

Lighten Up, Brethren! Is Introduced at Annual Conference

Lighten Up, Brethren! is a new challenge from the Association of Brethren Caregivers (ABC) for Church of the Brethren members to adopt healthy living and behaviors. The program promotes wellness in body, mind, and spirit, and offers weekly support and encouragement to those who sign on. Anyone interested in participating can receive a weekly e-mail containing a meditation, scripture passage, or recipe. Lighten Up, Brethren! is a program of the Wellness Ministry of ABC in collaboration with Brethren Benefit Trust and the General Board.

During Annual Conference, ABC introduced the program at its booth and through a short video during its report to delegates. As part of the presentation, Kathy Reid and Stan Noffsinger, executives of ABC and the General Board respectively, accepted the challenge to lose weight by the next Annual Conference. ABC staff and other program participants wore Lighten Up, Brethren! T-shirts.

To join the program, visit www.brethren-caregivers.org and click on the Wellness Ministry. A brochure about the new program also is available, describing the invitation for Brethren to commit to lifestyle changes of increasing physical activity and decreasing consumption as a way to be good stewards of their bodies. **Lighten Up, Brethren! T-shirts are available for \$10 each.** To order brochures or a t-shirt with the program's logo on the back, call ABC at 800-323-8039.



Heifer Project International Celebration

A celebration of the **early days of Heifer Project International** will be held in **Carroll County, Md., Aug. 12-14**. The commemorative conference called "Passing on the Gift" is **sponsored by the Brethren Service Center in New Windsor, Md., along with the Heifer International Mid-Atlantic Regional Office and the Historical Society of Carroll County**. On Earth Peace is sponsoring a screening of the documentary, "Seeds of Peace," at the Carroll Arts Center in Westminster, Md., on Aug. 12 at 7 p.m. The Brethren Service Center will be the site of day-long activities featuring a gathering of Seagoing Cowboys on Aug. 13. Brochures are available from Kathleen Campanella at 410-635-8710 ext. 747 or e-mail kcampanella_gb@brethren.org.

CHURCH OF THE COVERED DISH by Thom Tapp



"But Please, Lord, don't let it be ME!"