

# **Consecrated in the Time of COVID-19**

Celebrate with these sisters as they recall what it was like to be the first LDA deaconesses to have a physically-distanced consecration in the pandemic!



## **Brittany Barkus**

**Consecrated:** October 11, 2020, Central Park, Rosemount, Minnesota

Ministry: Interim Director of Children's Ministry at Grace Lutheran Church, Apple Valley, Minnesota; seminary student at Wartburg Theological Seminary



## Sara Manning

**Consecrated:** October 17, 2020, Center for Diaconal Ministry, Valparaiso, Indiana

**Ministry:** Director of Youth, Family, and Education Ministries at Shepherd of the Valley Lutheran Church in Boise, Idaho



#### WHAT I REMEMBER:

Being surrounded (6 feet apart of course) by important mentors during the Rite of Consecration and the improvised way of doing the laying on of hands with paper hands from deaconesses and deacons around the world. It was a beautiful autumn day, but so windy! The Holy Spirit was definitely present!



#### WHAT I REMEMBER:

Being consecrated in the midst of a global pandemic was unique, but I was able to have global attendance thanks to technology. People who wouldn't have been able to attend were able to be there and celebrate the day with me.







Clockwise from top left. Deaconess Brittany Barkus, center, stands with her sisters. Deaconess Lisa Polito, center, presides over the Rite of Consecration for Brittany. "Hands" of blessing extend in new ways during the pandemic. Attendees join Sara Manning for her consecration via Zoom. Deaconess Sara sits among friends and family.







## **Executive Director's Corner**

2020. As the LDA eagerly anticipated beginning our second century of serving God's people, we never would have dreamt what it would look like.

Deaconesses and deacons have found innovative ways to do ministry. As you read the stories of several of our people, you will see some of the many ways we are serving. And we know that ministry has changed around the world.

The LDA is a member of DIAKONIA World Federation. Worldwide membership consists of associations, organizations, and communities of deaconesses, deacons, diaconal brothers and sisters, diaconal ministers, and other church workers.

In July, DIAKONIA offered grants to its members for projects dealing with the pandemic. Within a month, applications began pouring in. The applications chosen were from around the world — from Eastern Europe to Central America, from the continent of Africa to the Caribbean, from Oceania and Asia to North America. The following are some of the projects shared in a recent DIAKONIA press release.

- Medical issues and public health safety have, of course, been a primary concern during this time of COVID. In El Salvador, a project to refurbish a community clinic will be supported by these DIAKAID grants. On the island of St. Kitts, a church-run school will have its sick bay stocked with medical supplies needed to face necessary precautions.
- COVID has resulted in a time of economic stress and hardship around the world. The projects in Indonesia and the country of Georgia will aid families living in poverty by offering food support during widespread unemployment. In the Philippines, employment training will be organized.
- In the period of the pandemic, women have faced increased isolation, domestic violence, and sexual assault. In Nigeria, funding will support an organized effort to defend and support rape victims. In the USA, an online community of over 300 will connect women with women for learning, coaching, job-searching, and encouragement.
- Education has been strongly changed during this period of lock-down and social distancing. In Rwanda, children from the poorest families will receive supplies and backing. In the Jamaica Children's Home, monies will go toward the costs of adapting to distance learning.
- Strains are put upon mental health and addictions during this time of tension and anxiety. In North Carolina, front line workers in food pantries and shelters will participate in mental health and first aid training. And, in Indiana, Community Resilience Model Training for the Diaconate will help participants learn how to reset, stabilize, and calm their bodies affected by the tension related to serving during the pandemic.

We join the world in praying for the end of the pandemic. Faith and service in Christ,

Deaconess Lisa S. Polito, Executive Director



## **Welcome Amy!**

Deaconess Student Amy Smessaert recently joined the LDA staff as Director of Development and Public Relations.

This position combines outreach to those who want to support the LDA and promotion of the LDA and its mission through communication with our constituencies across a variety of platforms. Amy is passionate about the LDA and brings to the diaconate 28 years of communications experience with the Sisters of the Holy Cross, an international Roman Catholic community of women religious based in Notre Dame, Indiana. As she immerses herself in the LDA, she looks forward to interacting with anyone who would like to talk about their LDA experience. Contact Amy to tell her your LDA story!

# **Deac Spotlight**

## Following Christ, Serving in a Pandemic

In this chaotic time of the global COVID-19 pandemic, many deaconesses, deacons, and students are serving morning, noon, and night on the front lines, ministering to and with others, sharing the love of God with those who are suffering. Here is a glimpse into the lives and ministries of three members of our community who told their story of faith and service to LDA Today.

#### **DEACONESS CHERYL PLUMMER**

"My eyes have to smile for me now that a mask covers my smiles."

Cheryl is a hospice chaplain for Beaumont Health Hospice, located outside of Detroit, Michigan.

The LDA helped me shape my gifts of working with the sick and dying, become a more centered person for ministry, and prepare for the ups and downs of ministry, but nowhere in my imagination did I picture what this past year serving in health care would be like. As a hospice chaplain in the midst of a pandemic, I am still at the bedsides of those near the end of their lives, offering spiritual comfort and support, religious rituals, and connection to loved ones in the hospital, extended care facilities, and private homes.

For patients who have COVID-19, my ministry has become one of praying in the hallways into the nurse's phones into the isolation rooms, and comforting and reassuring loved ones by phone. One late night a patient died in the hospital of the virus, and I brought his wedding ring to the home of his elderly widow, because she herself was too frail to be exposed to the hospital.

Our hospice patients who do not have the virus are allowed one or two visitors at a time, so visits are sometimes long as I wait as each family member is allowed in to the hospital to have their turn to pray and say their goodbyes. We have been busy helping those who are dying, whose family members cannot be with them, to connect through video calls with those they need to hear from, to hear the voices that will comfort them the most. During these sacred calls we share prayer together and allow families to see the faces of their loved ones one last time.

When I am allowed into extended care and senior living facilities, patients like to hold my hand and look into my eyes, eyes that have to smile for me now that a mask covers my smiles. I feel honored to share God's love with these elderly patients who cannot be with their families. I made an encouraging video, including prayers, for patients who are in facilities I cannot go into. It's on YouTube (https://youtu.be/LLUKqZEfipc), and the facility staff and hospice nurses show it to my patients.

In health care, we all have our moments of doubt, exhaustion, and fear during this crisis. A huge part of my ministry is supporting the rest of the hospice, hospital, and nursing facility teams. I have been able to survive ministry during these tumultuous times because of my strong faith in God, the support of my husband and children, and all of the support I continue to receive from the LDA and many deaconesses who have been so supportive to me personally. I've cried a lot but then go on to provide



spiritual care for our hospice patients and their loved ones for another day.

What gives me hope, first and foremost, is my faith in God. It also gives me hope to be working alongside the amazing heroes and sheroes of health care, and when I see people caring enough about others to wear a mask and be safe to protect themselves and others. I received the COVID vaccination at the end of December. It was a very emotional experience for me, thinking about all who have died and the hope the vaccine brings after this difficult year in which I and other chaplains have been trying to bring God's light and love to a lot of darkness in our world.

# Remembering those who serve and those who suffer

As we move through this year, let us continue to remember and pray for the faithful women and men on the front lines who faithfully and compassionately care for the health, safety, and well-being of others. May we also hold in prayer all those suffering from COVID-19 in body, mind, and spirit, and in ways that impact their livelihoods.

We pray...

God of our fathers and mothers,

Help us to be present with and for one another.

Help us, God, to be gentle with one another.

Help us to be gentle with ourselves during these different days and nights. Thank you, God, for enabling us to pray together and remember that you,

God, are always present with us.

Help heal all who are sick or grieving.

Bless our world. Amen.

— Excepted from the video "Inspirational Message from Chaplain Cheryl Plummer, Beaumont Hospice"

# **Deac Spotlight**



#### **DEACON STUDENT JACOB RASAWEHR**

"You can't do this life alone. You need community."

Jacob, a registered nurse, graduated from Valparaiso University in 2020 and serves in a COVID unit at Northwest Health-Porter (formerly Porter Regional Hospital), Valparaiso, Indiana.

I am working on a COVID-19 step down/telemetry unit, working 12-hour shifts. We try to go into the unit as little as possible to decrease exposure to the virus. It's hard to connect with patients. It's hard trying to care for myself and still provide care for patients.

I feel bad for the COVID patients. The doors (to the unit) are shut, no visitors are allowed. Patients feel so alone. They understand why, but it's hard. When I work with and see patients with COVID-19, I think, "What has anyone done to deserve this?" I've had to switch my focus to "How can I help? How can I help to make patients more comfortable? How can I show them love and compassion?"

I got into nursing to connect with patients, to provide good care. At a person's most vulnerable time, a nurse can help to boost a patient's spirits. When I'm working nights on the floor, I try to be as cheery and nice as possible, and I try to spend extra time with patients. It's hard to deliver the kind of care I want to give. I'm still trying to navigate this.

I started out as a brand new nurse, a new grad, and I went right from school to the hospital setting. I was expected to learn everything. It was very stressful at first. I wanted to work on the ICU with more acute patients, but I'm glad to be working on the step-down/telemetry unit. I'm on a learning curve, and I've been able to improve my time management and nursing skills, especially since I lost some of my last semester of nursing (due to the pandemic). It's not deterred me; if anything, this experience has shown me that I can handle more high stress situations. If I can start out in a pandemic, I can do anything.

My coworkers have been amazing. Working in a hospital has affirmed the meaning of community for me. My coworkers have shown me the value of community. You can't do this life alone. You need community. I've come to a whole different level of realization about community.

The most important thing is to keep praying for frontline health care workers. So many nurses are worn out, tired, and burned out. It's so emotionally trying. For me, I'm new (to the profession), so I don't have the same issues. I'm focusing on being present.

What gives me hope? I know I'm going to try my hardest to help people get healthy. The thanks I get from my patients makes me hopeful that I can make a difference in their lives. The vaccine gives me hope. Also, seeing on the news and Facebook all the thanks being directed to health care workers, that the work is not going unnoticed, helps keep me going.

## **News + Notes on Giving**



Designate your 2020 Thrivent Choice Dollars by March 31. Visit Thrivent.com/choicedollars for details and instructions to designate. Remember that you need to request your dollars go to the Lutheran Diaconal Association. For a quick reference, download "HOW TO DIRECT THRIVENT CHOICE DOLLARS" at https://www.thrivent.com/making-a-difference/files/26087.pdf or call 800-847-4836 and state "Thrivent Choice" at the prompt.



Supporting the LDA is easy when you shop through AmazonSmile. We receive 0.5% of each qualifying purchase at no cost to you. Go to smile.amazon.com for more information and to quickly register. Thank you!



A PayPal payment button will be added to the LDA's website, providing another option for making donations. We are grateful for your support.



#### **DEACONESS SABINE THOMAS**

"It's literally serving on bended knee and washing feet."

Sabine is Director of Resident Care/Administrator of Record at Timbercrest Senior Living Community, North Manchester, Indiana.

Being in administration, we are constantly a step behind this virus. It's a moving target: What we can or can't do, what's allowed or not allowed, changes frequently. And there are many expectations about quality control and emergency preparedness. The day is only 24 hours. We are reacting to COVID and keeping our head above water, supporting the emotional needs of residents, staff, and families.

In some ways my ministry hasn't changed, it's always been resident focused. Now, though, my ministry is much more staff focused, caring for their well-being and support in a whole new way.

I'm responsible for focusing on the whole, the common good. It has taken over my entire life. You have to support everyone and be there and manage while staff are in quarantine. No one wants to go into this industry because of COVID, and the staff get tired and exhausted. We (the administrative team) do any kind of work on an average day because the work needs to get done. It's literally serving on bended knee and washing feet.

It's also about the people I am honored to work with as well as those we work for. I can recognize someone's diaconal/compassionate heart—it's out there. I see it much more and it's also extended toward me. I have learned that I am not alone. I can't do it alone; I have to rely on a greater power. This charges and re-charges me. I am needing more reflective and quiet time.

I receive care from many coworkers, especially a young woman who is a chaplain in our facility. We don't have to explain to each other why we are exhausted and what we are up against. We can have a conversation that deals with our emotional and spiritual well-being without having to explain it. That's been really good.

The vaccine gives me hope. It's the best gift ever, and here we thought the best gift ever was having our beautician come back to provide services to the residents! I got my shot in December, and we held a vaccination clinic in January for staff and residents. With the news of the vaccine, you can see a difference in everyone's step when they walk. We can see an end to this, even though we still have a ways to go. I see hope in little things, in staff going above and beyond what they have to do. I see it in residents and families who are appreciative; they may be mad at me when I have to enforce the rules, but they say thank you for keeping us safe. When I need it most, I'll get a card from someone. Knowing that I'm prayed for is huge. There is a fear that they (residents and staff) are forgotten, so those cards, phone calls, and window visits—those little things—are really, really huge. It helps people to know they are prayed for and carried in that way.

## **GIVE THE GIFT OF SONG**



Healing. Serving. Justice and Peace. These are the themes the LDA's Deaconess Choir proclaims in song on three CDs. Featuring familiar favorites and original compositions, the CDs make meaningful gifts for special occasions like birthdays and graduations, and for anyone needing an extra measure of love, hope, and compassion during these difficult times.

Special pricing is extended through June 30, 2021. CDs cost \$10 each. Buy two CDs and save \$5; buy three and save \$10. Proceeds support scholarships and education/formation programs for deaconesses. To order, call the LDA at (219) 464-6925 or email deacserv@valpo.edu. Visit https://thelda.org/resources/#music to learn more.

#### **CD** Descriptions

- Servant Songs: Giving Voice to the Diaconal Heart 17 songs feature multiple musical styles and share the message of God's love and care through Christ.
- Songs of Justice and Peace 21 songs express the heart of diaconal ministry: concern for those at the margins and a deep desire for all to know God's peace. Download accompanying devotions from our website https://thelda.org/resources/#music.
- Healing Songs: Prayers for Wholeness 20 songs focus on Christ's healing and wholeness. A printed devotional booklet is available with purchase.

# **Annual Meetings**



The pandemic altered our annual meeting plans from a concurrent, inperson meeting with the Lutheran Deaconess Conference (LDC) to an online format of just the Community of Lutheran Deacons (CLD). The meeting took place via Zoom July 10-12, 2020. It featured four sessions on Silence and Contemplative Practice in Group Settings led by Sam Rahberg, formerly of the Benedictine Center at St. Paul's Monastery in Maplewood, Minnesota.

Contemplative practice continues to be a hallmark of our community Zoom gatherings on Monday evenings. We're currently in the midst of a text study of Life & Holiness by Thomas Merton. This contemplative life also informs our weekly intercessory prayer as well as our offering of The Diaconal Litany. In the coming months, this contemplative practice will extend to a day of meditation, education, and reflection on systemic racism led by Deacon Student Matthew Petersen, who has led similar sessions in his ministry.

The Epiphany of the Lord reveals a natural pattern of action and contemplation when refracted through the diaconal lens. The Magi

contemplate the appearance of a star, then act to follow it. They hear an angel's warning, then return home by a different road. Joseph contemplates his dreams, then acts to protect his family. So, I find hope in our diaconate and communities. It's a hope forged in wisdom of the generations before and among us, which knows that action without contemplation leads to cynicism and burnout, and contemplation without action leads to isolationism and compliance. We need both.

It's also worth noting that King Herod also models a form of action and contemplation, one rooted in power-crazed fear, anger, and hate. The other side (if sides there must be) — the *they* to our *we* — may also draw on the gifts of the diaconal life as means to different ends. I wonder how often the contemplative action I take thinking I'm a Magi impacts another as though I were Herod.

Something to contemplate at the dawn of 2021.

- Deacon Andrew Stoebig, CLD President (with due credit to Father Richard Rohr, OFM)

## **LUTHERAN DEACONESS CONFERENCE:** A NEW WAY TO GATHER

"Flexibility and adaptability" together comprise one of the hallmarks of our diaconal approach to service. This is likely a quality most of us both extended and received in 2020. For the Lutheran Deaconess Conference (LDC), the women's community of consecrated deaconesses, the challenge of 2020 was one event encompassing several dimensions: our annual meeting. Annual meeting is our time to gather for listening, learning, sharing, supporting, worshiping, and renewing. We come as individuals in far-flung ministries. We join together in community, and we leave with new clarity and strength for our call. How could we do that in 2020 when all our plans to meet together were dust?

Thanks to the many gifts in our group, we succeeded and found new joy. Annual meeting, held August 14-16, 2020, was a virtual event, with all the limitations of screens but with unexpected blessings. We were so blessed to connect with deaconesses who have difficulty attending in-person annual meetings. We found ways to include key aspects of our time together in a condensed format. We worshiped together. We renewed ourselves with a program on recognizing and changing attitudes about racism. Everyone was invited to open conversation time on Zoom, and those with the stamina talked well into the night. We had our annual meeting, with flexibility and adaptability.

2020 has generated interest and exploration in using technology to increase connections all through the year in our community of deaconesses. As pandemic concerns continue into 2021, we will "go virtual" again for annual meeting, even as we long to gather "in-person" in 2022. The Lutheran Deaconess Conference is grateful to the LDA for the internet access to virtual meeting technology. By supporting the LDA, you helped make our gathering possible. Thank you so much!

# Life Together





Screen shot top left: Joining LDA staff members Valerie Webdell, Deb Lennox, and Lisa Polito at the September 2020 Seminar are new students Lisa Swayne, Brandon Kruger, Karen Davidson, and Jeff Hazewinkel. Screen shot top right: Students dig into Friday morning text study along with members of the LDA staff and diaconal communities.

**Screen shot bottom right:** Smiles abound on Day 3 of Student Seminar.



### **Student Seminars**

The theme for student seminars in 2020 was "Different Together: Social Justice and Advocacy." The first seminar was held March 1-7 at the Center for Diaconal Ministry. Due to COVID-19, the second seminar was rescheduled from June and held virtually September 27-October 3. Eleven students (seven returning and four new) braved the first-ever seminar conducted entirely on Zoom, designed and led by the resourceful LDA staff. Speakers included several members of the Lutheran Deaconess Conference and Community of Lutheran Deacons.



We're having fun! The LDA staff came together for community and holiday-themed games at their virtual Christmas party. Top row, left to right: Deb Lennox, Amy Smessaert, and Lisa Polito; bottom row: Gloria Hanks, Valerie Webdell (with Jeanne Mockard waving hello), and Mary Hohnke

# NOVEMBER 2020 LDA BOARD MEETING HIGHLIGHTS

 Approved Deacon Student Galen Shriner for consecration.



- Announced new members of the board for the 2021-22 year: Maryn Olson, Michael Steffen, and Deaconess Ann Baas.
- Approved recommendations from the COVID Incident Think Tank (CITT), including:
- 1. The Center for Diaconal Ministry will remain closed through the spring semester.
- 2. The LDA will not participate in inperson convention displays through the summer of 2021.
- 3. Lisa, Valerie, Amy, and Deb continue to work remotely.
- 4. Gloria and Mary follow CITT team safety guidelines while working at the Center.

The multidisciplinary CITT team advises the LDA in establishing protocols that support responsible and healthy behavior during the pandemic.

# **Learning Together**

# TASK FORCE GUIDES DIACONATE TOWARD RACIAL JUSTICE



Deaconess Rebecca West-Estell

Task Force Chair

The Diversity Task Force continues to guide the diaconate through dialogue to "investing in actions we can do to move us toward racial justice and equity in the community and in our ministries," said Deaconess Rebecca West-Estell. Rebecca chairs the task force that comprises the Lutheran Diaconal Association (LDA) and its two communities, the Lutheran Deaconess Conference (LDC) and the Community of Lutheran Deacons (CLD).

The task force was launched three years ago in response to the Class of 1980's request for and funding of a formal focus on diversity in the diaconate. The group hit the ground running, adapting a survey tool from Milton J. Bennett's Developmental Model of Intercultural Sensitivity and implementing a diversity survey in the LDC and CLD in 2018.

"We wanted to determine where we are as a community and the ways racism touches us as a community," Rebecca explained. Survey results were shared and discussed at the LDC/CLD joint Annual Meeting in Chaska, Minnesota, in 2019.

"We learned that we have some racial inequities in our community. We still struggle and we need to figure out ways to push past this," Rebecca said, expressing confidence in the

strength and intentionality of the community to do so. "As a community, we lean on, get support from, and encourage one another. We are a community that supports working toward racial justice and equity in the community and in our ministries."

#### LEARNING AND CONVERSATION

That resolve was clear at the 2020 Annual Meeting of the LDC. (Due to the COVID-19 pandemic, the LDC and CLD held separate virtual annual meetings in 2020.) The theme of the LDC's meeting, The Diaconate and Anti-Racism, focused on three learning objectives presented by members of the Diversity Task Force:

- 1. Understanding the survey results and recognizing implications personally and in the community;
- 2. Defining white fragility and recognizing it as both a community and an individual sin; and
- 3. Discussing how the LDA's diaconal hallmarks (articulated standards and expectations) build a foundation for actively engaging in anti-racist action.

After each learning objective was presented, participants gathered into breakout groups. They reflected on questions, listened to others, and processed what they heard as individuals and as a community.

# The Diaconate and Anti-racism

Part Four:

LDA/LDC Hallmarks as a Pathway to Change

Eileen Morgan and Angela Goodson



- Christ!
- "In baptism, the Holy Spirit calls every Christian to a life of diaconal service as part of that redeeming, recreating task."
- Diaconate is a "sign to the church" of the "new reality" brought about by Christ
- Racial justice and confessing to participation in racist words, thoughts, and actions, both by commission and omission, is a necessary step to be an effective sign to the church of the immense work that needs to be accomplished

#### **ENCOURAGEMENT AND NEXT STEPS**

"The fact that the community wants to see this change gives me hope," Rebecca said. "The community has demonstrated a wonderful willingness to work toward solutions to this problem." She also is encouraged by the commitment and creativity of the Diversity Task Force members. "They have lots of energy and are gifted in ideas," she noted.

The task force plans to meet in 2021 and focus on steps Rebecca outlined at the 2020 LDC Annual Meeting:

- Develop and maintain multicultural and intercultural resources
- Opportunities for regular anti-racism training and conversations that include "outside voices" to explain/express their concerns, questions and hopes
- Forums to discuss racial justice topics on a regular basis
- Provide more LDC News regarding anti-racism and ongoing theologically-based diversity training for our community

Diversity Task Force members are Deaconesses Carmen Colón-Brown, Jean Wildgrube, Karen Westbrooks, Katherine Peters, Kay Johnson, Rebecca West-Estell, and Valerie Webdell; Deacon David Rojas Martínez; and Deacon Student Rodney West-Estell.



### BOOKS REFLECT COMMITMENT TO FAITH, SOCIAL JUSTICE



Reverend, Doctor, and Honorary Deacon Karl Lutze autographs one of his books for Deaconess Barbara Herzinger.

Reverend, Doctor, and Honorary Deacon Karl E. Lutze's life was a testament to his faith and his passion for social justice. And his books reflect this lifetime commitment: from pastoring two African-American congregations in Oklahoma, to teaching theology at Valparaiso University and serving on the staff of the Lutheran Human Relations Association of America, to advocating for Black Americans, First Nations people, and older adults.

Karl wrote stories about people. "People were the doors for Karl that opened the world. Karl wrote stories about people — about people he knew, some famous and some not all," said his widow Gail, who noted that her husband wanted to give his books away so they might enrich others. By getting to know those with whom he shared life and ministry, readers may also discover insights into their own lives, faith, and service.

Together, Karl and Gail donated copies of his books to the LDA, which offers them for sale to support its Student Scholarship Fund. Special pricing for the following books is available. See Book Pricing and Ordering information at the bottom of this page.

- Of Walls and Doors: Procession Through My Life. "I have hoped to tell how the people who have been processing through my life have enriched my ministry," Karl notes on the book cover.
- Into a Wider World: Family, Friends, and Allies, Companions for the Journey. These stories about friendships during the civil rights movement while Karl was professor at Valparaiso University invite readers to reflect deeply about their own relationships and ministry. This book tells how others "... worked with Karl and walked with Karl, doing justice and loving kindness," writes Rev. Dr. Frederick A. Niedner on the book cover.
- A Lot on My Mind, Lord and We Need to Talk, Lord. These two books of soliloquy prayers are ideal for personal and community devotion. The prayers "... make the mind alert and the heart tender ... to human experience, to God's gifts, to the times of our lives," Rev. Dr. Walter Wangerin, Jr., notes on the cover of A Lot on My Mind, Lord.



#### **Book Pricing and Ordering**

Special pricing for Karl's books is available through June 30, 2021. Buy two books and save \$5 on a third book; buy all four books and save \$10. To order, call the LDA at (219) 464-6925 or email deacserv@valpo.edu. Visit https://thelda.org/resources/#books to read more about Karl.

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