

Hope for the Heart: Jeremiah's Lament *Lam.3:22-24 *Jeremiah 6:15a, 18:1-6, 31:31,33 *Luke 13:34-35

Jeremiah was a prophet from Anathoth, a small town of priests near Judah. In a book that bears his name, he predicts the fall & captivity of Jerusalem. Lamentations is a dirge or funeral song, looking back on the tragedy brought on by Israel's sin. Known as the 'Weeping Prophet', given to tears & disillusionment, yet determined to proclaim God's message of doom to a culture that was corrupt. Even though he knew that the people would not listen, he courageously obeyed his calling. Israel had become so apathetic, that 'they did not even know how to blush.' Just as Jesus who would someday weep over Jerusalem, he was rejected, & mistreated, while announcing the new covenant that would be fulfilled by Christ. God wanted to redeem the nation, to re-shape them like clay in the hand of the Potter; writing his laws upon their hearts. God's love, mercy & faithfulness were always available! The mirror image of this moral morass has been imprinted on history since the time of the ancient prophets. A colorful mural on a wall of an elementary school portrays our nation's fall from grace: Bald Eagles embracing ,Lady Liberty sobbing & Old Glory burning. In America, our liberty, justice & moral values are under fire by forces that rule from within. When a nation sacrifices its children on the altar of abortion & replaces sacredness with moral perversion, the judgment of God is imminent. In fact we are reaping the consequences of a world gone mad. We are spiritual bankrupt. Like Jeremiah, we need to weep.

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Help for the Home: Skinny Crab Cakes & Peach Summer Slaw

*1-1/2 pound crabmeat *1/2 cup red bell pepper, chopped *1/4 cup minced fresh chives
*1/4 cup minced parsley *egg *egg white *3 Tbsp. mayonnaise *1 tsp. Dijon mustard
*1/2 tsp. Worcestershire sauce *1 cup Panko crumbs *1 bag (14oz.) coleslaw mix
*2 medium peaches, cut into matchsticks *2-1/2 Tbsp. cider vinegar *2 Tbsp. sugar
*5 Tbsp. Olive oil *Lemon wedges *In large bowl, toss crabmeat, bell pepper & herbs.
In small bowl, whisk egg, egg white, mayonnaise, Dijon, W.sauce, salt & pepper. Add to
crab mixture; mix. Add panko; mix. Cover/refrigerate 30 minutes. In medium bowl,
toss coleslaw mix, peaches, vinegar, sugar, 2 Tbsp. Olive oil & 1/2t. salt. Let stand, stir
often for 30 min. Form crab mix into 8 -1 inch cakes. In large skillet, heat 1-1/2 Tbsp.
Olive oil over medium heat. Add 4 crab cakes; cook until browned; 4 minutes per side
Place on rack set in baking sheet to keep crisp. Repeat with remaining 1-1/2 Tbsp.
Olive oil & crab cakes. *Serve with lemon wedges & slaw.

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