



April 2019

Message from Pastor Paul

**ALL ARE WELCOME!
(Open and Affirming, Reconciling Statement) :**

We, the Williston Federated Church, declare ourselves to be an Open and Affirming, Reconciling congregation. With God's grace, we seek to be a congregation that includes all persons, embracing differences of sexual orientation, gender, marital status, age, mental and physical ability, as well as racial, ethnic, or social-economic background. We welcome all to share in the life and leadership, ministry, and fellowship, worship, sacraments, responsibilities and blessings of participation in our congrega-

RELATIONSHIPS MATTER”

Charles Dickens may have called it “the best of times and the worst of times.” On Friday, March 15 we learned the news of the horrific shooting that killed fifty (50) Islamic worshipers in New Zealand. That same evening, Ashley Dubois and I accompanied our Confirmation Class to Shabbat service at the Ohavi Zedek synagogue in Burlington.

At the Jewish synagogue, we were warmly welcomed to join in the Shabbat (Sabbath) worship service at the synagogue. And there, among a small gathering that included Jewish worshipers and their Christian guests (us), Rabbi Amy Small prayerfully made reference to the tragic events of that day, the attack that targeted adherents of yet another faith, Islam. So Jews and Christians assembled

in a synagogue in Burlington solemnly and prayerfully reflected on the horrible hatred directed at our Islamic brothers and sisters on the other side of the planet.

All of this underscored the importance of inter-faith interactions like the one that the Confirmation class experienced that day.

To be sure, there are challenges that arise when we reach across traditional religious boundaries. At the

can standards). There were customs and worship practices that were unfamiliar to our Confirmation class.

But there were similarities as well. After all, the roots of Christianity are deeply embedded in the Jewish faith. The scriptures read during the Shabbat service at the synagogue were drawn primarily from the Psalms and the Torah (the first five books of the Bible). And among the most revered of those scripture passages read that evening was from Deuteronomy 6:4-5:

Hear, O Israel: The LORD is our God, the LORD alone. You shall love the LORD your God with all your heart, and with all your soul, and with all your might.



synagogue that night, for example, much of the singing and many of the readings were in the language of Hebrew. The worship book was, in keeping with Hebrew practice, to be read from back to front (by North Ameri-

The Pastor's Message—continued



In the New Testament, when Jesus was asked to identify the greatest commandment, he pointed to this same passage from Deuteronomy.

There is much we share with our Jewish brothers and sisters. Indeed, there is much we share with all humanity. Genesis reminds us that we are **all** created in God's image. (Genesis 1:26)

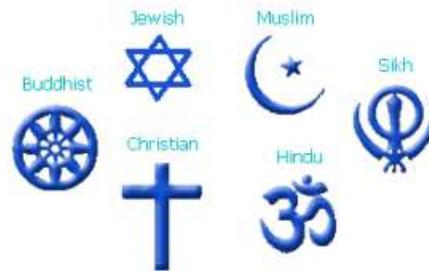
Tragically, we live in a time when religious bigotry has reared its head in violent ways. The shooting at the mosques in New Zealand occurred only a few months after the shooting at the Tree of Life Synagogue in Pittsburgh. Now is the time for people of good will to promote increased interfaith understanding. And now is the time for people of faith to model what it means to live in respect and harmony with those of different faiths.

Following the New Zealand shooting, a message was posted

on the sandwich sign-board outside our church building offering a message of prayerful support for our Muslim neighbors. In this era of rising religious bigotry, may our lives proclaim that message as well.

In a spirit of peace,

Rev. Paul Eyer, Pastor



Index:

Pastor Message	1
	2
New Members	3
Rummage Sale	4
WFC Needs You	4
Substance Prevent	5
Point of Choice	5
Looking Inward	6
Solitude & Silence	6
All Welcome	6
Cots Walk	7
Dismiss House	7
The Medical System	7
March Madness	8
Remember	9
Pancake Breakfast	9
Come Join Us	9
Finance News	10
NAMI Conference	11
History of Church	12
History of Church	13
Silence with God	14
Centering Prayer	14
How to Fast	15
Composting	15

WFC Welcomed The Following Folks Into Church Membership On March 3rd

Marty & Cathy Connelly recently moved back to VT after spending seven years in CA, caring for Cathy's mom. Cathy is a CA native and Marty was born in Switzerland. They have two adult children, Bryan & Heather and three grandchildren. Most Sundays grandchildren, Heather & Martin are with them in church. Marty enjoys hockey (playing and coaching) biking & photography. Cathy enjoys time with the grandchildren, baking, swimming & snorkeling. Cathy worked for 23 years as an animal health technician then 19 years as an operating room technician. She admits that she loves blood and guts. They live in St. Albans but are happy to drive to Williston every Sunday, weather permitting, to worship. They love being back in VT.

Gary & Betty Lewis moved to Williston last June from Shoreham VT. Betty was born in Springfield VT. Gary was born in Cleveland Ohio but

grew up in Springfield. They have two daughters & sons-in laws and two grandsons. Betty enjoys reading, gardening, cooking, golf and writing. She was an educator for over 40 years having taught preschool-adults in VT and PA. Gary recently retired from ordained ministry. He served as pastor at the Vergennes Congregational Church for 20 plus years. He is "contemplating what comes next".

Lizzy Pope was born in Berlin VT and returns frequently to Barre to spend time with her family. Lizzy is a professor

of Nutrition at the University of Vermont and loves teaching and advising college students. As you might imagine, she also enjoys cooking and baking. She's an avid runner and loves to swim with her masters swimming teammates. In her free time, Lizzy and her husband, Kyle, a South Burlington native, enjoy doing house projects on the home they purchase last July. She thanks everyone at WFC for welcoming her with open arms.



Rummage Sale— April 12th 9 AM – 6 PM and April 13th 9 AM -12 PM.

This sale is for **clothing, shoes, purses, jewelry and linens only**. Think textiles. We are looking for donations of **gently worn** clothing for all ages, clean and in good condition, as well as linens, shoes, jewelry, purses, yarn, fabric. Items may be brought to Fellowship Hall beginning Monday, April 8th Tables will be set up and labeled. If you

have time, please take a moment to place your items on the appropriate tables. Folks are needed to help with table set up on Sunday the 7th after worship, sort clothes during the week, work at the sale Friday & Saturday and to help take the left over items to Goodwill on Saturday. If you can help, please sign up on the bulletin board near the kitchen or con-

tact Carol Bouchard at 862-7400 or carolbouchard@gmail.com **Note: Please no donations before April 8th.**



WFC Needs You

The Nominating Committee will soon begin the process of filling vacancies on the various church committees for the 2019-2020 fiscal year which begins July 1st. We are asking that you prayerfully consider where God is calling you to serve. .

Committees include: Official Board, Trustees, Pastor Staff Relations, Finance, Education, Membership, Music & Worship, Missions & Social Concerns, Youth Ministry, Nominating Committee and Parsonage Committee.

Rebecca Dubois, Donna Goodheart, Sylvia Maloney or Carol Bouchard

If you have questions, please speak to a member of the Nominating Committee:



Substance Use & Prevention Forum April 10th

Join us for a community conversation about substance use and prevention. Together we can make a lasting difference for our youth.

The forum will include the latest data from Christine Johnson, the Executive Director of the Chittenden County Opioid Alliance, new educational videos, break out group discus-

sions, keynote speaker and a facilitated full group discussion.

Dinner Provided: Come at 6 PM for a free meal and to network with members of our community before the main program starts at 6:30 PM.

Child Care Available: Please reserve ahead of time by contacting Erik Wells

at ewells@willistonvt.org or 876-1168.

Sponsored By: The Town of Williston, Champlain Valley School District, Williston/Richmond Rotary Club, Chittenden County Opioid Alliance and the Williston Observer.



POINT OF CHOICE

These acrylic-collage scrolls grew out of two month's sketching and painting during rehearsals of the rock opera "Jesus Christ, Superstar", a 1989 Lyric Theater production.

They present the moment when the characters face a crisis and willingly or reluctantly accept their destiny in the unfolding drama.

Some Flynn Theater architectural motifs are used for the same reason that Andrew Lloyd Webber wrote the contemporary music...so that people today can respond to messages that transcend Time
Just a little history on the project

This was the second time that I was 'artist in residence' for the Lyric's production of "Jesus Christ Superstar".

Art work by Nancy Stone

. I sketched the auditions, the townspeople in rehearsals as they became actors and then as the actors became the characters in costume.

Al Myers was Director both times. As a practicing Mormon, the Bible story was very important; he created meaningful, emotional involvement, in

out of rehearsal, for the cast and supporting 'staff'. We often felt joy and also wept at the circumstances and beautiful music.

As the stage production and my art exhibit approached, it became apparent that the sketches should become larger paintings, so I decided to use window shades as the base structure for the acrylic collages; they are painted upon crushed tissue paper and there are actual grape leaves in the Garden of Gethsemane.

I met with Pastor Henry Freuh to be sure my understanding of the Gospel story and my interpretation of the four people's unfolding **decision points** were at least appropriate and at best accurate. I tried to feel what they might have felt...anguish (Judas & Pilate), distress (Mary Magdalen) and determination/release (Christ)

I have been truly grateful that the Williston Federated Church has embraced them each season of Lent. In the past, they have been rolled up and stored in my cold barn-studio. This month I prepared them to be better preserved and created a strong fabric 'wrap' so that they could be stored in the church for years.

Nancy Stone
February 2018

Looking Inward During Lent

During the weeks of Lent, there will be a table in the Gallery with papers suggesting devotional practices that could be used in the sanctuary during lent. The sanctuary is always open when the church is open, during the week days the church is open from 7:30am to 5:30pm. The papers were prepared with the quiet of the church sanctuary in mind but

could be used in many other places. Also during Lent the “Point of Choice” art work of Nancy tone will be displayed in the gallery as in the past. Nancy’s words about the art work “These acrylic-collage scrolls grew out of two month’s sketching and painting during the rehearsals of the rock opera “Jesus Christ Superstar” a 1989 Lyric

Theater production. These collages present the moment when the characters face a crisis and willingly or reluctantly accept their destiny in the unfolding drama.” The ‘actors’ in this drama are Mary Magdalene, Pontius Pilate, Judas and Jesus. Details of Nancy’s poignant insight into this drama will be posted with the paintings.



Solitude and Silence

Silence with God

Solitude and silence are not, in the end, about success or failure. They are about showing up and letting God do the rest.

They are not an end in themselves; they are merely a means through which we regularly make ourselves available to God for the intimacy of relationship and for the work of transformation that only God can accomplish.



All Are Welcome Here

Being a full member of the church is not a requirement for participation in all aspects of worship, serving on committees or providing outreach and service to others. It is an opportunity to make a public statement of Christian witness and a commitment to Williston Federated Church. If you are new to the church community, or have been worshipping at

WFC for years, and are interested in joining the church, please speak to Pastor Paul.



On May 5, there are two wonderful opportunities to support worthwhile mission projects in the community.



The 30th Annual COTS Walk takes place at Battery Park in Burlington - May 5.

and support for people who are homeless or at risk of becoming homeless in the community.

All money raised by walkers goes directly to services. You can register online at cotsonline.org.

This event is held to raise money for year-round services

34th Annual Community Celebration

From 4-7:30 PM Dismas House will hold its 34th Annual Community Celebration at the UVM Alumni House, 61 Summit Street in Burlington. Featured speaker, Cynthia Shank, the subject of the HBO documentary

film, *The Sentence*, will talk about her own personal experience of incarceration as well as her work today as a criminal justice advocate. A silent auction, community awards, and refreshments will also be part of the afternoon's activities.

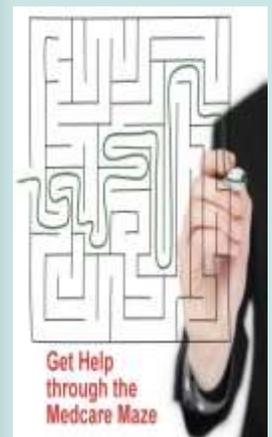
Tickets are available online at: www.burlingtondismas.org or by calling 802-658-0381.

Navigating the Medical System

Health Care: happening on the second Sunday of every month Sally Metro and Toby Rockwood will hold a meeting at 11am after church in the Sitting Room to talk about how to navi-

gate the medical system, how to communicate with your doctor/PA/NP, how to participate in your health care, and to answer any questions you have about your health needs. Deb

Beckett will also be available to answer questions about the VA system.



In part the note said "All that you guys did, improved our quality of life." Thanks

March Madness Musings

If you count success in numbers, then March Madness was a huge success. An estimated 67 folks participated in Mission, Ministry, Music and More on March 31st. It was really exciting to see all the activity happening in the kitchen, in Fellowship Hall and in the community. If you count success in outreach, then yes, we outdid ourselves. We made & delivered 75 sandwiches, 12 dozen cookies, fruit

veggies & chips to the Daystation in Burlington to provide a noon time meal for the homeless. 39 Hygiene Kits were donated and assembled for folks left homeless after natural disasters. Many items, large and small, were moved, priced and shelved at the Habitat Restore to aid Habitat for Humanity's mission to build affordable homes. A local family was blessed with some needed home repairs. The homeowner

sent a thank you. In part the note said "All that you guys did, improved our quality of life." Thanks go to Gil Rodes & Don Thurston for their efforts. The gift of time, conversation & tea was shared with a friend. 12 Easter cards were crafted by the children, for some of our church family and 3 thank you cards were made for our local fire & rescue and the police department. Six prayer shawls were started and the gift of

music was shared with folks at the Respite House. Many of our church members are involved in these ministries regularly. We just chose to combine many opportunities in a day dedicated to mission outreach. Thank you to all who organized and participated: the very youngest, the young at heart and those in between. Stay tuned for another mission Sunday coming soon. Carol Bouchard Membership Committee



**Matthew
25:35**

“for I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in”



Remember the Hungry at Easter

Many years ago I was working as a visiting nurse in the Burlington area. One of my visits was to a young man who was staying in an apartment house for the homeless. My visit was to change the dressing on his partially amputated foot. He was a diabetic and mostly blind at 30 years of age. As part of my evaluation, I asked him what he had for breakfast. He hadn't eaten yet, he said, but he

had a slice or two of bread that would be his meal. "No one at the apartment house cooks on the weekend," he informed me. I asked about agencies in Burlington and he said they also were closed on the weekend and he had no way to get there anyway. *It was Easter Sunday morning.* I had been to a sunrise service and brunch with wonderful rolls and coffee cake. Many families living in

the area would celebrate the holiday with festive, plentiful meals. How many Easter Eggs would be forgotten and spoil? Any family would be willing to share, but how could I connect this needy person with some of this food? Later that day I returned to his apartment with a large sandwich, some fruit and a sense of profound helplessness.

Donna Fellingner

Williston Fire Department Annual (Palm Sunday) Pancake Breakfast

**Time 8:00-12:00.
Where: Williston
Fire Department,
645 Talcott Road.**

All you can eat pancakes, scrambled eggs, home fries, sausages, fruit and beverages.

Hope to see you there and thank you for your support!

Come Join Us

Please join us for these opportunities for worship and devotional reflection during this sacred season:

Holy Week observances

the season of Lent reaches its apex in Holy Week, the week leading to a joyous Easter celebration. Please mark these dates for these significant worship services:

- Sunday, April 14
Palm Sunday**
- Thursday, April 18
Maundy
Thursday**
- Friday, April 19
Good Friday**
- Sunday, April 21
Easter**

From the Finance Committee

Lent is a season of fresh beginnings, thoughtful reflection, and renewed hope. And this is also the season to begin our annual Stewardship Campaign to fulfill

present our good faith estimates of giving for the coming year. This is the time we are each asked to reflect on what WFC means to us and how we can support the important

are blessed by what God is doing at Williston Federated Church. Then please make as generous a commitment as you can on May 19.



the hopes and aspirations for the missions of Williston Federated Church in the coming year (July, 2019-June, 2020). We invite your active engagement in supporting the “good works” of WFC.

Our program this spring will include presentations by members and friends of our congregation, and from those whose lives are positively impacted by the activities and contributions of the church. What better day to begin than on Palm Sunday, as we note, “Blessed are those who come in the name of the Lord!” Our stewardship programs will conclude at the worship service on Consecration Sunday, May 19, when we will

ministries of this church in a sustaining way.

We encourage you to *reflect prayerfully* on your financial giving to the church. Time, talent, and treasure are all important, and we all contribute according to our skills and means and interests. To continue to fund everything the church does in 2019-20 will require **\$165,000** in financial commitments from members and friends. This represents a significant increase over the current level of giving (approximately \$126,000). Please consider the many ways you, your family and friends, and the wider community (nearby and far away)

As always, we are happy to respond to any questions or concerns you may have. And we anticipate with excitement what God will do in the year ahead!

Your Finance and Stewardship Committee,
 Pastor Paul Eyer
 Barb Bristol
 Donna Goodheart
 Donna-Sue Hain
 Mike Moran
 Amy Vaughan



We invite you to join us for our annual Pathways to Wellness Conference

Wednesday, May 15, 2019
8:00 am to 4:15 pm
at Champlain College Conference and Event Center
375 Maple Street, Burlington, VT

This annual educational conference offers the opportunity for peers, family members and mental health professionals to gather together to network, to discuss resources and services available, and to help fight the stigma surrounding mental illness.

Registration is now open!

Registration fees, which include lunch, are:

- **NAMI Member registration rate:** \$45 for each attendee
 - **Regular (non-member) registration rate:** \$80 for each attendee
 - **Group registration rate:** \$60 per attendee in **groups of 10** or more from the same organization.
 - **CEUs:** Add \$10 to each registration counted toward CEU hours
- Scholarships** will be available for individuals with limited income.

Workshops and Presenters

Our conference also features two sessions of workshops. The morning workshops include:

- *Collaborative Networks Approach: Vermont's Journey with Open Dialogue Informed Approaches* – a panel discussion led by **Sandra Steingard, MD**, Chief Medical Officer at Howard Center, and **Zelda Alpern, LICSW**, Open Dialogue Coordinator at Counseling Service of Addison County.
- *Building Flourishing Communities: Understanding the Impacts of Trauma, N.E.A.R. Science, and Vermont's Resiliency Movement* – presented by **Matt Wolf**, Building Flourishing Communities Master Trainer and Youth in Transition (YIT) Program Director at the Vermont Federation of Families for Children's Mental Health (VFFCMH)
- *Empowering Empathy* – presented by **Sarah Lipton**, Founder and Leadership Mentor, The Presence Point, LLC.

The afternoon workshops include:

- *Mindfulness Meditation for High-Stress Situations* – presented by **Dr. Steve Taubman**
- *Zero Suicide: Lamoille County Mental Health's Journey in Suicide Prevention* – presented by **Michael Hartman, MSW**, Behavioral Health Director, and **Monique Reil, BA**, Mobile Crisis Team Manager, both of Lamoille County Mental Health Services
- *Metabolizing Trauma, Panel by Panel: Reconciling Mental Illness and Reclaiming Personal Narrative Via the Comics Form* – presented by **Rachel Lindsay**, Author/Cartoonist of "RX: A Graphic Memoir."
Full descriptions and bios of our workshop presenters will be available soon.

If you have any questions, please contact aperry@namivt.org.

2019 Keynote Speakers

We will feature two thought-provoking keynote presenters

Martha B. Straus, PhD

Dr. Steve Taubman

HISTORY OF THE CHURCH

As written in ...The Burlington Free Press (Burlington, Chittenden, Vermont, United States of America) • 7 Apr 1939, Fri •

The Federated Church choir will meet at the parsonage tonight at 7:45pm for rehearsal, Members of the Richmond Federated Church choir will work with the Williston folks on anthems and special music for Easter Sunday night.

Williston Protestants unite with the churches of Iroquois Larger Parish in cooperative celebration of Good Friday at Richmond Congregational Church, April 7, from 12 noon to 3. Mrs. Hobart Iby and Mrs. Wright Clark will contribute the duet, "There is a Green Hill Far Away" by George C. Stebbins. As one of the six eight-minute speakers on the occasion, the Rev. E.M. Parkhurst will speak of "The Inevitable Cross". The annual spring finance canvas of Williston Federated Church is being conducted during Holy Week among the Protestants of Williston by James Pillsbury, chairman, and other members of the finance committee.

It is hoped that the \$300 debt for the year ending March 31 can be fully paid, and weekly pledges for the present year secured to underwrite the \$39 a week expense of carrying on church work.

On Easter Sunday Williston Federated Church school will meet at 9:45 am Worship service follows at 11 with special music by the choir and brief address by the pastor. Baptism and reception of adult candidates for church membership will be held at this service. Babies will be baptized later on Children's Day.

A union service of the five churches of Iroquois Larger Parish will be held in Williston Federated Church Easter Sunday at 7:30. Three anthems will be sung by the united choirs of Williston and Richmond churches. Two other special musical numbers will be contributed by members of the Richmond choir.

Although visiting pastors will assist in the meeting there will be no speaker. The Easter message will take the form of a religious drama. "The Triumph of the Defeated," by Professor Fred Eastman .

. of Chicago Theological Seminary The royalty has been paid and the production will be given by special arrangement with Samuel French of New York The cast of characters includes the following: Angel of Understanding, Miss Ruth Fuller; Fear of Death, Walter Doenges; Paul, Charles Niles; Luther, Henry Pillsbury; Galileo, Al Pillsbury; Richard Wagner, David Mace; William Lloyd Garrison, Alem Smith; Susan B. Anthony, Ruth Mace; Two Fear Guards, James Aseltine and Kenneth Niles; Five Persecuting Fears, Esther Merrill, Loretta Pepaw, Margery Osborne, William Doenges and Ward Johnson; five children, Lucy Talcott, Lucia Talcott, Mary Aseltine, Jerry Parkhurst and Harry Davis; the members of the Richmond and Williston choirs; in charge of costuming, Mrs. Jessie Samson, Mrs. Jeannette May, organist, Mrs. Howard Merrill; director, the Rev. Elbert M. Parkhurst. The public is invited. Admission is free but a voluntary offering is requested.

History of the Church —continued

**From the pages of...
The Burlington Free
Press
Thursday, April 6,
1950**

WILLISTON—The Youth Fellowship of Williston and Essex Junction will conduct an Easter Sunrise at Twist o' Hill, to which all adults and young people are invited. Cars will leave church at 5 a.m. so the service can begin promptly at sunrise. An Easter breakfast will be served in the church vestry by the young people at 6:15 a.m.

Members and friends of the Federated Church of Williston are invited to

attend the annual union Good Friday services in the Methodist Church of Essex Junction from 12 noon to 3 p.m.

The following ministers will conduct a portion of the service and speak in the order named: Rev. C. Harold Richard; Rev. Raymond A. Hall, Burlington; Rev. George F. Wells, South Hero; Rev. Merle Bennett, Georgia Plains; Rev. R. Scott Irons, Burlington; Rev. Elden G. Bucklin, Colchester; Rev. O.B. Wells, Essex Junction. Choirs of Williston, Colchester and Essex Junction will provide music. In addition, there will be recordings of Holy

Week music.

Tonight at 8 there will be a Maundy—Thursday Communion service in the Methodist Church of Essex Junction in which the Williston church will unite.





Family to Family Class March 6—May 22 6:00-8:30

The National Alliance on Mental Illness Vermont (NAMIVT) is once again offering its Family-to-Family Education Program in Williston.

This **free** 12-week evidenced based course is structured to help families of individuals with a mental health condition understand and support their loved ones while maintaining their own well-being.

The course is designed specifically for parents, siblings, spouses, teenage and adult children and significant others.

If you are interested, please contact NAMI Vermont at (802) 876-7949 or email nickmartin@nami.vt.org.



Silence With God

Solitude and silence are not, in the end, about success or failure. They are about showing up and letting God do the rest. They are not an end in themselves;

they are merely a means through which we regularly make ourselves available to God for the intimacy of relationship and for the work of transformation that only God can accomplish.



Centering Prayer, Silent Prayer and Bible Reflection

The Thursday morning group encounters faith journey, moments of learning and moments of spiritual connections. This group meets 8am-9am. The group begins with 20 minutes of silence, followed by a sharing of responses to a few

Bible verses. The method, called Centering Prayer, will be practiced by some in the group, others will practice whatever form of silent prayer or meditation they choose.

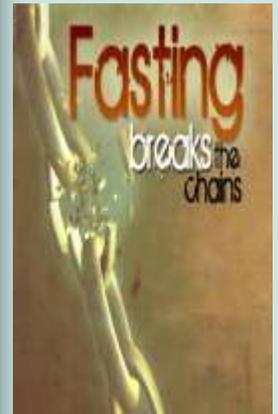
Information about Centering prayer is available. Anyone is welcome to

come once a month, once a year, or once.

If you would like to join the group and are not on the email list, please contact Donna Fellingner—donnafellin-gervt@gmail.com 802-355-1700.

HOW TO FAST

Fast from judging others; Feast on Christ dwelling in them.	Fast from worry; Feast on Divine Providence.	Feast on forgive- ness.
Fast from apparent darkness; Feast on the reality of light.	Fast from unrelenting pres- sures; Feast on unceasing prayer.	Fast from anxiety; Feast on hope.
Fast from pessimism; Feast on optimism.	Fast from negatives; Feast on positives.	Fast from yourself; Feast on a silent heart.
Fast from thoughts of illness; Feast on healing powers of God.	Fast from complaining; Feast on appreciation.	
Fast from words that pollute: Feast on phrases of purity.	Fast from hostility; Feast on nonresistance.	Tim Unsworth, U.S.
Fast from anger; Feast on patience.	Fast from bitterness;	Parish



Composting

There is a green com-
posting bucket and there
are compostable plastic
bags in the kitchen.
Hopefully we can reduce
our church's load on the
landfill by separating
things that can be
turned into useful soil
from things that are bur-
ied forever.
In general, things that
have once been alive can
be composted. Paper,
from trees, and bones,
from animals, are exam-
ples. But petrified wood,
coal, and diamonds are
exceptions.
Most paper cups and
expensive paper plates
have a plastic coating
that prevents their being
composted; it is possible
to buy cups and utensils

that are made from corn,
cane, or grass that can
be composted. Don't put
anything in the green
bucket you are not sure
about, but strive to get
and use things that can
be reused, recycled, or
composted. Inexpensive
paper plates and used
paper napkins can be
composted.
Do Compost:
table scraps, cof-
fee filters and grounds,
paper tea bags, shells,
rinds, meat, bones &
fish, shellfish, dairy
products, fats & cooking
oils. paper napkins &
paper towels, uncoated
paper plates, oily take-
out pizza boxes, wet or
soiled paper bags & wet

newspaper, unlined
flour & sugar bags, un-
coated butcher paper.
Do Not Compost:
plastic, glass,
condiment packets or
cups, waxed paper,
metal, foil, straws or
swizzle sticks, produce
stickers, glossy or plastic
-coated paper, twist ties,
rubber bands, human or
pet waste, dryer lint,
coal, diamonds.
Compost, up to 30
pounds, can be dropped
off free at the CSWD
composting site on Red-
mond Road. If each of
us take a turn, compost-
ing should be easy, good
for the environment, and
reduce the use of the
land fill.



thE-STEEPLE
April 2019