



# The Southeastern Weaver

Fall/Winter 20/21

Newsletter of the Southeastern Synod Women of the ELCA



By  
Terry  
Chongulia

Meet the quilters at my home church, Nativity Lutheran in Bethlehem, Georgia. It has turned into a testimonial to the strength of spirit regardless of age and a reminder that we do good works just to do that. Good works. It is part of our personal mission in life and the quilters reflect that in the fact that their skills and ages vary.

We often doubt what we can contribute as individuals to a larger cause, but when all contribute a little, much is generated. The quilts have a major impact for their recipients who have lost essentially everything and to know that a quilt was hand made with love and care, stitch by stitch, is medicine for the soul. It gives people more than warmth. It gives hope, resolve, strength, and makes them feel a little more whole again in a world that has been turned upside down. Just to know someone cares....that has a far reaching impact on one's psyche. We are all loved. It is just too hard to believe some days. For these recipients, most days are like this.

Jennifer Tillman, a former vicar at Nativity, was in Madagascar several years ago during her journey to become a pastor and saw one of the Nativity quilts in an orphanage she visited. And so without further ado, meet the quilters of Nativity!

Betty Krambier is retired from Illinois and cuts the 5 1/2 inch squares. We use donated clothing, cloth shower curtains, pillowcases, tablecloths, and drapes. She washes the material & irons it if needed. Then, she folds in layers and uses a ruler to measure the squares and scissors to cut through the layers. You can use a rotary cutter and a mat but Betty has broken both elbows so she hasn't got the strength to use the rotary cutter. She says she is in her own little world when working on the squares.

Jean Hunt and Cindi Will sew the squares into 60 inch by 80 inch quilt tops, 12 squares across x

16 squares down using a 1/4 inch seam allowance. Cindi sews hers in a patchwork by just sewing 12 or 16 squares in a row and then sewing the rows together. Jean likes to make a pattern in a 4 square by 4 square bigger square before sewing 3 big squares across and then sewing those together for rows. Jean then takes the finished tops they have made to the church where she clamps the three layers (top, batting, bottom) to two tables put together. Our batting is precut from a large roll. She then rolls the backing up over the top and using straight pins to pin all the way around the quilt. She likes to miter the corners but square corners are fine. While sewing around the edges Jean meditates talking to God, thanking him for a supportive husband, how great our life is and thinking about the people who are going to receive the quilts. Cindi is from Wisconsin and Jean is retired and originally from western New York State.

Barb Kelderhouse, retired from Illinois, takes the quilt to her house where she ties it using crochet shen thread. She picks a color to go with the quilt, and uses a needle to push the thread through and ties the center of every other square (alternating with each row). One can also cut a template 8 x 8 inches to lay at the corner of the quilt, and use as a pattern for tying the quilts. Barb enjoys doing for others and this is one way she is still able to help.

This tiny powerhouse has already produced over 54 quilts this year! They started making quilts in 2015 with 7 ladies which dropped to 5 in 2018 and the current 4 in 2019. To date they have made 396 quilts for Lutheran World Relief. Their dedication is amazing. They were heartbroken about the loss recently in Beirut of the LWR containers that were lost in the shipyard explosion. This has not deterred them from continuing this work but given them resolve to continue because they know how appreciative the recipients are to receive these quilts.

*It is amazing to see how a small force of just a few women can lovingly produce a vast number of quilts that mean so much to the recipients. "Quilting Angels" is our newest occasional column. Share your stories of your quilting circles – how you began, number of quilts made to date, how you get your supplies, your tips and shortcuts, anything else you want to share, and photos of you and your quilts. †*

## Reflections of the President



By  
Patti  
Austin

It is now official, we cancelled our Convention that was scheduled for September 18-20, and I miss you. I miss the excitement of our four states getting together, meeting, laughing, catching up on news and just being together.

So, September 2021 cannot come soon enough for me. Even though it is a year away it gives me something to look forward to while we are on “stay at home time”. The Hilton Hotel and Conference Center is a beautiful place to be, especially in September. I look forward to sitting on the long back porch in one of the rocking chairs enjoying the view. We also have plenty of time to save up some money for Katie’s Table.

I touched base with Louise Iconis, she and Linda Few are the coordinators for the convention and have some great plans for us, especially our banquet.

The SES WELCA Board met on Zoom for our board meeting on August 29<sup>th</sup> and enjoyed seeing each other in a relaxed setting. We spent time catching up on everyone’s news during our shelter at home and discussed our convention for next year. All board members will carry over for one more year until election 2021. Which means a term ending in 2020 will now end in 2021 and a term that was to end in 2021 will now end in 2022. This will keep us on track for staggered terms. Now is the time to think about serving on the SES WELCA board or maybe you have a friend who would be willing to serve.

The board members also plan on touching base with as many of you as possible to say hello and see how you are doing. We would love to hear any exciting new ideas or prayer request you may have.

I received an e-mail from Lorie Garcia, the president from Southwestern Texas WELCA Synod asking if anyone in our synod or congregations were holding racial justice training or workshops. Lorie is also a member of TDTR taskforce. She shared information about revising the program with a new name, Racial Justice Advocacy Network, and a new structure. If you are involved or know of a congregation that is, e-mail me or give me a call for information.

Our new Region 9 Liaison from Churchwide

WELCA is Linda Post Bushkofsky. Some of you may remember that Gabriela Contreras, our former liaison changed jobs recently. We look forward to working with Linda and getting to know her.

Take care of yourself and know I hold each of you in my prayers.

*Patti Austin*

Patti Austin

2 Corinthians 4:7

“We have this treasure in clay jars.” †

## In-Kind Gifts



By  
Sissy  
Gifford

2020 will always be known as the year of COVID. Where everyone’s normal changed and how we usually did things was not how they are done now. The year of masks and social distancing. It impacted all of us in our daily lives and it also impacted those at Must Ministries and other nonprofit organizations. Traditional fund-raising efforts had to be changed or modified for safety. Their annual Giving Gala had to be cancelled which was a major fund raiser for them but in spite of this they have continued their ministries. They have been pleasantly surprised by the continued generosity of people who want to help their fellow neighbors during this pandemic. Neighborhoods, churches, businesses, families and children have found innovative ways to help Must Ministries to continue their programs. A young girl set up a lemonade stand and a young boy cooked pies and went around his neighborhood and sold them. Groceries are arriving daily by drop off at one of their facilities or being shipped to their donation center.

There have also been changes in their distribution practices. Where individuals in the past could come in the food pantry to select foods, Must Ministries are now having curbside pick-up with a box of groceries for every family. They are still able to provide housing to approximately 300 people a night but expect a large upswing once the “no eviction policy” is lifted. They are expecting a tidal wave of homelessness. They are busily working on finding solutions to this

expected increase.

This is not only about Must Ministries but about all organizations that work at helping their neighbor who needs a helping hand. God commands us to ‘Love our Neighbor’ and with love comes compassion and a need to help. Your help does not need to be a monumental gift of funds, it can be a few extra cans of food in your shopping cart to give to your local food bank or to a family you may know that is struggling. It can be picking up snack items to be used in areas that have a backpack program to provide some snacks for kids. It can be a couple of extra dollars given to your church to continue their ministries. It can be buying and storing socks and underwear for Must Ministries our Gifts in Kind recipient at our 2021 Convention.

The world has changed but God has not. He is still with us every step of the way. Be his hands in this world and show everyone **Who He Is**.

For more information on Must Ministries visit their website at

<http://www.mustministries.org/> †

## Food Ministries Are Helping Communities Because Church is More Than a Building!

By Karen Andrews

Food Ministries are an important and integral part to many of our churches and communities. Our various congregations have food pantries, mobile pantries, soup kitchens, backpack programs and other variations to ensure the people in our communities do not go hungry. Covid-19 has caused these food insecurities to exponentially increase nationally and globally. One in five children is high risk of going hungry because of the school closures the pandemic has caused. For many underprivileged children, their main, if not only, meal was had at school. With schools closed, these children are left hungry.

The need for these children and families has increased and due to the pandemic, our food ministries are needed now more than ever and many of you have been in full swing! You have had to pivot how you serve others but you’ve done it! Below are examples of how your Board has continued to serve our neighbors and demonstrate that God is alive and well!

**Trinity Lutheran Church Food Ministries in Lilburn, GA – Shirley Connelly:** We have several programs - **1. Backpack Bud-**

**dies** - we feed 20 elementary school children each weekend, breakfast-lunch-dinner (Saturday and Sunday) **2. Brown Bag** – this ministry provides a brown bag lunch to homeless people or just folks in need, we prepare the brown bags with pbj sandwiches, cookies, granola bar, raisins, juice, and then provide them to Rock of Ages Lutheran Church in Stone Mountain, as part of the Memorial Drive Hunger Ministries. Last year that ministry fed over **17,000 people**. **3. Lilburn Coop** – we provide food donations and money to the local community co-op to assist people in our community.

**Redeemer Lutheran Church in Atlanta, GA – Diana Palma:** Redeemer's Food Ministry has been serving hundreds of Atlanta's downtown homeless every weekday for many years. They are currently serving box lunches outside under safe conditions, and Redeemer has received grants to continue the program. During the five months of the COVID-19 pandemic we've served **26,499 meals** since March 13, 2020!

**St. Stephen and St. Paul Lutheran Church in Decatur, GA – Karen Andrews:** We have a food pantry hosted by Andrews' Angels In Mission, Inc. and this year has been a challenge. As Covid-19 ran rampant, our Summer Feeding Program volunteers masked up, gloved up to carry out the business and purpose of the church. We began serving weekly meals and snacks on May 26th and ended on August 12th. We distributed 510 lunches and 510 snack bags to the community! That is a total of **1020 meals** to the children and families of Dekalb County! As the program wound down, we wanted to do more as the pandemic was not letting up and the state of returning to school was up in the air for the children. As such, in addition to the 1020 meals, during the last 3 weeks we filled and distributed 25 Back to School Bags and 35 Regular Pantry Bags (for those with no school children). We were able to give out over **800 pounds** of non-perishable food in these bags!

If you would like more information on any of the programs outlined above, please reach out to a Board Member. If you have a story you would like to share, reach out to me and we will get it published. †

**Bible Trivia:** How many people did Jesus raise from the dead?

A. One B. Three C. Four D. Eight

Answer in the next issue †





By  
Janice  
Hawkins

## LUTHERAN WORLD RELIEF

If you are in a group that tracks your Quilt & Kit donations please look at your recent tracking report. If your report shows that some of your Quilts & Kits were shipped to Lebanon in May, June, or July, they may have been in one of the three containers that were in the Beirut port when the disastrous explosion occurred the first week of August. Your church may have also received a phone call a few weeks ago from Lutheran World Relief informing you of this.

I am including the articles from the LWR News blog with all the details. Please refer to the LWR website for more News updates about the hope that some of the donations can be salvaged and distributed. LWR, I'm sure, is already working on a plan to get a backup supply of these items shipped from their warehouses, through a different port, with the hope of reaching those who need to receive them.

Even though we had to cancel our Ingatherings this year it is still important to continue making quilts and putting together kits so that next August we can stuff the trucks full and help replenish the LWR warehouse!

Put the dates, August 27 & 28, 2021, on your calendar and be on the lookout for more information. This information will include a church reporting form that has a few new lines on it and possible guidelines on holding an Ingathering safely. More to come in the next Weaver.....

### **Once feared lost, containers of humanitarian aid found amidst Beirut port's rubble**

BALTIMORE, Aug. 6, 2020 — Three 40-foot shipping containers filled with humanitarian aid that included thousands of handmade quilts and baby-care items were destroyed in the devastating August 4 explosions at the port of Beirut, Lebanon, the NGO Lutheran World Relief learned today.

The shipment, which also included school supplies for students and personal care kits, were destined for refugees living in Lebanon, principally from Syria and the Palestinian terri-

tories. The containers were part of a shipment to be distributed by Anera, an NGO and longtime Lutheran World Relief partner that provides humanitarian assistance and sustainable development to advance the well-being of refugees and other vulnerable communities in the Middle East.

The total value of the lost shipments was approximately \$624,000. The loss of more than 22,000 quilts, sewn by individuals and members of Lutheran congregations across the U.S., could mean a more bitter winter for thousands of refugees, said Melanie Gibbons, deputy director, outreach and engagement at Lutheran World Relief.

"Our quilts are made with love by those who painstakingly craft them, and they're deeply appreciated by the people in distress who receive them, both for the warmth and the message of care they provide," Gibbons said.

In addition, the shipping containers held 100 cartons of kits filled with school supplies, 300 cartons of personal care kits and 125 cartons of baby care kits.



### **More details emerge on humanitarian goods caught in Beirut explosion damage**

BEIRUT – Digging through the piles of rubble in the city's destroyed port, local staff has been able to locate and extract the remains of a shipment of humanitarian supplies meant to

help refugees and other vulnerable communities in Lebanon.

“We’re still learning all we can, and it’s like piecing together a complex puzzle,” said Carrie Taneyhill, Lutheran World Relief’s director of humanitarian response. Taneyhill said staff from local partner, Anera have been able to reach the scene of three damaged shipping containers holding more than \$600,000 of humanitarian supplies, including kits assembled to promote personal hygiene and bales of hand-sewn quilts from churches.

The goods had been reported as destroyed by the Aug. 4 ammonium nitrate blast that killed more than 180 people. The devastation forced more than 300,000 people from their homes. Destruction was so severe that the area around the port, where the shipping containers had been housed, has just now been able to be reached.

Lutheran World Relief staff have worked for weeks with Anera staff to gain access to the port to verify the damage. It appeared at first glance that the three containers were behind a building, a spot which may have afforded the containers some small amount of protection from the blast. The containers were damaged – but not completely destroyed, as initially believed.

“Our local partner, Anera is still sorting through the damaged goods to see if anything can be salvaged,” said Melanie Gibbons, Lutheran World Relief’s outreach and engagement team leader. “Our goal is to help the people of Lebanon and to keep those making that help possible – our supporters – fully informed as things unfold.”

### Update----

BALTIMORE, Sept. 24, 2020 — Three 40-foot shipping containers filled with humanitarian aid that included thousands of handmade quilts and baby-care items, which were reported as destroyed in the August 4 explosions at the port of Beirut, Lebanon, have been found intact and are ready to be distributed to victims of the blast and refugees.

While other LWR/Anera (local partner) shipping containers were heavily damaged, the three containers of quilts and kits were apparently stored behind a concrete block building that helped spare them from the blast. A fourth container, which was on a ship offshore when the explosion occurred, has since been delivered.

The contents of all four containers have been transferred to a warehouse and will be distributed to families displaced by the explosion, as well as to refugees living in Lebanon, principally from Syria and the Palestinian territories. †



## The Crystal Thimble Award

In 2021, The Quilters Hall of Fame is introducing a new award. The Crystal Thimble. This award is to recognize not-for-profit organizations that have had a significant impact in the world of quilt making.



In 2021 they will present the award to Lutheran World Relief (LWR) Mission Quilts for their significant impact in the world of quilting. In the days and weeks after a disaster, LWR is on the ground helping to meet people’s immediate needs. And in the months and years following, they are dedicated to working to ensure communities can rebuild better and stronger than before. A major part of the help LWR provides is their Mission Quilts. These quilts are highly regarded throughout the world because of their quality and consistency. From LWR’s first quilts in 1945, given to families in war-torn Europe, to today’s annual average world distribution of 300,000 quilts, it is clear why the Lutheran World Relief has been chosen for the Crystal Thimble Award in 2021.

As William Bolick, quilter at Lutheran Church of the Redeemer, Atlanta, GA states “**A reminder – our work matters!**” †

## OUR MISSION STATEMENT

To mobilize women to act boldly on their faith in Jesus Christ.

## Treasurer's Report – August 2020

Greetings ladies!

I pray you are all staying safe and well. Below is a snapshot of our financials as of July 31, 2020. Understandably, offering has been down due to the pandemic and as such, expenses are also down as the Board has met virtually, rather than in person. I encourage you and your clusters to continue to meet virtually so we can all keep in touch with each other. The Board has been strategic in its spending, only expensing items deemed necessary such as keeping up the website.

INCOME:	Budget	Actual
Cluster Offering	\$2,700.00	\$215.80
Cluster Registration	\$1,000.00	\$440.00
Congregational Offering	\$7,500.00	\$2,969.61
Convention Misc Income	\$100.00	\$0.00
Convention Offering	\$3,000.00	\$50.00
Convention Registration	\$25,000.00	\$0.00
Katie's Table	\$1,800.00	\$523.83
Love Offering	\$5,200.00	\$442.02
Lutheran Disaster Relief	\$0.00	\$250.00
Lutheran World Relief	\$0.00	\$66.00
Board Offering	\$200.00	\$155.00
Miscellaneous	\$0.00	\$0.00
Pass Through	\$0.00	\$0.00
LWR Shipping	\$0.00	\$0.00
Scholarships	\$200.00	\$0.00
Synod Assembly	\$0.00	\$0.00
Thank Offering	\$0.00	\$0.00
Triennial Offering	\$0.00	\$0.00
<u>Lutherdidge/Lutheranch</u>	\$0.00	\$0.00
Weaver Subscriptions	\$30.00	\$0.00
<b>Total Income</b>	<b>\$46,730.00</b>	<b>\$5,112.26</b>
EXPENSES:		
Audit	\$750.00	\$0.00
Annual Resource Guide	\$0.00	\$0.00
Bank Fees	\$100.00	\$0.00
Board Expenses	\$4,100.00	\$1,055.59
<u>Churchwide</u> Offering	\$6,600.00	\$0.00
Convention Scholarships	\$1,100.00	\$0.00
Committee Expense		
- Action	\$50.00	\$0.00
- Community	\$50.00	\$0.00
- Growth	\$50.00	\$0.00
Convention Expenses	\$25,000.00	\$0.00
Katie's Table	\$1,800.00	\$0.00
Leadership Training	\$100.00	\$0.00
Love Offering	\$5,200.00	\$0.00
Lutheran Disaster Relief	\$0.00	\$0.00
Lutheran World Relief	\$0.00	\$0.00
Miscellaneous	\$0.00	\$161.54
Synod Assembly Expenses	\$450.00	\$0.00
Region 9 Archives	\$50.00	\$0.00
Pass Through	\$0.00	\$0.00
LWR Shipping	\$0.00	\$0.00
<u>Thankoffering</u>	\$0.00	\$0.00
Days for Girls	\$0.00	\$0.00
Global Mission	\$0.00	\$0.00
Triennial Voting Member Reserve	\$1,000.00	\$0.00
Triennial Scholarships	\$0.00	\$0.00
Triennial Offering - per year/ <u>pd</u> once	\$100.00	\$0.00
Weaver Expenses	\$30.00	\$0.00
<b>Total Expenses</b>	<b>\$46,530.00</b>	<b>\$1,217.13</b>
<b>Income over Expenses</b>		<b>\$3,895.13</b>

God's peace,  
 Karen Andrews  
 WELCA Treasurer



## Zoom Me in Ladies

By Patti Austin

Our SES WELCA Board held another Zoom Meeting on August 29<sup>th</sup>, with great success. We love that so many are finding Zoom to be an easy way to stay connected during this time of social distancing, school closures and just stay at home days.

What is more impressive is that many of us are learning to host these events on the fly. As a board we are looking to improve the way we meet and ways we can use our money wisely.

We are learning how Zoom can keep us connected and also save our SES WELCA money in expenses for mileage, food and time traveling. What a novel idea, but best of all we are looking into making this a way our units and clusters can also use for meetings without having to drive or reserve a location to meet during this stay at home time.

Zoom's Basic plan is free, but only last for 40 minutes each meeting. The Pro plan is \$14.99 a month, unlimited meetings and unlimited duration, with local and cloud recording capability. Which would work well for our WELCA board, clusters and units.

Some things to know about meeting this way; if your video is on during a meeting with multiple participants, it automatically displays to all participants, including yourself. You can see how you look to others, or you can hide yourself.

For the most part, Zoom, which has seen a tremendous rise in use as a result of states mandating shelter-in-place and other measures will hold onto your background image pretty well. It can make for a fun way to express yourself or hide the cluttered room behind you.

We will keep you up to date on how and when we make this move to be Zoomers! †

## Triennial Convention and Gathering Update

**In a specially called meeting December 23, 2020**, Women of the ELCA's executive board decided how and when to hold the organization's convention and gathering. The meeting and Just Love Gathering were initially scheduled for July 14-16, 2020. When the coronavirus pandemic hit, the board, in its April 2020 meeting, rescheduled the convention and gathering

for early August 2021.

"Since the April board meeting, the coronavirus has spread in ways that few would have im-

agined," said Linda Post Bushkofsky, church-wide executive director. As of December 23, more than 323,000 people have died in the United States due to the coronavirus, she said. More than 18.2 million people have been infected to date in the U.S. Leading epidemiologists describe the current trajectory of the virus as a "surge upon surge upon surge."

Therefore, believing that in-person meetings will be unsafe into 2021, the executive board approved three recommendations:

1) That the Eleventh Triennial Convention, currently scheduled for August 3-5, 2021, be held virtually (or digitally) on those same dates.

"The triennial convention cannot meet virtually until the 2017 voting members amend the constitution to allow for virtual meetings," said Bushkofsky. Before the organization can hold a virtual convention, she said, voting members of the Tenth Triennial Convention (2017) must approve it. "So, the staff will take steps necessary to be in touch with the voting members regarding proposed changes to the constitution." Those proposed changes were made by the executive board at its October 2020 meeting.

2) That the Just Love Gathering, currently scheduled for August 5-8, 2021, be postponed and registration refunds be offered. Staff will then find other ways to build community and bring women together virtually in 2021 and 2022.

3) That the Twelfth Triennial Convention and a Gathering be held in Phoenix, Arizona, during the week of September 18, 2023.

"The executive board recognizes that the recommendations carry with them several other implications," Bushkofsky said. "Despite the challenges, we feel that these are the best options at the current time." †



## Plants Provide Constant Reminders of God's Power and Love

By Diana Palma

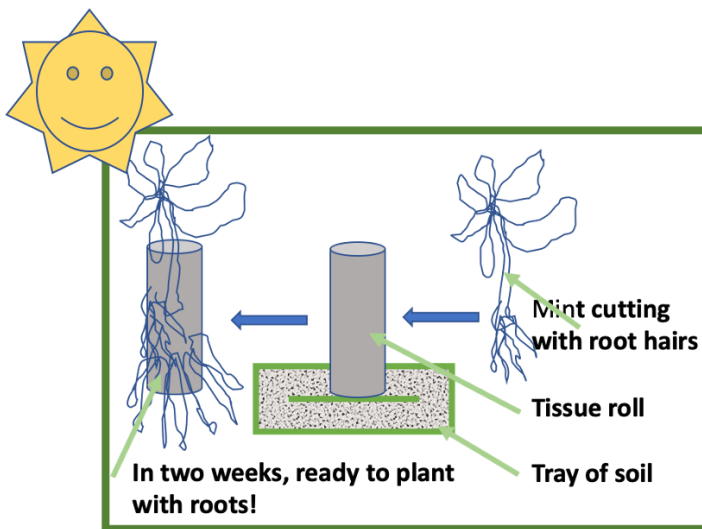
Dear Sisters in Christ,

I was raised Lutheran in the Midwest, where my heart was filled with hymns professing God's love for his earth and people in each season. I continued humming my childhood memories as an adult with tunes about "birds and flowers" and the wonder of all that God has made. I still love experimenting with plants.

Try my latest experiment in your free time. This one fills me with the wonder of God's power in my life each time I try it. Its prolific growth provides a small gift whenever you want to share a plant with friends.

Here's what you'll need:

- Sunny window or small spot on porch with full sun
- Cutting of Mint with tiny root hairs (see directions below)
- Potting soil
- Empty toilet tissue roll
- Long teaspoon
- Used clean fast food tray or yogurt cup



Directions: Cut healthy sprigs of long-stem mint. Place in glass of water in sunny window until you see root hairs growing (3-4 days). Gather supplies on list and plant as pictured. These sprigs will grow into healthy seedlings within two weeks. Roots will continue to grow as long as sunshine is abundant. (also works with spider plant, coleus, etc.)

## Prayer for Growth

**Oh, precious Savior, please continue to send your Sun to remind us of your Son! Help us to heal from our daily wounds as new leaves grow strong on top of old leaves. Show us how your grace strengthens our faith as roots grow and strengthen our plants each day. Help us to draw on your strength to support and care for your earth and your people, as plants draw in soil, water and sun to grow stronger each day.**

See <https://be4steminc.com/be4steminc-in-prayer> for pictures and short video instructions. †

## Wellness, Happiness, and Depression During COVID-19

By Billie Geopfert

The Covid-19 pandemic and resulting lockdown are taking a toll on almost every aspect of our lives, including mental health and well-being. This public health crisis may have a particularly significant effect on some people. The stress of the health risk and the tragic loss of life, combined with social isolation, a lack of access to favorite activities, and the uncertain future, are taxing everyone. Some people who did not have depression before the pandemic are experiencing symptoms of sadness and mild depression.

Here are some tips that may help all of us as we cope with changes.

- Follow a normal routine as much as possible
- Limit time spent engaging with news and social media
- Find ways to be physically active
- Eat a healthy diet
- Avoid alcohol and drugs
- Focus on what you can control
- Maintain social and family relationships
- Spend time in prayer

And, last but not least, stay in touch with your church family. Attend church service however your church is handling it. Whether it be on Zoom, Facebook, or whatever works for your congregation, stay connected.

These practices will not change anyone's circumstances, but they can help us realize that we still have a connection to life. A life full of family, friends, our SES WELCA ladies and most importantly our God. †



## Helpful Articles on Managing your Mental Health during a Pandemic

By Patti Austin

AFSP Mental Health resources: <https://afsp.org/mental-health-and-covid-19/>

Tools for Teens: <https://seizetheawkward.org/coronavirus>

Daily Self Care Tips: <https://dbhdd.georgia.gov/2x2-series>

COVID-19 Mental Health Resource Hub: <https://psychhub.com/covid-19/>

Grief in Times of Trauma: <http://ym institute.com/grief-in-times-of-trauma/>

Help for Students and Families: <http://ym institute.com/what-if-students-are-struggling-more-than-the-norm/>

### State and Local Resources

#### Alabama

Wings Across Alabama Non-Crisis Peer Support Line: 1-844-999-4647, M-F 2-8pm

CARESS Addiction Helpline: 844-307-1760 and caressinc.com, 24/7

More information available <https://mh.alabama.gov/hot-warm-lines/>

#### Georgia

Georgia COVID-19 Emotional Support Line: Provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling. 866-399-8938

COVID-19 Hotline: The State of Georgia has a new COVID-19 hotline. If you believe that you are experiencing the symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or an urgent care clinic. Please do not show up unannounced at an emergency room or health care facility. 844-442-2681

Georgia Crisis and Access Line (GCAL): For 24/7 access to services and immediate crisis help, 1-800-715-4225

Peer2Peer Warm Line: Provides Georgians the opportunity to receive peer support 24 hours a day. 888-945-1414

CARES Warm Line: Substance Abuse Challenges. Call or Text 8:30 a.m. - 11 p.m. any day. 1-844-326-5400

More information available <https://dbhdd.georgia.gov/covid-19>

## Mississippi

Mississippi Department of Mental Health Helpline: 1-877-210-8513, 24/7

Mississippi Crisis Line: 601-713-4357

More information and crisis services available <http://www.dmh.ms.gov/>

## Tennessee

TN Statewide Crisis Line: 24/7 call system to help anyone experiencing a mental health crisis, 855-CRISIS-1 (855-274-7471)

Crisis Text Line: text TN to 741-741 to connect to a trained counselor

Information and Resources: <https://www.tn.gov/health/cedep/ncov.html> †

## Crafting During Lockdown

By Beth Drane

As we enter six months of quarantine, boredom is probably setting in. After all, how much TV binge watching can you do? If you are wondering what to do to occupy your time consider learning a new hobby. The internet has a ton of how-to videos that will teach you just about anything; knitting, crocheting, baking, jewelry making, etcetera.

YouTube's Official Channel helps you discover what's new & trending globally. Watch must-see videos, from music to culture to internet phenomena. <http://www.youtube.com > channel>

Purchasing supplies is also easy with websites such as Amazon and eBay which deliver right to your door. Many of the craft stores are offering curbside service such as Michael's <https://www.michaels.com> and Hobby Lobby <https://www.hobbylobby.com> Patterns and kits that contain everything you need are also available. Check out the paint with diamonds kit.

It is very important to keep your mind active. If you are not into crafting try learning a new language. Duolingo is the world's best way to learn a language. With their free mobile app or website and a few minutes a day, everyone can *Duolingo*. Learn 30+ languages online with bite-size lessons based on science. [www.duolingo.com](http://www.duolingo.com)

Your local library may have a website where you can look for instruction books and may also offer curbside pick-up.

These are just a few suggestions for you to try. There are so many more to find. HAPPY HUNTING and remember Christmas is just around the corner and a handmade gift is very special. †



**SOUTHEASTERN SYNOD**  
EVANGELICAL LUTHERAN CHURCH IN AMERICA

## Around the Southeastern Synod

By Bernice Bland

### We celebrate the recent ordination of the following women:

The Rev. Dawn Bennett, Mission Developer,  
The Table, Nashville TN

The Rev. Elise Anderson, Associate Pastor,  
Trinity, Hixson, TN

The Rev. Nyahaley Labor, Associate Pastor,  
Epiphany, Conyers, GA

This year marks the celebration of the 50th Anniversary of the ordination of women, the 40th anniversary of the ordination of women of color and 10th year of ordination of LGBTQIA+. We give thanks for all women in ministry. Turn up the volume and enjoy the presentation.

<https://www.youtube.com/watch?v=N-RynDLQoMA&feature=youtu.be> .

### We celebrate the following Installations, Ordinations and Women in Action:

Rev. Jenny McLellan, Installed as Assoc. Pastor for Congregational Care - Redeemer, Atlanta, GA

Rev. Amy Carole Figg Ley, Installed as Senior Pastor - St. John's, Knoxville, TN

Rev. Ruth Hamilton, Installed as Interim Pastor, - All Saints, Lilburn, GA

Rev. Mary Armstrong-Reiner, Installed as Pastor, St. John, Griffin, GA

The Rev. Tina Trice-Culpepper, Ordained and Installed as Pastor at Celebration of Grace, Canton GA

The Rev. Rachel Patterson, Ordained to serve in the Southern Ohio Synod

The Rev. Pauline Farrington, Synod Pastoral Care Coordinator, Contracted in the Synod Office

Ms. Cheryl Bobb, Southeastern Synod World Hunger Chair. She is a member of Rock of Ages, Stone Mountain, GA

What else, you may ask, is going on around and in the Southeastern Synod? This is what you may have missed.

**Synod Prayer Team** <https://se-reg.brtapp.com/SynodPrayerTeam>. A prayer team, led by Bishop Strickland, has formed. The

team will meet once a month via zoom to pray for our individual needs, our neighbors locally and globally, the needs of the church and all that goes on in our world. To join, you must register using the link above.

The Synod has a new Logo, <https://www.elca-ses.org/synod-logo>.

**40-40-40** <https://www.elca-ses.org/newsdetail/40-40-40-lenten-hunger-walk-14959783>, Everyone is invited to join Bishop Strickland as we walk a mile each day during the 40 days of Lent, February 17 – April 3, 2021, raising or contributing \$40 for ELCA World Hunger. The link to the ELCA World hunger giving page: <https://community.elca.org/elcaworldhunger>.

The **Diversity and Justice Task Force** will host a synod watch and discuss movie gathering **Sunday, February 21, 3pm EST / 2pm CST**. The movie will be **Selma**.

**Lutheranch – Women of the Range Retreat, Friday, March 05 - Sunday, March 07, 2021** The cost is \$379 double room, \$429 for a single room at the McKanna-Sandroek Retreat Center. [Download "Women of the Range" Flyer HERE](#) Visit [Lutheranch.org](http://Lutheranch.org) to register TODAY!

**Synod Prayer Team (Update)** <https://se-reg.brtapp.com/SynodPrayerTeam>. A prayer team, led by Bishop Strickland, has formed. The team will meet once a month via zoom to pray for our individual needs, our neighbors locally and globally, the needs of the church and all that goes on in our world. To join, you must register using the link above. **The scheduled dates are as follows: February 22nd, March 22nd, April 26th, May 24th.**

**Senior Care Ministries.** <https://www.elca-ses.org/senior-care>. The current focus is on care for the senior population during this COVID-19 pandemic.

**Inspirational Stories from around the synod,** <https://www.elca-ses.org/stories>. You never know who you might see.

You can access the Synod website <https://www.elca-ses.org/>. Just want the highlights?

You may prefer to subscribe to the eNews <https://se-email.brtapp.com/subscribe>.  
 Stay in touch with facebook:  
 WELCA facebook page <https://www.facebook.com/groups/167627626619393>  
 Southeastern Synod <https://www.facebook.com/ELCASoutheasternSynod> †

## Keeping Our Faith Strong and Staying Connected to Each Other

By Diana Palma

After this very long year of isolation from fellowship with our congregations, we long for the days when we can worship together in our sanctuaries and share our faith in scripture and song. In the meantime, many ways have sprung up to help us keep our faith strong. Even if it seems uncomfortable at first, I hope you will accept God's challenge to try new ways to worship online and/or participate in Zoom events. I have found Lutheran services online all over the U.S. by searching "streaming services". As the year has gone on, missing our connection to our friends at church has encouraged more of us to try Zoom classes. It has been surprising to me how meaningful it has been to see the faces of the ladies in my church circle, and then to listen as they share the prayer concerns they have now.

One way our congregation has tried to help bridge the gap in connections has been open air communion. With safe distancing, a pastor brings the communion service to a location where 10 adults max and 5 children can gather to receive the sacrament. Very brief time limits are set to keep everyone safe. Other ways have been online concerts and musical presentations and children's programs.



It can be challenging to keep our faith vibrant. It is important to find the best ways to share our love and act on them. Maybe a phone call to those we miss seeing just to share our care. Or dropping off a treat on a neighbor or friend's porch. Whatever you try, please stay safe and patient during this time through prayer. May God bless you and your family until we can meet in love again. †

## Cluster Connections during COVID

By Shirley Connelly

This has been a tough year for gatherings of all types; families, friends, church, and Women of the ELCA. Since we have not been able to meet and share in the delight of seeing each other up close and give out those warm hugs in person at our annual cluster meetings and convention we thought it would be a good idea for our Synod Board members to reach out to all of you, our WELCA family, and touch base to find out what has been going on, and to see if you have any needs.

We want to check-in and find out how everyone is doing; see if you have been able to stay connected with each other and if you do not mind sharing your ideas with your Sisters in Christ within our synod. Share with us if you have been able to conduct Bible Studies or other meetings via Zoom or some other method like small groups practicing personal distancing with masks. Also, have you figured out a clever way to continue working on service projects?

We are planning to design a prayer page on our WELCA Facebook platform so that you will be able to leave a private prayer request and we can then gather the prayers and pray for you. This design is presently in development and we will alert you when it is online.

In the meantime, know that we will be reaching out to you. If we miss you and leave you a message please return our call. Feel free to reach out to your cluster liaison and share your thoughts/concerns if you have not heard from us. She is listed on the last page of the Weaver. †

**Bible Trivia:** Which king of Israel ruled for only seven days?  
 A. Zimri B. Ahab C. David D. Cyrus

Which king went insane and ate grass?  
 A. Jehu B. Hezekiah C. Nebuchadnezzar  
 D. Zechariah *Answers in the next issue* †



## Being a Blessing to Others During Covid

By Shirley Connelly

As Covid continues throughout the country it is hard not to see its effect on our communities with long lines at food banks and within our schools as the number of children in need of food support continually rises. Free and reduced lunches from the school systems continue to increase providing the children with breakfast and lunch during the weekdays but on the weekends, many are going without meals.

Trinity has continued to stay connected to those in need for food resources in our community during this turbulent time with the ELCA World Hunger Program "Backpack Buddies." Presently we provide meals every weekend to 20 children from a local elementary school. We collect food that is shelf stable and quick and easy to prepare for breakfast, lunch, and dinner along with a couple of snacks; we bag them in grocery bags, providing them to the children as meals for Saturday and Sunday. Even when the schools were closed, and the children were only doing remote learning we would deliver the food to the elementary school and the school district would deliver these bags to the children. I felt blessed that we were able to provide to these children. The school counselor would frequently tell us how much the children appreciated the food and how much they liked different things like applesauce or mac and cheese. She said some would come by her office on Thursday to see if the church had delivered the bags and would get so excited to know that they would take food home for the weekend. It is nice to know that these children will grow up with some happy memories about this time.

The ELCA World Hunger website has many FREE resources and can provide you with an assortment of Feeding Ministry programs if you are interested in starting one.

In addition to the Backpack Buddies Program, we also provided Brown Bag Lunches to the Rock of Ages Memorial Drive Hunger Ministry. Monthly our volunteers pack sack lunches consisting of PB&J sandwiches, juice, fruit, cookies, chips and deliver to Rock of Ages Lutheran Church on Memorial Drive. This program is a joint ministry with Rock of Ages Lutheran, Memorial Drive Presbyterian, St. Timothy United Methodist, Trinity Lutheran, All Saints Lutheran and A New Thing Christian Church. Rock of Ages is the distribution site 6

days per week (Sunday thru Friday) from noon to 1 :00 pm in which FREE meals are served to homeless and folks in need that come to their door. Last year the ministry served around 18,700 meals, distributed close to 300 health care kits, and provided thousands of donated coats, gloves, shoes, socks, shirts, and pants. If you would like to help their mission their website is [www.memorialdrivehungerministries.org](http://www.memorialdrivehungerministries.org).

It truly is a blessing when you can help someone else and at Christmas there is no better gift than love; show love with a scarf or a pair of gloves or a pair of warm socks, you can really make a difference in someone's life. Share the word. †

### OUR PURPOSE

*"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."*

*"All you need is love. But a little chocolate now and then doesn't hurt."*

*~ Charles Schulz*



## Overwhelmed.....

By Terry Chongulia

Marks of the True Christian

*Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Romans 12:9-12*

When our SES WELCA president urged us to submit an article “ASAP” for the weaver, I just drew a blank. Write about what????

Then I sank into my Queen Anne chair, sighed, and closed my eyes. I thought about the stress, strain, and uncertainty I face daily as I continue to work caring for women young and old in a global pandemic that has disproportionately affected us in the United States. I feel the fatigue from maintaining constant vigilance daily to remind people I interact with to adjust their masks that fail to cover their noses and showering after working to protect my family even though I have received both doses of the currently available vaccine. I am exhausted and feel drained.

I try to keep my sanity by working on new musical instruments (my gang is NOT too happy with my snare drum I got at Christmas) and follow a few television shows with a close friend. I do my best to care for my physical and emotional well-being as I am taxed to my limits in what seems to be a non-stop marathon.

I listen.... A lot more these days to stories my patients tell me of friends and family they have lost to SARS CoV-2 and offer my sympathy and support. I give praise and thanks to the heroes in the halls of my hospital that work without complaint. This includes fellow colleagues, hospital administrators, nurses, housekeepers phlebotomists, respiratory staff, physical plant staff, and food service workers. Patience, prayer, hope and faith are the only things keeping me going at this point. I have expanded my knowledge on the pandemic and learned new things to work more efficiently and maintain my mental and emotional well-being. Continue to stay as safe as you can but do not forget the ones most impacted by this pandemic in our own country.

We at Nativity Lutheran in Bethlehem Georgia have continued our food pantry for a small community living in squalor just a few miles away to ensure their future, their children have

enough to eat when they cannot attend school and receive meals.

We can still touch one another's lives without being in physical contact. Send cards, FaceTime, call your friends, attend Zoom church service. Trust that when it is truly safe to meet in person again, your church councils will tell you. If you can receive the vaccine, please do so but remember that this serves as a second line of defense. The first line is social distancing, masks, and hand washing along with avoiding high risk encounters.

Show what being Christian means. The road ahead is still rocky and if as individuals we can influence and inspire others to see what keeps us going, we will all be better for it. †



### GIFTS FROM THE HEART

by Beth Drane

Something to consider for 2021 Christmas

In our family we have a fun Christmas tradition. On Christmas Eve after all the food is eaten and gifts are opened, we draw names in secret. Then we get together again on 12<sup>th</sup> night for deserts and coffee. We all have from Christmas Eve to January 6<sup>th</sup> to make something for the name we drew. It must be hand-made, no purchased gifts. Even the children participate. We realized that after Christmas it is sometimes a letdown and all we have to look forward to is a cold long winter.

It surprises us every year, how inventive everyone is and what they think of to surprise the receiver. We have baked goods, crocheted or knitted items, ceramic and painted items. Several years ago, my nephew made me a pen and ink drawing of a rose. He was in high school and I was so impressed it still hangs in my bedroom

It is wonderful and surprising what you can come up with when you cannot order something online or go to the store and buy it. It is truly a gift given from the heart. †

Remember to join Lutheran Women in  
**TUESDAY PRAYER AT NOON**

<https://www.womenoftheelca.org/wp-content/uploads/2020/03/prayer2020fi.pdf>

### Let's Zoom!

By Karen Andrews

Zoom meeting, audio only      Zoom meeting with video



2020 has been both a year to remember and one we want to soon forget. The Covid-19 pandemic caused all of us to pivot the way we interact with family, friends and even how

we work and go to school. One electronic platform we have come to rely on to connect socially and for business is the Zoom app. This app, along with other video conferencing media, has allowed us to stay home and be safe, protecting our households and still connect with each other visually.

For many, being able to connect with family and friends, near or far, has given us great relief during this time. And as we continue to wait out the pandemic, we are still relying on video conferencing to stay connected for school, business, and pleasure.

The SE WELCA Board is no stranger to trying to connect and conduct the business of the organization; we too utilize the Zoom platform to conduct our quarterly meetings. One immediate benefit is the cost savings we have gained by not incurring expenses for travel, lodging and meals but still being able to conduct the business we pledged to do.

Yes, we miss the hugs and in person smiling faces, but we care about each other's health and the health of their families much more. We can sacrifice an in-person meeting to ensure we see each other in 2021!

Have you tried a WELCA or cluster trivia or paint night? How about a Zoom happy hour? You can do a sing along, a party and so much more via video conferencing! Does your church or cluster need a Zoom account? You can download a free version that allows you to hold meetings for no more than 40 minutes and there are also paid versions that allow for unlimited and longer meetings. The board will share our Zoom account with any cluster to assist you to hold monthly or cluster meetings, just contact the Board for the information and appointment.

The Board has all of you in our prayers and we thank God for each of you. May He continue to bless and keep you.

# 40-40-40

## Lenten Hunger Walk

February 17 - April 3, 2021

40 Days. 40 Miles. \$40

Sign up at [ELCA-SES.org](http://ELCA-SES.org) TODAY!

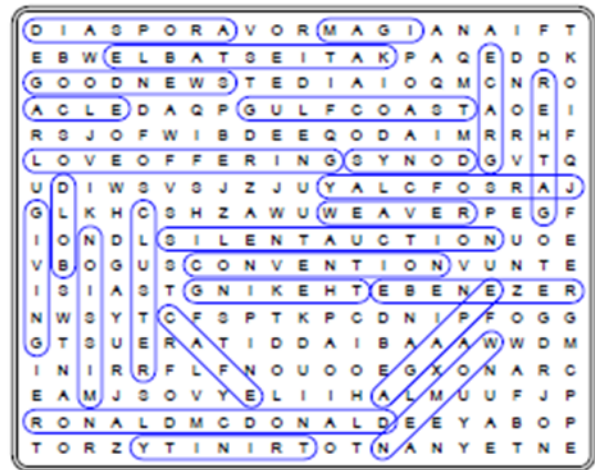
SOUTHEASTERN SYNOD  
EVANGELICAL LUTHERAN CHURCH IN AMERICA

Answers to puzzles from July issue.



### SES Women of the ELCA ANSWER KEY

Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.



See if you can figure these out:

- |                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>60 = M in an H<br/>26 = L of the A<br/>12 = S of the Z<br/>9 = P in the S S<br/>88 = P K<br/>50 = S on the A F<br/>24 = H in a D<br/>8 = S on a S S<br/>12 = M in a Y<br/>13 = S on the A F<br/>7 = D in a W<br/>4 = Q in a G</p> | <p>(Minutes in an Hour)<br/>letters of the alphabet<br/>signs of the zodiac<br/>planets in the solar system<br/>piano keys<br/>stars on the American flag<br/>hours in a day<br/>(Sides on a Stop Sign)<br/>months in a year<br/>stripes on the American flag<br/>days in a week<br/>quarts in a gallon</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

UPCOMING BOARD MEETING

February 13, 2021

ZOOM

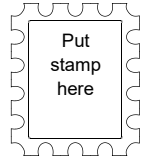


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