

Good News

THE
NEWSLETTER OF
ST. PAUL'S EV. LUTHERAN CHURCH
474 Yalick Road - PO BOX 802
DALLAS, PA 18612

September 2024

Phone: 570-675-3859
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Email: stpaul@epix.net
Web Page:
www.stpaulsdallaspa.org

Rev Charles H. Grube, Pastor
Home Phone: 570-696-2688

In-person worship and communion
Saturday, 5:30 pm | Sunday, 9:30 am
Sunday School 10:45 am (Sept. thru May)
Please continue to visit our website at
www.stpaulsdallaspa.org for worship
resources to use as you are able, and to
join our **Live Stream Zoom meeting at**
9:30 am on Sunday.



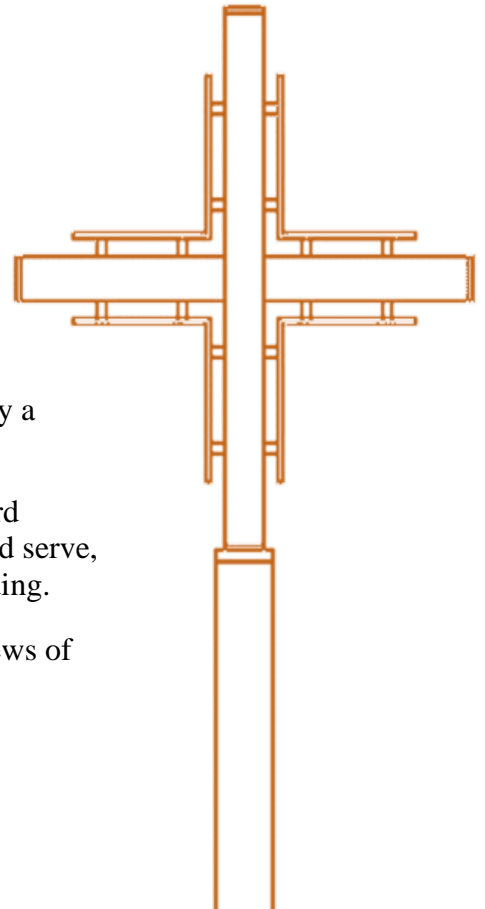
ST. PAUL'S MISSION STATEMENT

St. Paul's Lutheran Church is a family called together by God and united by a common faith.

Our mission is to share with all people God's Love and Grace through Word and Sacrament. Through the Holy Spirit, we are empowered to witness and serve, treating one another with Love, Compassion, Forgiveness, and Understanding.

By our commitments, actions, deeds, and resources, we share the Good News of Jesus Christ, reaching out to our Community, Nation, and World.

Adopted May 1993



ST. PAUL'S STAFF		
Pastor	Rev. Charles H. Grube	
Office Staff	Gail Smallwood & Carol Fett	
Dir. of Music/Organist	Margaret Quintanar	
Youth Choir Dir.	Jean Grube	
Minister of Technology	Marissa Miller	
Sexton	James Madonna	
Sunday School Superintendent	Tony Linnen	
Financial Secretary	Ruth Ide	
CONGREGATION COUNCIL		
<u>2024/2025</u>	<u>2025/2026</u>	<u>2026/2027</u>
Larry Pierce	Cathy Ridout*	Frank Mariano*
Bruce Thomas	Don Kretchmer	Gail Smallwood*
Gail Ide	Tony Linnen	Marissa Miller*
Pat Peiffer	Julie Holbrook	Amanda Brezovsky
*Final Term		
CONGREGATION OFFICERS		
President	Rev. Charles H. Grube	
Vice-President	Frank Mariano	
Secretary	Gail Smallwood	
Treasurer	Carol Fett	
STANDING COMMITTEES		
Christian Education	Marissa Miller, Tony Linnen, Julie Holbrook & Amanda Brezovsky	
Communications	Marissa Miller/Gail Smallwood	
Evangelism	Gail Ide	
Fellowship	Julie Holbrook, Larry Pierce	
Finance	Bruce Thomas, Pat Peiffer, Carol Fett	
Head Start/Early Intervention	Carol Fett	
Health Ministry	Cathy Ridout & Gail Ide	
Landscaping	Tony Linnen	
Long Range Planning	Frank Mariano/ Don Kretchmer, Amanda Brezovsky	
Property	Bruce Thomas, Pat Peiffer, Carol Fett & Frank Mariano	
Salary Review	Frank Mariano	
Social Ministry	Larry Pierce	
Staff Support	Frank Mariano, Don Kretchmer	
Worship & Music	Pat Peiffer	
* * *		

PRAYER LIST - Please remember to ask permission from the person you are placing on the prayer list. **Pray for the Congregations of Faith United, Nescopeck and St. Peter, Hughestown.**

Pray for those suffering illness: *Members:* Hope Beisel, Annie & Marty Bisher, Mary Lou Bowman, Mary Lou Button, Pam Cyphers, Margaret Edwards, Cheryl Everhart, Lee Fett, Marge Fritzingler, Joe & Lois Hardisky, Ruth Ide, Robert Kline, Frank Mariano, Marge McCarty, Albert Pritchard, Rachelle Pryor, Ann Sabol, Betty and John Schray, Bill Smith, Peter Whittkamp, Geri Williams, Alyson Wood, Justin Yost, Shirley Zimmerman.

Please note: Those people listed as Family and Friends will be listed here for a four-week period. Please contact the church office at 570-675-3859 or stpaul@epix.net if you desire a name to remain on the list beyond that time.

Family & Friends: Hank Banaszek, Robert Binger, Kathy Boston, Judy C., Marjorie Catania, Paul Davis, Paul Davis, Jr., Janice DeFebo, Gene Eyerman, Candyce Fike, Rich Fufaro, Chuck Gomer, George Hrubowchak, Ruth Hummel, Christine Ide, Willis Ide, Linda Johnson, Michael Kaminski, Dave Kaytle, Bradley Kessler, Alice Laskowski, Todd Lozo, Audrey Mace, Carol Marker, Ernie McCarty, Sue & Dan McConnell, Dwight McKee, Rob Merritt, Carl Miers, Baby Miles, Patty N., Tim Nulton, Alice O'Neil, Nancy Ott, Megan Sheehan Palmer, Ryleigh Phillips, Paul Pryor, Febe Quintanar, Judy Roeder, Lloyd and Bonnie Ryman, Edward Sabol, Nancy Shymanski, Wally Skurski, Sandy Sprau, Sandra Stankiewicz, Joe Stephanovich, Stevens Family, Benjamin Szostak, Abigail Thomas, Jean Thompson, Judi Vietz, Karen Wise, Woody Wolfe, Peg Wyda, Steve Yench, Mary Z., Ashley, Bethann, Bruce, Cindy, Keith, Kim, Diane, Ian, Sharon, (no last names given).

NEWSLETTER DEADLINE



The next issue of the GOOD NEWS will be the October issue and the deadline for all submissions will be

Noon on Sunday, September 15.

SPECIAL DATES

- *Labor Day, September 2, 2024*
- *National Grandparents Day, September 8, 2024*
- *Patriot Day, September 11, 2024*
- *Hispanic Heritage Month, Sept. 15–Oct. 15, 2024*
- *First day of autumn, September 22, 2024*



A NEW CROSS

There's a new cross in our Cross Culture display in the Sunday School hallway. The cross is brightly painted with colorful designs and is a gift to the congregation from Martha Kush. On a vacation this past summer, she found a cross made in Ecuador and presented it to us on her return. Thank you, Martha, for your very thoughtful gift!

Updates from the August 6, 2024 meeting:

Worship and Music Committee: Will start discussion on special 100th Anniversary service on May 25, 2025.

Christian Education Committee: Joint VBS with Prince of Peace Episcopal Church going well. Rally Day will be held on Sunday, September 8.

Head Start: Three-year lease renewal has been approved and signed by both the church and Head Start Executive Director.

Finance/Property Committee: Choir room piano has been repaired (\$1500); Ch. Ed. HVAC unit needs control board replaced for proper cooling & heating (\$1800); Sanctuary handrail parts have been ordered and Champion Builders are scheduled to install it in Sept.-Oct. (\$2500).

100th Anniversary Committee: Publicity needs to begin to share our special anniversary with the community. Bishop Christopher deForest will be attending our special worship service on May 25, 2025.

Council is continuing discussion on questions relating to the NEPA Synod's 6261 program which is intended to bring six congregations into partnership and sharing leadership, ministry and life. Council is working through the program to see how it could help support our church's ministries and work in our community and will share the results with the congregation when finished.



Dear Sisters and Brothers in Christ,

The return of the program year, Rally Day, and fall weather always stir in me an excitement and eagerness for our work and ministry we do together. And as I look ahead at my calendar and plans for this month and beyond, it's starting to sink in. I hope it affects you, too.

There is so much we do to worship, teach, serve, and give that is evidence of the kingdom among us and the Spirit's movement in us. And as we approach the new year, we will turn our attention to special events and activities to mark our congregation's 100th Anniversary.

Watch for announcements of activities, projects, ministries, and events, in our bulletins, newsletters, and online, and join those that intrigue, inspire, or interest you so that you, too, are an integral part of our worshiping, learning, serving, and giving community as a disciple of Jesus.

In the Spirit,
Pastor Grube

† † †

“Develop a passion for learning. If you do, you will never cease to grow.”

—Anthony J. D'Angelo

BIBLE STUDY RESUMES

“The Bible This Week” is our weekly Bible Study led by Pastor Grube that meets Tuesday mornings, 10:30 – 11:30 am. We read the texts for the coming weekend’s worship and together we explore and discuss the text. It regularly proves to be an enriching experience for those worshippers that weekend. The readings are listed in each weekend’s bulletin for your reference, but you need not read ahead.

Our weekly gatherings will resume Tuesday, September 10. We encourage you to come and be part of the conversation.



ANNIVERSARY UPDATE

The 100th Anniversary Committee is hard at work creating a schedule of events throughout 2025 to celebrate St. Paul’s centennial. Plans are being made for a special anniversary worship service on Sunday, May 25, 2025, and Bishop Rev. Christopher deForest will attend. A special anniversary luncheon with a pig roast and all the fixings will follow the service.

The committee would like to invite as many former congregation members as possible to attend. If you have current addresses for former congregational members that you are willing to share, please forward them to the church office as soon as possible. Invitations to attend the May 2025 anniversary worship celebration will be sent out soon.

In addition, the committee is looking for photos and other memorabilia about St. Paul’s 100-year history that can be used in displays. If you have items that you are willing to share, please contact Annie Bisher or the church office.

There are many other plans being discussed, beginning in January with an old-time service. The committee is considering a Fat Tuesday event in March as well as an Easter celebration, and is working on plans for each month of the year. Watch for details about upcoming fundraisers, such as a possible October Krispy Kreme Sale.

The next 100th Anniversary Committee meetings will be held on Sunday, September 1 at 10:30 am, and October 6 at 11:45 am. All members of St. Paul’s are welcome to attend.

SHARING MINISTRY

Our partnership in ministry with Prince of Peace Episcopal church continues to grow. We enjoyed a combined Vacation Bible School with a session in July at St. Paul’s and one in August at Prince of Peace. And the second of our quarterly services for healing will be held at St. Paul’s at the end of this month, Wednesday, September 25, at 7:00 pm. This service will feature meditative prayer, laying on of hands and anointing for healing, as well as our labyrinth.

But this month brings new initiatives as well. We will join with Prince of Peace and Grace Episcopal Church, Kingston, in providing weekly worship services for the Pyramid community on Sunday afternoons, 3:45-4:45 pm. Pastor Grube will be taking his turn September 1 and 29 this month.

And second, our own Linda Keck and Frank Mariano will be joining with Deacon Barb Gessner of Prince of Peace to offer a grief support group in the near future. Watch for the announcement of that new ministry.

Conversations continue about other ways we might share our ministries, skills, and resources. Working together, we can serve more, grow together, make a unified witness to the community, and offer ministries we would be hard-pressed to do on our own.

† † †

GWOH/RALLY DAY

September brings some special celebrations in worship and our congregational life. September 8 is our annual God's Work. Our Hands. celebration as we join with ELCA congregations across the country serving our community as witnesses to our faithful discipleship as servants of God.



We also kick off a new year of programs and activities with our Sunday School Rally Day that day. We'll welcome our adults, families, and children to a new year of faith formation and learning with special activities to introduce one another to our community and our Sunday School themes. Our Sunday School teachers will be announced that day.

LOOKING FOR A BARGAIN?

Prince of Peace Episcopal Church is having a rummage sale Friday and Saturday, September 13-14 at the church, 420 Main Street (off Memorial Highway behind Taco Bell). Check out the deals and help support their congregation and ministry.



MISSION DISTRICT NEWS

There have been some changes among the pastors and staff of our Scranton/Wilkes-Barre Mission District and Northeastern PA Synod these past months.

Janice (Jan) Gough (pronounced "goff") joined the Synod staff this summer as Ministry Support Coordinator, and handles supply assignments, 6261 support, and other congregational outreach services of the Synod. She also serves as receptionist and will be the one who will answer the phone when you call the Synod office or greet you at the desk if you visit the office. And Deacon Travis Woodfield ended his service as Director for Congregational Legacy and Purpose in late July.

Meanwhile in our Mission District, Pastor Scott Harvey, Assistant Pastor of St. John Lutheran

and Church of the Redeemer Episcopal in Sayre accepted a call to a multi-point parish in Upstate New York Synod and began his service there July 1. In addition, Pastor David Searing, pastor of St. Peter, Scranton, announced his retirement effective September 1.



6261 UPDATE

Amid our council's own investigation and discernment about the Synod's 6261 shared ministry project we mentioned in the previous newsletter, three congregations of the greater Scranton area have taken intentional steps to do their own discernment guided by a new pastor. St. Peter, Hughestown, St. Matthew, Scranton, and St. Peter, Scranton together have called Pastor Justin Tigerman to serve as part-time Transitional Pastor under special call by the Synod council to serve them and guide them in the discernment process under the provisions of a one-year covenant. Pastor Tigerman's service begins September 1.

FLEECE BLANKETS DONATED

Thank you to all who assisted with the Fleece Blanket Project this year. The project members made 40 soft, colorful blankets which were donated in August to Hillside Farm's children's grief camps, which are organized by CASA (Court Appointed Special Advocates). According to CASA's executive director, the children are thrilled to receive the blankets and appreciate the comfort they provide. The project will start again this fall; please contact Marianne Mancke at mhmancke@gmail.com if you would like to help.

JUST A REMINDER

The church office will be closed on Monday, September 2, in observance of Labor Day.



JOIN THE CHOIR!

We invite you to participate in our music ministry. Our choirs provide a wonderful opportunity to proclaim the Gospel of Jesus Christ while sharing in Christian fellowship.

The Senior Choir will resume rehearsals on Thursday, September 5, at 7:00 pm in the choir room; the Chime Choir will start rehearsals on Sunday, September 8, at 8:30 am in the sanctuary.

You do not have to be able to read music. If you are interested in learning more about what is involved, please contact Margaret Quintanar at 717.448.0295 or margaret.quintanar@gmail.com or stop in at one of the rehearsals.

WORSHIP & MUSIC UPDATE

The committee would like to thank the members of St. Paul's for your continued response to the Hymn Request Cards.

Hymn Request Cards may be found in the pew holders; place your card in the yellow box in the Narthex. Please continue to submit your requests.

The following requested hymns will be used during the month of September:

Sept. 1: ELW 879, *For the Beauty of the Earth*
Sept. 22: ELW 595, *Jesus Loves Me*
ELW 781, *Children of the Heavenly Father*

MEADOWS OUTREACH

Pastor Grube continues to lead worship for the residents of the Meadows Nursing Home. This month he will be there Tuesday, September 17 at 2:00 pm. You are invited to come, help sing the hymns, greet the residents, and share worship with them as a larger community and witness to our unity in the faith.

HARVEST HOME SERVICES



On Saturday/Sunday, September 14/15 our Sanctuary and Narthex will be decorated for our annual Harvest Home Services by members of the Art & Environment Committee. Our attention will be focused on the bounty God provides us from the field and orchard, and the rich harvest of that bounty for our health and well-being. A special "Harvest Home" envelope is included with this newsletter, and monetary donations will be directed to the Back Mountain Food Pantry. Canned goods may be brought to use in the display; we ask that you place them in the shopping cart which is located in the hallway between the Narthex and the Social Hall by Wednesday, September 11.

IT'S BACK!!!!



St. Paul's Brotherhood will sponsor a "sit-down" fall Roast Beef Dinner on Saturday, September 14. Take-outs will be available starting at 3:30 pm and serving will be from 4:00 to 6:30 pm. Tickets are \$15 for adults and \$5 for children under 12 and they will be available at the door the night of the dinner.

As always, your help is needed to make sure this dinner is a success! Please check out the sign-up sheet in the Narthex. Volunteers are needed to help make pepper hash, set up tables, work the steam tables and help in the kitchen, wait on tables, clean up, and bake desserts, to name but a few areas where you could help. Remember, no experience is necessary; on-the-job training is gladly provided!



LABYRINTH WALKS

On Wednesday, September 18, and on the third Wednesday of each month thereafter, the labyrinth will be available for anyone from St. Paul's and the public to use from 3:00 -6:00 pm. Gail Ide will be present to offer guidance on walking the labyrinth. Watch for reminders about the labyrinth in church bulletins.

BLESSING OF ANIMALS SERVICE

St. Paul's will hold its annual Blessing of the Animals service on Saturday, Sept. 28, at 11 am. Please bring your pets and other animals, appropriately restrained for the sake of the gathered animals and people, for a short service to celebrate creation and bless those creatures we hold dear. We will gather rain or shine (under cover of the Porte Cochere if necessary). In advance of that service, our Social Ministry Committee will be collecting items requested by the SPCA: clumping cat litter, cat treats, medium-sized Milk Bones dog treats, paper towels, toilet paper, tall kitchen drawstring trash bags, dish sponges, dish soap and bleach. Please do not bring any types of dog or cat food, since a major pet food manufacturer is providing all the food needed. If you have any questions, please contact Ray Mancke at ramancke@aol.com. Thank you all for your continued support of our local animal welfare organization.

SNEAKER PROJECT SOON UNDERWAY

As in past years, the Social Ministry committee will soon begin collecting sneakers for the Head Start children who take classes in our education wing. This year there are 29 children enrolled in Head Start. Watch our weekly bulletins for more information about this very much appreciated project.

SUPPORT GROUP AT ST. PAUL'S

Do you or someone you know have a family member dealing with dementia, and are you in need of support or advice in dealing with the

disease? If so, consider attending a meeting of the Back Mountain Alzheimers Support Group, which meets once a month here at St. Paul's. Meetings are held on the first Thursday of every month at 10 am, and are free and open to the public. The group's next meeting will be on Thursday, September 5. The group is led by women who have years of experience in caring for dementia and Alzheimer patients.

† † †

BACK-TO-SCHOOL-LAUGHS

These education-themed riddles will make the return to classrooms more fun!

Why was the arithmetic book so sad?

It had too many problems.

What school supply is in charge of the classroom?

The ruler.

What does the English teacher make for breakfast?

Synonym rolls.

Why doesn't the school library have a clock?

It tocks too much.



RUMMAGE/BAKE SALE SCHEDULED

Now that summer is nearly over and fall is approaching, it's time to get excited about the Dorcas October Rummage Sale!

The Dorcas Society will sponsor the two-day rummage/bake sale, to be held Friday, October 4, 8:00 a.m.-2:00 p.m. and 5:00-7:00 p.m.; and Saturday, October 5, 8:00 a.m.-12 noon (Bag Day all day).

Donations of good clean, usable clothes, household items, dishes, pots and pans, holiday

decorations, jewelry, books, games, puzzles, etc., are happily accepted. The church building will be open on the following days/times for donation drop-off:

Monday, Sept. 30	9:30 am-4:00 pm
Tuesday, Oct. 1	9:30 am-7:00 pm
Wednesday, Oct. 2	9:30 am-4:00 pm
Thursday, Oct. 3	9:30 am-2:00 pm

(Donations not accepted after 2:00 pm so Dorcas members will have time to price items.)

Anyone (men and women) can assist during the week with setting up tables, unloading, displaying and/or pricing items to be sold.

PLEASE DO NOT BRING televisions, computers/printers, exercise equipment, large appliances, encyclopedias, cribs, strollers, artificial Christmas trees, VHS tapes, electrical cords, and old telephones.

All bakers of St. Paul's are asked to donate homemade baked goods for the Bake Sale; the items should be brought to the church by 1:00 pm on Thursday, Oct. 3 so they may be packaged and priced.

100th ANNIVERSARY "FUN FACT"

In October of 1925, both an architect and contractor were hired: architect Ralph Wohlsen designed the structure with its distinctive steeple and Jacob Rau agreed to build it. On October 8, 1925 the congregation broke ground for its new building. Mrs. Christine Malkemes was the first to break ground, assisted by Mrs. Jacob Rau, Mrs. Charles Dressel, Mrs. John Eck, Mrs. William Hoffman, and others. About two weeks later, workmen laid the cornerstone, and by the end of the year, St. Paul's had been incorporated and had presented its first Sunday School Christmas program, on December 25.

In 1926 the new church, a rectangular, white building with a short steeple topped by a cross, was finished. By summer, St. Paul's had its own pastor, not just a supply pastor sent out from the Synod. Rev. G. Elson Ruff was just out of seminary, a young man filled with enthusiasm

and ideas. He would stay at St. Paul's for eleven years, then leave to earn his doctorate, become a scholar, and eventually become the editor of *The Lutheran*, which at that time was the news magazine of the Lutheran Church in America.

In 1927, Charles Zinn, a local businessman, donated a bell for the steeple and the first two rows of pews. William Hoffman, with John Eck to help, took his bakery truck to Philadelphia and brought back a big pump organ. Obie Hontz, then a mischievous young boy in knickers and his Sunday best shoes, remembers the volunteer organists, his Uncle Tom Hontz and Mrs. Newton Ness, playing it for church services – with lots of sour notes! (To be continued....)

WHERE WE LIVE

[Christians] do not live in themselves but in Christ and their neighbor, or else they are not Christian. They live in Christ through faith and in the neighbor through love. Through faith they are caught up beyond themselves into God; likewise, through love they fall down beneath themselves into the neighbor — remaining nevertheless always in God and God's love.

—Martin Luther, *The Freedom of a Christian*

JOIN THE RETIRED RAMBLERS!

Have you heard of the Retired Ramblers? It's a group of fun-loving members of St. Paul's who get together one Thursday morning a month at the Skillet in Harveys Lake. We meet for breakfast, great conversations and updates on what is happening at St. Paul's. Breakfast begins at 8:32 am and everyone is invited...no reservations needed! Our next breakfast is scheduled for Thursday, September 19; watch for reminders in the weekly bulletins. Come on out and join us!



Hi Everyone,

School time! Where did the summer go??? From the National Center of Complementary and Integrative Health

(NCCIH) I found “Tips for Back-to-School” on stress, online health information, and energy drinks. Click on content.govdelivery.com/accounts/USNIHNCCIH/bulletins/3ad342e to find these interesting reads.

Medscape Nurses has an interesting article titled “Be Alert for Conjunctivitis: New Human Cases of H5N1 Bird Flu.”

Even though most of us do not have direct contact with cows, this article talks about our milk and beef supply plus the flu vaccine. Read this at medscape.com/viewarticle/be-alert-conjunctivitis-new-human-cases-h5n1-bird-flu. Yes, they’re safe at this point.

And, PLEASE, if you would like to receive communion at home from one of our Home Eucharist Ministers, call the church office at 570.675.3859. Also call the church office if you would like a home visit from a member of the Health Ministry team. We’re all here to help you.

In Love and Service and Gratitude, Gail Ide,
member of the Health Ministries Team

DID YOU KNOW?

There are two 6261 communities already in partnership in eastern Pennsylvania: one in the Reading area and one in Schuylkill County.

HEALING SERVICE SCHEDULED

Please join us here at St. Paul’s on Wednesday. September 25 at 7:00 pm for a Healing Service. It is a time of prayer, scripture, meditation and laying on of hands with prayer for healing. Service participants will also be encouraged to walk the church’s labyrinth.

From ancient times the laying on of hands has been a symbol for the conveying of God’s power. The New Testament makes it clear that anointing of the sick and suffering, accompanied by prayer, was used for healing. Among the gifts received from God by this means is that of healing. Healing and peace come to our mind, body and spirit.

This service is being offered in conjunction with the congregation of Prince of Peace.



Global Links, the ELCA Global Mission newsletter, shared the story of a community garden that has sprung up out of ashes, literally.

In September 2019, a house behind a community center in the El Bosque subdivision of Santiago, Chile, was consumed by a deadly fire. The frame of the gutted house still stands, a stark reminder of the neglect suffered by this low-income area.

But today new life is springing up among the ruins. On a strip of patio extending alongside the premises, peas, carrots, celery, lettuce, parsley, eggplants, Swiss chard and other vegetables sprout from five elevated planters, attached to metal structures that were built from tables salvaged after the fire. This is the work of the Amajudisa Community Gardening Group, led by Educación Popular en Salud (EPES) health monitors and supported by your gifts to ELCA World Hunger.

Meanwhile, another 25 passionate volunteers will begin their transformative journeys, engaging with and immersing themselves in communities globally and growing both spiritually and personally through the Young Adults in Global Mission (YAGM) program. Young adults, aged 21-35, offer a year of service in our companion synod, Argentina and Uruguay, as well as Cambodia, Central Europe, Mexico, Senegal, and the United Kingdom. These young leaders will live in accompaniment as their host communities

and our partner churches address challenges in education, health care, and community development.

Finally, on this 50th anniversary of ELCA World Hunger, a fundraising challenge has been launched to support the programs of ELCA World Hunger called Generation Zero-Hunger. Thanks to generous donors, all gifts to ELCA World Hunger as part of Generation Zero-Hunger will be matched — dollar for dollar — until we reach \$250,000. Thank you for your support of ELCA Global Mission and ELCA World Hunger and the very important work they do.

† † †

YOUNG AT HEART

I like to walk with Grandpa and Grandma,
Their steps are short like mine.
They don't say, "Now hurry up."
They always take their time.

I like to walk with Grandpa and Grandma,
Their eyes see things like mine do ...
Wee pebbles bright, a funny cloud,
Half-hidden drops of dew.

Most people have to hurry,
They do not stop and see.
I'm glad that God made Grandpa and Grandma
Unrushed and young like me.

—Author unknown



a Brainy breakfast

Add a smart start to your school day with **superfoods** that promote a healthy body and mind.

What you need:

- Large bowl
- 1 medium avocado
- 3 hard-boiled eggs
- Salt
- Whole wheat toast
- Pumpkin seeds, chopped
- Adult help

What you do:

1. Mash the avocado in the bowl.
2. Chop the eggs into cubes and add to the bowl.
3. Add salt to taste. Mix well.
4. Spread over two pieces of toast. Top with chopped pumpkin seeds.
5. Adjust this recipe with your favorite flavors. Add herbs, "everything bagel" seasoning or hot sauce.
6. Refrigerate leftovers in an airtight container.