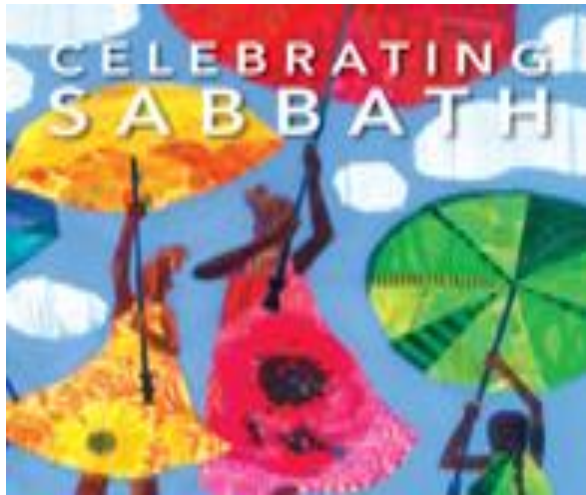


Presbyterian Women – Presbytery of the Highlands of NJ

Mini-Newsletter – July 2022

Please read below for some interesting information about mission opportunities and future gatherings.

Moderator Musings:



Peace and blessings to all. Along with ten other Presbyterian Women, I recently attended the Horizons Magazine Bible Study Retreat held at Stony Point, which was led by the author, Rev. Dr. Carol Bechtel. The retreat was centered on the 2022-2023 Bible Study, “Celebrating Sabbath, Accepting God’s Gift of Rest and Delight”. Some who were not able to attend, participated for a two hour zoom presentation.

Rev. Bechtel, who we referred to as Carol, walked us through the Bible Study, concentrating on specific chapters of the study itself, but also taught the group about the meaning of Sabbath, Jewish traditions and Jim Hawkins’ 9 “r’s” of Sabbath: Remember, Receive, Ritual, Rest, Rhythm, Re-Imagine, Restore, Resist and Refresh. These verbs can be adapted as a guided meditation, using EFT – Emotional Freedom Technique, where you use tapping of specific parts of your body, grounding your thoughts to the physical.



The women in attendance actually celebrated a Sabbath Meal with Challah bread, and juice after singing their way into the dining hall. We blessed each other at the meal, with an individual blessing for our partner. Earlier in the day, we partnered with one other woman, learned of who was important in her journey of faith, and wrote the blessing for her.



Among the crafts we enjoyed, we decorated T-Shirts and made Havdalah spice bags for the 'leaving' ceremony.



Why do we need Sabbath??? Read the study and you will be surprised. If you need help to guide you through the study, go to presbyterianwomen.org, and look for the dvd and suggestions for leaders. There are great suggestions for leaders in each chapter, as well as a review in subsequent issues of Horizons Magazine.

Or, contact me at donnarahmann@comcast.net and we may be able to arrange a team of women who attended the retreat, to give a presentation at your Women's group.

Shabbat-Shalom,

Donna Rahmann,

Moderator, Presbyterian Women Presbytery

What is Presbyterian Women and how is it relevant to today?

Who are Presbyterian Women? What are the different levels, in your Church, at the Presbytery level, at the Synod level, and Churchwide. What is accomplished at each level? To obtain the answers to these questions, contact Donna Rahmann, Moderator, at donnarahmann@comcast.net to schedule a team to visit your women.

Challenge Alert!!!

The 1,000 days from pregnancy to age two offer a crucial window of opportunity to create brighter, healthier futures. To support the group working in this area, thousanddays.org PW is issuing a coin challenge to each church. Fill a jar or can, and collect coins - aiming for 1,000!

Concerned about the recent months of tragic events involving guns in our society, Moms Demand Action for Gun Sense in America - momsdemandaction.org - is the largest grassroots group in America working to end gun violence. Check them out for ways that you can be involved in this effort.

Save the date –

Fall Gathering to be held on Saturday, October 1, 2022 at Stanhope Presbyterian Church, Stanhope, NJ.

Women's Retreat, Camp Johnsonburg – October 28-October 30, 2022

(<https://www.campjburg.org/jburg-events/>

November 5, 2022 for our retreat at the Shrine of St. Joseph.

Mission Co-Worker looking for hosts

We will have a Mission Co-Worker visiting in our area from Korea for a month and are looking for someone to host her, preferably as close to Fort Lee as possible, or on a public transit line. The Mission Co-Worker is Unzu Lee, who many of us know from Stony Point. She will need housing starting in mid-September. If you would like to have this incredible woman in your home for all or part of her stay, or would like further information, please contact Jane MacDonald (jkmac3536@gmail.com).

Horizons Magazine

As I was reading through the March/April issue of Horizon's magazine, I was struck by a sentence from an article by Melva Lowry, People of Story, in relation to our bible study on "grandmothers" – Melva wrote "We are people of story."

This issue of Horizon magazine is all about Presbyterian women who are "people of story" from an article on the Birthday Offering and its 100 years of existence and what has been accomplished, to stories about how individual Presbyterian churches celebrate their faith during the various church holidays. And so much more about how PW impacts our lives and our churches.

Think about ordering a subscription and keep up to date with what is happening with Presbyterian Women and how "people of story" are celebrated.

1000 Days Movement / Bread for the World

The following is a request from Bread for the World for your action from Lisa Gray (Peace and Justice Coordinator):

Despite the setbacks of the past few years, significant progress on hunger and malnutrition has been made over the last several decades. We can tell by the [striking improvements in statistics such as child survival](#). One in every 11 babies born in 1990 did not survive to celebrate turning 5, but it is projected that of the babies born in 2020, only 1 in 27 will not reach this milestone. Child mortality is still far too

high, but a reduction of 60 percent in one generation is nonetheless an achievement, one that the global community and national governments should work to preserve.

The United States is a generous donor to programs that provide emergency lifesaving assistance. Bread for the World members urge their elected representatives to adopt public policies and allocate funding that enable people affected by hunger to make meaningful improvements in their lives.

Bread members continue to urge Congress to approve measures such as the [proposed Global Malnutrition Prevention and Treatment Act](#). This bill would direct the U.S. Agency for International Development (USAID), as lead agency, to establish a five-year strategy to support countries in implementing their plans to prevent and treat malnutrition. The bill strengthens the framework used by the U.S. government to make decisions about humanitarian and development assistance. The goal is to target nutrition assistance even more closely to those most in need.

Bread continues to emphasize that babies, toddlers, and pregnant women have pressing needs. The “1,000 days”—the period between pregnancy and a child’s second birthday—is the most critical human nutrition window. Children between the ages of 2 and 5 are another vulnerable group. In addition to making these age groups a priority, the bill emphasizes that “high-need, underserved, marginalized, vulnerable, or impoverished communities” should be considered priorities.

Nutrition assistance would be directed to proven strategies that prevent malnutrition or identify and treat it in early stages. Effective preventive measures include fortifying foods with essential nutrients (like Vitamin D, iron, and iodine), providing young children and pregnant women with nutritional supplements, and supporting new mothers in beginning and maintaining breastfeeding.

The bill contains other provisions to bolster the impact of humanitarian assistance: requiring USAID to incorporate emergency nutrition services into U.S. agencies and into the implementation of legislation that is already in effect—for example, the Global Food Security Act and the Senator Paul Simon Water for the World Act. It specifies that the five-year plan must include several elements that have proven essential to lasting progress, such as setting goals, identifying targets that measure progress, ensuring coordination with countries’ own plans, and collecting data to strengthen future programs.

As mentioned earlier, urgent action is essential to saving hundreds of thousands of lives, and potentially many more. An [estimated 570,000 people are living in famine conditions](#), characterized by widespread disease and death, while more than 44 million people are at immediate risk of famine. Reducing these numbers calls for sufficient humanitarian assistance in the weeks and months ahead. Making improvements that last will require at least some progress on resolving the causes of these hunger crises—achieving ambitious goals such as reducing the toll of armed conflict and preserving people’s livelihoods in the face of climate change.

(Written by Abiola Afolayan, senior international policy advisor with Bread for the World)

Presbyterian Women - An Invitation to PW Gives Day

I invite all Presbyterian Women with official circles or those who believe in the PW Mission (purpose) with loosely organized devoted women to celebrate PW on the anniversary of the creation of PW’s founding as we know it today, July 31st!

Celebrate:

- Award winning bible studies and accompanying “helps” to nurture faith.
- The funds raised for our chosen missions in the Thank and Birthday Offerings.
- Peace and Justice issues brought before our women to consider for action to make the world a better place and change lives.
- Building Community, especially the (national) Churchwide Triennial Gathering and working to include all.
- Devoted staff providing resourcing and leadership development to build witnesses to God’s promises.

The ideas on HOW to celebrate are as large as your imagination! Please consider donations at the personal, local, Presbytery and Synod levels of PW to have all our gardens cultivated and watered to produce fruit!

Love grows by giving,

Lisa Gray, Chair Stewardship Committee Churchwide