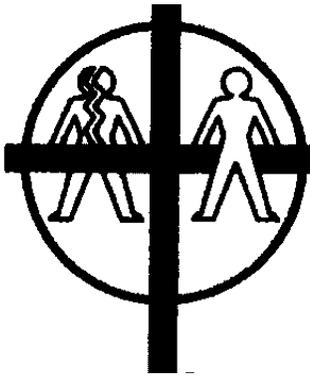


ON Broadway

Ann Arbor Christian Reformed Church Newsletter

January 2015



Stephen Ministry

by Lillian Kuiper

Our congregation's Stephen Ministry equips lay people to provide one-on-one Christian care to individuals in our congregation or community who are experiencing difficulties in their lives. Eighteen members of our congregation have been trained to be Stephen Ministers.

Currently, the ministry is in need of new leadership. Stephen leaders are key individuals who work together in leading the ministry in the congregation. Stephen leaders come from all walks of life, of all ages, professions, and background. Serving as a Stephen leader is a great chance to use leadership gifts and organizing skills.

What do Stephen leaders do?

- They have a vision and build awareness for the Stephen Ministry.
- They recruit, select and train Stephen Ministers.
- They connect people who need care with a Stephen Minister.
- They provide ongoing supervision and continuing education to keep the ministry vibrant and strong.

A training program for Stephen leaders is available. If you are interested in becoming a Stephen leader or need further information, please contact Lillian Kuiper or Dottie Elliott.

Loving God, Serving People

Building a community loved and changed by Jesus,
loving and changing the world for him.

Baby Bottles Are Back!

by Neal Kessler



Family Life Services Clinic & Pregnancy Center (FLS) in Ypsilanti provides love and care to the many women who come to the center for help. Whether it's an unplanned pregnancy, help for post-abortion healing, mentoring for new moms, face-to-face peer counseling and support, or free material goods for mom and baby, FLS is there to meet their needs and much more.

In the past year, many abortion-minded clients have made the decision to preserve their baby's life! Our church's continued support helps to make this possible.

On Sunday, January 11, we will be distributing baby bottles after both services to benefit this agency. We ask that you involve the whole family in this effort. Children can get involved too, and know they are making a difference in the lives of babies and

their mothers as they share their coins. Please take a bottle home and fill it with your coins, bills, or checks (made out to Family Life Services) and return to the church by January 25.

It is a great way to support the sanctity of human life.

Sound Support Needed

by Jim Kuiper

We would like to recruit two more people for sound support, one for the 8:45 AM service, and one for the 11:15 AM service.

Training will be provided, and at the beginning of every month each person will be scheduled for a Sunday of his or her choice.

Please contact Jim Kuiper or Darren De Zeeuw for more information.

January Special Offerings

January 11

**Family Life Services
Baby Bottle Boomerang Handout**

January 18

Bethany Christian Services

Bethany Christian Services is a not-for-profit, pro-life, Christian adoption and family services agency that is committed to improving the lives of children and families. With over 75 locations nationwide and in 15 countries, Bethany touches the lives of more than 30,000 people each year.

January 25

Baby Bottle Boomerang Return





From Your Parish Nurse

by Barb Okonkwo, RN, Parish Nurse

I just became aware of this health risk and wanted to share it with you. The article is taken from a recent issue of ConsumerReports/Shopsmart

THIS JUST IN

Health news

Receipt? Just-say no!

As we've reported, a chemical called bisphenol A, or BPA, has been linked to serious health problems and can be found in many food containers as well as paper receipts. New research reveals just how bad those receipts might be for your health.

"There's more BPA in a single thermal paper receipt than the amount that would leach out from a polycarbonate water bottle used for many years," says John Warner, Ph.D., president of the Warner Babcock Institute for Green Chemistry. Research has linked BPA to an increased risk of certain cancers, type 2 diabetes, cardiovascular disease, and reproductive and brain-development abnormalities. Pregnant women and children might want to be especially careful to avoid BPA.

In the latest study, published in the *Journal of the American*

Medical Association, researchers measured BPA in the urine of 24 volunteers before they spent 2 hours handling thermal receipts (easy to do if you check your receipts against your credit-card statements every month!). Tests done 4 hours later showed that BPA levels had tripled. About a week later, half of the group did the experiment again, but they wore nitrile gloves (commonly used in doctor's offices and hospitals). This time BPA levels were insignificant.

"A larger study is needed to confirm our findings, but the results suggest that skin absorption of BPA may be of particular concern to people who handle receipts frequently," says the study's lead author, Shelley Ehrlich, M.D., of the



PAPER TRAIL Some receipts, tags, and tickets contain BPA, a risky chemical.

Cincinnati Children's Hospital Medical Center. And your BPA exposure might be higher than you think. Thermal paper is also used in airline boarding passes and luggage tags; tickets for trains, movies, sporting events, and amusement parks; labels on prescription bottles and packaged deli meats and cheeses; fax paper; and lottery tickets. How can you tell? Scratch the printed side of the paper. If you see a dark mark, it's thermal.

4 WAYS TO PROTECT YOURSELF

In addition to avoiding food cans and certain plastic containers, you can minimize your exposure to BPA by taking a few simple precautions when it comes to receipts:

1. DECLINE PAPER RECEIPTS WHEN POSSIBLE.

Many retailers and banks now offer to e-mail receipts. Set up a separate, secure e-mail address for that purpose. That way you keep your buying records in one place and prevent any marketing e-mail from getting mixed up with your regular e-mail. If you can, use your phone for plane and train tickets.

2. STASH PAPER RECEIPTS IN A PLASTIC BAG.

That's better than carrying them loose in your wallet, purse,

or shopping bag. The coating can easily rub off on other items, and when you handle those, you might be picking up BPA from them.

3. WASH YOUR HANDS AFTER TOUCHING RECEIPTS.

That's especially important before you cook or eat. Wash with soap and water rather than using alcohol-based hand sanitizers, which can increase your skin's ability to absorb BPA.

4. WEAR NITRILE GLOVES.

 They offer good protection from BPA in receipts, especially if you handle them regularly as part of your job. Buy gloves in drugstores and online.

Coffee Break

by Katrina Brehob

Coffee Break enjoyed their last meeting of 2014 by celebrating Christ's birth together. The morning groups had a lovely potluck brunch together, while being serenaded by several violin-piano duets. Afterwards, the international group, through narration, acting and songs, retold the story of Jesus' birth. The afternoon groups started with singing, including a beautiful duet song – Peace/Silent Night – led by one of the women who is also a professional singer. Then the groups met to celebrate with crafts and food and laughter.

We felt very blessed during both of our meeting times.



Coffee Break will rejoin together on Tuesday, January 6 at 9:30 am and 1:15 pm. There is always room for new people, so please, come join us!

Coffee Break Testimonial

by Betsy Ventura

This fall begins my second year being a part of the Coffee Break Ministry at our church. It has been a wonderful blessing for me and I look forward to attending each week. Last year our group did a study called “God is in the Laundry Room” by Susan Senechal which challenged us to find purpose and significance in all aspects of our life, including the sometimes mundane tasks associated with keeping house or caring for children. This year our group is doing a study called “Unglued: Making Wise Choices in the Midst of Raw Emotions” by Lysa TerKurst. As the title suggests, this study is about how to experience our God-given emotions without losing control and how to handle conflict in our relationships all the while making “imperfect progress” in the way we act and react towards others. It has been enlightening to study these topics which are very relevant to my life. I have enjoyed the companionship, support and insights of women and mothers who are at the same place in life as me, and have benefited greatly from the wisdom of those who are further along on life's journey.

My son, Lucas, has enjoyed Coffee Break as well. Although it was a bit of a stretch for him to be prided away from my side at the beginning of last year (actually, it was hard for both of us!), it took only a few weeks for him to be comfortable and excited to attend his class. This year he made the transition seamlessly. He benefits greatly from the time he spends in class socializing and learning with the other children and enjoys the love and attention showered on him by the adult workers. He often asks to sing the songs he learns in his class at home and is excited to show us his craft. I am grateful to have others join us in our efforts to teach him about Jesus and His love for us, and take great pleasure in reinforcing what he is learning at Coffee Break at home.

Coffee break is a vibrant church ministry; one that we are thankful to be part of and that has blessed us immensely!