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June ✠ July 2010

# *Simplici-Tea & Crumpets*

But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ. 2 Corinthians 11:3

Greetings from Mangalore, south India!

*I hope you are well this week!*

My family has gone with a few men from the ministry into one of the village churches, about four hours away. They will get back tonight. I am not alone though; two of the ladies are busy here with ministry work, including some translation work for the next Bible Institute module.

It is early June as I write. I know some of you get this letter on mission fields, not all of which are warm. In south India we are awaiting the monsoons and until they come the heat is indescribable. Because of the high humidity, it is heavy and hot. The hot sun bakes the brick on the building and it is like an oven. Frequently, the interior temperature is in the high 90's, 98 degrees is the hottest I have seen it, and this is under a ceiling fan. Outdoors it may be a little cooler now, although occasionally the temperature will peak a bit past a hundred. Warm as it is, it was hotter a month ago, but the intense humidity prior to the monsoons seems to build. You might have to experience the conditions firsthand to fully appreciate them.

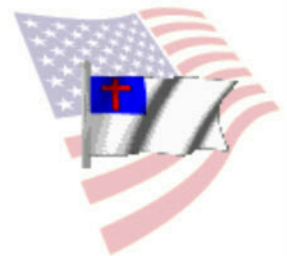
I don't think I am complaining as much as informing. After church on Sunday a few of the women and children lingered on the church porch for awhile enjoying some cool breezes and a little rain, the temperature having dropped enough to feel considerable relief. Appreciating the lower temperature and chilling breezes with the warmth of friends was so sweet. The friends remained, but the coolness gave way to the tropical heat before too long. We trust that the friends and cooler days will meet again before too long.

The pace might be a little slower in the heat, but not much! Last week we had a remarkable VBS or children's camp as it is called. Eight children were saved and I suppose other seed planted or watered will come to harvest in season.

Since I have last done a newsletter so much has happened, in your life as well I am certain, so I will not try to catch you up; it is called living! Cliché, but apt: "Never a dull moment!"

**Father's Day 13th of June!**

**Flag Day 14th of June!**



- **Easy recipes, for a busy or a hot day.**
- **Political Pen: Evil Communication Corrupts!**
- **Crumpets: Prayer request, a quote or two, like crumpets - some things to chew on!**
- **A small gift with this newsletter; details inside.**
- **Clari-Tea! Liberty and Legalism are not opposites!**

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Like so many of you in the United States I am burdened for our country, and I have a few fresh thoughts in these pages. It is so much more than conservative versus liberal; Democrat versus Republican. Without God, we can do nothing; with God all things are possible! (Truths learned from my Bible! Verify truth in John 15:5, Matthew 19:26, Mark 9:23 and Mark 10:27! )

Today I am cooking some Soba noodles with vegetables, also known as Ragi noodles or buckwheat noodles. I am making a version of Hakka Noodles, an Indian Chinese dish for the ladies and me. I am not totally comfortable with the method; after I have come closer to mastering this nice dish I will go into more detail. The more acquainted with it I become however I think I have been making something difficult out of what is really a very simple dish that is full of varying possibilities! Today I want to give you some really easy and quick recipes to help this summer. I have made each several times because the combination of great flavor and ease “just work”, especially on a hot day.

I hope you will enjoy this paper and even print it out for someone else who might enjoy it. Feel free to pass it along to anyone who might enjoy it.

It is my greatest hope too that this will be a joyful and profitable summer for you. It matters not where you are or what you are going through; with God all things are possible! In regards to the horrific heat I am enduring, two women that I care for very much, each not knowing the thoughts of the other, reminded me of very similar things - the wonderful cleansing and sauna-like benefits of heat with humidity; one of them added some thought about things being 90% attitude. I wish they could be here to enjoy all the wonderful benefits of day after day of a hundred wet degrees. After a few days, 90% attitude would be an understatement! I encourage you to find the light in every dark situation. We are all in this together. We should have living waters flowing from our bellies, according to John 7:38, making us a blessing to all we meet.

Hot and happy; I am sincerely yours,

*Cindyann Rasquinha*



Why don't we begin with tea and **Crumpets**? This month I would really suggest cold tea!

**Prayer Time!**

- And Satan trembles when he sees the weakest saint upon his knees.  
-Cowper
- Cooking 101: One day during cooking class, the teacher, Mrs. Jones, was extolling her secrets for preparing perfect sauces. When she ordered us to the stoves to prepare our assignments, she said, "Don't forget to use wooden spoons." As I stirred my sauce, I contemplated the physics behind the mystery of the wooden spoon, and decided it must have something to do with heat conduction. I approached Mrs. Jones to test my theory. "Why wooden spoons?" I asked. "Because," she replied, "if I have to sit here listening to 23 metal spoons banging against metal pots, I'll go nuts." *I saw this joke online.*
- The best and purest love arises out of common attachment to the gospel. *Charles Spurgeon, from his commentary of II John* – He said this too: Happy is that household which has gained the love of the saints by its zeal for God.
- Try a sprinkle of brown sugar and a squeeze of lime juice on your French Toast next time.

Let us remember to be faithful in praying for those who are enduring an “enduring illness.” No doubt, I am not alone; I have many friends who are involved in this battle, personally or for a loved one - which is very personal too. My friend, **Marisa**, just learned some good news this week - no cancer, but we need to continue praying as some cells are more closely examined. On the last page is a picture of **Drew**, already in this fight, but not alone! Please pray, too, for my friend - Kimberly - Drew's mother, a pastor's wife and a former missionary to Greece. Incredible family!

Missed an issue? Visit [\*Simpli-ci-Tea & Crumpets\*](#) to see what else you might have

# Political Pen

(a feminine *take*)



More than at any other time in my life people are genuinely interested in politics and this interest is undoubtedly borne out of concern for our country. Americans have begun to awaken to the reality that the United States is in grave danger of losing her identity as a place of peace, prosperity, and freedom from fear. We are a nation in distress; the symbol of our distress can be seen in increasing numbers across America, a recent phenomena, one that I saw for the first time ever recently. Americans are hoisting their flags still, but hanging them upside down. Unknowing and patriotic Americans are offended when they see this done to the symbol of the land they love. It is not done in disrespect, but it is done in distress. I would not be quick to display my American flag upside down. A portion of the official code for proper handling of our precious flag states the protocol for displaying a flag upside down: (a) The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property.

Our condition seems to qualify, but the Holy Spirit has not prompted us to this action. We do pray for our country and our people, deeply knowing that “If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.” 2 Chronicles 7:14. That is the answer. And we have not. As a country, we have not met the qualifications.

At least once a day I try to check the news around the world on the internet. I tend to go to certain sites because I find more balance, more truth. I will not always agree with what I read or watch, but it is important to see what others think; it brings clarity to why the country has gone the way it has.

It gives hope to see people beginning to fight for this country, to allow “faith affirming” comments, to know that there are a great number of Americans that are aware of our Christian heritage. This is a thing that has openly and covertly been under attack since, well, since the first Christians settled in this country. When we look at the war a little more closely, we cannot help but reconsidering the source of our hope. We must examine our battle and our soldiers through the light of Scripture.

The political “right” is not going to win back our Country. Perhaps temporarily they can win some victories to help sustain some form of freedom in our land, but I see it as a tug-of-war and neither side has fully brought out the “big guns.” Yes; faith in God is acknowledged, even endorsed. The endorsements, though, are often intermingled with some of the vilest language I have ever seen in my life. The “comments section” of news articles, and on conservative pages too, is really not fit to read. It is nice to know that people agree politically with me but I am not supposed to think upon things like they write. From Philippians, chapter 4, verse 8 I am told to think about **whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.**

There is a Christian political writer that I have read for quite some time and was excited because he spoke my heart. Eventually I signed up for his newsletters and enjoyed them until he began communicating with coarse language. I wrote to him and asked him to remove my name from his list and told him why. Recently he added my name again and I have not canceled them again. I have spot checked a couple of them and it seems he might have cleaned up his language. For anger or any other reason, we do not need to speak this way. I do not talk like this and I do not want to listen to it. Evil communications corrupt good manners! (I seem to think I have read this somewhere before; ah yes. The “blessed old Book”! To be precise, added is that we should not be deceived! 1 Corinthians 15:33.)

Someone told me in the past couple of weeks that everyone talks that way. They are wrong. I do not and I know many other people who do not; they possess an intellect that allows them to communicate with good manners. Or better said, they possess a Spirit that keeps them and keeps their tongue. 1 Corinthians 15:33 **Be not deceived: evil communications corrupt good manners.** Reading on to the next verse, a powerful admonishment: **Awake to righteousness, and sin not; for some have not the knowledge of God: I speak this to your shame.** 1 Corinthians 15:34

[For more political commentary from a Christian and feminine perspective ...](#)

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Many of those fighting for us are using carnal weaponry, without properly preparing for battle by having put on the whole armour of God and we embrace it because in our flesh we think we have to let them fight for us because they are the best we have. Dwight Moody made this comment about prayer: *We are not told that Jesus ever taught His disciple how to preach, but He taught them how to pray. He wanted them to have power with God; then He knew they would have power with man.* Ladies, the best we can do is pray, keeping our lives in such a way that God would be pleased to hear our cries for our country and its leaders. Politics is fascinating, having become much more like a sport to see who will win, but it was not meant to be a power game. God ordained government for the good of the people and we have allowed wicked men, and women to rule over us. We do need to be involved, but first we need to be certain that we have asked God's involvement in this part of our lives as we do in every other area.

Do be certain that you are registered to vote and be prepared to. Our family will vote in the primaries by absentee ballot. We have already made provision for that. The LORD can lead us to know how to vote but it will not be by magic. We do not close our eyes and pick one. There is time to be invested. He will lead if we ask Him too; He will draw discrepancies to our mind and help us to know who is genuinely interested in preserving this land that we love or if their area of service is but themselves. By Cindyann Rasquinha



This is my kitchen in India.

## Recipes! Easy, but who will know, but you?

These are recipes I have made several times with equally good results. They are easy to prepare and always enjoyed. I have not taken a picture of them, but



when I do, I will add those to the web version of the recipe, but don't wait until then; you may enjoy them several times before I get to that. I am in India and my repertoire is a bit different here.

One of the pastor's sons likes to cook and came to help make a batch of brownies for

singing practice. Here is a picture of that cooking experience. This is Nathan, older brother to Nelson and *adopted* little brother to Lois and India.



Beginning with a main dish that would be perfect for anytime, but why not try it for Father's Day?

### Artichoke Chicken

- 6 boneless skinless chicken breasts, cut in 1" strips
- 4 tablespoons butter
- 2 cloves minced garlic
- 1 cup sliced mushrooms
- 1 jar marinated artichoke hearts, drained
- 2 tablespoons flour
- 1 can chicken broth

Preheat oven to 350. In a skillet over medium heat, brown chicken lightly in 2 tablespoons butter, add the garlic and mushrooms and keep cooking till chicken mixture is nicely fragrant.

In a baking dish, add the browned chicken mixture. Place the artichoke hearts atop the chicken.

In the skillet, melt remaining butter and add the flour, whisking to blend (no lumps!). Add broth and cook until thickened and then pour over chicken mixture. Bake at 350 degrees for about 30 to 45 minutes.

*Ja-Dah!*

Missed an issue? Visit [Simplici-Tea & Crumpets](http://Simplici-Tea&Crumpets) to see what else you might have missed!

And now, a lovely salad ...

### **Strawberry Feta Salad**

1 cup slivered almonds  
2 cloves garlic, minced  
1 teaspoon honey  
1 teaspoon Dijon mustard  
1/4 cup raspberry vinegar  
2 tablespoons balsamic vinegar  
2 tablespoons brown sugar  
1 cup vegetable oil  
1 head large romaine lettuce, torn  
1 pint fresh strawberries, sliced  
1 cup crumbled feta cheese

In a skillet over medium-high heat, cook the almonds, stirring frequently, until lightly toasted. Remove from heat, and set aside. In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and vegetable oil or you may do this in a blender, drizzling in the oil slowly at the end. This makes a nicely emulsified mixture. In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.



Don't forget to visit the "[Recipe Page](#)" on the Encouragements site; often you will see additional information about the recipes or find other recipes you might have missed!



Finally, the 3rd recipe for this month. I hesitated making this for years because I did not want to "mess" with making my own chips, yet curiosi-tea won over and I am so glad it did! Easy, beautiful and delish!

### **Fruit Salsa with Cinnamon Chips**

1 tablespoon sugar  
1/4 teaspoon ground cinnamon  
4 flour tortillas (7 inches)

#### SALSA:

1 can (15 ounces) sliced peaches, drained and chopped  
2 kiwifruit, peeled and chopped  
1 cup sliced unsweetened strawberries  
2 teaspoons lime juice

1 teaspoon sugar  
1 teaspoon grated lime peel

Combine sugar and cinnamon. Spritz tortillas with nonstick cooking spray; sprinkle with cinnamon-sugar. Cut each tortilla into eight wedges; place in a single layer in an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake at 400° for 6-9 minutes or until lightly browned. Remove to a wire rack to cool. In a bowl, combine the salsa ingredients; mix gently. Serve with cinnamon chips.



I have a neat gift for you. This month I purchased an eBook online to send to a friend who makes the treats for our "Patch the Pirate" program at our church. Her son is "Patch" When I looked through the book, I saw that it was compiled by a Christian women's group and that it could be freely distributed. It is in a format that can be opened on most any computer; you can easily read it with an Adobe reader, even save it to your computer. It is only 40 pages long so you can copy it for more frequent use. The link is on the [recipe](#) page.



"Ladies from Landmark Baptist College made a visit to cheer Drew!"

As my daughters continue with higher education I posted a few thoughts on my web site explaining why we thought the LORD led them to Landmark. If your son or daughter has not decided where to attend I would certainly urge you to consider [this school](#). Recent pictures of Lois & India there too.

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