

Moving through the days of the Assembly ~ a few prayers, ideas & resources:

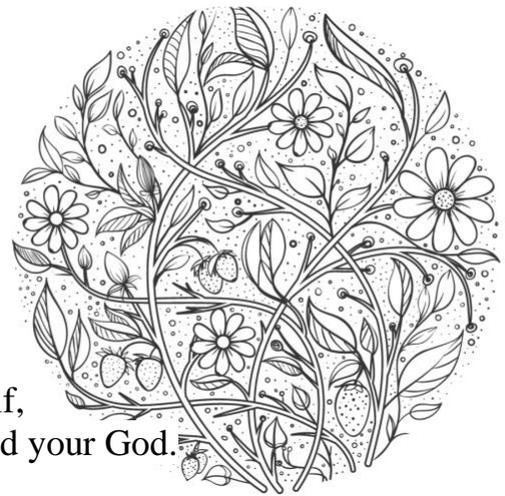
The Lord has told you, O mortal, what is good;
and what does the Lord require of you
but to do justice, and to love kindness,
and to walk humbly with your God? Micah 6:8

They have treated the wound of my people carelessly,
saying, "Peace, peace," when there is no peace.

Jeremiah 6:14

The stranger who resides with you shall be to you as the
citizen among you; you shall love the stranger as yourself,
for you were strangers in the land of Egypt: I am the Lord your God.

Leviticus 19:34



Dwelling in the Word

Moving through these days -

- Read a passage from above, listening with the “ear of your heart.”

What phrase, sentence or even one word stands out to you?

- Read the passage again and **reflect** on the word of God.

What touches you - share a thought or reflection that is meaningful to you.

- Read the passage again and **respond** spontaneously to the word of God.

Is there a prayer that rises up within that expresses your experience with the text this evening.

- Read the passage a final time and **rest** in the word, reflect or pray and allow God to speak in the silence.



Proverbs 17:17

*A friend loves at all times,
and siblings are born
to share adversity.*

Our Community is a beautiful gift. Using the directory, connect and ask ~

What do you need?
How was your heart stirred in our pre-assembly learning?
What is your prayer?

A Walking Prayer

Shared with our Community by Ted Dodd

Before you begin your walk, read Luke 24:13-31

PRAYER *before your walk*

God who walks with me, journey with me this day.
On this occasion, may I move knowing you are beside me.

God who is revealed in the scriptures, open my heart and mind to your word.
In this moment, may I be able to say, “Was not my heart burning within me.”

God who welcomes me with radical hospitality, may I greet the people I meet this day as angels unaware. While walking, may I pray for the others in my life.

God who is known in the breaking of the bread, let the ordinary moments of this day become extraordinary sacredness. During this time, may I open my eyes to recognize the Spirit.

Proceed on your walk.

Prayer for the middle of the walk - *find a place to sit or stand*

In this time of tension and turmoil, pandemic and poverty, racial injustice and climate change, like the disciples on the Road to Emmaus, we are often a church of grieving pilgrims:

Our hopes decimated.
Our dreams broken.
Our hearts breaking.

God of hospitality, break in with your teaching and wisdom.
Take.



Bless.
Break.
Give.

We lament the brokenness of our world. We wait with kingdom vision. We long for resurrection hope. Amen. *Continue on your walk.*

Prayer for after the Walk

We would not be foolish and slow of heart. We would believe all that the prophets have declared. We will offer our thanks and praise and gratitude.

Beginning with Moses and all the prophets,
we remember that: You are the creator. You are the liberator. You are the vision of justice and compassion. You are the way.
Thanksgiving.

Interpret to us your mystery: Your transcendent holiness, Your immanent nearness,
Your steadfast faithfulness, Your infinite love, Your amazing grace.
Praise.

Remind us of the Messiah:

His birth and embodied incarnation,
 His life and learning and actions,
 His teachings and sacred wisdom,
 His suffering and unjust death,
His glorious Easter and re-birth of hope.
Gratitude.

Stay with us, O Holy One, as guest in my heart. Stay with us as hospitable and inclusive host. **Amen**



Why I Wake Early
by Mary Oliver

Hello, sun in my face.
Hello, you who make the morning and spread it over the fields
and into the faces of the tulips and the nodding morning glories,
and into the windows of, even, the
miserable and crotchety—

best preacher that ever was, dear star, that just happens
to be where you are in the universe to keep us from ever-darkness,
to ease us with warm touching, to hold us in the great hands of light—
good morning, good morning, good morning.

Watch, now, how I start the day
in happiness, in kindness.



From our kitchens...ENJOY!

Ants on a Log

Spread peanut butter (or other favorite nut butter) on celery ribs. Top with raisin or dried cranberry "ants."

Caramel Puff Corn

10 oz. bag hull-less plain corn puffs
1 cup butter
½ cup light corn syrup
1 cup brown sugar
1 t. baking soda

Combine butter, corn syrup and brown sugar in a saucepan; bring to a boil.
Boil for one minute. Take off heat and add baking soda; stir until foamy.
Pour over the corn puffs and stir.
Bake on baking sheet for 45 minutes at 250 degrees F, stirring every 15 minutes.
Dump puffs onto wax paper. Let cool.
Break apart clumps into bite-size pieces.
Store in an airtight container.

5 Minute Chocolate Mug Cake

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
a small splash of vanilla extract
1 large coffee mug

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired.

EAT! (this can serve 2 if you want to feel slightly more virtuous). And why is this the most dangerous cake recipe in the world? Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

Olive Tapenade

In a food processor, combine 1 1/4 c. your favorite variety pitted olives (I like a mix of castelvetro and kalamata), 1/4 c. olive oil, 1/4 c. parsley leaves, 2 cloves garlic, 2 T. lemon juice, and 2 T. capers (if you have them--really you can leave out anything except the olives and olive oil!). Pulse about 10 times. Scrape down sides of food processor, and then pulse an additional 5 to 10 times until it reaches desired consistency--still a little chunky and not too pureed. Serve with crackers or your favorite raw veggies.



Sweet & Salty Nuts

½ cup packed light brown sugar
¼ cup and 2 tablespoons heavy cream
¾ teaspoon coarse salt
4 cups nuts

Preheat oven to 325 degrees
Coat a rimmed baking sheet with cooking spray.

Stir together sugar, cream and salt in a large bowl.
Add nuts and stir until well coated.
Spread nuts on baking sheet in an even layer.
Bake – stirring every 5 minutes until brown and toasted. (20-25 minutes)

Sprinkle with another ¾ teaspoon coarse salt.
Transfer to a parchment lined baking sheet to cool. – Store for up to 2 weeks in airtight container.



Traditional Chex Mix – Microwave

1/2 cup butter 1/2 cup
2 teaspoons Seasoned Salt
3 Tablespoons Worcestershire sauce
8 Cups assorted Chex Cereal
1 Cups mixed nuts optional

1. Place butter, seasoned salt, and Worcestershire in a large microwave safe bowl. Heat in microwave just until melted. Stir in nuts and then cereal.
2. Microwave for two minutes. Stir. Repeat. Microwave two minutes more. Stir. Microwave a final two minutes, stir and eat! Will be soft until it cools and then will be nice and crunchy.

Note: if you have a super high-powered microwave, it may only need one minute rather than two in that last cycle.



Puppy Chow Recipe

The Best Puppy Chow Recipe EVER! The perfect sweet treat to feed a crowd!

1 cup semisweet or dark chocolate chips*
1 cup creamy peanut butter**
6-7 cups Rice Chex Cereal***
1-2 cups powdered sugar

- Melt peanut butter and chocolate together, either on the stovetop or in the microwave.
- Next, add 3 cups of cereal to a large bowl. Pour 1 cup of your chocolate/peanut butter mixture over the cereal.

- Add 3 more cups of cereal to the bowl and then pour the rest of the chocolate/peanut butter mixture on top.
- Stir until the cereal is evenly coated. If there are pools of chocolate/peanut butter at the bottom of your bowl, add more cereal 1/4 cup at a time until all that deliciousness is coating your cereal. Remember we WANT clumps, so do NOT add too much cereal!
- Let the mixture cool slightly (I throw mine in the fridge or outside on my porch if it's cold out). You do not want it to harden!
- Once your mixture is at or below room temperature, add 1 cup of powdered sugar. Mix until combined.
- Let cool for about 15 minutes.
- Add more powdered sugar 1/4 cup at a time until your cereal is coated to your satisfaction.
- Store in an airtight container at room temperature, if it lasts more than 0.3 seconds.

*Ingredient Substitutions

- **Chocolate.** I recommend using a dark or semi-sweet variety. In my opinion, making this Puppy Chow Recipe with milk chocolate makes it too sweet.
- **Rice Cereal.** Chex is my favorite cereal to use (or a generic equivalent)!
- **Peanut Butter.** You can substitute any nut or seed butter if you're allergic to peanuts!
- **Powdered sugar.** There's really no substitute for this. You could make your own [refined sugar free variety](#) but it will NOT be white. So if you're OK with that then go for it! 😊
- Just a note that chilling the cereal/peanut butter/chocolate mixture *before* adding any powdered sugar **is critical** to making sure you have delicious clumpy, not overly sweet, puppy chow!

Adult Snack - A Diet of Worms: Vodka Gummy Worms

Time to complete: 20-24 hrs. Prep time 10-15 minutes.

Put your gummies in a bowl (If You can't find Gummy Worms, try Gummy Bears or Gummy Cola Bottles)

Pour in the vodka to cover the gummies well

You do NOT need to cover or refrigerate them

Wait patiently until they swell up with the Vodka (20-24 hrs.)

Spoon them out into a flat dish and serve

NOTE: Each worm contains 0.106 oz of alcohol. 14 worms is equal to approx.. one standard drink.