



## Resources for the Journey

Contact us: [www.resourcesforthejourney.org](http://www.resourcesforthejourney.org)

Volume 9 Number 2

May 2007

### FEATURED

### RESOURCE

May is Stroke

Awareness Month:

## THE PUZZLE CLUB

**A groundbreaking tool to help people understand the world of the stroke vic-**

### WE WILL BE CLOSED FOR THE MONTH OF

**JULY.** Contact us: 612-870-0861 or 888-293-9901 ASAP for any July services.

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## Dawn's Stroke Story

Every 45 seconds, someone in America has a stroke. On May 2, 1998—two days short of my 42<sup>nd</sup> birthday—I didn't expect to be one of them. I woke up to go to the bathroom. A few steps later, I fell to the floor, unable to move my left leg and arm. My husband Gil called the paramedics. Minutes later, I was at Regions Hospital being treated for a stroke.

A stroke can happen to anyone, anywhere, at anytime. It usually is caused when a blood vessel carrying oxygen and nutrients to the brain bursts or is blocked by a clot. Without blood supply, brain cells start to die. Because of how quickly a stroke begins to do damage, it is the nation's number three killer and a leading cause of serious disability. In my case, what doctors at first thought was a blocked blood vessel turned out to be a collapsed carotid artery resulting from a migraine headache I'd had the day before. The result was the same.

Within 24 hours, feeling in my left leg returned, but my arm and hand remained paralyzed. I soon discovered that I couldn't do simple things—get dressed, count change, read a newspaper, write a sentence, or find all the food on my meal tray. My voice had no inflection; I'd lost my ability to sing.

It was frustrating, but I knew I had to deal with it and find a way to keep pushing on. I was elated when sensation and movement returned to my left leg; I used my left foot to wave at family and friends who visited me in the hospital. I knew I could once again go up and down the stairs in our house and return to one of my favorite activities—walking.

Seventeen days later, I was released from the hospital and went home. After weeks of outpatient rehabilitation, I could once again read the paper, write checks,

and return to my job as an employee insurance advisor with the State of Minnesota. Slowly my signing voice returned. Eight years later, I can count change just fine, but I can't pick it up with my left hand. I can grip objects with my left hand, but fine motor control most likely will not return.

**I decided early on not to let the stroke stop me from living a full life. Through prayer and encouragement from family, friends, and caregivers, I accepted the fact that I have to do things differently. The results, in many cases, are the same.**

I had to learn how to get dressed one-handed and make adjustments to my daily routine, such as using the handle of a disposable razor as a tool to open and close the windows.

Three months after my stroke, Gil and I went on a scheduled wildlife photography workshop at

*(continued p. 3)*

## Resource Center Bulletin Board: News and Events

### Christian Educators Use Children's Books as a Valuable Tool!

Faith formation groups that support the Resource Center for Churches (RCC) have been doing more and more programming using quality children's literature. **We are adding more faith based books and good quality literature demonstrating Christian values to our collection.**

Central to that goal was the acquisition of the *Families All Matter* kits, which are now available for reservation.

Cindy Yanchury personally gifted the following new\* books and has recently donated a large pile of good quality used children's books. Thank you!

Cindy is Membership Coordinator of the Christian Education Fellowship group of the United Methodist Church, which meets the third Thursday of each month. First fall meeting will be 9/20/07. For more information contact: cindy@advent-umc.com

**\*"The Brand New Kid" by Katie Couric. Doubleday, 2000.**

**\*"We are Wolves" by Molly Grooms. Northword, 1999. (A book about being family)**

Other individuals donate children's books occasionally. We welcome good quality books.

Faith Formation Group (Christian Educators) of the Episcopal Church meet the second Tuesday of each month, September—May, (9:30a.m.-11:30a.m.) at the Diocese Office.

The United Church of Christ Educators also meet several times per year, with conference type meetings each spring and fall. Ask Grace Anderson for details. anderson216@usfamily.net

### Introducing L.I.F.T.

Lunch/Laughter Information Sharing & Fellowship on Fifth Thursdays is the place to be if you are an involved in Christian Education and Faith Formation for children and youth within the Presbyterian Church.

After a great first meeting in March, long-term meeting plans have been made.

- May 31st at the First Presbyterian in Hudson, WI, 11:30a.m.—1:00p.m
- August 30 at the House of Hope in St. Paul
- November 29 at Valley Community in Golden Valley
- **January 31, 2008 at the MN Church Center**

For more information contact: Martha Rockenstein: fpcMartha@sbcglobal.net She is POINT person for the Presbytery.

### THANKYOU!

*A special thanks to the following individuals, congregations, and organizations that made recent donations to the Resource Center for Churches:*

- **Deb DeMeester**
- **Deb Braun**
- **Pacer Center**
- **United Methodist CEF**
- **Donald Robinson**
- **Cindy Yanchury**
- **J.S. Deaton, Author**
- **Dean J. Seal, Author**

**Membership Renewals:**  
Plymouth Congregational  
Judson Memorial Baptist

### Life's Meaning as Seen Through the Kaleidoscope

Those of you who have visited the center in the last few months have been enthralled with the high quality kaleidoscope sitting on our table. Not only is it a fun toy, it is a way to help us see God with our natural eyes and a tool for spreading the gospel.

"Through the Kaleidoscope, the glory of light is separated into color and pattern which represents the beauty and meaning that God has for us through His son, by the powerful working of the Holy Spirit. As you look into your Kaleidoscope, think of how God reveals Himself and how He wants to reveal Himself to you." Scott Vandenheuvel

If you would like to learn more about having a kaleidoscope building project and a discussion of how the kaleidoscope relates to our spiritual development, contact Scott Vandenheuvel :763-477-4424.

*continued from page 1*

Theodore Roosevelt National Park in North Dakota. I had to replace my heavy camera that required two hands to operate with a light-weight digital camera that I could operate with one hand.

**In 2005, I decided to take my joy of walking to a higher, more focused level by joining the American Stroke Association's Train-to-End-Stroke Team to complete P.F. Chang's Rock 'n' Roll Arizona Marathon (that's right—26.2 miles) in Phoenix, AZ and raise money for stroke research, education and advocacy programs. It was time to "pay it forward" for all that I had been given.**

I even convinced my husband to join me. We didn't look as good as the marathoners you watched in the Olympics, but we completed the 26.2-mile course—running, walking, and sometimes moseying. And we did it again the next year. Through the overwhelming generosity of family, friends, and colleagues, we raised \$9,000 for stroke research, education, and advocacy programs.

Through the program, we had an opportunity to hear the stories and share the experiences of stroke survivors and caregivers from all over the country. Gil and I continue to work with the American Stroke Association and the Minnesota Stroke Association to share what we've learned with other stroke survivors and caregivers and do what we can to support stroke research, education and advocacy.

It's amazing what you can do when you set your mind to it,

network with others, and surround yourself with family and friends who support you with their encouragement and prayers.

**Eight years after my stroke, I still have to deal with its residual effects. Most of the time, other people don't notice it, but I do. Just because you don't see it doesn't mean it isn't there.**

For example, I can't think as fast as I did before, especially when I'm overly tired. And sometimes it is difficult to find the right words to express myself.

**I recently watched *The Puzzle Club*, a film adaptation of an award-winning play which recounts the experience of living with a brain injury from a survivor's perspective.** Jillian Campana, playwright and drama professor, who survived a stroke in 2000, worked with members of a Montana brain injury support group and a troupe of actors to create the play that tells the stories of thirteen brain injury survivors—in their own words.

### TO DO!

- Plan now to show this award winning film to your church family!
- Recommend to families of persons with brain injury!

**It is the most accurate picture I have seen of the feelings and frustrations associated with brain injury.** One of the survivors says, "In the beginning, it's getting through the day, learning how to walk and talk again. But now . . . now, I'm more than a survivor. Now, I'm a thriver.

*"The Puzzle Club* strongly reinforces my advice to stroke survivors

and caregivers to learn as much as they can about stroke and stroke recovery—but watch out for stereotyping. **When you've seen one person with a stroke, you've seen one person with a stroke. There are patterns, but every situation is unique.**

**Local resources** for those who are dealing with disabling conditions.

#### **Resource Center for Churches catalog** at

[www.resourcesforthejourney.org](http://www.resourcesforthejourney.org)

Ph 612-870-0861

Toll-free 888-293-9901

**Disability Awareness Ministry, Inc.**, 122 West Franklin Av, Rm 7, Minneapolis, MN 55404

[ron.cottone@disability-awareness.org](mailto:ron.cottone@disability-awareness.org)

"Make your church a welcoming ministry" Ph 612-230-3264

**Presbyterians for Disabilities Concerns**, Contact: Bebe Baldwin;

Ph 612-343-8388

<http://www.pcusa.org/phewa/networks/pdc/presbytery-committee.htm>

**The Episcopal Disability Network**, Attn: Barbara Ramnaraine, 3024 East Minnehaha Parkway, Minneapolis, MN 55406,

[disability99@earthlink.net](mailto:disability99@earthlink.net)

Ph:612-729-4322/888-738-3636

**The Pacer Center** donated "A Guidebook for Parents of Children with Emotional or Behavioral Disorders" to our collection. **Parent Advocacy Coalition for Educational Rights**, [www.pacer.org](http://www.pacer.org)

Ph 952-838-9000/TTY 952-838-0190



## Resource Center for Churches

122 W. Franklin Avenue, Room 2  
Minneapolis, MN 55404

612-870-0861 or 888-293-9901 (toll free)

Email: [info@resourcesforthejourney.org](mailto:info@resourcesforthejourney.org)

Website: [www.resourcesforthejourney.org](http://www.resourcesforthejourney.org)

### *Your Partner in Ministry*

The Resource Center for Churches partners with congregations in ministry by providing print and audio-visual resources, consultation services, training, and networking to facilitate the journey of faith.

It is an ecumenical ministry of the: Episcopal Diocese of Minnesota; Minnesota Annual Conference United Methodist Church; Minnesota Conference United Church of Christ; Presbytery of the Twin Cities Area; Synod of Lakes and Prairies (PCUSA).

### **Staff**

Ginger Stemme, Director  
Sally Vanderwerf, Resource Assistant

### **Board**

Episcopal Diocese of Minnesota: Bronwyn Clark Skov (Vice President), Joanie Delameter, Lizabeth Bougie; Minnesota Annual Conference, United Methodist Church: Victoria Rebeck, Gloria Roach Thomas, Diane C. Olson; Minnesota Conference United Church of Christ: Glen Herrington Hall (Secretary), Kris Potter, Grace Anderson (Treasurer); Presbytery of the Twin Cities Area: , Lynne Severson, Jan Snell; Synod of Lakes and Prairies (PCUSA): Diana Barber, Norma Spurgin (President) and At-Large: Ron Cottone, Disabilities Awareness Ministries

## New Resources: See also the insert.

**NOTE:** We keep very little Juvenile and Young Adult Fiction. This was a gift from the author, a resident of Owatonna, Minnesota, and a former UCC Conference Staff person. [JSDeaton@charter.net](mailto:JSDeaton@charter.net)

*Introducing a fantasy....*

**Deaton, J.S. *The Call: A Journey of Discovery*. Superior, WI: Port Town Publishing, 2006.**

Kate appears to have grown up in a small Minnesota town during a time gone by when dorms were still heavily segregated and students had curfews. She has been heavily sheltered by sibling guardians and delivered to college, barely prepared for change. She is extremely sensitive and is often uncertain and embarrassed at her own normal feelings as she experiences romance. On one level, "The Call" could be the call to womanhood.

Another plot line takes the novel into a world of fantasy. All of the main characters are actually in exile from another physical world, and are awaiting "The Call" to return to their homeland. Kate is the primary subject of "The Call." When she becomes 18 she must return to her people, prove herself worthy by surviving a battle with the nation's enemies and take her rightful place as a mature confident leader of her people. This call focuses on a journey that offers both adventure and self discovery and settles her as an adult into accepting the call of royal heritage and adult responsibility.

The novel offers literary parallels to Christian history and faith development. Whereas in the Judeo Christian tradition the masses could not have anticipated that a child would be the Messiah, in this novel it was hard to anticipate how

this naïve girl could be used by The One (God) to foil Lorcan's (Evil Enemy) schemes. It is by the guidance of Sabriel, (The Messenger) who watches over her, that she is able to fulfill a third interpretation of "The Call," a faith commitment that empowers her to lead her people in their ongoing fight against evil.

This is a G rated, coming of age novel that promotes virtue and depicts adventure much in the spirit of Nancy Drew, with the added bonus of providing food for thought or discussion on faith, commitment and good vs. evil. ISBN: 1-59466-092-1

### **SEQUEL: *The Promise of Life***

A journey continued. A destiny realized. "As Kate and her family head toward the final battle with evil, every one of her beliefs will be tested." — The Author.

# New Resources: & Ideas: Celebrate the Summer

## PARTY TIME FOR THE UCC

THE UCC is celebrating 50 years. We have multiple copies of the celebratory publication "UCC@50: Our History, Our Future" available. A 2-part DVD companion to this will debut at General Synod 26 in June.

We also have a paper copy of the study guide: Shine, God's People, which is available online at <http://www.ucc.org/50/studyguide50.htm>

Shine, God's People:(subtopics)

- Join Others in Christ
- God's People of All Races, Cultures and Nations
- Differently Gifted in Mind and Body
- Whole and Holy, Loving Faithfully
- Struggling for Peace and Justice

"Each session invites a group to pray, to encounter a historical moment, to explore their own congregation and to share how their own light shines around commitment."

D. Schoen, Congregational Vitality Initiative, Local Church Ministries

## UCC DVD'S

A 6 minute promotional DVD for a season of celebration is also available at the Resource Center.

## LOCAL SEMINARY OFFERS

### PROGRAMMING TO THE PUBLIC

United Theological Seminary, an ecumenical seminary of the United Church of Christ is one of our supporters. They feature many activities open to the public and those involved in local ministry. This summer they are offering a **Summer Institute in Spirituality and the Arts**. For more information about this event or the seminary, please visit

[www.unitedseminary.edu](http://www.unitedseminary.edu)

SWISS UCC in New Glarus, WI, transforms their nursing home into a bustling **Israeli Marketplace** for their Marketplace Bible school. The events becomes an interdenominational collaboration and is always an intergenerational event. Residents of the nursing home contribute to the happenings in the market. I am sure they would share some tips if you wished to adopt their model.

## Swiss United Church Of Christ

1st Street and 5th Avenue

New Glarus, WI 53574

608-527-2119

The town itself is a fun place to visit with a historic Swiss representation. See their **WEBSITE** for more information and to schedule a visit.

[www.swisstown.com](http://www.swisstown.com)

For all of you who have been asking about Millenium Development Goal (MDG) resources for all ages; [www.globalgood.org](http://www.globalgood.org) is a great resource which includes a link specifically for youth.

<http://archives.umc.org/interior.asp?ptid=1&mid=7299> for a good article on copy-right

## SUMMER DISCOVERY

Dummerston Congregational UCC in Putney, VT, have a unique way to bridge generations and to provide a summer worship alternative for the children.

Called "Summer Discovery" they go on field trips to the homes of members who have something special to share. **Do you have members with gardens, artwork, collections and hobbies that would make appropriate field trips to spice up the summer?** Should the children have all of the fun?

## GATEWAY CLUB

### CURRICULUM:

A faith-based, church-related social and religious education **3-year curriculum for youth & adults with developmental disabilities**.

Thirty-Six 2-Hour Programs, c. 2006 by the UMC GBGM National Task Force on Developmental Disabilities, Health and Welfare Ministries

We have a copy and bulk copies can be obtained from Pat Cook: 913-682-8517.

## Looking for a new curriculum?

Come to the Resource Center for Churches. We have kits and sample copies of many mainline published curriculum. View hands on copies of Gather 'Round, Akaloo, Splash and more to make an informed decision.

## BIBLE SCHOOL CURRICULUM

Available for preview and for additional ideas to complement what you do.

Come to our library: 122 W Franklin Av, Mpls., Ste 2

### New This Season

Cokesbury: *Lift Off Soaring to New Heights With God*

Bible stories from Genesis; Luke and John

Cokesbury: *Word Up Speaking and Living for Jesus*

Bible stories from Genesis; Psalms; Matthew and Luke

Group: *Avalanche Ranch A Wild Ride Through God's Word*

Bible stories from Joshua; Mark and 2 Kings

Augsburg: *Great Bible Reef Dive Deep into God's Word!*

Bible stories from Exodus; 2 Kings; Luke; John and Matthew

### Tried and True

We Believe 2004: *God Calls Us Around the World in 5 Days*

Countries Introduced--Philippines; Guatemala; Malawi; Pakistan and Peru

Bible stories from 1 Samuel; John; Luke and Psalms

We Believe 2005: *Living as Forgiven Children of God*

Countries Introduced--Taiwan; Northern Ireland; Brazil; Zimbabwe; and Nepal

Bible stories from Acts; Genesis; Esther; Mark and Psalms

We Believe 2006: *A Visit to the U.S.A.*

States Introduced--California; Florida; Alaska; Kentucky and Illinois

Bible stories from Matthew; Acts; Philippians; 2 Corinthians and John

*Marketplace - 29 A.D. A Bibletimes Experience*

Habitat for Humanity: *Under Construction*

Bible stories from Acts; Exodus; Luke; Joshua and Nehemiah

SUMMER CLOSURE: The Resource Center for Churches will CLOSE for its traditional summer break at 4:00 p.m., Friday, June 29, 2007. We will REOPEN 9:30 a.m., Tuesday, July 31, 2007. Please plan ahead and make arrangements as soon as possible for any resources you might need during July.