



# RV ROUNDUP

Growing Together in Community

Vol. 3, Issue 2

Spring Quarterly 2016

Dear RV Family,

Spring is here (finally!!) Don't you just love it? Flowers are blooming, it's clear and bright and birds abound. Speaking of which, have you seen the little white bird flitting around the RV Park?

It's time to clean out the old and try something new. It's amazing how a little order and less clutter can lend to a state of calm and help handle the stress we sometimes feel. I thought I'd offer a concise suggestion to use in the spiritual area of one's life. It's short and easy to remember. I call it the STOP, DROP and ROLL method of living. You might remember that wording as taught to us in elementary school in responding to catching on fire. It turns out that it can be applied to other areas of our lives, too!

Life gets hard. Sometimes it doesn't feel good. There are times when we bellow, "Maranatha Lord, come Lord Jesus" – not just out of excitement to meet our Savior face-to-face, but also so we can more quickly get to the no more tears, pain or suffering that the Book of Revelation promises! While we wait for that time, let's talk about how we continue to walk forward boldly into the steps God has illuminated before us. How do we practice that continuous connection with God in order to live in JOY as if our life depends on it? Because it does!

When things get crazy, we need first of all to STOP and resist the horizontal bombardment of the noise and circumstances and plug in to our vertical connection with God. We need to turn to our Lord and ask Him how He wants us to engage in what's going on. What is He seeking to do in this situation? It is helpful here to sort out the quality from the circumstance in the event. Circumstances are the things that we value but that can be taken from us such as relationships, family, health, employment, cars, home. Quality is eternal. It is how we respond exemplifying the fruits of the spirit such as love, joy, peace, patience, goodness and self control, allowing God to refine us in this temporary furnace. Circumstances become secondary. No one can take this away from us. This is where real fullness of life lies.

The next step is to DROP to our knees in prayer. It is in this process that we can allow God to sort out what is the truth from what is the lie in the situation. We can do this by seeking God's

guidance through prayer, His Word and our sisters and brothers in Christ. We need that strong, vertical connection to God.

Finally, we need to ROLL over in surrender to God, asking Him to bring His will out of this situation and to accomplish His purpose in allowing it through His filter for our life. We need to be willing to let go and be spun around in a different direction or molded in a new way that is in sync with His plan for us.

Then we need to follow this with trusting Him, and we can experience a new normal of JOY in our lives. We can be sure that God always has a purpose and is always ultimately in control.

This brings to mind a verse that really says it all: *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.* (Romans 8:39) If you have a personal relationship with Jesus Christ, take heart! If you do not and are interested in exploring if that might be something you'd like to consider, please stop by any time and we can talk more about it.



Let's fully enjoy this season and all the beauty that surrounds us. Aren't the sunsets terrific!!! Happy Spring!

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



---

Dear Ones,

I've so been looking forward to putting this issue together! It's been a long time since January. I hope that there's a thought, tip or recipe that will add a little zing to your life or make things just a little bit simpler!

Your friend,  
Lou

---

## RECIPE OF THE MONTH

### BROCOLLI SALAD

I try to make this and include it with our meals on Friday Fun Nights. I always get asked for the recipe, so here it is:

Combine:      4 or 5 cups broccoli flowerets, uncooked.  
                     1 cup raisins  
                     1 cup raw or salted & roasted sunflower seeds  
                     ½ cup chopped red onion

Mix together in a bowl and add dressing:

½ cup mayonnaise, 2 T. granulated sugar and 1 T. apple cider vinegar combined.

Here's another healthy salad I absolutely love! It's actually made me a fan of raw Brussels sprouts! If pomegranate seeds aren't in season, dried cranberries are a good substitute.

### **POMEGRANATE, BRUSSELS SPROUTS, AND KALE SALAD**

Serves 6 – 8

¼ c. cider vinegar	2 lb. Brussels sprouts, sliced very thin
2 t. Dijon mustard	2 small bunches kale, ribs removed, leaves sliced (7 cups)
4 t. agave syrup or honey	1 small container pomegranate seeds
1 t. salt	2/3 c. coarsely chopped or slivered almonds
½ c. olive oil	

**WHISK** together cider vinegar, mustard, agave, and salt in a large bowl. (If using honey in place of agave, add 1 t. water.) Drizzle in oil, whisking constantly to emulsify. I keep only part of this dressing mixture in the bowl before the next step. You can always add more of the prepared dressing if you think the salad needs the full amount.

**ADD** Brussels sprouts and kale to bowl. Toss to coat in dressing, working greens with your hands to help soften them. Fold in pomegranate seeds and almonds.

---

Stevia is a natural calorie free substitute for sugar. Here's how to use it in liquid form as a substitute for sugar in baking.

### **SUBSTITUTING LIQUID STEVIA FOR SUGAR IN BAKING**

1 c. sugar = 1 t. stevia  
1 T. sugar = 5 drops stevia  
1t. sugar = 2 drops stevia

For every cup of sugar substituted, add 1/3 cup of liquid or bulk such as applesauce, fruit juice, egg whites or water.

---

### **SALT SUBSTITUTE**

Turns out that celery seed works quite well as a replacement for salt. The little seeds are quite tasty and add zip to soup, egg salad, homemade bread and more.

---

### **SPARE ME THE TEARS....**

Three steps to cutting an onion without crying: Step 1 – Chill the onion, by placing in freezer or bowl of ice water for a half hour, or in the fridge for a couple of hours. Step 2 – Cut onion in half and rinse both sides with cold running water for one minute. Step 3 – Hold a piece of bread in your mouth. This keeps you from inhaling the full strength of the fumes.

---

### ECO TIP

I recently read something really interesting. It turns out that liquid soaps require five times more energy for raw-material production and nearly 20 times more energy for packaging and production than bars of soap, thereby correlating with a higher carbon footprint. Also, the soap bars have considerably less impact on the environment because less soap is used. A study revealed that consumers use almost seven times more liquid soap than bar soap when hand washing, so it's quite likely that the same thing happens in the shower. Something to think about...

---

### KIDS' CORNER

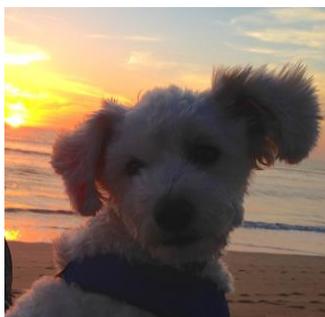
**TODAY'S RIDDLE** (The answer is in code with numbers for the letters of the alphabet.)

*If April showers bring May flowers, what do May flowers bring?*

**Answer:** 16 9 12 7 18 9 13 19!

### KIDS--TRY THESE SPRING CRAFTS!

These fun flower pictures require very little in the way of supplies. The pictures tell it all!



---

### JOBIE'S PET PRAYER LINE AND MORE

Jobie recently interviewed some of his feline friends to try to find out *why, oh why* do some cats splash their water out of the dish and drink it off the floor! Sometimes it's for the *thrill of the spill* and they're just being playful. But it turns out there are a whole host of other possibilities! Some kitties don't like the way it feels to have their whiskers touching the sides of the bowl. Some don't like to drink from deep dishes in particular because it obscures their vision. If the bowl is near a window, the light reflecting on the water is just too tempting

*not* to splash. If you want to spoil the party, just put a towel under their dish that absorbs the water and then there's no more reward of being able to drink off the floor. Maybe cats *are* kind of finicky after all!

Email [loufedermann@aol.com](mailto:loufedermann@aol.com) or call 714 328-6753 to share your pet's request.

---

## **LADIES... SOMETHING TO THINK ABOUT**

I (Lou) have gotten to know at least a dozen of you and I was just thinking about something and want to ask that you think about it, too. I am wondering if we ladies would like to get together once a month and teach each other things we happen to know how to do, such as beading, knitting, etc. I know a woman who would be willing to come and teach us how to make crocheted and knitted necklaces accented with beads (I have some samples.) Or we could just spend time together while we work on our own crafts or projects. I am thinking we could have a topic of the month, such as coping with stress, practicing mindfulness, healthy eating, etc. I would share what verses in the Bible have to say. All who wish to, might share their own life experience or tips on the subject. The purpose is to enjoy community and be supportive of one another. This seems like the best way to get the idea out there. You can let me know if you're interested.

---

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

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

Various topical studies based on the Bible—Dinner Served

### **THURSDAY NIGHT STUDY 6:30**

History of the Constitution Video Series

### **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**

---

## **A LESSON FROM NATURE**

I had an interesting experience recently. We had a seriously overgrown ficus tree in our side yard. We had found a broken bird's egg on the ground beneath it one day. Some time later, the man who trims our trees was in the neighborhood and offered us a special price if we would have him trim all our trees that day as he had no work. This was something we knew was way overdue, so my husband said "yes." They did a lovely job, but the following day I noticed a

morning dove sitting on the roof for hours staring at the tree. My heart sunk. I realized her nest must have still been in the tree with her babies. I was crestfallen. My heart hurt for her.

About a week later, I went out my back door and turned the corner to walk up the side yard. There sitting on the sidewalk was a mother and a father morning dove and two healthy little ones. Somehow, in the rough treatment of cut off branches in the trimming of the tree, the little ones made it safely through. In the next days, I would find the little birds tucked away behind my pots while the parents were away. The parents came back each day and were reunited with their little ones again.

I fretted about the possibility that the little ones wouldn't learn to fly because they weren't up in a tree and able to be "pushed" out of their nest by their mother. But, not to worry, my husband saw one of them fly up onto the wall. This little family has adopted our back yard and it is quite a delight to spot them.

What did I learn from all of this? Well, for one thing, my husband probably has a point in trusting for nature to take it's course. But the fact those tiny birds survived their tree branch being cut and thrown to the ground gave me pause. I think about how God can bring us safely through real train wrecks in our own lives when we trust in Him. And after all, He has said in His Word that *we are worth more than many sparrows!*

---

May you see God's hand in all the many miracles of Spring! As always, I'm delighted to receive your comments, suggestions and submissions. Please contact me at [loufedermann@aol.com](mailto:loufedermann@aol.com) or call 714 328-6753.