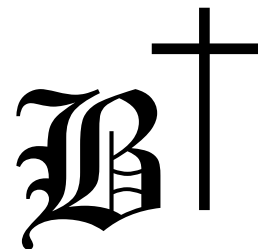


*Bethany Lutheran Church
2900 Parkview Drive
Longview, WA 98632*

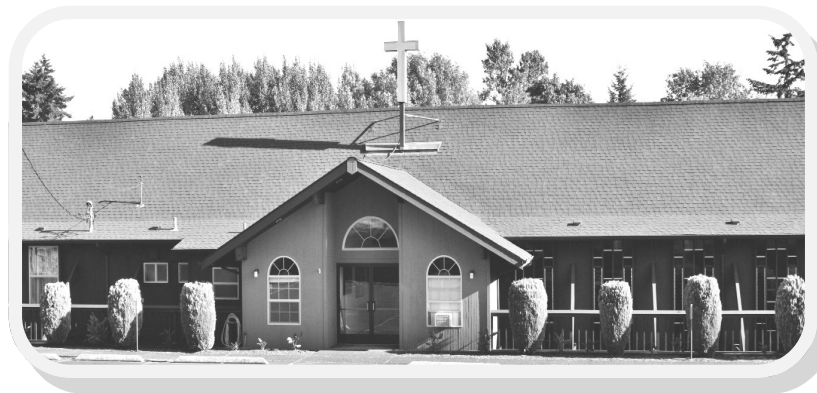
July 2022

God's Blessings to . . .



**February 2024
Newsletter**

Bethany Lutheran Church



Bethany Lutheran Church

Church: 360-577-8240

2900 Parkview Dr. Longview, WA 98632

Pastor Susan Dollinger

Church Musician: Dorothy McMillan

Admin. Asst: Ginger Garner

Bethany website: www.bethanylongview.org

Office Hours: Tuesday -Thursday 9:30am - 3pm

Office email: secretary@bethanylongview.org

Pastor email: pastor@bethanylongview.org

Sunday Morning Worship Time

9:30 Worship 10:30 Coffee Hour



By the sweat of your face
you shall eat bread
until you return to the ground,
for out of it you were taken;
you are dust,
and to dust you shall return.”

Genesis 3:19

Dear Bethany,

Good February to you,

This short month is packed full of Lent planning, Ash Wednesday, the start of a Prayer Bible course, and soup suppers. Also, Valentine’s Day and Leap Year filter into the equation. (That means an election year and Summer Olympics.)

We started this year with a snowstorm and then rain, a lot of rain. So perhaps the weather will bring us to a place of readiness for the season. On Ash Wednesday, we come forward and will hear the words: “Remember you are dust, and to dust, you shall return.” as we receive a sign of the cross smudged on our foreheads. Why do we do that? The ashes symbolized penance and mourning – meaning awareness and sorrow for our sins and also an awareness of the cross that Christ died upon. They symbolize our mortality. We remember that we are but mortal humans and that God is God. We remember that we, ourselves, are not God; we can easily forget that fact as we can get caught up in worldly things. We are reminded though there is eternal life, that we are still earthly beings. Also, wearing ashes is a witness of our faith to others.

Some people will give something up for Lent or do more as well. We will ask that you come to the Lenten service, which gives us another time of worship during the week. And this year I am adding in a Prayer Bible course – which comes with the opportunity to create a habit of prayer.

2024 is a leap year, where we are given one extra day. A day is a precious gift. And since it comes during Lent, it gives us an opportunity to be more mindful. What a great opportunity for this Lenten season to think about how we can be mindful about this one extra day and to be purposeful with such a great gift; even if all we do with that extra day is spend it being grateful for Jesus during it.

In grace and peace,

Pastor Susan

Online Worship

Sundays at 9:30am, Streaming on Facebook, and Zoom.

Uploaded to YouTube the following Tuesday.

Zoom - Video & Phone

Using Zoom, you can login to worship with us via your computer, phone, or even by calling in to listen. Join the call as early as 15 minutes prior to our worship start time for fellowship with your Bethany Family.

Join Zoom Meetings:

<https://zoom.us/j/6153119848>

Or to call in:

+1 253 215 8782 US

Meeting ID: 615 311 9848

Password: 2900

Name/Position/Term
1. Don Wallin (2027) 1st Term
2. Barbara Clausen (President, 2027) 2ndTerm
4. Phyllis Cavens (2025)
5. George Obermeyer (2026)
6. Beth Grambo (Secretary, 2027) 2nd Term
7. Russ Gilchrist (2027)
8. P. Susan Dollinger (Pastor)
Susan Shui (Treasurer)

<u>ATTENDANCE</u>	
January	TOTAL
7	53
14	34
21	54
21	52
28	53
AVG	49

Offering to date (January)	
2023	2024
\$20,720.42	\$7,638.00
Expenses to date (January)	
2023	2024
\$21,824.64	\$5,343.10

*Please have newsletter articles submitted before
February 20 .*

*While all efforts are made to keep original
submissions, article submissions are subject to
editing for accuracy, spelling, grammar and
formatted to fit in the space allowed.*

Lenten

What to Give up



This was shared last year, but with
Lent starting Feb. 14, you might want
to prayerfully consider this list —
better than chocolate!

Give up worry — focus on gratitude
Give up pessimism---focus on optimism
Give up bitterness---turn to forgiveness
Give up complaining---trust Divine Providence
Give up hatred---return good for evil
Give up negativism---be positive
Give up anger---be more patient
Give up pettiness---become mature
Give up jealousy---pray for trust
Give up gossiping---control your tongue
Give up sin---turn to virtue
Give up giving up---hang in there!
Give up gloom---enjoy the surrounding beauty

Bethany's Corner



Shelly Limpach is our prayer chain contact. You may contact her with your prayer concerns through email at. If you have an urgent prayer

Continued Prayers & Healing

Audrey Schauer	Duane Scott	Alice Snyder
Bob Reistroffer	Dana Hughes	Kim Isakson
Krista & John Croy	Barbara Price	Dave Foslien
Gail Obermeyer	Jennifer Nance	Vickey Aubol
Takko family	Custer family	Thibodeau family
	Gilchrist family	



FEBRUARY BIRTHDAYS

1 Debra Zandi	18 Wayne Spriggle
2 Nancy Skora	21 Pat Reistroffer
7 Dennis Sieler	Dan Lane
9 Robert Price	Pastor Susan
15 Steve Smith	24 Tim Marshall

ANNIVERSARIES

13 -Harry & Dorothy Blair
18 -Dan & Carol Lane

Council Meeting Minutes Continued

- **Administrative Assistant Ninety Day Review Summary-Barb Clausen** reviewed the document with council. She has transitioned very well, worked to become acquainted with our church family, and has communicated exceptionally well with all. Great job! Ginger's goals for the remainder of this cycle are: learn new financial software and teach to others; maintain an online presence for our church;
- **Emergency Fund List 2024-Barb C** It was moved and seconded to approve the 2024 Emergency Fund List as printed & revise the policy that in the event of emergencies (world, etc.) the council may quickly approve a change in that month's beneficiary. Motion carried.
- **Quarterly Meeting of Members-Feb. 8, 5:00**
- **2023 Nominations Committee Report-Barb C** The Financial Review and the Nomination Committees have agreed to re-nomination, Beth Grambo and Barb Clausen have agreed to be re-nominated for a second term; Committee is working to fill the vacancies for positions 1 & 7;
Approve Recommended 2024 Budget to Congregation-Susan Shui
It was moved and seconded to approve the draft 2024 BLC budget with corrections. Motion carried.

Staff Report – From Ginger Garner

- **Facility Use** -None
 - **Pastor/5th Sunday Proposed Changes:** Easter is a 5th Sunday so requesting April 7 lay lead;
 - Family graduations on June 8 & 11. Requesting lay lead be moved to June 9th **It was moved & seconded to approve these changes. Motion carried.**
 - **Other-** File cabinet combines older unlocked ones & financial records are no longer stored in a paper box on the floor! Ginger finding a better used desk and her husband has done a beautiful job of modifying it to fit her needs. Thank you!
 - **Announcements and Adjournment** – Barb Clausen
- Next Scheduled Meetings: Executive Committee – Wednesday, Feb. 7,**

12:15

Council – Thursday, Feb. 15, 2024 – 3:00 pm

Council Meeting Minutes Continued

- ◇ **Life Balance-** Had a wonderful week off with my family. I helped out a friend who was injured on the 31st by filling in as pulpit supply, so I did not quite take a full week off.
- ◇ **Other-** Installing New Member Sunday-Jan. 7th Hosted Bishop's Eucharist which gave pastors an opportunity to worship together. Special thanks to Hospitality, Women of Bethany, and Dorothy McMillan;
- **Goal/Action Plan Progress Report:**
- ◇ **Marketing-Pending-**pastor is creating new brochure with welcome statement; council will distribute to Chamber of Commerce, etc.
- ◇ **Big Events-Tori**
- Unfinished Business:**
 - **Caldwell Banker update-**Barb Clausen 38 days on Zillow (342 hits 26 saves) on the website;
 - **Evacuation Drill Columbia Hts. Ele.-School** still has not learned security system;
- Portable Damage & Insurance Estimates-Pastor Susan** Servpro estimates damage not to exceed \$17,000 and insurance company is paying us \$ \$16,658.85
- New Business:**
 - **Neighborhood Shooting/Security Update-Pastor Susan** The Sheriff's dept. examined our security footage as a part of their investigation & the TDN was onsite for interviews; however, church members were not aware of additional information.
 - **Red Canoe: It was moved & seconded to immediately allow online access to Bethany Lutherans accounts so we can get information in a timely manner. This will apply to account signators and our Administrative Assistant (Ginger Garner). Motion carried.**
 - **Red Canoe: It was moved and seconded to approve Ginger Garner (Administrative Assistant) information access, check printing authorization, and all other needs to the Bethany Lutheran accounts at Red Canoe. Motion carried.**
 - **Planning/Annual Meeting-**Barb C (devotions.; 2 Microphones; table set up; ballots; music;)

Meeting Notice to All Members Thursday, Sent Jan.18

Annual Report Distributed Jan.21 (one per family)

Annual Meeting (in person) Sunday, Jan.27 11:00 with potluck brunch

Directories Ready-Jan. 28

Upcoming Events

Quarterly Meeting

February 8, @5:00

Chili Cook off

February 10, time TBD

FISH

Sunday, February 11 FISH Setup



Monday, February 12 FISH Distribution

February needs- canned fruit, mac 'n cheese, pasta, chili, rice, dish soap, bar soap, laundry soap, shampoo, toilet paper, tooth-paste

Ash Wednesday

Wednesday, February 14

Valentine's Day

Wednesday, February 14

Join us for Lenten evening services

February 14-March 20

5:30 Soup suppers

6:15 services

Music and Worship Meeting

February 24

Following Service

FYI

Ministry of the Month

Do we have the gift of welcome? Do we offer our guests good food and good times? We are thankful for a Hospitality Committee that is energetic, full of wonderful ideas, and great cooks and does all of that and more. These tireless folks are caring for us and our guests all of the time. This is a ministry that is such a blessing! Please drop them a card or tell them in person how much you appreciate them! Joyce Croy, Karen Langworthy, Tori Gosch, Barb Wilson, & when available Dan Lane. Thank you so much!

Children's Sweat Pants Needed

Columbia Heights Elementary School has a call out for children's sweatpants in **medium and large in black, navy, or gray**. When children get wet, have an accident, etc. the change of clothes allows them to stay in school and continue their learning. Please put new or gently used pants in the box lid in the Faith Room on the bookcase, and we



February Emergency Fund

Are you grateful for a warm home and hot food? Want to share your gratitude with others? Help us help those who are less fortunate. The Cold Weather Shelter at the First Christian Church has already been open numerous days and the winter is not over. (We frequently get snow in February, too!) The Kelso-Longview Ministerial Association sponsors the shelter, and the financial oversight is at St. Stephens Episcopal church. A part of the Bethany's emergency fund donation will go the discretionary fund and the largest part to the Cold Weather Shelter. This provides much needed monies for the mats, blankets, sanitizers, etc. needed to operate the shelter. Two other ways to give: Want to make soup in gallon zip lock bags, freeze, and put in the Fish freezer as it goes to the Salvation Army who provides the meals. Want to volunteer? Geri Paxton at St. Stephens organizes the volunteers, so just call the church if you want to be on their list. We are so blessed to be a blessing to others!

Council Meeting Minutes Continued

- ◇ Next FISH-February 12th Set up Sunday, Feb. 11; Need pasta, shampoo, toilet paper;
- ◇ Small Seeds & Sprouts: Delightful pageant on Dec. 10 everyone had a good time and participants really owned their parts (3 adults/3 youth);
- ◇ January-Susan Dickey-Haferson (school district employee) will teach Seeds & Sprouts as pastor at conference;
- **Duct Tape Crew:** Dave Foslien & Carol Thompson
- ◇ Christmas decorations will be put away Sunday, January 7 with Rick L. joining us!
- ◇ Weekly outside yard and lawn maintenance preformed.
- ◇ Weekly inside cleaning has been done dependent on number of volunteers available: vacuuming, etc.
- ◇ Sweeping, mopping, dusting, garbage & recycling cans emptied, supplies refilled bathrooms cleaned and sanitized, glass doors and large windows cleaned. (Laura from Life Works has resigned. She was cleaning rest rooms, scrubbing either kitchen or F. hall, & washing glass doors;) *Council will be seeking a replacement as soon as possible.*
- ◇ Carol Thompson reported she is no longer volunteering with duct tape to provide cleaning. She will continue with the altar care and banners which are not a part of duct tape duties. Council thanks her for her many hours and years of dedicated service! With the resignation of Laura, council is requesting our paid disabled helper to work the full four hours a month (coming twice a month) to clean all four restrooms, wash narthex door windows, and alternate each time mopping/sweeping the kitchen and fellowship hall. The Duct Tape is meeting to review the revised list and make any changes they wish.
- **Stewardship:**
- ◇ "Glimmers of Hope" Pledge were coupled with the Financial Secretaries estimate of other giving to guesstimate for budget development;
- ◇ Tax statements prepared for pick up;
- **Mutual Ministry:** To be determined in February;
- **Education:**
- ◇ **Women's Bible Study-** Meeting each Tuesday, 10:30 Jan. 2, 9, 16;
- ◇ **Education Class-** "How to Create a Prayer Bible"-supply fee/scholarship available;
- ◇ **Confirmation Update-** 8 in confirmation (sprouts) 3 in small seeds
- **Women of Bethany:** Lenten Soup Suppers—will meet later in January and decide;
- **Minister's Report:** Pastor Susan
- ◇ **Organizational systems-** Planning Lent, setting times for agenda prep monthly; fixed website (spelling errors), learning to post pictures but waiting on parent permission;

January Council Minutes

Bethany Lutheran Church

Council Meeting Minutes – Thursday, January 4, 2024 2:00p.m.

Attendance – All members present. Ginger Garner, Administrative Assistant staff.

Devotions and Prayer – Barb Clausen on Hope and the Lord's Guidance

Call to Order and President's Report – Barbara Clausen

- Member Guest-Duct Tape-Carol Thompson
- Decisions made between Council Meetings:
- Agenda Changes: Red Canoe and Budget motions
- Devotions for Thursday, February 8, 3:00 Council Meeting George Obermeyer

Secretary's Report – Beth Grambo

- Approved & filed December minutes as emailed

Treasurer's Report – Susan Shui December 2023 offerings of \$17,467.00 exceeded the budgeted expenses of \$10,853.73 by \$6,613.29. Designated funds balance as of December 31st is \$32,377.38. December 2023 YTD budget offerings of \$136,489.23 exceed 2023 YTD expenses of \$133,971.24. The Offerings exceeded expenses by \$2,517.99. December 2022 YTD offerings of \$133,418.67 exceeded budget expenses of \$129,683.98 by 3,734.69.

- **Synod Remittance**-Undesignated benevolence \$611.35
- **Emergency Fund Report**- December Emergency Fund total \$140.00
Pastor Discretionary \$28.00, Lutheran World Relief \$112.00
- **Attendance for December Avg.** 48

Ministry Reports –

- **Hospitality:** Joyce Croy
 - ◇ Annual Meeting Potluck Brunch-Jan. 28th after service;
 - ◇ Friendship Force (outside group fundraiser earned approx. \$283 for kitchen/events & \$113 General Fund)
- **Memorial:** Joyce Croy no report
- **Worship/Music:** Comfort/Hope attendance 8; Eve 4:00 33 with 5 visitors, 11:00 only 3; will consider different times next year;
 - ◇ Next meeting Jan. 14th New worship computer purchased/installed-thank you Pr. Susan! She will replace the connector and has returned Kim's camera lens-thank you!
 - ◇ Planning for Lent starting Feb. 14;
- **Youth/Service:** Barb Clausen
 - ◇ November Emergency Fund monies and Healthcare and other grant monies helped us deliver gifts and checks to schools for food boxes: Longview FCRC \$100.00, Kelso FCRC \$100.00, The Refuge \$500.00, Lexington PTO \$200.00, Columbia Heights PTO \$100.00, & Eat and Thrive \$500.00.

Volunteering for Services

Susan Nance, one of our beloved zoomies, is taking over the volunteer coordinator's job. We are thankful for her willingness to help! (Thanks to Audrey Schauer and Ardyth Loewen for their past service!) The clip board will go around two Sundays for the next month, and then Susan will call people to fill in the empty slots. Your early sign-ups will make her job easier. The month's assignments will be email out and posted on the bulletin board. As always, if circumstances change and you cannot fulfill your responsibility, please email Ginger in the office so she can list the correct person in the bulletin and change in on the bulletin board.

History of Lent

Lent begins on Ash Wednesday, six and a half weeks before Easter. It provides a 40-day period (technically Sundays are excluded) of time for fasting. This fasting time is an imitation of Jesus Christ's fasting in the wilderness before he began his public ministry.

Lent was used as a preparation time for candidates for baptism and a time of penance for sinners who had been excluded from Communion and were preparing for their restoration. As a sign of their penitence, they wore sackcloth and were sprinkled with ashes. While this practice died out in the 9th century, it became customary for all the faithful to be reminded of their own need for penitence and of their mortality by receiving ashes upon their foreheads.

In the early centuries, fasting rules were strict. One meal a day was allowed in the evening, and meat, fish, eggs, and butter were forbidden. The Eastern church also restricts the use of wine, oil, and dairy products. In the Western culture Christians often choose to give up specific pleasures, such as sweets, alcohol, or social media, during Lent as a way to foster simplicity and self-control; many use their cravings or desires for these items as a reminder to pray and to refocus on spiritual matters. However you celebrate Lent, or whether you give up or do not give up things, this is a season where Christ is the focus and we remember the cross upon which he died. (Britannica.com)

Columbia Heights Box Tops

We are collecting Box Tops with this logo. If you would put your clipped tops in the box decorated with pansies on a table in the narthex by the Faith Room, it



Growing in Faith & Knowledge

Women's Bible Study

We gather for prayers, cares, concerns, challenges, and celebration in the Faith room and on Zoom

Feb 6	10:30 am	Bible Study
Feb 13	10:30 am	Bible Study
Feb 20	10:30 am	Bible Study
Feb 27	10:30 am	Bible Study

February Study continues learning from Nature: Creatures
Animals, birds, fish, etc.

What do we find in scripture verses that creatures can teach us about faith?

See you all on Tuesdays at 10:30 each week in person in the Faith Room or on Zoom.

Kathy Newton leader guide with ideas from all in attendance.

Gather Magazine is \$9.95 for new subscribers. Call Kathy Newton for how to subscribe or questions about our study

Small Seeds and Sprouts

Saturday, February 17
Sprouts at 12:30, Seeds at 2:00
Small Seeds Sunday, February 18



Moment's at the Lake

Wednesday's @1:30

Bethany

This is a wonderful opportunity for people to sit in the Word and have holy conversation while we discuss the scriptures for the following Sunday.

There will be no Moment's on Feb 14th and 21st.

HELP WANTED

FISH HOTLINE

Telephone Volunteer 1-4 PM, 1-2 times monthly. Calls are anonymously forwarded to your phone, so that you may volunteer from home. This position helps people with emergency needs they cannot afford. Contact Susan Shiu 360-431-2810

Duct Tape Crew

Duct Tape needs you! From dusting, cleaning floors, pulling weeds, and mowing. The Duct Tape crew needs your help. Contact Dave Foslein or show up Thursdays from 9-12. Coffee hour at 10:00.

Volunteer Ministries Coordinator Needed

We need someone to be our Volunteer Ministries Coordinator. This job consists of calling and/or emailing people to fill in the positions as needed for Worship on Sundays.

In the meantime, on the Narthex bulletin board there is a sign up calendar. If you would be willing to help in one these areas we would appreciate it.

Please let us know if you can help. Training is available.

Kitchen Coordinator Needed

Bethany Lutheran church is in need of a person who would be willing to be in charge of the kitchen for the next year. Duties would include...

- Making sure we have clean towels.
- Contacting Duct Tape if something needs repair.
- Coordinating volunteers for regular kitchen cleaning.

If you are interested in helping in this way, please let a member of Hospitality know.

January Ministry Volunteers

February 4- Sunday Service/ Communion

Greeter	Susan Shiu
Ushers (2)	Bob Baldwin/ Pam van den Driessche
Reader	Barb Clausen
Communion Setup	Dot Blair
Communion Assist	Shelly Limpach
Powerpoint	Don Wallin
Live Service	Lee Limpach
Financial Secretary	Pam
Coffee hour (2)	Barb W./ Karen Langworthy

February 11- Sunday Service/ Communion

Greeter	Barb Clausen
Ushers (2)	Barb W./Joyce Croy
Reader	Kathy Newton
Communion Setup	Nancy Skora
Communion Assist	Barb Wilson
Powerpoint	Gabe Pelster
Live Service	John Pelster
Financial Secretary	Pam van den Driessche
Coffee hour (2)	Kathy Newton/Suzanne Artnitz

February 18 Sunday Service/ Communion

Greeter	Small Seeds/ Milhiser's
Ushers (2)	Small Seeds
Reader	Small Seeds/ Renee Pelster
Communion Setup	Shelly Limpach
Communion Assist	Shelly Limpach
Powerpoint	Don Wallin
Live Service	Lee Limpach
Financial Secretary	Barb Wilson
Coffee hour (2)	Barb Gosch/ Joyce Croy

February 25 Sunday Service/ Communion

Greeter	Joyce Croy
Ushers (2)	Bob Baldwin/ Pam van den Driessche
Reader	Duane Thompson
Communion Setup	Shelly Limpach
Communion Assist	Karen Langworthy
Powerpoint	Carol Thompson
Live Service	John Pelster
Financial Secretary	Mary Storm
Coffee hour (2)	Barb Clausen/ Phyllis Cavens

*****Please find a substitute if you can't volunteer for that Sunday.*****

February Bible Study

Philippians study

Philippians is the book of joy. Come rejoice in the Word of God.

Fridays, February 2 & 9 - Online at 12:00

Sundays, February 4 & 11 - In Person after service

Breakfast Group

Our Breakfast Group is meeting on Tuesday morning at 8:00am at the Corner Cafe located at 796 Commerce Ave. Suite 103 in Longview.

What a great opportunity to enjoy good food and



Create a Prayer Bible throughout Lent

10:00-11:15 Wednesdays of Lent

February 21-March 20th.

We will be creating a simple Prayer Bible that you can keep. Each week, we will have instructions and a new theme to think and pray through; we will spend time looking up verses together. This will be a time of fellowship and also a time of prayer.

There will be a small fee for the course materials, which will include a paperback Bible and Bible safe materials (about \$10). If you own a Bible that you can dedicate to this purpose, the fee for the class will be less. **Please note that you will be writing in this Bible and highlighting verses in it.** This is a great class to bring a friend to. Please contact Pastor Susan as soon as possible. If you are unable to pay the course fee, let Pastor Susan know, and we can help.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February</h1>				1 9:00 Duct Tape 10:00 Coffee w/ Duct Tape	2 12:00 Bible Study 6:00 Girl Scouts	3
4 <i>Sunday Service</i> <i>Pastor Susan Dollinger</i> 9:30 Worship Service 10:30 Coffee Hour 11:15 Bible Study	5	6 8:00 Breakfast Group 10:30 Women's Bible Study 6:00 Boy Scouts	7 Justin Cleans 12:15 Exec (Zoom) 1:30 Moment's @ Bethany	8 9:00 Duct Tape 10:00 Coffee w/ Duct Tape 5:00 Quarterly	9 12:00 Bible Study 6:00 Girl Scouts	10
11 <i>Sunday Service</i> <i>Pastor Susan Dollinger</i> 9:30 Worship Service 10:30 Coffee Hour/ FISH setup 11:15 Bible Study	12 FISH	13 8:00 Breakfast Group 10:30 Women's Bible Study 6:00 Boy Scouts	14 Ash Wednesday 5:30 Soup 6:15 Service	15 9:00 Duct Tape 10:00 Coffee w/ Duct Tape 5:30 Council	16 6:00 Girl Scouts	17 <i>12:30 Small Seeds & Sprouts</i>
18 <i>Sunday Service</i> <i>Pastor Susan Dollinger</i> <i>Small Seeds & Sprouts</i> 9:30 Worship Service 10:30 Coffee Hour 11:15 Bible Study	19	20 8:00 Breakfast Group 10:30 Women's Bible Study 6:00 Boy Scouts	21 Justin Cleans 10:00 Prayer Bible 1:30 Moment's @ Bethany 5:30 Soup 6:15 Service	22 9:00 Duct Tape 10:00 Coffee w/ Duct Tape	23 6:00 Girl Scouts	24
25 <i>Sunday Service</i> <i>Pastor Susan Dollinger</i> 9:30 Worship Service 10:30 Coffee Hour 11:15 Music & Worship Meeting	26	27 8:00 Breakfast Group 10:30 Women's Bible Study 6:00 Boy Scouts	28 10:00 Prayer Bible 1:30 Moment's @ Bethany 5:30 Soup 6:15 Service	29 9:00 Duct Tape 10:00 Coffee w/ Duct Tape		