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## Widow Might June Newsletter

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

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To kathy.scheffler@widowmight.org <kathy.scheffler@widowmight.org>



## June Newsletter

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### Thoughts From Kathy Scheffler, Widow Might Executive Director

Music has a way of touching me, in my grief, unlike anything else is able to. It hits a place deep within my soul that often surprises me.

A song comes on the radio and I stop. It's like I am hearing the words for the first time. The song is not new to me. I've heard it countless times before. But yet, I feel my throat constrict around the lump that has suddenly appeared there. My vision begins to blur and I try to blink away the tears. My first instinct is to fight this reaction. I hear the voice in my head declaring, "now is not a good time to deal with these emotions". However, I find myself turning up the volume rather than changing the station. I need to let the words flow over me. I need them to bring healing.

This was, and continues to be, my reaction to the song "It Is Well".

I was standing in a cool dark cave next to an ancient olive press in the Israelian wilderness, when I learned the story behind this song. In my jet-lagged state I listened to our guide share how Jesus on the night before his death was praying "take this cup from

me” near a press like this one. The weight of what He was about to endure bearing down on Him. Our guide then went on to share the story of Horatio.

“It Is Well” was written in 1873 by Horatio Spafford while standing on the deck of a ship in the middle of the Atlantic Ocean. Horatio wrote these words while in deep grief. In the span of a few short years he had lost his son, was financially ruined by the Great Chicago Fire of 1871, and then hit by the economic downturn of 1873. Horatio had plans to travel to England with his family but, due to a last-minute change of plans, he sent his wife and 4 daughters ahead of him. While on that voyage across the ocean their ship collided with another vessel and sank rapidly. Horatio’s wife Anna survived but his 4 daughters did not. When Horatio made his crossing to join Anna in England, he asked the captain to point out the spot where their ship had sunk. The spot where his daughters had drowned. It was here that he wrote the words to this now familiar hymn.

Can you imagine writing these words in that moment?

When peace like a river attendeth my way,  
when sorrows like sea billows roll;  
whatever my lot, thou hast taught me to say,  
"It is well, it is well with my soul."

As our tour group began to sing this song, I needed to sing these words over my soul. If Horatio could say “It is well, with my soul” after the loss of 4 daughters I should certainly be able to do likewise over my loss. In my mind I pictured Horatio standing looking at his daughter’s watery grave and the words stuck in my throat as I tried to sing them. I could not fathom that these were the words that came to him during such a time of deep grief. My thoughts ping-ponged back and forth between my own grief and Horatio’s grief. Could I honestly sing these words over the state of my soul now 5 years after my husband’s death? I wanted to, but singing while trying to hold back tears does not work for me. I found myself alternating between singing a stanza and simply mouthing the words. I needed to speak this truth over myself. I needed to believe that my circumstances are not allowed to define the state of my soul.

Years later I still have this reaction whenever I hear this song. I often find myself in tears surrendering my feelings of the moment to the unshakable truth that all is truly well with my soul. I still think of my own grief, as well as Horatio’s, each time I hear this song. I lean into it. I let the words wash over me and I let the tears flow. By the last verse I typically find myself smiling through the tears while singing boldly,

O Lord, haste the day when my faith shall be sight,  
the clouds be rolled back as a scroll;  
the trump shall resound and the Lord shall descend;  
even so, it is well with my soul.

It is well (it is well) with my soul (with my soul);  
it is well, it is well with my soul.

Over the last month, I spent some time updating the music page on our website <https://www.widowmight.org/music/> On that page there is a link to a new version of “It Is Well” combined with “Because He Lives” done by Bay Turner (America’s Got Talent Season 17 alum) that gives me goosebumps. Take a listen to this, as well as many of the other songs listed, and sing these truths over your grief.

## **Lunch Cruise on the St Croix River**

The Widow Might St. Croix River Boat Cruise will take place on Saturday, July 11, 2026. This event is a 2 1/2 to 3 hour cruise out of Stillwater during which you will enjoy

lunch while taking in the beautiful views along the river. Don't miss this opportunity to connect with other widows of all different ages and life stages.

All Widow Might events are for women who are widows. If you don't know another widow yet, you may bring a non-widowed female friend or relative with you.

For this event we are offering a 25% discount for recent widows (within the last 2 years). To receive the discount please enter the "Date of Your Loss" in the registration form.

Register (by July 3<sup>rd</sup>) at: <https://www.widowmight.org/event/2026-lunch-cruise/>

## **Pam's Fall Trip to Vancouver and Victoria**

From Pam Lundell (KTIS morning show host & Widow Might emeritus board member):

We had so much fun on our New England trip last fall that we are doing it again! This September 26th thru October 2nd we will be traveling to Vancouver and Victoria. Nonstop flights with Delta are currently being held for the group. While airfare is slightly higher than typical, this reflects current jet fuel pricing and market conditions. There is also a land only package available.

Additional details, including the full itinerary and pricing can be found here. <https://www.gatewayworldtours.com/vancouver26>

Please note that this trip is not just for widows, it is open to anyone.

## **Jamie Bollinger's song "Even So" has officially been released.**

From Jamie Bollinger (Widow Might Spring Luncheon Speaker):

"Even So" released May 11th, which also marked the 3rd anniversary of Freddy going to be with Jesus. Because of that, the timing and message of this song carry so much meaning for me personally.

After all we shared together at the luncheon and debuting the song live in that space that day, I especially wanted to pass it along to you. It truly was such a special time together with every woman in the room that day.

My prayer is simply that this song would be a reminder of God's faithfulness and presence for anyone walking through a difficult or weary season.

 Listen + explore here: <https://jami Bollinger.com/evensO>

The page includes the song, lyric video, story behind the song, and streaming links all in one place.

## **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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