

Zwingli United Church of Christ

Celebrating and Sharing God's Love

Zwingli Hill News March 2022 Vol. 60 No. 2

Dear Zwingli Community,

As I prepare to enter my second season of Lent here at Zwingli, I want to invite you to participate in our Lenten study this year, and to reflect back on this past year, very briefly.

As we enter this 2022 season of Lent, I want to invite you to consider God at work through the ordinary of life. God is quietly at work through the ordinary whether we see it or not. Through the ordinary, God communicates the extraordinary. It is through the ordinary that we hear that earth-shattering, still-speaking voice of God.

Join us this lent, as we journey together towards Easter. We will kick-off our Lenten season with Ash Wednesday worship on March 2, at 7 PM. We will worship with Emmanuel Lutheran Church and Trinity UCC here at our campus. Then over the following six Wednesdays on Zoom, we will study together a book called, Lent in Plain Sight, by Jill Duffield. We will end our study together on April 13 during holy week.

I hope you will join us on this journey of Lent. I invite you to order your book *Lent in Plain Sight* online, and sign up for our study by contacting me at pastoralan@zwingli.org. Also, if you'd like us to order the book for you, please include that in your sign-up email to me. Then I hope you will join us for all our Holy Week activities. Look for details on Holy Week and Easter services in our April newsletter.

As I close this letter, I just want to say I am feeling grateful to be celebrating my first full season of Lent with you and my one-year anniversary with you all. I am grateful for each of you, and I am grateful to be your Associate Pastor. I look forward to seeing what God is going to do through Zwingli United Church of Christ this next year.

Peace, Pastor Alan

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LENTEN WORSHIP AND PROGRAM

Please mark your calendar for worship opportunities and program being planned for the season of Lent. Ash Wednesday service will be March 2 at 7:00 pm with a program on the Wednesdays following through April 6. Maundy Thursday service will be April 14 and Good Friday on April 15, both at 7:00 pm.



Plans for Maundy Thursday and Good Friday will be announced

Easter Sunday - Zwingli UCC, April 17

6 am Sunrise Service 9 am - Sacrament of Holy Sacrament



EASTER EGG HUNT CANDY AND PLASTIC EGG DONATIONS NEEDED by March 13th

This year we are asking for both plastic egg donations, as well as, INDIVIDUALLY WRAPPED, NON-NUT candy donations that will fit inside a standard plastic egg. Donations can be placed in the box in the vestibule, during church on Sundays and can also be dropped off during office hours (Mon-Th: 8:30 - 4:30, F: 8:30-3:30).

Below is a list of candy to choose from:

Hershey Kisses - Plain - no nuts Mini Hershey Chocolate Bars - Plain - no nuts

Jolly Rancher Hard Candy **Twizzlers** Mike and Ikes Swedish Fish Sour Patch Kids **Airheads** Dots **Junior Mints Tootsie Rolls** Gobstoppers Laffy Taffy Life Savers Life Savers Gummies Starburst

Skittles York Peppermint Patties



JOIN US IN-PERSON OR ONLINE FOR SUNDAY WORSHIP

Follow the directions below for your choice of worship.

IN-PERSON WORSHIP INSTRUCTIONS

Prelude music will begin at 8:45 am. Worship will begin at 9 am.

We encourage you to worship with us in person. However, please pay attention to recent changes to our COVID-19 requirements. Please see our COVID-19 requirements section in the next column.

ON-LINE WORSHIP INSTRUCTIONS

Prelude music will begin at 8:45 am. Worship will begin at 9 am.

To join us on Facebook Live, go to: www.facebook.com/Zwingli.ucc

Don't have a Facebook Account? No problem –below are directions to watch the worship service without a Facebook account.

- 1. Click on www.facebook.com/Zwingli.ucc/live at 8:45 am.
- If video is not playing, click the word "videos" in the left column, then look at the first video thumbnail under "all videos". This should be the most current Live video. If you are early,

- you may need to refresh the page by hitting F5 on your keyboard.
- 3. You DO NOT need to log in or sign up to be able to view the service.
- 4. Remember, if you load the page before the stream starts, the stream will not pop up. You will need to refresh the page.

If you miss our live broadcast, you can watch at a later time:

Go to www.zwingli.org or Go to Facebook.com/Zwingliucc or Go to Twitter #Zwingliucc or Check your weekly Z-News on Monday.

COVID-19 REQUIREMENTS

The dramatic rise in COVID-19 cases and the uncertainty of the Omicron variant has led to some changes in our guidelines. We continue to ask for your help in protecting our entire congregation and the wider community by staying home if you feel sick in any way or are experiencing any of the following:

- Any symptoms of Covid-19 cough, feyer, loss of smell and/or taste, headache, or shortness of breath.
- Have cared for or been in close contact with anyone diagnosed with Covid-19 in the past 14 days. (Please note that this does not apply to health care professionals.)
- Have been advised to selfquarantine.
- Are currently infected with Covid-19 or are undergoing treatment for Covid-19.
- Are feeling sick in any way, even if you think it is allergies.

In light of the Omicron and Delta variants:

- If you are unvaccinated, please enjoy our services and special church events from home.
- Please get vaccinated as soon as possible. We encourage this out of our deep care for you. It is also helps prevent mutations of the virus.
- Please be careful to wear a mask properly and social distance as best you can when attending in person worship and events. Please remember to practice good hand hygiene.
- Double-masking is encouraged unless you are wearing an N-95 or KN-95 mask.
- We will be suspending fellowship/refreshment time for the foreseeable future. So, please remain masked in the church buildings at all times (Some of those leading worship will be unmasked during their part in the service, so please leave the front row empty).
- We ask that church related meetings be held by zoom in the new year.

The RTC Team will continue to monitor pertinent information as we always have and make ongoing decisions about restrictions as new information is available. We ask for your patience and hope our church community can be flexible enough to move in and out of restrictions with ease, if necessary, as we keep in mind the safety of our congregation and the community at large.



Healthy Moment
Living Heart Healthy
Karen Hosler Kispert, Ph.D.; NSCA-CPT,
ACE-CGFI

"Keep your heart with all vigilance, for from it flow the springs of life." Proverbs 4:23

February is "American Heart Month." The heart is truly deserving of its own month of celebration and praise. It is "awesome," "amazing," and "incredible." Did you know that your heart beats more than once per second, about 100,000 times per day, as many as 3.5 billion times in a lifetime? And these aren't gentle jolts, but thrusts capable of pushing blood 3 feet into the air. Each beat pumps blood down to your toes, out to your fingers, and up to your brain, pushing 1,680 gallons of blood around your body and back to the heart every day.

The organ doing all this wonderful work weighs under a pound – the average adult male heart weighs 10 ounces; the average adult female heart weighs 8 ounces. Each heart is divided into four chambers: left and right ventricles, and left and right atria. Blood enters through the atria, and exits through the ventricles. Both atria and ventricles pump, in sync with each other. "Blood pressure" refers to the systolic contraction of the heart and its diastolic relaxation. The numbers in a blood pressure reading refer to both contraction (top number) and relaxation (bottom number).

(cont'd)

How do you know if your heart is healthy? Here are signs of a healthy heart:

- Resting heart rate less than 100 beats per minute
- Blood pressure around 120/80
- You have sufficient energy each day (barring mental depression)
- Healthy cholesterol levels
- Reaching maximum heart rate during vigorous exercise (measured as 220-your age)
- Quickly getting breathing back to normal after exercise, going upstairs, carrying a heavy load, etc.

Unlike human-made machines, the heart actually gets stronger and fitter the more it is used! In other words, exercise increases cardiac health. For example, a wellconditioned person's resting heart rate can get down to 40-60 beats per minute. Exercise also helps keep cholesterol and fat at healthy levels. Another way of keeping your heart healthy is maintaining good oral health, because bacteria from the mouth easily enter the bloodstream. And try this: think of something funny and laugh out loud - your blood flow will increase, and the lining of the walls of your blood vessels will relax, literally de-stressing you. Three more easy things to help your heart and blood flow:

- Change your position frequently, so you aren't sitting or standing the same way for long
- Practice good posture (torso up out of the hips, shoulders back and down, glutes tight, neck neutral)
- Get proper vitamins and minerals through nutritious food and supplements

Heart disease is the leading cause of death in the United States of both men and women, of different ethnic and racial groups. The most common sign of a heart attack in men is pain, tightness, or pressure in the chest. Women are more apt to experience nausea or stomach pain.

Other typical signs are arm pain, usually the left arm, and dizziness with shortness of breath.

It is no wonder that throughout human history, people of many languages and cultures have used the heart as a metaphor for the seat of emotions. David the Psalmist prayed for forgiveness, "Create in me a clean heart, O God." Jesus said, "Love the Lord your God with all your heart."

February is a good month to commit to living heart healthy – physically and spiritually both!



ONA IMPLEMENTATION TEAM

Zwingli UCC is a designated Open and Affirming Church. We took three years to study and learn the importance of sharing God's love with all people.

We are now going to study and learn the meaning and importance of the Progress Pride Flag, which now hangs in our sanctuary.

The original Pride Flag was the hallmark symbol of LGBTQIA+ pride from the late 1970s until the early 2000s, and is still popular. The flag is composed of six horizontal lines: red, orange, yellow, green, blue, and purple.

The flag colors each hold a different meaning, and each color represents an

important value of the LGBTQIA+ community. Below is a list of the colors and their meaning:

Red

The red in the flag represents life. This makes sense if you think about how blood is red and how often blood is thought of as a vital life force of the body. Red also represents passion among many cultures. And, passion is ideally where life originates from.

Orange

Orange represents healing. As a color, orange is believed to be a fun and celebratory color. Fun and celebration are both healing activities.

Yellow

Yellow represents sunlight. The color yellow functions as the flag's radiant and bright center. The color yellow is said to stimulate new ideas and thoughts.

Green

There's a lot of green in nature, which is what this color on the original pride flag is meant to convey. Nature is a healing place, and the color green is associated with prosperity and growth.

Blue

The blue in the original pride flag was for serenity. Little is more important than the ability to feel calm and serene. Blue is known as a relaxing color that soothes the soul. The color blue is often used for nighttime consumer products to represent bedtime and calmness.

Purple

The last color, purple, represents spirit. Purple is often thought of as a regal, royal color that, on its own, denotes pride. Like blue, purple is considered a calming color, but rather than being associated only with calm, the color purple connects us to the spiritual realm.

This flag was a mainstay for several decades before the Progress Pride flag was designed.

The colors black and brown were added to the Progress Pride Flag to represent people of color (POC). This was an important addition because people of color have often been left out of the queer narrative despite being the driving force behind the movement.

It wasn't until recent years that our society acknowledged that the pride movement originated thanks to Black trans activists such as Marsha P. Johnson, who notoriously fought back against police at the Stonewall Inn in June of 1969. The Stonewall riot members were mostly people of color, and many were trans. With the rise of the Black Lives Matter movement, culture at large began to shift in a much-needed way towards acknowledging the vital roles that people of color have had in our society. The pride movement background is one of many areas where POC, particularly Black people, did not receive the recognition they deserved historically. Adding colors to represent them on the flag is one way to change that.

Additionally, the black and brown stripes are meant to represent people living with HIV/AIDS, those who have died from it, and the stigma around the virus that is still present in our society now.

Transwoman Monica Helms created the trans pride flag, which first flew in a pride parade in Phoenix, Arizona back in 2000. Monica Helms is a transgender activist, author, and U.S. Navy veteran. Traditionally, the colors pink and baby blue have been used to represent whether a baby is a boy or a girl. Here, the colors denote those genders. The color white represents people who are transitioning, intersex, or identify outside of the gender binary.

The flag is meant to provide affirmation for trans people no matter how it is flown, with either side on top.

The word "progress" in the new flag isn't only about adding the new colors to it. It's also because of the shape, which differs from the original design of horizontal stripes only. The Progress Pride Flag shows the white, pink, baby blue, black, and brown stripes in a triangle shape, with the old six-color rainbow stacked next to them. This was done intentionally to convey the separation in meaning and shift focus to how important the issues represented on the left are.

The placement of the new colors in an arrow shape is meant to convey the progress still needed.

The new flag pays homage to the people who founded the movement while simultaneously drawing attention to how people of color and trans people remain underserved and discriminated against compared to White, cis queer people.

For More Information: https://www.verywellmind.com/what-thecolors-of-the-new-pride-flag-mean-5189173





WEDNESDAY PRAYER CIRCLE

We will meet for Prayer Circle with Pastor Alan or Pastor Butch each Wednesday of the month from 12:00 to 12:30. The zoom invitation will be sent ahead of time. We feel that heartfelt communal prayer is especially needed on a consistent basis as we continue to deal with individual, family and church concerns, the pandemics of COVID 19 and racism, as well as other societal issues and direction.



NEW SUNDAY SCHOOL TIME

Please join us for Sunday School and Youth Group on Sunday mornings from 10:15 - 11:15 AM. We are starting a little earlier but having the same amount of fun. During the winter we are gathering indoors with masks and social distancing. As soon as the weather warms up, we will gather outside again. Looking forward to all of you joining us. Remember - 10:15 - 11:15 AM.



ADULT ELECTIVES

We want to gauge interest in having a class on our faith's tough questions in the coming months. So please send us any questions you have about our faith. What are the burning questions you'd like to have answered? What theological question are you not finding answers to in your studies? Please submit questions to pastoralan@zwingli.org, and make the subject line of your email: Tough Questions.

We look forward to tackling your tough questions in the coming months.

ADULT ELECTIVES SCHEDULE

Join us Sunday mornings at 10:15 am in the sanctuary for the following classes:

March 6 Joint Adult Bible Study led by Toni Kramlik

March 13 The Power of Music Therapy

Join us as we explore the topic of music therapy and its effect on the brain, and how music therapy can help caregivers improve the quality of life for their loved ones and clients using interactive, evidence-based music interventions to promote wellness.

March 20 "This Very Ground, This Crooked Affair"

We will view a video by local historian, John L. Ruth as he tells the riveting, painful, haunting story of how "this very ground," the land on which he lives, was centuries ago taken from the Lenape of his area of Pennsylvania through a "crooked affair."

March 27 Rightful Presence: Acknowledging the Power of Women of Color in American Politics

In recognition of Women's History Month, we invite you to attend a recorded conference presentation that highlights historical milestones such as the Women's Suffrage Movement, Civil Rights Movement and the Women's Movement, exploring the experiences of women of color between the late 19th century and the present from a historical perspective.

April 3
Joint Adult Bible Study led by
Charlotte Kramer





The Missioners have selected the World Wildlife Fund as the recipient of a special Lenten Offering for their mission to conserve nature and reduce the most

pressing threats to the diversity of life on Earth.

WWF has organized these threats into work centers in these six areas:

- Food
- Climate
- Freshwater
- Wildlife
- Forests
- Oceans

All of these are areas of great concern to humankind as we face the threats of global warming. By assisting WWF, we help ourselves and protect future generations while serving the will of God.

Envelopes will soon be available in the vestibule, or you may forward your check made payable to Zwingli UCC and marked *WWF* to the church office. More information will follow.



ONE GREAT HOUR OF SHARING

OGHS is a yearly special mission offering that carries God's message of love and hope to people in crisis. The UCC works with international partners such as Church World Service and the ACT Alliance to provide sources of clean water, food, education, health care, small business micro-credit advocacy & resettlement for refugees and displaced persons, and emergency relief & rehabilitation. It also supports domestic and international ministries for disaster preparedness & response. 95% of donations are used

directly for mission programing. The remainder is used for interpretation materials. All administrative costs are paid by gifts to Our Church's Wider Mission National Basic Support.

Currently, there are 2 One Great Hour of Sharing supported missionaries and 1 Global Mission Intern working in disaster relief, health care, education, sustainable agricultural development, and refugee support.

Zwingli will be collecting for OGHS on Sunday, March 27th. Zwingli has been a supporter of this worthwhile ministry each year. Please consider continuing your support.



MLK BLOOD DRIVE RESULTS

This year's drive netted 22 units of blood, about average for this drive. Unfortunately, those who contributed in the November Indian Valley Community Blood Drive fell short of the federally mandated length of time between drives. So this was a good result. Thanks go to all who donated or wished to donate.

The Zion Mennonite drives have been placed on hold for the time being. You will be notified when they resume. Meanwhile the IV Community drives are held every 4th Tuesday at Zwingli from noon until 7:00 pm. Sign up can be accomplished on giveapint.org.



2022 CALENDAR COLLECTION – SUSPENDED!

Collection is suspended until the 2023 calendars start showing up because all the 2022 calendars were picked up by Russ Gates on Sunday afternoon, 2/6. Thanks to all who donated calendars. There were enough calendars donated to supply all potential prisoners coming into the program through the year.



It's been two years since we were last able to hold our annual art school.

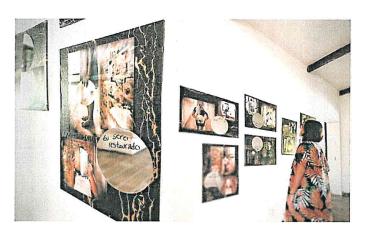
Escola de Davi is my favorite training of the year - two weeks of mentoring small groups of artists and teaching on the power of creativity. Can art change the world? I'm not sure, but the team of artists we hosted in 2019 left a mark on my heart. To finally see the school resurrected this year in the wake of covid was a breath of fresh air. Those years ago, I designed a mural for the graduation ceremony. It showed a city in the sky, made from tiny photos of each student - a city where the glory of God is being manifested through his children also creators after His very nature. It is resting on the famous hands of Michelangelo's, The Creation of Adam (a detail of the Sistine Chapel ceiling where Adam reaches for the hand of God). To me, the imagery speaks of the church being reconnected with the arts as an act of worship and tool for communication.



It also reminds me of the illumination that comes as we reach for our Father in heaven, releasing this beauty in a way that reveals truth into the streets and alleys of this earth: cultural transformation. I've reworked this mural for 2 years now, contemplating the necessity for artists to arise who take their trade seriously, and the lack of spaces available for them to do this. It has become more than a mural to me, but a vision statement. This year during the school, I launched a small artist collaborative called Zion Rose. Zion representing the holy city upon which the presence of God rested, and Rose - as in the action of rising or ascension. David, after whom this school is named, wrote many of the psalms in Zion. The purpose of this project is to cultivate healing through the creative process and advocate through image.

But back to the art school. This year we had 15 students attend from all over Brasil. I mounted a gallery of the images I shared several weeks ago, which highlighted the airls from the safe house showing the new

home renovations through mirrors. As part of the school curriculum each student was given a devotional containing the photos and their accompanying reflection which spoke of renovations taking place in our own hearts. The girls were so proud to have photos of themselves displayed at the school (even though identities were disguised). One girl specifically, attended as a student and was the point person for the project.



The students also spent one day working on the construction of the home themselves; repairing the same walls pictured broken in the exhibition. It was so refreshing to be able to host gatherings again and have outside help come beside us after being closed for so long. As we get closer to opening the new home, the current safe house is over capacity. But on a positive note, one of our teenagers and her newborn were able to return to their family last week, while another young boy was adopted. We have found immense favor with the child service system and the judge is actually the one who asked us to increase in size. We can definitely feel the stretching in preparation to expand, but we are so thankful for all the individuals who have given their time to see these precious lives safe. It's a beautiful mess!

That's all for now, I pray this update finds you all well and that you have a truly

blessed month in Christ. Thank you all for the continued prayers and support.

Take Care,

Kate Saurman Shores of Grace



IF YOU ARE HOSPITALIZED

Due to privacy procedures implemented by all healthcare facilities, it is much more difficult for the church to obtain information about patients than it has been in the past. If you or a member of your family is hospitalized, or at a rehab or other health facility, please let the church office and the pastor(s) know directly. This is the only way you can be certain this information will be received.



STAY INFORMED

If you want to stay current on what Zwingli Ministries and Council are doing, pick up a Pre-Council Report from vestibule or contact Lisa in the office for an electronic copy. See the wonderful ideas that are being shared by your leaders!



SIMPLE WAYS TO HELP THE GENERAL FUND BUDGET

GIANT, Landis and Shop Rite Gift Cards

By purchasing store gifts cards from Zwingli Church, on a Sunday morning or throughout the week, you help contribute 5% of your store spending to the general fund of our church. AND, it doesn't cost you a cent. Purchase a \$25, \$50 or \$100 gift card to Giant Stores, Landis Supermarket or Shop Rite on Sunday mornings or through the church office. Thank you for your participation in this program!

2022 FLOWER AND BULLETIN SPONSORSHIPS

Would you like to sponsor the flowers in the chancel one Sunday morning or a bulletin?

Chancel flowers are \$44. Bulletins are \$15.

For either/both of the sponsorships, please pick up a form from the vestibule, attach a check, and place in the labeled box in the vestibule OR mail to 350 Wile Avenue, Souderton, PA 18964. We appreciate your support.

Support Zwingli by Shopping at AmazonSmile!

When you shop at AmazonSmile, Amazon will donate .5% of your purchase to the Zwingli UCC general fund. Just go to smile.amazon.com, designate Zwingli United Church of Christ as your charity, and start shopping! Or type in this link

which will take you directly to Zwingli's Amazon page:

https://smile.amazon.com/ch/23-6291301



Fasageo's Italian Restaurant and Pizzeria Fundraiser

We have partnered with Fasageo's Italian Restaurant and Pizzeria, 724 Ridge Rd., Sellersville, PA for an ongoing fundraiser. Fasageo's will return 10% of any food sales purchased to Zwingli. You just need to inform them when placing your order for dine in, pick up, or delivery that you are a member of Zwingli. It's that simple!



ZWINGLI NURSERY SCHOOL UPDATE

Zwingli Nursery School is now accepting registration for the 2022-23 school year!

Please call the church office, visit

www.zwingli.org/zns

or see Lisa Cinciripini for a

registration form.

Classes held Monday, Wednesday and

Friday from 9 – 11:30 am

DEADLINE FOR SUBMITTING MAILING ARTICLES FOR THE APRIL MAILING IS **MONDAY, MARCH 21!**

SUNDAY MORNING USHERS/GREETERS

March 6 Joanne and LaMar Kratz

Jonathan Kratz, Joan Yeager

March 13 Susie and Dale Woodland

Dave and Carol Reiff

March 20 Sue Wack, Larry Moss

Pete and Pam Myers

March 27 Gene and Rhonda Moyer

Kristie Lowery, Mark Comden

Jen Smeed, Gene Mattes April 3

Ed and Sue Rauch

April 10 Mike and Jess Jalboot

John and Laurie Reynolds

ACOLYTE

March 6 **Evan Chalmers** March 13 Nora Jalboot

March 20 Madison Klausfelder

March 27

Ryan Chalmers

April 3

Cali Smeed

April 10

Adalyn Neff

REFRESHMENTS-Temporarily Cancelled due to COVID concerns

FACEBOOK MONITOR

Tony Villareal March 6 March 13 Kristie Lowery March 20 Laurie Reynolds March 27 Lisa Cinciripini April 3 Tony Villareal April 10 Kristie Lowery

MONEY COUNTERS

March 6 Tara Kuhnsman, Erin Chalmers March 13 Carol Wenger, Kristie Lowery Carol & Dave Reiff

March 20

March 27 Ed & Liz Bibic

Rick Rogers & Joanne Kramlik April 3 Charlotte Kramer & Marion Eide April 10

April 17 Jess and Mike Jalboot

Erin Chalmers and Rick Rogers April 24

TRUSTEE ON DUTY - MARCH - Butch Hafler

Zwinali UCC Staff

Butch Kuykendall, D	D.MinSenior Pastor
Alan Miles, M.Div	Associate Pastor
Steve Emery	.Director of Music/Organist
Linda Cuddahy	Nursery Caregiver
Lisa Cinciripini	Office Administrator
Kristie Lowery	Office Assistant

Zwingli United Church of Christ, 350 Wile Avenue, Souderton, PA

Phone: 215-723-1186 Fax: 215-723-5402 www.zwingli.org office@zwingli.org Office Hours: M- TH: 8:30-4:30, F: 8:30-3:30

Closed Daily 12-1









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ONA COVENANT

At Zwingli United Church of Christ, we promise to engage and nurture Christ's light in all of God's people, no matter their sexual orientation or gender identity, race or ethnic background, social status, soul injury, religious beliefs, age, and physical, mental, or addiction challenges.

We aspire to be a counterweight to exclusion and discrimination. We choose to purposefully welcome and include all people in every aspect of our church family including worship, fellowship, and leadership, lay and ordained, and will meet you where you are on life's journey to share God's love with you. It is our commitment that all members should feel and be safe, as we express God's universal and unconditional love in our church, community and daily lives.

Don't be Ordinary...

Be Extraordinary!



Miller-Keystone Blood
Center Needs ... YOU!



Why not take the opportunity to get involved in your community, develop new friendships, and discover hidden talents? You can do all this while taking pride in knowing your time is well spent and that your contribution will impact the lives of hundreds of people every day.

Miller-Keystone Blood Center has volunteering opportunities available throughout the communities that we serve including Souderton. By volunteering your time, you will be

part of a non-profit organization that serves as the sole provider of a safe, continuous blood supply for more than 25 hospitals in eastern Pennsylvania and western New Jersey. You will help play a vital role in maintaining the blood supply for the community where you live.

Please consider volunteering with us!

If not YOU, then WHO?

Volunteer Opportunities include:

Canteen Attendant

Someone needs to give out the snacks with a smile while monitoring the donors and making sure they are doing well after donating. Why not you?

Contact us:

Kathy Hoy

call: 610-926-6060 ext 1103 email: khoy@GIVEaPINT.org





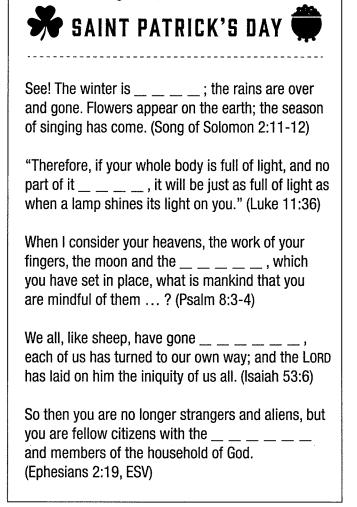
- ¾ cup very warm water
- 1 tsp salt
- ¾ cup gel body wash
- Food coloring
- Rubbing alcohol in spray bottle
- Silicone baking molds

What you do:

- 1. In a bowl, stir gelatin and warm water until dissolved.
- 2. Add salt, body wash and a few drops of food coloring. Stir.
- 3. Spray molds with rubbing alcohol (to prevent bubbles). Place molds on a tray.
- 4. Pour mixture into the molds. Refrigerate until set, about two hours.
- 5. Pop soap out of molds and store in an airtight container.

Puzzle!

Complete the Scripture verses (NIV, unless marked) using letters found in the words



Answer: past, dark, stars, astray, saints