



## Metro DC Synodical Women's Organization

### Important Dates:

- 09/06/16  
Registration opens for  
10th Triennial Gathering  
[welcatg.org](http://welcatg.org)
- 09/11/16  
ELCA Day of Service  
[elca.org/dayofservice](http://elca.org/dayofservice)
- 10/14-16/16  
Gutsy Gals of the Bible  
Women's Retreat  
[gutsygals.eventbrite.com](http://gutsygals.eventbrite.com)
- 10/13-15/17  
All Lutheran Women  
Retreat,  
Fredericksburg, Virginia

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### President's Message

**Crayolas...** such memories that word invokes!

In 1988, Robert Fulghum published a simple credo—a credo that became the phenomenal #1 New York Times bestseller *All I Really Need to Know I Learned in Kindergarten*. In the essay, “Crayolas,” he writes how he bought his godson a ‘trainer set’ and indulged himself by purchasing his very own *first* set of crayons, a 64-piece set with a sharpener... amazingly, he’d never had a box of his own! He also bought a box for the boy’s parents, explaining it was theirs, not their son’s. And he states:

“What I notice is that every adult or child I give a new set of Crayolas to goes a little funny. The kids smile, get a glazed look on their faces, pour the crayons out, and just look at them for a while....The adults always get the most wonderful kind of sheepish smile on their faces—a mixture of delight and nostalgia and silliness.”

~ from Robert Fulghum’s *All I Really Need to Know I Learned in Kindergarten*, Copyright © 1986, 1988, 2003 by Robert L. Fulghum

So, why are we discussing Crayolas?

Flash forward to 2016—little did Mr. Fulghum know 28 years ago that many of today’s adults would be part of the latest coloring craze... to relieve stress, to shut the whole world off, to break away from the hustle and bustle of life, to escape to a simpler time... to renew one’s self.



Color, pray, explore  
“All Anew”

The Women of the ELCA are using this current trend with our *All Anew* theme. Our churchwide website at [www.womenoftheelca.org](http://www.womenoftheelca.org) displays four photos; the first invites you to “Color, pray, explore” and “Enjoy the meditative practice of coloring as part of the All Anew devotions.” Follow the **LEARN MORE** link to the **Coloring Devotional** webpage to explore and download the five current *All Anew* devotions: *Renewal of Creation*, *Renewal of Sight*, *Renewal of Spirit*, *Renewal of Hope*, and *Renewal of Life*.

“This series of five devotions is designed to help you prepare for the

Tenth Triennial Gathering, deepening your understanding of the All Anew theme and accompanying verses. Enjoy the meditative practice of coloring as part of the devotions.”

As suggested, I purchased the [All Anew: A Devotional Coloring Book](#) in support of the ministry of *Gather* magazine. It contains 30 days of encouraging devotions and simple coloring images from *Gather* writers and Women of the ELCA staff. Each page includes a Bible passage, a meditation and prayer, and an interesting graphic to color. The devotions, excerpts from content that originally appeared in *Gather* magazine and in *Living from the Heart of God: A Journal for Life's Stages*, cover a broad range of subjects.

I encourage you to download, share, and use these *All Anew* free devotionals—and the devotional coloring book, if you wish—to encourage and enjoy the fellowship of others. I hope you will consider attending and participating in the 2017 Triennial Gathering—and encourage others to join you... it will be a wonderful and uplifting experience!

Your sister-in-Christ,  
*Cheryl Dwyer*  
President, Metro DC SWO

## Meet Your SWO Board

### Cheryl Dwyer, President



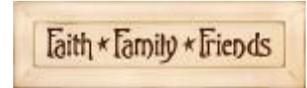
Cheryl Dwyer,  
St. Mark's  
Springfield, Virginia

Cheryl recalls a dramatic, one-woman presentation at one of the recent SWO Conventions by Anita Gutshick (actress, playwright, president of "Women of the Bible") that brought three women of the Bible to life. We were transported into their time—a very moving experience. She hopes all our women can feel that joy within the SWO.

Her family brings her the most joy, followed by her friends as a close second—she feels very fortunate to have a loving spouse as well as kids and stepdaughters who grew up to be kind and giving adults and who are passing those qualities on to their children.

Cheryl wants to see SWO grow and prosper both

within the number of active units and within the units themselves. One way we can achieve this is to foster and enhance communication regarding our purpose and programs to, from, and between our units.



Wilma Dublin  
Holy Trinity  
Falls Church, Virginia

### Wilma Dublin, Vice President

Wilma's vision is that our Metro DC SWO will have more units actively engaged in our mission of service to others and our commitment to grow in faith. To successfully activate our units, it is important that we develop new creative ways, in a reasonable timeframe, to better communicate and promote our programs. Our overarching goal is to build on the foundations laid by the bold women who preceded us.

## *We are called to love one another.*

Wilma was greatly moved and inspired as she joined hundreds of women and sang the hymn "We are called to love one another" by David Hass, at the July, 2014 Triennial Convention and Gathering. The powerful, spirit-filled lyrics 'spoke to her.' They had a significant impact on her and she responded to the 'call' to serve on our SWO Board.

Simple things bring Wilma joy. When she provides support to someone who might be struggling with a problem

and witnesses the sense of accomplishment that comes from overcoming the challenge, she feels she has made a worthwhile contribution and that brings her joy. Of course she hears the words of thanks, but the person's joy has a wonderful effect of happiness on her too. When she works with children and sees that 'light bulb go on' it is a feeling of joy to witness the effect of persistent hard work and see the "Yes, I did it!" on that face.



Fran Eck  
St. Mark's  
Springfield, Virginia

### Fran Eck, Secretary

Fran is presently the Nursery Coordinator for St. Mark's. She has served as a Council Member and as Secretary on both the Personnel Committee and the Endowment Fund Committee. She was President of WELCA (5 years) and has served two terms as Treasurer. Fran is an active member of the Ecumenical Community Helping Others (ECHO) organization, serving as Board Secretary and editing its monthly volunteer newsletter.

During her sons' school years, she volunteered in the office as a Temp. Over the

years, as rules and requirements for retired volunteer staff changed, she was asked to work more often in the school offices. Now she is a permanent temporary (an oxymoron) employee working in various school administrative offices.

Fran and her Husband are avid travelers and will soon embark on an exciting trip to visit Banff in Alberta Canada, then travel westward to Vancouver, via train. What a wonderful adventure.

She would like to see SWO become a more active part

of the life of women in the DC Metro Synod. Only a small percentage of the Lutheran churches are members of SWO. She wants to see a broader connection to SWO's many good and interesting things, and convince those churches with women's group who are not members of SWO to join; and those churches without women's groups to start them and ultimately join SWO.



2016 SWO CONVENTION



Dear Members of the Metro DC SWO,  
 We thank you for your very generous donations of \$635 in gift cards and 93 kits of personal care items to help victims of Human Trafficking. We also thank you for signing 35 letters advocating for legislation to prevent human trafficking and provide better protection for victims.

*God bless and guide you as you continue to support this cause.*

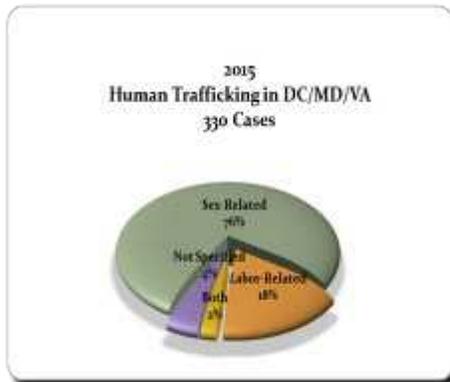
*Thank you on behalf of the many lives you touched with love.*

**Our Commitment:** We, the Women of the ELCA, are committed to help eradicate human trafficking by creating awareness in our communities, advocating for more protection and rehabilitation for victims, and participating in anti-trafficking campaigns in our churches, schools, and neighborhoods.

More information at: <http://polarisproject.org/national-human-trafficking-resource-center>

## The Hotline (1-888-373-7888) Statistics

Human trafficking occurs in every state. In 2015, the National Human Trafficking Resource Center (NHTRC) received 3,506 calls from victims and survivors of trafficking, a significant 29% increase over the previous year. Victims and survivors call the NHTRC to get help or find services. The NHTRC works with law enforcement, service providers, and professionals to share information and resources and to respond to human trafficking cases.



From January to March 2016, NHTRC has received 332 calls and 78 cases reported from DC, Maryland, and Virginia. Victims are forced to provide commercial sex in many situations including hotels, brothels, truck stops, fake massage businesses, and labor trafficked as domestic work, agriculture, construction, health and beauty services, and restaurants.

**We are called to CARE and ACTION!**

Loving God, you called us to do your work in the world. Be with, protect, and comfort those who are trafficked. Open our hearts and enliven our minds as we learn about Human Trafficking. Help us to love and care for our neighbors as you first love and care for us. In Jesus name we pray. Amen.

Human Trafficking Here?  
 Yes! It's in our backyard!

**What can you do?**

Raise awareness by hosting an introductory program to educate your members and community. Participate in ELCA study series about human trafficking with a group of interested persons. Pray for victims, survivors, traffickers, and professionals involved in anti-trafficking work.

For information to help and participate, contact [Wilma.dublin@verizon.net](mailto:Wilma.dublin@verizon.net) or [DwyerCL2@verizon.net](mailto:DwyerCL2@verizon.net).

## Human Trafficking is modern day slavery.

**A prayer to be posted on Facebook**

Loving God, you called us to do your work in the world. Be with, protect, and comfort those who are trafficked. Open our hearts and enliven our minds as we learn about Human Trafficking. Help us to love and care for our neighbors as you first love and care for us. In Jesus name we pray. Amen



## Meet Your SWO Board



**Karen Ager**  
Peace  
Alexandria, Virginia

### Karen Ager Treasurer

Karen attended the Triennial Gathering in Charlotte in 2014 where she met Kathy Meier (President at the time). Kathy managed to convince Karen to run for the Metro DC SWO board in 2015. She became treasurer this year when Cheryl Dwyer was elected President.

Karen is a member of the prayer shawl ministry at church and finds that it brings her renewal. She has been crocheting since she was ten years old, but only

took up knitting in the last year or so.



She also enjoys motorcycle riding—going on a long ride can sometimes be like meditating (except in DC traffic). Her bike has over 100,000 miles on it, so she must really like it.

Her most memorable Women of the ELCA experience was definitely the 2014 Triennial Gathering. Having that many women together to worship, celebrate, and learn was a joy-filled experience.

Karen would like to see more women, and in particular, more younger women involved in SWO activities.



**Sue Cottrol**  
Good Shepherd  
Alexandria, Virginia

### Sue Cottrol Board Member

At Good Shepherd, Susan is the President and Treasurer of the WELCA unit. In addition she is on the Church Council (Recording Secretary and Legal Trustee) and a member of the anti-racism Committee.

As a child growing up in Ohio, she watched her



mother participate in various activities in her Lutheran Church including her woman's Bible

Study group. When she moved to Virginia she looked for a church home to join and found Good Shepherd. There Susan joined a WELCA circle where she met her goal, to share the Bible and fellowship with women of all walks of life. The Circle actually catered her wedding reception in 1987.

As a retired analyst for the Department of Defense, she enjoys reading, enjoys her Bichon Frise (dog), and communing with nature in Huntley Meadows (she likes pansies).

There she observes other people enjoying their pets and interacting with the children's Nature Ninja Camp. Susan has traveled extensively in Europe and Australia; has worked in Paris and traveled in the Middle East. What exciting adventures!

Finally, her vision for SWO is to ensure activities are relevant for younger women so they are encouraged to connect and become more active with the Synod.



**Karen Evans**  
Saint Luke  
Silver Spring, Maryland

### Karen Evans Board Member

Karen has been an active member of WELCA at Saint Luke Lutheran Church in Silver Spring, Maryland for about 25 years, serving as President of their unit for 19 years. In 2008 she represented the SWO as a delegate to the Triennial and she attended the subsequent Triennials in Spokane and Charlotte. Over the years she has attended a number of the annual SWO conventions and served on Nominating Committees.

She has many interests but one that is near and dear to

her heart is volunteering, which she began as a teenager. She currently serves in are Stephen Ministry and Meals-on-Wheels. She finds that helping others is very rewarding and she receives more than she gives.

Karen also loves to solve puzzles, go bowling, travel, and research her family tree.



The role of the SWO is to support the established units—which is where the real “work” is accomplished.

But our membership and participation have been dwindling and so one important goal is to work on increasing the involvement of women in the Metro DC Synod. Of course, our challenge is to find activities and programs that will engage these women. Karen recently joined the SWO Human Trafficking Committee and hopes that we can build enthusiasm for this worthy cause throughout the Synod.

## Thrivent Action Team Funds



In June, 2015, two couples from New Jerusalem took time off work to do repair to a few of the ark cabins at our synod camp, Mar Lu Ridge, in Jefferson, Maryland. One of the team members applied for them to be approved by the new “Action Team” program sponsored by Thrivent. (Let me say here that in order to be eligible for these funds, at least one member of the team must be a Thrivent member and that person must be the one to apply.) They were accepted and Thrivent sent a VISA debit card in the amount of \$250.00 to them as seed money for the project. With it they were able to finance the entire project by buying plywood, paint, and other construction supplies that they needed.

One member of that team told me about this program and said that our Prayer Shawl Ministry would probably be a good fit for the Action Team. I am a Thrivent member and so applied for our group. In December we received a VISA debit card in the amount of \$250.00 to buy supplies for making prayer shawls. Our group is small—only eight members at this point, but we do big work! Our first year we gave away 32 prayer shawls and are working hard to keep up with demand. We had a great time at JoAnn’s buying yarn—we caught a big sale—and are now knitting to fill the ongoing need for our comforting prayer shawls.

Kay Garrett

New Jerusalem Lutheran Church  
Lovettsville, Virginia



## RESOURCES

Women of the ELCA and Thrivent Financial

Apply for your Thrivent Action Team grant here: <https://www.thrivent.com/making-a-difference/living-generously/thrivent-action-teams/>

Download the [Knitting as a Spiritual Practice](#) guide here:

<http://www.womenoftheelca.org/filebin/pdf/resources/Knitting.pdf>

## 10th Triennial Gathering:

### JOURNALING ARTIST LISTENS AND RESPONDS THROUGH HER ART

Vonda Drees of Plain, Washington, will serve as the artist in residence at the Tenth Triennial Gathering (2017) in Minneapolis, Minnesota, July 13-16.



Vonda created this image for her husband’s birthday

Vonda, a journaling artist, describes her art as “a way to process the Spirit’s stirring in Scripture, reflections, poetry and music. If it catches my attention, I do my best to listen and respond.”

She’ll draw during plenaries and worship, responding through her art to the words of the preachers and speakers and other happenings at the gathering.

“She’ll also be in the exhibit area where women can interact with her individually, learning how she responds through art,” said Linda Post Bushkofsky, executive director of Women of the ELCA.

Vonda uses her artistic gifts and passion for art journaling to create images and stories that she shares on her blog and through resources that support faith practices.

Vonda and her husband, Jim, are the executive directors of the Grünwald Guild in the Cascade Mountains of Washington. The guild is a sanctuary for the exploration of art, faith, and the mystery of creation.

Her art from the Tenth Triennial Gathering will be used to create limited edition greeting cards. Those can be purchased following the gathering.

To see more of her work, visit her blog: <https://vondadrees.wordpress.com/>

## Meet Your SWO Board



**Sheena Foster**  
Luther Place  
Washington, DC

### Sheena Foster Board Member

Attending her very first convention was her most memorable WELCA moment. Being in the presence of such a faith-filled fellowship was inspiring.

Her personal mantra is to serve humanity with humility without boundaries. She gets great pleasure by serving others.

*...to serve  
humanity  
with humility  
without  
boundaries.*

Sheena's vision for SWO is that we are successful at engaging, retaining, and growing membership and engaging more women under the age of 40. She prays that we are able to build upon the great work that has been done and develop young women leaders to serve and engage in meaningful ministry work.



**Marcia Ihnen**  
Holy Trinity  
Falls Church, Virginia

### Marcia Ihnen Board Member

At Holy Trinity, Marcia is currently on the WELCA Coordinating Committee, serving as President; previously she served as Vice-President and 2<sup>nd</sup> Vice-President. In addition she served as Secretary of Church Women United and has served on Church Council, the Youth Committee (Chair Person and coordinator), Sunday School Teacher, and was Holy Trinity's 50<sup>th</sup> Anniversary Chairperson.

She currently serves as President of the Church Council, and as a member of the Worship and Music Committee and the Altar Guild.

She has served as President of the Metro DC SWO, representative to Synod Council, member of the Convention Planning Committee, and member of the SWO Nominating Committee. Marcia sees SWO as a wonderful opportunity to share Christian fellowship. It is exciting to be part of it.

She is devoted to her family and enjoys visiting her granddaughter in California. As a retired physical therapist she finds time to read, garden, enjoy baseball, and knit (prayer shawls).

Her vision for SWO is to continue providing good fellowship, opportunities to grow in faith, and to bring together women of different backgrounds and interests.



**Bonnie Priebe**  
First Trinity  
Washington, DC

### Bonnie Priebe Board Member

Bonnie learned of WELCA through her sister-in-law. She began her participation with WELCA by attending the 2011 Gathering in Spokane with her now 95-year-old friend. And she continued by attending the 2014 Gathering in Charlotte.



These were both very inspirational and now we have the privilege of having Bonnie on the SWO Board.

Bonnie is a quilter and makes quilts for Lutheran World Relief. She is also a walker and a traveler. She and her husband will soon take a trip down the Mississippi River in one of the big paddleboat hotel boats.

Bonnie is very interested in growing the membership in SWO and bringing new energy into the group. She's also troubled by the spread of human trafficking (something she learned about at the 2014 Gathering) and is interested to support others in learning about it and taking actions.

## Gutsy Gals of the Bible Women's Retreat

Explore stories of Old Testament Women who stepped outside the expectations of their day to live out their faith and provide for themselves and their families.

**Professor Marty Stevens**, retreat leader    **Pastor Elizabeth Platz**, worship leader

October 14-16, 2016, Hallowood Retreat and Conference Center,  
7300 Banner Road, Dickerson, Maryland, [www.hallowood.org](http://www.hallowood.org)

Retreat Agenda:

- ◇ Evening vespers led by Pastor Elizabeth Platz
- ◇ Saturday sessions conducted by Professor Mary Stevens
- ◇ Free time—lend a hand to make personal care kits and fleece blankets for Lutheran World Relief; bring your own crafts, reading material; walk the Labyrinth; explore the woods; reflect and relax; make new friends and connect with old friends
- ◇ Sunday worship

Register online at <https://gutsygals.eventbrite.com> or by sending your check, payable to *Saint Luke WELCA*, and this form to: *Saint Luke WELCA*, 9100 Colesville Rd., Silver Spring, Maryland 20910

Questions? Call Donna Nelson, 847-224-2819 or email [welca@saintluke.us](mailto:welca@saintluke.us).



**Professor Marty Stevens**

Lutheran Theological Seminary at Gettysburg

Associate Professor in the Arthur L. Larson position of Stewardship and Parish Ministry and Registrar

**REGISTRATION CLOSSES September 21, 2016**

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### Gutsy Gals of the Bible Women's Retreat Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Church: \_\_\_\_\_

Please check desired option: (Overnight costs are based on double occupancy.)

**Entire Weekend:** \$260 (includes overnight accommodations for 2 nights, Friday dinner, all Saturday meals, Sunday breakfast and lunch.)

**Saturday only:** \$60 (includes lunch.)

**Friday–Saturday:** \$175 (includes Friday dinner, and overnight, all Saturday meals.)

**Saturday–Sunday:** \$175 (includes all Saturday meals, Sunday breakfast and lunch.)

Do you have any special dietary requirements?  Yes  No

Please specify: \_\_\_\_\_

Do you need an accessible room?  Yes  No

Do you have a roommate preference?  Yes  No

Roommate name: \_\_\_\_\_

(Private rooms are available for an additional fee of \$15/night.)



**Pastor Elizabeth Platz**

Saint Luke Lutheran Church  
Silver Spring, Maryland

Teaching Pastor in Residence



**Hallowood Retreat and Conference Center**

*Who knows?  
Perhaps you  
have come...  
for just this  
place and  
time.  
Esther 4:14*

## Scholarships Available for the 2017 Tenth Triennial Gathering (2017 TG)



At the Tenth Triennial Gathering, July 13-16, 2017, women will gather in Minneapolis, Minnesota, under the theme “All Anew.” Early-bird registration of \$310 begins September 6, 2016, and ends on January 6, 2017, after which the cost increases to \$350.

Your Metro DC SWO is offering two scholarships of \$1,000 each to cover the registration and hotel as well as to help with transportation. In order to qualify for the scholarship, you must meet the criteria listed below. Please complete the scholarship application and **return it by October 15, 2016**. Your Metro DC SWO board will meet that following Saturday to determine the recipients in plenty of time to make the early-bird registration deadline and hotel reservations.

Two scholarships  
of \$1,000 each  
will cover  
registration and  
hotel and assist  
with  
transportation.

Scholarship recipients must conform to the following criteria:

- You are 40 years of age or younger.
- You are a first-time attendee to a Triennial Gathering.
- You are involved with or intend to become involved with your congregation and its women’s group.
- You are involved in other community activities or organizations.
- You are committed to work with the women in your congregation using these experiences at the 2017 TG.
- You are committed to share your experiences at the 2017 TG in our newsletter *The Joyful News*.

The scholarship form is found on the SWO website from a link on the **HOME** page (<http://dwyercl2.wix.com/welca-metrodcsynod>) and on the next page of this newsletter.

Questions? Contact Cheryl Dwyer at 703-690-4409  
or [DwyerCL2@verizon.net](mailto:DwyerCL2@verizon.net)

“Lord, send forth your spirit...  
and renew the face of the earth.”  
Psalm 104:30

Metropolitan Washington, DC,  
Synodical Women's Organization

2017 Triennial Gathering  
Scholarship Application



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Congregation: \_\_\_\_\_

Age: \_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Congregational and Women of the ELCA (or other church women's group) activities:

Involvement in other activities and organizations:

What do you expect to gain from attending the Triennial Gathering and how would you use your experiences within your congregation?

*I agree to attend the Triennial Gathering and submit a report on my experiences there for The Joyful News. If I am unable to attend the Triennial Gathering, I agree to return the scholarship money to the SWO.*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please return to Cheryl Dwyer, SWO President, either via email ([DwyerCL2@verizon.net](mailto:DwyerCL2@verizon.net)), via FAX (703-690-4409), or U.S. mail at:

Metro DC Synodical Women's Organization  
8500 Oak Chase Circle  
Fairfax Station, Virginia 22039-3322



Questions? Call 703-690-4409 or email [DwyerCL2@verizon.net](mailto:DwyerCL2@verizon.net).

RETURN BY: October 15, 2016

# Metro DC Synodical Women's Organization



## WE ARE WELCA

What is WELCA? It's an easy way to say Women of the Evangelical Lutheran Church in America.

Quite a mouthful, we know. Our organization includes Lutheran women who gather in over 7,000 locations in the U.S. and the Caribbean, for service, study, advocacy, fellowship, and more! WELCA embraces all kinds of ministries that support our mission of mobilizing women to act boldly on their faith in Jesus Christ. **There is a place for you in Women of the ELCA.**

## Connections

Contact the editors any time at [metrodcsw@gmail.com](mailto:metrodcsw@gmail.com).

Please submit articles for the December issue of *The Joyful News* by November 15, 2016 to [metrodcsw@gmail.com](mailto:metrodcsw@gmail.com).



**Women of the ELCA**  
[www.womenoftheelca.org](http://www.womenoftheelca.org)



**SWO Website (Scholarship application for Triennial Gathering)**  
[dwycrL2.wix.com/welca-metrodysynod](http://dwycrL2.wix.com/welca-metrodysynod)

**N H T R C**

**National Human Trafficking Resource Center**  
<http://polarisproject.org/national-human-trafficking-resource-center>



**Thrivent Grants**  
<https://www.thrivent.com/making-a-difference/living-generously/thrivent-action-teams/>



**Knitting as a Spiritual Practice**  
<http://www.womenoftheelca.org/filebin/pdf/resources/Knitting.pdf>



**Triennial Gathering and related churchwide resources**  
[welcatg.org](http://welcatg.org)



**Gutsy Gals Retreat**  
[gutsygals.eventbrite.com](http://gutsygals.eventbrite.com)



**Like us on Facebook**  
[facebook.com/MetroDCSWO](https://facebook.com/MetroDCSWO)