

Lives of Fragrance

2 Corinthians 4:14-17

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What's New

November

Missions Emphasis Weekend, Nov. 8-10th.
Meet & mingle with TBC missionaries at the events planned for the weekend. Check the TBC website for further details.

Thanksgiving Day Nov. 28th

December

Women's Christmas Brunch at TBC. Dec. 7th

Global Recipes

Tulsa Bible Church has been a "sending" church from its founding in 1955. The priority of helping to support missionaries in the ministry to which God has called them continues to be an important part of TBC's mission to spread the Gospel. TBC missionaries serve in the U.S. and in many countries around the world. TBC has a yearly Missions Emphasis Weekend, which is a highlight of our church year; during this weekend, we welcome a number of our missionaries so that we may learn more about what God is doing through their ministry.

Four of our missionaries have shared recipes and a glimpse into their ministry and family life. Thank you, Cindi Barrett, Nancy Pederson, Jan Crowley and Candy Surret!

Jan Crowley

While living in the jungle, we never had a conventional oven, so we were always looking for stovetop recipes. We did have two Magic Ovens called Hornos Májicos. They looked like an angel food cake pan with a tall lid and a small stand which is put on a regular gas burner on the lowest setting. The hole in the center of the stand circulated the heat upward and amazingly baked a nice loaf of bread! The lid had small holes around the edge for adjusting the circulation of the heat. When we made yeast bread it came out like a large donut! We also made cinnamon rolls and brownies and other recipes in our Magic Ovens.

One of the Colombian foods we made often were corn cakes called Arepas. Arepas are a staple food in Colombia and are served for breakfast with hot chocolate and with almost every meal. You can buy the precooked corn meal for making arepas in Latin food stores or in some Walmarts and the basic recipe is usually on the package. We learned to enjoy arepas and still make them now and then. My girls always bring some Areparina when they come home from Ecuador.

Colombian Arepas

- 2 ½ c. warm water
- 1 T. cooking oil
- 1 tsp salt
- 2 c. areparina (precooked corn meal)

Mix salt and oil into warm water in a large mixing bowl. Add areparina to water stirring constantly until mixture forms a smooth thick dough. Knead for two minutes to mix well, then let stand for five minutes. Divide and roll dough into 10 balls. With your hands press dough into a flat disc about 3 ½ inches in diameter. Cook on a lightly greased griddle or skillet on medium heat for five minutes on each side or until lightly browned.

With a sharp knife split arepas open along the side and make a pouch for your favorite filling. We insert a slice of cheese or sometimes mix ½ c. of grated cheese into the dough before cooking. Venezuelans have over 25 different fillings for their arepas like pulled pork or barbecued meat. One large arepa is sometimes the entire meal!

Candy Surret

Here is a favorite family recipe that we have used for years (that someone shared with us from some church potluck). In the U.S., I always take it to potlucks and family gatherings, plus we eat it at home. And as a single mom, this was easy, inexpensive, and everyone loved it.

Corn Casserole

- 1 Box Jiffy Corn Muffin Mix
- 1 Can Cream Corn
- 1 Can Whole Kernel Corn (do not drain)
- 1 T. Sugar
- 1 Stick Melted Butter

Throw everything together and stir until smooth. Bake in 11 x 13 casserole dish for an hour to 75 minutes on 350-375° until golden brown and crispy edges.

Nancy Pederson

From Nancy's Great-grandmother Kovarick. Nancy says, "This has been a family recipe for several generations; however, it's not Indian or Burmese! It's a Czech recipe that came at least from my great-grandmother . . . maybe before. My brother and I (and my young grandkids!) carry on the tradition for family gatherings and holidays. The grandkids, who have helped make it, now call it 'Mémé (French for grandma) bread'. It has somewhat of a brioche flavor."

Holska-Czech Family Bread

Scald 2 c. milk. Pour milk over 1 stick of butter, let melt. Prepare yeast while milk is heating. Dissolve 1 ½ pkg yeast in ½ c. warm water.

Add:

- 1 beaten egg
- ¾ c. sugar
- 1 T salt
- ½ tsp nutmeg
- Grated rind of one lemon
- Approximately 7 c. flour (until barely sticky)

Knead mixture, adding one cup of flour at a time until dough is barely sticky to the touch. Brush top of dough with oil. Cover bowl with a towel. Let rise until doubled in size. Roll out dough and divide in 5 equal portions. Braid each and place in a bread pan. Cover and let rise. Bake at 300-325° for 35-45 minutes until loaves are golden brown and sound hollow when tapped with a knife.

Cindi Barrett

My dad's parents came from Carlentini, Sicily, and I grew up loving to hear family stories. My grandmother was an amazing cook and all of our family loved gathering around the dinner table when Nonna cooked for us! In the summer of 1999, my parents took any of our family members who were willing to go on a family reunion trip to Sicily. On the first night there I tried a pasta called Nonna's Regional Sicilian Pasta. Of course, this grabbed my attention and I ordered it. I've been making it ever since then!

For a ministry update: I actually retired from Athletes in Action two years ago, but my life has not changed much. I still am involved with international students at the local university and help Stephen with his ministry. Two weeks ago, we hosted about 60 international students for a cook-out and hay ride. Stephen was able to share the parable of the prodigal son. Earlier this fall, we hosted the wrestling team from a local university for a cook-out. We always enjoy connecting with students! I meet often with young women in our church and do my best to encourage them in their role as wife and mother. I also love spending time with our own adult daughters, their husbands, and our twelve grandchildren!

I am currently in a Bible study through our church. It is an in-depth study of the book of Jude. I've felt very convicted by the following verses: "Dear friends, although I was very eager to write to you about the salvation we share, I felt compelled to write and urge you to contend for the faith that was once for all entrusted to God's holy people.

For certain individuals whose condemnation was written about long ago have secretly slipped in among you. They are ungodly people, who pervert the grace of our God into a license for immorality and deny Jesus Christ our only Sovereign and Lord." (Jude 1:3-4)

These verses have given me a renewed desire to meet with young women within the church as well as with those I've met on the university campus. Whatever time I have left in this life will hopefully be spent contending for the faith!

Nonna's Regional Sicilian Pasta

- 5-6 large, fresh garden-grown summer tomatoes, chopped or diced
- 2-3 sections of garlic, minced
- 2-3 green onions or chives, chopped
- ½ lemon, juiced
- 2-3 T olive oil
- Basil - I chop up 6-7 leaves off of a plant in my yard.
- ¼ c. of chicken broth
- salt and pepper to taste

I put all of this into a large bowl, stir it up, and cover with plastic wrap. I leave it on the counter and it gathers flavor throughout the day. It will not be cooked to serve. This is a pasta that is best in summer, served cold with garden-fresh tomatoes.

When we are ready to eat, I cook about 2/3 of a 16-oz. box of pasta. I like bowtie or rotini pasta. Something small and curly is also nice. Cook it, drain, and toss it in a little olive oil. Serve that pasta with the tomatoes on top. Garnish with fresh parmesan cheese and if you happen to have any toasted pine nuts or sesame seeds, they are yummy on top!

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*"My dad's parents
 came from Carlentini,
 Sicily, and I grew
 up loving to hear
 family stories."*

Cindi Barrett's Sicilian
 grandparents dressed
 for their wedding.



Lives of Fragrance is a publication of the Women's Ministries of Tulsa Bible Church. For corrections, comments, or written contributions, please email flnewsandviews@gmail.com.

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