportunities to explore together what God is calling you to be and to do.
Session 1	Called to a Global Perspective: Passport to Your Heart <i>Promoting Healing and Wholeness</i>	Global Awareness	60-90 Minutes	This session helps women to see themselves as a part of a global community in which all can play leadership roles.
Session 2	Called to Be Global Sisters: Seeing Each Other with New Eyes <i>Supporting One Another in Our Callings</i>	Global Awareness	1 Hr.	Session 2 increases our understanding of women from other cultures; includes role plays and probing discussion questions.
Session 3	Called to Be Political: But I Don't Want to Be Political! <i>Engaging in Ministry and Action</i>	Global Awareness	2 Hr. program	This session offers a fascinating glimpse into the teachings of Martin Luther on the role of Christians in politics and explores how those teachings still speak to us.

Session 4	Called to Be Women in Mission: Exploring New Opportunities Engaging in Ministry and Action	Global Awareness	1 Hr.	Session 4 provides a biblical foundation for understanding God's call to be women in mission — in our homes, congregations, communities, and world.
Session 5	Called to Deal with Difficult Issues: A Challenging Ministry Promoting Healing and Wholeness	Global Awareness	1 Hr.	This session presents a process for thinking theologically as we face difficult issues in our daily lives.
Session 6	Called to Ethical Decision Making: No Easy Answers <i>Growing in Faith</i>	Global Awareness	2 Hr. workshop	This workshop explores the Lutheran ethical approach and the complexities involved in ethical decision making, and offers participants practical experience in ethical deliberation.
Session 7	Called to Love as God Loves – Unconditionally! Affirming Our Gifts	Global Awareness	Three 1-hour sessions	This is a three-session resource that focuses on God's call to love ourselves, to love our neighbors, and to support one another.
Session 8	Called to Obey God: It's Not Easy Being Jonah <i>Growing in Faith</i>	Global Awareness	1 Hr.	The final session in this series probes the book of Jonah for help in learning how to discern our role in carrying out God's vision for the whole of creation.
Children's Sabbath Engaging in Ministry and Action		Planning/ worship Guide	1 Hr. + event	The National Observance of Children's Sabbaths is an intergenerational and interfaith event dedicated to speaking out and acting faithfully on behalf of children and families. This short resource is an introduction to Children's Sabbath with tips on planning, suggestions for activities and action, planning and promotion ideas, and sermon help.
The Colors of Christmas: A Reflection on Preparing for Christmas. <i>Growing in Faith</i>		Advent Program	1 Hr. +	Our celebrations are often sprinkled with seasonal traditions that bring us joy and remind us of times gone by or people who have graced our lives. Do you know where or when your traditions began and the meaning behind them? This resource takes a look at the some of the customs around Christmas.
Crumbs from the Table <i>Growing in Faith</i>		Bible Study		This study of the story of Jesus and the Syrophenician woman has a cross-cultural focus and explores how Jesus broke down the cultural boundaries between himself and the woman and the communities they each were from. The sessions are designed for group use but can also be used by individuals, and will each take less than an hour.
Session 1	A Feast of Crumbs	Bible Study	1 Hr.	This encounter with the Syrophenician woman defied the convention of that time. The Syrophenician woman does not remain in her "place" as a woman or as a Syrophenician. The woman's single-mindedness compels her, an outsider, to intrude upon Jesus for one thing and one thing only: the healing of her daughter.

Session 2	Crossing Boundaries	Bible Study	1 Hr.	As depicted in Mark, Israel's leaders erected and maintained many boundaries to preserve holiness. They refused to eat with sinners and in many other ways avoided contact with others. Jesus crossed boundaries.
A Day Full of Light: Ending Commercial Sexual Exploitation Engaging in Ministry and Action		Planning Guide	1 Hr. + Worship	This introductory resource to commercial sexual exploitation (CSE), or sex trafficking, includes background on CSE and why Women of the ELCA is involved in the effort to end it, action steps, worship resources, links to online resources, and a list of ministries that work to address the challenge of CSE and the commercial sexual exploitation of children.
Discover Your Spiritual Gifts Affirming Our Gifts		Self Assessment/ Reflection	Workshop; retreat; individually	God has given each Christian two vitally important gifts. The first is the gift of faith in Jesus Christ. The second is the gift of one or more special abilities, which are to be used for the purpose of unifying the body of Christ and for the growth of God's Kingdom. This tool will help you begin to open your spiritual gifts by guiding you through scripture review, scripture references, and self-assessment inventory.
Epiphany: Unfolding the Discovery <i>Growing in Faith</i>		Planning Guide	1 Hr.	<i>Epiphany</i> is a church festival celebrated on January 6. We also have <i>epiphanies</i> throughout our lives—sometimes suddenly, sometimes gradually—of how we understand the world, ourselves, and others. This resource looks at epiphany as both unfolding discovery and sudden illumination.
Faithful Stewardship: Supporting Our Mission and Ministry Supporting One Another in Our Callings		Resource tool		Women of the ELCA operates almost solely on your offerings. Those offerings are essential to our partnership with you in carrying out our mission and purpose and God's mission for the world. This report shows how we have used the gifts you have entrusted to us and summarizes the ways you can give to Women of the ELCA.
God Colors Outside the Lines: A Short Workshop on Diversity and God's Church Engaging in Ministry and Action		Bible Study	30-45 Minutes	Diversity is one way God demonstrates genius at coloring outside the lines. Through scripture and simple, brief exercises, this short resource will help you demonstrate how diversity is a gift from God, as well as a trait of God, worthy of our exploration and embrace.
Finding Your Bold: An Ice-Breaker Affirming Our Gifts		Icebreaker	39-45 Minutes	Boldness comes in many forms. Some is bright and loud. Some is firm and quiet. Women of the ELCA celebrates this range of voices, knowing that the avenues for bold self-expression are limitless. Do you have a definition of BOLD? What do you believe is your best BOLD? Come explore what "bold" is.
Grace-Full Living Affirming Our Gifts		Bible Study	3 1-Hr. sessions; mini-retreat	We continue our focus on women's health in all its many facets. If we look at our complete and total health holistically, doesn't it make sense to include financial health? When we consider health in mind, body, and spirit, do we ponder how financial health and giving are integral to our wellbeing? <i>Grace-Full Living</i> can be used in its entirety all at once or divided over a longer period of time. It is divided into three parts of about 60 minutes each. Use in a congregational setting, as a conference event, or as a workshop.

Session 1	Money Memoirs	Bible Study	1 Hr.	Scripture - Romans 12:9–13; <i>This section asks you to look back on your history with money: what you were taught then and what you believe now about stewardship.</i>
Session 2	Money Matters	Bible Study	1 Hr.	Scripture - Romans 12:2, <i>Being a good steward means you have confidence in the ministry of the church and are thus motivated to give. What matters to you? What motivates you to give?</i>
Session 3	Money Model	Bible Study	1 Hr.	Scripture - Romans 12:4–8, <i>You may not think of yourself as a stewardship leader, but we all have the capacity to model financial wellness. This section will help you become a stewardship model.</i>
Hospitality: More Than Warm and Friendly Supporting One Another in Our Callings		Bible Study	1 Hr.	Hospitality is more than being warm and friendly. It is a transforming way of life that opens our hearts to seeing Christ in others and being available to those in need. This resource is designed for individual study but can also be used in a group setting and should take about 60 minutes.
I Am She Affirming Our Gifts		Bible Study	5-6 Sessions; Weekend Retreat	Our mission statement calls us to act boldly. What does this mean? It means a variety of things, for boldness has a range of voices. Some is bright and loud. Some is firm and quiet. Do you know what is your “best bold”? This program will help you discover it and put it into action! <i>I Am She</i> can be used in a congregational setting, as a conference event, or as part of a synodical convention. It could be conducted over five to six weeks or as a weekend retreat. So boldly claim your boldness today, declaring, “I am she!”
Lessons for Today's Disciples <i>Growing in Faith</i>		Bible Study	7 1-Hr. Sessions	This resource will help you discover, practice, and be empowered by the seven marks of discipleship: praying, studying, worshipping, inviting, encouraging, serving, and giving. Use it individually or as a group study, perhaps covering each of the seven marks over seven sessions of about an hour each.
Session 1	Praying the Lord's Prayer	Bible Study	1 Hr.	<i>Prayer is important in the life of a disciple. This lesson will highlight Jesus' example of prayer. Luke 11:1–13</i>
Session 2	Studying God's Word	Bible Study	1 Hr.	<i>Explore the understanding and application of God's word in the life of a disciple. This lesson will highlight the disciples' common practices in the early church. Acts 2:42–47</i>
Session 3	Worshipping God	Bible Study	1 Hr.	<i>Discern the true meaning of praising God. This lesson will reflect on the importance of worship. John 4:24</i>
Session 4	Inviting Others to God's Feast	Bible Study	1 Hr.	<i>Understand the meaning of welcoming everyone to God's feast. This lesson will introduce Jesus' model of invitation. Luke 14:7–23</i>
Session 5	Encouraging One Another	Bible Study	1 Hr.	<i>The work of encouraging one another happens in community. This lesson will examine how to encourage one another in Christian love. 1 Thessalonians 5:11–24</i>
Session 6	Serving Our Neighbors	Bible Study	1 Hr.	<i>Following Jesus means serving others. This lesson will focus on serving other as Jesus served. Matthew 20:20-28</i>

Session 7	Giving Freely	Bible Study	1 Hr.	<i>Giving begins with our hearts, and when we decide to give, things happen. This lesson will briefly address the joy of giving.</i> 2 Corinthians 9:1–15
	The Level Playing Field Engaging in Ministry and Action	Global Awareness	1 Hr.	We are called by our constitution to be an anti-racist organization. This program is part of our anti-racism education materials and uses an activity called The Level Playing Field to help people make the connection between racism and real life. It is ideally used with a cross-cultural group, either large or small.
	Listening to God: A Guide to Discernment Promoting Healing and Wholeness Must be purchased through Augsburg	Bible Study	6 1-Hr. Sessions	This resource was written for Women of the ELCA by Debra Farrington, a popular author and motivational speaker. It consists of six flexible hour-long sessions exploring what it means for an individual to discern God's hopes and desires for her life and what it means for a group to discern what their God-given gifts are for ministry. Ideal for a small group in either a retreat or workshop setting.
	Living from the Heart of God: A Journal for Life's Stages Promoting Healing and Wholeness Must be purchased through Augsburg	Individual Bible Study/ Journal		This journal for women of all ages offers reflections, devotions, and prayers on the many life stages and experiences of women, from first friends to marriage and family life, from buying a home to chronic illness. Each section also includes space for the reader to record her own thoughts, prayers, and experiences.
	Looking into the Mirror: A Lenten Reflection <i>Growing in Faith</i>	Bible Study	1 Hr.	Lent is about looking into a metaphorical mirror, the kind we hold up to our souls. Use the Lenten season to refocus your faith life and realign your relationship with God through 40 days of reflection. The discussion questions work best in small groups, though this resource can also be used independently.
	Our Journey to Wellness Promoting Healing and Wholeness	Discussion/ Reflection	1 Day retreat; several 1 Hr. Sessions	This resource is your starting point for participating in our health initiative, Raising Up Healthy Women and Girls. It is a guide to having healthy dialogue in your community about women's total health: physical, emotional, and spiritual. Use it with your women's group, as part of a cluster or conference event, or as part of a synodical convention. Try it with a confirmation class or with young adults. The program can be used over several sessions or as a one-day retreat.
	Out of the Mouths of Babes <i>Growing in Faith</i>	Devotions – Individual or Group	21 Sessions: 5-15 minutes each	Author Barbara Gove Gill offers 21 heart-warming devotions inspired by insights from children, enriched by questions for discussion and reflection. Can be used by individuals as well as by groups.
	Paths to Wholeness Promoting Healing and Wholeness	Bible Study/ Reflection	1 Day retreat; several shorter sessions	How is your spiritual life? Do you sometimes find it hard to connect with God or let God connect with you? Would like to try some new things? Take a journey in spirituality and learn about the many different paths to God. <i>Paths to Wholeness</i> is a retreat experience that offers a holistic approach to spirituality. You will recognize your own spiritual paths as well as the spiritual paths of others. This retreat resource is ideal for a one-day retreat.

<p>Rachel's Day</p> <p>Engaging in Ministry and Action</p>	<p>Project/Event Resource Guide</p>		<p>This new resource offers step-by-step information on how you can carry out a service project that helps incarcerated mothers and fathers read to their children. Your congregation donates books, blank tapes, and recorders, and then volunteers help parents choose a book, record it, and mail the recording to their children. Rachel's Day is observed by Women of the ELCA annually on the first Sunday in May, though it can be observed any time of the year. It is a time set aside to mourn the loss of our children and to renounce the forces of violence and fear.</p>
<p>Raising Up Healthy Women and Girls: Connecting with and Supporting Girls</p> <p>Supporting One Another in Our Callings</p>	<p>Discussion/ Activities</p>	<p>1 Hr. + suggestions for additional meetings</p>	<p>Girls need the women in their lives more than ever as they search for deeper connections and for more than their peers can provide. Talking and being with them early in their lives will help us to help them navigate their most challenging life passages. This resource is designed to help women and girls build relationships and can be used by an individual or with a planning group. Allow about 60 minutes for the first meeting.</p>
<p>Sacred Spaces</p> <p>Promoting Healing and Wholeness</p>	<p>Resource/ Planning Guide</p>		<p>This is a helpful guide to creating a personal sacred space that enriches and supports your practice of regular worship within a community of faith. Learn how to select and create a sacred space, whether that space is a whole room, a quiet corner of a room, or your garden.</p>
<p>Shared Wisdom: An Effective Style of Leadership</p> <p>Affirming Our Gifts</p>	<p>Discussion/ Reflection</p>	<p>1 Hr. +</p>	<p>Are there occasional (even frequent?) differences of opinion at your meetings? Do tempers flare? This resource summarizes a group discernment model for decision-making built on the principle that every person has a piece of the wisdom, but not all of it. Try it at your next meeting to help move you in a new direction.</p>
<p>Stand Up for Justice</p> <p>Promoting Healing and Wholeness</p>	<p>Individual or Group Bible Study/ Journal</p>	<p>1 Hr. initial meeting</p>	<p>This is a good first step in your journey toward tackling tough issues. Working for justice is not a quick and easy process but a long-term commitment involving both reflection and action. In this justice journey, your actions emerge after Bible study, prayer, reflection, listening, research, and careful planning. This resource can be used by individuals as well as by groups.</p>
<p>The Story of Peter and Cornelius</p> <p><i>Growing in Faith</i></p>	<p>Bible Study</p>	<p>45-60 minutes or 5 10-minute sessions</p>	<p>This Bible study on Acts 10, the story of Peter and Cornelius, can also be used in your group to introduce people to Scripture that affirms diversity as being both of God and part of the glory of the gospel of Jesus Christ. The study consists of an introduction (to be read aloud by the leader at the beginning of the study), five brief sessions with questions for reflection on a passage of Scripture, and a closing prayer or litany.</p>
<p>Welcoming the Stranger</p> <p>Supporting One Another in Our Callings</p>	<p>Bible Study/ Reflection (not just for women)</p>	<p>3 Hr. workshop or 4 45-minute sessions; retreat</p>	<p>Help your church family open its hearts to people, especially those often marginalized by society. This resource will help you identify barriers to welcoming strangers and develop a deeper understanding of the meaning of hospitality. Designed for group use and can be completed in about 3 hours, or 4 shorter sessions.</p>

<p>The Witness of Women</p> <p><i>Growing in Faith</i></p> <p>(To order, and for more information, call Women of the ELCA at 800-638-3522, ext. 2741.)</p>	<p>Bible Study</p>	<p>3 Yrs.</p>	<p>This 3-year program is based on the Samaritan woman's encounter with Jesus. Year One focuses on helping individuals and groups become comfortable with their own stories, explore the call to be a witness, study biblical examples of witness, and recommit to evangelism. Year Two focuses on how your witness affects the lives of others and how you, in turn, are affected by the sharing. Year Three prepares you to do intentional evangelism and observe changes in the lives of others.</p>
<p>Who? Me? Women of Faith Making a Difference</p> <p>Promoting Healing and Wholeness</p>	<p>Global Awareness/Bible Study</p>	<p>6 1-Hr. sessions</p>	<p>Individuals and groups can use this 8-step process for addressing justice issues that affect women, children, and families. Learn how to gather information from those with firsthand experience, welcome new partners in your work, identify issues, and develop action plans. This program can be conducted over 6 sessions of about one hour each.</p>
<p>Worship Boldly</p> <p>Must be ordered from Augsburg</p>	<p>Worship Resource</p>		<p>This worship resource is still available! It has proved itself perfect for use in a unit, at a retreat, or at a synodical gathering. This edition created in 2005 has more than 40 songs and canticles. Worship services range from a service for commissioning new officers to a service of Holy Communion. There are late-night prayers for an overnight retreat, special litanies, and individual prayers for all occasions. BE sure to buy enough copies to have on hand for meetings and special events.</p>