

Hope For the Heart : **The Cross and the Canyon**

The giant cavity of the canyon is the source of a sound like wild horses pounding the earth. A great bonfire crackles with flames that seem miles high, filling the rock valley with terror. An earthly city is inflamed, billowing smoke into the air while people try to escape, only to fall into hell. As William C. Ressler's painting, the Bridge, becomes graphic; there appears a giant rough-hewn cross, spanning like a road to freedom across the canyon. On the other side is a heavenly city, glowing like a diamond in the night. What is so shocking is that relatively few cross the only way available! Perhaps they think the wooden cross will be unstable, weakened by the heat of the fire or that it is an ugly thing, studded with rusty nails. On this cross, Christ died a criminal's death, although he was innocent of sin. *Phil.2:8* The early Christians were persecuted for teaching that the cross of Christ alone saves. *Gal.6:12* God used the cross to unite into one body, his bride, the church. *Eph.2:16* The charges of our sins were canceled-nailed to the cross. *Col.2:14* We are to keep our eyes on Jesus, the champion of our faith. He looked forward to eternal joy, beyond the shame of His suffering. *Heb.12:2* Christ accomplished victory over death, making a bridge to cross the great divide.

"The message of the cross is foolish to those who are headed for destruction! But we who are being saved know it is the very power of God." *1 Corinthians 1:18*

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Help for the Home : **Baked Chicken & Sweet Potatoes /Good Beef Stew/Lemon Carrots**

BAKED CHICKEN & SWEET POTATOES

*1/2 c.Kraft Zesty Italian Dressing
*3 T.brown sugar *fresh or dry Thyme
*3 sweet potatoes, cut in 3/4 inch spears
*3 pounds chicken pieces *Heat oven 375
Mix dressing,sugar,thyme.Add potatoes;
toss to coat; Add to baking pan; reserve
dressing. Add chicken to dressing, toss/coat
place in pan. Bake 1 hour till tender.
Strain drippings/pour over chicken.

GOOD BEEF STEW/ LEMON CARROTS

*2 pounds beef stew meat, cut in 1-inch pieces
*1/3c.flour *1/4c.Vg.oil *parsley *3 T.brown sugar
*1 T.salt *1/2t.rosemary *1 can beef broth
*1 cup water *large onion, sliced *garlic, crushed
*6 large potatoes *Oven 325.Coat beef w/flour
in oil- brown in Dutch oven; drain, remove beef.
Mix parsley, brown sugar, salt & rosemary. Stir
in broth, until gravy is smooth. Boil/stir in water,
onion, garlic & beef. Add potatoes. Cover/bake
until beef/potatoes are tender, about 3 hours

LEMON CARROTS: *1 pound medium carrots (12) *1/4cup butter *1 T.lemon juice *1/2t.salt
*Heat oven to 325. Place carrots in ungreased baking pan.8x8. Mix butter, lemon juice & salt
drizzle over carrots. Cover & bake 1 hour or so.