



VOICE

FCBPW
A NEWSLETTER FOR CHRISTIAN WOMEN IN THE WORKPLACE

Are You Unintentional or Intentional?



Suzann Beck
—Principal,
BeckHaus Design, Inc.
Vice Chair and Secretary,
FCBPW

*Do you grasp the vision of how
God wants to use your life?
Are you intentionally trying to
live God's vision of you?*

*"Where there is no vision [no
redemptive revelation of God],
the people perish; but he who
keeps the law — blessed (happy,
fortunate, and enviable) is he."*

Proverbs 29:18 The Amplified Bible

Don't Miss FCBPW's Next Luncheon, Nov. 12, 2008 11:30 a.m.

If I were to have a car accident right now, I'd go to heaven... right? I said the sinner's prayer and asked Jesus into my heart as a child...so I'm covered, right?" Driving home from work one day, hurtling along Highway 100, Suzann asked herself these questions. It seemed silly, being an adult and still asking things like this, but it started Suzann on a mission—to be sure of what she believed, to know her faith, and live it like she means it.

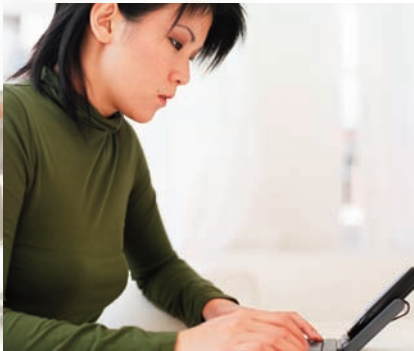
Suzann will share her testimony—her life-long journey from "unintentional Christian" to "intentional Christian"—in the hopes that it will challenge and affirm you, and that it will spark a passion in you to reach your full stature in Christ.

Suzann Beck is founder and principal of BeckHaus Design, Inc., a design firm dedicated to

the synergy of marketing strategy and creative interpretation in the belief that thoughtful graphic design is a business imperative. Since fall of 2000, BeckHaus has provided its clients with corporate and marketing communications that combine their objectives with fresh, relevant content and creative solutions.

As Suzann built her business, she realized the importance of Christians considering themselves ministers in the marketplace. As a result of that belief she joined the FCBPW—now serving on the board—and has served the past 4 years as an intercessor and prayer facilitator for "His Church at Work," a ministry out of Atlanta, GA empowering churches for worklife discipleship and outreach. Suzann also volunteers as a women's mentor for Teen Challenge.

LETTER FROM THE PRESIDENT



Philemon 1:4 – 6

“I always thank my God as I remember you in my prayers, because I hear about your faith in the Lord Jesus and your love for all the saints. I pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ.”

FCBPW CALENDAR

2009

Quarterly Luncheon Meetings:
February II, May 13, August 12,
November II

Small Group Meetings:

Downtown Mpls—McGrann Shea Anderson Carnival Straughn & Lamb—Noon, the fourth Thursday of the month.
 Call Carla at 612-752-1917

Northwest Metro

Starting Jan. 09—
 Call Suzann at 763-536-8055

St. Paul—

Call Sherry at 651-324-0243

Woodbury—

Call Nancy at 651-459-0528

I As I near the end of my first year as President and Chair of the Board for FCBPW, I would like to take this opportunity to reflect on 2008.

First, I would like to thank and honor my fellow Board Members with whom I have been honored to serve in advancing the ministry of FCBPW, Suzann Beck—Vice Chair and Secretary, Sherry Meyer—Treasurer, and Kim Waller—Board Member. We have all felt God’s hand in the ministry and work of FCBPW and continue to move forward in glorifying God in the workplace and above all.

We were also blessed to meet our obligation to hold quarterly luncheons in 2008 at the Women’s Club of Minneapolis, with our final 2008 luncheon scheduled for November 12th. Attendees have enjoyed the new location and opportunity to fellowship during the luncheons. I have met many new attendees and look forward to getting to know them better and join in fellowship with them at future luncheons and small group meetings.

The speaker for our first luncheon in February 2008 was Dorothy Langstaff, Co-Founder of Kairos Ministries and Omega Team, speaking to FCBPW for the second time. Dorothy shared

from her own life and faith walk and delivered a message of hope and promise focused on new beginnings.

Our May luncheon speaker was Rhonda Kalal, who serves as the Minnesota Chapter Director of the United States Christian Chamber of Commerce. Rhonda focused her message on determining what the Lord is calling you to do and being bold in your walk of faith and in the workplace.

The speaker for the August luncheon was the Rev. JoAnne Crosby, the Director of Hiding-Hurting-Healing Women’s Programs. A recap of the August luncheon is contained in this Newsletter.

Finally, I look forward to our final luncheon of the year on November 12, 2008, at which fellow Board Member Suzann Beck will no doubt share an inspirational message.

I also look forward to continuing to serve as President and Chair of the Board for FCBPW in 2009 and pray that God will do great things with this ministry and with the lives of all of those touched by FCBPW.

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

De-Stressing the Holidays

The election has been stressful for many, and now that it's behind us we are heading right into more stress—the holiday season. From Thanksgiving through Christmas and New Year's Day, most of us anticipate a time of joy, meaning, and unfortunately...stress.

This year, how will your holiday season be less stressful and filled with more meaning, joy and peace? Here are five steps to de-stressing your holidays:

1. Start now. Designate a notebook or an e-file where you will write down everything that pertains to your holiday plans. Identifying this tool and committing to using it will start you off on the path to less stress.

2. Do a new thing. Do what has worked in the past, and dump what hasn't. Think through what has caused stress in the past and plan what you need to do differently to eliminate the stress. This year, determine to change it up and seek new results.

3. Pray. Since you are starting now to make changes and do something new, pray about it! Ask the Lord to identify what needs to change. Write down His direction in your notebook or e-file.

4. Create vision and congruent plans. Based on His direction, write down your vision of the holidays God wants you to experience. Create your plans based on this vision. As you pursue God's vision, it will



become clear when to say "yes." Take up the courage to lovingly say "no" when you are faced with decisions about scheduling things that are not a part of God's vision for you.

5. Find a partner. If you are not a good planner, partner with someone who is. Commit to cheering each other on toward the vision God has for each of you. Meet with your encouragement partner, face-to-face or over the phone, regularly throughout the holiday season. Put this on your schedule.

Jesus says that His purpose for coming to earth is "so they can have real and eternal life, more and better life than they ever dreamed of. (*John 10:10, The Message*)" As we enter into a season centered on celebrating His birth, we can honor His purpose and by accepting this better life He's called us to—a life of less stress and more joy and peace.

— Linda Hedberg
Certified Life Coach,
Life Stories Coaching

As a writer, speaker, and life coach, Linda Hedberg helps others activate personal vision while inspiring each to experience the fullness of life. For more help from Linda and to purchase a workbook that will walk you through these steps and more, go to www.de-stressingtheholidays.com.

A Worklife Prayer

I Will Honor You with All That I Have

■ Heavenly Father, I humbly ask that You would lead me this day. Today I choose to hold fast to the confession of faith and I decide to walk by faith and practice faith. My faith comes by hearing and hearing by the Word of God. I have the mind of Christ and I cast down imaginations and every high thing that exalts itself against the knowledge of God. I bring every thought into captivity in obedience and reverence to Christ. I am a believer and not a doubter, I think on whatever is true, honest, just, pure and lovely, and on whatever is a good report, and on any praise. My mind is stayed in the Lord Jehovah. I trust in the Lord. I am in perfect peace.



■ I dedicate my day to You Lord God, that You may be Honored and Glorified through me.

■ I claim the physical space and tools I use to perform my daily work for Kingdom purposes.

■ I dedicate my business and all whom are under my authority to You Father God; that I may lead them in a manner that represents biblical principals; so that others may be blessed and recognize Your power ever present in our midst; bring healing and wholeness not only to this organization and its members, but through us to bring healing to our City and our Nation.

■ I pray these things in the Mighty Name of Jesus Christ, AMEN.

Reprinted with permission of Rhonda Kalal, Chapter Director of the United States Christian Chamber of Commerce.

MEMBER PROFILE

Rosie Davis

US Bank

When I was 5 years old, I wanted to be a ballerina, graceful and lithe—a worthy aspiration. As the youngest of 5 children in a 1950's family where both parents worked outside of the home, dance lessons were not in the budget, so I set my sights elsewhere. Did I aspire to be a banker? Never. My life is a testament to God moving, through people and circumstances, to bring me to the place where I can serve Him most effectively—in spite of myself.

I came into a personal relationship with Jesus Christ during my junior year of high school due, in part, to a challenge from Young Life leaders (an interdenominational Christian outreach ministry) to explore that "God-shaped vacuum" created in all of us. My involvement with Young Life continued from camper, to counselor, to Work Crew volunteer, Summer Staff and Work Crew Boss through college. The summer after graduating college, I met my husband at Young Life's Castaway resort outside of Detroit Lakes, MN. When God says "GO" He doesn't waste time. After a 5-month courtship between Minneapolis and Kansas City, Alan Davis and I were married. That was 30 years ago. Would I have chosen to move to Minnesota, left to my own devices? Never.



Today I serve as a wife, mother to 19 year old daughter, Corinne (Corie), soprano in 2 choirs at Hope Presbyterian Church, former Toastmaster and speaker/presenter on effective communication, President of the Minnesota Treasury Management Association, and Commercial Real Estate Deposit Relationship Manager at US Bank. Commercial Real Estate presents many challenges, particularly in today's marketplace. But it offers me opportunities to bring useful solutions to corporate clients while building lasting relationships. For me, banking is not about the money—it's about the people. I count many of my clients among my good friends, and enjoy watching the Holy Spirit move in ways I could never anticipate. He creates opportunities to touch, move and inspire others, making it clear not WHO I am, but WHOSE I am. I serve a loving God with a great sense of humor. Who else would consider carving a banker out of a ballerina?

August Luncheon Recap

The speaker for the August luncheon was the Rev. JoAnne Crosby, the Director of Hiding - Hurting - Healing Women's Programs and a Pastoral Counselor. JoAnne openly shared from her personal experiences from childhood through today. JoAnne detailed how she came to Christ in 1961 at a Billy Graham Crusade at the Minnesota State Fair Grounds. She shared her many life experiences and relational issues that she struggled with both before becoming a Christian and early in her Christian life.

Having experienced victory through Christ over such issues, JoAnne now devotes her work in ministry to working with professional dependency counseling and facilitating workshops, twelve step programs, and other programs. She used the metaphor of an eagle to describe how we can soar above the storm of the wounds or needs that we have experienced from abusive or painful relationships through Christ and faith and trust in Him.

JoAnne's message touched the hearts of those at the luncheon and clearly resonated with many attendees. It was another blessed time of fellowship and encouragement.

Affecting Your Office Atmosphere

Our office atmosphere is our heavenly Father's business. And ours too.

A boisterous personality and infectious laugh. His presence itself was big and his booming voice even bigger. This was a man that captured your attention, and once you studied him for a moment, you were completely captivated. He engaged all in his path in lively banter. He winked and joked with the office staff until they were jolted out of their administrative doldrums by his charm and wit.

He caught my attention in the waiting room of an orthopedic clinic—having been saddled with regular visits there following a tumble down a ski slope. This was not a place most people wanted to be, but this particular patient's demeanor changed the atmosphere of the entire office. Talk about letting your light shine? This was a megawatt man. Now, here's the powerful punch line: he was an amputee in his motorized scooter—lovely, lanky adult daughter in tow, probably more to keep him in line than actually help him.

He was called back to an exam room right before me, and we were next door to one another in the bustling office. X-ray technicians, nurses and doctor's assistants scurried back and forth and I could hear this lively patient engage everyone with his joking and laughter. This continued until he rolled out a bit later, his daughter rolling her eyes and chuckling behind him.

I was left temporarily slack-jawed by this man's personality

and office-changing presence. It made me think about what happens when I walk in an office, enter a meeting, or patronize a business. Does my presence change the atmosphere for the better? I have little excuse for not letting my light shine. (I have two good legs anyway—or will after a bit more physical therapy). If anyone had an excuse to be dour or at least pensive and reserved, it was this elderly gentleman with the prosthetic leg.

What about you? What atmosphere do you create? Even if you are the shy and retiring type, not prone to engage even a fence post in conversation, you create an atmosphere. Can all of us, working with our God-given personalities, through the help of the Holy Spirit, at least change the atmosphere in our marketplace simply with the weight of our presence? We can, and we're exhorted to as well.

"...let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Matt. 5:16 NIV)

This baritone-voiced man, with his contagious laugh, fancy scooter, metal leg and captivating grin, captivated my heart and changed my day. He reminded me of the Old Testament story of Ehud. What a name, huh? In addition to having a pretty weird name, at least by today's standards, in the times of the ancient Israelites, Ehud was what we'd call disabled, not too unlike

the amputee on the scooter. Except in Ehud's case, he was left handed. I kid you not. Back then, if you were left handed, you were not worth the dust on the bottom of your sandals. Believe it or not, left-handed people were sometimes even killed, so it's amazing that Ehud was even around to make it into this eternal story.

There was a greater purpose and a plan though, and this guy with the left-handed disability changed not just the atmosphere of Israel's politics, he completely changed the course of the nation.

At the time, the Israelites were living as captives of the Moabite King Eglon. Eglon and Ehud. What a story. In Judges 3 we pick up this intriguing tale and see the impact that this otherwise disabled man had on his little part of the world. The Israelites were in their cycle of misbehaving, disobeying and then suffering the consequences. They'd been attacked by King Eglon, helped by the Ammonites and Amalekites, and had suffered under his rule for eighteen years.

Once again though, they begged God for mercy and He gave it. After hearing their cries for deliverance, the book of Judges says God sent a deliverer. Enter Ehud. He was sent with a "tribute" to King Eglon. Going through security, he was patted

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Affecting Your Office Atmosphere...continued from page 5

down like any other visitor, and his side was checked for weapons. Now, assuming he was like every one else, right handed, the security team patted his garments on the left side. But picture this, a left-



handed warrior keeps his sword on his right side to grab it and wield it in battle, or self-defense, or in this case, to assassinate an enemy king.

Could any one else at the time have had

this impact and affected the political atmosphere of Israel in such a way? Could any other man have waltzed into the king's quarters with an eighteen inch, double-edged sword hidden under his cloak where no one could find it, solely for the purpose of redeeming his countrymen and changing the world in which they lived?

I don't think so.

So what about us? What's our disability? We may not be amputees or like Ehud, considered less valuable in our society because of a physical condition, but we still create disabilities for ourselves at times. We adopt attitudes and worldviews that keep us from recognizing that we can change the atmosphere of our offices. We use excuses, guilt trips and pity parties to convince ourselves that we are incapable

of changing the course of our day, much less the environment in which we work or the marketplace we patronize.

We earth-bound mortals forget the immense power we can wield through a relationship with the living, loving God who wants to do immeasurably more within us than we can ask or imagine (Eph. 3:10, NIV). Herein lies our challenge.

"This little light of mine! I'm gonna let it shine." It was a cute Sunday School song sung by many of us and our children too. Juice-stained pointer fingers waving in the air, we sang with abandon of our intent to let our light shine for all to see Jesus. But how well do we do that now as busy, self-absorbed adults with deadlines and work-family pressures and budgets and difficult employees? How do we do that shining thing outside the comforting confines of our animal cracker and Bible School days?

- When the budget meeting didn't go as planned and the shortfall was bigger than the windfall?
- When a formerly trusted co-worker turns on us in a nasty political maneuver?
- When the products arrived late, seriously jeopardizing our relationship with a top client?
- When the customer returns begin to outweigh the customer orders and the whole business model is on the verge of collapse?

- When the convenience store clerk having a bad day chooses to take it out on us?

Our imaginary but realistic list of mayhem in the marketplace could go on and on. The negative impact of those situations on the atmosphere surrounding us is understandable, even expected in a fallen and broken world. But we are called to live above the fray. We are given the power to soar beyond our circumstances and disabilities, self-imposed or otherwise, to have impact and change the course of our world.

As we go about our daily business today, let us remember the phrase Regi Campbell coined in the title of his book: it is about my Father's business. Through His power, we can, like my boisterous amputee friend, change the atmosphere of our surroundings and even like Ehud, alter the course of history in our corner of the workday universe.

— Amy C. Baker

Amy is a speaker and author of Succeed at Work Without Sidetracking Your Faith and Slow Dancing at Death's Door. Used by permission. All rights reserved. Content distributed by HisChurchatWork.org Used for non-profit teaching purposes only.

**FOR MORE INFORMATION
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BOARD MEMBERS

Suzann Beck, BeckHaus Design, Inc.

Sherry Meyer, McGladrey & Pullen, LLP

Carla Pedersen, McGrann Shea Anderson Carnival Straughn & Lamb

Kimberly Waller, Emissus Group

PRAYER REQUESTS

If you have a prayer request that you would like the Board to pray for, please call Suzann Beck at 763.536.8055 or email Suzann_Beck@email.com

FCBPW MEMBERSHIP OPPORTUNITY

FCBPW is a nonprofit organization that offers 12-month memberships to help it more effectively reach out to business and professional women in the Twin Cities area. The memberships begin on the date payment is received and will continue for 12 months for a fee of \$75.00. If you would like to further support FCBPW in its mission and vision, donations can be made to FCBPW, c/o IntrinXec Management Inc., 5353 Wayzata Blvd., Suite 207, Minneapolis, MN 55416.

Please review the benefits listed below that are included with your \$75 membership fee.

BENEFITS OF MEMBERSHIP

- Receive all FCBPW mailings, including the electronic newsletter.
- Opportunity to be featured in FCBPW's electronic newsletter under Member Profiles.
- Be eligible to volunteer for FCBPW speaking and committee opportunities.
- Be included in, and receive, the annual FCBPW Membership Directory.

CRITERIA FOR MEMBERSHIP

- Agreement and acceptance of FCBPW's mission, vision, values and statement of faith.
- Successful completion of the Application for Membership.

MEMBERSHIP EXPECTATIONS AND FEES

- Help promote FCBPW to business and professional women.
- Encourage and support one another.
- Annual Membership Fee is \$75.00. Membership dues pay for 12-month membership from date payment is received. A portion of your membership dues may be tax deductible. Consult your tax advisor for more information.

We hope you will prayerfully consider becoming a member of FCBPW and helping to support our mission. For more information call Suzann Beck at 763.536.8055, or e-mail Suzann_Beck@email.com or visit our website at: www.intrinxec.com/fcbpw.htm to download a membership application.

MISSION STATEMENT

Providing opportunities for women in the workplace to come together for Bible-based worship, fellowship, discipleship and encouragement, 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