



A SABBATH SPECIAL TEA

Christian Women's Retreat 2025

A mini-session presented by JOANNE PIERSON

Notable Information for A Sabbath Special Tea

What happens around the tea table - must stay around the tea table.

~Special teacups are made by Bradford Editions in Lena Liu's Glorious Chintz with a given name for each one. (They can be found on eBay or in thrift stores as they are now retired)

<i>Cherished</i>	<i>Joyful</i>	<i>Precious</i>	<i>Treasured</i>
<i>Honored</i>	<i>Remembrance</i>	<i>Exquisite</i>	<i>Everlasting</i>
<i>Enchantment</i>	<i>Radiance</i>	<i>Glory</i>	<i>Magical</i>

~The meaning of Alstroemeria Flowers

The alstroemeria flower has an array of meanings depending on the color. But the beautiful blooms always connect to a similar meaning of **friendship, love, strength and devotion**. They're often thought to represent mutual support. And the ability to help each other through the trials and tribulations of life.

~ What is the purpose of beauty?

It invites, inspires, nurtures, comforts, and helps to bear grief.

Perhaps one could say these are the common elements of "A Sabbath Special-Tea".

A FEW TEATIME DEFINITIONS

An Afternoon Tea, usually served anywhere between 3pm and 5pm, includes savories, scones, and sweets. Typically, there are three to four kinds of finger sandwiches, (popular are chicken salad, cucumber, and egg salad), scones, (typically

plain or fruit served with cream and jam), and then three to four kinds of sweets, anything from a variety of petit fours, shortbread cookies, lemon bars, French macarons, madeleines, chocolate anything, with of course, two or three tea varieties. All of this is typically finger food.

High Tea adds in more protein items to the Afternoon Tea foods for a heartier fare. Foods such as a salad and quiche or soup and salad are served as a starter course (not on the tier). This is followed by afternoon tea foods served on the tier.

In the olden days, the time tea was served and the types of food served made a difference. Afternoon tea was served around 3 pm on a low table in the parlor to a lady and her guests. High Tea was more for the working class and served in the evening at a “high” table (normal dining table) at the end of the working day with a heartier menu, served more family style. Today high tea can be served at any time, and may include a sparkling beverage as well as tea.

Cream Tea is simply scones with cream, jam and tea.

Eleveneses is a mid-morning break for a cup of tea! And maybe a biscuit or two.

~To keep things simple to prepare for “A Sabbath Special-Tea”, I serve a Cream Tea, adding in some fruit and of course, something sweet!

THE ART OF SERVING AN AFTERNOON TEA

We have the Duchess of Bedford, Anna Russell, to thank for this lovely afternoon tradition dating back to the mid-1800s. Dinner was served around 8 or 9 pm in the evening. Anna wanted something to tide her over until the main meal was served, thus the idea of Afternoon Tea was introduced into society. Ladies would gather, the host would pour the tea, and all would enjoy the dainty sandwiches, scones, and sweets while chatting about one’s recent activities.

~Choose a date/time/place/guests/theme

~Send invitations out at least 2 weeks ahead. (Include Who? What? Where? When? Why?) and always have an RSVP so you can plan adequately. Also, ask if there are any dietary restrictions or any allergies to be aware of.

~Choose the menu:

- 3 kinds of sandwiches- traditionally:
 - chicken salad sandwiches on sourdough or croissants
 - cucumber sandwiches on thin white bread
 - egg salad sandwiches on rye, wheat, white, croissants

-Scones with clotted cream, strawberry or raspberry jam, and lemon curd (depending on type of scone)

-3 or 4 kinds of sweets-traditionally:

- lemon bars
- shortbread cookies
- chocolate cake (can be petit fours, madeleines, mini muffins, brownies, etc.)
- French Macarons

-whole milk (used for creamer), sugar, lemon slices, and honey for guests to use in their tea

-choose which kinds of tea to serve

-garnishes: I use fresh parsley on the scone plate, fresh dill on cucumber sandwiches, or micro-greens, etc. Be creative!

-Be sure to include water with perhaps a slice of lemon.

~**Prepare shopping list.** Shop 3-4 days ahead of date.

~**Choose table setting:**

- tablecloth and napkins-traditional is white lace with white linen napkins but anything goes to create a pleasing look.
- dinnerware: salad fork, butter-knife (regular is OK) and small teaspoon, and soup spoon if serving soup
- salad plates (can use a charger if you like-a dinner size plate will also work)
- teacups
- teapot and a warmer or cozy
- creamer and sugar bowl with sugar tongs. Place on a tray if available.
- water glass
- small bowls for the cream, jam and lemon curd. Place on a tray if available.
- small dish for lemon slices with serving fork
- center piece- candles and flowers
- place cards
- favor and present
- I like to have the table set up the day before

~**Select music**, typically light classical. Piano or strings, soft and relaxing. Choose your music in keeping with your theme.

~**2-3 days before the tea, begin to prepare food** that can be done ahead of time and do your baking. The more you have ready the day before, the less stress there will be on the day of the tea and it will be easier to start on time.

LET'S TALK ABOUT TEA AS A BEVERAGE

Types of tea:

Most tea is made from the leaves of the shrub *Camellia sinensis* and oxidized at different lengths. Caffeine levels are different, and tea can be decaffeinated.

- ~Black
- ~Oolong
- ~Yellow
- ~White
- ~Green

Without caffeine

- ~Herbal, also known as Tisanes
- ~Rooibos, a red tea, or red bush, from South Africa

To decaffeinate tea, place the amount of tea desired into a small amount of boiling water and steep for 30 seconds. Drain off liquid and discard, then brew tea with that teabag as you normally would.

Loose leaf teas vs teas in a bag?

Loose leaf is said to give the most flavor. Pre-bagged teas are simply a more convenient way to brew tea but the flavors released are not as strong.

How to brew a cup or a pot of tea:

~**About water.** Water is thought to actually influence the flavor of the tea. To avoid this, it's recommended to use fresh filtered water in your tea kettle.

~**Tea kettles are not teapots.** A tea kettle is used on a stove to bring the water to a boil, not to brew the tea. Electric tea kettles are a nice convenience and quickly bring the water to a boil. Some come with settings for different temperatures since not all teas are the same.

~**It's important to temper a porcelain or ceramic (if not microwave proof) teapot to prevent cracking it from the boiling water.** First, fill it with hot tap water and let it stand a few minutes. When the side of the pot is warm, pour the water out, place the tea into the pot, and pour in the boiling water from the tea kettle. Set a timer for the length of time the tea needs to steep as not all teas need the same time.

~A guide for times and temps

Black: 3-5 min @ 212F

Oolong: 3 min @ 175-180F

Green: 2-3 min @ 160-180F

White: 1-2 min @ 175-180F

Herbal: 3-5+ min @ 212F

~Tea can be brewed in a cup, mug, or teapot or other any other suitable container

~A tea strainer placed on the cup or held under the spout as you pour is needed for loose leaf tea brewed loose in the pot, or you can place the tea leaves in disposable bags to brew in the pot and remove before tea is poured out.

~Have a teabag squeezer and something to place the teabags on when the tea is done brewing. You can usually use the teabag again if you want a second cup, but the taste may be a bit milder. Don't save used teabags for another day though, as they can mold. If you like stronger tea, use more tea but do not steep longer. It's advised not to put the leaves down a drain. Place them in the trash, or they can be composted.

~Cover the cup/pot while brewing. It will help to retain heat and flavor. (optional)

~Set your timer as some teas will get bitter if steeped to long

~Unsure of something? Just google it!

HELP! WHAT DO I WEAR TO AN AFTERNOON TEA?

It depends on where you are having Tea. It has been suggested that most of the time you will want to dress "smart casual." A hat or fascinator is also a fun accessory to add if attending a more formal affair or you simply just want to wear one.

FUN FACTS AND TIPS ON TEA ETIQUETTE

~A tea cup may be held any way you wish, but if you want to be *PROPER*, then place your thumb and fore finger on either side of handle and pinch them together. The fore finger does not come through the handle. Then let the cup rest on the third finger, supported by the fourth and fifth.

NEVER put your pinkie out. That is a myth. Reserve the finger through the handle for your mug. The Princess of Wales never points her pinkie! I have heard it said that long ago when teacups did not have a handle, it was extended to help balance the cup.

~**Stir the milk in with a back-and-forth motion**, from noon to six o'clock position. Only stir three to four times. Never let the spoon touch the sides of the cup. If it does, a tinging sound will let you know. Others may look at you and frown upon your bad manners.

~**What goes first into the teacup...the milk or the hot tea?** It depends on the material used to make the teacup. Porcelain can crack under heat, so the milk is added first to help temper the cup before the hot tea is poured in. If that is not a concern, then the tea may go in first and then the milk. The late Queen added the milk last, as it's a bit easier to see the desired amount in relation to the tea. I've also heard if you place a teaspoon in the cup then pour the hot tea onto it, the cup will not crack.

~**To use cream or milk?** It's a personal preference. Real cream tends to curdle when placed into hot tea. That's why Britain's typically use milk. Half and Half is a nice choice, and certainly adding nothing is also an acceptable option. Milk is typically added to only black teas. Why? Not sure. But if you like milk in your tea, whatever you are having in your cuppa, then feel free to do so!

~**How do you eat a scone?** Break it in half, spread cream and jam on both pieces, and don't put the halves back together like a sandwich. It's your choice if you put the cream on first then jam, or jam first then cream. The English still debate as to which is most proper. In Cornwall, it's jam then cream. In Devonshire, it's cream then jam. The late Queen preferred jam first.

~**Where do you put your napkin?** As soon as you sit down, place it on your lap of course. But when you need to leave the table during tea, fold and place it on the seat of your chair. Place it on the table by the left of the plate (never on the plate) when you are ready to go.

FINAL THOUGHTS

~**When is the best time to have tea?** Whenever you want tea. :)

"A cup of tea is an excuse to share great thoughts with great minds." - Christina Re

"Tea time is a chance to slow down, pull back and appreciate our surroundings." - Letitia Baldrige.

Every teacup tells a story just like every one of us has a story to tell! May God inspire you to find a way to share your story and His love with those He puts in your path.

Remember: "You are Bea-u-TEA-ful, TEA-riffic, and Tow-TEA-ley loved by Jesus".
— Joanne Pierson

SOME RECIPES FOR YOU

Sugar Shapes

1/2 cup Baker's Sugar

1 teaspoon water

food coloring (add to water before mixing in sugar)

Mix till moist and consistency of damp sand.

Press into desired mold, pop out, and let dry on waxed paper.

Cucumber Sandwiches with Cream Cheese

An 8 oz package Cream Cheese at room temperature

1 tablespoon or so of Mayo

Seasonings of your choice to taste:

- lemon pepper

- Lawry's Seasoning

- Dill, fresh or dried

- Spike Vege-Sal seasoning

- several drops of lemon juice

- (or your choice of seasonings)

Mix all together with an electric hand mixer. Bring to room temps before using.

Peel (optional) and slice cucumber into thin slices, about 1/8 inch, lay them out on paper towels and sprinkle with salt, let sit for 10 minutes or more. Blot any water excess with a paper towel.

Spread cream cheese mixture on 8 slices of white bread.

On four of those slices, place nine or twelve slices of cucumber, overlapping on each other, and then cover with the remaining 4 slices of bread. Trim off the crusts and cut into rectangles, squares, or triangles. Garnish with a fresh Dill sprig.

Simple Syrup for sweetening iced tea

Mix equal parts of water and sugar in a pan over medium heat.

Stir until sugar is dissolved. Let cool, then pour into a glass jar and seal tightly with a lid. Store in refrigerator up to one month. Use to sweeten iced tea, as sugar does not dissolve easily into cold liquids.

Easy Mock Devonshire Cream

3 ounces cream cheese, softened

1 cup sour cream

3 tablespoons confectioner's sugar

1 cup heavy whipping cream

In a small bowl, beat cream cheese until fluffy. Beat in sour cream and confectioner's sugar until smooth. Add whipping cream. Beat on medium speed until combined; beat on high speed until stiff peaks form. Refrigerate until serving. Yield: 3-1/4 cups.

Originally published as Mock Devonshire Cream in *Taste of Home's Holiday & Celebrations Cookbook Annual* 2006, p154.

Shortbread Cookies

1 lb butter (4 sticks) room temperature

1/2 cup granulated sugar

1/2 cup powdered sugar

4 cups flour

Blend dry ingredients then add the butter.

Mix by hand until a pie dough consistency or use a kitchen machine like a Bosch or Kitchenaid mixer

Divide in half and mold each into a roll the diameter you want the cookie to be.

Wrap rolls in waxed paper and chill. Cut into 1/4 inch slices and place on a non-greased cookie sheet.

Bake at 350 degrees for 10-15 minutes. Watch while baking, don't let them turn brown.

~recipe from a college friend's mother years ago

Easy Cream Scone Recipe

Tender scones made with heavy cream baked to perfection with a firm crust outside and tender interior, perfect for breakfast or dessert.



Prep Time 20 mins	Cook Time 15 mins	Total Time 35 mins
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Course: Bread Cuisine: English Servings: 12 scones

Author: Diane Schmidt - createdbydiane.com

Ingredients

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 cup granulated sugar
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 3/4 cups heavy cream split into two portions 1 1/2 cups for the batter 1/4 cup for brushing on top of scones

Instructions

1. *Preheat your oven to 425°
2. In a medium bowl whisk the flour, baking powder, sugar, and salt together.
3. In a measuring cup so it's easy to pour add 1 1/2 cups heavy cream and the vanilla.
4. Pour the heavy cream mixture into the flour mixture while whisking/stirring until all the flour mixture is absorbed.
5. Roll the dough into a ball on a floured work surface, then cut the ball in half and roll them smooth into two balls.
6. Gently roll each ball into a disk shape with a rolling pin about an inch thick, they'll be about 6 inches around, then cut with a large knife or pastry scraper into 6 triangles.
7. Repeat with the second ball of dough.
8. Place each scone onto a parchment-lined baking sheet (you can separate the scones or bake them close together in the circle shape).
9. Brush the tops of the scones with the remaining 1/4 cup of heavy cream.
10. *Place the baking sheet in the freezer for 15 minutes.
11. Bake the scones for 15 minutes, they will start to get golden brown on the edges. Test with a toothpick, it should come out dry.

Notes

*You can begin preheating your oven when you start mixing or when you place the tray in the freezer to chill. These scones are also able to be rolled into one thick disk shape, then cut into 8 pieces but leaving them almost touching and baked in a cast iron skillet at 425° for 15-17 minutes.

TEACUP STORY

There was a couple who took a trip to England to shop in a beautiful antique store to celebrate their 25th wedding anniversary. They both liked antiques and pottery, and especially teacups. Spotting an exceptional cup, they asked "May we see that? We've never seen a cup quite so beautiful."

As the lady handed it to them, suddenly the teacup spoke, "You don't understand. I have not always been a teacup. There was a time when I was just a lump of red clay. My master took me and rolled me pounded and patted me over and over and I yelled out, 'Don't do that. I don't like it! Let me alone.' But he only smiled, and gently said; 'Not yet!'" "Then. WHAM! I was placed on a spinning wheel and suddenly I was spun around and around and around. 'Stop it! I'm getting so dizzy! I'm going to be sick,' I screamed. But the master only nodded and said, quietly; 'Not yet.'

"He spun me and poked and prodded and bent me out of shape to suit himself and then... Then he put me in the oven. I never felt such heat. I yelled and knocked and pounded at the door. Help! Get me out of here! I could see him through the opening and I could read his lips as he shook his head from side to side, 'Not yet!'"

"When I thought I couldn't bear it another minute, the door opened. He carefully took me out and put me on the shelf, and I began to cool. Oh, that felt so good! Ah, this is much better, I thought. But, after I cooled he picked me up and he brushed and painted me all over. The fumes were horrible. I thought I would gag. 'Oh, please; Stop it, Stop it!' I cried. He only shook his head and said. 'Not yet!'"

Then suddenly he put me back in to the oven. Only it was not like the first one. This was twice as hot and I just knew I would suffocate. I begged. I pleaded. I screamed. I cried. I was convinced I would never make it. I was ready to give up. Just then the door opened and he took me out and again placed me on the shelf, where I cooled and waited ----- and waited, wondering "What's he going to do to me next? An hour later he handed me a mirror and said 'Look at yourself.'" "And I did. I said, 'That's not me; that couldn't be me. It's beautiful. I'm beautiful!'"



Quietly he spoke: 'I want you to remember, then,' he said, 'I know it hurt to be rolled and pounded and patted, but had I just left you alone, you'd have dried up.

I know it made you dizzy to spin around on the wheel, but if I had stopped, you would have crumbled. I know it hurt and it was hot and disagreeable in the oven, but if I hadn't put you there, you would have cracked. I know the fumes were bad when I brushed and painted you all over, but if I hadn't done that, you never would have hardened. You would not have had any color in your life. If I hadn't put you back in that second oven, you wouldn't have survived for long because the hardness would not have held. Now you are a finished product. Now you are what I had in mind when I first began with you."

The moral of this story is this: God knows what He's doing for each of us. He is the potter, and we are His clay. He will mold us and make us, and expose us to just enough pressures of just the right kinds that we may be made into a flawless piece of work to fulfill His good, pleasing and perfect will.

So when life seems hard, and you are being pounded and patted and pushed almost beyond endurance; when your world seems to be spinning out of control; when you feel like you are in a fiery furnace of trials; when life seems to "stink", try this....

Brew a cup of your favorite tea in your prettiest teacup, sit down and think on this story and then, have a little talk with the Potter.

-- Author Unknown

RECOMMENDED RESOURCES

Books: *If Teacups Could Talk* by Emilie Barnes

Teatime Discipleship by Sally Clarkson

Tea Time with God published by HB Honor Books, Tulsa, OK

Ideas and recipes: “**Tea Time Magazine**” – teatimemagazine.com

Online Tea store with accessories: **Tea for All Reasons** – teaforallreasons.com

They are also on Facebook. Jen, along with her mother, Marsha, do a “live” demo once a month of their teas along with a baking demo, and have an awesome cookbook available. Love these ladies!!! And their teas!!

Online store for tea and accessories: **St. James Tea Room** in Albuquerque, NM – stjamestearoom.com

Online store for tea: teaoli.com

Ideas, recipes, quotes and sayings: Pinterest.com

Paper drip catchers, tart server, sandwich tongs and more: **The Secret Garden Tea Room and Gifts** – sgteas.com Choose online gift shop from menu.

I'd be happy to answer any questions you may have.

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*"When you have found someone with whom you enjoy taking tea,
then you have found a friend for life." ~ Earlene Grey*