

Following Jesus' teachings, Grace seeks to educate, lead, and partner with all people through discipleship to worship, service, and faith celebration.

# Fifth Sunday in Lent

March 17, 2024 8:30am

Grace Lutheran Church † Davenport, Iowa  
Pastor Stephanie Wood

**Welcome! We are so happy you have joined us!**

Please complete an attendance card - located in the pews or at the usher's table.

**Congregational response in bold.**

## Prelude

*What Wondrous Love is This?*..... arr. by Albin Whitworth

## Announcements

## Call to Worship

**Heart & Voice Choir** *Gratitude*

## Confession & Forgiveness

Blessed be the holy Trinity, † one God, who writes the law on our hearts, who draws all people together through Jesus. **Amen.**

Held in God's mercy, let us confess our sin in the presence of God and of one another.

*(Silence is kept for reflection.)*

Holy God,

**we confess that we are caught in snares of sin and cannot break free. We hoard resources while our neighbors are hungry and cold. We speak in ways that silence others. We are silent when we should speak up. We keep score in our hearts. We let hurts grow into hatred. For all these things and for sins only you know, forgive us, Lord. Amen.**

Here is a flood of grace: Out of love for the whole world, God draws near to us, breaks every snare of sin, washes away our wrongs, and restores the promise of life through **†** Jesus Christ. **Amen.**

## Opening Hymn

*Softly and Tenderly, Jesus is Calling*..... ELW 608

- 1 Softly and tenderly Jesus is calling,  
calling for you and for me.  
See, on the portals he's waiting and watching,  
watching for you and for me.

### *Refrain*

"Come home, (*come home,*) come home! (*come home!*)  
You who are weary, come home."  
Earnestly, tenderly, Jesus is calling,  
calling, "O sinner, come home!"

- 2 Why should we tarry when Jesus is pleading,  
pleading for you and for me?  
Why should we linger and heed not his mercies,  
mercies for you and for me? *Refrain*

- 3 Oh, for the wonderful love he has promised,  
promised for you and for me!  
Though we have sinned, he has mercy and pardon,  
pardon for you and for me. *Refrain*

Text: Will L. Thompson, 1847-1909

## Greeting

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.**

# Kyrie

In peace, let us pray to the Lord. **Lord, have mercy.**

For the peace from above, and for our salvation, let us pray to the Lord. **Lord, have mercy.**

For the peace of the whole world, for the well-being of the church of God, and for the unity of all, let us pray to the Lord. **Lord, have mercy.**

For this holy house, and for all who offer here their worship and praise, let us pray to the Lord. **Lord, have mercy.**

Help, save, comfort, and defend us, gracious Lord. **Amen.**

## Prayer of the Day

Let us pray. O God,  
**with steadfast love you draw us to yourself, and in mercy you receive our prayers. Strengthen us to bring forth the fruits of the Spirit, that through life and death we may live in your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.**

## Heart & Voice Choir Anthem

*Lord, Lead Me Lord* .....Gilbert M. Martin

## Children's Message

## First Reading | Jeremiah 31:31-34

*The Judeans in Babylon blamed their exile on their ancestors, who had broken the covenant established at Sinai. Here the prophet looks to a day when God will*

*make a new covenant with the people. There will be no need to teach the law, because God will write it on their hearts.*

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the Lord,” for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

Word of God, Word of life.

**Thanks be to God.**

## **Psalm 51:1-12**

Have mercy on me, O God, according to your steadfast love; in your great compassion blot out my offenses.

**Wash me through and through from my wickedness and cleanse me from my sin.**

For I know my offenses, and my sin is ever before me.

**Against you only have I sinned and done what is evil in your sight; so, you are justified when you speak and right in your judgment.**

Indeed, I was born steeped in wickedness, a sinner from my mother’s womb.

**Indeed, you delight in truth deep within me, and would have me know wisdom deep within.**

Remove my sins with hyssop, and I shall be clean; wash me, and I shall be purer than snow.

**Let me hear joy and gladness; that the body you have broken may rejoice.**

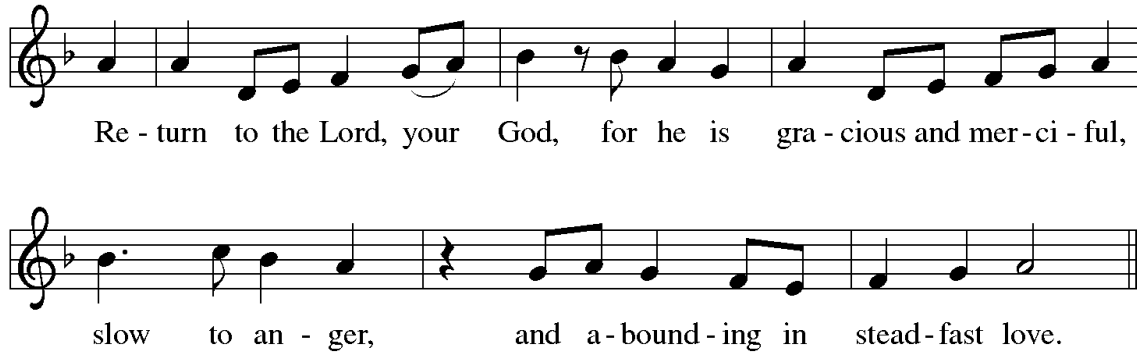
Hide your face from my sins and blot out all my wickedness.

**Create in me a clean heart, O God, and renew a right spirit within me.**

Cast me not away from your presence and take not your Holy Spirit from me.

**Restore to me the joy of your salvation and sustain me with your bountiful Spirit.**

# Gospel Acclamation



## Gospel Reading | John 12:20-33

The Holy Gospel according to John.

**Glory to you, O Lord.**

*Jesus entered Jerusalem for the last time to celebrate the Passover festival. Here Jesus' words about seeds planted in the ground turn the disaster of his death into the promise of a harvest in which everyone will be gathered.*

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

The Gospel of the Lord.

**Praise to you, O Christ.**

# Sermon

## Hymn of the Day

*Love Your Neighbor* ..... words by ©Anna Strickland, 2023; Music by Richard Redhead 1853  
commissioned by A Sanctified Art, LLC



"Love your neigh - bor and for - give" Words so sim - ple  
Sounds of bombs and bul - lets ring War is all we've  
Love is ris - ky, peace is faint And for-give - ness



yet so hard We have wounds be - cause we've lived  
ev - er known Pac - i - fists are framed as weak  
feels na - ive All are sin - ners, all are saints



Cal - lus - es en - fold our hearts Jes - us reach - es  
We re - ly on might a - lone Jes - us paves the  
And we all God's grace re - ceive So we fol - low



out to touch Wounds and hearts that hold too much  
paths of peace Ev - en as the threats in - crease  
mer - cy's way Soft - en - ing our hearts to grace

# Apostles' Creed

Let us proclaim our faith in the words of the Apostles' Creed.

**I believe in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## Prayers of the People

Trusting in God's promise to reconcile all things, let us pray for the church, the well-being of creation, and a world in need. Hear us, O God. **Your mercy is great.**

Accompany us on our journey, God of grace, and receive the prayers of our hearts, through Jesus Christ, our Savior. **Amen.**

## Peace

The peace of Christ be with you always.  
**And also with you.**

# Call to Offering

As yeast rises to create bread, so do the rising of our gifts multiply the love of God in the life of the world. Give of your treasure, whatever it may be, however large or small; and trust that it will be shared to the glory of all God's creation.

## Offering Hymn

*Create in Me a Clean Heart*..... ELW 186



Cre - ate in me a clean heart, O God, and re - new a right  
spir - it with - in me. Cast me not a - way from your pres - ence, and take  
not your Ho - ly Spir - it from me. Re - store to me the joy of  
your sal - va - tion, and up - hold me with your free Spir - it.

Music: Richard W. Hillert, b. 1923

Music © 1978 *Lutheran Book of Worship*, admin. Augsburg Fortress.

## Offertory Prayer

Let us pray. Jesus,

**you are the bread of life and the host of this meal. Bless these gifts that we have gathered that all people may know your goodness. Feed us not only with this holy food but with hunger for justice and peace. We pray this in your name. Amen.**



# The Great Thanksgiving

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give God thanks and praise.**

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me. Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

## Lord's Prayer

**Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.**

## Communion Hymn

*Lamb of God* ..... ELW p. 154



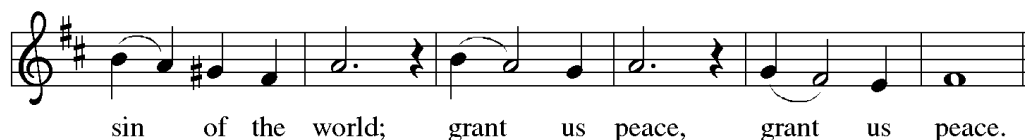
Lamb of God, you take a-way the sin of the world; have mer-cy on



us. Lamb of God, you take a-way the sin of the world; have



mer-cy on us. Lamb of God, you take a-way the



## Prayer After Communion

Let us pray. Generous God, at this table we have tasted your immeasurable grace. As grains of wheat are gathered into one bread, now make us one loaf to feed the world; in the name of Jesus, the Bread of life. **Amen.**

## Blessing

Beloved, we are God's own people, holy, washed, renewed. God bless you and keep you, shower you with mercy, fill you with courage, and **†** give you peace. **Amen.**

## Closing Hymn

*Beautiful Savior* ..... ELW 838

- 1 Beautiful Savior, King of creation,  
Son of God and Son of Man!  
Truly I'd love thee, truly I'd serve thee,  
light of my soul, my joy, my crown.
- 2 Fair are the meadows, fair are the woodlands,  
robed in flow'rs of blooming spring;  
Jesus is fairer, Jesus is purer,  
he makes our sorrowing spirit sing.
- 3 Fair is the sunshine, fair is the moonlight,  
bright the sparkling stars on high;  
Jesus shines brighter, Jesus shines purer  
than all the angels in the sky.
- 4 Beautiful Savior, Lord of the nations,  
Son of God and Son of Man!

Glory and honor, praise, adoration,  
now and forevermore be thine!

Text: Gesangbuch, Münster, 1677; tr. Joseph A. Seiss, 1823-1904

## Sending

Go in peace. You are God's beloved.  
**Thanks be to God!**

## Postlude

*Prayer* ..... Robert Lau

## Interested in Joining Grace?

Please contact the church office [office@gracewelcomesyou.org](mailto:office@gracewelcomesyou.org), for information about joining Grace Lutheran Church. All are welcome and we would be overjoyed to have you engaged in the worship, ministries, and congregational life at Grace.

## Do You Receive the Weekly Update Email?

Every Thursday we email out the Weekly Update with current announcements, links, birthdays, anniversaries, Synod/ELCA updates, and more. If you would like to be added to our email list, please contact Annie in the church office.

## Serving in Worship

<b>Director of Outreach &amp; Youth Minister</b> .....	Pastor Kirsten Lee
<b>Assisting Minister</b> .....	Ken Krumwiede
<b>Communion Assistants</b> .....	Ken Krumwiede, Jane Krumwiede, Debbie Alejo, Russ Finkler
<b>Communion Bread</b> .....	Deb Kirby
<b>Acolyte/Crucifer</b> .....	Kathy Shriver
<b>Greeters</b> .....	Kathy Higgins, Cindy Lee
<b>Ushers</b> .....	Adolfo Alejo, Paul Lewellan
<b>Sound System</b> .....	Mike Savely
<b>Prayers</b> .....	Chryss Hartman
<b>Altar Guild</b> .....	Mike Keller
<b>Heart &amp; Voice Choir Director</b> .....	Sally Meier
<b>Organist</b> .....	Susan Senn
<b>Pianist</b> .....	Kathi Parrish
<b>Worship Tech &amp; Praise Band Leader</b> .....	Vey Rodriguez
<b>Coffee/Cookies/Snacks</b> .....	Kathy Higgins, Jane Krumwiede



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# WEEKLY CALENDAR

## Sunday, March 17

8:30am Worship with Communion  
9:45am Coffee with . . . PBH  
10:30am Worship with Communion

## Monday, March 18

2:00pm Staff Meeting  
4:30pm Centering Prayer  
5:00pm Sweet Arts Club  
6:30pm Deborah Circle  
7:00pm Luther Properties Annual Mtg

## Tuesday, March 19

9:00am Naomi Circle - Narthex  
10:00am Pastor's Text Study - PBH

## Wednesday, March 20

12:00pm Men's Lunch & Conversation  
**1:00pm Prayer Stations to 8:30pm**  
5:30pm Grief Support Group  
6:00pm Choir Rehearsal  
**7:00pm Lenten Worship**

## Thursday, March 21

11:00am Revelation Bible Study - PBH

## Friday, March 22

11:00am Council Reports Due

## Saturday, March 23

## Sunday, March 24

**8:30am Palm Sunday Worship**  
9:45am Coffee with . . . PBH  
**10:30am Palm Sunday Worship**  
1:00pm Easter Orchestra Rehearsal

## Monday, March 25

1:30pm Staff Meeting  
4:30pm Centering Prayer  
7:00pm Council Meeting - PBH

## Tuesday, March 26

10:00am Pastor's Text Study - PBH

## Wednesday, March 27

12:00pm Men's Lunch & Conversation  
6:00pm Choir Rehearsal  
7:00pm Easter Orchestra Rehearsal

## Thursday, March 28

**7:00pm Maundy Thursday Worship**

## Friday, March 29

5:00pm Dinner - Hope at the Brick House  
**7:00pm Good Friday Worship**

## You Can Watch Us Online and Follow us on Facebook!

YouTube: [Grace Lutheran Davenport](https://www.youtube.com/GraceLutheranDavenport) Facebook: [facebook.com/GraceWelcomesYou](https://facebook.com/GraceWelcomesYou)

Your offerings support and nurture ministries at Grace along with support for local and global organizations. Online giving is available at [bit.ly/GraceGivingOnline](https://bit.ly/GraceGivingOnline).

## Looking Ahead

- **March 20** Lenten Worship & Prayer Stations
- **March 24** Palm Sunday
- **March 28** Maundy Thursday
- **March 29** Good Friday
- **March 29** Serve Dinner at Hope at the Brick House
- **March 31** Easter Sunday
- **April 1** Church Office Closed
- **April 7** Holy Humor Joint Worship & Brunch
- **April 7** First Communion Class
- **April 8** Pray & Play
- **April 18** Safer Sack Lunch Pick Up
- **April 21** IFF Brunch
- **May 6** Pray & Play

Scan for our digital  
Weekly Update



**Easter Lily orders are due tomorrow, March 18.** Please use the form in your bulletin or order online at [bit.ly/2024Lily](https://bit.ly/2024Lily)

## Lenten Worship | March 20, 7pm



**"Teach Me"** Forgiveness is abundant; grace is not earned. In your own faith, do you find comfort in theological formulas? Do you wish for straightforward answers? Can you let go of black-and-white thinking and instead embrace the infinite colors of grace? **Join us Wednesdays at 7pm for Holden Evening Prayer and Lenten Reflections.**

## Adult Education: Coffee with...

**Two more Sundays!** You are invited to participate in interactive scriptural prayer, 9:45-10:15am sit down to coffee (or tea) with a key person in the life of Christ. Join us for coffee with . . . **March 17** Judas; **March 24** Mary the Mother of Jesus

## Spiritual Practices for the Wandering Heart

This season of Lent we are inviting you to focus on three spiritual practices:

**PRAYER** Pick up a devotional booklet (in the narthex) for your Lenten journey.

**GENEROSITY** We are collecting pads/donations for Sudlow MS supporting those students whose financial situation may prohibit purchasing these necessary supplies.

**FASTING** Check out the "Single Use Plastic" SUP challenge of the week in your bulletin.

## Safer Foundation Sack Lunches



Supporting Safer Sacks is an easy way for you to get involved in helping a local non-profit improve lives and community safety. Lunch includes a club sandwich on a croissant with ham, turkey, and cheese with condiments on the side, chips, cookie, and fruit. Cost is: \$8 per lunch (\$9 if delivered). **Orders and payment are due April 12, to Hollie Swain.** The lunches will be available to pick up - or join us as we eat together - at Grace on April 18.

## Hope at the Brickhouse | March 29

Our next dinner service will be March 29, (Good Friday). At this time we are serving 25 to 30 adults /children. We will need three Stouffer's Lasagnas that serve 12. We will also need a vegetable/fruit along with a dessert and 1/2 gallon of milk. Please look for the sign-up board in the Narthex. If you have any questions please contact Karen Jewel at 563-323-0322 or e-mail [kcjewel21@gmail.com](mailto:kcjewel21@gmail.com).

## First Communion Class | April 7

**11:30am-1:30pm.** Please email Pastor Kirsten and let her know who will be attending: [pastorkirsten@gracewelcomesyou.org](mailto:pastorkirsten@gracewelcomesyou.org). We would like an adult to accompany each family of children.

## Grace Lutheran Church

1140 E High St | Davenport IA 52803  
563-322-0769

[www.gracewelcomesyou.org](http://www.gracewelcomesyou.org)  
[office@gracewelcomesyou.org](mailto:office@gracewelcomesyou.org)

## ADMIN STAFF

### Pastor Stephanie Wood

[pastorstephanie@gracewelcomesyou.org](mailto:pastorstephanie@gracewelcomesyou.org)

### Pastor Kirsten Lee

#### Director of Outreach & Youth Ministry

[pastorkirsten@gracewelcomesyou.org](mailto:pastorkirsten@gracewelcomesyou.org)

### Annie Nau, Office Administrator

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### Jake Bayles, Custodian

[custodian@gracewelcomesyou.org](mailto:custodian@gracewelcomesyou.org)

### Claudia Wood, Treasurer

[treasurer@gracewelcomesyou.org](mailto:treasurer@gracewelcomesyou.org)

### Vey Rodriguez, Worship Tech & Praise Band Leader

[worshiptech@gracewelcomesyou.org](mailto:worshiptech@gracewelcomesyou.org)

## COUNCIL

### Deb Kirby

President

Personnel Committee Chairperson

### Cindy Lee

Vice President

Outreach & Welcome Committee

Memorial Committee

Grief Support Group Coordinator

### Paul Lewellan

Secretary

Social Ministry

### Claudia Wood

Treasurer

Finance Committee

### Jim Bayles

Property Committee

### Jackie Cain

Outreach & Welcome Ministry

### Janice Gibbs

Children, Youth, & Family

### Deb Gustafson

Finance Committee

### Laura Toland

Worship & Music Ministry



## Calling All Instrumentalists

Once again, Grace instrumentalists will come together to enhance our Easter worship service. **We will have three rehearsals:** Sunday, March 24 at 1pm; Wednesday, March 27 at 7pm; Saturday, March 30 at 9am... Easter Orchestra is open to all Grace instrumentalists, grade 8 and up. If interested, contact Sally Meier at 796-0773 or 309-292-0281.

## IFF Brunch | April 21

IFF will gather for brunch on Sunday, April 21\* at the home of Kathy Shriver (6211 Whispering Hill Ct, Bettendorf). Hosts are Kathy Shriver and Janice Gibbs. We will begin serving mimosas at 11:30am and will eat around noon. Anyone interested in joining us, even if you have never or rarely attended, is most welcomed. Can't bring a dish to share...no problem. There is always plenty of food and we are just happy to have you join us! RSVP to: [kdshriver51@gmail.com](mailto:kdshriver51@gmail.com) or call 563-332-9390 and leave a message. \*date change



## Holy Humor Sunday Stories

Have you had a funny faith moment? We'd love to hear about it! Let Pastor Stephanie know and maybe you can help us laugh at worship on April 7.

## Sunday Coffee Challenge

During Lent (and after!) we invite you to bring a travel mug for your coffee to reduce the waste from the paper cups. We do not have a place to keep individual cups at church, so we are asking that you take them with you each week. This is NOT mandatory, and we will continue to provide cups so everyone will be able to enjoy a cup of coffee or tea!

## Revelation Bible Study | Continues Thursdays

Join Pr. Stephanie for a Bible Study on the Book of Revelation on **Thursdays at 11am**. We've had a great time in class and enjoy to a lively discussion each week.

## Lunch & Conversation | Noon Wednesdays

**Men's "Lunch & Conversation"** meets every Wednesday at Noon at Grace! You can bring a lunch from home or pick something up from a local restaurant. Contact Dennis Boehme at 563-320-2661 or [boehmed@aol.com](mailto:boehmed@aol.com) to be added to the email list.

## Grief Support Group | March 20

Our Grief Support Group meets the first and third Wednesdays of the month 5:30pm in Pat Bell Hall. Please join us! Anyone is welcome at anytime, and please be assured our conversations are kept in confidence. Questions? Contact Cindy Lee 563-370-5386.

## Centering Prayer Mondays 4:30pm via Zoom

In the Christian tradition, Contemplative Prayer is considered to be the pure gift of God. It is the opening of mind and heart--our whole being to God, the Ultimate Mystery, beyond thoughts, words, and emotions. Cheryl Kritsch facilitates the group which meets via Zoom every Monday (except holidays) at 4:30pm (link emailed in the Weekly Update). Please contact Cheryl with any questions at 563-343-0135.

## Church Email Transition

We are in the process of transitioning our bulk email service, and you may notice that emails start to look a little different - namely, they arrive from the staff member sending them (Annie Nau, Pr. Stephanie, or Pr. Kirsten) rather than from "Grace". If you're unsure about the email, click on the sender and it should be from one of the staff emails ending in "gracewelcomesyou.org" - then you'll know it's a safe and valid email. (Also, be sure to check your spam folders, and mark these emails as "safe" or "not spam" so you can see them directly in your inbox.) **Thanks for your patience - we hope to be fully transitioned in April. There will likely be a few hiccups along the way, and we appreciate any feedback you may have.**



**Expand Your Wandering Heart**

# Prayer Stations

**March 13 & 20 | 1-8:30pm**

Throughout Lent, we have been following Peter's journey and looking at our own wandering hearts. Prayer is a powerful tool, and we can use it to help us be more in sync with God's blessings, mercy, and love.

Hosted by the Spiritual Growth Mission, five stations will be offered again Wednesday, March 20, 1-8:30pm, allowing you before or after Lenten worship to visit each station located in various areas of the church for contemplation and reflection.

Stations will cover everything from idol worship and what Jesus means to you to reflections on God's love for you, lamentations of the world and forgiveness. This is your opportunity to come alone or as a family to broaden your journey and help heal your wandering heart.



# **Single Use Plastics (SUP) Challenge for Lent Week 5: Food Wrappers**

## **Did you know:**

- Discarded plastic wrap is part of an estimated 17.6 billion pounds of plastic ending up in the ocean every year
- Plastic wrap is made of #4 plastic (LDPE, low density polyethylene), often not accepted by municipalities due to food contamination. The EPA estimates that only 5.7% of LDPE is ever recycled. This results in food contaminated plastic being discarded into the garbage/landfill and often into the ocean.
- Additionally, LDPE plastic wrap contains diethylhexyl adipate (DEHA), an endocrine disruptor often linked to cancers. Plastic wrap in the ocean acts like a sponge, soaking up similar chemical pollutants and pesticides from the surrounding seawater. When fish and marine animals ingest these poisonous cocktails, chemical toxins enter the food chain possibly ending up in the fish we eat.

## **What can you do:**

- Use alternatives such as Mason jars
- Use beeswax wraps
- Use Heavy duty reusable silicon zip-top bags and/or silicon disk that fit over bowls
- Use Reusable heavy-duty BPA-free plastic containers