

THE PRINTS of PEACE

Emmanuel Baptist Church of Gambrills

Changing Lives with Christ

May, 2016

V-B-S! V-B-S!

**Vacation Bible School is only
12 weeks away!**

July 18 – 22 promises to be a spectacular week of ministry to our surrounding community! You'll want to be a part of this work to share Christ's love with these local kids.

We need teachers, helpers, pray-ers, and behind-the-scenes-ers. Let Dave or Alicia Arlen know ASAP of your interest in this vital ministry:
alicia.kay@verizon.net,
arlen.home@verizon.net,
or 410-672-5356.

Save the Dates:

July 18-22



**NATIONAL DAY OF
PRAYER**



Stop in anytime on May 5 between 7 a.m. and 6 p.m. to pray for our country.

Or plan to join us at 7 p.m. for a community prayer service.

**The KID'S STUFF
FLEA MARKET**

We will provide this service to our community on Saturday, May 7, starting at 8:00 a.m., and running until noon.

We need volunteers to monitor the building for 30-60 minutes at a time.

Let the pastor know if you will help.

Rain date is May 14

CAP NEWS

Beginning immediately, the CAP Food Pantry is changing its policy regarding expired canned/boxed foods. Our new policy is that we will give out canned/boxed food that has expired within the current year (e.g., 2016) plus one prior calendar year (2015). Any food with expiration dates of 2014 and older will be thrown out or given to a charity that accepts later dates.

In the past, the Pantry has given out food that was up to 3 years beyond the expiration date and that is generally within USDA guidelines, as most canned/boxed foods are good for 3-5 years after expiration dates. However, that is also dependent on how the food was stored, shipped and handled. With that in mind, as well as the amount of time required to sort through expired foods each time we receive donations, we decided to shorten the timeframe and make the sorting process more simple for our volunteers.

Please contact Charlie, CAP President, if you have any questions or concerns.

410-674-3162 (h)
443-854-9774 (c)
vkb@comcast.net

According to the USDA, high-acid canned goods, like tomatoes and citrus fruits, will keep for up to 1½ years. Low-acid canned goods—that's pretty much everything else, including vegetables, meat, and fish—will last for up to 5 years.

Canned foods are sterile, so they won't host bacteria, but eventually the taste and texture of the items inside will deteriorate. Keep them at room temperature in a dark place, like a cabinet or a pantry.

Of course, there's no way to find out whether a canned food has gone bad unless you open it, so if you can't remember when you bought it and want to err on the safe side, throw it out. And toss any cans that are bulging and leaking or that spurt liquid when opened. Although the toxin that causes botulism is extremely rare in commercial canned goods, damaged cans have a higher chance of being contaminated.

CAP COLLECTION

While you can donate any canned or packaged foods any time, the food drive item for May is Canned Fruit

CHILDREN'S CHOIR

Rehearsal is at 4:00 p.m.

The children's Choir will be rehearsing on **May 6.**

They will be singing in the worship service on **Mother's Day, May 8.**

Our end of the year party date is yet to be determined.

FAX

EBC Church Family,

Do you ever need to send a FAX and don't know where to turn, or find it costs a good bit? You can send a FAX for free from the church. So the next time you need to send a FAX, call pastor Robin to make an appointment.