

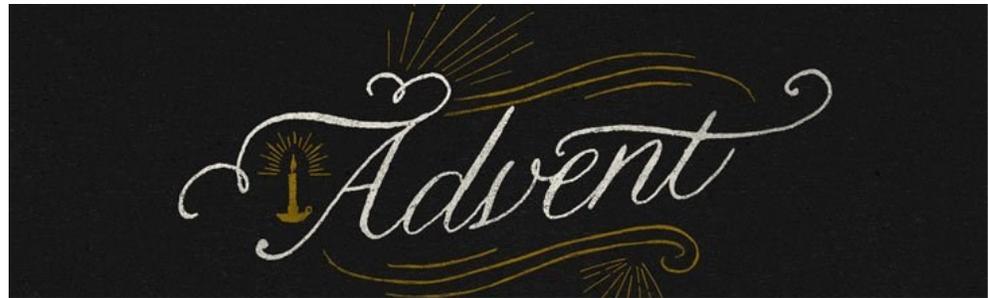


# News from St. Barnabas

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## A Note From Emilie

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### Advent is Coming, and is Almost Here!

I know that my Redeemer liveth,  
And on the earth again shall stand;  
I know eternal life He giveth,  
That grace and power are in His hand.

Beloved friends, as we move into these darkening days, my heart rests sure that our Redeemer liveth! We have nothing, absolutely nothing to be afraid of.

Advent is the time for reflecting, for thinking, for wondering, for cultivating our hearts. Let us together prepare a place for tenderness to come into the world again.

We don't know how long this pandemic will last. We scan the day's news for word of a vaccine. When will it come? We don't know for sure, but we do know that scientists are working, around the world, and night and day. And we are doing our part -- mostly, sadly, by staying apart. As we long for the warm, close days of the past, let us not forget that what we are really waiting for is the coming of God's Kingdom.

And as we wait, let us help one another remember: we are the ones who will open the door to the Holy Family, to the child Christ. May we have compassion and love in our hearts and in our hands, until we can see one another, in person, again.

Know that I have you in my prayers, every night and every day.

Yours,  
Emilie

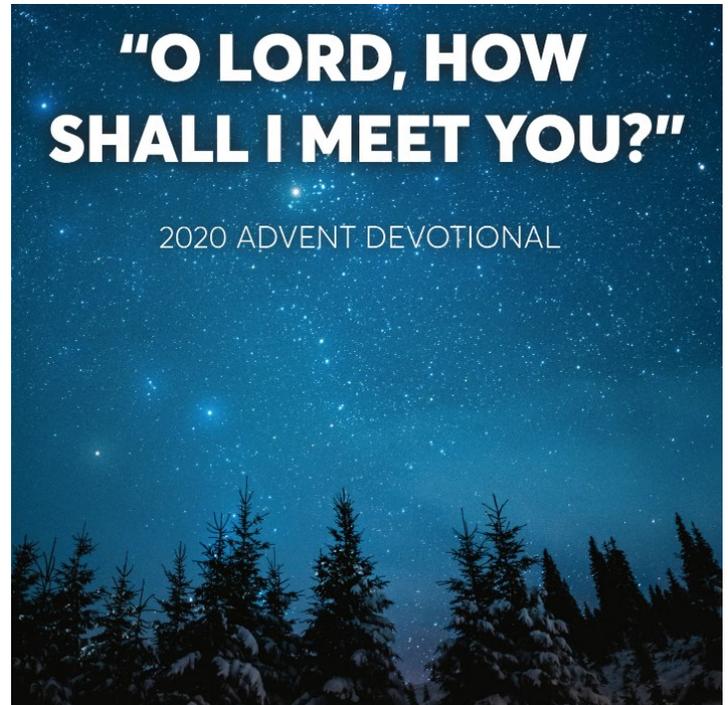
## Our Advent Observance

This year, as an Advent Observance, we thought it would be wonderful to read together *Oh Lord, How Shall I Meet You? 2020 Advent Devotional*, from Luther Seminary. This is a lovely collection of short readings for every day of Advent, From November 29th to Christmas Day.

In your Advent package you will have received a copy of this devotional and a small notebook. Our hope is that you may use this notebook to record your thoughts and prayers as you read through the daily devotions. And, if you would like to share your thoughts, please email them to Martha, or give her a phone call and she will jot them down, and she will email them to our parishioners to enjoy. There is so much we can learn from each other through sharing.

Our hope is that this way we can experience Advent together, even though we cannot meet together in person.

You may also access the devotional online here: <https://www.luthersem.edu/godpause/advent-devotional/>





## Favourite Christmas Recipes



### Mary Cameron's Scotch Shortbread

1 cup butter  
1/2 cup sugar  
1/4 cup cream of wheat  
1 3/4 cups flour

Cream butter and sugar. Combine flour & cream of wheat and add to butter mixture, a little at a time. Knead with fingers until well combined. Press into an 8 x 8 inch pan and score into 32 pieces. Prick each piece multiple times with a fork. Bake at 325 degrees for 30 minutes. The shortbread should be lightly browned. Cool and store in an airtight container.



A recipe from Martha's  
Scottish Granny

### Hot Egg Punch

6 eggs  
pinch of salt  
5 tbsp granulated sugar  
4 cups milk  
1 cup Rum or brandy  
grated nutmeg to taste

Beat egg yolks with mixer until thick and lemon coloured. Add salt and sugar. Gradually pour a small amount of heated milk into egg mixture, so it will not cook eggs. Continue to add milk until eggs are almost the same temperature as the milk, then pour in all at once. Add rum or brandy as required. Sprinkle with grated nutmeg and serve.  
Serves 6

A recipe from Maureen

### Grilled Feta & Vegetables

2 tablespoons olive oil  
2 capsicums cut in 1" slices  
2 long Asian eggplants  
200g feta cheese  
250 g cherry tomatoes  
1/2 cup olives  
1 tsp dried oregano or 1 tbsp chopped oregano  
1 tsp rosemary leaves  
2 tbsp olive oil for drizzling  
finely grated zest of one lemon  
salt and grinds of pepper

Heat oil in a large frypan and gently fry capsicums and eggplants until softened 6-8 minutes.

Slice feta into 1 inch square pieces. Put all in dishes separate per person or one large and scatter over herbs and zest. Drizzle with olive oil and sprinkle with sea salt and pepper.

Place under a preheated grill and cook until cheese is lightly browned 6-8 minutes.

A recipe from Jill

## Advent Lectionary

### November 29

ISAIAH 64:1-9; PSALM 80:1-7, 16-18; I CORINTHIANS 1:3-9;  
MARK 13:24-37

### December 6

ISAIAH 40:1-11; PSALM 85:1-2, 8-13; 2 Peter 3:8-15a; Mark 1:1-8

### December 13

ISAIAH 61:1-4, 8-11; PSALM 126; I THESSALONIANS 5:16-24;  
JOHN 1:6-8, 19-28

### December 20

2 SAMUEL 7:1-11, 16; PSALM 89:1-4, 19-26; ROMANS 16:25-27;  
LUKE 1:26-38

