



INDEPENDENT PRESBYTERIAN CHURCH
Christ our Cornerstone



An opportunity for growth and mission

IEWS FROM INDEPENDENT PRESBYTERIAN CHURCH

June 2011
Vol. 64, Issue 6

Is purchasing the property next door where God is calling us? Opportunity for growth, mission and ministry

To answer this question, the IPC congregation will vote on purchasing the property next door, currently occupied by the First Church of Christ, Scientist at a called meeting following the 11 a.m. worship service on June 5, 2011. Dr. Conrad Sharps outlined the recent history of events leading up to this important decision in his letter of May 6, 2011 (which can be accessed online at www.ipc-usa.org/news&events).

Essentially, the Christian Science congregation decided in the fall of 2010 to leave Highland Avenue and sell their property. The church opened in 1950 and contains over 11,000 square feet of space and has approximately 30 parking places behind the building. They graciously contacted IPC first, to see if we would be interested in purchasing the property from them.

The Session authorized the Facilities Assessment Task Force (a component of IPC's strategic plan, *Living in Christ*), to negotiate the terms of the sale which were then approved at a special meeting of Session in May. The next step in the process is to seek congregational approval for the purchase.

"How are we going to pay for the property and what do we plan to do with it?"

An anonymous donor came forward with a \$1 million commitment, and several others have followed with additional pledges of \$350,000 as of press time. Another \$600,000 is needed for purchase of the property, and more funds will also be needed for annual operating expenses, depending on how the building is used initially. To reduce those costs, we expect to use the facility only

minimally for several years while IPC undergoes a campus MASTER PLAN process. With extensive congregational input, the church seeks to align our mission, ministries, and all of our physical space on Highland Avenue with our stated priorities in the various components of the strategic plan: *Living in the Spirit, Living in Community, and Living in Service to Others.*

"What if you have additional questions about this historic opportunity or want to contribute?"

A panel discussion has been scheduled for Sunday, June 5, 2011 at 10 a.m. in rooms 305-307 prior to the congregational meeting. The panel will be chaired by Dr. Sharps and comprised of Bo Grisham and Jimmy Holloway from the Facilities Assessment Task Force, David Turner, Chair of the Finance Committee and staff members Jim Wooten and Rev. Bobbie Epting. You may also contact Rev. Epting at the church at 933.1830 or bepting@ipc-usa.org with your questions and financial commitments beforehand.

With thanks to God for this important opportunity and for the invitation to pray for discernment as we move forward in service to Christ and his church.

"For we are God's servants, working together; you are God's field, God's building." 1 Cor 3:9

Questions?

A panel discussion has been scheduled for Sunday, June 5, 2011 at 10 a.m. in rooms 305-307 prior to the congregational meeting.

Pulpit Notes



The Rev. Dr. Conrad Sharps

"What are you going to do with the rest of your life?"

LIVING IN SERVICE TO OTHERS...

SUGGESTED FOOD PANTRY ITEMS

June 5

Dry or Canned Milk

June 12

Pasta & Pasta Sauce

June 19

Canned Fruit/Vegetables

June 26

Soup & Soup Mixes

First Light Women's Shelter Items

for May

Hairbrushes/Combs/

Shampoo

Stepping Out in Faith

The career counselor at New York University was interviewing a middle-aged man interested in a new direction for his life. During the interview the man remarked, "I wish I had studied medicine the first time I went to college, I've always wanted to be a doctor."

After a quick review of his transcripts and aptitude tests, the counselor replied, "Actually, that's exactly what all indicators would lead me to advise you: to study medicine and become a doctor." But the man refused the advice, telling the counselor that wouldn't be practical because, "in seven years I'll be too old."

The counselor politely smiled at the man and asked, "And how old will you be in seven years if you don't study medicine?"

Here is a question for everyone, regardless of age: "What are you going to do with the rest of your life?"

Do you have a dream or a goal that has become a driving force in your life? I hope so! But I also hope and pray that dream is in sync with God's desires for your life, for this is the beginning, the very basis, of true wisdom.

So often we look to the horizons of our lives, forgetting who we are and where God is calling us. God, however, has a desire that we grow in understanding, wisdom and faith by committing ourselves first to the pursuit of God's will. As we read in scripture, *"The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline."* (Proverbs 1:7)

True wisdom is more than unlimited knowledge, so available to us in the "information age" in which we live. The very basis of wisdom is to know God, to love God, and to obey God's word made known in the gospel of Jesus Christ. It is to chart the course of our lives with respect to God's ultimate desire and claim upon our lives.

No matter what your age, ask yourself today: "What can and will I do with the rest of my life that truly honors and serves God?"

The same is true of IPC. Where is God leading us? How can we step out in faith and boldly act on new areas of mission and ministry? *Listening to God and being willing to follow where God leads us: this is the beginning of true wisdom for the long-term ministry of our church family!*

JUNE 12 - AUGUST 21

Summer adult church classes begin June 12 and end August 21. Special programming is planned for June 5 and for August 28. Please refer to the *EUpdate* for more information regarding these **Sunday classes.**

Upcoming Events at IPC

May 30-June 13 *IPC Africa Mission Trip*
June 5 *Panel Discussion Prior to Congregational meeting about property purchase*
June 5 *Congregational Meeting about property purchase next door*
June 5 *Children's Sunday School Promotion*
June 5-11 *Senior High Youth Montreat*
June 12-August 21 *IPC Summer Term Church School*
June 13-17 *Vacation Bible School*
June 13-17 *BibleTimes Marketplace*
June 19 *IPC Choir Bon Voyage Concert*
June 25-July 6 *Choir Performance Tour in Europe*
June 28 *4th Quarter June Lunch Bunch*
July 20-24 *Montreat Middle School Conference*
July 15-24 *IPC Mexico Mission Trip*
July 25-29 *IPC Youth Mission Week at Whatley School*

IPC Choir *Bon Voyage Concert*

June 19
4:00 p.m.
Great Hall

The choir will perform music they will sing on the IPC Choir Performance Tour this summer in the Czech Republic, Slovakia, and Austria.

DEPARTMENTS

Worship

The Rev. Dr. Conrad Sharps,
Pastor, Head of Staff
933-1830

Music & Fine Arts

Dr. Jeff R. McLelland,
Director, Music and Fine Arts
933-3701

Education

Paul Romjue, *Director,*
Christian Education 933-3732

Cindy Coulter, *Director,*
Children's Ministries 933-3708

Aly Butts, *Director Youth Ministries*
933-3734

Nate Sell, *Assistant Director*
Youth Ministries 933-3708

Congregational Care & Counseling

The Rev. Ms. Lucy Turner, *Associate Pastor; Director, Congregational Care*
933-3706

The Rev. Dr. Richard E. Pyburn
The Rev. Dr. Kenneth Wade
Counseling Associates
Dr. Pyburn: 933-3698
Dr. Wade: 933-3695

New Member Coordinator
Nancy Skinner, 933-3703

Community Ministries

The Rev. Ms. Susan Clayton, *Associate Pastor; Director, Community Ministries,*
933-3709
Dale Head, *Assistant Director, Community Ministries,* 933-3726

Finance

James Wooten, *Executive Director,*
IPC Foundation & Director, Finance,
933-3705

Stewardship & Development

The Rev. Ms. Bobbie Epting, *Associate Pastor; Director, Stewardship & Development*
933-3729

IPC Day School

Jason Turner, *Director, Day School,*
933-3687

Administration

Libby Kidd, *Director,*
Operations & Administration
933-3704

President of Congregation

William W. Horton 419-5139

Vice-President of the Congregation

Lyda White 870-4333

The Window is a monthly publication of Independent Presbyterian Church 3100 Highland Avenue, Birmingham, AL 35205-1408. Phone: 205-933-1830

The Window is published for church members and friends. Please send comments to **Mary Ann Morrow, editor,** c/o IPC.

Photographs by Paul Romjue
Mason Fischer Photography **3**
& Virginia Jones Photography

Panel Discussion June 5 to discuss purchase of property next door

A panel discussion has been scheduled for Sunday, June 5, 2011 at 10 a.m. in rooms 305-307 prior to the congregational meeting. The panel will be chaired by Dr. Sharps and comprised of Bo Grisham and Jimmy Holloway from the Facilities Assessment Task Force, David Turner, Chair of the Finance Committee and staff members Jim Wooten and Rev. Bobbie Epting. You may also contact Rev. Epting at the church at 933.1830 or bepting@ipc-usa.org with your questions and financial commitments beforehand.

4th Quarter Lunch Bunch
Tuesday, June 28
12:00 noon
Fish Market Restaurant
Located on Southside

For the month of June, the 4th Quarter Lunch Bunch will enjoy some delicious seafood (other options available, too, of course) at the Fish Market Restaurant, located on the Southside. We will all meet at the restaurant at 12:00 Noon on Tuesday, June 28. For reservations, simply call Jeannine Usher at the church at 933-3694.

PASTORAL CARE NEEDS: SUMMER 2011

For June, July and August 2011, the Rev. Lucy Turner, who is responsible for our Congregational Care & Counseling, will be on sabbatical leave. During that time, we want to assure, as always, that all the pastoral care needs of our congregation will continue to be met in a timely manner.

Here is contact information for your Congregational Care needs this summer:

Monday-Friday / Office hours: Contact Jeannine Usher (933-3694 or jusher@ipc-usa.org), Executive Assistant in Congregational Care & Counseling.

After hours and weekend emergencies: You may contact any of our other ministers on their cell phone numbers:

Conrad Sharps: 205-914-1584

Susan Clayton: 205-908-6547

Bobbie Epting: 205-533-1904

Please don't hesitate to call us with your needs, questions or concerns! Thank you.

Conrad C. Sharps

Rev. Dr. Conrad C. Sharps
Pastor, Head of Staff

STAIR CELEBRATES

The 2010-11 STAIR students at IPC improved an average of 93%! The standardized reading test scores from Gibson and Whatley

Schools were impressive and rewarding. The credit goes to the tutors—all of whom are volunteers—who gave time each week to a child who needed them. Credit also goes to the often unsung heroes of STAIR-- the substitute tutors who always seem willing to fill in when called. Dedication definitely paid off in test scores, and there was also progress in other areas. Classroom teachers and parents have shared stories of changed attitudes and



behaviors—all for the good. They were the kinds of stories that give all of us proof and hope that we, as individuals, can make a difference.

Daniel hated school, kept his head down all day, and had “an attitude.” After Christmas his teacher called to say that he had started smiling at her and raising his hand in class. She attributed the positive change to his increased confidence in his ability to read. Marquita's grandfather noticed that when he was driving her, she had started reading aloud road signs, billboards, names on buildings, and anything else she could find. The grandfather said that it would have been annoying if it had been anybody else, but because Marquita had not been reading before, it was music to his ears and a sign that tutoring was working. *The secret of STAIR is the priceless gift of time.* STAIR students come to IPC after school two days each week, and on those days, their tutors work with them one-on-one. No classroom teacher and very few busy parents are able to spend that much time just on reading skills.

A few weeks ago STAIR graduated 43 second graders in front of a standing room only audience of proud parents, proud representatives of their schools, and, if possible, even prouder tutors. We believe STAIR's mission “to improve the reading skills and self-esteem of second graders” was accomplished. The bad news is that the school year is over, the STAIR tutors' work is done for this school year, and goodbyes have been said. The very good news is that 42 of the STAIR graduates have registered for the Summer Learning Program at the Children's Fresh Air Farm, where their education and enrichment will continue in fine and fun style. Not a day goes by that STAIR is not deeply grateful for the incredible support and generosity of the members and staff of Independent Presbyterian Church. To God Be the Glory.

Evelyn Puckett, Program Director, STAIR of Birmingham and Site Director of STAIR at IPC

42 of the STAIR graduates have registered for the 2011 **Summer Learning Program** at the Children's Fresh Air Farm, where their education and enrichment will continue in fine and fun style.

Summer Learning Program at the Farm

Dear Church Family:

Thank you for the wonderful response to the **Children's Fresh Air Farm (CFAF) Appeal**. The money is still coming in, but it appears that we are getting an amazing level of support, especially at this time of great need across our state.

We have heard that some of you may be able to get your donation to the CFAF appeal matched by your employers. While IPC would not qualify for most corporate matching programs because we are a church, the CFAF appeal meets the standard of some matching programs.

I am so very pleased with the plans for this summer, and that so many of you are planning to come and see us during camp this summer. I am working up a wish list to keep on the web site, and thinking through how best to use all of your wonderful volunteer skills.

I also welcome your ideas. Jan Posey told me about a program that included teaching underprivileged children how to ride bikes. This is a perfect athletic activity for this aged child. If they know how, they can show-off, and if they don't, our teenaged volunteers can teach them. So, we want your old bikes and children's helmets. Our children are 8 and 9 years old, but some are very petite and could use a bike for the 5-6 year old child. We will take all that we can find.

For those of you who meant to make a donation, it's not too late! Please prayerfully consider donating to the Farm and its primary mission, the summer learning program. By doing so, you will change the lives of deserving children through this most faithful demonstration of the love Christ has for all of His children.

Love and thanks,
Gini Williams
Children's Fresh Air
Farm Director
Independent
Presbyterian Church



Kay Roller Joins IPC Staff

Please welcome Kay Roller, the newest member of the IPC staff. Kay will be working in a part-time position as an assistant to Cindy Coulter, Director of Children's Ministries. No stranger to the church, Kay is a member of the Elementary Education Subcommittee and the Adult Education Subcommittee, as well as serving as the co-chair of the Wednesday Night ROC/K and as co-chair of Tapestries I.



Kay Roller

Kay earned her Bachelor's degree in Psychology from St. Cloud State University, her Master's degree in Clinical Psychology from Minnesota State University, and her Ph.D. in Developmental Psychology from the University of Alabama at Birmingham. She and her husband Paul are parents of Audrey and Norah, who are enthusiastic participants in Sunday School and Wednesday evening programs. Kay can be reached at 933-3690 or marykay@ipc-usa.org.

Children's Sunday School Promotion is June 5!

We are promoting you to your new class or grade this summer, so join us Sunday June 5 in your new room.

Our **preschool classes** will learn Godly lessons on friendship, being truthful, following rules, behavior and prayer using the *Hermie the Wormie* video series. Our preschool children will meet in the following rooms: Two and three-year-olds in room G05, and four and five-year-olds in room G10.

Our **elementary class for Grades 1-3** will view three movies with different themes using scripture to explore these themes. We will also show Bible story movies throughout the summer. The first through third grade class will meet in room 108. The movies we will watch are:

June 5 – *Finding Nemo* (10am-12noon)
(Clips and discussion – 6/12)

July 10 – *Lion King* (10am-12 noon)
(Clips and discussion – 7/17)

August 7 – *Toy Story* (Grades 1-3 10am-12noon)
(Clips and discussion 8/14)

Bible story movies will be shown on all other Sundays for this class

June 5, July 10, and August 7 our classes will meet from 10am to 12noon so we can view the whole movie. (All other Sundays the class will meet from 10:00 – 10:50.) If your child will not be there on the day the movie is shown, do not worry, we will show clips from the movies as we discuss them on the following Sundays.

continued....



IPC CHOIR GOES TO EUROPE!

Jeff McLelland to perform organ recitals afterwards, including playing on an organ performed on by Bach

The IPC Choir and friends will be **leaving June 25** from Atlanta to begin their European tour with five nights in Prague, Czech Republic. On July 1, we will travel to Bratislava, Slovakia by the way of Cesky Krumlov. The choir will sing for the annual Music Festival at the Valtice Castle before touring various Bohemian vineyards.

On July 4, we will travel to Vienna for two nights and spend the afternoon singing for Mass and a concert at the St. Peter's Church. Vienna was the European capital of music in the 18th and 19th century, thanks to the many composers it attracted from Mozart to Strauss. The choir will have their farewell dinner in Vienna on July 5 before returning home the next day.

Jeff McLelland will continue on to Germany for a few days of sight-seeing and will perform organ recitals at the Bamberg Cathedral and at St. Wenzel's Church in Naumberg. He will trace the history of Johann Sebastian Bach with visits to his hometown of Eisenach and his most important church positions in Leipzig. The concert in Naumberg will be on an organ built in 1746 that was performed on by Bach himself! Below is the performance schedule so you can follow along with the choir! See the website for a more detailed itinerary or copies at the receptionist's desk.

June 27 IPC Choir Concert, St. Nicolas Church, Prague

June 28 IPC Choir Concert, St. Ignatius Church, Prague

June 30 McLelland Organ Recital, St. Salvatore Church, Prague

July 2 IPC Choir Concert, St. Francis Church, Bratislava

July 3 IPC Choir Concert, Valtice Castle, Slovakia

July 4 McLelland Organ Recital & Choir Concert and Mass, St. Peter's Church, Vienna

July 5 McLelland Organ Recital, St. Stephen's Cathedral, Vienna

July 9 McLelland Organ Recital, Bamberg Cathedral, Germany

July 13 McLelland Organ Recital, St. Wenzel's Church, Naumberg, Germany

Childrens Sunday School Promotion, continued

Our **elementary class for Grades 4-6** will have Bible lessons revolving around *The Lucy Show*. Each week they will watch an episode of *The Lucy Show* and afterwards discuss the Biblical principles of that episode along with appropriate Bible verses for each show. The fourth through sixth grade class will meet in Room 112.

Join us for a summer filled with fun learning biblical lessons through the movies and television shows that help bring the lessons of the Bible to our present day world!

The youth are on the move this summer.....

It is hard to believe another school year is ending and summer is here! A group of 17 senior high youth will leave for **Montreat, NC for a youth conference from June 5-11**. Close to 1000 high school age teens will gather to worship, meet in small groups and hear the well-known speaker, Rodger Nishioka. The theme this year is *“Searching for the Signal.”*

The very next week, June 13-17, we will all gather at the **Children’s Fresh Air Farm for Bibles Times Marketplace**. Youth grades 7-12 will serve as “tribal assistants” for this year’s *Stories of Paul*. It is always a great week and a wonderful opportunity for some 40 teens to serve as mentors to IPC’s children.

In July, we will head to **Six Flags** for a full day of fast rides and theme park fun. Parents are welcome and needed as chaperones, so let us know if you have been looking for an opportunity to test your ability to fly through the air, upside down on the latest roller coaster!

July 20-24 a group of 12 junior high youth will attend the **Montreat middle school conference at Presbyterian College**

in Clinton, SC. This is a great first time youth conference, where the kids will stay in dorms and enjoy worship and small groups in a smaller setting than the high school conference.

To end the summer, we will have **“Youth Mission Week” July 25-29 at Whatley School**. The youth have spent this school year

renovating an overgrown, neglected courtyard at this school in North Avondale. We planted beds filled with herbs, vegetables and flowers for the students to enjoy, as well as painted an old, faded gazebo. Students now enjoy reading and enrichment while sitting in the brightly colored gazebo and caring for growing plants by watering and weeding. For mission week, we will be painting a four square court in this same courtyard and adding a mural on a brick wall that overlooks it all. We will also be helping teachers prepare and clean classrooms for fall along with collecting school supplies for students in need.

As you can see, we are gearing up for an active summer of worship and service along with some old fashioned fun and fellowship on our off weeks. All the while, our **youth space at IPC will be under construction** as part of a renovation of the current youth rooms. The plans reconfigure unused closets into a small kitchen and eating area as well as expand our classroom potential for additional church school classes and confirmation each fall. It is very exciting, and we invite you to join us in August for an open house to see the new, improved youth wing.

Aly Butts, Director Youth Ministries



IPC Foundation Clinton Williams Taylor Fund



Clinton Taylor with his parents Honey and George Taylor

Clinton W. Taylor continues to bless this church. At the May meeting of the IPC Foundation, the Board of Directors accepted a new permanent fund, named in his honor and memory, benefitting and supporting youth ministry at IPC.

Clinton’s presence provided so much more than his instantly recognizable smile, good humor and energy in the halls of the church – he also modeled stately, full-of-grace reverence as he served Christ by leading IPC worship as an acolyte. He was, and is, a beautiful child of God, and we miss him.

His legacy now includes the means to support **“specific initiatives and needs identified by the Director of Youth Ministries.”** Funds will not be used for operating support. Rather, as envisioned, **The Clinton Williams Taylor Fund** will help fund “mission trips, special activities (e.g., concerts, speakers, retreats and/or gatherings)” and even provide “needs-based support to allow specific youth to participate in conferences, mission trips or other projects.”

The initial amount of the fund is slightly more than \$55,000. In addition to his family, almost 400 friends and loved ones contributed to the fund, and additional contributions are welcome.

Clinton’s family talks about the five “F’s” that Clinton believed in: **FAITH, FAMILY, FRIENDS, FELLOWSHIP, and FUN**. With thanks to God and to the inspiring life of Clinton W. Taylor, IPC’s Youth will be nurtured and supported in that same sustaining faith and fellowship through this important new fund in the IPC Foundation.

*Rev. Bobbie Epting, Associate Pastor
Director, Stewardship & Development*

LIBRARY NOTES

The purpose of The John N. Lukens Library is to provide materials which are helpful to the members of our congregation in the growth of their Christian faith. *Bible study* is an important component of that growth. Many books in the **220.6 section** offer guidance as we engage in that study; among those are: *Don't Know Much About the Bible*, by Kenneth C. Davis; *How to Read the Bible*, by Steven L. McKenzie; *The Bible Makes Sense*, by Walter Brueggemann; and *Reading the Bible Again for the First Time*, by Marcus J. Borg.

Reading that Word proclaimed in the form of sermons provides another way for us to grow as Christians. **Section 252** contains collections of sermons; a few of those are: *Secrets in the Dark*, by Frederick Buechner; *The Cherry Log Sermons*, by Fred B. Craddock; *Sermons, Biblical Wisdom for Daily Living*, by Peter J. Gomes; *The Seeds of Heaven*, by Barbara Brown Taylor; and *Highways of God's People*, by our own Dr. John N. Lukens.

The Juvenile **220 section** contains many Bible story books for children. Three of these are: *In the Beginning*, written by Stephanie Jeffs and illustrated by Susan Wintringham; *The Story of Noah and the Ark*, written by Geraldine McCaughrean and illustrated by Helen Ward; and *The Coat of Many Colors*, written by Jenny Koralek and illustrated by Pauline Baynes.

The Library Committee

Bible Study with Margaret Northen Biblical Reality

In the beginning was Genesis, but the story does not end there. The stories from the creation to the flood to the tower of Babel continue and are recreated in other parts of the Old and New Testaments; for example, from the flood to Jesus stilling the storm to baptism.

This class meets weekly on Wednesdays beginning June 8 from 10:30-11:45 in room 308. Regular attendance is encouraged but not required! Class materials are available for \$8.00 at the desk of Betsy Middlebrooks.

PLANNING AHEAD...

One of the most peaceful locations around the church is the bench beside the waterfall urn in the new **Columbarium**. The sounds of water, the beauty of God's creation, the proximity to loved ones and to the places where we worship Christ all contribute to a Peace that "passes all understanding."



If you would like to secure a place in the Columbarium, both single and double niches are available. Please contact Marsha Marbin at 933.3715 to discuss location and details.

Section	#Sold	# Remaining	Price*
Cloister			
Single Niches	65	1	\$1,250
Double Niches	154	0	N/A
New			
Single Niches	3	3	\$3,300
Double Niches	50	112	\$4,200

* Prices include the niche, urn(s), and engraving of urn(s) and faceplate

IPC FOUNDATION GIFT SUGGESTION

The IPC Foundation isn't registered at TARGET or BROMBERG's but did you ever think about ENDOWING your annual stewardship pledge to IPC? With a current or planned gift to the IPC Foundation, you could provide IPC with a predictable level of annual operating support now and into the future.

Jim Wooten or Rev. Bobbie Epting would be happy to discuss this option with you or discuss how the Foundation can be a vehicle for your particular philanthropic interests. Please call either of them at the church at 933.1830 for more information.

The IPC Foundation has been in place for more than 35 years and has an impressive history of support for ministry and mission. You can read about the history and the current status of the Foundation's assets and commitments in the Foundation's annual report, available either on the IPC website or, as a bound copy, in the Lukens Library or at the Information desk.



Independent Presbyterian Church
3100 Highland Avenue
Birmingham, AL 35205
www.ipc-usa.org

the WINDOW

WINDOW (USPS255-220)
Published Monthly
Office of Publication
Independent Presbyterian Church
3100 Highland Avenue South
Birmingham, AL 35205-1408
Periodical Postage Paid at
Birmingham, Alabama
POSTMASTER: Send address
change to the WINDOW,
3100 Highland Avenue
Birmingham, AL 35205-1408

RETURN SERVICE REQUESTED

IPC FOOD PANTRY

The IPC congregation has been so generous in donating food items to the IPC Food Pantry.

It is gratifying to know that so many in our congregation are acutely aware that there are many families and individuals who are elderly, retired, disabled or are recently unemployed that are in need of emergency foods. It is apparent from your donations that you want to help prevent hunger by providing tasty, filling foods.

Recently, the **IPC Hunger Work Group** used the newly published 2010 U.S. Dietary Guidelines to assess the nutritional quality of the emergency foods we provide in order to assure that we are offering “healthy” filling foods. We found that we are doing a pretty good job in providing foods required daily from the 2010 *My Pyramid Food Groups* (grains, fruit, vegetables, meat/beans, and milk). We did find, however, that to tide a family of four over until they can obtain other sources of food assistance, we can make improvements by offering:

- More foods from the milk and fruit Food Groups
- Vegetables from each of the sub-groups: dark green, orange, legumes, starchy and “others.”

We can also make improvements by checking the Nutrition Facts label to limit sodium, sugars and fats. Because there can be wide variances between brands, here are a few guides:

- Select vegetables and cereals with the least amount of sodium.
- Select cereals with 6 grams of sugar or less.
- Select products containing meat and poultry that contain no more than 480 mg. sodium per labeled serving.
- Select meal-type products with no more than 600 mg. of sodium.
- Select cream soups with 2.5 g fat or less.
- Select snack foods (i.e. popcorn) with less than 10% fat.

We are doing a good job of stocking our IPC Food Pantry.

These are ways we can assure that the food we give to those in need are foods that are filling and healthy.

Thank you for supporting this ministry!

