



The Fowler Flashes

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

Volume 1
Issue 3
Lent Special

Peace,
René

The Ignation Examen

The Examen: A Daily Prayer

St. Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

Begin with a pause and a slow, deep breath or two; become aware that you are in the presence of the Holy.

Thanksgiving

What am I especially grateful for in the past day . . .
The gift of another day... The love and support I have received... The courage I have mustered... An event that took place today...

Petition

I am about to review my day; I ask for the light to know God and to know myself as God sees me.

Review

Where have I felt true joy today? What has troubled me today? What has challenged me today? Where and when did I pause today? Have I noticed God's presence in any of this?

Response

In light of my review, what is my response to the God of my life?

A Look Ahead

As I look ahead, what comes to mind? With what spirit do I want to enter tomorrow?



My thoughts of Remembering Special Easter Events

Growing up on a farm in South Dakota relatives, cousins, aunts, and uncles lived close or in driving distant. Many Holidays were spent with each other eating, playing games ect. for the day. My Mom's family lived close by so Father's Day, Thanksgiving, and Christmas was spent with Mom's side of the family.

My Dad had a sister that lived in Presho South Dakota. It was about two and half hours drive from our farm and that was the tradition each year eating lunch and dinner with them. That may not sound like an inspiring Easter but we did get up early and got home late.

When I look back on Easter as a kid growing up I knew what Easter was and why, that family was important and spending time with them and not spending time in church was ok just remembering and giving thanks for life is really all we really need to celebrate the day, thanking God for his Son on a blessed day to make all thing possible.

God Bless

Dick Thompson



Fowler UM Women

On February 18th I ordered 2 editions of "What We Need is Here", by L. Roger Owens. This is for the 2021 Pacific Northwest Conference on March 19th though 20th. The books are in the Office at the Church.

Joan Grater

So now we have desert done it is time to start on the rest of the meal. One of my favorite parts is bread. You can make rolls or loaves it is all up to you and how much time you have. I always try out new bread recipes during the cold months. This is one that I have tried and is really good. I like the fact that it uses honey instead of sugar. Plus anything left makes a real good French Toast in the morning.

Even though Challah (pronounced Hallah) is a Traditional Sabbath bread it is also made for all other holidays. I hope that you enjoy this bread.

Classic Challah

Ingredients

Dough

- 1/2 cup (113g) water, lukewarm
- 6 tablespoons (74g) vegetable oil
- 1/4 cup (85g) honey
- 2 large eggs

4 cups (482g) All-Purpose Flour

- 1 1/2 teaspoons (9g) salt

1 tablespoon instant yeast



Glaze

1 large egg, beaten with 1 tablespoon cold water

Instructions

To make the dough: Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess.

Combine all of the dough ingredients and mix and knead them, by hand, mixer, or bread machine, until you have a soft, smooth dough.

Allow the dough to rise in a plastic wrap-covered bowl for about 2 hours, or until it's puffy; it won't necessarily double in bulk.

Gently deflate the dough, and transfer it to a lightly greased work surface.

Next step: divide the dough into pieces, the number depending on what kind of braid you want to make. You may braid the challah the traditional way, into a three-strand braid; for helpful tips watch our video, [How to braid a three-strand loaf](#). For a fancier presentation, make a six-strand braid; watch our video, [How to braid a six-strand loaf](#), to see how it's done. To make a four-strand braid see "tips," below.

Once you've decided which braid you're doing, divide the dough into the appropriate number of pieces. Roll each piece into a rope about 20" long. If the dough starts to shrink back as you roll, cover it and let it rest for about 10 minutes, then resume rolling. The short rest gives the gluten a chance to relax.

Braid the loaf. Remember, for three- or six-strand braids, watch the videos linked above. For a four-strand braid, see "tips," below.

Gently pick up the braided loaf, and place it on a lightly greased or parchment-lined baking sheet.

Cover the loaf with lightly greased plastic wrap, and let it rise until it's very puffy, 90 minutes to 2 hours at cool room temperature. Towards the end of the rising time, preheat the oven to 375°F.

To make the glaze: Whisk together the egg and water. Brush the glaze over the risen loaf.

Place the baking sheet atop another baking sheet; this will insulate the bread's bottom crust, and keep it from browning too much. Put the challah in the lower third of the oven, and bake it for 20 minutes. If it's a deep golden brown, tent it loosely with aluminum foil. If it's not as brown as you like, check it again at 30 minutes.

Once you've tented the challah, bake it for an additional 10 to 15 minutes, until the loaf looks and feels set and its interior registers at least 190°F.

Remove the bread from the oven, and place it on a rack to cool.

Store any leftover bread, well wrapped in plastic, at room temperature for several days; freeze for longer storage. While challah does tend to dry out after a day or so, it's always good toasted, or made into grilled sandwiches or French toast

- Divide the dough into four pieces, and shape each piece into a rough 6" log. Cover the logs with lightly greased plastic wrap, and let rest for 10 minutes.
- Roll each log into a 15" rope. Cover, and let rest for 10 minutes.
- Continue rolling the ropes until they're about 20" long; they'll shrink back to about 18" as they sit.
- Lay the strands parallel to one another, and pinch the ends on your left together.
- Take the rope nearest you, and move it up over the next two adjoining ropes.
- Next, move the rope back under the rope next to it. Fan the ends of the ropes out again.
- Repeat the process, but start with the rope farthest away from you. Bring it down and across the next two adjoining ropes, and then back under the rope nearest it.
- Continue in this fashion, alternating which side you begin with until you've braided the whole loaf.
- Pinch the loose ends together, and tuck them underneath the loaf.



Golf Time!

It is that time again. The Golf course will be opening soon. We need to get together again and have some outdoor fun. Contact Tom Knutson at 509-939-6979 for more information. We hope to hear from you!



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