



Highland Highlights Presbyterian Women in the Presbytery of the Highlands of New Jersey February 2022

MODERATOR'S MUSINGS

RECIPIENT - PLEASE POST THE FLYERS AT THE END OF THIS NEWSLETTER ON BULLETIN BOARDS AND/OR WEB SITES, and INCLUDE IN YOUR OWN NEWSLETTER.

Please also forward to women in your church.

Ramblings.....

Sometimes I wonder what to write for this article. I listen to the radio while traveling in my car - to work, to shop for groceries, to a friend's home, to church, etc. Great visions are formulated while driving until some other driver decides to roll right through the stop sign and turn right in front of me, disturbing my train of thought.

I continue traveling to my destination, watching the clock, and then the car in front of me decides to drive 10 miles below the speed limit. Aghhh! I'm going to be late now. Then the thought occurs that that slow driver in front of me may be saving me from an accident. Someone listened in school, to become an engineer and make vehicles. I am so glad I don't have to hitch a horse to a buggy...

Wow!! I made it to my destination on time.

Ever think about the journey and the people, women in particular, who have traveled along with you – mom, sister, aunt, grandmother, cousins, teachers, Sunday School teachers, book study leaders...Some female who mentored you either at work, church, school or PW...

Think about it – you've learned a lot on this journey. What talents did these women have – cooking, cleaning, bearing and raising children, schoolwork, volunteering for sports, fundraisers, writing articles, public speaking, counseling, keeping accounts, etc.

Let's ponder: your female figure is going to teach you how to bake cookies. (Do you recall a lesson taught in school, about writing an article – the 'w's'...Who, What, When, Where and Why.) We can discuss this out of order, so long as we include all of the 'w's'. So, to bake cookies, you need to decide on when to do it, you need some ingredients, cookware, a space to prepare the ingredients, and an oven. Let's get out the cookbook, check the pantry for ingredients, and if we don't have them all, make a list to go grocery shopping. (We are planning.) We return from the store with our ingredients, get the mixing bowls and utensils out, our recipe in front of us with all of the ingredients. (We are now executing our plan.) We pre-heat the oven, begin reading the recipe, measuring the dry ingredients, mixing them together. Then the wet ingredients, measure, mix, blend into the dry ingredients. Yes! we now measure our portions onto the baking sheets, check the oven temperature and in they go...minutes later, you inhale the scent and start salivating. Oh, but we have to clean everything while the cookies are baking. Timer rings, out they come and onto the cooling rack. Yummmmm,..success. The results are in. You get to taste the first one before sharing.



Someone taught her how to read, plan and execute the plan, and then share the lesson learned with someone else by doing it together. What skills do you have that you were taught, can use and can now teach someone else. We are a community.

Our Coordinating Team is a community of women comprised of a Moderator, Vice-Moderator, Secretary/Historian, Treasurer, Communicator, Search Committee, Horizons Promoter, Newsletter and Directory positions, and a few others. We are a new PWP. I was previously the Moderator of the PWP-Newton Presbytery, and am now serving as the Moderator for the PWP-Highlands. Our Treasurer and newsletter editor is Jane MacDonald, former Moderator of PWSNE (Synod of the Northeast). Our Secretary/Historian of many years, Doris Christians, will be covering Horizons magazine. Our Search Committee is chaired by Doris Sabin, and Communications by Joanne Schnaudt. Joanne will be moving over to Secretary/Historian in April. Sharon Guthrie, a previous Moderator, organizes the Directory. Nancy Lack, our former Treasurer (Financial Steward), is the Retreat Coordinator and the Financial Steward for PWSNE. Lisa Gray, also a previous Moderator, is our Synod Representative to PW Churchwide, and informs everyone about Peace and Justice issues. The majority of these women have had mentors, mentored me, and have served in leadership positions. They continue to serve and share their gifts.

God, in His grace, gave us each gifts and talents, not to hide under a bush, so to speak, but to let those gifts and talents shine in the light. 1 Timothy, verse 14 states, "Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you." (NIV)

As it is written from the Apostle Peter in 1 Peter 4:10, "Each one should use whatever gift he [she] has received to serve others, faithfully administering God's grace in its various forms." (NIV)

You may not have engineering skills with which to design the operation of a motor vehicle, but I am sure you have many other gifts to share. Please pray about what gifts you can share, and reach out to Doris Sabin, Search Committee Coordinator at dorissabin@gmail.com. We look forward to meeting and working with you. If you are unable to commit to a full elected term, that's OK. There is a place for you.

In Jesus' name, I pray for new friendships in this community of Presbyterian Women Presbytery in the Highlands of New Jersey.

Donna Rahmann -donnarahmann@comcast.net



WOMEN AROUND THE WORLD

News from Magdalena Lewis, the PW Representative to the United Nations Committee on the Status of Women

This year marks the 50th anniversary of the Committee on the Status of Women. Non-governmental organizations around the world meet to plan ways that the lives of women can be improved, which in turn builds strong communities. If this is something that you might be interested in, registration is now open for this year's forum. Go to <https://ngocsw.org> for more information. Look for the January, 2022 newsletter for the process. The forum will take place virtually from March 13 – 25, 2022.

CHURCHWIDE NEWS

SAVE THE DATE: THE 2024 TRIENNIAL BUSINESS MEETING AND CHURCHWIDE GATHERING IS SLATED TO BE ON AUGUST 5-13, 2024 AT THE MARRIOTT GRAND AND AMERICA CENTER IN ST. LOUIS, MISSOURI.

Report from Churchwide PWSNE Representative

The Board of the PWC Coordinating Team is not able to meet in person this winter. There will be a report after their late February virtual meeting. I sit on the Peace and Justice Committee, and they have been meeting regularly to work on the triennial main focus of **ENDING VIOLENCE AGAINST WOMEN AND CHILDREN**. The World Council of Churches (an ecumenical partner) has a "Wear black on Thursdays" campaign ALL OF US might adopt for a first step. Think what your group might do! The 2022 P&J *Prayer Calendar* is on the PW website.

They are proud to say the first country wide **Book Study** on Social Justice Issues happened 1/10/22 with the book Decolonizing Wealth. The next book is Caste by Isabel Wilkerson with the discussion on March 14th. To register to be sent the ZOOM invite go to presbyterianwomen.org/justice. Do this as a group or solo.

There are so many Justice and Peace issues that we have chosen just three things we all could work on together in 2022. Come in the Spring for more information!!!

- ❖ Buy Fair Trade Products (**SERRV**, and 10,000 **Villages** have great websites) – this includes fair trade coffee, tea and chocolate through our partners Equal Exchange (774-776-7366 www.equalexchange.org), Café Justo (520-364-3532 www.cafejusto.org) and the Presbyterian Hunger Program (888-728-7228 x 5626 www.pcusa.org/coffee).
- ❖ **1,000 Days** (nutrition from conception to age 2) (another great website of their own). This is supported by **BREAD FOR THE WORLD**, an Ecumenical Christian Advocacy Group. I have quarter banks for you on request.
- ❖ **NJ Poor Peoples Campaign**

Joining "Bread for the World", following the "Poor Peoples Campaign" (especially our own state one) educating about "1,000 Days" (perhaps collecting quarters in the second mile banks) and buying Fair Trade products are a particular focus. Check out those websites (or sign up for PW e-mails and News-Bytes, subscribe to Horizons magazine to see what's going on) for more information on what you could present to your women. There is supplemental information about the 1000 Days, Bread for the World and the NJ Poor Peoples Campaign at the end of this newsletter.

While we don't want to tell you "what your group should do" we want to offer suggestions to get you started. Come to the Spring Gathering to be inspired and informed! *Let's build PW communities together.*

I am the also chair of the PWC Stewardship Committee and there is a huge need for financial support to the "**Annual Fund**". Since so many of us haven't been meeting as groups and sending donations (who's still doing fund-raisers?) to PW in the Presbytery for further distribution, the help all women get from the Synod and (National) Churchwide infrastructure is in danger. PW Churchwide staff has a mission focus. They make the annual bible study happen, they keep Horizon's magazines in the mail, they communicate with News-Bytes, and projects financed by The Thank and Birthday Offerings (with what you raise and donate) and they keep an eye on the stock in the PW store and ecumenical partnerships (like the Fellowship of the Least Coin-Church Women United). Please consider a group or personal donation! Use the remittance form after the Treasurer's section.



Lisa Gray Lisa_a_gray@outlook.com



JUSTICE AND PEACE

I'm going to start my article by asking: WHAT'S GOING ON WITH PW IN YOUR CONGREGATION? If your answer is a lot, please send our moderator Donna Rahmann a 2021 annual report, the same report that may be going to your Session. If not a lot, **I ask why not?** Do you need help from the Coordinating Team? Do you need ideas? Do you think no women in your congregation are interested? On behalf of the newly organized Coordinating Team, what would the women in your church be interested in? WHAT WOULD ACTUALLY GET THEM OUT TO A LIVE MEETING or sign onto a ZOOM conference? We'd love to hear from you!



What's going on at the PW Presbytery level? Right now there's a monthly book study at Panera's, a weekly "Beach Study" (currently working on "Daughters to Disciples" by Lynn Japinga) at noon by zoom on Thursdays, plans for how to donate for Haiti in a more direct personal way than Presbyterian Disaster Relief (PDA) (see article in this newsletter), plans for a Spring Gathering (flyer included), a monthly Prayer Service (flyer included) a Fall Retreat and perhaps a trip to Cape May to visit the new Harriet Tubman Museum. AND we're researching Peace and Justice issues that might entice you to find out more about and even get involved with.

The Spring Gathering will be April 2 and **hopefully in person** or perhaps hybrid. That would give all of us a chance to see new faces. PW Churchwide has been challenging us to have "Courageous Conversations" about difficult political issues. We know there has been too much divisiveness in this country and PW wants to bring you a way to reflect on how you feel about issues while not raising your temperature or adding even more stress in your lives. Let's learn how we can do this!

Lisa Gray- PWP Peace & Justice Coordinator Lisa_A_Gray@outlook.com 973-476-4710

MISSION OPPORTUNITY

As we prepare for this new year, some of us are looking for opportunities to support mission programs that serve people beyond our borders. Friends for Health in Haiti (FHH) is a medical mission at Gattineau, an hour and a half inland from Jeremie, in the mountains of the southern peninsula of Haiti, serving numerous small villages that have not had access to good medical care.



This medical clinic is the creation of Catherine Wolf, M.D., M.P.H., who grew up in the Kingston Presbyterian Church in Kingston, NJ – formerly part of the Presbytery of New Brunswick. Dr. Wolf is an Emergency and Internal Medicine physician who also has a degree in Public Health. The Friends for Health in Haiti is the non-profit organization formed in 2006 which supports Dr. Wolf's work. The FHH mission is "to improve the health of the people of Haiti in a caring, compassionate manner, as a reflection of our Christian faith." The vision statement: "our vision is a far-reaching one – to develop a medical facility that will provide primary health care to people of all ages, community education from the clinic and in surrounding communities, and maternity services, including emergency obstetric care."

Some of the programs which have been created to assist the communities served by FHH include:

- ❖ Diabetes Institute providing greater oversight for patients with diabetes

- ❖ Water & sanitation program helping villagers build latrines, use safe-guarded springs as a water source, practice hand washing, and preventing other water-related illnesses
- ❖ Goat program where families are given 2 female goats (their milk being a source of healthy protein for the children), they in turn give some of the goat kids to another family to share these benefits. The goats have also become a business for some of the families
- ❖ Education program assists some young villagers to pay for their education costs for primary and secondary schooling; some students are even in medical school now
- ❖ Indigent Patient Fund has become more important as family members in Port-Au-Prince send less money home as they navigate the unrest in the capital

Dr. Wolf provides for the immediate medical needs of her patients as well as the long-term needs in their homes and communities. Volunteer Community Promoters work with Dr. Wolf to develop appropriate programs and then help the communities administer them.

How can we help from PW in the Presbytery of the Highlands? Well, monetary donations are always helpful, but some of us like to get our own hands involved. Some of the items which have been collected by local PW groups in the past to be sent to Haiti include small stuffed animals and small toy cars given to the children when they visit the clinic for care, ointment for muscle pain for older adult patients, cloth masks to distribute at the clinic during the pandemic, pillowcase dresses, and knitted or crocheted hats for newborns. The Kingston Church has served as a collection point for these and other requested items as shipment to Haiti is a very complicated process, so it's important for us to know what is currently needed. Please call or e-mail before collecting/sending materials. Phone: 609-921-8895 E-mail kingstonpresnj@gmail.com In the event you are mailing something, the address is: 4565 NJ-27, Kingston, NJ 08528

Another way to help is participation in a work trip to the clinic in Haiti – that is, once the pandemic allows them to be scheduled again. The need for health care volunteers is great, but there are tasks for those that aren't as specialized.

Currently, the FHH is providing assistance to the communities as they recover from the 7.2 earthquake on August 14, 2021, which was centered not many miles from the clinic. Nearly two-thirds of the families had their homes badly damaged or completely destroyed by the earthquake. Whole fields were wiped out by landslides so crops of corn and beans are gone. An agricultural program has been created to provide bean seeds for planting. Some of the people were still doing their best to recover from Hurricane Matthew in 2016 which went directly through Gattineau; several people found the safest storm shelter from the hurricane was their concrete and metal-roofed latrine.

Each fall, Dr. Wolf connects with her New Jersey supporters through a luncheon at Kingston Presbyterian Church; this was replaced for 2020 and 2021 with a Zoom visit as Dr. Wolf has remained in Haiti to care for her patients. More information is available at <https://www.friendsforhealthinhaiti.org/>. You may also contact Doris Sabin at dorissabin@gmail.com

STAYING CONNECTED

PW in the Highlands is organizing email lists with a contact person for every church. If you have someone in your church who should be receiving our Newsletter, program flyers, and PW information, please send her name, her email address and the name of your church to Joanne Schnaudt, Communications Coordinator, at jwschnaudt@comcast.net. Thank you for helping us reach EVERY woman in the Presbytery.

BOOK GROUP

After the 2016 Churchwide Gathering, women of the PWP Newton – Now PWP Highlands, began meeting monthly at Panera's in Ledgewood, N.J. for food and fellowship usually around 5:00 p.m., with discussion beginning at 6:00 p.m.

No special degree is required. Just attend for food, fellowship, fun and great discussions on books that the group decides to read. You can purchase most books on Amazon or Barnes and Noble, used or not, or even check them out at your local library.

The book we just finished was *The Island of Missing Trees*, by Elif Shafak. It is a novel set on the island of Cyprus, in the Mediterranean Sea, south of Turkey. There is love, grief, mystery, faith, and so many more emotions, with a surprise ending.

Our next book is *Jack* by Marilynne Williamson. Date February 18th – we'd love to have you join us. Reach out to donnarahmann@comcast.net

MAKERS



Knitting4Peace
Crafting hope, healing, & peace
one stitch at a time.

The organization, celebrating its 15th anniversary this year, is collecting knitted items to go everywhere to bring peace & comfort.

Most-Needed Items:

Winter scarves (42" or longer, 6" or wider, or cowls). Use a warm, not lacy, stitch pattern.

Mittens (in sizes for adults or children)

Shawls (45" or wider, 30" or taller) Most helpful if warm rather than lacy stitch pattern.

Where To Send:

By mail to 2600 N. Leyden St., Denver, CO 80207.

It is really good to include a donation for the further mailing of items, as well as contact information.

There must be some knitters & crocheters out there! Youtube has lots of instruction videos. Get together, masks on - teach someone, teach a young woman. Don't let the art die!

HORIZONS MAGAZINE

Beginning last year, Horizons Magazine began publishing five times a year. The Bible Study is mailed separately – for 2022-2023 the title is [*Celebrating Sabbath: Accepting God's Gift of Rest and Delight*](#) The current rates for renewal are 1 year: \$24.95; 2 years: \$44.00; and 3 years: \$63.00. Subscription requests or gift subscriptions can be sent to:

Horizons
PO Box 421
Congers, NY 10920-0421

You can also go online to www.presbyterianwomen.org or call 866/802-3635. If you are a "Green Presbyterian", you can receive your subscription on line instead of a hard copy

FLASH – NEWS!

Until March 31, 2022, give one Horizons gift subscription and get one free! With each one-year subscription, your gift recipient will receive five issues of the magazine (in print and digital) plus the award-winning PW/Horizons Bible study. (Subscribe by April 1 to receive this year's study!) As the magazine for Presbyterian Women, it's the only publication that focuses on the PW community that you love, and includes program ideas and resource suggestions to inspire and equip all women! From ideas for mission or justice and peace ministries to articles that celebrate the many gifts of our beloved community, Horizons magazine is a must-read. The PW/Horizons Bible study is also created by and for Presbyterian Women, and includes inspiring art and biblical interpretation.

I love the 'helps' for the Bible Study in the subsequent issues, the leadership guide (yes, you can lead, too), the contemplative art for each chapter, and the scripture references. Also, the questions at the end are very thought provoking.

Did you know that you can also submit a manuscript? A list of the upcoming themes, manuscript deadlines and writers' guidelines are available on the website www.presbyterianwomen.org.

Occasionally, I will pick up a previous issue of *Horizons*. This time, it was the Summer 2021 issue, which my eye led me to page 38. The articles were about the forerunners of Presbyterian Women. One in particular, **Barbara Roche**, was the founding editor of *Horizons* magazine. Ms. Roche died in May, 2021. She had attended Princeton Theological Seminary (New Jersey) in 1960. She used her talents for the good of the body. Peace and rest be with you, Ms. Roche. Donna Rahmann

TREASURER

The Birthday Offering is one of Presbyterian Women's two offerings. Received in the spring each year, it gives women a tangible way to celebrate the blessings in their lives. The Birthday Offering funds up to five projects each year, in amounts of \$75,000 to \$150,000 each. A promotional package is mailed to each congregation in January – please have the church office look for it for you. There will be ways to support the offering and a list of the recipients.

This past year, PW in the Presbytery sent \$10,350 to support the Mission Pledge of Presbyterian Women, in addition to \$258.15 in Birthday Offering and \$773.50 in thank Offering. This despite not being able to gather in person! Great thanks to each church and group from the new Treasurer, Jane MacDonald.



I've included a new remittance form for use in sending funds to me. New forms for scholarship applications, Honorary Life Memberships, etc. will be available at the Spring Gathering.

PRESBYTERIAN WOMEN, PRESBYTERY OF THE HIGHLANDS OF NJ REMITTANCE FORM

Local Association Treasurers: Please use this form for making remittances. Your canceled check is your receipt. Please make checks payable to: PRESBYTERIAN WOMEN, HIGHLANDS PRESBYTERY. Thank you.

Name of Sender: _____ Telephone _____

Sender's E-Mail Address: _____

Church / Association: _____

Payment of:	Amount
Mission Pledge - Churchwide	
Mission Pledge - Synod	
PW Presbytery Operating Support	
Birthday Offering	
Thank Offering	
Least Coin	
Other - Specify	
Total of Check	

All money should be sent to
the Treasurer:

Jane MacDonald

35 Hillside Ave

Newton, NJ 07860

Reminder: Quarterly payments for mission pledges are due by the 10th of March, June, September and December.

SUPPLEMENTAL INFORMATION

1000 Days

Vaccinations, Nutrition, and COVID-19 – Key Messages

1. Vaccinations and good nutrition are essential for tackling child morbidity and mortality. Together, these cost-effective interventions prevent millions of deaths each year, create the foundation for health and development, and contribute to a virtuous cycle that lifts individuals, communities, and nations out of poverty.
2. Vaccinations and nutrition interventions complement each other, and each amplifies the impact of the other. They should, where appropriate, be delivered together, as a core part of a comprehensive primary health care approach, on the road towards universal health coverage.
3. The COVID-19 crisis threatens to roll back progress made on child survival and child health during the past decades due to critical health services being interrupted, while poverty and food insecurity are increasing. We cannot allow COVID-19 to reverse progress on the Sustainable Development Goals and leave a permanent mark on a generation of children.
4. Continued investment in vaccinations, nutrition, and other essential health services is crucial to effectively respond to COVID-19, to prevent child mortality and long-term negative effects on child health and development, and to build resilience during the recovery phase.

BACKGROUND INFORMATION

In recent decades, preventable child mortality has been reduced significantly, thanks to increased access to health and WASH services, including vaccines and nutrition interventions. These upstream, population-level prevention measures are also highly cost effective – a “best buy” in global health. Immunization matched with good nutrition can prevent most vaccine-preventable diseases. In isolation, vaccines may not have the anticipated efficacy when administered to those who are malnourished. Nutrition programs will be less effective at preventing early death in unvaccinated populations. Complementing immunization programs with the delivery of nutrition services will ensure adequate and sustained nutrition and is, therefore, key to maximizing the impact of vaccines and promoting cost-effectiveness while breaking the vicious cycle of poor health, malnutrition, and stunted growth. Vaccines and good nutrition work hand in hand to prevent child mortality and promote good health – they should be addressed together as part of a comprehensive primary health care approach, on the road towards universal health coverage.

- Immunization and nutrition interventions are among the most cost-effective ways to save lives and promote good health and well-being. Together, they save millions of lives each year, protecting from disease and disability, supporting healthy development, and boosting immunity – with a lifelong legacy.
- Good nutrition is key to build immunity, protect against illness and infection, and support recovery. Poor child nutrition is associated with higher prevalence and severity of infectious diseases. Malnutrition weakens the immune system and greatly increases the likelihood of dying from infectious disease, including vaccine-preventable illnesses such as measles and pneumonia. Vaccine effectiveness can be significantly diminished in children who are poorly nourished. This may be due to impaired immune response to the vaccine itself, and a higher likelihood that undernourished children have co-morbidities, including micronutrient deficiency or diarrhea, which prevents optimal vaccine absorption.
- Children who suffer from infectious diseases are at an increased risk of poor nutrition. Vaccine-preventable diseases could tip children into a malnourished state as they impair the absorption of essential nutrients.
- Immunization and nutrition are co-dependent, and failure to treat them in tandem will undermine investments in them as individual interventions. Efforts to distribute vaccines and improve nutrition need to be delivered together, where appropriate. Bundling these essential health services can translate to saving more lives while saving more money.
- Immunization routinely reaches more households than any other health service and brings communities into regular contact with the health system. This provides an effective platform to deliver other primary health care services, including essential nutrition actions, and upon which to build universal health coverage.
- The COVID-19 pandemic and its socio-economic consequences could reverse immunization and nutrition gains made over the last decades.
- A strengthened holistic approach to immunization and nutrition is needed to overcome stagnating progress and accelerate impact of vaccinations and nutrition interventions.
- Immunization and nutrition should be adequately reflected in sub-national, national, and global COVID-19 response and recovery plans, and sufficiently funded.
- Integration and joint delivery of vaccinations and nutrition intervention should be a core part of health system strengthening during the COVID-19 response and recovery, for higher effectiveness and better use of human, technical, and financial resources.
- A fully replenished Global Alliance for Vaccines and Immunizations (GAVI) is a vital step towards lowering child mortality and enabling other interventions, such as nutrition, to reach their potential.
- The 2021 Nutrition for Growth Summit will be a unique opportunity for global health stakeholders, such as GAVI, to align their commitments to the needs expressed by countries in their national nutrition plans and universal health coverage roadmaps.

BREAD FOR THE WORLD

MEMO ON THE HIGH RETURNS OF INVESTING IN A 1,000 DAYS INFRASTRUCTURE

Bread for the World is calling on the Biden-Harris administration and Congress to build a better 1,000-Days infrastructure in the United States. We know this from our work on global nutrition that the 1,000 Days between a woman's pregnancy and a child's second birthday is a time of tremendous potential and enormous vulnerability. It is true everywhere, including here in the United States.

Women and infant children (WIC) drives the agenda

As an anti-hunger organization, Bread for the World is predisposed to focus on nutrition programs, and the WIC program is ideally suited to the **1,000 days**. Mothers and children need sufficient food and good nutrition in the first **1,000 days** in order to thrive.

Nutrition Assistance

A cost-benefit analysis of WIC's impact on preterm births estimates that every dollar spent on prenatal WIC yields **\$2.48** in long-term savings to society in medical, educational, and productivity costs. Every dollar spent on pregnant women in WIC produces **\$1.92 to \$4.21** in Medicaid savings for newborns and their mothers. WIC's prenatal care benefits reduce the rate of low birthweight babies (less than **5.5 lbs**) by **25** percent and very low birthweight babies (**3 lbs., 5 oz**) by **44** percent. In a study of **763,566** infants with post-natal insurance coverage, infants born with a normal birthweight incurred average 6-month medical expenditures of **\$6,743**, while infants with low-birthweight status incurred average 6-month expenditures of **\$537,624**. Very low birthweight infant care accounts for 30 percent of newborn health care costs, with an annual cost of approximately **\$13.4 billion** in neonatal intensive care unit hospitalizations. Mothers who receive WIC's peer counselor support are **2-3** times more likely to initiate and continue breastfeeding.

Maternal and Infant Health Care

About **1 in 10** babies in the USA is born prematurely each year. Women who do not receive prenatal care are seven times more likely to have a preterm birth compared with women who attend the majority of their prenatal visits. A **2007** Institute of Medicine report estimated the societal economic burden associated with preterm births in the United States was at least **\$26.2** billion annually in **2005** dollars, or **\$51,600** per infant born preterm. Excess maternal delivery costs due to preterm birth were approximately **\$5,200** more than the delivery costs associated with a term birth. The rate of preterm birth among Black women is **50** percent higher than the rate of preterm birth among white or Hispanic women.

Paid Family and Medical Leave & Child Care

Access to paid leave is estimated to increase mothers' labor force participation by approximately 20 percent during the first year following their child's birth. States with paid family and medical leave versus unpaid or no leave reduce the chance of postpartum re-hospitalization of the mother or baby by **50** percent. Just **8** percent of workers in the bottom wage quartile—who on average earn less than **\$14** an hour—had access to paid family leave in 2020. For low-income children, every dollar invested in high-quality child care can result in a **\$7.30** return with lifetime impacts for children, as they grow up healthier, do better in school, and earn more over the course of their lifetimes. The lack of access to affordable, high-quality child care, especially for infants and toddlers, costs the United States economy **\$57** billion per year in lost earnings, productivity, and revenue.

POOR PEOPLE'S CAMPAIGN

In 2018, the Poor People's Campaign: A National Call for Moral Revival released its Poor People's Moral Agenda & Declaration of Fundamental Rights. Its demands address systemic racism, poverty, ecological devastation, militarism, and a distorted moral narrative that keeps these systemic injustices intact. The connections between these 5 themes are why we must continue to build power among the 140 million poor & dispossessed of this nation. Fight poverty, not the poor!

IN NEW JERSEY

Poverty:

- 40% of people in New Jersey are poor or low-income—a total of 3.5 million residents. This includes 51% of children (1 million), 45% of women (2 million), 58% of Black people (679 thousand), 69% of Latinx people (1.1 million), and 34% of White people (1.7 million)
- From 1979 to 2012, income for the top 1% grew by 219%, while income for the bottom 99% only grew 23%.

Systemic racism

- 62% of the eligible voting-age population in New Jersey turned out to vote in 2016, out of 5.9 million eligible voters. That includes 58% of 814 thousand eligible Black voters, 43% of 913 thousand eligible Latinx voters, 53% of 399 thousand eligible Asian voters, and 63% of 4.6 million eligible White voters.
- More than 94 thousand residents cannot vote due to felony disenfranchisement, including over 47 thousand Black people (5% of the Black population in New Jersey).
- Of the over 19 thousand people imprisoned in New Jersey as of 2017, about 79% are people of color.
- Black residents of New Jersey are incarcerated at over 12 times the rate of White residents.

Militarism and the war economy:

- From 2008 to 2014, NJ law enforcement received at least \$32.9 million in federal military equipment.
- New Jersey taxpayers contributed \$29.24 billion to the military in 2018.
- Over 82 thousand veterans have incomes below \$35,000—this is 19% of the NJ veteran population as of 2015.
- New Jersey has 17 ICE detention centers as of 2019. Over 28 thousand people were deported from New Jersey between 2003 and 2018, and over 56 thousand immigration removal cases are currently pending. Meanwhile, 475 thousand residents of the state are undocumented, and 9% of K-12 students have undocumented parents.

Ecology and health:

- 647 thousand people in New Jersey are uninsured as of 2018.
- 12% of census tracts in New Jersey are at-risk for being unable to afford water.

Family, community, and education:

- New Jersey currently ranks 1st of all states in quality of child education. 51% of fourth graders are not proficient in reading, and 56% of eighth-graders are not proficient in math as of 2017.
- Nonwhite school districts receive an average of \$3,446 less in funding per student than white districts. Poor nonwhite school districts receive \$7,347 less per student than poor white districts.
- 879 thousand people benefit from the Supplemental Nutrition Assistance Program monthly as of 2016.
- As of 2015, 298 thousand children live in food-insecure households, 15% of all children in New Jersey.
- 24% of children in New Jersey have parents without secure jobs as of 2016 – that's 469 thousand children.

Everybody's got a right to live:

- Over 9 thousand people in New Jersey are homeless as of 2018.
- Working at the 2018 state minimum wage, it takes 130 hours of work per week to afford a 2-bedroom apartment.
- 1.4 million make under \$15 an hour—34% of NJ's workforce as of 2018, the 46th highest of all states.
- The minimum wage in New Jersey is \$10 in 2019. A living wage in the state in 2019 would be \$28.49 an hour.

NATIONWIDE

- Voting rights protections in many states are weaker than they were 50 years ago. 1 in 4 eligible voters isn't registered.
- The United States imprisons, detains and/or deports more people than any country in the world.
- 140 million people in the U.S. are poor or low-income – over 43.5% of the population – including 60.4% of Black people (26 million), 64.1% of Latinx people (38 million), 40.8% of Asian people (8 million), 58.9% of Native and Indigenous people (2.14 million), and 33.5% of White people (66 million).
- 53 cents of every federal discretionary dollar is spent on the military; only 15 cents goes to anti-poverty programs.
- At least 28% of children (20.7 million) in the U.S. have parents who don't have steady jobs. This includes 43% of Black children (4.4 million), 46% of Native/Indigenous children (265,880), 21% (781,935) of Asian children, 33% (6.2 million) of Latinx, and 22% (8.5 million) White children.
- 13.8 million U.S. households cannot afford water, and the poor are bearing the brunt of climate change effects.
- Native & Indigenous people are living with the ongoing legacy of genocide & systemic racism, with disproportionately high rates of poverty, homelessness, & overrepresentation in the US military, and continuous struggles to defend sovereignty & land rights. Organizers can explore native-land.ca to acknowledge the Indigenous territory on which you reside.

IT DOES NOT HAVE TO BE THIS WAY

Contrary to common myths, our country — the richest in the world — has abundant resources to protect the environment and ensure dignified lives for all people.

- This year, the richest 1% of New Jersey residents are expected to receive 19% of the GOP tax law's benefits coming to the state. New Jersey's richest 1% can expect an average tax cut in 2020 of \$37,640, while the poorest 20% in the state can expect an average tax cut of just \$100.
- New Jersey's contribution to the country's endless wars in Iraq, Afghanistan and beyond totals \$262.5 billion since 2001, and could instead have created over 182 thousand new jobs in clean energy, or placed every child in Head Start early childhood education programs, or covered Medicaid for over 3.7 million adults for the past 18 years.
- New Jersey has spent at least \$5.7 billion in public subsidies for corporations over the past five years that could have instead gone to our communities and our needs.

As revealed in the Poor People's Moral Budget: Everybody Has the Right to Live!, it is possible to invest society's resources to establish justice, domestic tranquility, security, & the general welfare for all.

- It would take \$750 million dollars over five years to implement automatic voter registration and make our democracy more secure. This is 1/1000 of the \$750 billion that are being committed to the Pentagon in 2018.
- If we cut \$350 billion in annual military spending, we would make our nation and the world more secure.

- We could raise \$886 billion in estimated annual revenue from fair taxes on the wealthy, corporations, & Wall Street to meet our urgent social & ecological needs.
- For every \$1 invested in early childhood education, society would gain \$7.30 due to reduced poverty, lower incarceration rates, & better health outcomes.
- Inaction on climate change could cost \$3.3 trillion per year for the U.S. economy – the equivalent of five Great Recessions every year. A \$200 billion per year investment in clean energy transition would begin to address climate change and create 2.7 million new jobs.

This is a lot of information to take in. The impacts of not caring for children, either here in the United States or in other places in the world are enormous. Matthew 25 implores us to care “for the least of these” – surely children qualify. Many of the impacts of COVID are not reflected in these pieces – post COVID the statistics are sure to be more distressing.

Prayer from the Corrymeela Community in Northern Ireland, a place where people can explore what reconciliation can look like in a troubled and divided world.

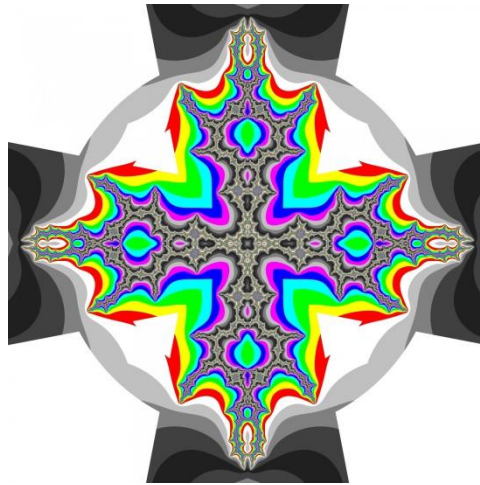
Prayer for Courage

Courage comes from the heart
and we are always welcomed by god,
the heart of all being.

We bear witness to our faith,
knowing that all are called
to live lives of courage,
love and reconciliation
in the ordinary and extraordinary
moments of each day.

We bear witness, too, to our failures
and our complicity in the fractures of our world.

May we be courageous today.
May we learn today.
May we love today.
In Jesus name. Amen.



PRAYER SERVICES

Recognizing our need for community, for getting to know one another, and for prayer in these difficult times, PW will be holding a monthly prayer service.

When: Second Tuesday of each month – Feb 8

Time: 7:30-8:00pm

Format: Evening Prayer of the Iona Community

How: Via ZOOM

To receive the Zoom invitation, please e-mail Donna Rahmann at donnarahmann@comcast.net

SPRING GATHERING

**PRESBYTERIAN WOMEN IN THE
PRESBYTERY OF THE HIGHLANDS OF
NEW JERSEY**

APRIL 2, 2022

PLACE – TO BE ANNOUNCED

(IF YOUR CHURCH CAN HOST, PLEASE REACH OUT TO DONNA
RAHMANN AT DONNARAHMANN@COMCAST.NET)

REGISTRATION 9:30AM

**“HOW DO WE HAVE CHRISTIAN, COURAGEOUS
CONVERSATIONS ABOUT “STICKY WICKET”
ISSUES?”**

- ❖ **HOW TO FACILITATED BY JENNY LEE, IMMEDIATE PAST
MODERATOR OF PW CHURCHWIDE**
- ❖ **PRACTICE CONVERSATION – WHAT IS “FAIR TRADE”
AND HOW DO WE MAKE BUYING DECISIONS?**

**WORSHIP WILL BE LED BY REV. AMY LINCOLN, PASTOR OF
THE FLEMINGTON PRESBYTERIAN CHURCH.**

DISPLAYS/HANDOUTS, ETC.