

*Open hearts*

*Open minds*

*Open doors*

The People of the  
United Methodist Church



Faith United Methodist Church  
8640 North 19th Avenue  
Phoenix, AZ 85021



and I will make you fishers  
of men. ..

**MATTHEW 4**

The *Koinonia* is a monthly publication from Faith United Methodist Church. Its purpose is to provide items of interest and information about events and people related to the ministry of the church locally, district-wide and in the conference.

<b>Robert T. Hoshibata</b>	Resident Bishop
<b>Gary Kennedy</b>	District Superintendent
<b>Jody Topping</b>	Pastor
<b>Michael German</b>	Secretary
<b>Francine Martyn</b>	Organist
<b>Virginia Hakes</b>	Choir Director
<b>Virginia FitzPatrick</b>	Treasurer
<b>Jane Kriege</b>	Financial Secretary
<b>Michael German</b>	Media Tech
<b>David Topping</b>	Webmaster
<b>Esther Frank</b>	Newsletter Editor

**Members of Faith UMC:** Volunteers of Time,  
Talent, Prayers, Gifts, Service and Witness.

**The KOINONIA**  
Monthly Newsletter from  
Faith United Methodist Church  
8640 North 19th Avenue  
Phoenix, AZ 85021

**Office Hours**

Tuesday - Friday  
9:00 a.m. - 2:00 p.m.

**Phone**

(602) 943-3465

**FAX**

(602) 682-5780

**Email**

office@umcfaithphx.org  
pastor@umcfaithphx.org

**Web**

www.umcfaithphx.org



# Koinonia

## *Faith United Methodist Church*

8640 North 19th Avenue Phone: (602) 943-3465  
Phoenix, AZ 85021 Fax: (602) 682-5780

October 2014

### *From the* **PASTOR**—

#### ***Celebrate!***

##### Embracing New Things

In just about 6 months, Faith United Methodist Church will be celebrating 50 years in ministry!! That's a tremendous milestone; something all of you who have been involved in this church should be very proud of! David and I are so excited about being part of this celebration, and we can't wait to start planning, getting in touch with previous pastors and members, and learning more about how this congregation has had an impact on this community and the world.

During the last three months since becoming your Pastor, I've had many conversations with people about how things were "back in the day." I've heard about how large this congregation was, and how involved you have been in missions and other community outreach. The stories I've heard have been really inspiring, and it makes me proud to be your pastor.

But things change...and times have changed. Many of our churches are no longer "community-based" churches. In our own area, within a five mile radius, there are at least 4 or 5 United Methodist Churches, and others of different denominations. Some of the people who regularly attend worship travel many miles to get here on Sunday mornings and at other times during the week. The "look and feel" of the area right around Faith UMC has changed



significantly since the church's founding in 1965, and the "look and feel" of the congregation has changed as well. We don't have as many people in worship as we once did...and the people who are still here have gotten older (big surprise!). Worship attendance has decreased, as have the number of people involved in various ministries. We've experienced ups and downs as a congregation, which is not unusual for many churches in this day and age.

Yes, Faith UMC has undergone a number of changes over the last 50 years, but one thing has not changed, and that is your passion for Jesus Christ and his ministry in this community and throughout the world. Faith UMC is a church that places great importance on doing God's work here in this place. Our attendance may not be as high as it once was, but we serve a mighty God who can do marvelous things with us and through us, and I know that in the coming months and years, we will continue to do the things God wants us to do as we work to serve God in new and exciting ways.

During the months of October and November, we will be looking at new ways of being in ministry. We will be evaluating the things we are currently doing and investigating new ways of serving God and God's people. Just as the community and the world around us have changed, Faith UMC needs to embark on some different ways of reaching out to people and helping them develop their own relationship with God. Some of the changes may require additional time and resources. But I know, with

*(continued next page)*

### *From the Pastor (cont.)*

God's help, we can do the things that God wants us to do!

God is doing a new thing! An exciting thing! Right here in this place! So, as we get ready to celebrate 50 years in ministry, let's not just celebrate the past, but also look forward to a new and exciting future! Thanks be to God for all that God has done at Faith UMC...and thanks be to God for what God will continue to do, now and in the future!

*God bless,  
Pastor Jody*

### **Thinking theologically:**

*Look! I'm doing a new thing; now it sprouts up; don't you recognize it? Isaiah 43:19*

For the last several years, I've been Dean for Senior High Camp at Mingus Mountain. In 2013, the theme for our camp was "All Things New," and everything we did centered on scriptures that talked about the new things that God does and can do with us and through us to bring about God's mission here on earth. Our theme song for the week was called "*Nu Thang*" (yes...that's how it was spelled!) by the Christian rock band *DC Talk*. The lyrics of the song talk about how, even though God has been around for a very long time, and even though certain things about God don't change, God is still doing something new each day, and God can work through new things to accomplish God's task.

I don't know about you, but I *love* getting new things! New clothes, new furniture, a new computer, a new car! Getting new things is a lot of fun. But when it comes to *doing* something new...that's when, all of a sudden, new is not good. I remember once, in one of my previous jobs, someone suggested we try something new and her suggestion was met with a great deal of resistance. A lot of the people around the conference table balked at the idea of doing



## CHURCH CHARGE CONFERENCE

### OCTOBER 26<sup>th</sup>

Faith's Church Conference will be Sunday, October 26<sup>th</sup> at 6:00 p.m. Please plan to attend this important meeting. The SPRC will meet one hour earlier at 5:00 p.m.



something new because, of course, "we've never done it that way before!" You would've thought she'd asked every to give up a kidney... when all she was doing was suggesting a new and different way of getting our work done.

The sad truth is we are all resistant to doing things differently, and nowhere is this more true than in the church. We don't want to change the way we worship because "we've always done it this way." We don't want to change the way we minister to others because "we've always done it this way." Sometimes we feel that way because we've fallen into a comfort zone, and other times we're simply afraid of doing something a little differently. But I think, especially in scriptures like the passage from Isaiah above, God wants us to try new things...because *God* is doing new things around us and with us.

"*Look, I'm doing a new thing,*" God says through the prophet Isaiah. I believe God wants us to embrace new things, and God wants us to try new ways of doing things, not because the old way is bad, but because sometimes we just need something new and fresh. So the next time you find yourself saying "we've always done it that way," let's think about what God said through the prophet Isaiah, and remember that God wants us to embrace something new!

*Blessings,  
Pastor Jody*

## World Religions Study

Beginning October 15, our Wednesday morning Bible Study group will begin a new study called "Survey of World Religions" using Rev. Adam Hamilton's exceptional book Christianity and World Religions: Wrestling with Questions People Ask.



During this 6-week study, we will learn the basic fundamentals about 5 of the world's major religions: Hinduism, Buddhism, Judaism, Islam, and Christianity. Our goal is not to disparage any of these faith traditions, but rather to gain a better understanding of what they believe in comparison with our own faith, and how we can build bridges between us and individuals who belong to different faith groups. The study may also include site visits to local mosques, temples, and other places of worship. The study may also be offered on Thursday evenings depending upon interest. If you are interested in joining this study, please sign up after worship or contact the church office.

## **Upcoming Sermons at Faith UMC**

In Exodus 3, God cast a vision of saving Israel from bondage in Egypt. In Matthew's Gospel, Jesus cast a similar vision and challenged his new Disciples to fish for people. In each case, God's people were inspired to embrace the vision and make it their own. During the month of October, we will explore God's vision for us and consider how God can use us to make that vision a reality. We hope you will join us as we cast our vision for the future.

### Why?

October 5      Why God's Love Prevails

### Casting Our Vision

October 12:    Casting Our Vision: Honoring  
the Past

October 19:    Casting Our Vision: Imagining  
the Future

October 26:    Casting Our Vision: It Takes a  
Village



**POWERFUL TOOLS FOR CAREGIVERS**  
Build confidence through a free, six-week workshop offered by Duet to help family caregivers learn to take care of themselves while caring for an aging loved one. The Saturday, 1 – 3 p.m. series begins on October 11th at 555 W. Glendale Ave., Phoenix, AZ 85021. Sign up by calling (602) 274-5022.

### **SMART FINANCIAL STRATEGIES SEMINAR**

Duet is offering a free-of-charge program that includes eight workshop options ranging from 2015 Medicare & Prescription Drug Plans, to Savvy Social Security, to "Top Ten" Steps to Take After Someone You Love Dies. The seminar takes place on Saturday, October 18th from 10 a.m. – 3 p.m. at 555 W. Glendale Ave., Phoenix, AZ 85021. Lunch is included; register by October 10 at (602) 274-5022.

### **BE A BLESSING**

Would you like to be a blessing to a person in need, and receive a blessing in return? Simply attend a 2½ hour Duet orientation to begin helping an isolated elder or adult with disabilities. Choose from meaningful services such as visiting or grocery shopping. Call 602-274-5022 or visit [www.duetaz.org](http://www.duetaz.org) for dates and locations, and to register. Thank you!

# SIDEWALK MINISTRY COMING TO FAITH!



It is with great excitement that we announce the coming of a new faith community to Faith United Methodist Church! Sidewalk Ministry, which is an urban street ministry that focuses on teaching children and their families the basic fundamentals of Christianity, will be coming to Faith UMC in November 2014.

Our plan is to introduce Sidewalk to our community during October and at the Flea Market on November 8, then begin offering weekly Sidewalk Sunday School worship services beginning Saturday, November 15.

Using lessons that teach empowerment through Christ, young people are encouraged to turn away from the negative community cycles that face them, and to turn their hearts, minds, and actions toward a lifestyle that offers promise and hope for the future.

Our mission is to help unchurched children and their families hear that there is someone who loves them, who wants and desires a personal relationship with them, and considers them precious children. Of course, that someone is God and God's people who follow the teachings of Jesus Christ.

This high energy worship service includes music, drama, Bible stories, object lessons, games, and prayer. Each exciting minute is packed with innovative ministry approaches that communicate a central Biblical theme.



Although Sidewalk Ministry is new to Faith United Methodist Church, it is not new to the United Methodist Church in Arizona. Sidewalk Ministry has been bringing the word of God to unchurched children and their families in Arizona for decades. Pastor Jody herself was Director of Sidewalk Ministries at Los Arcos UMC for more than 10 years, and she's looking forward to being involved with this ministry once again at Faith!

But she cannot do it alone. In order for our Sidewalk Ministry to be successful, we will need a team of volunteers along with financial resources. How can you be part of this exciting new ministry? Prayerfully consider how you can best contribute to this ministry. Do you enjoy interacting with young children? Perhaps you would like to be a Shepherd who welcomes the children, plays games with them and helps them focus during the Sidewalk Sunday School Service. Do you like doing set-up? Maybe you'd like to be on our Truck Team that helps convert the Sidewalk truck from a 14' box truck to a stage, complete with sound system. Do you prefer supporting ministries through your prayers and gifts? We would love to have you on our Prayer Team and/or as one of our financial supporters.

There are so many ways we can all be involved in this exciting ministry! We hope you will prayerfully consider how YOU can join in this new ministry opportunity! .

## Joshua's Journey

Greetings to my Faith family.

My journey thus far has been one of self-discovery –seeing how God has worked in my life and how God works through us to minister to others and with others. The last two weeks have proven to me that, even with my colleagues who have been in ministry for years, the Holy Spirit is alive and well in our lives and in our ministries.

My first week here at school was attending the Pastoral Counseling class. I am lucky because our professor is also a private counselor, so he was able to not only bring to life the principles in our textbook but was able to provide real-life examples for us to reflect on and bring a different perspective than one I have considered through my reading. We also took turns in mock counseling sessions and were able to find ways to address real-life examples in a lab environment.

Our second week included “Preparing to Preach” – which is an interesting topic since a colleague of mine in the class has been preaching for 17 years. We were not only blessed to have some of the best professors teaching us, but we learned from each other as we observed each other preach. There was an unbridled passion for evangelization in my colleagues, and I was able to really grow in my Biblical research and sermon delivery. For me, it was really amazing to see “life” brought to the scriptures using some basic tools of research.

What has come out of this experience is an appreciation of what I have learned thus far but also areas of growth as I complete my seminary degree and consider areas of continuing education beyond the classroom. For example, a class that is not required for my degree but I am considering attending is called “Leadership for Ministry” which will somewhat capstone my experiences in the various areas of pastoral care, showing me perhaps some growing edges as I move forward into full time ministry.

Finally, it is truly a blessing to be supported by you my Faith family as I attend school and interact with both professors with breadth and depth of knowledge and at the same time aligning with my peers who are in ministry throughout the world. .

*In God's Graces, Joshua*



## THE PROPHET IN THE CHOIR

In less than two months, if we haven't already done it early, we will be deciding who will represent us at various levels of government. I put this challenge to each and every one of us: We must vote for people who actually support the tenets which we claim to hold.

If we believe that all are equal in God's love and God's sight, then we are hypocritical if we vote for people who would still advocate for discrimination against people based on the color of their skin, their ethnic or national background, the size of their bank accounts, their gender or who they love.

If we believe that this world was created by and belongs to God, then we are hypocrites if we vote for people who will support corporations plundering and ravaging it for no other reason than profit.

If we believe that the love of money is the root of all evil, then we are hypocrites if we vote for people who support the corrupt idea that money is speech and that those with more of it should be able to own the government.

If we claim to believe in freedom of religion, we cannot vote for people who would discriminate against people who don't worship God in their same way that they do, or that don't believe in God at all.

If we believe that God is love, we are hypocrites if we vote for people who hate.

If we believe that God is just, we are hypocrites if we vote for those who are unjust.

If we believe that God decides who is saved and who is not, we are hypocrites if we vote for people who would presume to make that decision for God.

*Howard J. Moses , Chaplain*

## Lura Turner Homes to Occupy Faith's North Wing

Max McQueen, Executive Director of Lura Turner Homes, and Jerry Dotto, Chairman of Faith UMC Board of Trustees, have announced that Lura Turner Homes will be moving their administrative offices and Adult Day Training Program into the north wing of the Faith UMC campus. The move is expected to come within



the next few months as soon as necessary upgrading has been

made to the area.

In the same year Faith UMC was founded Lura Turner opened her first home for adults with special needs in downtown Phoenix. Lura Turner Homes now operates several assisted living facilities throughout the Valley. Their mission statement reads, "Our mission at Lura Turner Homes is to provide adults with disabilities a safe, enriching, loving family environment with the purpose of ensuring their health, happiness, security, and the fulfillment of their highest potential. Additionally, it is our mission to reach out to the unserved and underserved by seeking creative means to provide a progression of health care and support to as many people who need them."

More details will be forthcoming in future issues of the *Koinonia*.

Deadline for the November issue of the *Koinonia* will be  
**Friday, October 24th.**  
 Please submit all articles, information, and photos to Esther Frank (estherfrank@cox.net).

## FAMILY PROMISE OCTOBER 19<sup>TH</sup>—26<sup>TH</sup>

Family Promise will be at Faith October 19<sup>th</sup> through October 26<sup>th</sup>. Please contact the Krieges or Carol Getting if you can help. A great experience awaits!



### TRUSTEE REPORT

#### FAITH UMC FAMILY AND FRIENDS

I for one am very happy we have finally entered into fall. What a lovely time of year. With the changing of the leaves and all the beautiful fall colors it becomes an emotional moment for me. Along with the cooler temperatures we can also look for the coming of the holidays and the many wonderful meals with friends and family.

This fall will also bring changes to our campus at Faith UMC as we welcome The Lura Turner Home Group. They are moving their offices here to Faith UMC and will be occupying the north wing. The north wing will be undergoing some very much needed renovations.

Please feel free to communicate any questions to our Trustee liaison Terry Goekler who can bring any unanswered questions to the board.

Enjoy the cooler weather.

*Jerry Dotto, Trustee Chair*

Don't let your worries get  
 the best of you; Remember,  
 Moses started out as a  
 basket case.

## TOURING SICILY

We always wanted to see Sicily. Years ago we had traveled through Europe and had been to Italy, but we missed visiting Sicily. We found a nine-day tour with AAA through our membership. My sister Sue from Washington loves to travel too, and met us at JFK for our flight to Rome. It was perfect Spring-like weather in May. Wildflowers were blooming. We arrived in Palermo a day ahead and toured with a driver and private car to lovely Segesta and another town where we walked among temples, an amphitheater, vineyards, and rolling hills. Our hotel was an interesting, 400-year-old palazzo in an old section of Palermo. We could dine on the top floor of the six-floor structure. Another day, our tour bus whisked us away to the country to visit a farm where we watched ricotta cheese being made from sheep's milk. It was an amazing farm which also was part bed and breakfast to help finance the working farm. We were served a five-course dinner which was fantastic there in the country.



Sicilian temple

One day we visited a countess at her palace which has been in her family since 1400, built on top of an ancient Roman wall. Her husband is a race car driver. Included in the tour were appetizers and a history lesson, antiques, and part was a bed and breakfast. Taxes are high and renting out rooms helps with finances for maintenance of the old place.

Mt. Etna was steaming near Catania and we saw old lava flow beds in the surrounding area. There is a ski resort near the top. About a week after we left, the volcano erupted. On our way up Mt. Etna we stopped at a vineyard and winery where we were served another fabulous meal. Of course all these meals came with carafes of red wine and white wine. After eating we toured the winery to see how they made their wine. We traveled around the island visiting old cathedrals, churches, and ruins from Greek and Roman times. There is a Valley of Temples near Agrigento which we

## MISSION STATEMENT Faith United Methodist Church

Faith United Methodist Church is an inclusive\* Christian congregation dedicated to the care of its constituents in order to serve the local community; and in co-operation with other faith-based organizations, to reach out to all persons\* who seek personal acceptance, require sustaining assistance, or yearn for a meaningful life purpose beyond self.

\*Regardless of age, disability, ethnicity, gender identity, race, or sexual orientation.

Faith UMC Website:

[umcfaithphx.org](http://umcfaithphx.org)

Videos of Sunday sermons

[umcfaithphx.org/worship/sermon-videos/](http://umcfaithphx.org/worship/sermon-videos/)

Faith UMC Facebook Page:

[facebook.com/FaithUMCPhoenix](https://facebook.com/FaithUMCPhoenix)

Faith UMC Facebook Group:

[facebook.com/groups/FaithUMCPhxGroup](https://facebook.com/groups/FaithUMCPhxGroup)

walked through, many of which were in amazingly good shape considering their age. Columns are tapered, which makes an interesting perspective. From the heights we could see the Mediterranean and Ionian seas. Taormina was on a cliff, and had narrow streets lined with shops and cafes and even an Irish pub. Near the edge was a wide piazza from where we could see the Mediterranean. There was also a Greek amphitheater we toured when we first entered the town.

Cities in Sicily are larger than we expected. There are many little, old hill towns with narrow streets which foot traffic usually used, but we were surprised by a small car now and then. Pasta is the base for most meals and it was all wonderful. People were very friendly, and the island's architecture and delicious food are unforgettable. It was a dream come true to finally experience it.

*Betty and Bob Barker*

## UPDATE ON PAT

### Family & Friends

Another update on Pat's situation; and, again, heartfelt thanks for your prayers, cards and telephone calls.



Pat spent three weeks to the day in the L-TAC (Select Specialty Hospital of Phoenix). While there she received enough physical therapy to wean her off the respiratory therapy (oxygen during the day and the forced-air ventilator during some part of the nights) as we'd hoped. She also began to take food and drink orally - first pureed and the last couple of days so-called "mechanical soft" (i.e., the meat was chopped up rather than pureed). However, her stomach was so shrunken (from eight weeks of receiving nourishment and water via the nasoduodenal tube that bypassed her stomach) that her appetite was severely curtailed; so she continued to receive most of her nourishment via the newly implanted gastric tube for up to 14 hours daily. But, she made sufficient progress that she was transferred to a less-acute-care facility on 9/16/2014.

She is now in what - in the vernacular of the healthcare-delivery system - is dubbed a "super sniff." (The "sniff" derives from the acronym SNF which stands for Skilled Nursing Facility). This is a cut above a standard nursing home where she receives some pretty intense rehabilitation therapies: physical, speech and occupational —the latter something of a combination of the other two involving hand-eye co-ordination such as feeding and dressing oneself.

She's making good progress but it's slow and most of the day is idle time which is now becoming boring to her as she regains her cognitive sense. She's walking with a walker and doing other leg exercises to strengthen her leg and back muscles; and simple "occupational" chores recover some dexterity. I



### **GRANDMA'S FAITH'S LUNCH BUNCH**

Our Third Thursday 11:30 a.m. group, formerly known as "Grandma's Lunch Bunch" will now be known as "Faith's Lunch Bunch"

Thanks to all that helped with this change.

We meet each month on the third Thursday at 11:30 a.m. for food and fellowship. Our September group met at "Fast Eddie's Diner" on Bell and 33rd Ave with ten ladies present for brunch/lunch.

It was voted to go for Mexican fare at Macayo's located on Thunderbird and 19th Ave on October 16th. All ladies are welcome to join in the fun and enjoy a tasty lunch with us!!!



*LaVonna*

(mostly) let her feed herself; but her appetite is still curtailed; so they're doing a calorie count of her consumption to see if/when/to what extent they can take her off the liquid-food-&-water tube feeding. However, the speech therapist did up-grade her to "regular" textured food because her chewing and swallowing abilities were pretty much back to normal.

She's been there a week and a day now. Yesterday we had a case-management conference with the various department heads to assess her progress and prognosis. It appears her eventual return home - with some home-health aid - is a possibility. So, that's our goal.

Sincerely,

*Gary*

## *Preparing for Christmas Food Boxes*

Dear Members and Friends of Faith United Methodist Church,

This is a reminder that Faith United Methodist Church is once again asking you to fill a food box, if you can. Faith Church has been providing food boxes to people in need for more than 40 years. With your help, we will be distributing Christmas food boxes in December.

This year there is again a choice on how Church friends and members can help provide a food box to those in need this Christmas. This will allow participation by:

- Friends and members can donate the money to Faith Church, and the Church will purchase food for a food box. The average cost is approximately \$40 per box. These food boxes will be filled and boxed as a group activity, on **Saturday, December 13, 2014**. Everyone is welcome to come and help with this activity packing food boxes. Place that date on your calendar. We have some sit down jobs as well as those that require physical activity.
- Church members can individually use the Food Box check list to purchase, fill, and deliver their food box to the Church. Church members who are still individually using the Food Box list to purchase food for their food box can return the food boxes to church on December 7, or on December 14, 2014.

A sign-up sheet will be set out for those individuals interested in participating in the group purchase. The sign-up sheets will be available November 2, 9, and 16, 2014. The cost of a food box is approximately \$40.00. That amount includes all the items on the food box list plus a few extra items. Individuals participating in the program may donate what they feel they can afford toward food boxes. Donations are due on or before November 30, 2014. It will allow time to purchase additional food.



Your donation for the food boxes can be done by making out a check to the Church, with a note in the memo section for the money to go for Food Boxes or individuals can pay cash. Checks can be placed directly in the collection plate. Cash should be placed in the stewardship envelopes and noted as for Food boxes on the envelope, and placed in the collection plate. Donations are due on or before November 30, 2014.

The food boxes will be given to Wesley Community Center and to Phoenix Indian Medical Center. Both organizations work year round with families and individuals that need help. We will also provide food boxes to individual or families, if possible, identified through the church. You can also recommend individual families who need our help.

November 16, 2014, food boxes will be set out for individuals who want to do their own shopping to pick up after the church service. Each box will have a list of recommended food to purchase for the box. Please attach this COMPLETED list to the food box indicating what is in the box. It will prevent us from having to go thru your box to determine if it needs additional food.

We will be delivering food boxes to Wesley Community Center and to Phoenix Indian Medical Center about December 17, 2014. If you are interested in helping with the delivery, let me know.

We appreciate your continued support of the Christmas food box mission project.

*Mike & Virginia FitzPatrick*

# Christmas Food Box List

---

This Christmas Food Box list is for you to use if you want to purchase items prior to the actual boxes being available. The boxes will be set out for pick up on November 16, 2014. The following supplies a family of four for 3 or more days

Your Cost of Items given	Quantity Needed	Type of product to purchase
_____	.....5	...14 oz. to 16oz canned vegetables
_____	.....1	...26 oz. Pasta/spaghetti sauce
_____	.....2	...8 oz. cans tomato sauce or 15oz diced tomatoes
_____	.....3	...10 oz. canned soups and/or dry soup mix
_____	.....1	...14.5 oz. can of chicken broth
_____	.....3	...15 oz. to 16 oz. canned fruits
_____	.....2	...5 oz. cans tuna
_____	.....1	...24 oz. canned beef stew
_____	.....1	...12 oz.-15oz canned meat, ham or chicken
_____	.....1	...6 oz. Jell-O or 2- 3oz boxes
_____	.....1	...16 oz.-18oz jam or jelly
_____	.....1	...16 oz.-18oz peanut butter
_____	.....1	...Small box 13.75 oz. instant mashed potatoes
_____	.....1	...16 oz. pasta product
_____	.....1	...1 or 2 lbs. white rice
_____	.....1	...1 or 2 lbs. pinto beans
_____	.....1	...12 oz.-18 oz. box dry cereal
_____	.....2	...7 oz. Macaroni and Cheese
_____	.....1	...bar hand soap
_____	.....1	...Small box or liquid laundry detergent (About 8 to 22 loads)
_____	.....1	...3 or 4 rolls toilet tissue

Sometimes the larger sizes are a better price but be careful not to overload the box with oversized or heavy items.

Optional: The Extra items listed below need to be put into the same box. Please pack carefully and indicate what is included.

- \_\_\_pasta products, \_\_\_spaghetti sauce, \_\_\_extra canned fruit or vegetables or beans, \_\_\_rice,
- \_\_\_extra soups, \_\_\_pinto beans, \_\_\_Tooth paste & brush, \_\_\_Complete cookie, muffin or
- biscuit mix, \_\_\_cookies or hard candy, \_\_\_Hot chocolate mix, \_\_\_stuffing mix, \_\_\_fruit juice,
- \_\_\_Macaroni & Cheese, \_\_\_Raman Noodles, \_\_\_personal care items, \_\_\_Tea or Coffee,
- \_\_\_Baby food, (**don't place in the box**)

If for any reason you can't individually do or complete a food box, and would like to have a food box done. You can contribute to the church-wide food box program. Please check with the church office to obtain the information about this option that will allow you to help provide a food box to those in need this Christmas.

