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WE are LUTHERAN

Somerset Attorney Honored for Legal Advocacy Work

BY RICK KAZMER

The Lutheran Letter Editor

Megan E. (Will) Flower was honored in April for her legal advocacy for vulnerable people.

The Somerset attorney attends Friedens Lutheran Church.

"I cried when I read the email. I've never done this for the recognition; I do it because I truly enjoy it," Flower said after learning about the recognition. She received the 2023 Lutheran Advocacy Ministry in Pennsylvania (LAMPa) Advocacy Award for the Allegheny Synod.

She said that when God called her to be a lawyer, the message wasn't: "But Megan, you can only be an attorney for those on the right side of the law," she wrote.

(See FLOWER, Page 16)



Submitted photo

Bishop Paula Schmitt celebrates with Megan Flower after she was honored for her legal work for under-served people. The ceremony was in Harrisburg in April.







TO INFORM, INSPIRE AND ILLUMINATE

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ALLEGHENY SYNOD OF THE ELCA

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Called by God to be one in Christ: we worship, grow in faith and serve all people.

OUR VISION

Because Christ is here...We are actively engaging in God's work and sharing the Gospel as the Holy Spirit increases the followers of Jesus Christ.

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Be Open

A Message from Bishop Paula Schmitt

Grace to you and peace from God our Father and our Lord, Jesus Christ!

Just a few weeks ago, our Synod met in Assembly at the Blair County Convention Center.

It was our first time back together in-person for several years. Voting members and guests commented about the good feeling of being together again.



Bishop Paula Schmitt

At the beginning of the Assembly, I reminded everyone that the gathering we call the Assembly is essentially the business meeting of our organization. The Evangelical Lutheran Church in America (ELCA) is one church in three expressions: the congregations, the synod, and the Churchwide Organization. Each of these three expressions has three layers of organization: the annual meeting or assembly, the council, and the staff. In a congregation, you have an annual congregational meeting, a congregation council that usually meets monthly, and a pastor and perhaps other people who engage in ministry on a day-to-day basis. It's the same in the Office of the Bishop for the Synod.

We have an annual assembly, which is comprised of the voting members appointed or elected from each congregation, a Synod Council — that in our Synod meets six times a year, and a synod staff.

(See BISHOP, Page 15)

MORE FROM ASSEMBLY ON PAGE 10

Scene of the Edition



Rolling hills and clouds near St. John in Sinking Valley, taken in early June.

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On a Mission in Sarasota Synod Team to Help with Storm Work

By RICK KAZMER

The Lutheran Letter Editor

A group of Synod youth and adults are headed to Sarasota, Florida, for a mission trip that will include a variety of good works.

Pastor Drew McCaffery, from Bethany Lutheran Church in Altoona, is leading the trip, scheduled for July 1-8.

As you are reading this, the team is likely meeting up with other groups from Sarasota and Montana, as well as Lutheran Disaster Response.

"With the devastation of Hurricane lan (the storm hit the East Coast in the fall of 2022), we know there is always the question 'what can we do?' I especially ask those questions as I have roots in Florida," Mc-Caffery said.

"I reached out to some of our local clergy seeing if this would be a possible opportunity to give our youth experience of another community while also providing assistance in a safe and faith-driven environment."

The team will likely be doing remaining storm cleanup, rebuilding and food security work. Sixteen youth and seven adults are making the trip from Pennsylvania. The youth are age 14-18.

"This will be a unique experience because it gives youth, throughout

our Synod, the opportunity to experience an area in which they may never visit, but also see and encounter the impact of a natural disaster," McCaffery said.

"This will especially be important for youth who may not have the opportunity to experience the National Youth Gathering. This event will of course be on a much smaller scale as it is being organized by the local ELCA Outdoor Ministry in Florida as compared to the National Denomination."

The team will have the opportunity to experience some of the Florida culture while they help with lan cleanup.

Sarasota is about an hour from Tamp Bay. The trip is also another opportunity for the Allegheny Synod to partner with the sister Synod in Montana.

"This will provide just another opportunity for our youth to see how Lutherans are in places other than Central Pennsylvania," he said.

Anyone who would like to help the trip can defray the cost by making a donation. Contact the Synod office for details.

The bus and driver alone cost about \$11,000.

For information on how to help Luther Springs in Sarasota directly, call 727-415-9887.†

Remember in Prayer

Join the Allegheny Synod in prayer for these congregations this issue.

JULY

Week 1: First Faith Cooperative Ministry: First Lutheran, Phillipsburg; and Faith United Lutheran, Houtzdale Week 2: St. Luke Lutheran Week 3: St. John. Clearfield Week 4: Christ Lutheran, Johnstown **AUGUST** Week 1: St. Stephen Lutheran, McAlevey's Fort Week 2: St. Paul Lutheran, East Freedom Week 3: Holy Shepherd Parish: Holy Trinity Lutheran, Lanse; and Shepherd of the Hills Lutheran. Karthaus

Week 4: Trinity

Parish: St.

Matthew

Lutheran,

Marklesburg; and

Zion Lutheran, Petersburg

Submitted photo

The Stephen Ministers commissioned on April 16 at Grace Lutheran Church in State College. Pictured, in the front row, Gloria Nieweg, Pastor Lois Martin, Patricia Murphy and Mark Mrsa. In the back row, Stephen Leader Brenda Palmgren, Stephanie Flanagan, Ed Prince, Carla Rossi, Stephen Leader Susan Hirth, Judy Rockey and Pastor Larry Louder. Missing from the photo are Linda Schul and Linda Christensen.

Stephen Ministers Commissioned at Grace

By BRENDA PALMGREN

Grace Lutheran Church, State College

The Christian caregiving ministry at Grace Lutheran Church in State College has grown.

Ten new Stephen Ministers were commissioned on April 16. These new lay caregivers join other Stephen Ministers already commissioned and serving at Grace.

(See STEPHEN, Page 9)

Q& A with Pastor Tara Lynn

Meet the New Regional Portico Rep

Pastor Tara Lynn is the Portico Regional Representative for ELCA Regions 7 and 8. She lives in Pittsburgh and enjoys wildlife, including deer, squirrels and turkeys, that roam her backyard. She started her new role in January.

THE LUTHERAN LETTER: Can you describe your job at Portico, and your role in the Allegheny Synod?

PASTOR TARA LYNN: At Portico Benefits, our mission as a ministry of the ELCA is to provide retirement, health and other related benefits and consultative services to enhance the total well-being of those who serve faith-based organizations.

As a Regional Rep, my job is to be present (both in-person, virtually and by phone) in the synods in Regions 7 and 8, meeting with pastors, leaders, congregations and bishops to talk about the benefits we provide, offer educational opportunities and be a point of contact when extra support is required.

You will most likely see me around at events like synod assemblies, convocations or other times and places when you gather as a synod.

TLL: What do you hope to accom-

plish?

PTL: In this position, I hope to serve rostered leaders and church professionals by assisting them to live their best lives through the use of their Portico Benefits. I also hope to assist congregational leadership as they support their rostered leaders and church professionals in utilizing their benefits. In all of this, I seek to be one piece of the puzzle in assisting our ministries in the ELCA thrive in sharing the message of Jesus.

TLL: What are you most excited about?

PTL: Meeting the people of the synods of Regions 7 and 8 and learning more about your ministries and talking about how Portico can help support well-being in ministry.

(See LYNN, Page 7)

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Pastor Tara Lynn

(Continued from Page 6) TLL: What's the biggest challenge so far?

PTL: The biggest challenge so far is the logistics of meeting everyone 15 across synods!

TLL: What's your favorite hobby and what do you like about it?

PTL: These days my favorite hobby is hiking with friends and family. We have so many wonderful places to go in Pennsylvania and I like how each place has something unique to offer.

TLL: Anything you'd like to add?

PTL: I look forward to meeting and working with you in the coming days and months! †

'Rekindle the gift within you'

Pastor Olson to Teach Stress Management in the Desert

By RICK KAZMER The Lutheran Letter Editor

Pastor Jaime Olson, from Evangelical Duncansville Lutheran Church, is traveling to Phoenix, Arizona, this month to share his expertise on traumatic stress.

The audience will be ELCA leaders at the Rostered Leaders Gathering.

"As a board expert in traumatic stress, I will be offering a 45-minute workshop in the subject: Trauma-From Hurt to Healing," Olson wrote



Pastor Jaime Olson

in an email about the presentation.

He will be teaching about the stress triggers that impact us, and ways to understand and deal with trauma, within ourselves and when helping others.

The leaders are meeting under a theme from 2 Timothy 1:6 — "Rekindle the gift within you."

"Let this gathering be an opportunity for you to remember, reclaim, rekindle and revive yourself. Gathering with colleagues from across the church for fellowship, renewal, continuing education, worship, Bible study and refreshment for your spirit," a description of the event online reads. t

Grant Report: Funding a Boost for Food Project in Mundy's Corner

BY RICK KAZMER

The Lutheran Letter Editor

The Interfaith Food Pantry is leveraging a \$1,000 Allegheny Synod Congregational Grant to boost its food security ministry.

David Rager, a member of St. Paul's Evangelical Lutheran Church, helps to operate the pantry in Mundy's Corner.

"The project consisted of a total renovation of the old church hall," Rager said. "Our ministry is feeding families in need of food."

The pantry is a joint project between St. Paul's, Saint John Vianney Catholic Church, and Pike Grace Brethren Church.

The pantry feeds more than 200 people a month. Rager said the building the pantry was housed in was too small.

"We could not distribute from there," he said. "We had to move the







Submitted photos

A look at some of the work to complete the new location for the Interfaith Food Pantry in Mundy's Corner.

food monthly to different churches in the area to do so."

He said the pantry is blessed to have the funding.

"Rewards are many, knowing families have food is by far the most," he said.

"We have been blessed by volunteers and donations ... now we can complete our goal to have one place to call home."†

STEPHEN

(Continued from Page 5)

The church is pleased to be able to expand its caring ministry.

These additional trained laypeople will be a big help to Grace's congregation and community.

Stephen Ministers provide care and support for people experiencing difficulties, such as the death of a loved one, job crisis, aging, separation or divorce, or a long-term illness.

They have received high-quality training covering effective listening, confidentiality, boundaries, feelings and utilizing community resources.

Stephen Ministry is a confidential ministry; those receiving care can be sure that their identity and what they discuss in the caring relationship will remain

private.

In addition to the training, these lay Christian caregivers will continue to receive monthly continuing education and supervision sessions to help them offer the most effective care.

If you have more questions about Stephen Ministry at Grace, contact Stephen Leader Brenda Palmgren at 814-574-1039.

If you know someone who needs care and support and lives near State College, call Palmgren or Pastor Carolyn Hetrick at the church, at 814-238-2478.

For more information about starting Stephen Ministry in your congregation, call Stephen Ministries St. Louis at 314-428-2600, or visit their website at stephenministries.org.†

Reflections from Assembly

The Allegheny Synod Assembly was held June 17 in Altoona.

Jeanne Fleegle, Assembly committee chairperson, gave a brief report following the gathering, which is a time the Synod conducts business, elects officers and joins in worship.

THE LUTHERAN LETTER: How did Assembly go this year?

JEANNE FLEEGLE: There were almost 200 in attendance, which shows people want to know what is happening in the church.

LL: What was a big theme you noticed during the event?

JF: The word I heard was we all need to change in order to grow the church. Some of those changes include online registration and electronic voting, which most people liked.

LL: What's one of the good-news moments?

JF: To me, the big news is that Pastor Kevin (Shock) became a full-time assistant to Bishop Paula. This will enable the Synod office to work on programs they wish to expand, or implement new programming.

LL: Final thoughts?

JF:I was most happy to be in community together and see familiar faces and meet new people.†



Submitted photo

Retired Lutheran Pastor Larry Louder is celebrating 50 years of ordained ministry. The faithful gave thanks to God for his long ministry. He is pictured during Assembly with Pastor Carolyn Hetrick, of Grace Lutheran in State College.

Summer 2023 The Lutheran Letter 11

The Director's Take

News of Note from the Director of Evangelical Mission

By PASTOR KEVIN SHOCK

Assistant to the Bishop & Director of Evangelical Mission

One of the foundational pillars in coaching is asking powerful questions.

When I practice with my coaching colleagues, how I formulate questions is something that I pay close attention to. A powerful question opens conversation and possibilities, while some other types of questions shut down conversation.

Leading questions can sound like advice or direction that isn't open for discussion. Yes/no questions only allow for short answers. "Why" questions can too easily be answered with "I don't know." The most powerful questions begin with "how?" or "what?" and give space for the coaching client to explore their own thoughts and feelings and to articulate various options before finding the best course of action.

Jesus is a good role model when it comes to asking powerful questions. I recently saw a meme generated by author and activist for unhoused people Kevin Nye that made this statement:

"In the gospels, Jesus is asked 187 questions.



Pastor Kevin Shock

"He answers (maybe) 8 of them. He himself asks 307. Maybe faith isn't about certainty, but learning to ask — and sit in the complexity of good questions."

Some scholars could argue about the ac-

curacy of Nye's numbers, but the point remains the same.

Jesus practices invitation through his questions. He opens space for reflection and conversation for his disciples and the religious leaders and the crowds.

For many people who encounter Jesus, the space he offers makes them uncomfortable.

For the ones who enter the space he offers, they experience growth in relationship with him and sometimes even renewed relationship with other people.

They gain greater understanding of God and view the world in a more imaginative way. Two examples of Jesus asking powerful questions and creating space for growth happen in John 3 and 4 with the religious leader Nicodemus and the woman at the well.

(See QUESTIONS, Page 14)

19

SNAP at the Market Seeks Volunteers

By RICK KAZMER

Lutheran Letter Editor

United Way of the Laurel Highlands has partnered with the Greater Pitts-burgh Community Food Bank and the 1889 Center for Population Health to enable SNAP benefits to be accepted at the Johnstown Farmer's Market by participating vendors. Healthy, locally grown foods are now accessible to more members of our community. In addition, market patrons can now use credit and debit cards to make a purchase.

Visit the SNAP at the Market table to swipe your card in exchange for tokens to be used as currency. Individuals using their SNAP EBT card at the market are also eligible for a "bonus bucks" program. For every dollar spent, they will receive a voucher to match it, up to \$20. That's a win for participants and our area farmers.

The program is likely to be piloted at the SoCo Farmers Market in Somerset Borough later this summer.

If congregation members are interested in volunteering at the Johnstown market on Fridays, email Karen Shaw at the United Way, at karens@uwlaurel.org. Volunteers work at the market from 10 a.m. to noon,

and from noon to 2 p.m. Training is provided beforehand.

The Benefits of Eating Local

Did you know that there are some great benefits to eating locally grown food?

- Local food is full of flavor because it is picked at the peak of ripeness.
- It's nutrient dense. The shorter time between harvest and your kitchen means that essential vitamins and minerals aren't lost.
- Local food ensures that you are eating seasonally. When food can be purchased by a local grower, it's in season and more likely to taste better than food that is shipped over long distances. Plus, seasonal food is cost-effective for individuals wishing to get the most out of their food dollars.
- Local food benefits the local economy. Money spent with local farmers and growers stays in the community.
- Local food is safer. Because there
 is less processing, handling, and
 shipping, locally grown food is
 less likely to be contaminated.

(See SNAP, Page 13)

Faith Formation Team Publishes A Must-Read Book

Bv PASTOR KEVIN SHOCK

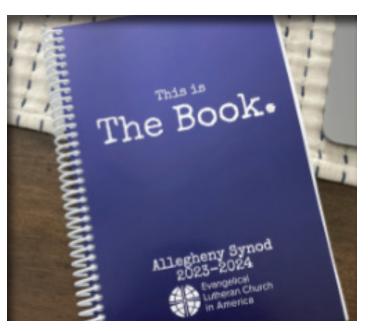
Assistant to the Bishop

"This Is The Book" is a newly released project of the Faith Formation Team of the Allegheny Synod and was born out of the hope to build a resource for youth who will attend The Weekend youth event in December.

As it came together, all of the people involved in this project realized that this could be a resource for anyone who sometimes struggles with self-worth or sometimes feels overwhelmed by life.

It's filled with reflections on scripture and life, writing exercises, suggestions for making art, and opportunities to reflect on your own, or with others.

A lot of compassion and work went into this project, and we hope that it gets in the hands of anyone in our



Submitted photo

"This is the Book" was created by the Synod's Faith Formation Team.

Synod — or beyond — who thinks it would be helpful. If you would like copies for yourself, someone you know, or a group in your congregation, please send a request to kevin. shock@alleghenysynod.com. †

(Continued from Page 12)

- · Local food is environmentally friendly. It helps to preserve vital farmland and greenspaces.
- Additionally, when food is grown locally you have the opportunity to ask questions about how it was raised and harvested. Knowing more about where your food comes from and how it was grown can help you make the best food choices for your lifestyle. For a guide to what fruits and veggies to expect seasonally, check out "In Season Now" through PA Preferred Agriculture. †

QUESTIONS =

(Continued from Page 11)

Jesus invites them into conversation that leads them to experience God and the world in new ways.

If faith is indeed not about certainty, human beings nevertheless crave certainty.

Certainty brings security and comfort. Certainty allows us not to ask questions. And yet, that means that certainty can also cause stagnation and stunt our spiritual or emotional growth.

In the world — and even in our churches — we want to find answers and make concrete plans that will enable us to move forward well. However, if we seek answers and make plans without asking powerful questions that give us space to explore options and grow, our plans are short-sighted and our answers are incomplete.

I'm learning in my call in the Office of the Bishop that I want to have quick and easy answers to give to congregations; however, I'm learning in my call as a baptized child of God that I have far more questions than answers.

I'm also learning that the best way to handle the questions I have is to discuss them with other people, knowing full well that we won't easily find any answers. Telling people that I don't have any answers isn't a great way to earn clout or admiration quickly, but being willing to ask questions and create space is a

good way to build relationships and come to a greater understanding of God and our calling.

What might happen in your congregation and in our Synod if we are more willing to engage powerful questions than we are to seek quick answers?

I'm always available to listen to your answer to this question and to ask you more. †

What might happen in your congregation and in our Synod if we are more willing to engage powerful questions than we are to seek quick answers?

BISHOP ===

(Continued from Page 2)

The Allegheny Synod staff currently consists of a bishop, a pastor serving a dual role as Assistant to the Bishop and Director of Evangelical Mission (DEM), and an office manager.

The highest authority lies with the annual meeting or Assembly. The Synod Assembly is the business meeting for our organization. The voting members to the Assembly can give direction to the Synod Council or the staff in the Office of the Bishop. The work of the Assembly is to elect a bishop, elect people to serve on the Synod Council and other leaders who serve on synodical committees, pass an annual spending plan (budget), and consider resolutions — or, action statements that direct the council or the staff to engage in specific activities. At this year's Assembly, a recommendation came from the Synod Council to amend the current fiscal year budget to reflect moving Pastor Kevin Shock from a dual role to a single role as the full-time Assistant to the Bishop and to direct the bishop and the Synod Council to enter into a conversation with the Upper Susquehanna Synod and Bishop Craig Miller to share a DEM.

The Assembly passed the motion, which will allow the Synod Council to move toward issuing a call to a new, shared DEM. This is exciting news for us in several ways. First, it will allow Pastor Kevin to focus his gifts and attention on congregational identity work, vision work, and leadership development for our rostered ministers, seminarians, and lay worship leaders.

The DEM will concentrate on securing grants for ministry and fostering new ministry starts. Of course, there will be other things each of them engages in as they are able, but their main focus will be to build up and support ministry. As we look to rebuilding and refreshing ministry in our Synod, this new staffing option will be tremendously helpful. I am grateful for the discernment of our voting members as the recommendation was considered.

My report asked voting members to "be open." We engaged in a guided meditation to listen for the Holy Spirit's voice in us. This new path forward will present opportunities for us to be open to new ideas, new ways of doing ministry together, and new possibilities for engagement with our neighbors and communities. "New" can be a little unsettling because we haven't done it before. If we are willing to be open to this newness, we will not be left alone. Jesus will walk alongside us and provide a pathway forward — perhaps one we didn't even imagine. Please pray along with me that in the months to come, we listen closely for the Holy Spirit's guidance and that we will be open to taking a step in faith toward a hopefilled future together. Thank you for all the ways you are sharing the love of Christ that lives in you. As I travel around our Synod, I see your gifts being shared in marvelous ways. Keep it up, friends!

FLOWER =

(Continued from Page 1)

Instead, she is inclusive in her practice, helping people charged with crimes, victims of crimes and people in-between.

"It is imperative that we, as Lutherans called to a life of advocacy, push society to begin seeing the Bradleys, convicted of killing his own child, and the Myrons, a victim of a broken refugee system, as God's children and not as the 'criminals' or 'immigrants,'" she wrote.

"We need to continue advocating so that Bradley, Myron and many more of God's children have their rights preserved."

Flower primarily represents at-risk children. Many of them have been removed from abusive or neglectful homes. She said that she finds joy when helping these kids, especially when they are adopted.

"(W)e need to continue advocating so that all of God's children know they have someone on their side and someone they can turn to in their time of need. After all, isn't that what God is for us?" she said.

Flower is married to Ben Flower. They have two beagles, Daisy Mae and Abigail Rose. †

FAITH MATTERS

THE LUTHERAN LETTER: What have you been praying for the most lately?

MEGAN (WILL) FLOWER: An end to violence: mass shootings, the war in Ukraine, the unrest in Israel and Palestine, police brutality.

TLL: What's your first memory of experiencing the Lutheran faith?

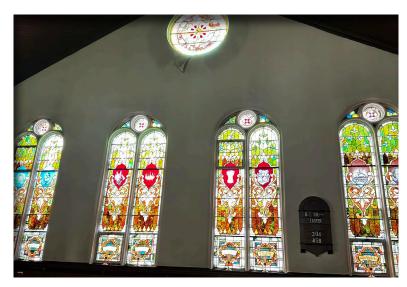
MWF: I remember going to Pastor James Ling's house (long-time pastor at Friedens) with my dad when I was younger. He was always so approachable and kind and made me feel welcome, even as a child, to the church. I want to say I was probably 4, or about that age. It just felt like going to a family member's house and Pastor Ling always made church a place I felt I belonged, regardless of age. It's that attachment that I hold onto so dear, some 31 years later.

TLL: What's one message you have for anyone considering attending a Lutheran church?

MWF: The best tenet of our faith is that we have to do nothing to get the love of God. We can mess up 100 times, we can skip church for years, and every single time, God waits for us and loves us still, unconditionally. You are welcome here. You are worthy here. You are loved here.

ICYMI: SYNOD NEWS

These are some of the churches Bishop Paula Schmitt and Assistant to the Bishop Pastor Kevin Shock visited during the past two months, along with some other news of note from around the Synod.



Inside Christ Casebeer Church near Somerset.







Bishop Paula Schmitt and Pastor Kevin Shock, assistant to the bishop, completed the Spring conference earlier this spring by visiting with the Blair Huntingdon conference at the Lutheran Home in Hollidaysburg. "We congratulate Pastor Traci Marriott on her election to serve another term as Dean of the conference and thank Pastor Ralph Hamer for hosting us," was the message on Facebook.

Pastor Kevin Shock enjoyed warm hospitality from the people of Mt. Zion in Glasgow in the beautiful land where Cambria, Clearfield and Blair counties meet. Everyone has a role, even if it requires a holy stepstool.

BEFORE you GO Faith, Patience and Baseball

The Pittsburgh Pirates can sure test your faith as a fan.

If you have been following the team this summer, you are on the Bucco roller-coaster with me. We watched a 20-8 start dissolve into a sub-.500 record in about four weeks.

As I am writing this, the team has won 7 of 10 games and is back in first place of the division.

It has been a wild ride so far, and the season isn't even halfway complete. As you are reading this, the team could be continuing the winning ways, stuck in a losing streak, or most likely, hovering around .500.

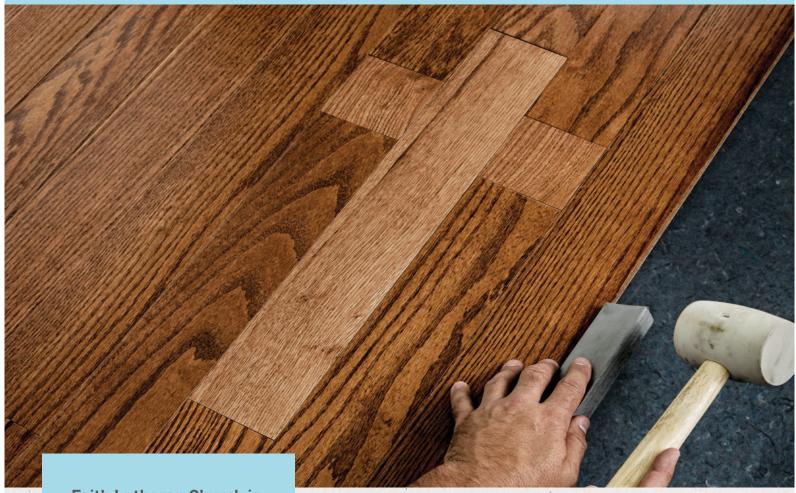
Many fans (sometimes me) jump off the bandwagon during low points, only to rejoin it when the club is winning again. It's hard to have patience, and to weather the bad times.

Baseball has been used as a metaphor in life many times. This year's Pirates team has so far been a great one for patience. The manager has gone from genius to bum in the minds of many fans several times. Certain players, if the less patient of us were in charge, would have been sent back to the minors days before they start to heat up again.

Baseball managers must be very patient. Amid all the noise coming from outside the club, they often remain faithful to a player who is suffering a slump. They see the potential, and know the big hits or fast pitches are there, waiting to be realized. In my experience watching baseball, faith in the right players is often realized with great results.

I am not sure how the Pirates will finish this year, but I going to try to refrain from losing faith too soon.

You could invest in an ordinary IRA. Or you could invest in an IRA that lends a helping hand.



Faith Lutheran Church in Lavallette, New Jersey

Financed a major renovation with a loan from the Mission Investment Fund. When Superstorm Sandy severely damaged the new addition, MIF deferred Faith's loan payments until the congregation got back on its feet.

The Mission Investment Fund offers competitive interest rates and flexible terms on a wide range of investments for individuals, congregations and synods. When you save for retirement with MIF, your investment finances loans to ELCA congregations like Faith Lutheran. To learn more about our investments and ministry loans, contact us at mif.elca.org or 877.886.3522.



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