

Daily Spiritual exercise

THE
HOST

Meals in Biblical times

Meals were an essential part of daily life in Biblical times. They usually reclined at a meal that was characterized by rules of etiquette and ethical values. The meals were usually divided into different courses. The head of the house or the Patriarch would sit at the top of the table and the guests would be seated according to their status from the "right hand side" of the Patriarch.

You only shared meals with people who had the same honour and status as you and who were ritually "clean" according to the "Cleansing Laws" of the Old Testament. Usually the Patriarch would issue an invitation which could be formal (written) or informal (word of mouth). The invitation always suggested a proper response. It was regarded "shameful" not to respond to an invitation to a meal.

In our reading Jesus breaks all the rules of proper table etiquette by telling his host to invite all the ritually unclean and marginalized people of their society to his table. This was regarded as a grievous insult. You did not tell your host whom he should invite!

Jesus is teaching us an especially important lesson. Meals are to be shared in fellowship and love and should not depend on honour and status. While we are in "lockdown" we should take the time to connect in fellowship and love with the people that surround us. We should make every meal a special one.

May we all think of how important it is to eat together while we are baking the "Victoria Sponge Cake". Amen

Monday 27 April 2020

Luke 14:12-14

Then Jesus said to his host, 'When you give a luncheon or dinner, do not invite your friends, your brothers or sisters, your relatives, or your rich neighbours; if you do, they may invite you back and so you will be repaid. But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous.'

The Mill Victoria sponge cake Lynsey Inglis

Ingredients

225g Marg (stork)
225g Self raising flour
225g castor sugar
4 eggs
2 teaspoons of baking powder
*We add 3 tablespoons of cocoa powder

Instructions

Heat oven to 180 degrees / gas mark 4
Put all the ingredients in the mixer bowl and beat until light and fluffy.
To make a sandwich cake, use two 8 inch tins. Greased and lined with baking paper.
OR for cupcakes, just share the mixture out into the cup cake cases. We use large muffin cases and get 10
COOK for 25 mins until you can get a clean cocktail stick when you prick the center of the cake

Daily Spiritual exercise



Basic Bread Dough

Hospitality

In Biblical times hospitality was regarded as an honour because you never knew if you would be hosting a meal for God's Angels. In our reading this was so true because the "three strangers" were not mortals. A host was responsible for the safety and welfare of his guests and was expected to do his best to make the "strangers" feel welcome as Abraham did. He really pulled out all the stops by washing their feet and feeding them with fresh bread, butter, and meat. He also provided milk. The strangers then told Abraham that they would visit him again in a year's time when Sarah would have a son. Abraham and Sarah at that time were quite old. No wonder Sarah laughed in disbelief. Then one of the "strangers" said to Abraham. "Is anything too hard for the Lord? I will return to you at the appointed time next year, and Sarah will have a son." Abraham's generosity and hospitality to three strangers proved to be a "recipe for success".

Although we are in "lockdown" we can still bake and be generous to our neighbours/friends/children/companions. We can still contact one another, making sure others have enough to eat. We can share our delivery slots by adding groceries for people who are vulnerable and whose immunity have been compromised. We can offer to go and pick up medicine. We can still be like Abraham, making a difference in the lives of others. I hope, while you follow the "recipe" to make pizza dough, you will think of Abraham's hospitality!

Amen

Tuesday 28 April 2020

Genesis 18:6

And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal, knead it, and make cakes upon the hearth.

Pizza Dough Kathryn Mulligan

Ingredients

300 g pizza flour or strong white bread flour (pizza flour does make a difference)
7 g dried yeast
1 tsp salt
1 tbsp olive oil
210 ml warm water

Instructions

Put all dried ingredients into bread maker add liquid and put on pizza setting or just dough setting. Dough can be used straight away or after 2nd prove

Makes 2 large or 4 small pizzas



Daily Spiritual exercise



Wednesday 29 April 2020
Exodus 12:8

That same night they are to eat the meat roasted over the fire, along with bitter herbs, and bread made without yeast.

Passover

The Festival of Passover is one of the main festivals which Jews celebrate until this day. The festival is a commemoration of what happened a long time ago when God intervened in their history to free them from the oppression of the Egyptians. God instructed Moses and Aaron to tell the people that they need to slaughter a lamb and smear the blood on their doorposts. God literally passed over the blood-sprinkled Israelite houses, whilst smiting the Egyptian ones. They also had a meal (lamb stew) with specific courses which were all symbolic of what happened to them in Egypt.

Jesus gave this Passover meal a new meaning when He said the bread would be the new symbol of His body and the wine would be the new symbol of His blood, which will be poured out for all the sins of humanity. Jesus became the "slaughtered" lamb for our sins. We are set free from the burden of sin. He made it possible for you and me to have a relationship with God where there is no small print involved or requirements that we need to fulfil to be forgiven. Each time we look at bread and wine, we should be reminded that Jesus Christ is our Saviour and Lord. Each time that we look at the new lambs in the field, we should remember the price Jesus paid to set us free. While we are in "lockdown" we have free access to God. We do not have to pay a subscription fee or join a "TV or entertainment" channel to talk to God. We do not have to fill in endless forms with lots of indemnity clauses to be in God's presence. We do not have to stand in long queues just to have a glimpse of God. He is in the ordinary things of life and is all around us each day! Amen

Kale, mash, sausage stew Wendy Zwart

Ingredients

- 400 gr kale (without the chunky bits)
- 1 kg mash potatoes
- 1 or 2 smoked sausage (whatever you prefer and depending on the weight)
- 30 gr unsalted butter
- 200 gr lardons
- salt & pepper

Instructions

Peel the potatoes and cut them in small even blocks. Put the kale and potatoes in a pan and add water till all is under water. When the water is boiling, simmer for about 20 minutes or until the potatoes are done.

You can add the sausage in the inner package to the kale and potatoes.

Bake the lardons in a frying pan (without oil/butter).

Make mash with butter, milk and salt & pepper.

Add the lardons when ready. Put the sausage on top (whole or sliced).

Daily Spiritual exercise



Thursday 30 April 2020
John 21:12-13

"Jesus said to them, 'Come and have breakfast.' None of the disciples dared ask him, 'Who are you?' They knew it was the Lord. Jesus came, took the bread and gave it to them, and did the same with the fish."

Breakfast

John 21 tells us a fascinating story. It was early morning after a night on the boat without catching any fish to sell or to eat. Peter was not even properly dressed. He was only wearing his inner garment or at least a loincloth. His outer garment would have been wrapped around his waist or tucked over his belt. The Disciples must have been frustrated and worried. They must have been wet and cold. I am sure that they were quite intrigued when the "stranger" on the shore told them to throw their nets over the other side of the wee boat. Even more so when the stranger's words became true as they had caught more fish than they could eat themselves! Then the disciples realised the "stranger" must be the risen Jesus. When Peter realized it was Jesus, he jumped into the water. A hundred yards is too far out for Peter to have walked; he must have been swimming when he first jumped from the boat. When they got to the shore Jesus was waiting for them. A fire had been lit to prepare the traditional bread and fish meal of the first century Jews! The host or the head of the household would usually pass round the bread as Jesus did. They were now sure that it was Jesus and that Jesus was God because only God can overcome death! Our reading is just another example of how present God is in the ordinary things of life. He still intervenes, telling us where to throw "our nets". If we obey, the miracles will not be too far away. Amen

Recipe for Shakshuka (middle eastern egg dish) - Doreen Muir

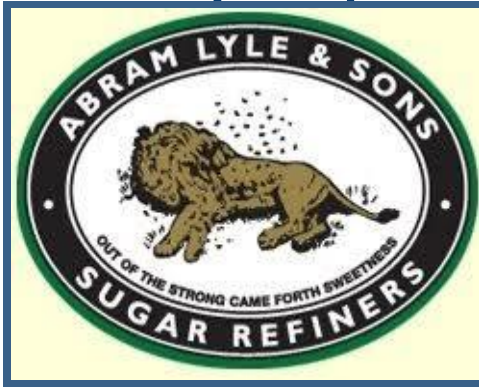
Ingredients

Tin of chopped tomatoes (or passata can be used)
1 medium onion diced
Third of a tube of tomato puree
3 eggs, any size or 4 eggs if for 2 people sharing
Half teaspoon of chili powder
Half teaspoon of garam masala powder
Pinch of salt
A little olive oil to fry onion

Instructions

In a medium frying pan, lightly fry the onion until soft
Add the spices and mix into the onion
Pour in the tinned tomatoes or passata and stir making a nice thick sauce
simmer for a few minutes
Break the eggs whole into the sauce, an even space between them
Let eggs gently poach for 5 mins or so
Spoon sauce over the egg yolk to ensure it cooks well (do not burst yolk)
Cook until eggs are well cooked but yolk still a bit soft in middle
Leave to simmer another minute or so
Add salt to taste when serving (optional)
Serve dish with flatbread, pitta bread, salad anything else you fancy.

Daily Spiritual exercise



Friday 1 May 2020
Judges 14:18

Before sunset on the seventh day the men of the town said to him,
'What is sweeter than honey?
What is stronger than a lion?'

Biblical sweetness

I think today's sugar is the equivalent to Biblical honey. There are several references to the sweetness of honey in the Bible. In Psalm 19:10-11 the author says that the Lord's decrees are sweeter than honey. The Israelites used honey like we use sugar today. The Israelites were forbidden to use honey as an ingredient of any meal-offering to God (Lev 2:11) but it could be included in their tithes. Honey was used in cake-making and the people believed that honey had medicinal properties (Proverbs 16:24).

Samson discovered honey in the carcass of a lion and used this story in a riddle at his wedding feast. In Biblical times riddles were a common means of amusement and used as a test of wisdom at a more serious level. The point of a riddle was the discovery of a concealed meaning. No one solved the riddle *per se* because Samson discovered that his new wife "cheated" by revealing the answer to his groomsmen.

What is the answer then? The answer is the presence and revelation of God. God is stronger than a lion and His words/decrees are sweeter than honey. May we remember this truth whenever we eat something that is **very** sweet like the South African milk tart! Amen

South African milk tart **Jonanda Groenewald**

Tip: use condensed milk can as measuring cup

1 can of condensed milk
2 cans milk
1 can boiled water
1 tablespoon margarine
Mix in bowl, cook 10 min in microwave

1/3 can milk
Mix 80 ml Cornstarch into milk
Add teaspoon vanilla and ¼ teaspoon salt
Mix now altogether, cook 2 min in microwave

Beat three eggs in can

Now mix all together
Cook for 4 minutes, stirring with whisk each minute

Line glass baking dish with "Nice biscuits". Pour the hot mixture on the biscuits, sprinkle with cinnamon.

Let it cool down, store in fridge and enjoy!