
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

In Minnesota we recently experienced the longest stretch of temps of 90 degrees (Fahrenheit) or above in 78 years. Very warm temperatures are not uncommon for us in July and August but when accompanied with oppressive tropical dew points for 10 days in a row, it becomes a bit much for us northerners. As a result, I found myself defaulting to doing as little as possible. Of course, it makes sense to limit outdoor activities but it was even impacting my indoor tasks. Sitting with my feet up watching Netflix or reading a book with an ice-cold beverage within reach, all while my air conditioning unit worked overtime, became my default.

As I did this for a day that turned into two and then three, I found my motivation to do anything had tanked. I kept telling myself day after day, "I'll do that tomorrow." "It doesn't *need* to get done today." I was in a slump. I knew I needed to do something. I had to find a way to give myself a swift kick to get moving again.

The deadline for this newsletter was approaching and I needed to write something and I didn't even have a topic. So, I revisited the ["20 Sentences I Wish I'd Read Sooner in Life"](#) (in the April newsletter I shared about one of these sentences). As I was reading through them, the word "action" in several of them caught my eye. Three of them addressed the very thing that I'd been avoiding, taking action.

#1 on the list: Action is the antidote to anxiety.

#7 on the list: The longer you delay taking action, the harder action becomes.

#19 on the list: Action creates motivation – not the other way around.

I was certainly feeling #7 & #19 and now I was becoming concerned that if I didn't turn it around, I would start feeling anxious too!

As I read these sentences, it made me think of a couple of my big take-aways from a program called GriefShare that I attended in the year following the death of my husband.

Take-away #1 was: Do the next right thing.

For me this meant putting aside all the long-term plans and just focusing on each day as it came. As an excessive planner, I wasn't sure if I would be able to do this, but it was easier than expected since all my plans for "happily ever after" had ended. For me, this was permission to do just what was right in front of me. It was getting out of bed each morning, showering, and going to work. The "next right thing" each day often included a piece of "death-work". To prevent myself from becoming overwhelmed by all the paperwork, I would choose to address just that one thing that had popped up that day. Honestly, that was all I had the energy for. Doing that one thing was often hard, but it always ended with a great feeling of accomplishment. I needed that step of action.

Take-away #2 was: Lean into the grief.

Again, this takes action. This is choosing to do those things in grief that you would rather avoid. As I would go through my day grief would hit me, but I often couldn't pause in that moment to "go there". However, I needed space to feel all those feelings. I needed to set aside moments to lean into them. For me, this involved taking time at the end of the day to allow myself to grieve. I read books on grief, looked through pictures of my husband and remembered the good times, and most importantly I journaled my thoughts. It was a quiet period to reflect. A time to process and express all my emotions. This was something I needed to do each and every day.

These two take-aways were actions that helped move me through my grief. They are what prevented me from wallowing in my misery to the point of getting stuck in it. In grief it is so easy to let the lack of the future we had planned with our husbands turn into in-action. I needed to execute these steps then and I still use them today, because if you haven't realized it yet, the heartache of losing your husband will never completely leave you.

If you have not gone through the [GriefShare program](#), let me encourage you to find a group near you. I've led GriefShare groups for over 10 years and the transformation I see in those who attend is nothing short of remarkable. Many churches will be starting new groups in early September

Grief requires work, but that work pays off. You have more living to do and your husband would want you to live the rest of your life to the fullest. So, take one small action today and see how it impacts your outlook on the day, week and month ahead.

Novembering Event

A few weeks ago, we held our summer event. Over 160 of us enjoyed cruising down the St Croix River while partaking in a fiesta buffet, great conversations with old and new

friends, and enjoying the warm sunny weather. There is no better way to spend a Saturday in the summer in Minnesota! We loved seeing so many of you at this event.

The summer lunch cruise is a favorite event for many but the most meaningful event for the majority of our widows is our Novembering event. This is a special time to remember our husbands going into the holiday season. You will be able to light a candle in remembrance of your husband as well as share a picture and stories of him around your table during the luncheon. [Dr Kimberly Harms](#) will be speaking at the event.

"Three Holidays, One Widow... and Not a Single Hallmark Moment"

Thanksgiving says be grateful.

Christmas says be joyful.

Valentine's Day says be in love.

Widowhood says... well, that's complicated.

This short, honest, laugh-out-loud talk is for widows navigating the holiday trifecta when emotions run high, traditions feel awkward, and well-meaning advice misses the mark. With humor, faith, and deep understanding, "Three Holidays, One Widow" creates space for grief, laughter, memory, and meaning, without pretending life looks like a greeting card.

You won't be asked to "move on," fake cheer, or slap a bow on your pain. Instead, you'll learn practical, gentle ways to survive the holidays, honor love that still matters, and carry it forward, on purpose.

No Hallmark moments required.

Learn how to:

1. Normalize the emotional whiplash of holiday seasons after loss and release guilt around not feeling "grateful enough," "joyful enough," or "okay enough."
2. Use humor, faith, and simple rituals to navigate Thanksgiving, Christmas, and Valentine's Day with greater resilience and self-compassion.
3. Transform lingering love into a meaningful legacy, including writing Legacy Valentines or letters that honor the past while gently shaping the future.

Novembering will be held on Nov 7th at Noon at the Heritage Center in Brooklyn Center. Registration will open after Labor Day.

Widow Connect Groups

We are excited to announce our 13th Widow Connect Group in Montevideo, MN. This group is being led by Karinda, who has been widowed for 17 months and already has a great network of widows in her area. This group holds monthly meetings on the 3rd Tuesday of each month at 1pm. You can find out more about this group and contact Karinda (as well as learn about our other Widow Connect Groups) through our website at: <https://www.widowmight.org/widowconnect/>

Our Widow Connect Groups are small groups that meet on a monthly basis. These are ladies that "get it" when it comes to all the things that widows face immediately after losing a husband, as well as for years to come. Doing widowhood with other widows can truly

make all the difference as you strive to move from a place of living and healing to growing and thriving.

We are always looking to start more groups, and we have a great team who would love to help you assess if now is the right time for you to lead a group. Specifically, we are looking for group leaders for groups of younger widows (either those who are still raising kids or those who are still working) as well as a leader for a virtual group. If this is something you would like to explore email us at: info@widowmight.org

Leadership Changes

Recently David Thielman and Rachel Holmquist stepped away from their roles on the Widow Might Board of Directors. Both David and Rachel have been with Widow Might since it was formed in 2011 and we are so thankful for all they have poured into it. They are truly the reason Widow Might exists today. They have both accepted new titles of Emeritus board members and as such will continue to be wonderful supporters and promoters of Widow Might. As they are able to, they will continue to be at our larger events so please thank them when you see them.

David's role as treasurer has been filled by Annette Hart-Short and we will be praying for God to bring the right replacement for Rachel. You can learn about the entire Widow Might Leadership team at: <https://www.widowmight.org/leadership-team/>

Event Planning Volunteers

Widow Might holds 4 large events annually and we have a wonderful event committee that helps at these events, but we are searching for some volunteers to take on some critical tasks (that had been covered by Rachel Holmquist as the head of our event committee). Having these tasks covered will ensure that our events run smoothly and each attendee feels seen and cared for.

1. Someone creative to design & create table décor (for our Spring & Fall events) and oversee the table setup at these events.
2. Someone detail orientated to create & print nametags (for our Spring, Summer, & Fall events) and oversee the registration process at these events.
3. Someone technologically savvy to help with the administrative tasks over zoom (for our Winter event)

To find out more about these opportunities, email us at: 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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