

MICHELLE M. LELWICA

Religion Department, Concordia College
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EDUCATION

HARVARD DIVINITY SCHOOL

Th.D., 1996. Area of concentration: Religion, Gender and Culture

HARVARD DIVINITY SCHOOL

M.T.S., 1989. Area of concentration: Christianity and Culture

COLLEGE OF ST. BENEDICT

B.A., 1986. Major: Humanities; Minor: Theology

TEACHING EXPERIENCE

PROFESSOR, Concordia College, Moorhead, MN, Religion Department (2001-present), teaching the following courses:

- “Health and Healing: Religion and the Social Body”
- “Compassionate Justice/PEAK”
- “Religion, Race, and Social Justice/PEAK”
- “Body Politics”
- “Women in Religious History”
- “Religion and the Body”
- “Christianity and Religious Diversity”
- “God the Question and the Quest”
- “Engaged Buddhism and Mindfulness Practice” (Critical Inquiry Seminar)
- “Religion in the Context of Personal & Social Transformation” (Critical Inquiry Seminar)
- “Catholicism”
- “American Religions”
- “Introduction to Women’s Studies”
- “Understanding Religion”
- “Religion and Popular Culture”
- “Social Activism: Making Change Happen”

ASSISTANT PROFESSOR, Saint Mary's College of California, Religious Studies Department, (1996-2001), teaching the following courses:

- "Women in the Christian Tradition"
- “Women and the Body”
- "Liberation Theology and Social Issues"
- "19th and 20th Century Thought" (Great Books Seminar)
- "Greek Thought" (Great Books Seminar)
- "Introduction to Christianity"
- "History of the Body in Western Thought & Culture"
- "Introduction to Aikido and the Role of the Body in Spiritual Practice"

TUTORIAL INSTRUCTOR, Harvard University (1995-1996)

TEACHING FELLOW, Harvard University and Harvard Divinity School (1991-1996)

ADMINISTRATIVE EXPERIENCE

RELIGION DEPARTMENT CHAIR, Concordia College (2010-2017)

INTERIM DIRECTOR OF THE FORUM ON FAITH AND LIFE, Concordia College (2017-2018)

CO-DIRECTOR OF WOMEN'S STUDIES, Concordia College (2002-2005)

DIRECTOR OF WOMEN'S STUDIES, Saint Mary's College of California (1999–2001)

GENERAL AREAS OF TEACHING COMPETENCE

Women, Gender Studies, and Religion

Religion, Race, and Social Justice Issues

Religion and the Body

Religion and Culture

Historical Theology

Religious Pluralism and Interfaith Studies

Liberation, Feminist, and Postcolonial Theologies

Catholicism

BOOKS

Hurting Kids: What Incarcerated Youth Are Teaching Me about Whiteness, Compassion, Accountability, and Healing (Wipf & Stock, 2024).

Shameful Bodies: Religion and the Culture of Physical Improvement (Bloomsbury Academic Publishers, 2017).

The Religion of Thinness: Satisfying the Spiritual Hungers beneath Women's Obsession with Food and Weight (Gürze Books, 2010).

Starving for Salvation: The Spiritual Dimensions of Eating Problems among American Girls and Women. (Oxford University Press, 1999).

ARTICLES AND BOOK CHAPTERS (in chronological order)

"A Shameful Perfection: Racism and the Religion of Thinness," in *Pursuing Perfection: Faith and the Female Body in the Age of Instagram*, edited by Maja Whitaker (SMC Press, 2025).

"The Power of Proximity: Embodying Anti-Racist Learning," *Liberal Education: A Voice and Force for Liberal Education* (Spring 2022): 34-41.

"Transforming Eve's Legacy: A Christian Feminist Theologian's Analysis of Dieting Culture" (an invited book review of Hannah Bacon's *Feminist Theology and Contemporary Dieting Culture: Sin, Salvation and Women's Weight Loss Narratives*, T & T Clark, 2019), *Journal of Gender Studies* Vol. 26, No. 6 (2020): 728-730.

"Pedagogical Promiscuity: Embodied Learning/Teaching about Religion, Sexuality, and Power," lead chapter in *Teaching Sexuality and Religion in Higher Education: Perspective Transformation and Embodied Learning*, edited by Kate Ott and Darryl W. Stephens (New York: Routledge Press, 2020).

“Depriving the Body to Save the Soul: Women, Weight-loss, and the Religion of Thinness,” in *Religions et Alimentation*, ed. Par Remi Gounelle, Anne-Laure Zwilling, et Yves Lehmann, Turnout: Brepols, 2019 (Homo Religiosus, 20), p 49-68.

“The Supposed Shame of Aging Female Bodies and the Saving Grace of Transience,” *Dialog: A Journal of Theology* (2019), pp. 1-9, <https://doi.org/10.1111/dial.12518>

“The Cultural and Religious Production of Physical Disability Shame and the Saving Power of Heretical Bodies,” *Review of Disability Studies: An International Journal* (Special Issue: Disability & Shame) Volume 15, Issue 3 (Fall 2019).

“The Politics of Peeing and Pooping and the Saving Power of Interdependence,” invited blogpost for *Political Theology Today*, at <http://www.politicaltheology.com/blog/the-journal/> (March, 2018).

“Moved by Sacred Beauty-in-Motion,” review of Odissa Dance Company’s performance in *Narthaki*, an online publication the covers the world of Indian dance (November, 2017). <http://www.narthaki.com/info/rev17/rev2142.html>

“10 Questions for Authors: Michelle Mary Lelwica’s *Shameful Bodies: Religion and the Culture of Physical Improvement*,” invited interview published in *Religion Dispatches*, an on-line academic journal based out of the University of Southern California (October 2017). <http://religiondispatches.org>

“*Shameful Bodies*: 7 Questions for Michelle Mary Lelwica,” invited interview published in *Sacred Matters: Religious Currents in Culture*, an on-line academic journal (May 31, 2017). <https://sacredmattersmagazine.com/shameful-bodies-7-questions-for-michelle-mary-lelwica/>

“Losing Their Way to Salvation: Women, Weight-Loss, and the Religion of Thinness,” in *Religion and Popular Culture in America*, Third Edition, eds. Bruce Forbes and Jeffery Mahan (University of California Press, 2017). This is a significantly updated version of the chapter that appeared in this book’s first edition (see below).

“Lessons from the Academy: Concordia College’s Journey Toward Pluralism,” co-authored with Jacqueline Bussie, in *Religious Diversity in the Workplace: Conflict, Harmony, and Performance*, eds. Jawad Syed, Alain Klarsfeld, and Faith Ngunjiri (Cambridge University Press, 2017).

“Religion and Gender: Ongoing Issues and Concerns,” in *Just Religion*. Part of the Macmillan Interdisciplinary Handbooks: Religion series. Ed Anthony B. Pinn (Farmington Hills, MI: Macmillan Reference USA, 2016).

“Ways of Thinking about—and Dealing with—Chronic Pain,” *Church Health Reader* (Winter 2015/2016): 36-37.

Review of Lynn Gerber’s book *Seeking the Straight and Narrow: Weight Loss and Sexual Reorientation in Evangelical America* (University of Chicago Press, 2011) for *Religion and Gender: Online Journal for the Systematic Study of Religion and Gender in an Interdisciplinary Perspective* 3:1 (Spring 2014).

“The Religion of Thinness: Analysis of a Cultural Religion,” in *Scripta Instituti Donneriani Aboensis* Volume 23: *Religion and the Body*, edited by Tor Ahlbäck and Björn Dahla and published by the Donner Institute for Research in Religious and Cultural History, Abo, Finland (Spring 2011).

“Embodied Contemplative Learning: Aikido as a Case Study,” in *Meditation in the Classroom: Contemplative Pedagogy in Religious Studies*, edited by Fran Grace and Judith Simmer-Brown (Sunny Press, 2011).

“‘It’s Not Just about Me’: BREWing the Concordia Curriculum by Cultivating Wisdom and Compassion,” in *Making BREW Matter: A Curriculum for the 21st Century*, edited by Dawn Duncan and Gregg Muilenberg (Concordia College, Moorhead, MN: 2010), 8-19.

“Concordia’s Upper Division Religion Requirement: Fostering Intellectual Exploration, Self-Knowledge, and Responsible Engagement in the World through Embodied/Engaged Pedagogy,” in *Making BREW Matter: A Curriculum for the 21st Century*, edited by Dawn Duncan and Gregg Muilenberg (Concordia College, Moorhead, MN: 2010), 100-116.

“Spreading the Religion of Thinness from California to Calcutta: A Postcolonial Feminist Analysis,” in *The Journal of Feminist Studies in Religion* 25:1 (April 2009): 19-42.

“Embodying Learning: Post-Cartesian Pedagogies and the Academic Study of Religion,” in *Teaching Theology and Religion* 12:2 (April 2009): 123-136.

“Religious Diversity: Challenges and Opportunities in the College Classroom,” in *Diversity and Democracy*, a publication of the Association of American Colleges and Universities 1:11 (Winter, 2008), 7-9.

“Redefining Womanhood(?): Gender, Power, and the ‘Religion of Thinness,’” in *Anthropology of Food Journal* (Spring 2006), 1-31.

“The Violence of ‘Perfection’: Power, Images, and the Female Body in American Popular Culture,” in *The Subjective Eye: Essays in Culture, Religion, and Gender*, eds. Richard Valantasis and Janet Carlson (Edwin Mellin, 2006) 221-234.

“Losing Their Way to Salvation: Women, Weight-Loss, and the Salvation Myth of Culture Lite,” in *Religion and Popular Culture in America*, eds. Bruce Forbes and Jeffery Mahan, (University of California Press, 1999).

“Liberating Learning and Deepening Understanding: Reflections on Feminist Pedagogy -- as a Student, as a Teacher,” in the *Journal of the Center for Women and Religion*, Volume 17 (Winter 1999).

“Fulfilling Femininity and Transcending the Flesh: Traditional Religious Beliefs and Gender Ideals in Popular Women’s Magazines,” in *Journal of Religion and Society*, an online journal published by the Center for the Study of Religion and Society at Creighton University, Volume 1 (Summer 1999).

“From Superstition, to Enlightenment, to the Race for Pure Consciousness: Anti-Religious Currents in Popular and Academic Feminist Discourse,” *Journal of Feminist Studies in Religion*, Volume 14, no. 3 (Fall, 1998).

“Nudity.” *Encyclopedia of Women and World Religions*, edited by Serenity Young. Macmillan Publishing (1998).

INVITED LECTURES

“The Ethical Challenge of Doing No Harm: Nourishing Health in a Fat-Shaming Culture,” invited keynote lecture presented at the North Dakota Association of Nutritionists and Dietitians Conference in Fargo, ND (March 2026)

“Navigating Internal Voices: Mindfulness and Self-Compassion as Strategies for Healing the Mind-Body-Spirit Relationship,” invited lecture presented to students in an upper-level theology course at the University of Scranton (February 2026)

"The Religion of Thinness: How Faith, Culture, and Body Ideals Shape Our Relationships with Ourselves and Each Other," invited evening lecture presented to members of the University of Scranton community, PA (February, 2026)

"From Holy Fasts to Lo-Carb 'Lifestyles': (Dis)continuities between Historical Christian Food-Refusal and Contemporary Diet Culture," Guest Lecture delivered (via Zoom) to students in Dr. Susan Holm's religion course at Villanova University (November 2023)

"Dance as Medicine in These Troubled Times: The Creativity, Beauty, Strength, and Healing Power of Odissi," Lecture presented at Dr. Aparupa Chatterjee's Odissi Dance Company's performance, North Dakota State University (October 2023).

"Hurting Kids: What Incarcerated Youth Are Teaching Me about Whiteness," Lecture presented to members of St. Cloud University's Newman Center (March 2022)

"Why You Should Abandon the Religion of Thinness," Speech at St. Ben's/St. John's Annual REDTalk Alumnae/i event (April, 2022).

"Troubling Body/Gender Norms: The Cultural and Religious Underpinnings of America's Devotion to Female Thinness," guest lecture for a "Back-to-College" class for alumnae at the College of Saint Benedict's (July 2022).

"Hidden Connections: Body, Food, Spirit," guest lecture in Dr. Michelle Strang's Critical Inquiry Seminar class, Concordia College (September 11, 2019).

"This Is [a Woman] Who Likes to Eat!': Gender, Power, Religion, and Women's Body Discontent," presented as the Annual Castelfranco Lecture at the University of California—Davis (April 2019). A similar lecture was presented as a Concurrent Session/Lecture at the *Faith, Reason, and World Affairs Symposium*, Concordia College, Moorhead, MN (September 2018).

"A Dietitian's Dilemma: Doing No Harm in the Context of the War on Fat," invited presentation for the Fargo-Moorhead Academy of Nutrition and Dietetics (January 2019).

"Depriving the Body to Save the Soul: Women, Weight-loss, and the Religion of Thinness," Keynote lecture at the University of Strasbourg conference: Religions et Alimentation: Norms Alimentaires, Organisation Sociale et Représentations du Monde, Strasbourg, France (October 2017).

"Expanding and Deepening Reflection on the *Code of Ethics for the Profession*," keynote lecture at the North Dakota Academy of Nutrition and Dietetics Conference, West Fargo, ND (April 2017).

"Challenging the Religion of Thinness and Affirming the Beauty of Women's Bodies: Parts I & II," 2 invited Keynote Lectures for the Annual Helen Barrett Montgomery Conference at Colgate Rochester Crozer Divinity School, Colgate, NY (November 2012).

"America's Obsession with Thinness: From Collusion to Critique," invited lecture sponsored by the Women's Studies Department at Saint Mary's College of California, Moraga, CA (November, 2011).

"Peace on Earth—Starting from Within," invited public lecture delivered at the first annual Fargo-Moorhead Yoga Festival (September, 2011)

“‘Where Are You Going?’: The Promise of Contemplative Learning for Keeping the Humanities Alive and Relevant,” a “Response” to Martha Nussbaum’s book *Not for Profit*, delivered to Concordia faculty and administrators at the “Fall Opening Workshop” (August 2011)

“Why Dieting is a Losing Battle: Toward a More Holistic Approach to Health,” invited lecture sponsored by the San Diego Chapter of the International Association of Eating Disorders Professionals, San Diego, CA (February 2011). A version of this lecture was presented to students, faculty, and staff at Iowa State University in Ames, IO (February, 2011)

“Challenging the Religion of Thinness,” Concordia College’s Religion 100 Enrichment Lecture, delivered at Concordia College, Moorhead, MN (November 2010)

“The Religion of Thinness: Analysis of a Cultural Religion,” invited keynote lecture at the “Religion and the Body Symposium,” sponsored by the Donner Institute for Research in Religious and Cultural History, Abo, Finland (June 2010). This lecture was published in the Symposium’s proceedings (see above).

“Relinquishing the Crusade for Thinness and Practicing Peace with Your Body,” invited lecture given at the University of North Dakota in Grand Forks, ND (March, 2010).

“Challenging the Religion of Thinness,” invited lecture presented at Morningside College, Sioux City, IO (October 2006).

“Indulge and Refrain: The Logic of Capitalism in the Religion of Thinness,” invited lecture presented at the College of St. Benedict, St. Joseph, MN (March 2006).

“Deconstructing the Myth of Thinness: Cultural Critique as Spiritual Practice,” invited lecture given as part of the “Girl Culture Lecture Series” at the Heritage Hjemkomst Interpretive Center in Moorhead, MN (January 2006).

“Challenging the Religion of Thinness: What Christians Can Learn from the Jewish Tradition,” invited lecture presented at the Jay Phillips Center for Jewish-Christian Relations, College of St. Benedict (October 2002).

“Postmodern Spirituality and the Faith of College Students,” invited lecture presented to the Sisters of Mount St. Benedict, Crookston, MN (October 2002).

“The Power of Knowledge: Women’s Studies as An Intellectual Path and A Spiritual Journey,” invited lecture presented in honor of Women’s History Month, St. Mary’s College of California (March 2002).

“The Spirituality of the Body,” invited lecture presented at Princeton Theological Forum for Youth Ministry, Princeton University, NJ (May 2001).

“The Ritualization of the Female Body: Women’s Weight-Loss Practices,” invited lecture presented at Santa Clara University, Santa Clara, CA (March 2001).

“Secular Icons of Womanhood: A Critique of Media Images of Women,” invited lecture presented to the Lamorinda chapter of NOW (National Organization of Women). Dublin, CA (February 2001).

“Body-Hatred as A Spiritual Crisis and Social Disease,” invited lecture presented to students, faculty, and staff at the College of Saint Benedict, St. Joseph, MN (February 2001).

ACADEMIC/PROFESSIONAL CONFERENCE PAPERS & PRESENTATIONS

“Anti-Racist Learning through Compassionate Justice: Connecting College Students with Incarcerated Youth for Mutual Enrichment,” paper presented at the Annual American Academy of Religion Conference, San Antonio, TX (November, 2021).

“Authors and Conversation Partners: Monica A. Coleman’s *Bipolar Faith* and Michelle M. Lelwica’s *Shameful Bodies*,” a session at the Annual American Academy of Religion Conference devoted to discussion of these books (via papers, questions, and authors’ responses), sponsored by the Religion and Disability Studies Unit, Denver, CO (November, 2018).

“Ageless Goddesses, Slender Saints, and Stress-Free Souls: The Wellness Industry’s Fantasy of Women’s Wellbeing and the Religious Narratives Supporting It,” paper presented at the annual American Academy of Religion Conference, Denver, CO (November 2018).

“Vulnerable Bodies, Controlling Discourses: A Critical Analysis of Christian and Cartesian Legacies Embedded in the Commercial Pursuit of ‘Women’s Health,’” paper presented at the Annual American Academy of Religion Conference in Atlanta, GA (November 2015).

“When a Body Hurts: A Critical Analysis of Popular Discourses on Chronic Pain,” paper presented at the Annual American Academy of Religion Conference in Baltimore, MD (November 2013).

“The Benefits of Embodied Contemplative Learning: Aikido as A Case Study,” paper presented at the Heart of Higher Education Conference in Amherst, MA (April 2009).

“From California to Calcutta: Spreading the White-Western Devotion to Female Thinness -- A Feminist Postcolonial Analysis,” with Emma Hoglund and Jenna McNallie (Concordia student co-researchers), paper presented at the annual American Academy of Religion Conference in San Diego, CA (November 2008).

“Embodying Learning: Post-Cartesian Pedagogy and the Academic Study of Religion,” paper presented at the annual American Academy of Religion conference in Washington, D.C. (November 2006).

“The Spiritual Dimensions of Eating and Body Image Conflicts in the Clinical Setting,” paper co-presented with Cissy Brady-Rogers at the Thirteenth Annual Renfrew Center Foundation Conference: “The Changing Face of Eating Disorders: Feminist Perspectives,” Philadelphia, PA (November 2003).

“Leg-lifts, Calories, and Other Spiritual Matters: Third Wave Feminism and an American Religion of the Body,” paper presented at the annual American Academy of Religion conference in Denver, CO (November 2001).

“Too Busy to Breathe: Negotiating the Boundaries between Life and Work,” paper presented at the national teleconference “Women’s Lives, Women’s Voices, Women’s Solutions: Shaping a National Agenda for Women in Higher Education,” Minneapolis, MN (March 2000).

“Facing Food: Denial of Health and Spirituality,” paper presented as part of the Keynote Panel of the “Soul 2 Soul II: Women, Spirituality, and Health” conference, sponsored by the Center for Women & Religion, Graduate Theological Union, Berkeley, CA (October 2000).

“Fulfilling Femininity and Transcending the Flesh: Traditional Religious Beliefs and Gender Ideal in Popular Women’s Magazines.” Paper presented at the annual American Academy of Religion Conference, Orlando, FL (November 1999).

“Losing Their Way to Salvation: Women, Weight-loss, and the Soteriology of ‘Culture Lite.’” Paper presented at the international “After the Body” conference, Manchester, England (June 1998).

"Models of and for Womanhood: Popular Iconography of Femininity." Paper presented at the Upper Midwest regional American Academy of Religion conference in St. Paul, MN (April 1998).

"From Superstition, to Enlightenment, to the Race for Pure Consciousness: Anti-Religious Currents in Popular and Academic Feminist Discourse," paper presented at the annual American Academy of Religion conference in Philadelphia, PA (November 1995).

"The Good, the True, the Beautiful Female Body: The Politics of Representation in Media Culture's 'Model' Women," paper presented at the annual American Academy of Religion conference, Washington DC (November, 1993).

INTERVIEWS (PODCAST, RADIO, NEWSPAPER, MAGAZINE, TV, & INTERNET)

Interview with Barbara Blum, a reporter at *Folha de S.Paulo* (Brazil's most influential newspaper) for a feature story on how the new weight-loss drugs (e.g., Ozempic) may complicate the moral meanings assigned to losing weight (winter/spring 2024-2025) @ https://www1.folha.uol.com.br/equilibrio/2025/02/ozempic-implode-ideia-de-que-magreza-e-recompensa-por-esforco-diz-autora.shtml?pwgt=krkfu37j3d1fze6hgylukfrgqx0w6i04okz5m4f98ty0f2f6&utm_source=whatsapp&utm_medium=social&utm_campaign=compwagift

Interview for Prairie Public Broadcasting for "Women's History Month," Aired March 28th, 2024.

Interview with Siobhan Marin, a producer in the Religion and Ethics Unit at the Australian Broadcasting Corporation (ABC Australia) for an article exploring body image, weight, faith, and Christianity: "Pray Yourself Thin" (July 12, 2023) @ <https://www.abc.net.au/news/2023-07-12/how-christianity-has-been-weaponised-by-weight-loss-movements/102509732>

Chicago Public Radio (WBEZ) interview on wellness culture for the show "Reset," with Sasha-Ann Simons. December 5, 2022 @ <https://www.wbez.org/stories/where-do-our-beliefs-about-health-come-from-a-religious-scholar-has-some-surprising-theories/cc06f612-c709-4211-831d-904929cff116>

Web interview with Jacob Sanders, Communications Associate for *WalletHub*, on the question of federal and state policies that aim to curb the "obesity epidemic" (February 5, 2021). Responses published at https://wallethub.com/edu/most-sinful-states/46852#expert=Michelle_M._Lelwica

Podcast interview with *The Wellness Lately Pod*, hosted by Bridge Shannon and Dana Barron, <https://www.wellnesslately.com/podcast/> (January 2021).

Interview for The James Martin Center for Academic Renewal article, "Religion on Campus: A Marketable Skill, or a Diversity & Inclusion Fight?" by Anthony Hennen (Sept. 28, 2020). <https://www.jamesgmartin.center/2020/09/religion-on-campus-a-marketable-skill-or-a-diversity-inclusion-fight/>

Podcast interview with Dr. Carolyn Coker Ross, MD, host of *The Dr. Carolyn Coker Ross Show*, <https://carolynrossmd.com/religion-and-the-drive-to-be-thin-with-michelle-lelwica-thd/> (November 2019).

Interview with *Reading Religion*, a bi-weekly newsletter publication of the American Academy of Religion, Volume 4, Issue 5 (March 16, 2019) <http://readingreligion.org/content/interview-michelle-lelwica-author-shameful-bodies-religion-and-culture-physical-improvement>

Interview with Francesca Baker for an article that appeared in *The Tablet* (www.thetablet.co.uk), entitled “Forbidden Fruit: Religion and Eating Disorders” (January 13, 2018): 8.

Podcast interview with Kristen Cillo, (based in New England), host of *The Everyday Woman* podcast, <https://itunes.apple.com/us/podcast/the-everyday-woman-podcast/id1199558296?mt=2> (August 2017)

Podcast interview with Meret Boxler (based out of Switzerland) for her podcast *Life Unrestricted* (July 2017). <https://itunes.apple.com/gb/podcast/life.-unrestricted.-podcast/id1130713233?mt=2>

Podcast interview with Debbie Hanssen (based out of Holland) for the *Creative Dreams Global Summer*, (September 18-25th, 2017). <https://www.youtube.com/watch?v=9yflz1v1cpw&feature=youtu.be> (July 2017)

Radio interview with radio talkshow host, Drew Marshall on the The Drew Marshall Show, www.drewmarshall.ca (listeners number 100,000+ at any moment around 150 countries) (May 20, 2017)

Television interviews with hosts of KVLV morning show, *North Dakota Today*; Fargo, ND (March, 2014; June 2015; August 2015; September 2015; October 2015; November 2015; December 2015; January, 2016; February 2016; April 2016; May 2016; January 2017; March 2017; July 2017)

Podcast interview with documentary film maker, Daria Matza, creator of the podcast *Every Body* (December 2016). <https://itunes.apple.com/us/podcast/every-body-reclaiming-body-talk/id1210177865?mt=2>

Interview with documentary film maker, Victoria Ferriz, aired on iTunes The Body High Podcast (June 2016). <https://itunes.apple.com/us/podcast/the-body-high-podcast/id1099517575?mt=2>

Interview with Sandra Janer, a journalist at *Fucsia Magazine* in Columbia, a publication focused on women’s issues and lifestyle that is part of SEMANA, the country’s most important group of magazines that deals with current affairs (October 2015).

Interview with *Deseret New National* in Salt Lake City for story by Kelsey Dallas, “What Dove’s Latest Body Image Campaign Gets Right—and Wrong—about Boosting Self-Esteem,” <http://national.deseretnews.com/article/4309/what-doves-latest-body-image-campaign-gets-right-8212-and-wrong-8212-about-boosting-self-esteem.html> (May 2015).

Radio interview on religion and body image, with Masako Fukui for the Australian Public Radio show, *Encounter* (March 2014). <http://www.abc.net.au/radionational/programs/encounter/trouble-in-the-flesh/5303058>

Online Interview with Ellen Schuman, Founder of “A Weigh Out,” an on-line community for people recovering from Binge Eating Disorders (June 14, 2011). <http://www.aweighout.com/membership-circle/seminars>

PsycheCentral interview with Mararita Tartakovsky, MS. *Q & A on Weightless*. “Michelle Lelwica on How the Pursuit of Thinness Has Become a Religion” [a three part interview] (June 2010). <http://blogs.psychcentral.com/weightless/2010/07/michelle-lelwica-on-how-the-pursuit-of-thinness-has-become-a-religion/>

PsycheCentral interview with Mararita Tartakovsky, MS. *Q & A on Weightless* “How Mindfulness Can Boost Your Body Image: Q & A with Michelle Lelwica” [a three part interview] (October 2010). <http://blogs.psychcentral.com/weightless/2010/10/how-mindfulness-can-boost-your-body-image-qa-with-michelle-lelwica/>

Mercurial newspaper interview with Amanda Bloom [editor of Greater Danbury's new, arts, and entertainment] (December 2010). http://www.themercurial.com/index.php?option=com_content&view=article&id=435:a-model-religion&catid=21:news&Itemid=33

"Hope and Healing," with John Shorb, [<http://www.hopeandhealing.org/>] (October 2009). This interview was featured on the front of *Hope and Healing* newsletter: http://hopeandhealing.org/contentPage.aspx?resource_id=395 (January 2010)

"Strategies for Living," with David McMaillian (November 2009). <http://www.strategiesforliving.com/>

"The Women's File," with Emily Schievert (November 2009). http://www.zoominfo.com/people/Schievert_Emily_486105011.aspx

"Interfaith Voices," with Laura Kwerel (November 2009). <http://www.interfaithradio.org/>

"Voice America," with Kathryn Zox (November 2009). <http://www.modavox.com/voiceamerica/vshow.aspx?sid=1444>

CNN Radio with Pat St. Claire (December 2009). http://www.cnn.com/CNN/anchors_reporters/st.claire.pat.html

KDKA Amplify (Catholic) Radio with Fr. Ron Lengwin (December 2009). http://radiotime.com/program/p_28042/Amplify.aspx

SHORT ON-LINE ARTICLES/BLOGS (Related to the publication of *The Religion of Thinness*)

"Religion of Thin," *Science and Religion Today* (November 12, 2009). <http://www.scienceandreligiontoday.com/2009/11/12/religion-of-thin/#more-5912>

"Thinness and Salvation," *Washington Post*: (October 30, 2009). http://newsweek.washingtonpost.com/onfaith/guestvoices/2009/11/the_religion_of_thinness.html?hpid=talkbox1

"Images of God and Body Image," in the Public Square Forum of *Patheos* (January 2010). <http://www.patheos.com/Public-Square.html>

Blogs for *Psychology Today* (2009-2010). <http://www.psychologytoday.com/blog/bloggers/michelle-lelwica>

Blogs for the *Huffington Post* (2009-2010). http://www.huffingtonpost.com/michelle-lelwica/beware-the-new-years-fals_b_428740.html

MISCELLANEOUS PRESENTATIONS, WORKSHOPS, WEBINARS, TELECONFERENCES, SERMONS, FACILITATED DISCUSSIONS and BREAKOUT SESSIONS, and PANEL PARTICIPATION

Featured Speaker at the 2025 Seed Coalition Awards Ceremony ["Seed" = Strengthening Education for an Engaged Democracy] Hamline University, St. Paul, MN (April 2025)

"Compassionate Justice: Ethical Responses to Hurting Kids," Concurrent sessions presented at Concordia's Faith, Reason, and World Affairs Symposium, Concordia College, Moorhead, MN (September 2024)

"Beyond the Guilt/Innocence Binary: Accountability for Justice-involved Youth," talk presented at the Heimark Center's "Ground Rounds" lunchtime gathering, Concordia College, Moorhead, MN (September 2024)

“Embodying Spirituality: A Nonviolent Path to Wellness,” Workshop presented to groups of Lutheran pastors and church leaders, Concordia College, Moorhead, MN (April 2024)

“Jesus: Four Perspectives,” moderated this interfaith panel discussion at Concordia College (September 2023)

Guest Speaker at St. Paul Academy and Summit School for the 9th Graders’ Speaker’s Day on the topic of toxic gender/body norms “Self-Love as Freedom: Staying Out of Gender/Body Prisons” (April 2023)

“Zen, Taoism, and Wabi Sabi,” Guest speaker on these topics in Dr. Gay Rawson’s French 211 class, Concordia College (November 2021).

“Body Shame and Religion: The Hidden Connection,” Guest speaker in Dr. Emma Rifai’s religion class at Virginia Tech (October 2021)

“Compassionate Justice for Vulnerable Youth,” sermon delivered at the Fargo-Moorhead Unitarian Universalist Church in Fargo, North Dakota (August 2021).

“The Sociopolitical, Spiritual, & Cultural Aspects of the Drive for Thinness,” Webinar presentation in the Health Masters LIVE Eating and Appetite Disorders Masterclass Program, based in New Zealand (January 2020).

“Post-Symposium Discussion of Gender, Power, and Body Image,” facilitated discussion on issues relating to gender, power, and body image that were addressed in my Symposium concurrent session (see above), Concordia College (September 2018).

“Free at Last?” Facilitated panel discussion for Martin Luther King Day, Concordia College, Moorhead, MN (January 2018).

“50th Reunion Faith and Life Panel,” Concordia College, Moorhead, MN (September 2017).

“Cultivating Knowledge and Skills for Interfaith Work,” Summer Faculty Development Workshop co-presented with Amena Chaudhry at Concordia College, Moorhead, MN (June 2017).

“Let’s Talk about Race and Racism,” Summer Faculty Development Workshop co-presented with Amena Chaudhry at Concordia College, Moorhead, MN (May 2017).

“Finding/Creating more Sabbath Moments amid the Crazy-Busyness of Academic Life,” sermon delivered in Chapel at Concordia College, Moorhead, MN (September 2016).

“Women’s Health as a Spiritual Issue,” sermon delivered at the Fargo-Moorhead Unitarian Universalist Church in Fargo, North Dakota (October 2015).

“Happy Birthday Buddha! Reflections on the Most Important Day of Your Life,” sermon delivered at the Fargo-Moorhead Unitarian Universalist Church in Fargo, North Dakota (May 2015).

“Unapologetic Women,” invited panel participation on International Women’s Day event, sponsored by Women’s Impact of Fargo, ND (March 2015).

“Finding Peace in the Present Moment: Introduction to Mindfulness Meditation,” In-Service presentation for Concordia staff (February 2015).

“Philosophy, Religion, and Body Talk,” presentation and discussion facilitation at Concordia’s Philosophy Colloquium (January 2015).

“Big Questions: Religion and Spirituality in the Academy,” co-facilitated (with Ernie Simmons) summer faculty development workshop at Concordia College that focused on the book, *No Longer Invisible: Religion in University Education*, by Rhonda Hustedt Jacobsen and Douglas Jacobsen (May 2014).

“Mindfulness Practice as a Tool for Cultivating Happiness in Self and Others,” break-out session presented during the Faith, Reason, and World Affairs Symposium at Concordia College, Moorhead, MN (September 2013).

“Embodying Interfaith Understanding,” co-facilitated (with Jacqueline Bussie) summer faculty development workshop at Concordia College that focused on developing interfaith understanding through a combination of experiential learning and discussion of Eboo Patel’s *On Sacred Ground* and Thich Nhat Hanh’s *Living Buddha, Living Christ* (June 2013).

“Spirituality in Higher Education,” co-facilitated (with Ernie Simmons) summer faculty development workshop at Concordia College that focused on the book, *Cultivating the Spirit: How College Can Enhance Students’ Inner Lives*, by Alexander Astin, Helen Astin, and Jennifer Lindholm (May 2012).

“Bridging the Epistemic, Eudemonic and Civic Development of Students,” facilitated discussion for this break-out session at the Bringing Theory to Practice 2nd National Bridging Conference, Washington DC (January 2012).
“The Most Important Day of Your Life,” Sermon delivered to ELCA pastors at First Call Theological Education Day, Concordia College, Moorhead, MN (January 2012).

Moorhead Women’s Book Club—facilitated a discussion of my book, *The Religion of Thinness* (July 2011).

MentorCONNECT Teleconference on eating disorders. See <http://religionofthinness.eventbrite.com/> (December 8th, 2010).

“Pastoral Issues in Women’s Troubled Relationship to Food and Their Bodies,” Workshop for Pastors to Pastors group at Concordia College in Moorhead, MN (November, 2010).

“Minding the Body: Cultivating a Sense of Wonder, Well-being, and Responsibility through Contemplative Practice,” break-out session presented during the Faith, Reason, and World Affairs Symposium at Concordia College, Moorhead, MN (September 2010).

“The Benefits of Mindfulness Practice in Higher Education,” facilitated faculty break-out session during Concordia’s Fall Faculty Workshop (August 2010).

“Beyond the Religion of Thinness: Identifying and Nourishing the Spiritual Hungers behind Women’s Obsession with Food and Weight,” workshop presented at the Annual Renfrew Conference, Philadelphia, PA in November 2009 and at the International Association of Eating Disorders Professionals in Tampa, FL (March 2010)

“Mindfulness Practice as a Resource for Cultivating Students’ Sense of Personal and Social Responsibility,” workshop presented with Amer Ahmed at the Core Commitments Summer Institute in Portland, OR (July 2008).

“Religion and Homosexuality,” Panel sponsored by students at Concordia College in Moorhead, MN, held at Concordia College (November 2007).

“Religious Diversity: Challenges and Opportunities,” workshop facilitated at the Core Commitments Summer Institute at the University of Burlington, VT (August 2007).

“Embodying Learning,” panel participant for the Bringing Theory to Practice National Working Conference, held in conjunction with the Association of American Colleges and Universities Annual Meeting, New Orleans, LA (January 2007).

“Health is a Feminist Issue,” panel participant at the Women in Action Conference at North Dakota State University, Fargo, ND (October 2005).

“Reproductive Rights,” panel participant at North Dakota State University during Women’s History Week (March 2004).

“Third Wave Feminism,” panel participant for the *Women in Action Conference* at Minnesota State University -- Moorhead, MN (September 2003).

“Women’s Health, Women’s Power,” Plenary Panel Discussion at Mills College Conference on Women’s Health, Oakland, CA (October 2000).

AWARDS AND HONORS

Presidents’ Civic Engagement Leadership Aware, The Seed Coalition [Strengthening Education for an Engaged Democracy] (2025)

RESIDENT SCHOLARS PROGRAM, Collegeville Institute, selected to participate in the competitive Resident Scholars program (2022-2023)

KILLIAN McDONNELL FELLOWSHIP, Collegeville Institute, Resident Scholars program (2022-2023)

AMP GRANT from Bringing Theory to Practice (BT2P is an independent project in partnership with AAC&U and funded by the Charles Engelhard Foundation) to write a short article about my Religion, Race, and Social Justice/PEAK course, as well as findings from a student-assisted research project (“Compassionate Justice”) that’s related to the course (2021).

RACIAL EQUITY AWARD from the Interfaith Youth Core to support course development that integrates and promotes interfaith and anti-racist learning (2020-2021)

CENTENNIAL SCHOLARS RESEARCH GRANT from Concordia College (2020)

INTEGRATIVE LEARNING GRANT from Concordia College to purchase materials to support the PEAK (Pivotal Experiences in Acquired Knowledge) part of the course Religion, Race, and Social Justice (2019).

TEAGLE GRANT for the development of an Interfaith Studies Minor at Concordia College; co-directed with Dr. Jacqueline Bussie (2014-2015)

BRINGING THEORY TO PRACTICE SUPPLEMENTAL GRANT, Bringing Theory to Practice is an independent project in partnership with AAC&U and funded by the Charles Engelhard Foundation (2009)

CENTENNIAL SCHOLARS RESEARCH GRANT, Concordia College (2007)

DISTINGUISHED ALUMNA AWARD, College of Saint Benedict (2006)

BRINGING THEORY TO PRACTICE START-UP GRANT, Bringing Theory to Practice is an independent project in partnership with AAC&U and funded by the Charles Engelhard Foundation (2005-2007)

FACULTY APPRECIATION AWARD, voted on by seniors of Saint Mary's College (1998)

HARVARD DISSERTATION SERIES (declined), Harvard Divinity School (1997)

DEAN'S DISSERTATION FELLOWSHIP, Harvard Divinity School (1993-1994)

TEACHING CERTIFICATE OF DISTINCTION, Harvard University (1992)

DISTINCTION ON GENERAL EXAMS, Harvard Divinity School (1992)

MAGNA CUM LAUDE, College of St. Benedict (1986)

ACADEMIC SERVICE, COMMITTEE WORK, COMMUNITY ACTIVITIES

FACULTY SENATE (Concordia, 2004-Present)

FACULTY APPEALS BOARD (Concordia, 2023-Present)

CRIMINAL JUSTICE MINOR ADVISING COMMITTEE (Concordia, 2025-present)

SELECTION COMMITTEE for the Reidar Thomte Curious Students Scholarship (Concordia, February 2025)

PRE-LAW ADVISING COMMITTEE (Concordia, 2018-2019, 2023-24)

FACULTY EXECUTIVE COMMITTEE (Concordia, 2019-2022, 2009-2012)

GUEST SPEAKER AT MOORHEAD HIGH SCHOOL'S AVID CLASSES, talked to high school students in a program that encourages kids from underprivileged communities to pursue post-secondary education about what to expect in college (January 2019, 2020, 2022)

PEER REVIEWER for *Religion Compass*, an scholarly online journal that summarises the state of the field for non-specialists. The review process is guided by an international Editorial Board
<https://onlinelibrary.wiley.com/journal/17498171> (June 2019)

DIVERSITY CURRICULUM REVIEW TASK FORCE (Concordia, 2018-2019)

RELIGIOUS ACCOMMODATIONS TASK FORCE (Concordia, 2018-2019)

GUEST SPEAKER FOR AVID CLASSES AT MOORHEAD HIGH SCHOOL (January 2018, January 2019)

RELIGION DEPARTMENT CHAIR (Concordia, 2011-2018)

SYMPOSIUM PLANNING COMMITTEE: WOMEN, GENDER, POWER (Concordia, 2017-2018)

PROFESSIONAL LEARNING COMMITTEE ON DIVERSITY (Concordia, 2017-2018)

CONCORDIA FACULTY EVALUATION COMMITTEES (Koshul: 2003; Lanaghan: 2005 [chair]; Carruth: 2006 [chair]; Herman: 2007 [chair]; Afzaal: 2009; Pranger: 2010 [chair]; G. Connell: 2011; Aldrich-Wolf: 2012; Harvey 2015; LeMaster, 2018); Creech: 2018 [chair]; Theye (2020)

INTERIM DIRECTOR OF THE FORUM ON FAITH AND LIFE (Concordia, 2016-2017)

INTERFAITH STUDIES MINOR COMMITTEE (Concordia, Summer 2014-Summer 2015)

PEER REVIEWER FOR *FAT STUDIES* (Summer 2014)

PRESIDENT'S INTERFAITH ADVISORY COUNCIL [Leadership Team] (Concordia, 2012-present)

EXTERNAL READER FOR TWO MASTERS THESES: One for an Art/Women's Studies student in the M.A. Program at MSUM (2011); another for a student in the Masters Psychotherapy and Spirituality Program at St. Stephen's College's in Edmonton, Alberta (2012)

SUSTAINABILITY TASK FORCE (Concordia: Food Working Group 2008-2009; Co-Chair 2009-Sp2011)

SUSTAINABILITY COORDINATOR SEARCH COMMITTEE (Concordia, 2011)

RELIGION DEPARTMENT SEARCH COMMITTEES (Concordia: on and off, 2002-present)

FACULTY MENTOR FOR NEW STUDENTS (Concordia, 2002-2016)

CLASSROOM AND FIELD TRIP VOLUNTEER AT ELLEN HOPKINS ELEMENTARY SCHOOL (2006-present)

HEALTH FAIR—Facilitated meditation session (Concordia, Spring 2012)

WOMEN AND GENDER STUDIES ADVISORY COMMITTEE (Concordia, 2001-present, Co-Director 2002-2005)

PEER REVIEWER for Oxford University Press (2011); for the journal *Eating Disorders: Journal of Prevention and Treatment* (2010-2011) and for the *Journal of Feminist Studies in Religion* (2012)

FUNDRAISING COORDINATOR FOR F-M ATHLETICS (FOOTBALL) AND MOORHEAD BABE RUTH BASEBALL (2010-2012)

SEARCH COMMITTEE FOR DIRECTOR OF CONCORDIA'S FORUM ON FAITH AND LIFE (Spring 2011)

CORE COMMITMENTS LEADERSHIP TEAM (Concordia, 2007-2009)

CURRICULUM COMMITTEE (Concordia, 2007-2008)

INTERNATIONAL ADVISORY PANEL for *Inside Anorexia: Bringing Together the Stories of Sufferers, Parents, and Research*, by Christine Halse, Anne Honey, and Desiree Boughtwood (Jessica Kingsley Publishers, 2008)

PROFESSIONAL DEVELOPMENT COORDINATING COMMITTEE (Concordia, 2005-2007; Chair 2006-2007)

PROFESSIONAL GROWTH COMMITTEE (Concordia, 2003-2006, Chair 2005-2006)

RELIGION AND POPULAR CULTURE STEERING COMMITTEE, American Academy of Religion (2001-2005)

COBBER KIDS PARENT BOARD, Concordia College (2004-2006)

DISSERTATION COMMITTEE MEMBER for 2 Ph.D. candidates at the Graduate Theological Union, Berkeley, California (2000-2004 and 1997-2000)

FACULTY LIAISON for the Aikido Club (2001-2008) and for the Women of Color Organization, Concordia College (2003-2009)

COMMUNIVERSITY INSTRUCTOR, Concordia College (February 2003)

MEMBER OF NORTHWIND AIKIKAI, Fargo, ND (2001-present); member of Berkeley Aikikai, Berkeley, CA (1996-2001); member of Valley Aikido, Northampton, MA (1994-1996)

THEOLOGIAN IN RESIDENCE for the Princeton Forum on Youth Ministry, Princeton, NJ (May 2001)

WOMEN'S STUDIES ADVISORY BOARD, Saint Mary's College (1997-2001)

FACULTY REPRESENTATIVE TO THE AFFIRMATIVE ACTION COMPLIANCE COMMITTEE, Saint Mary's College (1998-2000)

COMMITTEE ON FACULTY WORK LOAD, Saint Mary's College (1998-1999)

DIVERSITY TASK FORCE, Saint Mary's College (1996-1999)

ADVISORY BOARD FOR THE CENTER FOR WOMEN AND RELIGION, Graduate Theological Union, Berkeley, CA (1998-1999)

MASTERS IN LIBERAL STUDIES CURRICULUM COMMITTEE, Saint Mary's College (1997-1998)

INVST PROGRAM AFFILIATE (International and National Volunteer Service Training -- a program focusing on service learning), Saint Mary's College (1997-1998)

PEER REVIEWER for *Studies in Religion / Sciences Religieuses* (1998); and for *Journal of Feminist Studies in Religion* (1993-1995)

WOMEN'S STUDIES RESOURCE ADVISOR, Harvard Divinity School (1993-1995)

EDITORIAL ASSISTANT, for Dr. Elisabeth Schüssler Fiorenza (1992-1994)

RESEARCH ASSISTANT for Dr. Ann Braude (1992-1993) and Dr. Mary Steedly (1993-1994)

LANGUAGES

Studied French at L'Institute Catholique, Paris, France (1986-1987).

Studied German at Academie für Fremdsprachen in Berlin, Germany (Summer 1990).

High-passed all language requirements (French, German, Latin) for the Doctorate of Theology at Harvard Divinity School.