

Eating local foods is "Green."
See Pg. 3 for related article.

"The Messenger of Love"

Ka Elele Aloha

August 15-September 30, 2008

Volume 12 Issue 8

Christ Church, Uniting Disciples and Presbyterians Worship—Sundays 10 am
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Features

Pastor's Note	1
CCU Thinks Green - Eating Locally	3

Contents

Announcements	7
Church at Study	2
Birthdays/Anniver's	8
Child Safety Policy	7
Children in Worship-Bible Stories	8
Event Schedule	2
Flower Calendar	8
Give Aloha	6
Quarter Notes	2
Vision Statement	5
Worship Assignm'ts	8
Witness Comm.	4-6

This issue of Ka Elele Aloha runs 8/15 through 9/30. The October 2008 newsletter information deadline is September 25th.

Pastor's Note . . .

I haven't yet listened to or read all of the sermons from our elder's "Local Wisdom" preaching series, but I've heard great reviews. My only regret is that I couldn't experience them with you live. And good on you (I think that's Australian for "well done") CCU members and friends for being in worship those Sundays to cheer on the elders as they took turns preaching. And thanks too to Rev. Mary Paik for her preaching here so soon after she and Dwight had returned from traveling in Sweden.

You are a sophisticated and discerning congregation with high expectations of the pulpit. I like that. For the next several weeks, my preaching series will be entitled: "Reflections in the Eye of the Beholder." I'll use scripture and our national responses to public events (e.g. Olympics, Democratic and Republican National Con-

ventions) in order to see what we can learn about ourselves and, ultimately, our calling as Christians and faith community.

Estelle and I thoroughly enjoyed our house exchange with a Mennonite pastor's family from the Vancouver BC area. We spent lots of time with a Vancouver friend we made when we first walked the Camino Santiago five years ago. We were impressed with people and pedestrian friendly nature of the city. We saw lots of local neighborhoods and parks. The people could spend time outdoors, shop, and travel without depending upon the automobile.

As delightful as it was to experience the friendliness and peacefulness of Vancouver, we awoke our first morning home to soft light and birdsong. And you are here. It's good to travel. It's great to be home.

Blessings and more later,

Buddy

"putting our lamp on a hill"
"developing an inviting campus"

July efforts: cutting off the lower branches of the Norfolk pine tree (a memorial to Gregory Tchou, son of Peter & Cynthia), **cleaning wall & repainting the wall signage** (work done by Bill & Jane Muench)

Result: CCU's wall signage more visible from the highway!!!! Hey!!!!



Before picture



After trimming & painting picture — (before & after pics taken from highway)



CCU Quarter Notes

by Doc Wilson, Music Director

August 08. Aaaaahhhh, summertime! Wouldn't it be great to just relax, drink some lemonade, smell the plumeria, and talk story with our friends? Wishful thinking.

As summer winds down, students (and teachers) are preparing for the riotous return to school. Church staffers are busy planning the fall and advent activities and here are some of ours.

Regular bell choir and chancel choir rehearsals will begin again on August 28th in the sanctuary. I am still open for solos and duets while the choir gets going, so if you're itching to sing or play, let me know.

Our annual "Messiah" concert is BEFORE Thanksgiving this year. We have booked "Christ the King" Sunday, which is the week before the first week of Advent. Confused? Please just save November 23, 4 p.m. as the date and time.

The following Wednesday, (November 26th), we are slated to participate in the Windward Coalition Concert with Kailua Methodist. Both Ringers and Singers are scheduled for this event.

In other news, I am trying to put together a Scottish Christmas theme, for our Advent season. If you have some plaid-filled tunes to contribute or suggest, please let me know.

Adult Church at Study resumes September 7th . . .

Themes of interest to Christians in written materials generated by the Democratic and Republican presidential campaigns will be analyzed.

**Everyone is welcome!
Sundays at 8:30 am
In the church sanctuary
Facilitators: Pastor Summers &
Professor Leilani Madison**

Church members & friends are invited to suggest themes/materials.

September 7th: A review of the Obama speech on "racism" and something comparable from the McCain campaign.

Aug. 15-Sept. 30 CCU Event Schedule:

Key: K = Kitchen L = Lanai PS = Pastor's Study S = Sanctuary B3=upstairs classroom

8/24, after worship	Personnel Committee
8/28, 6:30 & 7:30pm (S) & succeeding Thursdays	Chancel Ringer & Chancel Choir rehearsals, respectively
9/6, 8am	Men's Breakfast @ Honey's @ Koolau Golf Club
9/7, 8:30am (S)	Adult Study (see class description above)
9/7, 11:30am (S)	Witness Commission meeting
9/10, 7pm (B3)	Council meeting
9/13, 10:30am 9/13, 7pm (S)	Women's Aloha Fellowship Brunch @ Cinnamon's Restaurant in Kailua Taize-style worship service
9/24, 7pm (B3)	Special Council meeting (2009 mission & pledge event planning)
9/27, 9am (PS)	Special Council meeting (2009 mission & pledge event planning)
9/28-10/5	CCU hosts Family Promise

**COMING: 10/25
2009 Pledge Drive Dinner
Members & Friends:
Please save the date!**

Eating Locally: the Economic, Social, Gastronomical & Environmental Benefits



Part 1 in a Series on Local Foods

by Charlene Hosenfeld of the CCU Green Team



Eating locally grown food is gaining so much momentum that it has spawned a new word in our vocabulary.

“**Locavore,**” defined as eating food that is grown or produced within one’s local area (often within a 100 mile radius), was the New Oxford Dictionary’s 2007 word of the year.

Some reasons for eating locally:

- Locally grown fruits and vegetables:
 - are picked fresher than those shipped thousands of miles;
 - are often better tasting, because *flavor, not endurance* (think of the hard, anemic-looking imported tomato) is of greater priority;
 - are not picked far ahead of when they ripen (as is distance produce – so it can endure the shipping and the weeks before it reaches our tables); and
 - can often be purchased directly from the grower or producer.
- Locally grown and produced foods generally do not contribute nearly as much to greenhouse gases and global warming because of the significant reduction in fuels used for transportation.
- Buying locally grown food supports local farmers and keeps some of our ‘*aina* in agriculture as opposed to development.
- Food that is grown or produced locally often is far less processed (more “whole”) than distance food and so has fewer additives/preservatives.
- Local food is seasonal (in other locations more so than in Hawai’i), and so ties people to the rhythm of the growing seasons.
- It also generally uses less packaging (& so generates less packaging-related carbon emissions and trash).



Local vs. “distance food”:

Of course, eating locally produced food is not a new concept. It is in fact a practice as old as human life on Earth. People ate what was available to hunt or gather, and later what they intentionally grew. They ate what their local bioregion produced seasonally, and developed many creative ways to preserve the foods. Drying, salting, fermenting, pickling, freezing and later canning saved the bounty of harvest season for later consumption.

However in relatively recent years, the advent of electricity, factory farming/production systems, and fast transport has resulted in food that is often mass produced, using huge quantities of fertilizers and pesticides; sometimes it is processed into products that only vaguely resemble fresh, whole foods. Then it is shipped great distances before it reaches our plates. Fossil fuels are used to produce, process, package and ship this food – and the carbon footprint (including the carbon truck tire tracks) is quite large. In the U.S, food travels an average of about 1500 miles (as reported by the Leopold Center for Sustainable Agriculture at Iowa State University). Here in Hawai’i, the average distance is, of course, even further.

That apple from Washington State has traveled 2700 miles, and the one from New Zealand, 4700 miles. That mango from South America has traveled at least 6800 miles. Those Costco bell peppers from Mexico have seen 3800 miles, and when they come from Holland, 7200 miles. In contrast, the average locally produced food travels 65 miles.

The Maui County Farm Bureau reported that 80-90% of the food we consume in Hawai’i is imported. According to a recent Honolulu Advertiser article by chef Peter Merriman, Hawai’i has a 10-day supply of food. He confirmed this with State Senator Russell Kokubun, who is chair of the Hawai’i 2050 Sustainability Task Force, who said, “We’ve become a cargo cult. Every day we rely on this [shipped in] food.” Merriman urges us to “hold local farmers in the highest esteem,” to purchase local produce, support farm-friendly legislation, and request local foods in restaurants, and in both local stores and large chain supermarkets.

In a July Advertiser article, Al Santoro, operator of Poamoho Organic Produce in Waialua, said “our local agricultural industry is in crisis now.” The average Mainland farm is tens of thousands of acres; in Hawai’i, the average farm (excluding the historical ranches and plantations) is about 4 acres. His tropical farm is the largest certified organic farm on our island and is less than 7 acres. Earthbound Farms, the largest Mainland organic grower has 40,000 acres. In Hawai’i “a farm is not a factory.”

Maybe we should pay attention to what we buy, and choose to support our small, local, family farmer-neighbors.

Santoro reported that in 2007, his distributor cancelled all local mango orders in the middle of mango season and imported cheaper mangos from South America. The distributor’s

Continued to Page 8

Witness Commission . . .

CCU congregants select projects/ programs to give portions of CCU budgeted mission monies to—

CCU has sent \$500 of Pres. Ch. (USA) basic mission funds to Dr. Magda Iskander, Cairo, Egypt for her home health care provider training program “Care With Love”
(selected by Mary Ann Wyman).

Mary Ann Wyman was bound for Egypt to work in a hospital in a small town (Assiut) when the 1956 Suez Canal uproar cancelled all transportation to the area. By the time travel was allowed again, Mary Ann had met George, was engaged, and working on wedding plans. However, Egypt has always been a drawing card. George & Mary Ann have visited there twice. When she learned of the work of Dr. Magdo Iskander, in Egypt, she was immediately drawn to it.



Dr. Magda Iskander, is a consultant and trainer for the Cairo Geriatric Center and a consultant and community health trainer for the Coptic Evangelical Organization of Social Services. When she began her work in 1994, Magda discovered that few services were available to homebound people and that there were few nursing homes and no assisted living facilities in Egypt. In response, Magda developed “Care With Love,” the first training program in Egypt for home health care providers. The program creates a well-trained cadre of providers to staff health facilities-based units.

As a retired health care professional, once bound for the area, Mary Ann says she can put herself in Dr. Magda’s position and feels that any help CCU can offer with our money and prayers will have far reaching benefits and results.

CCU has sent \$500 of Pres. Ch. (USA) basic mission funds to Tim & Gloria Wheeler in Honduras for their work with Heifer International **(selected by Paul Haring, 7/27/08).**



Tim has overall responsibility for the implementation, monitoring, and evaluation of Heifer programs in Honduras. He also facilitates training and evaluation workshops in other Central American countries. Gloria coordinates study tours and mission team visits from the United States. Heifer Project brings hope to families through the possibility of raising their own animals and receiving benefits from them. Tim and Gloria have lived and worked in Honduras in various capacities for almost 30 years.

Who can forget Paul's 7/27 Moment for Mission delivery of the delightful story of “Beatrice’s Goat”—a goat provided by the Heifer Program to a family in Uganda. By raising the goat & then more goats, over time the family is able to send their bright daughter Beatrice to school, etc., etc. Thank you, Paul!

**Next Witness Commission Meeting:
September 7th, 11:30am-12:30pm
in the church sanctuary
Everyone is invited to attend!**

**CCU to host
Family Promise Guests
9/28-10/5**

**Food Coordinator: Pat Gilbert, 254-3509
Coordinator: Marian Heidel, 261-4585**

REMEMBER: Anyone can add to the monies to be sent to the selected missionaries/ projects/programs by making a contribution to CCU and noting on the check the particular project/program you would like to support.

Selected projects to date:

1. DOC—Bolenge Hospital—medical infrastructure, solar panels for electricity

2. PC(USA)—Pentecost Offering: targeting children’s works
3. PC(USA)—Clean Water U
4. DOC—Academia del Pueblo (ADP) Program at Eastmont Community Center
5. PC(USA)—Missionary Dr. Magda Iskander and her Care With Love training program in Egypt for home health care providers.
6. PC(USA)—Missionaries Tim & Gloria Wheeler and their work with Heifer programs in Honduras

Witness Commission . . .

CCU selected projects/programs respond to our giving . . .

From Global Ministries—

“This letter comes in thanks for your gift of \$500 received recently by Global Ministries. As you have indicated, your gift will be used to support medical infrastructure in particular, for solar paneling for electricity at Bolenge Hospital in the Democratic Republic of Congo. We are grateful for your over and above stewardship of resources for God’s mission around the world.

“Though efforts are still under way to finance reconstruction of Bolenge Hospital following the 2006 fire, the community of Disciples of Christ in the Congo held a ceremony in May to dedicate and lay the first stone of the new hospital. The ceremony was timed to include a visiting group of Disciples from



the U.S. including Rev. Sharon Watkins, General Minister and President of the CC (DOC) in the U.S. and Canada. . . . “

Sincerely, Sarah Riester
Program Associate for Resource Development
Global Ministries

From Living Waters for the World—

“Thank you for your recent gift of \$500 in support of Living Waters for the World [in particular Clean Water U.



“Living Waters for the World continues to grow at an ever-increasing rate, with 193 clean water systems now placed in 19 countries throughout the world. We are excited to report that this ministry, uniting people from various denominations, cultures and perspectives to do Christ’s work in the world, is having a positive impact well beyond the delivery of clean water.”

OUR MISSIONARY CONNECTION: Ed and Miriam Noyes in DRC



Ed and Miriam were recently in the States to attend the graduation (May 17) of their daughter, Rebecca, from Claremont McKenna College and their son Mark’s wedding (May 31st) to Elena Borquist (also a MK whose parents work in Brazil and also

have worked in the Philippines). For some nice pictures and descriptions, go to their site at <http://noyescongo.blogspot.com/>.

CCU participated financially (\$700) early this year in making possible the purchase of a truck for the use of the experimental farm/nursery at Lusekele (where Ed and Miriam work) and the farmers of the area in getting their crops to market or processing centers. The truck, coming from Germany

was to have landed at Matadi (the port for DRC) on July 27. But who knows how long it would take to get through customs and then proceed on the long drive to Lusekele. No word, yet.

Part of Miriam’s mission is working with church ladies in providing literacy classes in a widespread area of their part of the country. In May she made an astounding trip (40 km by bicycle and a 2 1/2 hike) to visit Sungu, near Bulungu where they had trained teachers. She found that they had been holding classes but really needed glasses for both themselves and their students. And the elderly pastor of the Sungu Baptist Church (they are awaiting a new pastor) cannot read the Bible because he needs glasses, so he has a young helper read the Bible, and then he preaches on it. An optometrist is going to be visiting Sungu (perhaps he has already) and Miriam hopes to find money to buy glasses. Perhaps CCU can help?

To read more about this, go to <http://noyescongo.blogspot.com/>, and scroll to the May 19th entry.

from Marian Heidel, Witness Commission Co-chair

Christ Church Uniting . . . providing practical support for . . . social justice actions, community building & spiritual growth.

Please, all CCU members & friends are asked to participate.

CCU to participate in



September 1-30 . . .

How It Works

From Sept. 1—30, customers are invited to make donations of up to a cumulative total of \$249 per person, per organization to participating Hawaii non-profit organizations at checkout. Foodland and the Western Union Foundation will match a portion of each donation.

Foodland and the Western Union Foundation will match up to a total of \$300,000 for all organizations combined. If total customer donations exceed \$300,000, the matching gift will be divided proportionately among all participating organizations.*

How To Donate To CCU

At checkout, present your Maika`i Card and inform the cashier that you would like to make a donation to Christ Church Uniting. If you do not have a Maika`i Card you may request one. Our five digit registration code is 78419. Your donation will be added to your grocery purchase total. You may give up to \$249 per organization (donations exceeding \$249 will not be matched). The amount you have donated to Foodland and the name of Christ Church Uniting will appear on your receipt. Any donation must be made payable to Foodland or Sack N Save.

Donor names will not be released to Christ Church Uniting, so if you would like us to know of your gift, please inform the church office directly so that your gift may be properly recorded on your monetary giving record. Please say if your gift should be applied towards payment of your 2007 CCU pledge.

Are These Contributions Tax Deductible?

These contributions are tax deductible to the full extent of the law. Please save your store receipt for tax purposes since it may be the only record you will have of your donation. If you inform the church of your donation, it will be included as a receipt on your personal monetary giving record.

***How Matching Gifts Will Be Calculated**

Matching Gifts will be calculated after the end of the program. Christ Church Uniting will receive 100% of all customer donations given to CCU, plus its % of Foodland's \$300,000 matching gift. The portion of the matching gift that Christ Church Uniting will receive will be based on the total dollar amount of customer donations designated to Christ Church Uniting as a % of all customer donations received for all organizations.

Last year CCU received \$1,445 in customer (that's CCUers) donations and an additional \$403 in Foodland's matching gift— an additional 28% over what CCUers actually contributed!!!

Witness Commission: DID YOU KNOW?

The Democratic Republic of Congo (DRC) is the most mineral resource rich country in Africa; yet, 80% of the population survives on \$.30 a day and 75% of the population is undernourished according to the UN. Further, there are an estimated 1.3 million displaced Congolese, and estimated 1.1 million are living with HIV/AIDS, and close to two-thirds of the population cannot afford conventional health care. The Congolese live in these dire conditions because DRC is entangled in war over a natural resource, coltan, which has resulted in the death of over 5.4 million to date. This is the deadliest war since Adolf Hitler's armies marched across Europe and has been dismissed as an internal African implosion. In reality it is a battle for coltan, diamonds, cassiterite and gold, destined for sale in London, New York and Paris - the metals that make our technological society vibrate and ring and bling. In addition to high death rates, the war has led to the use of child soldiers, child slavery in mines, a rise in HIV/AIDS, the mass displacement of peoples, and the widespread use of rape as a weapon of war. In one province alone, the United Nations has estimated that 45,000 women were raped in the last year.

Senators Sam Brownback and Richard Durbin have sponsored and submitted the "Hope for Africa's Forgotten: A Report on the Fact-Finding Mission to Democratic Republic of the Congo, Rwanda, and Kenya" report and the "Conflict Coltan and Cassiterite Act of 2008" bill to the Senate for consideration. You are encouraged to raise the issue of the humanitarian crisis in the Congo to your senator. This situation in the Congo has been a preoccupation of Global Ministries and our Congolese global partners.



**Mahalo to our Summertime
"Local Wisdom"
Inspirational Speakers!!!!!!
-Dianne, Bob, Paul, Mary & Bill-**

**Putting our Lamp on a Hill /
Developing a Culture of Invitation**

**CCU
BOOK-
MARKS**

are available at
the Greeters'
Podium . . .
Share this
beautiful,
earth-friendly
bookmark with
your friends;
bookmark pro-
vides a visual &
word picture of
CCU.



**COMING SOON . . .
New CCU Literature Racks!!!
-for everyone's use-**

**Clear, acrylic literature racks
will soon be found
near the greeters' podium
as you enter the
sanctuary on Sundays.**

**Please browse through the literature.
Take & use items of interest .**

Items to include:

- CCU current newsletter**
- CCU current bulletin**
- CCU general info brochure**
- CCU bookmark**
- Taizé postcard**
- Divine Worship brochure**
- FACE brochure & newsletter**
- Hale Ola Shelter info**
- Etc.**
- Etc.**



***Be nourished . . .
Saturday, 9/13 7 p.m.***

The service is like a time-out for renewal, a spiritual oasis. It involves forty minutes of the singing and reading of scripture, prayer, and silent contemplation or listening for God's leading. An instrumental ensemble includes harp, cello, guitars and keyboard.

Taizé postcards are available at the guest podium or in the church office that can be used to invite people to this special service of worship.

Child Safety Policy: It is the intention of CCU to provide a safe space for children. Staff and lay leaders are screened and educated about child abuse in general and both Hawaii Law and CCU policies in particular regarding prevention and reporting of suspected abuse. A copy of the CCU Child Abuse Policy is available from the church office upon request.



from Paul Snipes . . .
***Support the
Kailua Food Pantry
every Sunday . . .***

located at St. Anthony Catholic Church, the Pantry is always in need of non-perishable food and canned goods to give to needy people in our community.

- The food items needed:
- Rice—plenty of rice
 - Canned goods (especially fruit): tuna, Spam, soups, pork & beans, corned beef, Vienna sausages, vegetables, chili—with or without meat
 - Spaghetti noodles and sauces
 - Peanut butter and jelly
 - Dry milk (powdered)
 - Saimin
 - Juices—cans or boxes

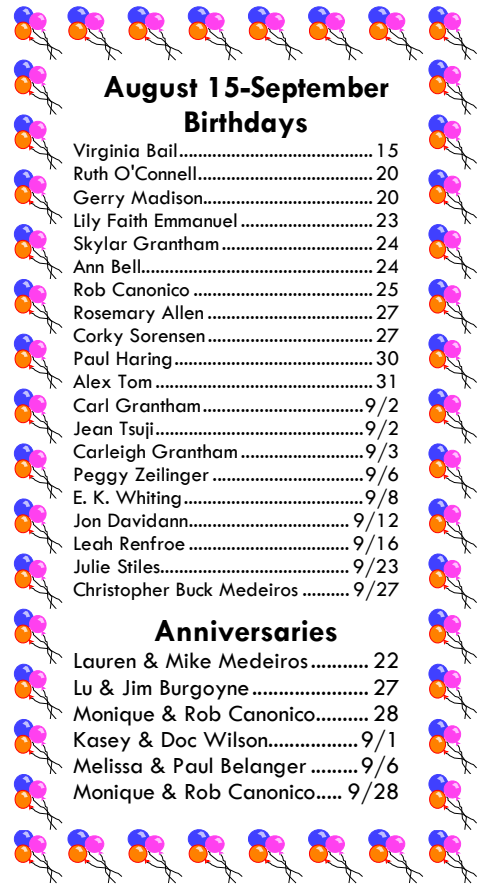
Bring your food items every Sunday. Let's put our Christianity into action.

Mahalo for your continued support.

Lay & elder worship assignments for August 17—September 28

If you are not able to fill your assignment, please try trading with someone and/or notify the church office.

Date	Name	Duty
8/17	Kay Brewbaker & Jane Muench	Ushers/Greeters
	Susan Wilson	Morning Prayer
	Estelle Codier	Good News and the Younger Church
	Loren Wilson	Scripture Reader
	Temmie Shade	People Prayers & Communion Server
	Paul Belanger	Communion Server w/ Table Prayer
8/24	Dianne Brookins & Cathy Lyman	Ushers/Greeters
	Dianne Brookins	Morning Prayer
	Beth Davidann	Good News and the Younger Church
	Jon Davidann	Scripture Reader
	Dianne Brookins	People Prayers & Communion Server
	Connie Mitchell	Communion Server w/ Table Prayer
8/31	Mary Ann & George Wyman	Ushers/Greeters
	Mary Ann Wyman	Morning Prayer
	Connie Mitchell	Good News and the Younger Church
	Estelle Codier	Scripture Reader
	Beth Davidann	People Prayers & Communion Server
	Bob Grantham	Communion Server w/ Table Prayer
9/7	Connie & Mark Mitchell	Ushers/Greeters
	Estelle Codier	Morning Prayer
	Lauren Medeiros	Good News and the Younger Church
	Wanda Nichols	Scripture Reader
	Temmie Shade	People Prayers & Communion Server
	Paul Belanger	Communion Server w/ Table Prayer
9/14	Cathy Lyman & Leilani Madison	Ushers/Greeters
	Leilani Madison	Morning Prayer
	Ann Bell	Good News and the Younger Church
	Joyce McGuire	Scripture Reader
	Paul Belanger	People Prayers & Communion Server
	Dianne Brookins	Communion Server w/ Table Prayer
9/21	Paul Haring & Wendy Teixeira	Ushers/Greeters
	Corky Sorensen	Morning Prayer
	Susan Wilson	Good News and the Younger Church
	John Stiles	Scripture Reader
	Rennie Renfroe	People Prayers & Communion Server
	Connie Mitchell	Communion Server w/ Table Prayer
9/28	John/Jan Stiles	Ushers/Greeters
	Leilani Madison	Morning Prayer
	Jan Stiles	Good News and the Younger Church
	John Stiles	Scripture Reader
	Dianne Brookins	People Prayers & Communion Server
	Rennie Renfroe	Communion Server w/ Table Prayer



August 15-September Birthdays

Virginia Bail.....	15
Ruth O'Connell.....	20
Gerry Madison.....	20
Lily Faith Emmanuel.....	23
Skylar Grantham.....	24
Ann Bell.....	24
Rob Canonico.....	25
Rosemary Allen.....	27
Corky Sorensen.....	27
Paul Haring.....	30
Alex Tom.....	31
Carl Grantham.....	9/2
Jean Tsuji.....	9/2
Carleigh Grantham.....	9/3
Peggy Zeilinger.....	9/6
E. K. Whiting.....	9/8
Jon Davidann.....	9/12
Leah Renfroe.....	9/16
Julie Stiles.....	9/23
Christopher Buck Medeiros.....	9/27

Anniversaries

Lauren & Mike Medeiros.....	22
Lu & Jim Burgoyne.....	27
Monique & Rob Canonico.....	28
Kasey & Doc Wilson.....	9/1
Melissa & Paul Belanger.....	9/6
Monique & Rob Canonico.....	9/28



Aug. 17—Sept. 28 Flower Calendar

August 17	Muench
August 24	Burgoyne
August 31	Open
September 7	June Grantham
September 14	Opal Terbeek
September 21	Stiles
September 28	Wilson, L & S

FYI: Three dates remain open on the Flower Calendar— August 31, November 2 & 31. If you like, [sign up](#).

Eating Locally—Continued from Pg. 3

profit went up, Hawai'i consumers ate imported mangos, and the small local farms took the hit.

Maybe we should pay attention to what we buy, and choose to support our small, local, family farmer-neighbors.

Of the 880,000 pounds of avocados on the 2006 Hawai'i market, only 27% was grown in Hawai'i. Of 125,000 pounds of limes, 7% was from

Hawai'i. And only 9% of the taro, 5% of the tangerines, and 1% of the lemons were local. On the brighter side, 67% of watermelons, 98% of ginger root, and 100% of papaya were locally grown.

Read next month's CCU Thinks Green column for info about local eggs and other Hawai'i foods, and for resources about the benefits of eating

Children in Worship: Bible Stories

Children love stories! Our series titled: **"Who is Moses? Let me tell you a story!"** continues. June story selections follow:

August 17	Luke 6:20-21
August 24	Luke 6:41-42
August 31	Luke 6:43-45
September 7	Luke 6:46-48
September 14	Luke 11:1-4
September 21	Luke 15:3-6
September 28	Luke 15:8-9