



The Fowler Flashes

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

Volume 1
Issue 2
Lent Special

Peace,
René

Lectio Divina

Lectio Divina is a contemplative way of reading the Bible. It dates back to the early centuries of the Christian Church and was established as a monastic practice by Benedict in the 6th century. It is a way of praying the scriptures that leads us deeper into God's word. We slow down. We read a short passage more than once. We chew it over slowly and carefully. We savour it. Scripture begins to speak to us in a new way. It speaks to us personally and aids that union we have with God through Christ who is himself the Living Word.

- **Reading.** Read a passage slowly and carefully within the bible.
- **Prayer.** Having a loving conversation with God.
- **Meditation.** Thinking deeply or swelling upon a spiritual reality within a text.
- **Contemplation.** Resting in Gods presence.
- **Action.** Go and do likewise.



Random Remembrances of Easter and Lent by Janet Abernathy

I grew up in the tradition of the Catholic Church. My parents were devout Catholics and my siblings and I all attended Catholic schools. The first day of Lent always started out with a solemn service on “Ash Wednesday” whereby a sign of the Cross was placed on our foreheads with ashes that were the remains of burnt palms. The palms used were given out from the previous Easter. The ashes were to remind Christians that we came from dust and we will return to dust. I will always remember the smell of incense as the priest blessed the ashes before distributing them.

After Ash Wednesday we started a period of fasting six days a week. Sundays were exempt. We had one big meal a day with two meals that were snacks. No meat on Fridays. This usually meant some kind of tuna meal on that day. On Friday my family and I would go to “confession” where we would admit to any perceived grievances that were unchristian. In the evening on Friday we attended Stations of the Cross.

The priest would carry an actual very large cross on his back and stop at 14 different stations in the church sanctuary depicting the path that Jesus took to Calvary and His crucifixion. Ask me sometime to sing the mournful song we sang at each station. I will never forget it.

One week out of Lent a missionary would visit the church. Every evening my family would attend a sermon presented by the missionary for the week they were at our church. The school children would receive little cardboard banks to put coins in for the mission. The coins were supposed to come from scarifices like giving up candy or our allowance. Indeed by Easter, we all felt “purified” and were beyond ready to find our hidden baskets filled with candy on Easter morning. After abstaining from rich food for Lent, we usually got sick by Easter Monday!

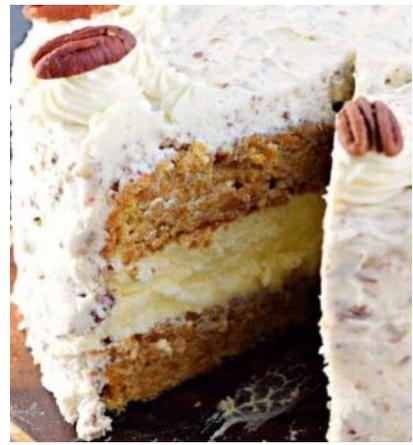
Easter Sunday we attended mass and everyone was dressed to the max. Me and my sisters were outfitted in a new dress, new hat, and new patent leather shoes. Little girls in the 1950's wore dresses that were stiff and poufed out from the layered petticoats. Sitting in church was actually not too comfortable in our fancy “duds” but the reward after church where we ran and played with our cousins at our large family gathering and gorged on candy was worth all the sacrifice!



Thank you, John & Taylla, for the Valentines Day Card. I have it sitting on my table. It made my day.

Tom Bryan

Carrot Cake Cheesecake Cake



Ingredients:

For the Carrot Cake:

2 cups sugar	1 cup oil	4 eggs
2 cups flour	1 tsp baking soda	1 tsp baking powder
1/4 tsp salt	2 tsp cinnamon	2 cups shredded carrots

For the Cheesecake layer:

2 pkg cream cheese softened	1 cup sugar	
1/4 tsp salt 2 eggs	1/4 cup sour cream	1/3 cup heavy whipping cream

For the Frosting:	1 cup unsalted butter, softened	1 pkg cream cheese
1 tsp vanilla	1 cup pecans	4 cups powdered sugar

For the Cheesecake layer:

1. Preheat oven to 325. Using a large roasting pan, add an inch of water to the pan. Place it in the lower 2/3 rack of the oven. Allow it to preheat in the oven.
2. Prepare a 9" springform pan by wrapping the bottom of pan with a double layer of foil. Line the inside bottom of pan with a circle of parchment paper.
3. Beat cream cheese with sugar until creamy. Add in salt and eggs, one at a time, beating after each addition.
4. Beat in sour cream and heavy cream until light and fluffy. Pour into the pan. Place pan in center of the preheated roasting pan, making sure not to spill water.
5. Bake for 45 minutes. Turn off the oven and let it rest in the oven for an additional 30 minutes. Remove and cool completely on the counter.
6. Remove outside ring and put into the refrigerator.

For the Cake layers:

1. Preheat oven to 350. Grease 2 9" cake pans.
2. In a large mixing bowl combine sugar, oil, and eggs until blended. Add in flour, baking soda, baking powder, salt, and cinnamon. Beat for about 2 min. Add in shredded carrots. Pour into prepared pans.
3. Bake for 30 minutes. Cool on wire rack for ten minutes, then remove from pans and cool completely.

For the Frosting:

In a large mixing bowl combine the cream cheese and butter. Beat with whisk attachment for 3 minutes. Add the sugar, vanilla, and heavy cream and beat an additional 3-4 mins until light and fluffy. Fold in pecans.

To assemble the cake, layer one layer of cake, add a little frosting, then the cheesecake layer, a little frosting and the last layer of cake. Spread on the frosting and decorate. Refrigerate and enjoy!

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
VIA ZOOM

WHY ATTEND: Are you looking for an ever-deepening relationship with God? Are you finding challenges to growing spiritually? Plan to attend and let God be your Teacher in discovering the “givens” which will demonstrate how Jesus is enough. It offers just what you need to flourish in your life with God! Your days will include laughter, sharing, presentations, reflection, and worship. Take this time to retreat and find exactly what you need to draw nearer to God.

SPIRITUAL LEADER: Rev. Brenda Tudor – “I credit the development of my church leadership skills to the United Methodist Women units and faithful who encouraged me to become an ordained elder. My passion is for social justice, education, and improving the lives of all people.”

The book for required reading is: *What We Need is Here, Practicing the Heart of Christian Spirituality*, by L. Roger Owens. It is available for purchase from Amazon.com and Barnes & Noble. Contact Janice Catrell, our Program Resource Secretary Coordinator, if you are having difficulty getting a book. Her E-mail is: jcatrell@yahoo.com and her phone# is 360-223-5938.

You may also contact Judy Dirks, Inland District President. She has four books available for sale through her district. Her E-mail is: judydirks@meadowcrk.com and her phone# are 208-267-3859 h / 208-661-9752 c

**Harriet Jane Olson, CEO of United Methodist Women, will be joining us on Saturday morning.
YOU WILL NOT WANT TO MISS THIS OPPORTUNITY TO HEAR FROM HARRIET JANE.**

E-mail your registration forms to: Susan Chamberlain at susanchamberlain@yahoo.com

You can also reach her at 360-859-3740. Susan will send you the link to the Zoom Retreat after you register.



BIO: Harriett Jane Olson has served as chief executive officer of the United Methodist Women’s national administrative and policymaking arm since 2007. United Methodist Women is a nearly 800,000-member organization within the United Methodist Church in the United States.

United Methodist Women members give about \$15 million a year for work with women, children and youth in the United States and around the world. United Methodist Women operates and/or owns the Church Center for the United Nations in New York City, a retirement home for deaconesses and missionaries in North Carolina, a publication and distribution network, and a series of mission education and leadership development events annually. Through these events and our connections around the world, United Methodist Women staff and members are inspired, prepared, encouraged and celebrated for their direct service and advocacy for justice.

A Harvard Law School graduate, Ms. Olson practiced real estate and environmental law (1983-96) at a New Jersey law firm that is now part of Day, Pitney, before working for the church full-time. From 1996-2007, Ms. Olson was senior vice-president for publishing, editor for church school publications and United Methodist Church book editor at the United Methodist Publishing House in Nashville, Tennessee.

Ms. Olson has a bachelor’s degree from Houghton College in Houghton, New York, where she serves on the board of trustees.

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



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