

KTF 2025 April 17 Maundy Thursday

Dear Ones,

Last Sunday I had a good reminder that sometimes things don't go the way we planned, but they can still be exactly what we needed. Our Chapel Kids presentation of the Passion of Jesus Christ was thrown into disarray by several last-minute changes, but they—and all of you—made it just as meaningful as ever.

After church, I was presented with two images that will stay in my heart for a long time.

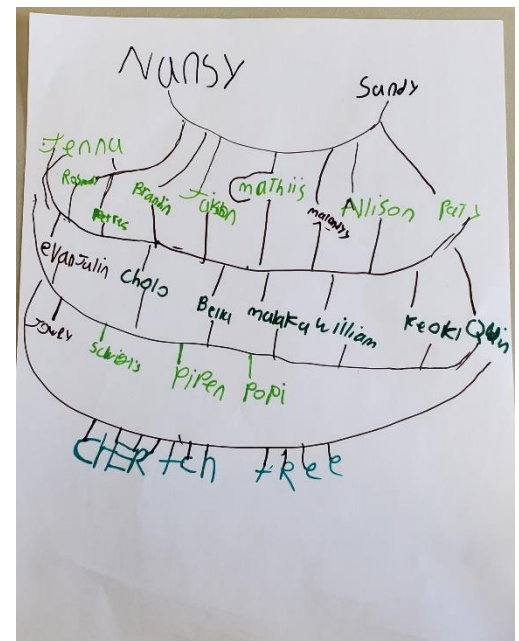


First was at the Lego station. Bella showed me that she had added something to the boys' cross. Water, and animals. Hmmm, I wondered. I don't remember that part of the story...She said, "The water is from all the animals' eyes. They cried because they were sad about Jesus."

Second was Bella's drawing of our church family tree. She explained that she couldn't remember ALLL the adults' names and they wouldn't all fit anyway. It made sense that she would include the parents of our kids. Some of the other names I would expect, but one or two surprised me. You never know how you are making an impact on our children.

Whenever the Good Friday-ness of our world begins to overwhelm me, I remember the ways in which our youngest members are embodying the hope and joy of life in Christ. As we gather on Sunday to celebrate the Resurrection and welcome back "that word" I hope you are able to hear the Good News with all the openness of our children, and be filled with the joy of new life.

In the meantime....*keep the faith*,
Nancy+



THIS SUNDAY'S READINGS

Acts 10:34-43 * Psalm 118:1-2, 14-24 * 1 Corinthians 15:19-26 * Luke 24:1-12

CREATION CARE TIPS

Earth Day, Every Day, part 3

You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; And yet, as a mother cares for her children, you would not forget us. *Enriching Our Worship, Eucharistic Prayer 2*

"Go clean your room!" Did your mother have to remind you weekly (or even daily) to clean your room? Mine did. And our kids heard it from me, and I've heard them remind their kids. It's been that way for as long as

children have had bedrooms, I would think. But let's expand that need for tidiness and cleanliness to the world around us, and then take it inside. No, not inside the house, inside the body.

I've written about microplastics and nanoplastics – yes, remember nurdles? – about how they have migrated from plastic water bottles into our drinking water and into our bodies, how tire rubber wears off onto the roads, and washes downstream, eventually reaching our oceans and the tissues of the creatures that inhabit them. A recent study has gleaned information from other research teams' findings, and amassed a trove of statistics, findings, and details that all point to some good news that combats some bad news.

A basic fact is that microplastics are here, and because we are so dependent on plastics in all our everyday activities, they are here to stay. A second basic fact is that microplastics enter our bodies, don't leave, and can disrupt our reproductive hormones. But this study of other studies – in other words, it was library research rather than laboratory research – found that including larger amounts of certain fruits and vegetables in our diets can help our bodies manage the damage done by microplastics. Anthocyanins, which are antioxidants, somehow neutralize, reduce, and lower – notice they don't eliminate – changes to our reproductive systems. And in the case of anthocyanins, yes, the more, the merrier! So by now are you wondering where you can get these specific antioxidants? Deeply colored vegetables and fruits contain the most anthocyanins.

Whoa, that word anthocyanin looks like it has most of the word cyanide in it. Isn't that deadly in small amounts? Yes. But carbon dioxide and carbon monoxide are similar in structure and in name, but they are different chemicals with very different properties, and the same holds true for cyanin and cyanide. So relax, and spend some extra time in my favorite section of the grocery store, picking up black grapes, beets, blueberries, red or purple sweet potatoes, rainbow carrots, black raspberries, purple or brown tomatoes, cherries, purple cauliflower, or pomegranates. And black beans, which I've only found in the canned goods section, are on that list, too. So enjoy some good-for-you adventures in the kitchen knowing you're combatting nurdles and microplastics...and go clean your room.

– Patty Watts, Christ Church Earth Keeper

Hurt not the earth—neither the sea—nor the trees. Revelation 7:3

ANNOUNCEMENTS

Clergy vacation week Nancy and Sandy are away this week. Next week's guest preacher and celebrant is The Rev. Barbara Barth.

EASTER LUNCH All our Christ Church friends are invited to share lunch at our home after church today. David and Nancy Mering, 114 Parsons Rd., Norway, nmering@msn.com, 978.852.1233

Nametags Please wear your nametag while you're here. You can leave it in the basket outside Nancy's office as you leave and it will be returned it to the board.

For ongoing and up-to-date information about diocesan activities and news, as well as news from other congregations, sign up for **the DioLog**. <https://episcopalmaine.org/newsletter/>

MINISTRIES LIST

	<u>This week:</u>	<u>Next week:</u>
Lector 1:	Kyalo Mulandi	Mary Bickford
Psalmist:	Bella Long	Fran Martin
Lector 2:	Allison Long	Holly Stuhr
Acolyte:	Malaikah Mulandi	Evie Lehr
Euch. Minister:	Peter Hammond	Mary Bickford
Chapel Shepherd:	Not needed	David Mering
Usher:	Jeff & Holly Stuhr	Peter Bickford
Altar Guild:	Jen Lehr	Jen Lehr
Coffee Hour:	Jill Cunningham	Caroline Leonard
Counter:	Peter Bickford	Mary Bickford
Closer:	Peter Bickford	Jen Lehr