

The Garden Gate

www.sidebyside-rochester.org

SBS Expands Across the Country *A Story of the Beginnings of SBS-Detroit*

I loaded up my minivan and made the twelve-hour road trip to Rochester with a few other Side By Side (SBS) leaders from Detroit and Ann Arbor, MI. I need to preface this by saying that I am fairly new to SBS. I had heard of it during my husband's first two years of residency in Columbus, OH. However, we moved to the Detroit, MI area last year to complete a urology residency, and I found myself desperate for some friendships with women who understood my life as a wife of a busy surgical resident. I connected with two other girls who wanted to help start the Side By Side-Detroit chapter and in March of 2010, we got the ball rolling. Since I had not previously been involved with Side By Side, I felt a little bit like I was stumbling in the dark while trying to help lead a brand new chapter.

I had the privilege of attending the first ever Side By Side retreat in Rochester, MN. The retreat was a fantastic opportunity to get my bearings on how to help effectively steer the Side By Side-Detroit chapter.

The retreat weekend was scheduled with lessons each day that offered practical advice, including how to lead a Bible study, how to manage childcare, maintaining passionate marriages, and how to market and promote SBS in our community so that we could effectively reach the women who need it. I took notes furiously. It was exactly the kind of information I needed. However, I was surprised to discover that some of the most valuable lessons came from quality time spent with more experienced women who have been wives and mothers longer than me and have developed priceless ministry skills through years of leading and allowing God to use them. It was in these quiet moments of conversation that I gathered pearls of wisdom about life, love, friendship,

motherhood, and leadership. I felt the urgency and sincerity in these women's hearts when they discussed seeking God in prayer for everything and completely resting in the fact that He will always provide, direct and guide us when we ask. I am thankful for women who remind me of these truths and carry them out in their own lives as an example of God's power in action.

Finally, I was able to come away from the Side By Side retreat with a renewed sense of vision for what God wants to do in the SBS-Detroit chapter, as well as in other chapters all over the world. There is simply nothing more electrifying than being rallied together to brainstorm ideas, pray together, learn together and worship together. After the weekend, my Michigan girlfriends and I drove the long twelve hours back to southeast Michigan. I promise the drive felt shorter because we spent the entire time organizing our notes and ideas and preparing to get back to our Side By Side groups where we could share the vision and excitement of what we know God can do in Michigan. The Side By Side retreat helped us learn what we are doing right, what we could be doing better, and how to reach more women effectively for Christ. I learned how to utilize the tools that God gave us in His word and (through prayer) lead our SBS chapters according to His perfect plan.

The retreat was a refreshing and energizing time that helped me to focus in on how to better lead SBS-Detroit. I will also admit that the beauty of the Elizabeth Lodge and Minnesota's landscape certainly did not hurt.

By Julie Vicena (Side By Side-Detroit)

Julie attended the Side By Side Leadership Retreat. She captures the essence of the time together and what God has done for all who attended.

Dates to Remember

November 19
Kind. Room available for RPS children

January 14th
Large Group Brunch

February 11th
SA Room Available for Schaeffer Kids

January 14th
Faith Fillers

Theme Bible Verse

*"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*

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Side by Side Rochester

Morning Steering Committee

2010-2011

Nicole Dufendach

(616) 204-1376

nicole.dufendach@gmail.com

Chris Schmit

(507) 624-0059

chrisschmit@yahoo.com

Stephanie Schmitt

(507) 289-8475

stephanieschmitt@gmail.com

Jess Swetz

(507) 206-3331

jessswetz@hotmail.com

Abbie-Jo Wilcox

(507) 252-6984

rybawilcox@charter.net

Mary Umbreit

(507) 206-3831

umbreitm@gmail.com



SBS Ladies Moving On . . .

Lori Daugherty

115 Tidecrest Pkwy
Unit 3309
Ponte Vedra, FL 32081

Tanya Florin

666 Prospect St #501
Honolulu, Hawaii 96813
Tanya.florin@gmail.com
808-228-5436

Stephanie Hoyt

2986 Barclay Way
Ann Arbor, MI 48105

Alexandra Muthu

30 Maungawhau Rd
Mt Eden
Auckland, 1023
New Zealand
Team.muthu@gmail.com

LaNae Richardson

3204 Planters Ridge Rd
Charlotte, NC 28270

Jenny Shapiro

173 Azalea Point Drive South
Ponte Vedra Beach, FL 32082

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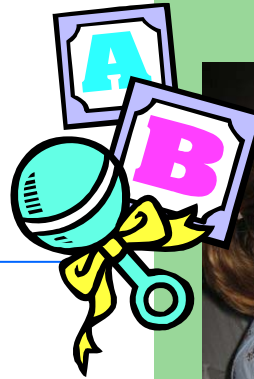


No expiration date. Questions? Contact Cari Ekbohm at
(507) 288-5995 or dcekbom@gmail.com.



Sizes 6 months and 12 months

Baby News



Asher James Harden



Congrats to Karly & Niels Harden and big brother Judah on the birth of Asher James Harden. He was born August 29th at 3:26pm. He weighed 9lbs 1oz and was 19.3 inches. The entire family is enjoying their new addition.



Benjamin Jeffrey Cooper

Congratulations to Sarah & Jeff Cooper on the birth of their son, Benjamin Jeffrey Cooper. He was born August 31 at 12:46pm. He weighed 7lbs 2oz and was 20.75 inches long. Look at these adorable pictures.



Savannah Rose and Sawyer Daniel Manzel

Congratulations to Katie and Bill Manzel on the birth of their daughter and son, Savannah Rose and Sawyer Daniel, born on September 8. Savannah weighed 4 lb 9oz and Sawyer weighed 4 lb 11 oz. Praise God for the health of these two precious ones.



*Side by Side Rochester
Night Steering Committee*

2010-2011

Cori Baker

(507) 206-3472

corinnebaker01@gmail.com

Leah Calvin

(651) 238-3821

leah.calvin@gmail.com

Kelly-Kate Sheldon

(970) 319-9315

kellyksheldon@gmail.com

Cecelia McPhail

(507) 529-5606

ceceliajeter@yahoo.com

Happy Birthday!

To:



Bethany Piotrowski	November 4
Mary Hanson	November 7
Stephanie Collura	November 8
Jess Swetz	November 17
Nicole Schieman	November 18
Cori Baker	November 20
Alisa Copeland	November 21
Gina Pullen	November 28
Ronda McCully	December 1
Beth Morrell	December 2
Jenna Stork	December 4
Rebecca Hubanks	December 7
Deola Adekola	December 11
Rosie Thacher	December 12
Kara Ayaram	December 16
Sarah Cooper	December 18
Brittany Bogert	December 23
Emily Flores	December 23
Erica Camp	December 25
Diana Patel	December 29
Stacy Kessler	December 29

Exclusive Interview

Our Own SBS Women in the Spotlight : MARIA SAGAR

I must let you know that this article is the first of its kind. Each subsequent issue, we plan to feature a woman of SBS—Rochester. SBS—Rochester, as you know, is filled with amazing, Spirit-filled women from across the country. So it's only fitting that in each issue, we feature one of these women so we can all get to know these talented ladies a little bit more.

In the heart of the country, in a semi-mid-sized town lies a melting pot of medical expertise and culture. We all find ourselves in this snowy Midwest town because of its important role in our husband's medical training and careers.

One SBS woman in particular bridges many cultures with her background and her love to explore the world around her. This Hokie (Virginia Tech alumni) and former nuclear engineer tell us her story.

"I have a Mexican mother and Texan father. I grew up learning 2 languages. I had dated young men from all over the world (now I'm going down memory lane...wow hadn't been there in a long time!) when I was in college. "

After college, Maria started working as an engineer for the Federal government. It was here that she met a man from India named Sandeep. Sandeep was on active duty for the US Navy. From the start Sandeep immediately caught Maria's attention. "What was an Indian guy with no accent doing in a predominately white Southern Baptist Church?" she wondered. Shortly after, Sandeep's intriguing personality and charisma won Maria's heart.

"Marrying Sandeep enriched my cultural experience. I've had to learn expectations of being the wife of the oldest son in the family, a new language, and how to prepare his food. And being married to a medical spouse has given me opportunities to meet Sandeep's colleagues who come from different parts of the world."

Being connected in an intercultural marriage led her to seek opportunities with other women from across the globe.



"During Sandeep's residency here at Mayo, I participated in the International Group. We've brought together women from Egypt, Jamaica, Venezuela, South Africa, and Puerto Rico. Rochester is so diverse. My kids have benefited from meeting kids from different cultures in their school."

Side By Side has helped Maria deepen her relationship with Christ, develop lasting, supportive friendships, and solidify what it means as a Christian wife to love and support her husband.

"As a Christian, it is very important to develop your relationship with God, because He is number one in your life, through prayer and time alone with Him and in His Word. Learn from Him what it means to be a wife. Learn to be filled with His Holy Spirit, because it is only through His power that a wife can endure the long hours without seeing her husband, communicate in love, run a household almost 100% of the time, and care for her children. Pray for your husband and pray how you can make it easier for him during his training. For a long time, even after being married a few years, I wondered what am I doing here? What am I supposed to be doing? It was only recently that I learned that my ministry is to my husband and my family. Side by Side has helped me focus on my walk with Christ, and has helped me mature as a Christian. It has helped me become a better mom and a better wife."

Maria Sagar is wife to Sandeep, a Cardiology consultant, and the mother to: Antonio (12), Isabel (9), Rohin (8), Micah (5).

What is Side By Side Rochester?

Side By Side--Rochester is a group of women from all over the country and the world who are here in Rochester, MN, both short and long term, who desire to grow in their walk with Jesus while supporting one another as medical spouses. Being married to a physician 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 Mission

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.

Have you ever read the history of SBS?

Side By Side--Rochester has such a God-inspired beginning. We encourage you to read all about it. "The year was 1987 and Robin Morgenthaler was living in Hawaii while her husband, Tim, finished his internship in the Navy. This was obviously going to be a drastic move for the family. But Robin felt a calling. She remembered thinking, "Yes, the Mayo Clinic. There are a lot of internationals there...I can see having a Bible study, one aimed specifically at supporting the spouses of the physicians from all over the world ..." Read more at: www.sidebyside-rochester.org/our-history.html

Garden Gate Information

The Garden Gate is published bimonthly and passed out at the first meeting of the month and mailed to those who were unable to attend the meeting. In addition, the newsletter is emailed to all night members, alumni, or morning members who choose to receive theirs electronically. Past issues are available at:

www.sidebyside-rochester.org

If you would like to change your delivery method, please contact the Garden Gate editor Katherine O'Grady at kogrady007@gmail.com. We encourage all members to contribute to the newsletter. Your thoughts and testimonies are a blessing to others.

The Garden Gate
Side by Side Rochester
c/o Katherine O'Grady
3611 Salem Road SW
Rochester, MN 55902

