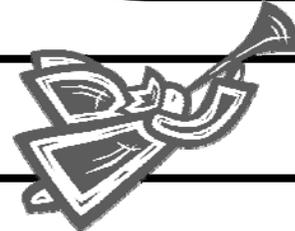


The Joyful News

Special Fall Edition!!!

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

October 2015



Women of the ELCA in all its expressions is proud to have contributed to the Campaign. Women gave through their congregational units, through their conferences and clusters, through their synodical women's organizations, and through the churchwide women's organization – not to mention the many gifts they made directly or through their congregations to the ELCA Malaria Campaign.

Given through congregational units of Women of the ELCA: \$23,626.18
Given through women's conferences or clusters: \$2,858.12
Given through synodical women's organizations: \$570,131.27
Given through the churchwide women's organization: \$306,079.50
For a grand total of: \$902,695.07

The ELCA Malaria Campaign reached its fundraising goal of \$15 million for malaria programming. We celebrate this significant milestone and all that we have accomplished together. Thank you for being part of helping protect countless lives from a preventable, treatable disease.

Thank you for your participation!

IN THIS ISSUE:

- ELCA Malaria Campaign—
it's complete! page 1
- An Invitation from St. Luke
in Silver Spring pages 2-3
- Bullying Surveypage 3
- Women of the ELCA Overview .. page 4
- 10th Annual Triennial
Gathering: "All Anew"page 5
- Human Traffickingpage 6

Saint Luke to Nurture “God’s Gift”

“Our Body: A Gift from God” is this year’s theme for Saint Luke’s Women of the ELCA (WELCA). The group has spent several months planning a series of activities to encourage all members of the congregation to nurture and care for their bodies.

In Romans 12:1-2, Paul urged the Christians “to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” A healthy body is better prepared to do the Lord’s work!

The kick-off event for this year of healthy living is an after-worship luncheon on Sunday, Oct. 4, featuring Dale A. Matthews, M.D. practicing in McLean, Virginia. and author of the book, ***The Faith Factor: Proof of the Healing Power of Prayer***. Dr. Matthews conducts research and lectures worldwide on the role of faith, religion, and prayer in clinical care and healing.

WELCA also is collaborating with a licensed dietician to provide meal plans for healthy dinners, along with gluten-free and vegetarian options. The meal plans will be published monthly in “Sharing” and will be available in printed form at the church. Look for the first meal plan in the October issue of “Sharing!”

In addition, during the 2015-2016 church year, WELCA members will prepare a Wednesday Night Alive dinner and several Sunday morning coffee hours, using healthy food options and recipes.

In January, a six-week Bible study and support group will be offered. Members of the Saint Luke community, young and old alike, also will be invited to join an 11-week “Walk to Jerusalem” that will culminate on March 27, Easter Sunday. Participants will track their mileage using pedometers or earn “steps” for various activities. Progress on the voyage from Silver Spring to Jerusalem will be displayed on a map in the church.

The final program for the year is another after-worship luncheon speaker, scheduled for Sunday, April 17. Katie Moose, author of ***God’s Bounty: 365 Days of Inspirational Cooking***, will give a presentation and cooking demonstration, while we enjoy a lunch featuring her recipes, based on food from Biblical times.

The planning and implementation of the year’s activities are made possible by grants from the national WELCA organization, the Saint Luke Mission Endowment Fund, and Saint Luke Caring Ministries.

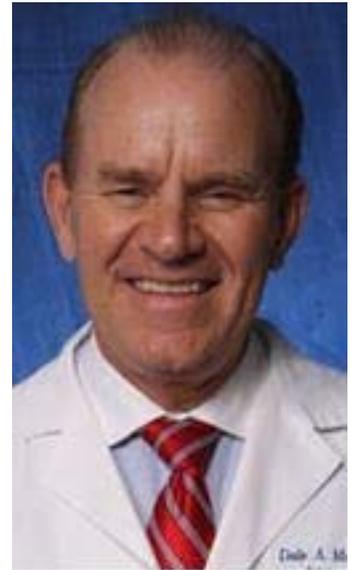
★ ★ ***You are invited to “The Connection: Your Faith and Your Health”*** ★ ★

Free Luncheon in Great Hall! * Sunday, October 4, 11:30 a.m. * Saint Luke Lutheran Church

Dr. Dale Matthews, author of *The Faith Factor: Proof of the Healing Power of Prayer*, will speak at Saint Luke Lutheran Church, Silver Spring, at a luncheon on Sunday, October 4, 2015.

Dr. Matthews practices general internal medicine in McLean, Virginia and also conducts research and lectures worldwide on the doctor-patient relationship and the role of faith, religion, and prayer in clinical care and healing. He has lectured at over 30 medical schools across the U.S. and has been featured in numerous national newspapers and magazines, including the *New York Times*, *Washington Post*, *USA Today*, *Los Angeles Times*, *Christian Science Monitor*, *Newsweek*, *Reader’s Digest*, *Prevention*, and *Guideposts*. He has appeared on the Oprah Winfrey Show, Larry King Live, Good Morning America, CBS, NBC, Fox, and CNN evening news programs, and National Public Radio’s Diane Rehm Show and All Things Considered.

Dr. Matthews’ presentation will be given at a free luncheon following the 10:30 a.m. service of worship. Reservations are not required, but are preferred since space is limited.



Make your reservation online at <http://www.faithfactor.eventbrite.com> or by email to WELCA@SaintLuke.us. Those without computer access may call Marilyn Braatz at 614-579-5845 to make reservations.

The program is sponsored by the Saint Luke Women of the ELCA (WELCA) and is made possible by grants from the national WELCA organization, Saint Luke Caring Ministries, and the Saint Luke Mission Endowment Fund.

See more at <http://dwyercl2.wix.com/welca-metrodcsynod#!events/c507>.

~ Marilyn Braatz, St. Luke Lutheran Church, Women of the ELCA

* * * * *

Bullying Survey

Region 6 of the WELCA partnered with Wayne State University is asking for our help...

The youth (13-19) of Lutheran Churches across the country are being asked to take part in a research study regarding their experiences with bullying; it is being conducted by Wayne State University in partnership with Region 6 of the Women of the ELCA (includes Iowa, Michigan, Kentucky, and Indiana) and the school-based Health Alliance of Michigan.



The following is for the youth who will participate in the study:

If you choose to participate, you are asked to complete an online survey about your experiences with bullying. This survey will take approximately 25-40 minutes to complete, and it will not include your name. Your participation is completely voluntary, and you can choose to stop completing the survey if you begin to experience any discomfort.

For taking part in this research study, you will be entered in a raffle for a chance to receive a \$100 gift card. Everyone participating in the study will not receive a gift card but will have equal chance of being selected to receive one of five gift cards.

If you have any questions, please feel free to contact Dr. Jun Sung Hong or one of his research team members at the following phone number: (313) 577-9367.

Examples of bullying include:

- Punching, shoving and other acts that hurt people physically
- Spreading bad rumors about people
- Keeping certain people out of a group
- Teasing people in a mean way
- Getting certain people to gang up on others

You may wish to read a WELCA article to learn more about bullying. To do so, go to <http://www.womenoftheELCA.org>, click on **News and Events**, then select "Region 6 tackles Bullying Issue."

To participate in the survey, please use the following URL below. It will take you to the South East Michigan website where you will find some information and, at the bottom, a link to the survey. There is a page of information explaining the details of the survey before you click to enter the survey.

<http://www.semi-welca.org/anti-bullying.html>

Thanks for your help!

~ Kathy Meier, President, Metro DC Synodical Women's Organization

WELCA OVERVIEW

Have you even wondered just exactly what WELCA is and what we do? Here's a nice summary provided to us by our SWO President, Kathy Meier...

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.

WELCA is an independent and self-funding organization that provides services (for women). We are Social Advocates; we are Visionaries; we are Spiritual Change Agents; and we are a sisterhood.

WELCA

- Makes connections for leadership for women that strengthen lives and gifts for service
- Supports and encourages racial justice advocacy and many ecumenical efforts that seek to eliminate poverty
- Organizes special events that provide fellowship for spiritual growth for women
- Provides services, such as knitting, quilting, disaster relief kits and blankets, and mentoring school children
- Provides a large number of resources for study, retreat themes, single or group meeting topics (and many of these are in Spanish)
- Provides opportunity to build connections where purpose and faith come together

WELCA has developed award-winning publications

- *Gather* Magazine with its recently added Digital Tablet APP
- An APP for "Daily Grace," an on-the-go daily resource offering a faith reflection every day
- Café, an award-winning web-based magazine for young adult women, written from a Lutheran perspective, yet a great read for any woman interested in how faith can relate to every-day life.

WELCA has contributed to the ministry of the ELCA

- 7,000 active congregational units
- Won 150 awards for public resources
- Has provided \$500,000 in scholarships for Lutheran Women
- Has provided \$3.5 million in grants both internationally and here at home
- Has contributed \$16 million to ongoing ELCA ministries world-wide.

These are examples of what happens when we are "church together." Your offerings given in support of the WELCA help spread this ministry both in the United States and throughout the world.

Women of the ELCA's Tenth Triennial Gathering

© Copyright 2015 Women of the ELCA. All Rights Reserved. This information is found on the Women of the ELCA website at <http://www.womenoftheelca.org/september--2017-tenth-triennial-gathering-theme-set-news-361.php?category-id=6>.

“All Anew” is the theme for Women of the ELCA's Tenth Triennial Gathering in Minneapolis, MN, July 13-16, 2017.

The theme is supported by several biblical texts that speak of renewal.

The logo (at right) is in the joyful, organic shape of a butterfly—or is it a flower? It represents transformation and growth. Splashes of color honoring the four elements (earth, wind, fire, air) spill outside the lines to create an uplifting symbol that is bright, bold and vibrant.



You can download a poster with the logo at

http://www.womenoftheelca.org/filebin/images/news_events/pdf_2015/TG17_Poster.pdf.

Because the Tenth Triennial Gathering falls during the observance of the 500th anniversary of the Protestant Reformation (<http://www.elca500.org/>) in 2017, the theme resonates with *reformation* and *transformation* images. At the gathering, participants will explore ways in which the Holy Spirit changes us, acknowledging that reformation and transformation have happened and continue to happen within the community of women known as Women of the ELCA.

One theme verse, Psalm 104:30: “Lord, send forth your spirit...and renew the face of the earth” calls on God to send the Holy Spirit to renew not just God's people, not just God's church—but all God's earth, the creation that God called good.

In addition to Psalm 104:30, other supporting theme verses include:

Romans 12:2: ... Be transformed by the renewing of your minds. ...You'll be changed from the inside out.

2 Corinthians 4:16: ...Though our outer nature is wasting away, our inner nature is being renewed day by day. ...

Titus 3:4-5: ... [God] gave us a good bath, and we came out of it new people, washed inside and out by the Holy Spirit.

Save the date and plan to attend—you'll be glad you did!

Tenth Triennial Gathering
Minneapolis, MN
July 13-16, 2017

Human Trafficking—Ways to Offer Help

What can you do??? There are several things you can do right now!!!

NOVA Human Trafficking Initiative (HTI)

Help to fulfill items on the NOVA HTI Wish List... where there are always items needed—reasonably priced clothing items, cooking utensils, personal items, whatever is necessary for basic needs...!



Partner organizations, like Polaris* (Polaris Project, P.O. Box 65323, Washington, D.C., 20035, United States), who is responsible for case management in Northern Virginia, go to NOVA HTI for help when they place survivors where they can.



**(POLARIS PROJECT is a large anti-trafficking organization in the USA. Their approach to combat HT – Victim identification, outreach, transitional housing. They operate the national hotline at the state, federal and grassroots levels. Post on web, in bus stations. Handout fliers.)*

To buy immediately needed items for local trafficking survivors, please go to the Amazon link below, which ships directly to Polaris. These items can also be collected to be distributed as needed.

<http://www.amazon.com/gp/registry/wishlist/>

Countney's House

We need your help to change the lives of sex trafficking victims! Your contributions will make a real difference in the lives of the children we serve. Learn more at

<http://www.courtneyshouse.org/>.



Here is what your gift can accomplish:

- \$25 donation—one night of waters and snacks for street outreach to victims
- \$60 donation—one support group for child survivors
- \$75 donation—six months of hotline operating expenses
- \$175 donation—one week of program supplies at the Drop-In Center
- \$300 donation—one month of services for a survivor
- \$3,600 donation—one year of services for a survivor

Financial Donations for Survivors

Donate on line to an anti-trafficking organization.

Collect and donate gift cards as needed – Visa, Target

Provide Services

You can offer pro bono medical, legal, translation, or counseling services for a survivor. You have to go through a 'screening' before you can volunteer to work with survivors. Go to <http://www.NOVAHTI.com> for information.