



The Fowler Flashes

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

Volume 1
Issue 4
Lent Special

Peace,
René

Fasting

Fasting is a way to place ourselves in the way of grace by withdrawing our reliance on earthly things so that we can feast on God's presence and power.

Possible ways to fast during Lent

If you've never practiced fasting before, an easy way into the practice is to engage in a partial fast. A partial fast can involve food and drink, or certain habits. Here are some possibilities for a partial fast:

- Fasting from foods associated with "feasting": chocolate, desserts, coffee/caffeine, alcohol, etc.
- Fasting from media or entertainment: cell phone, TV, streaming video, radio, music, email, computers, video games, etc.
- Fasting from habits and comforts: shopping, looking in the mirror, makeup, elevators, parking in a spot close to the store, finding the shortest checkout line, reading online, following sports, etc.

Here are some questions to help you discern a partial fast that will be challenging enough to be fruitful (from Aaron Damiani's book *The Good Of Giving Up: Discovering the Freedom of Lent*):



What cravings have a hold on me?

- What would be truly liberating to leave behind?
- Short of an addiction, have I become dependent on a particular food, drink, substance, or activity?
- What would be truly challenging for me to give up during Lent?
- What is Jesus asking of me?

Share this with someone close to you for accountability.

One more thing about partial fasting during Lent: Sundays don't count! Sundays are "feast days," which means you don't practice your fast on Sundays. (Lent is actually 46 days long: 40 days of fasting and 6 Sundays of feasting!) Practicing a feast day helps make our Lenten fasts sustainable.



Reflection of early Easter

Growing up in the south, Easter meant warmer days ahead. I was raised attending The Salvation Army church and as such lent wasn't a part of our Easter celebration. I will always remember Easter Sunday sunrise services.

Our church always gathered very early Easter Sunday at the Cherry Hill cemetery. We would sing pray share the Easter story and gather back at the church for a lite breakfast.

Sharing the news of Jesus' resurrection. Joyous times and joyous news still echos in my heart. He is risen, risen indeed.

God bless each of you. While we are apart in the body this season we have the same joy that Christ gives to his own.

John Godley

Tradition has it to make a ham for Easter.. One of my favorite parts of the ham is putting the pineapple rings on. My husband prefers to cook the meat for every holiday that he is home. So far I have only cooked about 6 years worth of holiday meals without him. So lets make a tender and juicy ham.

Now how to cook the ham depends on what type of ham you bought. If you purchased a Spiral Cut, then you will want to make a glaze for it. If you purchased a Shank ham, wether it is a partial or whole you will want to bake it with the cut side down and use foil to tent it. You can do a glaze on this as well. Both of these types of ham are usually already fully cooked. For warming them up whether with a glaze or juices heat your oven to 350 degrees. Cooking time depends on if your ham is fully cooked or partially cooked. For fully cooked hams it is 10 minutes per pound and for partially cooked it is 20 minutes per pound. The internal temperature should reach 140 degrees.

Shank ham

1 can frozen orange juice
Whole Cloves

1 can pineapple rings

1/2 c brown sugar

Mix the orange juice and brown sugar together with a little pineapple juice. Brush on the ham covering the whole thing. Place pineapple rings on the ham securing with whole cloves. Place in the heated oven, setting the timer for 30 minutes. When the timer goes off baste your ham with the sauce in the bottom of the pan. Keep doing this every 30 minutes till your ham is ready.

Apricot Brown Sugar Ham

Ingredients

1 (10 pound) fully-cooked spiral cut ham 2/3 cup brown sugar 1/3 cup apricot jam
1 teaspoon dry mustard powder

Directions

Step 1

Preheat the oven to 275 degrees F (135 degrees C).

Step 2

Place the ham cut side down onto a sheet of aluminum foil. I like to put the shiny side up. Mix together the brown sugar, apricot jam and mustard powder in a small bowl. Brush onto the ham using a pastry or barbeque brush. Reserve any leftover glaze. Enclose the foil around the ham and place on a rimmed baking sheet.

Step 3

Roast for 2 hours in the preheated oven, or if your ham is a different size, figure 14 minutes per pound. Apply the remaining glaze 20 minutes before the ham is done.

Blackberry Jalapeno Glazed Ham

Ingredients

2 fresh jalapeno peppers 12 ounces frozen blackberries
1 cup water ½ cup brown sugar ¼ cup honey
¼ cup orange juice ¼ cup orange-flavored liqueur
1 tablespoon minced fresh garlic 2 teaspoons orange zest
1 (12 pound) spiral-sliced, fully-cooked smoked ham



Directions

Step 1

Set oven rack about 6 inches from the heat source and preheat the oven's broiler to high. Place jalapeno peppers on a baking sheet.

Step 2

Broil in the preheated oven, turning every 2 to 3 minutes, until skin on the jalapenos is blackened and bubbling, 8 to 10 minutes.

Step 3

Remove jalapeno peppers from oven and place in a resealable plastic bag; set aside for 5 to 10 minutes. Carefully open the bag and remove jalapeno peppers; let sit until easily handled. Peel blackened skin from jalapeno peppers, slice open, remove the seeds, and mince the pepper.

Step 4

Combine jalapeno peppers, blackberries, water, brown sugar, honey, orange juice, orange-flavored liqueur, garlic, and orange zest in a saucepan over medium heat; simmer for 5 to 10 minutes. Reduce heat to low and continue simmering until glaze has reduced in size and is thickened, 5 to 10 minutes more. Mash the glaze with a potato masher until blackberries are broken down. Remove saucepan from heat.

Step 5

Reduce oven temperature to 325 degrees F (165 degrees C). Place the ham in a roasting pan and brush some of the glaze over the ham; cover loosely with aluminum foil.

Step 6

Bake in the preheated oven, basting with glaze every 20 minutes, until an instant-read thermometer inserted into the center reads at least 145 degrees F (63 degrees C), about 3 hours. Remove ham from oven and brush with more glaze. Let stand for 10 minutes before slicing.

So I hope that you might like these glaze recipes. I will be trying the Blackberry Jalapeno Glaze this year on our ham. It sounds refreshing and different. Though I will try it with fresh berries. So next week I will be talking to you about Deviled Eggs and mashed potatoes. I know that we all have our own way of doing these but it is always fun to try new ways. Blessings.

It is not too late to register for the Spiritual Growth Retreat. If you were not able to get one of the two copies at the church, you can get a book from Amazon or Barnes and Noble. It is available as an ebook. This retreat is presented by United Methodist Women but not just for members. Everyone is invited to attend. The retreat was originally planned for last March 15 by our Inland District Spiritual Growth coordinator, Melissa Jaquette but was cancelled due to the Bishop's closing of all events.

Attending a meeting via Zoom is very easy. Even I can do it! There is no charge for the retreat and the ebook is only \$9.99 from Amazon. Mail a copy right away or fill out and send via email before March 12.

Sharon Stovall, Fowler UMW President
2021 Pacific Northwest Conference
United Methodist Women Spiritual Retreat

“What We Need Is Here”

Practicing the Heart of Christian Spirituality
March 19—March 20, 2021
**6:30 to 9:00 PM on Friday &
8:45 to 11:00 AM on Saturday**
Via ZOOM

Spiritual Leader: Rev. Brenda Tudor

Special Guest Speaker:

Harriet Jane Olson, CEO of United Methodist Women

**Prior to the retreat, please read the book,
What We Need Is Here by L. Roger Owens
Available through Amazon or Barnes & Noble**

Registration Form for Zoom Spiritual Growth Retreat

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

District _____ Church _____

United Methodist Women Officer Yes No

Please list local/district office. Local _____ District _____

Registration Deadline: March 12, 2021

Email Registration form to:

Susan Chamberlain at
susancchamberlain@yahoo.com
Phone: 360-859-3740

Fowler United Methodist Church

3928 N. Howard Street
Spokane, WA 99205
Fowlerumc@yahoo.com
509-325-3242



Fowler Flashes

is published monthly by
**Fowler United
Methodist Church**
3928 N. Howard St.
Spokane, WA 99205
(509) 325-3242

Facebook: [FowlerUnited
MethodistChurch](#)
fowlerumc@yahoo.com

Pastor: Rev. René
Devantier
Editor: Diane Strobeck
©2021 Fowler
United Methodist Church