

# 2015 ECW WOMEN'S DAY

Saturday, May 9<sup>th</sup>, 2015

St. Paul's, Salinas

## JOY JOY JOY

On **May 9<sup>th</sup>**, we invite all the women of the diocese to *Women's Day*, a day of learning through workshops on many topics, for spiritual growth, education, and celebration. Highlights of the day include:

- **FELLOWSHIP** with women across the diocese. Meet friends and make new ones. Chat over coffee, lunch, and get to know each other on a deeper level during our classes and film.
- **HOLY EUCHARIST** – Celebrate Eucharist with a focus on joy. Our celebrant is the Rev. Peggy Bryan.
- **CLASSES** – *Authors: How We Came to Write Our Books; Bible Women: All Their Words and Why They Matter; Breathing & Stress; Card Making, Fashion for Today & Tomorrow, Finger Food, House Staging; Godly Knitting; Pen In Hand: Journals, Grocery Lists, and the Minutia of Our Daily Lives; Needlework Crosses, Spiritual Life in the Garden; Zentangle.* See detailed descriptions on the next pages.
- **KITCHEN SHOWER** for Sargent House – We'll have a Kitchen Shower to celebrate the new diocesan office by contributing to completing the kitchen, with items such as dish towels, hot pads, cookie sheets, colander, mixing bowls, kitchen scissors, and many other items.



with confidence, grace and celebration. The stories and lessons it includes came from his years as a photographer with National Geographic. Those years gave him a perspective that changed his life and other lives as well. Meet people that know in their hearts that there's a better, more positive way of looking at the world. That celebration really can be a way of life. Enjoy the film. Then go out

and celebrate what's right with the world!

- **CHURCH PERIODICAL CLUB Ingathering** – The Church Periodical Club supplies books, magazines, tapes, videos and computer programs FREE to those who cannot otherwise obtain them. CPC raises the money to do this. Bring donations from your parish to support this vital ministry.



For more information, contact Diocesan ECW President Diane Lovelace at [DiLovelace@aol.com](mailto:DiLovelace@aol.com) or at 408/ 263-8945.

# WOMEN'S DAY CLASSES

## Authors: How We Came to Write Our Books

-- These authors will talk about how they came to write their books. Renette Torres has written *You Wanna Watch, I'll Let Ya* and *A Widow's Peek*, a collaboration of several women who lost their husbands. Loretta Wilson has written *You Take the High Road: A Personal Love Story*. They will tell about their books, answer questions. Their books will be available.

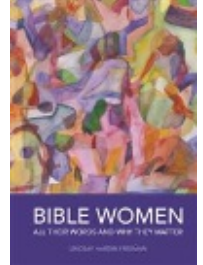
Presenters: Renette Torres, Loretta Wilson



## Bible Women: All Their Words and Why They Matter

Women of the Bible have been trapped in dry and dusty literary caskets for centuries. While a few women, such as Mary, Sarah, Elizabeth, and Mary Magdalene are familiar, many of the women who speak in the Bible have long been ignored. Yet their words are part of God's Word, the Bible, for a reason. Through these women, God spoke, intervened, changed, illustrated, and proclaimed the story of redemption and love. Step into God's sacred circle of mothers, grandmothers, warriors, and prophets.

Presenter: Diane Lovelace



## Breathe Out Stress, Breathe In Joy!

There is a great secret in the breath. We eliminate 70% of toxins in our body through breath. You are invited to explore the benefits of simple, yet powerful breathing techniques, taught in this hour long session: **Session contents:** Light body stretching, Relaxing Breathing Techniques, Guided Relaxation process, & Take Home practices for daily use. **How you can benefit:** Reduce Stress, Increased joy & happiness, Enhanced Focus & concentration, Improved relationships & productivity.

Presenter: Art of Living Foundation, Gilroy-Morgan Hill



**Card Making** -- Learn the basics of this art, create a card to take home, and explore whether it may lead you to new creative outlet. Limited to 10 participants.

Presenters: Amy Dang, Jane Pomeroy



**Fashion for Today and Tomorrow** -- Secret tips and hints from our style expert.

Presenter: Chico's



**Finger Foods** -- One of the best ways to feed a group is with finger foods. They can be sweet or savory, easy to serve, and yet thrifty. They are a very practical way to share time and fellowship. Included will be recipes, samples, as well as tips on presentation. **Class Fee: \$3 (add to registration fee)**

Presenter: Gale Hazen



More classes continued on the next page . . .

# WOMEN'S DAY CLASSES

Continued

**Godly Knitting** – Knitting and sewing are both mentioned in the Bible and have a long historical foundation. You will learn the basics of knitting. You will learn a simple way to instruct children and adults how to knit. You will receive sources and some patterns to make items which can become part of a prayer shawl ministry or an outreach to local hospitals. Knitting is a wonderful way to help children and adults in developing focus and to listening skills while creating. Bring one pair of knitting needles (e.g., size 6 to 10) if you have them; if not, some will be available for practice. Also, bring yarn if you have it.

Presenter: Duon Zeroun



**House Staging** -- You will hear ideas to Sell Your Home for Top Dollar. She will offer many tip. There will be tips for decorating your own home for your own pleasure. Ginny has been selling homes for over 40 years.

Presenter: Ginny Tulan



**Needlework Crosses** – We will be working with plastic canvas to make needlework crosses. Please bring a large needle. The yarn will be provided for you.

Presenter: Dorothy Duckett



**Pen in Hand: Journals, Grocery lists, and the Minutia of Our Lives -**

- How do you blend recollections, rumination, planning, prayer, mundane lists and bright ideas into a joyous, harmonic whole? Pen on paper, finger on phone — come explore different ways journals, planners and scraps of paper impact our lives.

Presenter: Alliee DeArmond



**Spiritual Life in the Garden** -- Gardening doesn't take a green thumb. Nadine Cassarino has been gardening all of her life. She will tell us how to make beautiful floral arrangements in a simple but elegant way.

Presenter: Nadine Cassarino



**Zentangle** -- Zentangle is an ensemble of abstract patterns created one deliberate stroke at a time. It is easy to learn, relaxing, and a fun way to create beautiful images by drawing structured patterns.

Almost anyone can use it to create beautiful images. Zentangle increases focus and creativity provides artistic satisfaction along with increased sense of personal well-being.

Presenter: Karen Cooke



## KITCHEN SHOWER for Sargent House



The Diocesan office has moved to Salinas, to the historical Sargent House. The modifications are complete and the staff has moved in. The Sargent House is located at 154 Central Ave. in old town Salinas.

Bishop Mary has shared that the kitchen needs a few items. As part of Women's Day, we will have a "kitchen shower" for Sargent House. What to bring? Below is a list of items that are needed. If possible, include a gift receipt (in case there are duplicates).

There is no need to wrap the gift. Or you may make a donation instead. Make your check payable to the Diocese of El Camino Real.

### SARGENT HOUSE KITCHEN

#### Basics:

- Half a dozen dish towels (*or more*)
- 4 flour sack dish towels (*for use on glassware*)
- 3 or 4 hot pads – (*not mitts*)
- 4 professional half sheet pans, 13" x 18" with 1" high sides  
(Costco sells 2 for \$10)
- 4 cookie sheets – minimum 13" x 16 ½"
- 1 package barroom felt shamies
- Large 4 cup class measuring cup
- Set of large mixing bowls
- A dozen white ceramic condiment bowls – size of a large cereal bowl
- 4 or 5 silicone spatulas and spoonulas (*must be able to take high heat*)
- Two chef knives – 9" blade or larger
- Two paring knives – 3 to 4" blade
- One bread knife – with serrated blade
- Wooden chopping board – preferably large (12" x 18" or larger)
- Large colander
- Strainer with handle
- Four sided box grater
- Teakettle
- Silver Polish
- Paper towel holder – Pole to sit on counter

#### Possible Donations:

- Large platters for serving cookies, hors d'oeuvres etc. – (not plastic)
- Silver trays for serving
- Large white linen tablecloths
- High quality bread baskets suitable for serving rolls – 3 or 4



# JOY, JOY JOY

## WOMEN'S DAY

May 9, 20158

St. Paul's Episcopal Church, 1071 Pajaro Street, Salinas, CA 93901

- 9:00 a.m. Welcome – Coffee, Refreshments, and Fellowship  
9:30 a.m. Holy Eucharist; Ingathering: Church Periodical Club  
10:45 a.m. Classes - Session #1  
11:45 p.m. Luncheon; Kitchen Shower for Sargent House  
1:00 p.m. Film & Discussion: *Celebrate What's Right with the World*  
1:45 p.m. Classes - Session #2  
2:45 p.m. Circle of Joy & Closing Prayer

*Registration \$25 + Class fee, if applicable*

Make your check payable to: **Episcopal Church Women.**

Mail to your registration form and check **by April 30<sup>th</sup>** to:

**Ms. Wanda Bryan ECW Treasurer, 378 El Portal Way, San Jose, CA 95123.**

Name for badge \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Church \_\_\_\_\_

### SELECT YOUR CLASS CHOICES.

CLASS SESSION #1 – first choice – mark one only	CLASS SESSION #1 – second choice – mark one only
<input type="checkbox"/> Authors: How We Came to Write Our Books <input type="checkbox"/> Breathe Out Stress, Breathe in Joy <input type="checkbox"/> Fashion <input type="checkbox"/> Needlework Crosses <input type="checkbox"/> Pen in Hand: Journals, Grocery Lists, and the Minutia of Our Lives <input type="checkbox"/> Zentangle	<input type="checkbox"/> Authors: How We Came to Write Our Books <input type="checkbox"/> Breathe Out Stress, Breathe in Joy <input type="checkbox"/> Fashion <input type="checkbox"/> Needlework Crosses <input type="checkbox"/> Pen in Hand: Journals, Grocery Lists, and the Minutia of Our Lives <input type="checkbox"/> Zentangle
CLASS SESSION #2 – first choice – mark one only	CLASS SESSION #2 – second choice – mark one only
<input type="checkbox"/> Bible Women: All Their Words & Why They Matter <input type="checkbox"/> Card making (limit 10 people) <input type="checkbox"/> Finger Foods -- Class Fee: \$3 (add to registration fee) <input type="checkbox"/> Godly Knitting <input type="checkbox"/> Spiritual Life in the Garden <input type="checkbox"/> House Staging	<input type="checkbox"/> Bible Women: All Their Words & Why They Matter <input type="checkbox"/> Card making (limit 10 people) <input type="checkbox"/> Finger Foods-- Class Fee: \$3 (add to registration fee) <input type="checkbox"/> Godly Knitting <input type="checkbox"/> Spiritual Life in the Garden <input type="checkbox"/> House Staging