



JESUS SPINS THE BLOCK *LENTEN DEVOTIONAL GUIDE*



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Jesus Spins the Block:

7-Week Prayer, Fasting & Stewardship Devotional Guide

Letter from the Pastor

Dear Beloved Roseville Church Family, Grace and peace to you in the name of our Lord Jesus Christ, who spins the block with us and for us—returning to restore, redeem, and renew.

The phrase "spin the block" comes from urban culture, where it often means returning to a familiar place, revisiting relationships, or checking on unfinished business. Sometimes it comes with warnings—people or challenges spin the block to test, distract, or disrupt. Yet, it can also symbolize reclamation—coming back with new purpose, clarity, and power

Jesus takes the initiative by returning to the people, places, and communities that others tend to avoid—bringing healing, redemption, and restoration. His life demonstrates that true transformation occurs when we confront difficult situations rather than shying away from them. He revisited the wilderness, neglected neighborhoods, and suffering communities to reveal God's power at work.

During this Lenten season, we are encouraged to join Jesus in this journey—to return to our faith, community, and commitment to justice. Together, we will delve into how prayer, fasting, and stewardship prepare us for both personal and collective transformation.

This guide includes:

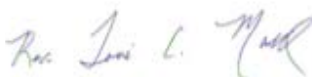
- *The Daniel Fast—a disciplined fasting practice inspired by Daniel's story of faith, resistance, and reliance on God.*
- *Reflective prayers that encourage us to revisit and reclaim our purpose.*
- *A specific stewardship goal—aiming to raise \$10,000 in three months through the Vision to Victory (V2V) Campaign, which supports RPC's mission and its collaboration with Partners for Sacred Places for future generations.*

Stewardship Commitment (in addition to regular giving):

- **A one-time gift of \$150**
- **\$50 monthly for three months**
- **\$5-\$7 weekly**

As you fast, keep in mind: This devotional is crafted for you to monitor your progress and reflect on your spiritual journey. May your involvement nourish your soul and enrich our entire community.

In Faith and Love,



Rev. Touré Marshall
Senior Pastor, Roseville Presbyterian Church

RPC 2025 Lenten Fast

Understanding the Daniel Fast

The Story of Daniel: Spinning the Block Through Resistance and Faith

In Daniel 1:8-16, Daniel and his friends chose not to defile themselves with the king's rich foods. They requested vegetables and water, trusting God's provision. After ten days, they appeared healthier and stronger. Later, in Daniel 10:2-3, Daniel fasted for 21 days, abstaining from meat, wine, and luxurious food as he sought understanding and connection with God.

Daniel's fast is more than dietary discipline; it's a form of spiritual resistance, a declaration of dependence on God, and a journey toward divine clarity. Daniel "spun the block" by returning to what grounded him spiritually, despite living in an empire of distraction and oppression.

Why Fast?

- Spiritual Resistance: Like Daniel, fasting is our refusal to conform to harmful habits.
- Reclaiming Our Faith: Fasting helps us return to what matters most—God's purpose and presence.
- Community Transformation: Daniel's fast led to communal blessings; so, will ours.

How to Fast:

- Prepare spiritually, mentally, and physically.
- Replace mealtimes with Scripture, prayer, and reflection.
- Be consistent. If you slip, extend grace to yourself—this journey is about transformation, not perfection.

Foods to Eat & Avoid:

- Eat: Fruits, vegetables, whole grains, nuts, seeds, legumes, quality oils, water, plant-based milks.
- Avoid: Meat, dairy, eggs, sweeteners, processed foods, caffeine, alcohol.

Weekly Fasting Schedule:

- Entire Fast: Abstain from non-essential purchases.
- Week 1: Eliminate addictive vices (sugar, caffeine, alcohol).
- Weeks 2-6: Continue Daniel Fast principles.
- Week 7: Consider a liquid/water-only fast.

** Note: The Sundays in Lent are not counted in this reckoning of the time (40 days) between Ash Wednesday and Easter, as every Lord's Day is a celebration of the resurrection of Jesus Christ.[1] On Sundays, you may break your fast for communal celebrations. Holy Thursday (March 18th this year) marks the end of the Lenten Journey, which always the day before Good Friday and our annual Good Friday Fish Fry hosted by the RPC Ushers and Greeters Ministry.**

[1] <https://pcusa.org/news-storytelling/news/give-and-take-lent>

RPC 2025 Lenten Daniel Fast

Foods to Eat

- All fruit– fresh, frozen, dried, juiced, or canned.
- All vegetables– fresh, frozen, dried, juiced, or canned.
- All whole grains– amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- All nuts & seeds– almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- All legumes– canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- All quality oils– avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- Beverages– distilled water, filtered water, and spring water.
- Other– unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, soy products, and tofu.



Fruits



Vegetables



Grains & Legumes



Nuts & Seeds

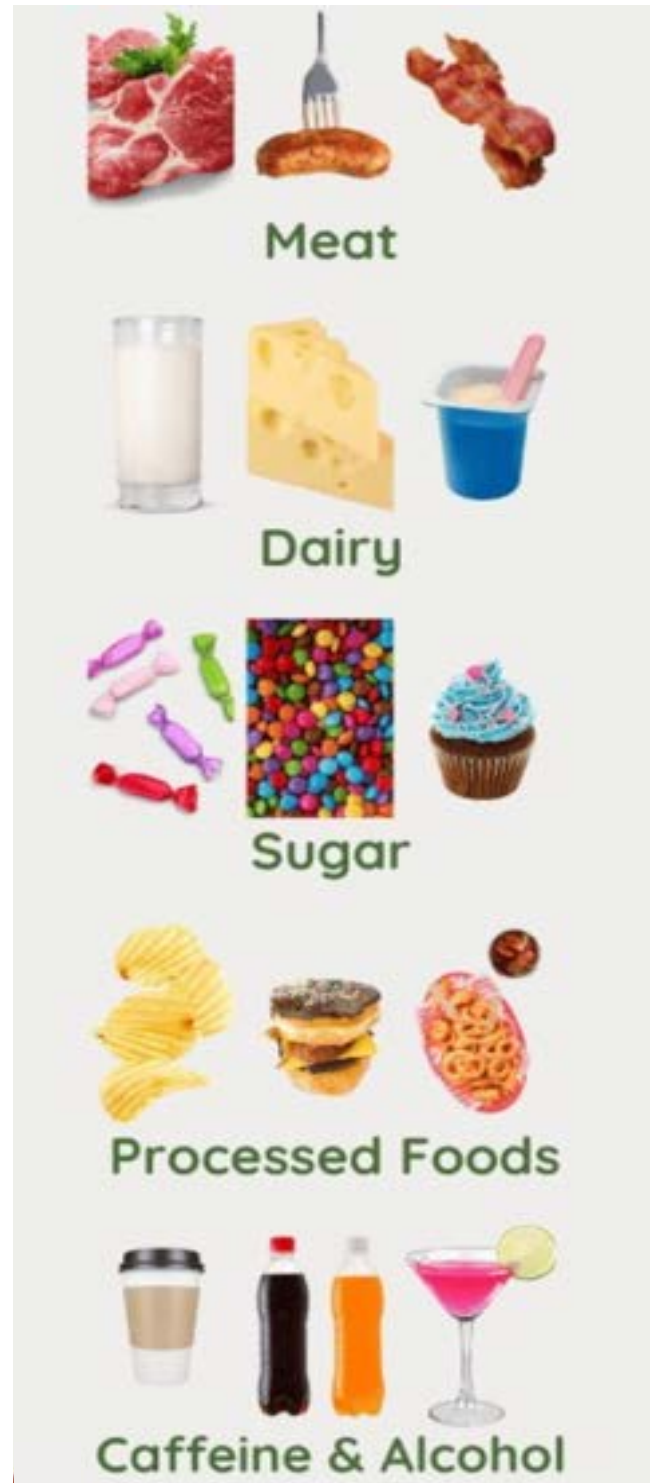


Water & Tea

RPC 2025 Lenten Daniel Fast

Foods to Avoid

- All meat & animal products– bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- All dairy products– butter, cheese, cream, milk, and yogurt.
- All sweeteners– agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.
- All leavened bread & yeast– baked goods and Ezekiel bread (if it contains yeast and honey).
- All refined & processed food products– artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- All deep-fried foods– corn chips, French fries, and potato chips.
- All solid fats– lard, margarine, and shortening.
- Beverages– alcohol, carbonated drinks, coffee, energy drinks, tea



How do I prepare?

- **Consult with your doctor.**
- **Determine if your health will permit one of the following:**
 - The **complete** fast
 - The **selective** fast (removing certain elements from diet)
 - The **partial** fast (fasting during specific times of the day, e.g. 6 AM- Noon)
 - The **soul** fast (for those with health issues that prevent them from fasting from food – instead, abstain from engaging in social media, shopping, watching television, etc.)
- **Plan your time with God.**
 - Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

Community Storytelling & Engagement

Community Building Projects

Throughout our Lenten journey, we're creating opportunities to document and share our collective experience.

"Spinning the Block: Nourishing Body and Soul" Community Cookbook

- **Share Your Recipes:** Submit photos and recipes of your Daniel Fast meals to Roseville@verizon.net or post with our weekly hashtags
- **Digital Collection:** Find weekly recipe additions on our church website/social media
- **Final Product:** At Easter, we'll compile all contributions into a printable community cookbook

Visual Testimony Gallery

- **Share Your Journey:** Post photos of your family participating in weekly activities
- **Weekly Showcase:** Look for the slideshow during Sunday announcements
- **Community Inspiration:** Selected images will be featured in church communications (with permission)

Legacy Documentation

- **Capture Your Story:** Share reflections, testimonies, and experiences in your journal
- **Video Testimonials:** Consider recording a short video about how this Lenten journey impacts your faith
- **Future Resource:** These stories will become part of our church's legacy for future Lenten seasons



Weekly Reflections & Practices

(Fully Accessible for All Ages)

Each week includes:

- Thematic Summary (easy-to-understand context for all ages)
- Scripture Focus (simplified explanations for younger readers)
- Pastoral Reflection by Pastor Marshall
(inclusive language and relatable examples for children, youth, and adults)
- Journal Reflection Questions (tailored prompts for children, teens, and adults)
- Daily Contemplation Prompts (light, age-appropriate guidance for daily reflection)
- Family Prayer Prompt (designed for family or small group prayer)
- Daniel Fast Focus (simple, age-friendly fasting suggestions)
- Stewardship Focus (clear giving explanations with scaled suggestions by age group)
- Engagement Activities *(family-friendly, accessible for different age groups)*
- Weekend Wrap-Up Prompts *(questions to reflect on worship and family discussions)*
- Testimony Space
"(This week, how did 'spinning the block' open your eyes to new beginnings?)"



OTHER FAST OPTIONS

Fasting

MEAL OPTIONS

SUGAR FREE

No sweets, added sugars, or sweeteners

MEATLESS

Refrain from eating meat

FAREWELL TO FAVORITES

Abstain from eating your favorite drink, meal or food item(s)

PURE HYDRATION

Drink water as your only beverage.

LENTEN

Rhythm

Meatless Mondays

Abstain from all meat

Ten Dollar Tuesdays

spend \$10 or less for the entire day

Water Only Wednesdays

Abstain from all beverages except water

Thrice Thursdays

Pray a minimum of three times throughout the day

Fried-Not-Fridays

Abstain from all fried foods

Silent Saturdays

Spend a minimum of one hour in silent meditation

Fasting

LIFESTYLE OPTIONS

The *Lenten Rhythm* has been crafted by Rev. Dr. Willie Francois III, the Pastor of Fountain Baptist Church in Summit, NJ.

RPC 2025 WEEKLY REFLECTIONS & PRACTICES

Week#1

WEEK 1 (MARCH 5-9):

When the Block Is Hot – Resisting Pressures

"Jesus answered him, 'It is written, 'One does not live by bread alone.'" - **Luke 4:4 (NRSV)**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness,² where for forty days he was tested by the devil. He ate nothing at all during those days, and when they were over he was famished. ³ The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." ⁴ Jesus answered him, "It is written, 'One does not live by bread alone.'" ⁵ Then the devil[a] led him up and showed him in an instant all the kingdoms of the world. ⁶ And the devil[b] said to him, "To you I will give all this authority and their glory, for it has been given over to me, and I give it to anyone I please. ⁷ If you, then, will worship me, it will all be yours." ⁸ Jesus answered him, "It is written,

'Worship the Lord your God,
and serve only him.' "

⁹ Then the devil[c] led him to Jerusalem and placed him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down from here, ¹⁰ for it is written, 'He will command his angels concerning you, to protect you,' ¹¹ and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" ¹² Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" ¹³ When the devil had finished every test, he departed from him until an opportune time.

Luke 4:1-13 (NRSV)

Pastor's Reflection:

Spinning the block means returning, sometimes to places or feelings we'd rather avoid. Like when you walk down a street and feel that tug—to turn back, to avoid the challenge ahead. But Jesus shows us a different way to spin.

He spins *towards* purpose when under pressure. When temptations flare up, He spins towards Scripture, towards God's truth. And you know what? Those temptations? They like to spin the block too. They circle back around, hoping we'll forget our purpose, forget what we're made for.

But we have a choice. We can spin towards the heat, or we can spin towards our purpose.

Think about it:

- **For our younger ones:** Ever felt tempted to do something you know isn't right? That's the heat on your block, trying to pull you off course. Spin towards a good choice instead! Spin towards kindness, towards honesty.
- **Teens:** Peer pressure is like that hot corner everyone wants you to hang on. But you have your own path, your own purpose. Spin towards that! Spin towards your dreams, towards the person God made you to be.
- **And for us adults:** Stress, busyness... they're like those distractions that keep circling back. Spin towards what truly matters, towards God's presence. Spin towards your calling, towards the things that bring you joy and make a difference.

This week let's practice spinning like Jesus. When things get hot, let's spin towards the cool shade of His Word, towards the strength we find in prayer. Let's spin towards the best version of ourselves, together.

Turning Down the Heat

Life throws a lot our way. But we have the power to choose how we respond. When the block gets hot, we can find ways to cool down, to center ourselves in God's peace. This week let's practice finding those moments of calm amidst the storm.

RPC 2025 WEEKLY REFLECTIONS & PRACTICES - Week#1

Journal Reflection Questions:

- **Children:** What helps me make good choices when things are tough?
- **Teens:** What pressures do I need to resist this week? How can I stay true to myself?
- **Adults:** Where do I find guidance and strength when facing challenges? How can I "spin to Scripture" like Jesus?

Prayer Prompt:

God help us to remember Your words when we feel pressure. Show us how to make the right choices together and on our own.

My Reflections This Week

RPC 2025 WEEKLY REFLECTIONS & PRACTICES - Week #1

Family Engagement

- **Daniel Fast Focus:** Choose one sweet or snack to give up this week. Talk about how it felt to resist that temptation!
- **Stewardship Focus:** "Spare Change for Change"
 - Adults: \$5-\$7/weekly campaign offering
 - Youth: Give a portion of your allowance
 - Children: Share toys or help out with chores at home; Collect spare change in a dedicated container
- **How to Participate:**
 - At Home: Decorate a jar or container for collecting change throughout Lent
 - At Church: Add your contributions to our special V2V collection jar during Sunday service
 - Online: Track your contributions in our digital "Change Counter" on the church website
- **Weekly Activity: "Pressure Release Wall" Instructions:**
 1. Find a poster board or large sheet of paper for your home
 2. Write "When the pressure is on, I will..." at the top
 3. Use colorful sticky notes or paper to write or draw things that pressure you
 4. On separate notes, write ways you can respond with faith
 5. Create your wall display where family members can see it daily
 6. Share a photo of your wall using #SpinTheBlockChallenge
- **Sunday Activity: "Pressure Release Wall" (In worship today, we'll write or draw things that pressure us on sticky notes and put them on our "Pressure Release Wall"!)**
- **Weekly Activity: "Mindful Walk Challenge" Take a mindful walk with your family. Talk about the things that tempt you and how you can resist them. Share your thoughts online with #SpinTheBlockChallenge.**

RPC 2025 WEEKLY REFLECTIONS & PRACTICES

Week#2

WEEK 2 (MARCH 10-16)

Holding Down the Block – Standing Firm for Justice

"Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it!"

- Luke 13:34 (NRSV) -

At that very hour some Pharisees came and said to him, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.'" "Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

Luke 13:31-35 (NRSV)

Pastor's Reflection:

"Holding down the block" means standing strong for what's right, even when it's hard. It's like being that sturdy building on the block that everyone can rely on.

Jesus held down the block. He faced threats, but He didn't back down. He spun towards justice, towards protecting the vulnerable.

Think about it:

- **For our younger ones:** Holding down the block can be as simple as standing up for a friend who's being treated unfairly. It's about having the courage to say "no" to what's wrong.
- **Teens:** You hold down the block when you speak out against injustice, whether it's at school, online, or in your community. Your voice matters!
- **And for us adults:** We hold down the block when we use our time, talents, and resources to fight for what's right. We advocate for those who are marginalized, we challenge systems of oppression, and we work towards a more just world for all.

This week let's spin towards justice. Let's be those strong hands that lift up the vulnerable and push back against injustice. Let's hold down the block together.

Standing Strong

Standing strong isn't always easy. It takes courage, perseverance, and a deep commitment to what's right. But when we stand together, rooted in faith and love, we become that unshakeable force for good in our community.

Family Engagement

Daniel Fast Focus: As a family, choose one small comfort or luxury to give up this week (e.g., a favorite TV show, dessert). Discuss how this sacrifice can help us focus on standing up for what's right, even when it's hard.

• **Stewardship Focus:** "Spare Change for Change" Week 2

All ages: Discuss giving as an act of justice—supporting causes that protect and uplift.

Featured Organization: Roseville Outreach Community Corporation (ROCC)

Our church's non-profit serves the community through Shari's Book Club Program, combatting illiteracy in our neighborhood and city.

Learn more at <https://www.rosevillerocc.org> or speak with a member of the board.

Sunday Activity: "Justice Jar" (Today, let's write down acts of justice we can do this week and choose one to complete together!)

Weekly Activity: "Community Kindness Cards" Spread kindness in your community by writing encouraging notes to community leaders or neighbors. Share your act of kindness online using #JusticeOnTheBlock.

1. Gather simple card-making supplies (paper, markers, stickers)
2. Use the template below or create your own design
3. Write encouraging messages to community leaders or neighbors
4. Deliver your cards in person or by mail
5. Share your act of kindness online using #JusticeOnTheBlock

Sample Card Template:

Front: "RPC Standing together for a better community" Inside: "Thank you for the important work you do in our neighborhood. Your commitment to [specific action/service] makes our community stronger and more just. We appreciate you! From: [Your name/family name], Roseville Presbyterian Church"

WEEK 3 (MARCH 17-23)

The Block Raised Me – Rooted in Community

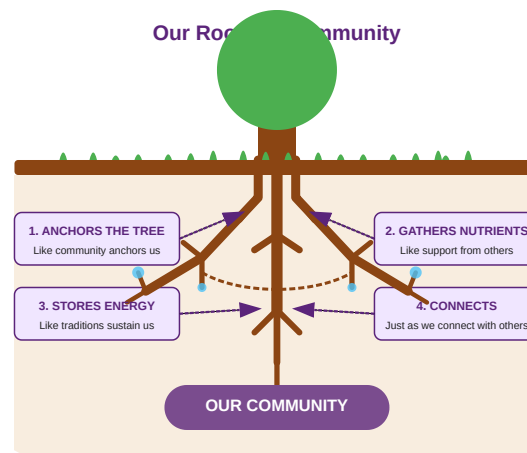
"Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down."

– Luke 13:8-9 (NRSV) –

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did." "Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did." Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

Luke 13:1-9 (NRSV)

Understanding Roots: A Child-Friendly Guide



What Roots Do:

1. Anchor the Tree: Roots hold the tree firmly in place, just like our community anchors us
2. Gather Nutrients: Roots absorb water and food from the soil, like we receive support from our community
3. Store Energy: Roots save resources for hard times, like our community traditions sustain us
4. Connect with Others: Roots often connect with nearby plants underground, just as we connect with others

Simple Root Demonstration Activity:

- Place a carrot top or sweet potato in a shallow dish of water
- Watch as new roots begin to grow over several days
- Notice how the roots reach out, seeking nourishment
- Talk about how we are rooted in our family, church, and community

RPC 2025 WEEKLY REFLECTIONS & PRACTICES - Week#3

Pastor's Reflection:

They say, "It takes a village to raise a child." Well, it takes a block to raise a community. We're all rooted together, like that tree on the corner, its branches reaching out to the sky.

Jesus understood this. He spun towards community, towards those who nurtured Him and those who needed His care. He knew we're stronger together.

Think about it:

- For our younger ones: Who helps you grow? Your family, teachers, friends... they're like the roots that keep you strong.
- Teens: Who are the branches reaching out to you, offering support and guidance? Who are you reaching out to?
- And for us adults: We're the trunk of the tree, holding it all together. We pass on the wisdom of the roots, we support the reaching branches, and we nurture the new growth.

This week let's spin towards our roots. Let's appreciate the people and places that have shaped us. Let's invest in our community, strengthening the bonds that hold us together.

Growing Together

Just like a tree needs sun, water, and care to flourish, our community needs our love, support, and investment to grow strong. This week let's nurture those roots and branches, so we can all reach our full potential together.

Journal Reflection Questions:

- **Children:** Who are the people who help me grow? How can I show them my appreciation?
- **Teens:** Who are my role models? How do they inspire me to be a better person?
- **Adults:** How can I invest in my community and help it thrive? What gifts and talents can I share?

RPC 2025 WEEKLY REFLECTIONS & PRACTICES

Week#4

WEEK 4 (MARCH 24 – MARCH 30)

The Block Party – Radical Welcome & Food Justice

"But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him."

- Luke 15:20 (NRSV) -

Now all the tax collectors and sinners were coming near to listen to him. 2 And the Pharisees and the scribes were grumbling and saying, "This fellow welcomes sinners and eats with them." 3 So he told them this parable:

11 Then Jesus[a] said, "There was a man who had two sons. 12 The younger of them said to his father, 'Father, give me the share of the wealth that will belong to me.' So he divided his assets between them. 13 A few days later the younger son gathered all he had and traveled to a distant region, and there he squandered his wealth in dissolute living. 14 When he had spent everything, a severe famine took place throughout that region, and he began to be in need. 15 So he went and hired himself out to one of the citizens of that region, who sent him to his fields to feed the pigs. 16 He would gladly have filled his stomach[b] with the pods that the pigs were eating, and no one gave him anything. 17 But when he came to his senses he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! 18 I will get up and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; 19 I am no longer worthy to be called your son; treat me like one of your hired hands." ' 20 So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. 21 Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.'[c] 22 But the father said to his slaves, 'Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. 23 And get the fatted calf and kill it, and let us eat and celebrate, 24 for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate. 25 "Now his elder son was in the field, and as he came and approached the house, he heard music and dancing. 26 He called one of the slaves and asked what was going on. 27 He replied, 'Your brother has come, and your father has killed the fatted calf because he has got him back safe and sound.' 28 Then he became angry and refused to go in. His father came out and began to plead with him. 29 But he answered his father, 'Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command, yet you have never given me even a young goat so that I might celebrate with my friends. 30 But when this son of yours came back, who has devoured your assets with prostitutes, you killed the fatted calf for him!' 31 Then the father[d] said to him, 'Son, you are always with me, and all that is mine is yours. 32 But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.' "

Luke 15:1-3, 11b-32 (NRSV)

RPC 2025 LENTEN PRAYER CALENDAR - Week #4

Pastor's Reflection:

Imagine a block party where everyone's invited, where laughter and music fill the air, and where everyone feels like they belong. That's the kind of welcome Jesus offered. He spun towards the outcasts, the forgotten, the ones nobody else wanted. He threw a block party of grace and forgiveness, a feast of love and acceptance.

Think about it:

- **For our younger ones:** How do you make a new friend feel welcome? It's about sharing your toys, inviting them to play, and making them feel included.
- **Teens:** Who needs your forgiveness or friendship? Sometimes, spinning the block means reaching out to someone who's been pushed aside.
- **And for us adults:** How can we make our homes, our church, and our community a place where everyone feels valued and loved? It's about opening our hearts and extending a hand of welcome to all.

This week let's spin towards radical welcome. Let's be a community where everyone has a place at the table, where grace and forgiveness flow freely, and where love binds us together.

Building Belonging

Creating a sense of belonging takes intentionality and action. It's about reaching out, breaking down barriers, and creating spaces where everyone feels safe, valued, and loved.

This week let's build belonging together, one welcome at a time.

RPC 2025 LENTEN PRAYER CALENDAR - Week #4

Family Engagement

- **Daniel Fast Focus:** Plan a family meal using Daniel Fast recipes and invite someone new to share it.
- **Stewardship Focus:** All ages: Discuss how giving supports community meals, shelters, and welcoming spaces.
- **Sunday Activity:** "Welcome Cards" (Let's create "Welcome Cards" to give to visitors or newcomers, showing them God's love!)

•
***[Welcome Card Sample]** Outer Design: Colorful border with "Welcome to Our RPC Community" text Inside

Text:

Dear Friend,

We're so glad you're here with us today! At Roseville Presbyterian Church, we believe everyone belongs at God's table. We hope you feel at home among us.

If we can support you in any way, please let us know. We look forward to getting to know you better!

Warmly,

[Your Name/Family Name]

Instructions:

1. Fold a piece of colorful paper in half
 2. Decorate the front with welcoming images or words
 3. Write a personal message of welcome inside
 4. Give cards to visitors or newcomers to our church family
- **Weekly Activity:** "Invite & Include" Reach out to someone who may feel left out and share a meal or conversation. Share your experience online using #GraceOnTheBlock.
 - **Alternative Activity:** "Story Circle" Gather with friends or family and share stories about times you felt welcomed or excluded. Discuss how we can create a more inclusive community.

RPC 2025 LENTEN PRAYER CALENDAR

Week #5

Week 5 (MARCH 31- APRIL 6)

Blessing the Block – Sacrificing for Future Generations

Weekly Hashtag: #BlessTheBlock

"Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance." -*John 12:3 (NRSV)*

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples, said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial."

John 12:1-8 (NRSV)

Pastor's Reflection:

Blessing the block isn't just about today; it's about planting seeds for tomorrow. It's about making sacrifices now so that future generations can flourish.

Mary poured out expensive perfume on Jesus' feet, a radical act of sacrifice and love. She spun towards the future, investing in a vision beyond her own time.

Think about it:

- **For our younger ones:** Sharing your toys or helping a friend in need—that's a small sacrifice that brings joy to others.
- **Teens:** What can you do today that will make a difference tomorrow? Maybe it's volunteering your time, standing up for what's right, or simply being a good friend.
- **And for us adults:** How can we invest in our community, our church, and our world so that future generations inherit a place of hope, justice, and love? It might mean giving generously, mentoring young people, or working to protect our environment.

This week let's spin towards the future. Let's make sacrifices today that will bless those who come after us. Let's plant seeds of hope, water them with love, and trust that God will bring forth a bountiful harvest.

Leaving a Legacy

We all leave a legacy, whether we intend to or not. This week let's be intentional about the legacy we're creating. Let's spin towards a future where our children and grandchildren inherit a world filled with God's love, justice, and peace.

RPC 2025 LENTEN PRAYER CALENDAR

Week #5

Journal Reflection Questions:

- Children: What can I do today to make someone's tomorrow better?
- Teens: What kind of world do I want to leave behind for future generations? What steps can I take now to make that a reality?
- Adults: How can I use my time, talents, and resources to create a lasting legacy of love and justice?

Prayer Prompt

God show us how we can bless others today so that future generations have hope and love. Help us to plant seeds of goodness that will bear fruit for years to come.

My Reflections This Week

Family Engagement

- Daniel Fast Focus: Simplify meals; families can try cooking together using fresh, wholesome ingredients.
- **Stewardship Focus:**
 - Adults: \$5-\$7/weekly offering towards V2V
 - Youth: Give from your allowance towards V2V
 - Children: Give a small offering or do a service to help others
- **Sunday Activity:** "Time Capsule of Gratitude" (Youth-Led) (Our youth will lead us in creating a time capsule filled with letters of gratitude for future generations!)
- **Weekly Activity:** "Sacrifice Journal" Reflect on the sacrifices you make for others each day. Share one key takeaway online using #BlessTheBlock.
- **Alternative Activity:** "Family Legacy Project" Create a "Family Legacy Project" to document family stories, traditions, or values that you want to pass down to future generations.

RPC 2025 LENTEN PRAYER CALENDAR

Week #6

WEEK 6 (APRIL 7-13)

When the Block Turns on You – Betrayal & The Cost of Transformation

"Father, forgive them; for they do not know what they are doing." - Luke 23:34 (NRSV)

Weekly Hashtag: #HealingTheBlock

Then the assembly rose as a body and brought Jesus[a] before Pilate. 2 They began to accuse him, saying, "We found this man inciting our nation, forbidding us to pay taxes to Caesar and saying that he himself is the Messiah, a king." [b] 3 Then Pilate asked him, "Are you the king of the Jews?" He answered, "You say so." 4 Then Pilate said to the chief priests and the crowds, "I find no basis for an accusation against this man." 5 But they were insistent and said, "He stirs up the people by teaching throughout all Judea, from Galilee where he began even to this place." 6 When Pilate heard this, he asked whether the man was a Galilean. 7 And when he learned that he was under Herod's jurisdiction, he sent him off to Herod, who was himself in Jerusalem at that time. 8 When Herod saw Jesus, he was very glad, for he had been wanting to see him for a long time because he had heard about him and was hoping to see him perform some sign. 9 He questioned him at some length, but Jesus[c] gave him no answer. 10 The chief priests and the scribes stood by vehemently accusing him. 11 Even Herod with his soldiers treated him with contempt and mocked him; then he put an elegant robe on him and sent him back to Pilate. 12 That same day Herod and Pilate became friends with each other; before this they had been enemies. 13 Pilate then called together the chief priests, the leaders, and the people 14 and said to them, "You brought me this man as one who was inciting the people, and here I have examined him in your presence and have not found this man guilty of any of your charges against him. 15 Neither has Herod, for he sent him back to us. Indeed, he has done nothing to deserve death. 16 I will therefore have him flogged and release him." [d] 18 Then they all shouted out together, "Away with this fellow! Release Barabbas for us!" 19 (This was a man who had been put in prison for an insurrection that had taken place in the city and for murder.) 20 Pilate, wanting to release Jesus, addressed them again, 21 but they kept shouting, "Crucify, crucify him!" 22 A third time he said to them, "Why, what evil has he done? I have found in him no ground for the sentence of death; I will therefore have him flogged and then release him." 23 But they kept urgently demanding with loud shouts that he should be crucified, and their voices prevailed. 24 So Pilate gave his verdict that their demand should be granted. 25 He released the man they asked for, the one who had been put in prison for insurrection and murder, and he handed Jesus over as they wished. 26 As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him and made him carry it behind Jesus. 27 A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. 28 But Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. 29 For the days are surely coming when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.' 30 Then they will begin to say to the mountains, 'Fall on us,' and to the hills, 'Cover us.' 31 For if they do this when the wood is green, what will happen when it is dry?" 32 Two others also, who were criminals, were led away to be put to death with him. 33 When they came to the place that is called The Skull, they crucified Jesus[e] there with the criminals, one on his right and one on his left. [[34 Then Jesus said, "Father, forgive them, for they do not know what they are doing."]] [f] And they cast lots to divide his clothing. 35 And the people stood by watching, but the leaders scoffed at him, saying, "He saved others; let him save himself if he is the Messiah[g] of God, his chosen one!" 36 The soldiers also mocked him, coming up and offering him sour wine 37 and saying, "If you are the King of the Jews, save yourself!" 38 There was also an inscription over him, [h] "This is the King of the Jews."

39 One of the criminals who were hanged there kept deriding[i] him and saying, "Are you not the Messiah?[j] Save yourself and us!" 40 But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? 41 And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong." 42 Then he said, "Jesus, remember me when you come in [k] your kingdom." 43 He replied, "Truly I tell you, today you will be with me in paradise."

RPC 2025 LENTEN PRAYER CALENDAR

Week #6

44 It was now about noon, and darkness came over the whole land until three in the afternoon, 45 while the sun's light failed, and the curtain of the temple was torn in two. 46 Then Jesus, crying out with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last. 47 When the centurion saw what had taken place, he praised God and said, "Certainly this man was innocent." 48 And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts. 49 But all his acquaintances, including the women who had followed him from Galilee, stood at a distance watching these things. Luke 23:1-49 (NRSV)

Pastor's Reflection:

Sometimes, the block turns on you. It's like walking down a familiar street and suddenly finding yourself in a dark alley, feeling lost and betrayed. Jesus knows this pain. He was betrayed by those He trusted, abandoned by His friends, and condemned by the crowds. But even in the face of betrayal, He spun towards forgiveness, towards love.

Think about it:

- For our younger ones: Have you ever been hurt by a friend? It's tough, but forgiveness can mend that hurt and make your friendship stronger.
- Teens: When someone wrongs you, it can feel like the whole world is against you. But forgiveness is a powerful thing. It sets you free from anger and bitterness and allows you to move forward.
- And for us adults: We all carry wounds from betrayal. Sometimes, those wounds run deep. But forgiveness is the path to healing. It's not about condoning the hurt, but about releasing ourselves from its grip.

This week let's spin towards forgiveness. Let's acknowledge the pain, offer forgiveness to those who have hurt us, and seek healing for ourselves. It's a difficult spin, but it leads to transformation.

The Path to Healing

Forgiveness isn't easy. It takes courage, humility, and a willingness to let go of anger and resentment. But it's a journey worth taking. When we spin towards forgiveness, we open ourselves to healing, growth, and a deeper connection with God and others.

Journal Reflection Questions:

- Children: Who do I need to forgive? How can I show them forgiveness?
- Teens: How can forgiveness help me heal from past hurts? How can I practice forgiveness in my relationships?
- Adults: What wounds do I need to heal from? How can I offer forgiveness to those who have hurt me?



Appendix of Recipes

The enclosed recipes are examples of meal planning on the Daniel Fast, sourced from online resources. **The recipes are provided for informational purposes only and do not constitute an endorsement or recommendation by Roseville Presbyterian Church's leadership. Please use them at your discretion.**

SAMPLE RECIPES

BREAKFAST

APRICOT-NUT BREAKFAST BARS

1 ½ cups old-fashioned rolled oats
2 tablespoons flaxseed meal
½ cup unsweetened apple juice
1 tablespoon extra-virgin olive oil
¼ cup almond butter
¼ cup Date Honey
½ cup diced dried apricots (unsulfured)
¼ cup chopped macadamia nuts
2 tablespoons raw sunflower seeds

Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes

- Store in an airtight container 3-4 days.
- Substitute your favorite dried fruit for the apricots: blueberries, cherries, dates, figs, or raisins. Make sure, though, that the fruit doesn't contain any added sugar or preservatives.

SAMPLE RECIPES

BAKED OATMEAL

1 ½ cups old-fashioned rolled oats
1 ½ cups unsweetened almond milk
½ cup unsweetened applesauce
¼ cup chopped dried apricots
¼ cup chopped dates or raisins
¼ cup chopped pecans or walnuts
½ teaspoon cinnamon
¼ teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes

- Spread almond butter or Date Honey on each serving.
- This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

SAMPLE RECIPES

BREAKFAST SCRAMBLE

Sometimes it can be hard coming up with good breakfasts on the Daniel Fast, especially if you are used to eggs. I made what I thought was a delicious breakfast and it was quick.

*1 tablespoon olive oil
1 medium onion, sliced
1/2 green pepper, chopped
1 cup firm tofu, diced in bite-sized pieces
garlic salt to taste
Italian herbs to taste*

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

Yield: Makes two servings.

This was so tasty. The tofu is about the same consistency as egg whites and it soaks up the flavors of whatever it's being cooked with. Very easy, tastes great, and lot of protein.

SAMPLE RECIPES

BANANA OATMEAL COOKIES

2 ripe bananas

1 Cup quick or rolled oats

Optional: 1/4C walnuts, few tablespoons of peanut butter, dried figs, cinnamon

You definitely want and need the first two ingredients, but go crazy with the third (or fourth or fifth) depending on your taste. Just adding walnuts allows the banana taste to take center stage, so that version really worked for me. You can also add a little cinnamon if you're looking for something a bit sweeter.

Instructions

1. Preheat the oven to 350.
2. Mash the bananas in a bowl.
3. Fold in the oats.
4. Decide what other ingredients you want to add, or mix and match.
5. Bake for approximately 15 minutes.
6. Cookies will turn dark brown, and have some give to them. Allow to cool on a wire rack before eating.

Yield: Makes approximately 12. Eat immediately or refrigerate.

SAMPLE RECIPES

SMOOTHIES

BERRY BLAST SMOOTHIE

1 cup water

1 cup frozen blackberries, blueberries, and raspberries

1 banana, peeled

Recipe Notes

- Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).
- Add 1 tablespoon flaxseed meal for a fiber boost.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

SAMPLE RECIPES

BERRY BLAST SMOOTHIE #2

1 cup unsweetened almond milk

1 frozen banana, peeled and sliced (about 1 cup)

1 cup whole frozen strawberries (about 6 strawberries)

1 Medjool date, pitted

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

Recipe Notes

To prepare banana ahead of time, remove peel and place in a plastic ziptop bag until frozen.

SAMPLE RECIPES

SPINACH SMOOTHIE

1 cup water

1 Bosc pear, unpeeled, cored

1 cup fresh spinach leaves, packed

1 frozen banana

1 tablespoon flaxseed meal, optional

1/2 tablespoon spirulina powder, optional

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- Substitute spinach with kale leaves.
- Use an Anjou, Asian, or Bartlett pear instead of a Bosc pear.
- Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

SAMPLE RECIPES

CUCUMBER SALAD

2 cups sliced cucumber, peeled
2 cups halved cherry tomatoes
1/2 cup thinly-sliced red onion, sliced pole-to-pole
2 tablespoons extra-virgin olive oil
1/2 teaspoon dried dill
1/2 teaspoon salt

Place cucumbers, tomatoes, and onions in a 1-quart ceramic dish. Pour olive oil over all, and stir well to combine. Add dill and salt, and stir again. Cover, and marinate 2 hours in refrigerator. Serve cold.

Yield: 8 servings (serving size: 1/2 cup)

CORN SALAD

1 can black beans rinsed
1 can corn drained
1/2 chopped red pepper
1/2 chopped red onion
2 TBS fresh parsley
1 TBS Olive Oil
1 tsp vinegar
1/4 tsp red pepper flakes
salt and pepper to taste
Touch of garlic and lemon juice

Combine all ingredients and refrigerate.

SAMPLE RECIPES

SOUPS

EASY BEANS IN A BOWL

In a saucepan sauté 1/2 a diced onion and 4 diced garlic cloves with olive oil until onions are translucent and be careful not to burn the garlic. Then add a 40 ounce can of precooked pinto beans with the juice in the can. (I use as El Mexicano brand because it does not contain sugar. I found this brand at Walmart.)

Then add 1/2 tablespoon of red chili flakes and a tablespoon full of crushed oregano. Bring beans to a boil while stirring occasionally. Make sure you don't walk away from your beans. You must stir occasionally to prevent the bottom from burning . Adjust seasonings to your liking and depending on the amount of beans your cooking.

Garnish chopped onion, tomato, cilantro, and sliced avocado.

SAMPLE RECIPES

CHIPOTLE CHILI

1 tablespoon extra-virgin olive oil
1 cup chopped red onions
2 cloves garlic, minced
2 cups Vegetable Broth or water
1 (15-ounce) can black beans, rinsed and drained
1 (15-ounce) can cannellini beans, rinsed and drained
1 (15-ounce) can dark red kidney beans, rinsed and drained
1 (15-ounce) can pinto beans, rinsed and drained
1 (14.5-ounce) can diced tomatoes
1 tablespoon lime juice
1 teaspoon chipotle chile pepper seasoning
1 teaspoon salt

Heat olive oil in a large, deep skillet or saucepan. Add onions, and cook until soft and translucent. Stir in garlic, and cook for one minute, stirring constantly so garlic doesn't burn. Add broth, black beans, cannellini beans, kidney beans, pinto beans, tomatoes, lime juice, chipotle chile pepper, and salt. Bring to a boil. Reduce heat, and simmer, covered, for 30 minutes.

Yield: 8 servings (serving size: about 1 cup)

SAMPLE RECIPES

CHUNKY POTATO SOUP

*1 tablespoon extra-virgin olive oil
1/2 cup chopped onion
1 cup chopped carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups water or Vegetable Broth
3 large russet potatoes, peeled and cubed (about 5 cups)
1 bay leaf
1 teaspoon salt
1/2 teaspoon thyme
1/8 teaspoon pepper
1/2 cup almond, rice, or soy milk
2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley*

Heat olive oil in saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer, covered, for 30 minutes or until potatoes are soft. Discard bay leaf. Add half of potato mixture to a food processor or blender, and process until smooth. Return to saucepan. Stir in almond milk, and parsley. Cook until heated through, and serve.

Yield: 6 servings (serving size: about 1 cup)

SAMPLE RECIPES

CORN CHOWDER

½ tablespoon extra-virgin olive oil
½ cup diced onion
4 cups water
1 pound Yukon Gold or Russet potatoes, peeled and diced (about 3 cups)
1 clove garlic, minced
1 teaspoon dried parsley flakes
½ teaspoon salt
1/8 teaspoon pepper
3 ½ cups fresh corn kernels
½ cup unsweetened almond or rice milk

Heat olive oil in a large saucepan, and add onions. Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well, and serve.

Yield: 8 servings (serving size: 1 cup)

Recipe Notes

- Substitute 2 (14.5-ounce) cans of corn kernels (drained) for fresh corn.
- Add ½ cup chopped carrots and celery (1/4 cup each).
- For a southwestern flair, stir in 1 cup of Salsa.

SAMPLE RECIPES

WHITE BEAN, KALE, AND VEGETABLE SOUP

1 tablespoon extra-virgin olive oil
½ cup chopped onion
1 cup chopped carrots, peeled
2 cloves garlic, minced
4 cups water or Vegetable Broth
1 (15-ounce) can cannellini beans, rinsed, drained
1 (14.5-ounce) can diced tomatoes
2 cups chopped B-size red potatoes, peeled, cut into 1-inch pieces
2 cups fresh or frozen green beans, cut into 1-inch pieces
2 cups kale, torn into bite-size pieces, lightly packed
1 teaspoon dried basil
1 teaspoon dried parsley
½ teaspoon salt
1/8 teaspoon pepper

Heat olive oil in a large saucepan over medium heat. Cook onions and carrots until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, cannellini beans, tomatoes, potatoes, green beans, kale, basil, parsley, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 30 minutes to allow the flavors to blend.

Yield: 8 servings (serving size: about 1 cup)

SAMPLE RECIPES

LENTIL-SPINACH MEATBALLS

1/2 cup dry lentils, sorted and rinsed
1 1/2 cups Vegetable Broth or water
1/2 cup diced onion, divided
1 clove garlic, minced
1 1/2 teaspoons extra-virgin olive oil
1 cup finely chopped white button mushrooms
1/2 (10-ounce) package frozen chopped spinach, thawed, squeezed dry
1/2 cup brown rice flour or oat flour (see Recipe Notes)
2 tablespoons finely chopped walnuts
2 tablespoons flaxseed meal
1 teaspoon dried basil
1 teaspoon dried parsley
1/2 teaspoon garlic powder
1/2 teaspoon salt

Place lentils and broth in a medium saucepan and bring to a boil. Lower heat, and add 1/4 cup onions and garlic. Cover, and simmer with lid tilted for 45 minutes.

Preheat oven to 350 degrees. While lentils cook, heat olive oil over medium-low heat in a large skillet. Add remaining 1/4 cup onions, mushrooms, and spinach. Cook 5 minutes, stirring frequently. Set aside.

When lentils are done cooking, drain and stir into onion-mushroom-spinach mixture. Add oat flour, walnuts, flaxseed meal, basil, parsley, garlic powder, and salt. Stir well. Transfer to a food processor or blender and process 10-15 seconds or until smooth. Form mixture into balls (about 2 tablespoons per ball) and place on an 11 by 17-inch baking dish that has been rubbed with olive oil. Bake 30 minutes.

Yield: 8 servings (serving size: 2 meatballs)

Recipe Notes

- To sort lentils, spread them in a single layer on an

SAMPLE RECIPE

11 x 17-inch baking sheet. Look for discolored or misshapen beans, and discard any unwanted debris. Place good lentils into a colander and rinse thoroughly with warm water.

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about 3/4 cup ground oats).
- Serve alone as an appetizer or as part of a main dish.
- Make a Daniel Fast spaghetti and meatballs dish by topping with Classic Tomato Sauce and brown rice, spaghetti squash, or whole grain pasta.
-

SESAME VEGETABLES WITH RICE AND TOFU

1 tablespoon extra-virgin olive oil
1 Marinated Tofu recipe, marinade reserved
1 TB extra-virgin olive oil
1 cup chopped onions
2 cups chopped broccoli florets, stems removed
1 cup chopped carrots
1 clove garlic, minced
1/2 tablespoon tahini
1 teaspoon ginger
1/4 cup unsweetened pineapple juice or water
1 1/2 cups cooked wild rice
1/4 cup toasted chopped walnuts
1 tsp sesame seeds

Prepare Marinated Tofu, and set aside. Heat olive oil in a large skillet over medium heat, and add onions. Cook until onions are soft and translucent. Add reserved marinade from tofu, broccoli, carrots, garlic, tahini, and ginger. Cook, covered, for 8-10 minutes or until vegetables are tender crisp, stirring frequently. Add pineapple juice, rice and walnuts, and cook until heated through and juice is nearly absorbed. Sprinkle with sesame seeds. Stir, and serve.

SAMPLE RECIPES

SPAGHETTI SQUASH WITH BASIL-WALNUT CREAM SAUCE*

2 pounds spaghetti squash

Sauce:

1 cup unsweetened almond milk

1 cup walnuts

1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)

½ cup fresh parsley, lightly packed

2 cloves garlic, minced

¼ teaspoon salt

1/8 teaspoon pepper

Preheat oven to 375 degrees. With a fork, prick squash all over and place in baking dish. Cook 1 hour.

During last 10 minutes of baking time, put sauce ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucepan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.

While sauce is cooking, remove squash from oven, and let cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl.

Pour sauce over spaghetti squash, and stir well to coat. Serve immediately.

Yield: 8 servings (serving size: about ½ cup)

Recipe Notes

- Substitute whole grain pasta for the spaghetti squash.
- Add cooked broccoli and/or sliced olives

SAMPLE RECIPES

SPICY PEANUT BUTTER NOODLES*

1 lb Chinese stir fry or lo mein noodles
2 tbsp canola oil
2 cloves garlic, minced
3 tbsp grated fresh ginger
1 red hot chili pepper, finely minced (or 2 tsp red pepper flakes)
1 cup finely sliced red pepper
1 cup finely julienned carrots
1 cup shredded snow peas
¼ cup natural peanut butter (chunky, if possible)
2 tbsp soy sauce
2 tbsp sesame oil
1 tbsp rice wine vinegar
½ cup hot water
½ cup chopped green onions

Garnish:

Chopped fresh cilantro
Chopped roasted peanuts

Instructions

1. Cook noodles in a large pot of boiling salted water for 1 minute. Drain and set aside.
2. In a wok or large heavy-bottomed skillet, heat 1 tbsp oil over medium-high heat. Add garlic, ginger and hot pepper, and stir fry for 1-2 minutes or until fragrant.
3. Add pork strips. Continue stir frying for 4 minutes, until the pork is browned on all sides. Use a slotted spoon to transfer to a small bowl.
4. Add the remaining tbsp oil to the pan, then add red pepper, carrots and snow peas. Stir fry for 2-3 minutes, until vegetables are tender-crisp. Transfer to the same bowl as the pork.
5. Add cooked noodles to the pan, and saute for 1-2 minutes just to warm through. Stir in peanut butter, soy sauce, sesame oil, fish sauce, rice wine vinegar and water, and cook for another minute or two until

SAMPLE RECIPES

CREOLE SEASONING

2 tablespoons paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon salt
½ teaspoon pepper
½ teaspoon thyme
½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon cayenne pepper

Mix all ingredients in a small glass jar. Cover, and store until ready to use.

Yield: 12 servings (serving size: about 1 teaspoon)

SAMPLE RECIPES

CAJUN RED BEANS AND RICE*

- ½ tablespoon extra-virgin olive oil
- ½ cup chopped green pepper
- ½ cup chopped red onion
- ½ cup sliced celery
- ¼ cup water
- 2 teaspoons Creole Seasoning (see recipe below)
- 1 (15.5-ounce) can red kidney beans, rinsed and drained
- 2 cups cooked brown rice

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Yield: 8 servings (serving size: ½ cup)

Recipe Notes

- Serve with sliced avocado and/or sliced green onions.
- Add 1 (14.5-ounce) can diced tomatoes.

Stovetop directions using dry rice: Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and simmer about 45 minutes, or until rice is light and fluffy.

Then I turned my face to the
Lord God, seeking him by prayer
and pleas for mercy with fasting
and sackcloth and ashes

DANIEL 9:3



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