

# St. John's United Church of Christ

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 Hospital Code: 469

## March 2010



### SOUP, SANDWICH AND THE TEN COMMANDEMENTS LENTEN SERIES LUNCHEON

Every Wednesday during Lent at 11:30 am  
 February 24 through March 24

### LENTEN POTLUCK DINNER AND BIBLE STUDY

Please join us at 6:00 pm for dinner on  
**Wednesday, March 10 and March 24.**

**The evening Bible Study will be held  
 February 24, March 10, 17 & 24.**



The 2010 Family of Families  
 booklet will be printed in March,  
 please contact the church office  
 by the end of February with any  
 changes.

### St. John's UCC Laurys Station Logo Contest!

Place your vote for your favorite in the narthex.



Easter Flowers

Easter Flowers may be ordered "in  
 memory of" or "in honor of" your  
 loved ones. Please look for the  
 sign-up sheet in the Narthex. We will have a  
 combination of Easter flowers this year with *Lilies,*  
*Tulips, Daffodils and Crocus.* Please look inside  
 the newsletter for more information including cost  
 of each type of flower being offered.

*Deadline for orders is March 21, 2010*

### Staff

**Rev. James T. Gottwald, Pastor**  
**Kim Taylor, Secretary**  
**Donna Henninger, Director of Music**  
**Paul Schuler, Sexton**



Girl Scout  
 Sunday  
 March 7



One Great Hour  
 of Sharing offering  
 March 14



Game Night  
 Sat., March 27  
 5:00 pm



**Church N' Chow**  
 Sunday, March 28  
 11:30 — 1:00



MS Warrior  
 Bake Sale  
 Sunday, March 28

# Best Wishes to our March Birthdays

Those in **BOLD** indicate our special **80 society**.

## 2ND

*Artline Zulu*

## 3rd

*Beverly Hartman  
Karen Lichtenwalner*

## 4th

*Robert Tauber VI*

## 5th

*Hans Krause*

## 6th

*Mary Jane Gunshore*

## 7th

*Rebecca Bell  
Shannon Kuzma*

## 8th

*Abigail Elizabeth Meyers*

## 9th

*Brenda Frantz  
Brian Shattah  
Claire Bowers*

## 10th

*Linda Schmall*

## 11th

*Charles Lynn*

## 12th

**Curtis Rabert**  
*Bess Roth  
Donald Lobach*

## 13th

*Lynn Eberhardt  
Corrina Passaro  
Kyle Barber*

## 14th

*Diane Frantz  
Natalie Bader  
Colin Bader  
Nicholas McIntyre*

## 16th

*Judith Eckhart*

## 17th

*Dieter Glass*

## 19th

*Jeanne Butler  
Cathlene Paules*

## 20th

*Blake Danner*

## 22nd

*Faye Creveling  
Amber Gensey  
Alex Pfeiffer*

## 24th

*Rev. James Gottwald  
Tanner Young*

## 25th

*Maryann Krause*

## 26th

*Tami Whitehouse  
Robert Eck  
Spencer Ruhmel*

## 27th

*Joel Hower*

## 28th

**Elsie Peters**

## 29th

*Jean Wilkinson  
Candice Eck  
Kristine Landis*

## 30th

*Lisa Taibi*

## 31st

*Amelia Gogle  
John Hartman  
James Kintz Jr.*

## A special thank you to our March Stewards

### March Greeters

7: Girl Scouts  
14: James & Nikki Saemmer  
21: Bruce, Beth & Rachel Sloan  
28: John & Karen Pfeiffer

### March Bulletins

7: (AVAILABLE)  
14: (AVAILABLE)  
21: (AVAILABLE)  
28: Karen Berry-Frantz

### March Flowers (2 vases each week)

7: Ken, Renee, & Kyle Kuzma  
Brian & Carolyn Heft  
14: Ken & Rose Deitrick  
(1 VASE AVAILABLE)  
21: Ken & Renee Kuzma  
The Butler Family  
28: Erma Remaley  
Karen Berry-Frantz

### March Acolytes

7: Colin Bader  
14: David Fediaczko  
21: Bryce Hower  
28: John Fediaczko

**Thank you to Pam Haas for  
contacting our Greeters.**

Thank you to the Remaley Family  
for sponsoring the  
March Newsletter in  
memory of Ernie Remaley.





## Pastor's Message for Lent

*In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. (Mark 1:35 NRSV)*

I recently went to my daughter's gymnastics practice where I watched her practice on the balance beam. When she first started gymnastics, she had difficulty even standing on the narrow beam. But these days she is doing much better. After almost two years of practice she can stand, hop, turn, and even do a twisting dismount. It is rather impressive what a person can do with some practice.

Lent is a time for all of us to regain some balance in our lives. Life offers much for us to try and balance. We balance our time for work and family, time for play and time to be serious. We must also balance our food intake with the amount of energy we need to live and work. In the same way, we try to balance our time for ministry with the time that we allow God to feed us. Along with our work on committees and teaching and service to community, we must also allow God to regenerate us through rest, play, worship, the arts, Bible study, and prayer.

If our lives become unbalanced, then we may take a fall. If we spend too much time on study or prayer, then we can become disconnected from the world and it becomes hard to hear God's word for today and instruction for our lives. If we spend all our time working and doing mission, then we can become burned out or too serious or just plain run out of energy. It is important for us to find balance in life.

How can you tell if your life is out of balance? If you are not allowing God to feed you, you might experience some of the following. You are always serious. You don't laugh very often. Your family wonders where you are. Your pledge to the church is paid but your mortgage is late. You are always tired and you seem to lack motivation. You can't remember the last time you went to church. Perhaps you attend church but instead of praying you are working on your to do list for after church. Likewise, if you are not doing the ministry God wants you to do, you may experience some of the following. You are always putting things off. You always have an excuse for why you have not done something. When you do try to do something, you find that the situation is different from what you expected and you are easily frustrated. Your prayer life becomes stale and routine. You don't expect God to have anything to say to you.

Jesus balanced his life with prayer and ministry. We are blessed when we do the same. When you examine your life, it will become plain to you which direction you need to walk in order to get a better balance in your life. With a little practice, you can get your balance back. When you get your balance back, you will be a happier person. Your service to God and God's love for you will be more fulfilling. This is good news. Thanks be to God. Amen.

Your Brother in Christ,

Pastor James Gottwald



Sunday, March 7

Please join us to welcome the Daisy and Brownie Troops for Girl Scout Sunday. They will serve as our greeters and they invite you to Fellowship Hall after worship for some refreshments.



**Don't forget to turn**  
your clocks ahead the  
morning of Sunday,  
March 14.

## Some of those to Remember in Prayer:

- For all those who grieve.
- God's comfort and healing for members and friends including: Loretta Bates, Claire Bowers, Karl Bowman (brother of Twila Herber), Mark Brabazon (former member had a slight stroke), Pete Bross (a recent graduate of Parkland High School), Forrest Eck, Michael Frantz (nephew of Rusty Frantz), Geon Garcia (16 year old cousin of Nikki Saemmer), Doug Geiger, Bill Hoffman (new hip in Florida), Wayne Herber, Zach Krause (Recently back home and may return to school), Diane Laub, John Laub, Julie Lichtenwalner, Thorin Lingo, Elsie Metzger, Mark Niemkiewicz (friend of Brian Heft), Frank Schwartz (a former member who has leukemia), and Stella Troxel.
- Those who are searching for employment.
- Those who are serving our country including Kyle Burns, Alex Danner, Aaron Heft, Chad Royer, Jason Schuler, Manny Vassallo, and all those who are in our hearts.
- The people of Haiti recovering from the Earthquake.
- Those places where there is unrest or war such as; Afghanistan, Columbia, Congo, Iran, Iraq, Israel, Pakistan, Somalia, and Sudan.



## Prayers of Thanksgiving and Congratulations

- Michael Frantz was released from physical rehabilitation and continues to recover from a series of strokes in November.
- On January 24 we welcomed new member Brian and Brandon Miller. Brian is a scout leader at the church. He has two sons, Brandon and Derek. Brandon is in high school. Derek is in 6<sup>th</sup> grade. Welcome aboard!
- On January 24 we welcomed returning members the Rev John and Kathy Dech. John and Kathy are good friends to many and we look forward to continuing our walk with Christ and with them.
- On January 31<sup>st</sup> we baptized Joshua Pyne. Joshua is the son of Jackson and Benorah Pyne.
- Frank Krause recently received a clean bill of health.
- The Family room received a new carpet.
- The Christian Ed rooms are being painted rainbow colors.



## Special Offerings in March One Great Hour of Sharing – March 14

One Great Hour of Sharing, as part of Our Churches Wider Mission, is the special mission offering of the United Church of Christ that carries God's message of love and hope to people in more than eighty countries. The UCC works with international partners to provide sources of clean water and food, education and health care, small business micro-credit, emergency relief, and advocacy and resettlement for refugees and displaced persons. OGHS also supports domestic and international ministries for disaster preparedness and response.

Thank you for supporting this ministry in the past. Through OGHS you have helped victims of hurricane, earthquake, tsunami, drought, famine, war, etc. I look forward to the ministry we will do through OGHS in the coming year.

Pastor James Gottwald

## TREASURER'S REPORT JANUARY 2010



	<u>JANUARY 2010</u>		<u>JAN TO JAN 2010</u>	
	<u>GENERAL FUND</u>	<u>MORTGAGE FUND</u>	<u>GENERAL FUND</u>	<u>MORTGAGE FUND</u>
BUDGETED NEED	\$16,918.33	\$4,740.02	\$16,918.33	\$4,740.02
ACTUAL EXPENSES	\$14,100.00	\$4,740.02	\$14,100.00	\$4,740.02
RECEIPTS	<u>14,827.42</u>	<u>2,730.00</u>	<u>14,827.42</u>	<u>2,730.00</u>
NET FOR PERIOD	\$727.42	-\$2,010.02	\$727.42	-\$2,010.02
			<u>GENERAL FUND</u>	<u>MORTGAGE FUND</u>
BALANCE JANUARY 1, 2010			\$3,661.60	\$0.00
2010 ACTIVITY			\$727.42	-\$2,010.02
FROM CAPITAL CAMPAIGN			\$0.00	\$0.00
BALANCE JANUARY 31, 2010			<u>\$4,389.02</u>	<u>-\$2,010.02</u>



Council met on Wednesday, February 3. In addition to conducting the general business of the church, Council:

- Discussed the creation of a display board to feature and make more visible various committees and their members within the church.
- Approved using continuing education funds for Pastor James to attend a Festival of Homiletics in May.
- **Continued planning for St. John's Green Expo Day on April 24.**
- Approved the formation of a committee to review any existing policies and formalize a procedure to recognize special gifts to the church.

## 2010 FAMILY OF FAMILIES



We have begun the process of updating the Family of Families. **Please contact the church office by the end of February** to notify Kim if there are any changes needed to the 2009 information. This could be an address change, phone number change or name changes.

A draft copy will be placed in Fellowship Hall within the coming weeks for you to review. Please take time to review all the information and note any changes needed.

The committees that are listed in this booklet need to have updated information as well. Each committee chairperson will need to contact the church office with an updated list of committee members. If you are currently serving on a committee, please verify the information on the draft copy when it is available.



### Soup, Sandwich, and the Ten Commandments

Join us on Wednesday's in Lent (March 3, 10, 17, and 24) for soup, sandwich, and a discussion on the Ten Commandments. We will begin at 11:30 a.m. with soup and sandwich. The soup and drink will be provided. You are invited to bring a sandwich which may be cut in two and exchanged with another person if you so desire. After lunch, we will watch a presentation on the Ten Commandments. Following the presentation we will join in a discussion on the Ten Commandments. What did the Ten Commandments mean to the Israelites? What is their meaning and purpose for us today?



### Lenten Potluck Dinner

Join us for a potluck dinner and Bible Study on **Wednesday March 10 and Wednesday March 24**. We will gather at 6:00 p.m. for a potluck dinner. Look for a signup sheet at church if you want to let other people know what you are bringing. Otherwise, bring what you like for a true potluck. After dinner we will engage in a Bible study written by Robbie Castleman entitled "Peter: Learning to Be Like Jesus." The discussion will be led by Carl Moyer.



### Evening Bible Study

Please join us for an evening Bible Study on **March 10, 17 & 24**. The study begins at 6:30 p.m. The study guide was written by Robbie Castleman and is entitled, "Peter: Learning To Be Like Jesus." On **March 10 and 24** they will host a potluck dinner. The dinner will begin at 6:00 p.m.



## **Church N'Chow**

March 28, 2010

11:30 a.m. to 1 p.m.

**Fellowship Hall ~ St. John's UCC**

**Luncheon Cost: \$3.00**

Sponsored by: St. John's Stewardship Committee

MENU Soup, Bread & Crackers, Choice of Beverage, Dessert

Reservations are not required.



### Multiple Sclerosis Bake Sale

On **Sunday March 28** you can help the  
Walking Warriors MS Team  
—Diane Frantz and Roxanne Grube—  
in purchasing baked goods.



They will be holding their charity bake sale before and after worship.  
All proceeds will go towards MS.





## EASTER FLOWERS FOR SALE

With the celebration of Christ's resurrection on Easter, the Music and Worship Committee would like to bring the beauty of spring into the Sanctuary. We are asking your help in decorating our church with daffodils, lilies, tulips or crocus. If you are interested in purchasing any of these flowers, please sign up on the sheet on the narthex bulletin board or by calling the church office by **March 21, 2010**. The flowers will be purchased from Hickory Grove Greenhouse and can be taken home after the 10:15 am service on April 4.

The cost of the flowers will be:

Lilies (4–6 blooms)	\$8.00
Daffodils	\$6.00
Tulips	\$6.00
Crocus	\$3.00



Payment can be placed in the offering plates on Sunday (please use separate envelope—marked with your name and Easter flowers) or handed to Anita Troxel.

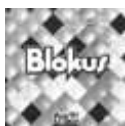
## MISSION COMMITTEE

We have recently received an email from Linda Lawrence of Global Ministries. She has informed us that there is little word available regarding sponsored children in Haiti. To date there has been only one confirmed death of a sponsored child. Adding to the troubles, when the CONASPEH building collapsed, all the child sponsorship paperwork in Haiti was lost. This requires someone to locate each child individually, assess his or her situation, and contact the US office to find out who sponsors that child so they can then notify individual Churches and sponsors. This is extremely time consuming, especially with so many other needs to be attended to. As soon as we get any information, we will pass it along. Please continue your prayers for Clairenise.

## Social Outreach Happenings

### Good-bye Winter, Hello Spring Game Night

Join Social Outreach on Saturday, March 27 for a fun night of dinner and games. The doors open at 5:00 pm. We ask you to bring a potluck dish to share and your favorite board, table, word, charades, or action games to share. We will have a supervised area for children to participate in age-appropriate games as well. The committee will provide the beverages and a surprise dessert.



The church-wide Birthday Celebration will be held on Sunday, April 18 after worship. Bring a dish to share & enjoy the fellowship & fun.

The annual Penny Party will be held on Saturday, May 15. Doors open at 11:00 am & the party will start at Noon. All that's needed is some spare change (start saving) & the desire to have some fun.

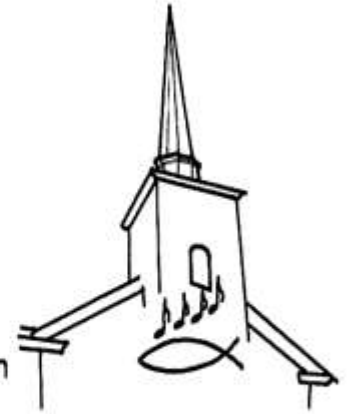
We continue to collect out-grown, gently used, clothing at all times of the year. Contact a committee member or drop off in the downstairs classrooms (we'll direct them for you).

## St. John's UCC Laurys Station Logo Contest!



St. John's UCC should have a logo that represents at a glance how we are an active, living church!

Witness the talents of the members of Team St. John's, and see their submitted designs which will be displayed in the narthex throughout the month of March.



To vote for your favorite design, please use the slips of paper provided, write your name on it, and place it in the basket that accompanies the design you are voting for.



After worship on Sunday, March 28th, the votes will be tallied.

*Only one vote per person, please. . .*



The design with the most votes will be considered the winner.

Come and share your vote for the logo that you feel best suits St. John's UCC, Laurys Station!!!  
Support the desire to share the glory that is Team St. John's!!!

## Save the date.....

# St. John's Green Living Block Party

April 24, 2010  
9:00 am—3:00 pm  
Rain or Shine

First of hopefully many "green" events at our church with many activities to inform, delight, and enlighten.  
Everyone is welcome!

# ☘ ☘ ☘ March Mission Madness !!! ☘ ☘ ☘

Check out all of the mission  
and outreach things we do as...



- \* Clairenise Avril in Haiti
- \* the Pyne / Zulu family
- \* OGHs - Haiti relief
- \* God's Garden
- \* Agape Food Bank
- \* build the Angel Fund
- \* Allentown School District
- \* electronics recycling
- \* battery recycling
- \* Bethany Children's Home
- \* 2nd Harvest Food Bank



- \* Lehigh County Conference of Churches -  
soup kitchen / souper bowl
- \* Church World Service
- \* Heifer Project
- \* Neighbors in Need
- \* OCWM
- \* One Great Hour of Sharing
- \* Phoebe Home
- \* Retired Ministers Fund
- \* Strengthen the Church



## Team St. John's Photos



After completing a marathon, Megan Troxel poses in front of the Manhattan skyline.



Even Frosty, who resides at the Pfeiffer residence, has joined Team St. John's.

# SCHOLARSHIPS

*If you are a college or graduate student who is preparing for a career either as a/an*

**ORDAINED MINISTER**

**CERTIFIED TEACHER OR EDUCATOR**

**DOCTOR OF MEDICINE**

*then you may qualify for a scholarship grant from the*

## **GWILYM T. WILLIAMS SCHOLARSHIP FUND**

This Trust Fund, created over a generation ago by a now deceased PNEC benefactor from Scranton, is administered by the Penn Northeast Conference of the United Church of Christ. The purpose of this Fund is to provide financial assistance for post-secondary students enrolled in accredited institutions of higher learning, and who are preparing to embark on a career either as an ordained minister, a certified teacher or educator, or a doctor of medicine.

Grants are limited by stipulation of the Trust to students pursuing one of these three career options, and who are also currently members in good standing of a PNEC congregation. Financial assistance will be awarded only to help pay the institution-stipulated costs of tuition and/or housing.

You are required to submit to the PNEC office ALL application materials (your application, certification of an acceptable program of study, your school's financial bill) before your request will be considered. Application materials must be in our office by **October 1<sup>st</sup>** in order to be considered for a grant for the (preceding) summer and/or (current) fall terms, and by **March 1<sup>st</sup>** in order to be considered for a grant for the (preceding) winter and/or (current) spring terms. Reimbursement checks will be issued directly to successful applicants. Even if you have received a Gwilym T. Williams scholarship in the past, you must reapply in order to be considered for a new grant. Applicants are awarded a maximum ten grants for undergraduate work, and ten (more) grants for post-graduate studies.

Please contact Beverly McClure at the Conference Office for an application packet. You can reach her at 610-826-3113 or [beverlym@pniec.org](mailto:beverlym@pniec.org). Or simply go to [www.pniec.org](http://www.pniec.org) to obtain the application packet.

Please note: YOUR APPLICATION WILL NOT BE PROCESSED UNTIL ALL THREE APPLICATION MATERIALS ARE RECEIVED IN THE PNEC OFFICE.

**Our next meeting is scheduled  
for Wednesday, March 24 at  
7:00 pm**

# Christian Education

## Vacation Bible School

This year's Vacation Bible School, scheduled to take place June 21—25, will continue the green theme being held in April. All of this year's students and staff will be part of "God's Green Team". We will learn of God's creation of this great world and how and why we need to care for it.

Put VBS 2010 on your schedule  
and join the team!

The **Adult Fellowship class** will be discussing the second series on the Book of Acts, Part II, which began February 14, and will conclude March 28.

The **Adult Bible Study Sunday School class** in March will explore "A community with a mission." The lessons will focus on personal responsibilities within the community as illustrated in the books of Jonah and Ruth. Come and share ideas as to how those responsibilities not only strengthen the Christian community, but also strengthen one's personal relationship with God.

## **Our Recycling program**

We are able to collect:

- old cell phones
- small ink cartridges
- digital cameras
- digital video recorders
- laptop computers
- MP3 players
- GPS devices



Aluminum cans can be placed in grocery bags and disposed in the green barrels by the refreshment stand.

**All Proceeds will go towards CE programs.**

**Thank You!**  
**THANK YOU!**

**We wish to extend a special thank you to  
Bobbie Holler of B&P Carpet Wholesalers  
in Bath for the carpet they generously do-  
nated to the church for the new Family  
Room.**

## **PNEC Friends of Guatemala – Initial Delegation April 10-17**

The Penn Northeast Conference has formed a partnership with a group in Guatemala called The Council of Ecumenical Christian Churches in Guatemala or Consejo Ecumenico Cristiano de Guatemala. The Council of Ecumenical Churches helps churches in Guatemala work together to solve common problems such as gangs, violence, and the implementation of the peace accords following the end of a 36 year old civil war in the early 1990's. From April 10-17 or April 11-17, a group of leaders from the Penn Northeast Conference will travel to Guatemala for the initial delegation. The initial delegation will visit with the various church leaders and ministries of Consejo Ecumenico. Your pastor, James Gottwald, is glad to be one of the leaders from the PNEC who will attend this first delegation. It is understood that the first delegation will pave the way for future delegations which will nurture our friendship with more people involved.

## Summer Youth Camps

The 2010 Outdoor Ministries Program Calendar is on the bulletin board in Fellowship Hall announcing the youth camp opportunities being held at Mensch Mill Conference and Retreat Center in Alburtis, PA. You can get further information at [www.menschmill.org](http://www.menschmill.org).



# JUST FOR KIDS

Share Your Faith in Christ



## DIRT CUPS

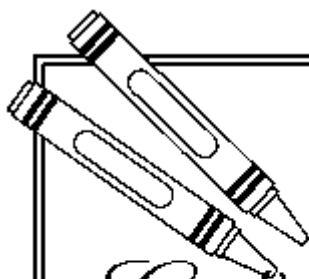
Make this easy snack for your family or your friends at Sunday school. As you eat it, celebrate the miracles God brings in the spring.

### What you need:

- 2 cups milk
- 1 (4-serving size) box of chocolate instant pudding
- 1 (8 oz.) tub of frozen whipped topping, thawed
- 1 (16 oz.) package Oreo cookies, crushed
- 8 (9 oz.) plastic cups
- gummy worms and frogs
- plastic flowers (optional)

### What you do:

1. Mix milk and pudding in a large bowl. Beat with a whisk until well blended. Let stand 5 minutes.
2. Add whipped topping and half of the crushed Oreos.
3. Place 1 tablespoon crushed Oreos in each cup. Fill cups  $\frac{3}{4}$  full with pudding.
4. Top with remaining crushed Oreos.
5. Chill at least 1 hour or until ready to serve.
6. Decorate with gummy worms and/or frogs.
7. Place the stem end of the plastic flower into the center of the pudding dessert.



## Just for KIDS

*God's teaching is like....*

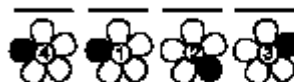
In Deuteronomy, Moses' words to the children of Israel remind us of spring, which brings growth and new life.

Use the flower code below to fill in the blanks, revealing Deuteronomy 32:2, NIV.

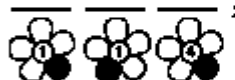
CODE



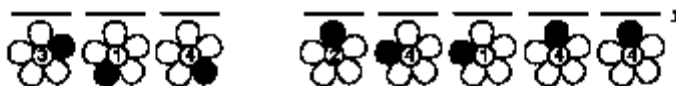
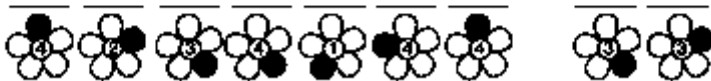
"Let my teaching fall like



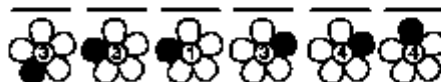
and my words descend like



like



like abundant



Looking ahead to **May 19, 2010**, which is our next scheduled Miller—Keystone Blood Drive at the church, we have provided some information concerning Iron Nutrition for Blood Donors below.



Proper nutrition is important to maintain your body's normal functions and overall general health. Most of the iron in your body is found in the hemoglobin molecule of the red blood cell, responsible for carrying oxygen to the body. When you donate blood, you temporarily give up part of this valuable resource until the body has time to replace it. During the medical history interview, a drop of blood from your finger tip is collected to measure your hemoglobin. To be a blood donor, your hemoglobin must be 12.5g/dL or higher.

### Two types of dietary iron:

**Heme Iron:** Heme iron, the organic kind, is found in animal products, especially red meat, liver, and also in poultry and fish. The body can easily absorb approximately 15% of the iron from these sources. Although the absorption of iron from this food group is not affected by other foods in the diet, eating these food can greatly enhance iron absorption from other sources.

**Non-Heme Iron:** Non-Heme Iron is found in vegetables, fruits, breads and cereals, eggs, nuts and oral iron supplements. Only about 3% of the iron from these sources can be absorbed. How well your body absorbs the iron in these food groups depends on what else is on the menu. Some foods increase iron absorption, while others interfere.

All types of red meat, fish and poultry are excellent dietary sources of iron, since iron from these sources is most easily absorbed by your body.

Most vegetables, fruits, nuts, beans and grains are also good dietary sources of iron, but iron from plant sources such as these is not absorbed efficiently by your body. Vitamin C enhances iron absorption from such plant sources, so eating vitamin C-containing foods in combination with iron-rich vegetables, fruits, nuts, etc. is recommended.

Caffeinated beverages (coffee, tea, soda) taken with meals can act as iron blockers, as might excess consumption of high fiber foods or bran supplements.

### How to Improve your Iron absorption

Eat foods which enhance iron absorption when combined with foods that are non-heme iron sources:

- Beef, poultry, fish, lamb, and veal are on the top of the list.
- Food high in vitamin C, such as citrus fruits, cantaloupes, strawberries and vegetables such as cabbage, green pepper, tomatoes, and broccoll.
- Foods containing folate, a B vitamin, such as vegetables, citrus fruits, liver, beans, and seafood.

### Iron Enemies

Avoid combining the following foods with food that are non-heme iron sources:

- Dairy products such as cheese, yogurt, ice cream, and milk.
- Eggs, which contain an anti-iron factor that binds iron, also foods eaten with eggs such as toast.
- Whole-grain breads and cereals, baked goods, and candy bars.
- Foods high in oxalates, such as spinach.
- Tea, coffee, wine, beer, and soft drinks.
- Canned and processed food containing EDTA.

### Minimum Daily Dietary Iron Requirements:

Men:	19-50+	10 mg per day
Women:	15-50	18 mg per day
Women:	50+	10 mg per day
Adolescents:	11-18	10 mg per day

**AMIGOS DE GUATEMALA BOOK CLUB/LENTEN SERIES:** Please join Hope United Church of Christ of Allentown in reading *The Art of Political Murder: "Who Killed the Bishop?"* by Francisco Goldman. A real page turner, this book explores the murder of Bishop Juan Gerardi, the Guatemalan human rights leader who was murdered after the release of his multi-volume report on the genocidal terror campaign led by the army in the 1980s and 90s, in which 200,000 people disappeared or were killed. This journalistic non-fiction work reads like an old-fashioned murder mystery, and also offers an important opportunity for us to better understand the plight of Guatemalans and the struggle they face to restore justice to a country so long rocked by corruption and cruelty. Pastor Bill Ragan is recruiting speakers with experience in Guatemala to lead the discussions on the following Wednesday evenings from 7:00 PM to 8:30 PM during Lent: February 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>. Please buy your copy and join us! Get reading today! If you have any questions, please contact the Hope Church church office at 610-439-8118.