



Swatch

Newsletter of Southwestern Washington Synodical Women's Organization—Region 1-C
Women of Evangelical Lutheran Church in America
January 2024

Mission Statement of
Women of the ELCA

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

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.



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.



Five steps for creating rest in a world of busyness

This is the title of an article on the Café page of the Women of the ELCA website; <https://www.boldcafe.org/five-steps-for-creating-rest-in-a-world-of-busyness/>. It is an article written by Dr. Crystal L. Hall, a coach for women in ministry. The tag lines ask, *“You’re telling yourself that if you read your emails but don’t respond to them on your day off, you’re not “really working.”*

You tell yourself that if you take your vacation, you’ll be behind when you return, and it won’t have been worth it.

You can’t turn your brain off even if you’re not working when you want to be resting.

You’re ruminating about your to-do list, anxious because you have no idea how you will get it all done. In short, you feel like you’ve got way too much going on, but you’re not doing enough, so you might as well work anyway.”

That definitely sounds like me! Dr. Hall suggests 5 steps to allow yourself to take time to truly rest. The article is worth a read. I hope you check it out along with all the many other resources on the site. I think that I will need help to slow down and take time to rest, and that is my prayer, “Dear God, help me to take the time to truly rest in your love and grace.” And my prayer for all of you in 2024 is that you may find in God’s love and grace, true rest, peace, love and joy.

Happy New Year
Elaine Twogood
SWATCH Editor

Phoenix Triennial Reflections

By Beth Lindell

What a wonderful time we had at the Phoenix Triennial. Yes, it was hot, but the memories made were many and worth it. From the inspirational speakers, joyous worship services, opportunities to learn, meet new people and connect with old friends, the Triennial provided all this and more. Topics included immigration, human trafficking, and climate change. We heard from many bold women working for justice for indigenous women, human trafficked women and all immigrants.

One highlight for me, was hearing Jacqueline A. Bussie speak on Love. I highly recommend reading her book, LOVE WITHOUT LIMITS JESUS' RADICAL VISION FOR LOVE WITH NO EXCEPTIONS. It makes a great personal read, or would be great as a book club book. Her personal story is inspirational and heart breaking and she is a dynamic speaker. Hearing her read the first chapter of her book, titled "My First Love (Gus)" in one of the breakout sessions was a definite highlight.

The Rev. Dr. Kelly Sherman-Conroy, a Native American theologian, led a Bible study on Jesus' parable of the Good Samaritan. Be sure to check out the ELCAs Truth and Healing Movement to learn how to increase our understanding of our colonizing impacts on indigenous people in the past and present. Go to www.elca/indigenous to explore links to: the ELCA's Repudiation of the Doctrine of Discovery; a land acknowledgement guide; information on missing and murdered indigenous women; Indian boarding schools and much more.

The exchange goodies, scrubbies and raindrop bookmarks, were well received. Thanks to Adriana Chandler for the scrubbies and to Elaine Twogood, Kathy Newton and their crew of beaders for providing these.

Congratulations to Janean Moriarty (Vinland Lutheran Church, Poulsbo) and Debi Dopps (All Saints Lutheran Church, Auburn) for coming in first and third, respectively, in the Raising Up Healthy Girls 5K race at the Triennial Gathering. You represented the Southwestern Washington Women so well!

2026 Triennial Gathering will be held in Des Moines, Iowa, July 16-19. Find more information at www.womenoftheelca.org.



Your voting members at the Triennial Convention at work.
From left: Kathy Ifft, Virginia Garrison, and Elaine Twogood

Treasurer's Chest

Please send any unit offerings to Beth Lindell, SWO Treasurer, 15921 SE 323rd St. Auburn, WA 98902 Email: bethlindell@hotmail.com Phone: 253-347-5083

At the Eleventh Triennial Convention (2021), the voting members adopted a resolution setting the four weeks prior to the annual NFL Super Bowl as a time of prayer to end human trafficking and called on women of this organization to engage in prayer. [Daily prayers for use between January 14 and February 10, 2024 are available](#). Use #EndHumanTrafficking, #ActBoldly, and #WeAreWELCA in your social media posts when you refer to the prayers.

“We have felt the power of your prayer” Gather Bible study leader continues work in Jerusalem

Following the Oct. 7 Hamas attack on southern Israel and the Israeli siege of Gaza, many *Gather* readers contacted Women of the ELCA churchwide staff to ask about the safety of *Gather* Bible study author the Rev. Dr. Meghan Johnston Aelabouni and her family. Many of the inquiries came after the ELCA’s difficult decision to evacuate the ELCA Young Adult in Global Mission (YAGM) volunteers serving in the West Bank and country coordinators ELCA pastors Adam and Jordan Miller-Stubbendick, with their young children.

Johnston Aelabouni reported: “We are safe in Jerusalem and continue our work [accompanying the Evangelical Lutheran Church in Jordan and the Holy Land (ELCJHL) and other partners], which is now more important than ever.” Johnston Aelabouni serves as ELCA Theologian in Residence for the Middle East and North Africa desk. She and her spouse, the Rev. Gabi Aelabouni, Area Desk Director for the Middle East and North Africa, have three children.

“Participants in Women of the ELCA grow fond of authors they read, and so it’s no surprise that many have contacted the churchwide offices to ask about the wellbeing of the author of the current Bible study published in *Gather*, the Rev. Dr. Meghan Johnston Aelabouni, and her family,” said Linda Post Bushkofsky, executive director, Women of the ELCA.

“Even before the recent violence between Hamas and Israel, many participants have been praying for the Aelabouni family,” Post Bushkofsky said. “Now those prayers have expanded—both in number and breadth—prayers of peace and wellbeing for all who live in the Middle East, prayers of peace and justice throughout the world. In the words of our Purpose Statement, participants are actively promoting healing and wholeness in the church, the society and the world.”

Try *Gather* for just \$9.95

Gather — the magazine of the Women of the Evangelical Lutheran Church in America — guides you as you live and experience your faith every day. With this special offer for new subscribers, you can **get a whole year of *Gather* (6 issues) for just \$9.95** — that’s \$10 or half off the regular subscription rate!

In addition to a regular Bible study, the magazine offers a mix of faith-in-life articles, theological reflections, devotions and stories that speak to the hearts and souls of progressive Christian women. *Gather* connects Christian women of all ages with like-minded others who are committed to growing in faith and building the kingdom of God—next door and across the globe.

Gather is published 6 times a year with combined issues in January/February and July/August. Digital access is free to print subscribers.

This offer is good for U.S. mailing addresses only.

The 33rd Annual Convention of the Southwestern Washington Synodical Women's Organization was held on October 14 at Bethany Lutheran Church in Longview, Washington. Pastor Susan Dollinger was the keynote speaker for the day. A total of 48 participants shared in fellowship, worship, and discovery. The breakdown of the 48 participants was as follows: 45 registered participants (5 synodical voting board members and 8 voting members from synod churches), and 3 guests / including churchwide representative, Pastor Tracy Williams and synodical bishop, Bishop Jaech.



Pastor Susan Dollinger, Keynote Speaker from Bethany Lutheran, Longview reading Alice in Wonderland



Your 2024 SWO Board

Front row from left to right:
Jennifer Bledsoe; Carol Kriesel; Elaine Twogood, vice-president; Ann Meacham, president

Back row from left to right:
Laura Kreuger, churchwide representative; Kathy Ifft; and Beth Lindell, treasurer



Daily grace

Daily Grace is an on-the-go companion for your spiritual journey, offering a faith reflection every day. Encounter God's extravagant, boundless, and often surprising grace by [signing up for a daily email message](#). Learn more at welca.org/dailygrace. The Daily Grace app will soon be retired. To avoid interruption, those who read Daily Grace in the app are encouraged to [subscribe to receive Daily Grace via email](#).

Save the Date:

Southwest Synod WELCA Spring Retreat – **April 19 -21, 2024**

Planning committee will begin meeting soon. Have ideas? Want to help? Please, contact Kathy Ifft, kathyiff@msn.com .

Southwest Synod WELCA Annual Convention – **Saturday, October 12th, 2024**

Place to be determined – This could be your church – If your church would be interested in hosting this event, please, contact Ann Meacham, SW Synod WELCA president, at aameach@comcast.net .

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 \$10 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 the Swatch. Send articles to the editor:

Elaine Twogood, 2539 56th Ave. NE, Tacoma, WA 98422 or (preferably) via email to:

A.Twogood@att.net

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<p>Southwestern Washington Synod Churches listed by Conferences Women of the ELCA</p>

Coastal Conference

Aberdeen	Amazing Grace
Chinook	Chinook
Grayland	Twin Harbors
Hoquiam	Saron
Naselle	Naselle
Ocean Park	Ocean Park
Ocean Shores	Galilean Chapel
South Bend	First

Olympic Conference

Forks	Prince of Peace
Port Angeles	Holy Trinity
Port Ludlow	Peace Lutheran Fellowship
Port Townsend	Grace
Poulsbo	First
Poulsbo	Vinland
Sequim	Dungeness Valley

Evergreen Conference

Auburn	All Saints
Auburn	Family of Grace
Auburn	Messiah
Enumclaw	Hope
Enumclaw	Trinity
Federal Way	Calvary
Federal Way	Christ
Federal Way	Federal Way Chinese Fellowship
Federal Way	Light of Grace Korean
Tacoma	Resurrection

Peninsula Conference

Belfair	Christ
Bremerton	Our Saviour's
Port Orchard	Elim
Port Orchard	First
Port Orchard	Spirit of Life
Silverdale	Silverdale

Ft. Vancouver Conference

Brush Prairie	Bethel
Camas	Zion
LaCenter	Highland
Stevenson	Shepherd of the Hills
Vancouver	Beautiful Savior
Vancouver	Family of Christ
Vancouver	Immanuel
Vancouver	Jubilee Collective
Vancouver	Messiah
Vancouver	St. Andrew
Vancouver	St. Paul
Vancouver	Trinity

South Sound Conference

Centralia	Immanuel
Chehalis	St. John's
Elbe	Historic Elbe
Elma	Faith
Lacey	St. Mark
Olympia	Gloria Dei
Olympia	Good Shepherd
Olympia	Gull Harbor
Olympia	St. Christopher's
Shelton	Faith
Shelton	Living Stones Prison Congr
Yelm	Emanuel

Lower Columbia Conference

Castle Rock	St. Paul
Kelso	Gloria Dei
Longview	Bethany
Longview	Stella Chapel
Longview	Trinity
Winlock	St. Paul

Tacoma Narrows Conference

Gig Harbor	Agnus Dei
Gig Harbor	Peninsula
Lakebay	Key Peninsula
Tacoma	First
Tacoma	Gloria Dei
Tacoma	Peace
Tacoma	St. Mark's by Narrows

Mt. Rainier Conference

Bonney Lake	Creator
Edgewood	Mountain View
Puyallup	Celebration
Puyallup	Peace
Puyallup	Pilgrim
Spanaway	Bethany
Spanaway	Spanaway
Sumner	Christ the King
Tacoma	LC of Christ the King
Tacoma (Parkland)	Trinity
Tacoma	University Congregation-PLU

Tacoma Southwest Conference

Fircrest	Redeemer
Lakewood	Christ
Lakewood	St. John's
Tacoma	Bethlehem
Tacoma	United
University Place	Mount Cross

Updated July 5, 2023



Southwestern Washington Synodical Women's Organization (1-C) Women of the Evangelical Lutheran Church in America



President

Ann Meacham
Peninsula, Gig Harbor
3918 77th Ave. Ct NW GIG
HARBOR, WA 98335
253-279-1609
ameach@comcast.net

Vice President

Elaine Twogood
Resurrection Tacoma
2539 56th Ave NE
TACOMA WA 98422
Cell-253-217-1935
A.twogood@att.net

Secretary

Mary Ann Nelson
Stella Lutheran Chapel,
Longview
PO Box 368
Cathlamet, WA. 98612
360.849.4340 cell 360.431.7603
manelson@teleport.com

Treasurer

Beth Lindell
All Saints, Auburn
15921 SE 323rd Str
Auburn, WA 98902
253-347-5083
bethlindell@hotmail.com

Board Members:

Board Member 1

Carol Kriesel
2775 Camino Selva,
Green Valley,
AZ 85622
520-990-0221
Ctk701@yahoo.com

Board Member 2

Jennifer Bledsoe
Trinity, Longview
373 29th Ave
Longview Wa 98632
(360)747-3390
jennyfurme@live.com

Board Member 3

Board Member 4
Kathy Ifft
All Saints, Auburn
PO Box 73754
PUYALLUP, WA 98373
253-307-5761
kathyiff@msn.com

Board Member 5

(Currently open)

Racial Justice Advocacy Team

Sue Ferber-Goodspeed,
Denise Powell, Barbara Robertson,
and Helene Pearch 4806 Bend
Drive NE
LACEY, WA 98516
360-915-8268
bhpearch@comcast.net

Empowering Life...

Beyond Incarceration!

**SWO Prison Mission and
Ministry Team**
Sharon Peterson 253-549-6782
empoweringlife@aol.com
Joan Nelson 253-208-3307
joan2nelson@comcast.net PO Box
1803
GIG HARBOR, WA 98335
Pamela Deacon-Joyner, 253-590-
8068
Chair of SW WA Synod Prison
Ministry Board Church
Membership:
Living Stones Congregation
pamdj27@gmail.com

Cluster Leaders:

Coastal Cluster

[Position open]

Evergreen Cluster

Kathy Ifft
PO Box 73754
PUYALLUP, WA 98373
253-307-5761

Ft. Vancouver Cluster

Sue Calvert
15002 NE 3rd St
VANCOUVER, WA 98664
1 360-892-7553 or 1 360-798-1326
ric_sue@msn.com

Mt. Rainier Cluster

Maren K. Johnson
7801 49th Ave. E TACOMA, WA
98443 253-531-3718 (H) 253-297-
5414 © mkjtacoma@hotmail.com

Narrows Cluster

[Position open]

Olympic Cluster

Linda Zeh
P O Box 650
ALLYN, WA 98524 360-620-
6787 lakelanders@wavecable.com

South Sound Cluster

Verna Westman
17006 Littlerock Road SW
ROCHESTER, WA 98579 360-
273-0595
Cell phone 360-508-9523
verna.westman@gmail.com

Three Rivers Cluster

Churchwide Board Member From SW WA Synod Women Elected at Triennial 2021

Jean Pishaw
Forest Grove, OR
Oregon SWO (1E)



Southwestern Washington Synod Evangelical Lutheran Church in America
Southwestern Washington Synodical Women's Organization Women of the ELCA
Elaine Twogood, **Swatch** Editor
2539 56th Avenue NE, Tacoma, WA 98422

Note: Save the Dates

Spring Retreat – 4/19-21/2024

Annual Convention – 10/12/2024