

September 23rd ---Birch Tree Relief Painting Activity

Our theme for the week is **Connected with God**: Seeking God in a time on uncertainty.

Like a walk in the woods or listening to birds sing can bring peace and solace, our connection with God is our peace, hope, and security in uncertain times.

During this time of quarantine, I am sure many of you have found solitude in nature. When the world around us changed, nature remained the same. The birds still sing, the trees grow, and flowers bloom. Like nature, God's love never changes and remains constant in a changing and uncertain world.

The subject for our art this week will be the birch tree. The birch tree is a symbol in Celtic mythology of renewal. Like the birch tree, the Holy Spirit renews us on a daily basis. As one Old Testament writer says, "The steadfast love of the Lord never ceases, God's mercies never come to an end; they are new every morning, great is your faithfulness."

Birch Tree Relief Painting Activity: Use this activity as a time to reconnect with God while being in nature. Maybe sit outside with your family to create your painting.

Supplies Included:

Yarn, cotton balls, clothespin & cardstock

Supplies you will need:

Fine tip black sharpie/marker, paint (colors of your choice)

Directions: (please refer to demonstration video attached to Sept 23rd MAX email)

STEP 1: Wrap yarn around the whole length of cardstock vertically. The yarn does not need to be straight up and down. Just one layer of yarn. You may want to use a piece of cardboard underneath cardstock if you need more stability.

STEP 2: When you are satisfied with the wrapping just cut the yarn and loosely tie it in the back. You may want to readjust your yarn for spacing purposes.

STEP 3: Pinch a cotton ball in a clothespin. This will serve as your paint brush. Change out cotton balls when you change colors. Use a dabbing motion when painting so your yarn stays in place. Be creative with your colors of paint. For best results cover your cardstock completely.

STEP 4: Remove the yarn carefully. You should be left with tree like figures. You may want to dab more paint at the bottom of trees to give appearance that they are further away. Let it dry.

STEP 5: Using a fine tip black sharpie or marker to add the horizontal hash marks on the trees where the yarn was removed.

PRESTO! You have a lovely birch tree painting or paintings. You decide if each family member wants to paint one or work as a team on a painting. We would love to see your paintings on Sacred Arts so get to it and upload those beautiful works of art!

Belly Laugh

This silly game reminds us that our joy comes from God, and we should share that joy with others.

Play: Have someone lie on his or her back. Then have another person lie with his or her head on the first person's belly. Repeat with however many people you have playing, having each person lie their head on the previous players belly.

Choose one person to start the game by shouting, "Ha!" The next person will shout, "Ha, ha!" and each child continues to add a "ha" as they work around the group. Sooner or later the group will burst into laughter, with heads bouncing off bellies with joy.

Cool Down: Let kids take turns telling a funny story or joke. Tell kids that God wants us to experience joy every day through fun and laughter.

Connect with God's Word: Read [Psalm 9:2](#); [Psalm 28:7](#). Connect the game to the two psalms you read. Talk with each other about how joy comes from God. As the psalmist says, God is the source of our strength and so we can be joyful. God's joy in uncertain times is not just for us, though. Like the laughter of one person was contagious for the rest of the players, we are to share the joy and strength God gives to us with our neighbors. We all together find our joy and strength in God.

Baked Chicken Quesadillas

SERVES: 8

8-10 10" flour tortillas

4 cups Shredded chicken (about 1.5 lbs)

1(1 or 2) chipotle peppers in adobo sauce,
tbsp depending on how hot you like it

2 cups (16 oz) sour cream, divided

2 cups (8oz) shredded pepper jack cheese or
mozzarella

1. Preheat oven to 425°F.
2. In a large bowl stir together the shredded chicken, 1 1/2 cups sour cream, chipotle pepper, shredded cheese and salt to taste.
3. Line 2 large baking sheets with parchment paper. Grease the parchment with cooking spray or apply olive oil with a brush.
4. Working with one tortilla at a time, add 1/3 - 1/2 cup filling on one side of the tortilla and fold in half.
5. Arrange prepared quesadillas on a baking sheet and brush or spray with oil.
6. Bake on center rack for 15 minutes until golden brown and crispy.
7. Serve with remaining sour cream, guacamole, salsa or fresh pico de gallo.

The MODERN PROPER

Sheet Pan Chicken Fajitas

SERVES: 6

PREP TIME: 15 min

COOK TIME: 15 min

CALORIES: 341

1/4 cup [Taco seasoning](#)

1 tbsp Olive oil

1 Lime, juiced

2 lbs Boneless skinless chicken breasts, cut into thin slices

1 Red onion, sliced thin

1 Red bell pepper, sliced thin

1 Yellow bell pepper, sliced thin

1 Green bell pepper, sliced thin

Small flour tortillas, warmed, optional

Avocado, optional

Cilantro, optional

Salsa or hot sauce, optional

1. In a large bowl make a marinade using the taco seasoning, olive oil and lime juice.
2. Toss the chicken, red onion and bell peppers together with the marinade. If you have time, allow to marinate, covered for 1 hour. If not, bake right away.
3. Preheat oven to 375° F.
4. Spread the chicken and vegetable mixture onto a rimmed sheet pan. Bake for 15-20 minutes, or until meat is cooked through. If you want to add some char to meat and veggies, broil for another 3 minutes.
5. Serve with warm tortillas, salsa, guacamole, avocado, sour cream and fresh cilantro.