

Widow Might April Newsletter

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

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April Newsletter

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Thoughts From Kathy Scheffler, Widow Might Executive Director

"20 Sentences I Wish I'd Read Sooner in Life" landed in my inbox last week (I've included a link to this list below). As I read each one, I found myself nodding my head in

agreement. These 20 nuggets of wisdom left me thinking about times in my life when I'd embraced each one, as well as times when I hadn't and the struggles that ensued.

Today I want to dive into on number 5 on this list, "Growth happens when you do things you feel unqualified to do." This is a big pain point for us as widows. After our husband's death, we inherit tasks that we didn't sign up for. If you are like me, you have found yourself on the verge of tears when there is something you need to "fix". You thrust a finger at the sky, clench your jaw, and spout out, "this is not my job." You think of your friends who still have their husbands, then hang your head and mutter under your breath, "this is not fair." You feel the weight of this task landing squarely on your shoulders alone. Hopefully, sooner rather than later, you wrap up your little pity party, roll up your sleeves, and get to work. To say you feel unqualified for what you are about to do seems like the understatement of all understatements, but what other option is there? You must either fix it yourself or find someone else who can. Either way, it is your responsibility now to get it taken care of. Some jobs do require the expertise of a professional, but many are so minor that you can't even hire someone to take care of them. But this doesn't mean you need to rely on only your own knowledge or lack thereof on the matter.

How I've dealt with "my husband's jobs" has morphed throughout my widowhood so let me share a few insights that have served me well. During the first couple years after Russ' death, I would often start by asking myself, "what would Russ do in this situation?" Followed by, "Which of his buddies would he call to help him with this?" I found that trying to think it through, in the way my husband would have, helped me remain calm and get to a solution quicker. Enlisting his friends to help was good for me as well as for them. They were grieving the loss of their friend and being able to do something for me gave them a channel for their grief. And while we were working on it together, I got to hear them share their memories of Russ including stories I had not heard before. It was healing for both of us. It also gave me the opportunity to learn from them, especially in the areas of home repairs and all things technology, that are now in my job description. Asking for help is not always easy but sometimes growth means knowing when to enlist capabilities you don't possess.

Now, many years later, when something breaks my first thought is frequently still, "how would Russ handle this" which, more often than not, leads me to research the issue with my friend YouTube. Through the years I have replaced the springs in my dishwasher door, the drain pump in my washing machine (twice), the belt in my dryer, as well as countless other home repairs, computer issues, legal and financial tasks. Each time I have felt utterly and completely unqualified for the job I was tackling. But can I let you in on a secret, nothing beats the sensation of achievement when it's resolved and you have learned something in the process. And lest you think "good for her, but I could never do that," I recently had that same euphoric sense of accomplishment while just watching trees being trimmed and removed from my property. The task of asking for recommendations, getting bids, and selecting the right company to do the job was no small achievement.

I am currently smack-dab in yet another season of growth; I am trying my hand at writing. As a girl who loves numbers and spreadsheets this is way outside my comfort zone. Stringing words together in ways that makes sense outside my head is something I am quite certain I will never feel fully competent to do. But yet, I'm sensing that telling my story in this way is something I am being called to do. Have you heard the saying, "God doesn't call the qualified; He qualifies the called."

This saying is rooted in these scriptures:

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. - **Proverbs 3:5-6**

Then I heard the voice of the Lord saying, "Whom shall I send? And who will for us?" And I said, "Here am I. Send me!" - **Isaiah 6:8**

This is where I find myself. My calling, to tell my story, comes from witnessing the strength widows gain from each other's stories. So, if there is something from my story that helps another widow on her journey, I want to share that with whoever needs to hear it. Thus, I continue to step into the discomfort of being misunderstood and criticized for doing something I'm unqualified to do.

There is no sugar-coating it, growth is not neat and tidy but actually very hard, messy, and at times painful. But do you know that growth is one of the four pillars in the mission statement of Widow Might; we exist to help widows live, heal, grow, and thrive. We see the beauty when widows are growing and thriving and we want that for you! You may wonder if you have the strength and determination needed to grow; let me assure you, you do. You have survived the most stressful life event (yup, losing a spouse is #1 on that list). Your life will never be the same as it was, but it can still be fulfilling when you embrace growth. The little steps you take today will compound and you will be amazed at how this will impact your outlook on life. Don't let a lack of qualification limit you. Stretch yourself and watch the growth happen!

Here are all of the ["20 Sentences I Wish I'd Read Sooner in Life"](#)

Registration is closing soon 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: [Spring Luncheon Registration](#) (by April 3rd)

Retreat for Ukrainian Widows

The North Metro Widow Might widow connect group is partnering with a non-profit called Family Relief Project who are rescuing the widows and children from the Ukrainian war who have entered California for safety and a new start. Family Relief has been doing a terrific job meeting their immediate needs for shelter, food and clothing. And even showing them how God can heal their trauma and broken dreams. But they have never been able to walk them through the journey of a grieving widow’s heart.

On August 19-21, a group of widows from this widow connect group will be hosting a 3-day retreat to walk alongside 50 Ukrainian widows in Lake Tahoe, Nevada to share stories about how God helps widows navigate grief and find strength to discover a new path to healing. Programming for the children who have lost their fathers will show them God’s love despite losing everything.

This team would love your support and prayers as they minister to these widows and their children who have experienced so much pain and loss. For more information you can email Krista Smith Larson who is leading this effort at: ksmithlarson64@gmail.com

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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