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**Ellington Church Women's Support April Newsletter**

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**From** Womens Support <womenssupport@ellingtonacchurch.org>

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**To** Womens Support <womenssupport@ellingtonacchurch.org>

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# Women's Newsletter

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*“For, lo, the winter is past, the rain is over and gone; The flowers appear on the earth; the time of the singing of birds has come.... ” Song of Solomon 2:11-12*



## Join Us

[Spring Women's Day](#) | Saturday, May 16 from 9:00 AM-1:00 PM

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## You're Invited: to our Annual Women's Spring Day!

**Theme: Threads of Strength & Dignity - Honoring Godly Women Across Generations**

**When:** Saturday, May 16, 2026

**Where:** Longview Fellowship Center

**Time:** 9:00 AM - 1:00 PM

Come and be refreshed, encouraged, and uplifted as we gather in fellowship and faith. Let's celebrate the beauty of this renewing season by the strength & dignity of women walking together in Christ.

Further details and agenda to follow as we look forward to sharing this special day with you!

## Sign Up to Attend

# Mentoring: Let's Check Back in!

Hard to believe that it's been over two years since Women's Support first launched its mentorship outreach. What a blessing it has been, both individually and collectively as a church body. While some have been paired through our program, others have happened organically all on their own, one woman reaching out to another. How awesome and beautiful all of this is!

As we continue the work of helping one another, it's a good time to check in and see where everyone is at. A lot has likely changed and evolved over the last couple of years for many of you. In that spirit, we would like to send out a new mentoring survey to get an updated sense of where each of you is.

Are there any new women interested in becoming a mentor? Has exploring your spiritual gifts expanded your desire to step into a mentoring role you may not have considered before? Has life changed, and mentoring is no longer something you feel able to do? That's okay, and we thank you for your willingness to serve in years past. Or are you in a season where you could use a mentor?

Reaching out for a mentor doesn't mean something major is going on, it can simply be another woman coming alongside you to remind you that you're not alone. You may have even been a mentor before but now find yourself in need of being a mentee. Life is fluid and always changing.

Prayerfully consider where God may be leading you, whether that's stepping into a specific mentorship role or gently nudging you to reach out for support as a mentee.

**Please take a few moments to fill out the form (even if you have already done so in the past and/or nothing has changed), so we can regroup and reassess from one central survey.**

**Mentor Link**

**Mentee Link**

## **NEW! Mentoring: Teen Encouragement**

We are thankful to be part of a large body of believers who strive to uplift one another. The mentoring outreach would like to expand its age offering from not just adult women (18 or older) but to tween/teens (grades 7-12). As young adult girls are navigating the complexities and ups and downs of middle and high school, we'd like one thing to remain constant and consistent in their lives: community, faith, and God. Providing these young women with tools and outreach, we hope this helps strengthen their own budding faith and/or keeping them close to a church that loves and supports them. The need is there so if you have a heart for this type of outreach, please consider becoming a mentor in this area. This could look like taking a walk once a month, going shopping with them to their favorite store, going out for coffee, etc. In everyday activities, there starts a connection and a place for sharing and bonding. These souls are the future of our church - let us invest our time and energy into supporting them as best possible.

**Please fill out the survey using the links from above (under the section above) if you would like to become a teen mentor.**

Further details to come as survey results come back.

For any questions regarding our mentoring program, please reach out to Sis. Lydia Luginbuhl or Sis. Jan Moser.

## **Advocacy: How is this different from mentoring?**

Women's Support would like to mention that in addition to pairing up mentors and mentees, we also offer advocacy to those who benefit from it. Where mentoring is walking alongside to help build confidence, clarity and personal growth/strength over time, advocacy is stepping in to speak or act on someone's behalf when they cannot safely or effectively do so themselves.

Mentoring involves two people where the mentor walks beside the mentee vs. advocacy involves someone standing up for someone in need to a third party. Examples of advocacy could be interceding in conversations where one feels overwhelmed, overlooked, scared, or the conversation is too emotional or hard for them to have on their own. This could be with church leadership, in a family unit or navigating a system. These are very unique interventions that while not common are necessary for emotional safety.

If you feel like this would be something helpful to you, please reach out to any of the sisters who are a part of Women's Support, Sisters Joni Moser, Janis Moser, Kim Schneider, Naomi Walder or Heidi Virkler, to be placed with someone who can best advocate for you. .



# Women’s Semi-Annual Breakfast Group

Our Spring Breakfast Group just wrapped up and we are thankful for all who helped organize this event and for those that attended. While a lot of women’s support has different themes and specific outreach, the Women’s Breakfast’s morning is light, open morning with no agenda - just come enjoy a warm breakfast and sit amongst like minded women as we fellowship and uplift each other in a relaxed setting. It’s a great way to connect and encourage one another woman to woman.

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## Themed Women’s Group Recap

**New Date for Mental Health Evening: May 11, 2026, 7:00 PM @ LFC**

Many of you asked for themed women’s groups and we were glad to roll out our first one around mental health. With 3 mental health meetings prior and another set for May 11th, we are thankful for all who have shared, attended, and facilitated. We hope each left feeling seen, heard, and encouraged that you are not alone. In addition, that mental health is vast and complex - each person having their own story and struggles that go along with it. Yet despite the uniqueness of each person’s walk, we share so many similarities - pain is pain, struggle is struggle, and taking it day by day are common threads that bind our hard days together as one so we are not alone. We welcome anyone who is struggling or has a heart to continue to come to these meetings - all are welcome!

As we look to the future, please know that additional themed women’s groups are coming on other topics!

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## Resources

<b>Websites:</b>	<b>ACCFS Events:</b>
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| <ul style="list-style-type: none"><li>▪ <a href="#">ACCFS Website</a></li><li>▪ <a href="#">Ellington AC Church</a></li><li>▪ <a href="#">Ellington Church Calendar</a></li><li>▪ <a href="#">Weekly Church Announcements Sign-Up</a></li></ul> | <ul style="list-style-type: none"><li>▪ <a href="#">Marriage Retreat</a></li><li>▪ <a href="#">Upcoming Webinars</a></li><li>▪ <a href="#">Discipleship Conferences</a></li></ul> |
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