



COMMUNITY
MENNONITE
CHURCH OF
LANCASTER

THE Parrot

MARCH 2016

MARCH HIGHLIGHTS

6 Adult Christian Ed

Teman Cooke leading

13 Adult Christian Ed

Daniel Erdman leading

16 CMCL women

Girls' Blessing

7:00 p.m., Carolyn Weaver's home

20 Adult Christian Ed

Jonathan Sauder leading via Skype

27 Easter

No Adult Christian Ed

3 Stories behind the Storytelling Boxes

1 The story boxes are great to have during Storytelling Time in Christian education at CMCL. One of the stories that I really enjoyed hearing was the one about Abraham and Sarah. The pieces that were in the box to help tell the story were rocks with the characters painted on them. The rocks were small, round and smooth. Each rock had a face and clothing painted on it that told us about the characters in the story. When the storyteller told the story, he acted like the rocks were people.

Another storybox I liked was when Moses took the Israelites out

of Egypt. There were little wooden chips that represented the people who were working for the Egyptians in the storybox. I thought it was interesting how the artist used the wooden chips to be people. I wouldn't have thought of that and it was a good idea. There was also a piece of felt in the box that represented the place that the Egyptians were living.

One other piece of art I like from the storyboxes are the characters that were made from a water bottle and a tennis ball. The artist made the tennis ball the head and the water bottle the body for each character. She covered the bottle and ball with colorful paper and colors and made them look like humans. There are many different characters made from these. They are really detailed and can tell different stories. I like seeing what is in the story boxes every week.

—Sam Hoover, third grade

(continued on page 2)



Next to Sam Hoover are the figures of two disciples created by Kay Reist for the Storytelling Boxes. James, at the left, has four fish in his arms and Thomas, next to him, has a question mark on his chest.

Your CMCL pastoral team

The pastoral team consists of the pastors and four or five CMCL members who are chosen by the pastoral team in consultation with the leadership selection committee. Integrity, maturity, accountability and love for the church are the main qualifications.

The team meets every other week. The members' duties include helping the pastors and attending to the well-being of the congregation.

The team specifically plans and helps with the following:

- Communion.
- Parent/child dedications.
- Mentor/teen matches.
- Annual covenanting, including new member preparation.

- Parrot pinning on Pentecost for those over 50.
- Special services, including Ash Wednesday, All Saints Day and Winter Solstice.
- Prayer shawl ministry.
- Meal ministry.

Pastoral team designates a representative to the retreat planning, staff relations and memorial meal committees. Also connected to pastoral team is the Everence (or matching fund) advocate. A recent addition to pastoral team oversight is the elder care committee, which attends to the needs of older CMCL members, such as transportation, meals and handicap accessibility. Team mem-

bers also visit the homebound and take communion to them.

Pastoral team is grateful for the many ways CMCLers care for each other through prayer, meals, cards, calls, transportation, visitation, small groups, and the list goes on.

But remember that pastoral team is here to respond to needs. Whenever a need arises, please call the pastors, any pastoral team member or the church office.

Pastoral team members: Pastor Susan, Pastor Chad, Luke Good, Verna Miller, Deb Napolitan, Carol Spicher, and Levina Huber, Chair.

3 Stories behind the Storytelling Boxes

(continued from page 1)

2 The Storytelling Box project began

over a decade ago with a call to CMCLers to donate items for use in telling children the Bible stories chosen by parents. These stories are taught on a three-year cycle in the Rotation Workshop, which is the Christian education program for children ages 4 to Grade 4. Because I received very few donations, I was about to tear down the flyers and go back to the drawing board when Kay Reist asked me what I needed. She then began creating artistic props for every story. What emerged was well beyond what I had dreamed, and I am grateful. On page 1 are reflections by Sam Hoover, a third-grader. To the right, artist Kay Reist explains what this experience has meant to her.

—Chris Hoover Seidel



3 A reason to create

CMCL storytelling boxes gave me a reason to create. I loved researching the Bible stories to understand the "big idea" behind each story. I also looked for basic symbols that are used over and over for certain characters. But because no one knows what the characters looked like, I could create them the way I wanted. I hope the children enjoy them as much as I enjoyed making them.

— Kay Reist

EVENTS & REPORTS

Spring Adult Christian Ed

February 21–March 20

Focusing on the scripture through different lenses: Volunteers share on their Lenten journeys.

March 6

Teman Cooke will be expounding on Exodus 10 and 11.

March 13

Daniel Erdman will be leading.

March 20

Jonathan Sauder via Skype.

March 27

Easter: No Adult Christian Ed.

April 3–May 8

Series “**Returning Veterans.** Returning Hope—Seeking Peace Together.”

CMCL Women

Wednesday, March 16,

7:00 p.m.

*at the home of Carolyn Weaver,
2660 Harrisburg Pike, Lancaster*

Girls' Blessing led by Mary Lou Weaver Houser. We'd like to extend a warm welcome to all CMCL women interested in honoring and showing support for the young women of our congregation. This year we have the joy of getting to know Amani Kaufman, Ana Martin, Anika Longacre Hurst, Annabelle Lapp, Gabrielle Martin, and Lauren Weaver.

Friday–Sunday, April 8–10

Charter Hall, Perryville, Maryland

2016 CMCL Women's Retreat

Retreat Along the Chesapeake: Listening, Journaling, Healing

Presenters: Lisa Roth Walter and Anne Schober

May 20, 6:30 p.m. (tentative date)

*Freiman Stoltzfus Gallery, then
Mary Alice Ressler's downtown condo*

Examine **Art and Spirituality** through the work of local artist, Freiman Stoltzfus. Meet after for snacks and drinks.

Saturday, June 11

Location to be announced.

Afternoon **potluck**, then a **hike** guided by Nancy Borremans.

Supporting and sending

The Peace and Social Justice Committee met January 12 to discuss the Agency Support Grant Program. This program is an opportunity for CMCL to partner financially with agencies involved in peace and justice ministries where our members/attendees are actively involved.

The committee accepted the following organization's applications for funding: Embrace Lancaster, Lancaster County Re-Entry Management Organization, Samaritan Counseling Center, ASSETS Lancaster, Mennonite Palestine-Israel Network, Welcoming Dialog, S. June Smith Center, Lancaster Downtowners, Lancaster Mennonite Historical Society, Center for Community Peacemaking, Lancaster Interchurch Peace Witness, Peace and Justice Studies Association, Lancaster New Sounds, and Kairos School of Spiritual Formation.

Do you know a local or far-flung church or church-related group looking for financial assistance? The committee will soon be accepting nominations for the SEND Fund (Sharing Enthusiastically Near and Distant). This fund is an opportunity for CMCL to share our financial abundance with other churches, locally and globally. The size of the fund is tied to our spending on CMCL building projects.

SEND projects should involve churches with growth needs that cannot be met without assistance. This growth may take the form of building a structure, building community, or both. Preference will be given to capital expenses rather than program needs. Look for more information in your mailbox and the bulletin.

—Tim Baum, committee chair

Chairs or representatives of church committees are invited to send in updates, news or highlights to share with the congregation. Email to Beth at b.oberholtzer@comcast.net.

COMMUNITY INTERESTS

TOWARD HEALTH AND WELLNESS

52 Steps in 2016

We are continuing our wellness series with Mary Ellen Francescani offering a specific suggestion for each week of the year. Challenge yourself to these March suggestions and decide what you can continue doing.

Week 10. Use a smaller plate for all of your meals this week to help with portion control. (In the 1960s a dinner plate was only 8–9 inches, now they are 12 inches!)

Week 11. Stay active: Incorporate at least 30 minutes every day this week of movement (walking, running, biking, doing the steps, swimming.)

Week 12. At the grocery store, pick all **darkly pigmented fruits and veggies** (blueberries, blackberries, dark leafy greens.) They are full of healthy polyphenols and anthocyanins.

Week 13. When choosing Easter candy, skip the peeps and **go dark chocolate** (>70% cacao), which is rich in antioxidants and flavanols and may protect against cardiovascular disease.

RESOURCE STEWARDSHIP

Transportation choices impact pollution

If you're not walking or biking to get from one place to another, you are most likely polluting the air we breathe. The ecological impact of vehicles powered by fossil fuels is great. Below is a list of the impact of transportation choices on pollutant gasses released per mile of travel.

- No pollutants: Walk or bike.
- Less pollutants: Mass transit (3/4 full), carpool (3 people), intercity train.
- More pollutants: Economy car, mass transit (1/4 full.)
- Most pollutants: Jet, average car, sport utility vehicle.

Here are tips for reducing the environmental impact of driving and increasing energy efficiency.

1. Keep tires inflated to recommended pressures.
2. Avoid rapid acceleration and braking.
3. Remove unneeded accessories such as roof racks and running boards.
4. Anticipate traffic movement and road features such as traffic lights to reduce the need for excessive braking and acceleration.

There are many reasons to question our auto-centered transportation systems, including congestion, air pollution and climate change. Developing more sustainable transportation systems means investing less in highway infrastructure and more in land and energy-efficient rail, bus, and bicycle infrastructure.

—Linford Good

SPIRITUAL PRACTICE

Listening . . .

I spend a joyful amount of time listening to people who want a companion for their spiritual explorations. "Listening is a way of honoring someone," says Krista Tippett. Listening involves deep attentiveness.

I've also found it essential to listen deeply to my own inner stirrings. A day of silence or a silent retreat offers space and time to listen attentively to the invitations of a new season of life. What are the longings? What holy venture draws me in the next months? What "voices" need to be "shushed" to listen to deeper inner desires? What might be the invitations honoring a personal journey, reverencing inner stirrings/nudges?

So much noise. So much interior chatter. So many loud voices. Even if you aren't able to take extended time for silence, a daily space and time just might make it possible to listen more deeply to yourself. This morning, with a cup of tea in hand, I sat in stillness near my gas log fireplace, unplugged, quiet, just *being*. It might be your yoga mat, a walk in nature, an immersion in beauty. What invites you to a deeper attentiveness and compassionate listening? Honor yourself today.

—Cheryl M. Lehman



Recovenanting in January

COMMUNITY INTERESTS

GREEN SPACE

The big thaw

After the third significant snowfall of the winter, mild temperatures and heavy rains suddenly caused an epic thaw. Three-foot-high snow piles shrank by the hour.

With downspouts still gurgling after a cloudburst, the sun began to break through dark skies, a perfect time to grab my camera and check the museum rain garden. Would the berm be able to withstand all that run-off?

Boots squished across soggy turf as I neared a marvelous sight. Yes! A steady flow of water from the spouts fed the rising water level, creating a pond. In another 12 to 24 hours, there will be little trace of this flood-magic.

This confirmation further energizes three garden volunteers as we submitted a second, smaller rain garden proposal to the museum board. The 10 x 20-foot garden would capture from a large collector downspout the river of storm water that currently races toward Chestnut Street, cascades down the front steps,



leaving behind a flow of finely silted topsoil.

Not only do rain gardens conveniently manage storm water, they also provide pockets of native wetlands vegetation to complement foundational plantings. In this case, located 10 feet from the building, the garden will tie into existing beds and provide small border shrubs and textural grasses against the backdrop of the large rhododendron and hydrangea already there. With no more soil erosion and clean-up on the front steps, it's a win-win situation for early April!

Check this Rutgers University website for your own backyard "how-to." http://water.rutgers.edu/Rain_Gardens/fs513.pdf

—Mary Lou Weaver Houser

CMCL online

Between Sundays

Go to www.cmcl.wordpress.com and join others who are following CMCL's newsletter blog, *Between Sundays*.

CMCL Website

Go to www.communitymennonite.org for general information, downloadable church documents in PDF format, up-to-date calendars, posts of recent sermons and much more.

Making and serving bread for the journey



—Joseph Gascho

The Parrot

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