
Widow Might March Newsletter

From Widow Might <info-widowmight.org@shared1.ccsend.com>

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March Newsletter

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Thoughts From Kathy Scheffler, Widow Might Executive Director

Every 2 years I spend 2 weeks mesmerized by Olympic athletes. The dedication and years of hard work to receive the privilege to compete at the games representing their country is mindboggling to me. Last week I learned of a perk of being a host country. Did you know that they get to add new one-time sports (with International Olympic Committee approval of course) while the games are in their country? The Milan-Cortina 2026 winter games added ski mountaineering, which is also called skimo. It starts with skiing uphill (with skins covering the skis to grip the snow), then midway up the mountain they remove the skis (placing them on their back) to ascend stairs, only to put the skis back on (with the skins removed) to ski downhill through a series of gates to the finish. It's a frenzy of activity, especially at each transition point, making this less than 3-minute race exhilarating to watch. Just observing the competition made my quads burn and my lungs gasp for oxygen.

This left me wondering, why would anyone voluntarily do this?

My curiosity was piqued so I did some research into the sport. I learned that skimo competitions typically last 2-hours but were condensed for the Olympics. The races I'd

observed were just highlight reels of what is an endurance sport right up there with marathons! No, thank you! But then I learned that skimo started as a way to reach pristine places in nature that were otherwise inaccessible. Now I'm intrigued.

What if I could skimo at my own pace? Would this be enjoyable then? I began to envision mountaintop viewpoints that would otherwise be unreachable. Would the anticipation of those awe-inspiring views be enough to keep me going? Sure, there would be moments where it would be pure drudgery trying to reach the summit but it could make me stronger and appreciate the destination all the more. What unexpected things might I experience along the way? The overlooks and features along my route that would make me stop and realize the beauty in the journey.

I often refer to my path in widowhood, where I went from living and healing to growing and thriving, as my grief journey. It was a hard climb out of the depths of the valley of initial grief after my husband died, but I did it because I wanted life to be good again. I needed it to return to being full and vibrant. I needed my life to be worth living. At forty-two, I had a lot of living left to do.

The climb was tentative at first. I felt like I was forever slipping backwards not making any progress. But that simply wasn't true. I was climbing. I was becoming stronger. I was learning from others who had traveled this path before me. I was finding those who I could depend on to walk beside me at my pace, not rushing me through the grief.

At various points over those first years I would pause from my scramble, look back, and realize how far I had come. I would stare over the depths of where I'd been, noticing the particularly rugged places and think to myself, "how did I get through that?" The glaringly obvious "that" of Russ' birthday, our wedding anniversary, and the months when the 13th fell on a Friday just like the day he died. The "it's not fair that" of home and auto repairs that now fell completely on me to take care of. The "really, you left me to deal with that" of his technological toys that I didn't understand and wanted nothing to do with. But what choice did I have? I wanted to go on living life to the fullest, so I had to climb through the "that's".

Now, years later, I am appreciating that as long as I am living, the ascent will never be over. There will always be transition points that stir up a flurry of grief. Recently it was entering a new chapter of life for me. It was a stage I wanted to begin, but it still wasn't how "we" planned it would be and I needed to grieve that. So yes, there are days when I still lose my footing, but I am now quicker to regain it. As I navigate each difficult patch, I learn how to plot a better course through the next one.

I've seen that the hard work of the climb is worth it. There are still summits ahead but I also see those behind me that I've already conquered. Best of all, I have seen the splendid beauty and felt the vast joy of traversing through new environments.

As you struggle out of your own valley of grief let me leave you with these Bible verses:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - **Jeremiah 29:11**

And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. - **Hebrews 12:1b-2a**

The climb will not be easy, but the rewards are great. If you doubt that, take some time today and look back at how far you have come. I'm on the slopes beside you cheering you on!

Registration is now open for our Spring Luncheon

Through relationship and worship, find restoration and healing at the Widow Might Spring Luncheon on Saturday, April 11, 2026 at 11am in the Nazareth Great Room at the University of Northwestern in St Paul, Minnesota. Our guest speaker will be Jamie Bollinger.

Jamie is a worship leader, speaker, songwriter, and mentor with a heart fully devoted to the presence of God. From singing and playing music at just three years old to answering the call of ministry at twelve, Jamie has dedicated her life to leading others into deeper intimacy with Jesus through worship. Her single, Your Presence, was birthed during a deeply personal season as her husband, Freddy, battled significant health challenges. The song became an anchor—reminding her of God’s faithful nearness. In 2023, after 23 years of marriage and ministry, Freddy unexpectedly passed away. In the wake of unimaginable grief, Jamie continues to worship — walking through the valley while boldly proclaiming the hope that holds her. In the months following her loss, Jamie released her debut devotional booklet, Names of God — a deeply personal project that explores the unchanging character of God in seasons of sorrow, waiting, and healing. The booklet is a reflection of her journey and a resource for anyone seeking to cling to the truth of who God is when life unravels.

Register here: <https://www.widowmight.org/event/2026-spring-luncheon/> (by April 3rd)

RESET Recording

Did you miss out on our virtual RESET event in early February? We have a recording of the event!

If you want to receive the link to it, email info@widowmight.org

Thank You for Your Gifts to Widow Might

The fees we charge to attend our in-person events do not cover our costs, so our generous donors make up for the shortfall. This allows us to bless widows at our events with great speakers in beautiful venues, within our local Widow Connect groups, and worldwide through the content on our website. Widow Might does not ask for anything in return from the widows we serve, but if you would like to help us in our efforts to make sure all widows are connected with the community and resources needed, there are multiple ways to give at: <https://www.widowmight.org/donation/>

We also accept gifts through United Way and Thrivent Choice dollars, as well as matching gifts from employers.

Widow Might is a non-profit 501(c)(3) organization: EIN# 45-3641480

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