



# Bloom

AHBC Women's Ministry Newsletter

Created by Eve Smith April 2023

## bloom; verb

- (1): to mature into achievement of one's potential
- (2): to flourish in youthful beauty, freshness, or excellence.

## Women's Ministry Leaders

Hannah Contreras.  
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If in need of prayer, meals, camaraderie or guidance, please contact us!

## April

Sundays - Adult bible study	- 9:30 am
Worship Service	- 10:30 am
9th- Easter Service egg hunt	
Tuesday - Women's bible study	- 7:00 pm
Teen girl bible study	- 7:00 pm
Wednesday - Fellowship Dinner.	- 6:00 pm
Adult bible study	- 6:30 pm
Youth gathering	- 6:30 pm

Donate  
gently used or  
new children's  
clothing

CONTACT  
CLAUDIA KAUFMAN  
210-833-3607

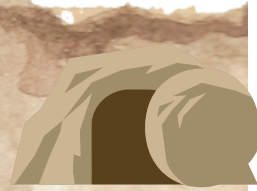
Teen girls bible  
study of 2 Timothy!  
Tuesdays 7 pm  
contact Brenna Cole  
1-515-313-8126

Women's study  
Tuesday nights  
7 pm

Reminder!  
Last week of Abide Bible  
Study will be April 25



# HE IS RISEN



## Egg salad



### Ingredients

- 8 eggs
- ½ cup mayonnaise
- ¼ cup chopped green onion
- 1 teaspoon prepared yellow mustard
- ¼ teaspoon paprika
- salt and pepper to taste

### Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Place chopped eggs in a bowl; stir in mayonnaise, green onion, and mustard. Season with paprika, salt, and pepper. Stir and serve on your favorite bread or crackers.

### Quick Tips for Staying on the Safe Side

- Buy eggs that are sold in refrigerated cases.
- Store your eggs in their carton in the refrigerator at 40 degrees F or below.
- Don't wash your eggs until you're ready to prepare them.
- Toss out cracked eggs. Bacteria can sneak through cracks.
- Leave hard-boiled eggs in the fridge in their shells. Don't peel the eggs until you're ready to eat them.

### The Fresh Egg Water Test

Fill a bowl with water, and carefully place an egg on top. If the egg sinks like a stone, laying down on its side, it's still very fresh! If it sinks but doesn't lay flat—and instead it kind of stands up, wobbling—your egg is OK and probably just right for hard-boiling. Egg salad, anyone? If the egg floats on the top, that's an indication that your egg is possibly past its prime. Floating doesn't necessarily mean it's gone bad, just that it's no spring chicken, as it were. But better safe than sorry. When in doubt, throw it out

If a bad egg somehow sneaks past your sniffer and you eat it, you could be in for some unpleasant stomach upset. But beyond eating an egg that's gone bad, there is the issue of eggs that are tainted with salmonella bacteria. The good news is, contamination is very rare—estimates range from one in every 10,000-30,000 eggs are infected with salmonella. Unlike good eggs that have simply gone bad, an egg infected with salmonella won't smell bad. Symptoms of salmonella poisoning include vomiting, fever, diarrhea, and stomach cramps. They typically appear within 12-72 hours of eating the infected food and may last several days. The Centers for Disease Control and Prevention (CDC) reports that although most people will recover without medical treatment, "in some cases, diarrhea may be so severe that the patient needs to be hospitalized...The elderly, infants, and those with impaired immune systems are more likely to have a severe illness."

by Robin Basselli



### HOLY WEEK

Holy Week (sometimes called Passion Week) is comprised of the seven days that lead up to Easter. Holy Week starts on Palm Sunday, and includes other Christian holy days which Christians commemorate the events of Jesus' last week on earth.

### PALM SUNDAY (APRIL 2, 2023)

Palm Sunday (sometimes called Passion Sunday) is always the Sunday before Easter Sunday. This day highlights Jesus' entry into Jerusalem on the Sunday before his crucifixion. We often hear this event referred to as the "triumphal entry," because large crowds of people welcomed Jesus into the city. Rejoicing, they laid down their cloaks and waved palm branches, proclaiming Jesus the long awaited Messiah sent by God to save His people. Today, Christians celebrate Palm Sunday with the assurance that Jesus Christ was not just a political savior, but is the Savior who redeems all who believe in Him from sin and death (John 3:16), and who reigns in heaven and over all creation forever.

### MAUNDY THURSDAY (APRIL 6, 2023)

Maundy Thursday falls on the Thursday before Easter. This holy day commemorates the last supper that Jesus shared with His disciples while on earth. Before the meal, which was during the Jewish Passover, Jesus washed His disciples' feet. Then he modeled what would become the Christian practice of holy communion or the Eucharist. He gave his disciples bread and told them to eat it, as a symbol of his body, and then He gave them wine to drink, as a symbol of His blood (Matthew 26:26-28). The disciples didn't understand the full significance of this at the time, but Jesus told them to do it in remembrance of Him. The term "Maundy" comes from the Latin word mandatum, which means "command." The day bears this name in reference to a powerful command Jesus gave his disciples on that night. He told them to "Love one another. As I have loved you, so you must love one another" (John 13:34-35). Today, Christians often celebrate Maundy Thursday with communion, and sometimes with the practice of foot washing.

### GOOD FRIDAY (APRIL 7, 2023)

Good Friday is the most significant day of Holy Week. It commemorates a day that, at first glance, doesn't seem "good" at all—the day Jesus Christ was crucified. On this day, Christians remember the suffering and crucifixion of Jesus. It is a solemn day of prayer and worship. Many Christians fast on Good Friday and reflect on their need to repent for their sins and receive the forgiveness provided through the crucifixion. Many churches hold Good Friday services, which usually focus on how Jesus' death achieved the forgiveness of sins for all who believe. This is why Christians refer to the day as "Good" in spite of the violent and sorrowful event the day commemorates.

### DARK (OR HOLY) SATURDAY (APRIL 8, 2023)

Dark Saturday is the day before Easter. It is the last day of Holy Week and commemorates the day after Jesus' death, when His body lay dead in the tomb. Dark Saturday is often observed with a symbolic funeral service for Jesus.

### RESURRECTION SUNDAY

### (EASTER SUNDAY) (APRIL 9, 2023)

Resurrection Sunday, or Easter Sunday, is the Christian holiday that celebrates the resurrection of Jesus Christ from the dead. It begins the season of Eastertide in the Church, a 40-day season of feasting and celebration. The significance of Easter in the Christian faith cannot be overstated. It is a day set aside to rejoice in the knowledge "that Christ died for our sins in accordance with the Scriptures, that He was buried, that He was raised on the third day in accordance with the Scriptures" Christians around the globe rejoice that "Christ has risen! He has risen indeed!"