

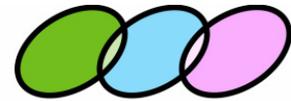
The Garden Gate Newsletter

September/October 2012

Welcome to Side by Side-Rochester 2012-13!

What is the Mission of SBS?

We are a group of medical wives that meet together weekly to pray for, love, support and encourage one another, while spurring each other on in our personal relationships with Jesus Christ.



SideBySide

A Ministry of CMDA for Medical Wives
"Standing firm in one spirit, striving side by side" Phil. 1:27

In This Issue:

- 2012-13 Calendar** Pg 2
- 2012-13 Speaker Series**Pg 3
- SBS Discussion Guidelines** Pg 4
- SBS Childcare Policy**Pg 5
- SBS Statement of Faith**..... Pg 6
- SBS 2012-13 Ministry Team**..... Pg 7

This special issue of the Garden Gate contains everything you need to know for 2012-2013 Side By Side (well.. almost)! If you are new, welcome! In this newsletter you'll find some great information about Side By Side. Or, perhaps you are like me and have been attending Side By Side for a while but still are not familiar (or forgot) things like: child care policies, SBS leadership, discussion guidelines. For those of you like me, you'll find this issue extremely helpful.

We are absolutely thrilled that you decided to be a part of this special group of women. We hope you are encouraged, loved, and filled with the word of God this year as you serve Him *enthusiastically!*

What are the Goals of Side By Side- Rochester (SBS)?

- To reach out to the spouses of physicians in our medical community in order to help meet their spiritual, emotional and physical needs.
- To learn more about God and the Bible while growing in our relationship with Jesus Christ.
- To challenge women to study and apply the Bible to their lives daily.
- To be a place of prayer and support.
- To build Christian community through friendship.
- To provide a safe atmosphere for children where Biblical principals are modeled and taught.

Dates to Remember

September 17th
9:15-11:15 AM
SBS Welcome Brunch at Autumn Ridge Church
This is the first SBS of the new year! Come and enjoy delicious egg bakes, fruit and sweet treats!

Theme Bible Verse

Love each other with genuine affection... work hard and serve the Lord enthusiastically."
Romans 12:10-11

SBS MORNING SCHEDULE	
9:00—9:30 AM	Childcare Open/ Drop off Kids
9:30—9:50 AM	Worship in the Upper Room
9:50 AM	Welcome and Announcements
9:55—10:05 AM	Speaker
10:05—11:15 AM	Small Group Time
11:15—11:30 AM	Pick up children from Childcare. (all children must be picked up by 11:30 AM)

2012-2013 SBS Calendar

= **SBS**. Be sure to mark your calendars.

August 2012							January 2013							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4			1	2	3	4	5	
5	6	7	8	9	10	11	6	7	8	9	10	11	12	
12	13	14	15	16	17	18	13	14	15	16	17	18	19	
19	20	21	22	23	24	25	20	21	22	23	24	25	26	
26	27	28	29	30	31		27	28	29	30	31			
September 2012							February 2013							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	
2	3	4	5	6	7	8								
9	10	11	12	13	14	15	3	4	5	6	7	8	9	
16	17	18	19	20	21	22	10	11	12	13	14	15	16	
23	24	25	26	27	28	29	17	18	19	20	21	22	23	
30							24	25	26	27	28			
October 2012							March 2013							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	
	1	2	3	4	5	6		3	4	5	6	7	8	9
7	8	9	10	11	12	13		10	11	12	13	14	15	16
14	15	16	17	18	19	20		17	18	19	20	21	22	23
21	22	23	24	25	26	27		24	25	26	27	28	29	30
28	29	30	31					31						
November 2012							April 2013							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3			1	2	3	4	5	6
4	5	6	7	8	9	10	7	8	9	10	11	12	13	
11	12	13	14	15	16	17	14	15	16	17	18	19	20	
18	19	20	21	22	23	24	21	22	23	24	25	26	27	
25	26	27	28	29	30		28	29	30					
December 2012							May 2013							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1				1	2	3	4	
2	3	4	5	6	7	8	5	6	7	8	9	10	11	
9	10	11	12	13	14	15	12	13	14	15	16	17	18	
16	17	18	19	20	21	22	19	20	21	22	23	24	25	
23	24	25	26	27	28	29	26	27	28	29	30	31		
30	31													
June 2013														
S	M	T	W	T	F	S								
						1								
2	3	4	5	6	7	8								
9	10	11	12	13	14	15								
16	17	18	19	20	21	22								
23	24	25	26	27	28	29								
30														

2012-2013 Speaker Series

"The 10 P's to a Better Medical Marriage"

Fall Large Group Speaker Series

September 14 – December 7, 2012

PROTECT.....your husband's reputation among your friends, children, extended families and the spouses of his colleagues by wisely restraining your tongue from complaining and criticizing.

~"Those who guard their lips preserve their lives, but those who speak rashly will come to ruin. (Proverbs 13:3)

PRAY.....without ceasing and with confidence for your husband's career, your role as his wife, and your marriage.

~ "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6, 7)

PERMIT..... both yourself and your husband to spend time in solitary communion with God, seeking a Sabbath from your duties as spouse, doctor (and parent) rather than laying claim to every moment of each other's free time.

~Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. (Mark 2:27)

~He says, "Be still, and know that I am God; I will be exalted among the nations,

I will be exalted in the earth." (Psalm 46:10)

PRIORITIZE..... your relationship with Christ, depending on Him first and foremost to meet your needs rather than relying more on your husband for emotional fulfillment.

~ Then I pray to you, O LORD. I say, "You are my place of refuge. You are all I really want in life. (Psalm 142:5)

~ "But seek first his kingdom and his righteousness, and all these things

will be given to you as well." (Matthew 6:33)

PERSEVERE..... in the hard times, be strengthened and guided by your Savior.

~ "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." (James 1:2-4)

PREVENT..... your own personal struggles (ex. depression, addiction, insecurities, etc.) from harming your marriage by seeking appropriate help and outside support as needed.

~ "The LORD hears his people when they call to him for help. He rescues them from all their troubles. The LORD is close to the broken-hearted; he rescues those whose spirits are crushed. The righteous person faces many troubles, but the LORD comes to the rescue each

time. For the LORD protects the bones of the righteous; not one of them is broken! Calamity will surely overtake the wicked, and those who hate the righteous will be punished. But the LORD will redeem those who serve him. No one who takes refuge in him will be condemned." (Psalm 34:17-22)

PRAISE..... God for all the good He has bestowed upon your life. Choose to foster a spirit of gratitude instead of cultivating resentment for all that you do not have. Be easily satisfied and resist setting expectations for others.

~ "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." (1 Thessalonians 5:18)

~ "A heart at peace gives life to the body, but envy rots the bones." (Proverbs 14:30)

PROVIDE..... for your husband through joyful service and unselfishly meet his needs without expecting recognition or equal payback.

~ "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!" (Philippians 2:3-8)

(ABIDE) in PARENTHESES..... as you seek to embrace God's perfect plan for you in the here and now of your life, rather than counting on what lies ahead as the source of your "real life."

~ "I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength."

~ "... all the days ordained for me were written in your book before one of them came to be." (Psalm 139: 16)

PREACH..... God's truths and goodness wherever you go. Share in a community of believers, so that you may support and learn from one another.

~ "But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, (1 Peter 3:15)

discussion guidelines

Welcome to Side by Side! We are glad you are joining our group. Side by Side is a ministry of the Christian Medical Dental Association (CMDA), a non-denominational national ministry to physicians, dentists, and their families. Each teaching leader has agreed to the following Statement of Faith of CMDA. Participants in Side by Side are not required to sign the statement of faith.

While each of us hold fast to additional beliefs important to our relationship with God, the following statement outlines tenets that provide a basic foundation for all leaders at Side by Side.

I believe:

- In the eternal God revealed in Holy Scripture as Father, Son, and Holy Spirit;
- In the unique Deity of Jesus Christ, God's only Son whose death and resurrection provide the only means of my salvation;
- In the transforming presence and power of the Holy Spirit; and in the divine inspiration and final authority of the Bible as the Word of God.

Guidelines for Discussion Groups:

1. We have a limited amount of time to discuss our lesson; it is precious time. Let us agree to focus on the Scripture and discussion group materials for each study, and refrain from sharing unrelated stories and agendas, etc.

2. There are some areas of Scripture over which the brightest and the best minds still do not agree. Over areas of conflict, we shall agree to graciously disagree.

3. As we focus on the topic of marriage and our husbands this fall, please take special consideration to how we speak of our husbands in the small group. We'd like to encourage each other to be honoring in our speech, in a way that shines a positive light on our spouse. This doesn't mean we can't talk about the marital challenges or struggles we all face, but let us be honoring of our spouse in how we share them. In turn, the details shared in the small group, must be kept confidential and stay with the group only.

4. Some studies include homework and we encourage you to complete this by class time. You will find that these types of studies result in much richer discussions if everyone is prepared. However, we encourage you to come to Bible study even if your lesson is not completed. We would miss your presence and we do not want you to miss a blessing.

5. What is shared in the small group is for our mutual learning experience and not gossip. You may discuss personal items, but please refrain from discussing others. Also, remember that matters discussed during small group time shouldn't be discussed outside of the group.

6. Please refrain from giving pointed advice during group time. This makes people less willing to share, and focuses too much attention on one person. The discussion group aims to provide a caring, listening environment.

7. Please feel free to bring any visitors you might have. We love meeting your grandmas, moms, mothers-in-law, sisters, and girl friends.

8. Please silence or use vibrate setting for your cell phones, and excuse yourself from the room if you need to answer a cell phone call. The church is not to be called if someone needs to reach you.

Guidelines for Prayer Time:

1. It is a privilege to pray for you, and your leaders are committed to praying each week for your families and marriages. Your leader will give you the opportunity to ask for prayer. We encourage you to pray for each other.

2. No one is expected to pray aloud.

3. Scripture reminds us to pray for those in authority (1 Timothy 2:1-2); however, Side by Side does not endorse any political party or person.

4. Please remember that prayer requests should be kept confidential.

side kicks childcare policies



We know that a huge part of your ability to relax and enjoy your morning is knowing that your child(ren) are safe and happy. SBS is committed to providing a safe and positive atmosphere for your children. Our complete childcare policy is posted on our website. **Please read these policies prior to Bible study.** We thank you in advance for adhering to the guidelines.

Our bible study is broken up into Fall & Spring sessions.

Payment for childcare is due before each session.

For your convenience, please use the Children's wing entrance on the first floor of Autumn Ridge Church (by the playground). At 9:15 am, you may drop your child at the counter of his/her room and make any comments/notations on his/her sign in sheet or give verbal instructions to the caregivers. At this time, you will receive your child's claim card, and you will turn in the card when your child is picked up. Please park your strollers by the doors at the children's entrance.

Arriving on time is especially important for your children, as it is sometimes hard to join a group already in progress. Please drop off your child quickly. We ask that you refrain from checking on your child during the session. It can do more harm than good by upsetting your child as well as others in the room. For many of our moms, this is the only place they leave their children. Our childcare staff is experienced. If your child does not settle down, rest assured you will be notified.

Our childcare staff cannot be responsible for potty training. If you are training, please take your child to the bathroom before dropping them off. If a child asks to go to the restroom, they will be taken. However, our staff will not initiate the trip to the restroom. Please bring a change of clothes during this process. If your child is in diapers, please bring disposable diapers only.

Do not bring cups with juice or milk, only water, please. Your children will be given a small snack and water to drink out of the church cups. Remember to feed your child breakfast before coming. Bottles from home are fine for infants. These as well as blankets and diaper bags should be clearly labeled with your child's name. Please keep personal items to a minimum. If you have a child with allergies, please speak with someone on the Childcare Team.

Please do not bring sick children to Bible Study. Children who show signs of illness within the past 24 hours, such as fever, rash, diarrhea, vomiting, coughing, or green mucus from the nose cannot be accepted in the childcare program that morning. You will be notified immediately if the child becomes ill during the course of the morning.

Children should be picked up immediately at the close of each session and no later than 11:15 am. Even the most well adjusted child can become fearful or anxious if left after the other children have gone. You must turn in your child's claim card before retrieving your child. This is a security measure.

Please remember this Bible Study is for the grown-ups. Infants and nursing children can stay with the mothers, but please be respectful to the other women and step out if your child becomes fussy or disruptive to the group. Your small group leader should be able to help you with this decision.

If you have any questions or concerns about our childcare program or its policies, please see someone from our Childcare Team: Marlene Murray 507-281-0321, Leah Calvin 651-238-3821, Chris Schmit 507-624-0059, or Jess Swetz 507-206-3331.

sbs statement of faith

We believe the Scriptures, both Old and New Testaments, to be the inspired Word of God, without error in the original writings, the complete revelation of His will for the salvation of men, and the divine and final authority for all Christian faith and life (*Matt.5:17-19; Luke 24:25-27, 44-49; John 10:35; 17:17; 2 Tim.3:15-17; Heb. 4:12; Jas. 1:21-25; 1 Pet. 1:23-25; 2 Pet. 1:19-21*).

We believe in one God, Creator of all things, infinitely perfect, and eternally existing in three persons: Father, Son and Holy Spirit. These three share in the one essential being and in all attributes and perfections of the Godhead (*Gen. 1:1-2:25; Ps. 104; Isa. 44:6-8; 45:18-24; 48:16-17; Matt. 28:19; John 1:1-4; 2. Cor. 13:14; Heb. 9:14*).

We believe that Jesus Christ is true God and true man, having been conceived of the Holy Spirit and born of the Virgin Mary (*Isa. 7:14; Matt. 1:18-25; John 1:1, 14; Tit. 2:13*). He died on the cross as a sacrifice for our sins according to the Scriptures (*Isa. 53:4-6, 10-12; Luke 24:25-27; Rom. 5:8-11; Heb. 9:24-28; 1 Pet. 2:24; 1 John 4:9-10*). Further, He arose bodily from the dead (*Ps. 16:10; Matt. 28:5-10; Luke 24:36-43; Acts 2:22-32*) ascended into heaven (*Acts 1:9-11; 2:33-35*), where, at the right hand of the Father, He is now our High Priest and Advocate (*Ps. 110:1, 4-5; Rom. 8:34; Phil. 2:9-11; 1 Tim. 2:5; Heb. 7:10-18; 1 John 2:1-2; Jude 24-25*).

We believe that the ministry of the Holy Spirit is to glorify the Lord Jesus Christ (*John 15:26; 16:14*) and during this age to convict men of sin (*John 16:8-11*), regenerate the believing sinner (*John 3:3-7; Tit. 3:5-6*), and to indwell (*John 7:37-39; Rom. 8:9-11; 1 Cor. 3:16; 6:19*), seal (*2 Cor. 1:22; Eph. 1:13-14; 4:30*), guide (*John 16:13*), and instruct him (*John 14:26; 1 Cor. 2:6-13; 1 John 2:20,27*). The Holy Spirit also intercedes for the believer (*Rom. 8:26-27*), sanctifies him (*Rom. 15:16; 1 Cor. 6:11; 2 Thes. 2:13*), gives gifts to him for service to other believers (*1 Cor. 12:7-11*), and empowers him for godly living and service (*Acts 1:8; Gal. 5:16-23; Eph. 5:18*).

We believe that man was created in the image of God (*Gen. 1:26-27; 2:7, 15-25*) but chose to sin and is therefore lost (*Gen. 3:17; Rom. 3:23; 5:12*), and only through regeneration by the Holy Spirit can salvation and spiritual life be received as a gift from God (*John 3:3-8; Rom. 6:23; Eph. 2:8-9; Tit. 3:5*).

We believe that the shed blood of Jesus Christ and His resurrection provide the only grounds for justification and salvation for all who believe (*Acts 13:38-39; 15:5-11; 20:28; Rom. 3:24-30; 4:5; 5:1-2; Gal. 2:16; Heb. 9:11-14; 1 Pet. 1:18-21*), and only such as receive Jesus Christ are born of the Holy Spirit, and thus become children of God (*John 1:12-13; 3:3-8; Gal. 3:26; 4:4-7; Col. 2:6-7*).

We believe that every Christian should live a separated life by the adoption of Scriptural principles of thought and conduct different from those of the world (*John 17:14-21; Rom. 12:1-2; 1 Cor. 5:9-13; 2 Cor. 6:14-7:1; 2 Tm. 3:1-5; Tit. 2:11-14; 1 John 2:15-17; 2 John 9-11*). We believe that the Scriptures and the indwelling Spirit of God work progressively in the heart and life of the believer affecting purity and holiness of deed, word, and thought, as the individual submits himself to the working of God (*John 17:17, 19; Rom. 6:1-22; 2 Cor. 3:18; Gal. 5:16-26; Eph. 4:22; Phil. 3:12; Col. 3:9-17; 1 Thes. 4:3-8; 5:23; 1 Pet. 1:14-16; 1 John 3:5-9*).

We believe that water baptism (*Matt. 28:19-20; Acts 2:38, 41; 8:30-38; 10:34-48*) and the Lord's Supper (*1 Cor. 11:23-34*) are ordinances to be observed by the church during the present age. They are, however, not to be regarded as means of salvation (*Acts 26:18; 1 Pet. 3:21-22; see also Articles 3-6 above regarding salvation by grace through faith in Christ alone*).

We believe that the true Church is composed of all such persons who through saving faith in Jesus Christ have been regenerated by the Holy Spirit and are united together in the body of Christ of which He is Head (*Matt. 16:18; 1 Cor. 12:12-13; Eph. 1:22-23; 4:15-16; Col. 1:8*).

We believe in the personal, bodily, an imminent coming of the Lord Jesus Christ and that this "Blessed Hope" has vital bearing on the personal life and service of the believer (*John 14:1-3; 1 Cor. 15:51-52, 58; Phil. 3:17-21; Col. 3:4-17; 1 Thes. 1:9-10; 4:13-18; 5:6-11; 1 Tim. 6:13-14; Tit. 2:12-14; Heb. 9:27-28; Jas. 5:8-9; 1 John 2:28-3:3; Rev. 3:10-11; 22:20*).

We believe in the bodily resurrection of the dead; of the believer to everlasting blessedness and joy with the Lord, of the unbeliever to judgment and everlasting conscious punishment (*Ps. 11:4-7; Prov. 15:24; Isa. 33:13-16; Dan. 12:2; Matt. 13:41-43; 25:41, 46; Mark 9:41-48; Luke 16:19-31; John 5:27-29; 2 Thes. 1:6-10; Rev. 14:9-13; 20:10-22:15*).

sbs ministry team 2012-13

Friday AM Steering Committee

Beth Gross (Leadership Coordinator)
Jess Swetz (Care Coordinator)
Katie Rogstad (Administrative Coordinator)
Jennifer Hess (Communications Coordinator)
Bethi Goss (Friday AM Coordinator)
Rebecca Nesse (Special Events Coordinator)

Tuesday Night Steering Committee

Open Position (Administrative Coordinator)
Kelly Kate Sheldon (Leadership Coordinator)
Jessica Porter and Jen Kuo (Social/Service)
Kamber Schneider (Treasurer)

Childcare Team

Marlene Murray
Leah Calvin

Garden Gate

Katherine O'Grady

Greeters

Julie Collins
Rosie Thacher
Rebecca Nesse

Hospitality

Becky Homme
Kirsten Homme

Treasurer

Lisa Friese

Worship Team Coordinators

Kimberly Collins
Laura Shotts

Friday AM Small Group Teams

Leslie Antiel
Lesley Jones
Meghan Olsen (care)

Becky Homme
Jackie Tilburt
Cari Ekbohm (care)
Shelly Storm (care)

Robin Morgenthaler
Steph Schmitt
Sarah Hall (care)
Kamber Schneider (care)

Jan DeGrado
Beth Gross
Laura Shotts
Ingrid Geske (care)
Steph Jones (care)

Ingrid Ansell
Christine Yoon
LeeAnn Tebben
Darri Mansel (care)
Jess Swetz (care)

Marlene Murray
Katherine O'Grady
Malia Howe (care)
Jenni Taunton (care)

May Ling Chen
Rosie Thacher
Tracy Bonilla
Kirsi Mohney (care)

Tuesday PM Small Group Teams

Bethany Piotrowski
Rebecca Hubanks

Mira Keddis
Kelly-Kate Sheldon