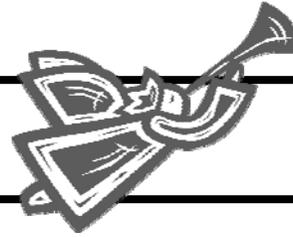


# The Joyful News



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

March 2015



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

## A Message from the President

Dear Sisters in Christ,

It's hard to believe, but we are in Convention season again. It seems like only yesterday we were together at St. Matthew's in Woodbridge. But almost a year has passed, and the Convention planning team and the Executive Board have been hard at work on the program for this year.

This issue of *The Joyful News*, and the invitation letter sent to each congregation, will provide all the information you should need. Based upon the evaluations participants have submitted over the past two Conventions, we have made some changes to the day, acting upon your thoughts and suggestions. As you review the information, if you have unanswered questions, please do not hesitate to contact me. I'd love to hear from you ([kathleenmeier@comcast.net](mailto:kathleenmeier@comcast.net)).

Here are some of the changes:

**Location:** We will meet at The Village at Rockville, in Maryland. This was a very conscious decision by the Board, and one we are excited about, as we have not had the opportunity to gather in Maryland for several years. So, to all women in the Metro DC congregations in Maryland, Washington, DC, and Virginia, please join your sisters in retreating on April 11<sup>th</sup>—at The Village at Rockville.

**Business meeting:** Begins promptly at 8:15 AM **for all delegates** and others who want to observe. Delegate registration begins at 8 AM - Participants at 8:30 AM. This change allows all delegates to participate in all of the Convention.

**Service Project:** For Lutheran World Relief. All materials are provided. See more as you read *The Joyful News*.

The next two months will be dedicated to completing our fundraising effort for the Lutheran Campus Ministries of the Metro DC Area. We have a way to go to reach our goal of \$5,000. If you have not made a donation, or if you wish to add to what you have donated, **now is the time**. Please use the address provided on the enclosed flyer (printed copies of this newsletter includes an envelope). We need the help of all SWO congregations.

This Convention will be a great learning experience, it will give you plenty of time to meet and greet new and old friends, you will worship in a different way, and you will work together on a project. We are all neighbors as well as sisters-in-Christ.

COME—LEARN AND REJOICE WITH YOUR SISTERS AND “LOVE THY NEIGHBOR”!

In Christ,

Kathy Meier

President

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

703-881-3333



*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.



## Mark Your Calendar!

- |          |   |
|----------|---|
| March 13 | <b>SWO 2015 Convention Delegate registrations <u>due</u> and Early Registrations <u>close</u></b>   |
| March 14 | <b>SWO Executive Board meeting</b><br>Home of Kathy Meier, Manassas, VA                             |
| March 20 | <b>SWO Executive Board nomination forms <u>due</u></b>  |
| March 30 | <b>SWO 2015 Convention <u>ONLINE</u> registrations <u>close</u></b>                                 |
| April 11 | <b>SWO Convention—“Love Thy Neighbor”</b><br>The Villages at Rockville, Rockville, MD (see page 10) |
| June 13  | <b>SWO Executive Board meeting</b><br>Holy Trinity, Falls Church, VA                                |





# Around the Synod...



## SWO 2015 ANNUAL CONVENTION "LOVE THY NEIGHBOR"

The Metropolitan D.C. Synodical Women's Organization Convention will be held on **Saturday, April 11, 2015, at The Village at Rockville (formerly The National Lutheran Home), 9701 Veirs Drive, Rockville, MD.** A Maryland location has been selected this year to broaden participation for all our members in our three areas—DC, Maryland, and Virginia. We encourage all women to join us in a day of Convention.

Our theme, "**Love Thy Neighbor**," allows us to look at some good opportunities for service as well as learn and discuss current issues that desperately need attention. We do wish to thank all those who, over the past two Conventions, have provided their thoughts and suggestions for the Convention Structure. *We are using those ideas and suggestions to provide a slightly different structure for the Convention.* We are listening; please continue to let us know your thoughts.

Although all of the familiar elements will be included, we've moved them around a bit to make the day flow more smoothly, give the opportunity for delegates to attend two of the workshops, and possibly give us a shorter day. The Business Meeting with Delegates will begin the day at 8:00 am. Convention participants will begin registration at 8:30 am with a continental breakfast. We will have workshops and a plenary session, lunch, a shorter worship service, followed by additional workshops in the afternoon, and a brief closing. The Rev. Philip C. Hirsch, Assistant to the Bishop and Director of Evangelical Mission for the Metro D.C. Synod, will deliver the homily. The Rev. Christine Dunn, Prince of Peace Lutheran Church, Gaithersburg, MD, will preside at the Eucharistic Worship.

Workshops include a Bible Study, a book review (*One Thousand Gifts*, by Ann Voskamp, available at amazon.com or barnesandnoble.com, for under \$12.00), a first-person view of procuring and selling Fair Trade goods in India, and a fun service project. Of course exhibitors will be present for you to visit, to learn about different organizations, and to search

for resources for your own programs. See the flyer on page 10 for specific information.

Updates will be forthcoming on the SWO website at <http://dwyercl2.wix.com/welca-metrodcsynod> and Facebook at <https://www.facebook.com/MetroDCSWO> as well as via e-blasts and a March Newsletter.

**In-Kind gifts:** See page 8 for this list—some are specific to women, some are specific to men, and some are non-gender specific.

You can register online at <HTTP://WWW.EVENTBRITE.COM/E/LOVE-THY-NEIGHBOR-TICKETS-9665980207>, or print the registration form at the end of this newsletter, fill it out, and mail it with your check to Fran Eck as noted on the form.

Mark your calendars now—you won't want to miss this exciting Convention.

**SAVE THE DATE!!!**

**SATURDAY, April 11, 2015 at  
The Village at Rockville**

**Do you have an exhibit** of your own activities?  
We would love to see it!

*Please indicate on the registration form if you will bring materials to exhibit so space can be provided for your display.*



**Lutheran Campus  
Ministry Project Goal: \$3218**  
\$5000 by June 1, 2015

We're getting there...  
we currently have  
\$3218, but we still  
need everyone's help!



## NOMINATIONS FOR SWO LEADERSHIP POSITIONS

Nominations are being requested for election of members to the SWO Executive Board. Positions open: Vice President, Secretary, Treasurer, two two-year-term Board members, and three one-year term Nominating Committee 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! Names should be submitted to Linda Hefern, [lindaheffern@aol.com](mailto:lindaheffern@aol.com), or Sue Cottrel, [bjite@aol.com](mailto:bjite@aol.com), complete the enclosed Nomination Form found on pageS 11-12 and return it to the address provided.



## HOW WE USE *Café*: ONE CIRCLE'S PERSPECTIVE

I was asked recently about my Circle's use of *Café*—WELCA's online magazine for young adult women. Our Circle (the Tirzah Circle) is made up of women in their late 20s to early 50s. We were created in 2009, meet monthly at different casual dining and cafe locations in the area (walk-up counters/no wait staff), and use *Cafe* readings to guide our discussion. Although we are a non-traditional circle for a number of reasons, the foremost reason is that *Cafe* articles do not constitute traditional "Bible study" literature.

Every month *Café* posts two new articles—one main article and one "faith reflection." The two articles are sometimes, but not always, written by the same author. The main article is almost purely a discussion piece. It generally talks about a much larger topic through the author's perspective and with supporting scripture. Whereas the "faith reflection" piece generally includes a much deeper discussion of scripture. Both articles are short and include a podcast if you prefer to listen (one of our members loads podcast onto her phone and listens to it in during her drive to the meetings).

Both articles are supposed to focus on a related topic; however, this can vary from month to month. Generally, our Circle will find one article superior to the other and spend the majority of our time discussing it. While both articles come with discussion questions and a closing prayer, we rarely use these. If both articles are particularly difficult to talk about we might use some of the questions to initiate conversation, but generally the questions are not needed.

The topics change every month, but are cyclical. For example, January's articles were about resolutions, transformation, and weight loss. February's articles will most likely center on love, relationships, etc. While most of the articles are written so broadly that they are relevant to women of all ages, some months clearly target an audience younger than our Circle (e.g., college). These instances provide us an opportunity to reminisce about our past and our unique personal journeys.

The range of responses to the monthly articles varies among our members. If someone feels a strong connection to an article then they generally lead its discussion. This is not something we determine in advance, but rather works itself out naturally each month. Also, it doesn't happen often, but there are some months that the articles speak to no one. In these cases, we come up with our own topics of conversation. Compared to other Bible study literature from WELCA, *Cafe* is very light on the actual "Bible study." This works well for our group, but I could see how others might not enjoy it as much.

If you haven't already done so, give *Café* a try. The articles are *very* short and take only a few minutes to read. If you don't want to check the site for updates you can sign up for monthly email alerts that notify you of new articles. Previous articles can be through the site's archive.

**Learn More**  
[www.boldcafe.org](http://www.boldcafe.org)

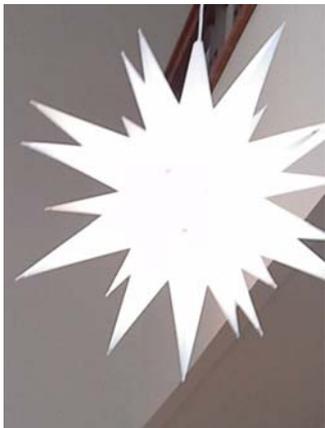
~ Megan Armenti  
Good Shepherd Lutheran, Alexandria, VA



## AN UPDATE TO “WHAT’S BUZZING AT FIRST TRINITY”

*Our August 2014 issue of TJN had a story featuring the bee colony at First Trinity in DC. Here’s the latest update on the bees and other happenings...*

Here's a sad update on the beehive at First Trinity. In October, they swarmed away and left us! We think that, somehow, we must not have gotten LUTHERAN bees and that they went searching for a better home. Anyway, we will be getting another colony of bees in March. Hopefully, these will decide to stay. We had gotten eight gallons of honey, which was bottled and sold for Lutheran Disaster funds. I made communion bread from some of it, another member made honey beer.



On another note, our Wise Women group sold **Moravian Stars** for a nice profit to fund our quilting needs. We got them wholesale from North Carolina for \$15 each in two sizes (12 and 21 inch) and sold them for \$25 (\$30 assembled by one of our members). It was a great price and they sold easily. The smaller come ready to be a tree topper. Both are distinctive for hanging. They go up at the beginning of Advent and come down at the end of Epiphany. We had gone to Bethlehem, PA, in early December, and the Central Moravian Church there had huge ones.

~ Bonnie Priebe  
First Trinity Lutheran, Washington, DC



## “TODAY’S DREAM: TOMORROW’S REALITY” LEARNING SESSION...

On Saturday, March 7<sup>th</sup> from 9:15 AM to 12 noon, at Good Shepherd Lutheran Church, 100 West Luray Avenue, Alexandria, VA 22301, the “Today’s Dream: Tomorrow’s Reality” (TDTR) leadership team, a Women of the ELCA initiative, invites the congregation and the community to come together to learn about cultural diversity and racial differences within our congregations and communities.

Our half-day of learning will commence with introductions of Laura McDowell and Sheri Swackhamer as our TDTR educators and will include two different learning sessions on topics of racism, comments, questions, and discussions from participants and then relating each session by way of comparison to recent situations that have happened in the news. We’ll take a short break and continue with a second session mid-morning that will end with further discussion and final questions and commentary before wrapping up the day’s session before noon.

Please contact Sheri Swackhamer at work (571) 970-0454 or cell (703) 304-7092 to RSVP for the TDTR mini-day program.

Approximate schedule follows:

9:15-9:30 - Light refreshments/coffee

9:30 -10:30 - Program #1

10:30 - 10:45 - short break

10:45 -11:45 - Program #2

11:45 - noon - Q&A, assessments, and wrap up

**Maddie Tallman** is one of the ELCA’s **Young Adults in Global Mission (YAGM)** and your SWO has helped her with some financial support. She is currently serving in Argentina, and she is truly a faith-driven and enthusiastic woman! You can view her newsletters from links on our home page at <http://dwyercl2.wix.com/welca-metrodcsynod>, or check out her blog at [www.maddie-yagm.tumblr.com](http://www.maddie-yagm.tumblr.com).



**DON'T MISS THE SWO ANNUAL CONVENTION  
"LOVE THY NEIGHBOR"**

**Saturday, April 11, 2015**

**The Village at Rockville (formerly National Lutheran Home) \* 9701 Veirs Drive \* Rockville, MD 20850**

See all the information on the flyer on page 10...

**Come and bring a friend!**

**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



**WOMEN OF THE ELCA's blog** is a great resource for being able to put yourself in someone else's place... If you've not yet had a chance to read some of the entries, you're in for a real treat! Some of the current entries are especially interesting. Look at some of these:

- "You've Got Mail"  
(<http://www.womenoftheelca.org/blog/mail>), which leads to a fascinating story about a BOLD WOMAN in the mid-1800s, "Stagecoach" Mary Fields—an intriguing woman for sure!
- "Virginia's Gift"  
(<http://www.womenoftheelca.org/blog/virginias-gift>) is a poignant recollection of a childhood memory of an influential woman in the life of Terri Lackey, now director of communication for WELCA.
- "Drawn Home"  
(<http://www.womenoftheelca.org/blog/drawn-home>) focuses on our Lenten journey.

There are many other entries, some of which you may find touch a place in your heart, as well as comments about the entries and what other Lutheran women are thinking and feeling.



**NEED A DAILY UPLIFT?** *Daily Grace* may be just what you are looking for... you can get an inspiring message in your inbox every day.

To register for your daily message, go to <http://www.womenoftheelca.org/blog/category/daily-grace>, scroll down to the bottom left of the page, and click the **Subscribe to Newsletter** button. You'll be glad you did!



**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>.

Read how one group of women in our Synod-- the Tirzah Circle at Good Shepherd in Alexandria, VA—are using it across generational lines as well on page 4.



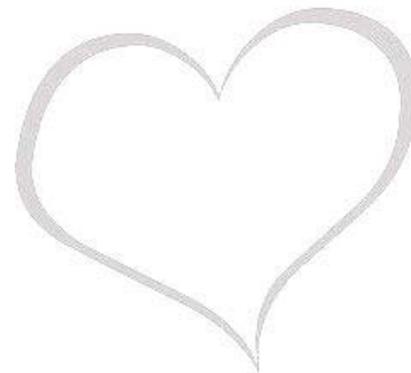
## *A Report from the President*

In mid-February I attended the **Conference of Presidents** at the ELCA headquarters in Chicago. All Synodical Women's Organizations were represented for this two-day conference, and we spent our workshop time learning about Leadership, Communication, and Human Trafficking for labor.

Plenary sessions included greetings from Jodi Slattery, Assistant to the Presiding Bishop for Governance, who brought us up-to-date on issues in the Bishop's Office, and we also heard from a Chicago organization, "Chicago Alliance Against Sexual Exploitation," describing their work in educating the community about Human Sexual Trafficking, providing free legal services for victims, providing tool kits to assist other organizations who provide services to victims. We also heard about the "Collections Management and Records Management at the ELCA Archives" and were given guidance on how the SWOs may archive their records. Our new Director of Stewardship, Audrey Riley, provided thoughts on Stewardship. Regional Caucus time brought together the Presidents from each of the Regions for discussions on best practices within the Region, what is working, what might need changing, and to make recommendations to the WELCA. We also enjoyed a Bible study and wonderful worship services.

I thank you for the opportunity to attend that conference. And, for your information, the SWOs do not directly pay for the Presidents' attendance—WELCA provides transportation, room, and meals. This annual Conference is part of the efforts to grow the leadership of the WELCA.

~ Kathy Meier



### **Suggested In-Kind Gifts for Residents of The Village at Rockville**

to be collected at Metro DC SWO Annual Convention,  
**LOVE THY NEIGHBOR**

#### *Women specific:*

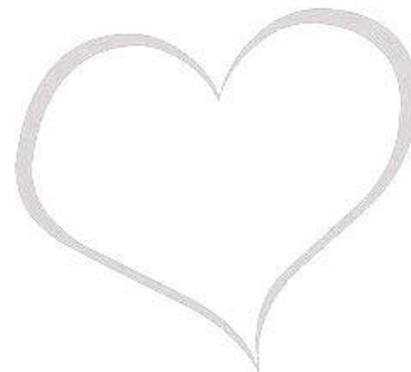
Hair Spray  
Chap Stick  
Hand Lotions

#### *Men specific:*

Warm Socks – Black or white

#### *Non-gender specific:*

Stationery (cards and note paper)  
Pens and Pencils  
Mints  
Hard Candies  
Chocolate  
Potato Chips (individual packs)  
Snack Crackers (individual packs)



# 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  
Annual Convention  
"LOVE THY NEIGHBOR"**

*"You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself."  
~ Luke 10:27*

**Saturday, April 11, 2015**  
**8:30 am – 4:00 pm**  
*[Continental Breakfast provided]*  
**Delegates meet at 8:00 am**

**The Village at Rockville**  
*[formerly National Lutheran Home]*  
**9701 Veirs Drive**  
**Rockville, MD 20850**

\* \* \* \* \*

**Registration Fee: \$35.00 per person (\$40 after March 13<sup>th</sup>)**  
**Discounted registration: women under the age of 40 or first-time attendees (\$15.00)**  
**(Lunch Included)**

**Homily: The Rev. Philip C. Hirsch**  
*Assistant to the Bishop and Director of  
Evangelical Mission for the Metro D.C. Synod*

**Presiding Minister: The Rev. Christine Dunn**  
*Prince of Peace Lutheran Church  
Gaithersburg, MD*

**Morning Plenary Session: Discussion on Human Trafficking—Gail Hamblton**  
*VP, Global Peace Foundation, and National Director, Safe Haven Project*

**Afternoon Workshops:**

**Bible Study—Joyce Gibson, Miles City, OR, Oregon Synod 1E**  
*Churchwide Representative, Executive Board Member (2014-2017), Women of the ELCA  
Praying with Body and Soul*

**Book Review—Bonnie Priebe, Board Member, Metro DC SWO**  
*One Thousand Gifts (by Ann Voskamp) [available at amazon.com or barnesandnoble.com ~ \$12.00]*

**Fair Trade Travels and How Fair Trade  
Empowers Women**  
**Paul Culler, Fair Trade Winds, Fairfax, VA**

**On Social Justice**  
**Sheri Swackhamer and Laura McDowell, Metro DC SWO**

**Service Project—Hand-Tie Fleece Blankets for Lutheran World Relief**

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

*In-kind gifts are requested for  
residents of The Village at Rockville; see enclosed list.*

**NOMINATION FORM FOR  
METRO DC SYNODICAL WOMEN'S ORGANIZATION'S EXECUTIVE BOARD**

**Biographical Information Form**

NAME \_\_\_\_\_  
Last First Initial

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

DAYTIME PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

AGE RANGE \_\_\_\_\_ 35 and under \_\_\_\_\_ 51-69  
\_\_\_\_\_ 36-50 \_\_\_\_\_ 70 and over

ETHNIC/RACIAL HERITAGE \_\_\_\_\_

PRIMARY LANGUAGE OTHER THAN ENGLISH \_\_\_\_\_

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 \_\_\_\_\_

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**ELCA PARTICIPATION**

CONGREGATION \_\_\_\_\_

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

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CHURCHWIDE \_\_\_\_\_

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

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

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PLEASE RETURN NOMINATION FORM BY March 20, 2015 TO:

Linda Heffern  
39025 Twincreek Lane  
Lovettsville, VA 20180  
540-822-4033  
[lindaheffern@aol.com](mailto:lindaheffern@aol.com)

# THE METRO D.C. SYNODICAL WOMEN'S ORGANIZATION 2015 CONVENTION REGISTRATION FORM

*Love Thy Neighbor*

**SATURDAY, April 11, 2015  
8:30 A.M. – 4:00 P.M.**

**THE VILLAGE AT ROCKVILLE (formerly National Lutheran Home)  
9701 VEIRS DRIVE, ROCKVILLE, MD 20850**

**REGISTRATION FEES (includes LUNCH):**

**Early: \$35.00 per person**

**After March 13<sup>th</sup>: \$40.00 per person**

**Discounted for women under the age of 40 or first-time attendees: \$15.00**

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

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

**(Please note: Delegate Registration Forms are due March 13, 2015. Delegates should arrive by 8:00 AM for business meeting.)**

\_\_\_\_\_

**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 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**