



# The Lutheran Light

Volume IX Issue I

May 2014

### Special points of interest:

- Spiritual Message
- Finance
- Summer Fun
- Fundraisers
- Insights
- Events

### Inside this issue:

<i>Tipi Adventure, Circuit Seminar, World Prayer</i>	2
<i>Sunday School &amp; Easter</i>	3
<i>Prayer Breakfast</i>	4
<i>Finance</i>	5
<i>Aurora Food Pantry</i>	6
<i>Vacation Bible Camp &amp;</i>	7
<i>Super Foods</i>	8

## WHAT WOULD YOU ASK FOR?

My dear friends, Jesus in the Gospel according to John 14:14 says: “You may ask me for anything in my name, and I will do it.”

If you would have an opportunity to ask God for something, what would it be? What do you crave? What do you yearn for? What blessing?

There was an article on the internet that caught my attention. It said, “The Rev. Patrick Leary who is the rector of the Shrine of the Most Holy Redeemer in Las Vegas, Nevada says that visitors to the cathedral often make the same request. It is, “Father, will you pray for me to win?” – The article continues by saying that Father Leary pointing around at the beautiful church, said to the reporter, “I tell them

“if it was that easy, do they think we'd still have a debt on this place?”

What would you ask for if you could be sure God would answer your prayer? Would it be a new car, a new home, a cure for every disease, to pass a test, or win a lottery? Jesus says that if you ask Him anything in His name, He will do it. – So, why doesn't it happen to us? Why doesn't

**Jesus says, “You may ask me for anything in my name, and I will do it.”**

He grant our most sacred wishes?

Here is what you have to

know. When you look at what precedes our Bible text, you will realize that Jesus was talking to his disciples (church). He was not talking about new houses or new cars or passing examinations. He was talking about the work of the Kingdom. He was saying that when his disciples decide to get into action doing the work God has called them to do, and when they enlist God's help, nothing is impossible! And that's true. Nothing is impossible for the church of Jesus Christ! We are usually limited only by our own imagination, prejudice, and negative experiences.

Dr. Robert Schuller, legendary advocate of Possibility Thinking, says that there –cont'd page 4

## GARAGE SALE - SAT. JUNE 7TH !!!

Erika Lamm

Our yearly GARAGE SALE is approaching fast!  
**Sat. June, 7. From 8 – 12**

Again we are looking for extra pairs of hands!!, for pricing our goods during the week before, or on Saturday. Items that are always in demand are – baked goods, perennial

plant cuttings, household items, children's toys & clothing & current adult clothing, books & CDs etc - all in good condition!

As in previous years, we try to make this our MAIN FUND RAISING EVENT, to help with other activities

later in the year. Thus.... Check your house, ask your friends and check your garden for cuttings.. Hostas are great for dividing and transplanting. Funds raised will be matched by Faithlife Financial up to \$500 ☺

**See you on JUNE , 7TH!!**

## WORLD DAY OF PRAYER

Erika Lamm

On Friday, March, 7<sup>th</sup>, 2014, Christians in 170 countries (almost 2,000 communities in Canada) celebrated WDP. It was our church's turn to be the host church for Aurora.

The service was written by women from Egypt. 6 churches from Aurora were participating. Instead of a sermon, we obtained a documentary video from Egypt, that showed clearly, many of the obstacles Christians in Egypt had to overcome.

"OUR" Anne accompanied us on the organ and steel drum.

Anne also decorated our church wonderfully with the Egyptian symbol "the white Lotus flower", symbolizing purity (often a hair ornament) and "a water fountain" on the piano, because the theme of the WDP was

### "STREAMS IN THE DESERT"

We had about 50 people attending the service, with a donation of \$526.00. It will be used for various international grants.

Next year's WDP will be written by the women of THE BAHAMAS.



## JOINT CANADIAN CIRCUIT CONVOCATION

ENGLISH DISTRICT – CCEF – Sam Jones

On Saturday, May 3<sup>rd</sup>, Pastor Dusan, Elke Schlichte and I had the opportunity to attend a Circuit Convocation at Church of St. Mark – Lutheran in Mississauga. Along with sixty other laypeople and pastors from Canada's eastern and western congregations within the English District, we learned how to make "the most of our individual and community church demographics" in an ever changing society in or-

der to reignite our vision for mission work in our local communities and to bring others to Christ.

We learned, amongst a number of things: that congregations are declining and growing older at rates never witnessed before in North America; that there is a declining interest in organized religion all across North America; that workers to carry out church pro-

grams are hard to find within each individual parish; and that activities that were once effective in connecting with individuals outside the church are no longer as effective because of the changing demographics within communities today and the multitude of other activities now available on Sundays for a younger generation to pursue.

Cont'd page 5

## TIPI ADVENTURE - 'When the Family gets together'

**Long weekend in August!  
August 1st to 4th**

We are going tipi camping and invite you to join us. Spend five days with us in Indian tipis in beautiful Muskoka! Large pond for swimming, boating, fishing! Nature trails! Exercise challenges! Spiritual work outs! Singing

around the camp fire. Games and crafts. Maybe outings to close by lakes and towns. All that for only \$30 a day per person (\$120 for 4 nights/5 days), includes meals, transportation and accommodation (but not extra activities). For registration go to [www.blessaurora.com](http://www.blessaurora.com) and follow detailed instructions, or pick up a form at

the church. Space is limited so reserve your spot early! We welcome sponsorships for this camp and/or our Vacation Bible school - online or mark your donation envelope. Thank you ☺

Tipi Camping Organizer:  
Donna Quinn: [donnaq360@gmail.com](mailto:donnaq360@gmail.com)

## EASTER BREAKFAST

Bob Ernst

Easter Breakfast has been a long standing tradition at Christ Lutheran. Every year, the men arrive at church in the wee hours of the morning, armed with many pounds of bacon and sausage, dozens of eggs, bags of pancake mix and all the paraphernalia necessary to turn it into another Easter breakfast for many! (With a sentence that long, I'm beginning to feel like Paul writing to the Aurorans.) But even prior to that, of course, a special crew of guys 'n gals arrives the night before to set up tables, make ready and decorate for the big event Easter morning.

By the time our first guests arrive around 9:00 AM, the air is thick with the aroma of frying bacon and sausage,

and the air is slightly blue from those smokin' frying pans! Pancakes and scrambled eggs are flowing continually from a few griddles and frying pans while a big fan has been blowing a steady breeze through the kitchen to keep down the heat. Then, at the end of it all, we have an enormous container of bacon and sausage fat to deal with!

After several years of this same routine, we were convinced that there must be a better way!

This year, we went for a bit of a change up, deciding to have peameal bacon, oven-roasted ahead of time, and a special egg frittata. All that was

needed Easter morning was to slice the peameal and warm up the egg dish in our trusty ovens – much less work on Sunday morning, and much more room to make pancakes as required. Add some fresh fruit skewers and a fruit salad, and – voila – The New and Improved Easter Breakfast! Judging from the many compliments received, I think we hit the mark!

This was a special fund raising event where Faith Life had offered to match our funds raised to a maximum of \$500. I am very happy to report that, thanks to the generous freewill offerings of our supporters, we raised a total of \$532 which qualified us for the full \$500 matching grant! ..cont'd pg 7

## HOW OUR CHILDREN ARE GROWING FOR GOD: A peek inside the lives at Sunday school

Most parents would say that their children are the most valuable thing in their lives. We do our best to protect them and help them grow to be capable individuals. Our best ally in protecting and raising our children is the Lord. He is the fortress that our children need. Encouraging them to learn the Word, and understand that Jesus is our ultimate Savior, is the true way to make sure that our children will have the skills to be secure and successful in life.

A new Christ-based adventure has been set up in our church. A nursery for children ages 0 - 36 months, junior Sunday school ages 3 - 6 years, and intermediate ages 6 and up. The idea is to allow parents to have the option of keeping their children with them during the service, or being able to have their children attended to in a Christian environment downstairs.

The nursery will be mostly play-based with supervision. Opportunities will be

provided for the nursery children to join in during prayer, Bible story time, coloring, and other Sunday school activities if they wish. There will also be a snack provided.

As the children grow and move from the nursery into Sunday school, a more structured programme will be set. The Sunday school programme will be filled with prayer, exciting Bible stories, Christian-based activities and games. It will offer a wonderful learning experience to help our children grow a closer spiritual relationship to God. Snack time too, of course ;)

We are working hard to spread the gospel into the lives of our children. You may notice, at times, that the Sunday school stories reflect the lessons that were learned during the sermon for the adults. We encourage parents to talk with their children about their experiences of the day. The children's ministry is important to the parents, children and our church family as a

whole. It will open doors to allowing new families to our church, enabling all of us to hear the Word and not have to worry about our children's needs during the worship service.

In order for this nursery and Sunday school programme to work, we need our church family to work together, offering prayer support and physical time. We are looking for volunteers to watch children in the nursery, to teach Sunday school lessons, and to help prepare lessons. If you are unable to help physically, we ask for your support by praying for the teachers and the children involved. We hope that you and your family will be able to be a part of this new and exciting experience.

Please contact Jennifer Grammenz if you are able to provide support in any way.

[jengrammenz@sympatico.ca](mailto:jengrammenz@sympatico.ca)

Jennifer Grammenz

## WHAT WOULD YOU ASK FOR? ... CONT'D FROM PAGE 1

are two words that have killed more God-inspired dreams and hopes than anything else he can think of. The two words are, "Be realistic!" This is our problem. We are so realistic that we even underestimate God, saying, "It is impossible. If I am not able to do it, no one else will, not even God."

If we Christians decide to be "realistic" then nothing will be accomplished – not in our church, or in our society. – We have to realize that Jesus will do anything we ask if it glorifies the Father. Here is where we generally stumble. Not everything we do in the church is done to the glory of God. – But wouldn't it be great if we had a dream for our church that would be so big that we would have to

depend on Him to accomplish it? And wouldn't it be great if we searched our hearts and souls with prayer so that our dream would match God's dream?

George Barna, a church-growth specialist, asked a group of pastors how they believed Christ would rate their church if He were to return today. Fifty-three percent of those pastors said Christ would rate their church as having little or no positive impact on souls or society. – How very sad. Wouldn't it be great if we could see concrete evidence that our community is a better community and our town is a better town because this church is here?

Christ tells us we can see such evidence – if we dream great dreams

and if those dreams are to God's glory and not our own. – If we dream a dream for this church and if it is truly God's dream, then great things will happen and each of us can be part of it.

So, what is your dream? What do you desire for our congregation? – And don't limit your imagination.

I know that our congregation has a purpose – and we have the tools to accomplish that purpose. The only question is, "Do we have a desire to do it? Remember, Jesus says, "You may ask me for anything in my name, and I will do it." Why not take Christ's offer?

Pastor Dusan Tillinger

## AURORA PRAYER BREAKFAST - OCT 21st

Erika Lamm

We are well on the way to prepare for our 6<sup>th</sup> Aurora Prayer Breakfast, Tuesday, October 21<sup>st</sup>.

Our theme is: "LOOKING TO JESUS" "The SPEAKER IS :  
CARDINAL THOMAS COLLINS.



He was named Bishop of St. Paul Alberta in 1997 and Archbishop of Edmonton in 1999, Pope Benedict XVI appointed Archbishop of

tenth Archbishop of Toronto in December 2006. On February 18, 2012 he was elevated to the College of Cardinals of Cardinals in Rome, becoming the fourth cardinal in the history of the Archdiocese of Toronto and the 16<sup>th</sup> in

Canadian history.

What is a Prayer Breakfast?

It is a program whereby the entire community gathers together at a breakfast meeting of approximately 500 attendees to PRAY for every aspect of our community. About 30% of them are high school students, who we provide with free tickets. It is planned & managed by our churches to invoke God's blessings on everyone.

We have participants from 6 churches, but could use quite a few more. This year, we will host it again at the new Catholic H.S. on Wellington East – St. Maximillian Kolbe .H.S. -

We still need more sponsors!

For more information go to our website "AURORA PRAYER BREAKFAST"

<https://prayforthem.ca/aurora>



Hallowed means "holy" or "great."  
It's like saying, "Your name is awesome!"



# JOINT CANADIAN CIRCUIT CONVOCATION

ENGLISH DISTRICT – CCEF -Sam Jones

However, we were also reminded through discussion amongst those in attendance and through Pastor David Thiele, English District Vice –President, our main speaker and session leader, that God has called on all of us as individuals in our baptism, as ministers in His church, and as Christian congregations, to be fishers of men and a beacon amongst sinners looking to find and discover the light of God’s salvation through His son Jesus Christ. We also learned that God, through the Holy Spirit, has equipped all of us with the tools and resources that we need to carry out His mission here. As one body of Christ, although comprising

many congregations, we are prepared and not alone in our mission work. As we talked amongst ourselves and within our individual working groups, we also discovered that the success of

our mission in bringing others to Christ will come according to God’s timing and blessing, not our individual plans and timetable.



If and when another opportunity to attend such a session is provided, I know that Pastor, Elke and I would strongly encourage anyone who can attend to do so as the sharing of one’s love for Jesus is only magnified ten-fold when sitting in the presence of sixty other disciples determined, with His blessing, to continue building God’s Kingdom within our own communities.

## FINANCE CORNER

Mike Gondosch

Dear Brothers and Sisters in Christ: Year-to-date April contributions from our members are higher than last year by \$2,500, and equal to our 2014 Budget.

Total expenses year-to-date April were \$40,435, \$5,176 higher than last year and \$6,771 greater than the 2014 Budget. Expenses were higher than last year due to replacement costs for the furnace of \$3,100 and higher expenses for advertising and equipment rental.

Income less expenses were a loss of \$9,548 compared to a loss of \$6,917 last year and a loss of \$3,620 for the 2014 Budget. Cash in the

bank for April was \$44,548 compared to \$28,240 for the same period last year. Dedicated funds total \$57,933.79

The dedicated funds are made up of the following:

- Missions/VBS/Soccer Camp 3,544.93
- Pastoral Support 3,466.09
- Church Equipment 12,000.00
- (Grant from Government)
- Other 975.00

- Insurance Proceeds from Basement Flood 37,947.77
- Total Dedicated Funds \$57,933.79

If you were to exclude the dedicated funds donated by our members and the equipment grant from the government (the 1st 4 line items) our cash in the bank is reduced to \$24,563.

I estimate this will allow us to cover our operating expenses until the end of 2015. Although we are short of budget by approximately \$6,000, half of this shortfall is due to the replacement of the furnace. Excluding the cost of the furnace, our net loss as of April would be at the same level as last year. At the May 10 service, we started a collection to recover the cost of the furnace. Six hundred dollars has already been collected. At the April congregational meeting, I asked you to consider increasing your weekly giving by 10% to allow us to offset our operating expenses and break even. As of today, this may seem to be a huge challenge, but if we put -cont'd page 6

Christ Evangelical Lutheran Church		
Balance sheet		
As of April	2014	2013
<b>Assets</b>		
-Cash	44,548	28,240
-Fixed Assets	128,393	125,410
<b>Total Assets</b>	<b>172,941</b>	<b>153,650</b>
<b>Liabilities</b>		
-Mortgage	121,866	122,106
-Dedicated Funds	58,190	26,142
<b>Church Equity</b>	<b>( 7,115)</b>	<b>5,402</b>
<b>Total Liabilities &amp; Equity</b>	<b>180,056</b>	<b>153,650</b>

## THE AURORA FOOD PANTRY: Serving the Community and the Lord

Gillian Gondosch

Charity is one of the foundations of Christianity. Helping less privileged individuals to overcome some of the challenges they face is an important way of serving both the community and the Lord. There are plenty of ways of making a contribution. How do you do your part? One great organization is the Aurora Food Pantry, a volunteer-based non-profit organization that has been distributing food at no cost to residents of Aurora and Oak Ridges since 1990. The purpose of the Food Pantry is to provide food to those who demonstrate an immediate need. The clients of the Aurora Food Pantry face a variety of circumstances. For many, an unexpected expense, an illness or accident, or loss of income forces them to choose between paying for groceries, rent or utilities. The

Aurora Food Pantry helps to alleviate the financial burden that certain individuals and families face.

There are a number of ways to help the Food Pantry:

1) Food drive. Any interested organization can hold a food drive on behalf of the Aurora Food Pantry. Contact the Food Pantry to find out what their specific needs are, as they vary from time to time.

2) Donate. The Aurora Food Pantry welcomes both monetary and non-perishable food donations. The pantry also welcomes donations of personal hygiene items such as toilet paper, toothpaste, shampoo, etc. In addition, some clients are in need of baby products such as baby food, formula, and all

sizes of diapers. Donated items can be dropped off at the food pantry (located at 350 Industrial Parkway South), local fire stations, and many local supermarkets. Monetary funds are used to pay the expenses of running the food pantry and to purchase some of the food. Monetary donations can also be made through [www.Canadahelps.org](http://www.Canadahelps.org). Consider making a giving page on [www.canadahelps.org](http://www.canadahelps.org) to benefit the food pantry and encourage friends and family to contribute to your cause of feeding the hungry in Aurora.

3) Volunteer. Volunteer staff assist with all phases of operation during the pantry's food distribution hours on a rotational basis. Volunteers are needed to unload, sort, check .. Cont'd page 7

## STEWARDSHIP CORNER

Sam Jones (Mike Gondosch)

*"Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers"* (Galatians 6:10)

To those wondering, I can assure you that our Stewardship program is alive and well! The program is a bit off schedule as to where we wanted to be with planned visitations as of the printing of this newsletter,

but at the same time, we are very thankful to those of you who have welcomed us into your homes over the past several months.

When Mike and I decided to form a Stewardship Committee and make visitations to talk to our members about their "time, talents and treasures," time had no relevancy when it came to our Stewardship visi-

tations. We have found, after completing a number of visitations, that the spirit of Christ is alive and well. His message of salvation for all is ready to be proclaimed to all those within our community who are lost and in need of hearing that message of Christ's love.

Mike and I also discovered through our visitations that, in order to understand the true cont'd page 8

## FINANCE CORNER

CONT'D FROM PAGE 5

our trust and faith in God, He will show us the way. I ask you to give faithfully to our Lord every Sunday to allow us to continue with our outreach to the community.

You may also wish to consider donating to Church through the monthly contribution program available with Faith Life Financial. Please contact me

for more details. This program will automatically withdraw money from your bank account on a monthly basis, eliminating the need for cheques and envelopes, and ensures your contribution even when you are unable to attend Sunday service.

*2nd Corinthians 9:6-7: 'Now this I say, he who sows sparingly will also reap*

*sparingly, and he who sows bountifully will also reap bountifully. Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver.'*

Sincerely, Mike Gondosch

# VACATION BIBLE CAMP (AND SOCCER CAMP)

Condensed from VBC flyer by Elke Schlichte

**August 11th – 15<sup>th</sup>, 2014**

9:30 to 3:30 full day (half day ends at noon)

**Kids 3 to 14 years old**

This year VBC: **Avalanche Ranch: A Wild Ride Through God's Word!** This year our church is a stampede of excitement as we visit Avalanche Ranch. Our Avalanche Ranch program will provide fun, memorable Bible-learning activities for kids of all ages. Each day kids will sing catchy songs, play teamwork-building games, nibble Chuck Wagon Chow, take on a Daily Challenge to let God's love grow into their homes, experience electrifying Bible adventures, and create Bible Point Crafts they'll take home and play with all summer long. Please see our

flyer for more details and registration form or visit us online; register and pay at: [www.blessaurora.com](http://www.blessaurora.com)

**Avalanche Ranch:  
A Wild Ride Through  
God's Word!**

**Soccer program is by age group.** Please refer to flyer or check online for details. Children 10 to 14 can sign up for half or full day soccer camp. All others only half day soccer (full day if combined with VBC). Michael Karagiannis is the soccer coach. **Full**

**day \$95; half day \$60; sibling discount available; before and after care \$7 per hour.** Younger siblings are welcome with parent participation. Children must be potty trained and able to use washroom facilities independently, otherwise parent/ guardian participation is required. There is no fee required for parents/ guardians. **Space is limited!**

Vacation Bible Camp is a non-profit, outreach event. VBC is brought to life each year by members of Christ Evangelical Lutheran Church. It is run and organized strictly by unpaid volunteers. We appreciate all our volunteers and the donations given from our community. If you wish to –cont'd page 8

## EASTER BREAKFAST

CONT'D FROM PAGE 3

The total of \$1032 less expenses will be used to support our community outreach programs.

I thank all of you who came out a little early and participated in our Easter Breakfast. It turned out to be a great success with over 90 happy customers served. My heartfelt thanks go out to all those who assisted with setup, food preparation, serving, takedown and

cleanup. And thanks to a couple of very special ladies who not only helped with fresh new ideas, but pitched in to make them happen.

A repeat performance is on the books for next year, so if you missed out this time, do make sure it is on your calendar in 2015. Bob



Children's Choir Easter Worship

## THE AURORA FOOD PANTRY: CONT'D FROM PAGE 6

expiration dates, store, stock shelves, and help carry out food for clients. Other volunteer opportunities exist in many other positions, such as front desk duties, assisting clients, and helping with special events. These volunteer duties give an opportunity to students needing to complete their 40 hours of community involvement. All

volunteers must schedule their shift in advance. There are three different shifts available per month: Saturdays from 9:00 to 12:00, Saturdays from 12:00 -3:00 and on the second or fourth Thursday evening from 6:00 until 8:00. If you are interested in volunteering, please contact the food pantry at 905-841-1577.

The Aurora Food Pantry is just one way of making a difference in your community. Whether you choose to prepare food at a soup kitchen, assist patients in the hospital, or fundraise for a charity, your contribution will improve the lives of your neighbours and, by extension, strengthen your relationship with God. Now, go and serve the Lord!

## STEWARDSHIP CORNER

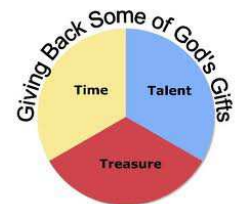
Sam Jones (Mike Gondosch)

meaning of an individual's contribution of time, talent and treasures, we need to know on a more personal basis our individual members: where they have come from, where they are now in their spiritual lives, and how they found their home with us here at Christ Evangelical Lutheran – Aurora. Only by understanding the spiritual road taken by our individual members can we, in turn, share with

*"Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers" (Galatians 6:10)*

them our thoughts as to why their individual talents are important to us as a congregation, why their support and participation in our programs can only make us stronger as a congregation, and why their contribution is important to help us to reach out to those still lost and looking to find Christ's salvation.

Our Stewardship visits will continue in the months ahead. We thank those who are yet to be visited for inviting us into their homes to talk about our spiritual growth as a congregation, what we must do to reach out to others within the community at large, and how we will continue to spread the message of Christ's love and forgiveness for all.



## 6 UNEXPECTED SUPER FOODS THAT PROMOTE BEAUTY AND HEALTH

Sara Bonham, MASc

Spring is a special time of year. Flowers are blooming, rebirth is afoot, and new energy can be found to make healthier choices in your diet and lifestyle.

Let's face it: after that long winter, we could all use a little tune-up, especially regarding our eating habits. It's the perfect time of year to add a few new options into your diet and gear up your body for the summer. So seize the opportunity and make some simple dietary changes in your life.

These six simple, unexpected super foods help to promote health and beauty:

1. **RAW APPLE CIDER VINEGAR** - Did you know raw apple cider vinegar is a natural

antidote for skin conditions such as acne? This is because of its strong antiviral, antibacterial and anti-fungal properties. Furthermore, it promotes the growth of probiotics (i.e. good bacteria in your colon), which further helps to get rid of acne.

Apple cider vinegar can also act as a strong digestive aid, helping to cure constipation and stimulate stomach acid, thus aiding in digestion. Another added bonus is that it helps balance the yeast and bacteria in your body which feed off sugar, consuming it and helping alleviate sugar cravings. Lastly, the vinegar is loaded with nutrients as it contains potassium and many other trace minerals and elements.

Not sure how to eat it? Apple cider vinegar is great in salads (dilute it in a spray bottle and spray over salad), or if you are brave, try diluting one tablespoon in a glass of water and drink it twenty minutes before your meal.

**2. CABBAGE** - I bet you weren't expecting cabbage to be on this list! Did you know cabbage contains 11% more vitamin C than oranges by weight? Vitamin C is the super anti-aging nutrient that helps heal damaged tissues and minimize deep lines.

Humble and inexpensive, cabbage perfectly exemplifies the idea that foods that enhance beauty don't always have to be ...cont'd pg 9

## VACATION BIBLE CAMP (AND SOCCER CAMP)

CONT'D FROM PAGE 7

donate your time or make a financial donation, you may do so through our website [www.blessaurora.com](http://www.blessaurora.com). Click on the "Vacation Bible Camp" link. If you are 15 years or older and wish to be a volunteer, you are eligible for community service hours. Please fill out the online volunteer registration form, and join our Avalanche Ranch Team!



VBC Organizers:

Jennifer Grammenz and Marcia Karagiannis: [vbcaurora@gmail.com](mailto:vbcaurora@gmail.com)

Michael Karagiannis (soccer)

[www.http://blessaurora.com/vacation-bible-camp.html](http://www.blessaurora.com/vacation-bible-camp.html)



# 6 UNEXPECTED SUPER FOODS ..... CONT'D FROM PAGE 8

exotic, rare or even partially beautiful themselves. Cabbage contains the magical skin beauty triumvirate of vitamins A, C and E. Furthermore, the high vitamin A content is useful for smoothing skin lines. Lastly, the combination of sulfur and vitamin C gives cabbage potent detoxifying qualities.

**3. Walnuts** are something I have recently discovered and that are super good for your heart. You really only need a quarter to a half cup to start feeling full. Not only are they high in omega-3s, but new research has suggested that the omega-3 ALA may help heart arrhythmias, and a 2006 Spanish study suggested that walnuts were as effective as olive oil at reducing inflammation and oxidation in the arteries after eating a fatty meal.

**4. Celery** is an undervalued vegetable. It is loaded with nutrients and contains almost no calories – one large stalk has maybe 10 calories. Celery is great because it can lower your blood pressure, 100g contains about 8% of your recommended daily intake of vitamin

A (great for your eye health), it aids in digestion because it's high in insoluble fibre, and it even lowers your LDL (i.e. bad cholesterol). One Chicago University research study showed that just two stalks of celery a day can reduce LDL by up to 7 points.

**5. Matcha** is a high-end type of "green tea" that has the most incredible health benefits. If you're not drinking Matcha green tea yet, you're behind the times! You must try this metabolism-enhancing, stress-reducing, immune-boosting, cholesterol-lowering, teenage-mutant-ninja cancer fighter! What makes Matcha healthier than other types of green tea is the fact that you are actually drinking the "ground up tea leaves" themselves - instead of just the antioxidants from the steeped tea. How healthy, you may ask? Let's just say Matcha green tea possesses antioxidant levels 6.2 times that of goji berries, 7 times that of dark chocolate, 17 times that of wild blueberries and 60.5 times that of spinach! If you're worried about the slightly bitter taste of

Matcha, why not try consuming it in a flavoured form? You can by strawberry flavoured Matcha at most tea and grocery stores.

**6. Cherries** - Having a peaceful night's sleep is very important to one's health. Sleep improves memory, reduces inflammation, promotes longevity and spurs creativity, among other things. If your sleep schedule is messed up, and despite being tired you cannot fall asleep, why not try consuming foods high in melatonin? Melatonin is a natural hormone produced in the body that controls your sleep and wake cycles. Surprisingly, tart (sour) cherry juice concentrate is EXTREMELY high in melatonin (17535 ng/100g), along with fresh tart cherries (1350 ng/100g). Eating healthy doesn't have to be complicated. Hopefully these super foods provide you with an extra hop in your step this spring, giving you a much needed boost in energy and increase in health after a long winter.

Blessings, Sara Bonham, MASc.



**Call Raphael at 905 841-1510**

I offer flexible hours  
and can bring my own  
equipment if needed

Save money and hire a student  
You can have a seasonal price or a  
weekly rate

I provide...

- Grass cutting
- Garden maintenance
- Spring and Fall clean up





**TIPI ADVENTURE**  
[www.simplyfitandfun.com](http://www.simplyfitandfun.com)  
 Elke (705) 706-7125



**Tim Kueper**

Hello fellow church members.

My name is **Tim Kueper** and I'm a **real estate agent** here in Aurora. I recently joined Royal LePage in Aurora after working over 25 years up in the Alliston area as a realtor. I'm also a **custom home builder, a Tarion registered new home builder, a renovator and a handy man.** My wife and I bought our home in Aurora in 1996 and have raised 3 children here in this great town. We also joined the LUTHERAN church that year. I'm very happy to finally be working so close to home.

I would like to offer my real estate services to all members of our LUTHERAN church. I would like to offer a **promotional deal of a 25 percent discount off of the listing portion of the commission, if you list your home with me in 2014,** to any of our members, as a way of saying thanks to our congregation. For any of your real estate needs please call me at **905 727 3154**

Pastor Dusan Tillinger  
 7 Lacey Court  
 Aurora, ON  
 L4G 5H2

Phone: (905) 727-3311  
 Cell: (905) 400-1225  
 Email: [blessaurora@gmail.com](mailto:blessaurora@gmail.com)  
 Web: <http://blessaurora.com>

Board:  
 Mike Denman  
 Andreas Grammenz  
 Bob Ernst

Newspaper editors and co-ordinators: Elke Schlichte,  
 Gillian Gondosch, Judy Gondosch, Sue Jones - Thank you!



**MISSION and VISION**

We, at Christ Evangelical Lutheran Church in Aurora, transformed by God's redemptive work, desire to grow in mission. With God's guidance we will reach out to those who do not recognize Jesus Christ as Lord and Savior.

Worship

As a response to God's love, grace and mercy we encourage others to live a daily devotional life. We desire to establish at least 3 working ministries and increase the number of worshippers to 100 people per Sunday by end of the year 2015.

Fellowship - koinonia

Motivated by Jesus we endeavour to establish an environment of love, care, understanding, and encouragement. We desire to establish at least 3 working ministries focused on equipping the saints for the work of ministry and we will recruit 20 committed individuals ready to lead in serving Jesus Christ and people around us ... by end of the year 2015.

Outreach

Commanded by the Great Commission of our Lord Jesus Christ, and by identifying and using our spiritual gifts we long to take the Gospel into the communities of Aurora, Newmarket and surrounded areas. We desire to establish at least 3 working ministries focused on outreach activities and bring at least 10 de- and un-churched families and 20 individuals to Jesus Christ by end of the year 2015.

**SUMMER FUN!**

**Tipi Adventures and Soccer & Vacation Bible Camp**

**SUMMER TIPI CAMPING 2014**

Theme: *When The Family Gets Together*

Aug 1<sup>st</sup> – Aug 4<sup>th</sup>



Spend 5 days with us in Indian Tipis in one of the most beautiful places in Canada – Muskoka.



For more info about the program, payments, sponsorship, and application form visit: [www.blessaurora.com](http://www.blessaurora.com)



FEE \$120 for all 4 days/person (only \$30 per day!)

Info about this unique place can be found at: [www.simplyfitandfun.com](http://www.simplyfitandfun.com)



visit [www.blessaurora.com](http://www.blessaurora.com) for information and registration