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

Mission

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

From the President's Desk

Our board has just met for the first time this year. We welcomed our new members, Patrice Nordenbrand and Jeanne Sandoval. And we were again able to video chat via Facebook messenger with Jean Kathryn in HI! So far, that form of video chat has worked the best for being able to include our HI board member without flying her here.

Our March Event is coming soon and we want to give some updates and encourage all of you to attend. A couple of years ago we started having ministry chapleincy and last year we learned about an agency in Orange County that deals with homelessness. This year we are combining those two and learning about veterans who are homeless and the North County Stand Down that has been addressing that issue.

For a portion of our day - after lunch and before closing worship – our board decided that from the Love Gifts that we will be receiving from our March Event, we will travels similar to what we have done for Lutheran World Relief. It will make the kits easy to hand out. So I've updated the Love Gift form per Expanded Ideas. We are applying for a Thrivent Action Grant to pay for towels. School supplies are still very welcome.

Here is a preliminary draft of the order of the day:
Continental Breakfast – provided by our board
Bible Study – Pastor Gloria Expworth
North County Stand Down Presentation – Matt & Carrie Foster
Lunch – catered by KFC
Assemble kits from Love Gifts
Closing Worship – led by Pastor Gloria

This year's Stand Down in North County San Diego will happen this coming weekend February 7-10th. Matt and Carrie will than be able to focus on our March Event. We are hoping they will be able to also have a veteran willing to share. And from my sector conversations with them, they will especially share their work with female veterans.

King of Kings in Oceanside is fairly easy to find. If you are coming from the north, it is on the southbound side and there is a large cross and King of Kings sign on the hillside just before the turn on MacDonald Street. Coming from the east, there is also a sign for King of Kings, but it is very easy to miss! There is not a long light or stop sign for that corner. GPS of course will send you to the turn. King of Kings is up the hill.

The Fun which includes a registration form is available in this issue. It can be printed and posted in your units or print some and hand them out to women in your congregation and invite them to come.

February 22-24 I will be in Chicago and will we call COP – Conference of Presidents. It is a time mandated by our constitution to give training to our conciliar presidents and have a time for them to share and learn from one another. At churchwide's Executive Board meeting last April, an 11 woman exploratory committee was created "to discuss ways to better support the work of the church in mission and purpose in a changing world". That team met in January this year and have asked that at COP our presidents discuss the following three questions:
1. If you could make changes to our constitutions to encourage more participation in the organization, what would they be?
2. The triennial convention costs approximately $2,400 per voting member. Annual revenue from offerings has been down for years. If we do not change our model of triennium, How could your SWO assist with the costs?
3. Why is this organization important to you? If the organization went away tomorrow, would you miss it? Would it matter? Why?
We spent some time at our Pacific Board meeting discussing those questions. If any of you would like to share your thoughts, either send a "letter to the editor" from our website or email me directly. My email address is both listed on our website and listed with our board directory at the end of this newsletter. I would love to hear from you!

Then we can announce that our November 1-2, 2019 Conference will be at the Hilton Garden Inn in Carlsbad! We relate our convention between the Inland Empire and San Diego and Orange County. 2019 is the year for Orange County. We last met at King of Glory in 2010. There are two hotels within walking distance of the church. Our convention planning team will be Melissa Anderson, Rosemarie Peterson, and Jackie Severs from our board and Viola Bergelland and Gerri Lickle, who are not board members. If you volunteered to help in some way when we had our Conference in Oceanside, you probably will most likely will be contacted. It is about 18 hrs and but we would like to help in some specific way, email one of us! We always look for more hands to make the work lighter and like to see more and more women involved with every aspect of the convention. If "you can" have ideas, let us know!

Triennial 2020 in Phoenix is not all that far away! I hope many of you are planning and saving for that extraordinary event. We could, but we do not need to travel by air. Our board wants to know if you would be interested in traveling to Truck! Cost and time frame should be more reasonable. We need to know if you would be a) willing to drive – call me if you need a ride! b) willing to share a ride or c) in needs of transportation. The deadline for that event will be revealed at COP – so I'll let you know that in our next issue of this newsletter.

Anew in Christ!
President Eunice Hanson

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

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. We want to make disciples in Christ and to be healthy.
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 Women's Retreat at Camp Pacifica. Our retreat has had Bible studies, innovative exercises, yoga, communing with nature, gardening, playtime to laugh and share stories, and meals prepared for the ladies. We also have a selective ministry we support and make our offering to that ministry.

Gerri Lickle

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 cannot be God's commissioned to make disciples in the world and stand ready to serve God's mission."
What does this all mean? It is 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 good health. Our goal is to remove the barriers.
Educate women to care for themselves physically, spiritually, and emotionally.
Share 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 strokes 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 book 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 felt from a table I was standing on after school. As a result, I broke my right ankle. I had to have surgery and I was informed by my doc that I would probably have to have a full hip replacement in 12 - 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 pregnant-sized weight and trying to be healthier. At first it was just a better diet and some exercise which started the weight loss process. Then there was an introduction into a diet plan with protein powder and supplements which helped. I lost 50 pounds of my 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 you plan to walk or run 2,017 miles in 2017. I mostly walked various speeds. Once again I am in the Year 2018, but the year was covering 90% of the time. I am also running 5k races, mostly for different organizations. I am 66 yrs. old. I am proud of the fact I have lost twenty-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 am very about the walking involved to go to sporting and cultural events and feel energized driving to and attending grandd's activities. Besides these activities, I am more involved with the Pacifica Synodical Board and convention planning team, on church council, church vision team, actively involved in my grandchildren's lives and have the time to do the Run. Walk and Roll again at the 2020 Triennial Convention, but this time run instead of walking.
Share where your story how you try to stay healthy with friends or send in an article to Pacifica Partners.

Melissa Anderson

Add WELCA Resources to your website

Evangelical Lutheran Church in America
Chicago, Illinois, 60603

Welcome to the Evangelical Lutheran Church in America (ELCA). The ELCA is a church of about 4 million members who are here to participate in God's work in the world, to believe that we are freed by God's grace 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 are a church of many communities, open 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.

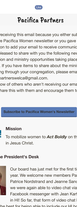
How to Print the Newsletter - Step-by-Step

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 below:

Select Print Page.



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,
Gyna

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Submit a letter to the Editor!

We want to hear from you, send us an email to
pacificapartnersweb@gmail.com
with suggestions, ideas for events, bible studies, and 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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