

Church Women United in Madison, Wisconsin

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C.W.U. NEWSLETTER September 2021 No. 5

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www.churchwomenunited-madison.net

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October Forum

October 1, 2021

FAMILY WELLNESS

Uchenna Jones

9:30-11:30 am

Via ZOOM

Join Zoom Meeting

<https://us02web.zoom.us/j/84166668560?pwd=RGFtcytL25DUWtOZUxxR0I2SEt0dz09>

Meeting ID: 841 6666 8560

Passcode: 315264

Dial by your location

+1 312 626 6799 US (Chicago)

October Forum

Our monthly meetings of Church Women United—Madison continue, thanks to Zoom. Our October 1 program continues our theme of wellness in a time of Covid. Our speaker this day is well equipped to give us help on this goal of wellness

Uchenna Jones is a wife and mother of three amazing children. She attended UW-Madison where she received her Bachelor of Science degrees in Bacteriology and Nursing. She is also a Certified Doula and a Certified Lactation Counselor. Recently, Uchenna became a Certified Personal Trainer and Fitness Nutritional Specialist obtaining her credentials from the National Academy of Sports Medicine, NASM. Currently, Uchenna is employed as a Registered Nurse in Labor and Delivery at SSM Health St. Mary's. As a nurse, she spends a lot of time educating patients about their health and treatment plans provided by their physicians.

Uchenna is extremely passionate about her field of work because she loves what she does. Her goal is to help others know and understand how important it is to live a life of health and wellness. In December of 2018, Uchenna founded the Madison Gospel 5K Foundation, which is a charitable non-profit that is focused on creating healthier families through faith, fellowship and fitness. Additionally, she is one of three founders to create Sole SistasRun Madtown, a multicultural women's walk/run group. After experiencing an unhealthy lifestyle during most of her twenties and thirties, she is an advocate that you are never too old to make a healthy change. Uchenna hopes to inspire others as well as encourage those near and far to take the first courageous step at being a more fit you.

So join us at this Zoom address

<https://us02web.zoom.us/j/84166668560?pwd=RGFtcytIL25DUWtOZUxxR0I2SEt0dz09>

on October 1. Program begins at 10 am after informal greetings, announcements.

September Forum

Forgiveness is a Choice proved to be a fruitful exploration. Some phrases will give you an idea of our discussion.

- Forgiveness is hard work.
- Forgiving is not forgetting, it is reframing and moving on.
- It is a central thing in Christianity.
- People told of their struggles with forgiveness, taking as long as eight years to achieve. One tip, acting like you forgive can lead the way to you actually doing it.
- Forgiveness is the gift you give yourself. It is more than accepting what happened. You move from focus on self to focus on the other. It is not condemning or excusing. It is not forgetting, but reframing. It is not justifying, not calming down. It is different from reconciling. You can't have reconciliation without forgiveness. When you forgive, a burden is lifted from you. Forgiving is a gift to yourself.
- Don't make a fantasy about it. Deal with reality. Give power to God, not to another person. Forgiveness shows self respect, for anger is damaging to oneself. It also is good for our own health. We can't move forward when we are angry, unhappy, or sad.
- We must reconcile with ourselves to forgive anger, forgive others.
- Steps to forgiveness. Keep a journal. Have a companion on this journey. See how you have avoided dealing with it: denial, health, obsessed with it, injury leading to a permanent change, injury changed your world view.

- Decide to forgive. It's a process. Work toward compassion. Give the offender a moral gift. Release yourself from an emotional prison. As we reach out to the world, we give ourselves peace.
- One technique is to write things down, then burn up the pages. Write several times a week. Go into great detail about what happened. Do this several times. In two weeks this can reduce trauma, leading to ability to forgive.
- Churches, the domain of priests or ministers, have trained people to deal with this.
- Family conflicts can be particularly painful. Grandmothers can help teach children to forgive. We need to introduce forgiveness early for children, raise people that are loving. When children are dealing with bullying we can't just say forgive them.
- A closing comment as Zoom time expired. People are walking wounded. Most of us have been wounded. We appreciate what we have heard today.

Fourteen devices tuned in to Zoom, which means at least 14 attendees, with some more also present in those device locations.

Church Women United - Madison Annual Report

Church Women United- Madison has held its meetings by Zoom since our 2020 Annual Meeting last September.

In 2021 we held our Human Rights Celebration in **January**. During our celebration we presented the Human Rights Award to Rabbi Bonnie Margulis in recognition of her work for peace and justice in our community.

The program for our **February Forum** was Kindness and COVID: Sharing Stories. We were asked to think of a kindness we had done for someone or a kindness we had received. The sharing of our stories offered us hope and support during these stressful times.

We celebrated World Day of Prayer in **March** and enjoyed learning about Vanuatu and hearing music of that country.

The topic for our **April** Forum was Mental Health and Social Isolation. Lynn McDonald and clinical psychologist Melinda Bailey led us in a discussion on coping with spending so much time inside and possibly alone away from family and friends during the Covid-19.

We celebrated **May** Friendship Day before taking a summer break.

In **September** we resumed our activities with our Annual Meeting. The business meeting was followed by a book discussion of *Forgiveness Is a Choice* by Robert Enright.

Our **October Forum** will continue with our theme for this year on *Wellness*.

In **November** Mount Zion Baptist Church and Grace Episcopal Church will once again partner together to bring us the **World Community Day Celebration**.

Gloria Carter, President of Church Women United-Madison

**Announcing the 2020-2022
Madison Area Religious and Human Resources Directory**

The New Directory is fresh off the press and available to order: The Directory has a new look. It is now 8 1/2 by 11 size sheets, so the print is a little larger, and for future editions we will be able to send inserts for the updated copy. There are about 300 faith communities listed and 300 human resource agencies, as well as special listings for Emergency Community Resources for Food, Shelter and Clothing; an Emergency/Hotline/Crisis-Stress/Information Chart; and a page on End of Life Services. Any Questions, phone Ruth Hein- Church Women United and Madison Ecumenical Center Outreach at 608-347-4724.

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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, and the cost of producing and mailing the CWU newsletter, and miscellaneous supplies needed throughout the year.

Please send in contributions by November 30 of each year. Our financial year ends on December 31 of each year.

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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.

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