





The Lamplighter

The Newsletter of Emmanuel United Methodist Church!



JUNE 2025

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Do you have something for our newsletter? Send items to the editor, Rick Bergmann at lamplighter@eumcbeltsville.com

If you notice an error or omission please email us at lamplighter@eumcbeltsville.com



From the Pastor's Desk...

We're Engaged!

Emmanuel UMC is actively engaged in the Beltsville community, making us a community engagement church.

As a community engagement church, Emmanuel is deeply committed to the well-being and needs of those around us. This means we extend beyond our own congregation. Our focus is not just on internal church activities, but on being an external presence—visible, relevant, and involved in the everyday lives of people beyond the four walls of our sanctuary.

Engaging with the community goes beyond traditional worship services. It includes hosting events, providing resources, addressing local challenges, and partnering with organizations to serve our neighbors in meaningful ways.

Our involvement reaches past the heart of Beltsville. We show up at community events like Beltsville Day, support local initiatives such as Beltsville Cats, and collaborate with groups like Duckworth School to offer tangible help and support.

Now more than ever, our community is facing growing needs and challenges. This moment presents an opportunity for deeper engagement—through ministries like food distribution, donations to homeless shelters, refugee support, and helping families find safe and affordable housing.

Community engagement is a powerful way to share our faith. We demonstrate the love of God and the Gospel of Jesus Christ in practical, compassionate ways. In doing so, we live out our mission to be a Christlike presence in the neighborhood. This kind of engagement is built on core values:

- Love for God and neighbor
- Service to others
- Collaborative partnership

As a community engagement church, we strive to stay aware of the changes affecting Beltsville—because those same changes impact our congregation. We are called to be prayerful, mindful, and responsive, using each opportunity to share our faith while addressing realworld needs. With God's guidance, we continue to offer spiritual support, share the Gospel, and serve as a positive, loving force in our community.

Pastor King



We need to take a moment to thank our volunteers at Emmanuel who work tirelessly behind the scenes to keep the church and it's ministries going. Without them, Emmanuel wouldn't function smoothly.

• Thank you to Judy and Linda Hiner who make sure communion is set up for us each month as well as carpooling with members of our church who aren't able to

drive anymore.

- Thank you to Sonia Kassambara, Debbie McNitt, and Suzie Mendolsohn for being our worship leader team and guiding us through service every Sunday.
- Thank you to John Claye and Howie Watson for ushering on Sunday mornings.
- Thank you to our finance counting team, Debbie McNitt, Sonia Kassambara, John Claye, Bart Seedee, Sallie Rhodes, and Suzie Mendolsohn.
- Thank you to Cale and CJ Fuller who keep our AC and heat running as well as other maintenance projects.
- **♦** Thank you to Karen Mackey who makes sure the sanctuary is decorated for the seasons and the banners are hung
- Thank you to Suzie Mendolsohn for volunteering in the office and meeting with workmen during the day when we are unable to do so.
- Thank you to Becky Cavallo, Karen Mackey, and Debbie McNitt for coordinating our monthly potlucks.
- Thank you to Yolanda Watson, Howie Watson and Mekai Nicholas for running our monthly food distribution as well as the community members who graciously give their time.
- Thank you to everyone who does those little things that no one notices that make a huge difference!

A church is only as strong as its volunteers. If you can help, reach out to the office or one of the people on the list above. It doesn't take a lot of time but it makes a big impact!

Annual Conference 2025

The following article was written by Rev. Stephen A. Tillett, Ordained Elder and Member of the Baltimore-Washington Conference

At the opening session of the Baltimore-Washington Conference of the United Methodist Church. MyBishop, Bishop LaTrelle Miller Easterling delivered a stirring and poignant opening address to our conference, many of whom have members reeling under the assault on the federal government workforce. She spoke boldly against the excesses and the evil we are currently facing.

Some of the pearls she dropped:

- 1. "This is spiritual warfare...Sometimes you have to rebuke things in the name of Jesus!"...
- 2. Dwell not in despair but Joy. Dwell not in cynicism but hope. Dwell not in the echo chamber of anger but only in the cadence of truth and beauty. Dwell not in death.
- 3. Dwell in Joy that stands tall even in the lowest valley. Dwell in Joy that sings even when tears begin to fall down. Dwell in Joy, even when the hell hounds are nipping at your heels. Joy is always a courageous counterpoint.
- 4. Let the world see a church unshaken. Not because we're blind to the pain, but because we are rooted in a deeper promise. We will not only have the peace of God but also the God of peace. The God of Peace is with us in the fire. The God of Peace is 'the fourth man in the fire'...
- 5. CALL ON THE NAME OF THE LORD!"

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand." (Ephesians 6:10-13)



Emmanuel Members Had A Great Time At Beltsville Day!

Beltsville day was held on May 18th and many members of Emmanuel were on hand to help out. Here are some pictures from Beltsville Day 2025!



This is the pole at the end of the handicapped side walk. The fuse link has dropped out, killing one of the three hot lines coming to the church.

Power Outage At Emmanuel

On the afternoon of May 27, we got a call from the school that rents our education building telling us that the lights in the downstairs hallway suddenly went out. That was quickly followed by several classrooms losing power as well. While Pastor King was on the phone with Pepco, Rick Bergmann was on the phone with the school walking them through where the breaker panels were to see if a fuse had blown. All the fuses were fine and Pepco was showing we had power.

We reached out to Gary Heath, an electrician and Emmanuel Member, who went over to the school and took a look at things. He found that we were only getting 12 volts into the building where it should have been 120. He believed this was an issue on Pepco's end. He walked outside and noticed a fuse link had dropped at the top of the power pole which essentially killed one of the lines going into the church.

Pastor worked with Pepco to have them come out and by the next morning power was restored. We want to thank Pastor, Gary, Rick and the school for working to get the problem solved.

Ida Well's Spider Plant



Dear Rev. King:

It was a pleasure meeting you at Ernie Kilbourne's birthday bash. As promised, I'm sending you a photo of the 47-year-old spider plant that started out in a coffee cup in Ida Wells' 2nd grade Sunday School class. This plant has moved with me to Ohio (when my family moved from Beltsville in Dec. 1982) to college to various apartments in early adulthood and now to my home of 15 years off of 16th St in DC. I have shared many offshoots with colleagues and students over the years, so the plant lives on in many, many homes.

I have fond memories of Emmanuel from my early years, and I remain grateful for the presence of the Kilbournes, Kepples, Karpals, and Butchers - plus so many more - in my life in the decades since we moved away.

Wishing you and everyone at Emmanuel a very happy Easter.

Sincerely, Paul Heins

United Women In Faith Will Be Hosting A Movie Day!

Following service on June 22 The United Women In Faith will be hosting a movie and pizza after service. More details will be announced in the coming weeks, so keep your eyes and ears open!



An Opportunity to Serve!

We are looking for one or two more members for our worship leader team. The worship leader is responsible for guiding the service. Everything you need is sent to you approximately one week ahead of time for you to practice and you only need to be at church about 10 minutes before service begins to do a quick sound check. If you are interested in helping email the office at

office@eumcbeltsville.com today!

Important Note about Zoom



Beginning in September, we will no longer be streaming our service over Zoom. We will move the service to YouTube, Facebook and our website. There will be a link sent out each week for the service and you will also be able to subscribe to our channel on YouTube, which will notify you of the new videos. The link for prayer requests will be sent out weekly so those wishing to request prayers or share joys can send them to the church to be read during service.



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Emmanuel To Host Bishop From Sierra Leonne

Dear Members of Emmanuel,

I am very pleased to inform you that the newly elected Bishop, Dr. James Boye-Caulker of the United Methodist Church Conference in Sierra Leone, is currently in the U.S. for the All-Bishops Conference. He will be visiting the DMV area from June 13th to June 15th.

We, the congregation of EUMC, are honored to have him worship with us on Sunday, June 15th, during our morning service. Following the service, there will be a community gathering with the Sierra Leonean community and well-wishers at 1:00 PM, preceded by a luncheon in the educational building. We hope you can join us! Many blessings and prayers to the Emmanuel congregation, and thank you in advance for your support. Warm regards,

John Claye, Lay Leader Emmanuel UMC

Bishop announces new BWC structure

Beloved of God,

Grace and peace to you in the name of our Risen Savior, Jesus the Christ.

It is with great excitement and joy that I share the new structure of the Baltimore-Washington Conference, as well as the new names for our districts with you. As we transition from eight districts to six, we do so with a renewed call to mission, ministry and our baptismal covenant. This sacred realignment is not merely administrative; it is a movement of the Spirit, a response to the living waters that continue to flow through our hearts, our churches, and our communities. We will experience revival as we gather in new districts and hubs to form lasting relationships and wade into the deep of mission and ministry together.

And make no mistake, this is not a diminishment; rather, it is a deepening. It is not a retreat; rather, it is a redirection. We are being called to move forward, not in fear but in faith. Whether it is the waters of the womb or the waters of baptism, we are always being called to birth something new, to be reborn and transformed. Beloved, we are never called into what was, but always forward into what God is making new.

Just as the waters of baptism do not remain still but ripple outward, so too must our conference evolve to become more agile, more faithful, and more attuned to the needs of the present age. This new structure is an expression of our deep desire to be good stewards of our mission, our resources, and the call to be a bold and courageous Church for the 21st century.

During our Area Celebration, each district superintendent brought forth water from across the area, pouring that water into the baptismal font. That theme of living waters continues as we selected new names for the districts. Each name references a type of water from within that district. This also avoids the appearance of winners and losers with regards to retaining a portion of a former district name. God is doing a new thing among us, and we need to embrace that newness in its totality.

Several directories are available to help you learn more about this change in structure, including:

- An alphabetized list of churches, followed by the name of their hub, district, and district superintendent (https://www.bwcumc.org/bwc-church-directory/)
- A listing of hubs in alphabetical order, with the Connecting Church in bold (https://www.bwcumc.org/bwc-hub-directory/)
- A map of the new districts (https://tinyurl.com/4nx4vmvp)

I give thanks for the leaders, clergy, and laity who have prayed, planned, and partnered to make this new day possible. I give God thanks for the Connecting Churches and Pastors whose enthusiasm and commitment will lead us into greater vitality. I give thanks for each district superintendent who will shepherd this transition with care and clarity. And I give thanks for you — the saints of the Baltimore-Washington Conference — who, having been claimed in the waters of baptism, continue to live out your calling with courage and compassion.

Living waters cleanse, they renew, and they unite. They remind us that though we may be many, we are one body, baptized by one Spirit into one hope. May we flow together, one stream, one Spirit, one mission, toward the Beloved Community that God still dreams for us.

In the Name of the One who fills us with Living Water, Bishop LaTrelle Miller Easterling Resident Bishop, The Baltimore-Washington Conference



Congratulations To All The Children Who Are Involved With Up-Stage Artists "The Adventures of a Comic Book Artist: The Musical!"

UpStage Artists are beginning work on there annual children and family production in June, The Adventures of a Comic Book Artist: The Musical! They are excited to welcome a mix of new comers and veterans to their program. Providing children with a creative outlet like theater is very important.

Theater offers children a range of benefits, from boosting their imagination and communication skills to fostering empathy

and confidence. It can also enhance academic performance and provide a sense of belonging and escapism. Here are some of the benefits to children who are involved in theater:

• Imagination and Creativity

Theater allows children to explore different worlds, characters, and situations, stimulating their imagination and creativity.

• Reading and Comprehension

Theater can improve reading comprehension through the study of scripts, literature, and dramatic texts.

• Memorization and Focus

Memorizing lines and rehearsing for performances strengthens memory and improves focus.

• Executive Functioning

Theater helps develop skills like planning, organizing, and self-regulation, which are crucial for academic success.

• Empathy and Emotional Understanding

By embodying different characters, children learn to understand and empathize with diverse perspectives and emotions.

Communication and Public Speaking

Theater provides opportunities to practice public speaking, develop verbal and non-verbal communication skills, and build confidence.

• Teamwork and Collaboration

Theater productions require collaboration, encouraging children to work together, communicate effectively, and learn to compromise.

Social Skills

Participating in theater helps children build social skills, make new friends, and navigate social situations with greater ease.

• Confidence and Self-Expression

Theater boosts self-confidence and allows children to express themselves through acting, singing, and dancing.

Cultural Awareness

Exposure to diverse theatrical works broadens children's understanding of different cultures and perspectives.

Academic Achievement

Studies have shown that involvement in the arts, including theater, positively impacts academic performance and attendance

UpStage Artists works hard to instill these skills in everyone it works with, particularly the children. It's our hope that they come out of the program with a desire to continue to be a well rounded, open minded, creative individual.

Come out and see the kids when the show opens on July 25. More details will be in the next edition of the Lamplighter, but you can buy tickets now at www.upstageartists.com

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History of Hymns: 'With Water Freely Flowing'

By Carolien Tantra

"With Water Freely Flowing"
by Larry E. Schultz
Celebrating Grace Hymnal, 450
Community of Christ Sings, 502
Voices Together, 452
With water freely flowing we celebrate new birth,
in sacred sign expressing God's love for all on earth.
The Well of Living Water springs up for us this day;
engulfed by love's acceptance, our fears are washed away.
Words: © 2010 Celebrating Grace, Inc. Used by permission. All rights reserved.

During the second week of January in the Epiphany season, the church celebrates the Baptism of Jesus in the liturgical calendar. Jesus, the Lamb of God (John 1:29), was baptized as an example to humanity and a fulfillment of God's salvific promise that he would bear the sins of the world.

The hymn, "With Water Freely Flowing," penned by Larry E. Schultz (b. 1965), describes the symbolism of freely flowing water in Christian baptism. Baptism plays a significant representation of new birth in Christians' lives. Some

Christians view baptism as a subsequent step after believing in Christ who died on the cross to atone for sins and saved their lives from the wrath of God. Baptism is a sign of witness to others that Christians have received new life in Christ. Some Christians believe that baptism represents a new birth and a commitment to follow Jesus' ways in their daily lives. This includes a willingness to serve others and work toward justice, peace, and love for all people. Some Christians view baptism as a welcoming entrance into the church, uniting them as one faith community in Christ. Thus, in this view, baptism becomes a celebratory welcome into a loving community.

The Baptist music minister, Larry E. Schultz, grew up in Tulsa, Oklahoma. His winning in the high school division of a choral composition contest sponsored by Oklahoma Baptists encouraged him to develop the skills of composition to be used in his ministry. He received a Bachelor of Music degree in theory and composition from the Warren M. Angell College of Fine Arts at Oklahoma Baptist University in 1986. He continued his studies at Southern Baptist Theological Seminary, Louisville, Kentucky, earning a Master of Church Music degree in 1989. He has served as Minister of Music at Pullen Memorial Baptist Church (Raleigh, North Carolina) since 2001. Schultz has written hymns, choral music, and instrumental music for church, school, and community.

Stanza one of this hymn begins with the word "water," which is the sacred sign of the new birth in Christ. Christians celebrate the new birth in Christ that is made possible by God's abundant love. Schultz uses the metaphor of freely flowing water to portray God's abundant love that flows for all people on earth. Jesus Christ is the Well of Living Water given by God to all people as a demonstration and fulfillment of God's abundant love.

The Living Water offers himself to the people. When we accept the offer, encounter the giver, and drink the Living Water, which is Jesus himself, we will be contented in him. We will no longer be afraid because Jesus accepts us as we are and washes our fears away, just as he did to the Samaritan woman in John 4. We will no longer be thirsty because the Living Water will continue to flow within us eternally.

Stanza two focuses on the Spirit. The writer depicts the Spirit as a "descending dove" and "startling Presence," as well as "The Breath of God": "רוֹם") "Ruach," in Hebrew). Stanza two echoes the story of the baptism of Jesus in the four Gospels (Matt 3:13–17; Mark 1:8–11; Luke 3:21–22; and John 1:29–34). The Holy Spirit, symbolized by a dove, descended upon Jesus' head, and God's voice from heaven called him his dearly loved Son.

The words "startling Presence" in stanza two refer to the sudden appearance of the Spirit and to the divine presence in life that appears when least expected. The love that is mentioned in stanza one and the breath of God dwell in Christians to sustain and enliven them so that they live a life that goes beyond the baptism and see their baptism as a sign to start living by the Holy Spirit.

"By water and the Spirit baptized in Christ," in stanza three points out the significance of baptism in Jesus. John the Baptist predicts that Jesus, the Messiah who will come after him, baptizes with more than water; Jesus will baptize with the Holy Spirit (John 1:33). John's statement in John 1:33 parallels John 1:29 "Behold, the Lamb of God, who takes away the sin of the world!" John's two statements emphasize two great works of the Messiah: removing sin and bestowing the Holy Spirit.

Continued on the next page

History of Hymns continued

Christians who have put their faith in God and have been baptized by water and the Spirit have experienced the transformative power of God in their lives. They have been engulfed by the love and grace of God who sent Jesus, his only Son, to remove their sins and wash away their fears.

Baptism becomes a sign and witness of Christians beginning the journey of faith. Baptism by water and the Spirit is also a sign of the availability of God's grace to Christians that enables Christians to walk in this journey of faith. Through the love, grace, and presence of God, Jesus Christ, and the Holy Spirit, implied in this hymn, the text reemphasizes the presence and role of God the Trinity in the lives of believers.

The hymn employs 7.6.7.6 D meter and is published in three hymnals with two different tunes. The tune OPEN HEART was composed by Amanda Husberg (1940–2021). Husberg has composed more than 286 hymn tunes that have been published in the United States, Canada, Brazil, the United Kingdom, and China. She has also written hymns that appear in many hymnals and supplements published by various publishers. She was a life member of The Hymn Society in the United States and Canada. She frequently attended and led the congregational singing sectionals at Hymn Society annual conferences.

The tune MERLE'S TUNE was composed by Hal Harold Hopson (b. 1933). Hopson is a professor, leader, organist, and conductor. He has composed and arranged hundreds of musical works.

The tune OPEN HEART by Husberg is published in Voices Together (2020); the tune MERLE'S TUNE by Hopson is published in Celebrating Grace (2010) and Community of Christ Sings (2013). In the liturgical setting, the hymn "With Water Freely Flowing" can be sung during the Epiphany season on the second week of January at a baptismal service or during the confirmation of faith moment. To portray new life in Christ, the hymn can be played and sung in a more joyful mood.

Larry E. Schultz, the author of "With Water Freely Flowing," has collaborated with hymn writer Jann Aldredge-Clanton (b. 1946), as the composer, arranger, and music editor for several collections, including Inclusive Hymns for Liberating Christians (2006), Inclusive Hymns for Liberation, Peace, and Justice (2011), Earth Transformed with Music! (2015), and Inclusive Songs for Resistance and Social Action (2018).

The Stewardship Committee's latest budget raising idea: 4-Channel headsets.





Cooking with Pastor King: No Bake Cheesecake with options

Ingredients

For the Crust:

Option 1

Combine

36 Oreo Cookies (crushed in a zip lock bag if you do not have a food processor)

½ cup butter melted

Option 2

Mix together

2 cups graham cracker crumbs

1 teaspoon cinnamon

½ cup butter melted

1/4 cup granulated sugar

1 tablespoon brown sugar

½ teaspoon cinnamon

NOTES: If you do not have graham crackers, use crushed pretzels, butter cookies, vanilla wafers, even Ritz crackers. If your main crust ingredient is already salty, use unsalted butter.

Press the mixture into a pie plate or pan. Set aside in refrigerator.

Psst: You can always use a ready-made crust!

For the Filling:

2 (8-ounce) blocks cream cheese softened to room temperature

1 cup sour cream

2 tablespoons lemon juice

1 cup powdered sugar (or use ½ cup to 1 cup granulated sugar, depending on desired sweetness)

1 teaspoon vanilla extract

1 teaspoon lemon extract

1 8 ounce container of whipped topping (or ½ cup heavy whipping cream)

Blend Cream cheese and sour cream together lemon juice. Add sugar to taste (other sugar substitutes can also be used). Add the vanilla and lemon to suit your taste. At the end, fold in the the whipped topping. If using the heavy cream, whip it first, then fold into mixture.

Spoon the filling into the prepared crust and refrigerate until firm (it can also be placed into a freezer for faster results)

NOTE: if you like a thicker filling, you can always add 1-2 extra blocks of softened cream cheese. Adjust sugar according to your taste.

Use pie filling or fresh fruit as a topping.



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- 2. Patrick Mackey
- 3. Lori Midkiff
- 4. Linda Hiner
- 5. Angela Hatton
- 8. Ikenna Onukwubiri
- 10. Ann Ladd
- 12. Abel Martin
- 26. Rick Zerbe
- 29. Olivia Heath, Beverly Urick
- 30. Emma Claye

tholt



- 3. Olivia and Gary Heath
- 21. Mary Ann and Michael Vaughan
- 24. Tracy and Cale Fuller; Beverly and C.J. Huneycutt 25. Mary and Richard Plan-
- 28. Jim and Debbie McNitt
- 29. Ester and Michael Hatton

Meeting ID: 978 3988 9289 Passcode: 479360

Emmanuel is on Instagram! Follow @eumc beltsville





Join us on Facebook! https://www.facebook.com/groups/ **EUMCBeltsville**

Worship Through Giving: How Can I Give?

Online: www.eumcbeltsville.com/giving or scan the QR Code below. This is a great way to keep up with your giving if you are out of town, are sick or if you can't come to church.



Through the Mail: mail your offering to 11416 Cedar Lane, Beltsville, MD 20705.

Please pray for our homebound

Glen and Pauli Colburn Ernie Kilbourne Emmy Lear

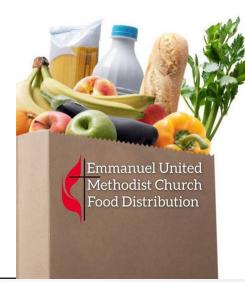


Christian Love and Sympathy to the families of

Col. Roger Harris Hill (friend of Alice White)

June Food Distribution

Saturday, June 28, 2025



Join us on Sunday mornings at 10 am. Use this link if you wish to attend virtually: https://bit.ly/3SVutjU or go to zoom.us and click join a meeting.

The meeting number is 978 3988 9289. The Password is EUMC You can call in on any telephone (cell or landline) at 1-301-715-8592 If you're calling on the telephone the information is





Virtual Bible Study BIBLE STUDY WILL TAKE A SUMMER **HIATUS FROM JUNE UNTIL SEPTEMBER**

		נפלונומנו גווונהם פונינ		www.eumcoeusvute.com		
29 10:00 am Worship (S) 11:15 am Monthly Potluck 6:00 pm Scouts (CSR)	22 10:00 am Worship (S) 11:00 am Pizza and a movie (S) 6:00 pm Scouts (CSR)	15 10:00 am Worship (S) 1:00 pm Sierra Leone Community Worship 6:00 pm Scouts (CSR)	8 10:00 am Worship (S) 11:00 am Potluck (FH) 6:00 pm Scouts (CSR)	1 10:00 am Worship (S) 6:00 pm Scouts (CSR)	Sun	
30 Office Open 7:00 pm UpStage Artists Rehearsal (FH) 7:00 pm Depression Bi Polar Support (V)	23 Office Open 7:00 pm UpStage Artists Rehearsal (FH)	16 Office Open 7:00 pm UpStage Artists Rehearsal (FH)	9 Office Open 7:00 pm UpStage Artists Rehearsal (FH)	2 Office Open 7:00 pm UpStage Artists Rehearsal (FH)	Mon	
OFFICE HOURS M, W 9:30 am - 2:00 pm Calendar Room Key: (FH)- Fellowship Hall (Sanctuary Building) (CSR)- Chester Stewart Room (Education Building) (Zoom)- Virtual (S)- Sanctuary	24 Office Closed	17 Office Closed	10 Office Closed	3 Office Closed	Tue	June 2025
	25 Office Open	18 Office Open	11 Office Open	4 Office Open	Wed	
	26 Office Closed 7:00 pm UpStage Art- ists Rehearsal (FH)	19 Office Closed 7:00 pm UpStage Art- ists Rehearsal (FH)	12 Office Closed 7:00 pm UpStage Art- ists Rehearsal (FH)	5 Office Closed 7:00 pm UpStage Art- ists Rehearsal (FH)	Thu	
	27 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	20 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	13 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	6 Office Closed 7:00 pm UpStage Artists Rehearsal (FH)	Fri	
	28 8:00 am Free Food Distribution 5:00 pm Narcotics Anonymous (CSR)	21 5:00 pm Narcotics Anonymous (CSR)	14 10:00 am UpStage Artists Rehearsal (FH) 5:00 pm Narcotics Anonymous (CSR)	7 10:00 am UpStage Artists Rehearsal (FH) 5:00 pm Narcotics Anonymous (CSR)	Sat	