

The Joyful News



The Women of the ELCA
 Metro DC Synodical Women's Organization

March 2010

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Contact Newsletter Editor:
 Cheryl Dwyer, DWYERCL2@VERIZON.NET

A Message from the President

Dear Sisters,

For my final newsletter message I am inviting you to join me in a litany of thanks for the bold women of the Metro DC Synod. It is framed within the Women of the ELCA's Litany of Thanks for bold women everywhere.

Lord our God, we give thanks today for the witness of bold women. From the earliest times until today and on into the future, bold women show all of us how to live as God's beloved creation, carrying out our baptismal call to work for justice and peace for all of God's creatures.

For all of the women in the Metro DC Synod serving as leaders in congregations and in Women of the ELCA Congregational Units.

Thank you, Lord!

For the women of the Metro DC Synod who have responded to the call to serve on the Executive Board as leaders of the Metro DC Synodical Women's Organization.

Thank you, Lord!

For the women currently serving on the SWO Executive Board-Secretary Paulette Sandene, Treasurer Patricia Nau, Board Members Laura McDowell, Sheri Swackhamer, Bonnie Priebe, Marva Benn, Mary Seale, and Joyful News editor Cheryl Dwyer.

Thank you, Lord!

For the former presidents of the Metro DC SWO, Shirley Gibbs, Susan Kuhn, and Barbara O'Keefe, who have continued mentoring the SWO and their own Congregational Units.

Thank you, Lord!

For Laura McDowell, Sheri Swackhamer, and Rosario Hernandez-Cruz who have committed to attend the Women of the ELCA's anti-racism educators training being held March 25- 28. They will be our synod's Women of the ELCA anti-racism education team.

Thank you, Lord!

For Martha Sherman who is resigning from our anti-racism education team to pursue other avenues of advocacy.

Thank you, Lord!

For the pastors who support the ministry of the Metro DC SWO, especially Bishop Richard H. Graham, and Pastors Wendy Moen, Marguerite Rourk, and Elizabeth Platz.

Thank you, Lord!

For the women who shared their blessings to establish the Metro DC Synodical Women’s Organization’s Roanoke College Scholarship Fund dedicated to young women in our synod who want to pursue a course of study toward a church-related career.

Thank you, Lord!

For the women in all of our synod’s congregations who boldly and generously devote their time, talent, and treasure to the Glory of God.

Thank you, Lord!

For the witness of all bold women, yesterday, today and tomorrow, Lord our God, we thank you and we praise you. Lord, our God, let their boldness flourish in our own hearts as we live out our baptismal call to serve you and our neighbor, with all our heart, with all our mind, with all our strength. Amen.

Please read the newsletter for detailed information about the Spring Convention, the call for nominations, Today’s Dream; Tomorrow’s Reality, the Fall Gathering, and more.

Thank you for the blessing of serving as the Metro DC SWO president for four years. I look forward to seeing you at the Spring Convention on May 1 at St. Mark’s, Springfield, Virginia.



May the peace of the Lord be with you always!
Your sister in Christ,
Marcia Ihnen
mcihnen@aol.com
703-979-5570

Mark Your Calendar!

- April 1 Delegate and “Early Bird” registration forms due for SWO Spring Convention (page 8)
- April 15 Donation deadline for Refugee and Immigrant Service project (page 10)
- May 1 **Metro DC SWO Spring Convention**
St. Mark’s, Springfield (page 7)
- Sept 18 **Fall Gathering**
First Trinity Lutheran Church, Washington (page 4)



The Metro DC SWO expresses deep gratitude to Fran Eck, St. Mark’s, Springfield, for four years of faithful service as our treasurer. Fran’s term ended on January 31, 2010. We welcome our new treasurer Patricia Nau, Christ, Fairfax, who began her two-year term on February 1st. Please direct all monetary offerings and donations to Pat at:
9703 Water Oak Drive
Fairfax, VA 22031-1020

Around the Synod...

Leadership Positions Available

Our Synodical Women's Organization is in a unique position this year in that we have two critical officer positions to fill on the Board. The two-year term of our President expires this year and she is not eligible to run for office again. Our Vice President resigned and a replacement is needed to fill the remaining year of her term. In addition, the terms of three of our Board members expire this year. (Two have indicated an interest in running again so we really only need one additional nominee.) We also need to elect two delegates and two alternates to the 2011 Triennial Convention and three members of a Nominating Committee to identify the slate of candidates for next year's election. So there are plenty of opportunities for anyone who would like to apply their leadership skills to our organization. If you are interested, either complete the nomination form included in this newsletter or contact Karen Evans, chair of this year's Nominating Committee, at 301-593-4946.

The Nomination Form is page 11. Please mark at the top of the form if the nomination is for service on the SWO board or to attend the 2011 Triennial Convention as a delegate. Please note no nominations for Triennial delegate can be taken from the floor during the SWO Spring Convention.

Save the Date for the 2010 All Lutheran Women's Retreat



Mark your calendars for the 2010 All Lutheran Women's Retreat, *Laughter is a Gift from God*, which will be held October 22- 24 at the Holiday Inn in Harrisonburg, Virginia. Plan now to join retreat leader Pastor Jean Bozeman, Assistant to the Bishop,

Virginia Synod, and your sisters from the Metro DC and Virginia Synods for a relaxing weekend of worship, study, and fellowship. Registration information will be mailed in August. For more information, contact Fran Eck at franalaneck@msn.com.

Seeds Grant Program A New Program of the Women of the ELCA Health Initiative

The Women of the ELCA is seeking grant applications from Congregational Units whose mission includes a wellness program for women and girls. The maximum amount that will be awarded through the grant process is \$1,000. Here are the criteria that must be met to receive a grant:

1. The program must bring together women in the congregational unit and community.
2. The program must meet the goals of the health initiative:
 - Educating women to care for themselves physically, spiritually, and emotionally.
 - Sharing knowledge and experience in order to prevent women and girls from continuing today's health risks tomorrow.
3. The program must be replicable in other settings.
4. The grantee will plant a seed (make a financial contribution) to the Seed Grant Program. It is envisioned that an offering be collected at any event sponsored as part of the program and those gifts will be the "seed."
5. The grantee will provide a final report, which will be shared as a model program throughout the organization.

The Women of the ELCA is committing \$50,000 to this program. This is part of the \$100,000 the organization has raised since 2005 to support the women's health initiative. The deadline for applications is June 1, 2010. More information and application materials will soon be available at www.womenoftheelca.org.

Metro DC Synodical Women's Organization Fall Gathering

The Fall Gathering for the women of the Metro DC Synod will be held at First Trinity Lutheran Church, 309 E Street, NW, Washington, DC on September 18, 2010, 9:30 am to 2:00 pm. Our guest speakers will be Fred and Roberta Anderson of the World Mission Prayer League. The Andersons have recently returned from Mongolia where they served as missionaries in the mid-1990s. During this latest trip, they found much has changed in the formerly Communist country, most dramatically the church that did not even exist in 1990 when the country opened its borders. In only 20 years, this thriving church has gained more than 60,000 members and is now itself in mission—reaching out to their own people and traveling beyond their borders to share exuberant faith.

The event will also include an update on resources from the Women of the ELCA and an opportunity to discuss your ministries within your congregations. A light breakfast and lunch will be provided. First Trinity has ample parking and is located next to the Judiciary Square Metro station. Please mark the date on your calendars now and plan to attend this exciting event!



Did you know that you can access *The Joyful News* online? It is now available at www.metrodcelca.org.

- Click **Synod News** on the left side of the home page.
- Then, once on the Synod News page, you can click the down arrow of the *Joyful News* drop-down menu box and the date of the latest edition will appear.
- Click that date selection and enjoy the current news from the Metro DC Synodical Women's Organization.

WE ARE ALL ONE BODY—First Trinity, Washington, DC, put out the call for baby blankets to send to Haiti with midwives volunteering for the group NOAH (National Organization for the Advancement of Haitians). Holy Trinity, Leesburg, Virginia, responded with a donation of 14 hand-knitted and crocheted baby blankets. What a loving hug for the newborn babies!

The SWO Executive Board approved a budget of \$12,800 for the 2010- 2011 fiscal year at our February 27th meeting. This is a \$1,015 increase from last year's actual budget. Thank you for your continuing financial support of the Metro DC SWO and the Women of the ELCA.

Bulletin Board

PROGRAM IDEAS AND RESOURCES

A SERVICE PROJECT WORKSHOP will be offered at the Synodical Women's Organization's Spring Convention on May 1st as an alternative to the business meeting for convention participants who are not delegates. Barbara O'Keefe and Megan Stubbs of Good Shepherd, Alexandria will lead participants through the assembling and sewing of a quilt for Lutheran World Relief.



WOMEN OF THE ELCA Web site, www.womenoftheelca.org, is the place to go for program ideas and resources for everything from creating a personal meditation space to a weekend retreat. Check out the new programs including Looking into the Mirror: A Lenten Reflection. The resources are all downloadable or can be ordered by calling the Women of the ELCA at 1-800-638-3522.



BOLD CONNECTIONS is the new, free Women of the ELCA e-newsletter. Go to the home page at www.womenoftheelca.org and sign up in the *Bold Connections* box on the right to receive regular, timely news and information from the churchwide organization.



ACT BOLDLY THROUGH STEWARDSHIP! *Faithful Living*, the Women of the ELCA's *Stewardship Planning Guide 2009-2010*, is available at www.womenoftheelca.org. Click on *Stewardship and Giving*, which is listed in the links

on the left-hand side of the home page, and you will find the guide that includes a tool for assessing your needs and resources as well as information on ways to give that includes designated gift options for ELCA and Women of the ELCA ministries. For treasurers, it features a Bible study reflection, task list, and offerings transmittal information. It also includes details on partnerships (the Women's Funding Network and the Lutheran World Relief Chocolate Project) and a catalogue of additional stewardship resources. A Thankoffering Service booklet is included in the mailing. Monthly stewardship devotions will be published online and in the Interchange. If you don't have access to the Internet, you can order the free guide by calling the Women of the ELCA at 1-800-638-3522.



BECOME AN INDIVIDUAL PARTNER to connect important women in your life with the Women of the ELCA and to give them the opportunity to experience the fellowship, friendship, and support that mean so much to you. For \$20.00 you can give them a one-year subscription to *Lutheran Women Today* and *Café*. They will have access to Bible studies, global networks, advocacy efforts, and other resources. To make someone an individual partner, visit www.womenoftheelca.org and download the Individual Partner flyer, complete the form, and send it to the designated address. You can order copies of the full color brochure, which also includes a reply envelope, by calling 1-800-638-3522 or emailing your request to Women.ELCA@elca.org.

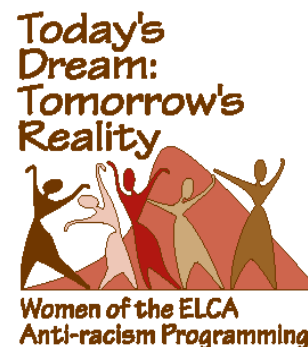


A Heart-to-Heart Conversation about Race and Racism

Facilitated by Metro DC WELCA anti-racism educators, Laura McDowell and Martha Sherman.



Please join us for an informative one-day workshop/retreat to be held on Saturday, March 20th at 9 a.m.- 2 p.m. at **Good Shepherd Lutheran Church in Alexandria, VA, 100 W. Luray Avenue**. Coffee and juice will be served in the morning and lunch will be shared in the afternoon. Registration, which is free, is requested in advance from each attendee. The facilitators are encouraging participation from each church in our Synod. GSLC is accessible by Metro on the Blue or Yellow line at the Braddock Rd. station. Shuttle service will be offered from the Metro station stop to the church, approximately five blocks away.



Using a powerful film entitled *Mirrors of Privilege: Making Whiteness Visible*, which features the experiences and stories of White women and men who are social-justice and anti-racism advocates, we will practice deep listening and critical inquiry as we join in dialogue that can create the potential for transformative learning, healing, and change.



Today's Dream: Tomorrow's Reality (TDTR) team members are trained anti-racism educators. Through information sharing and role-play, participants will learn how racism affects us all, and how we are each called by God to work against all forms of oppression. Thus we will come closer to doing what the Lord requires, as Micah 6:8 exhorts us: "to do justice . . . and walk humbly with your God."



Schedule of Events:	<table border="0" style="width: 100%;"> <tr> <td style="width: 20%;">9:00 a.m.</td> <td>Welcome, coffee and juice</td> </tr> <tr> <td>9:15 – 10:50</td> <td>Workshop Session #1 and discussion of video</td> </tr> <tr> <td>10:50 – 11:00</td> <td>Brief break</td> </tr> <tr> <td>11:00 – 12:15</td> <td>Workshop Session #2 and discussion</td> </tr> <tr> <td>12:15 – 12:45</td> <td>Lunch</td> </tr> <tr> <td>12:45 – 2:00</td> <td>Closing Session #3 of video and conclusion/class evaluation and take-aways for your congregation.</td> </tr> </table>	9:00 a.m.	Welcome, coffee and juice	9:15 – 10:50	Workshop Session #1 and discussion of video	10:50 – 11:00	Brief break	11:00 – 12:15	Workshop Session #2 and discussion	12:15 – 12:45	Lunch	12:45 – 2:00	Closing Session #3 of video and conclusion/class evaluation and take-aways for your congregation.
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Triennial Convention and Gathering July 12-17, 2011

The Triennial Convention and Gathering, July 12-17, 2011, will begin taking registrations in September 2010. The location along the riverfront in Spokane, WA, is ideal. The new convention center has all the great new amenities, and there are many nearby hotels, shopping, and restaurants. The speakers and presentations are being finalized and there will be lots of "AWESOME" about the whole thing.

Speakers who are definitely coming include:

- Nora Gallagher, writer, whose latest book is *The Sacred Meal*;
- Leymah Gbowee, the bold Lutheran woman who headed up the group that brought peace to Liberia and is featured in the film, "Pray the Devil Back to Hell."
- Jane Redmont, a blogger, well-known for her book *When in Doubt, Sing: Prayer in Daily Life*.

~ Bonnie Priebe

“WALK HUMBLY WITH YOUR GOD”

“...and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?” ~ Micah 6:8

**METRO DC SYNODICAL WOMEN’S ORGANIZATION
SPRING CONVENTION
ST. MARK’S LUTHERAN CHURCH • SPRINGFIELD, VIRGINIA
MAY 1, 2010
8:00 AM TO 4:00 PM**

**REGISTRATION FEE: \$20.00 prior to APRIL 1; \$25.00 after April 1
** Registration fee *waived* for women under the age of 40 ****

• CONVENTION HIGHLIGHTS •



• OPENING EUCHARISTIC WORSHIP SERVICE •

Pastor Wendy Moen Presiding

• KEYNOTE SPEAKER •

Bishop Richard H. Graham
Metropolitan Washington, DC Synod

• WORKSHOP PRESENTERS •

Betty Brandt, Secretary of the Women of the ELCA Executive Board
Naaz Khan, Volunteer Community and Outreach Coordinator,
of Lutheran Social Services/National Capital Area
Jean Martensen and Joyce Ibrahim, Love Thy Neighbor
Linda Priebe, JD, Executive Office of the President
Laura McDowell, Sheri Swackhamer and Rosario Hernandez-Cruz members of the
Metro DC Synod’s Women of the ELCA Anti-Racism Education Team

• A SAMPLING OF THE EXHIBITORS •

Empowered Women International; Fair Trade Coffee, Tea and Chocolate;
Women of the ELCA Triennial Gathering; Thrivent

• OFFERINGS •

Eucharistic service offering will be split between the Women of the ELCA and
the Metro DC Synod’s Latino Ministries

• IN-KIND OFFERINGS •

Completed Health Kits for Lutheran World Relief

• BUSINESS •

General Business Meeting of the Metro DC Synodical Women’s Organization
Elections for Executive Board Positions and for the Metro DC Synod’s delegation to
the Women of the ELCA 2011 Triennial Convention

**THE METRO D.C. SYNODICAL WOMEN'S ORGANIZATION
2010 SPRING CONVENTION REGISTRATION FORM**

Walk Humbly with Your God

MAY 1, 2010

8:00 A.M. – 4:00 P.M.

**ST. MARK'S LUTHERAN CHURCH
5800 BACKLICK ROAD, SPRINGFIELD, VIRGINIA**

**REGISTRATION FEE before APRIL 1: \$20.00 per person
** INCLUDES LUNCH ****

**REGISTRATION FEE after APRIL 1: \$25.00 per person
** INCLUDES LUNCH ****

**** Registration fee *waived* for women under the age of 40 **

**DELEGATE REGISTRATION FORMS ARE DUE APRIL 1, 2010

Church _____

Delegate's (Voting Member's) Name, E-Mail Address, and Phone Number:

PARTICIPANTS OTHER THAN DELEGATE AND E-MAIL ADDRESSES:

1. _____
2. _____
3. _____
4. _____
5. _____

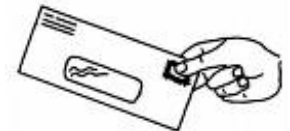
Please indicate if you need exhibit space _____

Please indicate if you need child care _____

**PLEASE return your REGISTRATION FORM with a CHECK payable to:
"METRO D.C. SYNODICAL WOMEN"**



**SEND TO:
Fran Eck
6215 Hibbling Avenue
Springfield, Virginia 22150
Phone: 703-569-0814**



2010 CONVENTION IN-KIND OFFERINGS

ITEMS FOR LUTHERAN WORLD RELIEF HEALTH KITS

THE HEALTH KITS MUST CONTAIN ALL OF THE FOLLOWING:

- One hand towel, dark color recommended
- One washcloth, dark color recommended
- One bath-size bar (4-5 oz) of soap, any brand, in its original wrapping
- One adult-size toothbrush in its original wrapping
- One comb, wide tooth preferred, remove packaging
- One metal nail file or nail clippers with file attached, remove packaging (do not substitute cardboard emery boards for the file)
- Six Band-Aids (or similar brand), preferably ½” to ¾”; secure together with a rubber band

TIPS

- Do not add other items or leave out any of the items listed.
- All items should be new and in good condition.
- Wrap smaller items in the washcloth; wrap washcloth and remaining items in the towel and tie securely with ribbons or yarn.
- Do not enclose the kit or any of its contents in plastic bags.
- Please do not donate items with any religious symbols, messages or your parish’s name.
- Please do not donate any items decorated with a U.S. flag, patriotic or military symbols, or references to the armed forces, including camouflage.

PROJECT COMFORT FUND NOTE: LWR's approximate cost to handle and ship one LWR health kit overseas is \$2.65 (includes the cost of toothpaste to go with the health kit)

* * * * *

People who must flee their homes quickly often do not have time to pack essential items. Health kits can help refugees maintain personal hygiene while living in exile. Items may also contribute to a new start for those who can return home.

**THE METRO DC SYNODICAL WOMEN'S ORGANIZATION
2009-2010 FUNDRAISER
FOR THE
REFUGEE AND IMMIGRANT SERVICE
OF
LUTHERAN SOCIAL SERVICES OF THE NATIONAL CAPITAL AREA**

WHAT ARE WE GOING TO DO?



Our SWO goal is to raise \$5,000 in support of the Refugee and Immigrant Service of Lutheran Social Services of the National Capital Area, a partner with Lutheran Immigrant and Refugee Service.

WHAT CAN OUR MONEY DO?

Lutheran Social Services resettles 350-400 refugees, asylees, and victims of trafficking throughout the National Capital area each year. LSS offers a comprehensive range of services to the newcomers including intensive case management, cultural orientation, employment orientation, job skills training, and support programs to reinforce self-sufficiency and community integration.

Our money will:

**BE AN ADVOCACY FOR JUSTICE
STRENGTHEN FAMILIES
PROVIDE HOPE FOR THE FUTURE
CHANGE LIVES**

WHAT CAN YOUR UNIT DO?

WELCA units and all congregations are invited to share their blessings and donate \$250 to the project so we can reach our goal of \$5,000.



WHERE DO WE SEND OUR COLLECTED MONEY?

By **April 15** please send your contribution in the form of a check to

Patricia Nau
9703 Water Oak Drive
Fairfax, VA 22031-1020

Active congregational units are also asked to complete and enclose Offering Form A, which can be downloaded from www.womenofthelca.org/resources/forms.html.

METRO DC SYNODICAL WOMEN'S ORGANIZATION'S NOMINATION FORM

PLEASE INDICATE WITH A CHECKMARK IF YOU ARE BEING NOMINATED FOR THE SWO
EXECUTIVE BOARD OR TO BE A 2011 TRIENNIAL DELEGATE

____ METRO DC SYNODICAL WOMEN'S ORGANIZATION'S EXECUTIVE BOARD
OR
____ 2011 WOMEN OF THE ELCA TRIENNIAL DELEGATE FROM
THE METRO DC SYNOD

BIOGRAPHICAL INFORMATION FORM

NAME _____

Last

First

Initial

ADDRESS _____

DAYTIME PHONE _____ EVENING PHONE _____

CELL PHONE _____ E_MAIL ADDRESS _____

AGE RANGE _____ 35 and under _____ 51-69

_____ 36-50 _____ 70 and over

ETHNIC/RACIAL HERITAGE _____

PRIMARY LANGUAGE OTHER THAN ENGLISH _____

PREVIOUS TRIENNIALS ATTENDED _____

NAME OF CONGREGATIONAL UNIT _____

ADDRESS _____

EXPERIENCE (Please list significant experiences in each area over the last ten years, beginning with the most recent experiences.)

OCCUPATIONAL HISTORY _____

WOMEN OF THE ELCA PARTICIPATION

CONGREGATIONAL UNIT _____

SYNOD, CLUSTER _____

CHURCHWIDE _____

ELCA PARTICIPATION

CONGREGATION _____

SYNOD/CONFERENCE _____

CHURCHWIDE _____

COMMUNITY SERVICE _____

OTHER QUALIFICATIONS _____

PLEASE RETURN NOMINATION FORM BY MARCH 15, 2010, TO:

Karen Evans
725 Sonata Way
Silver Spring, MD 20901