



The Fowler Flashes

So, Here is the fourth one to try. It is **Prayer Walk**. Remember if you have any questions, just give me a call.

Volume 1
Issue 4
Lent Special

Peace,
René

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Prayer walk

Prayer Walking is just what it sounds like - praying to God while walking around. Instead of closing our eyes and bowing our heads, we keep our eyes open to the needs we see around us and bow our hearts to ask humbly for God to intervene.

You can prayer walk in small groups of two or three or you can prayer walk by yourself. As you walk and pray, be alert for

opportunities and listen for promptings by God's Spirit to pray for individuals and groups you meet along the way.

God's Word says that we should "petition, pray, intercede and give thanksgiving for all people, for kings and all those in authority -- that we may live peaceful and quiet lives in all godliness and holiness. This is so important right now. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth."

Prayer Walking is a simple way to obey God's command to pray for others. And it's just what it sounds like - praying to God while walking around.



We want to wish Barbara Ritchey! Happy 90th Birthday On March 15th

March Birthdays & Anniversaries

2nd - David Olsen
Marc Walker
4th - Karla Kirby
9th - Bionkah Craven
Vonnie Fergen
14th - June Nelson
Sindie Price
15th - Barbara Ritchey
19th - Cedric Huseby
20th - Bob & Melanie Nilles
21st - Etienne LeRoux
22nd - Kim Berg
23rd - Mary Russell
27th - Lorraine Chase

Wishing our friends a "happy. . .",
a "merry. . .",
a "best wishes . . .",
and a "blessings . . ."
for their special day.

April Birthdays & Anniversaries

2nd - Maureen Lickteig
8th - Richard Mabbott
11th - RJ Ewing
14th - Laurie Newell
15th - Louis Mwange
Marceline Mwange
18th - Mike & Sharon Payson
20th - Noah Kennedy-Gibbens
28th - Terrance Craven
Helen Gummer
29th - Elijah Kennedy-Gibbens

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Tuesday Small Groups

Hi Everyone. After talking with Pastor René this morning it was decided that Tuesday small groups can start meeting again. We have determined that March 16th would be a good day to start. I think that maybe the long dark winter is finally coming to an end. If we practice the protocols Lance and Janet provided us and we wear masks and practice social distancing we should be alright. So, put it on your calendar. Tuesday March 16th at 10 am Prayer Group, 11 am Small Class Meeting, and 1 pm Bible Study. BE THERE BE SQUARE!!

God Bless!

Gary



March is Women's History month. For over 150 years, since the Woman's Foreign Missionary Society was first formed in 1869 in Boston, United Methodist Women has been on the forefront of developing leaders, fostering spiritual growth and advocating for justice.

To learn more about the history of United Methodist Women, suggested readings include *Women United for Change: 150 Years in Mission*. This study book is from mission u in 2019. There is a copy available in the church library. The Reading Program includes other book titles about women in history. There are copies of the UMW magazine *response* available in Corinthian Hall which contain more stories of women in mission.

Thank you to all who gave donations for our "No Bake Sale." Your giving added \$120 to keep faith, hope and love in action.

Sharon

Deviled Eggs

So this recipe is from my family. We have been doing this since I was a little girl. There are no exact measurements.

12 Boiled eggs Mayonnaise Red Wine Vinegar
Grey Poupon Mustard



Peel your eggs and cut them in half length wise. Remove the yolk and put into a bowl and place the egg halves on a plate. After all the eggs are peeled and sliced you are going to mash the egg yolks with a fork. When all the yolks are mashed you will add mayonnaise, about 1/2 cup, about 3 or 4 shakes of vinegar, and about a teaspoon of mustard. Mix this all together. Here is where you taste it to see if it is to your liking. You might need to add a little more vinegar. When the mix is to your liking , put it in a decorating bag with a tip of your choice and fill the eggs. Once you have filled them all then sprinkle some paprika over the top.

Mashed Potatoes

This is how I make my mashed potatoes.

8 potatoes 1/2 cup butter 1 egg

Peel your potatoes. Cut them into medium sized pieces. Then put them all into a stock pot with enough water to cover them about an inch. Place on stove on a medium high temperature. Bring to a boil and let them boil for about 10 minutes. Sometimes it takes longer, so check to make sure that they are cooked all the way. When they are cooked drain them in a colander. Place the potatoes in a mixing bowl. Have the paddle attached to your mixer. Add in the egg and then slice the butter in. Turn on the mixer and mix until there are no longer any lumps and it is smooth and creamy. You might need to use the whip attachment if you want a smoother potatoes.

SCALLOPED POTATOES

INGREDIENTS

- 4 cups thinly sliced potatoes, (Yukon Gold or Russet; about 2 pounds give or take)
- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups milk
- 1 teaspoon salt
- 1 dash cayenne pepper
- 1 1/2 cups grated sharp cheddar cheese, , divided
- paprika



INSTRUCTIONS

1. Preheat oven to 350 degrees. Grease a 1.5 quart baking dish (8x8 or 9x9 inch baking dish will work).
2. In a small sauce pan, melt butter and stir in flour.
3. whisk in the milk and season with salt and cayenne.
4. Cook sauce on low until smooth and boiling, stirring occasionally with a whisk.
5. Reduce heat and stir in 1 cup of the cheddar cheese.
6. Place a half of the sliced potatoes in the baking dish. Pour half of cheese sauce over potatoes. Repeat with second layer of potatoes and cheese sauce.
7. Sprinkle the remaining 1/2 cup of cheddar cheese on top. Top with some paprika for color.
8. Bake uncovered for about 1 hour at 350°F or longer until the potatoes are fork tender.

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