

## October 21st ---Flower Melts Activity

Our theme for the week is **Connected with Community**

God calls us to fellowship with one another because it reflects the fellowship we will have with one another in heaven. The mission of the gospel is too big of a task to do on our own, that is why God calls us to unify with those around us. Hebrews 10:24-25 reminds us to not neglect one another but to be there to encourage each other....*and let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.*

**Flowers Melt Activity:** This is a fun family activity that includes a little bit of science. The purpose of these handmade flowers is to use them in your clay vase and give them to someone who needs uplifting in your community.

### **Supplies Included:**

4 plastic 9 oz cups, 4 plastic 2 oz cups, 4 stem wires, vase

### **Supplies you will need:**

permanent markers in various colors, scissors, oven, foiled lined baking sheet, hot glue or strong bond glue

**Directions:** (please refer to demonstration video attached to Oct 21st MAX email)

**STEP 1:** Preheat oven to 350 degrees

**STEP 2:** Use markers to color the inside of the cups and flip over to color the bottom. You do not need to color the outside of your cup or the inside of the bottom. Color them as completely as possible.

**STEP 3:** Using scissors cut slits around the top of all 8 cups.

**STEP 4:** Place cups on a foiled lined baking sheet. Bake for 2-5 minutes. Be sure to watch how cool the cups look as they melt and curl up. Also watch so you do not leave them in too long.

\*You can always do one cup as the testing cup if you like.

**STEP 5:** Let cool and then hot glue the smaller cup inside of the larger cup. Flip over and glue the stem on the bottom of the larger cup.

**Great Job!** You have four flowers that can be used in your previously made MAX vase. Of course, feel free to add more tissue paper flowers or real flowers to the mix! Now go out and share your handmade gift with a person in your church, school or neighborhood community.

# Lighter Chicken Parmesan



Recipe courtesy of Ree Drummond

Show: The Pioneer Woman

Episodes: Lighter 16-Minute Meals and Best of 16-Minute: Chicken Dinners



Level: Easy  
Total: 16 min  
Active: 16 min  
Yield: 4 servings

## Ingredients:

One 24-ounce jar good-quality marinara sauce  
1 tablespoon balsamic vinegar  
1/2 cup panko breadcrumbs  
1/2 cup grated Parmesan  
1/4 cup finely chopped fresh flat-leaf parsley  
Kosher salt and freshly ground black pepper  
2 large egg whites, lightly beaten  
1 1/2 pounds chicken tenders  
12 ounces whole-wheat angel hair pasta  
1 tablespoon olive oil  
1/2 cup shredded fresh mozzarella

## Directions:

- 1 Preheat the broiler to medium. Bring a large pot of water to a boil.
- 2 Combine the marinara sauce and balsamic vinegar in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer for 5 minutes.
- 3 Meanwhile, in a shallow dish, combine the breadcrumbs, half the Parmesan, half the parsley and some salt and pepper. Put the beaten egg whites in a separate shallow dish. Coat the chicken tenders in the egg whites first, then dredge in the breadcrumb mixture.
- 4 Add the pasta to the boiling water and cook according to the package instructions.
- 5 Heat the oil in a large ovenproof nonstick skillet over medium-high heat. Add the chicken and cook, turning once, until golden, about 3 minutes per side. Pour the tomato sauce over the chicken, scatter the mozzarella and remaining Parmesan evenly over top and broil until the cheese is melted and bubbly, about 2 minutes.
- 6 Drain the pasta. Serve with the chicken and garnish with the remaining parsley.



Just add salad + crusty bread for a perfect Italian dinner!

# Lazy No-Bake Lasagna



Recipe courtesy of Valerie Bertinelli

Show: Valerie's Home Cooking Episode: Cook Once, Eat for a Week



Level: Easy

Total: 1 hr

Active: 45 min

Yield: 4 servings

## Ingredients:

- 1 tablespoon olive oil
- 1 pound mild Italian sausage, casings removed
- 2 cups Classic Marinara Sauce, recipe follows
- 12 ounces mafaldine corte or farfalle pasta
- 8 ounces mini mozzarella balls
- 3/4 cup ricotta
- 1/4 cup grated Parmesan
- Torn basil leaves, for topping

## Classic Marinara Sauce:

- 1/3 cup olive oil
- 6 cloves garlic, minced
- Three 26-ounce cartons chopped tomatoes
- 1 teaspoon Italian seasoning
- 1 large basil sprig
- Kosher salt and freshly ground black pepper
- 3 tablespoons unsalted butter

## Directions:

**1** Heat the olive oil in a Dutch oven or large, wide pot over medium-high heat. Add the sausage and cook, breaking up clumps with a wooden spoon, until brown, about 6 minutes. Add the Marinara and 3 1/2 cups water and bring to a boil. Add the pasta, then partially cover and cook, stirring occasionally, until the pasta is al dente and the sauce is coating it nicely, about 16 minutes. Stir in the mozzarella and ricotta, then sprinkle with the Parmesan and basil, and serve.



## Classic Marinara Sauce:

**Yield:** 8 cups

**2** Heat the olive oil in a large saucepan over medium heat. Add the garlic and cook, stirring frequently, until it just turns golden, 3 to 4 minutes. Add the tomatoes, Italian seasoning, basil, 1 teaspoon salt and a few grinds of fresh pepper. Bring to a simmer and cook, stirring occasionally, for 7 minutes. Take off the heat and stir in the butter until melted. Add salt and pepper to taste.

# A Favorite **MAX** mash-up! Taste of Home **Breakfast for dinner + Bake** **Favorite Loaded Breakfast Potatoes** **Potato!** **Bar!**

★★★★★

*My four young children are experts eating with their hands. These "brunchskins" with veggies make easy finger food they love to handle. —Mindy Campbell, Rapid City, Michigan*

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**TOTAL TIME:** Prep: 45 min. Bake: 10 min.

**YIELD:** 6 servings.

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## Ingredients

- 6 medium baking potatoes (about 3 pounds)
- 1 tablespoon butter
- 1 each small sweet red, orange and green pepper, finely chopped
- 1 cup finely chopped fresh mushrooms
- 1/4 cup finely chopped red onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 large eggs, beaten
- 1-1/4 cups shredded cheddar cheese, divided
- 1/4 cup plus 6 tablespoons sour cream, divided
- 6 bacon strips, cooked and crumbled or 1/3 cup bacon bits
- 3 green onions, chopped

## Directions

1. Preheat oven to 375°. Scrub and pierce potatoes with a fork; place on a microwave-safe plate. Microwave, uncovered, on high 15-18 minutes or until tender, turning once.
2. When cool enough to handle, cut a thin slice off the top of each potato; discard slice. Scoop out pulp, leaving 1/4-in.-thick shells.

1. Cook and stir until eggs are thickened and no liquid egg remains. Stir in 1/2 cup cheese and 1/4 cup sour cream.

Spoon egg mixture into potato shells. Place on a 15x10x1-in. baking pan. Sprinkle with remaining 3/4 cup cheese. Bake 10-12 minutes or until heated through and cheese is melted. Top with remaining sour cream; sprinkle with bacon and green onions.

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## **Week 4) MAX: Connected with Your Community**

The Trust Walk/Obstacle Course is a popular Community building activity that helps people practice trusting and helping each other. A leader guides his or her blindfolded partner around obstacles using verbal or nonverbal instructions. Participants will form pairs. Materials required include blindfolds and any props that you can set up as minor obstacles.

### **Instructions for the Trust Walk Team Building Activity**

Instruct one partner to be the guide and the other to be blindfolded. Once the blindfolded partner is ready, slowly spin the person around a few times so that they are unsure which direction they are headed. Guide the participants to the area with obstacles. From this point on, the guide should not touch the partner at all, but rely solely on verbal cues.

Remember that the guide is solely responsible for his or her partner's safety. He or she tries their best to steer their partner away from obstacles. Valuable lessons can be learned to teamwork and unity. For example, the guide will learn about the challenge and responsibility of caring for another individual's well-being, while the blindfolded partner learns to trust and rely on another person.

### **Reflection of the Trust Walk Activity**

If desired, ask participants to reflect and share what they learned from this experience. The following are some sample questions to ask following the Trust Walk team building activity:

- What was it like to be the "guide," being fully responsible for the safety of your partner?
- What do you think was the purpose of this activity?
- Did you have any difficulty trusting your partner while blindfolded? Why or why not?
- Why is trusting others important?
- Afterwards, how did it feel when you and your teammate successfully trusted each other to accomplish something challenging?
- How does this relate to your community?
- What are the obstacles people in our community face?
- How can we work together to make our community a better place?
- How did it feel to have someone listen to you and trust you to help them?
- How did it feel to be the person who needed help?