



## The Preparer

The Episcopal Church St. John the Baptist  
4102 W. Union Hills Dr., Glendale, AZ 85308  
Telephone: 623-582-5449 Fax: 623-581-0009

[info@stjohnsaz.org](mailto:info@stjohnsaz.org) [newsletter@stjohnsaz.org](mailto:newsletter@stjohnsaz.org)  
[www.stjohnsaz.org](http://www.stjohnsaz.org)

May 2011

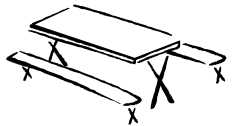
## St. John's Events in MAY

**We want you to join us...**



Our annual parish picnic will be held Sunday, May 1st at **Rio Vista Park**, located on the northwest corner of Thunderbird and the 101.

Festivities start at **1:00**.  
We have Ramadas 7 and 8 reserved.



The vestry will supply hamburgers and hot dogs; please bring a dish to share.  
Join our parish family for an afternoon of fun, friends and fellowship!

**Mother's Day**

**Muffins with MOM!**

We will celebrate Mother's Day on Sunday, May 8th sharing ***Muffins with Mom!***

We're asking Dads and Kids to bring a breakfast pastry to share...  
muffins, donuts, bagels, pastries—whatever!

We'll enjoy the goodies after each service as we celebrate our MOMS!

Dear Brothers and Sisters in Christ,

Happy Easter!

You may say, "Easter is over!" Not really. We are in the midst of the Easter Season – a season of the Church Year that lasts 50 days. They are sometimes referred to as the Great Fifty Days, starting with the Great Vigil on Easter Eve and ending with the Day of Pentecost.

The Easter Season is a reminder that we are a resurrection people! We are people who have been joined with Christ in his resurrection through Baptism.

The Resurrection is the great sign of God's power to re-create and make things new again. We are constantly being renewed and refreshed. Even in the desert we are reminded of God's renewing activity in the signs of life around us in the spring. It gives us hope!

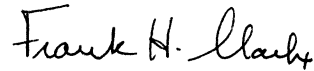
One of the great things that we have as a resurrection people is the opportunity to see God's hand at work in our lives. We see it in the life of the parish. I sense renewed enthusiasm and anticipation.

Over the past several Sundays we have seen more children back in Sunday school, and some new faces in the congregation. I've seen people pitching in to organize and fill the gap in the church school. Things are coming together with the finances so that our cash flow is on target. The Nominating Committee has the position of rector posted as open and Canon Dombek is receiving names. Those names should be turned over to the Nominating Committee within the next few weeks.

All in all, things are progressing. It's an exciting time at St John's!

Happy Easter!

Faithfully yours in Christ,



### **PRAY FOR OUR Military Personnel**

**MILITARY**  
1st Lt. Claudia Alday; PFC Charles Barker, Sgt. Lisa Beckett, Sgt. Stephen Beckett, Cpt. John M. Bergener; Cpl. Jeffrey Bolland, Paul Brezinski, Lt. Col. Stephen Brown, SSgt. John Burgess, Sgt. Terrence Carpenter; SPC Adam Chase, Sgt. Sean Cook, SPC Andrew C. Diaz, Grant Donnally; A1C Mary Ellen Ellis; Sgt. Daniel Franklin, 2nd Lt. Nathan Franklin, LCPL Ryan Gardner; PFC Christopher Gates; MA1 Bernadette M. Gaul, Dr. Tim Goodrich, Nicholas Harris, SSgt. Bryan Highham, Cpl. Michael Jacobs, Matthew Lees; LCPL Michael Matter; 1st Steve Maxton, SPC Brett McGillen, Lt. Col. Laurence W.G. McSheffrey, Lt. Col. Marion Moxley, Lt. Col. William Moxley, 2nd Lt. Evan Munson, Maj. Kim Nail, SSgt. Benjamin Nelson, LCpl. Nicholas Drew Michael Nobel; Sgt. Erwin Rendon, Brian Ragsdale, Chris Ragsdale, Nicholas Ragsdale, Cpt. Steven Santamaria, PFC Michael Shoemaker; Sgt. Tim Stoner, Sgt. Jon Michael Stresing, Sgt. Tyler Tellez, Peter John Trompeter, P3 D. J. Tussing, Sgt. Gerard Voltmer, Josh.

Staff Sergeant Ahmed Kousay Altaie  
captured October 2006 (Iraq)

SPC E4 Bove Robert Bergdahl  
captured June 2009 (Afghanistan)

## **Youth Group News**



Thank you everyone for your amazing support during the famine. 12 teens and 4 adults completed the 30 hour famine and were able to raise

over \$3000 to help hungry children across the world. Our teens participated in a program called Tribe in which they each had the same injuries as real-life children who survived the earthquake in Haiti. They learned what it was like to struggle for food, water, and shelter and looked into the long-term effects of such tragedy. It was a life changing experience for each of them and we are very thankful for all your support and prayer.

May is super busy for MILC. We will be meeting regular time on May 1st (after the amazing parish picnic!!) but there is no youth group on May 8th so our kids can be with their moms on Mother's Day! On May 15th we will be doing our annual progressive swim party. Then on May 22nd we will be having a huge celebration for our graduating seniors!!

Do you have a pool??? We are looking for a few pools to go to for our annual progressive swim party. This is a big tradition in our youth group and is fun for everyone. If you would be willing to share your pool with us for about 30-40 minutes please contact Lynne at lynne@stjohnsaz.org or 602-400-6770.

Our mission trip is FINALLY planned!! We will be going to San Francisco! This promises to be an amazing trip & I am excited to see how these teens from St. Johns are going to reach the unchurched & lost in San Francisco. We will be going to Castro district, Haight Ashbury, & hopefully even help pack medical supplies to help across the world! Plus we will be at another Episcopal Church! There is so much opportunity to be of service in San Francisco! Because we are partnering with St. Stephens in the Bay area the cost will only be \$300.00 per participant. We are looking for people who want to support these teens either financially, through prayer, or providing supplies. We are also looking for suggestions of inexpensive van rental. If you would like to see all we are doing please look at one of our mission trip packets in the parish hall. If you have any questions or concerns or wish to sponsor one of our teens please contact Lynne at lynne@stjohnsaz.org or 602-400-6770

THANK YOU to everyone who has helped feed us!!! You guys are amazing! If you feel like cooking one week for our hungry teens please contact Lynne or any of the kitchen angels.

*Lynne Gardner*

### **Library**

We now have a terrific library just waiting for you to explore. Theology, Church history, devotional material and DVD's and VHS tapes will spark your interest. However, we also have a lot of fiction books that are a "good read". There are youth and children's books from Harry Potter to Donald Duck. The library now has a computer, but it is only for information not to check books out. If you know the author or the title, the computer can help you find it. Please look through your library at home to see if you have any St John's books that need to be returned. I know I found a couple at my house. Please bring them back when you are finished with them. Checking out books is easy. All books have a card either in the front or the very back of the book. Sign your name and date and put it in the brown card box. (It looks like a recipe card box.) When you return a book, just drop it in the metal basket and I will take care of the rest.

Now if you want to donate any books to the library, just set them on the white counter top and I will get them set up. We are trying not to have too many copies of one book since our space is limited. Happy reading and if you have any questions, see Janet Lennon.



Newsletter articles for the June issue of The Preparer  
 must be submitted no later than 12 Noon Sunday, May 8th!  
[newsletter@stjohnsaz.org](mailto:newsletter@stjohnsaz.org)

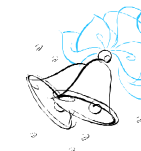


**Memorial Day**

**May 30, 2011**



- May Birthdays**
- 1 Connie Stresing, George Von Dwingelo, Sonora Williams
  - 2 John Klems, Jeff Peterson
  - 3 Tom Meeks
  - 6 Roy Bentley, Bailey Burch
  - 9 Stacy Milhoan
  - 10 Ashley McAnally
  - 11 Aryka Hall
  - 12 Lynne Gardner, Cory Kelsey, Jesse Carpro
  - 13 Ruth Rich, Jacob Sikes
  - 16 Denise Hall
  - 20 Bob Thake
  - 24 James Henley
  - 25 Deborah Apodaca
  - 27 Donald Snider
  - 28 Marylu Nolde



- April Anniversaries**
- 11 Eric & Diann Ferguson
  - 13 Max & Dovie Templin
  - 15 Lindsey Jones
  - 16 Chase & Melissa Long
  - 21 David & Kelly McAnally
  - 25 Bob & Sally Kerr, Jeff & Sonja Peterson
  - 28 Dan & Sandy Basche
  - 31 Sam & Sue Brown

\*\*\*\*\*

Children have a certain way  
 of growing bigger every day,  
 But these little hands  
 and this special smile  
 will stay in our  
 hearts a long, long while.



**M.O.M.**  
 by Leanne Guenther



**M** is for the many times you've hugged me,  
**O** is for the outstanding things you do,  
**M** is all our memories together --

**Mom, I am so glad that I have you!**

**IF I HAD MY LIFE TO LIVE OVER**

- by Erma Bombeck

(written after she found out she was dying from cancer).



I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, 'Later, now go get washed up for dinner.' There would have been more "I love you's; more 'I'm sorry's."

But mostly, given another shot at life, I would seize every minute, look at it and really see it ... live it and never give it back. **STOP SWEATING THE SMALL STUFF!!!**

Don't worry about who doesn't like you, who has more, or who's doing what. Instead, let's cherish the relationships we have with those who do love us.

## MAKE A MOTHER'S DAY TREAT FOR MOM!

### *Slipper Cookies*

Surprise Mom with a pair of these comfy-looking cookie treats. Mom's heart will feel as warm and fuzzy as her favorite slippers when she lays eyes on these cute cookies.

#### **Ingredients**

- 2 halves of an oval sandwich cookie
- 1 doughnut hole
- frosting
- shredded coconut tinted with red food coloring
- pink decorators' gel

#### **Instructions**

To make a pair, first separate the 2 halves of an oval sandwich cookie (we used a Cameo) and remove the filling with a butter knife.

Next, slice a doughnut hole into thirds. Coat the rounded sides of the 2 end pieces with frosting (you can eat the middle piece), then roll them in shredded coconut tinted with red food coloring to create a pair of fuzzy slipper tops.

Use a dab of frosting to stick each slipper top to a cookie sole, then adorn the edges of the cookies with pink decorators' gel stitching.



## **Update from the Food Pantry**



Spring has arrived; flowers are blooming, trees are sprouting – what a beautiful time of year (sorry for those of you with allergies). For the first quarter of 2011 (January, February and March) the pantry assisted 122 people. Our pleas for donations always seem to be answered; and for that I am truly grateful. We have NEVER had to turn anyone away for lack of food on our shelves. In addition, the coupons you put in the basket really aid in stretching our “budget”.

With summer vacations just around the corner, our donations tend to go down but the number of requests for food is the same; so if you see a great deal, pick up an extra one for the pantry shelf.

I also want to thank the Red Hatters for their continued support with their “Red Hat Food Sunday” – you ladies are amazing!

I realize that it is almost that time of year when some in the congregation will be leaving for the summer: I wish you a safe and fun time in the cooler climate!

Words don't always seem like enough, but thank you all for your continued support of the Food Pantry. God's Blessings,

*Jeanne Waterman*



*For your health...*

## *Health Quicks*

(Mayo Clinic EmbodyHealth May 2010)

**The health benefits of quitting smoking are well established. But giving up smoking has social benefits, too.** People who quit smoking have whiter teeth, fresher breath, and fresher-smelling clothes and hair, and a clearer voice than do people who smoke. There are other benefits, as well. Non-smokers have fewer wrinkles and healthier-looking skin.

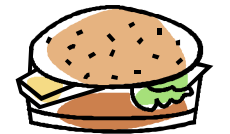
**Fruits, vegetables and whole-grains are an important part of a healthy diet.** And if you're trying to lose weight, there's another reason to stock up on these staples. Fruits, vegetables and whole grains are high in fiber, which means they not only provide volume – but also take longer to digest, making you feel full longer.

**Did you know that how you bathe affects the health of your skin?** For best results, take short baths and showers in warm water, use mild cleansers, and apply moisturizer afterward. Hot water, long showers and baths, and strong soaps remove natural oils, which can dry your skin and speed up the aging process.

## **May is National Hamburger Month**

*By Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension Service*

May, National Hamburger Month and Beef Month, is a good time to try a few questions from the Kansas Beef Council:



### **1. How did the hamburger get its name?**

- From the Baltic provinces of Russia in the Middle Ages where rowdy, nomadic tribes of Tartary developed a fondness for raw beef, known today as steak Tartar.
- From the German trading partners of the Tartars who lived in Hamburg; they developed a taste for raw beef fried with onions, called Hamburg Steak.
- From German immigrants who brought “Hamburg Steak” to the US in the 17 and 1800s.
- All of the above.

### **2. What sandwiches are America's favorites, with 86 percent of the population ordering them in the last year?**

**3. In 1888, an English doctor prescribed three hamburger meals a day as a cure for various ailments. His name is remembered today as the name of a seasoned ground beef patty served with gravy.**

### **4. How many quarter-pound hamburgers come from the ground beef of a 1,000-pound steer (from just the normal beef ground into ground beef)?**

The answers are: 1) d. all of the above; 2) hamburgers or cheeseburgers; 3) Salisbury; and 4) almost 1,000 quarter-pound burgers.

Hamburgers are not only an American favorite, but beef is also a nutrient-dense food. With just 10 percent of the daily-recommended calories, a 3-ounce serving of beef provides 42 percent of the daily recommendation for protein, 40 percent of B-12, 35 percent of zinc, 25 percent of selenium and 13 percent of iron.