

(Food for Body and Soul)

Man was created with a body and a soul.

Both had to have food in order to live.

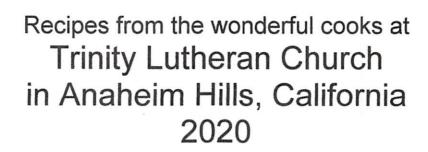
The body receives food from the earth

from whence it came.

And the soul receives its food from heaven from

whence it came.

And God provided abundantly for their sustenance. (From "God's Word for Today")



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Lois Campbell
Stephanie Driesbach
Pastor Jim Elmore
Sheryl Hjellum
Mary Jasperson
Ann Ortiz
Guy Palacios
Judy Peterson
Rolf Peterson
Rena Shima
and
Judy Sobel

Please enjoy the "food for the soul" portions of this cookbook. You will find something for everyone - wisdom, humor, poems, stories for young and old alike, bible verses, songs, and even a game to play with your children. May God bless and keep you.

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Easy Beef Stroganoff

Stephanie Dreisbach's "Nana" (Linda Bass) passed this heavenly recipe down to her. Hubby and girls love it.

1 ½ - 2 lbs. Top sirloin beef, cut into 1 - 1 ½ strips 2 c. beef broth

8 oz (2 ½ c.) fresh mushrooms, sliced

1 large white or yellow onion, diced

1 garlic clove, finely chopped

1/4 c. butter

1 ½ c. sour cream

2 pkgs McCormick Beef

Stroganoff Seasoning (dry)

3 - 4 c. cooked egg noodles

Salt and pepper to taste

Season beef strips with salt and pepper.

In a skillet, cook mushrooms, onions, and garlic in butter until tender. Set aside in separate bowl.

Cook beef in the same skillet until brown. Add the two packages of beef stroganoff seasoning mix and 1 ½ cups of the beef broth. Simmer for 15 minutes.

Stir in cooked mushroom, onion, and garlic.

Add remaining ½ cup of beef broth and sour cream. Heat to boiling.

Serve over egg noodles.

* While soap is for the body, tears are for the soul.

* For the guys: A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawn mower is broken.



Mom's Chili

This recipe has been passed down through the Hjellum family. Thanks so much for sharing, Ross and Sheryl.

2 lbs. hamburger
1 onion, chopped (not fine)
4 c. water
Salt to taste
½ tsp. pepper
1 tsp. celery seed
1/4 tsp. garlic powder

2 tsp. chili powder
1 Tbsp. cumin seed (not powder)
½ tsp. thyme
1 can whole tomatoes, cut in halves or quarters
1 can tomato sauce

Brown meat, drain. Add rest of ingredients and simmer for two hours on top of stove or overnight in a crock pot on low heat. Add more water if needed.

1 can kidney beans

<u>Fun</u>	With	a	Cell	Phone	-	(Just	flip	it	over)	

Smile and say _____. (07734)

God will _____ us. (55379)

God will _____ (32132) my heart when I pray.

My Dad is the _____! (2209)

Did you ever examine the pattern in a _____? (11342)

I hate to ______. (3501) The _____ (5501) of the game was because I let _____ (35001) of the ball.



Slopppy Joes

Spicy and nutritious! Thanks, Ann Ortiz, for this family favorite.

1 lb. ground beef, turkey or pork

½ c. chopped onion

½ c. chopped red bell pepper

1 - 8-oz. can diced tomatoes

1 to 1 1/2 tsp. chile powder or chipotle powder

1 - 2 tsp. Worcestershire Sauce

1/2 tsp. garlic salt

Dash of Choulula or hot pepper

Sauce

½ bag frozen corn

1/4 c. water

6 hamburger buns, split

In a large skillet, cook meat, onion and bell pepper until brown. Drain fat. Stir in undrained tomatoes, chili powder, Worcestershire sauce, garlic salt, hot pepper sauce, and the water. Bring to boil, reduce heat. Add frozen corn. Simmer 5 to 10 minutes or until mixture is of desired consistency. Serve in hamburger buns.

From Audrey Hepburn

For attractive lips - speak words of kindness;
For lovely eyes - seek out the good in people;
For a slim figure - share your food with the hungry;
For beautiful hair - let a child run his or her fingers through it once a day;
For poise - walk with the knowledge that you'll never walk alone.

When you're down and out, lift up your voice and shout, "I'M DOWN AND OUT!"

The difference between a <u>conviction</u> and a <u>prejudice</u> is that you can explain a conviction without getting angry.



Swedish Meat Balls

For all you Scandinavians and anyone who loves a good gravy dish.

1 lb. ground beef	1 egg			
½ lb. ground pork	½ c. milk			
½ c. minced onion	½ c. hot fat or salad oil			
3/4 cl dry bread crumbs	1/4 c. flour			
1 Tbsp. minced parsley	1 tsp. paprika			
1 ½ tsp. salt	½ tsp. salt			
1/8 tsp. pepper	1/8 tsp. pepper			
1 tsp. Worcestershire Sauce	2 c. boiling water			
0//				

3/4 c. sour cream

- 1. Thoroughly mix beef, pork, onion, crumbs, parsley, seasonings, egg, and milk.
- 2. Shape into balls the size of walnuts.
- 3. Brown in hot fat in heavy skillet.
- 4. Remove meatballs and stir in flour, paprika, salt and pepper, stirring constantly. Stir in water and sour cream. Return meatballs to gravy and cook 15 20 minutes more.

Serves 6 to 8

We serve Swedish Meatballs when we have lutefisk so those who don't like the fish can have something to eat. Rolf and I eat both. Judy Peterson

Words to the Wise

- * Snowflakes are one of God's most fragile things, but just look what they can do when they stick together.
- * It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.

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Chicken Cacciatore

A yummy dinner for any occasion. Judy Peterson

2 pounds chicken parts

2 Tbsp. olive oil

1 can stewed tomatoes

1/2 c. water

1/4 c. cider vinegar

2 large cloves garlic, minced

1 tsp. oregano, crushed

1/4 tsp. salt

½ green pepper cut in strips

½ c. chopped onion

1. Brown chicken in olive oil. Spoon off all extra fat.

- 2. Mix the rest of the ingredients and add to chicken making sure each piece has some of the mixture on it.
- 3. Cover and cook over low heat for about an hour. Uncover and cook a little longer until sauce thickens a bit.
- 4. Serve over rice.

Serves 4 to 6

Oh, Lord, help my words
To be gracious and tender
Today
For tomorrow
I may have to eat them.

Words of Promise

If our greatest need had been information, God would have sent us an educator; If our greatest need had been technology, God would have sent us a scientist; If our greatest need had been money, God would have sent us an economist. But, since our greatest need was forgiveness, God sent us Savior.

Lattice Top Chicken

Beautiful as well as delicious. Another offering from Sheryl Hjellum's kitchen.

1 can Cream of Potato Soup

3/4 c. milk

1 ½ c. cubed chicken

1 -16 oz. bag of frozen vegetables (broccoli, carrots, cauliflower), thawed and drained

1 c. shredded cheddar cheese

1 1/3 c. French's French Fried Onions

1 can refrigerated Crescent Rolls (8 rolls)

Heat oven to 375 degrees. Cube or shred chicken. Combine soup and milk in a 2-quart baking dish. Stir in chicken, vegetables, ½ cup cheese and 2/3 c. French Fried Onions. Bake covered for 20 minutes.

Lattice top: Unroll the Crescent Roll dough. Cut into strips. Place strips across the casserole to form a lattice work. Bake an additional 15 minutes (or however long the instructions on the package say).

Sprinkle the remaining cheese and Fried Onions on top and bake again for 3 - 5 minutes until the onions are golden and cheese melts.

* * * * * * *

In a Humorous Vein

- * You always enter God's hospital as a charity patient. You can't pay your way.
 - * To some, Christianity is an argument. To many, it is a performance.

 To a few, it is an experience.
 - * Some folks who would not think of talking with their mouths full, think nothing of talking with their minds empty.



Sour Cream Chicken

This recipe went over very big at the Caring Hands Dinner a while back. People came back for seconds and thirds. Thanks for sharing it Lois Campbell and Annell Jasperson.

4 lbs. <u>frozen</u> chicken tenders or cut up breasts 2 - 10 oz. Cans of Cream of Mushroom Soup 2 packages of dry Onion Soup Mix 1 c. sour cream 1 Tbsp. lemon juice ½ tsp. dill weed Flat egg noodles or rice

Preheat oven to 350 degrees.

Place chicken in a 9 x 13 pan or casserole dish. Combine rest of ingredients with one soup can of water and pour it over the chicken. Bake for one hour or until done. Serve over rice or noodles.

(Recipe can be doubled, tripled, or in the case of our Caring Hands Dinner, multiplied 10-fold. Large roasting pans were used and we baked it for three hours).

Old Mary had been at the country store. She had a long distance to go and therefore bought as much as she could carry. Now she had it in a sack on her back and was making her way home with great care.

Along came her neighbor. He had a horse and was driving. "You have a great deal to carry, Mary; get in and I'll give you a ride." said the friendly man.

Mary accepted the invitation, thanked him very much, and climbed into the back seat of the wagon. Her neighbor sat in the seat in front. During the course of their trip the man turned around to see if Mary was sitting comfortably. "But, my dear Mary, are you sitting there with the sack on your back?" he inquired. "Oh," she replied, "it is enough that you are giving me a ride; I can at least carry the sack myself."

God is like the neighbor. He carries us but we tend to say, "It is enough that Thou hast taken me and all my sins; my anxiety and cares I will carry myself."

MAIN DISH



Spicy-Sweet Chicken Wings

Thanks, Joy Adams, for this company-perfect recipe.

2/3 c. Hoisin Sauce
2 Tbsp. finely grated orange zest
1/4 to ½ c. Siracha hot chile sauce or other hot sauce
1/4 c. honey
1 tsp. Toasted Sesame Oil
4 ½ lbs chicken wing drumettes

Rinse and dry drumettes.

Marinade: Whisk Hoisin Sauce, orange zest, hot sauce, honey, and sesame oil in a large bowl. Remove ½ cup for sauce at serving time. Add drumettes to rest of marinade, stir to cover and refrigerate overnight.

Next day: Preheat oven to 375 degrees. Let wings stand at room temperature for 30 minutes. Arrange on a rimmed, foil covered baking sheet. Using about half of the marinade, bake and brush marinade on wings for 20 minutes rotating and brushing every few minutes. Increase oven temperature to 425 degrees and bake wings about 20 more minutes, brushing with remaining sauce until golden brown.

Arrange wings on a platter, sprinkle with scallions and serve with reserved sauce.

Romans 8: 1-2

Therefore, there is now NO CONDEMNATION for those who are in CHRIST JESUS, because through Christ Jesus the law of the SPIRIT who gives LIFE has set you FREE from the law of SIN AND DEATH.



Bacon Cheesies

Here's a favorite of the Peterson boys. Super easy!

Bacon

Hot Dog Buns

Cheddar Cheese

Cook the bacon until almost done. Drain.

Slice cheese and cut into strips to fit on hot dog buns.

In foil lined pan, place hot dog buns topped with cheese and place a slice of bacon on each.

Broil until cheese melts and bacon is nice and crispy.

The Little Things

Dear God, please give to me a thankful heart for the little things -For sunshine on my kitchen floor, for news the postman brings...

Grant me appreciation of small joys that are mine The children's birthday parties, my honeysuckle vine;
The clean, fresh smell of clothes just washed;
The ivy on my wall, The children's thrilled delight.
To wake and find the first snowfall, for robins in the springtime,
And autumn's crispy weather Leaves that crunch,
Friends for lunch and laughter shared together.

....I do not ask contentment that would ambition stay -But let me love the little things I find along the way. Helen Lowrie Marshall



MAIN DISH



Christmas Morning Egg Casserole

Prepare this the night before and bake it on Christmas morning. Judy Peterson

6 eggs

2 c. whole milk

1 tsp. dry mustard

2 slices crumbled bread

1 c. grated sharp cheddar cheese

1 lb. link sausage, browned and drained. Cut into small chunks

Beat eggs with milk, cheese, bread and mustard. Pour into glass or ceramic baking dish and arrange sausage pieces on top. Cover with foil and refrigerate over night. In the morning, remove foil and bake at 350 degrees for 45 minutes or until knife inserted in center comes out clean.

Excellent left over and reheated.

Why Go to Church?



A churchgoer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday. "I've gone for 30 years now and in that time I have heard something like 3000 sermons, but for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the priests are wasting theirs by giving sermons at all."

This started a real controversy in the 'Letters to the Editor' column. Much to the delight of the editor, it went on for weeks until someone wrote this clincher: "I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this; They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!"

That ended the controversy.



1 or 2 Jimmy Dean Sausage, diced



1 18 oz. Can of diced green chiles

Green Chile Egg Casserole

Mary Jasperson makes this delicious egg dish for her big family. They love it.

10 eggs	1 stick butter, melted
1 lb. Tub of cottage cheese	1/4 c. flour
1 lb. Cheddar cheese, grated	1 tsp. Baking powder

Beat with mixer or whisk: eggs, cottage cheese, cheddar cheese, and chiles.

Mix: butter, flour, baking powder, and flour. Combine egg and mixtures. Add sausage. Mix well.

Bake in 350 degree oven in greased 9 x 13 pan, uncovered for 1 hour.

(This recipe can be frozen after baking. Mary says it reheats beautifully.)

Only One

I am only one, but I <u>am</u> one.
I cannot do everything, but I <u>can</u> do something.
I will not let what I cannot do stop me from
doing what I can do.

He Knows What's Best for Us

So often our self-centered prayers, if granted, could bring only woe. How glad we should be that God cares and loves us enough to say, "No".



Guy's Home-Style Macaroni and Cheese

This is a favorite at the Palacios home. Using two kinds of cheese must be the secret. Thanks Cindy and Guy.

7 oz. package uncooked elbow macaroni

1/4 c. butter

3 Tbsp. flour

2 c. milk

8 oz. cream cheese, softened

½ tsp. salt

½ tsp. pepper

2 tsp. Dijon mustard

2 c. cheddar cheese, cubed

(8 oz.)

1 c. fresh bread crumbs

2 Tbsp. butter, melted

2 Tbsp. chopped, fresh parsley

Heat oven to 400 degrees. Cook macaroni according to package and drain.

In a 3 quart saucepan, melt 1/4 c. butter and stir in flour. Cook over medium heat, stirring occasionally until smooth and bubbly (1 minute). Stir in milk, cream cheese, salt, pepper and mustard. Continue cooking, stirring occasionally, until sauce is thickened (3 - 4 minutes). Stir in drained macaroni and cheddar cheese, stirring to mix. Pour into a greased 2 - quart casserole.

In a small bowl, stir bread crumbs and rest of butter. Sprinkle over macaroni and cheese. Bake for 15 - 20 minutes or until golden brown and heated through.

Sprinkle a bit of the chopped parsley on top when serving.

God's goodness is spurred by His nature, Not by our worthiness.

FAITH means being sure of the things we hope for and knowing that something is real even if we do not see it.

Hebrews 11:1



Lamb Shanks

My Aunt Barbara Ruxton used to make this. So yummy! Judy Peterson.

Using a deep, heavy, oven-proof pot:

- 1. Sprinkle lamb shanks heavily with:
 - -garlic salt and regular salt
 - -Spice Island Beef Soup Base
 - -crushed bay leaf
 - -pepper
 - -crushed oregano
- 2. Then cover with:
 - -chopped fresh parsley
 - -chopped garlic
 - -chopped onion
 - -green pepper rings, sliced thin
- 3. Pour over with:
 - -canned tomatoes mixed with ½ c. water
- 4. Cover with foil or lid and Bake at 325 degrees until very tender (approx. 2 hrs.)

A Valentine for YOU

For God so lo Ved the world That He



Begott**E**n So**N**

Tha**T** whosoever

Believeth In Him Should Not perish,

But have Everlasting Live.

John 3:16





Porchetta

* It is recommended you start this roast early in the morning because it takes 13 hours to cook.

4 or 5 pound boneless pork shoulder roast (no skin, little fat)

5 to 6 cloves of garlic, finely chopped

1 Tbsp. Kosher salt

3 to 5 sprigs of fresh rosemary, finely chopped

fresh oregano and basil, finely chopped

2 tsp. black pepper

2 to 3 Tbsp. good olive oil

½ c. sherry or sherry vinegar (balsamic will do in a pinch)

4 c. chicken broth

- 1. Preheat oven to 450 degrees. Place pork shoulder roast on a rack in a roasting pan with at least a 2" side.
- 2. Crush and chop garlic and kosher salt and blend with other herbs and pepper. Add olive oil to make a thick paste. Spread thickly all over top and sides of roast.
- 3. Blend sherry and chicken broth and pour an inch or so in the bottom of your roasting pan. Roast at 450 degrees for 50 minutes. Then, reduce heat to 170 degrees (yes, 170) and continue roasting for 12 hours (more is ok). Be sure to add the sherry/broth now and then, basting the roast each time.

You want moist heat in your oven. Internal temperature of roast should get to 170 degrees measurable with a meat thermometer at the END OF COOK TIME. (Do not pierce the meat prior to cooking as it will interfere with its juiciness.) If you run out of the sherry/broth, adding water is ok.

4. Allow roast to stand for 20 minutes before carving.

Amazingly tender and yummy! Judy Peterson



Quiche Noel

This is a great dish to make ahead of time and freeze. You bake it from the frozen stage. From Judy Peterson

Line a 9" pie plate with foil. Place a pie crust on foil.

Mix together:

1 1/2 c. grated Swiss cheese

4 Tbsp. Flour

1/2 c. ham

Beat until smooth:

3 eggs

1 c. milk or cream

1/4 tsp. Salt

1/4 tsp. Dry mustard

Pour egg mixture over cheese mixture. Put in freezer and freeze solid. After frozen, overwrap with foil for future use.

When ready to bake, remove foil overwrap (ok to leave the underwrap) and put back in the 9" pie plate. Bake at 400 degrees for 1 hour. Cool slightly, garnish with parsley if you like.

Philippians 4: 6 - 7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.





Ricotta Stuffed Shells

Judy Peterson uses this recipe from the Barilla pasta box. The different cheeses are the secret to this delicious dish. Always a hit!

½ box Barilla Jumbo Shells
 1 jar Barilla or other Marinara Sauce
 1½ c. fresh Ricotta cheese
 8 oz. Mascarpone cheese
 1 c. grated fresh Parmesan cheese
 (Recipe calls for Parmigiano-Reggiano but I can never find it)

2 c. Mozzarella cheese, shredded
4 Tbsp.parsley, chopped
Salt and pepper to taste
* Pork sausage (optional) browned and drained

Preheat oven to 400 degrees.

Cook jumbo shells in boiling water for 9 minutes (not too soft). Drain and cool in running cold water to stop the cooking. Set aside.

Mix Ricotta, Mascarpone, half the Parmesan, half the Mozzarella, parsley, salt and pepper. Fill the shells with this mixture.

Grease a 9 x 13 baking dish. Add half of the sauce and spread to cover bottom of pan. Arrange filled shells (opening up) in pan and cover with the remaining sauce, Mozarella and Parmesan cheese.

Bake, covered with foil, for 30 minutes.

Ephesians 6:17 - 18

Take the helmet of salvation and the sword of the Spirit, which is the word of God, and pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.



Sheryl's Deviled Eggs

Here's a tried and true recipe from Sheryl Hjellum's mom.

8 fresh eggs
Mrs. Dash seasoning, about a teaspoon (or ½ tsp. Salt)
1 Tbsp. pickle relish or chopped pickle of your taste
1/3 c. Best Foods Mayonnaise
Paprika

Place eggs in sauce pan, cover with cold water, bring to gentle boil, reduce heat to just simmering for 12 minutes. (Do not leave boiling, it cooks the egg white too fast and they become rubbery and sometimes the yolk will have a gray-green edge.)

Promptly remove, drain and cover with ice water to cool the eggs. Peel trying to remove the membrane as well as the shell. Cut in half lengthwise and put the yolks in a small bowl. Mash yolks well with a fork or pastry cutter. Stir in Mrs. Dash or salt and the pickles or pickle relish. Stir in mayonnaise. Mixture should not be dry. With a teaspoon, transfer the yolk mixture into the halved egg whites. Sprinkle with a little paprika.

Lenten Advice for All Year

Fast from criticism and feast on praise.

Fast from self-pity and feast on joy.

Fast from ill-temper and feast on peace.

Fast from resentment and feast on contentment.

Fast from jealousy and feast on love.

Fast from pride and feast on humility.

Fast from selfishness and feast on service.

Fast from fear and feast on faith.

Arthur Lichtenberger



18



Spinach - Cheese Manicotti

Oh, so good. Thanks, Judy Peterson for this family favorite.

1 box Barilla Manicotti

1 jar Marinara Sauce or Spaghetti Sauce

2 Tbsp. Extra Virgin Olive Oil

1 clove garlic, chopped

12 oz. fresh ricotta cheese

12 oz. mushrooms, chopped

12 oz. fresh spinach

1 c. Parmigiano-Riggiano cheese or Parmesan, divided, grated

Salt and pepper

Preheat oven to 400 degrees.

Cook pasta according to package directions, drain and set aside.

In a skillet, heat olive oil with garlic, add mushrooms. Then, season with salt and pepper and brown.

Steam spinach and chop well.

Mix ricotta, mushrooms, spinach, salt, pepper and half the Parmesan. Fill the Manicotti. Grease a 9 x 13 baking dish. Add half the sauce. Arrange Manicotti and cover with remaining sauce and Parmesan cheese.

Bake covered for 30 minutes.

Serves 5

* * * * * * * *

A Prayer from Gloria Hernandez

May I live this day: Compassionate of heart, clear in word, gracious in awareness, courageous in thought, and generous in love.







Swiss Fondue

A romantic dinner is a great occasion for this dish. Judy Peterson

1 clove garlic, halved

2 c. dry white wine, warmed

4 c. shredded Swiss cheese

1 Tbsp. cornstarch

3 Tbsp. Kirsch OR lemon juice OR brandy Salt and white pepper dash of ground nutmed

Loaf of french bread cut into bite-sized pieces

- * Use medium to medium-low heat. Too hot will make cheese stringy and oily, low heat will make it too thick for dipping. If mixture thickens too much, add a small amount of heated dry white wine.
- 1. Rub garlic over bottom of fondue pot (I use a regular pot.) Discard garlic. Add wine and heat over low heat.
- 2. Toss cheese with cornstarch. When bubbles rise to surface of wine, add a handful of cheese mixture. Stir constantly until cheese is melted. Continue to add cheese mixture in handfuls, stirring after each addition until cheese is completely melted. When cheese mixture is smooth and starts to bubble, gradually pour in kirsch and stir until blended.
- 3. Season to taste with salt and pepper. Add nutmeg and stir. Keep warm over heat source. Fondue should bubble slowly.
- 4. Serve by dipping bread chunks into fondue mix.

Serves 8

* * * * * * * *

- * There are four Fs in a good home firmness, fairness, fondness, and frankness.
 - * The way to make your children miserable is to satisfy all their desires.
 - * If your knees are knocking, kneel on them.



Baked Fish and Cornbread

Rena Shima swears by this wonderful fish dish and Spencer applauds it.

16 oz. frozen fish, thawed about 10 minutes 1 small onion, chopped 6 oz. package of Cornbread Stuffing 1/4 c. mayonnaise Lemon juice Lawry's Seasoned Salt Pepper Paprika More mayonnaise

Saute onion in butter. In the same pan, prepare the Cornbread Stuffing according to package directions. Cover and let stand for 5 minutes. Stir in mayonnaise.

Put stuffing in a greased casserole dish and place semi-frozen fish on top in a single layer. Spread a little mayonnaise on each piece of fish and sprinkle with lemon juice and spices.

Cover with foil and bake at 375 degrees for 20 minutes. Remove foil and bake for another 20 minutes.

Character Creates Courage

A legend from India tells about a mouse who was terrified of cats until a magician agreed to transform him into a cat. That resolved his fear....until he met a dog, so the magician changed him into a dog. The mouse-turned-cat-turned-dog was content until he met a tiger - so, once again, the magician changed him into what he feared. But when the tiger came complaining that he had met a hunter the magician refused to help. "I will make you into a mouse again, for though you have the body of a tiger, you still have the heart of a mouse."

Courage is an outgrowth of who we are. Exterior supports may temporarily sustain but only inward character creates courage.

Max Lucado



MAIN DISH 21

Poached Sea Bass

This is a Weight Watcher recipe from years ago. It is wonderful. Judy Peterson

Sea bass filets
Dehydrated onion
Butter
Salt and Pepper
Milk

Preheat oven to 375 degrees. Grease a glass or ceramic baking dish with butter. Place filets in dish, spread a bit of butter on each one, sprinkle a little dehydrated onion on them, salt and pepper. Pour about 1/4 inch of milk in the baking dish. Bake for 15 - 20 minutes.

Faith

If I say I have faith, yet am worried and fretful, my words are of no avail. If I have all of God's promises stored im memory, yet fail to trust them in experience my faith is in vain.

If I believe in God's power to heal, but do not accept it for my body, mind and soul, my faith is ineffective.

Faith is the opening of a door toward God.

Faith is the acceptance of what God sends, knowing that it is sent in love and for the fulfillment of his plan for my life.

Faith is confidence in a better day tomorrow, knowing that the next turn in the road will lead to a brighter scene and assurance of victory.

Faith is stepping out into the night with my hand in Gods; it is smiling through tears; it is trusting his love when all seems dark.

Faith is planted by the Holy Spirit; it is nurtured by the Word of God; it is watered by prayer; it is made strong by obedience.

Faith does not blossom overnight.

Lois Mae Cuhel



Quick Shrimp Scampi

1/3 c. olive oil

½ c. diced onion

8 garlic cloves, crushed

1 c. good dry white wine

1 Tbsp. Italian seasoning

1 pinch crushed red pepper

1 Tbsp. capersJuice of one lemon4 Tbsp. butter1 lb. precooked frozen shrimp, thawedSalt and pepper

Grated Parmesan cheese Angel Hair pasta

- 1. Heat olive oil in non-stick pan. Saute garlic and onions over high heat until onions start to turn clear.
- 2. Add wine, Italian seasoning, crushed red pepper, capers, and lemon juice. Lower heat to medium and reduce liquid for about five minutes so it thickens.
- Add butter and stir until it I melted into the sauce.
- 4. Add shrimp and turn heat to medium-low. Heat through. (Do not overcook shrimp as it will make them rubbery.)
- 5. Salt and pepper to taste.
- 6. Serve on angel hair pasta and top with Parmesan cheese if you wish.

Serves 6

Frozen shrimp defrost nicely in just a few minutes. So good when you have forgotten to take something out of the freezer. Judy Peterson

MAIN DISH



Salmon Fillet in Parchment

An awesome company dish from Judy Peterson.

1/4 c. lemon juice
1 Tbsp. fresh dill or 1 tsp. dried dill
½ tsp. salt
1/4 tsp. pepper
2 Tbsp. olive oil
Softened butter

4 - 6 oz. pieces of salmon
1 Tbsp. olive oil
½ large onion, thinly sliced
1 garlic clove, diced
3 large carrots, coarsely shredded

Combine lemon juice, dill, salt and pepper in a small bowl. Slowly whisk in the oil.

Place salmon in a glass or ceramic dish and pour the marinade on top. Turn to coat. Cover and refrigerate about 30 minutes.

In a large skillet, heat 1 Tbsp. olive oil. Add onions and cook until translucent, about 3 - 4 minutes. Add garlic and cook 1 minute longer. Add carrots, stir and cook until carrots are softened, about 2 minutes. Season with salt and pepper. Remove from heat and cool.

Prepare parchment: Cut parchment paper into 4 pieces, each about 6 inches longer than seafood portion and 4 times as wide as narrow side of salmon. About 1 inch from long edge, brush each paper with softened butter.

Preheat oven to 350 degrees. Divide carrot mixture among each piece of paper. Top each with a salmon fillet. Spoon a little marinade over top of each piece.

Double fold long edge of parchment, then double fold ends of packet tightly.

Place packets, fold side down, on a baking sheet and bake until packets puff up and are light brown, about 20 - 25 minutes. Immediately transfer packets to individual plates. Each person unwraps their own packet.

Serves 4









Banana - Pineapple Salad

Ann Ortiz brought this to a Women's Board meeting. Fabulous!

1 Tbsp. cornstarch ½ c. sugar 1/4 tsp. salt 1/4 tsp. ginger

2 cans chunk pineapple (20 oz. size)
1 egg, beaten
Juice from one of the cans of pineapple
2 or 3 bananas

Mix cornstarch, sugar, salt and ginger in a saucepan. Add the egg and mix. Add the pineapple juice from one of the cans. Cook over low heat stirring continually until the mixture thickens, like pudding. Remove from heat and add the pineapple chunks. Refrigerate. Before serving add sliced bananas.

Advice from Mother Teresa

People are often unreasonable, irrational, and self-centered;
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway.

If you are successful, you will win some unfaithful friends and some enemies;
Succeed anyway.

If you are honest and sincere, people may deceive you;
Be honest and sincere anyway.

What you spend years creating, others could destroy overnight; Create anyway.

If you find serenity and joy, some may be jealous; Be joyful anyway.

The good you do today will often be forgotten; Do good anyway.

Give the best you have, and it will never be enough to some; Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.



SALAD 25



Broccoli-Cauliflower Salad

A delicious recipe from friend, Ruth Ann Anderson. Judy Peterson

Broccoli bits
Cauliflower bits
Onion, chopped
Red grapes
Peanuts, chopped or
sunflower seeds

½ c.mayonnaise 1/8 c. sugar 1 Tbsp. red wine vinegar Bacon bits

Steam broccoli and cauliflower a minute or two. Blend rest of ingredients and pour over broccoli mix. Refrigerate. Serve.

Dust If You Must

Dust if you must, but wouldn't it be better
To paint a picture or write a letter,
Bake a cake or plant a seed:
Ponder the difference between want and need?

Dust if you must, but there's not much time, With rivers to swim and mountains to climb; Music to hear and books to read, Friends to cherish and life to lead.

Dust if you must, but the world's out there With the sun in your eyes and the wind in your hair; A flutter of snow, a shower of rain, This day will not come 'round again.





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Chicken Salad with Petite Peas

Such a good cook you are, Mary Jasperson. This sounds fantastic!

2 c. cooked small macaroni

½ c. chopped onion

3 c. cooked chicken breasts, cut up small

½ c. chopped celery

1 - 16 oz bag of frozen Petite Peas

Hidden Valley Ranch Dressing
Creole Seasoning
3 oz. Can Rice Noodles

Combine macaroni, chicken, peas, onion and celery with Hidden Valley Ranch Dressing and Creole seasoning (use the amount you think your family would like.) Chill.

Just before serving, add the rice noodles and toss. (Adding them at the last minuted keeps them from getting soggy.)

C. S. Lewis on Good and Evil

"Good and evil both increase at compound interest. That is why little decisions you and I make every day are of such infinite importance. The smallest good act today is the capture of a strategic point from which, a few month later, you may be able to go to victories you never dreamed of. An apparently trivial indulgence in lust or anger is the loss of an ridge or a railway or bridgehead from which the enemy may launch an attack otherwise impossible."





Chinese Chicken Salad or Top Ramen - Cabbage Salad

Judy Peterson got this from her Tupperware dealer who swore it was the best Chinese Chicken salad ever. She was right!

1 head cabbage, shredded8 - 10 green onions, sliced thinMix together:

6 Tbsp. sugar 1 tsp. pepper ½ c. salad oil 3 tsp. salt

10 Tbsp. Seasoned Rice Vinegar

1 c. slivered almonds

2 or 3 packages Top Ramen noodles, dry, crumbled fine (only noodles) Cooked chicken, cut up into small pieces

Toss cabbage, onion, almonds, and Top Ramen noodles. Mix dressing ingredients and pour over salad. Toss. This salad is best if kept in refrigerator for an hour or two to allow flavors to meld together.

(To break up the noodles, put them in a plastic bag and roll with a rolling pin or a glass.)

Christians - Maya Angelou

When I say, "I'm a Christian", I'm not shouting, "I'm clean livin", I'm whispering, "I was lost and now I'm forgiven."

When I say, "I'm a Christian", I don't speak of this with false pride, I'm confessing that I stumble and need Christ to be my guide.

When I say, "I'm a Christian", I'm not trying to be strong,

I'm professing that I'm weak and need his strength to carry on.

When I say, "I'm a Christian", I'm not bragging of success,

I'm admitting I have failed and need God to clean up my mess.

When I say, "I'm a Christian", I'm not claiming to be perfect,

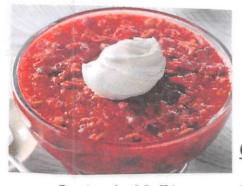
My flaws are far too visible. But, God believes I'm worth it.

When I say, "I'm a Christian", I'm not holier than thou,

I'm just a simple sinner who received God's good Grace somehow.

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Gert's Cranberry Jello Salad

Gertrude McPherson, Rolf Peterson's cousin, was a wonderful cook. Here is one of her best recipes.

1 large box Cranberry Jello 1 bag of cranberries, ground up 1 whole orange, ground up (peel, too)

3/4 c. sugar

Optional: 1 can crushed pineapple, drained

1 - 2 Tbsp. lemon Juice

1 - 1 ½ c. celery, chopped

 $\frac{1}{2}$ - 3/4 c. walnuts or pecans, chopped

Make Jello with 2 c. hot water and 1 ½ c. cold water. Chill a bit. Add rest of ingredients. Chill until firm. Serve with a dab of mayonnaise on top or sour cream sweetened with a little brown sugar.

How to Say "Merry Christmas" in Other Languages



Spanish - Feliz Navidad Mandarin - Shengdan Kuaile Portugese - Boas Festas Russian - S Rozhdestvom Khristovvm Arabic - Al eid-do Mobarek ale-kom Chinese - Kung Hsi Hsin Nien bing Chu Shen Tan Choctow - Yukpa Nitak Hollo Chito Dutch - Prettige Kerstmis French - Joyeaux Noel German - Froehliche Weinachten Hawaiian - Mele Kalikimaka Hebrew - Aulaiz Hamolaud Irish - Nodlaig mhaith chugnat Italian - Buone Feste Natalizie Japanese - Yoi Kurisumasu o Oinori Itashimasu Filipino - Maligayang Pasko Viet Namese - Chuc Mung Giang Sinh



Kale Salad

Don't turn your nose up at this kale salad recipe. It truly is a favorite at the Peterson home. Makes 6 - 8 servings.

Salad:

5 c. baby kale

3 c. romaine or red leaf lettuce cut into bite sized pieces

1 c. red grapes

1 unpeeled gala apple, cored, diced

3 fresh figs, cut crosswise into 1/4 inch slices

1/4 c. dried cranberries

1/3 c. slivered almonds

½ c. crumbled feta cheese

Salt and fresh ground pepper

1/3 c. toasted, slivered almonds

Vinaigrette:

1 Tbsp. green onion, diced

1/4 c. red wine vinegar

1 c. orange juice

½ c. lime juice (lemon ok)

1 tsp. Dijon mustard

1 tsp. salt

Pinch of ground pepper

2 Tbsp. honey

3/4 c. extra virgin olive oil

3/4 c. canola oil

In a blender combine all vinaigrette ingredients except oil; whirl until soothe and well combined. With motor running, add oil in a thin stream until blended.

In a large bowl, place kale lettuce, grapes, apple, cranberries, and figs. Stir vinaigrette and add enough to lightly coat the leaves. Toss. Place salad on serving plates and top with nuts and feta cheese.

God's Handiwork

We are God's handiwork, Created in Christ Jesus to do good works, Which God prepared in advance for us to do Ephesians 2:10



Red Cabbage Salad

Here's a colorful, company-pleasing salad from Lois Campbell.

1 small head of red cabbage, shredded or chopped

1/3 c. apple cider vinegar

1/3 c. olive oil

1/4 small red onion, thinly sliced in circles. Cut circles in half.

½ c. chopped apple

½ c. cashew pieces

1/4 tsp. pepper

1/4 tsp. salt

½ tsp. celery salt

In a small bowl, pour the vinegar over the red onion pieces and set aside.

In a larger bowl, toss cabbage with olive oil, spices, and apples.

Add cashew pieces and red onion (including the vinegar). Toss to distribute the onion and vinegar evenly.

Cover and refrigerate at least 2 hours before serving.

<u>Advent</u>

I can hardly wait for him to come this Christmas, for I've learned he always comes, and that each coming is more joyous than the year before.

He'll come with gifts - just what I need, just what I want, just what I've been asking for but haven't found 'neath all the tinsel on the tree, nor yet upon the shelves in large department stores, or even in the import shops or pages of a catalogue.

For he brings gifts of peace and love and joy, practical things I can use each day, precious things to treasure and hold always dear, yet plenteous so I can share and give away.

The anticipation is almost more than I can bear.

Christmas is for children, I've heard tell, and I, small child of God, can hardly wait for him to come.



Sweet and Sour Cukes

Judy Sobel makes these for her family and company. Also good for gifts.

- 7 cups cucumbers sliced very thin (4 large cucumbers)
- 2 Tbsp. salt in a 1 1 and 1/2 quarts of water
- 2 cups sugar
- 1 cup white vinegar
- 1 tsp. celery salt
- 1 tsp. mustard seed
- 1 cup bell pepper, diced small
- 1 cup onion, diced small

Soak cucumbers in salted water at least one hour, then drain.

Combine the next six ingredients in a large bowl stirring to mix well. Add cucumbers, stir, and let stand for about 20 minutes.

Put in glass jars and store in the refrigerator.

Dancing With God

When I meditated on the word **GUIDANCE**, I kept seeing "dance" at the end of the word. I remember reading that doing God's will is a lot like dancing. When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky. When one person realizes that, and lets the other lead, both bodies begin to flow with the music. One gives gentle cues, perhaps with a nudge to the back or by pressing lightly n one direction or another. It is as if two become one body, moving beautifully. The dance takes surrender, willingness, and attentiveness from one person and gentle guidance and skill from the other.



Tabbouli Salad (from Ala box)

1 c. Ala, uncooked (bulgar wheat) 1/4 tsp. pepper

2 c. boiling water

1/4 c. vegetable oil

1/4 c. lemon juice

1 tsp. salt

1 c. parsley, chopped

1/4 c. fresh mint, chopped

½ c. celery, diced

1/4 c. green onion, chopped

1 cucumber, diced

1 - 3 tomatoes diced

*Use any other ingredients you want:

1 tsp. vinegar

2 Tbsp. black olives, chopped

1/4 c. cubed cheese

½ c. cooked vegetables

leftover meat

1. In a large bowl, pour boiling water over Ala. Let stand one hour.

2. Drain Ala well in colander and return to bowl. Add remaining ingredients and blend well. Chill at least two hours.

3. Serve on lettuce.

Serves 4 - 6

A Positive Thought

If God had a refrigerator, your picture would be on it.

If He had a wallet, your photo would be in it.

He sends you flowers every spring and a sunrise every morning.

Whenever you want to talk, He'll listen.

He could live anywhere in the universe, and he chose your heart.

What about the Christmas gift He sent you from Bethlehem.

Not to mention that Friday at Calvary.

Face it, He's crazy about you.

Osterizer Mayonnaise

Great on Potato Salad, Rolf Peterson

1 egg1 tsp. paprika1 Tbsp. lemon1 tsp. salt½ tsp. garlic saltjuice½ tsp. dry mustard1 Tbsp. cider vinegar1 c. salad oil

Put egg, salt, dry mustard, paprika, garlic salt, vinegar, lemon juice and 1/4 c. salad oil in Osterizer. Cover and blend a bit. Immediately, slowly pour rest of oil in while motor is running. Use spatula to scrape sides when needed. Chill. Serve.

* It's not what you gather, but what you scatter that tells what kind of life you have lived.

- * Life is too short to wake up with regrets. Love the people who treat you right and pray for the ones who don't.
- * Be more concerned with your character than your reputation. Your character is what you really are, while your reputation is merely what you think you are.
- * You can't get anywhere today if you are dtill bogged down in yesterday.
- * Cherish yesterday Dream tomorrow Live today.
- * If two people who love each other let a single instant wedge itself between them, it grows it becomes a month, a year, a century. It becomes too late.
- * You give but little when you give of your possessions. It is when you give of yourself that you truly give.
- * Anyone who is too busy for prayer is busier than God ever intended they should be.



Rolf's Honey Mustard Dressing

MayonnaiseJalapeno HoneySaltLemon JuiceGarlic PowderPepperCholula SauceDry MustardGulden's Mustard

Sorry, no amounts. Just plop, pinch, splash, and stir. Chill. Serve.

I Can Only Imagine

I can only imagine what it will be like when I walk by your side.
I can only imagine what my eyes will see.
When Your face is before me,
I can only imagine.

(Chorus)

Surrounded by Your glory what will my heart feel?
Will I dance for You Jesus or in awe of You be still?
Will I stand in Your presence or to my knees will I fall?
Will I sing Hallelujah, will I be able to speak at all?
I can only imagine. I can only imagine.

I can only imagine when that day comes
And I find myself standing in the Son.
I can only imagine when all I will do is forever,
forever worship you.
I can only imagine, I can only imagine.



Rolf's Russian Dressing

This dressing is so delicious that Judy's EDD friends called him up to thank him and ask for the recipe.

1/4 c. honey
1 ½ tsp. celery seed
½ tsp. salt
½ tsp. paprika
2 ½ Tbsp. Worcestershire Sauce

1 Tbsp. cider vinegar

1 c. salad oil

½ c. catsup

1/4 c. red onion, grated

Put ingredients in a jar and shake well. Chill and use.

A Cat's or a Dog's Bedtime Prayer

Now I lay me down to sleep. The king-sized bed is soft and deep, I sleep right in the center groove My human beings can hardly move. I've trapped their legs, they're tucked in tight, And here is where I spend the night. No one disturbs me or dares intrude Til Mommy comes and "I want food". I sneak up slowly to begin And nibble on my human's chin, For morning's here, its time to play. I always seem to get my way. So thank you, Lord, for giving me This human person that I see, The one who hugs me and holds me tight, And shares their bed with me at night.





Colorado Baked Beans

Here is Ann Ortiz's rendition of baked beans.

3/4 lb. ground turkey or beef

3/4 c. chopped onion

½ c. chopped celery

2 cans (15 oz. each) baked beans

1 can kidney beans

1 can (15 oz.) Northern beans (or

other bean of your choice)

½ c. catsup

2 Tbsp. red wine vinegar

1 tsp. dry mustard

1/3 c. brown sugar

Preheat oven to 350 degrees.

Brown meat in a large skillet, drain, then add onion and celery. Saute until veggies are tender. Add beans.

In a bowl, combine catsup, brown sugar, vinegar, and mustard. Gently fold into meat mixture and pour into a 2 - quart casserole dish. Bake for 45 minutes.

What We Really Need

If our greatest need had been information, God would have sent us an educator.

If our greatest need had been technology, God would have sent us a scientist.

If our greatest need had been money, God would have sent us an economist.

But, since our greatest need was forgiveness, God sent us a Savior.

Max Lucado



Easter Potatoes

Something yummy from Mary Jasperson. So good and so easy.

6 potatoes (Mary recommends white rose potatoes)

½ c. butter, melted

1 can Cream of Chicken Soup

1 c. Corn Flakes, crushed

1/4 c. chopped onion

2 c. cheddar cheese, grated

Boil potatoes, drain, and cool in refrigerator. Grate into a bowl.

Add Cream of Chicken Soup, onion, and grated cheddar cheese.

In another bowl, mix melted butter and Corn Flakes. Sprinkle over potatoes.

Bake uncovered in greased 9 x 13 pan at 350 degrees for 45 minutes.

Words of Wisdom

* Pray all the time. If necessary, use words.

* God forgets the past. Imitate him.

* Greed is often regretted. Generosity, never.

* Don't ask God to do what you want. Ask God to do what is right.

* Nails didn't hold God to a cross. Love did.

* You will never forgive anyone more than God has forgiven you.

VEGETABLE



French Breaded Asparagus

1 lb. Fresh asparagus, slightly steamed
1 Tbsp. cold water
½ c. fine, dried bread crumbs
1 tsp. salt
1/4 c. Parmesan cheese
1 Tbsp. paprika
1 egg
Hot oil

- 1.Beat egg and mix with cold water.
- 2. Mix crumbs, salt, cheese and paprika together.
- 3. Dip asparagus in egg, then crumb mixture, then in egg mixture again. Chill 1 hour.
- 4. Fry in hot oil until golden brown. Serve as is or with a salad dressing.

Serves 4

Norwegian Blessing

May da ruts always fit da wheels in your pickup.
May yur ear muffs always keep out da nort wind.
May da sun shine varm on yur lefse,
May da rain fall soft on yur lutefisk
And until ve meet again,
May da Good Lord Protect ya from
Any and all unnecessary Uff Das.



Grilled Artichokes

Joy Adams shares one of her outdoor specialties.

3 medium to large artichokes 2 tsp. fresh lemon juice A sprig of fresh thyme 1 lemon wedge 3/4 cups extra virgin olive oil Salt and pepper 5 - 7 large garlic cloves
1/4 cup minced fresh Italian parsley, divided
1 tsp. lemon zest
Pinch of red pepper flakes
Another tsp. lemon zest

Trim artichokes by cutting off stem and inedible portion of the outside leaves. Cut off top portion also. Cut artichokes in half from top to bottom and spoon out the choke (the stickery stuff). Place in a bowl of lemon water.

Place salt, thyme, and lemon wedge in water at the bottom of a steamer. Bring to boil and cook until heart is tender.

Prepare sauce in a small bowl. Whisk together lemon juice, oil, pepper flakes, salt and pepper. Stir in garlic, 3 Tablespoons of parsley and 1 tsp. Lemon zest.

Grill artichokes while spooning mixture onto the cut sides and between leaves.

* * * * * * * * *

Philippians 4:4-8 - Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is TRUE, whatever is NOBLE, whatever is RIGHT, whatever is PURE, whatever is LOVELY, whatever is ADMIRABLE - if anything is EXCELLENT or PRAISEWORTHY - think about such things.

VEGETABLE



Hope Cabbage

This recipe came from my aunt Hope Hill. It is my favorite way to eat cabbage. Good hot or cold. Judy Peterson

1/2 head cabbage, coarsely chopped
1/2 red, white or yellow onion, coarsely chopped
4 Tbsp. butter
1 can stewed tomatoes
Italian spice
Salt and pepper to taste
2 or 3 Tbsp. water

- 1. Saute chopped onion in butter.
- 2. Add cabbage and water. Cover and steam for a few minutes.
- 3. Add stewed tomatoes and spices. Toss to distribute. Cover and steam a few more minutes. Serve.

Serves 4 - 6

The four-year-old demanded that her father read the story of the baby Moses night after night. Finally, her father tape-recorded the story. When she asked for the story, he switched on the recorder.

This was fine for several nights. Then, one evening the little girl pushed the story book at her father.

"Now, Honey," he said. "You know how to turn on the recorder." "Yes," she replied, "but I can't sit on its Iap."





Jim's Baked Beans

Always wonderful. Here is the one you have been asking for from Pastor Jim. He reveals his secret ingredient.

1 large can baked beans

1/4 c. brown sugar, packed

1 tsp. Worcestershire Sauce

1 tsp. dry mustard

1 c. catsup

1 Tbsp. molasses

1/4 c. whiskey

Optional: 6 slices cooked, chopped bacon
1 medium onion, chopped raw or sauteed

Preheat oven to 350 degrees.

Combine all ingredients except bacon (if using) in a casserole. Top with bacon and bake for 40 - 45 minutes.

God Said "No"

I asked God to take away my habit. God said, "No, it is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole. God said, "No, his spirit is whole and his body is temporary."

I asked God to grant me patience. God said, "No, patience is a product of tribulation. It isn't granted, it is learned.

I asked God to give me happiness. God said, "No, I give you blessings. Happiness is up to you."

I asked God to spare me pain. God said, "No, suffering draws you apart from worldly cares and brings you closer to me."

I asked God to make my spirit grow. God said, "No, you must grow it on your own, but I will prune you to make you fruitful.

I asked God for all things that I may enjoy life. God said, "No, I will give you life so that you may enjoy all things.

I asked God to help me LOVE others as much as he loves me. God said, "Ahhh, finally you have the idea.



Rolf's Baked Beans

1 lb. dry kidney beans

4 oz. Salt pork

1 c. chopped onion

½ c. molasses

1/4 c. brown sugar, packed

1 tsp. dry mustard

1 1/2 tsp. Salt

Pepper

1 Tbsp. Worcestershire Sauce

1 tsp. paprika

2 cloves garlic, chopped

Rinse beans and put them in a large oven-proof pot. Add 8 - 10 cups of water and bring to a boil. Simmer covered for 1 ½ hours. Drain and save bean water. Cover and chill overnight.

Next day, return beans pot with one cup of the bean water. Bake covered in 250 to 300 degree oven to cook beans. Add other ingredients and return to oven for another 6 to 8 hours. Stir occasionally and don't let it get dried out.

Hope for the best.

Grandmother's "Receet" for Doing the Family Wash

1. Bild a fire in back yard to heet kettle of rain water

2. Set tub so smoke won't blow in eyes if wind is pert.

3. Shave one hole cake lie soap in bilin' water.

4. Sort in three piles - white, cullored, britches and rags.

5. Stur flour in cold water to smooth then thin down with bilin' water.

6. Rub dirty spots on board, scrub hard. Then bile. Rub cullords but don't bile - just rench and starch.

7. Take white things out of kettle with broom stick, rench, blue and starch.

8. Spred tee towels on grass and hang old rags on fence.

9. Pore rench water in flower bed.

10. Scrub porch with hot soapy water.

11. Turn tubs upside down.

12.Go put on a clean dress, smooth hair with side combs, brew a cup of tea and rest a spell. Count yer blessings.



Swiss Vegetable Medley

Sheryl Hjellum got this recipe from the Durkee French Fried Onion Cookbook. Her family loves it for the holidays and it is easy enough to make to have it more often.

 1 - 16 oz. bag frozen vegetables (broccoli, carrots, cauliflower), thawed and drained

1 can Condensed Cream of Mushroom Soup

1 c. Swiss cheese, shredded

1/3 c. sour cream

1/4 tsp. pepper

1 jar (4 oz.) diced pimento, drained (optional)

1 can French Fried Onions

Preheat oven to 350 degrees.

In a large bowl, combine vegetables, Cream of Mushroom Soup, ½ cup Swiss cheese, sour cream, pepper, and half can of the French Fried Onions. Pour into a shallow 1 - quart casserole. Bake covered for 30 minutes or until vegetables are done. Uncover and sprinkle remaining cheese and onions in diagonal rows across the top and bake uncovered for 5 minutes or until onions are golden brown.

Microwave Directions: Prepare vegetable mixture as above, pour into shallow 1 - quart microwave-safe casserole. Cook, covered on HIGH for 8 - 10 minutes or until vegetables are done. Stir vegetables halfway through cooking time. Top with remaining cheese and onions. Cook uncovered for another minute or until cheese melts. Let stand for 5 minutes before serving.

Two seemingly contradictory attitudes often stand in the way of our being forgiven. One is the attitude of the proud "saint" who thinks his sins are so small they don't need to be forgiven. The other is the attitude of the proud sinner who thinks his sins are too big to be forgiven.

Dr. Alvin N. Rogness





A good, hearty soup for those cold nights by Stephanie Dreisbach's mom, Cindy Bass.

8 - 10 small russet potatoes, cut into 2 inch cubes 1 yellow onion

8 - 10 stalks of celery, chopped

4 Tbsp. Butter 1/4 c. milk Salt and pepper

Peel and boil potatoes with onion, and celery in a large pot of water until tender. Add butter, milk, salt and pepper. Serve warm with toast and/or crackers.

Saying Grace, a Gentle Reminder

A visiting priest was attending a men's breakfast in Ohio farm country. He asked one of the impressive older farmers in attendance to say grace that morning. After all were seated, the older farmer began -

"Lord, I hate buttermilk."

The priest opened one eye and wondered to himself where this was going.

Then the farmer loudly proclaimed, "Lord, I hate lard."

Now the priest was overly worried.

However, without missing a beat, the farmer prayed on, "And Lord, you know I don't care much for raw white flour.

Just as the priest was ready to stand and stop everything, the farmer continued:

"But Lord, when you mix 'em all together and bake 'em up, I sure do love fresh biscuits. So, Lord, when things come up we don't like, when life gets hard, when we just don't understand what you are sayin' to us, we just need to relax and wait 'till You are done mixin', and probably it will be somethin' even better than biscuits. Amen."



Potato Leek Soup

1 large boiling potato
1 - 2 garlic cloves, minced
½ medium onion, chopped fine
2 tsp. olive oil

2 medium leeks, chopped 2 ½ c. chicken broth 4 tsp. light cream, divided Salt and pepper to taste

Peel and dice potato. In saucepan, cook garlic and onion in oil over medium to low heat. Stir until onion is softened. Add potato and leeks. Stir in broth and simmer uncovered 15 minutes or until potato is very tender.

In blender, puree soup in batches until smooth, and return to saucepan. Reheat. Season to taste. Ladle into cups or bowls and swirl with a bit of the cream.

4 servings

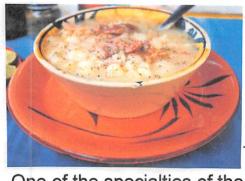
Attitude

There once was a woman who woke up one morning, looked in the mirror, and noticed she only had three hairs on her head. "Well", she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she only had two hairs on her head. "Hmmmm", she said, "I think I'll part my hair down the middle today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and noticed that she only had one hair on her head. "Well", she said, "I'm going to wear my hair in a pony tail today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "Yah!", she said, "I don't have to fix my hair today." So she didn't and she had a fabulous day.



Pozzole Pozzole

One of the specialties of the house. Great for company, so make a lot. This recipe takes two days. Judy Peterson

- 5 7 lbs BONY pork roast (ribs ok, too)
- 4 16 oz. cans of hominy or 1 large can, white or yellow with broth
- 5 8 Tbsp. cumin (I use lots)
- 2 cans Green Chili Sauce (or red I use Las Palmas)
- 2 4 jalapeno chilies depending on how hot you want the soup Salt to taste
- 1 onion, chopped

Prepare meat - <u>Day 1</u> - Cut pork into large chunks. Simmer covered in water for 3 -4 hours (no more or meat will be mushy). Refrigerate over night.

<u>Day 2.</u> -Skim fat off meat and remove congealed fat on top of water. Cut into large bite sized pieces.

Prepare chilies - clean, take out seeds, scorch in a hot pan to blacken the peel, remove peel. Puree in blender. (Be careful, your fingers will get spicy hot.)

In big pot, add chilies and rest of ingredients to the meat. Bring to a boil and simmer for about 30 minutes. Serve hot. Each person squeezes a little lime juice into soup and sprinkles the fresh garnishes on top.

Fresh garnishes:

Shredded cabbage

Cilantro

Green onions

Lime wedges

Radishes

* * * * * *

<u>Every Sin</u>

Every sin has three parts: Temptation, Hesitation, and Participation.



Spicy Butternut Squash Soup

Lois and Dick Campbell love this hearty soup on a cold evening.

1 medium butternut squash, about 8" long, halved the long way with seeds removed

2 rounds of onion, about 1" thick

4 cloves of garlic

1 Tbsp. olive oil

½ c. apple cider

2 c. chicken stock

1 tsp. salt

½ tsp. cinnamon

½ tsp. Garam Masala

1/4 tsp (or less) cayenne

Preheat oven to 400 degrees.

Line a large jelly roll pan with foil. Rub cut surfaces of squash and onions with olive oil and place them face down on the foil. Peel the garlic and place two in the hole of each overturned squash. Roast for 45 minutes to 1 hour. Squash should be very soft and starting to brown.

Let stand a few minutes until you can handle the squash. Heat the apple cider and broths until hot but not boiling. Scoop squash from the skin into a blender or large pot if using a stick blender. Add roasted onions and garlic and a little liquid. Pulse until combined. Add spices and puree until smooth. Add more of the stock/cider liquid until of desired consistency. Heat just before serving.

Serve in a flat bowl with a Tablespoon of creme fraiche or sour cream.

* * * * * * * *

Just for today, I will not find fault with a friend, relative or colleague. I will not try to change or improve anyone but myself.







All Bran Muffins

These muffins are exceptionally good. Judy Peterson got it off the All Bran box.

1 1/4 c. flour ½ c. sugar 1 Tbsp. baking powder 1/4 tsp. salt 2 c. All Bran cereal 1 1/4 c. milk 1 egg

1/4 c. vegetable oil (ok to substitute with applesauce)

Optional: dried cranberries and/or pecans

Blend flour, sugar, baking powder and salt.

Mix All Bran, milk, egg and oil.

Combine dry and wet ingredients. Let sit for 2 minutes to let cereal soften. Portion into paper lined muffin cups. Bake 400 degrees for 20 minutes.

IMPOTENT IMPORTANT IMPOSSIBLE

I'M POSSIBLE

See what a little change in a letter or punctuation can do!

What you are is God's gift to you. What you do with yourself is your gift to God.

No one is useless to God - no one. God has gifted me with talents. He has done the same for my neighbor. If I concern myself with my neighbor's gifts, I will neglect mine. But, if I am concerned with mine, I might inspire both of us.



Easy Caramel Rolls

1 roll refrigerated Cinnamon Rolls 1 Tbsp. butter Brown sugar Syrup (maple or any other flavor)

Melt butter in bottom of baking pan. Sprinkle with brown sugar. Drizzle with syrup. Place rolls on top and bake as directed. When done, turn pan of rolls upside down on a plate or on foil. This allows the syrup and brown sugar to run down over the rolls. Cool a bit and serve warm.

The Optimist

His hoss went dead and his mule went lame' He lost his cows in a poker game. A hurricane came on a summer's day And tuk the house where he lived away. An arthquake came when that was gone Then the tax collector he cum 'round.

Did he moan and sigh, did he sit and cry,
And cuss the hurricane sweeping by?
Did he moan 'cuse his old friends failed to call
When the arthquake tuk his house and all?
Not him. He clum to the top of the hill
Where standin' room was left him still.
And, barin' his head, here's what he said,
"I reckon its time to get up and git,
And, Lord, I ain't had the measles yet."





Honeyed Apricot Biscotti

A delicious recipe from my friend, Susan Gaines. You bake this twice. Judy Peterson

3 egg whites
1/4 c. plus 2 Tbsp. honey
2 c. flour
2/3 c. light brown sugar, packed
1 1/4 tsp. ground anise (liquid works well, too)
3/4 tsp. baking powder
1/4 tsp. baking soda
Dash salt
1 c. dried apricots, chopped
Nuts optional

Preheat oven to 325 degrees. Lightly coat large baking sheet with nonstick cooking spray; dust with flour.

In small bowl, whisk egg whites and honey until well blended; set aside.

In large mixing bowl combine flour, brown sugar, anise, baking powder, baking soda and salt. Make a well in center and add egg white mixture and apricots. Mix until dough is smooth and combined - about 1 minute. Transfer dough to lightly floured surface; divide in half. Shape each portion into approximately 12 x 2 inch log. Arrange logs on baking sheet spaced about 6 inches apart. Bake until logs are golden brown - about 40 minutes.

Reduce heat to 300 degrees. Transfer logs to work surface and let cool 3 minutes. Using sharp serrated knife slice each log diagonally into ½ inch slices. Arrange slices upright and slightly apart. Bake until crisp - 15 to 20 minutes more. Place biscotti on wire rack and cool completely. Store in airtight container up to 3 weeks.



Iced Pumpkin Bread

A "MUST" for Fall. From Judy Peterson.

3 c. sugar
4 eggs
1 tsp. cinnamon
1 tsp. nutmeg
2/3 c. water
2 tsp. soda
1 ½ tsp. salt
3 ½ c. flour

1 Tsp. ground cloves 1 15 oz. can pumpkin

Grease and flour two loaf pans. Mix all ingredients. Put in pans and bake at 325 degrees for one hour. Test for doneness with a toothpick. Ice bread while slightly warm.

Icing:

2 Tbsp. butter 1 c. powdered sugar

1 tsp. warm coffee 1 tsp. vanilla

Mix well and frost slightly warm pumpkin bread.

* * * * * * * *

Have a Blessed Day (Erma Bombeck who lost her fight with cancer.)



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If you haven't tried Pastor Jim's French Toast at one of Trinity's breakfasts, you have not really had french toast. Truly delicious!

1 baguette french bread, cut into 1" thick slices

6 large eggs

1 ½ c. milk

1 c. half and half

1 tsp. vanilla

1/4 tsp. cinnamon

1/4 tsp. nutmeg

1/4 c. butter, softened ½ c. light brown sugar 1 Tbsp. light corn syrup

Butter a 9" square baking pan. Arrange bread slices, overlapping to fill pan completely.

Combine eggs, milk, half and half, vanilla, cinnamon and nutmeg. Mix well and pour over bread slices. Cover and refrigerate overnight.

Next day: Preheat oven to 350 degrees. Combine butter, brown sugar and corn syrup. Mix well and spread evenly over soaked bread. Bake 40 minutes or until puffed and golden. Serve with maple syrup.

Warning: As it bakes it can drip over the sides of the pan. Place a cookie sheet or foil under pan if needed.



Make a Difference by Max Lucado

Do you want to make a difference in your world? Live a holy life:

- * Be faithful to your spouse.
- * Be the one at the office who refuses to cheat.

* Pay your bills.

- * Be the neighbor who acts neighborly.
- * Do your part and enjoy life.
- * Don't speak one message and live another.
- * Be the employee who does the work and doesn't complain.



Jim's Buttermilk Cinnamon Rolls

Pastor Jim Elmore is a great cook! These cinnamon rolls will be sure to please family and guests.

Dough:

2 packages dry yeast

1/4 c. warm water

1 ½ c. buttermilk

3 Tbsp. sugar

1 tsp. salt

½ tsp. baking oda

½ c. vegetable oil

4 1/2 c. flour

Topping:

½ c. butter, melted

1 1/4 c. brown sugar, firmly packed

1 1/2 tsp. Cinnamon

Frosting/Glaze:

1 c. powdered sugar

½ tsp. vanilla

1 Tbsp. milk (may take a little more)

1 Tbsp. butter, melted

Dough: Dissolve yeast in warm water. In small pan, heat buttermilk until warm. Combine yeast and buttermilk in mixing bowl. Stir in sugar, salt, soda, oil and flour. Knead dough on floured board 15 - 30 times. Dough should be soft but not sticky. Cover with cloth and let rise 15 minutes. Gently roll dough into rectangle approximately 10" x 18".

Topping: Combine ingredients and spread on risen dough. Roll up rectangle and cut slices into $12 - 1 \frac{1}{2}$ " wide pieces. Place cut side up in buttered 9 x 13 pan. (Extra dough can be put in a separate pan.) Let rise 30 minutes.

Bake at 400 degrees in preheated oven for 15 - 25 minutes - until lightly browned. Cool in pan. Drizzle or spread with frosting/glaze.

Our Creator would never have made such lovely days, And have given us the deep hearts to enjoy them above and beyond all thought, Unless we were meant to be immortal.

Hawthorne



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No-Flour Breakfast Bites

Judy Peterson found this recipe in a magazine. It is great for when you want "a little something" or for a quick breakfast.

3 bananas, mashed 1 3/4 c. dry oats ½ c. chocolate chips 1/4 c. applesauce

Mash bananas. Fold in the rest of the ingredients. Drop by teaspoon on to parchment paper covered cookie sheet. Flatten each "bite" a little before baking.

Bake in 350 degree oven for 20 - 30 minutes. Cool and keep in refrigerator.

Optional: Roll in honey and crushed nuts.

Norwegian Table Prayer

I Jesu navn til bords vi satt Og fikk av Herrens haand vaar mat Til gavn for legem og for sjel Gud lat oss det bekomme vel. Amen

We sit at the table in Jesus' name And receive our food from the hand of the Lord For the benefit of body and soul God blesses it for our welfare. Amen





Norwegian Lefse (Potato flat bread)

This is a staple in the Scandinavian countries. They grew lots of potatoes so they made lefse and used it like they use tortillas in Mexico. It is fun to make it with children. Thanks Mary Jasperson.

5 medium potatoes, peeled and boiled in salty water 1 stick butter Flour

Drain cooked potatoes and mash well so there are no lumps. Using mixer, beat in the butter and mix well to form a creamy mixture. Refrigerate to cool the potatoes.

Stir in flour, one cup at a time. When mixture gets too thick to stir, work more flour into potatoes with your hands, one cup or so at a time.

Turn mixture out on to a floured board and knead a little more flour in until a soft but not sticky dough is formed. Form into a long tube about two inches in diameter. Cover with a cloth so dough doesn't dry out.

Cut an inch or so of dough and roll thin on lightly floured board. "Bake" (dry fry) on very hot, dry grill so lefse is lightly toasted on both sides. (Do not overbake. It should be soft and flexible, not like a cracker.) Place on towel covered plate and cover with another cloth to keep lefse from drying out. Continue in this manner stacking the lefse up until dough is used up. Put baked lefse in a plastic bag until you are ready to use it. OK to refrigerate or freeze. Makes about 50 rounds.

Ten Rules

Ten rules for getting rid of the blues: Go out and do something nice for someone else -Repeat nine times.







A family favorite. Smells heavenly due to double yeast. Judy Peterson

2 c. warm water (110 to 115 degrees)

2 packages dry yeast

2 tsp. salt

2 Tbsp. sugar

2 Tbsp. Crisco

5 ½ to 5 3/4 c. flour, sifted

(Uses more)

Measure warm water in large bowl. Sprinkle yeast on top. Let stand a few minutes and then stir.

Using mixer on low to medium speed, add half the flour, salt and sugar. Beat until smooth. Add shortening, then more flour, a little at a time. Mix with mixer at first, then use wooden spoon, then hands until sides of the bowl are clean.

Turn out dough on lightly flowered, cloth covered board. Cover with bowl while washing hands. Knead dough until smooth bubbles can be seen beneath the surface, about 75 strokes. Add a little more flour to cloth if dough gets sticky.

Place ball of dough smooth-side-down in the lightly greased bowl, turning once to grease the top. Cover and let rise in warm place about 45 minutes or until dent remains when finger is pressed deep in to side of dough. Punch down dough, turn it over and let rise again for 15 more minutes.

Divide dough into 2 round loaves or into 10 - 12 rolls. Place balls of dough on greased baking sheet or in greased, round cake pans. Flatten with knuckles to about 3/4 inch thickness. Slash tops with sharp knife to form diamond pattern. Brush with milk and sprinkle with sesame seeds. Cover with light cloth and let rise until doubled. Dent will remain when finger is pressed lightly on side of dough.

Bake 15 to 17 minutes in preheated oven (425 degrees) until lighty browned. Do not over bake. Remove from pans to cool on racks.



Pineapple Stuffing

Looking for a different kind of side dish? Lois Campbell has just the right one.

3 whole eggs plus 3 egg whites ½ c. melted butter

½ c. sugar

2 - 14 oz. cans of crushed pineapple in its own juice

12 - 15 slices of white bread

Tear bread into 1" pieces and fit into a buttered casserole dish to be sure the bread fits nicely. Beat eggs and egg whites in large bowl. Add sugar, butter, and crushed pineapple. Then, put bread into bowl with egg mixture and stir well. Pour entire mixture back into the casserole pan and bake at 375 degrees for about one and one-half hours until brown on top. (If stuffing begins to brown too much, put lid on or cover with foil.)

(This dish is extremely versatile. You can make it larger or smaller, and you can cook it at higher or lower temperature. Cooking time will vary. You can use all egg whites but at one whole egg is recommended to keep the color nice.)

* Nature is God's first missionary.

- * Confession nourishes our relationship with God.
- * The one with the towel and the basin is King of the Universe.
- * Bless God for what you have; trust God for what you need.
 - * We are held responsible not only for what we do but for what we do not do.





Spiced Zucchini Bread

Judy Peterson bakes this yummy bread during holiday time.

1 c. sugar
½ c. butter, softened
2 eggs
1 3/4 c. flour
½ tsp. salt
½ tsp. baking soda

½ tsp. cinnamon
1 c. raw, unpeeled, finely grated zucchini
½ c. peanuts or pecans, chopped
1 tsp. vanilla

Preheat oven to 350 degrees. Grease 9 x 5 x 3 inch loaf pan.

In large bowl, cream sugar and butter; beat in eggs.

Combine flour, salt, soda and nutmeg. Stir half of flour mixture into butter mixture. Add zucchini (batter may look curdled). Add remaining dry ingredients and blend well with wooden spoon. Stir in nuts and vanilla. Pour into prepared pan. Bake 50 to 60 minutes. Test for doneness with toothpick. Remove from pan; cool on rack.

Makes 1 loaf

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Oh, what a wonderful God we have!
How great are His riches and wisdom and knowledge.
How impossible it is for us to understand His decisions and His methods.
For who can know what the Lord is thinking?
Who knows enough to be His counselor?
And who could ever give Him so much that He would have to pay it back?
For everything comes from Him,
Everything exists by His power and
is intended for His glory.
To Him be glory evermore. Amen

Sweet Potato Bread

2 c. flour, sifted 3/4 c. sugar 1 Tbsp. baking powder 1 tsp. Salt 1/4 tsp. mace ½ c. pecans, chopped 2 eggs, beaten
1 c. mashed sweet potato
½ c. milk
3 Tbsp. melted shortening or salad oil
6 or 8 pecan halves

Sift together flour, sugar, baking powder, salt and mace. Stir in pecans. Blend together eggs, sweet potatoes, milk and shortening. Add liquid mixture to flour mixture, stirring until blended. Turn into greased loaf pan (8 ½ x 4 ½)

Gently press pecan halves into top of batter to form a design. Bake at 350 degrees for 1 hour and 10 minutes. Test for doneness with toothpick. Cool in pan for 10 minutes before removing from pan. Cool thoroughly, slice and enjoy.

Simple Pleasures

I took a hot bath last night. As the tub filled, I marveled at the process.

I was grateful.

I did not have to fetch the water, nor build a fire to warm it.

I did not have to carry it, heavy, one bucket at a time, taking care not to slosh it, up the flights of stairs to the second floor tub.

I simply turned a handle.

There it poured; Water, flowing uphill, hot, clean, refreshing, abundant.

Thank you, God, for simple pleasures

That really aren't that simple, after all.

- Susanne Wiggins Bunch



Zucchini Bread

From the Peterson kitchen. Great in the morning for breakfast or with any meal.

3 eggs

2 c. sugar

1 c. salad oil

1 tsp. Cinnamon

1 tsp. Salt

1 tsp. Vanilla

1 tsp. Baking Soda

1/4 tsp. Baking Powder

2 c. grated zucchini, unpeeled

3 c. flour

1 c. chopped nuts

Beat eggs until foamy. Add rest of ingredients and mix well. Pour into two greased 9x5 inch bread pans. Bake at 350 degrees for one hour. Test for doneness by inserting a toothpick in the center. Cool in pan for 10 minutes, then cool on a rack.

Psalm 8:3-9

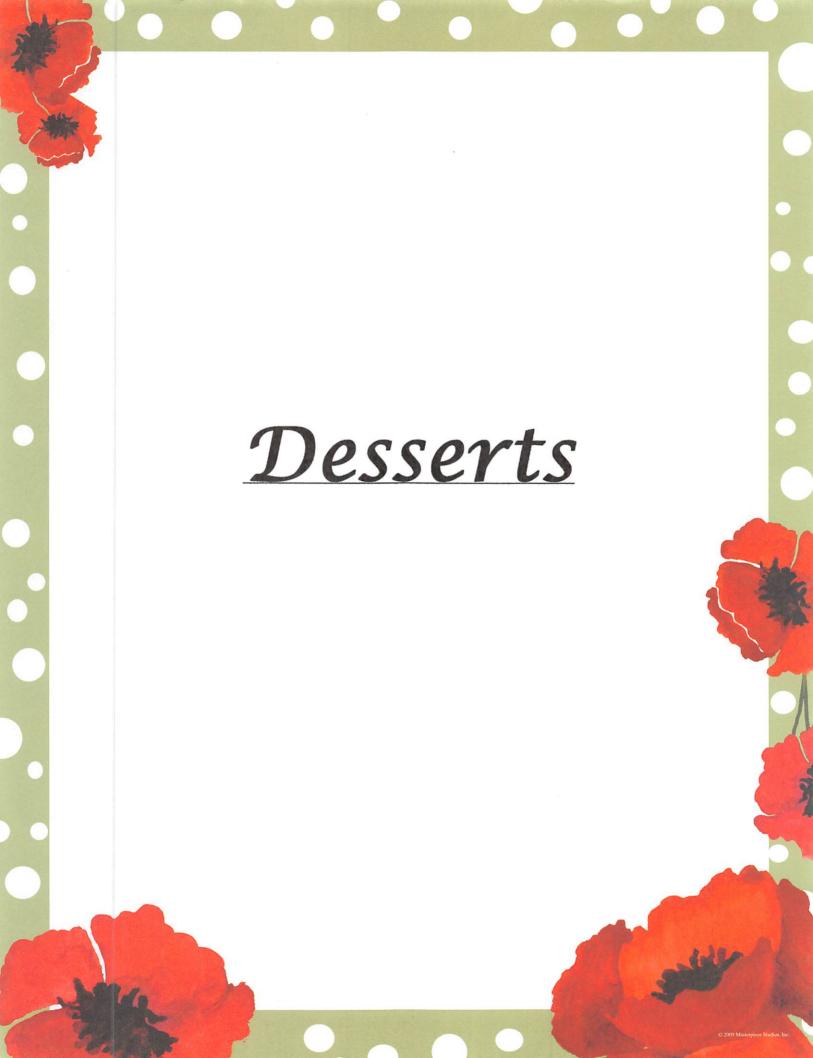


When I look at the night sky and see the work of your fingers the moon and stars you have set in place what are mortals that you should think of us,
mere humans that you should care for us?

For you made us only a little lower than the angels and you crowned us with glory and honor.

You put us in charge of everything you made, giving us authority over all things - the sheep and cattle and all the wild animals, the birds of the sky and the fish in the sea and everything that swims the ocean currents.

Oh Lord, our Lord, the majesty of your name fills the earth.





Baked Custard

Judy Peterson has made this for years. Recipe is not too sweet so you may want to add another tablespoon or two of sugar.

4 eggs 1/4 c. sugar 1/8 tsp. salt 3 c. milk, scalded ½ tsp. vanilla Nutmeg

Heat oven to 350 degrees. Have a rectangular shaped cake pan ready with 1" of hot water in it.

Beat eggs, sugar and salt together. Stir in the scalded milk and vanilla. Pour into 6 custard cups and set them in the pan of water. Sprinkle with nutmeg. Bake 45 to 50 minutes until knife inserted in the center of one of the cups comes out clean. Remove from water and cool.

A Mother's Secret

Someone asked a mother whose children had turned out well the secret by which she prepared them for usefulness and for the Christian life.

Without hesitation she said, "When in the morning I washed my children, I prayed that they might be cleansed by the Savior's precious blood.

When I put on their clothes, I prayed that they might be arrayed in the garments of salvation and in the robe of God's righteousness.

When I gave them food, I prayed that they might be fed with the Bread of Life. When I started them on the road to school, I prayed that their faith might be as the shining light, brighter and brighter to the perfect day.

When I put them to sleep, I prayed that they might be enfolded in the Savior's everlasting arms."

The Prophetic Voice



Cherry-Pineapple Dump Cake

Delightfully decadent. This cake is beautiful as well as delicious. Thanks, Joy Adams.

- 1 large can Comstock Cherry Pie Filling
- 1 small can of crushed pineapple (with juice)
- 1 yellow cake mix
- 2 c. chopped walnuts
- 1 1/2 stick butter

Preheat oven to 375 degrees.

DUMP pie filling and pineapple (with juice) into a greased, glass 9 x 13 baking dish. Gently mix and distribute evenly over the bottom of the pan.

DUMP cake mix on top and spread evenly over the fruit.

Sprinkle the nuts over the cake mix and cut the butter into half inch pats and place over the mix.

(About 2/3 of the way through the baking, you can push the cake mix around a bit to distribute the butter more evenly.)

Bake for 30 minutes or until the top is golden.

Serve with vanilla ice cream.

A sharp tongue is the only edge tool that grows keener with constant use.

Help people reach their full potential, catch them doing something right.

Some folks say the squeaky wheel gets the grease, but others point out that it is the first one to get replaced.

Chocolate Mousse

A lovely dessert from Ann Ortiz for a few or a lot of people. Served in individual dishes and topped with whipped cream and a raspberry, this dish is sure to please everyone.

6 oz. Semi sweet baking chocolate

1/4 c. milk

4 eggs, separated

1 tsp. Vanilla

2 Tbsp. Sugar

1 c. whipping cream

Stir egg yolks, vanilla and sugar together in a mixing bowl.

Melt chocolate squares and milk in a small pot over low-medium heat, stirring constantly. Add egg mixture, a little at a time, stirring well.

Beat egg whites until stiff and fold into chocolate-egg mixture.

Beat cream until stiff and fold into chocolate mixture.

Refrigerate until ready to serve. Top with whipped cream and a raspberry.

Serves 4 or 5

Never Argue With a Child

A Kindergarten teacher was observing her classroom of children while they drew. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what her drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like." Without missing a beat or looking up from her drawing, the little girl replied, "They will in a minute."



DESSERT 64

Coconut Cake

A great recipe cut out of the Orange County Register years ago. Judy Peterson

1 packaged yellow cake mix 3/4 c. (I large box) Instant Vanilla Pudding Mix 4 eggs 1 1/3 c. water

1/4 c. salad oil2 c. coconut, shredded and lightly toasted1 c. walnuts or pecans

Heat over to 350 degrees. Grease 2 or 3 round cake pans.

Combine cake mix, pudding mix, eggs, water and oil in large mixing bowl with electric mixer at medium speed for about 4 minutes. Stir in coconut and walnuts by hand.

Bake at 350 degrees for about 30 minutes. Cool about 15 minutes and remove from pans. Cool thoroughly on racks.

Cream Cheese Frosting:

4 Tbsp. butter, divided

2 c. shredded coconut

1 - 8 oz. package of cream cheese, softened 2 tsp. milk

3 1/2 c. powdered sugar

Melt 2 Tbsp. butter in medium skillet. Add coconut, stirring constantly over low heat until golden brown. Then, spread coconut on absorbent paper to cool. Cream the rest of the butter with the cream cheese. Add milk and gradually beat in the powdered sugar. Blend in vanilla and stir in 1 3/4 c. of the coconut.

Spread frosting on tops of the cake layers, stack layers, and then sprinkle the rest of the coconut on top.

Serves 10 - 12



Ginger Creams

A lovely Norwegian cookie recipe from Rolf's mother, Selma. It is a soft cookie that is not too sweet so it is thinly frosted.

1 c. sugar 3/4 c. Crisco 1 egg 1 c. molasses

1 c. molasses % c. buttermilk

½ tsp. salt

1 tsp. each of ground cinnamon, ginger, cloves and allspice

2 tsp. Baking soda

4 c. flour

Cream sugar and Crisco well. Add egg and mix some more.

Mix together in one bowl the molasses and buttermilk. In another bowl mix the salt, spices and baking soda. Mix liquid and spice mixtures. Add the liquid/spice mixture alternately with flour until you make a soft dough.

Roll on well floured board kneading gently. Dough should be about 1/4" thick, soft but not sticky. Cut into desired shapes using a floured cookie cutter. Place 1" apart on ungreased cookie sheet. Bake at 350 degrees for 6 - 8 minutes. DO NOT BROWN. Frost while warm and allow to cool on a wire rack

Frosting: Powdered sugar, milk, vanilla, a bit of salt.

Encouraging Words from Albert Schweitzer

Sometimes we feel deflated, or overwhelmed, or someone or something hurts us, disappoints us, or we hear bad news about a loved one's medical condition. On those days, when you feel your light has gone out, remember there is always a glimmer of hope and something to be thankful for.

Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light.



Grandma's Lemon Bars

Lois Campbell shares her Grandmother's recipe.

Crust:

2 cups flour Pinch of salt

1 cup powdered sugar 1 cup butter, room temperature

Filling:

4 eggs 6 Tbsp. flour

2 cups granulated sugar 6 Tbsp. fresh lemon juice

Preheat oven to 350 degrees. Lightly grease a 13 x 9 x 2 pan.

Make the crust: Combine flour, powdered sugar, and salt in a large bowl. Cut in the butter to make a crumbly mixture. Press mixture into the prepared pan. Bake 20 minutes until lightly browned.

Make the filling: Mix eggs, sugar, flour and lemon juice. Pour this mixture over the baked crust and bake 25 minutes more. Cool completely (not in the refrigerator), then sprinkle with powdered sugar. Cut into bars.

Makes about 24 bars.

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1 Cor. 10:13 - Temptations will come into your life but they are no different from what others experience. God is faithful. He will keep the temptation from becoming so strong that we can't stand up against it. And, when we are tempted He will show s a way out so we won't have to give in to it.

Matt. 11:28 - 30 - Come to me, all who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your soul. For my yoke is easy and my burden is light.



Jim's Molasses Platter Cookies Sometimes called Ginger Snaps

Sometimes these are called Ginger Snaps. These are the BEST!. Thanks Pastor Jim for sharing your recipe.

1 1/2 c. shortening

2 c. sugar

½ c. molasses

2 eggs

4 c. flour

4 tsp. baking soda

1 tsp. salt

2 tsp. cinnamon

½ tsp. cloves

1 tsp. ground ginger

Beat together shortening, sugar, molasses and eggs.

Mix dry ingredients and add to the shortening mixture. Chill at least 2 hours.

Roll dough into balls about 1 ½ inches in diameter. Roll balls in sugar.

Bake at 375 degrees for about 8 - 9 minutes. Do not overbake.

Makes about 5 dozen cookies.

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been given to us. You see, at just the right time, when we were still powerless, Christ died for the ungodly.

Romans 5:1-11



Swedish Pecans

These are great as a snack or sprinkled on a green salad. Judy Peterson got this recipe from her friend, Bernice Dietz.

1 lb. Pecans 1/4 lb. butter

dash of salt 2 egg whites

1 c. sugar 1 tsp. vanilla

Heat oven to 225 degrees. Bake nuts for 15 minutes. Cool them in a bowl or on a towel. (I pick through the nuts removing the smaller pieces.)

Raise oven temperature to 275 degrees and melt butter in a large cake pan.

Beat egg whites in a large bowl until stiff. Add salt and sugar. Add vanilla. Toss nuts into this mixture, coating well.

Turn nuts out of bowl onto melted butter and toss gently to distribute butter.

Bake 15 minutes at a time tossing gently after each 15 minutes. This will take about an hour. Nuts should be lightly browned and egg white mixture should be dry.

Cool and break up clumps on waxed paper or foil.

Store in air-tight container or plastic bags.

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Never Argue With a Child

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, "When I get to heaven I will ask Jonah." The teacher asked, "What if Jonah went to hell?" The little girl replied, "Then, you ask him."



Toffee Candy

Good for the holidays! Thanks, Joy Adams, for sharing this recipe.

2 c. plus 1 tsp. butter

1 c. chocolate chips

2 c. sugar

1 1/2 c. finely chopped pecans

1/4 c. water

Melt butter over medium heat in heavy sauce pan. Add sugar and water, cooking and stirring until candy thermometer measures 300 degrees (hard crack stage).

Quickly pour onto a metal cookie sheet. Sprinkle the chocolate chips on top allowing them to melt a little. Spread evenly over toffee. Then, sprinkle the chopped pecans on top. Let stand for one hour before breaking into bite-sized pieces.

Makes 2 1/2 lbs.

People do not drift toward holiness. Apart from grace-driven effort, people do not gravitate toward godliness, prayer, obedience to Scripture, faith, and delight in the Lord.

We drift toward compromise and call it tolerance: We drift toward disobedience and call it freedom: We drift toward superstition and call it faith: We cherish the indicipline of lost self control and call it relaxation: We slouch toward prayerlessness and delude ourselves into thinking we have escaped legalism; We slide toward godlessness and convince ourselves we have been liberated. D. A. Carson



Tom's Pumpkin Bread Pudding

This decadent dessert is from friend, Tom Pridonoff, a great cook. Judy Peterson.

1 loaf brioche bread or rolls (Trader Joe's)

1 large can Pumpkin

4 eggs

4 c. half and half

2/3 c. brown sugar

1 Tbsp. cinnamon

2 tsp. vanilla

Preheat oven to 350 degrees.

Cut bread into 1" pieces.

Mix rest of ingredients.

Distribute half the bread chunks in a large, greased cake pan. Pour half the pumpkin mixture on bread getting them as covered as possible. Distribute the rest of the bread on top and pour the rest of the pumpkin mixture getting each chunk as covered as you can. Let sit for at least 15 minutes.

Bake 40 minutes in a 350 degree oven. Serve warm with caramel syrup and whipped cream on top.

* An early bird is a creature that catches the worm and is welcome to it.

* Whatever hits the fan will not be evenly distributed.

Money will buy a bed, but not sleep; books but not brains; food but not appetite; finery but not beauty; a house but not a home; medicine but not health; luxuries but not culture; amusement but not happiness; religion but not salvation; a passport to everywhere but heaven.

Topping:

Caramel syrup and Whipped cream



Waldorf Astoria Red Cake

A recipe from Rolf's mother, Selma Peterson. Beautiful as well as delicious.

1 ½ c. sugar ½ c. shortening 2 eggs

2 oz. red coloring

1 tsp. vanilla

2 tsp. cocoa powder

1 tsp. salt

1 c. buttermilk

2 ½ c. flour

1 tsp. soda

1 tsp. vinegar

In a small bowl, combine the vinegar and soda. In another small bowl, make a paste of the food coloring and the cocoa.

In a large bowl, cream shortening, sugar and eggs. Beat well. Add the vinegar/soda mixture and the food coloring/cocoa mixture.

Mix buttermilk with salt and vanilla. Add it alternately with the flour. Beat well. Pour into greased pans (3 - 8" pans or 2 - 9" pans) and bake 25 to 30 minutes. After a couple of minutes, remove from pans and cool on racks.

Frosting:

1 - 8 oz. package cream cheese, softened

½ cube butter

2 tsp. vanilla

½ tsp. almond extract

1 lb. box of powdered sugar

* When a fellow is kicking he only has one leg to stand on.

* The only thing worse than being alone is wishing you were.

There's a big difference between putting your nose in other people's business and putting your heart in other people's problems.



How we think directly affects how we live. This may sound terrifying, but, in fact, it's exciting. Because while we may not be able to take every thought captive in every situation we face every day, we can learn to take ONE thought captive and, in doing so, affect every other thought to come.

So what is the one thought that can successfully interrupt every negative thought pattern? It is this: I HAVE A CHOICE.

When we're spiraling in <u>noise or distractedness</u>, we have a choice to shift our minds back to God through stillness.

When we're spiraling in <u>isolation</u>, we have a choice to shift our minds back to God through community.

When we're spiraling in <u>anxiety</u>, we have a choice to shift our minds back to God through trust in His good and sovereign purposes.

When we're spiraling in <u>cynicism</u>, we have a choice to shift our minds back to God through worship.

When we're spiraling into <u>victimhood</u>, we have a choice to shift our minds back to God through gratitude.

When we're spiraling in <u>complacency</u>, we have a choice to shift our minds back to God through serving Him and others.

If you have trusted in Jesus as your Savior, you have a God-given, God-empowered, God-redeemed ability to choose what you think about. You have a choice regarding where you focus your energy. You have a choice regarding what you live for. You are <u>not</u> subject to your behaviors, genes, or circumstances. You are <u>not</u> subject to your passions, lusts, or emotions. You are <u>not</u> subject to your thoughts.

No fixation exists outside God's long-armed reach. Because we are a "new creation," we have a choice.

Get Out of Your Head Jennie Allen He was born in an obscure village.

He worked in a carpenter shop until he was thirty.

He then became an itinerant preacher.

He never held an office.

He never had a family or owned a house.

He didn't go to college.

He had no credentials but himself.

He was only thirty-three when the public turned against him. His friends ran away.

He was turned over to his enemies and went through the mockery of a trial.

He was nailed to a cross between two thieves.

While he was dying, his executioners gambled for his clothing, the only property he had on earth. He was laid in a borrowed grave.

Twenty centuries have come and gone and today he is the central figure of the human race.

All the armies that ever marched, all the navies that ever sailed, all the parliaments that ever sat, and all the kings that ever reigned have not affected the life of man on this earth as much as that ONE SOLITARY LIFE.

The Holy Spirit by E. M. Bounds

The Holy Spirit helps us in our weaknesses, gives wisdom to our ignorance, turns ignorance into wisdom, and changes our weaknesses into strength. The Spirit himself does this. He helps and takes hold of us as we toil and tug....He pleads for us and in us. He quickens, illumines, and inspires our prayers. He proclaims and elevates the matter of our prayers, and inspires the words and feelings of our prayers. He works mightily in us so that we can pray mightily. He enables us to pray always and ever according to the will of God.

Wiper of noses, cleaner of doors,
Sweeper of Cheerios up from the floors.
Washer of dishes, scrubber of heads,
Weeder of gardens, maker of beds.
Giver of aspirin in dark of the night,
Rocker of little ones till it is light.
Straightener of rooms and scrubber of faces,
Finder of mittens in many strange places.
Folder of hands as they learn how to pray,
Helper to teach them the right words to say.

Hanging up clothes and picking up toys, I pause to thank God for two little boys. Grant me your patience and kindness each day, Let your love shine through the words that I say. Guard them, Oh, God - our two precious boys; Remind me to concentrate most on the joys! Help remember they're just loaned to me; Make me the mother u want me to be.

Jan Schafer Beilke

<u>Psalm 100</u>

Shout for joy to the Lord, all the earth.
Worship the Lord with gladness;
Come before Him with joyful songs,
Know that the Lord is God.
It is He who made us, and we are His.
We are His people, the sheep of His pasture.
Enter His gates with thanksgiving and His courts
with praise,

Give thanks to Him and praise His name, For the Lord is good and His love endures forever. His faithfulness continues trough all generations.

To Every Daddy

There are little eyes upon you and they're watching night and day;
There are little ears that quickly take in every word you say;
There are little hands all eager to do everything you do,
And a little boy who's dreaming of the day he'll be like you.

You're the little fellow's idol; you're the wisest of the wise, In his little mind about you, no suspicions ever rise.

He believes in you devoutly, holds that all you say and do,

He will say and do in your way when he's grown up just like you.

There's a wide-eyed little fellow who believes you're always right,

And his ears are always open and he watches day and night;

You are setting an example every day in all you do,

For the little boy who's waiting to grow up just like you.

Grace Defined (2 Cor. 5:17 and Eph. 2:8-9

^{*} A favor done without expectation of return; unearned, unmerited favor.

^{*} The absolutely free expression of the loving kindness of God to man finding its only motive in the bounty and benevolence of the Giver.

^{*} God's grace affects man's sinfulness and not only forgives the repentant sinner, but brings joy and thankfulness to him. It changes the individual to a new creature without destroying his individuality.

Ever feel like a frog? Frogs feel slow, low, ugly, puffy, drooped, pooped. I know. One told me.

The frog feeling comes when - you want to be bright, but feel dull. You want to share, but are selfish. You want to be thankful, but feel resentment. You want to be big, but are small. You want to care, but are indifferent.

Yes, at one time or another each of us has found himself on a lily pad floating down the great river of life. Frightened and disgusted, but too froggish to budge.

Fairy Tale?

Once upon a time there was a frog. But, he wasn't really a frog. He was a prince who looked and felt like a frog. A wicked witch had cast a spell on him. Only the kiss of a beautiful young maiden could save him. But, since when do cute chicks kiss frogs? So, there he sat - unkissed prince in frog form.

But miracles do happen. One day a beautiful maiden grabbed him up and gave him a big smack.

Crash! Boom! Zap! There he was a handsome prince.

And you know the rest. They lived happily ever after.

Observation

So, what is the task of the Church? To KISS FROGS, of course.



ALCW Handbook

(A story out of the Orange County Register)

I'm staying in a motel near a multibuilding office complex next to a freeway exit in Ohio. I'm taking a walk to exercise a bit. The lot is deserted.

A car pulls into the lot and in it is a man who appears to be in his 70s. He slowly gets out and his wife exits on the passenger side. (Theirs is the sole car in the lot.) Maybe a doctor has made special arrangements to meet them here today. The staff must have private spaces behind the structure.

The couple starts toward the building and she asks, "Are we too far over?"

"You're right," he says. "We're in someone else's place. So he walks back to the car, unlocks it, and gets in. He starts the ignition, backs up, then pulls into the space again so his tires are all the way between the lines. It is clear that this is not some sort of obsessive-compulsive habit. It is a gesture of courtesy for someone he will never meet - someone who most certainly will never show up.

"Better?" he calls to her from the window.

"It's good now," she calls back.

He re-emerges.

No one would have known, not in this empty lot. No one would have minded that his tires were over the line. He wasn't inconveniencing other motorists, because there were none, not on this Sunday morning.

But, here were a man and woman who you sensed play by the rules, all the time. The idea of not reparking would never have occurred to them. Maybe it's a generational thing; maybe not. All I knew, as I saw them walking together toward the office, was that they had just made my day a little more buoyant. Those one-second decisions; whether or not to do something the right way, even when it is so small even when it doesn't matter. They entered the building, and I wished I knew them.



Martin Luther's Last Surviving Classmate

(A MUST for all Lutheran families)

Look! Look and see!

See Luther run! Run, Luther, run!

Luther ran!

Oh, oh! It is raining! It is pouring!

See the lightening, Hear the thunder!

See Luther get scared! See Luther hide under that big tree!

See Luther pray to St. Anne.

"If you save me," prayed Luther, "I will become a monk, today?"

"That's okay with me," said St. Anne, "but if you don't get out from under that tree, you will be a friar!

Oh, oh! See the lightening hit the tree! See the tree get rent asunder!

"Ach! Yammer!," said Luther.

See Luther clearly define Law and Gospel

See Luther go to a monastery.

See Luther learn that indulgences are wrong.

"Wholly unnecessary, Batman," said Luther.

See Luther write 95 Theses. See Luther nail the Theses to the church door.

See Luther bang his hammer. Bang your hammer, Luther, bang your hammer.

See Luther bang the wrong nail. "Uff dah!," said Luther.

Oh, oh! Now the Pope is mad.

See the Pope send Luther an angry letter. It is a Papal Bull.

"That is a lot of bull," said Luther. See Luther barbecue the Pope's Bull.

"You burned my Bull," said the Pope.

Now you will have to go to a Diet of Worms.

(A Diet is a long synodical convention with no meals.)

Oh, oh! See King Charles tell Luther to shut up.

"I can't," said Luther.

"Then recant," said King Charles.

"I can't recant," said Luther.

"Then go start the Missouri Synod!" said King Charles.

Oh, goody," said Luther, "now I can get married."

See Luther look for a wife. See Luther find nun. See Luther and Kitty get married.

See Kitty get moming sickness. "What does this mean?" said Luther.

"We shall have a little Lutheran soon," said Kitty.

"Is this true," said Luther, "or are you just ribbing me?"

Kitty said, "This is most certainly true."

Pretzels have been around for nearly 1600 years.

Monks in monastery kitchens are credited with twisting dough into the now familiar pretzel shape to represent arms crossed over the chest, which was the posture for prayer back then. Pretzels had to be made with a special dough consisting of only flour, salt and water. In the early Church, fat, eggs and milk were forbidden during lent. The pretzels were given away as reminders to pray more during Lent, and as rewards to children for learning their prayers.

The coarse salt sprinkled on pretzels reminds us that salt is necessary to life. It was so valued in the ancient world that it was used to pay the soldiers of Rome. Our own word "salary" comes from the Latin word for "salt money", because the soldiers needed money to buy necessities; salt being among the most important and costly.

Pretzels were only a seasonal food. People ate them only 40 days a year, from Ash Wednesday to Easter Sunday. This custom prevailed until the last century when pretzels were adapted as a year round snack. Since then, it's importance as a Lenten food has been all but forgotten.

All pretzels were soft until the mid-19th century. The Pennsylvania Dutch are credited with making hard pretzels after an accident in baking. Whichever type you prefer, you'll never eat a pretzel again without thinking about arms crossed in prayer.



Heaven's Grocery Store

I was walking down life's highway a long time ago.
One day I saw a sign that read "Heaven's Grocery Store"/
As I got a little closer the door came open wide,
And when I came to myself, I was standing right inside.

I saw a host of angels, they were standing everywhere.

One handed me a basket and said, "My child, shop with care."

Everything a Christian needs was in that grocery store,

And all you couldn't carry you could come back the next day for more.

First I got some PATIENCE; LOVE was in the same row.
Further down was UNDERSTANDING, you need that anywhere you go.
I got a box or two of WISDOM, a bag or two of FAITH;
I just couldn't miss the HOLY GHOST for it was all over the place.

I stopped to get some STRENGTH and COURAGE to help me run this race.

By then my basket was getting full but I remembered I needed GRACE.

I didn't forget SALVATION, for Salvation that was free, So I tried to get enough of that to save both you and me. Then I started up to the counter to pay my grocery bill, For I thought I had everything to do my Master's will.

As I went up the aisle, I said a little PRAYER, For I knew that when I stepped outside, I'd run right into sin. Peace and JOY were plentiful, they were on the last shelf. SONGS and PRAISES were hanging near, so I just helped myself.

Then I said to the Angel, "Now, how much do I owe?"
He just smiled and said, "Just take them wherever you go"
Again, I smiled at him and said, "How much, now, do I really owe?"
He smiled again and said, "MY CHILD, JESUS PAID YOUR BILL A
LONG TIME AGO."

Words from Ruth Bell Before She Met and Married Billy Graham - 1939

Dear God, I prayed all unafraid (as we're inclined to do)
I do not need a handsome man but let him be like you;
I do not need one big and strong nor yet so very tall,
Nor need he be some genius or wealthy, Lord, at all;
But let his head be high, dear God, and let his eye be clear,
His shoulders straight whate'er his state,
Whate'er his earthly sphere;
And let his face have character, a ruggedness of soul,
And let his whole life show, Dear God, a singleness of goal;
Then when he comes (as he will come) with quiet eyes aglow,
I'll understand that he's the man I prayed for long ago.

Garrison Keillor on Lutherans

The following list was compiled by a 20th Century Lutheran who, observing other Lutherans, wrote down exactly what he saw and heard:

- 1. Lutherans believe in prayer but would practically die if asked to pray out loud.
- 2. Lutherans like to sing except when confronted with a new hymn or a hymn with more than four stanzas.
- 3. Lutherans believe their pastors will visit them in the hospital even if they don't notify them that they are there.
- 4. Lutherans usually follow the official liturgy and will feel it is their way of suffering for their sins.
- 5. Lutherans believe in miracles and even expect miracles especially during their stewardship visitation programs or when passing the plate.
- 6. Lutherans feel that applauding for their children's choir would make them too proud and conceited.
- 7. Lutherans think that the Bible forbids them from crossing the aisle while "passing the plate".
- 8. Lutherans drink coffee as if it were the Third Sacrament.
- 9. Some Lutherans still believe that an ELCA bride and an LCMS groom make for a mixed marriage.
- 10. Lutherans feel guilty for not staying to clean up after their own wedding reception in the Fellowship Hall.
- 11. Lutherans are willing to pay up to a dollar for a meal at church.
- 12. Lutherans think that Garrison Keillor stories are totally factual.
- 13. Lutherans still serve Jell-O in the proper liturgical color for the season and think that peas in a tuna noodle casserole add too much color.
- 14. Lutherans never take themselves too seriously.
- 15. You know you're a Lutheran when:
 - You hear something really funny during the sermon and smile as loudly as you can.
 - It is 100 degrees with 90% humidity and you still have coffee after the service.
 - Doughnuts are a line item in the church budget, just like coffee.
 - The communion cabinet is open to all, but the coffee cabinet is locked up tight.
 - When you watch a "Star Ward" movie and they say, "May the force be with you," you respond, "And also with you."

The Story of a Boy, a Rope, and a Truth (by Elam Hill, Judy Peterson's uncle)

Today I saw a truth. For a moment I lived and breathed in the great presence of truth and felt its sweetness plunge deep into my soul.

I am a coach in a junior high school. I work with 500 boys each day. This has been my occupation for over 20 years. I enjoy it.

Traditionally, I am supposed to be rugged, tough, crusty; yes, even a little severe at times - and yet, underneath this exterior, feeling and understanding must exist if the job is to be done well.

Today was test day in climbing the rope. We climb from a standing start to a point 15 feet high. One of my tasks these past few weeks has been to train and teach the boys to negotiate this distance in as few seconds as possible.

The school record for the event is 2.1 seconds. It has stood for three years. Today the record was broken. But, this is not my story. How this record was broken is the important thing here, as it so often is in many an endeavor in this life.

For three years Bobby Polacio, a 14 ½ year old ninth grade Mexican boy, has trained and pointed, and, I suspect dreamed of breaking this record. It has been his consuming passion. It seemed his whole life depended upon owning this record.

In his first of three attempts Bobby climbed the rope in 2.1 seconds, tying the record. On the second try the watch stopped at 2.0 seconds flat, a record! But, as he descended the rope and the entire class gathered around to check the watch, I knew I must ask Bobby a question. There was a slight doubt in my mind whether or not the board at the 15 foot height hd been touched. If he missed, it was so very, very close - not more than a fraction of and inch - and only Bobby knew the answer.

As he walked toward me, expressionless I said, "Bobby, did you touch?" If he had said "yes" the record he had dreamed of since he was a skinny seventh grader and had worked for almost daily would be his, and he knew I would trust his word.

With the class already cheering him for his performance, the slim, brown-skinned boy shook his head negatively. And in this simple gesture, I witnessed a moment of greatness.

Coaches do not cry. Only babies cry, they say. But, as I reached out to pat this boy on the shoulder, there was a small drop of water in each eye. And it was with effort, through a tight throat, that I told the class: "This boy has not set a record in the rope climb. No, he has set a much finer record, a real genuine record for you and me and everyone to strive for. He has told the simple truth."

I turned to Bobby and said, "Bobby, I'm proud of you. You've just set a record many athletes never attain. Now, in your last try, I want you to jump a few inches higher on the take off. You're going to break this record."

After the other boys had finished their next turns and Bobby came up to the rope for his last try, a strange stillness came over the gymnasium. Fifty boys and one coach were breathlessly set to help boost Bobby Polacio to a new record. He climbed the rope in 1.9 seconds! A school record, a city record, and perhaps close to a national record for a junior high school boy.

When the bell rang and I walked away, now misty-eyed, from this group of boys, I was thinking; "Bobby, little brown skinned boy, with your clear, bright dark eyes, and your straight, trim, lithe body - Bobby, at 14 you are a better man than I. Thank you for climbing so very, very high today.

We are all NEW at every stage of our lives. We are new because we have new needs. We have new adventures and problems and how we handle them is instrumental in our growth as human beings. No one can do it for us, we have to experience it ourselves. In this tough old world of ours, there is help and guidance in the teachings of old, in the treasured teachings of the bible. The past, yes, even the ancient past, is important and full of wisdom. Today's problems are not new. The old ways are tried and true and we can learn much from them.

Judy Peterson

"I am new", said the infant -Teach me the old ways of trusting God and loving Jesus.

"I am new", said the child -Show me the old ways of worship and song So that I can sleep securely.

"I am new", said the adolescent -Calm me with the solid ways of ancient believers Who have beautiful lessons for me to learn.

"I am new", said the college student -Walk with me in the paths of our forefathers so I can Learn their competent ways, tried and true.

"I am new", said the newlywed -Help me discover anew the lessons of old that Strengthened couples and families.

"I am new", said the parent -Guide my path so I can lead my children Into your loving ways.

"I am new", said the worker -Help me to do my best for You every day and Make your values foremost in my thinking.

"I am new", said the grandparent -Help me teach my grandchildren your ancient ways Of truth, hope and love.

"I am new", said the elder -Walk with me as your child with faith, joy and peace All the days of my life.