

St. Mark Lutheran Church  
200 South Wille Street  
Mount Prospect, Illinois  
60056-3121

November 2016

God's  
work.  
Our  
hands.



**St. Mark Lutheran Church**  
847/253-0631  
Fax: 847/253-5387  
Email: [stmarkmp@stmarkmp.org](mailto:stmarkmp@stmarkmp.org)  
Web: [stmarkmp.org](http://stmarkmp.org)

**Staff**

Pastor	Rev. Christie Webb	<a href="mailto:cwebb@stmarkmp.org">cwebb@stmarkmp.org</a>
Music Director	Timothy Spelbring	<a href="mailto:tspelbring@stmarkmp.org">tspelbring@stmarkmp.org</a>
Parish Administrator	Nancy Hundley	<a href="mailto:nhundley@stmarkmp.org">nhundley@stmarkmp.org</a>
Office Administrator	Jill Galyon	<a href="mailto:jgalyon@stmarkmp.org">jgalyon@stmarkmp.org</a>
Youth & Family Ministry	Deacon David Webb	<a href="mailto:dwebb@stmarkmp.org">dwebb@stmarkmp.org</a>

**Sunday Worship**

Chapel Service ~ 8 am      Worship Service ~ 10 am

**Wednesday Youth Christian Education (Sept. – May)**  
WOW (3 yrs through 5<sup>th</sup> grade)      FaithWalk (Confirmation 6-8<sup>th</sup> grade)  
4:30-6:00 pm      6:30-8:00 pm

**Wednesday Adult Christian Education**  
Bible Study 11:00 am

**Office Hours**  
Monday – Thursday 8:30 am – 4:30 pm      Friday 8:30 am – 12 pm noon

**St. Mark Preschool & Enrichment Center**  
847/873-1110  
Web: [stmarkpreschoolcares.org](http://stmarkpreschoolcares.org)

Preschool Director      Barb Zediker      [bzediker@stmarkmp.org](mailto:bzediker@stmarkmp.org)

**The mission statement of the people of St. Mark:**  
**To nourish God's people in Body, Mind and Spirit.**



St. Mark Lutheran Church

# CrossBeams

A publication of St. Mark Lutheran Church, Mount Prospect, Illinois

Volume 55, Issue 11

November, 2016

**Inside this issue:**

Pastor's Corner	2
Advent & Craft Connection	3
What's happening in Youth & Family	4
Nourished & Nourishing Others	5
Thoughts from the Loft & More	6
Women of the ELCA & Preschool	7
Stewardship	8
Water to Wine Tasting & College Care Packages	9
Thank You	10
Commitment Sunday Lunch & more	11
Thanksgiving Worship & more	12
Fair Trade Global Market	13
Missionary Kevin Jacobson	14
Calendar of Events	15

## October Events...

### Bunco for Breast Cancer

The Bunco for Breast Cancer event on Oct. 2nd raised \$7898 this year. This brings the total donation to \$31,812.87 for Breast Cancer Research Foundation in the 5 years the event has been at St. Mark. Great Job!!!



**Baptism:** Leandra Hukporti was baptized on Sunday, Oct. 9. She is the daughter of Ruffine & Gui Gui and the granddaughter of Koffi & Peace.

### Pet Blessing

St. Mark gathered with our 4-legged friends on Oct. 9th. There were blessings, prayers and treats for pets and their people.





Recently in Council meetings we’ve started our time together sharing the stories of St. Mark. As stories were shared, it became apparent there was a theme running through them: GENEROSITY. St. Mark is a place of generous people, generous with time and money. I found these stories to be so powerful that I wanted to share some with you.

Pete and LaVerne Petersen were recognized as heroes of giving generously. Among other things, they gave the funding to allow our sanctuary to be friendly to people with hearing difficulties.

Martin Staunt was also named as a hero of giving generously.

Carl and Millie Anderson and their family gave so generously in many ways. Recently, in particular, they enabled St. Mark to enjoy having an intern for four years. We have the Anderson family to thank for the reason I know you and you know me.

A story of remarkable giving was recalled from the time of Pastor Joan Gunderman’s ministry. She met with a congregation member who spoke of her relief that her cemetery plot was all paid. Pastor Joan, concerned this may not be the case, checked on it. Sure enough, payments had stopped somewhere along the way. In a Sunday sermon Pastor Joan shared the story and asked for the congregation’s donations. Within two weeks there was enough money donated to buy many cemetery plots.

When debt was taken on to complete building projects, mortgages were paid off within two to three years and we remain mortgage and debt free.

We give so generously to support Rev. Kevin Jacobson in ministry in Suriname that we were named a Top 100 Congregation in ELCA Global Church Sponsorship in 2016. We give enough each year to Holy Family Ministries to support a full scholarship.

Along with these stories of monetary generosity are story upon story of people who have given of their time and their resources. All those who have supported 26 years of PADS ministry. Greats like Lil Floros who made things like floats for the 4<sup>th</sup> of July parade possible as well as abundant programming at the Center. Mary Ann Anderson who was involved in just about everything here at St. Mark. Cindy Decker who quietly simply made things happen. Ruth Larsen and Annette Woods who served in great ways with Sunday School. And more people than we can name who give time to make ministry possible here.

The point is we at St. Mark are a generous people. This is one of the reasons why I’m so glad to give to the ministry at St. Mark. I know when I give that I am met by a whole community of generosity. Together our generosity allows ministry to happen, for people to have a warm bed, for young people to learn the faith, for the sick to be visited, for worship to happen, for people to be fed. As we enter into this time of pledging for 2017, I invite you to let these stories speak to you and encourage you to join the generosity. Together we make ministry happen.

In Christ,  
Pastor Christie



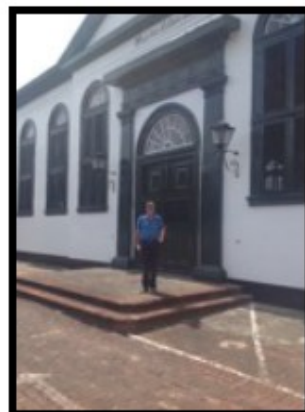
2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11 am Private Event 5 pm Basketball 6 pm Basketball	2 9 am Volleyball 11 am Bible Study 3:30 pm Basketball 4:30 pm WOW 5 pm Basketball 6 pm Youth Choir 6 pm Basketball 6:30 pm FaithWalk	3 3:30 pm Basketball 6 pm Basketball 6:30 pm Bell Choir 7:30 pm Vocal Choir	4 11 am Preschool Gym 1 pm Preschool Gym 5 pm Private Event 5:30 pm Basketball 7 pm Basketball	5 8 am Basketball
6 ALL SAINTS DAY 8 am Worship 10 am Worship Tastefully Simple Tasting Party between Worship Services	7 6:30 pm PADS 7 pm Youth & Family	8 5 pm Basketball 6 pm Basketball	9 9 am Volleyball 11 am Bible Study 4:30 pm WOW 5 pm Basketball 6 pm Youth Choir 6 pm Basketball 6:30 pm FaithWalk	10 6 pm Basketball 6:30 pm Bell Choir 7 pm HS Basketball Coaches Meeting 7:30 pm Vocal Choir	11 11 am Preschool Gym 1 pm Preschool Gym 5:30 pm Basketball 7 pm Basketball	12 11 am Basketball
13 8 am Worship 10 am Worship	14 1 pm Book Club 6:30 pm PADS	15 5 pm Basketball 6 pm Basketball 7 pm Church Council	16 9 am Volleyball 9 am Quilting 11 am Bible Study 4:30 pm WOW 5 pm Basketball 6 pm Youth Choir 6 pm Basketball 6:30 pm FaithWalk	17 1 pm Senior Lunch Bunch 6 pm Basketball 6:30 pm Bell Choir 6:30 pm Ecumenical Committee 7:30 pm Vocal Choir 8 pm Basketball	18 11 am Preschool Gym 1 pm Preschool Gym 5:30 pm Basketball 7 pm Basketball 7 pm Craft Connection 7:30 pm Water to Wine Tasting	19 8 am Basketball 1 pm Basketball
20 COMMITMENT SUNDAY 8 am Worship 10 am Worship 11:15 am Stewardship Luncheon	21 6:30 pm PADS	22 3:30 pm Basketball 6 pm Basketball 7 pm Thanksgiving Worship	23 9 am Volleyball	24 THANKSGIVING Office Closed	25 Office Closed 8 am Basketball	26 8 am Basketball 9 am Trim the Church
27 8 am Worship 10 am Worship 6 pm College Care Packages	28 6:30 pm PADS	29 4:30 pm Basketball 6 pm Basketball 7 pm Advent Worship	30 9 am Volleyball 10:30 am Advent Worship 11 am Bible Study 4:30 pm WOW 6 pm Youth Choir 6 pm Basketball 6:30 pm FaithWalk			



**PASTOR KEVIN L. JACOBSON**

ELCA Missionary to the Evangelical Lutheran Church in Suriname



Preparing for the 275th anniversary of Lutheran mission and ministry in Paramaribo on November 15, 2016, Martin Luther Church has been painted and windows, pews, chairs and organ are being renovated inside.



Dear friends and sponsoring congregations: This will be my last newsletter from Suriname, I have accepted a new call with Lutheran Immigration and Refugee Services (LIRS) based in Baltimore, Maryland as Assistant Director for Outreach. My service with LIRS will begin November 14, 2016. I want to thank you for all your personal and cooperate prayers, support and financial contributions to ELCA Global Mission over the past 9 years. I began this ministry with language studies in Leiden, Netherlands on October 1, 2007 and arrived in Suriname on August 14, 2008. I now bring it to a closure on November 8, 2016. ELCA Global Mission will be contacting you in the near future to support another ELCA missionary. I pray that you will continue on this journey together with the ELCA as the work that we do around the world is incredible and the witness of our church and it's international personnel are so important in spreading the good news of Christ.

GOD'S BLESSINGS AND THANK YOU!



From August 28 - September 2 the ELKS hosted two Lutheran World Federation Preassemblies, North America and the South America/Caribbean Regions. Pictured are some colleagues and friends from the ELCA.



We had Vacation Bible School and Youth Camp in September 2016.



Led by the one male resident we celebrated a 90th birthday in the Senior Citizen housing complex behind Martin Luther Church.

# Advent Midweek Study and Worship

Join us for worship, community, coloring (optional) and conversation as we dig into Isaiah and what these words of hope, peace, joy and Emmanuel mean in our lives.

**Tuesday Nights**

Conversation 7:00pm

Compline Worship 8:00pm

**Wednesday Mornings**

Morning Prayer 10:30am

Conversation 11:00am

**Begins November 29**



"Come, all of you who are gifted craftsmen, construct everything that the Lord has commanded." Exodus 35:10 (NLT)  
"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another..." Hebrews 10:24-25 (NLT)

**Friday, November 18  
7 pm in the Great Room**

**Deacon Dave will be showing us how to weave baskets. Cost = \$5 for materials. RSVP to the church office by Wednesday, Nov. 16. (stmarkmp@stmarkmp.org)**

**Come join the fun!**

(Recommended for 6th grade through adult)

**SAVE THE DATE FOR UPCOMING CRAFT NIGHTS:**

**Friday, December 16: Cookie Exchange & Christmas Craft**  
**Friday, January 20: Bring a personal craft & enjoy fellowship with others.**





### What's Happening in Youth & Family Ministry?

By: Deacon David Webb/  
Jill Galyon

Sunday, October 30 was Reformation Sunday. In celebration, we handed out Bibles to our youth and played bible games in between services.

Picture Bibles and Bibles with Mostly Words were received by:

Elyse Freeman  
Aubrey and Emily Gipson  
Riley and Ryan Podgorny  
Kai Saito  
Anthony and Alex Sorum

Confirmation Bibles were received this fall by:

Ethan Harold  
Luke Jacobson  
Erik Kremer  
Nick Permanian  
Evan Sarasin



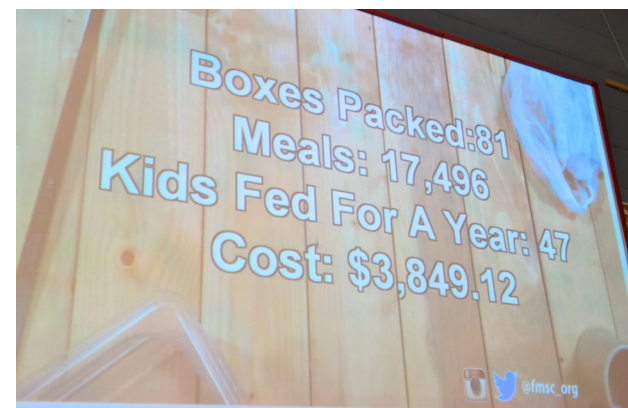
### CORN MAZE

8 middle school youth, Pastor Christie, Deacon Dave, Mark & Eileen Sarasin and Jill Galyon adventured to Richardson Farm on Sunday night October 9th for a fun night of wandering the corn maze, eating hot dogs and s'mores and enjoying the campfire.



### Feed My Starving Children

On Wednesday night October 19, some FaithWalk students and adults participated in a packing session at Feed My Starving Children in Schaumburg.



## Fair Trade Global Market

### Saturday, November 5

### 9 AM - 2 PM



Our Saviour's Lutheran Church  
1234 N. Arlington Heights Road  
Arlington Heights

Bring a friend and shop around the world...



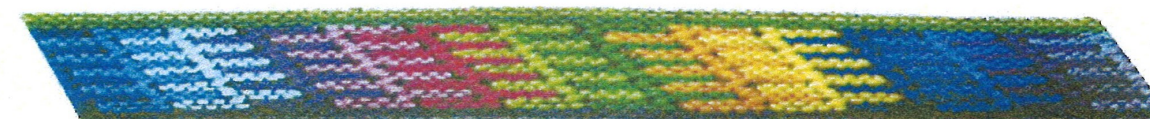
#### 11 Global Vendors

Sale of Fair Trade items improves artisans lives.

Fashion accessories, giftware, toys, woven goods, olive oil, coffee, tea, chocolate... and so much more

Alternative gifts and Bake Sale

No admission fee







## Thanksgiving Worship Tuesday, November 22

at 7:00 pm  
followed by  
a Pie Social  
Bring a Pie to Share!



## Star Tree

The annual Star Tree for Holy Family Children and PADs guests will be available for you to begin making selections on Sunday, November 20. Each star has the child's name and a number. After you have chosen a star, please enter the name on the list next to the tree. There is a space that corresponds to the number and name of the child. The gifts should be returned by Sunday, December 11.



## Mt. Prospect Historical Society Housewalk

St. Mark will be the starting place for the Historical Society's 29th Annual Housewalk on Friday, December 2 from 3:30-9 pm. We are looking for the following help to make this event possible:

- Bake and bring cookies. We will welcome people with a warm beverage and a cookie. If you are able to bake and drop off cookies, please let Marilyn Gosell know you are able to help.
- Help host the walk. We will have 3 shifts with 2 people present at each shift to answer questions, refresh coffee and cookies, etc. If you are available 3-5 pm, 5-7 pm or 7-9 pm, contact the church office at [stmarkmp@stmarkmp.org](mailto:stmarkmp@stmarkmp.org) or 847-253-0631.



## Tree of Life Banner

*"Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations." Rev. 22:1-2*

These words from Revelation call us to hope in the life to come and God's redeeming work of the world. In the midst of a long season of many deaths, these words and images are a balm for our souls. Through the generous memorial gift for Ralph Hauslein and with the talented hands of Kim Perlich, we will be making a banner depicting this Tree of Life. You are invited to contribute a leaf for this tree by bringing in a 6x6 inch square of green fabric in memory of a loved one. Please attach the name of the person you are remembering to the fabric with a pin. Fabric will be collected as part of our All Saints Day worship on November 6. Thank you for your collaboration in making this beautiful tree. In need of some green fabric? We have some for you to choose from at a table by coffee hour.



## Nourished and Nourishing Others

By Deacon David Webb

It has been incredible to reflect on all the ministry that St. Mark is doing during our Stewardship Temple Talks this last month. During our council devotions last month we also reflected on some of our ministries stories and I was really struck by the way generosity is a big part of the story of St. Mark. The depth, breadth, and generous spirit of our ministry at St. Mark is lived out in our feeding and food ministries and so aptly embodies our mission to "nourish God's people in body, mind, and spirit."



You would think that by now I wouldn't be surprised, but it seems like this time of year our young people always surprise me. It's one of my favorite parts of our ministry together too. At the beginning of Wow and FaithWalk each year we spend some time talking and praying about how we should use our offerings this year. This year students voiced that they wanted to help people who are hungry and who need a place to sleep. Four days later I learned that Journey's was sending out a special appeal for funds this year. The children's sensitive hearts always seem to know exactly where God is calling us into ministry for another.

Students have begun collecting money for the Journey's Special appeal. We have had donations of socks for PADs, canned goods for the food pantry, and some FaithWalk students packed meals at Feed My Starving Children. During the upcoming year we are going to get in the kitchen and cook food for PADs, continue raising money to donate to Journey's, hold special food/drink related fundraisers, help pack backpacks, and make sure all God's people are nourished in Body, Mind, and Spirit.

## Youth & Family Tastefully Simple Fundraiser

The fundraiser is going strong! Thanks to all who have purchased products. The next tasting party will be in the Narthex between worship services on Sunday, November 6. In the meantime, check out the products online and place your order there.



**Be sure to PASS THIS INFO ON TO FRIENDS & FAMILY!** The more who shop, the more funds raised for the Youth. This fundraiser will continue each month throughout the year.

### To Order:

- Go to [www.tastefullysimple.com/web/mciske](http://www.tastefullysimple.com/web/mciske)
- Click on Shop & choose your items
- Choose St Mark Fundraiser at check out as your HOST
- Your order will be shipped DIRECTLY TO YOUR HOME within 7-10 business days. You may also have items sent to alternate addresses if you'd like to send an order as a gift!

**\*\*Come to a Tasting Party in the Narthex on November 6 & December 4 between worship services\*\***

**THANK YOU FOR SUPPORTING ST MARK YOUTH!**

## Thoughts from the Loft



Dearest Jesus, at your word  
we have come again to hear you;  
let our thoughts and hearts be stirred  
and in glowing faith be near you  
as the promises here given  
draw us wholly up to heaven. (ELW #520 vs. 1)

A tidbit of information: one of the first pieces I played at St. Mark was a chorale prelude by Bach based on this hymn. It is a lovely hymn that reminds us to greet our Lord and Savior each day with joy. What a blessing!

Peace,  
Tim

## SENIOR LUNCH BUNCH

(or anyone else who would like to join us)



**Thursday, November 17, 2016**  
**Thanksgiving Celebration Potluck Lunch**  
**In Fellowship Hall at 1:00 pm**  
**RSVP and sign up for a dish to pass by 11/14.**

**Marilyn 847-508-5512**

**Turkey & dessert will be provided**



**Save the Date**  
**BUDGET MEETING**  
**Sunday, December 4**  
**Following 10 am**  
**worship**



**Sunday, November 20**  
**Following the 10 am worship service**  
**In celebration of our stewardship campaign**  
**"God's Work, Our Hand"**

St Mark Lutheran Church,

My name is Lorraine Tennis. Some forty years ago my husband, Wilmer Kurtz, and I were the recipients of much love and care from St. Mark Church. We were missionaries in New Guinea from 1957-1969. While on furlough, we became acquainted with Pastor Quill.

This past week I have been sorting through years of memorabilia. I read and reread and cried and reminisced over many letters received from St. Markers.

I'm reminded how generous your congregation was to us and to the mission. After my husband died, I remarried and gradually broke off ties with your church. Now at the age of 83 and again a widow I would like to touch base with you and once more thank you sincerely.

The children are grown, married and continue to love and serve the Lord. God has granted me very good health so I live happily in my home. Few, if any, of the congregation will remember us but I won't forget your kindness to us.

Sincerely,  
Lorraine Tennis  
Camrose, Alberta, Canada







Dear St. Mark,  
Thank you to Pastor Christie for your visits and communion. Thanks to those bringing the flowers from the altar. They are beautiful. We appreciate the telephone calls and cards too. It means a lot to us.

Love,  
David & Shirley Lee

A Big Thank You! St. Markers are great!  
From Cynthia who brings communion, to Judy Fell who does all the mailings, to the office staff always working, to Pastor and Dave, to lots of caring members!

Thanks!  
Jan Schulz

Dear St. Mark Lutheran Church Family,  
Thank you for your outpouring of loving support, visits, calls, cards and emails upon the death of our beloved son, Timothy A. Hasse. We celebrated his baptism and confirmation at Immanuel Lutheran Church and have now celebrated his life and return to his heavenly home at St. Mark Lutheran Church. Losing him has left a deep ache in our hearts, but we have been comforted and uplifted by your kindness during this sad time.

Sincerely,  
Virginia, Michael, Steven and Jonathan Haase

## Women of the ELCA

**Friday, November 4  
1:00 pm**

Church Women United  
World Community Day  
"Sharing Gifts at the Table"  
Speaker from Refugee One  
Fair Trade items for sale onsite  
at Gifts of the World Gift Shop  
Christ Community Mennonite Church  
888 S. Roselle Rd., Schaumburg  
No reservations required. Admission is free.



**Wed. & Tues., Nov. 16 & 22  
9:00 am**

Quilting  
Upstairs, Education Wing

**Saturday, November 26  
9:00 am**

Trim the Church  
Sanctuary, Great Room, Narthex



**Holiday Outing  
Sunday, December 13**



**At the Metropolis Theatre  
In Arlington Heights**

**For  
It's A Wonderful Life: A Live Radio Play  
3:00 pm performance  
Tickets: \$24 each seat (Reserved seats)  
Tickets reservations begin Sunday Nov 6  
in the Narthex**

**More details to come...arrangements for  
lunch before the performance as well as  
car pools for those needing a ride.  
Questions: Contact Kim Perlich**



**All St. Markers are invited to the Annual Preschool  
Christmas PJ Pageant  
Sunday, December 4 at 6 pm in the Sanctuary  
Come in your pajamas and join in for an evening of singing,  
stories, and ICE CREAM!!**



## “God’s Work, Our Hands – Commitment Sunday”

During November, we will shift our talks during the offering time from the various ways to serve in the ministries to the financial aspects of our congregation’s work. Some of these are internal – all the things that we do to keep the organization running smoothly. These include maintaining the property, preparing the worship activities, calling pastors and deacons to preach and teach the Word, funeral lunches, educational activities, etc. But our congregation, like

any healthy group of Christ followers, does more than maintain the institutional machinery and activities which serve ourselves. We also reach out to help our local community, as well as our larger community – our nation and world. We support disaster relief, we make quilts for LWR, we send money to our Metro Chicago Synod for regional and national, we donate money and food to our food pantry, we provide shelter and food through the PADS program, etc. This list could go on and on, and it is impressive.

Why do churches do this? Even though our ministry efforts at the local, regional, national, and international levels seem paltry in comparison to the need, our participation keeps our hearts attuned to the need we have to separate ourselves from a portion our time and money by giving it away for the welfare of others. Our human propensity to make an idol out of our money and time responds well to the antidote of regular disciplined giving for the benefit of others. The Jewish expectation of tithing (setting aside a tenth for others) was a means of building spiritual health through recognizing God’s ultimate ownership of everything I have and earn. Of course it is possible to tithe one’s money and time in a prideful manner as Jesus’ parable of the Pharisee and tax collector shows. (Luke 18)

Paul organized a collection from the churches to help out the needy in Jerusalem. (2 Cor 8 & 9) He expressed gratitude to the Philippians for helping him out when he was in dire straits. (Phil 4: 10-19) It’s impossible really to follow Christ and not be involved in charitable giving of self. It’s built into the faith; it’s an automatic response to the communal nature of Christian community.

We hope you are moved to be generous this fall as you consider how your hands can be used by God to accomplish holy work, whether it’s “helping out” at church activities, participating in worship and study, or giving of money. Last year our members pledged, promised, made commitments of approximately \$320,000. (Our total budget is almost 120k more than that as many people give without making a formal commitment.) It would be great if we could get the commitments up to 400k or at least 350k! Some of our faithful contributors do not feel comfortable making a specific commitment as they don’t know what the year will bring. We should emphasize that a commitment is an estimate, and can be modified up or down as circumstances permit. But most important is the joy and freedom gained from giving of self for the welfare of others, however you choose to do it.

One method of making your commitment to our efforts in 2017 is to use electronic giving. This can be done through the “billpay” program at your bank, or other similar programs. This places your commitment to God’s work at the same level as your payments for mortgage, car, utilities, and other recurring commitments. If you want further information on how to do this, contact Nancy Hundley at the church office.

*Pr. Carl Anderson for the Stewardship Team.*



## Save The Date

*What:* Water Into Wine Tasting

*When:* Friday, November 18 at 7:30 pm

*Where:* St Mark—Fellowship Hall

*Theme:* Which wines to serve with your holiday/turkey dinner

*Cost:* \$10 per person to offset the cost of the wine & light appetizers

Join us for our third annual wine tasting event. This year we will explore the best options for complimenting your Thanksgiving and Christmas menus.

RSVP to Rachel Potter by Sunday, Nov. 13.

Rachel.k.scott1@gmail.com or 847-951-8208



## COLLEGE CARE PACKAGES

On November 27th at 6 pm, we will gather at the Center to eat pizza and pack care packages for our college students as they prepare for finals and the end of the semester. College students LOVE to receive these packages and our FaithWalk & SHINE! kids LOVE to put them together and write notes of encouragement to them.

So if you have a college student in our household and would like them to receive a Care Package for finals, please email the church office (stmarkmp@stmarkmp.org) with the student’s name and mailing address no later than noon on Wednesday, November 23rd. (You do not need to attend the packing for your student to receive a package, however, you are welcome to come and help pack.)

Everyone can get involved as we are collecting items to be included in these packages. If you would like, please bring items and place them in the “Items for College Students” box in the Narthex on Sunday mornings through November 27th. Here is a list of suggested items:

- \*Tea bags; individual coffee, cider & hot chocolate bags; crystal light packages
  - \*Individual microwave popcorn bags
  - \*Candy bars, suckers or individually wrapped candy
  - \*Snack size crackers, chips, pretzels & cookies
  - \*Gum and mints
  - \*individual soup or macaroni & cheese packets
  - \*Wrapped items like Pop Tarts, Rice Krispie Treats, etc.
- Or anything that will fit in a medium flat rate box from the Post Office (13 5/8” x 11 7/8” x 3 3/8”)

**Please NO liquid—no juice boxes, fruit cups, or pudding! These items have exploded in the past during mailing.**