



## Dates to Remember

**Café Conversations:** June 26th, look for sign-up sheet in foyer with Tana Clemons

**Summer Fellowship Nights:** June 27th, 5pm at Mac and Mindy Sauerlender's home. July and August dates to come.

**National Night Out:** August 3rd

**Ladies Day Out to Puyallup Farmer's**

**Market:** July date to come

**Garage Sale for Missionaries:** End of August

**Women of Faith Conference:**

Seattle Key Arena, Oct 29 & 30

## Garage Sale For Our Missionaries

Although we haven't set a date yet, it looks like we will be having this fabulous fund raiser toward the end of August. All funds will go directly to our beloved missionaries and their families. Please keep items that you would normally donate so that we can have a well-stocked sale this summer. The church will store items in August, for a short while. It will only be for a few weeks prior to the event and after Day Camp is completed. If you have questions or would like to help with the planning and organizing, please contact Sheila Hanson @ 206-878-4554.

## Have You Heard of Quinoa? (pronounced "keen-wah")

"You need to learn to love quinoa", my health-nut friend said to me. "It's the perfect food and very versatile, plus Costco sells it!" Quinoa is an ancient, traditional grain grown at 12,000 feet above sea level. It is a whole grain and has been classified by the National Academy of Sciences as one of the best sources of protein in the vegetable kingdom. It is gluten-free, has a low glycemic index and provides all of the eight essential amino acids our bodies need. Quinoa is as simple to prepare as rice. It can be used as a delicious side dish, pilaf, or stuffing. It blends wonderfully in salads, soups and stews.

### Recipe for Quinoa Salad with Fruit

2 cups quinoa (uncooked)

1 cup raisins (packed)

1/2 c. chopped toasted almonds

1/2 c. minced fresh chives

20+ fresh mint leaves, minced

2 T. cider vinegar

2 T light oil

1 T lemon juice

1/4 t. salt

1 apple, cored and chopped into small pieces

Cook quinoa according to package instructions. While quinoa cooks, combine the raisins, almonds, chives and mint in a bowl. In a separate bowl, mix together vinegar, oil and lemon juice. Add cooled quinoa to raisin mixture and drizzle with lemon dressing. Fold in salt and apple pieces. Serve at room temperature or chilled.

## Reach Out to Your Neighbors

Do you have a desire to get to know your neighbors but not sure how to start that relationship, or just haven't taken the time? Celebrate National Night Out this year, which is Tuesday, August 3rd. This is an opportunity to schedule a neighborhood gathering which will provide you with the initial step to sharing the love and truth of Jesus with your neighbors. Other benefits include:

- \* Heighten crime and drug prevention awareness;
- \* Generate support for, and participation in, local anti-crime programs;
- \* Strengthen neighborhood spirit and police-community partnerships; and
- \* Send a message to criminals letting them know that neighborhoods are organized and fighting back.



For more information, go to <http://www.natw.org/nno/>

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# *An Outreach Opportunity for Your Family—Be a Mentor!*

Is your family looking for a new way that you can impact our community for Christ? If you and your family would be interested in mentoring a college-age foreign student from Cameroon, Kenya, Ghana, Pakistan, India, Indonesia, S. Africa or Brazil, without the commitment of having them live in your home, please take some time to learn more about a mentoring program offered at Highline Community College through Community Colleges for International Development, Inc.

This is NOT a Christian agency, which is why it is a perfect opportunity for families in our congregation to get involved. Mentor families greatly assist students' transition to living and studying away from home. The mentor family may be a traditional family of two parents with children; it may be a single adult, or a couple without any children, etc. The goal is for the mentor families to provide the following support at least initially. (As students form their own relationships in the US, they may have varying levels of interest or need of an assigned 'surrogate family'.)

- \* Provide a point of contact for the student to voice and obtain advice on issues that they may face during the program.
- \* Welcome the student as a member of the family and offer an "open door policy" so the student knows s/he is welcome to visit the mentor family.
- \* Provide the student with access to an American household so they can learn about and be a part of some of the common daily activities typical of an American family
- \* Share important U.S. holidays with students
- \* Help student practice English conversation skills

If you are interested in more information about this program, please **contact Jennifer L. Granger de Huerta, International Program Manager at 206-878-3710, x6113.**

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## *Café Conversations*



Another opportunity to share a cup of coffee and chat with a few friends (and make new ones!) is coming up quick: June 26th at 10:00 am. Even if coffee is not your cup of tea, enjoy a cup of hot chocolate or a pastry while getting to know a few ladies from DMGC a little better at a coffee house or home in your area. If you've never been a part of this event, don't miss out this time. There will be a sign-up sheet in the lobby at the chapel on Sunday, or you can contact Tana Clemons at 253-249-7229 if you want to be included.

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## *DMGC Summer Fellowship Nights*

Come enjoy some casual fellowship three evenings this summer from 5 to 10 pm. These will be fairly unstructured events allowing people to enjoy a good conversation, a game together with others, and of course food! You can come for the entire evening, or come when you can and leave when you have to. Please bring a side dish or salad, and sunshine.

**Our first summer fellowship night will take place on Sunday, June 27th at the Sauerlender's Home, starting at 5pm.** Directions to all three locations will be available in the church foyer. If you have questions you may contact the chapel office at (206) 878-2145.



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### 2008-2009 Women's Council Members

Secretary.....Mary Jordan  
Treasurer.....Julie Earley  
Christian Growth and  
Outreach.....Mindy Sauerlender  
Communication.....Sheila Hanson

Deacon Liaison.....Julie Earley  
Friendship Services.....Helen Johnson  
Missionary Outreach.....Sally Vinton  
Nursery Coordinator.....Trina Reimer  
Social Coordinator.....Tana Clemons  
Special Services.....Cheri Snyder

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## *Future Editions*

If you have ideas, articles, or a classified ad you'd like to submit for a future newsletter, please contact Sheila Hanson at (206)878-4554 or email [hansonloveshack@integrity.com](mailto:hansonloveshack@integrity.com). We want to make the newsletter pertinent to what you want to know, so speak up!