



# The Vine

**CHURCH WOMEN UNITED OF LANE COUNTY**  
[cwulanecounty.org](http://cwulanecounty.org)

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Address: P.O. Box 5824, Eugene, OR 97405 June 2013

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## **UPCOMING EVENTS**

**June 4**                      **Breakfast at Brails**  
**Tuesday**                    1689 Willamette St.  
**7-8:30am**                   **Politics for the Common Good**

**June 7**                      **Episcopal Church of the Resurrection**  
**Friday**                      3925 Hilyard St.  
**9-11:15am**                **Politics for the Common Good**

**September 3**            **Breakfast at Brails**  
**Tuesday**                    1689 Willamette St.  
**7-8:30 am**                **Standing for Peace**

**September 6**            **St. Mary's Episcopal (Note Change)**  
**Friday**                      13th and Pearl  
**9-11:15**                    **Standing for Peace**

### **JUNE FORUMS**

#### **Politics and Policies for the Common Good**

What does the Bible say about economics? How are economics and politics tied together? How do Christians respond to those in need and to the growing inequality in this country?

We will explore the Bible and religious policies and statements, as well as what is going on in politics and the economy today. Why are more people hungry, unemployed, and underemployed? Why is there a growing inequality in incomes and an increasing gap between the "haves" and the "have-nots.?" Is this what God would have in our world?

The speaker is Leslie Hall, a local church pastor who has taught Sociology and Human Development/Family Studies at universities and classes in hunger and global theology in seminary. She will lead us in exploring the questions above, with time for small group discussion and Q & A. Come with an open mind and prayerful heart!

### **LOOKING AHEAD TO SEPTEMBER**

We will look at some of the issues related to peace, in particular, the use of drones. We will have speakers from CALC and WAND to share their thinking.

### **CARING CONNECTION**

If you know of a CWU woman or family member needing a card or connection because of sickness or other need, call Jane Heidegger at 541-485-6229.

### **OUR WEBSITE IS CWULANECOUNTY.ORG**

Always something new, thanks  
to Mary Sharon Moore.  
Check it out!!

## A WORD FROM OUR PRESIDENT Anne O'Brien

For once I'm glad I did my usual procrastinating and left writing this message till the last minute. Meanwhile I had a last minute invitation to join my friend to see the Dalai Lama. I was so excited getting ready; it was like I was going on my first date. I must have had in my mind that the Dalai Lama would of course be right in front of me. We did not have bad seats but he was not right in front of me so I fretted about my outfit unnecessarily. I'm sure the Dalai Lama is very concerned about how people dress too!

And I came away with some thoughts for Church Women. The major themes that I absorbed were that in order to have peace in the world there must first be peace within each person. It is incumbent upon each of us to work on that inner peace and then we may see some wonderful results. He pointed out that though he meditates each day and prays each day, action is even more important than prayer in order for good to happen on the earth. (I could argue that prayer does help create inner peace and therefore our prayers are important in getting to world peace. But who am I to argue with the Dalai Lama. He might even agree if he thought about that some more).

The Dalai Lama was quite adamant that female leadership, that mother nurturing kind of female leadership, is needed in the world. If women take a more active role in leadership we will have a more compassionate world.

So, we women of Church Women United have hopefully already planted those seeds of peace in raising our children and/or in all of our compassionate actions as we work in community. I agree, I think we women have some wonderful answers to world peace and we are working on that every day.

Thanks for all that you do to show compassion for the world. Act Justly, Love Tenderly, Walk Humble with your God. Micah 6:8

Dear God, today we pray for the peace and the security of the world. Now make us instruments of your peace. Amen.

## MORE GOOD WORKS BY CWU FOLKS

Helen Ligori was kind enough to add some more activities to those that I listed in our May Vine. St. Mary's Episcopal and First Christian Church in Eugene plus Ebbert Memorial in Springfield serve free breakfast on a regular basis. Also, our friends at First United Methodist serve food regularly to all who come to their space. They also give out bag lunches in the morning to hungry folks.

Several CWU women have joined the Raging Grannies as they entertain while getting their messages of peace and justice out. All you need is a long skirt, an apron and a funky hat to come join them.

Betsy Steffensen reminds us that several of our members take part in ongoing peace vigils on Wednesday at 4:30 at the old Federal Building and at the Eugene Public Library from 12-1 on Saturdays. You are invited to come and join in, come rain or shine.

St. Mary's Episcopal Church achieved RE:think certification by practicing conservation and efficiency actions across these categories: Materials and waste management, energy efficiency and conservation, and purchasing of materials, like recycled paper and approved cleaning fluids.

Carolyn Stein from BRING, presented the RE-think Certification Award at their Sunday morning service on Earth Day Sunday, certifying them as a "Green Church".

Lots of good people among us.

## SISTER MARGARET'S STAMPS

One of Sr. Margaret's many works of good will live on at CWU of Lane County. You may still collect any cancelled stamps and donate them at CWU meetings. Dot Choppy of St. Jude is coordinating the continued project and getting them to Sister Margaret at Sister's Marylhurst retirement setting. Just put them in an envelope or plastic baggie and we'll have a basket ready for them near our registration table.

I checked at Ask.com and they say the best way to recycle these stamps is to cut off the top right part of the envelope, allow about half an inch of paper around the stamp so you don't damage it. So, please continue with your "stamp collecting" for Sister Margaret.

Many Thanks...

## MAY FRIENDSHIP DAY CELEBRATION

Anne O'Brien

Over 70 women attended our May Celebration, hosted by the hospitable women of First United Methodist with food by Alpine Catering and dessert by women of FUM. Our theme was "Swinging Wide the Doors of Hospitality," carried out in our songs and prayers. Our voices were enhanced by the music of Lela Aydelott, our talented accompanist.

We gathered our Fellowship of the Least Coin offerings, totalling \$223.11, which will be sent to our National office and given in grants to needed places all over the world.

Susan Ban, our speaker, is the Executive Director of Shelter Care, which is one of the recipients of our Summer Fun Fund. Susan gave us some good feelings about our works when she told of the various opportunities for fun that are afforded to the Shelter Care kids with our Summer Fun Fund moneys. It is touching to hear that these kids can go back to school in the fall and be able to share some of the experiences they had, thanks to your generosity: movies, Splash Pool, etc. There are many opportunities for volunteering with Shelter Care too. If you are interested, please call volunteer coordinator Gene Obersinner at 541- 686-1262.

Susan shared some of the challenges of decreased funding that social service agencies are having these days. It is her belief that "housing first" is a must. That is, in order to get at problem solving regarding any issues that cause homelessness, the unhoused must first be housed. She said we need to get out to the charity mindset and move to a policy mindset, meaning build more affordable housing.

There is a plan to assist those who are discharged from hospital without a place to receive follow up care. Medical Respite Program will arrange for a safe and clean place for care after hospitalization.

Shelter Care is a real example of "community exercising hospitality." We must each do our part in being that community!

## FAITH BASED PARTNERSHIP WITH DHS CHILD WELFARE PROGRAM

Act quickly on these: Cindy Shwarm with Lane County Department of Human Services Child Welfare Program will be working at recruiting and retention for foster parents. She sees this as a liaison position to connect with organizations and individuals in the community who have a heart for children who have been abused or neglected in their homes of origin, and a heart to help heal and restore the families. She tells us of two opportunities. The first is the National Foster Care Prayer Vigil, May 19-26, 2013 (see below). The second is a forum of churches and DHS workers in Portland sponsored by Embrace Oregon on May 16th. She would like to take a group from Lane County to observe, learn, and network at this event.

National Foster Care Prayer Vigil: May 19-26, 2013  
The National Foster Care Prayer Vigil is a call to believers to join with others to go before God and pray for the more than 400,000 children in our nation's foster care system, as well as their families, their workers, and the Church's response to the foster care crisis, during one week in May, which is National Foster Care Month.

Go to: <http://www.cryoftheorphan.org/Overview.aspx> to read about our national crisis and the opportunity for the faith community to reach out and serve some of the most vulnerable among us - children who have experienced abuse or neglect by those who were supposed to protect and nourish. You will find information about this event as well as a downloadable prayer guide that you can share with your church family as you pray.

In Lane County the Department of Human Services Child Welfare Program is launching a focused effort to build partnerships with the faith community in our common goal of serving some of the most vulnerable in our county. They deeply appreciate the fact that Norkenzie Christian Church was on this path well before DHS began and thanks them for their partnership in providing respite for 25 foster children/youth.

On Thursday, May 16th, 2013 at 7 p.m., Imago Dei Community, 1302 SE Ankeny, Portland, Oregon 97214, will bring together families and leaders from local churches as well as DHS staff for an evening of stories and dialogue about how the church can partner with DHS to care for children and families in Oregon's child welfare system. ! They would love as many people as possible to come learn how we can partner with DHS to care for children & families in the child welfare system. If you are interested in going contact Cindy about this ASAP.

Cynthia Schwarm, Work Cell: 541-510-1646

Work e-mail: [cynthia.g.schwarm@state.or.us](mailto:cynthia.g.schwarm@state.or.us)

## SAFE CLEANING FOR YOUR HOME

Here is a list of ingredients that you can use to safely clean all sorts of surfaces in your home.

Baking soda  
Borax  
Castile soap  
Citrus seed extract (Health food stores)  
Cream of tartar  
Essential oils (health food stores, specialty shops)  
Glycerin  
Lanolin  
Murphy's Oil soap  
Soap flakes (buy pure soap and grate it yourself)  
Washing soda (sodium carbonate)  
White vinegar

**These are common toxics to avoid in Cleaning Products:**

Ammonia  
(Bathroom Cleaners)

Bleach  
(Laundry products, kitchen and bathroom cleaners)

Potassium Hydroxide (Lye)  
(Oven Cleaner)

Petroleum Distillates  
(Furniture, silverware and jewelry polish)

**Cleaning products containing toxic substances can endanger our health and our environment. Try these non-toxic alternatives. Safer, cheaper, and more effective.**

### **General Purpose Cleaner**

1 quart warm water  
1 tablespoon liquid soap  
1 tablespoon Borax  
1/4 cup white vinegar  
Mix ingredients and store in a spray bottle. Use for fabrics, walls, floors, countertops, and carpet.

### **Wiping Cleaners**

Sprinkle with baking soda, or mix with water and scrub with a wet sponge.  
If the film leaves residual baking, rinse with cold water and vinegar.

### **Glass Cleaner**

1 quart warm water  
1/4 cup white vinegar or 2 tablespoons lemon juice.

**And from the Beyond Toxics book, "Naturally Clean Home".**

### **Tea Tree and Salt Presoak stain remover**

1 cup white vinegar

1/2 cup salt

3 drops tea tree essential oil

Place clothes in washer and add enough warm water to cover.

Combine all ingredients and add to washer. Let soak for an hour or more and wash as usual.

**LOOK FOR MORE CLEANING RECIPES IN FUTURE VINES!**



## SUMMERTIME HEALTH Judy Romans

As I write this in early May, the temperature is in the mid-80's with wind, stripping moisture from the land, the plants, and us, producing ideal conditions for dehydration. I have not yet moved to my summer mindset of using sunscreen and drinking more liquids but it's time to start.

About half of our total body weight is water, with muscle composed of nearly 75% and bone about 25% water. Water is critical for our respiration, circulation, digestion, excretion, and the many thousands of chemical reactions that keep us alive. It also is necessary for the body's heat regulation system, producing sweat to cool us down in hot weather, but sweat reduces internal liquids and secretes salt and other minerals necessary to maintain the correct pH balance required for metabolism.

Some of the earliest warning signs of dehydration are a dry mouth, fatigue, weakness, headache, and/or dizziness. In more serious cases, the body tries to preserve liquid by reducing circulation to arms and legs in order to protect the brain, heart, lungs, and other internal organs, leading to cool, clammy skin. In the final stages, dehydration leads to coma and death. So let's not allow it to continue to that.

Of course, the best way to stop dehydration is to drink more fluids, and an easy method is to fill a container with 8-10 cups of water each morning and make sure you drink it all by the end of the day. But fluids don't have to be limited to water - any liquid you drink will help, but there are a few cautions. Alcohol and caffeine (think tea, coffee, colas) are diuretics which means they cause the body to increase urine production, causing fluid loss, which is helpful in certain medical conditions, but can lead to dehydration. The cravings you get for caffeine might in fact be your body's need for water. It's also necessary to drink at least 8-12 glasses of water if you are on a high-protein diet because your body needs more water to digest it. Eating more fruits and vegetables in warm weather is a good idea since they provide moisture as well as a host of minerals, vitamins, fiber, for a win-win situation for good health.

For older people, paying attention to your fluid intake is important since the sense of thirst might be diminished, along with hearing, seeing, taste - all the aging signs - so relying on thirst may not be enough. A study in England showed that increasing the water consumption in seniors resulted in improved physical and mental ability, quite a wonderful remedy in a simple glass of water.

So as we move into the summer, stay happy, stay healthy, and drink up!



**Stephanie Jones**  
Advocacy Coordinator  
Washington Office



## TELL CONGRESS TO SUPPORT GUN BACKGROUND CHECKS! (202) 225-3121

As you know, despite the Senate defeat of a background checks bill a few weeks ago, the faith community is still praying and fighting for reasonable gun violence prevention legislation.

One of these measures is the King-Thompson background check bill - H.R. 1565 - which is identical to the legislation filibustered in the Senate last month.

This week, Faiths United Against Gun Violence, a coalition in which CWU participates, met with Vice President Joe Biden and, afterward announced that the King-Thompson background check bill now has more than 161 cosponsors! This is more than ten times the number of co-sponsors we had just two weeks ago.

But we still need more co-sponsors, so we're asking you to put the pressure on! While we are contacting all Members of the House of Representatives to urge them to co-sponsor and support King-Thompson, we are applying particular pressure to 24 Members whom we believe can be convinced to sign on as co-sponsors. In these tough political times, our Representatives need additional encouragement and support from the faith-based community. Representatives who are doing the right thing deserve a BIG thank you, and those who haven't need to hear from us!

What you can do:

Take action to find out where your U.S. House Representative stands on H.R. 1565 and send them a personalized written message today.

Thanks for all you are doing to prevent gun violence - we are really making a difference!

CHURCH WOMEN UNITED  
Jane Heidegger  
2810 Warren St.  
Eugene, OR 97405

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## UPCOMING EVENTS

### SUMMER FUN FUND

**Summer Fun Fund** is our Church Women United special project. We collect money that we give to 8 organizations who work with homeless and at-risk kids, to be used to provide creative and structured fun for these kids. With the money, they send kids to camp, take them on trips and outings, buy summer passes for the local swimming pools, purchase playground equipment, and just let them have fun.

But our gift was more than just a little fun. Looking Glass said we gave 35 youth an opportunity for activities that are luxuries eclipsed by those struggling to find food to eat or a safe place to sleep.

Shelter Care said that we gave the children an opportunity to focus on the joys of being a child, rather than the stress of being homeless and that when school begins, other kids will be talking about their summer activities and now their homeless kids can talk about their trips and fun activities as well.

If you'd like to participate in providing some fun and more than just fun, write a check made out to Church Women United, memo it SFF and send to Phyllis Hockley, SFF coordinator, at 220 N. Adams #2, Eugene, OR 97402. **Many many thanks for making this summer a fun summer for some kids who deserve it!**

**Saturday, May 25, 11AM Wayne Morse Free Speech Plaza, Eugene**

#### **March Against Monsanto**

Join us for a Rally and March and Party for a sustainable food system. Speakers and Music. This event is being held in conjunction with the worldwide March Against Monsanto. Please spread the word!!

**Thursday, May 30, 3-5pm, Lane Community College, Forum Bldg, #17-Rm 308,  
The Healthcare Movie**

Keifer Sutherland narrates this documentary exploring Canada's Health Care system; its effectiveness and costs, and compares it to ours. Presented by Health Care for ALL Oregon.