



Church Women United in Madison, Wisconsin

C.W.U. Newsletter October, 2014 No. 3

**November Celebration
Friday, November 7, 2014**

World Community Day
*CWU 2014 Theme: We are in God's
hands
and we are God's hands*

***Through God Our
Hands Can Heal***

9:00 am Gathering and Coffee
9:30 am Welcome and Announcements
10:00 am Celebration

**Bashford United Methodist Church
329 North Street, Madison**

Important Update

The **2014-2015 Directory for Church Women United in Madison, Wisconsin** is printed, and those attending our October Forum picked up copies. We already have an update, so our lead story is to get the information to you ASAP.

The **January Human Rights Celebration** now has a location and coordinators:
Trinity United Methodist Church, 1123 Vilas Avenue.
It will be a brunch on a Saturday, as we have usually done. Coordinators: Linda Caprariello and Karen Mayeshiba

World Community Day

Through God Our Hands Can Heal is the topic of our 2014 World Community Day, following the CWU 2014 theme, *We are in God's hands and we are God's hands*. We will meet on Friday morning, November 7, at Bashford United Methodist Church, 329 North Street, Madison. After a time of gathering and coffee, the celebration will begin at 10. Invite other church members and friends to join you. Our world needs all the healing we can give it.

October Forum

Mt. Zion Baptist Church gave us a tasty and nutritious welcome before our program on Diabetes and Pharmacy. Quiche, fruit, biscuits, pumpkin bread, Danish pastries, juice and coffee fueled our morning fellowship. Our speaker complimented the Mt. Zion women for the healthful, nutritious spread.

Dr. Eva Vivian, an associate professor of Pharmacy at UW-Madison, is certified in diabetes education and advanced diabetes management. She currently maintains a clinical practice at Access Community Health Centers. Dr. Vivian's research interest focuses on identifying disparities in the treatment of hypertension, diabetes, and other chronic diseases among ethnic minorities, particularly African American and Latino American patients and developing and implementing strategies to reduce and eliminate them. Recently, her research has sharpened its focus in response to heightened awareness of the great numbers of children and adolescents who are at special risk of diabetes.

Dr. Vivian led us in an interactive discussion that focused on setting a good example of healthy life style, including diet and exercise. Diabetes is a major concern, regardless of ethnicity, but particularly

for the African American community. This group has the highest rate of diabetes in Dane County, and in the state. And the Madison portion has poorer health than any other African American community in the state. Diabetes, hypertension, obesity, stress. We need to set a good example for our children, our friends, our community as we tackle these problems.

She noted that children used to have a different lifestyle. Candy was a treat, not a steady diet. Playing outside was the norm, as was walking to school. She took some jump ropes and other play equipment to a community center, and was astounded that the children there did not know how to use a jump rope. When she engaged in some exercise with some teenagers, the boys wore out before she did. And as others noted, cutbacks in physical education and recess in our schools have lessened active time for our children.

And it's not just children who are more sedentary. Electronic devices, remote controls, labor-saving devices, drive-throughs--it's easier than ever to just sit to get things done.

We need to find a way to empower parents to lobby and change school practices. One attendee reported that Meadowood successfully lobbied to remove a drink machine from the community center.

Food insecurity is also a problem that feeds diet problems. Lack of a source of fresh fruits and vegetables for some neighborhoods. Food pantries as a main source, which usually means packaged and canned food. Competing needs for food and medicine. Only enough money for food or medicine, or trying to get by while cutting dosages in half, or skipping meals, or both.

In this day and age, we should have the knowledge to be healthier, but heart disease, diabetes, breast cancer, depression come with overweight conditions. This could be a generation that will not outlive their parents.

And diet is so important. Foods that spike blood sugar include carbohydrates, and even sugar substitutes may raise sugar levels. Focus on vegetables and fruit. Read labels, especially for bread, aiming for 100% whole wheat. Avoid high fructose corn syrup, limit carbonated beverages and junk food.

It's our portion sizes that get us into trouble. One good rule: a dinner plate should be 1/2 fruits and vegetables, 1/4 protein (meat size of palm of hand), 1/4 carbohydrates. Combining carbs and protein prevents spikes in insulin.

Attendees shared ideas. When dining with friends, buy one dessert and share. One woman reports that she asks for a box with her meal, and takes half off her plate before beginning to eat. She ends up with another meal as well as cutting down her meal intake. And the gentleman who came touted the good effect of honey. And someone else reported taking her own container so she can do the same thing. A bit of honey satisfies the desire for sweet and is healthy.

Dr. Vivian plans to train a group of 10 women and youth as peer coaches. Training will take 10 weeks, and cover nutrition, exercise, diabetes management. Those completing the course will receive a certificate from the University of Wisconsin. They will then get an assignment of someone to help.

If you would be interested in this training, call Carolin Fletcher at 1-608-201-7948.

Health Bulletin

Carolyn Rumpf distributed this bulletin to Mt. Zion members and is sharing it with us.

Dear Faith Community Member:

As Christians, one thing we all feel the calling to do is feed people. Matthew 25:35-36 states: For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. At the same time, we are aware of the importance of a healthy diet to truly nourish souls and keep bodies ready to fulfill our promises. Does your congregation share the feeling that we should promote healthy food along with our message?

As part of my work as the chairperson of the Health/Emergency Response Team Ministry at Mt Zion Baptist Church and as a registered dietitian, I have helped develop a guideline for churches to use to serve healthier foods at gatherings, community meals and food pantries.

Consider sharing the linked document with hospitality, fellowship or other food related committees at your church. Workplaces, schools and houses of worship all play an important role in creating a healthier community.

Copies were distributed at the Black Women's Wellness Foundation Conference on September 20th, however, since we did not reach all faith community members, we also wanted to send an electronic copy. The last page has further resources and a person to contact if your church wants help adapting these guidelines to your own organization. If you would like a number of additional print copies, use the same contact information. Copies will also be available at the Fall Gospel Fest in November.

If you have questions for me, I can be reached at Mt. Zion Baptist Church, 608-255-5270, Monday thru Friday, 9:00 a.m. – 1 p.m.
Thank you for your consideration,
Carolyn Rumph

[Typed copy does not allow a link to the web site. Below is the first page of the document. Contact Carolyn for more information.]

Healthy Food Recommendations for Faith Communities

Sharing food is at the center of religious and cultural gatherings. Breaking bread together has always created community and personal connection. If your faith community or organization values promoting good health in those you serve and the community, you may have considered reflecting this value in the food you serve or accept as donation.

These short guidelines and community resources can help you better meet the nutritional needs of those you serve, without contributing to chronic health problems. It covers:

- Why faith communities and organizations should consider having food guidelines
- How other faith communities and organizations have dealt with food guidelines
- How diet affects health
- Recommendations for meals served by faith communities and other community organizations
- Modifying favorite recipes to make them healthier
- Guidelines for donated foods
- Food safety recommendations
- Links to nutrition resources, including on-line libraries of healthy recipes

Why faith communities and community organizations should consider having food guidelines.

Faith communities and other organizations that serve meals or run food pantries play an important role in helping to meet people's nutritional needs. Unfortunately, the food and beverages served can also create challenges for people who are trying to prevent or manage common health problems such as overweight, diabetes, high blood pressure and heart disease.

The good news is that faith communities and other community organizations can make improvements without too much trouble. Those that have adopted healthy food guidelines say that they feel good knowing they are providing food that is helpful and not harmful, and setting a good example for healthy eating.

Ecumenical Choir

It is time to start our Ecumenical Choir Practices again for this season. We will start in October and practice on: October 10; October 24; November 21 from 12:00 Noon to 1:30 P.M. at Bethany United Methodist Church, 3900 Mineral Point Road, Madison, WI 53705. We will practice in the 3rd Floor Choir Room. We will plan to sing for the Programs on November 7th and December 5th. I hope you are all in "good voice" and ready to have some fun and fellowship singing.

I look forward to seeing you in October.
Jenny Armstrong

Upcoming Events

You will find posters included in this newsletter. Listed below are other opportunities.

The Jirani Project's Fifth Annual Harambee

Come to an evening celebrating the rich cultures of Kenya and supporting the work of the Jirani Project, an organization dedicated to the education and support of vulnerable Kenyan children. Participants in the 5th Annual Harambee for the Jirani Project will enjoy festive sharing of good food (East African cuisine) and beverages, find out what Jirani children are up to, listen to Craig Cowie and Jessica Wahl describe their volunteer experiences with Jirani kids this past summer, participate in an online silent auction & buy some goods from our African Market.

Friday, October 24, 2014, 6:00 - 8:00 PM, Fellowship Hall of First Baptist Church, 518 N. Franklin AVE., Madison. RSVP First Baptist Church of-
fice, 608-233-1880 in the or email fbcoffice
@firstbaptistmadison.org. For information on the
Jirani Project, go to <http://jiraniproject.org>

Raise the Roof Fundraising Concert & Community Choir

On October 25 at 7 pm, the First Baptist music department, under the direction of Michael W. Hillestad, will present a benefit concert to raise funds to replace the FBC Sanctuary roof. Community Choir (All are Welcome!) rehearsals will be Saturdays October 11 & 18, 10 am and Thursdays October 16 & 23 at FBC. The Choir will present both sacred and secular selections. For more information, contact FBC Minister of Music Michael Hillestad, music@firstbaptistmadison.org or call the church of-
fice, 233-1880

Huge Rummage Sale, Saturday, October 18, 8 am to 1:30 pm,

Westminster Presbyterian Church, 4100 Nakoma Road, Madison. Household Goods, Games/Toys, Baby Equipment, Sporting Goods/Bikes, Books & Furniture, Clothing all Ages. Coffee shop and baked good\$. All proceeds go to Community Agencies and Mission

FAIR SHARE AND DONOR CONTRIBUTION FORM FOR CHURCH WOMEN UNITED OF MADISON

Please Note: These contributions will be used for the general operating expenses of CWU of Madison, as well as for the Celebration materials, choir music, annual donations to selected community social services, and an annual contribution to Church Women United of Wisconsin. GENERAL OPERATING EXPENSES include, in part, the office rent, insurance, bulk mail permit and the cost of producing and mailing the CWU newsletter, and miscellaneous supplies needed throughout the year.

Please send in the Fair Share contribution by November 30 of each year. Our financial year ends on December 31 of each year.

FROM: _____
Name of church/organization or individual donor.

ADDRESS: _____

TELEPHONE NUMBER: _____

CONTACT PERSON: _____
For church or organization.

ADDRESS: _____

TELEPHONE NUMBER: _____

Please make your check(s) payable to: Church Women United of Madison and send to:

Marleen S. Lippert
Treasurer, CWU of Madison
6329 Scandia Lane
McFarland, WI 53558

Thank you for your financial assistance in carrying out the various projects of CWU. Your contributions are sincerely appreciated.