

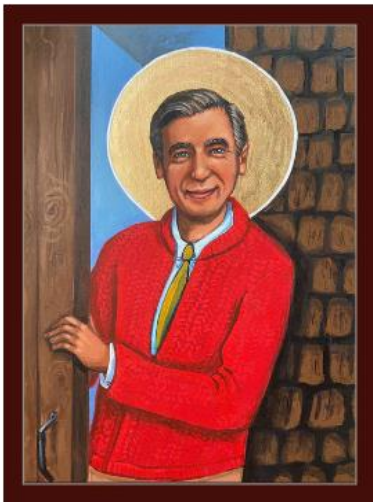


# New Ark

## UNITED CHURCH OF CHRIST

ISSUE 11 | November 2023

### “All Saints”



**Image Description:** Icon of the Rev. Fred Rogers, affectionately known as Mr. Rogers, wearing his trademark red zippered sweater with a mustard yellow tie and white shirt, with a halo behind his head. He's standing in the open doorway to his home. Icon is by Kelly Latimore.

All Saints Day is traditionally celebrated on November 1. It is a day when we remember and celebrate the people who have influenced our faith and shaped who we are as human beings. Some of them are our ancestors, some are loved ones who have passed, and others worship with us on Sunday. As the beloved hymn reminds us:

*“They lived not only  
in ages past;  
there are hundreds  
of thousands still;  
the world is filled  
with living saints  
who choose to do God’s will.  
You can meet them in school,  
on the road, or at sea,  
in church, in a train,  
in a shop, or at tea;  
for the saints of God are folk  
like you and like me,  
and I mean to be one too.”*

At St. Gregory of Nyssa Episcopal Church in San Francisco, the saints dance above as the worshippers dance below. The Dancing Saints icon, as it is called, wraps around the entire church rotunda, 90 larger-than-life saints dancing with animals, sun, moon, and stars, with Jesus leading them in the dance. Some of the saints are biblical characters, others are church figures such as St. Francis and St. Teresa, and some are modern: Malcolm X, Anne Frank, mystics, poets, artists, musicians, scientists, scholars. Each Sunday, after celebrating the Eucharist, worshippers

dance in concentric circles around the altar, joining the dance of the saints, led by the Lord of the Dance.

Who are your saints, the ones who call you up out of yourself and into the world? Who are the saints who nurture you, partner with you, accompany you? Who are the ones you struggle with, who provoke you? A gentle reminder here, that we are also saints for others, all of us challenging and comforting and instructive in our own way.

On **November 1**, our **Wisdom Wednesday** will be the wisdom of our own saints, people we would like to lift up in memory and love. You're invited to share a photo, a story, however you would like to remember and share them with others.

Love each other,  
Share with each other,  
Check on each other,

*Cynthia*

### NEW ARK UCC

A Just Peace, Open & Affirming,  
Earthwise Congregation

Rev. Cynthia Robinson, Pastor



300 East Main Street  
Newark, Delaware 19711

302.737.4711

[www.newarkucc.org](http://www.newarkucc.org)

[newarkucc@verizon.net](mailto:newarkucc@verizon.net)

## CONVENER'S CORNER

Gloria Noel, Convener

Our last Quarterly Congregational Meeting was held on October 29, 2023 in the sanctuary and online. The following are some highlights I am sharing from the meeting:

*Cont'd. on Page 11*



### October 27 Meeting of Together Women Rise formerly *Dining for Women*

**Two November Projects:**  
**Empowering Foundations for Women and their Children** and **Growth Through Learning**

#### **Double Your Money, Double Your Impact**

Together Women Rise was originally begun in the month of November, so a founder was asked to choose a favorite grantee to feature in November. She couldn't decide between two, so the Board decided to feature **two** grantees this month.



In Vietnam, the **Children of Vietnam** has a project entitled "Empowering Foundations for Women and their Children" (EFWC). The mission of Children of Vietnam is to change the lives of impoverished, homeless, and handicapped children in Vietnam by addressing the root causes of poverty for

vulnerable populations including impoverished single mothers with dependent children.



EFWC is a special initiative to promote income sustainability for struggling single mothers. Together Women Rise will support 200 women and 12,000 girls through EFWC that will work to develop personal empowerment plans to lift families out of poverty through training, microloans, healthcare, and improved housing.



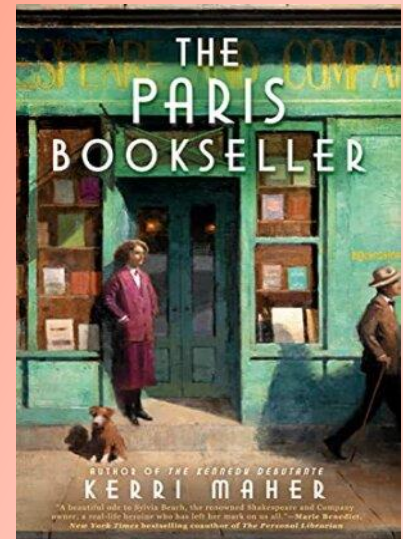
In Kenya, Tanzania, and Uganda, **Growth Through Learning** (GTL) provides educational scholarships for the girls and

young women of East Africa, many of whom are orphans. The average cost to provide a scholarship is \$600/year. This amount keeps a young girl in school by funding school fees, uniforms, food, books, and supplies. A girl learns how to read and write in both English and her native language, and obtains the skills necessary to teach her own children how to add and subtract, understand ideas, and strive for a better future.

**NOTE:** Because the 4<sup>th</sup> Friday of November is "Black Friday" on a weekend when many are traveling, *and* our December meeting date is just prior to Christmas, we will have a **combined November/December meeting on Friday, December 8**. All are welcome to join us for lunch at 12:30 p.m., followed by a discussion of the projects.

## BOOK GROUP

The NAUCC Book Group will meet at 2:00 p.m. on Thursday, November 16, at the home of Peggy Dillner. Maggie Passero will be leading us in a discussion of the book, *The Paris Bookseller* by Kerri Maheri.



**A FRIENDLY REMINDER  
from the PCRC**



**Monday is  
Pastor Cynthia's  
day off.  
Kindly be respectful!**

**LECTIONARY  
READINGS**

■ **November 5**

Joshua 3:7-17  
Psalm 107:1-7, 33-37  
I Thessalonians 2:9-13  
Matthew 23:1-12

■ **November 12**

Joshua 24:1-3a, 14-25  
Psalm 78:1-7  
I Thessalonians 4:13-18  
Matthew 25:1-13

■ **November 19**

Judges 4:1-7  
Psalm 123  
I Thessalonians 5:1-11  
Matthew 25:14-30

■ **November 23**

Deuteronomy 8:7-18  
Psalm 65  
II Corinthians 9:6-15  
Luke 17:11-19

■ **November 30**

Ezekiel 34:11-16, 20-24  
Psalm 100  
Ephesians 1:15-23  
Matthew 25:31-46

**STEWARDSHIP  
CAMPAIGN**

There are many ways to support the congregation and our annual stewardship campaign provides a chance to think in a particular and prayerful way about the choices we make with our money in support of the church. Without your gifts, we could not be able to engage in the programs, projects, ministry and worship experiences that define our community life. In fact, it is because of **you** that our church changes lives.

In November, we will begin our stewardship campaign when the Finance Committee asks you to carefully consider your pledge for the 2024 year. We need one another and our different abilities and resources to face the uncertainties ahead. Watch for a letter during the week of November 13 which will ask you to consider your gifts to the church, financial as well as your time and talent, during 2024. We hope that you will prayerfully consider your gifts and be able to submit your pledge on Sunday, November 19. To have your pledge in hand will help us to prepare a realistic 2024 budget to continue to change our lives as well as lives of those in our community.



Join us for Wisdom Wednesday, November 1 at 7:00 p.m., for a discussion of our own "Saints Among Us."

**FALL OUTDOOR  
WORKDAY**

We are planning a Fall Workday at New Ark UCC, Saturday Nov. 11 from 9:00 a.m. until 12:00 p.m. Please mark your calendars.



Please bring your landscaping tools and join us for the fall clean-up around New Ark UCC. We will be raking, pruning, and cleaning up the grounds on Saturday.

There are some indoor tasks as well (changing air filters, hanging another microphone from the ceiling at the front of the sanctuary, replacing burned out lightbulbs).



Bring your Halloween "extras" to church in the next two weeks. These treats will become "Care Packages" for our youth in college preparing for exams. Our college students do appreciate candy, granola bars, pretzel packages, hot chocolate packages, and microwaveable popcorn. Also, feel free to write a note of encouragement. The notes will be added to the Care Package. These contributions can be left in the kitchen or contact Debbie Micklos ([djam197@comcast.net](mailto:djam197@comcast.net)) about picking up the goodies.



## ***SHARING THE JOY!***

***“Joy shared is doubled;  
pain shared is halved.”***



Beginning in November during fellowship time after the service we will have information & someone from the Social Justice committee to answer any questions you may have & accept any donations you want to share.

- **SHARE:** your left-over/extra Halloween candy with our college students who would love to chomp on it while studying or cramming for exams. A box will be available for any extra Halloween treats you would like to share with our hard-working college students. Don't worry—we'll make sure it gets to them!
- **SHARE:** the joy of gift-giving with those less fortunate than us during the Christmas holiday season.

There are 2 families in our congregation who are facing significant financial need these days. Up until **December 10**, we will be accepting financial donations to enable us to purchase gift cards to stores that these folks can get to & shop at. The gift cards will be purchased through our church's gift card program which also helps out our church budget.

We will also be getting some requests for several children who live at Exceptional Care for Children. These children have challenging disabilities so they cannot live at home. Some of them may not have family who visit them & share gifts. We can fill in & make sure these children get a gift that they would like on Christmas.

Visit us during Fellowship time after church services for more information or to donate. You can also contact Kathy Hyde at 302-367-3701 or [thehydes99@gmail.com](mailto:thehydes99@gmail.com) for information or to arrange a pick-up.

## **BRINGING BACK OUR CHRISTMAS TRADITIONS**

**Looking Forward to the Holidays?  
Your help is needed to bring back these traditions.**

### **Adult Christmas Party**

Would you be willing to host this event at your home? What's involved in preparing for this favorite event to have about 40 adults coming to your home for a meal? The major responsibility of the host is to have a space for serving the food contributed to the meal and some places for people to sit while eating. This event could be held in the evening or the afternoon. While this event has traditionally been held on a Saturday evening, it could also be held on a Saturday or Sunday afternoon. The host can set the date at their convenience.

In addition to identifying a place to have the Christmas party, we also need a couple of people to help the host set up for the event and a couple of people to assist with the clean-up after the party.

### **Advent Party, Cookies, and Pop-Up Sale**

The Advent Party is usually after church on the first Sunday of December. Here is the help needed for this event:

- Help to organize some Christmas decoration-making activities for both children and adults.
- As we have the past several years, members and friends sell items that they have produced. Would you like to sell something at this event?
- Make cookies to share with others at church.

***Cont'd. on Page 10***

## 2023 BENEVOLENCE RECIPIENT: DELAWARE INTERFAITH POWER & LIGHT

This is the fifth in a series of articles to inform the congregation about each of the benevolence recipients that the Social Justice Committee has chosen for fiscal year 2023.

Founded in 2011, DelPL is a chapter of Interfaith Power and Light, a national non-profit whose mission is to inspire and mobilize people of faith and conscience to take bold and just action on climate change.

We believe we have a moral responsibility to scientifically inform and spiritually deepen our understanding of our relationship with the natural world - and with each other - and to act on those understandings.

**We consider our work** – whether sharing scriptures, hosting workshops, coordinating energy audits, identifying resources, expanding green space,

fostering partnerships or meeting with legislators - a moral imperative. Our goal, ultimately, is to assure the preservation of a healthy, sustainable planet and closer to home, to improve the everyday quality of life of our families, our neighbors, and our communities.

**Our Member Congregations** - each in their own way, inspired by their own faith – share and embrace this moral imperative. They participate in preach-ins, form green teams, become learning centers, secure energy audits, upgrade energy systems, install solar panels, plant community gardens, explore eco-systems, and advocate for a safer, healthier, more equitable future for their children...and their children's children.

Many different religious traditions believe in our shared responsibilities as stewards of this earth. And, many have put that belief into practice by taking action to protect the environment. Please visit our [“What We Believe”](#) page for links to these statements of faith and practice.

**United Church of Christ** — Justice and Witness Ministries has long been a leader in the Environmental Justice movement. People of faith are beginning to realize that global warming and climate change are issues of environmental justice. In the U.S., 5 percent of the world's population consumes 25 percent of the earth's resources, thus contributing a disproportionate amount to global warming. It is an issue of injustice between those who “have” and those who “have not.”



## NOVEMBER BIRTHDAYS

December 2023

NEWSLETTER

DEADLINE

12:00 noon

on Monday,

November 27, 2023

- 02 Shirley Meehan
- 03 Jenny Greenzweig
- 09 Earl Sparks
- 09 Olivia Kingsbury
- 11 Cathy Atkinson
- 12 Florence Waibel
- 13 Donna Dickhart
- 13 Sarah Greenzweig
- 19 Roy Heget



If we've missed your special day, please contact the church office at (302) 737-4711 or email [newarkucc@verizon.net](mailto:newarkucc@verizon.net).



## HOW TO MAKE A DIFFERENCE for HOUSING in NEWARK

Many of our communities help impoverished populations with their immediate needs, but many wonder how to make a dent in the issue of not being able to find housing in the first place. If you would like to be involved in a short, practical, and accessible seminar for ordinary people of faith to talk about how they can make a difference in the housing situation in Newark, we're excited to invite you to a short 30-minute [Zoom seminar](#).

An initiative of Newark, DE Interfaith Leaders  and Habitat for Humanity of New Castle County



# HOUSING ACTION FOR NEWARK FAITH COMMUNITIES



Image by vectorstock or Freepik

30 minutes on how you can make a difference

11/06/23, 7:30PM  
VIA ZOOM

<https://bit.ly/newark-housing-110623>



To view this discussion on the web, visit the following link:  
<https://groups.google.com/d/msgid/newark-faith-leaders/48f265b0-2b92-426c-91d8-e254c009bddbn%40googlegroups.com>.



## The High Cost of Food Waste Part I

Food waste is a huge issue globally. According to the Food and Agriculture Organization of the United Nations, roughly 1/3 of all food produced worldwide for human consumption is lost or wasted every year. This comes to a staggering 1.3 billion tonnes of food, valued at approximately US\$ 680 billion in industrialized countries and US\$ 310 billion in developing countries.

Aside from the obvious problems with this massive waste, it has a significant environmental impact. Food waste is estimated to contribute 8 percent of total global greenhouse gas emissions. This means that if food waste were a country, it would be the third largest in the world in terms of its impact on global warming, surpassed only by the United States and China.

Apparently, food waste happens everywhere along the supply chain, but to differing degrees:

- Processing and manufacturing are the largest sources of avoidable waste, accounting for 43percent
- Canadian kitchens are responsible for 21 percent of avoidable waste (about \$1,700 per household)
- Hospitals, restaurants and institutions contribute 13 percent of avoidable food waste

- Retail outlets are similarly responsible at 12 percent of avoidable food waste
  - Farmers waste 6 percent percent of the usable food they produce
  - Distributors had the lowest proportion of waste, at 5 percent of avoidable food waste
- Clearly, we could all benefit from better food management systems to reduce losses at each step.

### Reducing Food Waste

Unless you work in the food industry, the biggest opportunities you have to tackle food waste are probably within your own home. To that end, the tips below focus on addressing food waste at the household level. To a lesser extent, individual consumers may be able to help reduce waste at institutions, restaurants and retail outlets through conscientious shopping habits and voicing concerns to management. I certainly encourage this, and believe that the most successful approach is to ultimately address the issue from all sides.

#### Tip 1: Be Your Own Kitchen Manager

It's very easy to lose track of what is already in your kitchen, and to forget to use things up before they spoil. The best way to avoid this is to get into the habit of regularly going through your fridge, freezer and pantry to ensure things are consumed while they are still good.

Given that things in the fridge will typically spoil first, followed by frozen items and then pantry items, I suggest the following:

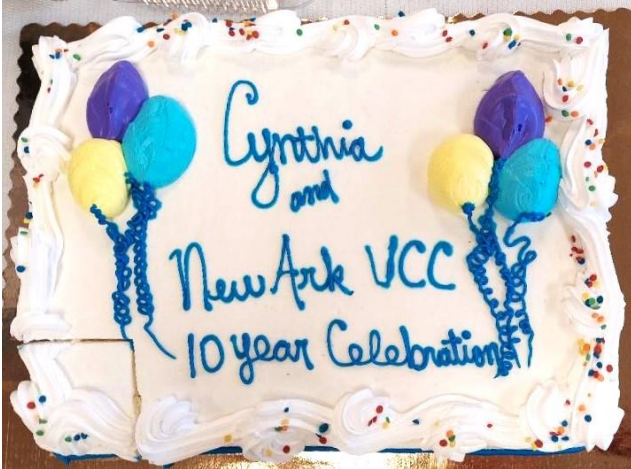
- Check the fresh items in your fridge twice per week, and

things like sauces, condiments and spreads once per month. Rearrange the contents so the oldest items are at the front, and then immediately use anything that is nearing expiry and make a note to use up things that need to be consumed in the next 3-4 days. If you know you can't use something before it will spoil, freeze it, give it away, or invite someone over to enjoy it with you.

- Review the contents of your freezer once per month to remind yourself of what is inside. Use this knowledge to plan to use up things that need to be eaten soon, and to avoid buying duplicates of things you already have while shopping. Put things that should be used up soon near the front.
- Go through your entire pantry once every 4-6 weeks, again to remind yourself of what you have, to plan to use up things nearing their best before date, and to easily remember what you already have when planning meals or grocery shopping. Items nearing expiry should be easily visible, so you remember to use them next time you reach for a non-perishable good.

Adding this regular check into your weekly or monthly routine will only take a few extra minutes, and it will save you in the long-run: you will reduce the amount of food and money you lose, save time dealing with foods that have gone bad, and prevent the stress and guilt that come with letting things go to waste.

***Cont'd. on Page 12***





# Thanksgiving Baskets



The Social Justice Committee, on behalf of the congregation, will donate Thanksgiving Baskets to five area families who would otherwise lack a nice holiday dinner. We need your help in supplying some of the basket items.

Please take this list with you as you do your regular grocery shopping and pick up one or two of the items for the baskets. As many of you know, local grocery stores give free turkeys to people who spend a certain amount of money during the season, so if you receive one of those, please consider donating it if you can spare it.

Please bring your items to the church office before **Sunday, November 19**, and be sure they are marked as donations for the Thanksgiving Baskets. (The office is usually open Monday, Wednesday, and Friday, from 10:00 a.m. until 2:30 p.m.) If you are unable to shop, monetary gifts toward this project are also welcome (please send them to the church office as well), and someone else will do the shopping for you.

A sign-up sheet is available online where you can indicate the items you are planning to donate. If you have any questions, please contact Lynn Boulter.

Below is a list of needed supplies.\* **We need enough for five families, which means that we need more than five of some items.** Thank you very much in advance for all that you contribute in the way of time, energy, and donations.

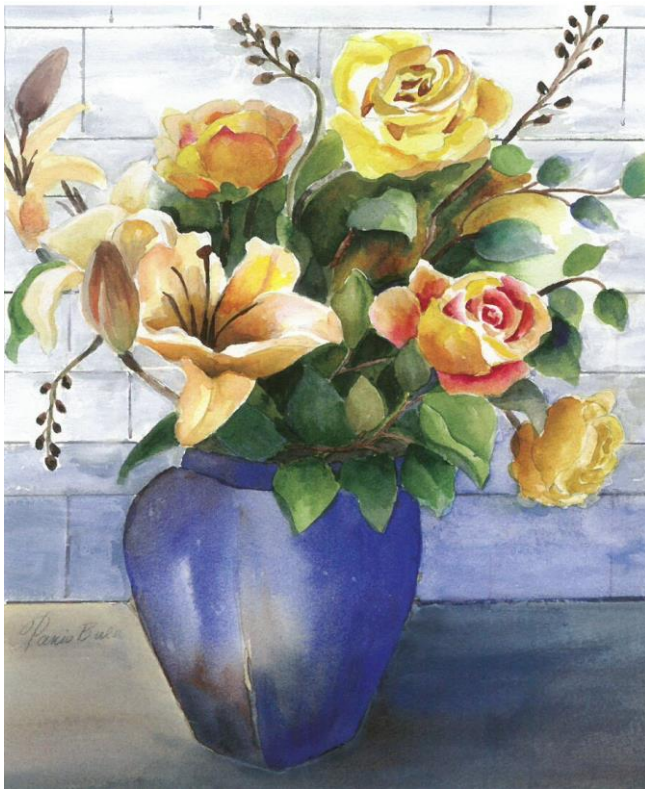
Turkey (put in church freezer)	Canned Vegetables (3 cans)	Pumpkin, apple, or pecan pie, cupcakes
Stuffing	Canned Fruit (3 cans)	Aluminum Foil
Gravy	Cranberry Sauce	Disposable Roasting pans

We will be delivering the baskets on Sunday November 19, right after church.

\*Feel free to donate anything else you think of that the family might enjoy!

*Sign up here for items you would like to contribute:*

[https://docs.google.com/spreadsheets/d/1ZP6XobrrsFR7IMNd7Fz3KzkikrsRu3CH475ZoO4Jx\\_k/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1ZP6XobrrsFR7IMNd7Fz3KzkikrsRu3CH475ZoO4Jx_k/edit?usp=sharing)



October 15, 2023

Dear Reverend Robinson,

It is our understanding that you will be celebrating your 10<sup>th</sup> anniversary as pastor of the United Church of Christ.

In honor of this occasion please accept our gift to New Ark United Church of Christ and we wish you continued success in your ministry.

Congratulations and best wishes,

Sincerely,  
Nina and Richard Ciferni

Catherine, the daughter of Nina and Richard Ciferni, is a friend of Pastor Cynthia.

## DAY-AFTER-THANKSGIVING BAGGED LUNCH

Both Hope Dining Room and Newark Empowerment Center will be closed over the Thanksgiving holiday. Ogletown Baptist is providing a Thanksgiving meal, and we will provide a takeout lunch on Friday, November 24 ("Black Friday") for the food insecure.



We are purchasing the needed items for a hearty lunch, but **we would appreciate donations of desserts.** If you are able to donate something, please contact Peggy Dillner ([dillner@comcast.net](mailto:dillner@comcast.net)).

## Christmas Traditions, Cont'd. from Page 4

### Christmas Eve Soup Supper



In lieu of making dinner at home, on **December 24, at 5:30 p.m.** we gather at the church for soup and bread before the Christmas Eve service. Would you be willing to be the point person for this event? Being the point person involves creating a sign-up list, and getting the tables and chairs set up in Wells Hall before the event. After dinner, people pitch in to do the clean-up before the service starts. If you are willing to assist with any of these activities, please email Debbie Micklos ([djam197@comcast.net](mailto:djam197@comcast.net)) and Gloria Noel ([gnoel425@aol.com](mailto:gnoel425@aol.com)) no later than November 7. Thank you!

## CODE PURPLE CALL FOR VOLUNTEERS

The New Ark UCC is seeking volunteers to participate in our congregation's Code Purple mission. A Code Purple night is called by the Newark Empowerment Center when outside air temperatures become life-threatening (fall below 20 degrees or a wind chill below 15 degrees). A group of five Newark churches take turns opening their doors to provide overnight shelter and a hot meal to the homeless in our community.

New Ark UCC will be one of five churches participating in Code Purple again this year. We will be second in rotation, our usual spot. UD will again provide the meals and we will be going back to the pre-Covid buffet style service with communal dining. NEC will have staff assigned from 6:00 p.m.-6:00 a.m. for check-in, check-out, and overnight monitoring, but we will need to provide one male and one female volunteer to be present as well. All guests will need to preregister with NEC to learn the location; locations will not be publicized and volunteers should not share the location with others. Laundry will be arranged by NEC, process TBD.

Please let me know if you would be willing to help out this year (December thru March). You will be volunteering for specific shifts. The shifts and tasks that need to be staffed are as follows:

- **Set up; 5:00-6:00 p.m.**  
This is prior to guest arrival and no guest contact is

required. This is a one-hour time commitment on the NAUCC code purple night and involves setting up Wells Hall with mattresses and bedding, preparing the dining area, and making coffee.

- **Check-in and hospitality, 6:00-8:00 p.m.**  
Assist the NEC staff person with guest check-in, set up the meal provided by UD, handle after diner clean-up, and provide hospitality.
- **Monitor Assistant (two shifts: after dinner from 8:00-11:59 p.m. and overnight from 12:00-6:00 a.m.**  
Church volunteer to aid NEC staff person as needed.

Please let me know if you are interested in participating in this mission, all the shifts you are willing to do this season, and whether you would be willing to do one or more of these shifts at another Code Purple church if they are in need of volunteers.

Volunteers will be notified when a Code Purple night is about to be declared, and asked to provide their availability for that specific night. Bob Pasteris and Connie Cox will be co-coordinators and will assemble that night's crew from those that responded. Most communication will be via email, so please provide an email address along with your phone number.

Thank you for your help and continued support in this ministry. If you need more information about this ministry, please Bob Pasteris ([pas-teris@comcast.net](mailto:pas-teris@comcast.net)).

### Convener's Corner, Cont'd. from Page 2

- Recommendations from the Pastor-Congregation Relations Committee, to approve vacation days for the pastor that are consistent with her call letter and her housing allowance for 2024, were approved.
- The housing allowance is \$26,000.04. That is the same amount as last year.
- Trustees were selected for terms beginning January 2024. Cathy Atkinson will continue to serve as Treasurer; John Micklos was selected as recorder; Bryan Klebon was selected to serve as Facilitator, replacing Court Buchanan, who accepted a position as pastor at another church. Bryan will serve now through 2024.
- Other volunteers have agreed to serve on committees. Mindy Dowsett and Mark Atkinson are Representatives to the PCRC; Bev Wieland is the Congregational Representative to the Coordinating Committee; Jon Manon and Kim Bell will serve on the Volunteer Enrollment Committee; Mindy Dowsett will serve as the Representative to the Central Atlantic Conference; and Bev Wieland will serve as Representative to the Chesapeake Association.
- Pastor Cynthia will begin her sabbatical in January 2024. The Rev. Dr. Douglas Griffin will be the sabbatical pastor. Rev. Griffin led a worship service with us in May 2023.

## SABBATICAL PASTOR

### The Rev. Dr. Douglas Griffin to Serve while Pastor Cynthia Robinson is on Sabbatical

The Pastor Congregation Relations Committee is pleased to share that the Rev. Dr. Douglas "Doug" Griffin of Smyrna, DE has been selected to serve us during Pastor Cynthia's Sabbatical from January 2, 2024 to March 31, 2024. Rev. Dr. Griffin will be conducting our worship services as well as meeting our pastoral care needs during that time.

Pastor Doug spent the first 10 years of his career as a health care chaplain and the last 26 years serving as an Intentional Interim Pastor to UCC churches and Presbyterian churches located within the Central Atlantic Conference's geographic area. He retired from active ministry in September 2020. He has preached with us several times.

Doug and his wife, Su, have two adult married sons, and seven grandchildren. One family resides in Coral Springs, FL and the other in Astoria, NY.

Doug and Su especially enjoy the opportunity that retirement has afforded to spend more time with their grandchildren and extended family. Also, Doug's additional leisure for study and research has resulted in articles published and forthcoming in the *Fourth R*, the magazine of the Westar Institute, an advocate for promoting religious literacy. He has recently volunteered to serve as an ombudsman with Delaware's Long Term Care Ombudsman

Program, operated by Delaware's Department of Health and Social Services.

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### Food Waste, *Cont'd. from Page 7*

#### Tip 2: Keep an inventory

Just as it is a good idea to regularly review what you have in stock, it can be helpful to keep an actual inventory of the items in your kitchen. It will take some time to set up initially, but will simplify the task of physically going through your fridge, freezer and pantry. Create a list of things you have in each location, and either keep a digital copy somewhere handy, like on your smartphone, or a hard copy somewhere easily accessible, like the front of your refrigerator.

If you know an item's best before date, including that on your inventory will make it easy to identify things that need to be consumed soon, and reduce the chances of something going to waste.

#### Tip 3: Plan ahead

If you are not generally someone who plans ahead, then the idea of pre-planning your meals, menus and shopping lists may seem foreign to you. However, many people find it simplifies their shopping and cooking routine, saves time overall, and reduces waste.

For me, meal planning has a lot of benefits: it simplifies grocery shopping, saves me from deliberating what to eat on a daily basis, helps me to plan days that are relatively

nutritionally balanced, and prevents me from forgetting to use things I already have. I like to plan out my meals one week at a time, knowing that I can change things if needed but that I have an outline to follow. Some people prefer to plan their meals for an entire month, which offers the same benefits and means you only have to actually create a meal plan once every 4 to 5 weeks.

Once you have a meal plan, it becomes easy to create a shopping list. I like to look up the recipes I plan to use that week and copy the ingredients onto an app like Google Keep or a scrap piece of paper, which I can easily bring with me to the grocery store.

If you decide to forgo meal planning, I still highly recommend making a list before going grocery shopping. While in a store, it can be easy to lose sight of what you will realistically eat before things spoil or before you go shopping again, and seeing a list of what you plan to buy can help you to keep your shopping in check. Grocery stores are laid out to encourage you to buy more than you need, so going in with a plan will reduce the likelihood of you over-shopping.

One additional benefit of having a shopping list is that it can become your inventory list once you get home. Simply add the items to your soft or hard copy list, with the best before dates if possible, and use that as a reminder of what you have on hand!



# NOVEMBER 2023 CALENDAR

Church office, Central Atlantic Conference, NAUCC meetings/events, Other community Events, Rarities

Nov 2023 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:45am - Choir Practice (R) 9:30am - Worship 10:45am - Quarterly Congreg. Mtg. 4:30pm - Gospel Truth (R)	<b>PASSOVER DAY OFF</b> 7pm - AI-Anon (L)	3pm - Fin. Com. Worship Planning 5:30pm - Kinkungl - Martial Arts (R)	10am - Office Open 12pm - Com. Office Hrs. (online) 4:30pm - Grail's Friends 6:30pm - DE Zan (R) @ Sanctuary 7pm - New Ark Meet Up (online)	5:45pm - Min. of Repentance & Holiness	7am - System 4 Cleaning 10am - Office Open 6:30pm - Newark QA (L) 7pm - Brandywine Recordars (R)	8:30am - Kinkungl - Martial Arts (R) 9pm - Grail of the Birch Moon (W)
8:45am - Choir Practice (R) 9:30am - Communion 9:30am - Worship 10:30am - Coffee Hour 2pm - Greater Grace (R) @ Sanctuary	<b>PASSOVER DAY OFF</b> 10am - Office Open 7pm - AI-Anon (L)	8:30pm - Kinkungl - Martial Arts (R) 8:30pm - Membership Growth Com. 8:30pm - Social Justice (online)	10am - Office Open 12pm - Com. Office Hrs. (online) 6:30pm - DE Zan (R) @ Sanctuary 7pm - New Ark Meet Up (online)	8:30pm - Finance C. (online) @ Lounge 8:45pm - Min. of Repentance & Holiness 7pm - Worship C. Mtg (online)	7am - System 4 Cleaning 10am - Office Open 6:30pm - Newark QA (L)	8:30am - Kinkungl - Martial Arts (R) 9am - Outdoor Workshop 1pm - Greater Grace (W)
8:45am - Choir Practice (R) 9:30am - Worship 10:30am - Virtual Fellowship 2pm - Greater Grace (R)	<b>PASSOVER DAY OFF</b> 10am - Office Open 7pm - AI-Anon (L)	8:30pm - Kinkungl - Martial Arts (R) 8:30pm - Worship Planning	10am - Office Open 12pm - Com. Office Hrs. (online) 4:30pm - Grail's Friends 6:30pm - DE Zan (R) @ Sanctuary 7pm - New Ark Meet Up (online)	2pm - Book Group @ off site 5:45pm - Min. of Repentance & Holiness 6:30pm - Coord. Com.	7am - System 4 Cleaning 10am - Office Open 11am - Hope Dining Room (offsite) 6:30pm - Newark QA (L)	8:30am - Kinkungl - Martial Arts (R) 9pm - Couples for Christ (S/W/R/G)
8:45am - Choir Practice (R) 9:30am - Worship 10:30am - Virtual Fellowship 3pm - GFC Youth Gathering (W)	<b>PASSOVER DAY OFF</b> 10am - Office Open 7pm - AI-Anon (L)	8:30pm - Kinkungl - Martial Arts (R)	10am - Office Open 12pm - Com. Office Hrs. (online) 6:30pm - DE Zan (R) @ Sanctuary 7pm - New Ark Meet Up (online)	5:45pm - Min. of Repentance & Holiness	7am - System 4 Cleaning 10am - After Thanksgiving Meal Prep (R) 10am - Office Open 6:30pm - Newark QA (L)	8:30am - Kinkungl - Martial Arts (R)
8:45am - Choir Practice (R) 9:30am - Worship 2pm - Greater Grace (R)	<b>PASSOVER DAY OFF</b> 10am - Office Open 12pm - NL Deadline 7pm - AI-Anon (L)	8:30pm - Kinkungl - Martial Arts (R) 8:30pm - Worship Planning	10am - Office Open 12pm - Com. Office Hrs. (online) 6:30pm - DE Zan (R) @ Sanctuary 7pm - New Ark Meet Up (online)	5:45pm - Min. of Repentance & Holiness	7am - System 4 Cleaning 10am - Office Open 6:30pm - Newark QA (L)	8:30am - Kinkungl - Martial Arts (R) 9pm - Grail of the Birch Moon (W)