

# The Garden Gate

www.sidebyside-rochester.org

## Welcome Back!

I hope you all had a fantastic summer and were able to enjoy the warmth! As a cold-blooded northerner, I have to admit, I am looking forward to some relief from the heat and the many wonders that fall brings. It is time for SBS to start again and that also means it is time for cool mornings and crisp evenings, bonfires, apples, hot drinks and comfort foods!

After a fun-filled but hectic summer, I am looking forward to the consistency that fall will bring and the opportunity to hear from God. Let's come this year with hearts that are willing to be quiet and see God exalt Himself. He has great things in store for us this year and I am excited to see how He works!

*Our theme verse this year is Psalm 46:10 - "Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

**Welcome Back!**  
*Nicole Dufendach, on behalf of the SBS Morning Steering Committee*

## National SBS Champions Descend Upon Rochester

On October 8th, the Executive Board is thrilled to welcome women leaders from across the country to Side By Side Rochester to take part in our "seasoned" chapter. As part of a three day leadership retreat hosted at the Elizabeth Lodge near Zumbro Falls, participants will engage in leadership building activities, hear from various speakers, network with fellow SBS regional leaders, share the highs and woes of their local chapters and enjoy a renewing weekend by the river.

manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel" (ESV).

The concept of being side by side from this verse and within our organization conjures many mental pictures. We are firm in one spirit, upholding each other with the encouragement and promises found in the gospel as well as literally holding each other up during the daily grind of being a medical wife. Together, we strive through years of medical training to make them count for Christ as well as strive to have a "manner of life" worthy to point others to Christ—not an easy task and impossible alone.

Side By Side has been blessed to have women across the globe of one spirit, mind and motivation. Rochester has become the hub of SBS due to its humble beginnings in 1988 and like marriage it has had the benefit of time to work out kinks! Our mission verse Philippians 1:27 states: "Only let your

*National Champions continues on page*

### Dates to Remember

**September 10th**  
**9:15-11:15** Welcome Brunch at Autumn Ridge Church

**October 15th**  
Large Group Brunch and Special Speaker

**January 14th**  
Large Group Brunch

### 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

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# National Champions

*Continued from page 1*

If you came from a previous SBS chapter or feel homesick and see someone from that area, run over and introduce yourself! So far, we have women coming from Baltimore, MD; Lincoln, NE; Beaumont, TX; Birmingham and Mobile, AL; LaCrosse, WI; Columbus, OH; Ann Arbor and Detroit, MI; Charleston, SC.

Remember they are sisters in Christ striving side by side with their medical husbands. We rarely talk about verse 28 of Philippians 1, but it is so triumphant that I have to draw our attention to it. Paul says as we go through this time together we should be, "not frightened in anything by your opponents. This is a clear sign to them of their destruction, but of your salvation, and that from God." That's right ladies, walking together in one spirit, side by side, frightens our

opponents and shows a clear sign of destruction for them, salvation for us. Just in case Satan tries to deny us this feeling of solidarity and salvation, Paul reiterates that this is from God.

So as far as building friendships with medical wives, I say the more the merrier! Make those opponents cower! May God use this weekend in October to bless those leaders able to attend and those who are not and to be a clear sign to our opponents (often disguised as discouragement) that we are firm in one spirit, striving side by side for our marriages, families, friends and those who need to hear of His glory.

*Written By Brooke Fermin*

## SBS Ladies Moving On . . .

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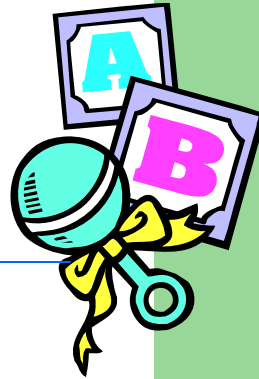
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# Baby News



## Elijah Andrew Calvin

**We** joyfully announce the arrival of Elijah Andrew Calvin, born July 18th at 4:36 am. Eli weighed **6 lbs, 8 oz and was 18.5 inches long.**

He's sporting baby blue eyes and some sandy blond hair. We are completely in love with this precious gift from God.

Thank you all for your prayers and well wishes.

— Andrew and Leah Calvin  
[www.joyandchaos.com](http://www.joyandchaos.com)



## Kate Emsley Recker



**C**ongratulations to Bryan and Betsy Recker on the birth of their little girl, Kate Emsley Recker. She was born August 7th at 11:17 pm. She was **5 lbs, 7 oz, and 19 inches long**, which is great, considering that she came 6 weeks early!

## Thomas Immanuel Couri

**C**ongrats to Amy & Dan Couri on the birth of their son, Thomas Immanuel Couri.

He was born on May 29th at 4:01 am. He was **9lb 11oz, and 21 inches long.** Big brothers David, Eddie, Sie, John, & Freddie & big sister Mariam are happy to have him with us. Thanks for all your prayers and support during our move! — Amy and Dan Couri

### Garden Gate Information

The Garden Gate is published bimonthly and pass 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](http://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](mailto:kogrady007@gmail.com). We encourage all member to contribute to the newsletter. Your thoughts and testimonies are a blessing to others.

*Side by Side Rochester  
Night Steering Committee*

2010-2011

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# Happy Birthday!

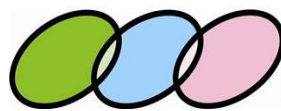
To:

- |                                |              |
|--------------------------------|--------------|
| <b>Anna Sanchez</b>            | September 2  |
| <b>Danielle Guiseffi</b>       | September 3  |
| <b>Ginne Mullin</b>            | September 5  |
| <b>Mary Umbreit</b>            | September 7  |
| <b>Mira Keddiss</b>            | September 7  |
| <b>Jessica Spencer-Gardner</b> | September 8  |
| <b>Allison Sullivan</b>        | September 9  |
| <b>Jaci Shanafelt</b>          | September 10 |
| <b>Rebecca Diwan</b>           | September 18 |
| <b>Courtney Clark</b>          | September 29 |
| <b>Kayo Ota</b>                | September 29 |
| <b>Rachel Sviggum</b>          | September 29 |
| <b>Anne Potter</b>             | October 6    |
| <b>Cami Kirksson</b>           | October 8    |
| <b>Rebecca Lindell</b>         | October 8    |
| <b>Kamber Schneider</b>        | October 8    |
| <b>Elizabeth Pershing</b>      | October 9    |
| <b>Stephanie Jones</b>         | October 10   |
| <b>Laura Shotts</b>            | October 14   |
| <b>Liz Soucy</b>               | October 16   |
| <b>Faith Thomas</b>            | October 17   |
| <b>Abbie-Jo Wilcox</b>         | October 24   |
| <b>Kristen Luikart</b>         | October 24   |
| <b>Kumi Yuki</b>               | October 26   |
| <b>Lucinda Clements</b>        | October 28   |
| <b>Leslie Antiel</b>           | October 29   |
| <b>Teresa Powell</b>           | October 30   |
| <b>Kristi Williams</b>         | October 31   |



**Use this coupon and save \$1.00 off a SBS onesie!**

Your child could be riding in style with an exclusive SBS onsie sporting the SBS logo.



## SideBySide

A Ministry of CMDA for Medical Wives

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



Sizes 6 months and 12 months

# Suffering, Perseverance, and Glory

“If Christ is yours, then wealth is yours; he satisfies all your wants. He will look after you, manage all your affairs for you most dutifully; you will need no human support to rely on.” (pg. 78)

I read that sentence from “The Imitation of Christ” by Thomas A Kempis last night and it did not sit well with me. I determined that I would bring it up the next time my group of friends was together discussing the book. It can’t possibly be true that all we need is the Lord. I need a husband who is present. I need a good support system. I need a good church. I need an obedient child.... you get the idea. I have a long list of very good things that I need; a long list of things I rely on. And I spend a lot of time and energy grieving what I do not have.

This morning I met with God and he reminded me of what I truly need. First, He encouraged me to persevere in suffering. II Corinthians 4:16-18 says, “<sup>16</sup>Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. <sup>17</sup>For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. <sup>18</sup>So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.” And Romans 8:18 says, “I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.”

Now, let me put my life into perspective for you. I am not suffering in the way most people think of suffering. I do not have any persistent physical ailments. I do not have any major family drama. I am not being persecuted for my faith. I

do not have an estranged husband or wayward child. I am simply a pilgrim, traveling a long monotonous road. If I am suffering, it is the suffering of daily life, the endurance of the ordinary. But I do not think this is something to be wholly discounted.

I recently read the following from C. S. Lewis’ “The Screwtape Letters” (written from the perspective of demons discussing tempting humans):

“The long, dull, monotonous years of middle-aged prosperity or middle-aged adversity are excellent campaigning weather. You see, it is so hard for these creatures [humans] to persevere. The routine of adversity, the gradual decay of youthful loves and youthful hopes, the quiet despair (hardly felt as pain) of ever overcoming the chronic temptations with which we have again and again defeated them, the drabness which we create in their lives, and the inarticulate resentment with which we teach them to respond to it all – all this provides admirable opportunities of wearing out a soul by attrition... seventy years is not a day too much for the difficult task of unraveling their souls from Heaven and building up a firm attachment to the Earth.” (pg. 101)

God has blessed me with many good things on this earth (see Matt. 7:7-11), but the things that he has blessed me with are not eternal. And if I am not careful, I easily set my eyes on temporary things and lose sight of the eternal ones.

Second, God refreshed my memory as to all that he has given me that is eternal and that is worth the dedication of my whole life and love. Rather than

explaining this, I am just going to leave you with the words I read this morning – it doesn’t get any better.

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. What, then shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all-how will he not also, along with him, graciously give us all things? .... Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? .... No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:28-32, 35, 37-39

That passage takes my breath away every time I read it. How foolish am I to get so caught up in the daily things of my life and forget that I serve a God who loves me so extravagantly? I am reminded this morning to be grateful for what he has given me but to not lose sight of the fact that He is all I need.

Written by Nicole Dufendach

## 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](http://www.sidebyside-rochester.org/our-history.html)

### **Piano Teacher Wanted**

Looking for a piano teacher for two boys age 10 and 14, who are switching from Suzuki method to traditional. I would also like them to learn some theory and maybe pop or jazz. My house or your house for lessons. Contact Kirsi Mohney, [kirsimohney@hotmail.com](mailto:kirsimohney@hotmail.com) or (507) 529-9270."

The Garden Gate

Side by Side Rochester

c/o Katherine O'Grady

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