

The Eagle

May 2014

Strawberry Booth: Help Wanted By Michael Bennett

It's time again to plan for our annual "Strawberry" party. The St. John's family has a long tradition of joining together to provide strawberry shortcakes with all the trimmings to the Lafayette community at the Round the Fountain Art Fair (this year on May 24). It is a lot of fun and provides an opportunity for all of us to work together getting to know each other and the rest of the community.

The Music Committee is taking the lead in organizing this event. It takes lots of planning, coordination and time to accomplish this. There are many jobs and the more people we have, the easier the job. We need people to 1) bake shortcakes at the church, 2) cut strawberries at the church, 3) set up at the courthouse the day of the event, 4) "scoop, dip, and plop" at the booth during the day, and 5) transport the perishables from the church to the booth during the day and clean up afterwards.

As always, the proceeds will benefit needs at church. There will be volunteer sign-up sheets at the church starting May 4. Please put your name down in the place where you will have the most fun and give the most help.

WE NEED YOU!

May Book Discussion: A Few of Our Favorites! By Mary Campbell

It's time for our Fifth Annual What a Great Book! meeting. For the last gathering of the year, the Book Discussion invites everyone to come share the titles of some of their favorite books. There are lots of reasons you might describe a book as "great." So, whether the book is exciting, or challenging, or charming, or informative, or inspiring, or funny, or timely, or has some other quality that appeals to you – please come to share and to tell us something about the book.

We will start constructing our reading selections for the 2014-2015 season at our May meeting, and some of the titles we share will no doubt be on that list. All types of books are welcome – from detective fiction, to science fantasy, to history, to classics of literature, short stories, biography/autobiography – we are open to it all.

We will meet on Wednesday, May 21, at 6:30 in the Bishops' Parlor. Enter through the garden gate. If you need transportation, please call Mary Campbell (426-5541), and we will see what can be arranged.

Parents' Night Out By Jessie Murawski and Cyrus Hulen

On May 10, 2014, the youth group will be hosting a Parents' Night Out from 5 pm to 8 pm. The charge is \$15 for one child or \$30 for two children or more. All proceeds will go toward helping fund Jessie and Cyrus's participation in this year's Episcopal Youth Event.

The Episcopal Youth Event is an event that happens once every three years and draws youth from around the world. It is designed to give delegates an opportunity to engage in mission in an urban setting.

From the Rector By Bradley Pace

If you were not at St. John's for Easter, you really missed something special. The most obvious thing is that nearly 400 people came to services on Saturday and Sunday. The church was almost filled to capacity for the late service on Easter Sunday. The church was beautiful. The choir's musical leadership was superb. Most importantly, there was a buzz of life and of energy. What a wonderful way to begin Easter season. What a wonderful way to celebrate our new life in the risen Christ.

On that note, I want to highlight for you the passage from Barbara Brown Taylor that I quoted in my Easter sermon. When the disciples encounter the risen Christ, and Jesus breathes God's Spirit into them, they "stop hiding and start seeking. They stop making excuses and start moving mountains. They sell all of their stuff and put the proceeds in a common pot so that no one is in need. They lay their hands on the sick. They defy the authorities. They never tire of telling people who it is that gave them the courage to do such things, and they become known for their glad and generous hearts. In this way, their way of life was contagious."*

For you and me, sisters and brothers, God has opened up these same tasks and new possibilities. If you were at St. John's on that Sunday, you may have heard the trumpets or smelled the Easter lilies. You may also have felt, as I did, the Spirit of God breathing life into the church. That is because at Easter—on the first Easter, but also each Easter thereafter—we are born again. For almost 2000 years, new creation has been taking shape in our lives, in our communities, in our time. God's Spirit has been and is being loosed on the world. Our lives can become like the lives of Jesus' earliest disciples. Maybe our way of life—the way of God's love—will become contagious, too, in our own day and time.

My sisters and brothers, God has renewed the world. God has opened up for us new tasks and new possibilities. There are 50 days in Easter. We are at the very beginning of this time. Live each day of Easter season—and each day from here on out—shouting "Alleluia, Christ is risen!" Live these new tasks and new possibilities in all you do.

Thanks to everyone who made our Holy Week and Easter services possible. Thanks to each of you who make this such a wonderful Christian community. In this Easter season, may Almighty God, who has redeemed us and made us his children through the resurrection of his Son our Lord, bestow upon you the riches of his blessing.

*Barbara Brown Taylor, "Easter Preaching and the Lost Language of Salvation." *Journal of Preachers*. 25:3 (2002), 18.

A Note About Email By Bradley Pace

Just a reminder that while I love using electronic communication (email, Facebook, Twitter, etc.), I am often inundated with email and the like. If it's a particularly busy time at church (like it was just before Holy Week), I may get so far behind that your important message could go unanswered for several days. If you email me and need a response right away, please put "URGENT" or something similar in the subject line. You might also contact me directly by calling the office at 765.742.4079 or my cell phone at 312.208.8791. I am always happy to receive emails, but if you need a response right away, calling may be more effective.

Summer Schedule:

The summer schedule at St. John's will begin **Sunday**, **May 25**. During the summer months, we will worship together at one Sunday service beginning at **9:00** am.

Vacation Bible School:

Vacation Bible School at St. John's will be held **August 4-8, 2014**. Save the date and stay tuned for more information!

LUM Good Samaritan Fund Follies

By Nolie Parnell

The 3rd annual Good Samaritan Fund Follies was held April 4 at St. Andrew United Methodist Church in West Lafayette, and by all accounts was a smashing success. There was a yummy dinner, entertainment, and a silent auction. Our basket, the Pampered Pooch, was fantastic. I am extremely grateful for everyone who took the time to donate toward our basket. Your generosity enabled St. John's to support our local community through a much-needed program. All proceeds benefit the Good Samaritan Fund, which provides the means to avert a crisis through financial support so a family may avoid eviction, prevent the utilities from being disconnected, or even continue much-needed medication.

The night was a fundraiser, no doubt, but it also gave back in a meaningful way—the event provided a social outlet for many St. John's members to spend time together outside of the church. I immensely enjoyed my conversations around the table and wish I could have spent some time at the second table (yes—there were enough of us to need two tables!). If you were unable to attend this year, don't worry; there will be a seat at the table for you in 2015

A Note about Pastoral Care at St. John's

By Bradley Pace

Last year, I asked your assistance in reminding me about parishioners who may have disappeared or "fallen through the cracks" during the transition period. I want to reiterate that request. I was reminded recently of how important the St. John's community is in the lives of so many people. I came across the name of a parishioner who I had not met while I was writing birthday cards. The birthday card prompted me to make a call, and I discovered that this longtime parishioner had recently fallen and broken her arm. While she has been unable to attend for some time now, she seemed so glad to hear from St. John's. Likewise, I was very glad to make her acquaintance and to remind her of our care and support.

If you think of someone you haven't seen for awhile, let one of the clergy know. We may be able to reconnect with someone, or we may find out that a member of the community is in need of prayer, care, or other support. This is a crucially important part of who we are and what we do. Remember our community's mission to Worship, Share, and Make Christ Known. Offering the sacraments, sharing God's gracious love, and making Christ known through our prayer and support are a major part of our calling.

I know that the St. John's community has been there for many of you during the good times and the bad times. Together, we can make sure that St. John's is there for others as well. You can help me by first reaching out to folks you haven't seen for awhile. Call them, visit them, drop them a card. Secondly, you can tell me. This kind of communication can help St. John's continue to be a wonderfully supportive community.

Likewise, please let a member of the clergy know if you or a family member become seriously ill, are admitted to the hospital, or are homebound for an extended period. Contact the church office at 765.742.4079 or by email at stjohns@stjohns-laf.org.

Support Jim Marciniak and Help Habitat for Humanity By Bradley Pace

Cover Indiana is an annual weeklong bicycle tour through Central Indiana that raises funds and awareness for local Habitat for Humanity affiliates. Created in 2004 by Habitat for Humanity of Indiana, the ride typically begins in Lafayette and concludes in Indianapolis. This year Cover Indiana Bike Tour will extend its reach in honor of the 30th anniversary of Habitat for Humanity of Evansville.

Jim Marciniak has ridden several times in the annual Cover Indiana Bike Tour; a 7-day, 360-mile bicycle journey from Lafayette to Indianapolis, passing through Crawfordsville, Terre Haute, Bloomington, and other communities. During that time, parishioners and others have supported him for a total of well over \$10,000. These donations have gone to support Habitat for Humanity of Greater Lafayette and have funded St. John's participation in three Habitat start-ups.

This year's Cover Indiana Bike tour is scheduled for May 11 to 17. This year's tour will cover the same 350-mile route as last year: Lafavette. Crawfordsville, Terre Haute. Linton, Bedford, Bloomington, Plainfield, and Indianapolis. Jim has once again decided to represent St. John's in the ride. Proceeds in support of his efforts are credited to St. John's account at the Lafayette affiliate of Habitat for Humanity and form the basis of our contribution to participate in a building project. Although we are not building in 2014, we will be in 2015 and this will give us a great head start on raising those funds. For more information, contact Jim Marciniak directly at 765.463.6229. If you would like to donate on behalf of Jim's ride and in support of Habitat for Humanity, send donations to St. John's, Lafayette and put "Habitat for Humanity Cover Indiana Bicycle Tour" in the memo line, or go to www.stjohns-laf.org and click on the "donate" button.

Circular Logic Marathon Relay a Success! By Hilary Cooke

On Saturday, March 29, faithful members of St. John's reported to Cumberland Park amid snow and cold to participate in the Circular Logic Marathon as members of the St. John's Steeplechasers. I am so very proud of our team who persevered in spite of the chilly temperatures and finished the 26.2 mile course with a time of 4 hours and 9 minutes (a very respectable 9:31/mile pace!). I am also proud to report that we won the award for the team with the best name!

Sixteen members of St. John's came out for what we hope will be the first of many St. John's relay teams to come. The members of the youth group who participated have already thrown out a challenge for next year to try to have at least two teams from St. John's (one youth group team and one adult team). The date for next year is March 28, 2015 so put it on your calendar now!

Big cheers to our team: Andrew Bigelow, Ashley Bigelow, Jim Beaty, Greg Buzzard, Jennifer Chandler, Hilary Cooke, Bill Kealey, Patti Mellor, Jo Roberts, Annie Schreiber, Frances Shook, Harry Shook, Lydia Shook, Steve Shook, Amy Van Epps, and Hannah Vinacco. Thanks to Amy Van Epps we have a lovely collage of pictures from the race that you can find on the TV in the commons.

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St. John's & Trinity UMC Celebrate World Labyrinth Day By Amy Paget

Join us in celebrating World Labyrinth Day on Saturday, May 3 with a flexibly scheduled day of labyrinth walking and other activities at Trinity United Methodist and St. John's Episcopal Church in Lafayette, Indiana. This event starts at 10 am and concludes at 4 pm. Visitors are encouraged to join us at any time. The event is free of charge.

Sponsored by The Labyrinth Society, (www.labyrinthsociety.org), World Labyrinth Day is intended as a day that brings people from all over the planet together in celebration of the labyrinth as a symbol, a tool, a passion or a practice. As part of this celebration you are invited to "Walk as One at 1" to effect a rolling wave of labyrinth walking as the earth turns.

Trinity United Methodist Church is excited to welcome the public to walk its outdoor labyrinth at 6th & Ferry Street adjacent to the church. It was constructed in 2013 by Lenny Halascsak as part of his Eagle Scout project. The labyrinth is a 7 circuit medieval style which is 40 feet in diameter. It is Trinity's wish when you walk the labyrinth to center yourself spiritually, because of that the center of the labyrinth has been aligned with the center of our sanctuary. There are 4 meditation benches placed around the outside for reflection and prayer.

St. John's also has an outdoor labyrinth located in the Memorial Garden designed by Rob Sovinski, ASLA, Professor and Program Chair of Landscape Architecture at Purdue University. A graduate of the Harvard Graduate School of Design, he is the author of *Brick in the Landscape: a Practical Guide to Specification and Design, and Materials and Their Applications in Landscape Design.* Sovinski notes "The labyrinth garden at St. John's Episcopal Church in Lafayette, Indiana was designed in tandem with a significant building addition to the church. Two existing structures on opposite sides of the courtyard were connected by a new architectural element that included a chapel configured in a truncated octagonal floor plan.

"The octagonal shape of the chapel and its general proportions led to the octagonal shape of the labyrinth. The overall arrangement of the garden took its cue from the great gothic cathedrals of Europe and is based on a suggested cruciform. The vertical axis of the cross runs from the octagonal baptismal font to the altar in the new chapel. The minor axis crosses the major axis at the precise center of the labyrinth. This gesture links the spiritual purpose of the labyrinth garden to that of the chapel. St. John's octagonal labyrinth reflects the labyrinth in the nave of the Cathedral of Amiens, and to a lesser degree, the Cathedral at Reims.

"The number eight is significant in some Christian traditions because it suggests the time beyond our earthly time. (There are seven repeating days in the earthly calendar. The so-called "eighth day" is then the new life.). So an eight-sided labyrinth prepares the faithful for the 'resurrection life'."

Labyrinths are found in many cultures dating back as much as 3,500 years. Unlike a maze, the labyrinth is unicursal, having a single path leading to the center with no loops, cul-de-sacs or forks. They all share the basic features of an entrance or mouth, a single circuitous path and a center or goal.

There are 60 labyrinths in Indiana, according to the worldwide labyrinth locator, http://labyrinthlocator.com. Outside of Lafayette, the nearest labyrinth is located in Logansport on Mill Road as part of the Logansport Memorial Hospital property. The most well known labyrinth in Indiana is the 42-ft Chartres replica located in New Harmony. There are also 13 labyrinths in Indianapolis.

A 30-minute film, Rediscovering the Labyrinth, will be shown throughout the day. It tells the stories of real people whose lives have changed by walking the labyrinth. Join Lauren Artress, author of Walking a Sacred Path, as she presents this documentary that has won awards at international and national festivals along with an Emmy nomination for direction. We will also show a British film, Labyrinths: Their Mystery & the Magic. Other activities will be located throughout St. John's Church buildings and will include meditation space in the chapel and the opportunity to try finger and sand labyrinth activities. Should the weather be inclement, bring your umbrella...or join us walking a 20+ ft indoor labyrinth!

Honoring Our Graduates at St. John's

The end of the school year is here, and some St. John's folks (or family) will be graduating high school, college, graduate school, or other academic programs.

So that we can honor all our graduates, please email the St. John's office at stjohns@stjohns-laf.org as soon as possible and let us know when, where, and for what.

Stay Connected

The Eagle is only one way to keep touch at St. John's. You can follow St. John's on Facebook (www.facebook.com/stjohnslaf) on Twitter (@stjohnslaf) or on Instagram (@stjohnslaf). Find out about events; opportunities for worship, service, and fellowship; or ask questions and start conversations.

You can also join the St. John's email list via our Facebook page or by contacting the church office at stjohns@stjohnslaf.org.

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Care of Creation

bv Hilarv Cooke

At a recent clergy gathering we discussed how our churches can faithfully respond to the challenge of global climate change. Here at St. John's we have taken small steps (recycling, trying to reduce energy consumption, etc.) but we'd like to see if we can expand our response. To that end, we're trying to organize a small group of folks to look at ways to reduce our congregation's carbon footprint. If you are interested, please let Hilary or Bradley know (hilary@stjohns-laf.org or bradleypace@stjohns-laf.org).

In addition, for anyone who is able to attend, Trinity Church in Bloomington will be hosting a meeting on Saturday May 17, from 1-4pm to look at ways to reduce energy bills at the church and at home. The event is described this way:

"This will be a "nuts-and-bolts" workshop on how Episcopal congregations can heat, cool, and light their buildings more efficiently and save utility dollars by sealing air leaks, adding insulation, adjusting/monitoring thermostats, using energyefficient lighting, installing solar panels, etc.

We'll include concrete examples based on our energy reduction efforts at Trinity and those of other churches. We'll also share tips for starting a "green team," getting members enthused and involved in Creation care efforts, and connecting with other Indiana congregations for information exchange and support.

We hope you'll join us and members of other churches throughout the Indianapolis Diocese for a time of fellowship and sharing of practical energy-saving info! If you plan to attend, please RSVP to Karen Smith at tvagerbiler@yahoo.com."

News from the Food Pantry By Steve Starks

We are pleased to announce that the food pantry will be open on Saturdays year-round beginning on Saturday, June 7. The Saturday hours (tentatively set as 1-3 pm) will coincide with the Veggie Drop delivery. The Food Pantry Advisory Board discussed this at their last meeting and decided it was time to make the addition. The decision was bolstered by the fact that, due to the Journal & Courier article on hunger, the LUM Board had asked about the possibility of being open on weekends or evenings in order to reach more people. This, added to Veggie Drop's request that we become their main drop-off point on Saturdays, seemed to make Saturday afternoon the best time to be open.

The Veggie Drop (formerly called The Food Gatherers) picks up food from the Lafayette Farmers Market vendors when the market closes each Saturday and brings it to St. John's to be distributed. Last year, this fresh produce would sit in the pantry or in the fridge until we opened on Monday. With the new arrangement, the food can be distributed while it is still fresh. Any extra can be distributed the following week.

This will necessitate additional volunteers. We are seeking a minimum of eight more volunteers each month. If you have not volunteered in the past because of a conflict with your job or school schedule, now would be a good time to start. This is an especially good opportunity for families to be involved together. Perhaps your family could commit to one Saturday each month to help make food available to our pantry customers. Since the office is closed on Saturdays, we will also need coordinators for each Saturday who would be responsible for opening up and closing the pantry. This will necessitate picking up the key on Friday.

Pantry Stockers are needed (adult or teen) to re-stock the pantry shelves after each day's use. This can be done after school or in the evenings before 6:00 pm. Volunteers are also needed to help unload the Delivery from Food finders on Mondays and Thursdays, from 1:00-3:00 pm and put away or restock food.

Veggie Drop volunteers are needed to assist in picking up produce and leftovers at the Farmers Market from noon to 2:00 pm on Saturdays and delivering it to St. John's and two other churches. If interested, contact Pauline Shen at 765-427-0219 or pauline@wildshen.com. If you are a gardener, ask her about the guerilla garden going in at the end of north 6th Street in the Lincoln neighborhood, or the community garden going in at Country Villa apartments in West Lafayette. Groundbreaking and planting for both is scheduled for Memorial weekend.

Every second Tuesday of the month we receive a large TEFAP delivery from the USDA, and volunteers are needed from 12:30-1:30 to help unload during the summer since no students are available to help.

February Financial Report

By Rachel Shook

A. IN	ICOME	<u>Cu</u>	Current Month		Total 2014		nnual Budget	% of Budget
1.	Pledge Income	\$ 2	24,981.00	\$	45,489.00	\$	326,418.00	13.9%
2.	Operating Income	\$	2,332.41	\$	4,808.41	\$	38,886.30	12.4%
3.	Non-Operating Income	\$	916.67	\$	1,833.34	\$	30,000.00	6.1%
4.	Transfer Income	\$	44.50	\$	44.50	\$	50,000.00	0.1%
TOTAL INCOME		\$	28,274.58	\$	52,175.25	\$	445,304.30	11.7%
В.	EXPENSES							
1.	Outreach	\$	5,205.66	\$	10,906.57	\$	85,072.00	12.8%
2.	Program	\$	634.96	\$	1,710.70	\$	23,950.00	7.1%
3.	Administration	\$	344.99	\$	354.50	\$	3,900.00	9.1%
4.	Personnel	\$	16,456.31	\$	36,559.17	\$	225,306.94	16.2%
5.	Office	\$	1,493.73	\$	2,346.07	\$	26,520.00	8.8%
6.	Property	\$	5,121.49	\$	11,279.16	\$	80,555.36	14.0%
7.	Misc. (Non-Budget)	\$	0.00	\$	419.50	\$	0.00	
TOTAL EXPENSES		\$ 2	29,257.14	\$	63,575.67	\$	445,304.30	8.0%
NET INCOME (LOSS)		\$	(982.56)	\$	(11,400.42)	\$	0.00	

What is Education for Ministry (EfM)?

By Maggie McClure

The following statements provide descriptions of EfM:

- EfM is a faith community where individuals can explore their positions, their beliefs, and their response to everyday life and issues.
- EfM is a safe environment where confidentiality and acceptance are required and valued.
- EfM is an opportunity to discuss personal insights, not debate them.
- EfM is a place to examine, question, and develop new ideas regarding your faith, theology, and beliefs without being judged.
- EfM includes study of church history, the Bible, and philosophy and ethics.

Sound interesting? The seminar group meets on Monday evenings from 6:30-9:00. During our time together we socialize, discuss our readings, worship, and have a guided conversation. We use any number of methods to begin our conversations which then draw on our beliefs, life experience, tradition, and culture to get to "the heart of the matter". Ultimately, we make connections with the insights drawn from our conversations and our daily life. Based on the EfM experience, participants have stated that they:

- Respond to daily situations differently
- Live outside of self
- Have more confidence in taking positions because they are able to articulate them better
- Realize it is OK to agree to disagree
- Are not making generalizations or snap judgments about others or situations

The seminar group provides a safe, confidential, non-judgmental forum to raise questions and find answers. We listen and respect others thoughts as we further explore our ministry.

We are recruiting participants for the 2014-2015 year. There is a fee for participating but don't let that stop you. Funds are available to help defray the cost. To learn more, visit the EfM website (http://www.sewanee.edu/EFM/index.htm) or speak with Maggie McClure.



St. John's Episcopal Church

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Rector

The Rev. Dr. Bradley Pace

Associate Rector

The Rev. Dr. Hilary Cooke

Sunday Associate

The Very Rev. Robert L'Homme

Parish Administrator Teresa Lohrman

Director of Music Michael Bennett

Building Use Coordinator Bill McInerney Eagle Editor Alissa Goudswaard

St. John's/LUM Food Pantry Steve Starks, Director Gayle Ennis, Co-Director

Vestry

Lloyd Brewer, Sr. Warden
Heather Johnston Nicholson, Jr. Warden
Ann Schreiber, Clerk
Jim Hess, Treasurer
Shirley Marciniak, Asst. Treasurer
Alissa Goudswaard, Sally Hastings,
Bill McInerney, Kelley Bailey, Lloyd Brewer,
Sally Byrn, Brabara Powell, Sally Goeke,
Heidi Kayuffman, Rachel Shook

We celebrate the life of **Tony Robinson** brother of Dorinda Kueberth

We give thanks for the Confirmation of **Joanna Benskin** on April 23rd, 2014 at St. Andrew's Episcopal Church, Greencastle.

Strengthen, O Lord, your servant. With your Holy Spirit; empower her for your service; and sustain her all the days of his life. Amen.

Godly Play Thoughts By Hilary Cooke

Recently I had the privilege of serving as doorperson in the younger Godly Play classroom (pre-k through first grade). As doorperson it was my task to greet each child as they entered, to sit quietly observing the story, to help the children prepare and distribute the "feast," and to "bless" each child as they departed by saying goodbye and wishing them well. It is always a joy for me to participate in this way because it gives me an opportunity to simply watch and listen to get a glimpse of the connections the children are making between their own personal stories and the bigger story of God's work in the world.

On this particular Sunday the children were hearing one of the stories of preparation for Easter. The storyteller mentioned that Jesus was in the temple when Judas came and kissed him to let the soldiers know to arrest him. Each story in Godly Play has materials to help tell the story and the storyteller asked the children if there was anything else in the room that might help them tell that day's story. She invited the children to bring materials from other stories over to the circle and place them alongside the materials for that day's story. Almost immediately one child brought over the wooden temple from the "Ark and Temple" story. Then another child brought over the materials from the "Ark and the Tent" recognizing that the "tent" served as the temple for the people of God when they were in the wilderness. Finally, another child brought over materials from "the synagogue and the upper room" so that we had all the temple stories together. When the story for the day was finished the children eagerly engaged in setting up all the temple stories during the response time. It was fascinating to me to see how the children so readily connected the stories of Hebrew scripture with the New Testament recognizing that the temple, the ark, the synagogue, and church are all important sacred places in which we can meet God.

Carol L'Homme's Chinese Cabbage Salad

This recipe came from a dear old friend from St. Paul's Cathedral in Peoria, Illinois, where Bob was Dean for 15 years. This is so good that I've been asked to bring it to almost every picnic we go to. Bon Appétit!

Dressing:

1/4 Cup vinegar1/2 Cup sugar3/4 Cup oil2 Tbsp soy sauce

Combine all and boil for one minute, then cool. Toss dressing over salad, not more than ½ hour before serving.

Salad:

1 med. head Chinese (celery) cabbage or Napa Cabbage (thinly sliced)

2 bunches chopped green onions Combine and set aside

Topping:

Small amount margarine

- 1 box or bottle sesame seeds
- 1 pkg sliced almonds
- 2 pkg ramen oriental noodles, crumbled into small pieces (noodles only)

Brown noodles first in small amount of margarine, then add sesame seeds and almonds. (Seeds and almonds brown faster than noodles) When cool and just before serving pour over salad greens.

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