


CHURCH WOMEN UNITED OF ATLANTA NEWSLETTER

May 2024

Calendar Items

Agreed to Differ-Resolved to Love-United to Serve



Young Church Women United
PRESENTS

UNITY FOR MENTAL Wellness

Young CWU has partnered with **NAMIWalks**.
NAMI is an organization dedicated to advocating and improving the lives of individuals with mental illness and their loved ones.

How YOU can help:

PARTICIPATE Register for a NAMIWalks event in your area

DONATE Visit the link to contribute to our fundraiser

SPREAD THE WORD Share this flyer and encourage others to support mental health advocacy

Let's Make a Difference and Walk Together for Mental Health!
For more information contact : nationalcwu@gmail.com

May is Mental Health

Awareness Month - Go to www.samhsa.gov for more info on Substance Abuse and Mental Health Services

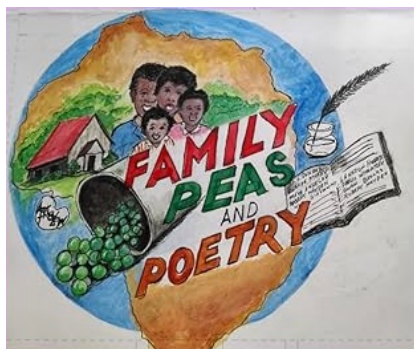
Coming in August - Everybody's Birthday



Message from President Sheila Louder

The month of May raises awareness on several items that we should celebrate or take action on:

- **Older Americans**-a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities. The 2024 theme, **Powered by Connection**, recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We thank CWU in Atlanta, Inc. member **Caroline Dixon and members at Greater Deliverance Baptist Church**, Atlanta for hosting a wonderful luncheon for Older Americans Saturday, May 4th.
- **Mental Health**-The 2024 theme, **Where to start: Mental Health in a Changing World** alerts us that for better or worse the world is constantly changing and it can be overwhelming to deal with everything going on around us. Google the [mental health tool kit](#) to learn ways to **ACT, LEARN and ADVOCATE** on the issue. The Rosalyn Carter Institute for Caregivers, Georgia Southwestern State University in Americus provides resources and tools on mental health as well as caregiving.
- **Foster Care**-The 2024 theme, **Engaging Youth, Building Supports, Strengthening Opportunities** seeks to increase national awareness of foster care issues especially the age of emancipation where children age out of the foster care system. By state the age varies between 18 and 21. Most children are reunited with their parents or other family members but in Georgia 11,000 children are currently in foster care. Let's do our part as CWU members to seek policies that improves the lives of all children but also advocate for more and better support of children in foster care, foster care parents and staff at Georgia Department of Family Children Services (DFCS).



Family Peas & Poetry Cookbook Available

The Family Peas & Poetry Cookbook by Odessa Hargro Huff is available for purchase. Softbound copies are \$24.95; Hardbound copies are \$34.95 plus \$8.00 for shipping and handling. If you would like to make an order please contact CWU member Pamela Huff Johnson at pam4peace@earthlink.net and she will email an order form to you.

Your Prayers Please!



Church Women United, Inc.
2024 Quadrennial Assembly
 June 19-22, 2024 • Oak Brook, Illinois

CALL TO PRAY!

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| <p>When Every Tuesday at 12:00 Noon</p> <p>Where Location of Your Choice</p> <p>Why The earnest prayer of a righteous person has great power and produces wonderful results. ~James 5:16b (NLT)</p> | <p>What</p> <ul style="list-style-type: none"> • Success of our Assembly • Maximum Attendance • Safe Travel of All Attendees • QA Planning Team Initiatives • Event Speakers & Vendors • Accomplishment of our CWU Mission & Vision • As Your Heart Leads You |
|--|---|

Mira J. Washington
 CWU National President
Agreed to Differ, Resolved to Love, United to Serve

(President's message continued)

Finally, the following are projects/events we have done or will do in 2024:

- (1) March-\$100 Atlanta Community Food Bank Hunger Walk, (2) April 27th *Conversation on Religions' Impact on Politics* to be rescheduled,
- (3) Support Sadie G. Mayes Health and Rehabilitation Center (4) Support Brookview Elementary School
- (5) CWU Atlanta Girls Rites of Passage Program
- (6) Support Interfaith Children's Movement programs/ events,
- (7) Georgia Festival of Trees November Human Trafficking Fundraiser
- (8) Stand for Peace monthly every first Friday or third Friday if 5 Friday's are in that month, 12 Noon til 1:00PM corner of 14th and Peachtree Street-Parking available in the adjacent garage 1175 Peachtree Street
- (9) Book Creation-"Women Whose Shoulders We Stand"
- (10) Rescheduling of the Quilt Display "Lives Taken, Lives Remembered" that include quilts made by our late vice president Odessa Huff and friends.

Please check your emails and listen for calling post messages with updates and meeting notices and encourage others to **JOIN** the movement and **RENEW** your membership for 2024.

With thanks and love, Sheila Louder!

Congratulations to Awardees 2024

At our May Friendship Day Celebration the Unit honored the following:

Valiant Women

Carolina Dixon
 Vivian Davis

Young Church Women United

Jaline K. Dixon
 Veronica Hill
 Claire Dent

Key Woman

Dr. Sadye Potter