



CROWD SAILING

Read the Word, Pass the Bread, Share the Recipe

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SABBATH DINNER

A “Get to,” Not a “Got to”

by **NANCY WILSON**

WHAT IS OUR SABBATH DINNER?

It is our weekly kick-off celebration of the Lord's Day, where we gather at 6:00 every Saturday night. When we started 20 years ago, there were just six of us, so I even ironed a tablecloth and got out the good china and Grandma's crystal. But as our children married and started having grandbabies, we bought a highchair, and then two, and I used more reasonable dishware, added leaves to the table, and eventually overflowed to the living room and the library. But I've always loved making the table as festive as I can, sometimes sprinkling candies down the center of the kids' table, often lighting candles and using cloth napkins and colorful goblets. But of course, I have used paper plates a number of times, especially at summer Sabbaths outside in the yard.

As our family has grown and changed, our Sabbath dinner has adapted to the changes. It just gets bigger and better! But some things have remained the same. For instance, we start each Sabbath with a toast. In fact, when we first started celebrating the Sabbath, one of the



big changes for us was drinking wine. My husband decided that we needed to be celebrating in a more biblical manner, and that included wine. One such example is from Isaiah 25:6: “And in this mountain shall the Lord of hosts make unto all people a feast of fat things, a feast of wines on the lees, of fat things full of marrow, of wines on the lees well refined.” Even the kids get a little cup with a sip of wine in it. Doug raises his glass and says, “This is the day the Lord has made.” And we all lift our glasses and respond, “We will rejoice and be glad in it!”

Over the years, the most common question I get about Sabbath is, “Who

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BEHOLD, THE HANDMAIDEN OF THE LORD

by KATHRYN NIEUWSMA



aren't we thankful for that? How many times would I have refused the best good things in life if I had been given the choice? If you are living faithfully, your answer to life's crazy plot twists should be: "Behold, the handmaiden of the Lord. Do to me according to Your word" (Luke 1:38).

But how do you faithfully prepare for a life that is so thoroughly out of your control? My plans for 2019 were vastly different than God's plans, and they were not something that I could prepare for ahead of time. Or could I?

As a matter of fact, many times throughout the process of walking through this trial, I was surprised by the strange feeling that I had prepared for it. Like surprising yourself by having exactly the right tool in your hand for the job you didn't know you were going to get. I had been reading large portions of Scripture daily for almost two years when my little one got sick, and I was so thankful for how quickly I felt the solid rock of that comfort beneath my feet. Even though I didn't know it, I had been provisioning myself with the nourishment I needed for this hard journey. I had prepared myself for something impossible to prepare for, simply by drawing closer to my God. You can't know the story of the future, but you can know the One who wrote it.

I HAD PREPARED MYSELF FOR SOMETHING IMPOSSIBLE TO PREPARE FOR, SIMPLY BY DRAWING CLOSER TO MY GOD.

So do you want to prepare for anything

this year? Then resolve to learn your Father. Study Christ in all of His revealed Word, not just the easy parts. Seek first the kingdom, and all of these things will be added to you. In an unknown world with an unknowable

"All I know of tomorrow is that Providence will rise before the sun."
—JEAN BAPTISTE LACORDAIRE

I HAD GRAND PLANS FOR 2019. I was going to read at least five books a month. Lose weight. Learn French. Knit 15 blankets. Maybe buy a house. Definitely be more awesome. I planned for it to be a fun, simple year full of good, slow spiritual progress. My word for the year might as well have been "intentional."

What did I actually accomplish in 2019? My checklist boils down to two things: I survived spending much of my year in a children's hospital mothering a gravely ill child, and I

read four to six chapters of the Bible a day. I went into the year prepared for one set of peaceful things, but, in the end, I had no idea what crazy challenges were about to fly at me. My predictions and resolutions had nothing to do with God's plans for me.

My point here is not that making plans or resolutions is wrong! They can be fun and helpful for directing your time. But ultimately, when your plans go head-to-head with God's plans, His plans win every time. You are simply not powerful enough to withstand His will. (And

future, we have been given the great gift of a God who has made Himself known through Scripture. In the Bible (and through the Holy Spirit and the church) we have a revelation of Emmanuel, God With Us. God in our hearts. The unknowable KNOWN.

Isn't it better to know God than to know what is going to happen next? If joy comes, the joy will be far greater in the daily presence of your Father. If you are given trials, there is no better place to weather them than in the everlasting arms.

So this year, plan to draw near. In 2020, resolve to know Christ. Keep close to the Word, and through that, be ready for anything. Come join the feast! ✨



Sabbath dinner isn't about you! It's not about how beautiful your table is, or how perfect your food is, or how clean your house is. When hosting, it's important to think about the people you're having into your home. Don't serve food you like, serve food that your people will like. Will you have littles around the table? Set the table mindfully around them. Decorate with candy corn instead of candles. I find that hosting Sabbath dinner is much more fun and easy when I'm thinking about how I can serve the people in my home, rather than how awesome I am at hosting.

– CHANTELE WILSON

SABBATH DINNER TIPS

by RAYIA SODERBERG

SUNDAY DINNER IS MY FAVORITE time to host a Sabbath meal. Oven and crockpot meals fill the house with delicious scents while we're at church and welcome us when we walk

through the door. It takes me back to my childhood at grandma's house every time I come home to an oven filled with roasting meat and golden potatoes on a Sunday afternoon.

Setting the table the night before helps with that last-minute crazy before the guests arrive. I love to feature a bouquet of flowers, beautiful wine glasses, and cloth napkins, but I'll be the first to say those things don't always happen! I've also served Sabbath with paper napkins, red Solo cups, and not a flower to be seen...and it was wonderful. But when I do have time to make the table extra special, here are some of my favorite ideas:

- The dollar store and thrift shops are a great way to buy dishes, tablecloths, and napkins without breaking the bank. Mismatched can be pretty too!
- Don't be afraid to use your special dishes! Meals shared around a Sabbath table is as special as it gets. And what sweet memories the children will have using your nice dinnerware!





- Greens from your yard, grocery store flowers, and paper bouquets are all easy ways to dress up a table. You don't have to be a florist!
- Roast pork loin or roast chicken is one of the easiest Sabbath meals you can prepare and is always a hit with guests.
- Candles are a wonderful way to make even the simplest meal feel extraordinary.
- Pray for a cheerful heart and a hospitable spirit as you practice keeping the Sabbath.
- Let others help! Sometimes it might be easier to just do everything yourself, but other times you find yourself too overwhelmed to host because you can't do it all.

So take folks up on their offers to bring food and ask for help if you need to. Children love to help set a pretty table!

- And remember, an imperfect table filled with people and love is better than an empty table with perfect potential. ✿



SABBATH DINNER: TEAM HUDDLE

by ALLISON RYAN



OUR SABBATH MEALS ARE A SQUISHY SITUATION. There are a lot of us and we all cram into two smallish rooms with three different tables. If you end up on the super pinched side of the table you are stuck there for the whole evening and you rely on the kindness of others to bring you food. But I think most people like to be squished in tight rather than spread out too far. I read this theory in an architecture book and I really think it's true. I have noticed at big parties that people bunch into tight spaces and avoid the large open areas. This theory is good news in our situation!

PEOPLE DO LOVE TO COME OVER AND EAT A MEAL AT YOUR HOME TOGETHER NO MATTER WHAT YOU'RE SERVING OR HOW SQUISHED YOU ARE.

Our problem wasn't always a tightness-with-people problem, it was a tightness with money problem. I used to joke that this Dave Ramsey budget thing has ruined my life! But truly, people do love to come over and eat a meal at your home together no matter what you're serving or how squished you are. I still catch my breath when I think about the time our main dish for the Sabbath meal was a baked potato with toppings. I tried not to be embarrassed as I served the potatoes that had baked so long, they had turned into white powder. I watched our guest closely as he dipped in. He

didn't bat an eye and I could tell he was delighted just to be around the table.

So why bother with a Sabbath meal where we are packed together or where a baked potato is the main course? Well, because it is like a huddle, a pep talk at half time. We come back together once a week and huddle up for encouragement. I use to coach cross-country and right before the race the kids would get in a circle and grasp each other's shoulders and pray to God, "Please let us win," and chant our motto, rocking back and forth. We did this to encourage ourselves and get ready for the grueling race ahead.

How do we do the Sabbath meal? Before we eat, we gather in the dining room and pray and praise God while singing the doxology and raising our hands. Everybody loves it. Even the babies raise their hands. I keep the food simple. It seems that's what everybody likes the best anyway...especially the grandkids. I usually make a big piece of meat and everybody else chips in with the side dishes. This way of doing it reminds me of a line from *The Music Man*... "You can eat the fill of all the food you bring yourself!"

I love to make the tables beautiful and inviting. And I try to make it fun for the kids. At the end of the evening, before they climb into the car, we have a race around the yard. Prizes for the finishers! I overheard one five-year-old grandkid say, "What are we gonna do when Grammy dies? There will be no more prizes." So sweet!



We also we put a high priority on having our Sabbath meal regularly. Like exercise, this repetitive, hard work pays off gloriously in the end—not with prizes or a gold medal, but with something even more awesome and everlasting: children and grandchildren that love Jesus! ❁

I prepare a meal beyond what we would normally eat on Saturday night to kick off the Lord's day: gravy, homemade rolls, cakes, or Jello. Things I don't normally prepare! We love La Croix and sometimes have sparkling cider. I let the girls set the table. Spring and summer mean fresh flowers while fall and winter mean candles! We'll get out tablecloths and sometimes homemade decorations. We also do a special reading; for example, in early January we'll read *The Real 12 Days of Christmas* as tomorrow is Epiphany! In the summer, we also like to picnic!

—LIZ BOYD



TRIED & TRUE RECIPES

Here is a sampling of a few favorite Sabbath recipes from an old well-loved church cookbook.



BBQ TRI-TIP

2 (3 lb. each) tri-tip roasts
Seasoning salt (recipe below)
Basting sauce (recipe below)

Heat your grill to low. Coat the tri-tips with about half the seasoning salt, rubbing it in. Let rest 30 minutes at room temperature. Grill over low heat, starting one fat side down, and one fat side up. Turn as the first side gets crispy, about 6 to 8 minutes. Turn the tri-tip before the

heat pushes juices out the top, and continue to turn using this technique throughout.

After turning, baste with the sauce and season lightly, four times per side. Continue to turn until they are cooked to your liking. Remove from fire and let rest 10 minutes before slicing into ½-inch slices against the grain.

SEASONING SALT

2 t fresh ground black pepper
2 t white pepper
2 t cayenne pepper
1 t onion powder
4 T granulated garlic
6 T salt

BASTING SAUCE

½ C red wine vinegar
½ C garlic-infused vegetable oil

SAUSAGE STEW

10 medium red potatoes cut into 1 ½-inch pieces
2 onions, coarsely chopped
1 green pepper, coarsely chopped
1 red pepper, coarsely chopped
2 lb. smoked Polish sausage, cut into ½-inch slices
1/3 C oil
1 T dried basil
2 t salt
1 t pepper
2 C heavy cream or whipping cream
3 T cornstarch
3 T water

Put potatoes in large roasting pan. Add onions, peppers, and sausage. Toss. Combine oil, basil, salt, and pepper. Pour over meat and vegetables; toss well. Cover and bake at 350 for 45 minutes. Stir. Pour cream over. Cover and bake 45 to 60 more minutes. Combine cornstarch and water; stir into stew. Place on stove over medium heat, stirring constantly until thickened.

JAMBALAYA

To feed a crowd (say 20 adults), use four boxes of rice and double the other ingredients.

- 1 lb. hot sausage (ground)
- 1 onion, chopped
- 1 6-oz package Uncle Ben's long grain and wild rice mix
- ½ lb. fresh mushrooms, sliced
- 1 T butter
- 2 C cooked, chopped chicken
- 1 can quartered artichoke hearts, drained
- 1 small can sliced black olives, drained
- White wine
- Green onions, chopped, for garnish
- Assorted hot sauces

Brown the sausage and the onion; drain. Add the rice mixture and cook according to the package directions except with one alteration: cook with ½ C water and ½ C white winter instead of all water. Sauté the mushrooms in the butter. When the rice is done, add remaining ingredients except the green onions. Put in an oven-proof pan and bake at 350 degrees for 30 minutes. Top with green onions before serving. Serve with LOTS of hot sauces.



CHICKEN CURRY

This curry is best if made a day ahead and reheated, which makes it a perfect Lord's Day dinner.

- 6 T butter
- 1 C minced onion
- 1 C chopped celery
- 4-5 cloves garlic, minced
- ½ C flour
- 1-2 T curry powder, or to taste
- 1 t dry mustard
- ½ t salt
- ¼ t pepper
- 1 t paprika
- Dash of cayenne pepper
- 1 ¼ C strong beef stock
- 1 C half-and-half
- 3 T catsup
- 1 (3 lb.) chicken, stewed, meat cut into bite-sized pieces (or use equivalent boneless, skinless chicken thighs or breasts—this can be approximate)
- Toppings (various)

Melt butter in large skillet. Add onion, celery, and garlic; cook over medium heat until onion is limp. Combine all the dry ingredients and add to the onion mixture, stirring over low heat until blended. Slowly add beef stock and cream; stir till smooth. Add catsup. Cook for 2 minutes; then add chicken. Heat to boiling. Let stand for one hour, then reheat to serve.

Toppings: green onion; red, green, yellow, or orange peppers; crisp bacon; salted nuts (peanuts, cashews); sunflower seeds; raisins; shredded coconut; pineapple tidbits; mandarin oranges; and hot sauce.



PORK LOIN ROAST

4-5 lb. pork loin roast
3 T olive oil
1 t dry mustard
1 clove garlic, crushed
1 t dried whole thyme
1 t dried rosemary
1 t minced fresh parsley
½ t salt
½ t pepper
White wine (to baste)

Score the roast and rub on the seasonings. Wrap the roast in foil and refrigerate overnight. Remove the roast from the foil and place fat side-up on a rack in a shallow roasting pan. Bake at 325, uncovered, for 2 ½ - 3 hours, until the roast reaches an internal temperature of 165. Baste frequently with white wine. Remove and let stand until internal temperature rises 5 degrees to 170. Slice and serve.

CHICKEN LASAGNA

½ lb. cooked and drained lasagna noodles
1 lb. mozzarella, sliced thinly
¼ C grated parmesan
4 chicken breasts, cooked, diced
1 package frozen chopped spinach, thawed and drained well
½ C butter
½ C flour
½ t salt
½ t basil
3 C chicken broth
2 C cottage cheese
1 egg, lightly beaten

Melt butter in a large saucepan; blend in flour, salt, basil. Stir in chicken broth and cook till the mixture thickens and comes to a boil. Add the chicken and set aside. Mix cottage cheese with egg and parmesan. Place 1/3 of chicken mixture in an oiled 9x13 pan. Top with half the noodles and half the cottage cheese mixture, followed by half the spinach and half the mozzarella. Repeat the layers and end with the last 1/3 of chicken mixture. Top with mozzarella. Bake at 375 for 45 minutes.



We like to make Sabbath dinner stand out from all the week night dinners by serving fun drinks (sparkling cider for the kids, wine/hard cider/beer options for the adults), using our nicest dishes (and not worrying about how many we'll have to wash later!), and making a fun dessert. And don't overwhelm yourself by thinking you have to incorporate all the special things you can think of all at once—this is something we're all going to be getting better at in God's kindness! Even just adding sprinkles to an ice cream cone makes the dinner special for your kids and their friends. If, like us, your dining space is limited, use the summer months to invite more guests to join you on your deck or in your yard. I love summer Sabbath prep: my kids playing outside while my husband grills and I finish setting the table. Doing as much cleaning and food prep as you can the day before is so helpful in keeping your Sabbath celebration relaxing, especially if you have little kids!

—EMILY SUMPTER

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does the dishes?” And I think this reveals what it is that stalls us out! We think it will be too much work. Well, I won’t deny that it is a whole lot of work. Sometimes it took me two or three days to get it all cleaned up! But I wouldn’t trade it for anything. It is

the best kind of work, and just another way of loving our people, and now there are many more hands to help.

We tried from the very beginning of our Sabbath Feast to make it a “get to” and not a “got to” for our kids. We never instituted a dress code or made

everyone “mind their manners” or fussed at people for being late or for leaving early. And the wonderful result is that no matter where the week takes everyone, they all try to get back in time for Sabbath.

We’ve made up games (like Uncle Ball), sung silly songs, hosted hundreds of guests, and made many sweet memories together. We are all curious and excited to see how the next 20 years of Sabbath celebrations will look as our numbers continue to grow. If you decide to start this wonderful tradition, expect to be surprised at how God will bless it. It will shape and strengthen your family for generations! ❁





JUMP IN ANYTIME!

We welcome you to join us on *today's* readings—no need to catch up. Just start now, and we hope you'll make Bible reading a lifelong habit!

The Christ Church Ladies Fellowship Bible Reading Challenge is an opportunity for women from around the world to read the Bible together.

Find links and resources at
CHRISTKIRK.COM/BIBLECHALLENGE



PEOPLE, GET READY FOR...

SAME PAGE SUMMER

**GET ON
BOARD
JUNE 1
2020!**