



# PACIFICA PARTNERS

Pacifica Women of the Evangelical Lutheran Church in America



Helen Riggs, Editor

March 2007

Volume 18, Number 1

## ***CHRISTIAN WAYS TO REDUCE STRESS***

This issue is dealing with STRESS. Something we all face one time or another and some face this on a daily basis. Here are some helpful hints to help reduce the stress in your life.

1. Pray
2. Go to bed on time
3. Get up on time so you can start the day unrushed
4. Say NO to projects that won't fit into your time schedule, or that will compromise your mental health
5. Delegate tasks to capable others
6. Simplify and unclutter your life
7. Less is more. (Although one is often not enough, two are often too many)
8. Allow extra time to do things and get to places
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together
10. Take one day at a time
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it
12. Live within your budget; don't use credit cards for ordinary purchases
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc
14. K.M.S. (Keep Mouth Shut) This single piece of advice can prevent an enormous amount of trouble
15. Do something for the Kid in You everyday
16. Carry a Bible with you to read while waiting in line
17. Get enough rest
18. Eat right
19. Get organized so everything has its place
20. Listen to a tape while driving that can help improve your quality of life
21. Write down thoughts and inspirations
22. Every day, find time to be alone
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray
24. Make friends with Godly people
25. Keep a folder of favorite scriptures on hand
26. Remember that the shortest bridge between despair and hope is often a good "Thank you Jesus"
27. Laugh
28. Laugh some more
29. Take your work seriously, but not yourself at all
30. Develop a forgiving attitude (most people are doing the best they can)
31. Be kind to unkind people (they probably need it the most)
32. Sit on your ego
33. Talk less, listen more
34. Remind yourself that you are not general manager of the universe

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## CALENDAR OF EVENTS

### MARCH 3, 2007 MAAD

This has probably taken place by the time you received this newsletter.

### April 27, 2007 7:15 p.m. L.A.F.F. Nite in Irvine

Featuring Becky Freeman Johnson

“Up, Up and Away”

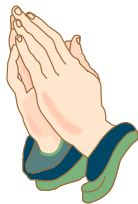
Good Shepherd, 4800 Irvine Dr., Irvine  
(949) 552-1918

### MAY 19, 2007 Big Bear, Mariposa, Raintree Clusters

Our Savior's, Banning Guest speakers:

Don & Gail Schatzschneider on their ministry in India

Call 951-845-2989 by May 12th \$5.00 at the door



\* **Monday Prayer at Noon** is a weekly opportunity to join in prayer with women throughout the United States, the Caribbean, and Canada. Check [www.womenoftheelca.org](http://www.womenoftheelca.org) for specific weekly prayer concerns.

PACIFICA PARTNERS provides news and information to congregational units of the Pacifica Synod. *Pacifica Partners* is published monthly except for July/August and November/December, which are combined issues. Copies are distributed as a courtesy to the four officers of each congregational unit (CU), Cluster Planning Team (CPT) and to each Pacifica Synod congregation. It is also sent to Women of the ELCA churchwide office, other SWO presidents, Synodical Bishop, Editor of *The Lutheran* insert, current and former board members.

To subscribe to *Pacifica Partners*. Please send your check (\$6.00) payable to “**Pacifica Women of the ELCA**” to the treasurer, Andrea Campbell.

Andrea Campbell  
6555 Jaluit Street,  
Cypress, CA 90630.

Address changes and corrections should be sent to the Secretary:

Becky Shurson  
13848 Meadow View Lane  
Yucaipa, CA 92399

Deadline for news is the **first** of the month prior to the month of publication.

### PURPOSE STATEMENT

#### Women of the Evangelical Lutheran Church in America

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.



Your 2007 Synodical Board has now met for our first meeting of this new year. Out of the twelve members, five are new. Two have served before and are coming back.

Three are really brand new. Next year we could have very little turn over as those whose terms will have expired are eligible for re-election. So the ebb and flow. And so we strive to get to know one another and find who is best suited for which tasks. And we welcome new and fresh ideas as we also strive to find how best to serve all of you.

One of the things we are doing is making technology a friend! When we purchased a lap top for our secretary a couple of years ago, we also purchased a web cam. It was an inexpensive add on to the purchase and one which we hope now will greatly enhance what we are able to do. The two members from Hawaii did not fly here for this meeting – instead we communicated via the web cam. Our first try was not as successful as we would have liked but it gave us our first experience on which we hope to build and communicate better. It also means we could meet for a full day but without the cost of hotel or of course airfare. We decided we can now meet more often but for a shorter length of time – which should also influence others to make a decision to say yes to the nominating team when they begin their work again.

Many of you have been asking about this year's convention. The work on that is really just beginning. It will be the first weekend in November and it will be in Orange County. Plan now to attend! We will convey as many details as we can as they become available. Besides this newsletter, we send a letter of invitation to a mailing list made up of registrations from previous conventions. That usually happens in June or early July with an early bird deadline a few weeks later. Every convention has its twists and turns with old and new ideas as it comes together to always be an event which is worthwhile attending. Our team members will be Karen Ronchetti as chair, Viola Angebrandt, Sue Bodenschatz, and Keala Simoes from the board. I will be part of that as ex officio. Plus we will again have Wanda Bledsoe as a non-board member. If you have ideas or wish to volunteer for specific tasks, please let one of these women in on your thoughts! Our small group can not do it alone – it takes many minds and hands.

Our next triennial convention will soon be here as well – plan now to attend in Salt Lake City July 10-13, 2008. Our annual convention takes a lot of planning and team work and effort. Can you begin to imagine what it takes to organize a church-

wide triennial gathering? Did you know, you can be a part of that? Go to [www.womenoftheelca.org](http://www.womenoftheelca.org) to click and give them up to three ideas of what you would like to see happening as we "Come to the Waters". Melissa Anderson will be our triennial promoter. By the time you read this she and I will have attended training for her and the annual Conference of Presidents in Salt Lake February 22-25.

As an organization we have always been about matters and issues that involve women and children. Our theme for the last few years has been about being bold in Christ. Our churchwide organization is planning five events around the country this year to continue to encourage women in their boldness. They are day and a half events that are sure to be well worth your time. The more women who attend together, the less expensive it will be. Again, go to the web site and check these out. The link is right on the home page so you can't miss it. I encourage you to access this web site often as there is so much information as well as numerous resources. There are trips you may wish to take – to Germany, India, and the like. There are also many resources for our emphasis on "Raising Up Healthy Women and Girls". Find something new or check out another link each time you log on.

I have been receiving your change of unit officers and/or contact women. Thank you!! I will now update the list for our churchwide staff so that resources can be mailed directly and not get lost in your church office. And again, use the web site!! If you are new and need help – go to resources. Every year a packet is sent to each unit – it is a wealth of information. It includes information and forms and specific instructions for the treasurer. We often hear that treasurers are not getting that information! If it got "lost" in your church office – go to the web site. It is there plus you can order another. If you need help, contact one of us on your Pacifica Synod board. We made a small start last year, and hope to continue to find ways we as a board can be mentors to units directly. Each newsletter contains our contact information whether you get it in hard copy or on line.

And of course do not forget our very own web site at [www.pacificawomen.org](http://www.pacificawomen.org) created and updated by Dona Jenkins of Riverside. You can now download this newsletter so it can be shared with many more women. It will be the place to go to find information on upcoming events as we get better and better at using this wonderful piece of technology.

As always, I continue to challenge each of you to  
**ACT BOLDLY IN CHRIST!**  
 Eunice

## Controlling Stress To Promote Good Health

Stress is a constant factor in our lifestyles that we can control to help promote a more healthy heart. Constant uncontrollable stress in our lives is HAZARDOUS to our health and can lead to many health issues which can affect our quality of life and ultimately effect our HEARTS. The effects of unrelieved or constant stress can be devastating to our hearts, leading to increased blood pressure, increased heart rate, and increased serum cholesterol and fat blood levels which lead to damage to the coronary arteries. All this can lead to heart disease including heart attacks and stroke which are #1 and #3 causes for death of women. Stress can be a factor to other health problems including infections, ulcers, migraine headaches, allergies, and high blood pressure.

One of the keys to raising up healthy women and girls is learning how to deal with stress. Stress is a normal occurrence of our daily lives, we can not avoid it. There is positive stress experiences like the birth of an infant, being given a work promotion or getting married. But there are the negative stress experiences like family or work problems, financial issues or feeling of hopelessness and being out of control. These negative stress situations can lead to health issues, especially if not controlled or relieved. What is important is how an individual reacts, adapts, resists and copes with the stressful experiences in their lives, promoting prevention of one's health deterioration and a healthier lifestyle.

The following is EFFECTIVE WAYS to cope with stressful factors:

1. **Work It Off:** Physical exercise helps to relax the body and helps one deal with mental stress like feeling blue, angry or upset. Make FUN and enjoyable, not a task. Working out at a gym, especially with friends, can drive tension away from muscles and promote increase muscle strength as well as heart strength.
2. **Talk It OVER:** When things are becoming overwhelming and hopeless, seek out a trusted and respected friend to talk with about the issues. Often a friend can help us see a new side to a problem and lead to helpful solution.
3. **Listen To Your Body:** Our bodies tell us when we are experiencing stress and are pushing too hard. When we are experiencing headaches or a pounding heart in our chest, this our bodies telling us to SLOW DOWN!
4. **Take A Break:** Need to remember even on our busiest days to take TIME OUT for a few minutes for ourselves. This change of pace break, no matter how short, can help to give us a new outlook for the task at hand or promote a new solution to a problem. Even provide a time to talk to Jesus Christ in prayer.
5. **Get Plenty of Sleep:** Sleep improves our ability to cope with stressful situations. On average our bodies require at least seven hours of sleep each night.
6. **Balance Work and Play:** Constant work can lead to constant stress. Our bodies need vacations from stress and incorporating play time helps to promote a relaxing and healthier quality of life.
7. **Balance Your Life with Recreation:** Take time to actively participate in enjoyable activities like sports, hobbies, reading, or putting together scrapbooks.
8. **Do Something For Others:** A great way to distract oneself is to HELP others by doing something for somebody else - no matter how small. This simple gift of kindness will make both of you feel good. Being a volunteer for an organization promotes interaction with others and a way to provide a gift of kindness.
9. **Learn To Relax:** Find fun and easy ways that BEST works for you to promote relaxation. This can be as easy a listening to your favorite music or soaking in a hot bubble bath by candle light with soft background music.
10. **Avoid Self-Medication:** Drugs including sedatives and tranquilizers, alcohol and cigarettes will not help one adapt and adjust to stress. One's ability to handle and control stress must come from within.
11. **Make Yourself Available:** Calling up or visiting a friend for company can help wipe away feeling bored or lonely.
12. **Do Something Different:** Take advantage of the good things and events life has to offer. Take time to visit a museum or an art exhibit, go to the theater to see a play or a movie, go for a walk along the beach, go out for a picnic dinner and concert in the park.
13. **Share Family Responsibilities:** Have other members in our family to assist with tasks to help share the responsibilities of running the household on a daily basis. Even school age children can take on age-appropriate tasks to decrease the level of household stress, while teaching them responsibilities and organizational skills.

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14. **Prayer:** A two way conversation with God helps to lead to solutions to resolve stress **and keep it under control. According to Isaiah 38: 16** “ *Lord, your discipline is good, for it leads to life and health. You restore my health and allow me to live.*” God provides answers to prayers, we need to come to Him in prayer with ALL of our concerns from stress factors to health issues.

We are ultimately responsible for the Gift God gave us in the form of our health and well being. We are God's creation and He has put US in charge of taking care of this wonderful Gift of Life. We need to promote wholeness well-being, making sure to be in balance with all aspects of health and supported by spiritual health. Stress can affect our physical well-being, emotional well-being, social well-being, intellectual well-being, vocational well-being and even our spiritual well-being. Stress can off-balance our wholeness wheel and lead to devastating health issues if not adequately addressed. As part of the “Raising Up Healthy Women and Girls” initiative, we as a group of women need to work toward eliminating negative sustained stressful experiences in our daily lives and promote healthier stress free environments. May God provide you with answers to your prayers and may the list above be a helpful guide to eliminating the STRESS from your lifestyle.

Submitted by Viola Angebrandt  
Article Resource “Your Health - For Our Patients”  
Health guidebook from St. Bernardine Medical Center

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36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before. GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU. “If God is for us, who can be against us?” (Romans 8:31)

An Angel says, “Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice.”

Received from:  
Melanie Zimmers

## Journey to Wellness I

Even though it was a small group of women who gathered at First, Redlands on January 13, 2007 it was a well-received event.

Viola Angebrandt was the leader and shared information on stress (see article elsewhere in this newsletter). Wellness is important in our daily life and we do need to take care of ourselves.

The highlight for me was the segment that dealt with a spiritual exercise entitled “Sitting on Daddy's Lap” from the book, *The Embrace of God* by Dr. M Lloyd Erickson. Marilyn Kraft, a member at Lutheran Church of our Savior, San Bernardino, presented this.

This little exercise is an imaginary meditation reflecting on the words of Jesus when he said, “If you have seen me, you have seen the Father.” Marilyn read this portion very slowly so that each of us sat relaxed, with our eyes closed and put ourselves on the lap of Jesus. We placed ourselves as the little children who came to Jesus and were shunned by his disciples, but where Jesus welcomes us to come and sit on his lap. What a moving experience this was not only for me but the other women as well.

We also enjoyed some exercises that you can do while seated at work, at home or just about anywhere. The hand massage that we gave each other was also soothing.

Each event had different speakers, presenters and that is what made this so special. Sorry if you missed out on this opportunity.

*Helen Riggs*

[On this page and page 6 are brief reports of the three Journey to Wellness Information Exchanges that were held on January 13, 2007 at First in Redlands, January 20, 2007 at Bethlehem, Encinitas and January 27, 2007 at Red Hill, Tustin. Each was different and each was informative, interesting and enlightening. Thank you to those of you who helped in any way and a special thank you for those of you who attended.]

## JOURNEY TO WELLNESS II

The day began just a little chilly, something we in California are not used to. The drive to Encinitas was a pleasant one without much traffic, that also is unusual for Californians. I was early so just sat in my car and took in the nice sunny day until a familiar face appeared in the parking lot. It was Trudy Disselhorst coming to prepare for the day. I followed her in to find a few more friendly faces of Pam and Karen who were busy preparing food for us to partake in. Today we were having a cluster event on Wellness of women and girls in our churches.

We began the program with devotions led by Diane and then began to talk on things to keep us healthy. Harlene Miller of Christ the King in Fallbrook talked about exercises we can do in our homes that are good for us. We did some of those exercises to show what areas of the body they are good for. Walking is a great exercise and one most of us can do and it doesn't cost us anything. Many people believe you need to go to the gym but that is untrue as found out. Keep walking. Harlene also told us to get water bottles and fill with sand to strengthen your arms.

Our spiritual speaker of the day was Linda Fox of Vista. We used a program put out by the Elca women entitled Journey to Wellness. There was a wellness wheel that we went by. Some interesting topics on the wheel were physical well-being, emotional well-being, social well-being, intellectual well-being, vocational well-being. We talking about these topics and how they pertain to each of us.

We also did hand massages led by Eunice. We were in pairs and gave each other a hand massage and got to know the person who was our partner. It was very relaxing.

Rose Moldenhauer talked to us about many health issues we as women face. She told us the top health threats to women are 1. Heart Disease, 2. Cancer, 3. Stroke, 4. Chronic Obstructive Pulmonary Disease, 5. Alzheimer's Disease, 6. Diabetes, 7. Accidents, 8. Pneumonia and Influenza. Ladies take care of yourselves and be aware of what your body is telling you.

Rose also gave a foot massage to anyone who wanted one.

A delicious lunch was served by the ladies of Bethlehem. Thanks to all for a great day.

*Diane Erickson*

## JOURNEY TO WELLNESS III

As women of the ELCA we are prepared to lead boldly in promoting women's complete and total health: physical, spiritual and emotional. Healthy women can produce healthy families, churches and communities and can develop healthy leaders who can build healthier, more just and more holistic societies. Throughout this triennium we have a plan to educate women, share the wealth and advocate for more research.

We gathered at 9:00 a.m. with refreshments and devotions led by Inga Sanders, SWO Board Member. Andrea Campbell, SWO Treasurer introduced our main speaker, Pastor Patricia Hoenshell of Faith Lutheran Church, Yucaipa, CA who led the group in a Spiritual Health presentation, "Only Connect" as taken from novelist, E. M. Forster and the film, A Room with a View.

Pastor Hoenshell then had us participate in small groups having conversations on:

In what ways am I over connecting in my life? Describe

In what ways am I under connecting in my life? Describe

Share with your group one way in which you are under or over connecting right now.

As a group take the time to pray for God to intervene in each of our lives to help us connect appropriately.

Our program continued with a Physical Health presentation by Viola Angebrandt, Registered Physical Therapist and SWO board member. She led us in easy exercise techniques and practices which each of us can employ to contribute to our healthy well-being.

Christina Watson led closing devotions.

Our program ended on a joyous musical note in which everyone participated in using the "Crystal Bells" under directorship of Viola Angebrandt. How beautiful "Edelweiss" sounded!

Thank you to Sue Bodenschatz, Joan Shield and ladies of Red Hill Lutheran Church for the delicious refreshments, lunch and the use of their lovely church facility.

Blessings,

*Andrea Campbell*

## REPORT: CALIFORNIA WORKING FAMILIES POLICY SUMMIT JANUARY 18, 2007

Sacramento, California

By Violet Quist, Redeemer Lutheran, Seal Beach

An excellent summit, covering so many very essential needs it is difficult to condense. I attended as a member of Lutheran Office of Public Policy (LOPP) on behalf of the Pacifica Women of the ELCA. Here are some facts:

The poverty rate in California is 13%. Fifty eight per-cent of California 3-4 year olds are not in any Pre-school or Group Care setting and also needed is after school care. In these 3 areas we need increased access to high quality care for all low-income children, birth and on to ensure real choices for families.

In 31% of working poor families one worker is full time, 39% work part-time. In 70% of all U.S. households, all adults are in the work force, 46% of the total U.S. labor force is women and 82% of the women are mothers.

Thirty-four per-cent of eligible families do not use food stamps. (We have barriers, the paper work involved and all California applicants must be fingerprinted and what company will give time for this?) The food stamp program seems to carry a stigma, is it time for a name change?

Child support is an integral financial component of the support system for children of low-wage working custodial parents.

Earned Income Tax Credit (ETTC) has lifted more children out of poverty than anything else we have and more money goes into the local economy.,

To prevent entry into Foster Care: Increase access to core support services for families with special emphasis on drug treatment, mental health services and housing assistance, with assessment and priority for services to high risk families done at the local level.

**Nutrition, Health and Obesity:** Improve nutrition in schools and child care facilities. Make fresh fruits and vegetables more affordable and available for low-income families. Make nutrition education and physical activity a priority. The real obesity toll is a increased risk for heart disease, type II Diabetes Mellitus, high blood pressure, stroke, arthritis related disabilities, depression, sleep disorders and some cancers.

**Oral Health:** Tooth decay, an infectious disease afflicting children and adults is the most preventable known to science.

Brush and floss.

**Work Place Policy:** Expand Paid Family Leave to other family members and prohibit retaliation against workers who claim benefits. Eliminate family responsibilities and discrimination in the workplace. Expand the California Family Rights Act to strengthen protection for working families. Discussion: flex time, paid sick leave, paid family leave, and more.

## THANK YOU

Thank you to everyone who donated to the International Seafarers Center and Lutheran Maritime Ministry.

According to Pat, who is the director at the center, over 60 ships received gifts totaling approximately 1,700 personal care gift bags. This total is down some what from 2005 donations but still very impressive.

The Center can use donations throughout the year of men's clothing and cookies and coffee to serve to the seafarers at the center. For information call Pat at (562) 432-7560 or go and see them at 120 South Pico Ave., Long Beach, CA 90802.

In Christ,

Christina Watson, Bethlehem, Los Alamitos





## ONE FLAW IN WOMEN

Women have strengths that amaze men.

They bear hardships and they carry burdens,  
but they hold happiness, love and joy. They smile  
when they want to scream.

They sing when they want to cry.

They cry when they are happy  
and laugh when they are nervous.

They fight for what they believe in.

They stand up to injustice.

They don't take "no" for an answer  
when they believe there is a better solution.

They go without so their family can have.  
They go to the doctor with a frightened friend.

They love unconditionally.

They cry when their children excel  
and cheer when their friends get awards.

They are happy when they hear about  
a birth or a wedding.

Their hearts break when a friend dies.

They grieve at the loss of a family member,  
yet they are strong when they  
think there is no strength left.

They know that a hug and a kiss  
can heal a broken heart.

Women come in all shapes, sizes and colors.

They'll drive, fly, walk, run or e-mail you  
to show how much they care about you.

The heart of a women is what makes the world  
keep turning.

They have the compassion and ideas.

They give moral support to their family and  
friends.

Women have vital things to say and everything to  
give.

**HOWEVER, IF THERE IS ONE FLAW IN  
WOMEN, IT IS THAT THEY FORGET THEIR  
WORTH.**

*Submitted by Lynda McClellan*

## FOUND AND UNCLAIMED

**Found in Hawaii at convention...a black "eveing"  
bag about 6' x 6' with braided cord strap. Contains  
a pair of lavender hoop earrings and a key ring with  
a card still attached which says, TIKI POLYNESIA.  
Will be happy to mail to owner. Give Eunice a call  
at:**

**760-945-9716 or email: eunicehanson@cox.net**

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**ANOTHER NOTICE THAT WE ARE GETTING OUR  
NEWSLETTER ONLINE AT OUR WEBSITE TO  
HELP SAVE US MONEY BY NOT HAVING TO MAIL  
OUT THE NEWSLETTER. PLEASE LET EITHER  
BECKY SHURSON OR HELEN RIGGS KNOW  
WHAT YOU WISH TO DO. HAVE YOU CHECKED  
OUT OUR WEBSITE THAT DONA JENKINS MAIN-  
TAINS? IF NOT YOU SHOULD CHECK IT OUT AT:**

**[www.pacificawomen.org](http://www.pacificawomen.org)**

**As editor I apologize for the lateness of this issue. I  
did want the board to meet before I sent out this is-  
sue knowing that I would receive articles. I hope to  
keep on schedule, but being retired, I do travel and  
do try to work the mailing into my schedule.**

**If you have something you would like to submit that  
isn't too long, please feel free to submit it.**

## Websites to Check Out

'[www.pacificasynod.org](http://www.pacificasynod.org)' (Pacifica Synod)

'[www.elca.org](http://www.elca.org)' (This will access the national churchwide office)

'[www.womenoftheelca.org](http://www.womenoftheelca.org)' (NOTE: new domain name for churchwide website of the Women of the ELCA; *Café*, for free website for women 20-35 is part of this website.)



'[www.lutheranwomantoday.org](http://www.lutheranwomantoday.org)' (This website will access the LWT magazine directly.)

'[www.lwr.org](http://www.lwr.org)' (ever wanted to know where the quilts go that your units have made or the school and health kits that you assembled and sent to Lutheran World Relief?)

'[www.hisrosesandthorns.com](http://www.hisrosesandthorns.com)' (a Christian website of Wanda Scott Bledsor and Janet Sannipoli)

'[www.thebreastcancersite.com](http://www.thebreastcancersite.com)' (Click on this site once a day to provide free mamograms for those who otherwise would not be able to have them.)

'[www.creative-memories.com/suzanne\\_kusik](http://www.creative-memories.com/suzanne_kusik)' (Your Memory Album and Business Coach—Suzanne Kusik—Creative Memories Consultant, 714-968-4808)

'[www.giveaminute.org](http://www.giveaminute.org)' (Click on this site once a day and the sponsors will contribute funds for a minute of care for the needy Indian children of the Tarahumara Children's Hospital in Creel, Mexico. The site has a mission information link and photo gallery which shows pictures of the area as well as some of the children. This site also links to the Hunger Site where the sponsors will give a cup of grain for a daily click.)

'[www.bread.org](http://www.bread.org)' (Bread for the World for information.)

If you know of a website that would be of interest to others feel free to let me know inclusion in this area.

E-mail to [helen.riggs1@verizon.net](mailto:helen.riggs1@verizon.net)

The Deadline is.....

**March 15, 2007** *Pacifica Partners 2007*

## PACIFICA WOMEN OF THE ELCA 2007 Synodical Board Members

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