



# RV ROUNDUP

Growing Together in Community

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Next Issue Spring :out in April

Dear RV Family,

If I were to title my letter this month, I would call it The Resolution Solution. I stumbled upon this idea and thought I would give it a good run and see how it works out.

I've been journaling for some time now, so I looked back at last year's entry on January 1. I found 8 resolutions: 5 with my physical body, 1 was relational and 2 had to do with habits. I had made some progress in most of them, but had **not** achieved, or even changed the deeply ingrained pattern, in **any** of them. This was disappointing, but not earth-shattering. Change is very difficult for all of us. Especially when we go at it alone.

So I'm taking a different tack this year. The idea came to me as I was reflecting on my day's reflection (do you think I spend too much time thinking?) and realized something significant. My favorite part of the day is my evening walk. I take Jesus along and we walk together and reflect on the day. I find it really satisfying to think over the different things that I have done that I know would please God—ways I feel He used me that day. I had never given this ritual much scrutiny, but God has been revealing that pride is at the base of a lot of the things I do. Examining it through *that* lens, I saw it anew—sort of the spiritual equivalent of sitting back in your chair, putting your feet up on the desk, lighting up a big cigar and (gulp!) even gloating a little. I was horrified by the picture. After some consideration and the Holy Spirit's guidance, I thought of what might be a better way to reflect on the day. In my morning prayers, I would ask God to teach me something during the day. In my evening walk and prayer time I would think about what He taught me or was in the process of teaching me, and would reflect on where I saw His hand at work that day in my life or the world around me. It seemed like that was a much more God-oriented way to look at it.

I decided to put it to the test. (Why wait for January 1?) It felt a little odd not taking the usual pleasure in thinking back on all the good things I had been able to do or be involved in. I missed the closure to the day that it had always given me. But He showed me how, even when I was in a bad mood and had the wrong spin on things, He miraculously brought out the right attitudes and words when I related to someone, even though I hadn't *consciously decided* to turn things around. That taught me that in His mercy and grace He really does have my good in mind and is present in my life in the smallest of details. There will be times when saying and doing the right thing will be a struggle, but for that day the Holy Spirit's presence was just so evident in the midst of what had taken place.

As to seeing His hand at work—THAT was amazing! A friend of mine who has suffered with severe depression for a long time began to respond very positively to a new medication. I am so grateful for this breakthrough.

So back to the title. What's the Resolution Solution all about? Instead of the meticulous and lengthy list I make at the start of each year, I will simply live each day in a God-pleasing way moment by moment; ask to be taught in the morning and reflect on how that played out and where I saw God work in the evening.



It feels a bit scary not to have the familiar comfort of a list—like trying acrobatics without a safety net. Old patterns *are* hard to break. But I'm excited too!! It will be interesting to see how this works out. I suspect that some habits I've found hard to break in my own strength, will fall by the wayside.

How about you? Does this sound like a good alternative to the usual list of resolutions? I can't predict whether it will help you break detrimental habits, but it **will** draw you closer to God. And that can change everything!

In Christ's love for you,  
Your RV Rev. Tamara John

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Happy New Year to each and every one of you! It's my prayer that God will reveal Himself to you in a very personal way this year and you will be blessed in many ways!

Love in Christ,  
Lou

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## RECIPE OF THE MONTH

Yep! It's crock pot time again! You're going to LOVE this recipe!

### MOROCCAN-SPICED CHICKEN THIGHS WITH COUSCOUS

1 teaspoon ground cumin	1 14.5 oz. can diced tomatoes, drained
1 teaspoon ground coriander	1 lb. large carrots, cut into 1" pieces
¾ teaspoon cinnamon	1/3 cup pitted black olives
Salt and pepper	1 cup couscous
1 ½ lbs. boneless, skinless chicken thighs	Fresh cilantro, for serving

**MIX** the cumin, coriander, cinnamon, and 1 teaspoon each salt and pepper in a 4 to 6 quart crock pot. Add the chicken and toss to coat in the spice mixture. Add the tomatoes, carrots, and olives.

**COVER** and cook on low for 6 to 7 hours or on high for 3 to 4 hours, until the chicken is tender. Shred the meat and return it to the liquid with vegetables.

**TEN** minutes before serving, prepare the couscous according to the package directions.

**SERVE** the chicken and vegetables over the couscous, topped with the cilantro.

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## KIDS' CORNER

**TODAY'S RIDDLE** (The answer is in code with numbers for the letters of the alphabet.)

What did the big furry hat say to the warm wooly scarf?

Answer: 25 15 21 8 1 14 7 1 18 15 21 14 4 23 8 9 12 5 9 7 15 15 14 1  
8 5 1 4

## MORE WINTER CRAFTS



A different take on the footprint craft we showed in the November issue.



**SNOWFLAKE MAGNETS OR ORNAMENTS** A great repurposing of jigsaw puzzles with missing pieces.

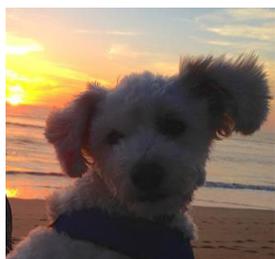
Pick 6 puzzle pieces that have pointy nibs sticking out on each end. (See photo.) Dampen puzzle pieces and remove the picture layer.

Paint puzzle pieces white.

When dry, arrange and glue 3 puzzle pieces on a small circle of cardboard.

Arrange and glue the next three so that the pointy nibs are positioned in between those of the bottom layer.

Glue on ribbon for an ornament or add a piece of stick-on magnet tape on the bottom for a refrigerator magnet.



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## JOBIE'S PET PRAYER LINE AND MORE

### Jobie's New Year's Resolutions for Pets and Their People

1. **Exercise.** The health benefits are obvious, but it is also a great time to bond.
2. **Health Check Up.** Regular visits to the vet is the best way to stay ahead of potential problems.
3. **Good Nutrition.** Pets who eat good quality food have better health. A diet rich in table scraps is not healthy.
4. **Good Grooming.** No one wants to be around a stinky pet! Remember to include brushing teeth.
5. **Safety.** Keep toxic chemicals out of reach. If toxins for rodents are used, does your pet have access to the rodent? Make sure fencing is secure.
6. **Information.** Keep track of your pet's medical history. Knowing what is and isn't normal for your pet will assist your vet in figuring out what is wrong in the case of illness.
7. **Love and Attention.** Take time to focus on your pets and create/nourish the human-animal bond.
8. **Volunteer.** Every little bit helps animals in need. Financial donations, donations of supplies or your time to a local shelter or rescue group is always appreciated.
9. **Maintenance.** A clean environment for pets is a healthy one. Poor sanitation can lead to behavior and health problems.
10. **Be A Voice.** Speak up when you notice neglected or abused pets in your neighborhood. Shelters and rescue groups will thank you and most will accept an anonymous tip to help an animal in need.

If you have a prayer request regarding your pet, please contact me at [loufedemann@aol.com](mailto:loufedemann@aol.com) or (714) 328-6753.

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**2016 WEEKLY SCHEDULE OF GOINGS ON AT HOPE FOR LIFE CHAPEL**

**SUNDAY CHAPEL SERVICE 5:00 PM**

Overview of the Bible—Dinner Served

**THURSDAY NIGHT STUDY 6:30 PM**

Prayer and Personal Reflection

**FRIDAY FUN NIGHT**

First Friday of Every Month—BBQ Dinner and Entertainment

**SATURDAY MORNING PRAYER 8:30–9:30**

Location: In Prayer Garden  
Tea, Coffee & Pastries Served

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

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**SPECIAL EVENTS IN JANUARY**

**PLEASE NOTE: THERE WILL BE NO FRIDAY FUN NIGHT THIS MONTH.**

**SATURDAY, JANUARY 16, 2016 10:00 AM–NOON**

Healing Through Art

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May 2016 be a good year for you! May you and your loved ones—both human and furry—thrive!

As always, I'm delighted to receive your comments, suggestions and submissions. Please contact me at [loufedemann@aol.com](mailto:loufedemann@aol.com) or call 714 328-6753.