



September: Food Education Month

As we send our children off to school with packed lunches & when we cook at home, let's do it safely. Following four simple steps can help protect you and your loved ones from food poisoning. You see, bacteria can multiply rapidly if left at room temperature or in the "danger zone" (between 40° and 140° F). Never leave perishable food out for ≥ 2 hrs (or 1hr if exposed to temperatures above 90°)

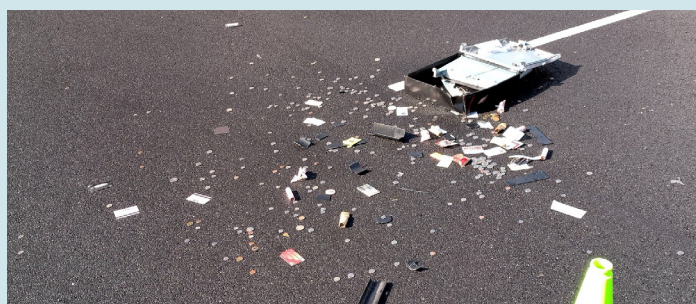
Clean: Wash your hands for ≥ 20 seconds with soap & water before, during, & after preparing food, before eating. (Always wash hands after handling uncooked meat, chicken and other poultry, seafood, flour, or eggs). Wash utensils, cutting boards, & countertops with hot, soapy water after preparing each food item. Rinse fresh fruits and vegetables under running water.

Separate: Don't cross-contaminate. When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods. (Keep raw or marinating meat, poultry, seafood, and eggs separate from all other foods in the refrigerator). Store raw meat, poultry, & seafood in sealed containers or wrap them securely so the juices don't leak onto other foods. Use one cutting board for raw meat, poultry, & seafood, & a separate cutting board for produce, bread, & other foods that won't be cooked. Raw chicken is ready to cook & doesn't need to be washed first. Washing can spread germs to other foods, the sink, & counter.

Cook to the right temperature. Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell this, is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture (except for seafood). Use a food thermometer to ensure foods are cooked to a safe internal temperature. Whole cuts of beef, veal, lamb, and pork, including fresh ham: 145°F (then allow the meat to rest for 3 minutes before carving or eating). Fish with fins: 145°F or cook until the flesh is opaque and separates easily with a fork. Ground meats, such as beef and pork: 160°F. All poultry, including ground chicken and turkey: 165°F. Leftovers and casseroles: 165°F. Microwave food thoroughly: Follow recommended cooking & standing times. Letting food sit

for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely. (Know your microwave's wattage!) When reheating, use a food thermometer to assure the food reaches 165°F.

Chill: Refrigerate promptly. Keep your refrigerator at 40°F or below & your freezer at 0°F or below, & throw food out before it spoils. (If your refrigerator doesn't have a built-in thermometer, keep an appliance thermometer inside & check the temperature). Package warm or hot food into several clean, shallow containers and then refrigerate. It's okay to put small portions of hot food in the refrigerator since they will chill faster. Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, & cooked leftovers) within 2 hours. If the food is exposed to temperatures above 90°F, like a hot car or picnic, refrigerate it within 1 hour. Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw food on the counter: bacteria multiply quickly in the parts of the food that reach room temperature.



Never a dull day at St Peter's! Our parking lot was an active crime scene a couple of weeks ago. Our sexton was taking out the trash and discovered cash register drawers scattered in our parking lot. Apparently, some thieves broke into a business or businesses and decided to come to the church parking lot to use a crowbar to open the drawers and remove the cash. They left credit cards, coins, and other debris all over the parking lot. Police took photos as part of their investigation. — *Paul Schultz*



Thanks to Molly Olmsted for pictures from our Fall Picnic last Sunday!

Worship for Sept. 17

Time after Pentecost

Traditional Worship & Communion

8:00 a.m.

Preaching: Pastor Ross

Traditional Worship

10:30 a.m.

Preaching: Pastor Ross

New Day Worship & Communion

10:30 a.m.

Preaching: Sister Dottie



EVANGELICAL LUTHERAN CHURCH

10 Delp Road
Lancaster, PA 17601

Upcoming Worship Schedule

September 17

8:00 a.m. — Lector: Ginny Stickler; Greeters: Lloyd & Marty Bull; Ushers: Ben DeLeonardis & Liz O'Brien; Welcome Center: Ron & Joan Beck; A/V: Tom Chever; Communion Assistants: Randy & Debbie Shue; Altar Guild Coordinator: Debbie Shue; Altar Guild: Nancy LeFevre.

10:30 a.m. — Lector: Becky Lutz; Greeters: Scott & Sharon Breeden; Ushers: Cortes family; Welcome Center: Sherry Weller; A/V: Bill Schlener. Acolytes: Cortes family;

New Day — Communion Assistant: Jenny Sassaman.

Coffee Bar: Mark & Donna Aho.

Flowers Deliverers: Cathy Graver & Becky Lutz.

September 24

8:00 a.m. — Lector: Ann Marie Strubel; Greeters: Travis & Susan Chaby; Ushers: Gene Olson & Kyle Templeton; Welcome Center: Benjamin DeLeonardis; A/V: Jordan Lambert.

10:30 a.m. — Lector: Lois Miklas; Greeters: Dick & Loretta Chubb; Ushers: Geoff & Anneliese Owen; Welcome Center: Libby Stoner; A/V: Bob Preston; Communion Assistants: Clint Frontz & Shirley Gorner; Altar Guild Coordinator: Debbie Shue; Altar Guild: Beverly Swanson.

Quick Notes

LIVING IN COMMUNITY NEW DAY SERMON SERIES — September 17: Romans 14:1-12. This Christian community has significant struggles with diversity. Here Paul helps us understand that despite different practices in worship and personal piety, we do not judge one another. All Christians belong to the Lord Jesus Christ who died for all of us and will judge each of us.

WEDNESDAY BIBLE STUDY — Pastor Ross' Wednesday Bible Study returned earlier today. This week we began our introduction to The Gospel of Mark. Next Wednesday, September 20, we will venture in to Mark, Chapter 1. It is never too late to join in. The class meets from 9:30-11:00 a.m. in the Café. Please bring a bible translation of your choice to class, as we sometimes wander from the appointed texts from Mark.

PUB THEOLOGY THIS WEEK — Join us on September 20 at 6:30 p.m. at Uncommon Pizza for Pub Theology as we discuss the question "does Jesus call us to be 'woke' in church?" All views are welcome as we practice a non-judgmental space for discussion. Please RSVP with Sister Dottie at dottie.almoney@stpeterslutheran.org.

CONGREGATIONAL WASHINGTON DC/ HOLOCAUST MUSEUM TRIP — Join us Saturday, September 30, for a congregational trip to Washington, D.C., for a morning visit to the Capitol Mall and an afternoon at the Holocaust Museum. We will leave from St. Peter's at 7:00 a.m. and plan to return by 8:30 p.m. The cost to attend is \$50 and a sign up form can be found on the narthex table and the fellowship bulletin board. Questions can be directed to Sister Dottie at dottie.almoney@stpeterslutheran.org.

JUST FOR FUN LUNCH — A chance for fun, fellowship and food will be held on Friday, Sept. 29, at noon at the home of Shirley Dombach (2060 Ellsworth Drive). She has a lovely backyard with a pavilion and tables. If it should rain, we will be in her barn. Lunch will be provided by Uncommon Pizza, including sandwiches, salad with dressing, chips and dessert. It will be about \$17/person. Please sign up on the list by the nursery or call Kathy Burke at 717-627-6968 by September 26. We need a count for the caterers. All are welcome!

QUILTING GROUP — The St Peter's Quilting group will resume its meetings on September, 18 at 10:00 a.m. in Augsburg Alley. We would love to welcome interested sewers or non-sewers to join us. Only simple sewing is required or just come and learn how to assemble and tie a quilt. We are always thankful for donations of sheets and cotton fabrics, which may be dropped off in the church office at any time. Come and join in this mission outreach to our local community, where finished quilts will warm and comfort someone in need. For more information contact Rhoda Goss at 717-201-0106 or Donna Aho at 717-371-0310.

Rev. Craig Ross, Senior Pastor • Sister Dottie Almoney, Director of Education & Outreach

Contact Information 717.569.9211 • www.stpeterslutheran.org • office@stpeterslutheran.org