

Offering #49 April 23, 2021. The winter weather has blanketed our lawns and gardens temporarily confusing our spring planning and planting. Our theme for this week is the Good Shepherd. Meditate of the 23rd psalm and a reading from the gospel of John. Stress relievers in “Aha moments. The county gardener reminds us spring is still here. The last of winter recipes, hamburger soup and Irish soda bread from 1974, 4-H Ontario project. Hopefully next week we will spring into spring salads and dressings. Find some fun and stay safe. Blessings and affection, Deacon Kate Ann

23RD PSALM

**The Lord is my shepherd,
I shall not want.
He makes me to lie down
in green pastures,
he leads me beside still waters,
He revives my soul.
and guides me along right pathways
for his name’s sake.**

**Though I walk through the valley
of the shadow of death,
I shall fear no evil,
for you are with me;
your rod and staff, they comfort me.**

**You spread a table before me
in the presence of my enemies.
You have anointed my head with oil;
and my cup overflows.**

**Surely goodness and mercy
shall follow me all the days of my life,
and I will dwell in the house
of the Lord forever.**

Gospel John 10:4

*Book of Common Prayer reading from the Ministry of the sick
Condensed version comments by Deacon Kate Ann*

“Jesus said, I am the good shepherd; and I know my own, and my own know me, even as the Father knows me, and I know the Father; and I lay down my life for the sheep. My sheep hear my voice, and I know them, and they follow me and I give unto them eternal life; and they shall never perish, and no one shall pluck them out of my hand.”

Have any of you have witnessed a calf being born? Truly amazing! When the mother cow begins labour she makes a gentle mooing sound.. soft, but distinctive. During and after delivery this mooing continues while the baby calf struggles to his feet and begins nursing.

The mother and calf have bonded. They know the sound, the call, as you might say. It is called imprinting. Other species do this, ducks, sheep etc.

20 years ago we had 100 head of angus cattle. At calving time we were having 15 calves a year. I was amazed that mothers and calves could sort themselves out and find each other. The mothers would moo and the calves would come running.

What does this have to do with “our call” to our faith?

This may be a theological stretch, but I believe when we are born, God has imprinted on us.

GOD calls us all, but He gives us free will as to whether we will answer or not.

Food for Thought

When it comes to brains, sheep are not the sharpest crayons in the box. They frighten easily, tend to follow the crowd, and have limited abilities for defending themselves . That's why sheep thrive best with the Shepherd who guides them, protects, and cares for them. Our Good Shepherd will do the same for us . Worry, fear, and discontent are products of a sheepish mentality. However, the peace of true contentment can be ours when we follow God's lead.

Where Your Feet Take You Frederick Buechner

"THE WAY I UNDERSTOOD it," my grandmother says, "you were supposed to devote talks to religious matters. Incarnation and Grace and Salvation were some of the noble words you used."

Grandmother says feet are very religious too. She says that if you want to know who you are, you could do a lot worse than look to your feet for an answer. Thus, when you wake up in the morning, called by God to be yourself again, if you want to know who you are, watch your feet. Because where your feet take you, that is who you are.

Evening prayer, especially in this time of pandemic – fr. Brad

Keep watch, dear Lord, with those who work, or watch, or wait this night, and give your Angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; all for love's sake. *Episcopal Church Book of Common Prayer*

“Aha” Great Lesson on Stress
Deacon John Morrison, St. John’s Bath

A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience.

Everyone knew she was going to ask the ultimate question, 'Half empty or half full?' She fooled them all.

"How heavy is this glass of water?" she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter.

It depends on how long I hold it.

If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress.

If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down.

**Don't carry your burdens through the evening and into the night.
Pick them up again tomorrow if you must.**

- 1. Accept the fact that some days you're the pigeon, and some days you're the statue!**
- 2. Always keep your words soft and sweet, just in case you have to eat them.**
- 3. Drive carefully.. It's not only cars that can be recalled by their Maker.**
- 4. If you lend someone \$20 and never see that person again, don't worry.**
- 5. It may be that your sole purpose in life is simply to serve as a warning to others.**
- 6. Never buy a car you can't push.**
- 7. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.**
- 8. Nobody cares if you can't dance well.**
- 9. When everything's coming your way, you're in the wrong lane.**
- 10. Birthdays are good for you. The more you have, the longer you live.**
- 11. We could learn a lot from crayons. Some are sharp, some are pretty, and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.**
- 12. A truly happy person is one who can enjoy the scenery on a detour.**
- 13. Save the earth.. It's the only planet with chocolate.**

We are ready for mood-boosting sunshine and warmer weather.

The Fiddleheads have started! We should have enough for a fiddlehead recipe next week. The asparagus is close behind. Here is a website to check out fiddleheads. Do your research before picking them **“NEVER EAT RAW FIDDLEHEADS**

<https://cottagelife.com/outdoors/10-fun-facts-about-fiddleheads-and-one-not-so-fun-fact/>

Cleaning

- Using your fingers, remove as much of the brown papery husk on the fiddlehead as possible.
- Wash the fiddleheads in several changes of fresh, cold water to remove any residual husk or dirt.

Cooking

- Cook fiddleheads in a generous amount of boiling water for 15 minutes, or steam them for 10 to 12 minutes until tender. Discard the water used for boiling or steaming the fiddleheads.
- Cook fiddleheads before sautéing, frying, baking, or using them in other foods like soups.

Here is the garden update. Last week I said I hoped to be able to report that the peas are up. “I see peas”. As well, I see spinach, lettuce, turnip, and potatoes making their debut. With temperatures in the minus digits for a couple of mornings, I have covered the garden.

Having faith that these little seeds will grow with our tender loving care is very fulfilling and hopefully filling. My whole garden is an experiment. I like trying anything that might grow tops for salad greens including flowers. I plant pansies that look so nice in a salad as well as nasturtiums with their peppery taste. As snow was falling, this morning I observed that even the birds were shocked with the change in weather. I didn't hear the normal spring twittering from them. The air was still. This too will pass and we will be back to spring like weather in no time.

Be Safe and God Bless, The Crazy County Gardener

IRISH SODA BREAD – A World of Food in Canada 4-H project 1974

**½ cup all-purpose flour
1 ½ tsp baking powder
1/2 tsp baking soda
½ tsp salt
1 tsp sugar
1 ½ cup whole wheat flour
1 cup buttermilk**

Into mixing bowl sift flour with baking powder, soda, salt and sugar.

Then add whole wheat flour and mix well.

Stir in buttermilk to moisten dry ingredients

Turn out on a lightly floured board, knead 8 to 10 times and shape into a rounded loaf on a greased baking sheet. With a sharp knife cut a cross in the top, marking the loaf in four sections.

Bake in a moderate oven, 350 degrees for 40 minutes. When cool cut through the cross markings into four sections or “farls” as they are called. Slice each farl and serve with butter.

HAMBURGER SOUP

**1 ½ lb hamburger
1 medium onion, chopped
28 ounce can tomatoes, 796 ml
2 cups water, 500 ml
3 cans beef broth, 900 ml box of beef broth
1 can tomato soup, 284ml
4 carrots, chopped
1 bay leaf, 3 T. parsley, ground pepper to taste
3 sticks of celery, chopped
8 tablespoons barley**

Brown hamburger meat and onions. Put all ingredients in slow cooker and cook on high for approximately four hours or until vegetables are tender and meat is done. Recipe can be doubled.