



Sunshine & Everyday Joy



Dear Friends,

There's something about October that feels like a small exhale, even here in Florida.

The mornings are finally cool enough to walk in without breaking a sweat, and the evenings settle into something soft and easy again. I enjoy seeing the neighborhood children out playing in the front yards and the teens riding bikes and playing basketball again. It's the pumpkins showing up at the grocery store while it's still 90 degrees and the evening light going a little gold before it fades, just a bit earlier than last month.

I think that's the gift of it, if we let it be — fall doesn't have to look like anyone else's fall to still be good. For me it's been the small things: getting to sit out on the porch swing again in the evening, a candle lit even though it's still warm, and pumpkin muffins in the oven while the ceiling fan spins overhead, because we're not done with the AC just yet.

Wherever you are this month, and whatever your October looks like, I hope you find those small, quiet things too — the ones that remind you a season really is changing, even in the middle of the ordinary.

Love, Amy

What's inside ...

- Pumpkin Recipes, Passed Down
- God Still Faithful — 3 rainbows this month
- Daily Bread — bagels & Isaiah 26:3
- My Favorite Things This Month
- Reminiscing on the Past...and more



Our Favorite Bagels

MADE EACH MONTH IN OUR HOME

- 1 ⅓ cup warm water
- 2 tsp yeast
- 1 ½ T sugar
- 1 ½ tsp salt
- 4 cups flour

Dissolve the yeast and sugar into the warm water until bubbly.

Add in your salt.

Gradually mix in your bread flour — start with half the amount, mix well, then add the rest a cup at a time until fully incorporated.

Knead for 5-10 minutes. Let rise until doubled in size.

Shape into bagels and place on a parchment-lined baking sheet.

Boil each bagel in water with 2 tablespoons of sugar added, about 2 minutes per side. Remove and place back on the baking sheet.

Brush with egg wash and sprinkle with Everything Bagel Seasoning.

Bake at 400°F for 18-22 minutes, until golden brown.

“You will keep in perfect and constant peace the one whose mind is steadfast [that is, committed and focused on You—in both inclination and character],

Because he trusts and takes refuge in You [with hope and confident expectation]

And neither according to the manner of the world.

ISAIAH 26:3

I keep coming back to that word — perfect. Not calm most of the time. Not peace when everything's going right. Perfect peace, promised to the person whose mind stays fixed on Him.

That word "steadfast" always gets me too. It's not a one-time glance up to God when things get hard. It's more like leaning your full weight on something — staying there, not drifting back to whatever's stirring up worry the second things get busy or uncertain.

And that's the part I need most, if I'm honest. My mind doesn't naturally stay anywhere for long. It bounces — to the to-do list, to what's next, to whatever's unsettled that day. But this verse isn't asking me to have it all figured out. It's just asking where my mind rests. Because peace doesn't come from circumstances lining up. It comes from trust — actually leaning on Him instead of just believing He's there.

So if this season has you a little scattered, a little unsettled, or just busier than you'd like — that's alright. The invitation isn't to fix everything. It's just to fix your mind on Him, and let the peace be His to give, not yours to manufacture.

Promises I am repeating

Proverbs 3:5-6 — I will TRUST in the Lord with ALL my heart, and lean NOT on my own understanding. In ALL my ways I will acknowledge Him, and He WILL make my path straight.

Hebrews 11:1 — Faith IS the SUBSTANCE of things hoped for, the EVIDENCE of things not yet seen.

Mark 11:24 — Whatever I ask in prayer, BELIEVING, I WILL receive it.

Psalms 37:5 — I will COMMIT my way to the Lord, TRUST also in Him, and He WILL bring it to pass.

Romans 10:17 — Faith comes by HEARING, and hearing by the Word of God.

2 Corinthians 5:7 — I walk by FAITH, NOT by sight.



Kids Corner

Fun things to do with your grandkids or kids



Book Corner



Too Many Pumpkins
By Linda White



Goodbye Summer, Hello Autumn
by Kenard Pak



Miracles on Maple Hill
by Virginia Sorensen



A long walk to water
by Linda Sue Park



Strawberry Girl
by Lois Lenski



Autumn Street
by Lois Lowry

Fun Fact: My daughter Autumn was due on the first day of fall, September 23rd — hence the name. She showed up two weeks late instead, but the name stuck.



Cinnamon Sugar Pumpkin Seeds



Ingredients

- 1 cup raw pumpkin seeds, rinsed and dried
- 1 tbsp melted butter (or oil)
- 2 tbsp sugar
- 1/2 tsp cinnamon
- Pinch of salt

Instructions

1. Preheat oven to 300°F
2. Toss the pumpkin seeds with melted butter until coated
3. In a small bowl, mix the sugar, cinnamon, and salt together
4. Sprinkle the cinnamon sugar mix over the seeds and toss to coat evenly
5. Spread in a single layer on a baking sheet
6. Bake 20-25 minutes, stirring once halfway through, until golden and crunchy
7. Let cool completely before eating — they crisp up more as they cool

Pumpkin Pie Craft



1. Take a small paper plate
2. Color it orange — cut orange construction paper to cover it, color with crayon, or paint it orange
3. Cut strips of brown paper and lay them across the top in a crisscross pattern, like a lattice pie crust
4. Glue a few cotton balls in the middle for whipped cream
5. Finish with a swipe of glue stick and a sprinkle of pumpkin pie spice — it smells just like the real thing!



Mini Yarn Pumpkins



1. Cut a small cardboard rectangle (about 3 inches wide) — a cereal box works great
2. Tape one end of orange yarn to the back of the cardboard
3. Wrap the yarn around and around, lengthwise, until the cardboard is fully covered — the thicker you wrap, the fuller the pumpkin will look
4. Slide the wrapped yarn off the cardboard carefully
5. Tie a small piece of yarn tightly around the middle of the bundle, like tying a bow — this pinches it into a pumpkin shape
6. Gently fluff and push the loops outward to round it out
7. Add a small stick, a piece of brown pipe cleaner, or a knotted brown yarn loop on top for the stem



Our Current Favorite Family Recipe

PORCUPINE MEATBALLS

- 1 pound lean ground beef
- ½ cup uncooked rice
- ½ cup water
- ⅓ cup chopped onion
- 1 teaspoon kosher salt
- ½ teaspoon celery salt
- ⅓ teaspoon garlic powder
- ⅓ teaspoon ground black pepper

Mix and form into meatballs. Place in slow cooker.

Add in slow cooker the following:

- 1 (15 ounce) can tomato sauce
- 1 cup low sodium chicken stock, or more as needed
- 2 teaspoons Worcestershire sauce
- 1 teaspoon granulated sugar

I always add spices: onion powder, garlic powder, salt and pepper.

Cover and let cook on low 4 until it has absorbed most of the liquid.

*My times are in
thy hand. —*

PSALM 31:15

I don't always like the changes that come with different seasons of life.

Sometimes I find myself wishing things could just stay the way they were a little longer. Other times, I'm ready for something new before I'm even sure what that looks like.

I've had to remind myself that I don't have to have the next season figured out before I leave the one I'm in.

My times are in His hands. And honestly, that's a pretty good place for them to be.

Gathering the Fragments

"Gather up the fragments that remain, that nothing be lost." (John 6:12) — even Jesus made sure nothing was wasted after feeding the crowd. There's something to that for our kitchens too. Leftovers aren't scraps, they're second meals waiting to happen.

10 Ways to Use Up Leftover Rice

1. Fried rice – the classic. Toss with egg, veggies, soy sauce, and any leftover meat.
2. Rice pudding – simmer with milk, sugar, and cinnamon for a quick, cozy dessert.
3. Stuffed peppers – mix rice with ground meat, cheese, and seasoning, then bake inside bell peppers.
4. Rice soup – stir into chicken or vegetable broth for an easy, filling soup base, or use it as the base for a hearty soup like chicken and rice.
5. Rice cakes/patties – mix with egg and breadcrumbs, form patties, and pan-fry until crispy.
6. Burrito bowls – layer with beans, cheese, salsa, and whatever protein you have on hand.
7. Stuffed cabbage or grape leaves – rice makes a great filling base with ground meat and spices.
8. Rice casserole – mix with cream soup, cheese, and veggies, then bake until bubbly.
9. Rice haystacks – use it as a base and top with chili and all your favorite toppings — cheese, olives, tomatoes, sour cream, etc.
10. Homemade sushi bowls – layer with your favorite sushi fixings — cucumber, avocado, imitation crab, soy sauce, a little rice vinegar.

10 Ways to Use Up Leftover Taco Meat

1. Taco salad – layer over lettuce with cheese, tomatoes, sour cream, and crushed tortilla chips.
2. Nachos – spread over chips with cheese and broil until melty, then top with your favorite fixings.
3. Taco stuffed peppers – mix with rice or beans and bake inside bell peppers.
4. Taco soup – stir into broth with beans, corn, and diced tomatoes for a quick, hearty soup.
5. Taco baked potatoes – top a baked potato with the meat, can of chili beans, cheese, and sour cream for a loaded twist.
6. Quesadillas – layer between tortillas with cheese and pan-fry until crispy.
7. Taco pizza – spread over pizza dough with cheese and taco toppings, then bake.
8. Breakfast tacos – reheat with scrambled eggs and cheese wrapped in a warm tortilla.
9. Taco rice bowl – layer over rice with beans, cheese, and salsa for an easy burrito-bowl-style meal.
10. Stuffed shells or lasagna twist – mix with ricotta and cheese, stuff into pasta shells or layer like lasagna, then bake with taco sauce or salsa instead of marinara.

A little kitchen wisdom:

Before your fresh herbs go limp and sad in the fridge, chop them up and freeze them in an ice cube tray with a little olive oil poured over top. Once they're frozen solid, pop them out into a freezer bag. Next time a recipe calls for fresh herbs, just drop a cube right into the pan — no more wasted bunches, and it's ready whenever you need it.

WHAT AM I EATING LATELY??

Being 50 and navigating perimenopause is still very much an adjustment, and if I'm honest, this month looks different than last month did. This is a journey, and I'm walking it out in real time. I'd love to hand you a tidy success story, but this is me, this is real life, and this is what it actually looks like.

Last month I was deep into a fasting window and leaning on *Fast Like a Girl* by Mindy Pelz (still a great read, still recommend grabbing it from your library). But instead of pretending that eating window is still working for me right now, I have to be honest — it isn't. My cycle had a rough month, my body was asking for more rest, it rained more than usual which meant more days stuck inside, and my kids needed driving around constantly, which meant a lot more eating out than I'd planned on. And somewhere in the middle of all that, jalapeño Cheetos started sounding really, really good. :)

So what do you do with a month like that? You get back up and start again. That's really it. No shame spiral, no "well I blew it so why bother" — just picking back up.

This month, I'm shifting focus. Before I put something in my mouth, I've been asking myself a simple question: what purpose is this actually going to serve me right now? Do I really need that extra jolt from a sugared coffee, or would a quick swim, a walk, or a big glass of water do the same job? Most days, it's the latter.

It's also the season of all the yummy foods, and I love to bake and cook — that's not going anywhere. I've denied myself before, white-knuckled it, and then just... failed. So instead, I'm letting myself enjoy the muffin and putting my energy into watching my portions instead of cutting things out completely. Think less "strict fasting window" and more "smaller portions, still enjoying the foods we love" — especially with a house full of teenagers who are not exactly here for deprivation-mode meals.

If this season means I'm carrying a little extra, I'm choosing to be okay with that. I don't have menopause figured out, and I'm not pretending to. I'm just paying attention to what my body actually needs right now instead of forcing it to match what worked last month.

Some of my current go-to favorites this month are the following:

Beef Bowl

- chopped burger patties
- pepper jack cheese
- lettuce
- onions
- tomatoes
- salt and pepper
- **If I add enough cheese, salt, and pepper-I find I don't need any sauce its flavorful enough.

Chicken Salad

- I still use miracle whip-I don't like yogurt taste. I just use less than I normally would.
- sunflower seeds/grapes combo
- chopped dill pickles/green onions
- Eat with cucumbers, pita, crackers, or plain

Ham & Cheese Protein Biscuits

- 1 ½ cups cottage cheese, liquid drained (if watery)
- 4 eggs
- 2 cups spinach, finely chopped
- 1 ½ cups shredded cheddar cheese, divided
- ½ cup green onions, diced
- 2 cups ham, diced
- 1 ½ cups all purpose flour
- 1 Tbsp baking powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt

Mix all together. Scoop onto parchment paper lined sheets. Top with more cheese. Bake 375 for 25 min 12 biscuits--slice in half when cooled and top with an egg.

Fried eggs in butter

I still enjoy a fried egg a few days a week but I also love toast and that usually makes me bloat because I absolutely love my homemade bread and will happily eat pieces of it. So I started doing those ham and cheese protein biscuits. I can slice these in half, put some cheese on them and 2 eggs and feel like I have had a good sustainable breakfast for when I am hungry in the mornings.

MY OCTOBER FAVORITES

Parchment Paper Sheets



I never would have gone out and bought these myself, even though they're inexpensive. But now, they might be one of my favorite things in my kitchen.

A viewer, Mrs. C., sent me these parchment paper sheets, and they have been a total game changer. I use them every single time I bake. No spraying my pans, no bread sticking, and no standing at the sink afterward scrubbing everything with a metal scrubby.

It's such a simple thing, but I genuinely enjoy baking more because of them. I never knew I needed parchment sheets until someone gave me some — and now I don't want to bake without them.



Dish Drying Mat

I finally got rid of all my dish towels and little dish-drying mats and replaced them with one of these — and I love it.

With as many dishes as we go through, I needed something big enough to actually cover a good portion of my counter and absorbent enough to handle it all. This does both.

And when it gets dirty? I just rinse it off and hang it up to dry. No washing a pile of soggy dish towels every day, and no puddles all over my counter. It's such a simple kitchen item, but this is one of those things I use every single day and wonder why I didn't switch sooner.



Mini Crock Pot

I never thought I needed a mini crockpot, but now I use mine all the time.

Since I'm sometimes eating differently than everyone else, it's perfect for making a small meal just for me without having to make an entire separate dish. If I need something dairy-free, I can throw it in here and let it cook while everyone else has something different.

It's also great for one or two people, so you're not making a huge crockpot meal when you don't need one. I love being able to make exactly what I want without making cooking more complicated.

It is even perfect size for our lentils and rice recipe that everyone enjoys for lunch.



PUMPKIN INSPIRED TREATS



Pumpkin Pie Bars

- 2 cans (15 oz) pumpkin
- 1 can evaporated milk
- 1 ½ cups sugar
- 4 eggs
- 2 tsp pumpkin pie spice
- 1 box golden yellow cake mix
- 1 cup melted butter
- 1 cup chopped pecans

Mix first 5 ingredients together. Pour into greased 9x13 pan. Sprinkle cake mix on top. Pour melted butter over top and sprinkle with pecans. Bake 350 for 60 minutes. Let cool and store in refrigerator.

This is my Grandma -Mary's Recipe

Pumpkin Bread

Combine the following:

- 1-15 oz can pumpkin
- 4 eggs
- 1 cup oil
- 3 cups sugar

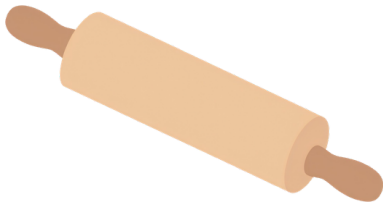
Mix in separate bowl:

- 3 ½ cups flour
- 2 tsp baking soda
- 1 ½ tsp salt
- 2 tsp pumpkin pie spice

Mix both together

Place in greased bread pans. Bake 350 for 50 minutes. Makes 3 loaves.

This is my Mom-Linda's Recipe



BAKED
with
LOVED



Pumpkin Cookies

Cookies

- 1/4 cup butter, softened
- 3/4 cup coconut oil
- 1 cup sugar
- 1 egg
- 1 tsp vanilla
- 1 cup pumpkin puree
- 3 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- Cream together the butter, coconut oil, and sugar until well combined. Beat in the egg and vanilla, then mix in the pumpkin.
- In a separate bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon.
- Gradually mix the dry ingredients into the wet ingredients until just combined into a soft dough.
- Drop by rounded spoonfuls onto a parchment-lined baking sheet and bake at 350°F for about 10 minutes, until set.
- Let cookies cool completely before frosting.
- Beat together the butter or coconut oil, powdered sugar, and maple flavoring until smooth and spreadable. Frost cooled cookies.

Frosting:

- 1/4 cup butter or coconut oil
- 2 cups powdered sugar
- 1 tsp maple flavoring

Pumpkin Chocolate Chip Cookies

- 1 cup butter
- 1 ½ cups sugar
- 2 tsp vanilla
- 1 can (15 oz)pumpkin
- 3 cups flour
- ½ tsp salt, baking powder, baking soda
- 2 tsp cinnamon, 1 ½ tsp nutmeg
- 1 pkg chocolate chips

In bowl: cream pumpkin, butter, sugar, and flavoring.

Combine dry ingredients in separate bowl.

Incorporate and mix well both bowls.

Add chocolate chips.

Chill and bake 350 for 8-10 min



Still Faithful, Still Keeping His Word

I've been noticing rainbows everywhere lately. Not just one here and there — double rainbows, more than once, and just recently a full circle of color around the sun itself, something I'd never even seen before. It stops me in my tracks every single time. There's something about looking up and catching one that makes you forget whatever you were worried about thirty seconds earlier.

I started thinking about where the very first rainbow came from. After the flood, God set one in the sky and told Noah it would be a sign — a promise that the seasons would keep coming, that the earth wouldn't be undone again the way it almost was. Seedtime and harvest, cold and heat, summer and winter, day and night — He said none of it would stop, as long as the earth remains.

That's not a small promise. That's God tying His own faithfulness to something we'd be able to see, over and over, for as long as the world exists. Every single rainbow since then has been the same sign, repeated. Not a new promise each time — the same one, still standing.

I've lived through enough seasons now to know how much I need reminders like that. Thirty years of raising kids, and more storms in that time than I could count — some literal, plenty that weren't. And every single time, without exception, the sky cleared eventually. The season changed. The next one came. Not because I made it happen, but because it was already promised long before I got here.

I think that's the thing about seasons we forget in the middle of a hard one — we start to wonder if this is just how it's going to be now. If the storm is the new normal. But God didn't just promise good seasons. He promised the whole rhythm — the hard ones and the easy ones, the waiting and the harvest, all of it held together by the same faithfulness that hung that first rainbow in the sky.

So when I see one now — especially lately, with as many as I've caught — I try to let it actually mean something instead of just admiring it for a minute and moving on. It's not just pretty, it's a sign that's been kept, unbroken, for thousands of years. If He's been that faithful to a promise about the weather, I don't think it's a stretch to trust Him with whatever season I'm actually walking through.

If you're in a hard one right now — a storm that feels like it's lasted too long — I want you to know the rainbow was never a promise that storms wouldn't come. It was a promise that they wouldn't be the end of the story. The season changes. It always has. It was promised that it would, before either of us was ever born.

And if you're in a good season right now, one where the sky feels clear and everything's finally calm — let that be its own kind of reminder too. Not that you've earned it, but that you're standing inside a promise that's been kept for a very long time, and will keep being kept long after this season of yours has turned into the next one.

I hope I keep looking up. I hope I keep catching them, whether it's a full rainbow or just a little bend of color in the corner of the sky. Every one of them is the same old promise, still being kept, right on time.

I hope you catch one soon too.

— Amy

VERSES I'M STANDING ON: TRUSTING

WHENEVER I'M WALKING THROUGH SOMETHING AND NEED MORE ENCOURAGEMENT, I GO SEARCHING — I PULL UP EVERY VERSE I CAN FIND ON THAT ONE WORD AND READ THEM AGAIN AND AGAIN UNTIL THEY START TO SINK IN. THIS MONTH, THOSE WORDS ARE TRUSTING WHEN YOU CANNOT SEE. HERE'S WHAT I'VE BEEN STANDING ON.

Psalm 20:7

Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

Psalm 37:3-4

Trust in the Lord, and do good; dwell in the land and cultivate faithfulness. Delight yourself in the Lord, and he will give you the desires of your heart.

Psalm 9:10

And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.

Jeremiah 17:7-8

Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.

Proverbs 3:5-6

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Psalm 91:1-2

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust

Matthew is called.

ST. MATTHEW, 9.

Jairus' daughter raised.

Anno DOMINI 31.
 4 And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts?
 5 For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk?
 6 But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.
 7 And he arose, and departed to his house.
 8 But when the multitudes saw it, they marvelled, and glorified God, which had given such power unto men.
 9 ¶ And as Jesus passed forth from thence, he saw a man, named Matthew, sitting at the receipt of custom: and he saith unto him, Follow me. And he arose, and fol-

20 ¶ And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment:
 21 For she said within herself, If I may but touch his garment, I shall be whole.
 22 But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour.
 23 ¶ And when Jesus came into the ruler's house, and saw the minstrels and the people making a noise,
 24 He said unto them, Give place: for the maid is not dead, but sleepeth. And they laughed him to scorn.
 25 But when the people were put forth, he went in, and took her by the hand, and the maid

Anno DOMINI 31.
 1 Mark 8, 25.
 Luke 8, 43.
 1 Luke 7, 20.
 2 5, 28.
 3 17, 19.
 4 18, 42.
 5 Mark 5, 28.
 6 Luke 8, 51.
 7 See 2 Chr. 23, 25.
 8 Acts 20, 10.

Christ sendeth out

ST. MATTHEW, 10.

his twelve apostles.

Anno DOMINI 31.
 CHAPTER 10.
 1 Christ sendeth out his twelve apostles, enabling them with power to do miracles, signeth them their charge, teacheth them, comforteth them against persecutions: 40 and promitteth a blessing to those that receive them.
 2 ¶ When he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.
 3 Now the names of the twelve apostles are these: The first, Simon, who is called Peter, and Andrew his brother: James the son of Zebedee, and John his brother;
 4 Philip, and Bartholomew; Thomas, and Matthew the publican;
 5 James the son of Alphaeus, and Lebbaeus, whose surname was Thaddaeus;
 6 Simon the Canaanite, and Judas Iscariot, who also betrayed him.

10 ¶ And he said unto them, Behold, I send you forth as sheep in the midst of wolves: but ye shall not be as sheep in the midst of wolves, but as men. Whosoever will, let him take his cross, and follow me. Whosoever loveth his father or mother more than me, cannot be my disciple. Whosoever taketh the cup of water to drink unto my service, shall lose his body, but shall save his soul. Whosoever shall deny me before men, I will deny him before my Father which is in heaven. Amen.
 11 ¶ And he gave unto them power, that they should tread upon serpents and scorpions, and overcome all the power of the enemy, and should not be hurt by them.
 12 ¶ And he said unto them, Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptized, shall be saved; but he that believeth not, shall be damned.
 13 ¶ And the apostles departed, and preached every where, from Jerusalem unto the borders of the world.

Anno DOMINI 31.
 1 Ex. 4, 15.
 2 Jer. 1, 7.
 3 2 Sam. 21, 2.
 4 Acts 8, 8.
 5 6, 10.
 6 2 Tim. 4, 17.
 7 ver. 23, 26.
 8 Acts 7, 6.
 9 Luke 21, 16.
 10 Dan. 12, 17.
 11 18.
 12 ch. 24, 13.
 13 Mark 13, 12.
 14 ch. 2, 13.
 15 4, 12.
 16 12, 15.
 17 Acts 8, 1.
 18 9, 25.
 19 14, 6.
 20 Or, eat, of grass.
 21 ch. 16, 28.
 22 Luke 6, 40.
 23 Luke 12, 18.
 24 13, 20.

Slow Cooker Dinners



Korean Beef

Ingredients

- 2 lbs beef chuck roast, cut into 1-inch cubes
- ½ cup soy sauce
- ¼ cup brown sugar
- 2 T sesame oil
- 3 cloves garlic, minced
- 1 T fresh ginger, grated or ¼ tsp ground
- ¼ tsp crushed red pepper flakes (optional)
- ¼ cup water
- 2 T cornstarch
- 2 green onions, sliced (for garnish)
- 1 T sesame seeds (for garnish)

Directions

1. Place beef in the slow cooker.
2. In a bowl, mix soy sauce, brown sugar, sesame oil, garlic, ginger, and red pepper flakes. Pour over beef.
3. Cover. Cook on low for 6-8 hours or high for 3-4 hours, until beef is tender.
4. In a small bowl, mix water and cornstarch until smooth. Stir into the slow cooker and cook on high for 20-30 minutes, until sauce thickens.
5. Garnish with green onions and sesame seeds before serving. Serve over rice

Few things beat coming home to a kitchen that already smells like dinner's done. My slow cooker is hands-down one of my favorite shortcuts to a real, home-cooked meal without babysitting the stove all day — load it up in the morning, go live your life, and by the time everyone's home, it's ready to eat.

Here are three recipes from my Slow Cook and Save cookbook :



Chicken and Dumplings

Ingredients

- 4 skinless, boneless chicken breast halves
- 1/4 cup butter
- 2-10.5 ounce cans of cream of chicken soup
- 1 onion, finely diced
- 2 cups chicken broth
- 2 cups frozen mixed vegetables
- 1 can (8 ounces) refrigerated biscuit dough, torn into pieces

Directions

1. Place chicken, butter, soup, and onion in a slow cooker, and pour chicken broth over it.
2. Cover. Cook for 5 to 6 hours on high.
3. About 1 hour before serving, add frozen mixed vegetables and biscuit dough pieces.
4. Cook until the dough is no longer raw in the center, about 30 minutes.

Maple Glazed Pork Chops

Ingredients

- 4 pork chops (bone-in or boneless)
- ¼ cup maple syrup
- ¼ cup soy sauce
- 2 tbsp Dijon mustard
- 2 cloves garlic, minced
- ¼ tsp dried rosemary
- ¼ tsp salt
- ¼ tsp black pepper

Directions

1. Place pork chops in the slow cooker.
2. Combine maple syrup, soy sauce, Dijon mustard, garlic, rosemary, salt, and pepper; pour over pork.
3. Cover and cook on low for 6-7 hours or high for 3-4 hours.

THINGS I HAVE BEEN WATCHING WITH THE TEENS

Faith like Potatoes

I can only imagine

Gifted Hands

God's not Dead series

The Perfect Game

Lost on a Mountain in Maine

Swiss Family Robinson series with Richard Thomas

Diary of a Wimpy Kid Rodrick Rules & Dog Days of Summer

A PAGE FROM THE PAST

My mother had a copy of *When Mother Lets Us Help*, printed all the way back in 1909, and I read it over and over as a teenager — worn pages, old-fashioned language, and all. There's something about it that still warms me every time I pick it back up. Homemaking looked different in 1909 than it does in my home today, but reading her words again, I'm struck by how much of the heart of it hasn't changed at all — teaching, caring, showing up for the people in your home, one small task at a time.

DUSTING RULE

Use a cloth that's soft and clean,
Almost anything will do;
Dust the place that its not seen,
Just as if it were in view.
Dust beneath, behind, around.
Till no speck of dust is found.

Amy's insight from Childhood....

Normally growing up we just threw our clothes in the laundry basket, no questions asked. But I remember taking the dress I'd worn that day and hanging it on a hanger on my door hook instead, and something about doing that just felt good.

It was winter in Michigan, and I'd open my bedroom windows, shut the door, and leave the room for a bit. Then when I came back in, it hit me right away — that crisp, clean smell. The sheets even felt different, that good winter-crisp feel. Anyone else know exactly what I'm talking about?

Honestly there was a lot in that book I couldn't relate to as a kid, but I tried to picture it anyway, tried to imagine what that life actually looked like.

And now, all these years later, I hear people talk about "burping their windows" like it's some new thing, and I just have to laugh a little — women have been doing this to their homes forever. We just didn't have a name for it.

TIDYING THE BED ROOM

When you have made your bed, hang up your night gown and wrapper on the proper hook in the closet. If you have a shoe bag, put your slippers in it; if not, stand them on the floor of the closet or on a shelf. Do not leave them under the bed. If there is a wash stand in your room, there are probably many things to be done in connection with setting it to rights which you cannot do without help, but you ought to know how things should be done, for some day you may have to see to it.

Empty the wash bowl and rinse this out. Then empty the slop jar, etc. Rinse them out and wash off the covers. Fill the water pitcher with clean water and wash it out two or three times a week. Clean the soap dish carefully with hot water. If there are any soiled towels put them in the soiled-clothes basket unless they are very wet. Wet towels and wash cloths must be hung on the towel rack to dry. See that the bowls are set straight. Do not ever set the pitcher on the floor. The bottom of it becomes dirty if you do and that soils the wash bowl.

1

Put away the dresses worn the evening before and left on a chair to air overnight. Straighten out the things on your bureau. See that there is no hair left on the brush or comb, and if there is any, put it in a dish kept for that purpose. Do not throw it in the scrap basket unless wrapped carefully in paper. Now take your duster, which may be of cheese cloth or any soft material, and dust the tables and chairs and bureau. Dust off the pictures and be sure that they hang straight. It is well to have at least one window open while you are dusting.

If you use candles in your room, see that they are long enough to burn during the next evening, and if the candle holders are dirty take them downstairs to be cleaned with the lamps.

Make your desk tidy and dust it. Never put any scraps or burnt matches or odds and ends into the slop jar or water-closet bowl. Beside being untidy it is very bad for the plumbing.

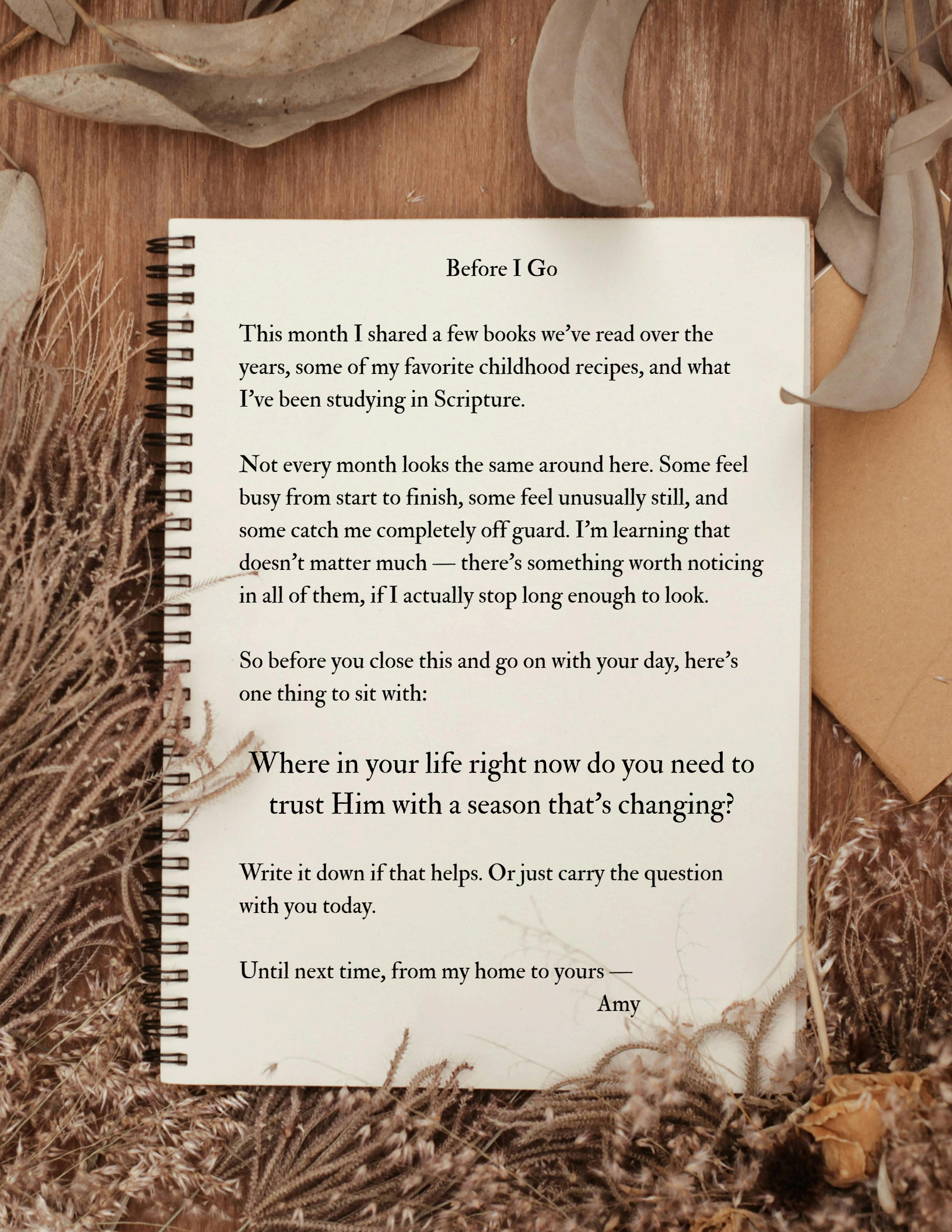
GETTING READY FOR CLEANING

It is very possible that you may not be allowed to do the actual cleaning of your own bedroom, but you can know how it should be done and can certainly help in many ways.

First open your windows wide, then clear out the closets so that the shelves and corners can be cleaned. If the closets are not to be cleaned shut their doors the very first thing. It is not necessary to clean your closets every time the room is cleaned.

The bed must be covered with a clean old sheet or cloth to protect it from dust during sweeping. Cover your bureau in the same way. Shut your desk and put all ornaments on the table, and cover them. If the room is to be done very thoroughly, the rugs must be taken out to be beaten and the floors they covered wiped thoroughly. All the furniture that is easily moved should be put out in the hall or at any rate in a different place from usual so that no corner or spot in the room may be overlooked. If there are long window curtains, tie them up out of the way. Then the room is really ready for a good cleaning.

1



Before I Go

This month I shared a few books we've read over the years, some of my favorite childhood recipes, and what I've been studying in Scripture.

Not every month looks the same around here. Some feel busy from start to finish, some feel unusually still, and some catch me completely off guard. I'm learning that doesn't matter much — there's something worth noticing in all of them, if I actually stop long enough to look.

So before you close this and go on with your day, here's one thing to sit with:

Where in your life right now do you need to trust Him with a season that's changing?

Write it down if that helps. Or just carry the question with you today.

Until next time, from my home to yours —

Amy