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FCBPW
A NEWSLETTER FOR CHRISTIAN WOMEN IN THE WORKPLACE

Faith and Finances



*Rachel McDonough,
Financial Advisor*

President and Owner of Make
Your Money Count, LLC,
an independent firm,
securities offered through
Raymond James Financial Services, Inc.,
Member FINRA/SIPC

*“What does walking in faith have
to do with money decisions we make
every day?”*

Don't Miss FCBPW's Next Luncheon, May 12, 2010 11:30 a.m.

If you are like many other women, money may be one of your least favorite topics! In fact, even seeing ‘faith’ and ‘finances’ in the same topic may seem confusing. After all, what does walking in faith have to do with the money decisions we must make every day? Well, in brief, it has a LOT to do with it. There are over 1,000 verses in the Bible dealing with money. That means that God’s Word references money even more often than topics like prayer and evangelism. *(And only one of those references is about tithing).*

Through sharing her own personal life and stories from her professional experience, Rachel will share special insights on using money in ways that honor the Lord. Together we’ll discover how intentional giving, saving, and

spending can transform your life, bring glory to God.

Rachel McDonough is the President and Owner of Make Your Money Count, LLC. She has earned the Certified Financial Planner™ designation and in 2008 was named one of the Top Women in Finance by Finance and Commerce Newspaper based on impact on business accomplishments in industry, organizational values and community involvement. Rachel holds a Bachelor’s degree from the University of Wisconsin and financial planning certification through the College for Financial Planning in Denver, CO. Rachel’s time living among some of the world’s poorest people for five years in Kenya, combined with her professional experience as a financial advisor, gives her a unique perspective on money.

LETTER FROM THE PRESIDENT



Psalms 82:3 – 4a NIV
 “3 Defend the cause of the
 weak and fatherless;
 maintain the rights
 of the poor and oppressed.
 4 Rescue the weak and needy;”

FCBPW CALENDAR

2010

**Feed My Starving Children
 Event — July 27 6 p.m., Eagan**

**Quarterly Luncheon Meetings:
 May 12, August 11, November 10**

Small Group Bible Studies:

Downtown Mpls — McGrann
 Shea Carnival Straughn & Lamb,
 Ctd. — Noon, the third Thursday
 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

I am honored to be continuing as President and Chair of the Board of FCBPW in 2010. I am also glad to announce that Board members Suzann Beck, Sherry Meyer, and Kim Waller will be continuing to serve on the Board of FCBPW, with Suzann as Vice Chair and Sherry as Treasurer. Finally, I am thrilled to announce that Rosie Davis has accepted an offer to join the Board and serve on behalf of FCBPW in 2010. I am truly blessed to have such talented women on the Board of FCBPW.

I would like to quickly reflect on some thoughts related to giving both your money and your time. 2010 has been a year of numerous natural disasters that have caught the attention of the world. The hurricane in Haiti appeared to result in an immediate outpouring from around the world. Even though our country is in the midst of a recession, it has been incredible to see the extraordinary gifts of time and money.

I believe that as Christians, it is our duty to help the poor and lesser among us in society. I recently attended the 50th Annual Minnesota Prayer Breakfast and was quite moved by the keynote address given by Ambassador

Tony Hall, former U.S. Ambassador to the United Nations Agencies for Food and Agriculture. Ambassador Hall is an advocate for hunger relief programs and improving international human rights throughout the world. Ambassador Hall’s address focused on the following four points:

1. Care for the poor;
2. Pray for our leaders;
3. Meet together and uplift one another; and
4. Love God with all your heart, soul, mind and strength, and love others as you love yourself.

In discussing caring for the poor, Ambassador Hall noted that if you help the poor, the Bible says that you “lend” to God and “honor” Him. One of the values of FCBPW is “**Servanthood**—Considering others first” and in keeping with such value, FCBPW will again be hosting a Feed My Starving Children food packing event.

In closing, I would encourage you to give of your time and money to assist those in need.

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

The Right Kind of Seed



The past few weeks have been a flurry of activity in my house, trying to fit every unexpected thing into an already packed timeframe. For the most part, I succeeded in putting a “No Trespassing” sign on my Sunday afternoons, trying to use that time for much-needed rejuvenation. It was then that I leisurely sorted through a fairly sizable collection of flower, herb and vegetable seeds and methodically planted them in mini greenhouses and pots. Carefully labeling each one, I wanted to avoid confusion of what to expect from each tiny peat pot. I knew that I would instantly recognize many of the little plants by the first emerging leaves, but for others I’d really need the labels to understand what plant it would turn out to be. These were plants with which I’d had less experience in the past, so I relied heavily on the seed packet instructions about how to treat the seeds and the seedlings to bring about the best result. With several hundred plants, I wanted to plan precisely where each of one would fit into my yard according to the purpose I’d designed on a greater scale.

In days, the first glimpses of my seedlings appeared. Boister-

ous little cucumber plants popped their stoic little heads up and a profusion of tiny basil leaves began to show. Zinnias, lupine, and globe flowers followed. Then garlic, tomatoes, squash, and chives. As I watched the transformation day by day, I couldn’t help feeling that life was a lot like those little greenhouses of mine, with the Master Gardener overseeing my apprenticeship efforts. Sometimes I methodically plant good seed in my life and in the life of others, seed that I could feel the Holy Spirit prompting me to sow according to His design and purpose. The fruit of that seed is certain; when it emerges, it’s easy to recognize. Sometimes God causes an increasing profusion of fruit and sometimes it’s just slow, steady growth—but it’s always according to His perfect Master plan.

Other times I’m rushing through life, without being especially mindful of whether the seeds I plant with my thoughts, words and deeds are good seeds of eternal value or nasty old weed seeds. It is amazing how fast a weed seed can produce after its own kind and rob life’s garden of

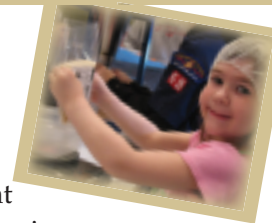
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FCBPW’s Second Annual Feed My Starving Children Fellowship Event

■ Join us July 27, 2010 from 6:00 – 7:30 p.m., at the Eagan Feed My Starving Children facility, 990 Lone Oak Road, Suite 160.



Bring your families, friends, and coworkers!



FCBPW hosted its first fellowship event at the Eagan Feed My Starving Children in June 2009. In light of the success of last year’s event and the recent earthquake in Haiti, we are organizing another Feed My Starving Children event to give our members and friends the opportunity to give and fellowship together.

Please join us as we volunteer to hand-pack meals formulated especially for starving children. Feed My Starving Children ships these meals to more than 60 countries around the world. For more information about this organization, visit www.fmssc.org.

We invite you to join our special event and encourage you to bring your spouses, families, friends, and coworkers.

We have reserved 30 spaces so please RSVP to secure your spots by July 12, 2010.

Email Suzann at: Suzann_Beck@email.com or call Suzann at: 763.536.8055

MEMBER BUSINESS PROFILE

McGrann Shea Carnival Straughn & Lamb, Chartered

Carla J. Pedersen, Shareholder



Carla J. Pedersen is one of the founders of FCBPW and has served as a Board member since its inception. In preparing this profile, Carla recalled how she connected with FCBPW co-founder Gina Dingman based on a statement she made in a member profile for Minnesota Commercial Real Estate Women. In that profile, Carla was asked who she would have dinner with if it could be anyone in history. She responded “Jesus Christ” as she had many things to discuss with Him.

McGrann Shea

Carla is a shareholder with the law firm of McGrann Shea Carnival Straughn & Lamb, Chartered. She is active in management of the firm and her practice group. Carla leads her practice group meetings and provides mentoring and training to associates and paralegals in her group. Carla joined McGrann Shea in January 1997.

McGrann Shea was established in 1989 when several partners resigned from O’Connor & Hannon due to its representation of the government of El Salvador. At that time, the government of El Salvador was under scrutiny due to human rights abuses, including the assassination of several priests. The founders of the firm felt they could not abide by the ethical and moral issues created by such representation. Since its inception, McGrann Shea has been highly regarded for its ethical standards and commitment to providing the prompt, effective and personal service necessary to enable its clients to compete in the current economic market.

Since its inception, McGrann Shea has been highly regarded for its ethical standards and commitment to its clients.

Carla’s practice focuses on real estate, corporate, finance and transactional law. She enjoys

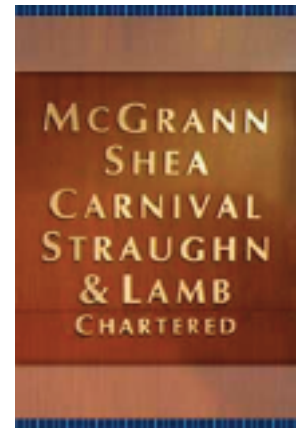
working on complex transactions, including Target Field, for

which she is lead real estate counsel for the Minnesota Ballpark Authority, and Midtown Exchange, a multi-user project that redeveloped the former Sears building on Lake Street, for which she was counsel for Ryan Companies US, Inc. Carla also enjoys working with women-owned businesses and women in the business and legal community. She is a strong proponent of women succeeding in the work place and being able to balance work and family life.

Before McGrann Shea

Carla began her legal career as an associate at a prominent Twin Cities law firm. She then moved in-house to work at The Musicland Group on a big box store concept —Media Play. While at Musicland, Carla worked on deals throughout the nation and was involved in every aspect of a real estate transaction, from locating and getting the space under contract to lease administration. While at Musicland and in her early days at McGrann Shea, she was also an

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Luncheon Recaps

McGrann Shea Cont...

Adjunct Professor at William Mitchell School of Law teaching legal research and writing.

Carla has a J.D., cum laude, from Hamline University School of Law, and a B.A., cum laude, from St. Olaf College.

Personal Life

Carla accepted Christ when she was ten years old and, although the road has been bumpy at times, she tries to look to Christ to guide her in all aspects of her life, in particular at those times that are the lowest, including the death of her mother when she was 21. Carla believes that without Christ, she would be nothing.

Carla is married to husband Steven for almost 21 years and has two daughters, Chelsea and Amanda. She is active in church activities, including serving on her Church Council, Building Committee and Missions Committee. Carla is an avid horseback rider, enjoying trail riding with her family and four horses. She also loves gardening and landscaping, watching sports, and reading.

Being a shareholder at McGrann Shea and maintaining a balanced family life can be difficult. One of Carla's favorite passages of the Bible is in Proverbs 31, the story of the noble woman. According to verse 16: "She considers a field and buys it; out of her earnings she plants a vineyard."^(NIV) Apparently, she was also a real estate woman.

November 2009

The speaker for the November 2009 meeting was Elizabeth Wright, Program Director of Women and Teen Girls at Minnesota Teen Challenge in Minneapolis. Elizabeth encouraged us to L'Chi Lach—Go Forth! Just as God called Abraham to a place he did not know, Elizabeth encouraged us to follow God's leading to a new place within ourselves and not to be afraid to leave old things behind to move into the new purposes and ways God has for us.

Elizabeth talked about the students she works with at Teen Challenge and her own journey through Teen Challenge—describing how people struggling with addiction realize that they have hit bottom and recognize they need to change everything. Elizabeth went on to show us how as professional businesswomen and Christians, often raised in Christian homes, we tend to hold onto the things we do well and apply them to God's plan for our lives—for example, we may say "Lord, please save this broken area of my life" but hold back areas we think we are doing well in. Elizabeth challenged us instead to embrace a new identity in Christ, to surrender our whole selves to God's purposes, to celebrate the new woman we are becoming as we follow God's direction for our life.

Elizabeth also described a tradition in Jewish faith that

celebrates a woman reaching a mature milestone in her life and the wisdom she has gained. Everyone who attended this luncheon enjoyed Elizabeth's warmth and humor as well as felt affirmed and challenged to live up to God's ideal plan for our lives.

— SB

February 2010

FCBPW February Luncheon attendees received a double blessing beginning with guest vocal and recording artist Alisa Ross sharing the powerful "You Are for Me" by Kari Jobe. But that was just the beginning!

Joanie Essenberg, Executive Director of Banyan Community in the East Phillips neighborhood, shared the genesis of the Banyan ministry, along with her inspiring thoughts on leadership.

The idea behind the Banyan Community originated with Joanie's husband, Tim, a professor of Economics at Bethel University, who led his wife and family into an experiment in community development. Joanie admitted she was less than enthusiastic about the move in 1990, but tried to focus on the community's assets rather than its problems. A quote from her church pastor summed up the trepidation they initially experienced in "We often fall back to what is familiar rather than pushing forward to live in the possibility of Jesus Christ."

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From Deconstruction to Instruction

By Rosemary Davis

Dedicated to my sister in Christ, Kim Waller

Blessings flow from the Father's hand,
Meeting our needs and going beyond
Anything that we could ask or imagine.
So why is that a problem?

Our Heavenly Father often grants us
Life, wealth, comfort and possessions,
Asking us to merely be stewards of these gifts.
This may mean giving them up, or giving them away.

"Lord", we cry out, "This is a hard teaching!"
If it were easy, everyone could do it—
Giving away everything to gain His kingdom.
But only Jesus succeeded completely.

God is not a miser, nor does he want his people to suffer.
But deconstruction, stripping away the worldly trappings,
Can be a painful process, even unto death.
Only then can He begin the process of instruction.

Behold, we see in a mirror dimly as we view God's kingdom
Through the many layers of soot our souls take on in our life journey.
We may not discern how the particles cling,
Especially when we love and cherish each comforting layer.

Deconstruction may simply be a re-ordering;
Plucking the threads of the tapestry and re-working them
To mend flaws, repair tears, and bring new colors to our lives.
But one thing is sure—we will never be the same again.

Three things shall remain: faith, hope and love.
Those we love unselfishly, though we are called apart, remain
Always a part of our lives—threads of gold in our tapestries.
Hope is renewed daily when drawn from the well of God's mercy.

Faith shall remain while we keep our eyes on Jesus, its author and perfecter.
Let us therefore seek to be good stewards, not temporal owners;
Ready at a moment's notice to give an accounting of how His gifts were invested.
Welcome deconstruction with a thankful heart, that God's instruction may be complete.



The Right Kind of Seed... *continued from page 3*

power, purpose and beauty.

Can the Master Gardener yank out all the terrible weed seed in our lives in one big swipe? Yes. But often instead, He kneels down beside us in the dirt, His wise, weathered hands guiding our apprentice's hands through the task, one weed at a time. "Is that one a flower or a weed?" we ask. And He patiently answers and teaches us what to look for and shows us how to cultivate only things of eternal value. Then, little by little, a beautiful perennial garden unfolds, sown from eternal seed. And this seed produces after its own kind perpetually, in a manner that can never be thwarted.

At this, I marvel at God's promise when we sow the right kind of seed in simple obedience. And He, Himself, is faithful to provide everything that

we need to succeed in our appointed task: His perfect seed and His perfect care that always causes us to bear fruit—fruit that will truly last.

You did not choose me, but I chose you and appointed you to go and bear fruit—fruit that will last. John 15:16a (NIV)



— KW

Luncheons Recaps Cont... *continued from page 5*

Living into that possibility led Joanie and her family to develop friendships, which in turn led to a neighborhood block club. The block club became so popular, the Banyan Community was created and incorporated as a non-profit organization in 1998. A Banyan tree is a fig whose seeds take root in a host tree, sending out aerial prop roots from the branches which grow to the ground and create other trees—all connected to the host. The ministry is one which has taken root in Christ, and whose members reach out to others, putting down roots and becoming a greater part of the whole.

Joanie shared some noteworthy thoughts on leadership, including the concept that HEAVEN is an acronym for leadership.

- H** — Hopeful: without hope we cannot lead
- E** — Educate yourself: that's wisdom in Proverbs
- A** — Accountable: embrace evaluation—govern diligently (from Romans)
- V** — Visionary: without selfish motives
- E** — Empowering: always looking to empower others—to replicate yourself
- N** — Necessary: It's a hard job, but somebody has to lead

Leadership is not a spectator sport, and Joanie puts feet on her faith by walking the neighbor-

hood and praying over its residents. Yes, it is still a rough neighborhood in transition, and takes courage to continue the ministry that includes after school activities and tutoring for students. But Joanie believes the adage that courage is not the lack of fear, but the ability to act in the face of fear. Her philosophy is that it is better to lead from behind and celebrate others' achievements, only taking the front line ahead of others when there is danger.

Are we prepared to step out in courage in the communities in which we live and work to push forward into the possibilities Christ has for us? As we prayerfully consider what this would look like in each of our lives, and the tremendous impact we could have on our world by not allowing fear to stop us, let us also consider sharing the blessing we receive from FCBPW with others. Why keep a good thing to yourself?

— RD

FOR MORE INFORMATION ABOUT THE FCBPW:

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or email
Suzann_Beck@email.com

Website:

www.intrinxec.com/fcbpw.htm

Mailing Address:

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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

FCBPW MEMBERSHIP

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. For more information call Suzann Beck at 763.536.8055, or email Suzann_Beck@email.com

*Watch for details
about our new
membership
campaign
coming soon!*

