

the touch. Serve with clotted cream, or a substitute such as cream cheese squares (cut cream cheese into squares the size of pats of butter) or use REAL sweetened whipped cream. Serve with cream (of some form) and jam. We like raspberry. Choose your favorite, thick full flavored jam and experiment and see which ones you like best.

Clotted Cream

1 gallon rich, fresh, raw milk
1 pint raw milk cream

Mix together. Pour into a large, shallow pan/skillet. Place pan over lowest heat on stove or at the back of it. Warm to 175°. Never let it become hot or boiling. When the top is covered with a shiny, crinkly, yellow surface, remove from heat. Cool overnight in the refrigerator. Then skim off the cream with a slotted spoon. Place it in cheesecloth or in a yogurt strainer. Set it so that the remaining milk can drain off and not touch the cream. It's ready as soon as it is solid enough to keep its shape. It will somewhat resemble the color of butter. It is a thick, rich, light yellow cream. This is an easy procedure. You do a little at a time over a day and a morning. It is WELL worth the effort!

This is a product which can only be made with fresh, raw milk. If you don't have access to raw milk, use one of the substitutes listed above.

Pesto Chicken Sandwiches

Chicken, cooked
Whole Grain Bread (BFL V.1, to make your own from freshly milled wheat)
Pesto Mayonnaise

Slice bread and coat the bread with the pesto mayonnaise (see below). Place sliced chicken on the bread. OR, in a food processor, put chunks of chicken and the pesto mayonnaise and mix until well incorporated. Use a mixing blade instead of a cutting blade if you have one. A cutting blade makes a chicken mush. Cut sandwiches into pretty shapes and eat!

Pesto Mayonnaise

3 Tbsp. Basil Pesto (BFL V.2, but for your first tea, purchase some)
1 pint mayonnaise (BFL V.1)

Put both in a food processor or DLX blender and blend until well mixed. Can be mixed by hand, if desired.

Oatmeal Spice Cookies

1 c. Sucanat*
 $\frac{1}{2}$ c. butter
1 egg

1 $\frac{1}{2}$ -2 c. white wheat flour (if using soft wheat, use the larger amount)
2 tsp. aluminum free baking powder (Rumford)
 $\frac{1}{2}$ tsp. salt
2 tsp. ground cinnamon
1 tsp. ground cloves
 $\frac{1}{2}$ tsp. ground ginger
1/3 c. milk
1 $\frac{3}{4}$ c. rolled oats (oatmeal)
 $\frac{3}{4}$ c. raisins
 $\frac{1}{2}$ c. roasted peanuts

Preheat oven to 350°. Measure flour into a bowl. Add baking powder, salt and spices; stir to mix. Measure nuts and raisins into a separate bowl with approximately 1 tablespoon of the flour mixture to dredge. Set both bowls side. Beat butter until soft. Sprinkle in Sucanat and blend until light and creamy. Add egg and mix until incorporated. To the butter and Sucanat, add flour mixture in 3 parts, alternating with the milk. Add the oats, raisins and peanuts. With the DLX, you may just keep on with the roller and scraper; it will not hurt them. With traditional beaters, stop and stir in oats, raisins and peanuts by hand. (If you have a mixer with spiral like dough hooks, you can mix these ingredients in with them.) Mix until these last ingredients are well incorporated. Drop by teaspoonfuls onto a non-stick sprayed baking sheet. Bake 20 minutes, or until firm to the touch and lightly browned. Makes about 50, 2 inch cookies.

*(or - I cringe to include this - brown sugar. Sucanat is healthier as it is unrefined dehydrated sugar cane juice. Available through co-ops and health food stores.)

Raspberry Almond Chocolate Chip Muffins

2 c. white wheat flour
2/3 c. honey
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. soda (if using yogurt or buttermilk)
 $\frac{1}{4}$ tsp. grated nutmeg
1/3 c. slivered almonds, (opt)
3 Tbsp. extra light olive oil
1 c. milk, buttermilk, yogurt, vanilla yogurt*
1 tsp. vanilla (*omit with vanilla yogurt)
1 $\frac{1}{2}$ c. fresh/frozen** raspberries, raspberry all fruit spread
or raspberry jam
2/3-3/4 c. semi-sweet chocolate chips
 $\frac{1}{2}$ tsp. almond extract

Preheat oven to 400. Mix all dry ingredients together, including chocolate chips. Mix all wet ingredients together. Pour into dry ingredients. Mix gently so as not to break up the raspberries. Bake for 15-20 minutes or until a toothpick or cake tester comes out clean. Makes 12 muffins.

**If using frozen raspberries, thaw first. My daughters make these with the all fruit or jam sim-

ply because it's easier for them than dealing with the fresh or frozen fruit.

I took these to Cindy, Harold, Matthew and Elizabeth at a fair in Atlanta, recently, along with my Double Chocolate Chip Muffins (also in BFL V2). They all loved them. So far, everyone who has eaten these has raved over them.

A tray of sliced cheese (we use raw milk cheese) and
Sliced fresh fruits.

Making a Pot of Tea:

Choose your tea (we like Bigelow's English Tea Time)

Fill tea kettle and set to boil.

Heat teapot with very hot tap water. Let sit a few minutes, pour out and do again. Pot should be hot when you pour boiling water into it. This protects the ceramic from cracking and also keeps the pot from robbing heat from the boiling water, so you have a good HOT cup of tea.

Pre-measure your pot to see how many cups it holds. For a 7-cup pot, 4 English Tea Time tea bags are perfect. When the tea kettle has boiled, pour the hot water out of the teapot, put in the 4 tea bags, pour in the boiling water and let steep for 5 minutes. Remove tea bags, squeezing out gently, so as to not break the bag open. Put on the lid, take to the table and set it down on a pretty hot pad to the right of "Mother", the name given at the tea table to whoever is going to pour. Cover with a tea cozy to keep hot at the table. (This can be purchased or made. It is an insulated dome shaped cloth "bell" which slips over the top and around the sides of the teapot.)

To Make Tea with Loose Tea:

Use 1 teaspoon per cup and add 1 for the pot. Proceed as above adding loose tea instead of tea bags. Loose tea requires a tea strainer to pour through for each cup and/or a tea ball into which you can put the loose tea to steep in the teapot and then remove before putting on the lid to serve. It is still a good idea to pour through a strainer to catch all possible tea leaves in the pot before going into the cup.

To Make Decaffeinated Caffeinated Tea:

With tea bags or loose tea in a tea ball, pour a small amount of boiling water over the tea until bags or ball are covered. Let sit 30 seconds, pour off and then proceed as normal.

To Serve Tea:

Serve tea with the sweetener of your choice (honey, stevia, Sucanat with honey are healthier choices than sugar), lemon slices or, to serve as the English do, serve with milk. (YUM!) (*I love half and half—your editor!*) Add just enough milk to see it bloom up from the bottom of the cup. When stirred, it should look almost like café au lait. (coffee with milk)

There are two schools or thought on the etiquette of adding milk. Some say to add it as above, others say to add the milk first. In the "olden days", tea was very precious and expensive. By adding the milk first, if the milk was sour, they didn't waste precious tea to find out! When the hot tea was poured into the teacup with milk, the milk curdled right away and they threw out the bad milk instead of the precious tea!

Traditionally, the center-piece of the tea table is either a cake or a trifle, especially for a formal tea. I have recipes for these in my cookbooks, but for your first tea, I felt that might be too ambitious and overwhelming. The most important thing is to find YOUR niche and make your tea

suit YOU! It's more important to have tea and give your children this precious time, than it is to make it a fancy affair and maybe feel that it is too much trouble and thus, never do it. So, if you have to use buttered toast and jam with your tea, DO IT!! MAKE the time to spend in this wonderful way of bonding with your children. THEY are most important aspect of having tea, not the food or fanciness of the tea.

Some Funnies Just to Lighten Your Heart

Subject: Chocolate

Chocolate is a Vegetable: Chocolate is derived from cocoa beans.

Beans = vegetable. Sugar is derived from either sugar CANE or sugar BEETS. Both are plants, which places them in the vegetable category. Thus, chocolate is a vegetable.

Chocolate candy bars also contain milk, which is dairy. So candy bars are a health food.

Chocolate-covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

If you've got melted chocolate all over your hands, you're eating it too slowly.

The problem: How to get 2 pounds of chocolate home from the store in a hot car. The solution: Eat it in the parking lot.

Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite, and you'll eat less.

If I eat equal amounts of dark chocolate and white chocolate, is that a balanced diet? Don't they actually counteract each other?

Chocolate has many preservatives. Preservatives make you look younger.

Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.

A nice box of chocolates can provide your total daily intake of calories in one place. Now, isn't that handy?

If not for chocolate, there would be no need for control top pantyhose. An entire garment industry would be devastated. You can't let that happen, can you?

*From the Internet...Author Unknown

The joy of the Lord is your strength. Nehemiah 8:10

INNER PEACE

I have been told that a way to achieve inner peace is to finish the things I have started. Today I finished two bags of potato chips and a chocolate cake. I feel better already! ~From the Internet

*...He who has a glad heart has a continual feast {regardless of circumstances}.
Proverbs 15: 15*

Lessons I Learned Along The Way by Larry D. Wright

"Even youths shall grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not faint.

Isaiah 40: 30-31

It all began when Stephanie and I went to the Appalachian Trail for her Spring Break, April 1999. Rebekah and I returned during Memorial weekend two months later. Both trips were great adventures as well as a special opportunity to spend time with two daughters who have grown up way too fast. I want to share with you a few of those things. Then, I will conclude by applying some simple truths from a favorite Bible passage about *The Things I Learned Along The Way*.

The question most normal people ask is, "Why would anyone want to leave the comforts and conveniences of home and meander through a strange, even hostile environment?" Some people think it is stupid, borderline moronic, to strap a 40 to 45 pound pack on your back and go hiking in the wilderness where there are insects, snakes, even bears. However, I can identify with a poet of some fame named Henry David Thoreau in his work *Walden*.

I went to the woods because I wish to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.

So, there are a few things that I learned along the way. First, I learned a lesson about **simplicity**. I have come to the conclusion that most of us live a complicated and complex life because we have too much stuff! Most people find it a little absurd to strap a heavy pack on your back and go for a walk in the woods, but I find it liberating to know that right here on my back I have everything I need to live, at least for a week. I have shelter and clothing, food and water, a filtering system that turns mountain springs into drinkable water. Everything I need, the essentials of life, I have right here. I really don't have to depend on anything except what I have here and my own personal skills. I can sleep wherever I want. I can cook and eat whenever I want. I can take a break wherever I want, just about everything is here but a bathtub. The contents of my pack are condensed to the essentials and it becomes an extension of me. I take it wherever I go and guard it with my life. I find that liberating because as a backpacker I discovered that in order to make my trip tolerable, I had to eliminate all the nonessentials in life.

Before each trip, I take everything that I think I need and I lay it out. I eliminate everything that is not necessary. Then, I weigh each item before loading it in such a way so that all the weight is transferred to my hip belt, not on my back. Invariably, I always remember one or two small items that usually relate to my comfort. I sneak those things inside until the scales top fifty-five pounds! When I load this pack in preparation for a long distance hike in the mountains, I am always

looking for ways to reduce weight. When I can eliminate five ounces, I feel like having a revival! Some serious hikers even go so far as to cut off the handle of their toothbrush!

Why do I sneak extra stuff back in the pack only to see it burgeoned with expendable items? I do so to cater to my fears or my vanity when they serve no purpose other than to occupy space with their bulk and stress my body with their weight. As hiker David Brill observes in his excellent book *As Far As The Eye Can See*, "The least experienced hikers labor under a yoke of fear and worry, cluttering their packs with devices they hope will duplicate the security of more familiar surroundings. Veteran hikers have discovered that a well chosen poem or quotation, which weighs nothing once committed to memory, can provide more solace in the face of fear than a welter of gadgets and trinkets" (p. 26).

Most thru-hikers learn to trim their pack down to 38 to 40 pounds. I go through all the stuff and make choices again. I evaluate every item... "Did I even carry that last time? If I did, did I use it? Does this item relate to safety or survival?" The rule with backpackers is *if you don't use it everyday, you don't need it*. Of course, that rule doesn't apply to your first aid kit, because hopefully you wouldn't need it everyday and you definitely need to take that. But generally, it's a good rule. So, I begin to eliminate all the unnecessary items. .

I've discovered over the course of my life and the seasons that I've experienced, that I've had to eliminate a lot of unnecessary things. Also, I've had to readjust my loads many times. I've had to redistribute my weight structure in life so that I can enjoy the journey.

It is so easy to get overloaded. And when I get overloaded, I realize that I can't function well. So I have to go through all the stuff in my pack, in my life, readjust, and establish some priority. Or, as Walden called it, "*I wish to live life deliberately.*" All of us go through life accumulating so many things, so much stuff, so that in the process of lugging it around, we're weighted down. Jesus said it like this, "**Seek ye first the Kingdom of God and His righteousness and all these things** [the nonessentials] **will be added unto you**" (Matthew 6:33). When I focus on the nonessentials, I find that I'm living life in a strain. I can't pull the hills good. I don't enjoy the flowers and seeing the rhododendrons in bloom. When my goal is just to survive, then I do not enjoy life. That is a good indication that I need to readjust the load. I constantly have to eliminate things from my life. I have to say, this is essential, but I'm not carrying it well. I'll pack it differently and it'll work. This is a nonessential; I have to get rid of it.

In my renewed pursuit for the Kingdom of God, I've gone back to the words of Jesus, "**Seek ye first the Kingdom of God**", and made necessary applications to my spiritual life. For those hikers who consider their pack as an accessory, the burden soon gets heavy, even unbearable. However, those who come to see their pack as an extension of themselves have learned a valuable lesson about bearing burdens. As a result, I have had to readjust my load. I have had to eliminate some nonessentials. When life becomes so complicated that I start whining and complaining about it, I've discovered that something is out of balance. Jesus shared a truth about carrying a load in life.

He said, "**My yoke is easy, and my burden is light**" (Matthew 11:30). When I find myself complaining about how hard life is, I realize I'm not yoked with Jesus. To be yoked with Him means to be in partnership.

I need to exchange my weariness for His strength. I'll say more about that in just a minute. I have learned a valuable lesson about simplicity.

Secondly, I have learned a lesson about **the terrain and the pace of life**. Most of us would like to live our lives on a flat, winding, strolling, soft trail. We want to be high on a ridge somewhere, where the view is beautiful, but very seldom is life like that. In fact is, any trail you follow, and especially on the Appalachian Trail, the name of the game is *ups* and *downs*. Preparing for the next days hike, here is a typical description you might read about in the *Appalachian Trail Guide*. 2

Reach wooded summit of Levelland Mountain (3,942 feet). Descend slightly. Cross rocky open area with excellent views in fall and winter. Descend on rocky trail. Reach Swaim Gap (3,450 feet). Ascend slightly, passing to left of Turkeypen Mountain (3,550 feet), then to left of ridgecrest. Past the left of Rock Spring Top (3,526), with spring left of trail. Continue on ridge, ascending and descending slightly. Reach Corbin Horse Stamp. Ascend. Reach Wolf Laurel Top (3,766 feet). To the right of trail is open rocky face with excellent view toward Wildcat Ridge. Descend, and continue along ridge. In about 20 yards, you will reach Baggs Creek Gap (3,591). Spring is located down blue-blazed trail on left. Ascend. Reach the summit of Cowrock Mountain (3,842 feet). To right of trail are good views to southeast. Descend slightly to open, rocky area, turn sharply left, and descend steadily. Enter small gap. Bear right around knoll, and descend. Reach Tesnatee Gap.

Ups and downs. That is a lot like life, isn't it? Ups and downs. Peaks and valleys. Ascend. Descend. Climbing hills, then descending them and the descents are usually as tricky as the ascents. You're up and you're down but very seldom is life on a level plain.

The terrain determines the pace in life and the miles you cover. When you are on the AT you'll soon find that there are those who are faster than you and you must let them pass. You learn to step aside and let them trek by at their pace, not yours. You observe the bulging muscles in their calves, you see how they're fitted to their pack. They're carrying everything well and they just zoom past. You are tempted to pick up your pace in an attempt to keep up. However, such a move would be foolish because you have to learn to travel at your own pace. You can only enjoy life if you travel at your own pace, not the pace of others. As David Brill observes, "*Hiking becomes a meditative act. There was euphony in the measured, purposeful sound of motion: the rhythmic rise and fall of breath, the thump of the heart, the cadence of boots crunching soil and rock, the steady tap of the walking stick, the bending of knees and the flexing and relaxing of thigh muscles, calf muscles, hip muscles.*" 3 That is a description of one who has discovered his rhythm on the trail and refuses to allow others to dictate the pace.

Occasionally you will approach someone who is struggling. Their pack is too heavy; their legs are too weak. They are really struggling. So, you zoom around them. You are tempted to feel superior. It's a lot like life isn't it? Some people zoom past you and you think, well, I can keep up with them. And you try, but why would you want to do a thing like that? Then there are others you

pass along the way and you feel a little bit smug. Allow the terrain of life to determine the pace and not the lifestyle of others. If you're really going to enjoy life, you must figure out the right rhythm for you. You must find your own pace. You can't chase everybody. You can't be like everybody. Also, you shouldn't feel superior because you are walking faster, or traveling better than someone else. You have a better job, you have more money, you have a better education, you drive a better car, you live in a better house...GREAT! **You must learn to live life at your pace, not at someone else's. You will enjoy the journey a lot better if you focus on the trail and not those traveling on the trail.**

Thirdly, I have learned a lesson about **community**. One of the facts that I have absolutely fallen in love with about the Appalachian Trail is the community atmosphere that exists there. A lot of people think that when you travel a trail as long as the Appalachian, 2,159 miles from Springer Mountain, Georgia in the Chatahochee Mountain range to Katadin, Maine, that it would be a lonely experience. However, according to the statistics released by the Appalachian Trail Conference, some 4 million people visit the trail each year. There are times when you walk for an hour or two without seeing a single person, except your traveling partner. There are times in which the solitude is what you came for, and it is welcomed. Yet, there is a linear community on the trail who are on a quest just like you.

Some people turn to the trail at times of radical change in their life...graduation, disillusionment, working through grief, burnout or job loss. It is mystical, but true, a narrow path strewn with rocks can chart a new direction in life. Several of the end-to-end hikers that Stephanie and I met fell into one of these categories. To them, the AT extended an invitation they could not refuse. It offered refuge from pain, anonymity and the prospect of finding nature's healing powers. Others approach the trail for the physical and mental challenge, the adventure of it all. They want to see if they can attain a goal that demands dedication, stamina and a clear focus. On the trail attitude is everything. Whiners and those easily discouraged don't last very long. The infamous Granny Gatewood, a spunky grandmother who thru-hiked the AT at age sixty-seven, once said, "*Head is more important than heel.*"

Some families are out for a day hike. Some people like me are out for a section hike. Although the purposes vary, the thing about the AT that is so amazing is this: you might hike with a person most of the day and all you know about that person is that his trail name is *Easy Money*. He is dressed similar to you, his gear looks like yours, maybe a different brand name. At the end of the day you camp together around the shelter area. You sit at a picnic table and cook your noodles together or sit around the fire and talk. You learn that *Easy Money* is actually the president of a bank in a large city. Or maybe he is a doctor, or even a lawyer, but the bottom line is all the artificial lines that we create in life really don't matter on the trail. It doesn't matter whether you are white or black, male or female, considered a white collar professional or a blue-collar worker. It doesn't matter what bracket best describes your economical status. It doesn't matter what type of vehicle is waiting on you at the end of the walk. All that really matters is that you are both on a quest. You both may be questing something different, but you are just *hikers*. By definition, you are a person who simply lifts one boot, planting it squarely in front of the other, and then bite off another three-foot section of trail. It defines who you are and the community that you are an accepted part.

It is a community that loves, accepts, trusts, and shares food and supplies with one another because you're not against anybody. You are just a pilgrim on a quest. That's one thing I love about the Appalachian Trail, because it is a community of people that you can relate to almost instantly. The one thing you have in common is that you have a big pack on your back and you're walking on a trail covering the same miles and facing the same challenges.

When Rebekah and I were hiking we met a young father and his eight-year-old daughter. Her hair was drenching wet, her face was flush but she was having the time of her life out there with her dad. They looked at Rebekah and I and asked how long we had been backpacking together perhaps using us as a possible image for their future. We sat on the side of the trail together and enjoyed a simple meal. All I knew about the pair was their names. During the conversation I discovered that he had been a Christian for a long time, but he hadn't been a committed Christian but a short period of time. He had some questionable habits in his life, habits that I didn't ask him about. I didn't pry into his personal life. He freely shared what God was doing in his family. He told me how God had transformed his marriage when his wife became a Christian. He asked me some questions about parenting, questions that I always make me feel uncomfortable, but somehow, sitting on the side of a trail eating a bagel with peanut butter and drinking a bottle of water, we felt connected. Unnatural barriers, walls, lines that exist in the real world somehow vanish for hikers on a quest. In the real world, it might have taken years for us to get to the point where someone would ask, "I see you're out hiking with a college age daughter. How did that come about? What works for you?" Oh, how I long for a sense of community, where people can relate to one another without superficial walls!

I learned some things along the way. I learned about **simplicity, lessons about the pace and terrain of life, and lessons about community.**

I want to conclude by making an application from a favorite Bible passage of mine found in Isaiah 40. The British statesman Oliver Cromwell observed that Isaiah chapter 40 is the greatest chapter in the entire Bible. It is a chapter about the **greatness of God**. Cromwell says when the prophet wrote this chapter, he dipped his pen in golden glory and wrote for God Himself. It was this very passage that inspired Handel to write *The Messiah*. It was also this very chapter in God's Word that impacted the reformer Martin Luther. He posted on the church door at Wittenberg Ninety-five Theses that set forth his position and objections to certain practices and doctrines of the church. As a result, he was summoned before the Diet of Worms to defend his position. Standing before the counsel he was given the opportunity to recant or face the consequences. Inspired by this very chapter, Luther took a stand and the Reformation was the result.

There are some valuable lessons from this passage that instructs us in how to carry a load and be faithful in our journey along the way. The prophet declares, ***"Even the youths shall faint and be weary, and the young men shall utterly fall. But they that wait upon the Lord, they shall renew their strength."*** In some translations it says, ***"They shall exchange their strength."*** That is what I want you to understand today. The good news is, regardless of whether you're weary in life because you are climbing a lot of mountains, packing too much stuff, underestimating the incline of the hills, or maybe you've just been at it so long that you're weary, there can be an exchange of strength.

I'm glad at this season of my life that I've fallen in love with walking. Isaiah says that even young people grow weary. In the month of March in the year 1513, a young explorer left his home country of Spain. His name was Ponce de Leon. He was searching for the infamous fountain of youth because the Indians had told him there existed an Artesian water source that flowed from the very Garden of Eden. If a person found this water supply and partook of its magical contents, they would be renewed in body. In fact, they would live forever. He was searching for immortality. Ponce de Leon didn't find that spring. He found Florida instead. Ever since that time, people have been looking for that special drug, that special fountain, that special spring, that special formula that can cause their body to be rejuvenated. We want to be able to run and not be weary, fly in the currents and not crash, walk and not faint.

First, the BAD NEWS..., there is no fountain of youth for the body! Everyone must deal with the aging process. We should stay in shape and discipline ourselves to eat right and exercise, but aging will happen.

Now, the GOOD NEWS...there is a fountain of youth for the spirit. You might not be able to drink from an Artesian water supply and have all of your gray hair leave, all of your aches and pains disappear, but you can find that supply for your spirit. That is the promise in this passage for those who wait upon the Lord. They will be able to exchange their weakness for His strength. I find that to be an interesting scenario.

*They will **soar** on wings like eagles; they will **run** and not grow weary, they will **walk** and not faint.*

We would logically think that the prophet would have reversed that order. You walk, walking progresses into running, running progresses into flying. That's logical, isn't it? First you walk, then you run, then you fly. But that's not the order of the prophet. He said first you fly, then you run, and then you walk. It is amazing that walking, the most simple act, is the thing that we have the most problem with in the Christian life. Walking is an appropriate description for consistent faithfulness in life.

God can exchange your inadequate strength for His strength, and He can do it in multiple ways. For the storms of life that come unexpectedly and overwhelm us, He gives wings like an eagle. There are times in life that God chooses to do something supernatural, above and beyond anything that man can explain. God miraculously supplies wings that enable us to be lifted over, up and beyond a challenge, a hurdle, an obstacle, an adversity. Also, for the challenging opportunities in life, God gives strong legs enabling us to go beyond our natural limitations. There are moments and seasons in life when God gives divine energy beyond what you normally have. Runners call this *second wind*. Hikers call it *trail magic*. It's that moment you are walking down the trail and you're into a cadence, you're into your rhythm, your pack is fitting well, everything is going well, but you are so weary. Unexpectedly, you notice strength in your step. Your weariness is overpowered by new energy and you are fueled by strength from on high.

In the spiritual dimension of life, there come those moments in the middle of our weakness that God gives grace. Paul had a thorn in the flesh, we aren't exactly sure what it was. We think that it was something physical, that's the most logical thing to assume. More than likely it was his eyesight, but we don't know that for a fact. We know that Paul prayed and asked God for the wings

of an eagle so he could be lifted above and beyond this thorn in the flesh. God didn't answer Paul's request for a pair of wings. However, God did answer Paul's prayer, not by giving him the wings of an eagle, but by giving him the strong legs of a runner. God gave Paul the grace to see him through, and that is exactly what God does for us. There are times when He gives us strong legs, not wings that lift up and over, but legs that carry us though.

For the storms of life, God gives wings. For the challenging opportunities and deadlines in life, God supplies the legs of a runner. Then, for the daily routine of life, God supplies feet for faithful walking. This is where life really operates. It is estimated that a thru-hike on the Appalachian Trail consists of five million steps. The challenging thing about life is that it can be so routine, so daily, so boring. However, it is our daily consistency and faithfulness that pleases God. Flying is wonderful. Running is exciting. However, walking is really what life is all about. Life has hills to climb, it has rivers to forge, it has creeks to cross, it has challenges, unknowns, and mysteries. However, one of the greatest challenges in life is faithfulness in the daily routine. God gives us the strength to be faithful because He is faithful. The Prophet Jeremiah discovered this truth and declared, "[It is] *Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning: great is Your faithfulness*" (Lamentations 3:22).

The apostle Paul discovered the dynamic truth about the exchange of power. He expressed it like this: "*I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, Who loved me and gave Himself for me*" (Galatians 2:20). Paul discovered that the key to faithfulness is not flying, though that happens. It is not even running, though that is possible. It is the consistency of walking with God everyday because what pleases God the most is when we allow Him to exchange our weakness with His strength. In that moment of exchange we learn... "*[His] grace is sufficient for you, for My power is made perfect in [your] weakness*" (2 Corinthians 12:9).

If the stress of climbing the hills, the challenge of consistently walking the ridges and valleys in life is getting the best of you, I have GOOD NEWS! I offer to you a solution. The Lord Himself wants to exchange your weakness with His strength. That is a valuable lesson that *I Learned Along The Way*.

Larry D. Wright, Pastor, delivered this message on June 6, 1999 at the First Baptist Church in Florence, Alabama. Additional copies may be obtained by calling 764-4921. Copyright by Larry D. Wright

Footnotes

- 1 A term used to describe a hiker who intends on hiking the entire Appalachian Trail from Springer Mountain, Georgia to Katahdin, Maine...2,159 miles.
- 2 Appalachian Trail Guide, 11th Edition, p. 147.
- 3 Brill, p.41.

The Struggle to Honor Our Husbands...

By Beth Holland

It always amazes me that the Lord loves me and puts up with me! Looking back over the course of several years, I can see how He has changed my heart in my attitude toward my husband. Shamefully, I confess that previously my attitude really stank! The astonishing thing to me now was how blinded to my stinky attitude I was back then!

Tragically, my attitude of the past was similar to the vast majority of Christian women I know. I grew up in church, and almost all the people I know and interact with are Christians! Yet, I held a deep believe that *I* knew better than my husband, that *I* saw things more clearly! After all, *I* was the one who spent time in the Word every day! *I* was the one who went to the *Bible* studies! What *I* was missing was that the attitude of "*I*" was PRIDE!

A few years ago, I was challenged by the Lord to take a good hard look at some areas of my life. I did NOT do this willingly! The Lord made known to me that the areas which were chafing me were there to get my attention! For DAYS I went round and round with the Lord! "Lord, change HIM! WHY does it *always* have to be ME???. WHY can't you just work on HIM for a change!!!" Sound familiar? Have you made similar statements to the Lord about your situation?

During those days, each time I would go through my routine, the Lord would speak just one thing to me, "**First, wives**", "**First, wives**", "**First wives**". (Based upon 1 Peter 3) It was with the sweet, loving gentleness of the Lord that this was said, but that is, literally, ALL He said to me for days! Finally, in utter frustration, I replied, "All *RIGHT!* I'll *DO IT!*" Our Father is so wonderful. He didn't scold me for the disrespectful way in which I responded to Him. He just took me at my word and began to work in my heart to bring about the changes He desired.

Our wonderful Father began to reveal some things to me which I had never heard before. He showed me that Eve was created to be a HELPMate. We were not created to dominate, though the curse tells us that we will have the desire to rule over our husbands. (Genesis 3:16) However, that was not God's plan. He planned for Eve to come along side Adam, (perhaps that's why God made us from Adam's rib???) to help him bear the load of responsibility which God had given him. Do you think God has changed His plan? Or have we just ignored what He said?

My *Bible* has some interesting verses in it. "**For I, the Lord, do not change;**" Malachi 3:6. Hebrews 13:8, "**Jesus Christ, the same yesterday, today and forever.**" I think *WE* are the ones who think God has changed, not God!

In Proverbs 31, we see the industriousness of the famous Proverbs 31 woman. What *DOESN'T* she do? Well, she doesn't criticize her husband, she doesn't shame him in front of his peers, she doesn't degrade him, she doesn't list everything he does wrong to him, she doesn't constantly bring up what she considers his faults...get the picture?

What does she do? She works hard to do the best she can for her household and her work helps to establish her husband as a leader in the city.

**Her husband is known in the gates, When he sits
among the elders of the land.” (v 23)**

Her *husband* gets the recognition! HE is known among the city leaders (elders). In Scripture, the city gates show those who are in leadership in that city. It was a place of authority. What is the result?

**Her children rise up and bless her; Her husband also, and he praises
her, saying: “Many daughters have done nobly, But you excel them all.”
(v.28-29)**

To whom did God give a fragile ego? To the man. They can be so easily damaged, yet God entrusts them to *us* with this model; that we are to bless our husbands and do them good.

**The heart of her husband trusts in her, And he will have no lack of
gain. She does him good and not evil all the days of her life. (v. 11-
12)**

Is your husband's heart able to trust in you? Does he believe that you will only do good for him? Does he know beyond all doubt that you are firmly planted "in his corner"? He needs your support as he battles the world in his work, as he is bombarded by temptation, as he struggles through life. If he doesn't have this support from you, then you need to repent of your wrong attitude to your husband. Believe me, he's already aware of it! If you choose to repent to him, you will be amazed at the results!

Do not be the one who divides your household and brings in strife. Proverbs 6:16-19 warns us:

**There are six things which the Lord hates, Yes, seven which are
an abomination to Him: ...And one who spreads strife among brothers.**

Even before we are one flesh, halves of a whole, we are brethren in Christ with our husbands.

God called us to be a HELPMate to our husband. Jesus calls us to lay down our lives to serve Him. It is the only way to be successful, and to be saved in the end. (Matthew 10:38-39) Yet, we have bought the lies of today's society that we are to advance ourselves, be recognized, get credit for what we do. Where is this ever given in Scripture as a depiction of Godly womanhood or of our role as a wife?

The *Bible* teaches that the highest calling we can have as a Christian is "ministry". Just what is the definition of "ministry"? *SERVICE!!* To whom does God say is our primary earthly service as wives? Our HUSBANDS! So, that means that we are to lay down our lives to SERVE our husbands! Ouch! Did I hear some moans and groans?? The continual theme of the Christian walk is dying to self! Why do we think our marriages are going to be any different? Death is never pleasant and

our flesh fights us all the way, yet, this is what the Father, the Son and the Holy Spirit say will bring us life, fulfillment and peace.

At times, I have spoken the words of *Much Afraid*, the central character in one of my all time favorite books, *Hind's Feet on High Places*, "Lord, bind me to the altar." I know that it has to be done, but I also know that I am capable of taking myself off that altar and stalling the work of God in my life and the life of my family.

It requires this kind of death to walk out God's command to us in 1 Peter 3:1-4.

In the same way, you wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives, as they observe your chaste and respectful behavior. And let not your adornment be external only—braiding the hair, and wearing gold jewelry, and putting on dresses; but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.

God says that a gentle and quiet spirit is precious in HIS sight! So even if you don't think you can do it for your husband, do it because God LOVES it! Do it to please the Lord!

Did you notice that the above Scripture says that even if they are disobedient to the word that we are to still behave in this manner? What does that tell us? It tells us even if they aren't living right, this type of action can soften and change a husband's heart! Did you see HOW this takes place? Is it with our words? Is it by telling them what the preacher or another man said and expecting them to conform? No. Scripture is clear that we are to be subject to our OWN husbands! They are to be the one to whom we look for leadership, advice and counsel. One way to never obtain the peace in your home for which you long is to hold up another man before your husband! How would you feel if your husband admired another woman to you, especially in an area with which you were struggling? Would this hurt you? Would it damage your feelings and put a wedge between you? Well, it does the same thing for your husband. No man likes to feel that his wife is looking to another man! This is spiritual harlotry, yet we do it all the time and think nothing of it!

Is the way to win them over by showing them how much we've learned in our *Bible* studies and by spouting off what we know? Nope! God clearly said through Peter that it was an action which our husbands could observe! Our chaste and *respectful* (ooooh! There's that word, again!) behavior!

So, we are to respect and honor our husbands, yet I hear women say, "But, he's supposed to love me like Jesus! He's supposed to lay down his life for me!" I'd like to submit to you that he *does* - every day.

As home schooling moms, we live in a unique way compared to the rest of American women; we stay at home with our children. Most American women leave home, leave their children and babies and go to work.

I began to see that, many times, my husband drug himself out of bed after a night of bad or little sleep to go to work. Sometimes he felt bad, yet still got up and went to work. He'd leave me sleeping while he'd get up with the birds. Many times it was cold and/or raining, yet the children and I remained snug in our home while my husband laid down his desires and his comfort to work for us.

I fear that for many years I suffered from ingratitude in my attitude toward my husband. I have heard enough comments from other women to know others have this malady, too.

Since realizing this, there have been times while reading aloud to my children and sipping a cup of tea that I'd look out the window at the hazy, gray, wet day, and thank God for a husband who loves us, who works faithfully and hard so that the children and I might have the privilege to stay at home and home school. If you are in the ranks of those suffering from ingratitude, I urge you to go to your husband and humbly thank him for loving you, for working hard for you and your family. Make a BIG deal out of Daddy coming home! Make sure you look nice, your hair is combed, your face is pretty, you are neatly dressed, and your smile for him is firmly in place. Greet him as Scripture says, "with a holy kiss". Have the children running to the door making a fuss over Daddy's return, "Daddy's home! Daddy's home!" Treat him as the most important person to arrive at your door. He is! Try to have the house neat and picked up. If you do this regularly, you'll be surprised how tolerant he will be for those few times when he comes home to chaos! (and believe me, we do ALL have those days!)

Our homes need to be their havens and they need to KNOW that they are our heroes, even when we may not agree with the road they've taken, we still need to let them know that we love and honor them. They aren't perfect, neither are we. The question is, can we treat them the way we'd like to be treated: believed in even when we make mistakes, loved even when we've been unlovable, accepted and not rejected. Isn't this how Jesus treats us?

One comment I have made in the past, and which I hear somewhat regularly from women is, "God has told me (thus and so), but my husband just doesn't GET it!" This causes these women to look down their noses at their husbands and breeds pride within them. Then they can't figure out what is wrong in their lives! After all, God told THEM didn't He?? So, shouldn't they TELL their husbands what they've been told by God??

One day, God unlocked this mystery to me. The answer was SO simple, and so Biblical, I was amazed! Let me take you through this the way God showed me.

When Adam was created, God said that it wasn't good for him to be alone. Even the Father had the Son and the Holy Spirit! So, He created Eve. Where did she come from? From Adam! Adam was complete and totally created in the image of God. So, when Eve was created, that meant that something had to be removed from Adam! That's why, together, we equal ONE FLESH!

What was removed from Adam? Well, let me ask you this? What is the dominate trait of women? Are we great logical thinkers? No, we are largely emotional and intuitive. Are men largely emotional? No, they are largely logical thinkers. Does this mean that women can't think logically or that men are emotionless? No. It simply means that men and women have these pre-

sent within their makeup, but that in each sex, one is more dominate than the other.

So, when God speaks, which dominate trait or "bent" would lend itself to hearing God more easily? The emotional one, right? So then, WHY would God tell us something if we aren't to lead or direct our husbands, which scripture clearly states we are not to do?

Wives, be subject to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. (Eph. 6:22-24)

So, ladies, what options are we given here to take charge and dictate to our husbands? NONE! In EVERYTHING we are to be subject to them.

This makes some women (in the past including me!) VERY nervous and sometimes downright frightened! What do you MEAN I'm supposed to be subject to him in everything? You don't know my husband!

Maybe I don't. But God does! He created him, just as He created you! If you are having a hard time submitting to your husband's leadership, I want to ask you a few questions. Does submitting to your husband require trusting him? I used to think so, but the Lord took me to the story of Abraham and Sarah and I found a different view! I found that TWICE Abraham told Sarah to tell a half truth! She was his half-sister which he told her to say, but she was also his wife which he told her to omit! What was the result of this action? Sarah was taken into the harms of TWO rulers! Did she start yelling the whole truth when she was taken off to be another man's wife? I would have! But, no, Sarah kept her husband's confidence! To whom did she look to deliver her and in whom did she put her trust? GOD! And Scripture records that God was faithful to deliver her! He DID NOT let her down!

Have you ever felt like your husband put you in a similar situation? The answer in this type of situation is to look to GOD to deliver you! This action put Sarah in the Hebrews 11, "Hall of Faith"!!

So back to our dominate emotional makeup. WHY does God reveal His will to us before He tells our husbands if we aren't to lead or dictate to them? This can be SOOOOOOOO frustrating! The answer is amazingly simple. God reveals His will to the wife so that she will PRAY God's will! Since we are one with our husbands, there is no greater force on this earth to pray on his behalf! Therefore, God reveals His will to us, not for us to dictate to our husbands, but for us to PRAY for them! She is to HELP her husband by praying for God's will to be revealed to him! Then, (and this is the cool part), in God's perfect timing, He reveals this information to our husbands! What happens when God reveals His will to our husbands? As the head of the family and the one in authority, when they get the picture they MOVE ON IT! God has all the bases covered! So, you can see why God can't tell them early. Also, what happens when our husbands come to us, all excited and say, "I think that God wants us to do _____!!!" YOU, helpmate of your husband, can with great confidence and peace, confirm the word of God to your husband and come into perfect agreement with him! I think this is SOOOOO neat because it allows me to be in agreement with

God, and to confirm God's plan to my dear husband with great rejoicing and conviction! God is a God of UNITY and He wants us to dwell in His unity!

**Behold, how good and pleasant it is
For brothers to dwell together in unity!
It is like the precious oil upon the head,
Coming down upon the beard,
Even Aaron's beard,
Coming down upon the edges of his robes.
It is like the dew of Hermon
Coming down upon the mountains of Zion;
For there the Lord commanded the blessing - life forever.
(Psalm 133)**

How do we begin to bring this unity about? Once again, Proverbs has the answer:

**She opens her mouth in wisdom, and the teaching of kindness is
on her tongue. (v. 26)**

If we are faithful to speak kindness to our husbands, we begin the cycle of healing. In Scripture we are told to repay evil with good, to go the extra mile, to turn the other cheek. If we do this for non-Christians, then how much more should we do for our husbands? Proverbs 15:1 says:

**A soft answer turns away wrath: But grievous words stir up
anger.**

If you want peace in your home and an intimate relationship with your husband, YOU must be the one to begin by following these Scriptural examples and begin to use wisdom in your speech.

This type of walk requires a step of faith. In my past, the lies of the enemy, (to which I had listened), made everything around me look bleak. I felt that there were no answers. After all, I had done all the "right things", hadn't I? And all my Christian women friends were saying similar things; that proved I was on the right path, right? Absolutely WRONG!

When the Lord went round and round with me for days saying, "**First wives**", He was telling me that I was going to have to face dying to self in this area. I was going to have to be obedient to what HE was asking of me, whether anyone else did, (including my view of my husband's actions), or not!

The Scriptural picture of this principle is the story of Mary, Jesus' mother. SHE was told by God that she would conceive a child by the Holy Spirit, yet she was already betrothed to Joseph, who obviously had some say over her and how her future would turn out. Yet, Scripture says that she pondered these things in her heart, and thereby, allowed God to speak to Joseph in HIS timing. Don't you think it's interesting that she is told right away, but Joseph isn't told until later?

I have a friend who is a missionary in the Middle East. The way the Lord first told her she

would become what she is today is like Mary's story. One day, the Lord told her that she was not a citizen of her city, she was not a citizen of the United States, she was not a citizen of the world! She was a citizen of the New Jerusalem and that she was to sell everything (even the very successful business she owned) and move to the Middle East. At this point in her life, she had grown children and grandchildren. Yet, her response? "Lord, you're going to have to tell my husband!" She also requested that the Lord speak through a trusted friend, whom they knew to hear from God, as additional confirmation. Several months went by until one day, her husband came home, sat down on their sofa, looked straight at her and said, "Did you know that we're supposed to move to the Holy Land?" To which she responded, "Yes"!

Once again, we are not trusting our husbands in this situation. We are trusting GOD! If God can make Balaam's ass speak, if He can change the words which Balaam intended to speak from a curse to a blessing as they exited his mouth, if he can spit Jonah out on Ninevah's shore when Jonah had no intention of going there (indeed, had boarded a boat in the OPPOSITE direction!) then I think He can move on the hearts of our husbands! The question is, are we willing to REALLY trust God in these tough situations?

What has been the result of that choice I made, however disrespectfully it was first stated? The result has been peace in my home, a better relationship with my husband and children, AND a closer walk with God. No longer do I spend my time with God justifying my position. Now, I simply am there to be at His feet and to learn. I can walk in my house with peace in my heart and the Lord drops things to me as I go. That's how I got the "revelation" about women hearing from God before their husbands! I didn't have to work for it, God just dropped it my way in conversation on day.

Another blessing I have experienced is the incredible, indescribable peace of God. This avenue of trusting God when your flesh is telling you to step in and take control, allows you to turn the responsibility of your family and it's leadership back over to your husband. The cool thing is that this takes ALL the pressure off us! I heard one Christian teacher (a man) say that studies had been done on the effects of stress on men and women. Women simply couldn't stand up to stress, even for short periods of time; it had devastating effects upon the female body. However, men could deal with stress MUCH better! This man stated that God had not created the female body to live under stress; we fall apart. But, God created men to survive stress and in some ways to even *thrive* under it! (I'm not talking long term stress especially under duress or an unhappy situation. I'm talking *challenge*! See ***Wild at Heart*** by John Eldredge. Order it from Cindy!) So, God has it planned in such a way that WE are told information to be the HELPMate to our husbands by being the confirmation he needs, yet taking us out of the high pressure position of leader, a situation for which He better created men to handle. I hope this excites you! It has me!

So, when things get rough, it's not my responsibility! I can abdicate that to my husband! If he asks for my input or advice, I'm available to him, but I don't have to LIVE under the day to day stress of "What am I going to do?" Instead, I'm going to take it to the Lord, pray for my husband and LEAVE IT THERE! You cannot IMAGINE the peace!! It's DIVINE. If you haven't experienced this, I cannot tell you how much I urge you to just take a flying leap of faith and *jump right in!!!* Your body will thank you, your husband will thank you (you won't nag him anymore!), your children will thank you if they put the pieces all together. One thing they WILL know - home is where

I want to be because it's peaceful there!

Are you wrestling with "Christian womanhood"? Are you wondering just what God is requiring of you? Do you feel a restlessness in your soul? Do you repeatedly weep for no reason and wonder *what* is going on with you? Is the Lord speaking to you things He has yet to reveal to your husband? Are you frustrated and in a place of unrest?

Then I would suggest to you that the Lord is stirring your heart to prepare to take you to a place of great blessing. As Jesus told the disciples, the way is narrow; it's not an easy path. But, the rewards of walking the least traveled path are more than we can ever think or dream.

God is calling you to a great adventure. If you undertake it, you may be the only one you know on this road. You will face some sacrifices, but in return be given a great prize. Are you willing to take a deep breath, step off the cliff, believing God to catch you and keep you safe? Are you willing to take the journey?

Kitchen Korner

This section has been simply a blast to collect! So many of you are faithful homemakers, keeping your kitchen HOT as you create beloved dishes that not only fill the tummies of your loved ones with healthy foods, but also create precious memories as you spend your time with your family.

Thanks for sharing your favorites with me, MY FAMILY appreciates your ideas!

Oh! Have a great recipe? Send it in! If we use it, we will extend your subscription by one more issue!

Slowcooked Carmel Apples

Contributed by Elysa Maclellan

I found this recipe on the Five-in-a-Row Board and just had to pass it on. It sounds SO yummy and much less messy for my little ones than feeding them an actual caramel apple!!!! And can't you just imagine how good it would smell simmering along on a cool, crisp day??? Mmmmmmm....Happy Cooking! Elysa

4 medium apples
1 c apple juice
8 oz. caramel candies
2 tsp. vanilla
1/4 tsp. ground nutmeg
1/4 tsp. ground cinnamon
2/3 cup creamy peanut butter

Peel, core, quarter, and cut each apple into 20 wedges; set aside. Combine apple juice, unwrapped caramel candies, vanilla, nutmeg and cinnamon. Place this mixture in crockpot. Drop peanut butter, 1 tsp at a time, over ingredients in crock-pot and stir. Add apple wedges; cover and cook on LOW for 5 hrs. Stir thoroughly, and then cook 1 hr more. Serve approximately 1/3 cup of warm mixture over a slice of angel food cake or ice cream. —

Thumbprint Cookies

Contributed by Julie Druck

"This recipe was adopted into our Cookie Day line-up last year. It comes from Marty's Aunt Helen and is a pretty little cookie that looks lovely on a tray of Christmas cookies."

1 C. Crisco
1 C. sugar
2 eggs
4 tabl. milk
2 tsp. vanilla
3 C. flour
1 tsp. salt
4 tsp. baking powder
Assorted jams and jellies

Cream Crisco and sugar together. Add eggs, milk, vanilla, flour, salt and baking powder to mixture. Mix well and roll into 1" balls. Press thumb gently into each cookie. Fill imprint with small amount of jam or jelly. Bake at 350 for 9-12 minutes.

Snickerdoodles

Contributed by Julie Druck

This past week has been really busy - Eli's birthday was on Monday which meant creating a dinosaur cake, Tuesday we did school while tending the vegetable stand, Wednesday was our first day of M.O.P.S. (Mothers of Preschoolers), Thursday was school at the stand again, and tomorrow (Friday) we leave for a few days in the mountains. Whew! I get tired just thinking about it! I DO not like to plan weeks like that, but sometimes they just happen! Anyway, I've been so hungry for some homemade cookies this week but haven't found the time to make some. So, as I was pondering what recipes to include in "Cooking Corner," naturally, cookie recipes came to mind! I decided to include this cozy recipe for you to make on a chilly autumn day. (Make a few extra for me!!)

1 C. shortening
1 tsp. baking soda
1 1/2 C. sugar
1/2 tsp. salt
2 eggs
2 tabl. sugar
2 3/4 C. flour
2 tsp. cinnamon
2 tsp. cream of tartar

Mix shortening, sugar and eggs thoroughly. Sift the flour, cream of tartar, baking soda and salt; stir into wet mixture. Chill dough for at least an hour; roll into balls the size of small walnuts. Roll in mixture of sugar and cinnamon. Place about 2" apart on ungreased baking sheet. Bake at 400 for 8-10 minutes or until lightly browned, but still soft. (These cookies puff up at first, then flatten out with crinkled tops.)

Merry Mocha Nog

Contributed by Julie Druck

Here's a DELICIOUS punch that my mother-in-law makes every year for her Christmas Eve Open House. It tastes like a melted coffee-chocolate milkshake. I usually gorge myself on this drink and then am so full that I don't have room for all the other goodies!

2/3 C. instant coffee granules
2/3 C. sugar
2/3 C. water
1/3 C. instant chocolate milk mix
1 pt. vanilla ice cream, softened
2 qt. cold skim milk
1 qt. chocolate ice cream

Mix together the coffee granules, sugar, water and instant chocolate milk mix; blend well. Beat in softened vanilla ice cream. Blend in milk. Pour into a punch bowl and spoon chocolate ice cream over all.

Pumpkin Pie

Contributed by Julie Druck

"I love this pumpkin pie recipe because it's easy and delicious! Make a couple of these pies through the season - I made one last night, and it was a delicious bedtime treat on a cold, autumn night. They're best after

they've cooled completely and been put in the frig. Mmmm!"

2 eggs, slightly beaten
1 - 15 oz. can of pumpkin
3/4 C. sugar
1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. ginger
1/4 tsp. cloves
1 - 12 fl. oz. can of evaporated skim milk
1 - 9" unbaked pie shell

Combine filling ingredients in order listed; pour into crust. Bake 15 minutes at 425. Reduce temperature to 350 and bake for an additional 40-50 minutes or until knife comes out clean. Cool completely and refrigerate.

Tortilla Soup

Contributed by Janet Birkey

MMMMMMMM...good! This hearty soup is enough for my man that I've called Honey for over 16 years...a real steak and potatoes kind of guy!

Chicken thighs (or any parts...we just like dark meat)...cook and save the water you cook them in. How many will depend on your family.

After cooking chicken, I always **de-bone** it.

Add :

2 cans green beans
2 cans corn
1 can Ro-tel tomatoes (or 2 cans if you like!)

I usually also add 1/2 can of tomato sauce or a can of tomato paste.

Add the de-boned chicken back in the pot, sprinkle liberally with garlic.

Serve by crushing tortilla corn chips in a bowl, put soup on top and sprinkle liberally with cheddar cheese.

Beef and Barley Soup

Contributed by Beth Holland

"Sometimes in late summer, when I go out early in the morning, the smell of fall is in the air. This smell brings with it "warm fuzzies" as I remember past fall seasons, memories I cherish, and anticipate the ones to come. It also puts me in the mood to cook some dishes we haven't eaten during the hot summer months. Here are a few of our favorites:

1 large can V-8 juice
1 V-8 can of water
6 beef bouillon cubes
1/2 - 1 c. hulled barley*

Place the above ingredients into a soup/stock pot and let heat while cooking:

1 ½ lbs. ground chuck
2 large onions, chopped
(Cabbage, raw sugar, 1 pkg frozen soup vegetables or mixture of home dehydrated vegetables)

Cook meat and onions in a heavy skillet until done. Drain if necessary. Add this to the soup/stock pot with 1 c. (+) cabbage, the soup vegetables and approximately a tablespoon of raw sugar. Simmer several hours. This makes a thick, hardy soup. We serve it with freshly baked bread. This is my children's favorite soup. © BFL 1996

*Pearled barley from the grocery store may be used if you don't have hulled. However, it contains less nutrients than the hulled. If interested, try health food stores to see if you can find some hulled.

Whole Kernel Cornbread

Contributed by Beth Holland

(Perfect with her soup recipe OR with the Tortilla Soup by Janet!)

1 ½ - 2 c. corn kernels (fresh [cooked], frozen, or canned)
¾ c. soft white wheat flour (or all purpose if you don't mill your own)
1 tsp. honey
1 ¼ tsp. salt
1 ¼ c. freshly milled cornmeal (or commercial but NOT self rising!)*
1/8 tsp. cayenne pepper
1 Tbsp. baking powder (I recommend Rumford as it contains no aluminum)
2 eggs, lightly beaten
1 c. milk
¼ c. unsalted butter, melted

In a bowl, stir together the dry ingredients. Mix together the wet ingredients and combine the two. Stir just until mixed. Pour into a spray treated (Pam) 9 x 9 inch pan or an iron skillet. (my favorite) Bake at 425° for 25-30 minutes. Remove from oven and let cool slightly on a rack 2 - 3 minutes. Cut into squares of wedges and serve warm. © BFL 1996

*To use self rising, omit flour and incorporate that measure into the corn meal measure. Also omit the baking powder as self-rising already contains this. Check to see if yours contains salt. If it does, omit the salt. If it doesn't add the above amount. Then proceed as above.

Deep Dish Apple Pie

Contributed by Beth Holland

This is a fast and easy apple pie and avoids the time consuming effort of making a crust and/or lattice. It also has a wonderful flavor. © BFL 1996

Six large apples, sliced
1 Tbsp. arrowroot (or cornstarch)
½ tsp. salt
