



# Church Women United in Madison, Wisconsin

[www.churchwomenunited-madison.net](http://www.churchwomenunited-madison.net)

C.W.U. Newsletter September, 2017 No. 2

October Forum  
October 6, 2017

Elderly Slip & Fall  
Prevention

Charlie Daniels, Coordinator Falls  
Prevention Program,  
Safe Communities

9:00 am Gathering and Tea  
9:30 am Business Meeting  
10:00 am Program

Oakwood University Woods  
6209 Mineral Point Road, Madison

## October Forum

On Friday morning, October 6, we will gather at Oakwood University Woods, 6209 Mineral Point Road, for a program on Elderly Slip & Fall Prevention. Our speaker, Charlie Daniel, is program coordinator for both Falls Prevention and Drug Poisoning at Safe Communities. Their web site gives us the following information.

*Safe Communities of Madison-Dane County is a local non-profit coalition that brings together public and private sector partners to save lives, prevent injuries and make our community a safer place.*

*We focus on projects and programs with a track record of positive impact and success. Our core areas of work correspond to our community's top causes of injury and injury-related death: Traffic Safety, Pedestrian Safety, Child Safety, Drug Poisoning Prevention, Falls Prevention, and Suicide Prevention.*

*More than 350 organizations – including area businesses, law enforcement and fire/EMS services, neighborhoods, health care leaders, youth and senior-serving agencies – actively collaborate with us on programs to make Dane County a safer place to live, work and play.*

Oakwood Village is on the south side of Mineral Point Road between Rosa Road and S. Yellowstone. (East of West Town Mall) Turn South off Mineral Point Road at Island Drive into the Oakwood Village complex. We will meet in The Oaks Community Room. Take the first right—heading west to The Oaks building which is the last bldg. You may park in the parking places along that road and around the circle. Walk up the ramp into The Oaks and someone will let you in.

## September Forum

We gathered at the Sikh Temple in Middleton for a most enlightening program on the Sikh Faith. Ellie Metzloff introduced Bob Seerha, who welcomed us, as did their priest, Paramjit Singh. Bob began the program immediately, with a slide presentation to reinforce the information he gave us.

We met in their downstairs room, where they hold meetings and serve meals and refreshments. We covered our heads, as required. For those unprepared for this, there is a box of scarves available.

Normally, everyone sits on the floor, both here and in the sanctuary upstairs, but they were considerate of our needs and had chairs set up for us. We also were allowed to keep our shoes on. Shoes come off for this room and for the sanctuary upstairs since they eat their meals on the floor. They planned to scrub the floor after we left. They serve food in that room every day. When we went upstairs to the sanctuary, everyone removed their shoes. They have a closet with shoe racks able to handle the many people who come there. Their congregation numbers some 150 people. And they do provide seating in

both rooms for those who have difficulty sitting on the floor. The meaning of sitting on the floor is that everyone is equal, including kings. People are welcome to come to the temple at any time and they serve food every day. They are vegetarian, with dairy. No meat or fish.

The basis of the faith is the teaching of the gurus. There were 10 of them, the first of whom was born in 1469. After the 10th guru, Gauth Sahib Di, the Holy Book became the guru. It is composed of hymns, poetry that presents the tenets of their faith. Priests are considered teachers who went to school to learn how to read the Holy Book, what are the meanings of the verses, all are written to God. Three pillars of faith are sharing with others, helping others; to make an honest living without exploiting others; meditating on the name of God. Optimistic resilience is their key. They resist the 5 vices: anger, greed, lust, ego, and attachment. Controlling these is their goal.

Covering of hair is required of all believers. The turban, worn by men, can be any color, any material, wound any way. It takes about 5 minutes to do a turban. Women chose other means of head covering. Bob stressed that for Sikhs, there is equality between men and women. All can be teachers, abide by the same instructions. Women do not wear saris. They prefer suits. Sikhs carry identifying articles. In addition to head cover, they wear a bangle symbolizing unity, a wooden comb for hair, wear long shorts, and have a small knife about six inches, signifying protection of both self and the helpless. People choose when to start wearing the turban, usually when boys reach high school, but some choose earlier, some choose later.

The Sikh faith is open to other religions. They want everyone to become Sikh. People can be Christian, Muslim, and still be Sikhs. Be kind to everyone and make the world better. God is one. As to afterlife, our spirit never dies, we change. The challenge is between mind and spirit, between mind and heart. Principles are similar to the ten commandments. Truth is always truth.

Their worship is simple, and on Sundays the sanctuary is used from 9 am till after 1. The verses of the Book are sung to the accompaniment of a harmonium, with words displayed in Gurmukhi and in English. Gurmukhi is the language of the northern Indian province where the Sikhs lived. India has 21 provinces, each with its own language. Hindi is the official language of India, but people manage because most know English.

They do not have rituals. Marriage can take place in any faith community. A wedding at the Sikh Temple would be the singing of four hymns as they circle around the book. Each poem tells about life: together, bound for life, children a responsibility, what they need to do. And baptism is a choice, a symbol. It consists of an iron bowl in which they mix water and sugar. Five people participate, anointing the head and eyes, and then everyone drinking from the bowl until the contents are gone.

They served us tea after the program, and then we removed our shoes and went upstairs. The carpet was comfortable, and benches along the wall allowed seating for those needing it. The priest played the harmonium and sang the selected reading. We could follow the English translation on the screens. Men and women do sit on opposite sides of the room, accommodating those of Muslim faith and heritage. The Book is housed on a raised bed, covered in a beautiful blanket. The area around the bed is decorated with flowers and symbols of the faith, covered with an overhead dais. After the singing, the priest sat before the Book and opened it to show us the beautiful script. Each day's reading is chosen at random. Leaders sing it, as do those in attendance. The priest sings it during the last 45 minutes of the service. People come early or late, stay for a half-hour or more, or longer. Lunch is served in the downstairs room after the worship period. And they emphasize, all are welcome.

We had very good attendance and gave the temple enthusiastic thank-you's for their welcome, program and refreshments.

## **Ecumenical Choir Practice**

dates 9/15; 9/29; 10/13; 10/27; 11/10 and 11/17/2017. We will practice in the 3rd Floor Choir Room at BETHANY United Methodist Church, 3910 Mineral Point Road, Madison WI 53705, from 12:00 P.M. - 1:30 P.M. Our first practice will be September 15, 2017. Please mark your calendars.

# ANNUAL CONTRIBUTIONS & DONOR CONTRIBUTIONS 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 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 need throughout the year.

Please send in contributions 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: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_  
For church or organization.

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Please make your check(s) payable to: Church Women 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.

CHURCH WOMEN UNITED OF MADISON WI INC  
725 GILMORE STREET  
MADISON, WISCONSIN 53711

NON-PROFIT ORGANIZATION  
US POSTAGE PAID  
MADISON, WISCONSIN  
MEC 608-663-8450  
PERMIT NO 1286