

# ABUNDANT LIFE TRES DIAS



-May 2018 Newsletter-  
God Loves You and So Do We!

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## ALTD HAPPENINGS...

### VICTORY AT THE VICTORY SECUELA

Victory secuelas are my favorite. I love the carry-over of excitement from the past weekend. The turnout is good, there's lots of food, and the evening is just so much fun!

A special thanks goes out to our post weekend chairs, Josh & Sarah Duesterbeck, for putting together the most amazing soup cook off yet!



Skylar & Kendra give their vote!

Soup tasters were able to vote on their favorite soup by monetary donation, which raised \$165.62 for ALTD!

Winners received a bouquet of flowers, and a gift card. They have also graciously agreed to share their recipes with the ALTD community. (See inside this newsletter!)



Alma, Marlene, Elke & Pat serve it up!

### Congratulations to the winners of the 2018 ALTD Soup Cook-Off:

1<sup>st</sup> Place: Jennifer Kodl & Gretchen Hammeke with the fabulous Tomato Tortellini.

2<sup>nd</sup> Place: Pat Oberst with her delicious Cheesy Broccoli.

3<sup>rd</sup> Place: Marlene Remer with the tastiest Chili.

## IN THIS ISSUE

- \*ALTD #39 Leaders Announced.
- Trainings Begin in August!
- \* Nominating Committee seeks Secretariat Volunteers
- \*Summer Secuela Approaches



**Men's Weekend Mar. 15-18**  
**Rector: Ricoh Oberst**  
**Head Cha: Ken Jahns**  
**Theme Verse: Col 1:13-14**



**Women's Weekend Mar. 22-25**  
**Rectora: Vicki Hunt**  
**Head Cha: Deb Smits**  
**Theme Verse: Col 1:9-14**

## TOMATO TORTELLINI SOUP W/ ITALIAN SAUSAGE & SPINACH

- 1 tablespoon vegetable oil
- 1 pound ground Italian Sausage
- 1/2 cup diced onion (about 1/2 med onion)
- 1 tablespoon minced garlic
- 1-28 oz can crushed tomatoes
- 1-32. oz. box of vegetable or chicken broth
- 2 tablespoons fresh chopped basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 9-ounce package refrigerated tortellini
- 2 cups packed fresh spinach

### INSTRUCTIONS

1. Heat a large, heavy bottomed pan over medium-high heat. Heat vegetable oil and add diced onion. Sauté until onions are soft.
2. Crumble Italian Sausage and garlic with the onion. Cook until sausage is no longer pink.
3. Stir in crushed tomatoes, vegetable (or chicken) broth, basil, salt and pepper. Bring to a boil, reduce heat to low, and cover. Let soup simmer for 20-30 minutes.
4. Add tortellini and spinach and simmer for about ten minutes, until pasta is tender.
5. Serve with shredded Parmesan.

## CHEDDAR BROCCOLI SOUP

- One 8 oz Merkt's Cheddar Cheese (any flavor).
- One lb. fresh or frozen chopped broccoli.
- 1 cup hot milk.
- 1 1/2 quarts water with 8 chicken bouillon cubes.
- 1/2 cup butter.
- 2/3 cup flour.
- 1 small onion, diced.
- 5 strips bacon, sauteed and diced.

### INSTRUCTIONS

Cook broccoli in chicken stock until very tender. Sauté onions in butter. Add flour and cook 5 minutes. Add broccoli and soup stock and bring to a boil. Simmer 10 minutes. Add cheese spread and allow it to melt. Add hot milk and bacon bits.

## SLOW COOKER CHILI

- 1 lb lean (at least 80%) ground beef
- 1 medium onion, chopped (1/2 cup)
- 2 cups Old El Paso™ Thick 'n Chunky salsa
- 1 can (15 oz) tomato sauce
- 1 can (4.5 oz) Old El Paso™ chopped green chiles
- 2 teaspoons chili powder
- 1 can (15 to 16 oz) pinto beans, drained, rinsed
- Shredded Cheddar cheese, if desired
- Sliced green onions, if desired

### INSTRUCTIONS

In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain. In 3- to 4-quart slow cooker, mix beef mixture and remaining ingredients except beans. Cover; cook on Low heat setting 8 to 10 hours. Stir in beans. Cover; cook on Low heat setting about 5 minutes longer or until beans are hot. Top with cheese and onions. ENJOY!

## God's Blessings to the Men and Women Called to Lead Weekend #39...



*Ricoh Oberst & Ken Jahns*

God has an awesome way of confirming our steps, and pointing us in the right direction. God had a specific verse in mind for Weekend 39...and he directed both the rector and rectora to choose the same verse without being aware of the other's choice. WOW! With so many fantastic verses in the Bible to choose from, that just blows me away. If that doesn't give you Holy Spirit goosebumps...what will? Sure makes me think this will be the best weekend yet! Come Holy Spirit Come!!



*Deb Smits & Vicki Hunt*

Both Rector Ricoh Oberst and Rectora Vicki Hunt chose Colossians 1. The men are focusing in on verses 13-14, and the women are expanding to include verses 9-14.

**Fall Men's Weekends:** #39-October 25-28, 2018

**Fall Women's Weekends:** #39-November 1-4, 2018



**RICOH OBERST, RECTOR**

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**DEB SMITS, HEAD CHA**

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**PERHAPS THE NOMINATING COMMITTEE HAS ALREADY ASKED YOU... WE HOPE YOU'LL SAY YES TO THE CALL!**



**POSITIONS OPENING:**

- Leaders Chair
- Treasurer
- Pre-weekend Chair
- Communications Chair



**"Ask and it will be given to you; seek and you will find; knock and the door will be opened unto you."**

**Matthew 7:7**

**\*LOOKING FOR SOMEONE WITH ADOBE SKILLS:**

**Can anyone help me update the Participant and Team Applications into an online form so that participants can apply and pay online? Please let me know: [Kristaclimbs@hotmail.com](mailto:Kristaclimbs@hotmail.com).**

*Prayer Request and Community Updates...*



- Bob Remer is recovering from heart surgery. *Thank you for your prayers!*
- Randy's brother, Russ Weltzien, began the process of a stem cell transplant. *Thank you for your prayers!*
- Steve Liewald had a successful interview, and has been offered a job. *Thank you for your prayers!*
- Dear friends in our ALTD community persevere through the storms of life. *Thank you for your prayers!*
- Our rector and rectora seek the Lord's guidance as they build a team. *Thank you for your prayers!*

Do you have prayer requests or news you want shared with your ALTD community?  
Please write on our facebook page, or send an email to [tresdiascommunication@gmail.com](mailto:tresdiascommunication@gmail.com)

## A Change of Season

Spring has seemed impossibly long in coming this year but it seems to have arrived and is most welcome!

There is a change of season coming for Paul and I as we prepare to sell our home in Rockford and relocate to downtown Milwaukee in the very near future, we hope to be settled by this fall.

Our only son and his wife reside in Milwaukee, and it's my hometown. We talked about doing this move two years from

now, but why not go now? We hope to be there for our future grandchildren, and Paul wants to continue to work instead of retiring in two years.

We've been invited by Tres Dias International to serve as the Midwest Liaisons for communities – to perform the Essentials Training, support existing and assist in developing new communities. This is something we can do together, and we're excited about the future!

I plan on completing my final year as your Lay Director. It has been an honor and a privilege to serve the ALTD community as Post-Weekend Chair, Leader's Chair, and Lay Director. I will certainly miss my two Reunion Group sisters and Westminster Church.

May God continue to bless and prosper Abundant Life Tres Dias!

Karen Weis, Lay Director

## 39th TRES DIAS ANNUAL ASSEMBLY

July 13-15, 2018

Both Karen Weis and Tom Miller will be representing ALTD in Bay Village, Ohio for the 39th Annual Assembly of Tres Dias International. The Meeting will be hosted by the Tres Dias Cleveland Community, and held on the shores of Lake Erie at Bay Presbyterian Church. The weekend will include Essentials Training, meetings and workshops, Parade of the Banners, Installation of Officers, Communion, a Potluck Dinner and Secuela.

The Assembly Verse is Acts 4:13, particularly the last phrase: "they took note that these men had been with Jesus." The emphasis is the life-changing experience of "Being with Jesus". All are invited to join in fellowship as Tres Dias joyfully worships our Lord and Savior, Jesus Christ!



**ALTD IS 100% FUNDED BY DONATIONS!!**

Without your generous donations, we could not do what we do to encourage and motivate Christian leaders. We thank you for your support!

# -May 2018 Newsletter-

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Facebook Search:  
Abundant Life Tres Dias  
of Rockford, Illinois



[www.abundantlifetresdias.org](http://www.abundantlifetresdias.org)

## 2018 Tres Dias Weekend Events

Put These Dates on Your Calendar!!

Please visit our website for the full posting of 2018 ALTD events!!

June 23- Annual Picnic & Business Meeting

Nov 30- Victory Secuela

ALTD Men's Weekend #39: October 25-28, 2018

Men's Weekend #40: March 14-17, 2019 (TENTATIVE DATE)

ALTD Women's Weekend #39: November 1-4, 2018

Women's Weekend #40: March 21-24, 2019 (TENTATIVE DATE)

The weekends are located at The Inspiration Ministries Retreat Center  
N 2270 WI-67, Walworth, WI 53184

Send off begins Thursday around 7:15pm

Serenade meets in the lower level Saturday around 6:15pm

Closura ends the weekend on Sunday around 4:15pm

## ALTD SECRETARIAT MEMBERS

Karen Weis	Lay Director	<a href="mailto:karenweis@comcast.net">karenweis@comcast.net</a>
Gretchen Hammeke	*Spiritual Director (opening 6/18)	<a href="mailto:Gretchenk428@gmail.com">Gretchenk428@gmail.com</a>
Jeff & Elke Ingersoll	*Leaders Chair (opening 6/18)	<a href="mailto:jneingersoll@gmail.com">jneingersoll@gmail.com</a>
Bill Pieters	Weekend Chair	<a href="mailto:wpieters@att.net">wpieters@att.net</a>
Henry Repay	Treasurer	<a href="mailto:repaylawfirm@ithink2.net">repaylawfirm@ithink2.net</a>
Jennifer Kodl	*Pre-Weekend Chair (opening 6/18)	<a href="mailto:kodlj@beloit.edu">kodlj@beloit.edu</a>
George & Jenny MacIntyre	Palanca Chair	<a href="mailto:mac9842@gmail.com">mac9842@gmail.com</a>
Josh & Sarah Duesterbeck	Post-Weekend Chair	<a href="mailto:Joshua.Duesterbeck@Thrivent.com">Joshua.Duesterbeck@Thrivent.com</a> <a href="mailto:sjduesterbeck@gmail.com">sjduesterbeck@gmail.com</a>
Jessi Panyk	Secretary	<a href="mailto:panykattack@gmail.com">panykattack@gmail.com</a>
Jean Lisk	Reunion Chair	<a href="mailto:jean@liskfamily.com">jean@liskfamily.com</a>
Krista Bensheimer	*Communication Chair (opening 6/18)	<a href="mailto:kristaclimbs@hotmail.com">kristaclimbs@hotmail.com</a> <a href="mailto:tresdiascommunication@gmail.com">tresdiascommunication@gmail.com</a>

