

Recipes and Devotionals for the Lenten Season

*Calvin Presbyterian Church
2021*





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Lent & Soup

Lent is the season on the church calendar that begins on Ash Wednesday and leads us for forty days through to Holy Week and Easter. For Christians, Lent is a time to reflect on our faith and our intention to follow Jesus, spending extra time in prayer and service. For many Christians, Lent is also a season to give up something, as a reminder of Christ's sacrifice. At Calvin it has been our Lenten practice for many years to add something – sharing every Wednesday evening in a simple meal, followed by a short worship service including short dramas featuring church members. We chose to have weekly meals of bread with soups made by church members, because Lent is a time to be healthy but also a time to simplify, leaving us time to focus on God.

As we approached Lent, Mark and I decided that while those Wednesday gatherings are not possible in the midst of the ongoing pandemic, we would like to offer a Lenten devotional for the Calvin Church family to use at home. You will find in this devotional booklet, recipes from church members. There are readings for each week of Lent, taken from the book “Living into Lent” by Donald K. McKim (Westminster John Knox Press, 2013). There are also daily Scripture readings offered by the Presbyterian Church (USA) to provide focus in your own spiritual practice throughout the season.

Blessings on your Lenten journey,
Carol Reed & Mark Bilyeu

Lent, 2021



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A Prayer for Lent

Guide us God
as we seek to follow you.
In a world where darkness overwhelms,
help us recognize your touch,
your whispering voice,
your call in the desert.
Grant us your strength God
as we learn and live in your way,
and give us new hearts
and new eyes to see you.
Be with us on the journey
From darkness into light
Amen.

from “Finding Light in Darkness,”
a Lenten study
by Rev. Alistair Macrae



30

Minutes

Photo Credit: lundsandbyerlys.com



Steps

1. Melt margarine in saucepan
2. Sauté onion until tender
3. Blend in flour, gradually adding broth stirring constantly, until mixture comes to a boil.
Boil for 1 minute
4. Stir in rice, ham, carrots, almonds and salt.
Simmer about 5 minutes
5. Blend in half and half and sherry.
Heat to serving temperature
6. Garnish with parsley or chives

Byerly's Wild Rice Soup from Belinda Breit

Ingredients

While nearly all commercial “wild” rice is cultivated, the real thing grows freely on the lakes of northern Minnesota: harvested by hand and fire-dried by native Ojibwe. This process is a sacred act, and parallels our ceremony of sharing a meal within our own faith traditions.

- 6 tbsp margarine or butter
- 1 tbsp minced onion
- ½ cup flour or ¼ cup cornstarch
- 3 cups chicken broth
- 2 cups cooked wild rice
- ⅓ cup minced ham
- ½ cup finely grated carrots
- 3 tbsp chopped slivered almonds
- ½ tsp salt
- 1 cup half and half
- 2 tbsp dry sherry wine (or cooking sherry)
- minced parsley or chives

Chicken Wild Rice Soup: Make the following substitutions in the above recipe: reduce chicken broth to 2 ½ cups, add 2 cups cooked, cubed chicken breast and 1 (12 oz) can evaporated skim milk. Omit ham, salt and half and half. Makes 7 cups

Ash Wednesday

Following Jesus

We begin our Lenten journey with Ash Wednesday. On this day we look beyond ourselves to God, who calls us to travel as disciples of Jesus Christ through the following weeks, to the cross on Good Friday and beyond, to the message of resurrection on Easter.

Like the first disciples whom Jesus called, we respond to the voice of Jesus, who says, "Follow me" (Mark 1:17). We too are called to be ones who have "left everything and followed him."

We start on our Lenten journey. However, we do not travel alone. The good news is that God is with us, every step of the way. God is with us in Jesus Christ, every step of the way. This is the resource we in the church have for our living into Lent. We have a companion. Jesus Christ, our divine companion, is with us.

We step out in Lent, turning from our own ways to the way of Jesus. We follow Jesus as his disciples. Be as we do, Jesus is with us. He is one of us, human to the core. He understands us even as he stands under us, supporting us at every step. We share fellowship in him and with him. We are not alone and need not be afraid. In Jesus, we have joy in the journey!

Prayer

O Lord Jesus Christ, be with me, and lead me in your way, helping me to trust you as we go. Amen.

Reflection

God has come down to us, has taken our nature, and is become one of us, that he might be our companion. – Jonathan Edwards [1703-1758, an important American theologian who was a pastor, and briefly, president of Princeton College]

Action Step

Think of how you experience the companionship of Jesus.

Scripture Reading

Luke 5:1-11

One day as Jesus was standing by the Lake of Gennesaret, the people were crowding around him and listening to the word of God. He saw at the water's edge two boats, left there by the fishermen, who were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat.

When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch."

Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets."

When they had done so, they caught such a large number of fish that their nets began to break. So they signaled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" For he and all his companions were astonished at the catch of fish they had taken, and so were James and John, the sons of Zebedee, Simon's partners.

Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people." So they pulled their boats up



20
Minutes



Chicken Tortilla Soup from Miki Banavige

Steps

1. Sauté onion and garlic
2. Combine chicken, broth, canned tomatoes, tomato paste, beans, green chilis, cumin, & chili powder to large soup pot
3. Add onions and garlic
4. Heat to serving temperature
5. Add cilantro and lime juice to heated soup
6. Salt & pepper to taste
7. Garnish and serve

Ingredients

2-3 cups rotisserie chicken (shredded)
8 cups chicken broth
1 lg can chopped fire roasted tomatoes
1 tbsp tomato paste
1 cup chopped onions, sautéed
4 cloves crushed garlic, sautéed
1 can black beans
1 can diced green chilis
1 tbsp ground cumin
¼ cup chopped cilantro
1 tbsp lime juice
salt & pepper to taste
garnish with: corn chips, Monterey Jack cheese, cubed avocado, sour cream

25
Mins



Beef Taco Soup from Vanessa Gagner

Steps

1. Brown ground beef, breaking up
2. Combine broth, tomato soup, and taco seasoning in soup pot and heat
3. Add corn, black beans, chili beans, chopped tomato, onion, and beef
4. Heat to serving temperature
5. Add cilantro and lime juice to heated
6. Garnish and serve

Ingredients

1 lb ground beef, browned
1 can chicken broth
1 can tomato soup
1 package taco seasoning
1 can corn
1 can black beans
1 can chili beans
1 can tomato chopped with peppers
1 onion chopped
Toppers: Frito Chips, shredded cheese
sour cream

First Week of Lent: The Comfort of Faith

We all need to belong. It is one of our basic urges. We want to feel as though we are not isolated, left on our own, doomed to face life playing solitaire. Social creatures that we are, we need a sense of participation in something bigger than ourselves, in a group that may care for us. Most of all, in a personal sense, we seek assurance and security that we are connected with others – and, even, with God.

The apostle Paul's ringing affirmation in Romans 8 that we belong to God in Jesus Christ is the heart of what we need. No words can affect us more deeply. God is for us, God justifies us, Jesus Christ died for us and intercedes for us with God. This is not a temporary condition. This is our union with Christ by faith that lasts eternally. What's more, nothing—in all creation—can separate us from the “the love of God in Christ Jesus our Lord” (Romans 8:39).

A Brief Statement of Faith captures this in its opening lines, affirming our belonging to God in life and in death. Our belonging by faith in the here and now carries over into eternity, after our physical death. The words of assurance are grounded in the actions of God for us: the grace of Jesus Christ, the love of God, the communion of the Holy Spirit. This is the comfort of faith that nothing can take away.

Scripture Reading Romans 8:31-39

What, then, shall we say in response to these things?

If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Prayer

O triune God—Father, Son, and Holy Spirit—hold us
in your hands, protect us, and comfort us, always.
Amen.

Reflection

In life and death we belong to God. Through the grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit... - A Brief Statement of Faith [From 1983, is part of the Book of Confessions, of the Presbyterian Church (USA).]

Action Step

Consider the differences between a comfort based on hoping for the best compared with the comfort of faith grounded in the actions of God. Write a prayer thanking God for your comfort.

Second Week of Lent: Praying

Scripture Reading 1 Thessalonians 5:12-22

Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. Live in peace with each other. And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone. Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Do not quench the Spirit. Do not treat prophecies with contempt but test them all; hold on to what is good, reject every kind of evil.

Some instructions in the Bible seem nearly impossible to fulfill, such as “Be perfect, therefore, as your heavenly Father is perfect” (Matthew 5:48), “Be at peace with one another” (Mark 9:50b), and “Pray without ceasing” (1 Thessalonians 5:17).

Our prayer life is often pretty much set apart from the rest of life. When we take time to pray, we do it in a quiet place, with no distractions, hoping our thoughts and words don't bounce off the ceiling and come back to earth. We hope God hears—and answers—our prayers.

But how do we “pray without ceasing,” as Paul urges the Thessalonians? We live busy lives. We may not even take much time out to pray. So how do we understand Paul's words?

P.T. Forsyth helps us with this by urging us to see that prayer and life are intimately connected. Our whole lives should be, in some sense, a prayer. Prayers are offered to God as expressions of our trust, obedience, and love. So we should seek continuity, mutuality between our lives and our prayers, our prayers and our lives. There is not our “prayer life” and our “other life.” They are one. As we live, we can offered prayer—anytime, for anything. We should make prayer as natural to us as breathing, so that as we breathe, we pray. As we pray, we live.

Prayer

Life is all one piece, O God. Help us have a consciousness of you always present. Help us live, thinking and praying about what you want us to be and do. Amen.

Action Step

Make a conscious effort to offer prayers as you go through your day. See ways that what you do relates to the prayers you offer.

Reflection

Pray without ceasing in this sense. Pray without a break between your prayer and your life. Pray so that there is a real continuity between your prayer and your whole actual life. – P.T. Forsyth [1848-1921, was born in Scotland and was a Congregationalist theologian.]



Ham and Split Pea Soup

from Ann Shaughnessy

 **1 50**
Hour Minutes



20 Mins
Prep



1 Hr 30 Min
Cook



8 Servings

Ingredients

2 tbsp butter
½ onion, diced
2 ribs celery, diced
3 cloves garlic, sliced
1 lb ham, diced
1 bay leaf
1 lb dried split peas
1 quart chicken stock
2½ cups water
salt and ground black pepper to taste

Steps

1. Place the butter in a large soup pot over medium-low heat. stir in onion, celery, and sliced garlic. Cook slowly until the onions are translucent but not brown, 5 to 8 minutes
2. Mix in ham, bay leaf, and split peas. Pour in chicken stock and water. Stir to combine, and simmer slowly until the peas are tender and the soup is thick, about 1hr and 15 minutes
3. Stir occasionally. Season with salt and black pepper to serve.

45

Minutes



Navy Bean & Ham Soup

from Bette Chamberlain



7 Ingredients



45 Minutes



6 Servings



Enjoy with
a Salad



Ingredients

- 2 - 15 oz cans navy beans (including liquid in cans)
- 16 oz chicken cooking stock
- ½ cup cooked diced carrots
- ½ cup cooked diced celery
- ½ cup cooked diced yellow onion
- 1 cup cooked mashed potatoes
- 2 cups fully cooked diced ham



Steps

1. In a soup kettle, combine navy beans and chicken cooking stock
2. In a separate kettle, boil together the carrots, celery and onion until tender
3. Add vegetables to the soup kettle with the beans and chicken stock
4. Boil a few potatoes until tender, then mash
5. Add 1 cup mashed potatoes and then ham to the soup kettle
6. Simmer soup 30 mins
7. Enjoy with crackers and a salad



Tip: This can be a great soup for after Easter, when you have that leftover ham! Simmering the ham bone, or saving the ham juices from it's original cooking is a great way to 'ham it up'!

Third Week of Lent: Loving

Scripture Reading Matthew 25:31-46

“When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne.

All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on his right and the goats on his left.

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

“Then he will say to those on his left, ‘Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.’

“They also will answer, ‘Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?’

“He will reply, ‘Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.’

“Then they will go away to eternal punishment, but the righteous to eternal life.”

There is only one parable of Jesus where he refers to himself as a judge. In the Judgement of the Nations parable, people all stand before the Son of Man. The result is judgment or blessedness.

In this parable, what is central is what one has done in life. Have we responded to human need? Have we met the needs of others for food, drink, clothing; have we visited the sick, the imprisoned? Have we welcomed the stranger? Our actions either express our love as disciples of Jesus Christ or not.

Martin Luther said there is “no greater service of God” than this Christian love that reaches out to help and serve the needy. This serving the needy is not an option for the Christian life. It is an absolute necessity. It is a standard to which we are held. Have we reached out in love and service to those in need? For Luther, the ultimate importance of this is that “Christ himself” will judge on these things at the Last Day.

There is no better time than Lent to get this priority of the Christian life into focus. Finding ways to live out genuine service to those in need is a matter of spiritual well-being. Serving the needy is big in the heart of Jesus, as he himself served those in need throughout his ministry.

Prayer

O Lord Jesus Christ, you meet us in the faces of those in need. May we respond to them with help, knowing that we are also responding to you. Amen.

Reflection

Now there is no greater service of God than Christian love which helps and serves the needy, as Christ himself will judge and testify at the Last Day. –Martin Luther [1483-1546, was a theologian who helped initiate the Protestant Reformation and whose followers became known as Lutherans.]

Action Step

Examine the human needs around you. Make it part of your life to try to alleviate these needs in whatever ways possible.



Loaded Baked Potato Soup

from Sharon Corl



Ingredients

1 - 32 oz bag frozen cubed hash browns
 4 cups chicken broth
 1 can condensed cream of chicken soup
 1 - 8 oz cream cheese softened and cut into cubes
 1½ cups sharp cheddar cheese, finely shredded + ½ cup extra for garnish
 ¾ cup crumbled crisp bacon + ¾ cup extra for garnish
 ¼ tsp rosemary ground fine
 Coarse salt and ground pepper to taste



Steps

1. Combine hash browns, cheddar cheese, chicken broth, cream of chicken soup, crumbled bacon and cream cheese, salt, pepper and rosemary in slow cooker.
2. Mix thoroughly.
3. Put lid on cooker and cook on high for 3 hours or until potatoes are tender. Stir occasionally.
4. Garnish with cheddar cheese and bacon bits.

Fourth Week of Lent: Thanking

In some traditions, the Lord's Supper is called the Eucharist. The word Eucharist comes from the Greek word eucharista, which means "gratitude," or "thanksgiving." The Supper is supremely a meal of thanksgiving in which we continually remember the death of Jesus Christ to bring salvation, and in which we continue to receive the benefits of Christ's death for us. Surely, this is the rhythm of our Christian life: grace and gratitude. We receive grace in Jesus Christ, and we express our thanksgiving to God as ever-growing gratitude.

Karl Barth captured this for us in saying that grace and gratitude belong together like heaven and earth. When God speaks—and acts—grace is given, and gratitude is evoked: just like an echo across a deep canyon when one cries out. Gratitude is as sure a response to God's grace as thunder is when lightning occurs.

No other response in our lives is adequate for what God has done for us, in the whole history of salvation and most fully in becoming a human in Jesus Christ. Jesus' life, death, and resurrection are the gracious, life-giving actions of the One who loved us and gave himself for us. Our gratitude comes fully and deeply. We express our gratitude most when we commit ourselves to Christ and live as his disciples. Like breathing: we inhale grace and exhale gratitude. This is our life!

4 hours 15 minutes



Clam Chowder

from Susan Baker



Steps

1. Sauté onion, butter, clams for 15 mins
2. Add New England clam chowder, cream of potato soup, half and half (a turkey roaster works well in which to bake this)
3. Bake, covered for 4 hours @ 200 degrees
4. Stir well every hour
5. Add saved clam juice, if too thick



Ingredients

- 1 large onion chopped
- 2 sticks butter (1 c)
- 3 cans clams, drained (save juice)
- 3 cans New England clam chowder
- 6 cans cream of potato soup
- 2 quarts half and half

Prayer

Gracious God, you reach out to us in your grace, blessing us. May we express our gratitude from the fullness of our hearts. Amen.

Scripture Reading

1 Corinthians 11:23-26

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

Reflection

Grace and gratitude belong together like heaven and earth. Grace evokes gratitude like the voice of an echo. Gratitude follows grace like thunder, lightning... The two belong together, so that only gratitude can correspond to grace, and this correspondence cannot fail. – Karl Barth [1886-1968, was one of the 20th century's leading theologians.]

Action Step

Think of things for which you are grateful. Reflect on the grace of God that provides your source of gratitude.

Fifth Week of Lent: Discipleship

The word repent is important during Lent. In Hebrew, it literally means “to turn around.” In Greek, it means “to change one’s mind.” In Latin, “to do penance.” Therefore, we can see the different dimensions of meaning that surround the word as we use it today.

Repenting means change. It is turning around and walking in a new direction in life. If we are following paths of sin, we turn toward the paths of righteousness. If we are walking in the ways of self-aggrandizement and self-exaltation, we turn toward the ways of God and of serving other people. As an old jingle puts it: “It’s not enough to say, / I’m sorry and repent,’ / And then to go on afterwards / Just as you always went.” Repenting means new directions.

John Calvin saw this when he recognized that repentance must be an ongoing process. It goes on throughout our whole lives as we constantly try to know God’s way and follow it, rather than pursue our own paths. Repentance is an early act of the Christian life and continues as an ongoing process, pursued to the very end of life. Repentance is not a “set it and forget it” form of Christian devotion. It is action. We repent repeatedly as we turn around and find God’s way set before us.

Scripture Reading

Isaiah 55:6-9

Seek the Lord while he may be found;
call on him while he is near.

Let the wicked forsake their ways
and the unrighteous their thoughts.

Let them turn to the Lord, and he will have mercy
on them,
and to our God, for he will freely pardon.

“For my thoughts are not your thoughts,
neither are your ways my ways,”
declares the Lord.

“As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

Prayer

Turn us around, O God. Lead us to repent ... and
repent... and repent. Amen.

Reflection

Accordingly, we must strive toward repentance
itself, devote ourselves to it throughout life, and
pursue it to the very end if we would abide in
Christ. –John Calvin [1509-1564, was a Protestant
reformer who served in Geneva, Switzerland and is
foundational in the Reformed theological tradition.]

Action Step

Reflect on your understanding of repentance.
Consider the ways in which you continually repent
and the differences that this repenting makes for you.

Chicken Noodle Soup

20

Minutes
(+ travel time)



Recommended



by Jim Rettinger

with images from
iamtiredofcooking.com

Step 1

Drive to closest Costco and go to the deli department.



Step 2

Select the Chicken Noodle Soup, and pay cashier.



Step 3

Heat soup in a pan till warm.



Step 4

Add extra chicken broth to make it go further (if needed)



Step 5

Enjoy!!



Daily Scripture Readings for Holy Week

Palm Sunday

Ps. 118:1-2, 19-29

Mark 11:1-11

Monday

Isaiah 42:1-9

Hebrews 9:11-15

Psalm 36:5-11

John 12:1-11

Tuesday

Isaiah 49:1-7

1 Cor. 1:18-31

Psalm 71:1-14

John 12:20-36

Wednesday

Isaiah 50:4-9a

Hebrews 12:1-3

Psalm 70

John 13:21-32

Maundy Thursday

Ex. 12:1-4, 11-14

1 Cor. 11:23-26

Ps. 116:1-2, 12-19

John 13:1-17, 31b-35

Good Friday

Is. 52:13-53:12

Hebrews 10:16-25

Psalm 22

John 18:1-19:42

Holy Saturday

Job 14:1-14

1 Peter 4:1-8

Psalm 31:1-4, 15-16

Matt. 27:57-66

Easter Sunday

Acts 10:34-43

1 Cor. 15:1-11

Psalm 118:1-2, 14-24

John 20:1-18

A Devotional for Any Time in Lent

Scripture Reading John 17:1-5

After Jesus said this, he looked toward heaven and prayed:

“Father, the hour has come. Glorify your Son, that your Son may glorify you. For you granted him authority over all people that he might give eternal life to all those you have given him. Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. I have brought you glory on earth by finishing the work you gave me to do. And now, Father, glorify me in your presence with the glory I had with you before the world began.

What’s life all about? Is there a purpose to life? Is life worth living? These are the big questions for life. They are the ones that shape our thoughts, desires, and choices.

In 1541 John Calvin wrote a catechism for instructing the children of Geneva who were ten to fifteen years of age. He wanted them to know and understand the Christian faith. Where better to begin that with the basic question of what is the chief end, or purpose, of human life? No other question could say more about what Christians believe and have greater implications for how we are to live.

The child’s answer to the minister is simple: “To know God.” It is a simple response but with a world of effects. Our life’s aim is to know God, even as Jesus himself said in his prayer for his disciples, preceding his death: eternal life is to “know you, the only true God, and Jesus Christ, whom you have sent.” All else in life is secondary. Primary is to have a relationship with God and to know in a real and life-changing way who God is and what God has done.

Calvin suggested that to know God is to honor God, to rely on God, to obey God, to call on God, to seek salvation in God, and to acknowledge that all our good comes from God. This is our purpose in life.

Prayer

O God, help us to know you. In knowing you, may we love you, serve you, and be your faithful people. Amen.

Action Step

Think of ways you would describe your purpose in life. In what ways do these express themselves in your everyday actions?

Reflection

Question: What is the chief end of human life?

Answer: To know God.

– Calvin’s Catechism



Hearty White Chili from Mark Bilyeu

 **2 30**
Hour Minutes



30 Mins
Prep



2 Hr Cook



8 Servings

Ingredients

1 whole fryer chicken, cut up (or 3 cups cooked chicken)
1 whole medium onion, diced
4 cloves garlic, minced
2 whole cans green chilies, chopped
1 lb. dried Great Northern Beans, rinsed
8 cups chicken broth
1 whole jalepeno, sliced
1½ tbsp ground cumin
½ tspn paprika
½ tspn cayenne pepper
salt to taste
white pepper to taste
1 cup whole milk
2 tbsp Masa (corn flour) OR cornmeal
grated Monterey Jack, to taste
sour cream
cilantro
optional garnish: guacamole, pico de gallo, corn tortillas

Steps

1. Cover chicken and cook for 20-30 min or until done. Remove meat from bones. Set aside.
2. In a dutch oven over medium-high heat, saute onions and garlic for 2 mins. Add chopped green chilies, then rinsed beans. Pour chicken broth into the pan. Add sliced jalepenos.
3. Season with salt, pepper, and cumin. Place lid on pot and reduce heat to low.
4. Cook for 2 hrs or until beans are done. Halfway through the cooking process, add 3 cups of cooked chicken.
5. When beans are tender, mix milk with masa and pour into chili. Cook for an additional 10 mins to thicken. Adjust seasoning.
6. Add cheese to pot and stir to melt.
7. Serve in bowl. Garnish with cilantro, etc.



Spinach Lentil Soup

from Donna Fike

1

Hour



Steps

1. In large pot over medium high heat bring boullion to a boil.
2. Add garlic and spinach stirring occasionally for 3 minutes.
3. Add bulgar wheat and lentils. Bring to a boil again. Turn down heat and simmer uncovered for 20 min.
4. Add tomatoes, mushrooms and seasonings and cook for 30 more minutes. Season to taste with salt and pepper.



Ingredients

- 6 cups vegetable boullion
- 3 cloves garlic (opt)
- 1½ cups fresh spinach, cleaned (I just use a whole bag)
- ½ cup dry bulgar cracked wheat*
- ½ cup dry red or green lentils
- 14 oz can diced tomatoes
- 1 can mushrooms (or use fresh)
- 1 tsp Italian seasoning
- 1 tbs dried basil

*bulgar wheat can sometimes be found in bulk, but during the pandemic I found it on Amazon

40

Mins

Wild Rice Mushroom Soup

from Marj Kvale



Steps

1. Bring 1 ¾ cups water to a boil - add rice, cover and cook until tender.
2. Saute onions and celery; add fresh mushrooms.
3. Add all other ingredients.
4. Simmer 20 minutes or longer - longer improves the flavor.



Ingredients

- 3 oz wild rice
- 1 tspn salt
- ½ medium onion, diced
- 1 large stalk celery, diced
- 2 (10½ oz) canned cream of mushroom soup
- 1 can vegetable broth
- 1½ cup milk
- 1 pkg. button mushrooms
- ⅛ tspn beau monde pepper

Holy Week

The power of Jesus' crucifixion goes beyond us, ourselves. It reaches out to affect the whole creation. The majestic statement in Colossians is that through Christ God reconciles "all things" to God and makes peace. The phrase all things encompasses not just the created order on earth but also the heavens. We can only envision what all these things are. But the crucifixion has cosmic significance. It brings peace. The crucifixion has ramifications we can only imagine.

Patricia Wilson-Kastner helps us see that, in the crucifixion, the dualisms that divide us are overcome. We have "either/or" situations all around us, usually in tension or hostility, bringing pain and dividing people. Race, gender, politics, religion—all that set people against each other are "gathered together at the crucifixion," and Christ receives them. If Christ takes them on himself, then we no longer have to let them have power over us. We do not have to let them divide. We are reconciled, and so should be our differences when they separate, oppress, and breed anger and disrespect. Everything converges in Christ and in him finds wholeness and meaning. The power of Christ's cross to bring together all that separates is part of Christ's cosmic work. Jesus Christ reconciles!

Scripture Reading Colossians 1:15-20

The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

Prayer

Bring us together in your love, O Christ. May hurts be healed and wholeness be found. Amen.

Reflection

All the dualisms which divide, separate, cause pain, and support oppression and lack of communion with the other are all gathered together at the crucifixion, and Christ receives them... Everything converges in him, and in his power and activity everything finds wholeness and meaning. —Patricia Wilson-Kastner [1944-1998, an American pastor and theologian who taught preaching at several theological seminaries.]

Action Step

Think of separations that are part of your life. Based on the cross of Christ, take steps today to overcome divisions and to be reconciled.

Daily Scripture Readings for Lent

readings for Holy Week are found on page 15

Wed	Feb 17	Ash Wednesday		
Thurs	Feb 18	Psalm 25:1-10	Daniel 9: 1-14	1 John 1:3-10
Fri	Feb 19	Psalm 25:1-10	Daniel 9:15-25a	2 Timothy 4:1-5
Sat	Feb 20	Psalm 25:1-10	Psalm 32	Matthew 9:2-13
Sun	Feb 21	First Sunday in Lent		
Mon	Feb 22	Psalm 77	Job 4:1-21	Ephesians 2:1-10
Tues	Feb 23	Psalm 77	Job 5:8-27	1 Peter 3:8-18a
Wed	Feb 24	Psalm 77	Proverbs 30:1-9	Matthew 4:1-11
Thurs	Feb 25	Psalm 22:23-31	Genesis 15:1-6, 12-18	Romans 3:21-31
Fri	Feb 26	Psalm 22:23-31	Genesis 16:1-6	Romans 4:1-12
Sat	Feb 27	Psalm 22:23-31	Genesis 16:7-15	Mark 8:27-30
Sun	Feb 28	Second Sunday in Lent		
Mon	Mar 1	Psalm 105:1-11; 37-45	Genesis 21:1-7	Hebrews 1:8-12
Tues	Mar 2	Psalm 105:1-11; 37-45	Genesis 22:1-19	Hebrews 11:1-3; 12-19
Wed	Mar 3	Psalm 105:1-11; 37-45	Jeremiah 30:12-22	John 12:36-43
Thurs	Mar 4	Psalm 19	Exodus 19:1-9a	1 Peter 2:4-10
Fri	Mar 5	Psalm 19	Exodus 19:9b-15	Acts 7:30-40
Sat	Mar 6	Psalm 19	Exodus 19:16-25	Mark 9:2-8
Sun	Mar 7	Third Sunday in Lent		
Mon	Mar 8	Psalm 84	1 Kings 6:1-4, 21-22	I Corinthians 3:10-23
Tues	Mar 9	Psalm 84	2 Chronicles 29:1-11, 16-19	Hebrews 9:23-28
Wed	Mar 10	Psalm 84	Ezra 6:1-16	Mark 11:15-19
Thurs	Mar 11	Psalm 107:1-3, 17-22	Genesis 9:8-17	Ephesians 1:3-6
Fri	Mar 12	Psalm 107:1-3, 17-22	Daniel 12:5-13	Ephesians 1:7-14
Sat	Mar 13	Psalm 107:1-3, 17-22	Numbers 20:22-29	John 3:1-13
Sun	Mar 14	Fourth Sunday in Lent		
Mon	Mar 15	Psalm 107:1-16	Exodus 15:22-27	Hebrews 3:1-6
Tues	Mar 16	Psalm 107:1-16	Numbers 20:1-13	1 Corinthians 10:6-13
Wed	Mar 17	Psalm 107:1-16	Isaiah 60:15-22	John 8:12-20
Thurs	Mar 18	Psalm 51:1-12	Isaiah 30:15-18	Hebrews 4:1-13
Fri	Mar 19	Psalm 51:1-12	Exodus 30:1-10	Hebrews 4:14-5:4
Sat	Mar 20	Psalm 51:1-12	Habakkuk 3:2-13	John 12:1-11
Sun	Mar 21	Fifth Sunday in Lent		
Mon	Mar 22	Psalm 119:9-16	Isaiah 43:8-13	2 Corinthians 3:4-11
Tues	Mar 23	Psalm 119:9-16	Isaiah 44:1-8	Acts 2:14-24
Wed	Mar 24	Psalm 119:9-16	Haggai 2:1-9, 20-23	John 12:34-50
Thurs	Mar 25	Psalm 45	Hebrews 10:4-10	Luke 1:26-38
Fri	Mar 25	Psalm 118:1-2, 19-29	Deuteronomy 16:1-8	Philippians 2:1-11
Sat	Mar 26	Psalm 118:1-2, 19-29	Jeremiah 33:1-9	Philippians 2:12-18