Hallelujah! In the name of Lord Jesus Christ, I share a reflection.

We are now entering the last quarter of the 2013-2014 R.E. calendar year. This summer we are going to wrap up our R.E. theme of “Reverence in the House of the Lord.” Teaching J1 and the K-E1 afternoon class, I can say that it was a challenge to incorporate the theme into the J1 curriculum, so the students who most learned about reverence in church are the younger ones. We taught lessons about virtuous actions, and while they don’t always display it, our youngest are learning expectations of behavior in church.

“The fear of the Lord is the beginning of wisdom,
And the knowledge of the Holy One is understanding.”

(Proverbs 9:10)

And what is expected, reverent behavior? At the end of the day and applicable to all ages, it is moving away from self-centered behavior to a God-centered one. I share this not as condescension but for mutual encouragement, because I can relate. Can you? Have you ever been physically at church but mentally, emotionally and spiritually elsewhere? Have you ever served the Lord while spirituality was absent in your holy work?

This actually brings to mind a movie from my childhood, *The Neverending Story II*, when the main character, Bastian, talks to Rock Biter, a creature that eats rocks. Bastien asks why Rock Biter’s son is hungry when there are rocks all around them, and Rock Biter reveals the problem, “…all the goodness has gone out of the rocks. They’re hollow. Whole mountains have turned empty. There’s nothing left to nourish us.” So we may sit in the chapel listening to sermons, but if it goes in one ear and out the other while our mind is elsewhere, it is like we have consumed air. God-centered worship isn’t meant to stifle but rather, to cultivate.

“Blessed is the man
Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;
But his delight is in the law of the Lord,
And in His law he meditates day and night.
He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper.”

(Psalm 1:1-3)

May the Lord guide all of us so that we may be blessed in His presence and by His abidance, and all the glory be unto Jesus Christ.
Are You in Alignment?
By Dn. Patrick Wong

Wheels are important parts of vehicles. They are the connecting points between the roads and us. Due to typical, rough road conditions, they often become misaligned over time. These wheels need to be re-aligned regularly so that they do not lead to accidents due to the lack of proper steering control. As we are entering into the final quarter of the 2013-2014 R.E. year, let us re-align ourselves with this year’s theme: “Reverence in the House of the Lord.” Do we feel the lack of self-control in what we think, what we say, or what we do?

When Moses was near the burning bush, God called him by name and told him, “Do not draw near this place. Take your sandals off your feet, for the place where you stand is holy ground.” (Ex 3:5) A similar incident happened to his successor, Joshua (Jos 5:15). This is an important reminder for us when we draw close to God and His dwelling place.

Our sandals are full of dirt. They are unacceptable in God’s dwelling place. These “dirty sandals” misalign our attitude toward God. When we are weak in faith, we become so far away from God that we are no longer sensitive to God’s holiness. The worst that could happen to us is that we do not even realize that we are already in the “danger zone.” As described in Malachi 1:6, the people at that time defended themselves and said, “In what way have we des-pised Your name?” When we are spiritually lonely, it becomes even more difficult to recognize our own weaknesses. We must therefore remove our sandals to show Him our respect.

Thank God for religious education and fellowships. Many God-sent watchmen full of love and patience are around us today. Through the work of the Holy Spirit, they constantly point us to the right direction. We must take their words positively and constructively and correct our speech and behavior, especially in the house of God. May the Lord continue to abide with all our children, parents and teachers.
Fruit and Vegetable Matching Game:

The book of Exodus shows the journey of how the Israelites fled from Egypt and followed Moses into the desert. The Israelites missed the food in Egypt but ultimately, God had a plan for them to go to Canaan – a land flowing with milk and honey. Draw a line from each picture of the fruits and vegetables popular in Egypt with the corresponding name. (Answers on Page 9)

- onion
- leek
- garlic
- olives
- pomegranate
- cucumber
- grapes
- radish
出埃及記裡記載摩西帶領以色列百姓出埃及，並行走在曠野路上。儘管神有計劃地帶領他們前往那流奶與蜜的迦南地，但以色列民卻思念當初在埃及時所吃的食物。試著劃線連結以下的圖片至所對應的蔬果名稱，這些都是當時盛行於埃及地的蔬果。
The following recipes are adapted from stories in the Old Testament:

**Lentil Soup from Jacob & Esau**
*(Genesis 25:29-34)*

**Ingredients:**
- 2 large sweet potatoes, peeled and chopped into large pieces
- 1 bunch leeks, green parts discarded, white parts cleaned and chopped
- 1 onion, chopped
- 1 bunch celery, chopped
- 1 16 oz bag brown lentils
- 1 32 oz container low-sodium tomato juice
- 1 Tbsp. oregano
- 1 tsp. cumin
- 1 Tbsp. paprika
- 1/2 tsp. cayenne
- 2 carrots, peeled and chopped
- 1 Tbsp. salt
- Bouillon to taste

**Directions for Slow Cooker Cooking:**
1. Put all ingredients in a slow cooker.
2. Fill the slow cooker with water, leaving an inch from the edge of the bowl, and add a liberal dash of bouillon.
3. Set the cooker to its low setting for 6-8 hours. Stir before serving.

**Directions for Stove Cooking:**
1. Put all ingredients in a large pot together.
2. Fill the pot with water, leaving at least an inch of space at the top. Add a liberal dash of bouillon.
3. Simmer covered for at least two hours, stirring occasionally.

Yield: 10 servings
聖經舊約時代故事裡記載著以下的食譜：

雅各和以掃的扁豆湯 Lentil Soup from Jacob & Esau

創世紀 25 章 29-34 節

材料:

蕃薯 2 顆，去皮後削成塊狀
蔥韭一把，去除綠色部分，清洗白色部分並削成塊
洋蔥一個切成塊
芹菜一把切細
1 16 盎司 扁豆
1 32 盎司 低鹽番茄汁
1 茶匙 牛至草 (Oregano)
1 茶匙 茴香
1 茶匙 辣椒粉
1/2 茶匙 紅辣椒粉
2 條紅蘿蔔 去皮切丁
1 茶匙 鹽

使用慢燉鍋烹煮的方法:

1. 將上述所有材料放入慢燉鍋
2. 將水加入鍋中直到水離鍋緣處約 1 英吋，加入高湯
3. 設定低功率烹煮約 6-8 小時。起鍋前攪勻即可。

使用鍋子烹煮的方法：

1. 將上述所有材料放入鍋中
2. 將水加入鍋中直到水離鍋緣處約 1 英吋，加入高湯
3. 蓋鍋蓋小火慢燉至少兩小時，並不時攪拌。

份量：十人份
What was eaten in a typical Passover meal?
A typical Passover meal would consist of roasted lamb, bitter herbs, and unleavened bread among other foods (Exodus 12:1-11). The following recipe is an adaption of “matzoh” – a type of dumpling cooked in soup eaten in present day Passover meals.

**Passover: Matzoh Ball Soup**
*(Exodus 12:1–11)*

**Ingredients:**

- 3 eggs, separated
- 3 Tbsp. olive oil
- 2 Tbsp. seltzer water
- 1½ cups matzoh meal
- 1 Tbsp. fresh dill, chopped
- 1 Tbsp. fresh parsley, chopped
- 1 Tbsp. fresh thyme leaves
- 1 scallion, minced
- ½ tsp. salt
- ⅛ tsp. ground black pepper
- 9 cups canned chicken stock
- 2 cloves garlic, cut and pressed
- 1 carrot, peeled and shredded
- 2 stalks celery, thinly sliced
- 1 large onion, studded with three cloves
- 1 bay leaf
- some oil and water

**Directions:**

1. In a blender, combine egg yolks, olive oil, and seltzer water.
2. In a separate bowl, beat egg whites until stiff. Slowly pour in egg yolk mixture. Add the matzoh meal, dill, parsley, thyme, scallion, salt, and pepper. Refrigerate mixture for 45 minutes or longer if time allows.
3. Meanwhile, in a large saucepan, combine chicken stock, garlic, carrot, celery, onion with cloves, and bay leaf, then bring to a rapid boil. Reduce heat; cover and simmer.
4. Wet hands with a bit of oil or water and form small balls out of the matzoh mixture. (Do not make them too large.) If the mixture seems too wet, add more matzoh meal.
5. Gently lower balls into the simmering stock. Cover and simmer once again, this time for 30–45 minutes. Do not uncover the pot while cooking.
6. Remove bay leaf and clove-studded onion, and serve hot.

Yield: 6 servings
踰越節時百姓都吃些什麼呢？

踰越節時少不了的餐點為：烤羔羊肉，苦菜和無酵餅（出埃及記 12:1-11）。以下食譜是用無酵餅為基礎，進而衍生出的一種薄餅湯圓。此道菜在現今的猶太人守踰越節時頗受歡迎。

**Matzoh 薄餅湯圓**

**材料:**

- 雞蛋 3 頭
- 橄欖油 3 茶匙
- 氣泡水 2 茶匙
- 無酵面粉 1½ 杯
- 新鮮蒔蘿 1 茶匙
- 芹菜 1 茶匙 (切絲)
- 百里香葉粉 1 茶匙
- 蔥 (切碎)
- 鹽 ½ 茶匙
- 黑胡椒粒或粉 ⅛ 茶匙
- 罐裝雞湯 9 杯
- 蒜 2 份 (壓扁切碎)
- 紅蘿蔔 1 份 (去皮切絲)
- 芹菜莖 2 份 (切成細絲)
- 洋蔥 1 顆
- 肉桂葉 1 份
- 油和水少許

**烹煮方法:**

1. 加入蛋黃、橄欖油和氣泡水至攪拌器中攪拌。
2. 將蛋清放入另一個碗內，持續攪拌至黏稠狀。之後，將其倒入步驟 1 的蛋黃混合物，加入無酵麪粉、蒔蘿、芹菜、百里香葉粉、蔥、鹽和黑胡椒粉。放入冰箱中冷藏至少 45 分鐘。
3. 在此同時，將雞湯、蒜、紅蘿蔔、芹菜、洋蔥和丁香、肉桂葉放入平底鍋快炒。轉小火，蓋鍋蓋悶煮。
4. 手沾少許油和水，捏擠無酵麪粉成球狀，如果麪粉太濕，可增加無酵麪粉用量。
5. 接著將無酵麪粉球放入湯鍋悶煮約 30-45 分鐘。
6. 移除湯中的肉桂葉、丁香、洋蔥，即可起鍋。

份量：六人份
And so what we have learned…

Kindergarten:
Zacchaeus: *I have learned about Samson.*

E1:
Faith: *I have learned about the Writing on the Wall.*
Grace: *I have learned about the Fiery Furnace.*

J1:
Sophia: *I have learned that we need good spiritual friends.*
Deborah: *I have learned to not complain against God.*

J2:
Sarah: *I have learned that we cannot seek God when we are holding onto worldly things.*
Joshua: *I have learned about needing to control anger so it does not lead to bad things.*