



R V ROUNDUP

Growing Together in Community

Vol.3, Issue 3

Summer Quarterly 2016

Dear RV Family,

The 12th of July was a very special day for me. It marked the 5th anniversary of my living here at the RV Park! Some of you have lived here with me for that entire time! Many other residents have come and gone during that time. It has been an honor to have known each one. To you who live here with me now, I say “thank you” for sharing life with me here. I am grateful for your having let me be a part of your life.

Recently, we have had the joy at the Chapel of hosting a baby shower for two of our expectant moms. What a joy to see their neighbors, family members and friends joining together for this wonderful event! So much love and support was shared (as well as all those darling baby outfits. Hasn't the selection of little boy clothes really changed over the years? We're way beyond stripes and plaids!!) Our new moms felt so blessed and encouraged! Thank you to all who participated to make that a special day.

We are on the verge of starting a once-a-month crafting and open discussion time where we can teach each other the crafting skills we know and share mutual encouragement and support. If you have a skill you would like to share, please contact Lou and let her know. She can help you get the things together that are needed to be able to teach the skill. Her contact information is at the end of this newsletter. There are so many hidden talents tucked away inside the RV homes here! We'd love to be a part of bringing them out into the open and sharing them, if you will allow us that privilege.

We would love to have your ideas of what we might do to further encourage community here at the park. We so enjoy our monthly First Friday Fun Night BBQ with you and are always looking for new things to do. Please feel free to share your ideas. Our August First Friday we will be watching the movie “RV” with Robin Williams....HILARIOUS!!!!

As we share in your joy, we also are here to share in difficulty. We are all going through some difficult adjustments right now and we are here to help. Please know my door is always open to you. I care deeply for you in this time of transition we are going through together. More than my door being open to you, God “bends His ear low” to hear the prayers and respond to the needs of those who make their requests known to Him. We have a Saturday morning prayer time at 8:30 which is a time set aside to pray for the residents and needs of the park. Please give some thought to joining us at that time for some breakfast treats and sharing of time of praying for your needs and the needs of your neighbors. There's a locked prayer box by the door of my RV if you want to submit any prayer requests that way too.



Lou, Jobie and I look forward to growing in our relationship with you. We are so glad to call you our “RV Family!”

In Christ's love for you,

Your RV Rev. Tamara John

Hi all!

It's my favorite time again when I get to put this little newsletter together! I've been dying to share my daughter's black bean soup recipe with all of you! My husband groans when he hears the word "beans" in the same sentence as "dinner," but he really had an enthusiastic response to this soup!

I have some heartwarming tales to tell in Jobie's Pet Prayer Line and More. I hope you thoroughly enjoy this issue!

Your friend,
Lou



RECIPE OF THE MONTH

BLACK BEAN SOUP Serves 4 - 6

(This can be made in a crockpot or on the stovetop.)

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| 1 T. olive oil | 4 c. vegetable stock |
| 1 medium-size yellow onion, chopped | 2 bay leaves |
| 1 medium-size carrot, chopped | 1 t. ground cumin |
| ½ small green bell pepper, seeded and minced | 1 t. dried thyme |
| 2 garlic cloves, minced | ¼ t. cayenne pepper |
| 2 15.5-ounce cans black beans, drained and rinsed | Salt and freshly ground pepper |
| 1 14.5-ounce can diced tomatoes, left undrained. | 2 t. fresh lemon juice (optional) |

1. Heat the oil in a large skillet over medium heat. Add the onion, carrot, bell pepper, and garlic, cover, and cook until softened, about 5 minutes.
2. Transfer the cooked vegetables to a 4- to 6- quart slow cooker (or just keep cooking on your stovetop), add the beans, tomatoes and their juice, stock, bay leaves, cumin, thyme and cayenne, and season with salt and black pepper. Stir to combine. Cover and cook on low for 8 hours if you're using the crock pot.
3. After soup is done in the crock pot or has simmered on the stove for a while, remove and discard the bay leaf and taste to adjust the seasonings. Just before serving, stir in the lemon juice, if using. To thicken, puree at least 2 cups or up to ½ of the soup solids with an immersion blender used right in the pot, or ladled into a regular blender or food processor and returned to the pot. Serve hot. Very good and filling!

THE VERSATILE MARINADE

(Works with any kind of protein—chicken, shrimp, steak, etc!)

Mix ¾ c **tamari** with 2 T **toasted sesame oil**, 2 t minced fresh **ginger**, and ½ t. each **curry powder**, **cinnamon**, **minced garlic**, **onion powder**, and **hot sauce** (optional). Pour into a large zip-top bag, add 1 lb. protein of your choice, and refrigerate (2 hours for fish, 4 for chicken, pork. Or steak) before grilling.

ECO TIP UPDATE

Last issue I relayed the idea of doing away with liquid body wash with its considerable carbon footprint (5 times more energy for raw-material production and nearly 20 times more energy for packaging and production than bar soap.) Well, I figured I had better follow my eco tips myself if I'm going to share them with all of

you and encourage YOU to make a change! So I got me a washcloth and a bar of soap as soon as I ran out of body wash. I'm just as clean AND there's a huge difference in how much soap foam is going down the drain! A study revealed that consumers use almost 7 times more liquid soap than bar soap when washing hands and probably the same in the shower. Well it sure looks that way to me. I can now pronounce myself a bar soap convert!

AN OPPORTUNITY TO RECYCLE YOUR JEANS! One of our industrious residents and a busy mother, has been using worn out jeans and fabric to make purses which will be available for purchase on our website shortly. If you would like to donate your old jeans to this endeavor please leave them outside the Hope for Life Chapel at Space 116. Many thanks!

KIDS' CORNER

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

What can you buy from the dollar store? **Answer:** 2 21 3 11 20 5 5 20 8!

EASY, INEXPENSIVE SUMMER CRAFTS FOR KIDS

PAPER PLATE AQUARIUM – materials: White paper plate, blue paint, glue, colored construction paper, googly eyes, corn-puffed cereal.



SHELL "FISH"

JOBIE'S PET PRAYER LINE AND MORE

EXTRA! EXTRA! AWESOME PARK RESIDENTS RETURN ANIMALS TO OWNERS!!

A "Lost Cat" flyer with photo posted in the laundry room paid off when after three months Terrific Tiffany, one of our residents, sited the kitty near her RV. Kitty safely returned--many prayers answered--happy end of story! I also heard about a park visitor's golden retriever that bolted across Newland and was corralled and returned by our residents to the grateful owners. And last but not least, Ruby, a Rhodesian Ridgeback was startled by fireworks and bolted off across PCH in all the noise, confusion and crowds of the 4th of July celebration. Owner Donnie couldn't catch her and she was gone overnight. A resident called him very early the next morning



saying he had just seen Ruby running full speed into the park. She didn't stop running until she jumped against her own front door, gave Donnie a good lick on the face and jumped up on the bed!! Welcome home, Ruby!!! THAT'S good news!

Call Lou at 714 328-6753 if you would like to post a prayer request for your pet.

SOMETHING TO KEEP IN MIND...

Here's a little safety tip. It turns out cell phones and texting aren't our only distraction when driving. Did you know that emotion puts extra demands on the brain? If you're angry, sad or teary, your chance of crashing actually increases tenfold. Fumbling for tissues or replaying an argument steals your attention and decreases your reaction time.

GOD SPEAKS THROUGH THE GARDEN

In that wonderful, quiet time of watering the garden as the day is cooling off, God often teaches me lessons through my plants. I had a plant that I do not know the official name for, but it had outgrown the pot it was in. The top of the plant, grew taller and taller, but the leaves below it layer by layer turned brown. It was sad looking indeed. I hid it behind some other plants with only the top showing, but that camouflage didn't last long. After a good case of "plant guilt" (as my sister calls it!), I knew it was time to do something. I couldn't bear to just throw it out, although it didn't seem like the kind of plant you could root in the pot like a geranium or succulent where you just cut it off and stick it in soil. But that being my only real option at that point, it's exactly what I did (without much expectation I might add). I watered it along with everything else for months. It neither grew nor died and seemed to be hovering in suspended animation. I never bothered to throw it out. One day, after many, many months, I spotted new growth! It must have been growing roots, however unlikely it seemed, during that long lull.

I was gently reminded of how it is when we pray for a loved one for a long, long time with no visible answer to our prayer. Sometimes this is also true when praying for the healing our own lingering sorrow or the overcoming of stubborn weaknesses. It seems like nothing at all is happening. What's the use? But during that time of silence and stillness, God is at work doing all kinds of things that are undetectable to our eyes. Keeping our loved ones/ourselves in prayer despite no detectable difference is like keeping the potted plant instead of pitching it—both take faith. And with both, faith was rewarded.

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 GIRLS TIME 4:30

Location: In Prayer Garden

Bible Application to Issues of Growing Up

Snacks Served

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

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 WOMEN'S STUDY 9:00 – 10:00

Location: In Prayer Garden

Support, Encouragement and Study of Women in the Bible

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)

May God be with you and watch over you in these sunny, summer months! As always, I'm delighted to receive your comments, suggestions and submissions. Please contact me, Lou Federmann, at Associatedirector@rvministry.org or call 714 328-6753