

# OCWC Newsletter

PO Box 2102 | Oregon City, OR | 97045-0058 | [www.oregoncitywomansclub.org](http://www.oregoncitywomansclub.org)



## A Note From Bev....

"In each one of you there is a chest, a box, and inside there's a treasure. Your job is to open the chest and pull out the treasure, make it grow, give it to others, and receive the treasure of others. We all have a treasure inside of us. If we keep it closed, it stays closed; if we share it with others, the treasure multiplies with the treasures that come from others. What I want to tell you is: do not hide the treasure that each one of you has. Sometimes it's easy to find, sometimes you must go on a treasure hunt, you don't find it immediately. But once you find it, share it! Because, through sharing it, you receive from another and it multiplies...Go forward!" Pope Francis

It is with those shared treasures, our club has embodied the magic of Christmas and the giving heart. Thank you to all who volunteered in what's typically your busiest month of the year with Shop With a Cop, OC Snuggles, the Stevens-Crawford House and the Holiday Store. You are awesome!

Soon we'll be toasting happy endings and new beginnings as we greet 2020! I want to thank each of you for your continued support and friendship! Feeling blessed to be a part of OCWC and I hope you are too!





## Backpack Buddies!

Prince of Life Church | 13896 S. Meyers Road | Oregon City

Thursday, January 23rd @ 12:00 PM



Scholarship

## The GFWC Oregon City Woman's Club Scholarship

OCWC scholarship provides a \$1,000 scholarship to a graduating student attending a high school located in Oregon City who will be pursuing college-level studies in the fields of education or social services. The student must attend an accredited Oregon institution of higher learning. This year we are delighted to offer up to three scholarships.

Wishing to donate? Make your check payable to Oregon City Woman's Club and mark scholarship in the memo line. Send the check to Heather Chaney, club treasurer before December 31st.



## January Birthdays

01-04 Vicki Calcagno

01-04 Bev Spilseth

01-25 Mariann Buell

*Birthstone is Garnet which promotes balance and peace. The flower is a pink carnation which means affection and red carnation is associated with love.*



## SAVOR YOUR CHOCOLATE

To truly appreciate the complexity of chocolate try eating it mindfully.

### HONOR THE MOMENT

Take a moment to acknowledge the origin story behind chocolate, where it came from; all the natural elements of sun, rain, soil, and wind that allowed the cacao to grow; the farmers who cultivated it; the chocolate maker who blended it with other ingredients to create the bar you hold right now; even the thought that went into the packaging design.



### CONNECT WITH YOUR SENSES

Before eating, pause for a moment to take in any aroma. What scents can you pick up? Does a memory emerge? Take a second look. What colors do you see? Then take a bite and see what you notice. How many layers of flavor are there?

### EXPERIENCE EVERY BITE

When we eat we are often “doing” something else at the same time which takes away from tasting and enjoying the food. Try just eating the chocolate without any distraction, slowly savoring every bite. Enjoy!

Adapted from Elisha and Stephanie Goldstein

## OCWC Meeting Notice

January 9, 2020

Hostesses - Judy Storey, Robin May, Bev Simpson

11:00 AM - Social Time

11:30 AM - Regular business meeting followed by lunch and program

Program - Chief Jim Band, Oregon City Police Department

Monthly Club Project - Small craft items, blunt point scissors, stickers. We have to mail these items to St. Jude so we need to be aware of the weight of the package for mailing. We will be putting these kits together after the meeting. We have plenty of paper, crayons and colored pencils.

Christmas magic is silent.

You don't hear it ~

You feel it.

You know it.

You believe it.



*May the  
Miracle of  
Christmas  
fill your heart  
with joy.*

*Peace  
love  
joy*