

March 2026

Present: 9

1. Welcome and opening prayer before the meal.
2. Asking for personal intentions of those who would like special prayers.
3. Treasurer's Report: \$1,723.68
4. Discussion on issues or projects:
 - Easter Basket Packing - Tuesday March 17 at noon in the Parish House. We have eight baskets to pack. Please come if you can.
 - May meeting - A fun get together with a "build-your-own sandwich" meal provided by ECW. We'll also have some surprise free giveaways. And we will be looking back over the past year - what worked and what we had a good time with - and asking for suggestions for programs for 2026-27. Are there any volunteers to organize the meal or buy the food? (Please email Diane)
5. Motions on disbursement of funds
 - a. Pay the receipt for APEX students dessert (ice cream and cookies - \$25.54. Passed
 - b. Budgeting \$100 for the May "build-your-own" sandwich. Passed
6. Reminder about next month's program
 - April meeting - "I Was There - Your Best Moment in American History." We will be sharing our favorite memories of visiting a historic site in America or the event you thought was important in our country's history. We will celebrate America's Sesquicentennial - the 250th Anniversary - by starting the meeting with a program on North Carolina and the American Revolution.
7. Program - introduction of speaker and topic - Nancy Scroggs and Essential Oils of the Bible.

There are many essential oils mentioned in the Bible, but the focus today was on 14 of these oils.

Some oils will: elevate the mood, can calm, can remove misinformation from cell DNA sites or reprogram cells with correct information, can alleviate pain or allergies, and can moderate the symptoms for diseases like diabetes and cancer.

Oils come mostly from trees and bushes, not plants you can grow in your garden. And most come from the Holy Land.

Essential oils (pure oils not mixed with other ingredients or oils) should not be put into hot water such as a bath (oil does not mix with water) and most should not be applied straight on the skin. They can be used in a diffuser which sends the oil molecules into the air on steam.

Essential oils are shelf stable for a long time. Some lavenders on display were 10 years old. Oils can be blended with avocado or olive oil but they will go bad more quickly (they will become rancid), so only blend what you will use soon.

Oil in the Bible was used for Anointing and for Incense, but many today can be used in healing a variety of ailments by rubbing on the affected area or putting one in a diffuser.

After identifying the Bible scriptures associated with an oil and having a chance to scent them, participants learned about these 14 oils: Myrrh, Frankincense, Calamus, Cinnamon, Cassia, Galbanum, Onycha, Cedarwood, Spikenard, Hyssop, Sandalwood, Myrtle, Cypress, and Rose of Sharon

Advice when working with oils: Don't use too many at one time - pace yourself. Smelling coffee beans, taking a walk outside or going to another location can clear the nasal receptors. And always drink water while dealing with oils.