



## **Presidents Message –Cindy Richendollar (cindyrich04766@gmail.com)**

Warm Greetings to Sisters in Christ!

By the time you receive this publication, summer will be on the doorstep. Since the ABW Board decided to encourage Regional Gatherings this year, our Annual Meeting will be held during the ABCOM Annual Meeting in October. There will be no Summer Conference in August.

Sanford First Baptist hosted the South Regional Gathering in April. Women attended from areas beyond southern Maine. There was great music, along with time to share what churches are doing for local mission. Al Fletcher was the speaker. The women from Sanford provided coffee time and a beautiful lunch.

In May, we collaborated with the Kennebec Association ABW at their spring meeting. The women at Litchfield Plains were wonderful hostesses and served goodies for coffee hour and a lovely lunch. Bonnie Merrill was the speaker. Attendees shared local mission projects they are involved in. There was also a silent auction, followed by craft time after lunch.

Later this year, there will be gatherings in the West and North. These are still in the planning stages and will be promoted as soon as dates are set. If anyone in the wider Bangor area would like to host a gathering, please contact an ABW Board member.

It is our hope and prayer that these meetings will be a time of blessed fellowship, encouragement in mission, and challenge to be in the Word as we grow our faith.

Please save the date, October 23–24, for the ABCOM/ABW Annual Meeting in Warren.

Have a safe summer!

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## **Nominating Committee Begins Its Work Cindy Richendollar (cindyrich04766@gmail.com)**

A Nominating Committee has been appointed to help fill two important vacancies on the ABW Board: Personal Development and Mission and Service.

Please keep Marion Neilsen, Mary Jane Sullivan, and Joyce Worden in your prayers as they seek God's guidance in this work. They will be contacting prospective officers from churches throughout the state and discerning who may be called to serve in these positions.

We are grateful for their willingness to take on this important responsibility. Please pray for wisdom, open hearts, and God's direction as they move forward.

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## **Educational Gift of Love ( ie. Scholarship)–Lorna Hansen (lbhansen42@gmail.com)**

Do you know someone who is planning on going to college or seminary this year?

- Is this person a member of an American Baptist Church of Maine?
- Is this person enrolled in a Christian College, AIM classes, or seminary?
- Does this person believe it is God's will that she/he enters some kind of Christian Service?

If all of the above applies to someone you know, tell her/him how to get an application. Notify...

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Let's get the good news out there and help someone follow God's call.

President Elect—Sherry Cates (sherrycates352@gmail.com)

## Turning to Jesus When You Are S.A.D.

Even in summer, we can experience Seasonal Affective Disorder. Too much heat and sunlight, along with an overly busy schedule, can cause our bodies and souls to be stressed. You might experience irritability, restlessness, loneliness, tiredness, along with losing spiritual focus and emotional stability.

Here are five ways we as Christians can combat S.A.D.

1. Take time out to be in a cool environment. The Bible uses heat as a symbol for challenges and pressure, while shade and cool temperatures equal God's protection and refreshment (Ps. 121:5-6). Change your prayer and meditation time to a cooler part of the day. God is willing to meet with you anytime, anywhere. Have a cool drink and ask Jesus to give you living water to refresh your soul.
2. Try to follow a routine. The summer changes schedules, which can cause sleep deprivation. God is not a God of disorder, but of peace (1 Cor. 14:33). When your week feels chaotic and the days seem to stretch forever, you can find peace by leaning on a structured routine. Jesus had a routine of praying early in the morning (Mark 1:35). Morning devotions in God's creation remind us that God is with us all the time. Also, because our moods may dip in the p.m., plan a specific positive activity you enjoy and do it every day. At day's end, protect your sleep time.
3. Embrace the power to withdraw for renewal. Sometimes we are asked to do too many activities. Jesus gives you freedom to do what is best for you. He wants you to get the rest you need to be well. He went away from the crowds to be alone (Mark 6:31). It is okay to say no and withdraw for renewal and revival from God. David sought encouragement all through Psalms. When you stop trying to keep up with others' expectations, you can design a summer schedule that works for you and create your space for renewed time with God.
4. Sometimes the sun is so bright it is like a spotlight on our struggles and makes us feel uncomfortable. Instead, look at the sun as God's healing light (Malachi 4:2). Take walks and pay attention to the colors and wonders of God all around you. Change your perspective so that you can see that the light of God's hope is stronger than the darkness of depression (Phil. 4:8). Every day, look for things to inspire your soul to endure the summer season.
5. Find support in relationships. Depression thrives on the lie that you are the only one struggling. Sometimes when we see others happy and we aren't, we feel like a misfit or a failure. Isolation makes depression grow deeper. God doesn't want us to carry our burdens alone. Galatians 6:2 encourages us to carry each other's burdens. There is powerful healing in shared vulnerability. No one is free from sin, nor has the right to judge others. God uses Bible study, good friends, pastors, and professional therapists to lead us toward being well.

God created a natural rhythm for our world. Walk close to Him, let Him be your shade, and let Him give you rest and healing this summer.

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Treasurer—Barbara Anderson (abwbarbara@gmail.com)

**As of May 31, 2026**

**Checking Account Balance: \$33,592.90**

**State Project: Deborah's House**

**Goal: \$3,000.00**

**Total Received as of May 31, 2026: \$5,030.00**

ABW has exceeded the State Project goal by **\$2,030.00**.

In February 2026, a check in the amount of **\$4,000.00** was sent to Deborah's House.

**Remaining Balance for Deborah's House: \$1,030.00**

**Bea Violette Bequest**

**Original Bequest Amount: \$27,500.00**

In March 2025, it was voted to use the Bea Violette Bequest for ramps and repairs at China Lake Camp.

**Amount Paid to China Lake Camp to Date: \$11,338.00**

**Remaining Bequest Balance: \$16,162.00**

## Secretary—Carolyn Eames (ceames1@live.com)

ABWM Board Meeting, March 12, 2026  
Oakland Baptist Church

Present: Cindy Richendollar, Sherry Cates, Martha Walker, Lorna Hansen, Lena Kanda, Carolyn Eames, and Rena Kearney.

The meeting started at 10:00 a.m. with Cindy Richendollar leading us in prayer. She referred to Peter 1:6 and 4:12 in her devotion. We all want to see what God is doing in our lives and what the outcome will be. Real faith is simply trusting what we see happening and that God will be faithful to his Word and perform his promises to us in His timing and His way.

Cindy passed out the recent Treasurer's report and was encouraged by the State Project, Deborah's House. She had emailed the China Lake Board but had not received a reply. She had asked who she should contact.

Lena Kanda, Personal & Spiritual Development, indicated that she is no longer able to function in that role. Cindy said that we need to set up a Nominating Committee and would include that information. She is contacting Judy Ledger to see if she will continue on the Nominating Committee. The Mission & Service position and Assistant Treasurer need to be filled, also. Please send any possible names and their church to Cindy.

Sherry would like to have the Zoom meetings resume in order for the ladies to keep in touch. Barbara had offered and Cindy will check to see if she or Wandah can help access the Zoom site for regularly scheduled Zoom meetings.

Martha Walker reported on our Special Interest Missionaries. Kristi Engel, a global consultant with a healthcare focus, moved and is healing. She has plans to go to Hungary, Italy, Ukraine and India. Ann and Bill Clemmer are in Goma and will be home for the summer. The Chetti's are retiring and would like to keep Dan's Enduring Love project and Sarah's work with migrant domestic workers ongoing. Cindy met briefly with Brian Smith, and they were trying to determine what their focus would be.

Cassandra at National contacted Cindy about a combined Zoom meeting July 17 and 18 for ABW women and girls. As Cindy learns more about it, she will forward the information to Linda for *The Potential*.

Deborah's House will be ending, and we need to come up with a new State Project. This year it needs to be a national project. Lorna said that there are Christian Centers and America for Christ offerings had stories about locations we could possibly use and we'll discuss in June.

Cindy has been taking the ABWM quilt to all meetings and is in awe of the ladies that come up and say, "Oh, I know that lady." And there are stories behind every square. It needs a frame and Cindy will contact Judy Ledger's husband to see if he's willing to build a portable quilt rack. She will also have it gently cleaned.

Regional meetings are in Sanford April 18 and Litchfield May 16. Please try to attend one near you. Contacts will be made for North & West, and possibly East/Penquis areas.

The Annual Business Meeting & Installation will be held during the ABCOM Annual Meeting in Warren on October 23 and 24. Next Board meeting is at China Lake on June 20. It will be retreat-like, as we did at Baptist Youth Camp.

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### ABW Regional Spring Rally South Report by Carolyn Sweeney

On April 18, Sanford First Baptist hosted the Regional Spring Rally South. We were so pleased with the turnout. The room was full, with 40 attendees, including our speaker, Al Fletcher, and our musical guests, Pam and Kevin Rhein.

The ABW President traveled from Perham, Maine, and picked up our Mission and Service Coordinator, Martha Walker, in Anson along the way. We had attendees from around the state. It was truly a spiffy day!

Al did a wonderful job, as did our musical guests, Pam and Kevin. We also do not want to forget the lovely luncheon provided by the women of Sanford First Baptist. Thank you all.

I hope that when you see any ABW meeting advertised, you will fill your car, as Lorna from Auburn did, and come meet women from across the state.

A huge thank you to all who attended.



Al Fletcher



Pam and Kevin Rhies

There is so much new information about our missionaries that it could fill the entire *Potential*. It is hard to know what to cut, because it is all so interesting. These missionaries are our friends.

It is official: Dan and Sarah Chetti retired on March 31, 2026. They became missionaries in 1998 and were the first Global Servants appointed to the Middle East. Their ministry in Lebanon has included mentoring leaders, teaching biblical truth, and ministering to vulnerable communities. Dan served as a professor at the Arab Baptist Theological Seminary, where his students came from across the Middle East and North Africa. A foundation has been established to continue funding Enduring Hope, and they have left both Enduring Hope and Insaaf in the hands of capable Christians. For more about their ministry, visit the International Ministries website.

Recently, I received two emails from Ann Clemmer: "Touched by an Angel" and "Love and Grace: The Price of a Smile."

"Touched by an Angel" tells of a boy living in Heal Africa's boys' dormitory, which houses 60 street boys. There is also a women's dormitory that houses 60 homeless women. In this story, a woman realized that one of the boys was the son of her next-door neighbor from a remote mountain village. His family thought he was either lost forever or dead. What a joy it was to reunite this boy with his family.

Ann Clemmer's "Love and Grace: The Price of a Smile" is included on the next page.

Kristy Engel shared that, after almost a year without international travel following major ankle surgery, she is beginning to travel overseas again. International Ministries has a new partnership with Baptists in Jordan, who have requested help with medical teams. Kristy planned an initial visit in February, followed by a medical team in September. She also hopes to visit Italy, Bolivia, Ukraine, the Dominican Republic, and possibly India.

Pieter and Nora Kalkman wrote on February 25, 2026, marking four years since the massive Russian invasion of Ukraine. They ask us to pray for our brothers and sisters in both Russia and Ukraine.

They shared a note from Nadia, one of their partners in Ukraine. Nadia and her husband, who is a pastor, live and serve in Kharkiv, a city very close to the Russian border. Nadia wrote of entering the fifth year of a terrible war, one they did not start and long to see end. She spoke of the loss, pain, and exhaustion the people of Kharkiv have endured, and of the many people who continue to fight, rescue, heal, teach, repair homes, restore utilities, and keep life going despite sleepless nights, explosions, and air raid sirens.

Nadia wrote that this war has changed them forever. They have learned to trust more in the Lord, cherish one another, and value simple blessings such as light, warmth, silence, and safety. She wrote, "We dream of peace. We pray for peace. We work for peace."

We all miss White Cross as we knew it, especially the opportunity to use our hands to help others. However, the cost of shipping and uncertainty of delivery have made changes necessary. The funds we send now allow missionaries to purchase needed supplies locally. To learn more, search online for "Giving Opportunities for White Cross," go to the International Ministries White Cross page, and download the project list.



## Love and Grace: The Price of a Smile

At HEAL Africa Hospital, one of the ministries provided for children is a day school called *Tuungane*, Swahili for 'let's come together.' It welcomes hospitalized children, or those whose mothers are hospitalized due to complicated pregnancies, fistula surgery, or malnutrition. During their stay, whether weeks or months, we care for their emotional needs through counseling, and provide nutritious meals, clothes, shoes, backpacks and school supplies... and share stories of Jesus' love, especially His love for children.

Last month, one of the *Tuungane* teachers introduced me to little Josué, a six-year-old boy who had never been to school. Born with deformed and shortened legs, he has never walked. Frail, insecure and bewildered, he had to be carried by the teacher wherever he went.

Bill and I knew he needed a wheelchair, but in a city under rebel occupation since January 2025, supplies are scarce. After days of searching, one of our drivers discovered a new pediatric wheelchair, dusty but unused, at the back of a pharmacy. It had been donated by a U.S. company called *FreeWheelChair.com*. It wasn't free, but it was exactly what Josué needed.



Several weeks later, Josué is a different child. He has gained weight, wears new clothes, and sits proudly with his classmates, who eagerly take turns pushing him around the playground in what they call "our bicycle." Most remarkable of all is his smile. His mother, with tears in her eyes, said to me last week, "Maman Ann, this is the first time I have ever seen my son smile."

Sometimes, a simple gift; a wheelchair, a meal, new clothes accompanied by love can transform a life. Josué's smile is a reminder of God's care and a reflection of the love of churches and friends whose support makes these miracles possible

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international  
ministries 

# American Baptist Women of Maine

## THE POTENTIAL

[abwmaine.org](http://abwmaine.org)

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**Summer 2026**

**June 1 Potential Articles Due**

**ABW E-Board June 19-20**

**October 1 Potential Articles Due**

**October 23-24 ABC Maine Annual Convention, Warren Baptist Church**

**November 1 Baptist Women's World Day of Prayer, Springvale Baptist Church**