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FCBPW
VOICE
 A NEWSLETTER FOR CHRISTIAN WOMEN IN THE WORKPLACE

Love in the Storm



*Kristy Gusick,
 Ingenuity Marketing Group, LLC*

**Join us for lunch on May 11th
 to hear how Kristy has
 experienced "Love in the Storm."
 Contact Suzann for details,
 763.536.8055.**

Don't Miss FCBPW's Next Luncheon, May 11, 2011 11:30 a.m.

All of us have a worst fear... the kind that we lay awake at night thinking about...the one fear that we pray desperately will never come true because we are convinced that it would absolutely destroy us. Kristy Gusick lived through her worst fear coming true — the death of her mother after a brief struggle with cancer in 2003. She feared her mother's death because her mother was the glue that held the family together — and because she owned a large, thriving horse farm with 54 horses. Kristy feared losing her best friend, closest confidante, and the person who made everything run smoothly. As a wife, mother of a young daughter with special needs, and a business owner — Kristy couldn't imagine life without her mother. However, God had different plans.

Kristy's story is one of fear,

loss, and overwhelming stress, but also one that sends a clear message of hope and joy as God held her so close when she could hardly function. Today Kristy still mourns the loss of her mom, but will also share how the experience gave her a new perspective on exactly how much God loves her — and how He shows His love to each of us in special and unique ways.

Kristy is the growth consultant for a thriving marketing agency, Ingenuity Marketing Group, LLC, in St. Paul, Minnesota, that specializes in working with professional services firms. As a person who enjoys listening to stories and helping people succeed, she is known for creating beneficial business connections inside and outside the firm. She is also mom to two beautiful girls and has been married for 16 years.

LETTER FROM THE PRESIDENT



Isaiah 60:1 NIV

*“Arise, shine, for your light
 has come, and the glory of the
 LORD rises upon you.”*

There seems to be one thing that most Minnesotans agree with lately, we had a long hard winter. I am a native Minnesotan and have spent over 40 winters here in this lovely state. However, this past winter has seemed to be one of the worst that I can recall, in particular given the lack of sunshine and the massive amount of snow.

Although I have never been clinically diagnosed with Seasonal Affective Disorder (“SAD”), I feel that I have suffered from a number of the symptoms this year. Per a quick review of the Mayo Clinic website, the symptoms of SAD include: depression; hopelessness; anxiety; loss of energy; social withdrawal; oversleeping; loss of interest in activities you once enjoyed; appetite changes, especially a craving for food high in carbohydrates; weight gain; and difficulty concentrating and processing information.

As I was pondering this, I began thinking that sometimes we as Christians suffer from a type of SAD from a lack of the Son, our Lord and Savior Jesus Christ. I often have difficulty finding the time to spend read-

ing my Bible, praying, and engaging in other forms of worship and focusing on Jesus. I sometimes refer to this as feeling as though I am in the wilderness, an analogy to the 40 years of wandering that the Israelites were subjected to after the exodus from Egypt. When I find myself in this wilderness state, I begin to feel depressed and hopeless, and oftentimes have anxiety about basic day-to-day matters.

The good news is that, unlike the sun, we can get a dose of the Son any time we seek it. We do not have to wait for the weather to cooperate and give us sunshine. We do not have to find an alternative, such as a fake sun lamp. Jesus is there for us, willing and able to shine His light on our lives any time that we seek Him.

I would encourage you to soak up the Son so that you do not end up in the wilderness, lost and wandering about without hope and filled with anxiety. Seek the Son regularly and often and your symptoms will rapidly disappear!

— Carla J. Pedersen
 Shareholder, McGrann Shea
 Carnival Straughn & Lamb, Ctd.

FCBPW CALENDAR

2011

Quarterly Luncheon Meetings:
 May 11, August 10, and
 November 9

Small Group Bible Studies:
Downtown Mpls — McGrann
 Shea Carnival Straughn & Lamb,
 Ctd. — 5:30 p.m., the second
 Tuesday of the month.
 Call Carla at 612-752-1917

Northwest Metro —
 Call Suzann at 763-536-8055

New Groups —
 Call Suzann at 763-536-8055

Call for Board Members!

FCBPW is seeking candidates to serve two-year terms on its Board of Directors. We are looking for individuals who support FCBPW’s mission, and have a passion for helping Christian women in the workplace.

If you would like to serve on the Board or have ideas for how FCBPW can serve its membership better, we want to hear from you! Contact Suzann at 763.536.8055 or Suzann_Beck@email.com.

Letter-in-Progress

Imagine if someone wrote a book about your life that meticulously recorded for all time every detail. All that you have experienced, whether good or bad, has been captured. The many things that you said to people over the years, the decisions that you made, the actions that you took — all transparently chronicled for anyone to read. The harsh reality of the thought would cause most of us to shudder.

But what if a book — or a letter — was written about you by someone that loves you and knows your heart? And what if they let you write part of it yourself? Such a book or letter would be an entirely different work — one written with a heart of love in the spirit of collaboration.

Throughout history, letter-writing has been a very important part of establishing relationships, often allowing one person to privately tell deeply personal thoughts and stories to another person. Letters have the ability to powerfully persuade people to action and to change a person's heart.

Much of the New Testament is comprised of letters, of course, written to individuals and groups of believers because the Holy Spirit wanted to actively enlighten, encourage and correct the recipients by imparting God's truth about who they are and what He has done for them. For centuries, readers of those New Testament letters have been



permanently changed into new creations — walking, breathing, living letters of God's Word in action.

Beginning in my childhood, my grandmother wrote upon the letter of my life. Her spirit was full of joy and gratitude, though she had endured many sorrows. She loved the Lord and showed me by example how to turn to Him in all the trials and triumphs of life.

A young business woman at 17 years of age, she ran her own successful regional creamery in days when teams of horses still delivered carts of large, 100-pound cream "cans" from area farmers. Barely over 100 pounds herself, she hoisted the brimming cans into the back of her creamery by herself — all while wearing a fashionable dress and shoes to greet business people and the public in the front office the rest of the time.

Her 100-year lifespan began in 1910, when everyday life had many character-building challenges we do not have today. Paved roads were rare, so if a Model T (or other new-fangled horseless carriage) became stuck in a muddy prairie road, it was

Continued on page 8

FCBPW's New Membership Campaign

FCBPW is pleased to announce that it is re-launching its Membership for 2011. Membership fees have been reduced to \$50 per year with quarterly pro-rations and additional benefits of Membership have been added, including a \$5 Member discount at all luncheons, the opportunity to place an advertisement in FCBPW's Newsletter and to sponsor a luncheon or event, and a Membership referral bonus. FCBPW encourages you to support FCBPW by becoming a Member today!

Benefits of Membership

- Receive a \$5 member discount for each quarterly luncheon meeting.
- Membership referral bonus of one free luncheon for you or a guest for every four new members referred.
- Opportunity to be featured in FCBPW's Newsletter Member Profiles.
- Opportunity to place an advertisement for your business in the FCBPW Newsletter.
- Opportunity to sponsor an FCBPW luncheon or event.
- Receipt and inclusion in the annual FCBPW Membership Directory.
- Eligibility for FCBPW Board positions and committee opportunities.
- Membership fee pro-rated on a quarterly basis for new members.

Join or renew your membership prior to June 1, 2011 and pay no additional membership fee until June 1, 2012!

MEMBER PROFILE

Christy Mennen

Attorney, McGrann Shea Carnival Straughn & Lamb, Chtd.

I joined FCBPW in 2009 after Carla Pedersen, one of the organization’s founders, invited me to a luncheon meeting. I have enjoyed the fellowship of the other Christian women and find the presenters very inspiring. Carla and I are both attorneys at the law firm of McGrann Shea Carnival Straughn & Lamb, Chartered, in the Commercial Real Estate department and have worked on many deals together.

McGrann Shea

My practice at McGrann Shea primarily involves commercial real estate and transactional law. I have been involved in larger, more complex projects, such as Target Field, for which Carla and I serve as real estate counsel for the Minnesota Ballpark Authority, the purchase and sale of businesses involving multiple locations, and low income housing tax credit development projects. I also handle less complex projects and transactions as well.

Before McGrann Shea

My legal background also includes practicing in the areas of family law while at McGrann Shea, as well as real estate litigation with a small Minneapolis law firm prior to coming to McGrann Shea in 2005. I spent the earlier years in my career as a research attorney for Legal Research Center in Minneapolis and in general civil litigation at a law firm in Duluth.

I received my J.D., *cum laude*, from the University of Minnesota Law School and my B.A., *magna cum laude*, in Sociology from the University of Wisconsin — Eau Claire.

Personal Background

I was raised Catholic and have four siblings — two brothers and two sisters. My parents made many sacrifices to send all of us to Catholic grade school. I don’t remember many details about those years, but I was studious, quiet and did my best to stay out of trouble. I would describe my religious upbringing as fairly traditional and conservative. I grew up going to mass on Sundays and religion class on Wednesday nights once I started going to the public high school. I don’t recall being encouraged to read the Bible or really go beyond the basics of

I truly believe that music can help bring you closer to God.

my faith, but I have always lived my life with the strong moral values and principles that were instilled in me at an early age and helped shape who I am today, both personally and professionally.

I joined band and learned to play the flute when I was ten. Ever since then, I have been in-

involved with a number of church choirs. I also enjoy singing soprano, but I first had to convince myself that

I wasn’t just a flutist and that I could sing too. I have come to believe that God has called me to share this gift He has given me with others in worship and praise of Him. I truly believe that music can help bring you closer to God. To this day, I’m not sure how I did it, but I was able to play my flute at my mother’s funeral in 1996 without losing my composure. I think God had something to do with it.

I met my husband, Dave, in college. We have been married since 1993 and have three boys, Ethan (11), Carson (8) and Ryan (5). Maintaining a healthy work-life balance can be a challenge at times, especially with three active and energetic boys involved in Scouts, baseball, football and whatever the interest of the moment may be, such as tennis, Taekwondo and archery. When I am not working at McGrann Shea, I enjoy spending time with family and friends, camping, watching movies, reading and, of course, playing flute.



Come to the Garden

By Rosemary Davis

*Come to the garden with me, my daughter.
I invite you to lay down those cares and burdens that distress,
And walk unfettered along smooth pathways I have made for you.
Take off your earthly shoes and feel new life beneath your feet.*

*If the burden you carry is pressing you down,
I will shoulder your cares so you can look up
Into my face; the One who knows all there is to know about you--
And still loves you with an everlasting, unwavering love.*

*How long I have waited for your presence here beside me!
So often you allow the details of life to come between us.
Distracted, you turn away; only to return again
Searching for the peace and the calm found only with me.*

*Take my hand and walk with me.
Or, if walking is beyond you, simply ask
And I will bear you up in strong arms
And carry you to the end of the path.*

*There is a time for every purpose under heaven.
Now is the time to delight in me, sing with me;
Lift up your arms and dance with unbridled joy
As I dwell in and inhabit the praise of your lips.*

*I have gifts unimagined awaiting you around the next bend in the path;
Dreams you have glimpsed and quickly forgotten in the cold light of earthly reason.
Only take my hands, look into my eyes, and ask.
Then open your arms to receive blessings as they rain down upon you.*

*I brought you here for this day, this hour, and this moment in time.
Be still; listen for my voice whispering to you words of love and encouragement.
Lean your head on my shoulder and let us walk this path together.
I'm always here waiting; just come.*



Luncheon Recaps

November 2010

We were blessed by a dual presentation team for our November meeting — Kathy Sullivan of Operation Dignity, and Rachel McDonough, a financial advisor with Raymond James. Both shared stories of a trip to Ghana, as part of Operation Dignity, which left an indelible mark on both of their lives.

Kathy Sullivan explained how God called her husband into missionary work and she was more than willing to support him — from the home front. Raising a son with special needs and helping

with organizational aspects of Operation Dignity, Kathy did not see a trip to Ghana in her future until God stepped in and changed all of

that. The impractical and impossible became not only possible, but reality as the Lord moved to provide monetary resources for travel, an amazing array of human and physical resources both in the United States and Ghana, as well as a quickening in Kathy's heart to experience the movement of God's hand in Africa — firsthand.

Operation Dignity had originally planned to build a community building where people could be taught new skills. But people cannot learn when they are starving. God directed Jim and Kathy Sullivan to feed his people first, and teach them skills in raising fish that would provide food, jobs, and a source of income to villages.

Ghana officials invited Operation Dignity to come build fish ponds. Land was donated beside a stream whose water would feed the fish ponds, machinery and skilled workers needed to excavate the ponds were donated, and fish fingerlings were provided. The Holy Spirit moved in amazing ways to weave together the strands that would become a living tapestry of God's love and provision.

Rachel McDonough's parents were missionaries, so the mission field was not unfamiliar to her. But when God introduced Rachel to Kathy and Jim Sullivan, He asked Rachel if she would go in His name to heal the people of Ghana. Healing was not a gift Rachel had ever asked God for, so she plied the Heavenly Father with a fair number of questions. The answers distilled down to willingness and trust. Was she willing to step out on faith when nothing in the natural world ("what does a financial advisor know about healing?") supports the decision? Yet pieces of the puzzle fit together quickly and miraculously to prompt Rachel and her husband to make the trip to Ghana. Rachel was given supernatural knowledge of specific illness to pray for — starting with the King (chief) of the village they were staying in. Rachel was led to ask if any of the villagers wanted prayer — and they lined up for hours to be prayed for. God was not reserving His healing for simply Ghana. Rachel has been led to pray for healing in other venues

since returning home, and has had the honor of seeing some remarkable results!

We may have our plans, but have we consulted the Holy Spirit to ensure we're in HIS plan? Kathy and Rachel provided God with a blank contract and stood ready to fulfill the terms of that contract with a willingness that comes from trust in a living God. Are we ready to do the same?

— RD

February 2011

The February meeting of FCBPW featured Chris Heeb, the local radio host of Faith Roots Radio and Executive Director of Good News for Israel — a 133-year-old ministry of education and reconciliation between the Jewish and Christian communities regarding the issue of the Messiah Yeshua/Jesus Christ started by a Norwegian Lutheran. Chris shared his very unique story of growing up in St. Louis Park, raised by parents from Switzerland, and assumed to be Jewish by peers and teacher alike because of his Jewish sounding surname. We chuckled at his tales of the neighborhood bullies, trying to be a normal kid that's good at sports, and his description of going home and stepping into a world of german accents and "lederhosen" culture. Chris told us how he came to faith in Christ with his life radically changing forever, and his subsequent challenges of ministering on campus



The FCBPW Christmas Party

at the University of Minnesota, as well as his work with Good News for Israel. Chris has a wealth of knowledge of American culture, current events in the world and Israel, and Christian and Jewish tradition. We were all in rapt attention as he talked about the Jewishness of Jesus and how a Jewish person immersed in the culture of biblical times would understand scripture differently than we read it today. Chris illustrated this dramatically with John 14:6 (NIV) — “Jesus answered, ‘I am the way and the truth and the life. No one comes to the Father except through me.’” Chris explained that a Jewish person of Jesus’ time would understand “the way, the truth, and the life” to be the common name of the gates in the temple — “the way” being the door into the area of the temple where sacrifices were brought to be put on the altar, “the truth” being the door into the holy place of the temple that contained the table with the bread of God’s presence, the lampstand giving light, and the incense representing prayer, and “the life” being the door to the holy of holies where the physical presence of God dwelt over the mercy seat on the ark of the covenant. We have a truly wondrous God who continually reveals His mysteries to us. After this luncheon, we have even more reasons to “study to show ourselves approved.”

— SB

The ladies who attended the FCBPW Christmas Party last December had a wonderful time shopping with gift vendors, enjoy-

ing delicious appetizers and cider, making wine charms, and all around good fellowship with lots of laughs. Enjoy the pics!



Ginger, Jodie, and Patricia enjoying cider.



Sherry, Kathy, and Carla.



Isn't Jodie a cutie?



Patricia admiring Christine's work.



Rachel and the appetizers!



Rosie reading her funny poem.



Serious beading here.



Letter-in-Progress...

continued from page 3

taken in stride as one walked a mile or more to the nearest farm to ask for their plow horses to come and pull you out.

People didn't complain as much then when things went wrong in life, because it did not occur to them that they were entitled to things always going right, as we often feel today. They were very much aware that they were not in control of events as they unfolded in daily life, but rather expected unexpected and unforeseeable things to occur as part of life. This taught them patience with fellow human beings, endurance to work through difficulties and gratitude to God when things "went right." The chorus of "Count Your Blessings" by Johnson Oatman, Jr. was commonly known to young and old, churchgoers or not:

Count your blessings, name them one by one, count your blessings see what God hath done!

Count your many blessings, name them one by one, and it will surprise you what the Lord hath done!

Though my grandmother was deeply crushed by the loss of her closest friend and younger brother Clifford from illness in her twenties, God's Spirit carried her through and showed her how to count her blessings in the midst of grief. He also held her hand through the loss of two of her precious newborn children just a few years later, whom she still spoke of with tender tears of longing in her nineties.

I began writing little letters to

I began writing little letters to Grandma at a young age.

Grandma at a young age. Though I saw her quite often, notes, pictures and cards were exchanged between us while at camp, on trips, on birthdays and holidays. I still hold precious the letters and cards my grandmother wrote to me in her own hand throughout my life. "Dearest Granddaughter," she would always begin, proceeding to share with me where she had been on a recent trip or who had come to visit her that week. Toward the end of her notes and letters, she'd always turn to thoughts of when we'd see each other again. One note said, "I am sure looking forward to seeing you whenever you're able to come. Remind me when you get here that I have something special my mother and father gave me that I want to give to you." She then wrote "don't tell anybody" in tiny letters in the margin. Re-reading this after her funeral last fall brought tears of laughter to my eyes. Grandma always made me feel like there were precious little secrets between just the two of us. I still have the beautiful silver serving pieces she received from her parents and didn't tell anyone about it for years.

Grandma and I never had a cross word between us in my life. But if I had spoken anything out to her in rebellion or anger, she would have forgiven me in an

instant and attributed my outburst to "a touch of the flu bug" or a bad day. Such was her ability to love completely. I cherish her example of Christ's love in my life. I, too, want to be a living letter of God that is writing on people's hearts as we intersect through each other's lives. I want them to see God's love in me and be used by Him to write upon the letter of who they are in Christ, just like my Grandma did. Though I could never do this on my own, through the Holy Spirit's power, I can start by practicing genuine patience and kindness to every person I encounter, regardless of the circumstances, and let Him guide each step along the way. I can ask Him to show me how to see my marriage and family relationships in light of His heart for each of them as living letters of God.

Beginning today, meditate deeply in the understanding that God truly delights in you as a precious Letter-in-Progress. Each one of us is a living letter from God's heart that He is personally writing with a loving hand, even allowing our "little child selves" to help Him write it too. "Dearest Child," He begins...

You yourselves are our letter, written on our hearts, known and read by everybody. You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.

II Corinthians 3:2-3 (NIV)

— KW

FOR MORE INFORMATION ABOUT THE FCBPW:

Contact:

Suzann Beck at 763.536.8055
or email
Suzann_Beck@email.com

Website:

www.intrinxec.com/fcbpw.htm

Mailing Address:

FCBPW
c/o IntrinXec Management Inc.
5353 Wayzata Blvd., Suite 207
Minneapolis, MN 55416

BOARD MEMBERS

Suzann Beck, BeckHaus Design, Inc.

Rosemary Davis, Venture Bank

Sherry Meyer, McGladrey & Pullen, LLP

Carla Pedersen, McGrann Shea Carnival Straughn & Lamb, Ctd.

Kimberly Waller, Emissus Group

PRAYER REQUESTS

If you have a prayer request that you would like the Board to pray for, please call Kim Waller at 218.624.0234 or email Kim@emissus.com

FCBPW MISSION AND VISION

MISSION STATEMENT

Providing opportunities for women in the workplace to come together for Bible-based worship, fellowship, discipleship and encouragement, and advancing the spread of the gospel for the glory of God.

VISION STATEMENT

Reaching and inspiring women in workplaces everywhere, to know the love of Christ and grow in grace and the knowledge of God. Bringing women together to build relationships; teaching, encouraging and equipping them for works of service for the building up of the body of Christ. *(Ephesians 4:11)*

STATEMENT OF FAITH

- We believe the Bible is the inspired and inerrant Word of God
- We believe in one God; Father, Son, and Holy Spirit
- We believe that we are saved by grace through faith and that it is not of ourselves; it is the gift of God
- We believe Jesus Christ is the Son of God, that he died for our sins and was raised from the dead, and that whoever believes in Him will have everlasting life

VALUES

- Inspiration** — Meeting the unique spiritual needs of women
- Worship** — Glorifying and honoring God through our example and actions
- Spiritual Growth and Discipleship** — Equipping each other to follow Christ
- Witness** — Standing firm in our faith and boldly sharing the Gospel
- Community** — Expressing love, support and commitment through accountability, encouragement, fellowship, love, relationships, counsel and prayer
- Servanthood** — Considering others first
- Networking** — Building relationships with Christian women in the workplace

JOIN FCBPW TODAY!

FCBPW is a nonprofit organization that provides venues for Christian women to come together to encourage and support one another. FCBPW offers 12-month memberships to help it more effectively reach out to business and professional women in the Twin Cities area and organize events.

We hope you will prayerfully consider becoming a member of FCBPW and helping to support our mission.

Please visit the FCBPW website at www.intrinxec.com/fcbpw.htm to download an application.

Contact Suzann Beck at 763.536.8055, or email Suzann_Beck@email.com if you have questions or need more information.

