

# The Joyful News

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

March 2014



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## A Message from the President

Greetings, Sisters in Christ,

What is WELCA? And what's the SWO? Triennial? Annual Convention? Campus Ministries Campaign? Prayer Shawls? Quilts and LWR? Offerings? Stewardship? Disciples? Justice? Companion Churches? *“Always Being Made New”*?

So many questions—and you can find answers in this newsletter, at the upcoming Metropolitan DC Synodical Women's Organization Annual Convention, on the WELCA website, and at the Triennial Gathering!

“We Are WELCA” is an excellent article, which you will find on our website at [HTTP://DWYERCL2.WIX.COM/WELCA-METRODCSYNOD](http://DWYERCL2.WIX.COM/WELCA-METRODCSYNOD) (click the **WE ARE WELCA** button).

Written by Eva James Yeo, director of membership, it explains the structure of all three expressions of Women of the ELCA. I hope you will take a moment to read it—you will see a strong thread connecting all of us together as sisters in Christ. Throughout the years, we sisters have accomplished a great deal—more than one might think possible. Reflect on your own commitment and then reflect on the fact that we are part of a wonderful “community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit” who “commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world.”

In the past month, our Board has been updating the contact list for the SWO. For those we called, thank you for



WOMEN  
of the  
Evangelical Lutheran Church in America

Purpose Statement...

As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world.

providing your information. This is not just a contact for receipt of the newsletter, but a person who is to share that information widely in your church circles. The SWO is eager to keep you and the women in your congregation up to date with the happenings of the Synodical Women's Organization and the WELCA. As a disciple of Christ and an active member of your congregation, are you inviting your women into the fold? are you communicating? are you listening to their needs? are you inviting them to be involved in planning? and are you helping them be fulfilled as a women in your congregation? If your congregation, like so many, is struggling to meet the needs of multiple generations, your SWO can provide suggestions, thoughts, and ideas. Contact us, talk to us, let us be in discussion to find good ways for us all to grow and bring ALL women of ALL generations under this very large umbrella Christ offers.

As you know, the Annual Convention will convene on Saturday, May 3, 201, at St. Matthew's Lutheran Church, 12351 All Saints Boulevard, Woodbridge, VA 22192. We encourage you to register online at the SWO website ([HTTP://DWYERCL2.WIX.COM/WELCA-METRODCSYNOD](http://DWYERCL2.WIX.COM/WELCA-METRODCSYNOD)) or by completing the registration form in this newsletter. The Convention Committee has been working on an excellent program for you. Bishop Graham will provide our homily during the Eucharist service; our featured speaker is an author, church worker, and mother; there are numerous workshops scheduled; our churchwide representative will bring news of WELCA activities; and you will find some old and some new exhibitors. Of course there is always time for fellowship and building relationships. This newsletter contains information on registration, details of the program, in-kind contributions, our offering recipients, and much, much more. Please COME and JOIN us on May 3<sup>rd</sup>.

God's blessings and His peace,

Kathy Meier

President

[kathleenmeier@comcast.net](mailto:kathleenmeier@comcast.net)

703-881-3333



## Mark Your Calendar!



March 8	<b>SWO Executive Board meeting, Abiding Presence</b>
April 5	<b>SWO Executive Board nomination forms due</b>
April 18	<b>SWO Spring Convention Delegate registrations due</b>
May 3	<b>SWO Spring Convention, St. Matthew's, Woodbridge "of many generations"</b>
July 22-24	<b>Triennial Convention, Charlotte, NC "of many generations"</b>
July 24-27	<b>Triennial Gathering, Charlotte, NC "of many generations"</b>

## *A message from our Triennial Gathering Promoter...*

**Hello Bold Women!**

There is still time to register for the Women's Triennial Gathering, July 24 - 27 in Charlotte, North Carolina.

***of many generations*** is the theme of the inspiring weekend for mothers, daughters, sisters and best friends you call sisters! Registration is easily completed online at [www.welcatg.org](http://www.welcatg.org). Take advantage of this life-changing opportunity while it is so conveniently close to us.

Contact me with questions and to let me know you will be a part of our Metro DC "8G" group! Hope to see you there!

See you in Charlotte, NC – July 24 – 27, 2014  
Carol Moonan [cdmoonan@gmail.com](mailto:cdmoonan@gmail.com)  
Triennial Gathering Promoter -  
Metro DC Synod Synodical Women's Organization



***FOR THE TRIENNIAL GATHERING...*** *women are invited to gather in-kind gifts, make prayer shawls, or participate in a quilt challenge, whether you are attending the gathering or not.*

*You can find three fact sheets, one for each of these areas, on the Triennial Gathering website, [www.welcatg.org](http://www.welcatg.org), at <http://www.welcatg.org/get-involved> and on our SWO website at <http://dwyercl2.wix.com/welca-metrodcsynod#!events/c507>*

*Look for additional organizational information on these projects—coming soon on the the SWO website (see above) and through e-blasts to all contacts.*

*Won't you please join us in this way?*

# Around the Synod...

## REFLECTIONS ON A SPIRITUAL JOURNEY

*[The advent of the Prayer Shawl Ministry at Peace Lutheran of Alexandria ... how it began...]*

In 2007 we gathered to discuss knitting, doing the Lord's work, and sharing it with others. Anne Whitten, a soul mate of mine, and I visited a women's group in Maryland that made shawls. In the following days we continued to ask God to guide us. It was Janet Bristow who reminded us that "Shawls ... made for centuries universal and embracing, symbolic of an inclusive, unconditionally loving God. They wrap, enfold, comfort, cover, give solace, mother, hug, shelter and beautify. Those who have received these shawls have been uplifted as if given wings to fly above their troubles...."

Feeling motivated, we brought the idea of forming a Prayer Shawl Ministry to a new small group at Peace. Women Renewing at Peace (WRAP) was a group of women supporting each other with bible study and some calm amidst the busyness of life. We pledged not to add more stress by adding more to do, but we were surprised by the support of this group. They even helped design a tag to go on our shawls (shown at the end of this article on the following page) and some even joined us for knitting.

We took our knitting ministry to Barcroft Starbucks with plans of meeting on Fridays, inviting others, praying for others and raising our awareness of a need to connect meaningfully with the community and our world.



We were totally amazed and renewed by wonderful notes of appreciation for the gifts of shawls. In the first year we distributed 60 shawls - all grounded in prayer. How awesome!

It was surprising how our little index card box began to fill with names and prayer requests.

Several random encounters were inspiring. A recent visitor to Starbucks on a chilly day noticed us knitting. She was dressed in a light blouse. We discovered she was visiting from California to attend her father's funeral. The conversation continued and soon she shared tears of loss and pain. We offered an aqua shawl to warm her and her heart. That day, as many others, God was with us and affirmed why we continue to share the love of Christ through a shawl.



Each year with the Spirit leading we made Haiti disaster washcloths, hats and scarves for homeless and marginalized children, Christmas tree gifts for a funeral home for remembering loved ones, and many more shawls for the birth of babies, confirmation, illness and death. The ladies have taught knitting and crocheting to others, including a grade school class. The number of Friday shawl makers varies from 4 to 18. Not all these ladies attend Peace because we have invited neighbors and friends to join. As of November 2013 the group has distributed 882 shawls. We wonder if we will run out of names; but no, the Lord has a plan for us and continues to bless and inspire us. Amen.

*~ Peace, blessings, and joy, Vicki Haugen  
Peace Lutheran, Alexandria*

Joy \* Comfort \* Peace

"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

May this shawl, created with love and filled with prayers, comfort and enfold you. May it be a sacred haven of hope and peace and quiet. Made by the Peace Prayer Shawl Ministry

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

Prayer

*Tag for prayer shawls of Peace Prayer Shawl Ministry*



**LEI CREATION A SYMBOL OF BOLD WOMEN'S DAY—2013 and 2014**

As part of promoting the WELCA Bold Women's Day celebration on February 23<sup>rd</sup> at Peace Lutheran in Alexandria, VA, the WRAP (Women Renewing at Peace) ladies practice finger knitting to create many Lei's.



Mary Marquardt, who once lived in Hawaii, tells us that in Hawaii the Lei is worn as a "welcome symbol" to all who visit. The WRAP ladies attach the WELCA information tag on each Lei. Before each worship service they are distributed to those who gather to remind us we are all God's instruments of peace and service.

It was such a success in 2013 we decided a repeat was in order. Thank you Mary Marquardt and Anne Whitten for teaching us to finger knit Lei's in February. Bold Women's Day was a time of recognition for the bold women at Peace. We joined in Fellowship Hall wearing our lei's to welcome and

support each other in choosing to be Bold Women in Christ.



*Peace ladies are invited to bring ideas on how to share our WRAP offerings near and far with others.*

The March lesson will start with Psalm 30; which Martin Luther recognized as a rich resource for Christians. Then Judges 11: 1-40 which highlights a

daughter; a young woman who retreats to the mountains with her woman companions when her life is put in jeopardy by the oath of her father. She waves good-bye to a life that she had imagined for herself and her actions become a memorial to her when she returns to face death.

The ladies are using various hand gestures when we pray. The hands of this chapter are waving hands at eye level and just a small moving back and forth. When the hand is stationary, it is an acknowledgement of the one leaving. How do we at Peace wave goodbye to those you love? Think about how God's hands raised in acknowledgement of you. The ladies of WRAP are on a journey to discern how we pray individually and/or in groups. We welcome your input on this journey of discernment.

This group of spirit filled women meets monthly on the second Thursday.

~ Vicky Haugen  
Peace Lutheran, Alexandria



## 2014 SPRING CONVENTION—OF MANY GENERATIONS

The Metro DC SWO convention will be held on Saturday, May 3, 2014, at St. Matthew's Lutheran Church, 12351 All Saints Place, Woodbridge, VA 22192. Our keynote speaker for the day is Elise Seyfried, author of two books of humorous spiritual essays, *Unhaling: On God, Grace and a Perfectly Imperfect Life* and *Underway: Reflections on Everyday Grace*. We are looking forward to seeing many of you there for a day of fellowship and worship together.

Workshops and their presenters are listed on the Spring Convention flyer on page 10 of this newsletter. Our churchwide representative, Phyllis Rude, will be speak on Sharing Your Faith--connecting you to generations of women who have shared their faith with you and others. Come and join in this workshop to learn how to talk comfortably about your faith.

Your convention offering will be shared between Women of the ELCA and the Metro DC Synod Lutheran College Ministries, which is also the SWO project through May 2015.

Our In-Kind gifts for the day will be items to be used by La Sagrade Familia Lutheran Ministry. This is a local ministry run by the Rev. Rosario Hernandez Cruz, specifically to continue their successful art program. Rev. Cruz has been very successful with branching out and bringing children of all ages (as well as adults) into reading programs and mentoring programs, as well as providing backpacks filled with school supplies. This is a local group where our gifts can make a difference.

**In-Kind gifts:** *A list of art supplies and some inexpensive musical instruments* is printed on the last page of this newsletter, on the back of the Spring Convention registration page—please note that it also includes several suggested online URLs where you can easily find some of these items. The children will both appreciate and benefit from your generosity!

You can register online via the SWO website at [HTTP://DWYERCL2.WIX.COM/WELCA-METRODCSYNOD#!EVENTS/C507](http://DWYERCL2.WIX.COM/WELCA-METRODCSYNOD#!EVENTS/C507) or print the registration form on page 13 of this newsletter, fill it out, and mail it with your check to Fran Eck as noted on the form.



## NOMINATIONS FOR SWO LEADERSHIP POSITIONS

Nominations are being requested for election of members to the SWO Executive Board. Positions open: President and two Board Members.

These are important positions for our SWO. We encourage you to seek out interested candidates within your unit. The SWO is YOUR organization and deserves the best leadership available. Volunteer to be a part of this great group of women leading the way! The nominating committee members are listed below:

Barbara O'Keefe ..... 202-342-3747  
Good Shepherd, Alexandria VA  
([BAOKEEFE400@GMAIL.COM](mailto:BAOKEEFE400@GMAIL.COM))

Pat Nau ..... 703-281-6288  
Christ, Fairfax VA  
([PENAU@EROLS.COM](mailto:PENAU@EROLS.COM))

The Nomination Form is found on page 9.





**Jenny Michael, President** of the Women of the ELCA churchwide executive board, addressed the ELCA Churchwide Assembly 2013. She is truly a faith-driven and enthusiastic woman! You can view her inspiring nine-minute address on YouTube at <http://www.youtube.com/watch?v=80EQR35pU58>.

**Did you know** that you can access *The Joyful News* online? It is now available at [www.metrodcelca.org](http://www.metrodcelca.org):

- Click the **Publications** tab at the top of the home page.
- Next, click the *Joyful News* link in the drop-down menu and the date of the latest editions appear.
- Click that date selection and enjoy the archived or current news from the Metro DC Synodical Women's Organization.



Have an article to submit for *The Joyful News*? Please email them to the editor, Cheryl Dwyer, at [DWYERCL2@VERIZON.NET](mailto:DWYERCL2@VERIZON.NET) or send via snail-mail at:

8500 Oak Chase Circle  
Fairfax Station, VA 22039-3322

**Find us on Facebook and the Internet!** Follow us on **Facebook** at <https://www.facebook.com/MetroDCSWO>.  
**Check out our website** at <http://dwyercl2.wix.com/welca-metrodcsynod>.



**Daily Grace** is a good resource for a quick uplifting message daily. Read it online at <http://www.womenoftheelca.org/blog/category/daily-grace> or If you'd like to receive Daily Grace via email, click [here to subscribe](#). This free on-the-go companion offering a daily reflection is now available for [Android users](#) as well as [iPhone/iPad users](#).



# Bulletin Board

# PROGRAM IDEAS AND RESOURCES



**WORLD MALARIA SUNDAY 2014** is Sunday, April 27, 2014. On that day, the ELCA Malaria Campaign is encouraging observance of a World Malaria Sunday, with offerings and gifts this year supporting the malaria control program in Namibia. World Malaria Day was instituted by World Health Organization Member States in 2007 to highlight the need for continued investment and sustained political commitment for malaria prevention and control.

Resources are available from Dorothy Sorrell, synod coordinator, ELCA Malaria Campaign, at [DJSORRELL1@VERIZON.NET](mailto:DJSORRELL1@VERIZON.NET) or 703-591-2236. See also [www.metrodcelca.org/2014/01/spring-malaria-awareness-resources/](http://www.metrodcelca.org/2014/01/spring-malaria-awareness-resources/).



**WOMEN OF THE ELCA Web site**, [www.womenoftheelca.org](http://www.womenoftheelca.org), is the place to go for program ideas and resources for many things. The following is quoted from their RESOURCES link:

*Resources to improve your spiritual life*

Lutheran women have a long history of Bible study, discipleship, and desire to deepen their spiritual life and learn about issues.

If you are looking for a one-time-use program, something to do over several sessions, or a retreat resource, you've come to the right place.

Women of the ELCA offers free, downloadable program resources—in English and Spanish—to help you grow in faith and engage in ministry and action. And searching for our resources is a breeze.

We give you several ways to find the perfect resource for individual or group study, single session or retreat.

We also let you search the old-fashioned way: alphabetically or the church geek way: by liturgical year.



## **Café—It's WHAT?**

*Café* is an on-line magazine for young people—but so much more. Do you like podcasts? Do you like sharing information? Click on this link:

<http://www.boldcafe.org/> and become part of something bigger. And, check out how you could start your own *Café* group with this link: <http://www.boldcafe.org/blog/start-cafe-group>.



## **New Resources in March 2014 *gather***

Learn about these resources that are found on page 20 of the March 2014 *gather* magazine:

- Lenten Meal Series
- Buck-a-Chick
- Intergenerational Study on Hunger
- Lent: Penitence, Pilgrimage, Preparation



## **“WE ARE WELCA”**

Ever wonder “who am I?” We've provided a neat explanation of who we are as provided by churchwide Women of the ELCA... read the text on our website by clicking the **WE ARE WELCA** button at [HTTP://DWYERCL2.WIX.COM/WELCA-METRODCSYNOD](http://dwyercl2.wix.com/welca-metrodcsynod).



# THE METRO DC SYNODICAL WOMEN'S ORGANIZATION 2013-2015 FUNDRAISER FOR LUTHERAN CAMPUS MINISTRIES

## OUR GOAL

Our SWO goal is to raise **\$5,000** in support of the Lutheran Campus Ministries of the Metropolitan Washington, D.C. Synod Evangelical Lutheran Church in America.



Coat project



Backpack project

Our financial support will provide funds to help finance these ministries and programming that support students and enable them to grow in faith during their time in college. By giving, we can help these ministries inspire students to put their faith into action by serving others in the example set by Jesus. These students lend their support to many community projects, spreading the work by their words and deeds.

Together we can make a difference in the spiritual development of these students who will become future leaders and carry on our mission in Christ.



"If you want to explore what it means to be a Christian and follow Jesus, wrestle with difficult questions - in a grace-filled and welcoming community where you are accepted for who you are..."

~ *Lutheran Campus Ministry at UM*

## WHAT CAN YOUR UNIT DO?

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

## WHERE DO YOU SEND YOUR COLLECTED MONEY?

By **April 15, 2015** please send your contribution in the form of a check to "Women of the ELCA Metro Washington, D.C. Synod":

Cheryl Dwyer  
8500 Oak Chase Circle  
Fairfax Station, VA 22039-3322

Active congregational units are also asked to complete and enclose Offering Form A, which is found on page 11 of the Stewardship Guide. Download the guide at

[http://www.womenoftheelca.org/filebin/pdf/stewardship/2013-2014\\_Stewardship\\_Guide.pdf](http://www.womenoftheelca.org/filebin/pdf/stewardship/2013-2014_Stewardship_Guide.pdf).

**The Metropolitan Washington, D.C.  
Synodical Women's Organization's  
Spring Convention**

\* \* \* \* \*

*"Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of the streets to live in."*

*~ Isaiah 58:12*



**Saturday, May 3, 2014  
8:00 am – 4:00 pm**

**St. Matthew's Lutheran Church  
12351 All Saints Place  
Woodbridge, VA 22192**

\* \* \* \* \*

**Registration Fee: \$35.00 per person (\$40 after April 12<sup>th</sup>)**  
Discounted registration: women under the age of 40 or first time attendees (\$10.00)  
**(Lunch Included)**

**Presiding at Eucharistic Worship:**  
The Rev. Tarja Stevenson, St. Matthew's  
**Homily:**  
The Rev. Richard H. Graham, Bishop

**Guest Speaker: Elise Seyfried**  
Author of Books of Humorous Spiritual Essays:  
*Unhaling: On God, Grace and a Perfectly Imperfect*  
*Life and Underway: Reflections on Everyday Grace*



**Workshop Guests:**  
**Eileen Goldschmidt—Bullying**  
PhD., NCSP, Consulting School Psychologist, Fairfax County Public Schools  
**Sally Galloway—Wellness**  
Certified Holistic Health Coach, Nationally Certified Massage Therapist, AADP,  
Author, Speaker, Coach, Mom  
**Deborah Bombard—Gentle Yoga**  
Gentle Yoga Instructor at Virginia Hospital Center  
**Sheri Swackhamer/Laura McDowell—Today's Dream: Tomorrow's Reality**  
Instructors, Women of the ELCA  
**Phyllis Rude—Sharing Your Faith**  
Churchwide Representative, Executive Board Member (2011-2014),  
Women of the ELCA

**CELEBRATION, FELLOWSHIP, WORKSHOPS, SHOPPING, AND EXHIBITS  
AWAIT YOU!**

*In-kind gifts of art supplies and inexpensive musical instruments are requested for  
La Sagra Familia Lutheran Ministry as listed on the last page of this newsletter.*



CHURCHWIDE \_\_\_\_\_

**ELCA PARTICIPATION**

CONGREGATION \_\_\_\_\_

SYNOD/CONFERENCE \_\_\_\_\_

CHURCHWIDE \_\_\_\_\_

**COMMUNITY SERVICE** \_\_\_\_\_

**OTHER QUALIFICATIONS** \_\_\_\_\_

PLEASE RETURN NOMINATION FORM BY April 5, 2014 TO:

Barbara O'Keefe  
7452 Spring Village Dr. #434  
Springfield, VA 22150  
703-354-4762

**THE METRO D.C. SYNODICAL WOMEN'S ORGANIZATION  
2014 SPRING CONVENTION REGISTRATION FORM**



*of many generations*

**SATURDAY, May 3, 2014  
8:00 A.M. – 4:00 P.M.**

**ST. MATTHEW'S LUTHERAN CHURCH  
12351 ALL SAINTS PLACE, WOODBRIDGE, VA 22192**

**REGISTRATION FEES (includes LUNCH):**

**Early: \$35.00 per person**

**After April 12<sup>th</sup>: \$40.00 per person**

**Discounted for women under the age of 40 or first-time attendees: \$10.00**

**Church** \_\_\_\_\_

**DELEGATE'S (Voting Member's) Name, Email Address, and Phone Number:**

**(Please note: *Delegate Registration Forms are due April 12, 2014*)**

\_\_\_\_\_

**PARTICIPANTS (other than delegate) and email addresses:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**FIRST-TIME PARTICIPANTS OR UNDER AGE OF 40 and email addresses:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**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 DC SYNODICAL WOMEN”**

**SEND TO:**

**Fran Eck**

**6215 Hibbling Avenue**

**Springfield, Virginia 22150**

**Phone: 703-569-0814**

***Spring Convention In-Kind Gifts  
for  
La Sagrade Familia Lutheran Ministry***

**1. List of Instruments**

Shakers, egg shakers  
Guiros, gourd scrapers, rasps, wooden crow sounders  
Maracas  
Ankle bells  
Kalimbas, thumb pianos  
Drums, coconut tone drums, djembe drums  
Cabasas, beaded coconuts, shekeres  
Ocarinas  
Tambourines  
Claves  
Wood blocks, sand blocks  
Boomwhackers, tuned percussion tubes, Wak a Tubes  
Rainsticks  
Finger cymbals  
Castanets (on handles)

<http://www.x8drums.com/Hand-Held-Percussion-s/131.htm>

<https://www.tedbrownmusic.com/c-725-small-handheld-percussion.aspx>

<http://www.amazon.com/s?rh=n%3A166326011> (Kids' Musical Instruments)

**2. Art Supplies**

Finger Paints – washable 16 oz.  
White Craft Paper Rolls 18" x 1000' (good for painting and fingerpaint)  
Water Colors  
Tempera Paint (washable – 16 oz) - single bottles or sets of 12  
Disposable Plastic Apron Packs (100)  
No Spill Paint Cups (10 per pack)  
Craft Cup Disposable Containers (75 pack)  
School Brush Assortment Pack (144 brushes)

<http://www.swww.com/arts-and-crafts-supplies>

**3. Games and Puzzles for elementary school-aged children**