

Fellowship Informer

Stephens City Mennonite Church

The body is a unit, though it is made up of many parts:
and though all its parts are many, they form one body.
So it is with Christ. —I Corinthians 12:1

Worshiping in the New Year

Creating God,

For morning light and fresh beginnings, we give thanks.
For a new year, we give you thanks.
Comfort those with heavy hearts.
Bless those who struggle to make ends meet;
Protect those in danger or distress.
Inspire us with a longing to do your will in each moment.
We pray in the name of the one who makes all things new.

January 15—Karen “First” Jenkins from Bronx, New York, will be our guest speaker. She is in her first year of seminary studies.

January 22—We will share in Communion in the morning worship
Evening worship 6:30 PM—EMU Choir

February 4 & 5—Mission Focus Weekend

Guest speakers will be Philip and Betsy Rhodes.
They were involved in the Jesus Trail in Palestine & Israel.
Philip is currently the Director of Our Community Place in Harrisonburg. On Saturday evening, we will share a meal together.

Upcoming Activities

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|----------------|--------------------------------------------------------------------------|
| January 22 | Communion |
| January 23 | Evening worship: 6:30 PM
EMU Choir |
| February 4 & 5 | Mission Focus Weekend
with Philip and Betsy Rhodes. Meal on Saturday. |
| March 18 | Hymn Sing |

FRIENDS AND VISITORS ARE ALWAYS WELCOME.



Reduce—Reuse—Recycle—Re-purpose—Rejoice

by Debbie Fleming

In midwinter, those of us who participate in that special creation care madness called “gardening” begin dreaming of warmer days. Julian of Norwich (ca. 1342–ca. 1416) offered a poem to help us through these January days.

*Be a gardener.
Dig a ditch,
toil and sweat,
and turn the earth upside down
and seek the deepness
and water the plants in time.
Continue this labor
and make sweet floods to run
and noble and abundant fruits
to spring.
Take this food and drink
and carry it to God
as your true worship.*

Recycled Card Program

Looking to declutter? Not crafty? Give your greeting cards a second chance by donating your used greeting cards to the Recycled Card Program at St. Jude’s Ranch for Children. This program takes donated cards, gives them a new back, and makes them new again. Volunteers and children work together to make and resell “green” cards. The program accepts all types of greeting cards, and is in need of birthday and thank-you cards especially. The program cannot (for copyright reasons) accept Hallmark, Disney, or American Greeting cards. A donation box is in the foyer of the church if you wish to donate.

United Nations Climate Change Forum in Durban, South Africa: December 2011

Willard Metzger, Executive Director of Mennonite Church Canada, attended the climate negotiations in Durban. He blogged extensively on his experience, and signed a number of letters on behalf of the church urging appropriate action. His blog is at: <http://willardmetzger.blogspot.com/>



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Missions Weekend: February 4–5

Philip and Betsy Fisher Rhodes, did a 3-day hike of the Jesus trail to better understand the life, teachings, and world of Jesus of Nazareth, by traveling his route from Nazareth to Capernaum (Matthew 4:13) while recreating, as authentically as they could, 1st-century life and travel in the Galilee.



Holly-Jolly-Tamale Celebration!

Muchas gracias to Daniel Garcia for organizing tamale cooking and hand-making a piñata for our annual Christgiving dinner! So many children tried two piñata whacks! Daniel said that he used newspaper and corn syrup to make the piñata—a handsome star.



A Word From the Parish Nurse

January is a cold month. The north wind doth blow and we shall have snow and what will a poor human do to keep warm!? Have soup, hot chocolate, noodles, and oatmeal! Instant comfort foods in a cup! A very good idea, but—there is always the “but”—a word of caution:

A recent report on National Public Radio told of interesting facts about soups, especially the instant “cup-o-soup”-type products that come in Styrofoam cups. The instructions tell you to add boiling water or microwave. The design of many cups has an inherent danger. They are “tippy.” With narrow bottoms and wide tops they have a propensity to tip over easily, causing burns. The instant-noodle cups are inexpensive and a quick lunch for kids, but disaster can lurk in the them. The noodles conduct and retain heat longer. They are also sticky and stay in contact with the skin longer. This causes deeper burns. Statistics from major burn centers indicate that between three to six children are admitted to the hospital EACH WEEK with noodle soup burns. The burns can cover the chest, arms, torso, privates, and legs. These burns can take up to twice as long to heal as those caused by other hot liquids. Transfer of “cup-o-food” products to a different dish and close supervision of children is the best recommendation. Some physicians wish other meal options would be chosen!

Other food-related injuries can include:

Choking: Adults choke most often on food not chewed properly, especially while talking and laughing (one takes a big deep breath when one laughs). Children can also choke on food when they don't take time to chew, take large pieces of food, or put too much in their mouth at once. Hard candy (especially round candy) and hot dogs (17%) are common causes of choking. Latex balloons are the number one cause of choking related to non-foods (29 % of overall fatalities.) Hot dogs should *not* be left in round slices; instead, cut them across the round.

There is the “Jalapeno-in-the-eye” injury. Hands should always be washed after cutting any type of pepper before touching any place on the face. Some suggestions include using food preparation gloves for this job.

Knuckles can get cut when grating carrots and cheese. Oh, the temptation to keep grating closer and closer to the fingers!

A different injury was noted as “Spice Blowback.” This can happen when a cloud of spice dust is inhaled deep into the lungs. Perhaps spooning spices, rather than shaking, is better.

Last, but not least, when you are tired of turkey and ham, and “I can't wait for my bite of pizza,” you get the cheese burn on the roof of your mouth. The cheese can stick to the roof of your mouth. The only word of advice is patience.

Please note: New dosing restrictions have been issued for TYLENOL. Repeat dosing is now recommended to be no more frequent than every 6 hours (no longer 4), and there is a reduction in the total daily amount from 4000 mg to 3000 mg. The amount of Tylenol adds up quickly with the extra strength tablets at 500 mg each. These changes are due to the potential for serious or even fatal liver damage. Always confer with your physician for your individual recommendations.

Remember, an ounce of prevention is worth a pound of cure—and that's taking good care of God's Temple.



Scrapbooking Opportunity

To all the ladies (men, too, if they like) of SCMC: There will be a monthly scrapbook meeting on the third Friday of every month. The first one of 2012 will be held on the 20th of January at 6 PM. The meetings will be held in the basement of the Relief Methodist church on Middleroad.

We are having three kinds of soup that night. Feel free to bring snacks to share. We either bring food in or we order pizza and subs. We are asking for a donation of \$2 each time you come. This is to help with the cost of the lights and heat.

We have a lot of fun working on our books while chatting with fellow scrapbookers.

Everence and Trees

Everence and MCC announce e-statement partnership
(via www.mcc.org, January 3, 2012)

This past December, Virginia Mennonite Conference's *Connections* reported on some of Virginia Mennonite Mission's work in Haiti to provide clean water through well-drilling. Everence members can easily support relief efforts in Haiti and elsewhere in another way, too. For each Everence member who participates in the company's e-statement program, Everence will donate \$1 to MCC's reforestation projects worldwide. In turn, each dollar donated will purchase five tree seedlings. Reforestation in Haiti and elsewhere provides jobs, protects farmland and waterways from erosion, and produces food to use and sell.

Closing Thought

*“The best of
us must help
the rest of us
till the rest of
us are the best
of us.”*

—*Anonymous*