

## Spirit of Community

### Caregiving Update

Welcome to what the calendar says is the beginning of Spring! Our area doesn't always reveal this reality but at least we're on our way! We owe great thanks to Sally Hanchett and Pat Fairchild for Channing Caregiving in February. Sally has consistently volunteered and Pat bravely faced her first coordinator position. They did a wonderful job of responding to the celebrations, transitions, and sorrows of our community. THANK YOU! In March you may call upon Marcia Mallory (849-5659) and Moira Greenon (683-3693) who will be at the helm of caregiving coordination. Please call with news of your own and others in our Channing circle of members and friends.

During the month of February, there were several losses in the lives of church members. The Very Rev. Abdulahad Doumato, Eleanor Doumato's father-in-law, died on February 11<sup>th</sup> at the age of 92. The Providence Journal wrote of his devoted service at St. Ephraim Syrian Orthodox Church in Central Falls. Please accept our sincere sympathies, Gabe and Eleanor. Our thoughts are also with Christine Ariel whose father, Chester W. Woj died on January 30. Chris and BJ traveled to the ranch in East Texas to hold a memorial in the living room of the home her father had built. Our hearts reach out to you, Chis. Fred Caswell lost a cousin, son of his namesake Fred C. Caswell. This is his third cousin he has lost in recent months so he and Nancy hope to be a support to their widows.

Beth and Russ Milham's beloved 19 year old cat, Jocasta, died peacefully at home with the assistance of a caring Veterinarian. All pet lovers certainly empathize with the Milham's loss especially since this is the first time in almost 40 years that their home has been without a cat.

Bett Marshall is continuing her successful recovery from surgery. Channing Caregiving and friends, remember Bill and Bett may still need assistance. We send our caring thoughts to Joe Alaimo who is undergoing medical testing. Lee Tolman welcomes friends and good wishes from Channing as he is more confined to home these days. Please call before planning a visit.

We celebrate Sherrill and George Warch's 41st wedding anniversary! Congratulations! On February 22 Bill Marshall was given a Lifetime Achievement Award by the Providence Section of The American Society of Mechanical Engineers. It takes 2 paragraphs to list all the things he has done to deserve this award. His family is very proud of him.

Special thanks to the K-1<sup>st</sup> grade Religious Education class who made flowers from tissue paper for Caregiving! Your beautiful creations touched several members of our community.

**Quote of the month: IF IT HURTS TO LOOK BACK, FRIGHTENS YOU TO LOOK AHEAD THEN JUST LOOK BESIDE YOU. WE'LL BE THERE.**

—Nickie Kates  
Caregiving Facilitator

### EcoBits and Tips

#### Reusing/Recycling through Donating

In our efforts to "live green," we all have things we're done with but can't bear to dispatch to the landfill. Recently, the syndicated column, *Frugal Living*, by Sara Noel, ran a list of groups looking for just those things. Here are the sites for details:

Unwanted shoes: [soles4souls.org](http://soles4souls.org)

Unwanted skirts, blazers, blouses:

[dressforsuccess.org](http://dressforsuccess.org).

Gently used stuffed animals:

[stuffedanimalsforemergencies.org](http://stuffedanimalsforemergencies.org) (SAFE)

Hair: [locksoflove.org](http://locksoflove.org), or (561) 963-1677.

Gently used coats: [onewarmcoat.org](http://onewarmcoat.org).

Used eyeglasses: [lionsclubs.org/EN/content/vision\\_eyeglass\\_recycling.shtml](http://lionsclubs.org/EN/content/vision_eyeglass_recycling.shtml).

Crafts, school and office supplies: [scrapation.org](http://scrapation.org).

Sewing machines or computers: Filipino's Children Fund. [fcfinc.org](http://fcfinc.org), or contact Ross Inciong, at [ross@fcfinc.org](mailto:ross@fcfinc.org).

Garden seeds: [wintersown.org](http://wintersown.org).

Free samples: [anysoldier.com](http://anysoldier.com) (or save for Channing's holiday gift bags for our Soup Kitchen guests.)

To read Noel's column, go to [frugalvillage.net/2008/02/08/10-places-that-need-your-help](http://frugalvillage.net/2008/02/08/10-places-that-need-your-help).

You'll find lots more life simplifying ideas for on her site, [frugalvillage.com](http://frugalvillage.com)

### Organic Gardening & Eating

Our Green Congregation Committee will host an organic (not necessarily local) foods potluck dinner on **Wednesday, March 26 at 5:30 PM, in the Parish Hall**. Let this adventure give you food for thought, and watch out for "green-washing" (i.e. natural or organic in marketing jargon, only.) For the program that follows, we're inviting all the gardeners in the congregation to join in a question-and-answer panel, and we can quiz them on gardening wisdom. Subjects will include vegetables, fruits and flowers, organic growing, container gardening, composting (including vermiculture), and beyond! Sign up in the Parish Hall, or email Eleanor, [eleanor\\_doumato@brown.edu](mailto:eleanor_doumato@brown.edu) with the number attending and the dish you plan to bring.