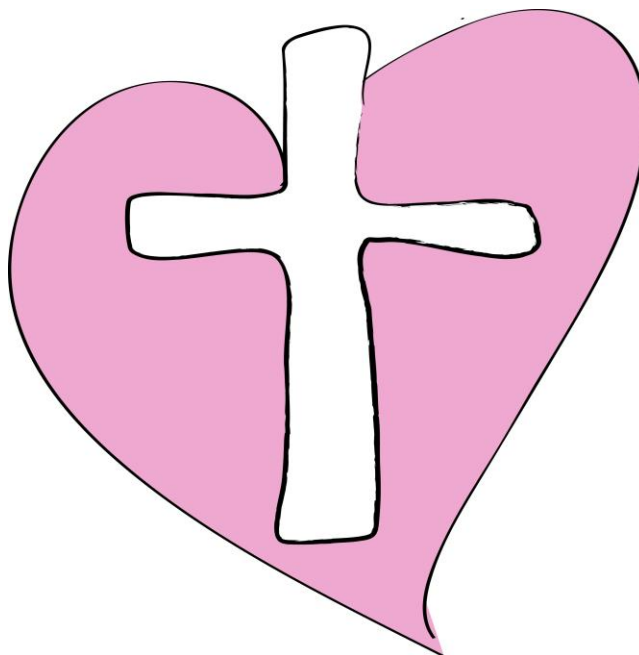


August 8, 2015

Piedmont Park Seventh-day Adventist Church
4801 "A" Street
Lincoln, NE 68510
Office - 402-483-1344 Leave a Message
Renee Schaecher –Administrative Assistant
402-580-1608 (Text)
piedmontparksda@gmail.com
Pastor Michael Halfhill 402-318-1856
Pastor Andy Moseley 402-450-4390



The Family Communiqué

Piedmont Park SDA Church Members: Please join us for an All Church Business Meeting on Monday, August 10, at 7:00pm. This meeting will present the year's budget for church approval. We will also discuss where we are in our Faith for the Future Fundraising Campaign, and our plans for the coming year. All Piedmont Park members are invited to attend. Hope you can join us. Pastor Michael Halfhill

Our next Fellowship Meal will be an ALL Church Potluck, "Bring and Share" Meal to celebrate our Grand Opening for the Building Expansion on August 22. Please plan to bring food to share. If you are not coming but would like to support this ministry please place a monetary donation in a tithe envelope. We will take up a thank offering at the fellowship meal. All who can stay by to put tables and chairs away and help clean up the kitchen and fellowship hall are more than appreciated. Contact: Renee Schaecher-Hospitality Ministry Chair - piedmontparksda@gmail.com, 402-580-1608 (text)

2015-2017 Hospitality Ministry – A New Model

- 1) We plan to have All Church Fellowship Meals every 1st and 3rd Sabbaths
- 2) There may be "by invitation only meals" on Weeks 2, 4, and 5. Contact Office Prior.
- 3) We will usually have Themed Meals – join the email contact group to donate food in support of the meal
- 4) Non-themed food items are accepted gratefully and served on the same serving tables
- 5) We will continue to enjoy ALL Church Potluck Meals for special occasions and holidays
- 6) "Build Your Own Plate" Option – helps with food allergies, intolerances, preferences
- 7) You determine if there will be 2nd servings available! Please donate food and or funds.
- 8) We will work to reduce the overall cost of fellowship meals to help more people donate
- 9) A lower menu cost will help lower cost for each donor and help our other ministries
- 10) We will work to the reduce time & labor per meal. Serving team attends SS and Church
- 11) Small Groups provide another avenue to share and taste your special recipes
- 12) Need quarterly volunteers: Prep team 10:30am-1:00pm and Serving team 12:30 – 2:30pm
- 13) We are building an email contact group. Let us know if you never want to be on the list.

Piedmont Park's next Friday Night Vespers will be on August 14 at 7pm. We will welcome the Sabbath hours together by singing with and listening to music by Darrell & Tammi Daniel, Randy & Phyllis Nelson, Chris & Anna Evens and Vern & Jill Thompson! Come join us! Bring a friend!
Questions: Vanessa Schaecher, ppvespers@gmail.com or 402-486-0629

Friday Night Vespers August 14 at 7pm in Piedmont's Sanctuary



We will welcome the Sabbath hours together by singing with and listening to music by Darrell & Tammi Daniel, Randy & Phyllis Nelson, Chris & Anna Evens and Vern & Jill Thompson! Come join us! Bring a friend!

Questions? Vanessa at ppvespers@gmail.com or 402-486-0629

Union College's Annual Student Move-In will be Sunday, August 16. Come and welcome new students by being available to help them move into the dorms. Sunday, August 16—8:00-10:00am, 10:00am-Noon, Noon-2:00pm, 2:00-4:00pm and 4:00-6:00pm. When you come to help students move in, please check in behind Rees Hall. You will then be directed to the dorm where the most help is needed. If you have any questions, please call the Union College alumni office at 402-486-2503. Thank you! Kenna Lee Carlson

Please mark your calendars for a night of Christian Southern Gospel Music, provided by the Blackwood Legacy Men's Quartet! This free concert will be at Piedmont Park SDA Church on Wednesday evening, August 19 at 7:00pm. A free will offering will be taken up.
Contact: Vanessa Schaecher, ppvespers@gmail.com



Blackwood Legacy

WED—AUG 19, 7 PM

Piedmont Park Seventh-day Adventist Church

4801 A St—Lincoln

Info: 402-489-1344

blackwoodlegacy.com

Forgiven Quartet will be in concert here at Piedmont Park on August 22 at 7:00pm. For more information contact Lou Ann Fredregill, Midwest Gospel Music at 402-792-2450



REGISTRATION FOR THE THIRD ANNUAL EYE RUN is now open! Register now to volunteer, walk, or run for eye health at Holmes Lake on October 4. The EYE RUN is an eye health education event hosted by Christian Record Services for the Blind. Corporate sponsorship opportunities available. Learn more: www.EYERUN.info

Position opening for a Systems Administrator at Union College. For position description go to www.ucollege.edu/staff-openings and submit resume to isdirector@ucollege.edu by August 9. Jonathan Shields, Union College, Human Resources, 402-486-2897, 402-486-2561 fax

Union College seeks an Assistant Director in the Union Market Cafeteria. This person will perform a variety of tasks including managing student workers, meeting college and off-campus catering clients, have a knowledge of quantity food preparation, and delivery of food and services in Union Market operations. Assistant Director will assume the responsibility of operations when the director's absence. Direct resumes and or inquiries to peblanke@ucollege.edu. Jonathan Shields, Union College, Human Resources, 402-486-2897, 402-486-2561 fax

The Good Neighbor Center Needs the following items. You can bring them to Piedmont Park on Sabbath to the Office in the Junior Sabbath School room in the Education Wing. The Welcome Desk can help you know where this is....Our GNCC representative, Charlie Henkelman, will deliver your donations to the Good Neighbor Center. **No large items, please.**

Personal Care Items

Shampoo, soap, toothpaste, toothbrushes, deodorant, feminine hygiene products, hairbrushes, and razors.

Food Items

Non-perishable foods (Canned beans, soup, meat, green beans, rice, flour, canned juices-non frozen, etc.)

Clothing Items

Baby's clothes, men's clothes, new undergarments (adults and children), large-sized clothing for men and women.

Money

GNCC depends on donations for general operating expenses, buying and transporting food for distribution. <http://www.gncclincoln.org/2012/Needs.htm>

CVA Elementary Families:

I have some good news about our final two staffing spots being filled and wanted to share it with you:

1. The School Board voted to offer the after-school director position to Jenne Kaven. Jenne is the mother of a soon-to-be 4th grader, and has lots of experience putting together programs for kids including with Family Services and with the Home School Coop. She is full of fun ideas for our after-school care program and we are excited that she will be on board.

You will have a chance to meet her on Monday night at the Back to School Bash (so don't miss it)! After-school care applications will be available so you can fill them out on Monday night.

2. I also wanted to let you know that Sarah Gilbert will be extending her duties to cover both K-4 Music and now K-4 P.E. We are definitely excited to have Sarah around a bit more! :)

Looking forward to a great 2015-2016 school year!

God bless,
Brian Carlson
Principal
College View Academy
bcarlson@cvak12.org

College View Academy Preschool is currently accepting students for the 2015/16 school year. At CVA Preschool our students gain knowledge through a variety of ways: social, language, beginning math & number, letter recognition and pre-writing skills. Students explore the world around them with hands-on activities in science and creative experiences with art & music. Group times provide opportunities for singing, movement, stories, and sharing. We believe the key to all is the development of student's faith through Bible stories, songs, prayer. I am excited to share more about our program with you if you have any additional questions or would like to tour our classroom. Contact Shannon Chilson at schilson@cvak12.org or text 402-730-1343 for additional information.

CVA Parents:

School is almost upon us, and teachers are working hard to get things ready for your kids starting next Wednesday!

We hope you are planning to attend our **Back-to-School Night Bash on Monday night, August 10**, and I wanted to give you a short run-down of what to expect on that night.

We have three specific goals for this event:

- 1. Pray over each classroom and part of our school*
- 2. Create a social atmosphere for parents/students/teachers to chat about the new year*
- 3. Get important information to parents and get questions answered*

Here's the Schedule:

5:30 - 6:15 - Social Time on the front lawn (Bounce House, Balloon Animals, Popcorn, Water, etc.)

6:15 - 6:25 - Announcements on the lawn

6:30 - Parents head to either Elementary Multi-Purpose Room or High School chapel (depending on age of student) ***See separate schedules below***

Elementary:

6:30 - General Assembly - (Sign up for after school care, art, music, basketball, gymnastics, etc., door prizes from Home/School)

6:45 - Students visit specific classrooms (meet teachers, get information, see classrooms, pray over your child's room, etc)

7:00 - Go home and get ready for Wednesday! **(8th grade will stay a bit later for orientation)**

High School:

6:30 - General Assembly in Chapel (General info about upcoming school year, door prizes from PTSO, etc.)

6:45 - 7:15 - Classroom Visits - (meet and get info from teachers, pray with teachers, see the classrooms, etc.)

7:15 - Final Prayer in the Chapel for the high school

Please plan to spend a little time with us to pray over this school, chat with other parents/students, and get information for the upcoming school year.

If you have questions, please let me know! Have a great Sabbath!

God bless,

Brian Carlson

Principal

College View Academy PreK-12

bcarlson@cvak12.org

Dear Parents, Students and Friends of George Stone School,

The new school year is just about to begin!

The first day of school August 12. Some things that you can look forward to are:

- Beginning LegoRobotics for grades 5-8
- Fun, educational activities to begin the school year
- New laptop computers in addition to Chromebooks
- Bring your singing voice to school with you – we will begin to prepare for “traveling programs”
- More new paint in rooms
- New action art program
- New brochures to share about the school

Registration will be: Monday, August 10, from 4 – 6 pm at George Stone. If, for some reason, you cannot come during that time, please let us know and we will make arrangements. We will have a notary present, so you can plan to have your information notarized then. Mrs. Kriegelstein, Mrs. Simpson and I all talked about the new school year and we have so many plans for each classroom and the entire school. **Denise White, EdD** Chair, Human Development, Union College, 402-486-2522 office

Skinny Enchilada Casserole Recipe

This recipe makes 4 - 2 cup servings.

Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 - 10oz can enchilada sauce
- 1 - 15oz can black beans, drained and rinsed
- 1 - 15oz can corn, no sodium added, drained and rinsed
- 1 - 4.5 ounce can diced green chilies
- ¼ cup cilantro, fresh and chopped
- ½ t ground cumin
- ½ t chili powder
- 1 cup colby jack cheese - low or reduced fat
- 1 cup tomatoes, diced
- 1 avocado, diced

Directions:

1. Preheat the oven to 350 degrees.
2. In a large pan bring the water and quinoa to a boil. Once it reaches a boil, cover and reduce heat to a simmer over low heat. Cook for 15 minutes or until the grains look translucent and the germ has spiraled out from the grains.
3. Once the quinoa is done, fold in the remaining ingredients except for tomatoes, avocado, and ½ cup of cheese.
4. Lightly grease a large baking dish with cooking spray. Spread the mixture in the baking dish evenly and sprinkle the remaining ½ cup of cheese on top.
5. Bake in the oven for 15-20 minutes.
6. Top casserole with diced avocado and tomatoes.

Nutritional Analysis

Yields 4 - 2 cup servings

1 - 2 cup serving = 490 calories | 16g fat | 15mg cholesterol | 850mg sodium | 67g carbohydrate | 15g fiber | 9g sugar | 21g protein

<https://fullplateliving.org/blog/recipe-makeover-enchilada-casserole-help-you-lose-weight?>