



Swatch

 Newsletter of Southwestern Washington Synodical Women's Organization—Region 1-C
 Women of Evangelical Lutheran Church in America
 Published six times a year January 2016

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.



Mission Statement of
 Women of the ELCA

**TO MOBILIZE WOMEN
 TO ACT BOLDLY
 ON THEIR FAITH
 IN JESUS CHRIST!**

Purpose Statement
 of the
**Southwestern
 Washington Synodical
 Women's Organization**

The purpose of this synodical women's organization shall be to assist congregational and inter-congregational units within its territory to fulfill the purpose of
 Women of the Evangelical Lutheran Church in America.

Message from the SW WA SWO President

As we look ahead and are thankful for all the possibilities of this new year, many of us will make resolutions. Every day I am thankful for all the amazing women I have had the honor of meeting and working with in Women of the ELCA. Truly inspirational are the words I would use to describe the churchwide Triennial; all those bold women sharing their faith in Christ motivate me to ask myself, "How can I capture that feeling in my everyday faith?" I think one way to strengthen my resolutions is to fold in the theme of our 2016 Regional Gathering, "Empowering Women by Grace through Faith."

Perhaps by folding in our sisters in Christ we can strengthen our personal resolutions. In looking for biblical guidance I found the following: Ecclesiastes 4:9-10 says "9 Two are better than one, because they have a good return for their labor: 10 If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

I am sure that each of you have experienced the bond of friendship and been there to support each other through your own churchwide units of Women of the ELCA. By meeting together at our local WELCA groups and by carrying that friendship to the regional level with our participation in the 2016 Gathering, we are putting the passage from Ecclesiastes into action and empowering ourselves by grace through our living faith. Please put the Region I Gathering on your calendar, June 24, 25, and 26, 2016 in Lynnwood, Washington at the Embassy Suites.

New Year's Blessings from Tina Bigelow

Eyes of the heart . . .

By Pamela Deacon-Joyner, Living Stones Board

As my reliance on God grows deeper, I hope to become a better servant day by day, a person of humility and kindness. My desire to serve the Lord through serving others has grown since my introduction to people less fortunate, many living in desperate conditions. To be of service is to "give myself away", at least that's what I call it, give to whatever or whoever has need for hope, kindness, or love.

Innermost thoughts are quite important, whether I am alone or with others. Are my thoughts loving, healing, encouraging, or are they sad, confused or bleak? Paying attention to my thought process is crucial; to be able to observe the natural flow of my mind is essential, not being disturbed or distracted. What exists in thought guides my decisions, my action, and sets the tone for that day. Whatever my thought or mood, if negative, no worries, because "greater is He who is in me than he who is in the world (I John 4:4)" and "I can do ALL things through Christ who strengthens me (Philippians 4:13)." The scripture becomes alive when I speak it. I count on that to get me through the rough days! Just as I am, I will accept myself. I will accept the reality that I am beautifully and wonderfully made, and thank God for *tenderly* loving me. I will accept the world just the way it is, but pray for a brighter and more compassionate world tomorrow. Whether I am advising students, affirming an inmate's worth, or serving the disadvantaged in Calcutta or West Africa, I am a servant and my job is to learn to be an effective one for God's purposes.

Each day I ask God to let me see everything as if for the first time; to see this world, to see my family, and to see strangers through the eyes of compassion. I remind myself that this person or that person has feelings and needs, just like me; remind myself that they have a soul, that they have a spirit, just like me. Remind myself that they yearn for a deeper understanding of themselves and of the Divine, just like me. Please dear Lord, let me be renewed in your ways, help me to understand and know what you will have for me to do today.

Just the other day, while studying scripture, Ephesians 1 struck me deeply, especially Ephesians 1:18. "I pray that the eyes of your heart may be enlightened, so that you may know His calling, what are the riches of the glory of His inheritance in the saints." The "enlightened heart"; we often refer to our mind being enlightened, but here Paul speaks of the HEART! Enlightenment refers to openness, understanding, or to brighten, to illuminate, or to teach. Therefore, to know God's calling I must enlighten my heart toward teachings of God, and to do that I must quiet my thoughts and my mind before God. Those times set aside to seek the Lord I deeply cherish; I find that the less I do or say the more I hear and learn, the more our Spirits (God's and mine) embrace. Embrace may sound way too intimate, but give it a chance, and in a few days, weeks or months, you will agree, "embrace" is the correct definition.

Quieting my mind I am now able to hear with spiritual ears and to anticipate what is to be my calling for this day, just today. Today I will see everything anew, today I will allow quietness of spirit, and today I will understand that everyone is doing the best they can from their own awareness. Rather than having today all about me, I will seek to do what the Lord has set before me for others. Today I will try to keep my intention on the connectedness of all things, all persons. I will try to remember that the "eyes of the heart" of this world will be enlightened by its Creator. Quieting the mind before God seems like a huge undertaking, trust me it is not. Be soft, be gentle with yourself. Make this a time of priority and set aside once a day, once a week, or once a month, just you and God, no interruptions. Slow down, look within, pay attention and listen without having a need to respond, listen with the ears of the spirit and the eyes of the heart. Pamela Deacon-Joyner, Living Stones Board

Pamela was one of the "break out session" speakers at the women's convention in October. She was well received by the women: had good comments from the women on their evaluation forms. Pamela's contact information can be found on page 9 of this newsletter and she would welcome any comments from you.



From Shirley Hines, SWO Treasurer

Thankofferings can be held any time of the year. They help ensure the future of Women of the ELCA. For more than a century, thankofferings have been a mainstay of our community of women created in the image of God. These generous gifts support the ongoing ministries of Women of the ELCA, ensuring that future generations of Lutheran women can also rejoice in their turn with this community of women acting boldly on their faith in Jesus Christ.

Please use Form B Remember that all the proceeds of a thankoffering go to churchwide Women of the ELCA. They are to be sent to:

Women of the ELCA
ELCA Gift Processing Center
Post Office Box 1809
Merrifield, VA 22116-8009

And thank you for sending your unit offerings!

Shirley A Hines 253-209-6228
PO Box 4596
SPANAWAY, WA 98387
shines1944@msn.com



Report from the outgoing SWO secretary:

The new SWO board met immediately following the October 2015 Convention/Bible Study to decide upon the next board meeting in January. The board will meet on January 16 at The Lutheran Church of The Good Shepherd, Olympia, WA at 10:00 am. Minutes of the 2015 Convention/Bible Study were sent to several churchwide officials, Becky Shurson, the churchwide representative who gave a report at the convention, the Rev. Liv Larson Andrews, the keynote speaker, Allison Ramsey, the synod office manager, Ely Smith, CWO WELCA treasurer who is from the Southwestern Washington Synodical Women's Organization and the unit voting members who attended the Convention/Bible Study Event.

The Region I Gathering of Women of the ELCA will be June 24-25-26, 2016, this summer... the dates will arrive before you know it!! Northwest Washington Synod Women of the ELCA is the host synod and the place for the event is the Embassy Suites in Lynnwood, Washington. The theme of the event is "Empowering Women". Full article is on page 7 of this newsletter and the registration form on page 8. Please notice the early registration discount!

Churchwide Women of the ELCA Awarded Nearly \$50,000 Grants

These grants were awarded to 18 domestic and nine international programs in 2015 to promote women's complete and total health—physical, emotional and spiritual. In Region I, two grants were awarded: **Safe Place** in Olympia, WA received \$1,500 for basic needs and advocacy for survivors of sexual and physical violence, ages 1-17. **St Joseph's family Center** in Spokane, WA received \$2,000 for their women's health programs, engaging low income women through art making and exploring emotions. Thank you, Women of the ELCA!!

Thistle Farms If you attended the last triennial gathering, you will remember "Thistle Farms". Did you know you can go on the website of Women of the ELCA and find items to order on line which support this ministry to women?

And just in general, Women of the ELCA has new items now to order that will remind you about the NEXT triennial gathering. Check out the new shirts and other items with the logo of "all anew". The Tenth Triennial Gathering is July 13-16, 2017.

The *Swatch* newsletter

The *Swatch* provides news and information about Women of the ELCA. **Copies are distributed by electronic mail whenever possible to SW WA congregations and to hundreds of women individually. To subscribe by postal mail, send \$6 to the newsletter editor with the check made to SW WA SWO. Subscriptions are due in January of each year.** The *Swatch* newsletter is published six times a year: January, March, May, July, September, and November.

Articles may be submitted for consideration for use in *Swatch*. Send articles to the editor:

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Thankfulness and Thankofferings

The Fall Interchange newsletter from Women of the ELCA has many articles about women and their thankfulness. It also had a copy of a complete thankoffering service that you can use any time of the year to receive your thankofferings from your local women. These thankofferings are then sent to Women of the ELCA.

Audrey Novak Riley, the director of stewardship and development wrote about women as generous givers, from biblical times to today. It was the women who helped to provide for Jesus and his disciples "out of their resources". Audrey wrote, "Stewardship, giving generously to support a ministry we care about, is really a lot more enjoyable than some people think. It is about connection, affirmation, attachment, invitation and gratitude." She asks us to join "Faithful Friends", a monthly automatic withdrawal from a checking account or charge to a credit card, or make use of the "donate now" which is found on every page of the website, or remember to send in a personal thankoffering any time the Spirit moves us!!



Remember that you can call Women of the ELCA any time to chat, ask questions or just say "good job" for all the ministries of Women of the ELCA.

Hope for a New Day Retreat

God is calling you for a soulful, refreshing, faith filled weekend of discoveries and building connections in **Hope for a New Day** at the Women of the ELCA Spring Retreat at Dumas Bay Centre in Federal Way, WA on May 13-15, 2016.

Pastor Annie Barnes will be the guest speaker. Annie is passionate about restoring people to their best selves. She is bold and brave in building authentic relationships throughout her ministry. And because of her expertise in leadership, music and flare for life with God, she is inspiring.

Save the date: May 13-15, 2016.

Registration form is in this newsletter. Register before January 31, 2016 and receive a discount... and be assured of a room with a private bathroom.

A retreat poster was postal mailed to each congregation in Southwestern Washington Synod in December. If you have not seen a poster displayed at your church, perhaps you might ask your pastor or church secretary or the person who receives the mail and ask where that poster might be!! The retreat committee wants every church to have information about this wonderful retreat. Women do not need to be active in a congregation unit to attend the retreat.

The retreat is for ALL WOMEN in our congregations.



Spring Retreat of Women of the ELCA Registration Form

Southwestern Washington Synod – May 13-15, 2016

Dumas Bay Centre, 3200 SW Dash Point Road, Federal Way, Washington, 98023



Registration costs:

Full weekend includes four meals: \$195.00

Register before Jan. 31, 2016 discount: \$180.00

Saturday day only: \$130.00

Make check out to SW WA SWO
and mail to retreat registrar:

Kathy Ifft phone: 253-307-5761

PO Box 4596 email: kathyiff@msn.com

Spanaway, WA 98387

If you are unable to receive financial assistance from your own church, call or email the registrar.

Scholarships could be up to ½ of the registration cost, but no more than one scholarship per church.

Copy as needed. Please use one registration form per person. Make check out to SW WA SWO.

For clarity, please print the following information:

Your Name _____

Your Address _____

Your City and Zip Code: _____

Your Telephone number: _____

Your email address: _____

Your emergency contact and phone number _____

Your church with city _____

How did you find out about this retreat? _____

Dumas Bay **does not** have an elevator. Do you need a room on the first floor? _____
(There are 19 first floor rooms with ½ baths, so register early.)

Can you eat from the regular menu provided, remembering that this is not a restaurant? _____ If not, what are your physician ordered dietary needs that necessitate a special menu? _____

Schedule:

May 13, 2016: Check in at 6:00 pm on Friday.
Retreat activities begin at 7:00 pm on Friday.
Sunday worship at 9:00 am

No meal provided on Friday.
Saturday and Sunday breakfast at 8:00 am
Check out by 11:00 am on Sunday

Please print a copy of your registration form for yourself prior to mailing to Kathy Ifft.

Remember, the first 42 to register will have a private room with half bathroom!! Register early!!

Please send entire registration form to Kathy **after you have made a copy for yourself.**

For retreat registrar use only: Check# _____ Room# _____ Returning _____ New _____

Tenth Triennial Gathering Women of the ELCA, July 13-16, 2017

"All Anew" is the theme for this Gathering. The theme is supported by several biblical texts that speak of renewal. Because the Tenth Triennial Gathering falls during the observance of the 500th anniversary of the Protestant Reformation 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!!

A large group of women from SW WA Synod attended the 9th Triennial Gathering in Charlotte and we expect that even more will attend the gathering in Minneapolis. Put this date on your 2017 calendar!! July 13-16, 2017.

Olympic Cluster Spring Celebration

This event will be held at First Lutheran Church, Port Orchard, WA on April 16, 2016. Watch for more information in the next newsletter.

SAVE THE DATE:

SATURDAY, JUNE 18, 2016, 2-4pm
for the Living Stones Prison Ministry second annual fundraising event "Our Father's Day". We are heading south this year to St. Andrews Lutheran Church, 5607 NE Gher Rd, Vancouver, WA 98662. We thank our friends at St. Andrews for agreeing to host. Help us celebrate ALL fathers by donating a new or gently used item for the silent auction. Contact Pam Deacon-Joyner at pamdj27@gmail.com or 253-590-8068 with your donation information. If you plan to donate a baked item please contact Verna Westman at Verna.westman@gmail.com or 360-273-0595.

SW WA Synod Lutheran World Relief Fall Shipment Report

Beautiful Savior, Vancouver: 13 quilts, 152 school kits, 129 personal care kits, 6 fabric care kits, 8 baby care kits
Bethany, Longview: 16 quilts
Christ, Belfair: 70 quilts, 55 school kits, 9# of soap
Christ, Lakewood: 101 quilts, 87 school kits, 25 fabric kits, 41 baby care kits
Dungeness Valley, Sequim: 34 school kits, 23 baby care kits
Elim, Port Orchard: 14 quilts, 86 school kits, 17 personal care kits, 14 baby care kits
Faith, Shelton: 25 quilts, 69 school kits, 26 personal care kits, 4 fabric kits, 30 baby care kits,
Family of Grace, Auburn: 15 quilts, 1 blanket, 20 school kits,
First Community, Port Orchard: 103 quilts, 132 school kits, 44 personal care kits, 19 fabric kits, 68 baby care kits
First, Poulsbo: 84 quilts, 20 baby care kits, 13 fabric kits, 48 personal care kits
Messiah, Auburn: 86 quilts, 503 school kits, 27 personal care kits, 8 fabric kits, 17 baby care kits, 19 # soap
Messiah, Vancouver: 44 quilts
Mt View, Edgewood: 172 quilts
Naselle, Naselle: 20# of soap, 95 school kits, 50 personal care kits,
Ocean Park, Ocean Park: 56 quilts
Our Saviour's, Bremerton: 20 quilts, 160 school kits
Peace, Puyallup: 100 quilts
Peninsula, Gig Harbor: 63 quilts, 20 baby care kits
Resurrection, Tacoma: 23 quilts, 23 personal care kits, 44 school kits
Silverdale, Silverdale: 147 quilts, 140 school kits
Spirit of Life, Port Orchard: 66 quilts, 4 fleece blankets, 100 school kits, 64 personal care kits, 28 baby care kits, 45# of soap
Stella, Longview: 40 quilts
St Mark, Lacey: 51 quilts
St Paul, Winlock: 91 quilts, 24 personal care kits,
St Paul, Vancouver: 17 quilts, 14 school kits, 12 personal care kits, 6 fabric kits, 13 baby care kits
The Lutheran Church of The Good Shepherd, Olympia: 208 quilts, 276 school kits, 82 baby care kits
Trinity, Enumclaw: 72 quilts, 58 school kits, 42 baby care kits
Trinity, Longview: 84 quilts
Trinity, Tacoma: 104 quilts, 103 school kits, 160 personal care kits, 34 baby care kits
Trinity, Vancouver: 53 quilts, 14 personal care kits, 24 baby care kits
United, Tacoma: 175 quilts
Vinland, Poulsbo: 55 quilts, 34 school kits, 37 baby care kits,
Zion, Camas: 93 school kits

Thank you, women, men, and children who helped produce, pack, and deliver the items to Seattle or Portland!

The Region I Gathering of Women of the ELCA

will be held at the
Embassy Suites in Lynnwood,
Washington
on June 24-26, 2016



Region I Gathering—Lynnwood, Washington—June 24-26, 2016. Save those dates on your calendar and plan to attend a rewarding weekend with Region I women from Alaska, Idaho, Montana, Oregon and Washington. The Northwest Washington Synodical Women's Organization (NW WA SWO) and leaders from Region I are finalizing plans for the Gathering. What an empowering gift attending this event could be for yourself and a friend. Add this event combined with an extended trip to the beautiful Seattle area!

NW WA SWO President Carol Swackhammer says "powerful women who will be with us are Deaconess Jan Cherry, the Reverends Susan Briehl, Nancy Winder, Bishops Shelly Wickstrom and Jessica Crist." President Swackhammer encourages us to look for strong women in our lives and pray for strength to reflect their strength and love. More information about Region I programming will be in the next SWATCH newsletter. Please use the registration form which is included in this newsletter and register for this Region I Gathering.

The Embassy Suites—North/Lynnwood Hotel is a family-friendly hotel within close proximity of mall shopping and a Municipal golf Course. **Rec, Spa, Premium Amenities** offered, including an indoor pool, a spa hot tub, and a fitness center. Embassy Suites has a restaurant and a complimentary daily reception.

Guest room rates at the Embassy Suites: The hotel is pleased to offer the following special 2016 daily rates for this event: Single: \$179.00; Double: \$179.00; Triple: \$204.00; Quad: \$229.00

This room block has been set up and confirmed. Guests can call in their reservations to 425-775-2500 or 800-628-0611 and reserve their rooms under **The WELCA Region One Gathering Block**. Please book your reservations by June 5, 2016.

The Embassy Suites In-Room amenities:

- Two room suites, microwave oven, coffee maker, and refrigerator
- High-Speed internet access
- Two Televisions with cable featuring HOB
- Iron and ironing board
- Non-smoking rooms

Complimentary amenities:

- Complimentary full cooked to order breakfast every morning
- Complimentary evening reception featuring cocktails and snacks every evening
- Free parking
- Room Service
- Access to on-site Fitness Center, whirlpool and pool
- 24 hour on-site business center
- Meeting space for events and banquets



WOMEN OF THE ELCA
Region 1 Gathering
June 24, 25 - 26, 2016
Embassy Suites in Lynnwood, WA

EMPOWERING WOMEN BY GRACE THROUGH FAITH

Registration Form

Name _____

Mailing Address _____

City/State Zip _____

E-Mail _____ Phone _____ Cell _____

Congregation _____ City/State _____ Synod _____

Emergency Contact _____ Phone _____

Age _____ under 35 _____ 35-65 _____ over 65 _____ Spouse

List any special needs:

(diet or physical) _____

REGISTRATION: Includes 3 meals and all event activities

Registrations Postmarked by March 15, 2016 ---- \$175.00

Registrations Postmarked after March 15, 2016 --- \$195.00

Early Registration Specials: (Postmarked by March 15, 2016

Register a second person for \$125.00 (must be mailed together.)

???

Spouse may register for \$100.00

Make your check payable to **NW WA SWO** and mail with registration to:

Jan Hunter, registrar

3802 James St. # 57 Bellingham, WA 98226 360-592-2860 e-mail address reg1regis@aol.com

Disclaimers

- Registrations are non -refundable but are transferrable
- Pictures of the event will be taken and may be used in Women of the ELCA publications
- Registration lists will be shared with respective SWO Board for Women of the ELCA use only

Hotel Accommodations: Guests can make reservations at (425) 775-2500 or (800) 628-0611 and reserve their room under The **WELCA REGION ONE GATHERING BLOCK**. Guests can also make their reservations through the link on our web page on the synod site ([Lutheransnw.org/our ministries/women's ministry in Upcoming Meeting & Events](http://Lutheransnw.org/our_ministries/women's_ministry_in_Upcoming_Meeting_&_Events)). All attendees **need to make their reservations by June 4, 2016**. The Hotel is pleased to offer the following special 2016 rates for you

Single: \$179.00	Double: \$179.00	Triple: \$204.00	Quad: \$229.00
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For Registrar's Use Only : Date Registration Received: _____ Check # _____

Deposited on: _____ Confirmation # _____ Confirmation sent on _____

**Southwestern Washington Synodical Women's Organization (1-C)
Women of the Evangelical Lutheran Church in America
October 2015— October 2016 or 2017**



President 2 years

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shines1944@msn.com

Empowering Life.... Beyond Incarceration!

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Chair of SW WA Synod
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Churchwide Board Member From SW WA Synod Women Elected at Triennial 2014

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Southwestern Washington Synod Evangelical Lutheran Church in America
Southwestern Washington Synodical Women's Organization
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Calendar of Upcoming Events

January 12, 2016 SW WA Synod Women's Spring Retreat Planning 6:00 pm
Trinity Lutheran Church, 12115 Park Avenue South, Tacoma, WA

January 16, 2016 SW WA SWO Board meeting 10:00 am
The Lutheran Church of The Good Shepherd, Olympia, WA

April 16, 2016 Olympic Cluster Spring Celebration
First Lutheran Church, Port Orchard, WA

May 13-15, 2016 Spring Retreat SW WA Women of the ELCA
Dumas Bay Centre, Federal Way, WA

June 24-26, 2016 Region I Gathering Women of the ELCA "Empowering Women"
At the Embassy Suites, Lynnwood, WA

July 27, 2016 Mt. Rainier Cluster Ice Cream Social
Mt. View Lutheran Church, Edgewood, WA

July 13-16, 2017 Women of the ELCA Triennial Convention and Gathering
"All Anew", Minneapolis, MN

Café stirring the spirit within
www.boldcafe.org

Check us out on Facebook:
SW WA Women of the ELCA
Tell us what you are doing in your WELCA