



THE LAMPSTAND

Mellingers Evangelical Lutheran Church †80 Gockley Road †Stevens, PA 17578
Volume 10 Number 4 April 2017



HOLY WEEK SCHEDULE



Wednesday April 12, 7:00 pm

Lenten Cluster worship at Faith United, Denver

Thursday April 13, 7:00 pm

Maundy Thursday Worship: We share communion with one another downstairs and then go upstairs where the altar is stripped as remember the betrayal of Christ.

Friday April 14, 7:00 pm

Good Friday Service of the Shadows: The Scriptural story of Jesus' crucifixion is told and the last words of Christ from the cross are shared.

Holy Saturday April 15, 11:00 am

Community Easter Egg Hunt: All are welcome!

Easter Sunday April 16

- † 6:00 am EasterDawn Service
- † 6:30 – 7:45 am Easter Breakfast
- † 9:00 am Holy Communion
- † There will be no Sunday School on Easter Sunday

Prayer of the *Month*



AN EASTER PRAYER

Once again, Lord, we are astounded by the incomparable and glorious event of Easter.

To remember how you conquered sin and evil through the resurrection of Jesus stirs up joy and hope within us.

It comforts us greatly to know that because Christ was raised from the dead, we who are "in Christ" have the assurance of eternal life.

Furthermore, to have the living Christ as our Savior and the undergirding Holy Spirit as our daily Companion assures us of grace that never fails us.

Finally, it is a certainty that all things good and desirable are possible for those who love you, because Christ lives and reigns as King of our lives.

All praise and glory to you, loving Creator, now and forever! Amen.

-Charles Ferrell

http://www.invitationtoprayer.org/prayers_refugees.html



WORSHIP OPPORTUNITIES

Dinner Church

Dinner Church is canceled until further notice due to repairs that will be made in the kitchen and social hall.

North Lancaster Lutheran Lenten Services 2017

This year's theme will be "Luther's Favorite Book: Galatians" to commemorate the 500th anniversary of the date when Martin Luther began the Reformation which was a challenge to the Church.

The offering from the services will be donated to St. Paul Lutheran Church in Lititz for their Habitat for Humanity project to benefit veterans. Refreshments will follow each service.

The services will begin at 7:00 pm. If there is a question about the weather, please contact the host church on the day of the service and information will be provided.

The series schedule is as follows:

April 5th: The service will be at St. John Center, East Earl, with Pastor Herb Lohr (Bergstrasse Ephrata) preaching on the topic "Galatians 5: For Freedom Christ Has Set Us Free". (717)445-5505

April 12th: This Holy Week service will be held at Faith, Denver, with Pastor Sandy Gideon (St. Paul Adamstown) preaching on the topic "Galatians 6: Amen".

(717)226-2141

Included in the series is the Ascension Day service of Holy Communion which will be held Thursday evening **May 25th at 7:00 pm** at Swamp Lutheran Church in Reinholds with host Pastor Dennis Trout preaching. (717)336-2849

SERVANT OPPORTUNITIES

We are in need of the following Worship

Assistants: Acolytes, Candlebearers, Communion Assistants, Crucifers, Lay Worship Leaders and Nursery Attendants. Anyone interested in participating in worship as a leader in this way should contact Pastor Tim or the Church office.

Volunteers Wanted to Take Communion to Shut-ins:

To supplement Pastor Tim's visits, Mellingers is looking for volunteers who would like to be trained to visit and take Holy Communion to our shut-ins. This ministry will benefit those receiving communion and will also be a blessing for those who offer it. If you are interested, please contact Pastor Tim at (717) 468-9049.

Calling All Sewers: If anyone is willing to sew school kits for Social Ministry's LWR Ingathering, please contact Betty Cordes at (717) 335-3624. Patterns are available in the church office. Cut patterns are currently available from Betty Cordes. Please note that sewers keep sewing throughout the year to replenish the stock needed for the upcoming year's school kits.

Photos Wanted: Do you enjoy taking pictures of special moments? Would you be interested in sharing those photos with the church? We are looking for photos to share in the newsletter, on our website, Facebook, etc. Sharing is easy, you can send them through email at mellingerslutheran@gmail.com.

2017 Coffee Social Bakers Needed: The 2017 Coffee Social charts are available in the narthex. Please sign up for a date to provide after service treats.

Gardner for the Memorial Garden: We are seeking one more person or group of people to care for the Memorial Garden. Please contact Randy Meckley or the church office if you are interested.

Attention Youth - ages 14 and up....

Want to make a difference this summer?

Want to go to the beach and help those still not in their homes following Super Storm Sandy?



Have you ever wanted to do disaster response?



Here's your chance!!!!

Join Pastor Glenn Beard and several of our seasoned LDR crew members for a fun week at the Jersey Shore helping to rebuild homes destroyed by Super Storm Sandy.

AUGUST 6 - 12, 2017

We'll work hard but be sure to mix in some fun as well!

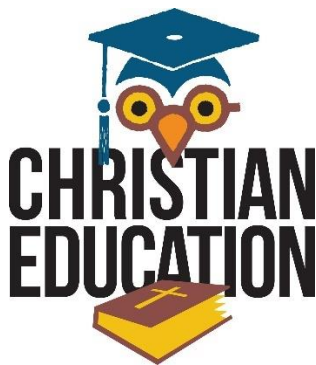
Come out to an organizational meeting on Sunday, April 9th at 6:00 p.m. at Swamp Lutheran Church, 275 Swamp Church Road, Reinholds.

Trip is limited to 15 youth!

Please contact Pastor Beard if you have questions or concerns.

Phone: (717) 471-1067 or Email: gbeard@luthercare.org

**Jesus Taught
us how to
Serve Others**



SATURDAY MORNING MEN'S AND WOMEN'S BIBLE STUDY BREAKFASTS:

meet at Oregon Dairy at 8:30 am on the 2nd Saturday of each month. All are welcome to attend. You are responsible for the purchase of your own breakfast. You can check out the breakfast menu at:

[http://www.oregondairy.com/wp-](http://www.oregondairy.com/wp-content/themes/oregondairy/menus/breakfast-menu.pdf)

[content/themes/oregondairy/menus/breakfast-menu.pdf](http://www.oregondairy.com/wp-content/themes/oregondairy/menus/breakfast-menu.pdf).

TUESDAY EVENING BIBLE STUDY

Tuesday evening Bible Study will be held on April 4th, 18th and 25th from 7:00 to 8:30.

EASTER SUNDAY CLASSES

There will be NO Sunday School on EASTER Sunday, April 16th. Classes will resume again on Sunday, April 23rd.

**VACATION BIBLE SCHOOL –
BLAST OFF!!**

It's never too early to fill your calendar with summer events! This year's Vacation Bible School will be held Sunday, July 23rd - Thursday, July 27th from 6:30 to 8:00 p.m. Our curriculum is titled "Blast Off" and was written entirely by the Bible School committee. The week will be filled with enlightening Bible stories, Bible songs, delicious snacks, creative crafts, and fun games. 7 years ago, Mellingers & Swamp Lutheran churches started a tradition by combining both congregations for our Vacation Bible School program. We will be continuing that tradition and this year's VBS will be held right here at **Mellingers Lutheran Church**. Look for more information and a registration form to come home with your child in May.

GIVING OPPORTUNITIES

YOUTH GROUP ONGOING PROGRAMS

The Youth Group continues to collect soda can tabs to benefit Ronald McDonald House in Hershey.

They are also collecting Moo Money caps from Turkey Hill products purchased at Turkey Hill stores.

Containers for both of these items are in the Narthex.

**YOUTH GROUP
PEANUT BUTTER EGG SALE**

\$6.00/pound

Orders due
by April 2nd



Delivery
April 9th

Order form on table in narthex

HERSHEY PARK TICKETS

The Youth Group will be taking orders for Hershey Park tickets thru April 2nd. These tickets can be used any time during the 2017 season.

Ticket prices are as follows:

Ages 9-54	\$36
Ages 3-8	\$31
Ages 55-69	\$31
Ages 70+	\$24

Orders and payment will be due April 1.

Checks can be made to: Mission Investment Fund
Sign-up in the Narthex. See Gail Harker with questions.

EASTER EGG HUNT: We will be holding our annual Easter Egg Hunt here on the grounds of Mellingers on Saturday, April 15th at 11 a.m. Our egg hunt is for the entire community, so bring your neighbors, friends & your grandchildren. Last year over 50 children participated in the egg hunt so MANY eggs are needed to make this event a success. If you wish to donate eggs for the children, please bring them to the church on or before April 15th. We are accepting both decorated, hard-boiled eggs and candy-filled (wrapped candy only please) plastic eggs. Plastic, filled eggs may be placed in the bin in the Christian Ed office. Thank you in advance for supporting the hunt!

CONTRIBUTION OPPORTUNITIES:

Contributions may be made to the following funds at any time and may also be used to aid people in designating monies for memorials. Should you wish to donate to any of these funds, please place funds in an envelope and provide the name of the fund in which you would like your donation placed, your name, and your envelope number. Should you choose to remain anonymous, do not include your name and envelope number.

- ✚ The Kitchen Project Fund
- ✚ The Seminarian Fund
- ✚ Maintenance and Building Fund
- ✚ Youth Gathering 2018
- ✚ Campus Crusade for Christ
- ✚ Needy Fund
- ✚ **Security System:** We are currently seeking donations to pay for a security video and intercom system. Please use the special envelopes and write in Security System if you are interested in donating for this cause.

CARE PACKAGES: Due to increasing need within the congregation we have placed a box in the narthex for Staples (shelf-stable foods) and Sundries (toiletries, toilet paper, etc.). These items will be used for members within the congregation who are in need. Should there be an excess of items, items may be donated to Ephrata Area Social Services. Please prayerfully consider donating to those less fortunate. Thank you!

LUTHERAN WORLD RELIEF INGATHERING

Social Ministry will be collecting 4-5 oz. bars of soap for Lutheran World Relief throughout the year.

Please place your donations into the green container in the narthex.

Also we will continue to collect funds to support our mission throughout the year. Just use an envelope located on the table in the narthex. We will be handing out envelopes April through September.

Thanks to congregational support, in 2016 we were able to produce:

- ✚ 4 Quilts
- ✚ 186 Personal Care Kits
- ✚ 353 School Kits
- ✚ 16 Baby Kits
- ✚ 1,624 Bars of Soap

North Lancaster Disaster Relief Team "Community Night at Isaac's"

Tuesday, April 11

5:00 – 9:00 pm

**Isaac's Deli – Cloister Shopping Center
120 N. Reading Rd, Ephrata
(717) 733-7777 (Call ahead for takeout)**

**Please bring flyer available on table in
narthex or in bulletins!**

LIFE OF THE CHURCH

IMPORTANT CONGREGATIONAL MEETING AFTER WORSHIP

MAY 7th

On Sunday morning May 7th we will have the annual report of the auditors. In addition, on the agenda this year there will be two other items: 1) a discussion of the proposed kitchen renovations. Recent serious plumbing and electrical issues have prompted the Church Council to suggest moving forward with this project. 2) the consolidation of various church accounts.

We hope you will join us for worship and then stay for this important meeting.

"DO YOUR OWN THING" TRIP TO NEW YORK CITY December 9 2017

**Leave Mellingers Lutheran Church, Schoeneck
at 6:30 AM
Leave New York City
after a day "To Do Your Own Thing"
at 7:00 PM**

Trip Price: \$45 Linda @ 336-6177

EASTER FLOWERS

Lilies - 6" pot white lily with 3-4 blooms for \$6.50

Tulips - 6.5" pot with 5-6 bulbs for \$5.50

Daffodils - 6.5" pot for \$5.50

Please complete the order form on the attached envelope to include your name, telephone number, the type and number of flowers, and the total amount due. Please list to whom you would like your flowers made in memory of or in honor of.

Include your cash or check inside the envelope and place the envelope in the SPECIAL FLOWERS mailbox or give to Melanie Brubaker at church. Please make checks payable to Mellingers Lutheran Church.

**DUE DATE TO ORDER FLOWERS IS SUNDAY,
APRIL 2**

Please pick up your flowers after the Easter Sunday service.

PRAYER CORNER

Interested in receiving or making prayer chain updates throughout the week? Visit our website at www.mellingers.org. The links to sign-up are under the resource tab.



Dear Mellingers members and friends,

Thank you for all your prayers and so many get well cards I received during my recent 10-days of hospitalization with flu and pneumonia.

The altar flowers delivered to the hospital were a cheerful surprise.

I have 6-8 weeks of recovery at a slow pace.

Pastor Tim, your visit meant so much to me. .

My recuperation was amazing thanks to God watching over me and so many prayers!

The quality of care from the doctors and nurses at Wellspan Ephrata Hospital was a big key.

You are all so caring and special in my heart.

Sincerely, Jean Lausch

Mellingers Congregation and Social Ministry,

The members at Faith United would like to thank your congregation and social ministry committee for their hospitality and the amount of work they did to make the St. Patty's Luncheon a success.

It's our common bond we share of being Lutheran and being brothers and sisters in Christ's love that made the day extra special.

We look forward to working with you in the future.

With best regards,

Tim Hegeman, Fellowship Committee

Seminary Update

By Scott Brubaker

March has flown by quickly and studies are going well. My class on the prophets remains a reading challenge due to volume of the reading required and yet I feel that I am learning much. My class on Christian Discipleship in a Consumer Society has brought in secular critiques of consumerism and marketing for us to consider against our biblical foundations. Interesting stuff.

My field education assignment at Lutheran Church of the Good Shepherd in Lancaster continues with weekly assisting minister and confirmation class duties. I team taught at a confirmation retreat at Camp Kirchenwald, attended their Youth Group meeting, and I am helping to teach a Lenten Adult Sunday School class about the questions that Jesus asked. I preach next on April 1 and 2. I have a break for Easter and am looking forward to being with you all at Mellingers for Easter! My assignment at Good Shepherd ends on May 7 and I am eager to worship with my family at Mellingers again.

I am very grateful to my Mellingers family for all your prayers and support.

Blessings,
Scott Brubaker

How to help Scott with Tuition Expenses

If you feel called to help assist Scott financially, please take advantage of the Pick-Six Lenten program and select the Seminarian Fund.

2017 Financial Report

General Receipts Compared To Budget March

	Receipts	Allocation	Over(Under)
3/5/2017	5,872.00	5,030.31	841.69
3/12/2017	4,879.00	5,030.31	(151.31)
3/19/2017	3,791.00	5,030.31	(1,239.31)
3/26/2017	3,572.00	5,030.31	(1,458.31)

General Receipts Compared to Budget Year to

	Receipts	Budget	Over(Under)
3/26/2017	53,217.55	62,090.39	(8,872.84)



1 Tables, 23 large chairs and 12 small chairs no longer being used by Sunday School are available for donation or free. Please contact Randy Meckley in person or at 336-3230 if interested.



- ❖ Nancy Eberly moved that we hire an architect, form a renovations committee and finalize pricing for the kitchen/social hall renovation to be introduced at the May 2017 Congregational meeting, Jen Brubaker seconded and the motion carried.
- ❖ Skip Hutchinson raised concerns at the approximate \$6,000.00 deficit.
- ❖ Vic Richard recommended we create a rule that when a project is completed that council can decide where to appropriate the funds.
- ❖ We need to find a male and female voting representative for the Synod Assembly.
- ❖ Brittany Hartlove moved we allow Gail Harker to put out the Church Boxes on June 11, 18, and 25 and deliver a Temple Talk for the next Youth Assembly, Linda Weaver seconded and the motion carried.
- ❖ Linda Weaver made a motion that we ask for a \$50 deposit for usage of the social hall and kitchen to be returned if the social hall and kitchen are properly cleaned up, Jen Mentzer seconded and the motion carried.
- ❖ The Church Council has requested the property committee acquire pricing for a security system with a video camera that can record.
- ❖ Kelly Parrish will contact Bill Nodeen regarding hardwiring a router connection to the sanctuary. Council feels we should also contact satellite internet suppliers for pricing.



WITHIN OUR
COMMUNITY

HOSPICE
& COMMUNITY CARE
Founded as Hospice of Lancaster County

685 GOOD DRIVE

P.O. BOX 4125

LANCASTER, PA 17604-4125

PHONE: 717-295-3900 FAX: 717-391-9582

Current program information is available in the narthex and at the hospice [website](#).

The Lutheran Camping Corporations of Central Pennsylvania

April 2017

- **Summer Camp Open House at Kirchenwald & Nawakwa - April 9**
- **Earth Day Celebration at Kirchenwald - April 23**
- **Work Days at Kirchenwald & The Wittel Farm - April 29**



Culture of Peace in the Next Generation?

Join an inter-cultural conversation with the grandson of Mohandas Gandhi, a reception and dinner to benefit and celebrate two long-serving, peace-building organizations becoming one.

Will you join us?

5 pm Reception, Silent Auction, Music

6 pm Dinner and Cultural Program

7 pm Around the Table w/Arun Gandhi & Local Peacemakers

Questions?

events@advoz.org or (717)397-2404

Info and Tickets? (by April 27)

www.AroundtheTable.org

Mohler Church of the Bretheran, Ephrata

Wiest Memorial Church, Shoenek

Bergstrasse, Lutheran Church, Ephrata



KIDS EAT FREE!

(Children 12 & Under)

Meal Includes: Hot Dog, French Fries,
Drink & Dessert

EAST COCALICO LIONS SPRING SUPPER SATURDAY, APRIL 22 • 3-7PM AT THE REAMSTOWN FIRE HALL

Fried Oysters (4) \$15.00

Fish & Chips \$11.00

Fried Shrimp (6) \$11.00

Grilled Ham (2) \$9.50

Dinners Include: Baked Potato or French
Fries, Pepper Cabbage, Applesauce,
Roll, Drink & Dessert

Combination Platters Available
(Tax & Gratuity Included In Price)

Takeouts Available

Additional Info., Call 717-475-3530

Advanced Ticket Sales: HSCV Headquarters, HSCV
Board Members,

Tickets available on tour day at any location!

Self Guided Tour Adults 18 and over \$15 Under 18-Free

CHURCH AT LARGE



Lower Susquehanna Synod

Evangelical Lutheran Church in America

God's work. Our hands.

ELCA Happenings

ELCA presiding bishop issues letter in observance of

International Women's Day

CHICAGO (March 8, 2017) – In observance of International Women's Day, the Rev. Elizabeth A. Eaton, presiding bishop of the Evangelical Lutheran Church in America (ELCA), has issued the following pastoral letter.

Dear Friends in Christ,

We are called to honor women not only on this day, but also in our daily vocation as church. In speaking of the body of Christ, Paul reminds us in his letter to the Corinthians: "If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it" (1 Corinthians 12:26). Therefore, on this International

Cocalico Valley Church Tour

April 22, 2017

10 AM-3 PM



Participating Churches

Our Mother of Perpetual Help Church, Ephrata
First United Methodist Church, Ephrata
Salem Evangelical Lutheran Church, Lincoln
Zion's Reformed United Church of Christ, Lincoln
Springville Old Order Mennonite, Ephrata
St. John's United Church of Christ, Denver

Women's Day, we celebrate and support the God-given gifts of women and recommit ourselves to seek justice for women who are suffering in our midst and in communities around the world.

In this 500th anniversary year, we have an opportunity as Lutherans to be intentional about participating in the ongoing reformation. Here are two specific ideas for how you can honor International Women's Day in 2017:

First, a social statement on women and justice is currently in development, and the task force needs your input. The innovative study, "Faith, Sexism, Justice: Conversations Toward a Social Statement," challenges us to consider how we, as church together, think and speak about and act on our commitments to women and justice. The study in English and Spanish is available at elca.org/womenandjustice. The due date for input is Aug. 31, 2017.

Second, together with our global partners, we are investing in established and emerging women leaders through the International Women Leaders initiative. By focusing on education, we are supporting the present and raising up the future of women's leadership in church and society. To learn more, and for worship and fundraising ideas, [click here](#).

As we celebrate the remarkable strides women have made, and seek to redress women's suffering, we give thanks to God for the generations of women who have been faithful witnesses to God's love in Christ. We honor the likes of Mary and Martha, Katharina von Bora and Argula von Grumbach, Leymah Gbowee and Susan Johnson, Elizabeth Platz and Addie Butler, our mothers and sisters, our pastors and teachers, our spouses and friends. For in doing so, we worship and praise the one who suffers with us, and unites us in eternal rejoicing.

In Christ,

The Rev. Elizabeth A. Eaton
Presiding Bishop

<http://www.elca.org/News-and-Events/7877>

HOME CONNECTIONS

FRUGAL FAMILIES

Featuring a low-cost meal and a whimsical read. Relaxation and stress reduction are important to stay happy and healthy especially in tough economic or emotional times.

CHRISTIAN HUMOR

THE MEANING OF DREAMS

LIQUID, FRAGILE OR PERISHABLE?

When a woman decided to send the old family Bible to her brother in another state, the postal worker asked her if there was anything breakable in the

package. "Only the Ten Commandments," she replied.

<http://www.jokesclean.com/ChristianJokes/>

LEEK, ASPARAGUS & HAM "SHEPARD'S" PIE



- 3 medium leeks, sliced
- 1 c. or so leftover ham
- 3/4 c. or so frozen peas
- 1/2 c. or so asparagus (I used leftover already blanched from dinner on Wednesday)
- 2 T. AP flour
- 1 1/2 c. water or stock
- 2 c. or so leftover mashed potatoes
- 1 egg, beaten
- salt, pepper, herbage of your choice - chives in my case

Saute the leeks in a bit of butter and/or olive oil until wilted, about 5 minutes, season with salt and pepper (and I also used some Aleppo pepper). Stir in flour, and continue stirring for a minute. Add stock and whisk until smooth and thickened, a minute or two depending on your heat. Add in the ham, asparagus and peas, and continue cooking over medium-low heat until everything is heated through. Pour into a 9x9 glass baking dish. Mix mashed potatoes with the beaten egg until smooth, and spread out over the top of the dish. Bake at 350 for 35-45 minutes until heated through and the potatoes start to get brown around the edges.

<http://rcakewalk.blogspot.com/2010/04/spring-greens-leek-asparagus-ham.html>

CLEAN CONSCIENCE

Environmentally sound and inexpensive cleaning tips and/or reusing tips

Repurposing Tea Bags

You're still throwing out used tea bags? I can assure you that after reading this you will not throw away a single used tea bag again.

Most of us know the healing properties of tea, but not many know that previously used tea bags can be useful in many different ways.

1. Get Rid of Acne

Acne can manifest for a variety of reasons (click here to learn more) but tea bags will give you relief! Place already used tea bags on the affected area(s). It will help you get rid of acne anywhere on your body. Green tea is a top choice for this use. In fact, this study found a 70% reduction of sebum after 8 weeks of using green tea topically. Excess sebum production is a problem for every acne patient. Sebum is a natural moisturizer that your body secretes. It can cause or aggravate acne when it is overproduced.

2. Mitigate Sunburns

If you got a little too much exposure and turned beet red using tea bags topically can give you quick relief. Place the used tea bags on the affected area to cool it down and aid the healing process. Black tea works especially well. Follow this link for full instructions at the bottom of the article.

3. Marinate Meat

In order to prevent meat from becoming tough marinate it with already used teabags. The tea's aroma will make the meat taste richer and it will also make it softer.

4. Freshen Your Clothes And Shoes

Store previously used and dried teabags in the closet in order to make your clothes smell fresher. You can also put one of these bags in each shoe. It will get rid of the unpleasant smell in no time.

5. Relieve Mouth Cuts and Sores

If you have a wound or sore inside your mouth, bite down on a previously used teabag. The tea's compounds will relieve the pain and it will speed up the healing process.

6. Clean Your Home

Tea can clean dirty mirrors, floors and even linoleum.

7. Get Rid of The Redness on Your Eyes

Put a couple of teabags in cold water and let them soak for 2 minutes. Place them onto your eyelids. Let them rest there for a couple of minutes. After you put them away the redness will be gone and your eyes will look fresher and more youthful.

8.) Use Them to Keep Your Garden Healthy

Tea bags make a wonderful addition to your compost or soil. You can also add them to compost tea, or simply steep used tea bags and feed your plants with the water. Organic gardeners report that feeding your plants with tea or adding tea bags to the soil repels root maggots effectively. Be sure to use pesticide-free brands. Some good choices are listed below.

Choose Toxin-Free Teas

Cleanplates.com compiled this awesome list of non-toxic tea brands. Make sure you're using one of the teas below or can verify that it is not full of pesticides or toxins. Big thanks to cleanplates.com!

Bagged organic tea. The following are all free of epichlorohydrin, as well as pesticides and artificial flavorings:

Numi Tea. Confirms a company rep, "Our teas are pesticide-free and non-GMO verified, and our tea bags are made from manila hemp cellulose, and free of epichlorohydrin. The tags are made from 100% recycled material and soy-based inks."

Rishi Tea. Rishi's certified organic teas are bagged with PLA—polylactic acid, creating "silken" bags. Unlike other "silky" bags, which can be made with PET plastic, these are corn- and potato starch-based. Adds Assistant Tea Buyer Jeff Champeau, "Our Natural Fiber Loose Leaf Tea Filters are made without glue or any other binding agent."

EDEN Organic. Confirms company rep Wendy Esko, "The bags are made from oxygen washed manila fibers with no polluting whiteners used. Once filled, the bags are crimped and sealed with 100% cotton string. No staples, plastics, or glue are ever used."

Organic Stash. "The filter paper used for Stash Tea bags is made from 100% cellulose fibers (wood) and is made to appear white by forcing air between the fibers. No bleach is used," explains Stash's website. "The filter paper is not coated with the compound called epichlorohydrin, and does not contain any free epichlorohydrin."

Choice Organic Teas. One of the company's consumer relations experts, Nia, assured Clean Plates that all Choice Teas are not only organic but free of epichlorohydrin.

Two Leaves organic teas. Says a company rep, "We pride ourselves on being pesticide-free as well as on having corn-based tea sachets." The website adds, "Our sachets are made of biodegradable cornstarch based nylon, not petroleum based nylon."

Organic Tazo. "We've checked with our teabag suppliers," says a spokesperson for Starbucks (Tazo's owner), "and they have confirmed that the only teabags we sell (our Tazo sachets or paper filterbags) do not use epichlorohydrin."

Organic Traditional Medicinals. We've confirmed that this brand is epichlorohydrin-free. From Traditional Medicinals' website: "Our herbal teas are put into unbleached tea bags made from abacá (*Musa textilis*), also sometimes known as manila hemp. The tea bags are attached with aluminum staple wire to teabag string made of raw cotton (*Gossypium* spp.) and a paper tea tag."

Organic Yogi Teas. Writes a Yogi Tea rep, "We currently use a non-heat sealable filtration paper made from a select blend of high quality manila

hemp (abaca) fibers and wood pulp. The filtration paper does not contain epichlorohydrin, nor plastic or polypropylene. It is oxygen bleached using a natural process that is completely free of chemicals or toxins, including dioxin."

Bagged conventional tea.

Tetley Black & Green tea. Tetley's new Black & Green (a blend of both varieties) uses Perflo paper bags, which are free of epichlorohydrin. The tea is also free of pesticides.

Loose organic tea. By straining your own instead of paying for packaging, you'll get more cups for your bucks. A to-go tea strainer like the VALERY makes it easy.

Teanzo 1856. "We use only natural and organic flavors and ingredients. Nothing artificial," says founder Meena Kapur.

California Tea House. Says co-founder Will Bailey, "All of our teas are free of pesticides and artificial flavors and organically grown, and many of our teas are USDA certified organic."

Upton Tea Imports. The company offers a host of high-grade, organic varieties (use the "search" box to find the organic blends).

That's safe-tea. (pun intended!)

References Include:
national.cleanplates.com
www.bjbms.org
www.realfarmacy.com
www.realfarmacy.com

<http://www.getholistichealth.com/40652/after-reading-this-you-will-never-throw-away-your-used-tea-bags-again/>

Christian Symbols



Agnus Dei: This image is known as the Agnus Dei, Latin for "Lamb of God." When pictured standing and with a banner, it represents the risen Christ, victorious over death. John the Baptist, seeing Jesus approach, famously declared, "Look, the Lamb of God, who takes away the sin of the world!" (John 1:29, NIV). In Revelation, too, Jesus is portrayed as a lamb who was slain but now reigns triumphant.

When We Can't Find Easter

Easter is the most joyous Christian holy day ... except when it's not. What do we do when our mood isn't what we think it "should" be? The kids are sugared up, we're juggling family gatherings (and maybe conflicts), our everyday challenges remain, and festive hymns — however rousing — fail to lift our spirits. We wonder, "What's wrong with me, that I can't seem to find Easter?"

Been there, done that. And it's okay. You're okay.

Jesus' resurrection doesn't scoop us out of our troubles, but the death-defying Christ walks through them beside us, on our own Emmaus road (Luke 24). We aren't alone. When we can't find Easter, Easter somehow finds us — if not on this designated Sunday, perhaps two days from now, or next week or mid-May. Watch for it; keep your heart open. Christ is risen indeed — and you shall be too.

—Heidi Mann

April: Intentional

To be intentional with our giving means to decide what we intend to give and then following through with that plan.

2 Corinthians 9:6-7

"The point is this. The one who sows sparingly will also reap sparingly and the one who sows bountifully will also reap bountifully. Each must give as you have made up your mind, not reluctantly or under compulsion".

Dream
only good
Dreams!



CONTACT INFORMATION

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HAPPY
Easter

JESUS IS RISEN!

When Jesus' disciples saw that the stone was rolled away from his tomb, they knew he had risen. Make a moveable tomb to celebrate Easter.

What you need:

- 4 pieces of paper (brown, blue, black, yellow)
- Scissors
- Pencil
- Glue stick
- Brad fastener
- Marker



What you do:

1. Fold the brown paper in half, short side to short side. Cut along the fold. On one half, draw and cut out a large half-circle (the tomb). On the other, draw and cut out a palm-sized circle (the stone).
2. Glue the brown tomb onto the blue paper.
3. Cut a black circle (the inside of the tomb) the same size as the brown stone and glue it onto the brown tomb.
4. Place the brown stone over the black half-circle; this is the entrance. Push the brad through one edge so the stone can move from side to side.
5. Cut out a cross from the yellow paper and glue it by the tomb.
6. Write "Jesus is risen!" atop the blue paper.

Two crayons, one yellow and one orange, are shown in a dynamic, angled position.

PUZZLE

> NEW LIFE <

How did God work through Jesus to give us new life at Easter?

Directions: Use the puzzle pieces from the box to complete 1 Peter 1:3, NIV.

dead

hope

resurrection

given

of

birth

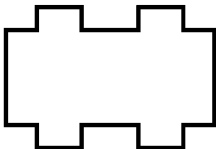
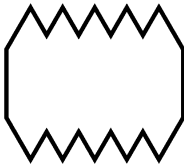
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Christ

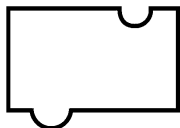
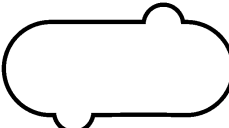
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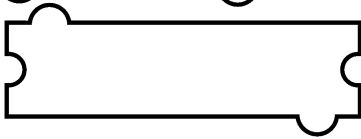
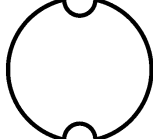
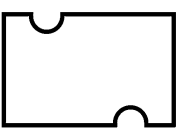
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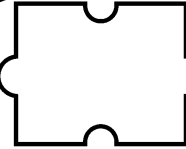
Jesus

In his   he has

 us new  into a

  through the

 from the .

1 P E T E R 1 : 3 , N I V

Answer: In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. 1 Peter 1:3, NIV

APRIL: RANDOM ACT OF KINDNESS SUGGESTION
Apologize to someone you may have hurt!