VOLUME 6 FALL 2020

CROWD SAILING

Read the Word • Pass the Bread • Share the Recipe

IN THIS ISSUE:

- THE RELIEF OF JOY
  Joy is a gracious gift of God during troubled times.
- HOSPITALITY TIPS & FAVORITE KITCHEN TOOLS
- UN-MAGIC WORDS
  Learning to "count it all joy"
- TRIED & TRUE FALL RECIPES
  Warm spices for the cooler days ahead

CROWD SAILING

is a publication of the Christ Church Ladies Fellowship in Moscow, Idaho, in conjunction with the Christ Church Bible Reading Challenge.

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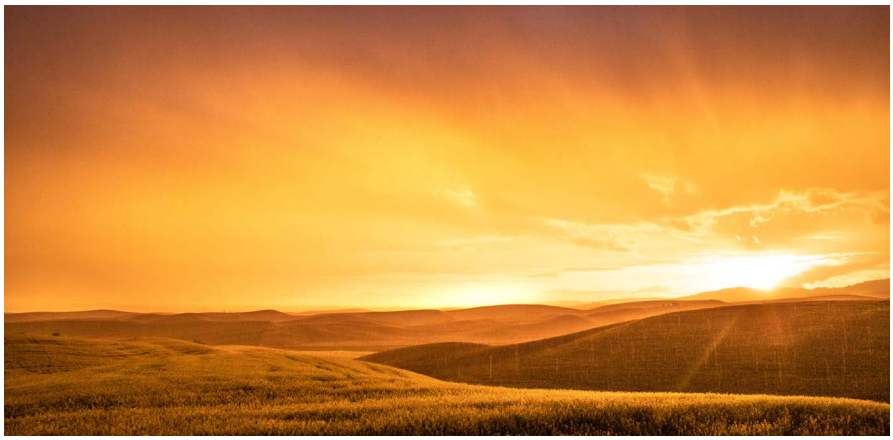
THE RELIEF OF JOY

by CONNIE ROSENDAHL



HAVE YOU EVER EXPERIENCED a place where the heat and humidity were dangerously oppressive? Do you remember how you felt both physically and mentally? Now remember how it felt to walk into an air-conditioned building. Did "ahhhhh" tumble out of your mouth unrestrained? In the heat, you were mentally foggy, unfocused, unclear, and unmotivated. Physically, you felt drained and even sick. You were reduced to one objective…to find relief. Once in the air conditioning, you felt refreshed, refocused, and restored, both in body and in mind.

JOY BRINGS RELIEF AND PEACE THAT CANNOT BE FULLY UNDERSTOOD.



Choosing to live in the joy of the Lord is like that air conditioning experience—but even more transformational! Joy brings unbelievable relief and peace that cannot be fully understood. Joy is God's grace. Joy, like peace and rest, is one of the privileges of living under God's protection in troubled times. "He who dwells in the shelter of the Most High will rest under the shadow of the Almighty" (Psalm 91:1).

Asaph experienced this type of transformation in Psalm 73. The first half of the psalm feels a lot like heat and humidity. Asaph struggles with confusion and despair. He can only see the wicked triumphing. He is undone, nearly losing his foothold, unable to see God's plan.

The stunning change takes place in verse 17: "When I tried to understand all this it troubled me deeply, till I entered the sanctuary of God. Then I understood their final destiny." In the rest of the psalm, you can feel the refreshment of Asaph's perspective after spending time in the presence of God.

How can we receive this refreshment, the transformation from our despair to living with joy? How can we enter into this deep, cool, calm, life-changing serenity of joy, rest, and peace?

Like Asaph, we receive and maintain joy by living in the presence of the Lord, in His sanctuary. Spending time in His Word every day enlightens your soul to His will, His commands, and His promises. Spending time in prayer affords the opportunity to thank Him, ask His forgiveness, and petition requests on behalf of yourself and others. Spending time with His saints in worship and encouragement also helps keep us on the path of righteousness. Singing psalms and spiritual songs is a multi-sensory affirmation of God's truths.

ONE OF THE GREATEST GIFTS OF JOY FROM GOD'S HAND TO MY FAMILY IN PARTICULAR HAS COME IN THE FORM OF OUR SPECIAL NEEDS SON, DANIEL.

Living with joy can come from only one source: the triune God. God the Father's sovereign arrangement of all aspects of our lives, from our personal existence to the management of the universe, affords us cause for joy and thanksgiving. Jesus our Savior died so that we will not be bound by a joyless existence. He intercedes for us as we pray. The Holy Spirit provides both conviction and joy to direct us through our lives.

As believers, we can all receive these gifts of joy, peace, and rest. However, our experience of receiving these gifts vary from person to person, as God decrees.

One of the greatest gifts of joy from God's hand to my family in particular has come in the form of our special needs son, Daniel. My family is exceedingly wealthy! We are rich indeed! Oh, it may not appear that way by earthly standards, as much of our earthly mammon has been exchanged for brain surgeries, helicopter transfers, heart monitors, hospitalizations, and seizure medication. But that financial investment in Dan has blossomed one hundredfold.

Dan, now 20 years old, is remarkably Christ-like. He has the most Godward-orientation of anyone we know! He has the cognitive level of a four-year-old, so we don't leave him alone, let him run the microwave, or cross the street without help. But when he prays, the richness of his fellowship with God is akin to an old, seasoned Baptist pastor.

Dan is legally blind, seeing only with his peripheral vision. We guide him through the parking lot and the store so that he does not lose his way. Yet it is his encouragement to us of wise words, Scripture application, and prayers that keep us from losing our way!

Some of you have made a point of meeting Dan. You have introduced yourself to him each visit, as he may not be able to visually recognize you. He is happy to quote a verse or give a blessing. He often takes prayer requests. It has never occurred to him that His Heavenly Father wouldn't hear and answer prayers. His prayers are always prayed in full faith.

Look for avenues of joy that God has purposed just for you. His gift of joy will transcend worry, viruses, isolation, riots, fear, disappointment, and besetting sins. Spend time in prayer, in the Scripture, in fellowship, and in the house of the Lord. Then bask in the relief of joy. ❀

OUR FAVORITE KITCHEN TOOLS





Love my **lemon squeezer.** Especially in the dark months. I love making recipes with fresh lemon. Well I might like fresh lemon all the time :)

—NATALIE DOANE



I have been waiting for another opportunity to shout my deep-seated affection for my Pampered Chef **ground-meat-chopper-thingy**!

—LAUREN MCMURRAY



I love my **cast iron pans**! I recently purchased these mini cast iron pans and oh my goodness, they are so fun! Nothing like warm chocolate cake served with lemon blueberry sauce and coconut cream!

—RACHEL HEMPHILL

I love my **cast iron pans** too! We do individual pot pies.

—MEREDITH WILSON



I love finding **antique serveware**—like my 1950s cake carrier!

—CAROLYN WILSON

Dutch ovens for the win! —CHANTELLE WILSON



UN-MAGIC WORDS

by KATHRYN NIEUWSMA

WHEN I GET MYSELF INTO A JOYLESS RUT, I OFTEN find that I am saying a certain phrase unconsciously to myself over and over. That phrase is: "It shouldn't be this way!"

And with those five little un-magic words, I am saying so many false things. I am saying that God is not in charge. Or possibly that if He is in charge, I am being treated unjustly. I'm definitely saying (since God is either not in charge or is treating me unjustly) that I can't be expected to deal with this frustration/difficulty/trial faithfully. Because if things really shouldn't be this way, then I have an excuse for acting like every kind of trial is a distraction from the life I actually deserve!

> NOT ONLY ARE MY TRIALS NOT A BARRIER TO MY JOY, THEY SHOULD BE COUNTED AS MY JOY.

But what does James say? "Count it all joy, brethren, when you fall into various trials. For we know that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing" (James 1:2-4).

Not only are my trials not a barrier to my joy, they should be counted as my joy. I should welcome them as an opportunity to feel the sustaining and maturing grace of God.

Recently, when I feel my joy falling away, I have started to evaluate whether these un-magic words are creeping into my thought patterns. Most of the time, I find that they have! When I find them, I've started intentionally replacing them with the phrase "the Lord my God does all things well" (a version of Mark 7:37). This reminds me that when I deal with something difficult or frustrating, I am exactly where I should be: I am fighting the good fight of the faith with the Lord at my side. This small habit—and its intentional change of perspective—has been an unexpectedly strong weapon in the fight for joy!

So do not tell yourself: "It shouldn't be this way." Instead, tell yourself: "The Lord my God does all things well." ❀

Hospitality TIPS

I LOVE HAVING PEOPLE OVER!! And because I often love a big crowd, giant charcuterie boards or plates of appetizers are a great way to have all the people without the expense or space issues of a sit-down dinner.

—CAROLYN WILSON

THE LAST COUPLE TIMES I'VE hosted, there has been a big crowd of kids involved, so I've relied heavily on Ina Garten's mac and cheese recipe. Two pans of that alongside whatever main course and I know nobody will go hungry.

—GRACE JANKOVIC

MY FAVORITE HOSPITALITY TIP: get a fire pit! The menu is simple (s'mores) and it's an easy way to invite over that new neighbor or family that might feel intimidated by a dinner invitation. Everyone loves to toast a marshmallow, and it works equally well for having a group of college friends over, catching up with another couple while the kids run around the yard, or spending a special evening with old friends.

—CORINNE REAGAN

I ALWAYS CHECK FOR ANY ALLERgies my guests may have, then make sure I have a separate dish for them or have them dish up first to avoid any cross-contamination.

—RACHAEL HEMPHILL

AT SABBATH DINNER, WE USED to carve up a bunch of meat into bite-sized pieces into a separate bowl. That was when the little people needed that!

—RACHEL JANKOVIC

HERE'S A TIP I ACTUALLY GOT from Rachel Jankovic a long time ago: cutting brownies often ends up with the knife bunching up the brownies. However, if you use a plastic knife (like out of the Dollar Store disposable cutlery box), magically you get no brownie buildup on your knife, and you do get nice clean-cut brownies. Magic!

—LINDSEY DOOLAN

THIS IS NOT FANCY, BUT IF YOU are using plastic disposable cups, set up the drinks and cups with a couple of permanent markers so people can write their name on their cup. This is particularly wonderful when you have a lot of kids together and no child (or parent) can tell whose cup is whose otherwise!

—RITA JOINER

SIMPLE, BUT A GAME-CHANGER: Instead of saying, "We should have you over sometime," schedule it right then for a date in the immediate future. It's so easy for time to slip by and there you are saying to the same person, "We should really have you over!"

—CORINNE REAGAN







TRIED & TRUE RECIPES

A selection of fall favorites from our BRC moderators



CHICKEN TIKKA TRAY BAKE

5 pounds of bone-in/skin-on Chicken thighs (drumsticks too, if you like)
Canola oil (just enough to make the spice rub adhere to the chicken)
Kosher salt & pepper, to taste
Spice rub (see below)

CURRY SPICE RUB:

½ t Chili Powder
½ t Tumeric
1 t Sugar
1 t Paprika
1 t Garam Masala

***TIP**: If you don't have all of the spices you need for the rub, you can use 2 T of your favorite curry powder instead!*

DIRECTIONS:

Preheat oven to 400°.

Place chicken pieces on cookie sheet (standard jelly roll/half sheet pan size is great here, but you can improvise with what you have). Tip: you can line your sheet pan with parchment paper for quick cleanup later!

Toss chicken with oil, spice rub, and salt/pepper to taste. Roast uncovered until you can pull the meat easily off the bone with a fork, about 45 minutes.

ROASTED TIKKA VEG

1.5 lb Yukon gold (or any kind!) potatoes, cut into pieces
1 head cauliflower, cut into pieces
1 t tumeric
1 t cumin
Oil, kosher salt, pepper to taste

***TIP #1:** a couple teaspoons of curry powder will work here too, if you don't have tumeric & cumin on hand*

***TIP #2:** you can substitute or add any kind of roasting veg for this recipe, such as broccoli, peppers, etc.*

DIRECTIONS:

Preheat oven to 400°.

Place veg pieces on cookie sheet.

Toss potatoes with oil, spices, and salt/pepper to taste. Roast uncovered until fork tender, about 30 minutes give or take (depending on how large or small the pieces are).

GARNISHES AND SAUCES

(If you are feeling fancy)

1. Pickled red onion. Thinly slice the onion. Toss in your choice of vinegar and lime or lemon juice. Let sit for 1 hour at room temp.

2. Greek yogurt. Serve plain, or stir in a couple tablespoons of lemon juice and a touch of curry powder or garam masala for fun.

3. Masala sauce

(Not essential, but WORTH IT if you have the time!)

2 T butter or oil
1 whole onion, chopped
4 cloves garlic, chopped
1 t tumeric
1 t ginger (powdered)
1 t curry (or more, to taste!)
14-oz can tomato sauce
1 ½ C heavy cream (you can substitute whole fat coconut milk if you have a milk allergy)
Salt & pepper to taste

DIRECTIONS:

In medium sauce pan, sauté butter, onion, and garlic until softened. Add spices. Sauté for another minute. Add tomato sauce and cream. Let simmer for 10 minutes.

Puree until smooth, using immersion blender or regular blender. Season with salt & pepper, then serve with Tikka chicken and roasted veg.

***TIP:** this sauce can be made days ahead of time and stored in the fridge or freezer until you are ready to use it.*















CLASSIC APPLE PIE

Photos: Belphoebe Merkle

FOR THE CRUST

- 2 C flour
- 1 C crisco
- ½ C water
- Pinch of salt

FOR THE FILLING

- 8 large Granny Smith apples
- 3 C sugar
- 1 ½ T cinnamon
- 1 t nutmeg
- ¼ t cloves
- lemon juice

FOR THE CRUST: In a bowl, use a fork to cut the crisco into the flour and salt until crumbly. Add water slowly (it will not always be a half cup) and continue to mix with a fork, using a cutting motion. Mix until everything is just incorporated and forming a ball, then add more flour or water as necessary, being careful not to overwork your dough. It should be soft and not too sticky. Once it is ready, cover and put in the fridge to chill for at least two hours. (I generally make the dough the evening before so it can chill all night.)

Preheat oven to 400°.

FOR THE FILLING: Peel, core, and cut apples into thin slices and put in large mixing bowl. Add sugar (add more or less depending on how sweet you want it), spices, and lemon juice. Mix everything with a large spoon, making sure to thoroughly coat apples. Allow apples to macerate for 10–15 minutes.

Remove dough from fridge and divide in half. Lightly flour your surface and roll out your dough into a circle slightly larger than your pie dish. Carefully move your first crust into your pie dish and set aside.

Mix your apples one more time, making sure to thoroughly coat the apples in the liquid.

Mix in 2 T of flour to thicken the apples—it will still be a very juicy pie! Using a ladle, get a scoop of apples and tilt the ladle so that most of the juice drains back into the bowl. Then move apples and remaining liquid to the crust. Repeat until all of the apples are in the crust. (Most of your liquid should still be in your bowl.)

Roll out your top crust and place on top of apples. Using a sharp knife, cut along the edges of the pie dish to cut off excess crust. Crimp the edges and cut a few slits in the top of the dough to allow heat to escape. Lightly brush the top with cream or egg white and then sprinkle with sugar.

Set your pie dish on a baking sheet to catch drips and bake in oven for 15 minutes or until crust is golden brown. Turn the oven down to 375° and let cook for another 35–45 minutes until apples are soft.

Remove pie and let cool or serve hot.


COMING SOON
BEGINS SEPT 7
TO THE WORD
BIBLE READING CHALLENGE