



Women on the Hill



University Baptist Church
The Church on the Hill Showing God's Love

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Grateful Hands
 Loving hands friendly hands
 willing HELPING HANDS
 Giving Hands JOYFUL
 PRAYING HANDS
 Righteous Hands **STRONG**
KIND **24:4** **Psalm**
 CARING
 clean hands
 & a pure heart

YOU CAN
 MAKE
 MANY PLANS,
 BUT
 THE LORD'S
 PURPOSE
 WILL
 PREVAIL.
 PROVERBS 19:21

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DECADENT FRENCH TOAST (Pat Gilchrist)

- 2 Tbsp. corn syrup
- 1 c. firmly packed brown sugar
- 5 Tbsp. butter
- 8 slices French bread
- 1 tsp. vanilla
- 5 eggs
- Sour cream & fruit for topping

Night before:

Heat corn syrup, sugar and butter in small saucepan until bubbly. Pour mixture into a 9 X 13" pan. Nestle bread slices into the syrup. Mix together eggs, milk & vanilla and pour over bread. Cover and refrigerate overnight.

To Cook:

Bake in preheated 350° oven for 45 min.

To Serve:

Loosen edges from pan sides and cut between bread slices. Invert slices onto a serving platter so that the caramelized portion of the French toast is on top. Top each serving with sour cream and fruit. Serve immediately as the caramel hardens quickly.

CRACKER BARREL HASHBROWN CASSEROLE

- 32 oz. frozen shredded hash browns, defrosted
- 1/2 c. melted butter
- 1 (10 1/4 oz.) can cream of chicken soup
- 1 pint sour cream
- 1/2 c. onion, finely chopped
- 2 c. grated Colby cheese
- 1/3 tsp. pepper

Preheat oven to 350°. Combine all ingredients in a large bowl, reserving 1/2 c. of cheese for topping.

Place in greased 9 X 13" casserole dish and top with reserved cheese.

Bake 45-55 in. or until hot & bubbly.

SAVORY HAM & CHEDDAR SHORTBREADS

- 8 oz. shredded Sharp Cheddar Cheese
- 1/2 c. cold butter, cubed
- 1 1/2 c. flour
- 9 slices smoked ham, chopped
- 3 Tbsp. milk
- 3/4 c. fig jam

Use pulsing action of food processor to process all ingredients except jam until well blended

Remove dough from food processor; divide in half. Roll each half into 8" log on lightly floured surface; wrap tightly in plastic wrap.

Heat oven to 375°. Cut each log into 32 (1/4" thick) slices; place on parchment covered baking sheets

Bake 15-17 min or until lightly browned; cool slightly.

Spread jam onto 32 shortbreads, adding about 1 tsp. jam to each shortbread; cover with remaining shortbreads to make 32 sandwiches.

ZIPLOC OMELETS

Using a permanent marker, write name of each individual on Ziploc sandwich bag. Crack 2 large eggs into each bag; squeeze to combine eggs. Add desired omelet ingredients: mushrooms, cheese, ham, sausage, green peppers, onions, hash browns, etc. Place sealed bags into rolling, boiling water for 13-15 minutes. You can usually cook 6-8 omelets in a large pot. Open the bags and the omelet will roll out easily. Since the omelets are all done at the same time, everyone can eat together! You can prepare these ahead of time and store in refrigerator or cooler if planning to cook outside.

Special Request

HEATH BAR COOKIES (Pat Gilchrist)

Served at Button reception June 24.

- 1 Duncan Hines supreme white cake mix
- 2 eggs
- 2 sticks butter, softened
- 2 pkgs. Heath Bits

Preheat oven to 350°. Line cookie sheet with parchment paper. Mix all ingredients together in large mixing bowl. Drop by teaspoons onto a prepared cookies sheet. Bake 10-12 min. Be careful not to let them get too brown. (They spread out!!)



HONEY CREAM CHEESE BISCUITS

2 ³/₄ c. all-purpose flour
1 Tbsp. baking powder
¹/₂ tsp. baking soda
1 tsp. salt
4 oz. cream cheese, cut into ¹/₂" pieces, cold
¹/₄ c. unsalted butter, cut into pieces, cold
1 c. buttermilk

Preheat oven to 450°. Line baking sheet with parchment paper.

In a large mixing bowl, combine the flour, baking powder, baking soda, and salt. Stir with a whisk. Using a pastry blender, cut the butter and cream cheese into the flour until the mixture resembles coarse crumbs. Stir the buttermilk into the flour until combined. (Dough might appear to be slightly dry.)

Turn dough out onto a lightly floured surface and knead just until the dough comes together. (Handle the dough as little as possible.)

Roll the dough out into an 8" circle. Cut the dough using a 2" circle biscuit cutter and place them on the prepared baking sheet. Gently reroll any left over dough to cut into more biscuits.

Bake for 10-15 min or until lightly golden brown. Brush with melted honey butter (combine 1 c. melted unsalted butter, ¹/₃ c. honey) and bake another 5 min. Cool on wire rack 5 min. before serving.

BREAKFAST CASSEROLE

Ingredients for 6 servings:

4 cups frozen shredded hash brown potatoes
¹/₂ cup finely chopped onion
8 ounces bacon or turkey bacon, cooked and crumbled
1 cup (4 oz.) shredded cheddar cheese
1 can (12 fl. oz.) Evaporated Milk
1 large egg, lightly beaten or ¹/₄ cup egg substitute
1 ¹/₂ teaspoons seasoned salt

Directions:

PREHEAT oven to 350° F. Grease 8-inch-square baking dish. I didn't grease mine and it didn't stick, but it doesn't hurt.

LAYER ¹/₂ potatoes, ¹/₂ onion, ¹/₂ bacon and ¹/₂ cheese in prepared baking dish; repeat layers. Combine evaporated milk, egg and seasoned salt in small bowl. Pour evenly over potato mixture; cover.

BAKE for 55 to 60 minutes. Uncover; bake for an additional 5 minutes. Let stand for 10 to 15 minutes before serving.

APPLE CINNAMON BAKED OATMEAL

Serving: 12 servings

2 cups rolled oats
1 ¹/₂ tsp. baking powder
³/₄ tsp. salt
2 Tbsp. chopped pecans
¹/₄ cup raisins
2 cups diced apples (I used Granny Smith)
3 eggs
2 cups fat-free milk
¹/₂ tsp. vanilla extract
3 Tbsp. Splenda brown sugar blend (or ¹/₃ cup light brown sugar)
¹/₂ tsp. ground cinnamon
¹/₄ tsp. nutmeg

Preheat oven to 325 degrees F. Grease an 8-by-8-inch baking dish and set aside.

In a small bowl filled with hot water, allow raisins to soak for about 5 minutes until nice and plump.

In a large bowl, mix together oats, baking powder and salt. Stir in apples, pecans and raisins, then set aside.

In another bowl, whisk together eggs, milk, brown sugar, cinnamon and nutmeg. Pour over dry mixture and gently stir to combine.

Pour everything into greased dish and bake for about 1 hour, until golden brown. Serve and *enjoy!*





Women's Health Salmonella and Food

Salmonella is a bacteria that commonly causes foodborne illness, sometimes called "food poisoning". The CDC estimates Salmonella causes one million illnesses every year in the United States. During the past few years, outbreaks of Salmonella illness have been linked to contaminated cucumbers, chicken, eggs, pistachios, raw tuna, sprouts, vegetables, and even processed foods, such as nut butters, frozen pot pies, chicken nuggets, and stuffed chicken entrees. When you eat a food that is contaminated with Salmonella, it can make you sick. Contaminated foods usually look and smell normal, which is why it is important to know how to prevent Salmonella infection.

Salmonella illness is more common in the summer. Warmer weather and unrefrigerated foods create ideal conditions for Salmonella to grow. Be sure to refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours. Chill them within 1 hour if the temperature is 90 degrees or hotter.

Salmonella illness can be serious and is more dangerous for certain people. Symptoms of infection usually appear 6-48 hours after eating a contaminated food, but can take much longer. These symptoms include diarrhea, fever, and stomach cramps. In most cases, illness lasts 4-7 days and people recover without antibiotic treatment. Some people may have severe diarrhea and need to be hospitalized. Anyone can get a Salmonella infection, but some groups are more likely to develop a serious illness: older adults, children younger than 5, and people with immune systems weakened from medical conditions, such as diabetes, liver or kidney disease, and cancer or their treatment.

Salmonella causes far more illnesses than you might suspect. For every one case of Salmonella illness confirmed by laboratory tests, there are about 30 more cases of Salmonella illnesses that are not. Most people who get food poisoning usually do not go to the doctor or submit a sample to a laboratory, so we never learn what germ made them sick.

To avoid Salmonella, you should not eat raw eggs or eggs that have runny whites or yolks. Salmonella can contaminate eggs, even perfectly normal-looking ones. But these eggs can make you sick, especially if they are raw or lightly cooked. Eggs are safe when you cook and handle them properly.

Remember to follow the **Clean, Separate, Cook, and Chill** guidelines to help keep you and your family safe from food poisoning.

CLEAN: ~ Wash hands with warm, soapy water for 20 seconds before and after handling uncooked eggs, or raw meat, poultry, and seafood and their juices.

~ Wash utensils, cutting boards, dishes, and countertops with hot, soapy water after preparing each food item and before you go on to prepare the next item.

~ Don't wash raw poultry, meat, and eggs before cooking. Germs can spread to other foods, utensils, and surfaces.

~ Sanitize food contact surfaces with a freshly made solution of one tablespoon of unscented, liquid chlorine bleach in one gallon of water.

Separate: ~ Keep raw meat, poultry, seafood, and eggs separate from other foods in your grocery cart and in your refrigerator, Keep eggs in the original carton and store them in the main part of the

refrigerator, not in the door.

~ Keep raw meat, poultry, and seafood separate from ready-to-eat foods, such as salads and deli meat.

~ Use separate cutting boards and plates for produce and for raw meat, poultry, seafood, and eggs.

~ Never place cooked food on a plate that previously held raw meat, raw poultry, seafood, or eggs.

Cook: Use a food thermometer to ensure that foods are cooked to a safe internal temperature: - 145° F for beef, veal, lamb, and fish

~ 145°F for pork and ham

~ 160° F for ground beef, ground pork, ground veal, and ground lamb

~ 160° F for egg dishes

~ 165° F for poultry (chicken, turkey, duck) including ground chicken and ground turkey

~165° F for casseroles

~ Microwave food to 165° F or above.

Chill: ~ Keep your refrigerator at 40 degrees F or colder

~ Refrigerate or freeze perishables, prepared foods, and left overs within 2 hours.

Do I have a Salmonella infection?

Contact your doctor or healthcare provider if you have:

~ Diarrhea and fever over 101.5 degrees F;

~ Diarrhea for more than 3 days that is not improving;

~ Bloody stools;

~ Prolonged vomiting that prevents you from keeping liquids down; or signs of dehydration such as, making very little urine, dry mouth and throat, and dizziness when standing up.





The Unlikely List

This unique list with names of unlikely individuals from Scripture is a reminder that God chooses ordinary men and women to change the world.

NOAH A simple, faithful man who had never seen rain or an ark, yet God chose him to save the human race from complete destruction. (Genesis 7)

ABRAHAM One of the three sons of the idolater Terah, Abraham moved to Canaan where God promised he would become the father of a great nation. (Genesis 12:1-3; 15:1-6)

SARAH At the unlikely age of ninety, Sarah, Abraham's wife, was given the promise from God that she would become the mother of a great nation. (Genesis 17:17-22; 18:11-15)

JOSEPH This next-to-the-youngest of Jacob's twelve sons secured a place for Jacob's family to find refuge from a famine, ensuring their preservation. (Genesis 45:1-13)

MOSES Moses murdered an Egyptian and fled to the deserts of Midian where he lived in obscurity for forty years until God called him to rescue the Hebrews. (Exodus 2:11-3:22)

JOSHUA AND CALEB Because of their faithfulness, these two Hebrew spies

were the only adults of the Exodus generation who entered the Promised Land of Canaan. (Numbers 14:30)

RAHAB This immoral Canaanite woman aided the Israelites in the capture of Jericho and found her way into the Messiah's genealogy as the great-grandmother of King David. (Joshua 2; 6:22-25; Ruth 4:18-21; Matthew 1:5)

GIDEON This young son of an Israelite farmer was called by God to deliver Israel from the vast Midianite army with only 300 soldiers. (Judges 6:1-9:6)

DAVID The youngest, and therefore least kingly of Jesse's eight sons, David was anointed to succeed Saul as king over Israel. (1 Samuel 16:1-13)

ABIGAIL Widow of the worthless Nabal ("fool"), Abigail was a quick-witted woman who prevented a slaughter and became a wife to King David. (1 Samuel 25)

ESTHER The young Jewess living in Persia used her position as queen to save the Jewish people from annihilation by the scheme of an evil court official. (Esther 1-10)

DANIEL AND HIS THREE FRIENDS These young men stood their ground in Babylon and would not compromise their

faith. (Daniel 1, 3)

MARY For His entrance into the world in human flesh, God chose an unwed, teenaged girl for a mother--but one who was willing to submit her will to God's. (Luke 1:26-38)

JOSEPH For a father, Jesus had an honest, blue-collar carpenter from a backwater region of Israel that was looked down upon by the religious elite. (Matthew 1:18-25)

THE DISCIPLES Jesus chose an unlikely group of twelve disciples to help Him announce the kingdom of God--including fishermen and a tax collector. (Matthew 12:2-4)

A BOY WITH BREAD AND FISH Jesus used the fish and bread belonging to a young boy to prove that God can use anyone and anything to meet needs. (Matthew 14:13-21)

NYMPHA An otherwise unknown servant of Christ who hosted meetings of the church at Laodicea in her home. (Colossians 4:15)

TIMOTHY The product of a mixed Jewish-Greek marriage, the shy young Timothy became the apostle Paul's most trusted fellow worker and protégé. (Acts 16:1-3; 1 Corinthians 4:17; 1 Thessalonians 3:2)

Water is Life

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!! "Why do people need to urinate so much at night time?" Answer from a cardiologist: Gravity holds water in the lower part of your body when you are upright (legs swell!). When you lie down and the lower body (legs, etc.) seeks level with the kidneys, it is then that the

kidneys remove the water because it is easier. This then ties in with the last statement! You need your minimum water to help flush the toxins out of your body. Correct time to drink water? VERY IMPORTANT! From a cardiac specialist: Drinking water at a certain time maximizes its effectiveness on the body.

Two glasses of water after waking up help activate internal organs.

One glass of water 30 minutes before a meal helps digestion.

One glass of water before taking a bath helps lower blood pressure.

One glass of water before going to bed helps avoid stroke or heart attack.

Water at bed time will also prevent nighttime leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.



WMU Calendar of Events

July – September 2018

July 18 – Jonathan Parks, missionary in Slovakia, will speak at our regular Wednesday night Prayer meeting. WoM will be collecting money to help send a Roma child to summer camp.

July 25 – WoM will meet and continue working on filling purses for the Women’s Shelter (Items needed – lip balm, feminine hygiene products, notepads, small toothpaste, etc.)

July 27-28 – EQUIP at Shocco Springs. Cost will be \$73.50 per person. WMU

has paid the \$25 registration fee and already has rooms reserved. We will leave UBC at 9AM Friday and return at 6PM Saturday. **Sunday July 15 is the deadline to sign up and pay.**

August – 1. Christmas in August (see Bertha Everett)

2. Begin collecting items to fill **Back packs** for Appalachian Regional Ministry (Mississippi River Delta Ministry)

August 15 – All Mission organizations will resume regular meetings

– Mission Friends, CiA’s, and WoM

September 9 - 16 – Week of Prayer for State Missions and Myers-Mallory Offering

The months of **July, August, and September** are the perfect time to start collecting items to fill the **backpacks for the Mississippi River Ministry**. We challenge Sunday School Departments, other groups, and individuals to fill a backpack.

WMU -- MISSIONS FOR LIFE!

*Linda Whiteley, Director
UBC WMU*



**OVERCOMER
TOUR**

With Dr. David Jeremiah

Von Braun Center, Huntsville, Alabama

Sunday, October 9, 2018

Watch for ticket information coming soon!



Obituary

Common Sense

(Unknown birth date - Recently)

Today we mourn the passing of a beloved old friend, *Common Sense*, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain;
- Why the early bird gets the worm;
- Life isn't always fair;
- And maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; people gave up God; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death,

- by his parents, ***Truth and Trust***,
- by his wife, ***Discretion***,
- by his daughter, ***Responsibility***,
- and by his son, ***Reason***.

He is survived by his 5 stepbrothers; -

- **I Know My Rights**
- **I Want It Now**
- **Someone Else Is To Blame**
- **I'm A Victim**
- **Pay me for Doing Nothing**



Not many attended his funeral because so few realized he was gone.

What can I do?

- ☞ Save plastic bottle caps (soft drink, bottled water, milk, etc.) for schools. Deposit in designated bin outside the church office.
- ☞ Save aluminum pull tabs for the Ronald McDonald House Charities. Container outside church office.
- ☞ **STILL A CRITICAL NEED!**
Volunteer to work in children's area Sunday mornings. Contact Eddie.
- ☞ Donate non-perishable items to HAP (bin outside the church office)
- ☞ Save Box Tops for Education on General Mills products for Cynthia Harmon
- ☞ Pray for Gospel Center Church meeting in UBC Youth Center.
- ☞ Provide snacks for CDC: Goldfish, animal crackers, cheerios, veggie sticks.
- ☞ Pray for The Well (reaching college students) now meeting in UBC Fellowship Hall.
- ☞ Send notes of encouragement to staff members.
- ☞ Pray for our partnership with Foster Academy to service children grades 5-12 who are affected by Autism and Asperger's syndrome.
- ☞ Pray for teachers and students as they begin a new school year in August.



Let your prayer sister know that you are praying for her.

If you would like to contribute to this newsletter, please contact the church office or any Women's Ministry committee member.



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