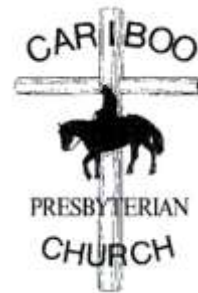


# Northern Light

The Official Newsletter of  
The Cariboo Presbyterian  
Church.



Box 156 Lac La Hache BC. V0K 1T0

Visit us on our web page: <http://www.cariboopresbyterianchurch.bc.ca>

Editor: Linda Webber

Fall Edition 2011

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## Listen!

By Jody Malm

It's the first day of immature Bull Moose hunting; the boys are gone. The house is mine. I get up early as not to miss a moment of the day. I enjoy my cup of coffee, and then head outside to watch the sun come up. I stand at the edge of the cool, crisp lake and watch the steam rise. It is breath taking. The sun is causing diamonds to dance in its rays on the water; I close my eyes and lift my hands in prayer and I pray. Then I remind myself to stop and listen. Listen; listen to God. I hear leaves falling on the ground, the dogs drinking from the lake, ducks dipping in and out of the water, the tin roof of the boat house popping as it warms up, a squirrel scolding; amazing. How often do I really listen? Then I open my eyes and look, really look. I actually watch a leaf fall from the trees and I hear it, hear it "plop" on the water. The water is so still, not a ripple. My mind wanders to our house church. Listening to God's words being taught to us by Dave. Listening to the thoughts and prayers of the other members sharing. Looking; looking around at our house church family and seeing folks who really care. When one is away, we pray for them. When one has a worry, we pray with them. When one is sick, we lift them up in prayer. We pray together for our families, our community and for our world. We all go about our daily tasks of living and then on Wednesday night we come together in worship, prayer and fellowship. We are united in Christ as a family. What a blessing.

Fall to me is a time of harvesting and of giving thanks. We are harvesting, our garden and firewood for the winter. We are harvesting God's word. Sheridan Lake house church to me is "God's food" for the week and I am so thankful to the families I get to share in learning God's Word with. Try to take time this fall to listen, look and fill-up on God's beautiful creations. It is gorgeous. Be Blessed!

## A Testimony

By Lynda Strutt

At the outset, I want to give God the glory for trusting me to be 'Christ's ambassador.' I began rather unpromisingly, as a 2 1/2 pound infant quickly adopted into a Victoria (if not quite Victorian) family. As an only child of older parents, I was coddled and found it difficult to make friends. I was a spoiled, bossy little kid who felt she never really quite fitted in.

In junior high, a sponsor of Interschool Christian Fellowship—in the late 1950s religion was still acknowledged as part of education—encouraged me to enter a contest drawing and writing about the Christian Roman soldier described in the Letter to the Ephesians, chapter 6. I was the only one in our club who did so. I won handily. I was also the only person from Victoria who ferried to Seattle to join Linda Meissner, formerly of Teen Challenge, NYC, featured in David Wilkerson's book, *The Cross and the Switchblade*. A bunch of us lived together in a communal house as part of the Jesus People Army, up the coast from California—this was the early 1970s. I guess I was a Christian version of a hippy chick. We sold a little rag, *The Goad*, on the streets;

drove fast with converted bikers around Washington, Oregon and Idaho and promoted the gospel as we perceived it (In other words, in our zeal, we goaded our elders to rethink how they 'did church').

Lately, I faced a different kind of challenge to conformity. Breast cancer. At first, I tried to pass it off as benign fibro adenoma, but a core biopsy convinced me otherwise. Of course, when my compassionate family physician mentioned 'mastectomy' right out of the starting gate, I balked. Keeping with the horse metaphor, I hope I didn't trip up too many of the ladies at Quesnel Breast Cancer Support Group. The room went dead silent when I mentioned, rather than chemo or radiation, I preferred to rely on prayer. I still do. Even after that mastectomy. Especially as I have a healthy immune system and strong bones. Even my dear surgeon, her long black hair flying, as she whipped in to post-surgery at 7 am the next morning to check on me, acknowledged she knew I would pull through well. I joked that getting my teeth cleaned actually hurt more—I think that made her weekend.

So, in the guise of my favourite comedienne, Mary Walsh of Codco Theatre, Newfoundland, Princess Warrior, I want to give Jesus the glory for letting me experience this trial. I definitely value life more highly—in fact, you could say that I have a ravenous appetite for it!

### **From the Springhouse/Macalister Home Group**

By Isaac Steward

It seems hard to believe that an entire year has flown by since our last yearly update on all our scattered home groups. Many things have happened and will continue to happen but I will try to bring the masses up to speed with us to date.

It is now 2 years that we have been running a mid week gathering on Wednesday nights at our (Isaac & Christy Steward's) house. We meet sometimes for dinner, sometimes not, in or around the time of 5:30 to 6:30 and get our study underway usually by 7 pm. We worked our way through James, Ephesians and Hebrews in a verse-by-verse, extensive discussion. Much was learned by all in attendance and the Word was understood better. Praise God. After that we moved into a semi-nomadic period where we were searching for a new topic or direction. After several one off type studies we have settled into a small series put on by Paul Washer called Biblical Courtship. We have several young people in our group and so this has been an extremely beneficial topic. This is a must watch/listen for anyone who wants to re-understand God's design for relationships and to be challenged in one's thinking. It is really neat to see God challenging the hearts of so many believers in our group and exciting to watch the changes. What a blessing to see broken and contrite hearts turning to God to be conformed into his image!

Our Sunday crew has expanded recently with 2 new families joining us regularly. Again, there is great joy and excitement within our group over the new additions to our growing family. On that note, I will quickly slide over to our more personal family and talk quickly about what an amazing job my wife Christy is doing. Elijah is now 1 year old and busy as anything. Meagan and Tristan are home schooling as well now, which is an answer to prayer. Christy has her hands full but she is doing an amazing job.

Some other exciting news within our group is the announcement of an engagement! Jacob Steward proposed to Julia Robertson and they have plans for marriage in the spring of 2012.

Dave had asked me to update a little on what Wittenberg was doing lately and the answer is... not too much! We have been quite busy with family, work/school, relationships and the list continues. We enjoyed playing at a friend's wedding reception in early September but have been fairly silent otherwise. I heard murmurings of a possible second Cariboo wide home church get together at Lac La Hache and we would be honored to lead in the worship again. Plans are afoot and imagine they will come to fruition soon! (See the poster at the end of this Newsletter. Ed.)

God has been glorified and exalted as our groups grow in love and knowledge of Him.

Sola scriptura, sola fide, sola gratia, solus Christus, Soli Deo Gloria!

## **From the Manor**

By Bruce Wilcox

It's been a rough time lately for the Carefree Manor folk and all of us connected to them. Five residents passed away in only about two months, which is more in a shorter space of time than has ever occurred in the history of this place. It really reminds us all that our time is truly in His hands.

But the Lord has also shown His people once again through these sad losses that because *“the children have partaken of flesh and blood, he Himself likewise shared in the same; that through death He might destroy him who had the power of death, that is, the devil, and release those who through their fear of death were all their lifetime subject to bondage.”* Heb 2:14,15

The Lord is able to remove that fear of death and then some, as He prepares His saints to be with Himself, whenever the time, whatever the circumstances, and no matter how old or young. The following is part of a devotional entitled “The Death of Death”, written by Ray Stedman, which speaks to that in a most encouraging way:

“I have here a letter which was written by a young soldier about to die. During World War II he was captured and imprisoned by the Nazis and was sentenced to be executed. Writing from his prison in Hamburg on the day of his execution, this is what he said to his parents: *When this letter comes to your hands I shall no longer be among the living. The thing that has occupied our thoughts constantly for many months, never leaving them free, is now about to happen. If you ask me what state I am in I can only answer: I am, first, in a joyous mood and, second, filled with a great anticipation. As regards the first feeling, today means the end of all suffering and all earthly sorrow for me. “God shall wipe away every tear from their eyes.” What consolation, what marvellous strength emanates from faith in Christ who has preceded us in death. Everything that till now I have done, struggled for, and accomplished, has at bottom been directed to this one goal, whose barrier I shall penetrate today. “Eye hath not seen nor ear heard, neither has entered into the heart of man the things which God has prepared for them that love him.” For me, believing will become seeing; hope will become possession, and I shall forever share in Him who is love. Should I not, then, be filled with anticipation? What is it all going to be like? The things that up to this time I have been permitted to preach about, I shall now see. There will be no more secrets nor tormenting puzzles. Today is the great day on which I return to the home of my Father. How could I fail to be excited and full of anticipation? Then I shall see once more all those who have been near and dear to me here on earth. And so, until we meet again above, in the presence of the Father of light. Your joyful, Herman.”* (<http://www.raystedman.org/thematic-studies/christmas-and-easter/the-death-of-death>)

Many thanks again to Ginny, Maggie, Jackie, all the precious Manor saints, as well as Barb and the rest of the staff for all the ways they minister, here and wherever else. The Blessings of Christ to all.

## **Taking up Hunting**

By Shannon Bell

Dave has always been the hunter on our ministry team. He knows his guns, the bush and how to find the animals that will feed his family and stock their freezer. I have taken up a bit of target shooting with the air rifle Jon bought me for my birthday three years ago, but as yet haven't moved up to the real thing! Now it is time for Jon and I to get into more serious hunting skills. But for this, we won't need a gun! We're on the hunt for a missionary.

Over the past 3 years, the session has been discussing a vision to expand ministry in the Dakelh (Southern Carrier) territory, which will focus on seeking God's healing for people and the community and equipping them for ministry. We are now at the point of starting the hunt for a new missionary to join us and get that ministry started. After a congregational vote to discern the various parts of the vision, there was strong affirmation to move ahead. The first essential aspect of bringing Christ's healing power to the people of the Nazko area is to build a team. The vision

committee has been meeting and a job description is now ready to be sent far and wide, trusting that Creator will bring us the right person or people to bring this vision to fruition. Now we are ready to head into the bush to search for someone to help make this vision a reality.

A full job description is available if you know of someone who might fit this new position.

For now, I'll just summarize. We are hunting for someone who:

- ✦ Is a faithful follower of Jesus
- ✦ Has First Nations ancestry
- ✦ Has skills and experience in pastoral care, healing prayer and spiritual guidance in areas such as addictions, recovery, abuse, anger and grief
- ✦ Is willing to learn about the Dakelh culture and integrate it into an approach to ministry
- ✦ Is able to work with us in a team setting as equal partners in the gospel, modeling reconciliation to the community
- ✦ Has some skills and experience in discipleship and equipping others for ministry

The committee is excited that we are now able to distribute the information for this position as widely as possible to people who would be suitable. We have funding available for this position for up to a year with the hope that in that year we would work with the missionary to raise the support needed to continue the position indefinitely.

If you know of anyone out there who might fit this position, please put him or her in touch with us as soon as possible. Feel free to contact us for a full job description. Please pray with us that Creator will bring the right person into this ministry. Traditional hunters always gave an offering of thanks when they hunted, as they believed that the animal had offered itself up so that the family of the hunter could eat and survive. We give thanks even now that God will bring someone here who will offer themselves so that our community can experience not only survival, but will thrive and find healing in our Lord Jesus. The hunt is on!

### **Keepers: Keep them Close**

Submitted by Elke Hirsch

So while we have it, it's best we love it, care for it, fix it when it's broken and heal it when it's sick. This is true for marriage; and old cars; and children with bad report cards; and dogs with bad hips; and aging parents and grandparents. We keep them close because they are worth it, because we are worth it.

Some things we keep -- like a best friend who moved away or a sister-in-law after divorce. There are just some things that make us happy, no matter what. Life is important, like people we know who are special. And so, we keep them all close!

I received this from someone who thought I was a 'keeper'! Then I sent it along to the people I think of in the same way. Now it's your turn to tell this to all those people who are "keepers" in your life. Suppose one morning you never wake up; do all your friends know you love them and how much?

Let every one of your family and friends know you love them, even if you think they don't love you back. And just in case I'm gone tomorrow: I LOVE YA!!!

### **The Tale of the Porcupine**

Submitted by Elke Hirsch

It was the coldest winter ever and many animals died because of the cold. The porcupines, realizing the situation, decided to group together to keep warm. This way they covered and protected themselves and shared their heat. But their quills always tended to wound their nearest companions so, after awhile they decided they should distance themselves from each other. As a result, they began to die, alone and frozen.

It was determined that a choice had to be made: either to accept the quills of their companions or to disappear from the earth. Wisely, they decided to go back to being together, to learn to live with the little wounds in order that they could receive the warmth from the others and be able to survive.

The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person's good qualities. So I will leave it to you to figure out the moral of this tale.

### **A Child's View Of Thunderstorms**

Submitted by Barbara Gibson

A little girl walked to and from school daily. Though the weather that morning was questionable and clouds were forming, she made her daily trek to school.

As the afternoon progressed, the winds whipped up, along with lightning.

The mother of the little girl felt concerned that her daughter would be frightened as she walked home from school. She also feared the electrical storm might harm her child. Full of concern the mother got into her car and quickly drove along the route to her child's school.

As she did, she saw her little girl walking along. At each flash of lightning, the child would stop, look up and smile. More lightning followed quickly and with each, the little girl would look at the streak of light and smile.

When the mother drew up beside the child, she lowered the window and called, "What are you doing?"

The child answered, "I am trying to look pretty because God keeps taking my picture."

### **Jokes That Can Be Told In Church**

**Urgent Memo** (Submitted by Gordon Kellett)

To all of you approaching 50 or have REACHED 50 and past.

This memo is especially for you.

SENIOR CITIZENS ARE THE NATION'S LEADING CARRIERS OF AIDS!

HEARING AIDS

BAND AIDS

ROLL AIDS

WALKING AIDS

MEDICAL AIDS

GOVERNMENT AIDS

MOST OF ALL, MONETARY AID TO THEIR KIDS!

NOT FORGETTING HIV (HAIR IS VANISHING)

**Another Urgent Memo** (Submitted by Elke via Ginny)

Good morning. I am God. Today I will be handling all of your problems. Please remember that I do not need your help. If the devil happens to deliver a situation to you that you cannot handle, DO NOT attempt to resolve it. Kindly put it in the SFJTD (something for Jesus to do) box. It will be addressed in MY time not yours. Once the matter is placed into the box, do not hold on to it to remove it. Holding on or removal will delay the resolution of your problem. If it is a situation that you think you are capable of handling, please consult me in prayer to be sure that it is the proper solution. Because I do not sleep nor do I slumber, there is no need for you to lose any sleep. Rest my child. If you need to contact me, I am only a prayer away.

### **Mummy Heart Failure** (Submitted by G. Kellett)

An archaeologist was digging in the Negev Desert in Israel and came upon a casket containing a mummy. After examining it, he called the curator of a prestigious natural-history museum.

"I've just discovered a 3,000 year-old mummy of a man who died of heart failure!" the excited scientist exclaimed.

The curator replied, "Bring him in. We'll check it out."

A week later, the amazed curator called the archaeologist. "You were right about the mummy's age and cause of death. How in the world did you know?"

"Easy," said the Archeologist. There was a piece of paper in his hand that said, '10,000 Shekels on Goliath'."

### **The Amish Woman and Highway Patrol** (Submitted by Shannon Bell)

An Amish woman was driving her buggy to town when a highway patrol officer stopped her. "I'm not going to cite you," said the officer. "I just wanted to warn you that the reflector on the back of your buggy is broken and it could be dangerous."

"I thank thee," replied the Amish lady. "I shall have my husband repair it as soon as I return home."

"Also," said the officer, "I noticed one of your reins to your horse is wrapped around his testicles. Some people might consider this cruelty to animals, so you should have your husband check that too."

"Again I thank thee. I shall have my husband check both when I get home."

True to her word, when the Amish lady got home she told her husband about the broken reflector, and he said he would put a new one on it immediately.

"Also," said the Amish woman, "The policeman said there was something wrong with the emergency brake."

### **The Barber** (Submitted by Shannon Bell)

After twenty years of shaving himself every morning, a man in a small Southern town decided he had had enough. He told his wife that he intended to let the local barber shave him each day. He put on his hat and coat and went to the barbershop, which was owned by the pastor of the local Baptist Church. The barber's wife, Grace, was working, so she performed the task.

Grace shaved him and sprayed him with lilac water and said, "That will be \$20." The man thought the price was a bit high, but he paid the bill and went to work.

The next morning the man looked in the mirror, and his face was as smooth as it had been when he left the barbershop the day before. Not bad, he thought. At least I don't need to get a shave every day. The next morning, the man's face was still smooth. Two weeks later, the man was still unable to find any trace of whiskers on his face.

This was more than he could take, so he returned to the barbershop. "I thought \$20 was high for a shave," he told the barber's wife, "but you must have done a great job. It's been two weeks and my whiskers still haven't started growing back."

The expression on her face didn't even change, expecting his comment. She responded, "You were shaved by Grace. Once shaved, always shaved."

## Food for the Body

### Salmon Carrot Bisque (Submitted by Gordon Kellett)

1 medium potato peeled and diced  
1 sliced carrot  
1 medium chopped onion  
1 stalk diced celery  
500 ml (2 cups) chicken or fish broth  
1 can salmon  
10 ml (2 tsp) lemon juice  
2 ml (1/2 tsp) salt  
2 ml (1/2 tsp) dried dill weed  
pinch of dried rosemary  
pinch of ground pepper  
25 ml (2 tbsp) chopped fresh parsley –optional

In a saucepan over medium heat combine potato, carrot, onion and celery. Add broth; bring to a boil, stir and cook for 5 minutes. Stir in the salmon, lemon juice, salt, dill rosemary and pepper. Simmer for 20 minutes or until the vegetables are tender. Add the parsley and simmer for 5 minutes. Makes 1 liter or four cups. Recipe can be doubled to make a full meal.

### Gluten Free Bread (Submitted by Mary Krajczar)

Spelt flour can be obtained from Health Food Stores. It is an ancient grain and can be used in replacement for wheat flour for those who cannot tolerate the gluten in wheat.

#### **Spelt Bread**

1/2 cup warm water  
1 1/2 tsp. olive oil  
1 1/2 tsp. sugar or honey  
1 tsp. salt  
1 1/2 tsp. instant yeast  
1/2 cups cold water  
3 cups spelt flour.

Dissolve sugar and salt in warm water. Add oil. Stir in cold water and sprinkle with yeast. Stir in spelt flour. Turn out onto floured board and knead just until smooth. Cover and let rest while greasing loaf pans. Shape into loaf or loaves and let rise for 10 minutes. Bake at 375 until nicely brown. This makes one standard loaf or 2 small loaves. The smaller loaf pans can be found at the dollar store and makes it more bread like, as the spelt does not rise like wheat due to the lack of gluten.

### Roasting That Turkey (by Mary Krajczar)

Wash and clean turkey inside and outside of the bird. Pour a kettle of boiling water inside turkey over the sink and pat dry. Stuff and season as desired. Roast in tightly covered roasting pan at 425 degrees for 15 minutes a pound. You must have a tight lid for this to work. Bird turns out nice and moist. Use a mesh bag from the dollar store to put the stuffing in the cavity. Tie the bag and you don't have to sew up the turkey. Enjoy.

## **Mexican Lasagna** (Submitted by Christy Steward)

Preheat oven to 350 degrees.

Lightly grease two 9x13 dishes

8 tortilla shells  
5 lbs browned hamburger  
4 cups sour cream  
8 cups grated cheddar cheese  
4 tsp chili powder (this can be altered to your own taste)  
7 tbsp taco seasoning (also a matter of taste)  
3 cups salsa  
3 cups ketchup  
1 can green chili peppers  
salt & pepper to taste

Brown your hamburger in a large frying pan with high sides. Once the burger has been browned and the extra grease has been drained, add the taco seasoning, chili powder, salsa and ketchup. Mix together and let simmer until heated through. At this point you could add black beans or corn niblets as well, my family likes it this way and it adds a bit more nutrition to your casserole.

Layer two tortillas in the bottom of each lightly greased dish. Layer a quarter of the meat mixture on each casserole, followed by a quarter of the sour cream then a quarter of the grated cheese. Make another layer with the tortillas, meat mixture, sour cream and cheese.

It is now ready to put in the oven. It only takes as long as it takes for the cheese to melt. It takes about a half an hour to heat through. If you don't want to cook both casseroles, they freeze well too.

## **Perogy Casserole** (Submitted by Christy Steward)

2 kg. bag of frozen Perogies of your choice  
Half a green pepper or red if you prefer, diced  
Half an onion, or to your taste, diced  
Bacon or Ham, chopped into small pieces  
Salt and Pepper to taste or any kind of spice your family enjoys  
About 2 cups of sour cream  
2 cans of mushroom soup  
½ cup milk or cream  
About 2 cups grated cheddar cheese, and a little extra to sprinkle over the whole casserole

Preheat oven to 350 degrees. Grease a large casserole dish or two 9 by 13 dishes. In a large frying pan, fry the bacon. If using ham, use a little butter/margarine. Once the bacon has cooked, add the diced onion and pepper. Cook until they are soft. Set aside. In a very large mixing bowl combine the sour cream, mushroom soup, milk, grated cheese, salt and pepper. You could also use a can of cheese soup in place of the cheddar cheese, my mother-in-law tried this and her casserole turned out awesome!

Then take the bacon, onion and pepper mixture and add it to the mushroom soup mixture. Mix well. Then add your perogies. This takes some strong arms to mix the frozen perogies, I usually get my husband to do this part if he's around.

Put the perogies in the greased casserole dish and sprinkle the top with cheese, as much as you'd like. Put it in the oven for about 45 minutes to an hour to heat through. Serve with a side salad and this makes a delicious meal.

Another variation to this is by using hamburger instead of the bacon and using a salsa combo for the mixing mixture. My brother-in-law made us this casserole once and it turned out great too.



### **Brussels Sprouts** (Submitted by Ginny Alexander)

2 tbsp. oil

2 tsp. finely chopped garlic

Brussels sprouts, cut in half; (enough for however many people you are going to feed)

½ c. cooking wine

Sauté the oil, garlic and Brussels sprouts (cut side down) until the sprouts are browned; add the wine and simmer, covered, until the wine is gone/or the sprouts are done.

### **Tomato Dumplings** (Submitted by Ginny Alexander)

1 ½ quarts stewed tomatoes

1 onion chopped

1 tsp. finely chopped garlic

1 ½ tsp. Italian Seasoning

1 green pepper, chopped (opt.)

In a good-sized saucepan cook tomatoes, onion, garlic, pepper and seasoning while you mix up the dumplings.

Dumplings: In a small bowl mix with a fork, 1 c. flour (I use whole wheat), 1 tsp. salt, 3 tsp. baking powder, 4 tbsp. Parmesan cheese and 4 tbsp. olive oil. When mixture is crumbly add milk enough to make a thick batter. Drop by tablespoons into the tomato mixture, cover, and simmer for 15 minutes. Don't take the lid off for the whole cooking time, or the dumplings may fall. Serve hot, placing a dumpling in each bowl and pouring the tomato mixture over the top. Makes a good hearty lunch, with no need for bread or crackers. Serves 5 people.

## **A Special Thanks From The Envelope Secretary**

by Linda Webber

I would like to thank all of you who support Christ's ministry in the Cariboo. I would like to make special mention of all the people and congregations from "far away" without whose friendship, financial support, gifts and prayers this mission would not be able to continue.

I am very encouraged by special notes that come from many of you. It reminds me that we are not alone in this mission; that each one of you is also involved.

It is the beginning of the Advent/Christmas season as I write this. It is a season of great expectation in our faith. It is also a season of great expectation in this mission. Each year a huge portion of our annual mission support comes in to us in December. It truly is the season of gifts for us in the Cariboo mission. God Bless you as you prayerfully consider us this season.

Enclosed with this newsletter is a little pocket calendar given as a token of our thanks to all of our supporters. May 2012 be a special blessing to you and as you refer to this pocket calendar throughout the year may it remind you that we continually give thanks to God for you.

# House Church Rendezvous

We Are United in Christ!

Saturday February 4<sup>th</sup>, 3:00– 9:30 PM

Lac La Hache Community Hall

**3997 Cariboo HWY**

Lac La Hache BC



**3:00 - 5:00 PM.**  
Gathering Time &  
Coffee House Music  
(Contact Dave Webber to sign up  
(396-4251)

**5:00 - 6:30 PM**  
“Pot Providence” Buffet Dinner  
*Come and share your favorites*  
Contact Jody Malm if you have questions  
(593-4314)



6:30 - 7:45 PM  
A Time Of Worship Led By  
Wittenberg

7:45 – 9:30 PM  
Dessert and a good ole chinwag  
before heading fer home

