



reetings Everyone —

Today is Sunday, August 30. The 23rd Sunday in ordinary time and the 14th Sunday after Pentecost. We are streaming our fourth online live virtual service on the internet beginning at 9:00 AM.

We hope you are enjoying the online experience as we continue to prepare in person services in the near future. The goal is that we can complete all necessary preparations and gain all of the required approvals in order to open before the end of September. Pray that we can make this happen.

This weeks service is a Lay Service being led by Randy York. Randy's sermon is titled:

"A Sure Thing"

Even money has it that he will not be talking about this weekend's Kentucky Derby, but I am going to tune in to the service just to be sure.

One thing I am sure about is that Labor Day Weekend is always special to me because that is when we celebrated my Mom's birthday. She would be 81 today, September 5th as I type this. She was loving and fun, and I miss her dearly. Here she is with me and my Dad. I am the small one. I offer her



up for prayers this week along with my Dad, and all of our loved ones who have gone on before us. Amen. I would like to have a contest. Please send in photos of yourselves as youngsters say ages 1 to 5 or so, I am about 2 weeks in this photo. I will

post a collage of them numbered. The game will be who can correctly guess the most names. So send them in!

Trust in the Lord

Barbara Hammell

Trust the Lord in the midst of a messy day. Your inner calm - your Peace in My Presence - need not be shaken by what is going on around you. Though we live in this temporal world, our innermost being is rooted and grounded in eternity. When we start to feel stressed, detach yourself from the disturbances around you. Instead of desperately striving to maintain order and control in our little world, relax and remember that circumstances cannot touch God's Peace.

Seek Gods Face, and He will share His mind with you, opening your eyes to see things from His perspective. *Do not let your heart be troubled, and do not be afraid.* The Peace the Lord gives is sufficient for you.





PRAYER REQUESTS



From All of Us — Continued Prayers for a full recovery for **Barney (Edwin) Barnes** who is in the hospital.

Becky Jensen — For continued prayers for the **PNC** as they carry on their mission.

From All of Us — For **Doug & Dorothy Ruck** who have tested positive for the virus. Pray for healing and to provide peace and comfort during this difficult time.

From All of Us — For **Reverend Richard Herman**, who continues to recover from his shoulder replacement surgery this week. Blessings for a speedy recovery.

From All of Us — For **Pam Solymosi**, who is recovering from a leg/foot issue.

From All of Us — For **Millie Lincoln**, who is recovering from her fall.

From All of Us — For **Brynna**. A 7 year old fight lymphoma cancer.

Carol Shore — For her husband **Steve**, who is improving and gaining strength after a stint in the hospital.

Margo Mattis — For her Mother, **Jean Miller**

From All Of Us — Continued prayers for **Wendy Kasper**

From All Of Us — Prayers for **Ginny Heal**, who is having difficulty walking.

From All of Us — For **Chuck Heal's** sister, **Pat Myers** and **Ginny Heal's** brother, **Jerry**.

Sheila Zier — Prayers for healing and strength and encouragement for her daughter, **Brittany Zier** as she is battling a serious long term disease.

Michelle Cox — Prayers of healing, comfort, encouragement & strength for her mother, **Jennifer** as she is battling serious long term illnesses.

Robin McCarter — For her Mother, **Betty Jenkins** who is residing in the Masonic Home.

Please e-mail RickCheslo@gmail.com with your prayer requests, or pass them on to those reaching out to you.

Don't Forget We Are On YouTube! 

See vintage services from our archives and almost instant replays of our new virtual services. There is a new posting each week. The direct link is: <https://www.youtube.com/channel/UCxLAXFkRJWgH8pLkGX988Bg/videos> The Link is nerdy, but you can also Google "Providence Presbyterian Church Burlington YouTube" and we rise to the top of the list. Accept no imitations!

Also Get Past Issues of this Newsletter at ProvPresCh.org



Providence Presbyterian Church

I was glad when they said unto me, Let us go into the house of the Lord



Providence Presbyterian Bustling's

Sunday, September 6, 2020

Thought for Today

I give any worries to God.
My loved ones and I are completely safe.
All my needs are provided for
today and in the future,
and I am filled with faith.



Trade Worry for Faith

Barbara Hammell

If you think back to the times when you've worried, you'll see how these fears never materialized. In truth, there never was-and never will be-anything that merits being anxious, because the time, energy, and emotions spent on worrying far exceed any actual issue that could arise.

Today, invest your time in faith, which is a far more valuable way to spend your energy. This is the platform of freedom and happiness that allows you to enjoy yourself. Positive belief is correlated with improved physical and emotional health, and you're at your most attractive in every way when you're relaxed and carefree.

God realizes that you may experience worry occasionally, and He certainly doesn't recommend ignoring this feeling. What God offers you as an alternative is His assistance. Since He is right next to you continuously, it's just a matter of handing your concerns to Him. God, in turn, transmutes this energy so that the kernel of love that's behind every human emotion is revealed.

Feeling the full extent of your caring has triggered anxiety in the past. God will help you create a new pathway for the love, one that leads to faith.



Hello September - It's a time to fall in love with Autumn

The dog days of summer are behind us, and now it's time for September. In the United States, the ninth month of the year is synonymous with pumpkin spice lattes, light cardigans and the start of football season.

Blessings - Anniversaries - Birthdays

Please send in your blessing or special news!

Please e-mail RickCheslo@gmail.com if there are others who are graduating, celebrating a birthday or any other life event, and we will recognize you here.



Newborns In Need has started their Sleepers in September Drive

Please help by dropping off sleepers when you bring your offering on a Sunday morning in September. Carol Shore will be joining Jack to help collect them starting on Sunday September 13th. **Newborns In Need** is also desperately seeking other clothes New or Used in sizes newborn to 6 months. Thank You All for your help!





Bustleton's Best — Church Cookbook Recipe of the Week



There is a slight departure from our cookbook this week. I am at Verity's place in Connecticut this weekend, and I left my cookbook at home. Therefore I am going to share a dish I came to love when I was stationed in New Orleans while serving in the Coast Guard. That would be **Red Beans & Rice!** Monday is a holiday and this dish is customary Monday fare in the French Quarter and for miles around. Ham was traditionally a Sunday meal and Monday was washday. A pot of beans could sit on the stove and simmer while the homemakers were busy with the laundry. This recipe comes from <https://cafedelites.com/red-beans-and-rice/>. You can follow it as is, though like most dishes there are numerous variations on the theme, and all are delicious. Enjoy!



Ingredients

1 pound (500g) dried red beans
1/4 cup olive oil
13 ounces (350g) Andouille sausage, sliced about 1/2-inch thick
1 large onion, chopped (2 cups chopped)
1 medium green bell pepper (capsicum), chopped
1 large celery rib, chopped
6 cloves garlic, finely chopped or minced
2 tablespoons tomato paste
2 teaspoons dried Italian herbs
1 teaspoon cajun seasoning

1/2 teaspoon each ground cumin and paprika
1/8 teaspoon cayenne pepper, or to taste (optional)
3 sprigs thyme
1 meaty smoked ham hock or ham shanks, (about 1 1/2 - 2 pounds, or 600g-1 kg)
6 cups water
2 bay leaves
1/4 cup fresh chopped parsley
2 tablespoons green onions, chopped
1/2 teaspoon salt, or to taste
1/4 teaspoon cracked black pepper, or to taste

Instructions

Rinse beans then soak in a large bowl with water overnight. When ready to cook, drain the soaked beans, give them a rinse and set aside.

Heat oil in a large heavy based pot over medium-high heat. Fry sausage until slightly browned while stirring occasionally, about 5 minutes. Add onion, bell pepper, celery and garlic, sauté for 3 to 4 minutes until soft and fragrant.

Season with tomato paste, Italian herbs, paprika, cajun seasoning, cumin, paprika, cayenne and thyme sprigs. Sauté, stirring occasionally, for a further minute.

Add the ham hock, water and pre-soaked beans. Season with a pinch of salt to taste (only add about 1/8 teaspoon to start with) and black pepper. Bring to a boil, then reduce heat to low and cover pot. Let simmer while stirring occasionally so that the beans don't stick to the bottom of the pot, for about 1 1/2 - 2 hours or until beans are tender

Carefully remove ham hock and shred meat off the bone. Stir the meat back into the pot and discard bone.

Add parsley and simmer for a further 10 minutes. Taste test and adjust seasonings accordingly. Discard bay leaves and thyme. Serve beans over rice with green onions and hot sauce (or Tabasco sauce).

TIPS

Cover your beans with at least 2-3 inches of cold water overnight.

You can use canned beans if you wish, but they will not yield the same creamy results.

Substitute water with chicken stock or broth if omitting ham hock.

Andouille sausage is the best option in this recipe. It adds a kick of spice and smoky flavour.

Add more stock or water if the beans become too dry. You want a nice, thick and creamy consistency, NOT watery.

CAN I COOK RED BEANS IN A CROCKPOT? Absolutely! Grab your slow cooker and get it cookin'! Brown sausage first for added flavour, then sauté the holy trinity. Transfer all ingredients (except parsley) plus an additional 2 cups of water to a 6-quart slow cooker bowl and cook on high heat for 6-8 hours. (There's no need to soak the beans when slow cooking). **HOW TO MAKE RICE** For 4-5 servings you need: 2 cups water 1 cup white long grain rice 1 tablespoon butter (life changing) A large pinch of salt (1-2 teaspoons)

In a medium saucepan over medium heat, bring water to a boil. Add rice, butter and salt.

Bring pan back to a simmer; lower heat, cover and cook for 15-18 minutes, or until rice is fork-tender and water has fully absorbed.

Remove from heat and let sit, covered, for a further 5 minutes, then fluff up with a fork and serve.

