

# Bethlehem Star

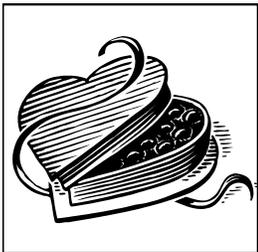
## A Message from Our Pastor

Our Lenten observance begins Ash Wednesday, March 6, with the ancient reminder of our mortality, the Imposition of Ashes, and the reminder of our new life In Christ, Holy Communion. I'm wondering if a few of our bakers would make some actual bread for Holy Communion. It might make a nice Lenten discipline.

Blessings, Pastor Elizabeth

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Happy Valentine's  
Day  
February 14!

### Gluten-Free Communion Bread Recipe

by Tami Groth, ELCA Diaconal Minister, Western Iowa Synod, from her blog [Gluten-Free Communion Bread ... a beginning](#)

The requirements for this recipe included that it had to be not only gluten-free, but also free of all of the top allergens and preferably free of the common food sensitivities that many individuals with Celiac disease also seem to have. For these reasons I did not want to use a pre-mixed gluten-free flour blend. If you do decide to use such a blend, please look for one that is free of other allergens, and be sure to post all of its ingredients when you post the recipe you use for the communion bread you are serving. The bread also had to taste good and be easy to work with when tearing it for communion. See detailed notes below the recipe!

#### Ingredients:

- Brown Rice Flour: 1 1/4 cup
- Tapioca flour: 1 1/4 cup
- Teff Flour: 1/2 cup
- Sugar: 1/4 cup
- Baking soda: 1/2 tsp
- Baking powder: 1 tsp
- Salt: 1/2 tsp
- Psyllium husks (whole): 6 T.
- Oil: 1/4 cup (and bit more for on top of loaves)
- apple cider vinegar: 1/2 tsp.
- Water: 2 cups

(continued)

## Bread (continued)

### Directions:

1. Preheat oven to 350 degrees, and prepare baking pan by lining with parchment paper
2. Mix all dry ingredients in large mixing bowl. Mix well with a whisk, and leave a well for mixing in wet ingredients.
3. Mix wet ingredients (oil, vinegar, water) in together and pour into dry ingredients.
4. Mix well by hand for a couple of minutes until it comes together as a thick sticky batter.
5. Divide into roughly 4 equal portions and shape into round loaves on the prepared pan. If you want the loaves scored with a cross, do so now and very lightly coat with oil)
6. Put in oven for about 12 minutes (time may vary by oven or if you are baking multiple pans at once)

Remove from oven to again coat lightly with oil and re--score the cross if desired. TURN OVEN UP to 400 degrees and bake approximately 12 more minutes.

Remove from oven and place the loaves directly on cooling rack. COOL COMPLETELY. This makes 4 loaves that are about 6 inches in diameter depending on how flat you make them.

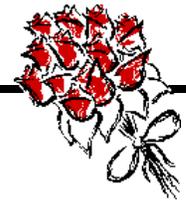
### Notes:

Please use parchment paper. The parchment paper not only serves to keep the bread from sticking to some pan surfaces, but also is essential to keeping a gluten--free environment if you do not have a dedicated gluten--free kitchen. If you use your pans for baking things with gluten, PLEASE use clean parchment paper to cover the surface of the pan as some individuals are sensitive enough to cross contamination that a speck of a crumb left behind could make a difference. If you want to be sure the bread is completely CORN FREE as well, you will need to use a corn free baking powder (or make your own) The Psyllium husks are essential to this recipe, and even ingredients with similar properties, such as flax seeds, have not given the same texture. I am experimenting with using less of it though.

<http://nisynod.org/gluten-free-communion-bread-recipe/>



On behalf of CROP Hunger Walk, our Food Pantry has received a check for \$953.88. . . *“This contribution represents the commitment and compassion of Crop Walk volunteers, walkers, and donors, and is presented in recognition of the outstanding work you’re doing to help stop hunger and poverty in your community. . .”*



## Membership Updates, Concerns and Thanks

### Personal Hygiene Collection Drive

Donations of the following items will be accepted until February 15 at DeKalb Co. Health Dept.,

DeKalb Library, YMCA, or Sycamore Library

*Shampoo, conditioner, chapstick, soap/shower gel, combs, brushes, tampons, pads, lotion, deodorant, baby wipes, hand sanitizer.*

All items collected will be distributed countywide to local Food Pantries.



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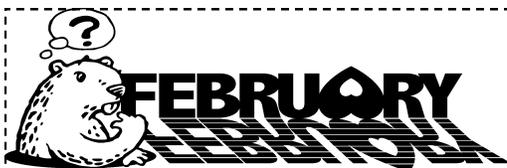
Over 70 with an IRA? Planned giving to Bethlehem is easy! With the new 2018 Tax Law changes there continue to be many different strategies for making charitable contributions to Bethlehem Lutheran Church. One which is particularly appealing for those who have an Individual Retirement Account and are over age 70.5, is the Qualified Charitable Distribution concept. You can simply direct any amount (up to \$100,000 per year) out of your IRA via a direct transfer from the IRA custodian to Bethlehem. Any amount you direct to Bethlehem counts toward the annual required minimum distribution amount and you will not be required to include in income like you normally would—thus you avoid paying federal income tax on this distribution. Call your financial advisor for more tips on planned giving to Bethlehem. You may also contact Jerry Johns (815) 895-3022 and he can tell you what he does.

### **ABOUT VAC—VOLUNTARY ACTION CENTER**

Last year, VAC's nutrition program provided over 277,350 meals through Meals on Wheels, Senior Luncheon locations and childcare programs reaching the elderly, disabled, homebound and others in need. Our TransVAC program provided over 210,500 trips for local seniors, the disabled and others in need, and our MedVAC service provided riders transportation to important medical appointments. Over 15,000 DeKalb County community members stay connected to their communities through VAC services.

**\$100 provides 10 rides to those in need of transportation**

**\$50 provides 10 nutritious meals served throughout the community**



Thank you to all those who helped with our Community Gardens this year—especially Joan, Nadine, Janet and Julie. Volunteers from Food Pantry (thanks Nadine!) picked over 900 lbs of veggies for our clients.