

Let the People of God Rejoice!

Sunday, March 6, 4 pm: Installation Service of Reverend Kerry Grogan
as Pastor of Christ Church, Uniting Disciples and Presbyterians

March 2011

"The Messenger of Love"

Volume 15 Issue 3

Ka Elele Aloha

Christ Church, Uniting Disciples and Presbyterians
1300 Kailua Rd., Kailua, HI 96734-4356
Rev. Kerry Grogan Pastor

Worship—Sundays 10 am
Phone: (808) 262-6911
Cell Phone: (808) 354-3427

from Pastor Kerry Grogan . . .

One of my favorite books is a little book entitled *Sleeping with Bread: Holding What Gives You Life*. In it the authors tell this short story:

During the bombing raids of WWII, thousands of children were orphaned and left to starve. The fortunate ones were rescued and placed in refugee camps where they received food and good care. But many of these children who had lost so much could not sleep at night. They feared waking up to find themselves once again homeless and without food. Nothing seemed to reassure them. Finally, someone hit upon the idea of giving each child a piece of bread to hold at bedtime. Holding their bread, these children could finally sleep in peace. All through the night the bread reminded them, "today I ate and I will eat again tomorrow."

The authors of this book use this story to illustrate the importance of reflecting on what is life giving to us throughout the course of our days, years, and lives, and what isn't. How do we hold on to what gives us life and how do we let go of what doesn't?

It was a busy day with some meetings and lots of phone calls so I had just heated up some soup in the afternoon when the phone rang and someone needed to talk. I knew that they wanted help and needed to talk but I also knew that my head was hurting and my stomach was growling. So I asked if I could call them back in about 30 minutes. I was running on empty and I knew I couldn't be fully present to this person unless I took the time to eat and have a cup of tea. When I did, I was able to listen, to offer this person my best self, rather than my distracted, frazzled,

hungry self. Lent is a time to check our spiritual fuel gage, and make sure we are doing the things we need to in order to have "bread for the journey," as Henri Nouwen says.

The season of Lent is usually associated with fasting by giving up chocolate, or some other favorite food as a spiritual discipline. The Lenten season is also a good time to reflect on what feeds and nurtures our spiritual selves. Are there other things I need to let go of, give up that are even more difficult to give up than chocolate? (I can't imagine what)! Can I give up gossip? Can I let go of minor annoyances or major grudges? Can I let go of some thing or activity I feel I absolutely "need?" Do I need to let go of the need for approval, control, or the need to always look good or be right? These are the deeper and often more challenging spiritual practices of Lent.

What about holding what gives me life? Do I have the bread for the journey that I need? Am I making room in my life for the things that nurture my spirit? What do I need to hold onto? If singing, drawing, hiking, swimming are activities that fill me with joy why has it been weeks or months or even years since I have done them? Why is it so much easier to hold onto anger and resentment than to sustain gratitude and forgiveness?

We all go through seasons in our spiritual lives, and every season has something to teach us. But if you find yourself feeling spiritually empty, then I encourage you to use the 40 days of Lent to take time each day to reflect on these two questions:

For what moment today am I most grateful?

For what moment today am I least grateful?

The simple truth is that we cannot give of ourselves openly and freely if we have nothing left to give. I hope this Lenten season will be a time for you to hold what gives you life, and to let go of what doesn't.

Blessings for the journey, Kerry



CCU Vision Statement
(2/14/10)

*~To be a vibrant witness
to Christ's inclusive love,
supporting spiritual growth
and social justice.~*

**Pastor Kerry's
Office Hours:**

Monday

Reading/Study @
home.

I am available by cell
phone (808 354-
3427).

Tuesday thru Thursday

@ CCU, 9-3

Friday – Day Off

Upcoming Sundays

March 6 "Credo" 1 Peter 4:8-11

Lent — "Practicing Our Faith" Series

March 13 Prayer Matthew 6:9-15

March 20 Sabbath Exodus 20:8-11

March 27 Gratitude Philippians 4:4-9

April 3 Story John 9:1-41

(would like to do "readers theater"
format for the scripture and need
volunteers)

April 10 Worship Psalm 95:1-7

Features

From Pastor Kerry	1
Upcoming Sundays	2
2/19 Joint Council/ Deacon Mtg Report	3
Coffee Ministry	7

Contents

About Disciples	6
About Presbyterians	6
Adult Study	5
Birthdays/Anniver's	7
Congratulations!	8
Event Schedule	2
Family Promise	4
Flower Calendar	8
CCU Thinks Green	4
Memories	5
Worship Assignments	8

March 2011 CCU Event Schedule:

Key: K = Kitchen L = Lanai O=Ohana Rm PS = Pastor's Study S = Sanctuary B3=upstairs class-
room

3/3 & successive Thursday, 6:30pm & 7:30pm	Chancel Ringers Rehearsal Chancel Choir Rehearsal
3/5, 8am	Men's Breakfast @ Honey's @ Koolau Golf Club
3/5, 9:30am (O)	Witness Commission Gathering
3/6, 8:30-11:30am	HI-5 container pick-up @ CCU parking lot
3/6 & successive Sundays, 8:30am	Adult Study (See pg. 5 for details.)
3/6, & successive Sundays, 10am (S)	Sunday Morning Worship (see above for details.)
3/6, 4pm (S) 3/6, 5:15 pm	Installation Service for Kerry Grogan as Pastor of CCU Celebration luau, following installation service
3/9, 7pm	Ash Wednesday Service
3/12, 9am (O)	Membership Commission Gathering
3/12, 10:30am	Women's Aloha Fellowship Brunch @ Cinnamon's Restaurant in Kailua
3/13-20	CCU hosts Family Promise guests
3/19, 9am (O)	Support Commission Gathering
3/28, 10am	April Newsletter information deadline

**3/7/11 Celebration Luau to follow Kerry's installation service —
all attendees are encouraged to bring food dishes to complement kalua pork
and rice; please place in CCU kitchen prior to the service.**

The Week-After Report of the 2/19 Joint Meeting of Council and Deacons Ministry Team

by Jane Muench, Clerk of Council

The 9 am to 3 pm meeting combined Elder/Deacon training, an evaluation of the One Mission—Three Commission structure that CCU has been using to accomplish its work of late, LUNCH, a business meeting, and forward planning.

Training included denomination training; reviewing our by-laws, various policies (i.e., child safety, membership personnel, health flexible spending); looking at our financial picture and reviewing current financial policies; and reviewing office procedures.

Evaluation of the One Mission—Three Commission structure helped those present identify what has worked well, what doesn't work, and how we can make it better. We agreed to the below diagramed assignments of responsibility for 2011. We also decided to jump-start quarterly Commission meetings and have ambitiously set three Commission meetings to take place in March—

March 5, 9:30 am, WITNESS COMMISSION, Ohana Rm.
March 12, 9 am, MEMBERSHIP COMMISSION, Ohana Rm.
March 19, 9 am, SUPPORT COMMISSION, Ohana Rm.

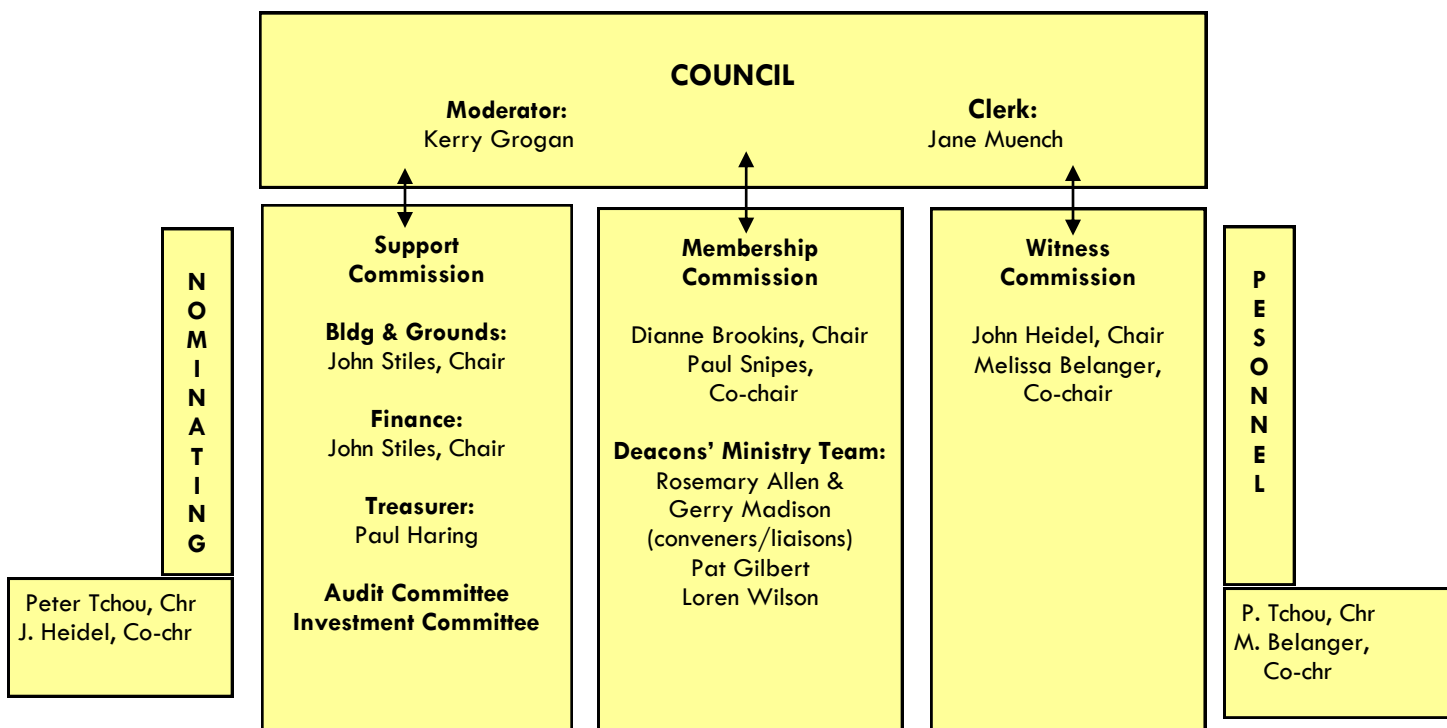
Highlights of the business meeting included:

- Authorizing Buildings & Grounds elder to negotiate a room use agreement with a non-profit group, Aloha Yoga Kula, on a six-month trial basis;
- Authorizing a two percent cost of living adjustment/increase in employee salaries, retroactive to January 1, 2011.

Forward (strategic) planning centered on strategies that would bring to fruition CCU practicing a culture of personal invitation, having its "light on a hill," and having an intriguing and inviting campus. Much work has already been accomplished in these areas. We strategized further efforts in these areas.

Since this year's operating budget includes a line item, "Council Fundraising," we discussed various fundraising ideas.

ONE MISSION—THREE COMMISSIONS STRUCTURE



March 5, 9:30 am, WITNESS COMMISSION, Ohana Rm.
 March 12, 9 am, MEMBERSHIP COMMISSION, Ohana Rm.
 March 19, 9 am, SUPPORT COMMISSION, Ohana Rm.

**YOU HAVE VALUABLE INPUT!
 PLAN TO ATTEND THESE GATHERINGS!**

Being "Green" and Showing Compassion



Recycling HI-5 containers (plastic, glass and aluminum) at redemption centers is an excellent way of being "green." However, if you want to add an expression of compassion to your practice of eco-justice, you are invited to join Marian and John Heidel in giving your containers to IHS (Institute for Human Services).

On the first Sunday of each month (beginning March 6), the Heidel's white Ford Ranger pick-up will be parked in the CCU parking lot. Simply place your donation in the back; it would be helpful (but not required) if the containers are sorted into separate bags—plastic, glass and aluminum cans. They will be delivered to IHS within a couple days.

Since Reynold's Recycling has announced they will be receiving other glass containers (wine, food, cosmetics) that are CLEAN and paying 4 cents per pound for them, we will give that a try also. Please make sure they are in separate bags.

And, please: ONLY HI-5 CONTAINERS AND GLASS - not other recycling.

Please call John at 261-4585 if you have any questions or concerns.

CCU Hosts Family Promise 3/13-20 -- Happy Anniversary!

This month will be the 5th anniversary of Family Promise, and CCU was the first church to host!!

CCU will be hosting "houseless" guests again in our upstairs classrooms during the evenings of March 13-19. We also serve wonderful dinners for them at 6 p.m. in our kitchen and provide simple breakfasts before they leave in the mornings, as well as the fixings for lunches, if desired.

If you can be a dinner host or help provide a dinner, or food for breakfast and lunches, call Pat Gilbert, our food coordinator, a 254-3509.

If you can be an overnight host, coming at 8 p.m. and sleeping over until about 7:30 a.m., call Coordinator Marian Heidel at 261-4585.

If you have not done this before and want more information, call Marian and she will answer your questions.

We usually house 2 to 5 families for a total of 15 people, and this year helped provide transitional housing for 14 families (56 people).



If you would like to catch up on what **Ed and Miriam Noyes** (CCU missionary contacts) have been doing in the Democratic Republic of Congo, they are just a click away. You may visit their blog to read the most recent journals. Just go to: <http://noyescongo.blogspot.com/>.



If you would like to read a single article, you may click on the title(s) listed.—[Building a simple tractor wagon](#) (February 5); [Mama Luti learns to read and lead](#) (January 24); or [God doesn't abandon us in our poverty](#) (January 21)



Toilet Paper

According to the Natural Resource Defense Council (NRDC), Americans use an average of 741 pounds of paper per person each year. Forests are logged for virgin timber, and in the process water is polluted and wildlife habitat is destroyed. The pulp and paper industry generates dioxins and

other cancer-causing chemicals and is the third largest industrial source of global warming pollution.

Some of this paper produced is tissues, paper towels and, yes, toilet paper. Check your package of toilet paper . . . most likely it is made from felled trees. Millions of trees are cut down to make toilet paper. To quote a NRDC scientist, "Using toilet paper made from virgin trees is the paper industry equivalent of driving a Hummer." Most of us don't drive Hummers, but we have the toilet paper equivalent in our bathrooms. Time magazine reported in 2009 that toilet paper made from 100% recycled fiber makes up less than 2% of the U.S. market.

Fast Facts:

- If each U.S. family replaced *just one* 500-sheet roll of virgin fiber toilet paper with 100% recycled, we could save over 400,000 trees!
- If each family replaced just one 70-sheet roll of virgin fiber paper towels with 100% recycled, we could save 544,000 trees.
- If each replaced just one 250-count package of virgin fiber paper napkins, we could save 1,000,000 trees.

(Of course we have the even better option of replacing paper towels, tissues and napkins with reusable cloth rags, handkerchiefs and napkins.)

TP Tips:

- Buy 100% recycled TP with at least 80% post-consumer content.
- Buy TP made with clean, safe processes—labeled totally chlorine-free (TCF) or processed chlorine-free (PCF).
- If the brand you are using does not meet the above criteria, write to the manufacturer and let your green voice be heard.

Continued to next page

Continued from Page 4

CCU Thinks Green—Toilet Paper

Resources:

Both Greenpeace (www.greenpeace.org/usa/en/campaigns/forests/tissue-guide) and the NRDC (www.nrdc.org/land/forests/qtissue.asp) have guides recommending which products to buy and which to avoid.

Some good TP choices available locally:

- Whole Foods 365, 100 % recycled content, 80% post-consumer, PCF
- Seventh Generation, 100% recycled content, 80% post-consumer, PCF
- Safeway's Bright Green, 100% recycled content, 80% post-consumer

Our choice: Softness or Forests???????

~jump-start of commission mtgs~

Witness Commission, Sat. 3/5, 9:30 am
Membership Commission, Sat. 3/12, 9 am
Support Commission, Sat. 3/19, 9 am
~in Ohana Room ~
(agendas forthcoming)

See Pg. 3 for Commission Chair/Co-chair listings.

Membership Commission News . Adult Study . . .

March 3, & 16: We will continue a study that explores the similarities and differences of Christianity and Islam. Because there is so much misunderstanding and even more misinformation, it is important that we do what we can to increase our understanding and receive accurate information.

We have begun the last several sessions based on a curriculum written by Ronn Kerr—"Christianity and Islam." The material examines the primary similarities and differences in the hope that a greater understanding will foster acceptance at a time when our secular world seems to be pushing us toward hostility.

Everyone, please join the class on Sunday mornings at 8:30 am in the CCU Ohana Room.

Beginning March 20 and through April 17:

CCU member, the Reverend Dick Walenta, will lead a study on the Gospel of John. Dick writes that the Gospel of John is not a historical attempt—rather it is a literary drama founded on the Greek concept of "logos." The Gospel of John has limited similarity to the synoptic gospels. Dick promises an exciting study and hopes many will join in it. There will be a substitute leader, to be announced, on April 3. The class will meet in the Ohana Room on Sunday mornings at 8:30 am.

Memories

by G. Wyman, guest contributor



A couple of weeks ago, I received a phone call from the past . . . from Chuoc Nguyen whose relationship with CCU extends to more than 30 years ago.

Over an extended period in the late 1970s, CCU sponsored four Southeast Asia refugee families as they re-adjusted their lives and lifestyles into the United States: three from Vietnam as well as a Hmong family from Laos. We lost track of the first one, the father having been a South Vietnam Army Criminal Investigator and fearful of capture and being killed or forced into a lengthy communist "re-education camp."

In the early 1990s Mary Ann and I visited one Vietnamese family, then

living in Fremont, California, and a few years later we stopped in Des Moines, Iowa to rekindle friendship with the Hmong family. Both families have done quite well.

Chuoc Nguyen continues to live in Hawaii. In Vietnam he had been a newspaper editor and a university professor. Had he remained, there would have been severe reprisal under conquering, communist rule. After an awkward time of readjustment here, he has done well and is now retired from the faculties of the University of Hawaii and Hawaii Pacific University. He remains active in assisting other Vietnamese to assimilate into the U.S. and Hawaii way of living.

Chuoc's younger brother married locally, went to the U.H., and now owns a mechanical engineering firm. One of his firm's efforts has been the Whole Foods structure being completed here in Kailua. He and his wife recall their first ever exposure to turkey at a CCU-wide Thanksgiving dinner held in the sanctuary. Their 26-year-old son was born here and is now a featured illustrator for Marvel Comics. Their 22-year-old daughter is a senior in Bio-Engineering at University of California, Davis.

Chuoc's phone call was to invite Mary Ann and me to dinner, to renew acquaintance, and to thank us once again for CCU's great help in getting them started in their new life here. We went; we enjoyed good fellowship as well as a delicious Vietnamese-style dinner. It was particularly gratifying to learn how well these folks have prospered and how devoted they are to helping others. Even though devoutly Roman Catholic, they say they'll come visit CCU one of these days soon.



About Disciples

By Kerry Grogan

*We are Disciples of Christ,
a movement for wholeness
in a fragmented world.
As part of the one body of Christ,
we welcome all to the Lord's Table
as God has welcomed us.*

Disciples of Christ Statement Of Identity

The **Christian Church (Disciples of Christ)**, while founded on American soil in the early 1800s, is uniquely equipped to live up to its identity that it is a "movement for wholeness in a fragmented world." The denomination was born in the 1800s, and continues to be influenced by its founding ideals of our unity in Christ with openness and diversity in practice and belief.

The Vision of the Christian Church (DOC)

To be a faithful, growing church, that demonstrates true community, deep Christian spirituality and a passion for justice.
- Micah 6:8

The Mission of the Christian Church (DOC)

To be and to share the Good News of Jesus Christ, witnessing, loving and serving from our doorsteps "to the ends of the earth." - Acts 1:8

The Confession of the Christian Church (DOC)

As members of the Christian Church,
We confess that Jesus is the Christ,
the Son of the living God,
and proclaim him Lord and Savior of the world.

The Preamble to The Design of the Christian Church (Disciples of Christ)

The church is identified with the Protestant "mainstream" and is widely involved in social and other concerns. Disciples have supported vigorously world and national programs of education, agricultural assistance, racial reconciliation, care of the developmentally disabled and aid to victims of war and calamity.

The denomination now counts about 700,000 members in the United States and Canada in about 3,700 congregations. Numerically, the strength of the Disciples of Christ runs in a broad arc that sweeps from Ohio and Kentucky through the Midwest and down into Oklahoma



About Presbyterians

by Rosemary Allen

Sources from Presbyterian publications have brought news of a wide variety of activities in local congregations—in mission, worship, local outreach & many other ventures. Let me share some:

On the sprawling Navajo Nation reservation in Arizona is small Trinity Presbyterian Church in Chinle—and elder Vicky Kayaani who a few years ago began church school classes for "from babies to 6th grade," is now teaching 15-10 children each Sunday. She is single but a "second mom" to the close-knit community's children and also does summer programs and camp counseling, plus including mission volunteers from other Presbyterian communities.

A unique ministry was founded in Menlo Park Presbyterian Church in California when artist Marianne Lettieri organized "Arts of the Covenant." The group encourages artists to "express their faith through their creativity," began with 6 people & now has 150 members including graphic artists, sculptors, painters, photographers, and on! They organize art projects within the church, but also feel their ministry goes "far beyond the walls of the church." (Samples of art may be found in August 2010 "Presbyterian Today.")

An unusual ministry at Valley Presbyterian Church in Paradise Valley, Arizona, is a Divorce Recovery Program. The program's director, Mary Ulick, sees healing through sharing, guidance & compassion—from a Christian perspective but open to people of all faiths (or none).

Albert Cheng came to the USA a survivor from Cambodia's Khmer Rouge killing fields and became custodian at Canyon Creek Presbyterian Church in Richardson, Teas. Here he feels his life was "transformed by an encounter with God's love." He converted from Buddhism & was baptized as a Christian at the church in 1998. Now he serves in teaching, singing & as a deacon at Canyon Creek as well as organizing a Cambodian fellowship in his presbytery & has led several mission trips to Cambodia.

First Presbyterian Church of Fenton, Michigan last year began sponsoring the "unplugged Club" for a nearby nature sanctuary. One Saturday each month up to 40 children gather to enjoy being out-of-doors to play & explore with activities such as nature treasure hunts. Pastor Dale Swihart believes that children can find a sense of awe in nature while out-of-doors & begin "sensing the presence of God" there.

Presbyterian publications feature many articles, columns, news, etc. by very good writers & photographers & artists—here & there a theologian, too. There are copies in the CCU office.

from Gerry Madison . . .

Coffee Ministry Goes Greener and Better!

This article appeared in last month's newsletter. We thought it beneficial to repeat it. Kerry & Jane

A major upgrade to the Coffee Ministry is underway. We are in the process of joining the Equal Exchange Interfaith Program, a network of faith communities working to create a greener and more just food system.



Equal Exchange, a worker-owned cooperative, works with small farmer cooperatives in Latin America, Africa, Asia and the U.S. building just trading relationships based on trust, fair prices, affordable credit and environmental sustainability.

Equal Exchange's Interfaith Program partners with communities of faith like ours as we learn about and promote Fair Trade. We can live out our values through our consumer choices and enable small farming communities to provide for their families, green our planet and build a better future.

The Interfaith Program offers 100% organic and fairly traded coffee, tea, cocoa, chocolate and nuts at wholesale pricing to congregations and faith groups. Both the Disciples of Christ and the PC/USA Coffee Projects partner with Equal Exchange.



We will be phasing in our E/E products as our current supplies run out. Our initial offerings will be: Organic Breakfast Blend regular and decaffeinated coffees; Organic English Breakfast and Black teas; Organic Hot Cocoa with organic milk powder; and Organic Cane Sugar packets. Look for them soon at the Aloha Fellowship Hour!



"Green" opportunity—On Sunday, 2/5, Valentine cards were available for sending to Senators; the message urged them to oppose efforts to roll back the Clean Air Act.

**CHRIST CHURCH
UNITING**

Providing support for

- Spiritual growth
- Community building
- Social justice actions

Worship: Sundays 10 am

1300 Kailua Road
Kailua, HI 96734-4356
(808) 262-6911
ccu@hawaii.rr.com

Pastor Kerry Grogan
(808) 354-3427

CCU is a union congregation
of Disciples & Presbyterians

www.ceukailua.org

CCU is....

Welcoming

Loving

Open-minded

Creative

(and of course...)

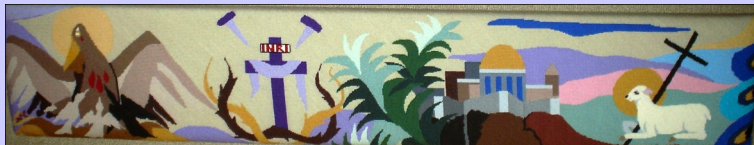
Well-read

Lay & Elder Worship Assignments for March 2011

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

Date	Name	Duty
3/6	Charlene Hosenfeld & Rollo Scheurenbrand	Ushers/Greeters
	Rosemary Allen	Morning Prayer
	Wendy Teixeira	Scripture Reader
	Melissa Belanger	P. Prayers/Serve Comm./Bldg Lock-up
3/13	Jon & Beth/Eli Davidann	Ushers/Greeters
	Susan Wilson	Morning Prayer
	Jan Stiles	Scripture Reader
	Paul Snipes	P. Prayers/Serve Comm./Bldg Lock-up
3/20	Mary Stone & Lola McAvoy	Ushers/Greeters
	Claire Schrader	Morning Prayer
	Bill Muench	Scripture Reader
	Jane Muench	P. Prayers/Serve Comm./Bldg Lock-up
3/27	E. K. Whiting	Ushers/Greeters
	Cathy Lyman	Morning Prayer
	Connie Mitchell	Scripture Reader
	Mark Mitchell	P. Prayers/Serve Comm./Bldg Lock-up
	John Heidel	

March Communion Preparation: Susan Wilson
February Tellers: Paul Haring & Rollo Scheurenbrand



March Birthdays

Sharon Dzakowic.....	1
Mike Grogan.....	2
"Doc" Wilson.....	2
Logan Grantham.....	6
Ian Lansdown.....	7
Wanda Nichols.....	8
Keith Zeilinger.....	11
Patrick Tom.....	21
Bob Grantham.....	22
Adam Zeilinger.....	24
Peggy Haring.....	26
William Grantham.....	28

March Anniversaries

Marianne & E. K. Whiting..... 5

March Flower Calendar

3/6	Mitchell
3/13	Schrader
3/20	McAvoy
3/27	Open

OUTSTANDING ACHIEVEMENT 30 JUNE 2009 TO 1 JULY 2010

ACCOMPLISHMENTS

Senior Airman Allyson J. O'Connell distinguished herself by outstanding achievement while assigned to the 169th Intelligence Squadron. Airman O'Connell successfully transferred her academic knowledge to preparations for real world operations and demonstrated devotion to duty. While deployed, Airman O'Connell served as a cryptologic linguist, logging over 200 hours flying combat support missions under extremely hazardous conditions. Airman O'Connell selflessly spent over 60 hours as a Pashto translator at the Craig Joint Theater Hospital, in support of the Task Force Medical volunteer program, greatly improving quality of life and care for United States, coalition, and civilian patients. While at home station, Airman O'Connell strives to hone her language capabilities and mentor younger airmen and continues to demonstrate her ability to make significant contributions in our nation's defense. The distinctive accomplishments of Airman O'Connell reflect credit upon herself, the Air National Guard, and the United States Air Force.

DEPARTMENT OF THE AIR FORCE

THIS IS TO CERTIFY THAT
THE AIR FORCE ACHIEVEMENT MEDAL
HAS BEEN AWARDED TO
SENIOR AIRMAN ALLYSSON J. O'CONNELL

FOR
OUTSTANDING ACHIEVEMENT
30 JUNE 2009 TO 1 JULY 2010

ACCOMPLISHMENTS
Senior Airman Allyson J. O'Connell distinguished herself by outstanding achievement while assigned to the 169th Intelligence Squadron. Airman O'Connell successfully transferred her academic knowledge to preparations for real world operations and demonstrated devotion to duty. While deployed, Airman O'Connell served as a cryptologic linguist, logging over 200 hours flying combat support missions under extremely hazardous conditions. Airman O'Connell selflessly spent over 60 hours as a Pashto translator at the Craig Joint Theater Hospital, in support of the Task Force Medical volunteer program, greatly improving quality of life and care for United States, coalition, and civilian patients. While at home station, Airman O'Connell strives to hone her language capabilities and mentor younger airmen and continues to demonstrate her ability to make significant contributions in our nation's defense. The distinctive accomplishments of Airman O'Connell reflect credit upon herself, the Air National Guard, and the United States Air Force.

GIVEN UNDER MY HAND
28 December 2010

10

Congratulations, Allyson, from all of us at CCU!

Bob and June Grantham proudly and happily share that their granddaughter, Allyson O'Connell, recently received the U. S. Air Force Achievement Medal.