



# RV ROUNDUP

## Growing Together in Community

Vol. 3, Issue 4

Fall Quarterly 2016

Dear RV Family,

It's time for our little newsletter once again! I'm always excited about having this opportunity to connect with you.

The fall quarterly spans all the holidays, so it is my chance to say Happy Thanksgiving, Merry Christmas and best wishes for the New Year all at once! I know holidays are not necessarily happy times for everyone. Sometimes, sad memories, difficult relationships or stress can take some of the "happy" out. I have those struggles myself, sometimes, and I want you to know that your being a family to me here in the park is one of my greatest blessings. As in years past, we will be providing a holiday meal on Thanksgiving and Christmas Day. I hope you will consider joining us, 10:00 a.m. to 12:00 p.m. Thanksgiving and 11:00 a.m. to 1:00 p.m. on Christmas Day to celebrate what we have here with one another. Several of you have experienced health issues lately and it was a joy for us here at the park to really be there for one another. Jesus Himself made reference to the fact that sometimes the brothers and sisters that are actually closest to us aren't necessarily those that are flesh and blood. You have all been true family to me throughout my years here. I am so grateful for you!

It has been said that the only constant is change. This has got me thinking about the things that *don't* change. Like a smile turning a person's whole day around. Or living through great difficulty together resulting in bonds being stronger rather than weaker. Or that the promises of God stay true throughout all time. Promises like never leaving nor forsaking us, working all things together for our good and preserving our true reward where neither rust nor moth can destroy it. One of my favorite things in the Bible is the imagery of God holding us so tightly in His hands that our names are imprinted on His palms. If I may share one encouraging verse that I go back to again and again, it would be found in Romans 8:38 & 39-- "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." The relationship with God that verse talks about is something that never has and never will have a price tag. It's an absolute free gift for the taking.

Whether the holiday season brings positive or negative thoughts and experiences to mind, I hope you will take a moment to consider that verse and all that it offers. For those already in a personal relationship with Christ as their Savior, I hope it will ring true in your hearts that we have much to celebrate. If you are not in that relationship, I hope you might consider that to accept it, might very well be the greatest gift you could ever receive.



As always, I'm here if you ever want to talk more about what that relationship could mean. Or just to talk about life, your story and whatever's on your mind. You are always more than welcome! May you be truly blessed in a most personal way this holiday season.

In Christ's love for you,

Your RV Rev. Tamara John

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Happy Autumn and soon-to-be Holiday Season!

I hope you all have enjoyed the rain when it's been falling and the sun when it's been shining. Sometimes it's just a surprise! I've included my favorite fall soup recipe and several new ways to make use of cranberries. You can even celebrate the season with a pumpkin smoothie!

I hope you enjoy your read!

Your friend,  
Lou



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## RECIPE OF THE MONTH

### YUMMY LENTIL SOUP Serves 6 – 8

1 cup dried lentils	2 medium potatoes
1 medium onion	2 T. olive oil
1 garlic clove, chopped	6 c. water, chicken or vegetable stock
2 celery stalks	2 bay leaves
2 carrots	chopped kale makes a nice addition
	salt and pepper to taste

Pour lentils onto a plate and pick out any tiny stones. Put lentils in a strainer and rinse them in cold water. Peel onion, garlic, carrots and potatoes. Chop onion then garlic, celery, carrots and potatoes.

Heat the oil in a large saucepan over medium heat. Add the onion, stirring until brown, about 5 minutes. Add the garlic and stir for about a minute before adding the celery, carrots and potatoes. Add the water or stock and the bay leaves. Add the lentils and stir, then bring to a boil. Lower the heat to a simmer and cook for about 30 minutes, until lentils are tender. Throw in some chopped kale in if you wish. (I think it makes it extra tasty and nutritious!) Add salt and pepper to taste.

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Love him or hate him, Dr. Oz had some great ideas for cranberries that I'd like to pass along.

A reader from Toronto, Ontario had a new idea for **cranberry sauce**. Blend cranberries and pomegranate seeds in a food processor. Mix in Fresh-squeezed lime juice and black pepper. Chill.

This idea sounds great to me: Sauté fresh cranberries and kale (there it is again!) in a little olive oil. Mix in cooked **wild rice** and edamame. Great topped with feta cheese and chopped walnuts.

Here's a new twist on **guacamole**: Mix chopped cranberries, mashed avocados, roasted sunflower seeds (or toasted pumpkin seeds), red onion, lemon juice and salt to taste.

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## PUMPKIN SMOOTHIE

Next best thing to pumpkin pie for breakfast!

Blend pumpkin puree with frozen banana, milk (try almond or soy!) cinnamon, and nutmeg.

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## KIDS' CORNER

### SEASONAL RIDDLES

(Answer is in code with numbers for the letters of the alphabet.)

*What did one autumn leaf say to another?*

**Answer:** 9 ' 13 6 1 12 12 9 14 7 6 15 18 25 15 21!

*Where does a polar bear keep his money?*

**Answer:** 9 14 1 19 14 15 23 2 1 14 11!

### INEXPENSIVE SEASONAL CRAFTS FOR KIDS

These crafts can be made from construction paper, paint, markers, scissors and fallen leaves. Take a look!



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## JOBIE'S PET PRAYER LINE AND MORE



Holiday meals can be a time when we want to show our pets love by feeding them some of the traditional delicacies that are so special to us. Jobie would like to share these guidelines in the best interest of his pals: High-fat foods—even just a scoop of buttery mashed potatoes—can inflame the pancreas and cause dehydration and vomiting. The onions, garlic or chives commonly found in dressing can damage a dog's red blood cells. The exception to the "No" list is turkey without the skin. However, stick to a tablespoon for small dogs and a quarter cup for larger dogs. But be sure to lavish them

with lots of love—that has no calories, fat or unacceptable ingredients! It’s always the right thing to do and the best way to show how thankful you are to have them part of your family. They are even more important to us during the holiday season!

Recently, Lou had the experience of caring for her daughter’s cat during the last month of its life. Lou’s kids had been down visiting from San Francisco and had to leave the cat behind when they returned home, as the cat had gone into renal failure on the last day of their visit. It was a day to day ordeal of vet’s visits, medications, giving fluids subcutaneously and hoping to see the cat resume eating. When things were looking quite bleak, Lou’s daughter, Danielle, flew down to see the cat and say her goodbyes. It was quite hard as you can imagine and Danielle kept repeating that she just wish she knew if the cat could still get better and she wished someone could tell her if it was really time to put him down. She had to fly back that evening and Lou would be taking the cat in the next day to make a decision. It was an answer to prayer that the next day the vet technician that was with Lou and the cat explained that although flushing with fluids had resulted in the kidneys functioning again with continued fluids and meds, the real battle had been lost when the blood transfusion failed and the cat could not overcome severe anemia. Praise God that Danielle was able to *know beyond a doubt* that everything that could have been done was and it was time to let him go. That was a great kindness. This shared traumatic experience between mother and daughter of struggling to save the cat and then having to let him go worked healing at a very deep level of their relationship. Another incredible gift!

Jobie joins his two favorite women—Tamara and Lou—as well as his canine companions in wishing you a joyful holiday season!

Call Lou at (714) 837-9757 if you would like to post a prayer request for your pet or arrange for a blessing of your pet by our very own RV Rev. Tamara.

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### A LITTLE APPRECIATION GOES A LONGER WAY THAN WE THOUGHT

I came across a helpful tidbit. It turns out that our brain is wired with “relational circuits” that can be either “on” or “off.” The “on” position, not surprisingly, allows us to be more open, conciliatory and congenial in our relationships and fosters a free-flowing connection. The “off” position results in our being rigid, cold, stubborn—you get the idea... Well, it’s been scientifically discovered that when we purposely think of things we appreciate about a person, it turns the circuits on. So in this season of gatherings, if you’re anticipating having to spend some time with a “porcupine,” spend a little time beforehand thinking of every single thing you appreciate about them. It may just help to put the “happy” in the holiday!

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### LESSON FROM A PALM TREE

I’ve mentioned before that God often teaches me something through the plants I see in my garden or neighborhood. One day I was walking past a palm tree when I noticed two outgrowths that contain the seeds. The one outgrowth looked like a tangled up ball, while the other comprised of dozens of strands that hung straight down, not one touching the other. It reminded me of how God can take our tangled up lives—when we ask for His help—and patiently bit by bit get things back on track. He is really a master at it. When things get out of whack, I like to picture that palm tree. It reminds me of His promise to “...work all things together for good for those who love Him and are called according to His purpose.” (Romans 8:28) That’s a promise you can take to the bank!



I wanted to include these two photos of how the plants are doing that I talked about in preceding issues. Here’s the little olive tree I had given up for dead. In God’s timing it rejuvenated, though totally neglected, symbolizing God’s sovereignty. Now it’s got little branches growing from that one branch and it’s truly becoming a tree!

This is how the plant looks now that I cut the top off of and just stuck it in some soil, not really expecting anything to happen. It neither grew nor died for several months, but one day I saw growth. Look at it now!!! It's a great visual to strengthen my faith and help me keep on praying, waiting and believing even when it seems that nothings happening!



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## WEEKLY SCHEDULE OF GOING ON AT HOPE FOR LIFE CHAPEL

**SUNDAY CHAPEL SERVICE 5:00 P.M.**

**FIRST FRIDAY FUN NIGHT**

First Friday of Every Month – BBQ Dinner and Entertainment

**SATURDAY MORNING PRAYER 8:30 – 9:00**

Location: In Prayer Garden  
Tea, Coffee & Pastries Served

**SATURDAY MORNING PERSONAL REFLECTION 9:00 – 10:00**

“Joy Starts Here”

Location: In Prayer Garden  
Tea, Coffee & Pastries Served

*(Please talk with Tamara or Lou if you are interested in joining)*

**SATURDAY MORNING EXERCISE 10:00 – 11:00**

**SATURDAY CRAFT SHARE—ONE SATURDAY PER MONTH (TBD)**

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## HOLIDAY MEAL SCHEDULE

**(with all the trimmings!)**

**THANKSGIVING DAY – 10:00 A.M. TO 12:00 P.M.**

**CHRISTMAS DAY – 11:00 A.M. TO 1:00 P.M.**

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May God abide with you in all the seasons of your life. May He lavish you with His love and grant you joy and purpose. Best wishes of blessing for the holiday season ahead!

As always, I'm delighted to receive your comments, suggestions and submissions. Please contact me, Lou Federmann, at [AssociateDirector@RVMinistry.org](mailto:AssociateDirector@RVMinistry.org) or call 714 837-9757.