



## from our President

*Teresa Tester*

Praise God from whom all blessings flow! By now I hope you've all heard the good news that the 2019-2021 LWML mite goal not only was met, but exceeded! The mites collected for the biennium totaled \$2,204,724.55 more than \$104,724.55 above our goal. All 21 mission grants were funded before the end of the biennium, thanks be to God!

It's hard to believe that the LWML convention in Lexington, KY is a memory now! What an exciting time we had hearing such inspirational speakers and selecting 28 mission grants for the new biennium. What a faith-filled event! For the opening worship service, there were 61 clergy in the procession and 60 helping with communion distribution, including our Jr. Pastor Counselor Gary Pomrenke. There were 82 total flags for the flag procession, including six new countries (Cambodia, Cameroon, Macau, Malawi, Rwanda and Zambia). It was an awesome sight! If you weren't able to attend I hope you got to see the livestream feed online. You can find highlights on the LWML page ([www.lwml.org](http://www.lwml.org)) under the "Convention Central" tab.

Speaking of National, if you are interested in serving on a LWML National committee, please go to [www.lwml.org](http://www.lwml.org) and fill out the "Personnel Resource Form." Contact me with questions.

I hope you will join us in Herndon, VA at the Hyatt Regency Dulles Airport Hotel for our Christian Life Retreat "Spa for the Soul" on October 15-17, featuring retreat leader, Ellis LoFaro and Christine Maconachy as music leader. Be prepared for some God-centered fun with this dynamic duo! I personally thank Christine Dennis-Johnson, VP of Christian Life, Susan Sohn, Christian Life Chairman and of course, the Meeting Managers, Karen Matthiesen and Claudia Jacobson) for of their hard work to make sure this is the best CLR experience.

Are you making plans to celebrate LWML Sunday? Traditionally this is observed on the first Sunday in October, but can be any time. Check the resources available at [www.lwml.org/lwml-sunday](http://www.lwml.org/lwml-sunday). There is a new "About LWML" video that you can use. (If you need instructions on how to download the video, you will find them below the video link.) This video can be shared anytime, not just LWML Sunday! It includes the new LWML mission statement, summary of LWML missions supported, achievements, and how to get involved.

Mark your calendars for our Chesapeake District convention at the Gaithersburg Double Tree Hotel in September, 2022. Plans are still underway, but you won't want to miss it!

*What's Your 80?* In 2022 LWML will be celebrating 80 years. Make plans to show off "How did we celebrate." Each member, group, zone, or district is encouraged to reflect God's love by blessing others with 80-something. I feel so blessed to have all you as my sisters in Christ, and I look forward to seeing many of you in Herndon, Virginia on October 15-17.

*I can do all things through Christ who strengthens me. (Philippians 4:13)  
But the Lord stood by me and strengthened me, so that through me the message might be fully proclaimed and all the Gentiles might hear it. (2 Timothy 4:17)*

August 2021

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[www.facebook.com/ChesLWML](https://www.facebook.com/ChesLWML)

Send your news and photos by November 1 to Linda Roscoe, Publications Editor

## from our Junior Pastoral Counselor

*Rev. Gary Pomrenke*

Beloved,

It was my pleasure to represent the Chesapeake District as the Junior Pastoral Counselor at the recent LWML National Convention held in Lexington, Kentucky. I was touched at so many different points during the convention. The opening worship service was incredibly moving to me. To be one of 64 Pastors giving communion to well over 4000 women and friends of the LWML was one of the highlights of my pastoral career.

Over the course of the weekend, I was incredibly impressed with the organization of the event as a whole. The ladies coordinating this conference were on point. The vendor area was well thought out and organized and I met and I believe I made some lifelong friends during this conference.

Lexington was beautiful ... the rolling countryside's ... the mammoth horse farms we drove by. All of it was beautiful and I was blessed to experience this with my beloved wife Tracie. It's hard to believe that my time as the Junior Pastoral Counselor is coming to an end. But you wonderful ladies will not be getting rid of me as I will then continue as the Senior Pastoral counselor at some point next year.

It truly was an honor to see inside the workings of the LWML ... what I saw was love, generosity, foresight, execution in the highest degree. Below are some of the pictures that will always keep Lexington and the National Convention close to my heart.





## What is Heart to Heart Training? - *Andrea Morton*

I was blessed to attend the 39th Biennial LWML Convention in Kentucky and to participate in the Heart to Heart (H2H) District Leader Training. It was a wonderful experience to be able to see and talk to people in person! What a joy it was to see people's faces and smiles. We take for granted the simplest things that are so important and were reminded of how much we miss them during the lockdowns and restrictions that took place in 2020. The LWML Convention was a celebration of brothers and sisters in Christ proclaiming God's truth and sharing Jesus' love with each other, some attending convention for the first time, including me.

Our District President Teresa Tester reached out to me during our zone meeting earlier this year and asked if I'd be interested in participating in the H2H District Leader Training program that took place prior and during the convention. The program is promoted by the LWML to motivate, equip, challenge, and provide mentoring opportunities within the LWML for women of diverse ethnic groups to serve the church, participate in LWML, witness to the world, and grow in relationships. After receiving the information and applying to attend the training, I was very happy to learn that the LWML recognizes there are gifted multicultural women serving with joy and passion in many multicultural ministries throughout the LCMS and that it is committed to assisting LWML Districts in establishing H2H Sisters programs so multicultural women may mutually encourage one another, support each other, and work together, living out the beautiful diversity that is the body of Christ. It is a blessing that the H2H Sisters District Program is an intentional effort to welcome and encourage multicultural women to participate in the life and work of the LWML.

The training exceeded my expectations. It was an intense program that taught us ways to connect and engage LCMS women of different ethnic backgrounds, respecting cultural differences and focused on listening and learning how to grow relationships and make them feel welcome at our local and District LWML events and activities.

Our group of 14 attendees from different districts grew close and we did many of the convention activities together. There are many highlights and wonderful memories of the convention for all of us who attended the program, one of them being carrying the flag of a country where the LWML has given mission grants to spread the Gospel of Christ and help local initiatives. I'm originally from Brazil and carried the Brazilian flag in the flag procession of 84 flags/countries. My family was very blessed by LWML and LCMS initiatives that created and supported our sister Lutheran church in Brazil. What a beautiful event that was and I'm very thankful to have participated in it.

I look forward to sharing with my local LWML groups and our District all that I have learned in the H2H training and to welcoming all our sisters throughout our congregations to be part of the wonderful blessings the LWML spreads throughout the world. It is all to God's glory and that many hear what Christ has done for us by dying on the cross for our sins and giving us eternal life.



## LWML Chesapeake District Banner Design 2021

This year's convention theme is "Running the Race...Looking to Jesus." Christ was the consummate athlete, always focused on his goals to bring his Father's love to mankind and to demonstrate exactly how we can accomplish that in our lives. His ultimate sacrifice on the cross embraced humility, love, compassion, and obedience. His example is our focus as we strive to respond with appreciation to God our Father for the sacrifice of his Son.

### The Hands

The intertwining hands were provided by LWML members during a meeting. The group wanted to include the bumps and curves of their fingers as representative of their years of focused Christian work. It is my prayer that everyone who contributed to this design is still with us and has not been a victim of Covid 19.

### Cross and Heart

Jesus is the center of our lives. The cross is surrounded by faith, hope and love and those words on the heart are surrounded by the hands of the faithful whose focus is never self-centered, but always fixed on Jesus.

### The Colors

The yellow background symbolizes the outpouring of Christian love, in all its forms, from the body of Christ. The different colors of the hands symbolize our diversity and support we give to one another through LWML through the power of the Holy Spirit.

Thank you for entrusting me with this task. It has been my honor and pleasure to continue to be involved in the work of the LWML. — *Rhoda Pollard*  
(And thank you, Rhoda!)



President Teresa Tester with our Young Woman's Reps. Kaitlyn Handy and Stephanie Greig



The Chesapeake District in Lexington, KY



## A Mountaintop Experience

Wow! What a wonderful Convention in Lexington, Kentucky! As former National President, Linda Reiser described it as a “mountaintop experience”, we now have to go back to the plains and do the work of the LWML.....that is, elect officers in the Chesapeake District.

**We have several positions to fill through our nominations and election.** My committee and I are looking for candidates to fill the President, Vice President of Communications, Vice President of Special Focus Ministries, Financial Secretary, and Junior Pastoral Counselor. I have the job descriptions for your review and my email address is [marthamcglynn@verizon.net](mailto:marthamcglynn@verizon.net).

Please feel free to contact me at 610-517-8353 if you have any recommendations or questions. Let the spirit of this Convention fill your heart with love and energy to help us achieve God’s work in our District.






*Martha McGlynn, Chair, Nominating Committee*

## Lexington Convention –2021



## Chesapeake District LWML Mission Grants 2020-2022

**Mission Goal: \$100,000**

- |  |         |   |
|--|---------|---|
| 1. <b>Immanuel Lutheran Church, Charlottesville, VA</b> - Provide Bibles, Concordances, devotionals, and Bible study materials for their jail and prison ministries.   | \$5,000 |  |
| 2. <b>Southeastern District, LCMS, Alexandria, VA</b> - Provide student aid for pastors and/or church workers as they prepare to journey with the Lord.  | \$5,000 |  |
| 3. <b>Orphan Grain Train, Mid-Atlantic, Smyrna, DE</b> - Purchase supplemental food items and pay for shipping to a country in need of food, clothing and medical supplies.  | \$5,000 |  |
| 4. <b>Grace Place, Calvary Lutheran Church, Baltimore, MD</b> - Create a computer lab as part of the newly forming Career Planning & Mentoring Center.   | \$5,000 |  |
| 5. <b>Our Savior Lutheran Church &amp; Open Arms Christian Child Development Center, Laurel, MD</b> - Purchase cases of children's Bibles, English/Spanish outreach Bibles and Small Catechisms, providing devotional supplies for outreach in the Laurel community. | \$3,500 |  |
| 6. <b>Faith and Works Enterprises, Baltimore, MD</b> - Continue community stabilization efforts toward establishing a mission to serve the Sandtown-Winchester community.  | \$5,000 |   |
| 7. <b>Our Savior's Way Lutheran Church, Ashburn, VA</b> - Send five ethnic leaders for training to and reach out to Muslim neighbors in the DC Metro area.   | \$5,000 |   |
| 8. <b>Center for Hispanic Studies (CHS); Ethnic Immigrant Institution of Theology (EIIT), Concordia Seminary, St. Louis, MO</b> - Provide support for ethnic student/church worker to meet educational costs.  | \$3,500 |   |
| 9. <b>The ESL Program at Lutheran Church of our Savior, Rehoboth Beach, DE</b><br>Replace outdated text books and provide meals and fellowship.  | \$5,000 |   |
| 10. <b>Lutheran Bible Translators, Concordia, MO</b> - Funds to support ongoing work in Nigeria for the Mbe translation of the Bible.  | \$4,000 |   |

**Total of \$45,000**

### LWML Sunday

### Our Hearts in HIS Hand

The first Sunday in October is traditionally set aside for the observation of LWML Sunday, but it may be celebrated at any time. "Our Hearts in His Hand" is the theme for LWML Sunday 2021 and is based on Peter's first letter to persecuted Christians in Asia Minor. In chapter 4:8, Peter tells them, *Above all, keep loving one another earnestly*. The heart of the LWML is its members; our hearts have been made holy by God. We are fully dedicated to serving Him, by serving His Church at home and abroad. Our hearts for Christ are in His hand of service, wherever and when He has need of us.

2021 LWML Sunday downloadable materials, authored by Dr. Dale A. Meyer, are now available at [lwml.org/lwml-Sunday](http://lwml.org/lwml-Sunday).





# WHAT'S YOUR 80?

1942-2022 — 80 Years of God's Grace

In thanksgiving for 80 years of the Lutheran Women's Missionary League, each member, group, zone, or district is encouraged to reflect God's love by blessing others with 80 something. Below are some ideas to get you started. Be sure and take a picture of your group's 80. We are planning a montage of your activities at the 2023 LWML Convention in Milwaukee.

## Personal, Group, Zone, or District 80s:



\$80, \$800, or even \$8000 extra mite donation



80 pairs of socks, mittens, hats, or other clothing items to a preschool



80 bottles of water for a sporting event — add a label "Compliments of LWML"



80 hours visiting shut-ins



80 cans of food to an emergency shelter



80 religious books donated to libraries

## Make and Donate:



80 dozen cookies, pies, sandwiches, etc. to first responders or emergency room workers



80 new Chrismons for a Christmas tree



80 Bibles marked for prison ministry

## Personal 80:



80 hours of Bible reading for the next year



\$8 or \$80 extra mite donation



80 days of prayer for a missionary

Details about where and when to send in your photos and stories is coming soon!



## REGISTER NOW!!

Exciting times ahead.....We have missed YOU and we are ready to see all of you in person!! It's time to reconnect with our LWML sisters!! **The Chesapeake District LWML Christian Life Retreat** is scheduled for a beautiful fall weekend in Virginia!

October 15 - 17, 2021

Hyatt Regency Hotel at Dulles Airport

Theme **"Spa for the Soul"** lead by Ellie Lofaro

Entertainment by Alysia Metallo

Be refreshed, restored, and reminded of God's deep love for you!!



Ellie Lofaro, our Retreat leader, is a respected Bible teacher, author, inspirational speaker and humorist. She loves the Lord & loves to bring solid Biblical teaching, joy & encouragement wherever God leads her. She has spoken at other women's gatherings and the ladies loved her energy and humor. Ellie is excited to bring us a fun/spiritual weekend. (See her bio for further information.)

Alysia Metallo is a singer/songwriter, worship leader, and artist whose faith is the heartbeat of her music and ministry. Her love for foreign languages and cultures is paralleled with her gift of music and performance ministry. She has performed with Stevie Wonder, John Mellencamp, Justine Timberlake, Gloria Estefan, Aretha Franklin and many others. (See her bio in this issue.)

So....don't miss this weekend -- it will be an outstanding event! Invite a friend/sister/mother etc., pack your walking shoes and collected Mites for the Pledge Walk, gather items for devotion book exchange and GET EXCITED to join us for a fabulous time of Christian fellowship! Register Now!!!

—Susan Sohn

Christian Life Chairperson

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### Spa for the Soul Mission Walk at the Christian Life Retreat in October

The Mission Walk at the Retreat will be held on Saturday from 3:15-4:30 pm. The form below will give those attending and our sisters and brothers in Christ at home a chance to support our District Mite Projects by pledging to be a **Soulful Walker**! Use the form below to obtain pledges/donations from friends and family. All monies collected will go to the Chesapeake District Mite Projects. Check should be payable to LWML Chesapeake District with "Walk for Mites" in the memo. So pack your walking shoes and join us at the Hyatt Regency Hotel at Dulles Airport, October 15-17. *Make extra copies if needed.*

Your Name \_\_\_\_\_

Congregation \_\_\_\_\_

#### Pledges for "Life in the Mission" Mite Walk

Name | Amount pledged

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



Total collected:

\$ \_\_\_\_\_



### Retreat Leader

### Ellie Lofaro

is a respected Bible teacher, author, inspirational speaker and humorist.

Completely convinced of God's love and His mandate to "go and tell," Ellie has committed her life to sharing the Great News. She speaks internationally, has authored five books (*From Battle Scars to Beauty Marks*; *Spaghetti for the Soul*; *Leap of Faith*; *Slices Of Life*; and *Bonding with the Blonde Women*), has been published in numerous magazines — and for 15 years, she taught a weekly non-denominational Bible Study which impacted over 1000 women in DC. On two occasions, Ellie has been honored by Focus on the Family as being "The Best of the Best" in their year-end compilations. She has also shared the love of Jesus Christ in prisons across several nations. Ellie's message is a wonderful blend of plainspoken truth, common sense practicality, and disarming humor. A serious student of Scripture and a keen observer of the culture, she has developed a unique teaching style that touches the heart, stimulates the mind, and nourishes the soul — thus inspiring her to establish **Heart Mind & Soul Ministries**. Ellie and her husband Frank (former CEO of Prison Fellowship International and Christian Leadership Alliance), are native New Yorkers. They reside near the nation's capital where they raised three strong willed children who turned into very likable adults. Ellie enjoys travel, any mass of water, photography, good food and being around a dinner table for a very long time. She does not enjoy cooking or cleaning. Or dieting!



### Retreat Entertainer

### Alysia Metallo

Alyssa studied at the Benjamin T. Rome School of Music at the Catholic University of America and earned a degree in Music Education and Piano from the College of Fine Arts at Howard University both in her hometown. She subsequently did graduate work at the University of Santiago de Compostela in Santiago, Spain in a unique program for Spanish teachers. Her love for foreign languages and cultures is paralleled with her gift of music and performance ministry. As an exchange student at the University of Madrid (Studies: Arabic, Hebrew and Portuguese) and a worship leader in the DC area, Alyssa balanced these two areas: music and languages, fully embracing the call on her life to minister in worship to the peoples of the world – all in need of the saving power of the Gospel message.



Alyssa began full-time music ministry as a worship leader at a Northern Virginia mega church in 2009 and eventually became the Director of Creative Arts for two of their satellite campuses establishing creative and technical arts teams. She is a singer/songwriter, worship leader and artist whose faith is the heartbeat of her music and ministry. Her father's disappearance and subsequent death in 2014, her mother and mother-in-law's deaths within months of each other in 2018, were only the beginning of years of mourning that would later follow - with several close family members passing consecutively. Alyssa turned to worship as the catalyst of her healing, writing the award-winning "No Rivals" in response and as a testimony to God's sovereignty. Her unwavering commitment to sharing the love of Jesus through music has been the impetus of her life-style - a life that serves others as while serving God.

Her collaborative credits include opening for Paul Baloche, performing with Matthew West, Gloria Estefan, Justin Timberlake, Stevie Wonder, John Mellencamp, Yolanda Adams, Luther Vandross, Keith and Krystyn Getty, Richard Smallwood, and Charles Billingsley. Her first singles released this year have garnered featured plays on radio and digital platforms in the United States and abroad. She currently leads worship at Christian Fellowship Church in Northern Virginia. She is married to Walter, her biggest supporter and they have three beautiful daughters, Jessica, Gioia and Sofia.



## SPA FOR THE SOUL

LWML Chesapeake District Christian Life Retreat

October 15-17, 2021

Hyatt Regency Dulles

2300 Dulles Corner Blvd.

Herndon, VA 20171

Registration opens at 5:00 p.m.

Welcome and Communion Service at 7:30 p.m.

*Be Refreshed, Restored, and Reminded of God's Love!!*

Rooms are \$119 Single & Double, Triple \$129, and Quad \$139 per room night + tax.

Make your room reservations directly with the Hyatt Regency at 1-877-803-7534.

Tell them you are with the Chesapeake District LWML to get the special room rate.

**Room reservation deadline is September 14, 2021.**

Registration fee for Retreat of \$165 includes sessions lead by Ellie Lofaro,

Saturday lunch, dinner, entertainment by Alysia Metallo, and reception.

**Note: You are on your own for Friday dinner, and Saturday/Sunday breakfast.**

**Registration deadline for the Retreat is Friday, September 25, 2021**

See reverse side for "What to Bring" and weekend details.

Contact: Christine Dennis Johnson

VP Christian Life

[gzd0519@yahoo.com](mailto:gzd0519@yahoo.com)

202-365-8349

Susan Sohn

Christian Life Committee Chair

[ssohn1956@gmail.com](mailto:ssohn1956@gmail.com)

443-756-6404

Mail this registration form with a check for \$165 made payable to "Chesapeake District LWML"

To: Linda Nau, 1810 Ethelred Ct. Midlothian, VA 23113

Note: If a check is returned the individual who wrote the check will be charged the bank fees.

Name\_\_\_\_\_

Address\_\_\_\_\_

Email\_\_\_\_\_ Phone\_\_\_\_\_

LWML Zone\_\_\_\_\_ Church Name & City\_\_\_\_\_

Special Diet Needs: No\_\_\_\_ Yes\_\_\_\_ Specify\_\_\_\_\_

Interested in the Mission MITE Walk? Yes\_\_\_\_ No\_\_\_\_ (Saturday 3:15 – 4:00 p.m.)

Can you help with one of the following?

Registration\_\_\_\_ Greeters\_\_\_\_ Ushers\_\_\_\_ M&M Store\_\_\_\_ as Needed\_\_\_\_\_

**Thank you!**





## *SPA FOR THE SOUL*

*Be refreshed, restored, and reminded of God's Love*

Registration opens at 5:00 p.m. on Friday  
Welcome and Communion Service at 7:30 p.m.  
Sunday's Worship Service at 10:30 a.m.

### Hotel Details

Check-in: 3:00 p.m.

**Reservations:** Everyone should contact the Hyatt Regency directly (877-803-7534) and request the Chesapeake District LWML room block to receive the correct room rate. (Single/Double \$119, Triple \$129, and Quad \$139 per room night plus tax.)

**Amenities:** All rooms have mini fridge, clock radio, iron & ironing board, and coffee maker. Complimentary parking is also provided.

**Restaurants:** There are many dining options close by. The Hyatt Regency has a restaurant and coffee shop.

### Retreat Details:

**Retreat Leader:** Ellie Lofaro is anxious to share her love of God with you. Ellie is a respected Bible teacher, author, inspirational speaker, and humorist. Read her Bio in the *Breeze*.

**Entertainment:** Alysia Mettalo is a very accomplished musician. She will entertain us with hymns, fun sing-alongs, and special solos. Read her Bio in the the August issue of the *Breeze*.

**What to wear:** It is a fall weekend...come casual and comfortable...but remember it is October.

**Bring:** Your Bible; comfortable walking shoes; your checkbook or credit card to purchase great items from the M&M store (LWML products) and for bidding on the Silent Auction items.

AND:

Ingathering - Underwear and socks (all sizes) and food pantry items

Used devotional booklets/books for exchange

Christmas items for a Silent Auction and mini bazaar (optional, donations will go to Mites).

Mites for donation

### Gifts From the Heart:

Gift Cards for seminarians from Walmart or Target. (\$10 or \$25)

Servant Events will be available on Friday and Saturday afternoons from 3:30-6:00 p.m.

**Offerings:**

1. Friday evening worship w/communion will go to District **Mission Projects**.
2. Sunday morning worship will go to: Pr. Phil and Rachel Jaseph, Missionaries to Uruguay

**Mission Walk:** Saturday afternoon from 3:15 to 4:00 p.m. Enjoy a casual walk with your LWML sisters. There is a beautiful park near the Hyatt Regency with water features and gardens. Use the pledge form in the August 2021 *Breeze* to get sponsors that are not able to participate. All funds will go for Chesapeake District Mission Projects.

**M&M Store, Servant Events, Christmas Silent Auction and Mini Bazaar** will open at 5:00 p.m. on Friday and close at 5:00 p.m. on Saturday.