

# The Garden Gate

MY FATHER IS THE GARDENER...I AM THE GATE; WHOEVER ENTERS THROUGH ME WILL BE SAVED. *JOHN 15:1; 10:9*

## Fall AM Registration Picnic

Tuesday, August 11th, 10:30 - 1



Hard to believe, but it's not too early to be thinking about registering for the fall session. Please join us on Tuesday, August 11th from 10:30 - 1:00 at Essex Park for our annual Registration Picnic.

We'll be registering for Fall session of Side By Side and you'll get to preview the choices of books available in the

fall and picnic together while the kids play at this beautiful park.

Bring your lunch and drink! Dessert will be provided. The park has picnic tables and there is a covered pavilion in case of rain and restroom facilities. You are as always welcome to bring a friend or invite someone new! And if you are new to Rochester consider this a personal invitation to join us! It'll be a fun day.

Directions to Essex Park: From Highway 52, go east on 55th Street about 2 1/2 miles (past 18th Ave). The entrance to Essex Park will be on your right. Follow the road through the park until it ends in a parking lot and you see the playground.

## Get your Garden Gate Electronically!

Did you know the Garden Gate is available by e-mail?

Save yourself the time of finding each issue on the table at the back of Friday mornings. Get the Garden Gate by e-mail the night before it is handed out. Save Side by Side money by cutting down on printing and postage costs.

Send an e-mail to [sidebysiderochester@yahoo.com](mailto:sidebysiderochester@yahoo.com) to indicate your preference to receive the Garden Gate electronically. It's that simple!

Volume 9, Issue 4

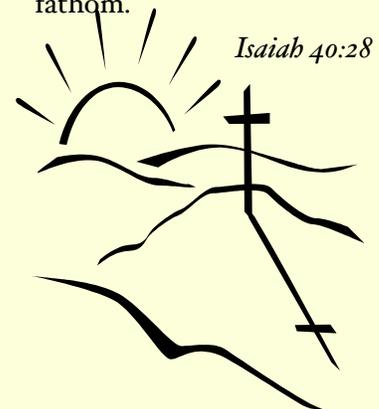
August/September 2009

### Dates to Remember

- August 11 - AM Registration Picnic at Essex Park 10:30-1
- August 11 - PM Newcomers Dessert Night, see page 3
- August 25 - AM Leader's Training at ARC 6:30-8pm
- September 1 - PM Fall Kick-Off
- September 11 - First Fall Meeting Date for AM

2009 - 10 Theme Verse

The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.



*Side by Side*  
*Morning - Rochester*

*Steering Committee*

2009 - 2010

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## Fall AM Book Choices

Book selections are made at the picnic in August, this information will give you time to make your choice. If you can not attend the picnic e-mail your choice to [sidebysiderochester@yahoo.com](mailto:sidebysiderochester@yahoo.com) or include it on your registration form.

### **A - Esther: Its Tough Being a Woman by Beth Moore (18 weeks)**

In this workbook and DVD study, readers learn that Esther may have been a queen, but her life was no fairy tale. An outsider, a foreigner, and an orphan, she found herself facing an evil plan to destroy her people. The Old Testament story of Esther is a profile in courage and contains many modern parallels for today's overloaded and stressed woman.

### **B - Christianity Explored (10 weeks)**

Developed over 10 years, Christianity Explored is an informal course for people who'd like to investigate Christianity, or just brush up on the basics. This course focuses on the Gospel of Mark. The aim is to help people answer three questions that cut to the heart of Christianity: Who was Jesus? Why did Jesus come? And what does Jesus demand of those who want to follow him?

### **Having a Mary Heart in a Martha World by Joanna Weaver (12 weeks)**

The life of a woman today isn't really all that different from that of Mary and Martha in the New Testament. Like Mary, you long to sit at the Lord's feet...but the daily demands of a busy world just won't leave you alone. Like Martha, you love Jesus and really want to serve him...yet you struggle with weariness, resentment, and feelings of inadequacy. Joanna Weaver shows how all of us can draw closer to our Lord, deepening our devotion, strengthening our service, and doing both with less stress and greater joy.

### **C - The Amazing Collection by Big Dreams Ministries**

This is a workbook Bible study for women. Each week will give an overview of one book in the Bible. The main characters and theme of each book comes alive with dynamic teaching, music videos, and personal testimonies.

### **D - Desiring God's Own Heart (1 & 2 Samuel, 1 Chronicles) by Kay Arthur and David Arthur**

During Israel's transition from judges to kings, two men appeared. One followed humbly after God's heart; the other proudly rejected His counsel. Learn how to trust Him when the odds seem stacked against you. Inductive Bible Study shows you how to discover God's Truth for yourself, leading you carefully through the steps of observation, interpretation and application. Be ready to highlight, underline, and mark up your Bibles for this in-depth course.

### **E - How to Debt-Proof Your Marriage by Mary Hunt (25 chapters)**

This highly practical book helps readers bring the principles of intimacy – including acceptance, freedom, safety, and honesty—into money management and thus create an atmosphere that unifies two lives into one.

### **Spiritual Gifts, LifeGuide topical Bible Study by R. Paul Stevens**

In this study, R. Paul Stevens leads you to explore what spiritual gifts are, what their role is in the church and how to discover which gifts God has given you. You'll dig into key passages on spiritual gifts and look at specific examples of how they were manifested in the early church.

*Continued on page 7*

## Fall PM Book Choices

### Choice #1 - The Prodigal God by Tim Keller

In the fall we will be studying "The Prodigal God" by Tim Keller. While the story of the prodigal son is familiar to many, 'The Prodigal God' brings a new perspective to the story of a loving father and his two wayward sons. The word 'prodigal' has always been applied to the younger son for his irresponsible self-bankruptcy, but through this book we learn that it is really the father who is 'recklessly extravagant.' This book will be an excellent introduction to the heart of the Christian faith, and will also challenge those who are well acquainted with the teachings of the Gospel. We will decide together what material we will be covering in the spring semester. Time Commitment - 30 min. - 1 hour a week.

### Choice #2 - Ephesians by John Stott

Using the principles and information learned last year through Bible Basics we will look into the book of Epheisans with John Stott's guide. We will decide together what material we will be covering in the spring semester. Time Commitment - 1 hour a week.

### Choice #3 - Prayer (a compilation of resources) and Romans by John Stott

In the fall we will be look at the topic of Prayer. We will be using Richard Foster's book on the subject as a guide and suppling with sermons and short chapters/articles from other authors. In the spring we will take an in depth look at the book of Romans using John Stott's guide. "The truth in Romans will transform your thinking and convict your heart as you discover the power of the gospel for every area of your life and our world." Time Commitment - 1-2 hours per week.

## Fall PM Calendar

August 11 - Newcomers Dessert Night: Essex Park, 7pm - Please join us, whether new to Side By Side Night or returning. We will be providing dessert, a chance to look at the book choices for this fall and register for your group, as well as an opportunity to get to know each other before the fall kick-off.

September 1 - Fall Kick-Off - Join us for dinner and a time to meet and reconnect! Kerri Hart's home: 906 4th Ave NE, Byron, MN 55920

September 8 - Plugged In - An opportunity to hear from seasoned medical spouses about their journey in finding and joining a church, and to hear about some off the different churches SBS members attend.

September 15 - First week of Small Group Study

## Fall PM Registration

Please return your registration form information by e-mail to [sbs.night@yahoo.com](mailto:sbs.night@yahoo.com). A \$10 registration fee and book fee (if applicable) will be collected at a later date.

*Side by Side  
Night - Rochester*

*Steering Committee*

*2009 - 2010*

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# Learning to Ride

By *Chris Schmit*

Proverbs 3:5 Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

In her book, "Work in Progress," Kristin Armstrong compares learning to ride a bike to trusting in God. As a parent and cyclist, I can relate to this metaphor. "If you do the job right, at the exact moment when your child has worked up enough speed, has the balance she needs, and is grinning from ear to ear into the wind, you let go, and she doesn't even notice. What a stunning image of trust. You trust her to ride, and she trusts you to get her going and to let go at the appropriate time." What a beautiful picture!

I was just like that girl on the bike when we moved to Rochester 11 years ago for my husband's residency. Grant and I had known each other for, well, forever. We met in 6th grade, started dating in 1990, and got married after his first year of med school. I was thrilled with his "match" in Rochester as our families lived near by. Grant was well on his way to becoming a successful, "well to do" doctor at one of the most prestigious medical institutions in the world. I was like that girl on the bike. I had everything I needed...the aforementioned hubby, a beautiful 7 month old baby boy, our first home. I was ready to roll on my own! Let me go, I can do this, it's fun, and I like it!

Of course, just like that little girl learning to ride a bike, I missed something. For her, it might have been a stone or a crack in the sidewalk. She might have forgotten how to use her brakes. She might have looked back to see if her Mom was still holding on. She crashed. For her, it happened fast.

My crash took a while to come. I'm strong. I'm confident. I don't give up. But eventually, I crashed too. Grant's intern year was tough. Q3 call (which isn't even allowed anymore!), rotations through gen med and cardiology, 4 years of radiology, and a year of fellowship. Lots of sleepless nights for him meant lots of nights as a single mom for me. I lasted for 6 years...and, really, I didn't expect to fall. My tumble came when Grant finished his residency and

fellowship. Wait, you say, isn't that when life is supposed to get easier? Well, you would think. But not for me.

Some of you may have realized early in this story why I "crashed." I trusted in my skills. I trusted in my husband. I didn't place my trust in God. I didn't surround myself in His people. I didn't dig into His Word. Bitterness, anger, and jealousy caused my crash. My heart became hardened to my husband. I was jealous of his job. I honestly thought that at the end of his training, he'd have a "normal" life. You know, leave for work at 8 and be home by 5. Dinner at the table, coaching the baseball team, and doing home improvement projects on the weekend. When his workload seemed to increase rather than decrease, I fell apart. But, God used my crash as a crash course in Christianity. He surrounded me with loving Christian women who were ready to pick me up, dust me off, and show me "how to ride" (live life as a Christian) safely.

Now, I am not one to focus on the past, but I am saddened by the fact that I didn't know Our Savior, Jesus Christ, intimately earlier. I feel like I wished away the residency years. I focused on the wrong things. I wonder if those could've been years filled with joy rather than time spent "waiting." 2 Corinthians chapter seven, verse 10 says, "For God can use sorrow in our lives to help us turn away from sin and seek salvation. We will never regret that kind of sorrow." That's what God has done in my life. He is turning in me everyday. I welcomed Jesus Christ into my life and have given up control. I trust in Him alone. Oh, I still crash. I still like to think that I am strong and capable. But I now seek strength from God our Father. I dig into His Word. I pray for my husband and his patients everyday. I realize that I am a "work in progress" and that I'm growing.

Kristin Armstrong continues her story, "A life of growth is the kind of life we want, especially when growth is leading us in the direction of God. Keep your composure and hold fast to your trust in God." Wise words.

And if you're new in town, I'm praying for you. I pray that you will trust in God. I pray that your time in training will be filled with joy, love, and friendship. I pray that you will not "wish away" residency or fellowship! I pray that when you move on, you'll look back fondly on your time here.



A Ministry of CMDA for Medical Wives  
Rochester, MN- 2009/2010 Registration

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Occupation \_\_\_\_\_  
Hometown: City \_\_\_\_\_ State \_\_\_\_\_ Birthday: \_\_\_\_\_  
Spouse's Name: \_\_\_\_\_ Department/or Job: \_\_\_\_\_

Is he a: (Circle) student /resident /fellow/consultant \_\_\_\_\_  
If your spouse is 'in training', what year will he finish at Mayo? (Circle) 2010/'11 /'12/'13/'14/ 15/ I don't know  
Is this your first year in Rochester? (Circle) Yes/No Is this your first year at SBS? (Circle) Yes/No  
I am new and would like to be matched with a hostess/sponsor (Circle) yes / no

Children's Names (Please list all)	Birthday	What School/Grade? (ex. Sunset Terrace, 2nd)	Will he/she need Childcare at SBS?*	Any Special Needs/ Allergies?
	__/__/__		Yes / No	
	__/__/__		Yes / No	
	__/__/__		Yes / No	
	__/__/__		Yes / No	
	__/__/__		Yes / No	
	__/__/__		Yes / No	

\*SBS-Morning only offers childcare. SBS-Night welcomes nursing babies to attend.

I am expecting a baby (circle) Yes, I'm due: \_\_\_\_\_ / No  
I would like to be in a small group with (List only 1 person, please) \_\_\_\_\_  
Will you be on an away rotation this year? If so, where & when? \_\_\_\_\_  
Church attending/affiliation (Optional): \_\_\_\_\_

**Please check the following boxes if any apply to your situation:**

- I will give a donation to help offset the operating cost of Bible study and/or give a scholarship.
- I will give (Circle) \$25 \$50 \$100 other amount \_\_\_\_\_ (payable to 'SBS')
- I am interested in talking confidentially to someone about receiving a scholarship for childcare dues.

**Please initial the three spaces noting your agreement with the following:**

- I give permission for myself and/or my children to be photographed/videoed for the sole purpose of publicizing Side By Side. No identifying information will be revealed without additional expressed consent.
- I give Side By Side permission to publish pertinent information in a directory to be distributed to SBS members. No commercial use is intended.
- I also grant permission for Side By Side to use my email for announcements and monthly devotional.

FALL AM BOOK CHOICES (CONTINUED)

**F - When Life and Beliefs Collide by Carolyn Custis James (9 weeks)**

Carolyn Custis James shares her journey to understanding exactly how Christian theology fits into women's lives. James asserts that when life's problems emerge, women will rely on their knowledge of God to carry them through. If their understanding of God's unchangeable character is sound, these hurting women have solid resources to draw on and emerge from difficulties as stronger and more resilient Christians. And those whose theology is weak will quaver when the storms hit.

**The Peacemaker: A Biblical Guide to Resolving Personal Conflict by Ken Sandy**

(8 or 12 weeks -25 min. videos option for Peacemaking Church Curriculum)

Ken Sandy describes powerful biblical principles you can use to resolve everything from simple personal offenses to family and marital conflicts, church divisions, business and employment disputes, and complicated lawsuits. Includes practical illustrations and detailed application questions.

**G - International Group**

Bible study coupled with english language practice.

# Two Hours Away

By Abbie Jo-Wilcox

I'm a little jealous (ok, a lot jealous) of my friend who lives only two hours away from her home town. She can easily hop in the car and drive to and from her folks' home in a day. She can also drop the kids off for a weekend, or any other time she needs someone to watch them. Sometimes she even meets her sister and nieces for a get away. I don't have that. My drive is eight hours, if the traffic in Chicago cooperates. Many a time I have wished that the distance was not as great. However, if I lived just two hours away I would miss many blessings!

On my very first day of attending Side by Side, before I even left the parking lot, God made it plain that he had provided for me. I no sooner stepped out of the car, when I met a gal from my home town. Not only was Sharon from Holland, but she had been friends with a girl from my old church. There was no coincidence here! I knew that God was telling me that I would be ok in Rochester.

*(continued on page 7)*

## 2009 - 2010 AM Fees

\* Registration Fee & Childcare Fees are to be paid at August Registration Picnic for those who are present. If you can not be present please send your registration form and \$15 residents/fellows/medical students or \$30 Consultants and all other (Payable to SBS) to: Stephanie Schmitt 818 46th Ave NW Rochester MN 55901 or e-mail form to sidebysiderochester@yahoo.com.

\* Books will be handed out on Kick- Off Brunch with payments being made to small group leaders the next week.

\* Childcare is to be paid 2 times/yr at the following rates: \$91 for 1 child, \$104 for 2 children , \$117 for 3+ children in childcare. Fall childcare is due Friday, September 11 & Spring childcare is due Friday, Feb. 5th if not paid at the Registration Picnic.

## 2009 - 2010 AM Schedule

August 2009	11 - Registration Picnic, Essex Park 25 -Leader Training, ARC, 6:30-8pm
September	11 - Fall Brunch 18 & 25 - Small Groups Meet
October	2, 23 & 30 - Small Groups Meet 13 - Leader's Meeting 9:30-11
November	6 & 20 - Small Groups Meet
December	4 & 18 - Small Groups Meet 8 - Volunteer Christmas Party
January 2010	8 & 22 - Small Groups Meet 15 - Winter Brunch
February	5, 19 & 26 - Small Groups Meet 9 - Leader's Meeting 9:30-11
March	5, 12 & 19 - Small Groups Meet
April	9, 16, 23 & 30 - Small Groups Meet 13 - Leader's Meeting 9:30-11
May	7 & 14 - Small Groups Meet 21 - Farewell Brunch

## Happy Birthday!!



August 1 Suzanne Swain  
 August 2 Ingrid Geske  
 August 10 Meghan Dempsey  
 Laura Thomas

August 11 Valerie Cooper  
 Cheri Milligan  
 August 15 Courtney Bledsoe  
 Katie Rogstad  
 August 16 Becky Homme  
 August 25 Robin Kaufmann  
 August 27 Valerie Adomakoh  
 September 5 Ginnie Mullin  
 September 7 Maryn Umbreit  
 Sept 9 Tamami Kanehira  
 Allison Sullivan  
 September 10 Jaci Shanafelt  
 September 12 Amy Couri  
 September 15 Joyce Chen  
 Sept 17 Sabrina Finkbone  
 Sept 18 Rebecca Diwan

## Garden Gate Information

The Garden Gate is published six times per year. The Garden Gate is passed out at the first morning meeting of the month and then mailed to those members who don't pick theirs up. The Garden Gate is e-mailed to all night members as well as those morning members or alumni who have chosen to receive the Garden Gate electronically. Past issues are also available on the website.

If you would like to change your delivery method please contact the Garden Gate editor, Cheri Milligan at [cherim@kualumni.org](mailto:cherim@kualumni.org). If you would like to contribute to the Garden Gate please e-mail Cheri by the 20th of the month prior to publication.

## TWO HOURS AWAY (CONTINUED)

If I lived two hours from home, I would never have taught music. It is amazing how God provided each job and each volunteer position. Some of my best friends have come from working in various schools and teaching choir. These friends have helped me through good and bad times. They are the people I can call when I am in need, whether physically or mentally!

My family would never have been blessed by having a Senior Saint, Leona, as our adopted Grandmother. This lady has worked the nursery for years and been extremely active in the church. Her guidance and love have been such a special addition to our lives.

I would not have had a friend to turn to during that first week of Residency. When I needed to know how to help my husband through, a phone call to someone a little further along in the process helped tremendously. Thank you Kirsten!

I don't think that I would have learned to rely on God's provision if I lived closer to home. Many times I would pray for some little need, like a baby sitter when my husband called at the last minute to say he wouldn't be home in time for my meeting. Had I been near home, I would have relied on my family or friends.

Do I miss "home"? Yes, very much. But, what I would miss more is far greater if I lived closer.

As you adjust to your time in Rochester, or where-ever, I pray that you may be richly blessed, far beyond what you would have had at "home".

## Contributors

### ABBIE-JO WILCOX

Abbie-Jo is originally from Holland, Mi. She moved to Rochester, Mn with her husband Ryan in 1996 "just" for medical school. Twelve years later, they are still at Mayo, where Ryan is half way done with his fellowship in Hematology/Oncology. They have two daughters: Adelyn age 6 and Nellie age 3.

### CHRIS SCHMIT

Chris and Grant Schmit are both originally from Austin, MN. They will be celebrating their 15th Anniversary over Labor Day weekend with Grant "on call." They have lived in Rochester since 1998 and have two boys, Collin (11) and Cameron (6) who share a love for bike riding.



# What is Side By Side Rochester?

Side By Side Rochester is a group of women who desire to grow in their walk with the Lord while supporting one another as medical spouses. Being married to a doctor brings with it a unique set of circumstances. We are here to pray for, love and encourage one another through whatever those circumstances might be, while spurring one another on in our personal relationships with Jesus Christ.

Our goals are as follows:

- To build Christian friendships through fellowship.
- To be a place of prayer and support.
- To challenge women to study and apply the Bible to their lives daily.
- To learn more about God and the Bible while growing in our relationship with Jesus Christ.
- To provide a safe atmosphere for children where Biblical principals are modeled and taught.

While striving to meet those goals, we are committed to nurturing and upholding these truths:

We believe in one God who exists in three persons: Father, Son and Holy Spirit. We believe the Bible is the inspired Word of God. We believe Jesus died for our sins and rose from the dead. Through his sacrifice, we can have eternal life and a personal relationship with God. The purpose of Bible Study is to help each of us grow in that relationship through study and fellowship.

The women of Side By Side come from all over the United States and from countries all over the world. We have different backgrounds and were raised in different denominations, many having never attended a bible study before!

We extend you an invitation to join us!

THEREFORE ENCOURAGE ONE ANOTHER AND BUILD EACH OTHER UP...I THESSALONIANS 5:11

The Garden Gate  
 Side By Side - Rochester  
 c/o Cheri Milligan  
 4415 56th St NW  
 Rochester, MN 55901

Meeting at Autumn Ridge Church  
 for the 2009-10 year  
 and in members' homes

