
Widow Might Newsletter

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

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Newsletter

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Thoughts From Kathy Scheffler, Widow Might Executive Director

As I sit down to share my thoughts with you this morning, I want to be that ray of summer sunshine bright and cheery letting you know that everything is going to be ok, but I have to be real. It's a dreary day for me. In fact, it's another overcast day in this stretch of unsettled weather that blew in and has gotten quite comfortable hanging over me. I feel like that cartoon character, head down, shoulders slumped forward, with that single dark rain cloud following overhead with every step.

What has caused this meteorological climate pattern on my radar alludes me. If I could name it, would it dissipate? This low-pressure system within me may be the result of all that used to make summer days adventurous, but now are just memories never to be re-created. Those days that he was a part of, that I have idolized as picture-perfect even though I know that they were not as flawless as I've memorialized them. Whatever the reason for my melancholy mood, I sure could use the assurance that someone is going to weather the storms of change with me. Oh, how I miss having my person who always helped put everything in perspective when "life" was just not going the way I wish it were.

I long for the optimism and anticipation of new things like Dick Van Dyke, “Winds in the east, mist coming in. Like somethin’ is brewin’ and ‘bout to begin. Can’t put me finger on what lies in store, but I feel what’s to happen all happened before.” His friend Julie Andrews had taught him to, “Never judge things by their appearance”, but I’m still learning that.

Like Bert, I often can’t fully identify it, but I’ve been down this path enough times before that I recognize there is something there. I feel the winds shifting deep within and I find myself unsettled as I assess how to navigate this new season completely on my own.

Doing it alone. I’ve gotten good at that, but what if there is a better way? What if I let the Mary’s in my life pop’in to encourage me? Let them gently float in with a wisdom that parts the clouds and allows me to see a new angle where a small beam of sunlight warmly breaks through.

This is life in community, rather than in isolation, and it is God’s design. It is what our hearts desire. So, let’s be Mary’s for each other my dear widowed friends because a spoonful of community (sugar) helps the changes (that often taste like bitter medicine) go down.

If you need help finding an existing community or forming one of your own, please reach out! <https://www.widowmight.org/contact/>

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 3rd) at: <https://www.widowmight.org/event/2026-lunch-cruise/>

New Devotional “God of Comfort” by Lisa Appelo

In grief, it’s easy to become focused on our circumstances, look back on the life we had, or even look around at others who seem to be living their best life. This devotional calls you to instead look up at God, who walks with you in grief.

When we grieve, God is already there, waiting to wrap us in his unfailing compassion. Yet in the mental fog and physical exhaustion of grief, it’s hard to know where in the Bible to turn for help. With plenty of empathy—but zero empty platitudes—someone who knows the pain firsthand invites you on a 50-day journey where you are not rushed, fixed, or left alone in your grief.

Through Scripture, guided prayers, journaling prompts, and honest poems, Lisa Appelo walks alongside you as a companion in your grief, gently pointing you to the character of God.

Because when we fix our eyes on our God of comfort, we will find grace to get through each day, strength to move forward, and hope for the life he still has for us.

Preorder the book before it releases on June 30th wherever books are sold (including [Amazon](#) or [Baker Book House](#)), and then [Complete this form](#) with your order number to claim your bonus gifts!

Pre-orders are super important because Amazon locks in the lowest price for you between the day you order and release (and you don't pay until launch day!) *and* pre-orders send a message to bookstores to stock the book.

If Lisa's name looks familiar, it's because she spoke at Novembering 2023 and at that event we sold every copy we had of her first book "Life Can Be Good Again"!

Retreat for Ukrainian Widows

From our North Metro #1 Connect Group:

We will be taking 22 of our widows to Lake Tahoe to partner with Family Relief Project in hosting a Ukrainian Widows Retreat on August 19-21st. We will walk alongside the Ukrainian widows and their children to offer true compassion, understanding and shared hope. We would love your support. We have a number of fundraisers available to help sponsor Ukrainian widows to attend this impactful retreat.

Here is how you can help send Ukrainian widows and their children to this life changing event

- Pampered Chef Fundraiser: Place your order [here](#)
- Panera Fundraiser: Wednesday, July 15th 4:00 – 8:00 pm at 18210 Zane St NW, Elk River MN
- Pizza Ranch Fundraiser: Monday July 20th 4:00 – 8:00 pm at 19141 Freeport St., Elk River MN
- Love That Olive Event: Friday July 31st 6:00 – 8:00 pm at River of Life Church at 21695 Elk Lake Road NW, Elk River, MN. Cost for the meal is \$45.00. Register at 763-657-0857

We appreciate your support.

If you have any questions about this retreat or these fundraisers, please email [Krista Smith-Larson](#)

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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