

The Garden Gate

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

Faith Fillers

Side by Side would like you to save the date!

Have you ever wanted to ask some questions about the Bible, Spirituality, or Jesus and get answers? This is your chance! In a casual setting we will have an opportunity to do so! And of course there will be food! Let's "fill" in our gaps together!

Faith Fillers AM Brunch

Friday, February 20th

Faith Fillers Night

Tuesday, March 3rd

Christ Community Church

Please RSVP for the evening event to sbs.night@yahoo.com

A Wolf in Sheep's Clothing

By Kelly Gillet

I watch them from a distance. Today, it is as if the scene is momentarily interrupted just long enough for me to step away and observe what is happening in this present moment. I am guessing what flashes in front of me is not new, it is only my ability to see that is new. I watch them from a distance...and they, in turn, watch me.

And in the soulful, open gazes of my children, the presence lurks. When it first came? I honestly don't know--most likely because at the time of it's birth, I refused to look anywhere past my own needs

and therefore, missed the arrival of the presence. How it came into being? No question--I put it there. In that brief moment of suspended time, my breath leaves me and I fight to regain my footing. I am overcome by the heartbreaking realization that the presence creasing their little foreheads and constricting the beautiful innocence of their big, blue eyes is none other than that sad, disheartening emotion labeled wariness.

To be wary means what?--to be cautious, suspicious, distrustful,
(continued on page 2)

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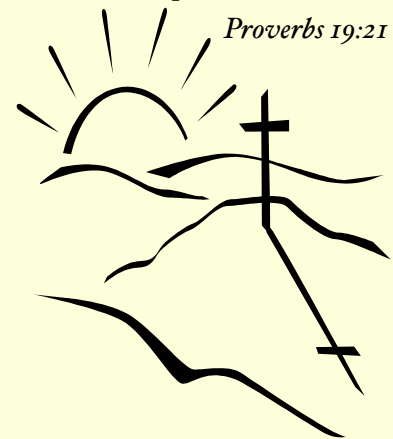
Dates to Remember

- February 20 - Faith Fillers Night
- March 3 - Faith Fillers Night
- March 13 - Spring Childcare Due
- April 10 - AM Brunch

2008 - 09 Theme Verse

Many are the plans in the man's heart, but it is the Lord's purpose that prevails.

Proverbs 19:21



Side by Side Rochester

www.sidebyside-rochester.org

Side by Side
Morning - Rochester

Steering Committee
2008 - 2009

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A WOLF IN SHEEP'S CLOTHING CONTINUED

on your guard, careful. And to know, not think, but to actually know your children feel that way around you is almost enough to make you cash in your chips and look for another career. You see, I am a yeller. I did not start off that way but for whatever reason, that is where I am today. I yell (because no one listens the first time), I shout (because of course, there is no other way to get their attention), I raise my voice (just to be heard over the chaos) and at times I just all-out blow (because of course I am out of patience, my frustration level has boiled over, I am tired, I don't feel well, they are tired, hungry, we are late, it is the only thing that works). I do not ever feel good about it but up until today, I could definitively and effectively find ways to justify it--justify me.

The packaging is actually fairly decent--deceiving, but decent. Blonde, blue-eyed, well-clothed and coiffed, petite (somewhat), physically fit (somewhat!), smells nice (coco channel), laugh lines in some places (actually earned), well-spoken, and the voice...well, that voice is perfect--that is if you are currently searching for someone who evokes the soft, sweet sound of an unsure, hesitant, did I say the right thing, 8-year old. And wow--you should hear that voice talk about God (it bears repeating--wow). You would be taken in by it most definitely. But in reality, it is just packaging. The soft, warm, inviting cloak of sheep's clothing that only serves to hide what lies beneath. A wolf? Maybe. A child? Most definitely.

You see, that is really all I am. A child--in a grown-up world with a

grown-up body, in a grown-up life. And this child is stomping her foot simply because she wants her own way. I want my kids to behave, talk, dress and just be in whatever way most effectively meets my expectations. Anything that deviates from the agenda I have for them and for us, well, it just doesn't work out for the best does it? When things (i.e. children) don't go as planned, the disappointment, frustration, sadness, anger and yes, even feelings of failure set in. I can hold all that negative emotion off (or in) for a period of time but eventually, the pressure mounts to a level I can no longer contain and the child in me needs an out--a cataclysmic release of emotion. Enter scene--The Explosion.

The Lord is my strength and my shield; my heart trusts in him, and I am helped
Psalm 28:7

It isn't pretty. It isn't a proud moment. It isn't consistent. It isn't effective. But it is immediate. It is a temporary fix for all that pent-up emotion. It is painful. And it IS what has brought about the wariness marring the faces of my precious gifts. You see, they don't trust me now. Love me? Yes. Forgive me? Always. But trust me? No. When will she shed the wool covering to reveal the bared claws? When will she reach her limit today? Will this be okay today but not tomorrow? Where did my mama go and who is the screaming
(continued on page 4)

Did you know...

tips and insights from the Bible Basics night group...

- Locate 'finger tabs' on the edges of foil and saran wrap boxes to keep the rolls from falling out...no more frustrating messes in the kitchen!
- Eat less veggies when you are breast feeding to lessen stinky infant gas....phew!!!
- You can get a free cup of coffee at Caribou on your birthday! Enjoy!
- Heated mattress pads are a must purchase for MN winters...especially for those from the south.
- CaCl is better than NaCl when getting salt for your sidewalks (does not ruin your cement and works in 20 degrees colder weather)...tell your husbands!
- Clean skipping CDs with toothpaste to improve skipping.
- Use newspaper to wipe off Windex to decrease window streaking.
- Peanut butter works as 'goo gone' for getting stickiness off.
- You can receive discounts off of cell phone plans with a Mayo ID (and lots of other discounts...).
- Reading the Bible chronologically is a great New Year's resolution (in case you are running a bit behind)! Google it to find the passages listed chronologically.

SBS Night Needs You!

The night steering committee has two positions opening up this year and is in need of your help to fill them! Please contact Nicole D u f e n d a c h (Nicole.dufendach@gmail.com) if you are interested in learning more information. The two positions and their responsibilities are :

Administrator Chair: Esther Claassen, emclaassen@charter.net

- Coordinates with leadership chair
- Emails birth announcements
- Emails announcements
- Receives registration forms and places members in groups
- Sends member info to treasurer

- Forms groups and sends member info to teaching and care leaders
- Maintains SBS Night database
- Plans SBS Night Calendar

Treasurer: Kristia Salisbury, kristia_salisbury@yahoo.com

- Handles registration payment
- Reimburses leaders for expenses incurred
- Maintains bank account

*Side by Side
Night - Rochester*

*Steering Committee
2008 - 2009*

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A WOLF IN SHEEP'S CLOTHING CONTINUED
 banshee standing in her place? And the worst--this must be our fault--we did this to her didn't we? All questions held within the confines of their wary stares.

You may not be this same carefully disguised wolf but are there areas in your life with your children, husband, family, friends, and/or colleagues where that little child within you is stomping her foot (or in my case throwing herself on the floor kicking and screaming in true tantrum form) to get her own way? It is a tough question but one I think worth asking. The child can reveal itself in many ways--yelling, gossip, silence, our excesses (i.e. TV, food, computer) isolation and whatever else comes to mind. Please know, I say none of this to bring shame to anyone else--I have no right and honestly, no time (I am too busy licking my own self-inflicted wounds) to do anything else but suggest we closely examine if there are potential areas where this little child is in control or wants to be in control. Furthermore, considering I am currently living

with this issue, I am not sure I have any profound words of wisdom to lift us out of this pit. Here is all I can offer...

...Honesty. I have shared with you one of the most wounding, demoralizing struggles of my daily life. Not easy but I encourage you to talk to each other. Get to the heart of the matter. You are a great community of women whose strength lies in your experiences, your faith, and your love for one another. But if you are unwilling to step forward and yes, be vulnerable--your strengths will atrophy to the point of wasted gifts. Be kind, be open, and be prepared to offer nothing more than your ear and your shoulder (and tissue!).

But most importantly my dear sweet friends, you need to take that suffering child to the one place she can get what she most needs...to her Father's arms. For me, I see no way out of this situation unless I make a complete turn in the opposite direction. I cannot cut down on the yelling. I cannot try to do better. I cannot use it in only certain situations. I

just simply cannot do it anymore. There is no alternative. I would love to call on you as I attempt this about face--give you a progress report, except any and all words of encouragement and advice, and cry on your shoulder at the enormity of the task. But for strength, I go to my Father. The Lord is my strength and my shield; my heart trusts in him, and I am helped (Psalm 28:7). For comfort, I go to my Father. As a mother comforts her child, so will I comfort you...(Isaiah 66:4). For the will to persevere, I go to my Father. Let us run with perseverance the race marked out for us (Hebrews 12:1). And above all, with the hope that He will stand with me as together we attempt to erase all evidence of wariness from the eyes of my children, I will go to my Father. The Lord delights in those who fear him, who put their hope in his unfailing love (Psalm 147:11).

Thank you for letting me share. In Christ's love, Kelly

please feel free to email or call anytime if I could encourage you in any way
 (kellygillett@sio.midco.net)



Happy Birthday!!

- February 4 Amy Gillen
- February 3 Kara Durgin
- February 6 Erin Shimko
- February 12 Trina Morris
- February 16 Ashley Ennis
- February 18 Deb Zeldenrust
Catherine Stryker
- February 23 Stephanie Hoyt
Jenny Shapiro
- March 1 Karen Seery
Miao Gloria

- March 5 Catherine Lano
- March 6 Lisa Friesen
Stephanie Schmitt
- March 7 Jodie Hook
Shelby Miller
- March 15 Shelly Storm
- March 16 LeeAnn Tebben
Jackie Tilburt
- March 24 Carli Kramer
- March 27 Cary Nanos
- March 28 Janette Reeves
- March 30 Kate Bartelt

State of the Union Address

By Robin Morgenthaler

Doesn't it feel great to be back in Bible study with our friends once again? I have greatly missed our weekly meetings because of the extended Christmas break, the school closings and the winter weather conditions. The learning, the fellowship, the worship and the connection are all facets of Side By Side that I totally enjoy and probably take for granted.

Well, it is now once again time we heard how things are going with Side By Side outside of Rochester. So this is a sort of "State of the Union" type report. No, I am not feeling presidential! I just think it is important to step back and view how God is growing Side By Side in other parts of the country, so I will attempt to recap the year of 2008 so you can see what God has done.

As you may know, Side By Side-National is run from kitchen computers, laptops at the coffee shop, and home offices in Rochester and beyond. We do not have a formal office, and none of our Side By Side staff is paid but don't try to tell us that there are no benefits. We each have a front row seat watching God work. And that, my friend, is priceless.

In the Midwest region, Deb Zeldenrust has hands down had "the best seat in the house" watching God work. To start her

year, Deb and Robin flew to the Focus on the Family Physicians Couples Conference. At the conference they sat at the Side By Side booth and talked to many of the conference participants. Did you know that women love to talk? They heard many stories of women who struggled with loneliness during the training years, who wished their lives would have included friends and encouragement from a Godly woman in a Side By Side chapter. We met one gal from Pittsburgh who was looking for a Side By Side chapter. Deb was able to connect her to the new chapter, Side by Side-Pittsburgh.

Also at the Focus conference, we met a couple who was planning a move to Rochester, MN. Our town! This was Emily and Clinton Crowder. Emily expressed reluctance to move to Rochester and her expectation of a rough year with two young children and an exceptionally busy rotation. We encouraged Emily to look forward to her move and her year in Rochester. "You will have a better year than your husband," we told her, "You will have instant friends right from the start." She looked skeptical. Then in June, Deb and others welcomed Emily to Rochester and watched her "fit right in" the SBS- Rochester morning chapter.

Deb also had a great seat as she urged 5 leaders in Indianapolis, IN to meet together and pray. She now calls them the "Indy 5!" Later, they officially started their chapter and meet regularly now. Recently, a woman contacted us from the address on the website for information about a chapter in the area she will be moving to--

Indianapolis. Now one of the "Indy 5" is now assisting her with her move. God is at work there. Deb also watched SBS-Columbus, OH grow as a woman from the chapter in La Crosse, WI moved there and infused new energy and enthusiasm to a small yet welcoming group of ladies.

Most recently, Deb has heard that the leaders of Lexington, KY have decided to launch their

464 women are
involved in a Side
By Side chapter

chapter. This chapter has been in the process of forming for three years. Thirteen women and their children are becoming involved there. As far as the other chapters go in the Midwest region, they are all considered to be growing. And did I tell you that one woman from Chicago is organizing three chapters in three different areas of Chicago? I cannot wait to see how that will turn out! God is good.

Things have also been quite active in the Central Region for regional director Cari Ekbom. Cari moved to Rochester this past June from a one year fellowship in Nashville, TN. We have no chapter in Nashville. However, Cari had some history with Side By Side as she was one of the champions (founders) of the SBS-Ann Arbor chapter. Cari knew first hand how important it was to have a group of women who understand of your life and your unique situation. Cari has been directing women to the Dallas chapter, the San Antonio chapter
(continued on page 7)

Parable

By *Abbie Jo Wilcox*

A middle-aged woman walks into her pastor's office carrying various bags and baskets. "What's all this?" he asks as she enters the room.

"This is my baggage," she responds. "The diaper bag is full of mommy guilt. The purse holds my financial troubles. The jewelry bag is for my marriage. The work bag is full of professional burdens. The garment bag holds all of my personal hang-ups; the camera case is full of worldly woes. The picnic basket holds all of my friends and family."

"I see," replies the pastor, "but what is the large suitcase

you're dragging behind you?" "That is why I am here today," the woman states. "That is my church baggage. Can you help me with it please?" The woman sets the suitcase in front of the pastor and the two continue the conversation.

"I really don't think the suitcase is as large as you perceive it to be," the pastor begins. "Besides, everyone in the church carries a suitcase at one time or another." "And," he adds, "It's important not to ask others to help you carry the suitcase because it could stir up trouble. It's okay to ask your family to aide, but beyond that is unnecessary." He then offers a prayer and encourages the woman to go and find her own way to carry the suitcase.

The woman picks up the suitcase, now heavier than it was before, stumbles through the doorway and barely makes it out to the parking lot where she falls down into a heap. Now what is she to do? As the woman sits there, another woman from the church approaches her. "I see you have a suitcase," the older woman kindly states. "I have one that is very similar. Let me help you with it." And she did.

Carry each other's burdens, and in this way you will fulfill the law of Christ.
Galatians 6:2

Baby News

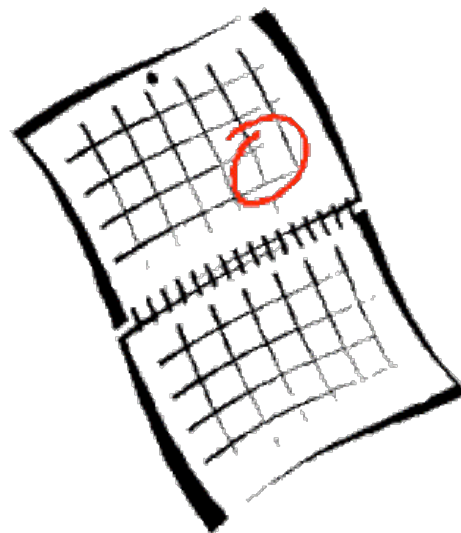
Congratulations to
Stephanie & Jason Jones on the
arrival of Madeline Grace
December 2, 8lbs 7oz, 19 1/4
inches

Molly & DJ Kor on the arrival of
Charles William
December 17, 7lbs 14oz

Meghan & Brett Dempsey on the
arrival of Eliana Grace
December 30, 6lbs 4oz, 18 1/2
inches

Jackie & Jon Tilburt on the
arrival of Henry Peregine
January 4, 8lbs 15oz, 20 inches

Winter & Spring SBS Dates



Morning SBS Dates

February 6, 20, and 27
March 6, 13, and 20
April 10 and 24
May 1, 8 and 15

Night SBS Dates

February 10, 17 and 24
March 10, 17, 24 and 31
April 7, 14 and 28
May 5 and 12
Social: April 21

STATE OF THE UNION
ADDRESS CONTINUED

and looking for women who are in the Albuquerque area for their chapter. She is praying for Sioux Falls, SD as there has been some activity there.

Laura Thomas, Western Region, has been able to watch the birth of Glendale, AZ this past year. Glendale has shown great enthusiasm and is meeting regularly, connecting about a dozen women with each other. Laura has also been able to direct a few women to the already established chapter of Fresno, CA. Laura hopes to establish a chapter in Denver this year. We are praying with her for this. God will lead.

Heidi Sems is praying for the North East region. This gal desperately wants to have a Side By Side chapter in one location in her beloved part of the country. It has been her goal for about two years and she has not given up. Press on, Heidi! Heidi has been talking to women in Hershey, Pennsylvania, Baltimore, Maryland, Philadelphia, Pennsylvania and Norwich, Vermont but no one has stepped up to established a chapter. Why? We do not know but we continue to pray. God's timing is best.

Now we cannot forget the South East region. Cassie Porterfield and Ceresa Caudill have this busy region covered. There are presently 8 Side By Side chapters in this part of the country. Most of these chapters saw growth this past year. Cassie has heard from a variety of women in areas of the South who are looking for chapters. 2008

brought in one new chapter, Blacksburg, VA. Thank you Lord.

For many, 2008 was not such a good year but overall for Side By Side it was a great year. Our mission, "to make more chapters," has been met. We are pleased to announce that 464 women are involved in a Side By Side chapter and are "standing firm in one spirit, striving side by side" (Phil. 1:27). Give God the glory for this!

Current SBS Chapters

- Birmingham, Alabama
- Mobile, Alabama
- Glendale, Arizona
- Fresno, California
- Tampa Bay, Florida
- Augusta, Georgia
- Indianapolis, Indiana
- Lexington, Kentucky
- Ann Arbor, Michigan
- Grand Rapids, Michigan
- Saginaw, Michigan
- Western Michigan - Lakeside
- Rochester, Minnesota
- Chapel Hill, North Carolina
- Albuquerque, New Mexico
- Columbus, Ohio
- Cleveland, Ohio
- Pittsburgh, Pennsylvania
- Charleston, South Carolina
- Memphis, Tennessee
- Dallas, Texas
- San Antonio, Texas
- Blacksburg, Virginia
- Richmond, Virginia
- La Crosse, Wisconsin

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. If you would like to contribute to the Garden Gate please e-mail Cheri by the 20th of the month prior to publication.

Contributors

ROBIN MORGENTHALER

As if once was not enough, Robin Morgenthaler moved to Rochester twice. She lives with her husband Tim, a physician in Pulmonary and Sleep Medicine, their five children and one extremely expensive designer dog who likes to be held while Robin types.

ABBIE-JO WILCOX

Abbie-Jo Wilcox 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.



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
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Meeting at Autumn Ridge Church
for the 2008-09 year
and in members' homes

