

St. James News

Volume 54 Issue 7

Rev. Michael Nirva – Rev. Martin Schenfeld, Pastors

July/August 2009

CHURCH@STJAMESHL.ORG

Web site: www.stjameshl.org

SCHOOL@STJAMESHL.ORG

320-543-2766

secretary@stjameshl.org

320-543-2630

Look at the Fields

THE WORD OF THE LORD: John 4:35-36: *I tell you, open your eyes and look at the fields! They are ripe for harvest. Even now the reaper draws his wages, even now he harvests the crop for eternal life, so that the sower and the reaper may be glad together.*

Those who have looked and recognized Jesus as their Savior have an important lesson to learn. They are to look with compassion on those who do not know their Savior. Jesus taught His disciples that lesson on the occasion of which John 4:35-36 speaks.

Jesus looked upon the lost with compassion. They are straying as sheep without a shepherd. He was the Good Shepherd, who had come to give His life for the sheep. He was not willing that any of them should perish. He yearned for their salvation. His heart went out to them in their sorry plight.

Those who have looked with eyes of faith upon Jesus are to look upon lost humanity through His eyes. They are also to look with compassion upon those who are straying as sheep having no shepherd. Realizing the awful eternity they have been saved from, they should also learn to appreciate what they have been saved for. Jesus says to His followers, "Look at the fields." A great harvest of souls waits to be gathered in. These are to be the concern of those who have come to faith. Jesus would have all of His followers to know that He has placed upon their believing hearts the plight of lost humanity.

Nothing is to keep them from fulfilling this their great mission. They are to go and be witnesses to Christ and tell others of the great things He has done for them in their lives. That is to be their chief mission in life. A great urgency to do His will and to reach the lost must fill their souls. They are committed. Their love to Jesus and the world of lost men for whom He died leaves them no other choice than to speak of the wondrous things they have seen and heard.

Look at the fields! The disciples had to be reminded of their great obligation. They saw the greening harvests of the field, but not the ripe harvest of souls streaming toward them. Is it not so often with us? Too many of us are concerned with the things of the world and not the things of God.

Brethren, have a heart! First of all, have a heart for Him who in His mercy found you in your sins who made you His child and heir. Without Him your sins would plague your soul, fill you with fear and doubt, and finally be the cause of your damnation. How can you fail Him who climbed the cruel heights of Calvary for you? He is counting on you, every one of you, to pass on to others the wonderful story of a Savior who died also for them.

Have a heart also for those yet lost in their sins. How awful is the future that awaits them. Intentionally to withhold the only means which can save them is a monstrous sin. To be indifferent toward the lost cannot mean anything else than to fail to appreciate the great gifts God has given you in Christ.

If you have a heart for the lost--and you have, do you not?--then you will look at their plight with a purpose. You will tell them of their lost condition and tell them of Jesus. That is what Jesus intends for you when He says, "I sent you to reap. The fields are now ripe for the harvest."

Many of us are well acquainted with what the harvest season does to the farmer. While the harvest is ripening all manner of preparations are made. Time becomes an important factor. All other work is hurriedly done so as to not interfere with the harvest. The grain bins are cleaned, the machinery is put into readiness. All the needed help is secured, then comes the day of harvest. With effort everyone plunges into the appointed task. The grain is cut, and the golden seed is garnered in.

"I sent you to reap." Everyone in our congregation is involved. The many unchurched men, women, young people, and children in our community are a part of the great harvest. They must be gathered in. All of us, the men, the women, young people, and children, have a job to do.

Each of us must be ready to bear witness to Christ in his own neighborhood, community, and at work. Do not forget that He gave Himself, His all, upon a cruel cross, for a vile and wicked world which hated and despised Him. Whatever we do in His blessed cause can only be a faint reflection of what He did for us and a world lost in its sins.

With His great example before us, let us look anew with compassion on the lost and do all we can in person or by proxy in telling them the old, old story of Jesus and His love. Amen.

Pastor Nirva

OUR CHURCH RECORDS

Church Attendance

Wednesday, May 27	14
Sunday, May 31	186 & 164
Wednesday, June 3	32
Sunday, June 7	154 & 187
Wednesday, June 10	35
Sunday, June 14	126 & 177
Wednesday, June 17	16
Sunday, June 21	166 & 143

Communion Attendance

Wednesday, June 3	29
Sunday, June 7	124
Sunday, June 14	89
Sunday, June 21	123

Baptisms

Brody Terry Niesen infant son of Justin and Sara Niesen on May 31, 2009 by Pastor Martin Schoenfeld

Garrett Cole Hatcher infant son of Randy and Tammy Hatcher on June 7, 2009 by Pastor Schoenfeld

Abigail Claire Main infant daughter of Nickolas and Danielle Main on June 10, 2009 by Pastor Nirva.

Transfers

Jerry and Lynette Pettit to Bethlehem Lutheran Church, Annandale, Minnesota.

Samantha, Jacob, Christopher and Benjamin Carlson to St. John's Lutheran Church, Chaska, Minnesota



SCRIPTURE QUIZ

(answers below)

1. What kind of food did Samson eat from the dead carcass of a lion?
2. What place was guarded by an angel with a flaming sword?
3. What were the names of any two disciples of Jesus who were fisherman and brothers?
4. When Jesus caused the lame man to walk, he said: "Your sins are _____."
5. How many letters of Paul to the Thessalonians are included in the Bible?

-
1. Honey (Judges 14:8-9)
 2. Garden of Eden (Genesis 3:24)
 3. Simon (or Peter) and Andrew (Matthew 10:2, James and John (Matthew 4:18-22)
 4. Forgiven (Matthew 9:5)
 5. Two (1 and 2 Thessalonians)

Lutheran Women's Missionary League

Our June meeting was held at Ruth Baird's cabin where the Lord blessed 30 members and 1 guest with a beautiful evening at the lake. We began with a very fitting devotion by Lois Engel - "The Joy of God's Creation". Pastor Nirva led us in a Bible study, "The Journey of Life". Great fellowship and delicious food concluded the evening. Our July meeting will be held on Monday, July 13th as we will be taking a tour to the "Amazing Vase" located by Cokato. We hope many members and guests will join us.

In August we will be having a work night to make some items for our fall dinner, plus we will be privileged to hear Nyla Nelson speak of her work with Wycliffe. This will be a very enjoyable evening. Come and join us - just for the night - or maybe join our group - we can always use more willing hands to serve the Lord with gladness.

Happy Birthday to the following St. James Seniors this summer, in **July**: Orella Schmiege, Duane Peterson (1), Joyce Goepfert (2), LaVonne Stueven (4), Arnold Hechsel, (7), Albert Strohschein, Alberta Engel (8), Rosalynde Reinmuth (11), Dolores Lemke (12), Lorraine Lauzer (15), Welton Zander (20), LaVay Streich, Betty Lou Bergquist (23), Helen McRoberts (25 and August), Carolyn Ittel (30), ...in **August**: Loren Zander, George Lauzer, Ann Birkholz, Gayle Yager (2), Elton Gruenhagen (3), Jean Birkholz (6), Myron Lahr (8), Joyce Heuer (9), LaVerne Custer (10), Marvel Engel, Violet Luhman (12), Darlene Lind (13), Donald Drusch, Harvey Drusch (16), Louise Hechsel (will be 100 on the 18), Arwood Yager (19), Irvin Hasuladen (20), Millie Molnau (will be 90 on the 29).

Trust in the Lord

Recently I have been reading through the Psalms and the Proverbs as part of my daily devotional time. It strikes me how often God speaks to us about trusting in Him. One such passage is found in Proverbs 3:5-6, which reads as follows: ***Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.*** God invites us to trust in Him with all our heart and to acknowledge Him in all our ways. Do you trust in the Lord with all your heart? Do you acknowledge Him in all your ways?

Most of us have been taught from little on that we need to trust in the Lord for our salvation. We trust that Jesus has lived a righteous life in our place where we have failed. He has suffered and died upon the cross for our sins. We trust that Jesus rose from the dead and that by believing in Him we will be forgiven for our many sins and will raise to life eternal in the heavens. Indeed we trust in Jesus for what is most essential in our existence – namely our eternal salvation from this sin-filled world and life. That is good. We need to trust in God for our salvation for we cannot accomplish it on our own.

We acknowledge God in regard to our eternal salvation, but what about in every other aspect of our lives?

- Do you acknowledge the Lord in *all* your ways?
- Do you trust in the Lord with *all* your heart?
- Where does trusting in God end for you?
- Do you trust that God will help you make supper?
- Do you trust that God will help you do your job, or find a job?
- Do you trust that God will help you visit with a friend, a spouse, or a neighbor?
- Do you believe that God will help you with your summer plans or schedule your day so that His will may be accomplished through you?
- Do you trust that God will help you share your faith with others?

God invites us to trust in Him not just for our eternal salvation, but God invites us to trust in Him with all our heart and to acknowledge Him in all our ways.

Sometimes, however, we do not always trust in the Lord. Sometimes we let doubt rule our hearts and minds. We may trust in God for our salvation but doubt that He cares about our day-to-day routines and activities. We may think that God is too busy to be concerned about what we wear today or what we eat or whom we talk with. We do not always trust in the Lord with all of our

heart but sometimes we lean on our own understanding. We may even doubt that He is able to help us in regard to the challenges the Church faces in this modern time. We do not always acknowledge Him in all our ways.

The truth of the matter, however, is that God is sovereign. Jesus is seated at the right hand of God the Father (Ephesians 1:18-23). He rules over all creation. Jesus does not rule over just certain parts of creation or our lives but over everything. There is not a single bird that falls to the ground apart from our Father's knowledge (Matthew 10:29). Since God is sovereign over every aspect of life, we can trust in the Lord with all our heart. He is worthy of our trust.

Certainly I encourage you to look to the Lord for your salvation. Trust that through faith in Jesus your sins are forgiven and you will receive eternal life. However, do not stop there. This week, trust in God for everything. Trust Him to watch over you throughout your day and night. In all your ways acknowledge Him. Whether you are doing the laundry or mowing the lawn, whether you are talking on the phone or sending an e-mail, whether you are visiting about the weather or about church, whether you are driving the car or walking down the street, in all your ways acknowledge the Lord and trust in Him with all your heart. God is worthy of your trust. He is sovereign and He is loving. You can trust and rely upon Him for each moment and for every step along the way.

Trust in the Lord
with all your
heart.

Therefore, carry these words of gracious invitation with you this week and this month: ***Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.***

Pastor
Schoenfeld

Youth News

Servant Event Trip

There will be 5 of us traveling to Angel Fire, New Mexico on July 11th and staying until the 18th.

“Fire on the Mountain” is a Servant Event through Christ Our Savior Lutheran Church. We will take part in Community Projects – building and/or maintaining hiking trails, construction and repair, assisting at the Food Depot, wood processing, helping with community non-profit agencies and programs and church projects.

Please keep us in your prayers as we plan, travel, work and participate in this Servant Event.

Thank you for your support and may God bless.

Jesse, Keith, Trevor, Austin and Lila

Important Meeting

As a child of God, does something stir inside you when you think of all the people who do not know Jesus as their Lord and Savior or understand what He has done for us? At St. James we have some members who are being motivated to share God’s saving Word with others.

A couple of easy ways to start on this mission is to

- Encourage members who have not been attending services regularly to start doing so.
- Invite people you know who do not have a church home to join us
- Invite children to Sunday School – all ages
- Have them take a look at all our Christian Day School does and offers

To further work on this mission our Lord has given; a meeting is planned for Thursday, July 23 at 7:00 PM. The **Elders, Evangelism Committee, Elementary Ed. Board, Officers, Board Members, Teachers, and Staff** are encouraged to attend. **Any and all interested St. James members** are invited to get involved with the planning also.

We will be addressing these three mission tasks:

1. With the help of the Holy Spirit to work toward improving attendance in worship and Bible study among members and non-members.
2. With the help of the Holy Spirit to work toward the improvement of enrollment in our Christian Day School.
3. With the help of the Holy Spirit to look for opportunities of a new ministry outreach in our community.

Please mark your calendars and call the church office if you have any questions.

Bring a positive attitude, excitement and a love for the lost as we will brainstorm, ideas, dreams and possibilities of how we may work on the above goals.

Every member of St. James has a role to fulfill in this mission. Let us start talking and working in positive uplifting ways on this common mission our Lord has given to us (Matthew 28:18-20).

16th Annual Lutheran Night

Wednesday, August 26, 2009 @ 7:10 p.m.

Thrivent Financial for Lutherans

Lutheran Night at the Dome

Wednesday, August 26

The 16th Annual Lutheran Night at the Twins game is Wednesday, August 26, 2009 at 7:10 PM, when the Twins take on the Baltimore Orioles. The Wright County Chapter of Thrivent Financial for Lutherans will again be offering a free bus ride to the game.

Ticket prices are as follows: Lower Reserved (normally \$31) are \$22, Upper Club (normally \$22) are \$17 and Upper General Admission (normally \$8) are \$7.00.

To order tickets, and reserve your seat on the bus, contact Barb Schmieg at 320-543-2010. The deadline for ordering is Friday, July 31st. No bus reservations will be made after that date.

Sharing God's Love

All people, with whom we come into contact, need to hear the good news about God's love and saving acts in Jesus Christ. "Breaking the ice" with a conversation opener can transition to a discussion of our need for God's love and forgiveness. Jesus used an "icebreaker" when He said to the Samaritan women, "Give Me a drink" (John 4:7). It was not long before he was saying, "I am the Messiah." (John 4:26). A little initiative, mixed well with humility, will usually point to an "icebreaker." From then on we can only pray that the Holy Spirit will direct our conversations and open the mind and heart of the listener. Much evangelism can be done if we learn to weave the Gospel into informal conversation wherever we are. We have God's promise, "Lo, I am with you always."

Blessings,
Evangelism Committee

83 Quilts

The women of our Naomi Guild and their helpers make quilts from October to May. Throughout the year they have donated quilts to people locally who are in need.

On June 22, they sent 83 quilts to the Orphan Grain Train to be distributed to people in need throughout the world.

What a wonderful job this fun-loving, Christian-minded group does to comfort people and give those delivering the quilts a chance to minister. May God bless them for all their efforts.

And if you need one afternoon out a month with a wonderful group of women who work at a comfortable pace while visiting and taking turns serving lunch, come to the office basement at 1:00 PM on the second Monday of each month, October – May.

News from Nyla

Thanks for all your prayers during my seven weeks of workshops and travel.

I got home safely on Monday evening. I'm still jet-lagging, awake for a few hours over night, but I'm fairly alert during the days.

The workshops were very successful. I've received word that some participants are already putting their new skills to use. Pray that these skills will open new avenues distributing God's Word through audio and radio.

Pray for me as I settle back in to my office work and routine. I have to catch up on some things and I have several new projects waiting for my input.

Thanks for your ongoing prayers that energize and sustain me no matter where I'm located.

In Him, Nyla Nelson, Vernacular Media Services, Wycliffe Bible Translators

News from VBS

Vacation Bible School was great this year with almost 80 students attending June 7-11. Gadget's Garage was a fun place to learn how Jesus makes all things new.

Thank you to the teachers, helpers, snack staff, musicians and everyone who worked to make the week so much Christian fun and learning. Special thanks to Jeremy Cardinal for the robot and to everyone who donated food and cash donations. **A big Thank You** to Lisa Goede and her family for coordinating and organizing everything.

The offerings received totaled \$202.58 and will be given to Robin Pettit as the children are learning to help one another.

School News

Summer vacation is going by quickly with one month already gone. The sunny warm days are welcome after the long cold winter. Students are busy with various activities but we pray they are keeping up with their Bible Studies and devotions. This is a good time of year to have the children plan family devotions. Parents can enjoy it and the children will be searching the Bible and reading Bible stories.

Meanwhile back at the school office we are already busy preparing for **Registration Day, August 25** from 4 to 8 PM at the school. Forms and Registration Packets will be placed in the school families' church mailboxes mid July. Non-St. James members will be sent their packets by mail. Any member's packet not picked up by the beginning of August will be taken out of the church box and mailed.

Please help us save on postage and pick up your packet at church. If you do not receive your forms and information by August 15, please contact the school office.

The School Secretary, Elizabeth Bjork has resigned and will be done working here at the end of July. We ask God's blessing for her and her family. Applications are being accepted to fill this secretarial position. Hours are from 8 to 11:00 AM each school day. Please contact the school or church office to pick up an application or to request more information. School 543-2630 or Church 543-2766.

The 2009-10 School year will begin the day after Labor Day on September 8.

Have a wonderful summer!

Welcome New Members

Dustin Gustafson and Katherine Kendall recently joined St. James Church. They are looking forward to their marriage here on July 18th.

Katherine graduated from Cokato High School. Her mother is Mrs. Roy (Linda) Bakeberg. She is employed as a veterinarian technician in Hutchinson. Her hobbies include gardening and boating.

Dustin is also from Cokato and he is employed by Jarman Bros. as a carpenter. He enjoys boating as well – with wake boarding being his favorite water activity.

We welcome Dustin and Katherine as members of St. James.

THE LUTHERAN HOUR

Hear Reverend Ken Klaus on The Lutheran Hour each Sunday at 12:30 PM on KDUZ-1260 Hutchinson or at 7:30 AM on KRWC-1360 Buffalo. The Lutheran Hour may also be heard at 6:05 AM Sunday mornings on WCCO-830. The Lutheran Hour is our church's witness in the public market place. We can sponsor broadcasts on KDUZ in memory of loved ones or in honor of special occasions. Acknowledgments of these sponsors are given before and after each broadcast. **The cost for one program is \$87 and will be \$89 in 2009.** Please contact Charles Jensen at 320-864-3579 to sign up for a date to sponsor the broadcast.

July 5 - *I Am Weak, But He Is Strong* - 2 Corinthians 12:8-9-God can do anything but He can't make sinners happy, on their terms. Christ makes it possible to "live happily ever after".

July 12 - *A Case of Mistaken Identity* - Mark 6:14-16-Who is Jesus? What do you think? Take it from those who knew Him best: Jesus' friends as well as His enemies.

July 19 - *Under Construction* - Ephesians 2:19-22-What do you make of an organization where the main requirement for membership is that those who wish to join must be unworthy of admission?

July 26 - *Without Dread* - Job 38:11- God's Word brings repentance to the complacent and relief to those who are anxious. Our guest speaker is the Rev. Michael P. Walther of Good Shepherd Lutheran Church, Collinsville, Illinois.

You can also listen to "The Lutheran Hour" on the Web at www.lutheranhour.org. Hear the broadcast available to our military at: www.lutheranhour.org/AFN/listen.htm. "The Lutheran Hour" is also on XM's Family Talk Radio 170 every Sunday at 1:00 p.m. (EST).

Stewardship- *Freed to Live*

On July Fourth we pause as a nation to reflect on the meaning of "Independence Day." The Declaration of Independence was written to begin the process of gaining freedom from being a colony of England and chart our own course as a nation. But freedom is not something that you simply declare and it happens. Our freedom is something that was purchased at a high price. From the time of the Revolutionary War after July 4, 1776 to our war today in the Middle East many brave men and women have laid their lives on the line to fight for and defend our freedom as citizens of the United States of America. Thousands upon thousands of those brave soldiers shed their blood and gave up their tomorrows so that we can be freed to live our todays and tomorrows in the greatest country in the world and enjoy freedoms that millions of people in the world can only dream about.

As that old saying goes, "*freedom is not free.*" It is fitting and proper for us to remember and honor those who have given their all not just on July Fourth but throughout the year. They made the ultimate sacrifice so that we can be free! We also do well to remember and honor our brave men and women who continue to put their lives on the line so that we may be free to live.

It is also fitting and proper for us to remember and appreciate our spiritual freedom from sin, death and eternal condemnation. That freedom is not something that the strongest army in the world could obtain. That freedom is not something that we can earn or even deserve. It is the free gift of God who loved the world so much that He gave up His one and only Son who shed His holy precious blood so that we might have a peace that passes all human understanding and freedom that will last for eternity.

Our fitting and proper response for all that God has done for us in Christ is to live our lives in ways that honor Him and bless others. We call that proper response to God's love *Christian stewardship*. As redeemed stewards we, in cooperation with and encouragement from fellow redeemed stewards, freely and joyfully manage all of life and life's resources for God's purposes. God delights in loving and giving and sends us His Holy Spirit to empower us to also grow in our loving of God and others and our giving of time, talent, treasure and any of the other blessings God has entrusted to us.

Lord of glory, You have bought us with Your life blood as the price, Never grudging for the lost ones that tremendous sacrifice. Give us faith to trust You boldly, hope to stay our souls on You; But, oh best of all Your graces, with Your love our love renew." (LSB 851)

Welcome Home

Rally Day traditionally marks the beginning of the new Sunday School year and is celebrated on the Sunday following Labor Day. This year the date will be September 13.

There will be **no outdoor Mission Festival** this summer so the following events are being planned for Rally Day September 13:

- Special 10:30 AM worship service outside under the tents
- Roast Pork Dinner in the school
- Action! Auction (donated services and items needed)

Plan now to be part of Rally Day!!!

Summer Sunday School

Every Sunday is special during the summer at St. James Sunday School. The children are eager to learn and happy to see one another. Bible Stories, songs and activities are essential teaching tools as the children grow in Christ. Parents are reminded that children ages 3 to high school are welcome each and every Sunday.

Father's Day was especially fun this year with an Open House for Dads. The children and fathers played with beach balls (a fun summer activity), sang some songs, had a treat and watched a video. The students enjoyed the day and so did the Fathers who were able to attend.

Our next special event will be a **Petting Zoo** on Sunday, **August 2**. We have arranged for some animals to be brought in during the Sunday School hour, but we can always use more. If you or someone you know has an animal that would be good for the children to see or play with, please call the church office.

Everyone will be welcome to enjoy the animals. Have a fun summer but be sure not to take a vacation from Church and Sunday School.

From Our Parish Nurse

Summertime is always a busy time, it seems we want to get everything done while the weather permits. Hopefully, we will remember to take care of our health while we are enjoying the summer activities.

I want to share some information concerning our Living Well and therefore Aging Well! By taking control of our health and life today we will increase the chance that we will age well tomorrow. "It's never too early to start aging well," says Terrie Fox Wetle, PhD, a gerontologist and associate dean of medicine for public health at Brown University in Providence, RI. "Many of the health behaviors we engage in during our 20's, 30's and 40's predict what our later life will be." An added bonus: Changing your lifestyle today to age well tomorrow reaps immediate benefits. "It's not like you're investing in an IRA that you can't withdraw for 20 years," said Dr. Wetle.

The bottom line is this: The average woman in the U.S. can expect to live to be 80 years old. Many will live longer—the fastest growing demographic is the "oldest old," those 85 and older. How do you want to live those years, infirm and frail, dependent on others and swallowing an array of pills? Or planning your next trip to somewhere you have not yet seen? Aging is not about adding years to your life, but about adding LIFE to your years! Aging is not so much about physical health but actually more about mental and emotional health. Research has shown that the number of friends and acquaintances one has, maintaining your ability to read and listen to the radio, and being able to visit with family play a huge role in aging well. If you want to be 80 or 90 years old, still able to get out of bed, then staying active and avoiding obesity are the most important things you can do today. Aging experts nearly all believe that exercise just might be the proverbial "silver bullet" when it comes to preventing the infirmity and disease that is too often the hallmark of our later years. Keeping up some form of strength training will keep the muscles firm allowing us to physically function.

There is also some credence to the fact that the older people who are the healthiest are the ones who never retired. That is not to say one must work every day at a full-time job, but to stay active helping others, volunteering and just keeping up with daily tasks in our homes and communities.

It is also important to develop resiliency. Resilience is the ability to confront challenges and yet maintain some sense of equilibrium. Resiliency is important because it helps you remain happy and optimistic even as you age and experience age-related losses, enabling you to better cope with negative feelings such as sadness and anger. Studies show resiliency is significantly linked

to successful aging. One of the best ways to build resiliency is by building a strong social support network and still more important is embracing spirituality. Another reason our Lutheran faith here at St. James is so valuable to us. **Yet another study has shown that if you attend religious services on a weekly basis you tend to age much better than those who do not attend weekly services.** This study also showed that those people who attended weekly services were more likely to have lower blood pressure, high levels of good cholesterol, less abdominal fat and lower levels of stress hormones. Who would have ever thought that church attendance would be so good for our health? If everyone would buy-into this fact, our church would be full, not only for the spiritual and eternal aspects but for our health.

Want to avoid memory lapses? Once again the experts say that good old exercise, good diet (including taking fish oil), enough sleep and reading will help to avoid memory loss. I discovered that Mayo now has Olive oil in its contents. I haven't tasted it yet but knowing how good Olive oil is for us, it should be ok.

Here is a SKINNY Dip recipe:

Artichoke Dip

1 (14-ounce) can artichoke hearts, drained and chopped
½ cup light mayo
½ cup light cream cheese
¾ cup fresh Parmesan cheese, divided
1 cup part-skim shredded mozzarella cheese, divided
½ tsp. Garlic salt
½ tsp. Pepper
1 tbsp. Onion, chopped
1 tbsp. chopped Parsley, optional

Preheat oven to 350°, combine the artichokes, mayo, cream cheese, ½ cup Parmesan cheese, ¾ cup mozzarella cheese, garlic salt, pepper, onions and parsley in a bowl; transfer to baking dish. Top with remaining Parmesan and mozzarella, bake 20-30 minutes or until golden and bubbling. Serve with crackers. Serves approx. 6-7.

Enjoy your summer, see you in church,
Your Parish Nurse,
Darlene Lind