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Pacifica Partners

You are receiving this email because you either subscribed to receive Pacifica Women newsletter or you gave us permission to add your email to receive communication.

We are pleased to share with you the following news, information and ministry opportunities taking place within our area. If you have items to share about the ministries happening through your congregation, please email pacificapartnerswelca@gmail.com.

If you know of others who aren't receiving our emails, please share this with them and encourage them to sign up.

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Mission

To mobilize women to **Act Boldly** on their faith in Jesus Christ.

From the President's Desk



Decided that for this issue, you might all be interested in reading the evaluations of our convention. Thirty three were submitted. Not all answered all questions – they may not have attended both days and/or all sessions. Including our guests and speakers, we had around 70 attending so thirty three evaluations is only about half. Still they are likely pretty representative of how well the convention went and how it was received. There were a few really low rankings – but if you saw the whole evaluation, you would realize that individual ranked everything low so it can be relative.

Every convention is a learning experience – and then the next one is a different venue and different challenges. For example, this was our first time with all business done on Friday and a couple of items needed to be scheduled differently – we missed that in our planning.

PACIFICA WOMEN OF THE ELCA					
FAITH LUTHERAN - MENIFEE					
EVALUATION SUMMARY (33)					
	1	2	3	4	5
Service of Music and Prayer			1	6	26
Bible Study			4	12	16
Keynote Speaker			2	2	29
Asst to the Bishop Report			1	5	26
Report from Churchwide		1	4	7	19
Service Projects		1	4	5	15
Business Meetings		1	2	11	14
Closing Worship			1	3	24
Vendors and Displays		2	1	8	22
Silent Auction			1	5	27
Meals			3	6	24

Favorite Convention experience:

- * Men's choir, Worship services, Opal Singleton, laughing and talking and hugging our dear Pacifica ladies, all of the people who so willingly helped throughout
- * Fellowship/Vendors
- * Men's choir, the food
- * Fri eve svc and entertainment
- * The men choir
- * Excellent
- * The conversations with others
- * Key note speaker
- * the men's chorus, speakers
- * speakers and fellowship and Bible Study
- * as a first time attendee I enjoyed all aspects of the conference. It was especially nice to meet women in our synod who are active in WELCA.
- * Presentation from LPB, Men's music group, O Singleton, TT Allen, closing service
- * the food and fellowship with others
- * Worship service Friday night/Men's choir. Keynote speaker Opal Singleton, Serving as secretary for business meetings
- * The music - evening and morning
- * Seeing & spending time with family & friends
- * meeting and chatting with new people and renewing contacts
- * Evening music and keynote speaker
- * Nice to be back with the ladies
- * OK
- * keynote speaker
- * conversations with the ladies
- * Million Children
- * Million Kids
- * Fellowship with our different congregations

Willing to help w/2019 convention?

- * Parliamentarian, if you'd like
- * Yes
- * Not sure - I'll be thinking what I can do from a distance

- * Possibly
- * Seminary scholarships, planning committee, help others work on table gifts/favors
- * If available-silent auction Meals-especially cookies (5)
- * offering: King of Glory Lutheran church as site
- * Silent Auction
- * can help weekend of, but not necessarily with prep beforehand
- * décor/planning
- * Silent Auction, décor, crafting
- * Worship, speakers
- * crafting

Comments/Suggestions:

- * What a great CPT we had this year...so much fun, and such hard-work, willing spirits! Working with all of you was such a joy"
- * The food was DELICIOUS! Loved the gentlemen's choir! Had a wonderful time!
- * I want to do a group - teach - (areas we need coverage during voting for example) on doing a Hawaiian Hula - it will be a fun one with hand motions
- * The speaker system was not adequate for hearing impaired. I finally found some hearing assists and that helped
- * It was well done. Liked the smaller choices@auction. Nice flow-esp bus mtgs.
- * Wasn't really a Bible study, but was OK (still rated a 5)
- * Bishop report - wasn't really a report (as she said) but what she said was a 5
- * Closing worship - especially the liturgical dancer
- * Vendors - missed the jewelry
- * I appreciated only getting to come one day
- * Well put together convention ~lovely venue and wonderful hospitality! Speakers were excellent! Topics appropriate!
- * churchwide speaker was great but not really Bible study, Musical Interlude was great too! Too much law enforcement - great info but mostly self-serving commercial for herself.
- * Thank you to planning committee for a job well done. Need to move unit offering to business meeting #1 and church services offering to Friday night service so collection funds can be reported during business meeting. Love the display of T-shirts and pins for differend Triennials as well as synodical conventions. Faith Lutheran Church women are AWESOME.
- * men's chorus-amazing. Lunch Sat-too much cheese/dairy. Bible & keynote too close together, dark & long. Need them further apart. (Rankings were all low, one 5)
- * miss having something hands on to do-maybe something simple can do at tables& listen at the same time? Miss have some water bottles or soda available-not a coffee drinker, so sometimes get my caffeine from soda. Never seems like enough room on the silent auction table
- * A lot of sitting on Sat. Hands on projects both days. Explain in a newsletter article to be a delegate only involves voting & coming to convention-met a woman who thought it involved other responsibilities
- * San Diego St Paul's Lutheran (MS) had a retreat featuring a gal from Napa Valley speaking about grape-wine-connected to God. Also had "Mission for Muslim Women esp in UK"
- * I hope to make plans to come to the next one (2019)
- * Need more "hands" on projects
- * My first & as a delegate and I really enjoyed the experience
- * Great convention, Excellent food, Well structured & ran per schedule!!
- * Bible study at tables so we can take notes & enjoy our coffee. Too much time in the pews - all at once no break. Service Projects: not enough to do
- * Try to close Friday meeting earlier

Our March Event is coming soon! See the flyerand Love Gift List in this issue.

Anew in Christ!

President Eunice Hanson

New Board of Directors Members

Check it out the new members serving Pacifica WELCA: [About Us](#)



Raising Up - Healthy Women and Girls

Why a healthy initiative?

When we focus on caring for ourselves, then we can focus on our purpose and mission, which is to make disciples in the world and ready to serve others.

Healthy women can nurture healthy families, communities, churches, and can develop more just and holistic societies.

What is it all about?

We are committed by our purpose statement to promote healing and wellness in our church, society, and the world. Being physical, emotionally, mentally and spiritually healthy women is the beginning of promoting a healthy and balanced society.

How is this accomplished?

Educating women to care for themselves physically, spiritually and emotionally.

Sharing knowledge and information in order to prevent women and girls from continuing today's health risks tomorrow.

Advocating for more research to eliminate heart disease, strokes, and cancer.

An example activity that focuses on the spiritual, emotional and physical aspects of the healthy initiative which I have used for my WELCA Unit is an annual Woman's Retreat at Luther Glen that addresses Bible Study, prayer time, relaxation exercises, walking, communing with nature, gardening, playtime to laugh and share stories, and meals prepared for the ladies. We also focus on a selective ministry we support and make our offering to that ministry.

Gerri Licke

This is a health initiative created by our church-wide organization that we in Pacifica support.

"When we commit to caring for ourselves, we can then fully commit to our purpose and mission. We can commit to God's command to make disciples in the world and stand ready to serve others."

What does this all mean? In our purpose statement we are committed to promoting healing and

wholeness in our church, society, and the world. To be able to do this we must try to be physically, emotionally, mentally, and spiritually healthy.

The American Heart Association tells us that heart disease, high blood pressure, diabetes, and weighing too much restricts our quality of life. There can be barriers to being in control of our health care. So it is our plan to:

Educate women to care for themselves physically, spiritually, and emotionally.

Sharing knowledge and experience to educate women and girls to health risks.

Support one another as a community of women created in the image of God, putting our energy into reducing or eradicating heart disease and stroke as the number one and three killers of women in America, and to make a difference in the lives of women and girls.

Melissa Anderson

AN EXAMPLE FOR RAISING UP HEALTHY WOMEN AND GIRLS

How can we be healthy? It is important that every woman and girl sees the importance of this bold effort and understands how her well-being benefits the faith community. We can all participate in this effort in different ways.

In May of 2013, while I was still teaching, I fell from a table I was standing on after school. As a result, I broke my right leg and had to have a partial hip replacement. I was told that I would probably have to have a full hip replacement in 10 - 15 years. By the Fall of 2015 I had gained quite a lot of weight. It finally occurred to me, that if I wanted to try to avoid this second surgery, I needed to lose weight.

So began my program of losing weight and trying to be healthier. At first it was just a better diet and some exercise which started the weight loss journey. Then there was an introduction into a diet plan with protein powder and appetite suppressants, which helped in the loss of more weight and keeping it off. So by January of 2017, there had been a weight loss of twenty-three pounds. While continuing my diet plan, in January of 2017 I was introduced to Run the Year by a Facebook friend. Run the Year means that your goal is to walk or run 2,017 miles in 2017. I mostly walked various speeds. Once again I am in Run the Year 2018, but this year am running 90% of the time. I am also running 5k races, mostly for different charitable causes. All in all, as of September, 2018, I have lost over thirty-six pounds. The big benefit is that I have more energy, feel better, and am so much healthier to be involved in all kinds of activities. I don't worry about the walking involved to go to sporting and cultural events and feel energized driving to and attending grandkid's activities. Besides these activities, I am more involved with the Pacifica Synodical Board and the convention planning team, on church council, church vision team, actively involved with monthly church fellowship dinners. I also plan to do the Run, Walk and Roll again at the 2020 Triennial Convention, but this time run instead of walking.

Please share your story how you try to stay healthy with friends or send in an article to Pacifica Partners.

Melissa Anderson



Evangelical Lutheran Church in America

God's work. Our hands.

Welcome to the **Evangelical Lutheran Church in America (ELCA)**. The ELCA is a church of about 4 million members who actively participate in God's work in the world. We believe that we are freed in Christ to serve and love our neighbor.

With our hands, we do God's work of restoring and reconciling communities in Jesus Christ's name throughout the world. We are a church that belongs to Christ. There is a place for you here. We live in many different communities, span all ages, cultures and races and bring to this church unique life experiences and perspectives. Seek answers to your questions and discover what God is calling you to in life.

How to Print the Newsletter - Step-by-Step

Greetings!

Since we started this new format of communication we had some members asking how to print the online newsletter. I figured it is time for a quick and easy tutorial.

Shall we?

If you are reading this, you are in the right place :-)

First thing is to use your mouse and right click. A window should pop-up, like the image bellow.

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Save Page As...
Print Page...

Select: Print Page...

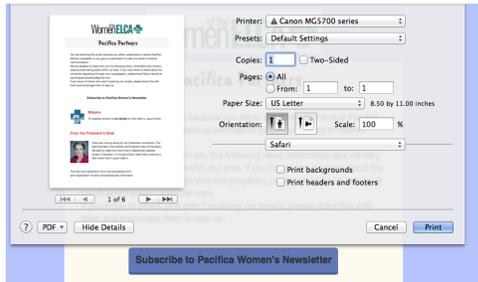
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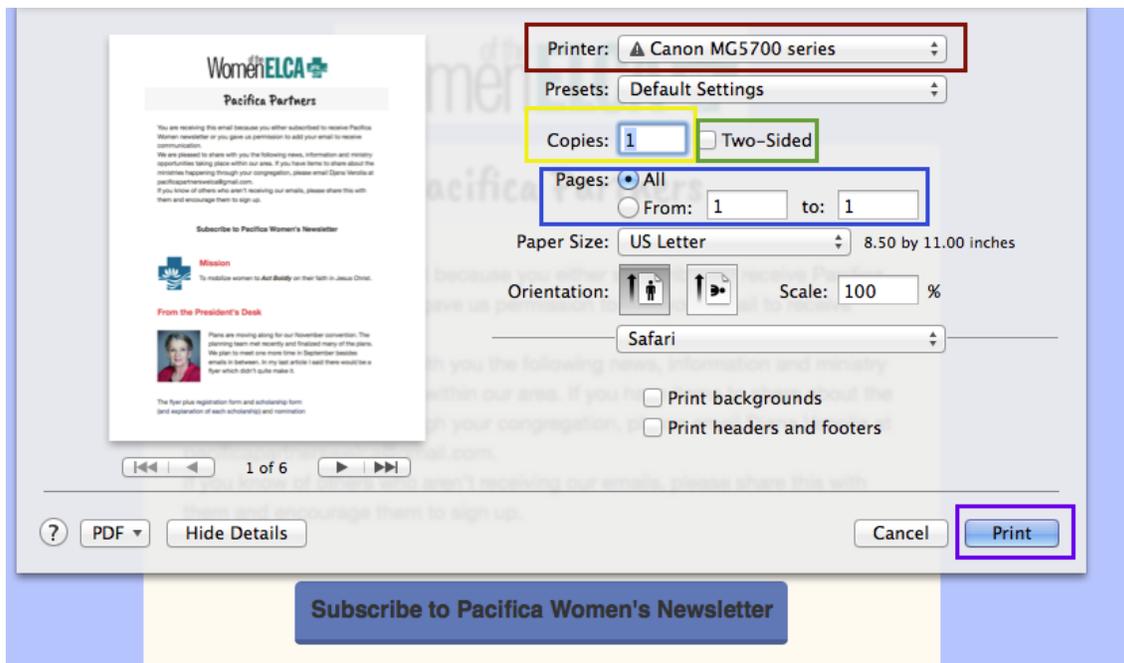
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Reload Page
Open in Dashboard...
Save Page As...
Print Page...



A larger window will appear...

This is your printer settings. In my case I am using a Mac computer, but your computer might be a PC and your window could be a little different than what you see, however the idea is the same.



From top to bottom you will find a few settings options:

In Red: Select what printer you want to use. You might have only one and that is OK.

In Yellow: How many copies you want to print.

In Green: You might have a option to print in both sides... Just to save paper and being more eco-friendly.

In Blue: What pages you want to print. Leave All in case you want to print the whole newsletter.

In Purple: Once you are done with your settings, select Print. All Done!

Let us know if you have any trouble with this tutorial.

Thank you,
Djana

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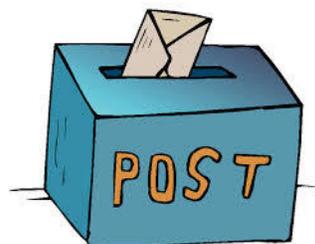
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Submit a letter to the Editor!

We want to hear from you, send us an email to **pacificapartnerswelca@gmail.com** with suggestions, ideas for events, bible studies, and to let us know about a community event you would like to share with all Pacifica WELCA Members.



**Kind regards,
Pacifica Synod Women of the ELCA**



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