

## Counselor's corner

*"This is what the Sovereign LORD, the Holy One of Israel says: 'In repentance and rest is your salvation, in quietness and trust is your strength. ...'" (Is. 30:15 NIV).*

We have entered a new calendar year, but, in the Church Year, we are about to begin our third season—Epiphany (Where does the time go?!). For those of you serving on the altar guild, that means the paraments are about to change from Christmas white to Epiphany green.

Ever wonder why we have green paraments during Epiphany? It's the same reason we use them during Pentecost. In both seasons, the emphasis is on spiritual growth.

That is also what God was looking for from the children of Israel and what He directed Isaiah to proclaim with the words in our text above.

Note here the qualities God exhorts His children to grow: "... repentance and rest ... quietness and trust ..." First we must repent. That is, to turn from sin and toward our Savior. Without that, the rest and quietness are not truly possible.

But repentance is not possible without the last item on our list—"trust," or faith. Without faith, how could we ever repent? Repentance is a fruit of faith which, in turn, will lead us to quietness and rest.

During the season of Epiphany, let us continue to partake of the Means of Grace so that our faith may grow, which will lead us to repent which, in turn, will give us rest and quietness.

God grant this to us all.

*The Rev. Henry J. Koopmann  
Park Region Counselor*

## Easter bags for children



LWML Our Redeemer Society, Moorhead, Minn., put together bags filled with toys, snacks and books for children in their local homeless shelter for Easter. Pictured are, from left, Felicity Koenig, Helen Puffe, Marlene Koenig and Sonja Beltz.



## Secret sisters



In January 2011, LWML members from St. John, Wadena, each adopted a teenage girl from their congregation as a "secret sister." Each month, the women sent gifts and selected Bible verses to their secret sisters to show that they cared about and supported them.

The teenagers were sent special invitations to attend their society event in June, where they were given a gift purchased from the LWML store.

A seed was planted. Now, prayers continue for the Holy Spirit to encourage their faith and church activity to grow.

## Newsletter available online

Please locate one person in your society or congregation who has access to the online version of the *Minnesota Northern Light*, and who would be willing to print off one copy and then make copies to distribute to all society members. By eliminating hard-copy distribution of the quarterly newsletter, the LWML Minnesota North District lessens the expenses for postage and copying so that more money can be put toward mites.

To download the *Minnesota Northern Light*, go to the website at [www.lwmlmnn.org](http://www.lwmlmnn.org); select "Publications" and then "Newsletter."

Thank you for your consideration of this request.

*Kristin Olsen, Editor*

Alice Warford, pictured at right, was the oldest LWML member at our 2011 Minnesota North District retreat at Lutheran Island Camp. At age 96, Alice shows us that it's a joy to continually "Come to the Living Water."



**LWML Minnesota North District  
25th Biennial Convention  
June 25-27, 2012  
Breezy Point Resort, Minn.**