



Together

Church Women United in Greater Dayton — April, 2018

Mercy Manor Celebrates 26 years



The 26th Founders' Day Luncheon and Fundraiser for Mercy Manor was held Saturday March 17, 2018. The program theme was "Journey to Recovery: "Body, Mind & Spirit." "

CWU of Greater Dayton helped with the beginning of Mercy Manor. In 1986, a national CWU imperative was conceived. Each local unit was to consider the pauperization of women and children and commit to a ministry. A task force was organized in CWU Dayton (May 1987-May 1992) and the idea for "Dream House" began in January 1988. Sister Jean Foppe, a CWU member who worked with jail ministry, suggested we begin transitional housing for 5-6 women coming out of prison or jail. In a family-like environment counseling, job training, etc. would be provided while the women worked on changing their lifestyles. Beginning in October 1988, the "Dream House" task force planned for grants, gained church support, found a house, and oversaw so many details. Under the leadership of our President Charlotte Leasure, Vice President Joan Brown, task force members, and many others, Mercy Manor became incorporated April 11, 1991. The first house was opened in 1992.

Our CWU of Greater Dayton received one of the Sister Jean Foppe RSM Visionary Awards. Three of the original task force members also received a Visionary Award: Rev. Marla Brown, Dr. Pauline Puckett, Mrs. Joan Brown. We thank the Mercy Manor Board for this recognition. Let each of our churches remember Mercy Manor with our financial support and prayers.

President's Message

**YOU are God's Creation!
Take care of YOURSELF!**

*I pray that all may go well with you and that you may
be in good health just as it is well with your soul. 3John 1:2*

Do you take care of yourself or do you take better care of others than you do yourself? Most women are naturally caregivers and think mostly about others and only of themselves when ill or hurting. During the next three years one of our National CWU priorities is **Health and Wellness**. It reads, "Church Women United women live full lives and fill many roles, including demanding careers. We often take little time for ourselves and virtually give little or no attention to our health. We pledge to be more attentive to our health and support other women in championing their health and well-being."

Your CWU of Greater Dayton Executive Board has decided that we want to promote healthy lifestyles for our women. We have planned and will host a program on heart healthy living for April 28. "**Get Pumped Up About Heart Health**" will be held at New Hope Church, 512 Xenia Avenue. We begin with registration at 9:45 and our program at 10:00 a.m. First we will hear from Tina Bolanger on "Stress Relievers". Our second session is a speaker from the American Heart and Stroke Association. There will be nurses attending to give free blood pressure readings. There will be tips for things that YOU can easily incorporate into your daily life for a healthy heart.

Please reserve a space (and help in our planning) by contacting Deborah Vance at 937-469-3298. Give yourself the gift of a morning devoted to your health!

Peace and joy,

Jerri Wood

*"Keep your heart with all vigilance,
for from it flow the springs of life."*

Prov. 4:23

*"... do you not know
that your body is a temple of the Holy Spirit within you..."*
I Cor. 6:19-20

Report from the Emma Murray Prayer Breakfast

Erin McKenzie, speaker for the Emma Murray Prayer Breakfast on March 20, 2018 suggested resources to help congregations get started "Going Green and Becoming Better Earth Stewards." Interfaith Power and Light www.interfaithpowerandlight.org is a religious organization website with all kinds of resources.

Save on resources at your church or home by doing any of the following:

1. Turning off the lights in unused rooms.
2. Replacing incandescent bulbs with LED ones--they are 80% more efficient and last 10x longer.
3. Replacing incandescent holiday lights with LED ones.
4. Unplugging and recycling old or rarely used refrigerators
5. Air drying laundry.
6. Unplugging devices and chargers that are not being used---power strips can allow you to shut off many devices at once.
7. Signing up for an energy audit with your utility company to find out how to best improve your building's efficiency---the audits are usually free and make you eligible for rebates on improvements.
8. Caulking and weatherstripping around windows and doors to avoid air leaks.

Books listed below can give you encouragement to use resources wisely:

Food and Faith, Norman Wirzba encourages our eating and living in harmony with God's creation.

Paradise of God, Norman Wirzba urges us to consider our role within creation and with all living things.

Half Earth, Edward O. Wilson gives us insights on putting aside half the earth as natural wilderness in order to preserve ecosystems and even life on earth.

Al Gore has a message: <https://www.youtube.com/watch?v=u7Elv23DIlk> which was the inspiration for Ms. McKenzie's presentation at the Emma Murray Prayer Breakfast.

HELP NEEDED

Our local Church Women United unit needs support persons —

- 1) **A Newsletter Editor to also edit the Annual Report and the Program Booklet**
- 2) **A Member Care Person to manage data on an EXCEL program and print labels**

KEY WOMEN — SIGN UP NOW TO HOST EVENTS IN 2018-2019

Please contact Cecelia Long, 937-972-7045, to offer your church as host in 2018-2019 or to find out what is required to host an event. Every church can get involved in some way. Call now to find out how your women's group can be involved. Thank you, in advance!!

WORLD COMMUNITY DAY SAT, NOVEMBER 3RD or 10TH 2018 MEAL OR REFRESHMENTS

EMMA MURRAY PRAYER BREAKFAST THIRD WEEK OF MARCH, 2019 9:30 A.M. BREAKFAST

MAY FRIENDSHIP DAY FRI, MAY 3, or SAT, MAY 4, 2019 MEAL OR REFRESHMENTS

HUMAN RIGHTS CELEBRATION MON, JUNE 13, 2019 1 PM WITH REFRESHMENTS

CHURCH WOMEN UNITED
OF GREATER DAYTON
334 WONDERLY AVE
DAYTON, OH 45419

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MARK YOUR CALENDAR

APR 24 (Tuesday)	BOARD MEETING (for all Key Women/denominational secretaries) Memorial Presbyterian Church, SPEAKER from Adolescent Oasis, Inc.	1:00 PM
APR 20-21	OHIO STATE CWU BOARD MEETING Gathering planned for Baptist Church 245 S Grant Street , Wooster, OH. Room Reservations at Best Western Hotel 243 Liberty Street Wooster Contact Clarissa Weatherspoon if you have questions, 330-680-4824.	
APR 28 (Saturday)	HEART HEALTHY LIVING at New Hope Church, 512 Xenia Ave Donation: \$10.00	Registration at 9:45 AM
MAY 5 (Saturday)	MAY FRIENDSHIP DAY Fairview UM Church, 828 W. Fairview Ave Hostess: Cecelia Long 272-7045	1:00 PM
MAY 22 (Tuesday)	BOARD MEETING (for all Key Women/denominational secretaries) Memorial Presbyterian Church, SPEAKER from YWCA	1:00 PM
JUNE 11 (Monday)	ANNUAL MEETING/HUMAN RIGHTS CELEBRATION Summit Christian Church, 4021 Denlinger Rd Hostess: Ina Green 344-6029	1:00 PM
June 24 (Tuesday)	EXECUTIVE COMMITTEE MEETING Memorial Presbyterian Church, 1541 S. Smithville Rd, 1 block south of Rt 35	1:00 PM

**THE NEXT NEWSLETTER WILL BE PREPARED FOR MAILING
AT FIRST BAPTIST CHURCH (DOWNTOWN) ON WEDNESDAY, August 8, 2018 at 9 AM**
Together newsletter is a publication of Church Women United of Greater Dayton: Kathy Zamonski, Editor