

Trinity Times

Fall 2026

News from Trinity Episcopal Church
Shelburne, VT | 802-985-2269 | trinityshelburne.org
The Rev. Tommy Sheppard, Rector

A New Season Together!

From the moment I arrived at Trinity, I've been struck by how excited everyone is and how eager you are to get to work. You've welcomed me with phone calls, in-person conversations, kind words, and even a strawberry-rhubarb pie. Through all of it, I've felt welcomed and loved. I'm deeply grateful for the many ways you've already made Shelburne and Trinity feel like home.

I've also discovered that Trinity is a congregation that enjoys laughing. Every priest appreciates a congregation willing to laugh at their jokes, so thank you for that. Your warmth, good humor, and willingness to share yourselves have made these first weeks a joy.



As I've begun getting to know you, I've noticed a deep desire among the people of Trinity to reach out to one another and to the wider Shelburne community. You care about this church, and you care about your neighbors. That combination gives us a strong foundation as we develop new ways to invite people into our community.

People are looking for places where they can be seen, heard, loved, and accepted. They're searching for genuine relationships and opportunities to make a difference. Trinity can be that kind of place. We can welcome people into a community where they can ask questions, grow in faith, serve their neighbors, and experience the grace of Jesus Christ.

As we begin this new season together, I think of my role as something like a coach on a team. A good coach learns the gifts of each person and helps call those gifts forward. The coach helps the team identify its goals, develop a plan, and work together toward something none of its members could accomplish alone.

Paul reminds us in First Corinthians that the Spirit gives different gifts to different people for the good of the whole community. Part of my calling as your Rector is to help you recognize those gifts in yourselves and in one another. Some of you are teachers. Some are caregivers, organizers, musicians, cooks, builders, listeners, or people with the wonderful ability to make a stranger feel at home. Every gift has a place in the life and ministry of Trinity.

I bring particular training and experience in liturgy, theology, and church growth. You are the experts on Shelburne and on the people, history, and character of Trinity. When we bring that knowledge together, listen to the Holy

Spirit, and commit ourselves to the work, we begin to create the conditions for a miracle.

I don't arrive with a finished plan for Trinity's future. That plan will take shape through prayer, listening, conversation, and shared work. My responsibility is to help guide that process, ask helpful questions, and keep us attentive to where God may be leading. The future is something we will discern and build together.



During the coming months, I want to hear your stories. What first brought you to Trinity? What keeps you here? What do you love most about this congregation? What gifts do you see in our church? What do you hope Trinity will become in the years ahead?

Please find time to share your answers with me. Call me, stop by, invite me for coffee, or catch me after worship. These conversations will help us understand the gifts God has already placed among us and the possibilities waiting to be discovered.

A new season has begun at Trinity. I'm grateful to be here, excited about what lies ahead, and honored to share this work with you. With God's help, I believe we can build on the love already present here and invite more people to become part of it.

Pax et bonum,
Fr. Tommy



Trinity is entering an exciting new season, and there is a wonderful sense of energy and possibility as we welcome Fr. Tommy Sheppard into our parish life. In his first weeks with us, Fr. Tommy has been leading worship, offering pastoral care, meeting with parish leaders, and beginning the important work of listening, learning, and planning for the future.

The Vestry is working closely with Fr. Tommy as we look ahead. Together, we are developing shared expectations for our ministry, identifying goals for Trinity's mission, and strengthening communication so that everyone in the parish can stay informed and connected.

There is plenty happening behind the scenes as well. The Vestry is reviewing Trinity's finances and beginning budget work, while also supporting Sunday School, pastoral care, training for Eucharistic ministers and altar servers, stewardship and planned giving, and the ongoing care of our buildings and grounds.

Our annual **stewardship season** will begin soon, and this year's theme, "Plenty Good Room,"* seems especially fitting for this moment in Trinity's life. It invites us to reflect on the abundance of God's grace and on our call to make room for one another. There is room for everyone at God's table, and there is room for every gift of time, talent, prayer, and financial support. Stewardship is one of the ways we help create that room and sustain the ministries that make Trinity a place of welcome, worship, fellowship, and service.

Fr. Tommy has encouraged us to keep three simple commitments at the heart of our life together: Love God. Love People. Create Disciples. These words will help guide us as we listen, plan, and grow together.

There is much to be thankful for and much to look forward to. We invite everyone to join us in warmly welcoming Fr. Tommy and in helping make Trinity an even stronger, more connected, and welcoming parish family.

Christine Ferris

One Cup, One Body

For several years, Trinity has offered consecrated wine in small individual cups. We made that change during the COVID-19 pandemic as an act of care, responding to a frightening and uncertain public-health emergency. That accommodation served us well and helped many of us return to worship with greater confidence.

Most churches returned to the common cup 3 years ago. The time has come for Trinity to begin the process of returning to the Episcopal Church's ordinary practice: receiving the Sacrament of Christ's Blood from a common cup.



This is a pastoral decision, a theological decision, and a decision grounded in the best available evidence. It is also a way of recovering an important sign of what we believe.

The Eucharist is not a private religious experience. It is our shared participation in the life of Christ. Jesus took bread, blessed it, broke it, and gave it to his disciples. He took the cup and said, "Drink this, all of you." In the Eucharistic Prayer, we ask God to "gather us by this Holy Communion into one body in your Son Jesus Christ."[1]

Saint Paul makes the connection even more directly: "Because there is one bread, we who are many are one body, for we all partake of the one bread" (1 Corinthians 10:17, NRSVue). Our Fraction Anthem gives us the same confession in song: one bread, one body; one cup, one shared life in Christ.

The common cup makes that prayer and that confession visible. One cup is shared by many people because, in Christ, we are one body. We come with different histories, convictions, needs, and struggles. We do not become identical. We become members of one another through Christ.

The cup also reminds us that Christian faith is relational. We receive Christ together, from the same table, through gifts that are first offered to God and then given back to the whole community. The chalice is not merely a container for wine. It is a sacramental sign of communion: communion with Christ, communion with one another, and communion with the Church across time and place.

The common cup connects us with the ordinary practice of Christians from the earliest centuries. It is part of the Anglican and Episcopal inheritance. Our Book of Common Prayer speaks of the bread and cup as the means by which God feeds us with Christ and gathers us into one body.[2] The common cup is therefore one of the ways Episcopalians embody our theology in worship. It is faith made tangible.

The small cups were a temporary accommodation during an extraordinary period. They were never meant to replace the common cup. They helped us respond responsibly when public-health authorities were still learning how COVID-19 spread. We are grateful for that season of caution. We should also allow our practices to change as knowledge changes.

The evidence about the common cup is reassuring, while remaining appropriately careful. A 1997 survey of 681 people compared those who received Communion, those who attended church without receiving Communion, and those who did not attend Christian worship. The researchers found no significant difference in illness among the groups. Receiving Communion, even as often as daily, did not increase the participants' risk of infection.[3]

A review of research on the shared Communion cup concluded that indirect transmission of infection through the chalice is rare and that the available evidence did not support abandoning the common cup because of fear that it spreads infection.[4] A second literature review describes experiments in which volunteers drank sacramental wine containing at least 14.5 percent alcohol from a silver chalice. The number of pathogens found at the rim was very low, and the researchers concluded that the risk of infection through the common cup was negligible.[5]

These findings do not mean that the wine or the chalice should be treated as a magical disinfectant. The safety of the common cup rests on the total body of evidence: the very small theoretical possibility of transmission, the absence of

documented disease transmission through the common cup, the way infectious diseases are actually transmitted, and careful administration of the chalice.

In a 1998 statement published in the *American Journal of Infection Control*, representatives of the Centers for Disease Control and Prevention reported that no documented transmission of any infectious disease had ever been traced to the use of a common Communion cup. The CDC acknowledged a theoretical risk, while stating that the risk was so small that it was undetectable.[6] A separate review focused on COVID-19 reached the same general conclusion: the common cup could theoretically transmit infection, but there was no evidence that sharing the cup contributed to the spread of COVID-19.[7]



Trinity will continue the ordinary safeguards of wiping and turning the chalice between communicants. We will not offer intinction, the practice of dipping the bread into the wine. Self-intinction places fingers into the wine and creates an additional opportunity for germs to be transferred from hands to the chalice or the bread. Public-health advice about influenza and other respiratory illnesses consistently emphasizes handwashing because hands are a common means by which germs are carried to the mouth, nose, eyes, and other surfaces. For this reason, the common cup, administered carefully, is the more appropriate practice for us.

We also recognize that some people will need time to adjust. Habits formed over several years can feel familiar and reassuring. A change in practice may stir memories of the pandemic, when every decision about gathering and touching carried real anxiety.

Please receive this change as an invitation rather than a test. The common cup is not a measure of courage or faith. No one will be pressured to drink from it. Those who cannot or do not wish to receive the wine may receive the consecrated bread alone. In the Episcopal tradition, receiving either the consecrated bread or the consecrated wine is a full participation in the sacrament.[8]

As we prepare to retire the small cups and return to the common chalice, may we do so with gratitude for the care that carried us through the pandemic, confidence in the evidence we have now, and renewed joy in the sacrament that unites us with Christ and with one another.

One bread. One body. One cup. One life in Christ.

Footnotes

[1] The Episcopal Church. (1979). *The Book of Common Prayer*, pp. 362, 368.

[2] The Episcopal Church. (1979). *The Book of Common Prayer*, pp. 365, 369.

[3] Loving, A. L., & Wolf, L. F. (1997). The effects of receiving Holy Communion on health. *Journal of Environmental Health, 60*(1), 6–10. Summary available at https://www.proquest.com/scholarly-journals/effects-receiving-holy-communion-on-health/docview/219704405/se-2

[4] Gill, O. N. (1988). The hazard of infection from the shared communion cup. *Journal of Infection, 16*(1), 3–23. https://doi.org/10.1016/S0163-4453(88)96029-X

[5] Anyfantakis, D., Symvoulakis, E. K., Linardakis, M., Shea, S., Panagiotakos, D., & Lionis, C. (2020). Holy Communion and infection transmission: A literature review. *Cureus, 12*(6), e8741. https://doi.org/10.7759/cureus.8741

[6] Manangan, L. P., Sehulster, L., Chiarello, L., Simonds, D. N., & Jarvis, W. R. (1998). Risk of infectious disease transmission from a common communion cup. *American Journal of Infection Control, 26*(5), 538–539. https://doi.org/10.1016/S0196-6553(98)70029-X

[7] Spantideas, N., Drosou, E., Barsoum, M., & Bougea, A. (2020). COVID-19 and Holy Communion. *Public Health, 187*, 134–135. https://doi.org/10.1016/j.puhe.2020.08.012

[8] The Episcopal Church. (1979). *The Book of Common Prayer*, p. 457. See also The Episcopal Church, "Eucharist." https://www.episcopalchurch.org/who-we-are/how-we-worship/eucharist/



EMERGENCY BIBLE NUMBERS

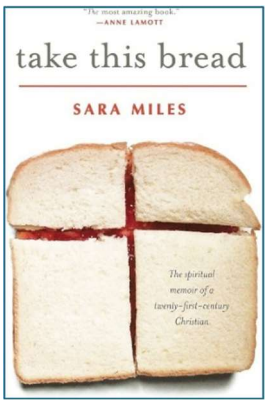
Upset? ..... John 14
Weak? ..... Psalm 18:1-29
Lonely? ..... Psalm 23
Sinned? ..... Psalm 51
Worried? ..... Matthew 8:19-31
Anxious? ..... Phil 4:4-9
Unhappy? ..... Col. 3:12-17
In Danger? ..... Psalm 91
Depressed? ..... Psalm 27
Lack of Faith? ..... Exodus 14
Others Unkind? ..... John 15
Need Courage? ..... Joshua 1
Need Direction? ..... Psalm 73:21-26
Seeking Peace? ..... Matthew 11:25-30

Divinely Blessed Insights



The Sunday school group is back in action! Our themes this year are **Community and Curiosity**. We have begun exploring these themes in stories and prayers, and the children, a very creative and crafty bunch, are excited to build their own model of a community. We also gathered for a pizza dinner at Shelburne beach as an opportunity to spend time together and for some of the children and Father Tommy to get to know each other more; some fascinating rocks were found, and the adults gave the kids a run for their money in their final round of hide-and-go-seek. We are looking forward to movie night, Advent wreaths, and the Christmas pageant in the coming months!

Trinity Book Group



Our Book Group meets on Zoom on **Tuesdays at 5:00 p.m**. We have chosen to read the book by Sara Miles titled "Take this Bread." We will begin our discussions of this book on **Tuesday, October 6th**. Hoping you can join us. If you know of others who might want to participate, please have them contact Diane Rooney at dianerooney123@gmail.com

SCHIP Grant Gratitude

Trinity received a grant for $5,000 from SCHIP in April for lead paint abatement work on the rectory. The work is scheduled to take place this fall. This is a generous grant and the vestry is very grateful that SCHIP recognizes the importance of maintaining our rectory for our tenants, especially since it marks the second year in a row that SCHIP has awarded us a grant for a major project. Last year's grant helped fund the cost of a new boiler for the rectory.

Thank you SCHIP!



A photo of Heather Caulfield-Mills after her ordination to the deaconate in June.

Spiritual Experience

This week I worked really hard on Tuesday, September 22, to get the Trinity Memorial Garden looking beautiful before Zach Claments' funeral. About half-way through the day, I noticed a very small petunia growing in the crack of weedy lawn at the base of the shelf on which a Greek style urn or vase sits. Cindy Clements had put the vase there many years ago. And I had planted a large petunia with big 2" diameter plum-colored blooms in it. The tiny plant in the weedy lawn had white flowers with small faces, only an inch in diameter. No one I knew of would have intentionally planted a petunia seedling there. I paused to smile at the two little blossoms and thought of Zach and Cindy. It was as if they were there with me, both of them happy and grateful for what I was doing. That tiny plant is still there, although there was only one bloom on the day of Zach's funeral.



On the following Thursday, September 24, I went back to mow the lawn with a weed whacker, but did not dare use the whacker near the 4" high petunia. There, I squatted down and hand groomed the weeds around it. Later that day, while I was sweeping up the grass clippings off the big square stepping stones, along came a young woman with about 6 grammar school age girls. One girl, with blond pigtails, exclaimed with joy at seeing the brick path into the garden. She took off skipping, arms outstretched, music coming from her that had no words, as if at that moment she was a butterfly. She stopped where the garden stopped, that is, where the flowers shed petals on the bricks to the east and the tree shaded her across the way, and then turned around slowly, taking it all in, a look of bright-eyed smiling delight on her face. The young woman beckoned her back towards the group saying the "nice lady' had to finish her work. She strolled back, looking to the left and right, as if memorizing all the flowers and leaves and play for sun and shadows. She even seemed to love the bricks she walked on. When she reached the group leader, she told her something in a whisper, and that gracious young woman repeated her words back to me: "she says it's her sparkle path." I smiled broadly and paused to look at what she had so loved.

In that moment, Zach was suddenly in my thoughts, chuckling because Wyatt had just trotted down the center aisle at church and spun around, a big grin on his merry face. Wyatt loved that old admirer, I know, as much as Zach loved seeing Wyatt's energetic love of life.



Peace, Lori Wilson

The Tiny Little Yellow Pantry



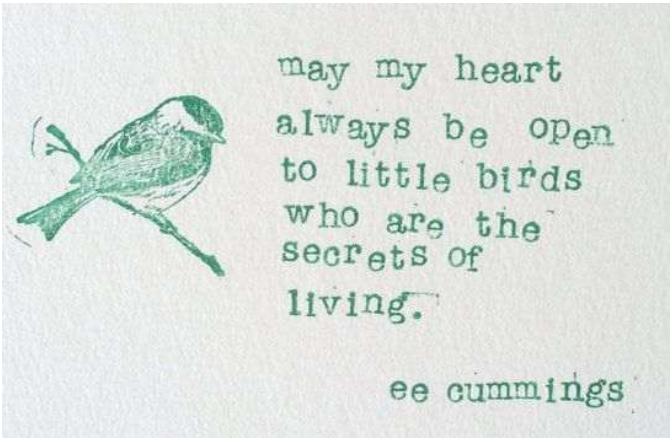
The Tiny Little Yellow Pantry is a small house on stilts located next to SCHIP, near the Shelburne Town Hall and Fire Station. A few churches in the area have volunteered to help stock the pantry with free, non-perishable food for members of the community.

Trinity's Outreach Committee, together with All Souls Church, has committed to stock the pantry on the **first Wednesday, Thursday, and Friday** of every month. While the emphasis is on food, we often include toiletries as well as hats and gloves when the cold weather sets in.

If you would like to participate, you can leave your donations in the basket just inside the church entrance. If the church door is locked, you may leave donations in the blue bin outside or even place them directly in the pantry. A list of suggested donations can be found on the table next to the bulletins, just outside the church office.

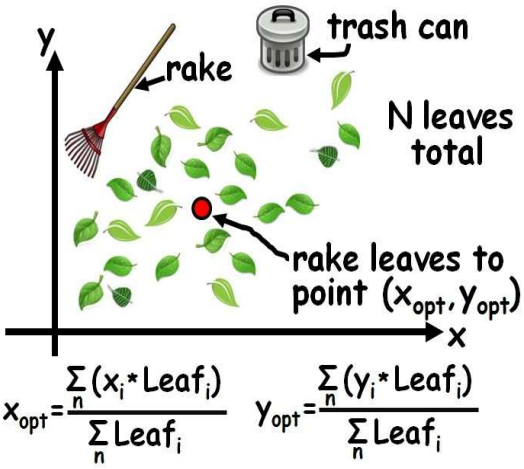
Please note that we **cannot accept** cans or glass jars during the winter months, as the freezing temperatures could cause them to burst. Large packages and containers are also discouraged because of the pantry's limited space.

The speed with which the pantry is depleted each day is a powerful testimony to the great need in our community. Thank you for helping us keep the pantry stocked and available to those who need it. (Mary Lollis)





Gatherings & Goings-On



Fall Grounds Cleanup Saturday, October 10
9:00 – 11:00 a.m.

Please come with any tools you have -- rakes, clippers, shovels, trimmers, etc. We'll get beds ready for winter, trim and prune. We got a great start on cleaning up the church grounds this spring and inside the church this summer so let's keep up the momentum! Please contact Sarah Ray at sclarksonray@gmail.com if you have any questions. Thanks! (Sarah Ray)



Pumpkin Sunday, October 25

Children, **of all ages**, should bring their carved pumpkins to the church. We'll talk about how the light of Christ shines in (and out of) all of us. (We'll supply the candles.)

As you are carving your pumpkin, consider doing the following:

A Pumpkin Prayer

We will open our minds so we can receive God's message.
Carve the top opening of the pumpkin.
We will clear our minds of any mean thoughts or prejudices.
Clean out the innards.
We will open our eyes so we can see the good in God's world
Carve the eyes.
We will awaken all of our senses so we can be aware of all the goodness around us.
Carve the nose.
We will share God's message with our friends and family.
Carve the mouth.
We will let our light shine for all to see!
Put a light inside the pumpkin.





Men's Breakfast

The men meet at Panera's on Shelburne Road for breakfast at **8:00 a.m. on the 2nd Saturday of the month.** Trinity welcomes any men from St. Andrew's to join them!



Women's potluck breakfast is held the **third Saturday of the month at 9 am at Trinity.** All women of Trinity and St Andrews are welcome. It is a great way to meet the women of our churches and share in delicious food and community. We eat very well! If you want to receive emails or want more information please contact Paulette Hammond, phammond679@gmail.com, 802-999-4614 or catch me at church. Hope to see you there!

The United Thank Offering began in 1883 when the women of the church took up a thank offering to support innovative mission and ministry in The Episcopal Church and Anglican Communion that the church budget could not cover.



Today, UTO includes members of all ages and genders, and welcomes people regardless of church affiliation. UTO's focus is still on promoting gratitude and supporting innovative projects that address compelling needs around the globe.

Gratitude is a pretty simple concept, but is something that many people find hard to practice. Being grateful requires simply noticing something good in your life and responding with thanks. Noticing more good things, feeling gratitude for them, and thanking the people who made those good things possible builds positivity and happiness in both the grateful person and the thanked people. This creates a spreading circle of gratitude and kindness.

Because learning to be grateful requires practice, UTO provides materials and creates opportunities for anyone to begin or deepen a gratitude practice. There are many good things that happen in our lives that we can't say thank you for, such as a beautiful sunrise or recovery from illness. In these moments, UTO members make a thank offering either online or in a Blue Box as a way of sharing their gratitude.

We'll soon announce the date of the "in-gathering" when we'll return our gifts to Trinity to have them sent on to the UTO organization. For more information, check out their website: https://www.episcopalchurch.org/who-we-are/ministries/united-thank-offering/



Trinity Bazaar and Craft Fair
December 5th, 2026

The Outreach Committee has expanded the name to include craft fair to acknowledge all the beautiful crafts that are donated.

We are planning to have some "craft days" at the church like our wreath making days that we have had the past.

We hope to have people **donate** crafts, gift baskets and gift certificates to sell or for our silent auction. The money raised supports our Outreach activities. More information will come as we continue planning.

Paulette Hammond
phammond679@gmail.com
802-999-4614

At the end of August we had a wonderful brunch with our Constellation partners, St. Andrew's in Colchester. Good food and great new friendships!







And our Annual Picnic!









The Grill Master, Bill,
who had help from Carley,



A coach is seen stopped at the arched porte cochere under the bell tower of Trinity Episcopal church in Shelburne in 1895. This is probably the Webbs, although the photo information does not specify. The 1895 photo is from the back of the building.

Below is a recent view of the church from the street.



Gail Currier's Summer Garden



Anemone



"Quick Fire" Hydrangea. It starts out white and turns to mauve at the end of the summer.



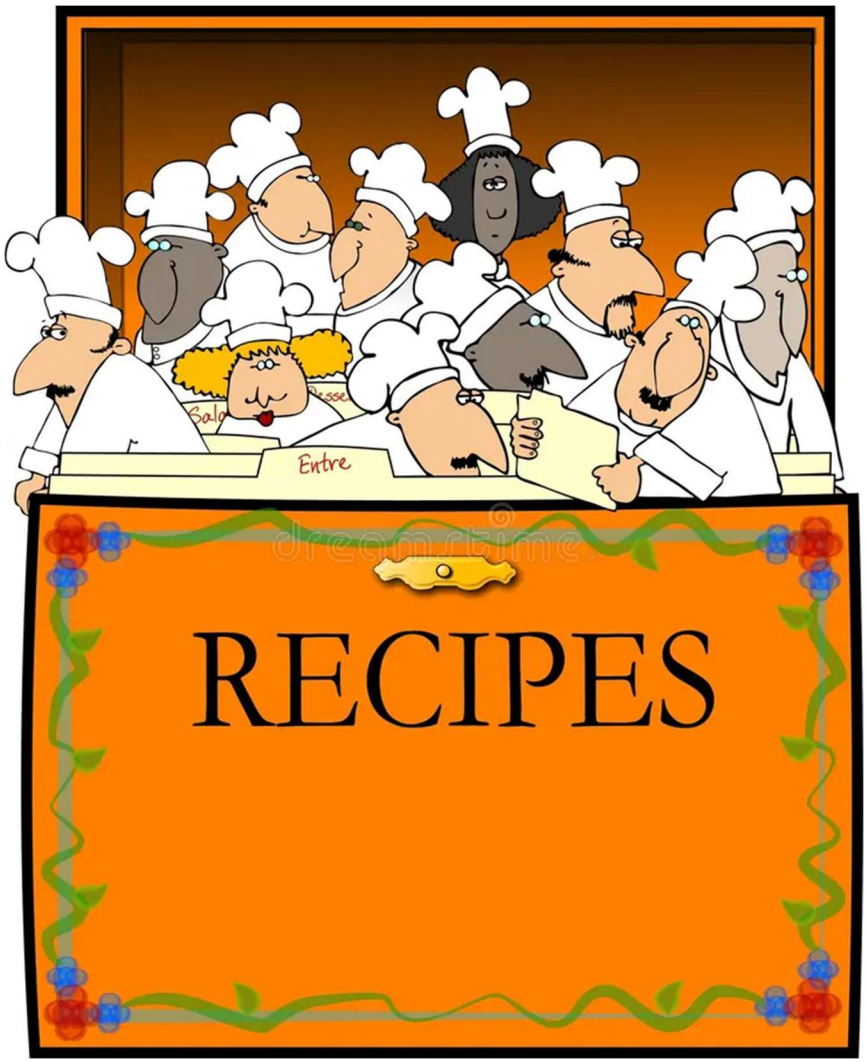
Hibiscus



Lenten Rose
(this blooms early,
around the time of Lent)



Gaura "Whirling Butterflies"



We started sharing recipes in this newsletter several years ago. Trinity's parishioners are great cooks.

If *you* have a recipe (or 2 or more) you'd like to share, send it to gailcurrier@gmail.com and it will appear in an future newsletter.

Apple Cider Doughnut Holes
King Arthur Baking Company



These are so easy and taste AMAZING!

Batter:
- 1/2 cup granulated sugar
- 1/3 cup brown sugar, packed
- 4 tablespoons unsalted butter, softened
- 1/4 cup vegetable oil
- 3/4 teaspoon table salt
- 2 large eggs
- 1 teaspoon Vanilla Extract
- 2-2/3 cups Flour
- 2 teaspoons Apple Pie Spice
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 cup milk
- 3 tablespoons boiled cider
  (I bought “Vermont Boiled Cider” from King Arthur Baking Company)

Topping:
- 10 tablespoons unsalted butter
- 1/4 cup boiled cider
- 1-1/4 cups granulated sugar
- 4-1/4 teaspoons Apple Pie Spice



1. Preheat the oven to **425°F** with a rack positioned in the center. Lightly grease a mini muffin pan.
2. In a mixing bowl, mix the sugars, butter, oil, and salt until smooth.
3. Add the eggs, one at a time, stirring between each.
4. Stir in the vanilla.
5. In a medium bowl, whisk together the flour, spice, baking powder, and baking soda.
6. In a liquid measuring cup, whisk the milk and boiled cider together.
7. Add **one-third** of the dry ingredients to the bowl with the butter mixture, mixing gently to combine.
8. Gently mix in **half the liquid.**
9. Stir in another third of the dry ingredients, then the remaining liquid.
10. Stir in the remaining dry ingredients. Scrape the sides and bottom of the bowl, then gently mix until the batter is mostly smooth; a few small lumps are OK.
11. Portion the batter into the wells of the prepared pan, using a heaping tablespoon for each well a tablespoon scoop works well here. (You'll use about half the batter to fill 24 wells of a mini muffin pan; set the remaining batter aside.)

12. Bake for **7 to 9 minutes**, until just golden brown and a toothpick inserted into the center comes out clean.

While the doughnut holes bake, prepare the topping.

Topping:

10 tablespoons unsalted butter
1/4 cup boiled cider
1-1/4 cups granulated sugar
4-1/4 teaspoons Apple Pie Spice

13. Melt the butter in a pan and added the boiled cider. Whisk when the butter has melted.

14. In a medium bowl, whisk to combine the sugar and spice.

15. Remove the doughnut holes from the oven and, as soon as they're cool enough to handle, turn them out of the pan. Working with one piece at a time, dip each doughnut hole into the butter-cider mixture, shake slightly over the bowl to remove any excess, and then immediately transfer to the sugar mixture; toss to coat.

16. Transfer the coated doughnut holes to a wire rack, and repeat baking and topping process with the remaining batter.

Garlic Butter Beef Pasta

12tomatoes.com



2 tablespoons butter
1 lb ground beef
4 cloves garlic, minced
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon Italian seasoning
2 cups chicken broth
1 cup heavy cream
1/2 cup Parmesan cheese, freshly grated
8 oz linguine (1/2 box)

1. In a skillet over **medium heat**, melt the butter. (I used a 5 qt pan so there would be enough room for the pasta.)
2. Add ground beef, season with salt and pepper, and brown the beef, breaking it apart as it cooks. Drain fat, if needed.
3. Add garlic and cook until fragrant, **30 seconds.**
4. Stir in onion powder, garlic powder, and Italian seasoning.
5. Add chicken broth, cream, and pasta, stirring to submerge the pasta in the liquid.
6. Bring to a low simmer, then cover and **cook on low** until pasta is tender and most liquid has absorbed, stirring occasionally, **about 10 minutes**. *Check every so often to make sure there is enough liquid*. Add more chicken broth or water as needed.
7. Stir in parmesan cheese, and season to taste with salt and pepper.

This is SOOO good and easy to make.

Panna Cotta (allrecipes.com)



1/3 Cup Skim Milk
1 (.25 oz.) Envelope Unflavored Gelatin
2-1/2 Cups Heavy Cream
1/2 Cup White Sugar
1-1/2 Tsp. Vanilla Extract

1. Pour milk into small bowl.
2. Sprinkle gelatin powder over milk and stir until combined. Set aside.
3. Stir heavy cream and sugar together in a saucepan.
4. Set over **medium heat** and bring to a boil; **watch carefully** as the cream can quickly bubble up and boil over.
5. Immediately stir gelatin mixture into boiling cream, stirring until completely dissolved. Cook and stir for **1 minute**.
6. Remove the pan from heat and stir in vanilla.
7. Pour cream mixture into 6 small bowls (ramekins, wine glasses, etc.)
8. Leave to cool, **uncovered**, until no longer warm (about **20 minutes**)
9. When cool, cover with plastic wrap and refrigerate until set, **at least 4 hours** but preferably overnight.

Strawberry Coulis topping for Panna Cotta

1 lb. Strawberries, quartered (or use thawed frozen strawberries)
1/2 Cup sugar
1-1/2 Tbs. Lemon Juice

1. Combine all ingredients in a saucepan.
2. Bring to a **simmer for about 10 minutes**. The strawberries will soften and release all their juices and create a compote.
3. Remove from heat and pour all of it into a blender. Process until totally smooth.
4. Pour into a jar and keep in the refrigerator.

Mediterranean Diet Apple Salad



2 Honeycrisp Apples, Cored and Chopped
2 Celery Sticks, Chopped
1 Cup Red Grapes
1/2 Cup Pecans, Chopped
1/2 Cup Craisins
1/2 Cup Mayonnaise
2 T Honey
1 T Lemon Juice
Salt & Pepper to taste

1. In a large bowl combined apples, celery, grapes, craisins and pecans.

2. In a small bowl whisk together mayo, honey, lemon juice, salt and pepper.

3. Pour dressing over salad and toss to coat evenly.

4. Serve immediately or refrigerate.

Triplet Chiplet Cookies (about 5 dozen cookies)

(from Gail's sister Lyn – who bakes hundreds (literally!) of cookies each week and donates them to many different organizations)



Ingredients

1 cup butter
1.5 cups granulated sugar
3/4 Cup brown sugar
2 teaspoons vanilla
1 teaspoon baking soda
1/4 teaspoon salt
2 beaten eggs *(just whip them up in a glass with a fork)*
2.5 cups flour *(not sifted—pack it down in the cup when you measure it)*
1/2 cup white chocolate chips*
1/2 cup milk chocolate chips
1/2 cup semi-sweet chocolate chips
One cup chopped nuts (optional)

*If you can't find white chocolate chips, you can substitute butterscotch chips, peanut butter chips, or any other chips you like.

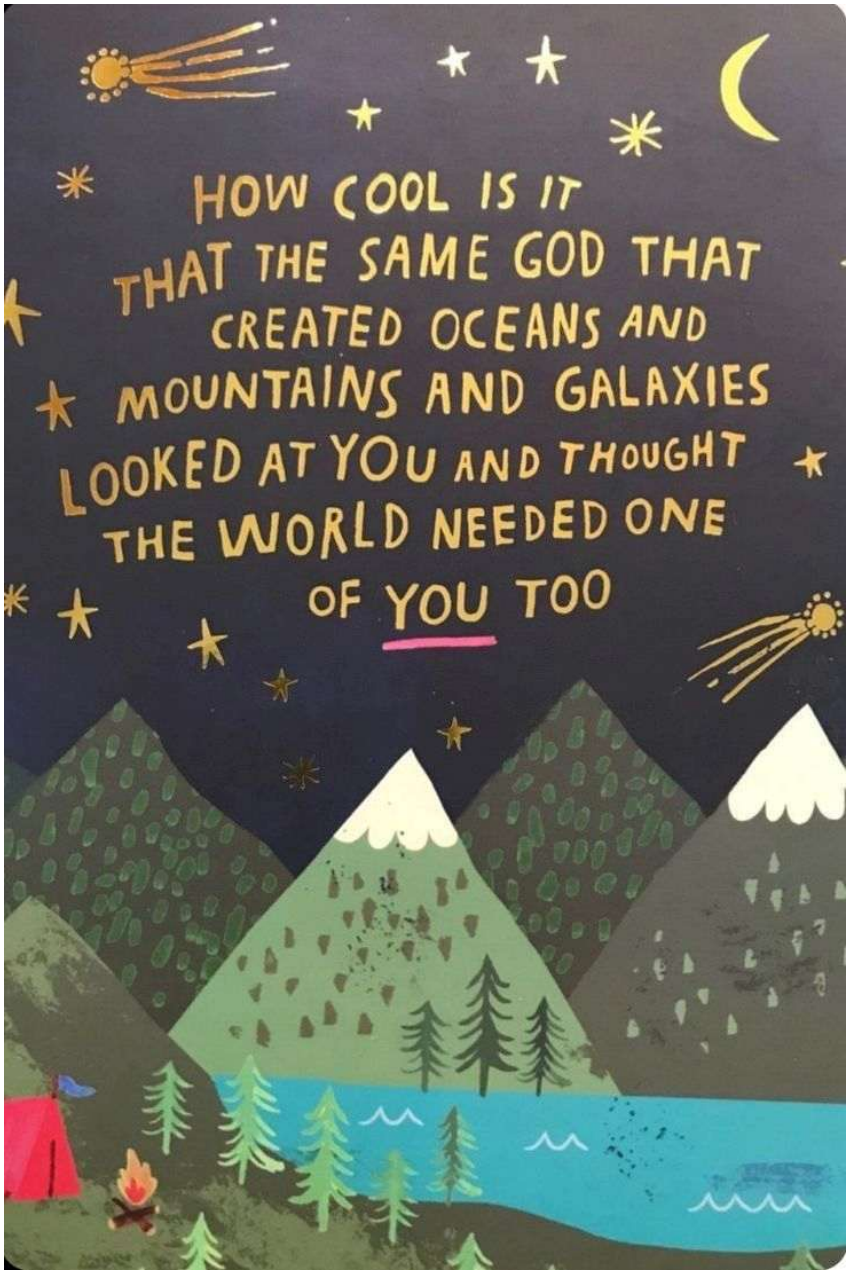
1. Preheat oven to 350°F, rack in the middle position.
2. Place parchment paper on baking sheets.
3. Melt the butter. Cool.
4. Mix the white sugar and the brown sugar with the butter.
5. Add the vanilla, baking soda, and salt. Mix well.
6. Add eggs and mix well.
7. Add half of the flour and stir well.
8. Add the chips, and the chopped nuts. Mix it thoroughly.
9. Add the rest of the flour and mix well.
10. Drop by rounded teaspoons. 12 cookies to a standard-sized sheet. (If the dough is too sticky to handle, chill it for an hour and try again.)
11. Bake the cookies for **10 to 12 minutes** or until nicely browned. *(Mine took 11 minutes.)*
12. Let the cookies cool for two minutes, and then remove them from the baking sheets. Transfer them to a wire rack to finish cooling.



A photo of one of Lyn's brownie bakes.



Lyn, 11 years ago.


HOW COOL IS IT
THAT THE SAME GOD THAT
CREATED OCEANS AND
MOUNTAINS AND GALAXIES
LOOKED AT YOU AND THOUGHT
THE WORLD NEEDED ONE
OF YOU TOO