

# NORTHERN LIGHT

The Official Newsletter of

## The Cariboo Presbyterian Church

PO Box 156, Lac La Hache B.C. V0K 1T0

Visit our website: <http://www.cariboopresbyterianchurch.bc.ca>

Editor: Jon Wyminga

Christmas Edition, 2016

## CHRISTMAS REFLECTIONS

### In the Flesh: Shannon Bell-Wyminga

"I'll never wash this hand again," said my mother after shaking the hand of the then wildly popular Prime Minister of Canada. I was only a tike and I remember us going to the high school field where we waited along a roped off pathway from the field to the school. A helicopter landed, and out walked the PM. My mother was one of many people waiting along that walkway to see the leader of our country *in the flesh*. She got to shake his hand and was thrilled. It was even more up close and personal than when in 1973 we waited by the train tracks going through our little town to wave at Queen Elizabeth, Prince Phillip and Princess Anne as they stood royally waving at the back of a slow moving train between Cobourg and Toronto, Ontario. Even those brief encounters of famous people *in the flesh* created memories for a lifetime. The PM and royalty became more than faces in newspapers, magazines or on TV.

We really know so little of someone from photos or images or even reading about them in a magazine. I have 8x10 photos of my kids beside my bed, but they only show my beautiful, talented and crazy offspring in one setting, one circumstance. It is much better to have them sitting down with me in the living room *in the flesh* to talk about their lives, faith and activities.

Before the first Christmas, God's people had images of what God is really like. The beauty of a sunset, the majesty of the mountains, and the stillness of a snow-laden forest gave glimpses of the character of the Creator. As they experienced the kindness of a friend, the love of a child, the self-sacrifice of a parent, the mercy of a forgiving neighbour, they could see more of who God is. None of this however, was complete. It wasn't the same as sitting down in the living room with God.

Christmas is really about that big word, incarnation. 'In' and 'caro' (the flesh) combine to describe what happened when the Creator of the universe, the God of Israel, the Almighty Lord and King of all, stepped into humanity *in the flesh*. God *in the flesh*. Human in every way, but still completely and fully divine. All that in one person born in humble surroundings in a cave over two millennia ago. To try to truly understand that God in all power, knowledge, wisdom, mercy and grace could not only be inhabiting a human body, but actually become human is mind-bending and incomprehensible for our little brains. It is one of those concepts where we simply turn to the words of Isaiah 55, "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."



It really doesn't matter that much that it is more than we can understand. What is important is that God came to us, became one of us, "pitched his tent among us" (John 1:14). God came to live with us so we no longer had to rely just on images and stories. In Jesus we now have the flesh and blood presence of the living God. Creator came to us as a person like us without pretense or superiority, to serve rather than to be served. Jesus showed us God's love in the weakness of being a tiny, helpless human baby born of an ordinary human woman. He demonstrated

God's wisdom in his teaching and stories and confrontations with the hypocrisy of the religious system of the time. Jesus was the embodiment of God's mercy in welcoming the outcast and healing the lepers and unclean. He lived out God's power in raising the dead. With the birth of Jesus, the Almighty had hands and feet, a beating heart, eyes that wept, ears that heard music and poetry along with hateful shouts and painful cries, a mouth that spoke truth and forgiveness and tasted bread, wine and wedding cake. *God in the flesh.*

Jesus waits for us in his kingdom. We do not have him before our eyes but we know him through the gospels. When he was taken up into heaven after his resurrection, the incarnation continued on some level through his body the church. We are now his hand and his feet, his eyes and ears and mouth and heart for the generation in which God has placed us. The way that the people around us see Jesus, is by seeing us. As the church we can try to run all the programs we want, have beautiful buildings (though not in the Cariboo ☺), preach, practice liturgy, and do any number of things that seem right, but what is most important and most effective is if we seek to be Jesus *in the flesh* to those around us. When we live out his character of love and mercy through our hands and feet, we are the extension of God's incarnation and Christmas becomes an every day celebration. We will never be God of course, but we can bring *God in the flesh* through our lives to a hurting world. That is much more thrilling than seeing our favourite celebrity. It is more like sitting down in the living room with the real thing. As God came to us at Christmas *in the flesh*, let us take the presence of Jesus to those around us as together we are his body.

*"And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth."* (John 1:14, NRSV)

### **If You Look for Me at Christmas:**

**submitted by Jackie Wilcox (author unknown)**

If you look for me at Christmas,  
You won't need a special star.  
I'm no longer just in Bethlehem,  
I'm right there where you are.

You may not be aware of me  
Amid the celebrations.  
You'll have to look beyond the stores  
And all the decorations.

But if you take a moment  
From your list of things to do  
And listen to your heart, you'll find  
I'm waiting there for you.

You're the one I want to be with,  
You're the reason that I came,  
And you'll find me in the stillness  
As I'm whispering your name.

Love, Jesus

### **Answering Objections to Christmas: Bruce Wilcox**

Some professing Christians think that Christians should not observe Christmas, not just because of the modern commercialization of it, but especially because of its origins. I'm quite familiar with these arguments, having once been connected to a religious group that taught us that since celebrating it is not in the Bible, Christmas and the customs connected with it are "pagan", and therefore sinful.

It's true that no one knows exactly when Christians began to celebrate the birth of their Lord, but by the mid-300s the custom was apparently well established. Most scholars also agree that the date they chose was influenced by a pagan celebration on or about December 25<sup>th</sup> honouring the "Invincible Sun", also called Saturnalia.

Here are some of the main questions pertaining to these issues: Under the New Covenant, how much freedom do Christians have in expressing their faith, praise, thanks and worship toward Jesus in forms not specifically found in the Bible? In other words, are Christians ever free to customize or innovate in forms of worship? Along with that, are Christians allowed to establish special days to commemorate and celebrate God's great acts of Salvation and intervention for His people throughout history?

"Once pagan, always pagan" was the reason I was once taught to reject Christmas, but I thank God that He has since shown me how shallow and judgmental my thinking really was. Consider for example, that things like temples, priests, music in worship, festivals, etc., all previously existed in paganism, yet God transformed these customs into forms of worship devoted to Him in ancient Israel. In other words, not only does the transforming power of Christ apply to people, it can apply to their customs and traditions! Consider also how widespread sun-god worship was in pagan cultures, yet God used the sun to represent some of the wonderful attributes of Christ in Malachi 4:2.

We also see Israel adding celebrations like Purim and Hanukkah to its religious calendar, honouring these additional saving acts of God in their history, which God obviously accepted. Jesus is described as being in the temple at Hanukkah in John 10:22, 23.

But let's just suppose for the moment that Christmas actually originated as a deliberate substitution for Saturnalia, a pagan holiday. What exactly would be wrong with that? Having a church service in opposition to Saturnalia would have been an occasion for Christians to invite people into the church and to Christ, and away from paganism. To celebrate, not the birth of the sun-god, but rather the birth of the Son of God, and to worship Him who is also called "the sun of righteousness." (Mal 4:2). If Christmas started as a church service, then the strategy was successful, because Saturnalia celebrations basically disappeared.

The point is this: some pagan practices exist only in a pagan context. Obviously there is no such thing as Christian human sacrifice or Christian temple prostitution. But there are many other customs that happen to be only forms used by pagans, but which do not reflect paganism itself. Wearing a ring or a necktie does not mean you are a pagan, even though these customs originated in pagan cultures. Polytheism and immorality are what the pagans practiced, and Israel was not to adopt that way in its worship of God. This is what is meant by Deuteronomy 12:31 when it says "You must not worship...in their way." (Emphasis mine).

When I think of how I used to falsely judge Christians as being "pagans" because they celebrated the birth of Jesus, it still makes me cringe. "Stop judging by mere appearances, and make a right judgment", Jesus said in John 7:24. Christians don't worship a sun-god, just as they don't worship reindeer, Christmas trees, or any of the other decorations of the season. The motivation for Christians in all that we do should always be love for our Saviour, love for our families, and love for all people. The fact that many non-Christians and even some professing Christians may celebrate Christmas in a pagan way by their immoral behaviour, is not a reason to condemn or avoid Christmas.

At Jesus' birth people who loved God rejoiced in praise, and even the angels celebrated and sang for joy, because His coming made possible the reconciliation of human beings to God forever! Wow!

A Blessed Christmas to you all!

## Gift Giving

One of the many Christmases I remember was when I was about 11 years old.

Growing up, I lived with my parents and grandparents in a small log farm house in the Cariboo. We had Christmas on the evening of December 24. (I don't remember how Santa came but there were always gifts from him). We had our celebration then because mornings meant hooking up the team, feeding the cows, chopping water holes and all the other farm chores. The animals were always fed first and came first. That was really engrained in us from an early age. My Grandfather always said he couldn't wait till all the chores were done to open the gifts, so we got to open them Christmas Eve. So *much* fun!

On this particular Christmas we had a fellow, a hired hand that used to work for us, show up. Nobody ever called first (I miss that). Pete was a very nice, quiet man who had no family in our area and as usual our door was always open. He joined us for dinner and then was present for the gift giving.

We all opened our gifts and I was astounded by what I saw happen. Pete opened his gift, an absolutely beautiful handmade western shirt that was



embroidered on the yokes. It was the one I had watched my mom work on for weeks in the evenings after my dad had gone to bed. He worked for

McNeil Logging so was in bed early. I couldn't believe it. It was my *dad's shirt!*

Pete was speechless. I knew he never had a shirt like that and I remember, right there in the little kitchen, he removed his old shirt and put on, over his grey long johns, this beautiful shirt. He had a grin from ear to ear, just as my parents did. Pete was so proud and he looked *amazing!*

This reminds me of one of the many gifts I receive each year from my Heavenly Father. I don't know what to ask for or how to ask or I never even ask, yet I receive gifts that I absolutely don't deserve yet they are given; given with LOVE. How amazing is that!

May each of you be given and give gifts of LOVE this season and all in the name of our *amazing Lord.*

Blessings to you all..... jody malm

### **Ode to a Crust of Bread:**

Submitted by Ginny Alexander

*(Something to remember during Christmas baking.)*

I found a little crust of bread  
That must not go to waste . . .  
So by a famous recipe  
I seasoned it to taste.  
I used six eggs, a pint of cream,  
Some citron and some spice,  
Two lemons, dates and raisins  
And a brimming cup of rice.  
It took a lot of things, I know,  
That's how the cookbook read.  
And no one cared for it . . . But  
I had saved that crust of bread!

### **Blizzard – Speak: Bruce Wilcox (Winter, 2015)**

Psalm 19 beautifully reminds us of how God speaks to us all daily and nightly through His creation, in the heavens and the firmament. And there really is something wonderfully peaceful, serene, soothing, and even faith-building for many of us, in gazing up into the heavens on a clear starry night.



But as I sit here looking out my window on this wintery day, the only thing I see is millions of snowflakes falling, and a wind with it that is piling up the snow faster than it can be shovelled, and no sign of it stopping for days. We're in the midst of the biggest blizzard of the winter here so far, and it seems so wild and uncontrolled . . . anything but peaceful. Or maybe it's the attitude I'm bringing to it. Because as we all know, when these conditions get bad enough, schools, buses, businesses and everything else pretty much shuts down. And that means postponements and/or cancellations of personal plans and personal agendas, and when that happens most people, including me for sure, tend to just get frustrated, vexed and impatient. Because *my plans*

have been disrupted; which seems somehow so . . . well, outrageous to me personally. . . .

Then I decided to open the Scriptures. I happened to be reading in the book of Job, and it's like the Lord guided me straight to some words from Elihu in chapter 37. The appearance of Elihu and his words which begin in chapter 32 seem to be like a bridge between the flawed theories and skewed accusations of Job's three friends, and God's own words to Job which begin in chapter 38. I mention this because God said He was angry with Job's three friends and commanded them to repent by going to Job and offering sacrifices of bulls and rams for themselves, but He did not include Elihu in any of that (ch.42: 7-9).

Anyway, God drew my attention to these verses this morning: "*God's voice thunders in marvelous ways; He does great things beyond our understanding. He says to the snow, 'Fall on the earth,' and to the rain shower, 'Be a mighty downpour.' So that all men he has made may know His work, He stops every man from his labour. The animals take cover; they remain in their dens. The tempest comes out from its chamber, the cold from the driving winds. The breath of God produces ice, and the broad waters become frozen.*" (Job 37: 5-10 NIV)

This is an attitude adjustment I needed, and continue to need. Notice God is basically saying that He disrupts our plans and agendas ("stops every man from his labour"), through snowstorms or anything else He chooses, and whenever He chooses, so that everyone that He has made, "may know His work."

And when the Lord Himself takes over from Elihu with His speech to Job, isn't it something how He continues to emphasize those parts of His creation that are symbols of things so mysterious, powerful and so uncontrollable? Like the "Behemoth", and the "Leviathan."

I need to see the beauty of the Lord in His unfathomable sovereignty speaking to me through this snowstorm! And to think of it as yet another point-blank reminder that He is in control, and not me. From that I need to pray for more and more trust and radical dependence on His sufficiency and His grace in my life . . . as well as His agenda, *period*. So the Lord stopped me from travelling to do certain things on my schedule this day, but then gave me a chance to pray and write down these meditations this morning instead. . . . To Him be the glory!

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## REPORTS & MEDITATIONS

### We Are So Grateful!!! The Duits Family

Hello to everyone from the Cariboo House Churches. We, the Duits family, would like to thank you all for the very generous outpouring of financial gifts that we have received from the house churches. We have been so touched by the gifts that kept coming week by week for the first few months. Thank you all for your kind notes, household items and personal gifts to different family members. WOW !!!! We have experienced the community surrounding us and holding us up through a very difficult experience.

In fact right in our own Sheridan Lake House Church, God used the folks there in such a powerful way. On the day of the fire most of our family was enjoying a day at Hat Creek Ranch in Cache Creek, BC. We got a call from our son that our home was on fire and no fire trucks were able to come. One of our other sons called Jody and Ken Malm. They were haying at the time but dropped everything and along with Chris, their son in law, went to help fight the fire. They worked so hard physically and then, when we arrived home, they supported us all emotionally. I remember seeing Ken, his face was black with soot. Chris was wet from head to toe and Jody was running around helping where ever they needed a hand. What LOVE!

Alice and the younger children ended up dropping in at Pete and Nicki Bonter's. They happened to be home with some of their out of town children visiting. They took us in . . . wept with us, loved us and their son in law shared how he had been in a house fire as a child and he encouraged and comforted us all. We left with a computer, food and a very generous financial gift. They prayed with us and hugged us and by the time we left to go back to our property to view the damage we had a peace in our heart that everything would be okay. . . . They gave us HOPE!

Every person from our own house church has shown us the meaning of mourning with those who mourn. They faithfully prayed and showed in so many ways that they cared for us. It has been overwhelming and has spoken such a loud message of God's love. . . . THANK YOU! We will always be so grateful!

So as a family we ask God to bless each one of you for standing and loving us and being the hands and feet of Jesus to us during this trial.



We are steadily rebuilding our lives and home. Berney has prepared the foundation for the new house and then he took eight weeks to modify a simple cabin on our property to accommodate our family that still lives at home. He added electricity, plumbing, kitchen, bathroom and a few bedrooms! We have just moved in and we are cozy and warm and together under one roof!

Please continue to pray for us as we still have a long road ahead before our new home is built. Love in Christ, Berney and Alice Duits and Family.

*(The Duits family has been generously supported by folks within the house churches but also by many other people beyond the house churches, some who responded to an appeal in this newsletter. Thanks to everyone who supported them in their time of need.)*

### The Story of My Place: Mark Carter

*(Mark is from our McLeese Lake house church but is currently studying theology at Regent College in Vancouver. This article was originally published in October on the website of Simple Churches, a network of neighbourhood churches meeting in the Vancouver area.)*

I would like to tell you about a place. To me, this place was also called "home" for many years. This place is in the Interior of BC, near Williams Lake. This place is my parent's ranch, located on the Fraser River. The 400 acres of fields and pastures gradually increased in incline until the poplar covered, sloping grassland reaches the base of towering grey cliffs over a hundred feet high. The top

of these cliffs gives you an unobstructed view of the Fraser River Valley running north and south for many miles until the river disappears around a bend.

The ranch displays the seasons beautifully. It is frosty and snow covered in the winter months, but lush and fragrant in the spring. It is hot and dry in the summer with the spicy notes of fir tree sap drifting down from the nearby coniferous forests. The heat and long days of summer give way to the brilliant blue of the sky against bright yellow foliage of aspen trees in autumn. This place is beautiful, but it is also more than a pretty place to look at. It is the home to part of my story.



I have to admit that the significance of place was inspired by reading Eugene Peterson's *The Pastor* in which he talks about the importance of his Father's cabin, which he helped to build, and is now his home in Montana. He talks about how he worked out critical parts of his calling and faith while interacting and living in that place. The cabin, the land around it, and the people connected to it, were the physical, tangible, parts of what *life* meant to Peterson. I was inspired by him saying that his father had a vision to provide his family with a little retreat by the lake. I could not help but think of my own parents because I had heard them speak of their own vision for their family in such similar ways regarding the land they had purchased.

One of the things that Peterson brings up is the notion that to be truly Christian, we should be focused on spiritual things, and not pay much attention to life here on earth. Peterson outright rejects this view. He says that life as a Christian happens on earth among the dirt and debris that is so common to human life. I agree with him here. My experiences at the ranch were not always nice. There were moments of grief, as sin showed itself in my life and in those around me. Looking back, it seems like I am shaped by negative experience as much as I am by positives ones during those years. But upon reflection, I know God used

those difficult times for good. I now know that life is not always about things going the right way. It is about living as Christ modelled for us whatever way life goes.

We are rooted in place, but not owned by it. We are not souls trapped in physical bodies like a bird in a prison as the early Greek philosophers would have us believe. God created us to live in his *good* creation. He created us to live in places. It is in "place" that we learn what it means to love God, to hate evil, and to do good. To love our neighbour as ourselves and to do good to those who speak evil against us. Christianity is not meant to be discussed in abstraction. Christ came to earth to give us life, that we could have it abundantly, and we live it abundantly in places.

How has "place" played a role in your journey of faith? I encourage you to reflect on how God has used "place" to lead you into new life and faith. On the flip side, if certain "places" have been markers of suffering or discouragement, how has that affected your faith?

### What is Red?

by Ginny-Lou Alexander (written about 20 years ago)

Red is a delicate rose as its petals slowly unfold  
One by one 'til its latent beauty is there to behold.  
Red is a lovely begonia, exquisite, in full bloom;  
Or it's a geranium, resplendent in perfect form.  
Red is an apple, raspberry, or cherry,  
Tomato, bell pepper, beet or strawberry.  
Red is the brilliant splash of the maple tree in fall,  
Or festive holly berries and plaid bows  
hung in the hall.  
Red is the ruddy glow in the cheeks of a child;  
When He created them, how God must have smiled!  
Red is the most majestic tint  
in Joseph's amazing dreamcoat -  
(It's more grand than the hue in the skin of a goat!)  
Red is the sea where the Israelites, caused by God,  
Crossed on dry land to inherit Canaan's sod.  
Red is, along with blue, what the priests of old wore  
When before the Lord,  
the sins of the people they bore.  
Red is the cord that Rahab, the harlot, by believing  
Let down through the window,  
her whole family saving.  
Red is the blood of the atonement of Christ  
When He hung on the Cross to give us life.  
Red is the heart, always pumping, ever faithful.  
Red is . . .

The colour most awesome, incredible and wonderful.

### **Prayer Changes Things: Sharon Hutchinson**

James, a brother of Jesus and leader in the Jerusalem Church, wrote an encouraging word about the power of prayer. He says in James 5:13-18 that we should be in contact with God and each other in our times of need and joy. He says to call the elders if we're sick so they can pray over us and anoint us with oil. Verse 15 says such prayer offered in faith will heal the sick. So let's remember this in our fellowships more.

We must remember that God tells us to pray as the Spirit leads. Seek God's will as we bring our needs before Him, and remember God is Sovereign! He sees the big plan, so wait on Him and watch Him work.

Also, we need to know that when God closes a door, we must look for the window He is opening. Never give up! As Paul tells us in Philippians 4:6, "Do not be anxious about anything, but in everything by prayer and petition, *with thanksgiving*, present your requests to God."

He knows our NEEDS, and will provide the changes we need, whether in body, soul or spirit!

### **New Wheels in Nazko: Shannon Bell-Wyminga**

God sometimes provides before we even know there is a need. That has been our experience in the past few months with regard to our church truck in Nazko. In June we learned that there was a hole in the frame of our Toyota Tacoma pick-up right at the engine mount. It had served us well for over 10 years and 370,000 km. It had been a gift in 2005 from the Women's Missionary Society of St. Paul's Church in Port Hope, Ontario. On a long shot we contacted Toyota Canada who told us there was a recall campaign on the frame and they would replace it! We began the long wait for a new frame. By August the truck had become un-drivable and it was parked at the dealership in Williams Lake where it still sits. Colin and Kathy Carter, of our McLeese Lake House Church, graciously offered to lend us one of their trucks for several weeks in the meantime. Yet through phone calls with Toyota we realized that it would be sometime in 2017 before the Tacoma would be fixed. The session made the decision to purchase another vehicle immediately in order that ministry in the north could continue. We considered several used vehicles but decided on a new one when we realized the approximate price per kilometer of use would be about the same for a new or used vehicle and the new one would include a significant warranty.

Before any of this happened, during the summer, we received a large, generous donation quite out of the blue from a couple in Vancouver. Then in October, after the need became apparent, we were encouraged to make an application to the Jack Smith Fund, which is administered by the Presbyterian Synod of British Columbia. While we had been saving for the next truck purchase, we only had about half of the cost of a new vehicle. These unexpected gifts provided all we needed to go ahead with the purchase of a 2016 Toyota 4Runner. While the first givers didn't have a specific need in mind, and we didn't know at the time we would need to replace the truck by October, God obviously knew the need and provided before any of us realized. How awesome is that? Thank you to God for meeting our needs and thanks to the Carter family, our generous supporters in the summer and those who administer the Jack Smith Fund who were all used by God in an amazing way!



### **Giving Thanks and Giving Gifts: Jon Wyminga**

It's been another busy year in this mission of house churches in the Cariboo and, once again, we anticipate an busy Christmas season. All of the special events, celebrating and gift giving will keep us hopping. In this season of gift giving we, of course, remember the greatest gift ever: the gift of God's Son, our Lord Jesus Christ, who came to live among us on this earth *in the flesh!* We also remember the gifts the wise men brought to Jesus in his infancy – gifts of gold, frankincense and myrrh (Matthew 2:11). We remember the gifts we exchange at this time of year as we celebrate his coming. And naturally, we remember with deepest gratitude, the gifts of hundreds of you in the Cariboo, across the country and beyond who have generously supported this mission since its inception 27 years ago. We have already received many boxes of items that we will be able to use for Christmas gifts for children and others in our

communities. We also continue to receive generous financial gifts for the ongoing support of this mission. Thank you so much!

As we do every year, we would like to respond with some gift giving of our own. Those of you who receive this newsletter by surface mail or in a house church will also receive a small pocket calendar with it. This is our gift to you; our way of saying thanks.

Of course we are just as grateful to our supporters who receive the newsletter by email but we have no way of sending the calendar over the internet. If you would like one please send an email with your postal address to [cariboopc@xplornet.ca](mailto:cariboopc@xplornet.ca). We'll be sure to send you a calendar. Thanks again and Merry Christmas in Jesus' name!

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## RECIPES

### A Different Kind of Christmas Baking:

Shannon Bell-Wyminga

8 months ago, on Easter Sunday, I decided to make a change in favour of new life. I cut wheat and refined sugar out of my diet completely. It has made a huge difference in my health. As Christmas approaches and I usually anticipate my favourite treats such as Lindor chocolates, butter tarts and chocolate birthday cake for Jesus, I'm left searching for ways to treat my sweet tooth in the celebrations and remain faithful to my new eating choices. I have included below one recipe for my enjoyment, and one that I love, but won't get to enjoy this year. Maybe you will like both!

### Gluten Free, Sugar Free Apple Crisp



6 crisp, tart apples peeled, cored and sliced  
Spread in the bottom of a baking dish.

Topping:

½ cup quick cook oats

½ cup brown rice flour

½ t. cinnamon

Mix together well and then add:

¼ cup honey or maple syrup

½ cup melted butter

Mix well and lay over apples

Bake at 350° for about 40 minutes.

### Chocolate Brownies Lacking Nothing!



### Ingredients:

½ cup butter

2 squares (ounces) unsweetened chocolate

1 cup sugar

2 eggs

1 tsp vanilla

¾ cup all-purpose flour

Set oven to 350°F

Grease an 8x8x2 baking pan.

Melt butter and chocolate.

Remove from heat; stir in sugar.

Add eggs and vanilla. Beat lightly just until combined (don't overbeat or brownies will rise too high and then fall)

Stir in flour.

Spread batter in pan.

Bake at 350° for 30 minutes.

Cool. Cut into bars.