



FROM A DISTANCE CLOSE TO HIS HEART

LADIES EVENING ONLINE

20 MARCH 2021

GREETINGS FROM CAPERNWRAY

This is my first Ladies Weekend - what an honour to be here with you!

Of course we are disappointed not to welcome you in person to Capernwray - not in 2020, and now into 2021 - that's enough surely!? We hope to see some of you this summer assuming travel is permitted.

To keep up to date with news about Capernwray and our holiday programme please sign up on our website: <https://capernwray.org/contact/subscribe-to-mailing-list/>

Having said farewell to our last guests at Capernwray after New Year 2019/20 it's time to have you back again. We want you to be refreshed, to relax and to enjoy the friendship and fellowship that we experience when we are together.

Knowing that the Ladies Weekends are a helpful break for many each year we hope that you can know you have spent some time with Jesus as we enjoy each other's company on a Saturday night with 'Ladies Evening Online'.

God bless you, see you soon!



DOUGIE ROY
Holidays and Events Manager





TO ENCOURAGE AND SPUR YOU ON...

It goes without saying that this is a really difficult time of life wherever you are in the world. So we want this booklet to provide you with an insight into our lives at Capernwray and to continue to inspire you long after the event.

In the following pages ladies from Capernwray's past and present share their favourite Bible verse, worship song and recipe that they have enjoyed during the long periods of lockdown. There are also testimonies and questions for the Bible teaching you will be hearing from Ann Absolom.

In time we are so looking forward to seeing you in person and hearing about all that God has been doing in your own life too.



GREEK YOGHURT PIZZA

Yes, you can make pizza dough with two ingredients!

Preheat the oven to 200°C.

In a large bowl, mix the self-raising flour and Greek yoghurt until it comes together to form a ball.

Transfer the dough ball to a lightly floured work surface and use your hands to begin flattening and shaping the dough into about a 12-inch (30 cm) round.

Carefully transfer the dough to a lightly floured baking sheet.

Spread the passata evenly across the dough, sprinkle on the cheese, and your chosen toppings.

Bake for 20 mins, until the cheese has melted and the crust has turned golden-brown.

Slice and enjoy!

Ingredients

220g self-raising flour

245g Greek yoghurt

Passata

Mozzarella cheese

Toppings of your choice!

Most significant Bible verse in this season:

Lamentations 3:22-23 *“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness”.*

Most significant worship song in 2020:

“Jesus, Strong and Kind”
by CityAlight



HESTER MARTIN
Female Dean of Students





BEEF STROGANOFF

Season the beef and brown in hot oil, then transfer to slow cooker.

Add onion and garlic to pan and cook for a few minutes until soft, then transfer to slow cooker along with the stock cube/pot, mustard and enough hot water so that the beef is just covered.

Cook on low for 6-8 hours or on high for 5-6 hours.

About 30 mins before serving fry mushrooms in butter, then transfer to slow cooker along with the cornflour when mixed to a paste and the sour cream.

Ingredients

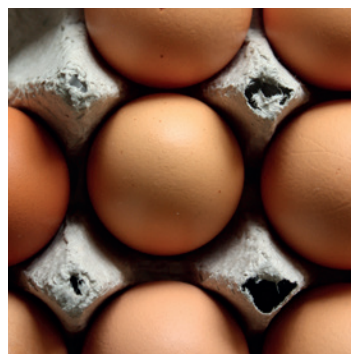
750g stewing beef
1 tbsp oil
2 onions, sliced
2 garlic cloves, crushed
1 beef stock cube/pot
1 tbsp Dijon mustard
50g butter
200g mushrooms, sliced
2 tbsp cornflour
200g sour cream



GRAIH LEWIN
Housekeeping Manager

Most significant Bible verse in this season:
Psalm 75:3 “When the earth and all its people quake, it is I who holds its pillars firm”.

Most significant worship song in 2020:
“Consider the Stars”
by Kristin Getty



ANGI TORDOFF
Assistant
Housekeeper

Most significant Bible verse in this season:
2 Corinthians 12:9 *"The Lord said to me, 'My grace is sufficient for you, for my power is made perfect in weakness'. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me".*

Most significant worship song in 2020:
"The Heart of Worship"
by Matt Redman

SALMON OMELETTE

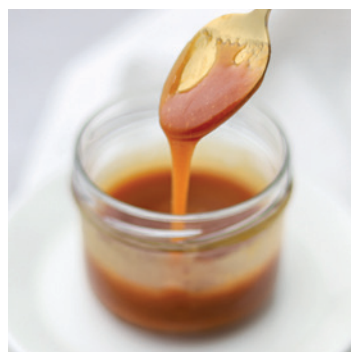
Remove the skin and bones from the salmon; cut into ½ inch chunks. In a 10 inch skillet, sauté the salmon, onion and green pepper in 1 tablespoon of butter. Remove and set aside.

In a small bowl beat the eggs. Melt the remaining butter in the same skillet over a medium heat; add the eggs. As the eggs set lift the edges, letting uncooked portions flow underneath.

When the eggs are set, spoon salmon mixture over one side then sprinkle with cheese and pepper; fold the omelette over filling. Cover and let stand for 1- 1 ½ mins or until the cheese is melted.

Ingredients

1 salmon fillet
¼ cup finely chopped onion
¼ cup finely chopped green pepper
2 tablespoons butter, divided
6 eggs
¼ cup shredded cheddar cheese
¼ teaspoon pepper
1 medium tomato



Most significant Bible verse in this season:
Psalm 28:7
*"The LORD is my strength and my shield;
My heart trusts in Him, and I am helped;
Therefore my heart exults,
And with my song I shall thank Him".*

Most significant worship song in 2020:
"Yet Not I But Through Christ in Me"
by CityAlight

KIM LEE
Student Studies
Coordinator

CARAMEL SHORTBREAD

Preheat the oven to 180°C. Grease and line a 23cm shallow, square cake tin.

Mix the butter, flour and sugar until the mixture begins to bind together. Press it into the prepared tin, smooth the top and bake for 20-25 mins.

Place the butter, sugar, golden syrup and condensed milk in a saucepan and heat gently over a low heat until the sugar is dissolved. Bring to the boil and simmer for 6-8 mins, stirring constantly, until the mixture becomes very thick. Pour over the shortbread base and chill in the fridge until firm.

Melt the chocolate and leave to cool slightly, then spread over the caramel. Chill in the refrigerator until set. Cut the shortbread into 12 pieces with a sharp knife and serve.

Ingredients

115g/4 oz butter, plus extra for greasing
175g/6 oz plain flour
55g/2 oz golden caster sugar
200g/7 oz plain chocolate, broken into pieces

Filling
175g/6 oz butter
115g/4 oz golden caster sugar
3 tbsp golden syrup
400 ml/ 14fl oz canned condensed milk



SAVOURY POTATO DOUGHNUTS

Dissolve the yeast in the milk.

Make a well in the flour and add the yeasty milk, egg yolks, salt and cooled mashed potato. Using your fingers mix the ingredients together and knead them into a nice soft dough (you can add a bit more milk or flour as required).

Cover the bowl and set it aside in a warm place to prove for about an hour.

Roll out the dough on a floured surface and cut circles with a round cookie cutter. Leave them for 5-10 mins to rise slightly.

Heat the oil in a pan and fry the doughnuts until they are golden brown (3-4mins each side).

To make it a meal, serve it with soured cream, ham and grated cheese on top.

Ingredients

250g flour
250g potato (boiled ,
mashed and cooled)
2 egg yolks
10g fresh yeast
 $\frac{3}{4}$ tbsp salt
100ml lukewarm milk
Sunflower oil to fry



Most significant Bible verse in this season:
Psalm 130:5-7

Most significant worship song in 2020:
“I Will Wait For You”
by Keith Getty

KATE CARTER
Bookshop Assistant





RUSTIC GERMAN BREAD

In a measuring cup, dissolve icing sugar and yeast in 38ml lukewarm water. Allow to sit for 30 mins. Ensure the foam forms at the top of the mixture.

Combine the rest of the water, flour, rye flour, honey, butter, salt and yeast mixture using a stand mixer with a dough hook. Knead for approx 10 mins until an elastic dough forms. Cover and allow to rise in a warm place for approx an hour or doubled in size.

Preheat oven to 220°C.

When dough has finished rising, knead by hand on a floured surface until smooth. Divide dough and form loaves approx the width of a stretched out hand in diameter. Cover and allow to sit at room temperature on a baking sheet lined with parchment paper for approx 30 mins.

When the dough has doubled in volume, make a crosswise incision in the top. Transfer to preheated oven. Place a baking dish filled with water on the bottom rack. Bake the bread for approx 30 to 40 mins until the crust is golden. Set aside to cool.

SERVES 10

Ingredients

750g bread flour
375g rye flour
788ml water (divided)
15g icing sugar
38g fresh yeast
20g honey
15g butter (soft)
30g salt
Water for the baking

Most significant Bible verse in this season:

Romans 5:1-5

Most significant worship song in 2020:

"No One Ever Cared For Me Like Jesus"
by Steffany Gretzinger



SOFI BARABASCHI
Assistant Housekeeper

COZY CHICKEN CURRY SOUP

Sauté the veggies. Sauté the onion in olive oil, followed by the carrots, celery and garlic.

Cook the flour. It's important to cook the flour briefly before adding the broth, in order to cook off its floury flavour.

Add next round of ingredients. Next, we'll stir in the chicken stock, potatoes, chicken, curry powder.

Simmer. Then continue cooking until the soup reaches a simmer, reduce heat to medium-low-ish to maintain the simmer, and continue cooking until the potatoes are tender.

Add final round of ingredients. Finally, we will stir in the peas and coconut milk until combined. Taste and season the soup with salt and pepper, as needed.

Serve. Then ladle it up nice and warm, served with biscuits or crackers if you would like.

Ingredients

Vegetables (a simple mix of onion, carrots, celery, peas and garlic)
Chicken stock
Flour/oil
Potatoes
Chicken
Curry powder
Coconut milk
Salt and pepper

Most significant Bible verse in this season:
Philippians 4:4-7

Most significant worship song in 2020:
"Peace Be Still" or "Remember"
by Lauren Daigle



LAURIE THOMAS

GINGER COOKIES

Put the dry ingredients in bowl and mix together, then melt the butter and syrup and mix into the dry ingredients and finally beat the egg and add to make a stiff consistency.

Roll to size of a walnut.

Bake for 15-20 mins at 180°C.

Ingredients

6oz self raising flour
4oz soft brown sugar
1 level tsp bicarbonate of soda
2oz butter
1 heaped tsp ginger
1 rounded tsp golden syrup
1 egg (or 2-4 tbsp milk)



HELEN SPENCE

Most significant Bible verse in this season:

Psalm 46:10 "Be still and know that I am God".

Most significant worship song in 2020:

"Sovereign Over Us"
by Aaron Keyes

BEANS ON TOAST!

I don't really have a favourite recipe, but am tempted to say beans on toast...with a slice of bacon!!

Most significant Bible verse in this season:

Psalm 91: 7-8 "If you make the Most High your dwelling, even the Lord Who is my Refuge, then no harm will befall you, no disaster will come near your tent"
I prayed that promise particularly for Warton, and so far He has kept His promise(of course....)

Most significant worship song in 2020:

"Yet Not I But Through Christ in Me"
by CityAlight



ANGIE MILLS

MISSION OFFERING

We have been so blessed, encouraged and greatly helped by the ongoing incredible generosity of our friends and supporters in what has been, as it has been for many, a very challenging year.

We can look back with great thankfulness for the Lord's provision and that we were able to run Winter Bible School, and we are now looking expectantly to the future with the prospect of holiday programmes being possible again in person at Capernwray.

For now, it is wonderful that technology has enabled you to be encouraged and ministered to online and if you would like to express your gratitude by making a donation for attending the Ladies Evening then we would be delighted - all proceeds will be split equally between Wakisa Ministries, Uganda and the Capernwray General Fund.

To donate please visit our website:

<https://capernwray.org/get-involved/donate/>

Please indicate on your donation that this is in connection with Ladies Evening.

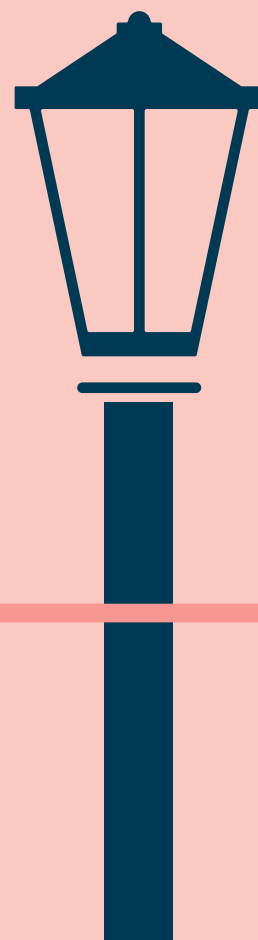
Thank you in advance for your ongoing prayerful and generous support.

In Christ,

JONATHAN HALSEY
Managing Director



SUE GILMORE will be sharing more about the work of Wakisa Ministries in Uganda and her trip there shortly after she retired in 2019.





STUDENT TESTIMONY

Hello! :) My name is Anna Krause and I attended Winter Bible School this year. Yes, this was the crazy COVID-19 period, when the entire world turned upside down. You might wonder why would I attend a Bible School in these circumstances.

“

For me, the most important part about Capernwray was getting to know God in a more profound way and building a foundation for the rest of my life with Him.



Well, obviously it wasn't the normal Capernwray experience, but it was still one of the best experiences of my life. The student body had to be split into two bubbles but within these bubbles we were able to socialise and the friendships I made in my bubble are really precious to me.

It was great to have the normal everyday structure which remained pretty much unaffected by the government guidelines. We had lectures together (at first in person, later on Zoom), ate together, had our outreach programmes and placement churches together (online, though some of us were able to attend them in person) and just shared life together.

It was wonderful to see how the staff did everything within their means to support us through the entire experience and although we were physically distant from them, it never meant that they were distant in spirit. It was still possible to form amazing relationships.

For me, the most important part about Capernwray was getting to know God in a more profound way and building a foundation for the rest of my life with Him. The lectures and daily Bible readings were a huge help in that regard. You can't not think about God in Capernwray - He is everywhere - in conversations with other people, in the assignments, in the Interactive and Family Groups. He is the centre of everything that happens and Capernwray is a great setting to start, intensify and develop your relationship with Him.

You also get a lot of time to study His word which is at the centre of the teaching, the structure of everyday life and the daily Bible Reading Plan. I think, the fact that we didn't travel as much or socialise with many people gave Bible School even more peace and quiet times. I did not feel distracted or the pressure of having to "make the most of it" by travelling around constantly and this put me into a great mindset to spend more time with God.

In summary, I can totally recommend you coming to Capernwray - yes, even in this season of COVID-19 (maybe even especially so :) I loved my time there and every single day is a special memory.

MOUSSAKA

Boil the potatoes whole for 20 mins or just until tender. Drain and allow to cool.

Return the pan to the heat and add 2 tbsp olive oil and the onion. Cook until softened, then add the lamb. Fry the mince for 5 mins or until cooked through and starting to char. Add the garlic and spice, and stir in the passata. Bring to a simmer, then season to taste, take off the heat and set aside until needed.

Heat oven to 220°C. Warm a griddle pan over a high heat and brush a little oil over the aubergines. Grill for 2-3 mins each side or until char lines appear. You may have to do this in 3-4 batches.

Once cool enough to handle, cut the boiled potatoes into thick slices. Put 1 tbsp oil in the base of a deep ovenproof dish and start with a layer of potatoes, then aubergines, a sprinkling of seasoning, then a layer of the lamb mixture. Repeat until all the mixture is used up, ending with a layer of aubergines. Spread the crème fraîche over the top and scatter with the cheese. Put in the oven for 10 mins or until the cheese is golden.

Ingredients

2 aubergines, cut into slices

500g lamb mince

4 medium-sized potatoes

1 red onion, sliced

2 garlic cloves, crushed

1 tsp mixed spice

3 tbsp olive oil, plus extra for brushing

500g carton passata

300ml tub crème fraîche

140g cheddar, grated

Most significant Bible verse in this season:

Proverbs 3:5-8

Most significant worship song in 2020:

“Yet Not I but Through Christ in Me”

by CityAlight



SAM GREGORY





CAJUN HONEY CHICKEN

I never like to be too specific, so quantities depend on your taste!

Cook quinoa in chicken stock and drain.

Chunk red onion and yellow peppers, drizzle with oil, balsamic vinegar, salt & pepper, then roast in a hot oven for 20 mins.

Slice chicken thighs into 1cm slices, then fry with the spices until browned and slightly crispy.

Chop dried apricots and fresh coriander then add to the chicken in the frying pan, with a little honey.

Fluff up the quinoa then mix in the onions, peppers, and chicken mix.

Serve in bowls with sour cream and more chopped coriander.

Ingredients

Chicken thighs
Quinoa
Red onion
Yellow pepper
Oil
Balsamic vinegar
Salt and pepper
Cajun spices
Dried apricots
Coriander
Honey
Sour cream



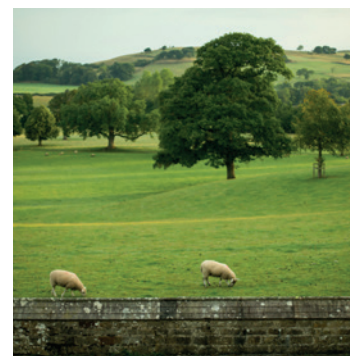
JULIE BURROWS
Operations Manager

Most significant Bible verse in this season:

Zephaniah 3:17 "The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing".

Most significant worship song in 2020:

"(Our Sins They Are Many) His Mercy Is More"



**NAEMI
ELLERSHAW**
Dining Hall
Manager

Most significant Bible verse in this season:

Psalm 63:11 *"I thirst for you, my whole being longs for you in a dry and parched land where there is no water".*

Most significant worship song in 2020:

"Ich Bin Dein"
by DMMK

PESTO CHICKEN

WITH SWEET POTATO FRIES & ROASTED VEGETABLES

Slice a sweet potato into half, then into wedges. Coat in olive oil, salt, pepper and paprika.

Spread out onto a tray with cut vegetables of your choice. We usually like peppers, carrots, parsnips, broccoli, onions - also drizzled with olive oil, salt and pepper and a bit of garlic (optional!).

Spread a layer of pesto onto the chicken breast. If you like cheese, add some mozzarella slices and tomato slices on top and bake in the oven at 200°C for about 30-35 mins.

Ingredients

Chicken breasts
Pesto
Sweet potato
Peppers
Carrots
Parsnips
Broccoli
Onions
Olive Oil
Salt and pepper



Most significant Bible verse in this season:

Matthew 11:28-29 *"Come to me all who are weary and burdened and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls".*

Most significant worship song in 2020:

"Way Maker"
by Leeland
or
"Battle Belongs"
by Phil Wickham

**HEATHER
ELLERSHAW**
Worship
Coordinator

NO FAIL FRENCH BREAD

Mix small bowl into large bowl and add 3 more cups of bread flour.

Knead every ten minutes over an hour.

Shape into two loaves and place in the middle of oven at 180°C for 40 mins or until brown and hollow sounding.

Ingredients

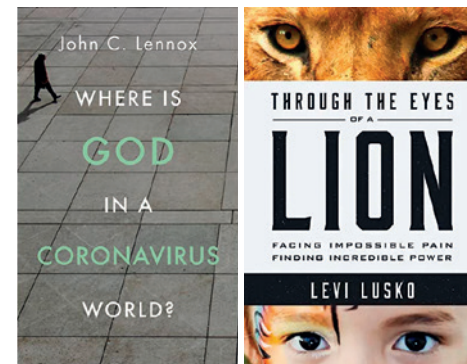
Large bowl:
2 cups of hot water
1/3c oil
2 tbsp caster sugar
1 tbsp salt
3 cups bread flour

Small bowl:
1/2 cup warm water
Two packets of yeast
1 tbsp sugar





RECOMMENDED READING



*Recommended by
Jemma Wraight*



*Recommended by
Hester Martin*



*Recommended by
Naomi Massey*

Please look into buying these books through your local Christian bookshop, either when they re-open or online. They need and greatly appreciate your support!

If that is not an option we are grateful to 'The Good Book Company' and '10ofthose' for offering a UK online discount for a limited time!

the good book .co.uk

10% Discount Code: capernwray0321
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Resources that point to Jesus

Dedicated webpage for special discounts
Valid for 1 month
10ofthose.com/uk/affiliates/capernwray

BIBLE TEACHING REFLECTION QUESTIONS

What do you understand by the fact that you are 'in Christ' and that you walk a Highway of Holiness?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

God's power has put me in Christ and His power will keep me there. I have come in Him to walk this Highway of Holiness - it is the way to God and the way of God - I walk in and with Christ Jesus and one day I will see Him face to face - until then I walk with joyful shouting - with everlasting joy upon my head.

Do you believe that God will protect you on this road, that you walk it 'in Christ' and with Christ Jesus?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

“IT IS BECAUSE OF
GOD THAT YOU ARE
IN CHRIST JESUS

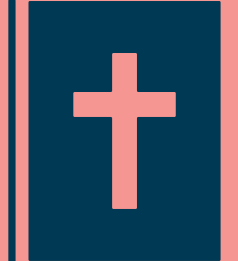
he has become for us
wisdom from God, that is,
our righteousness, holiness
and redemption.

1 CORINTHIANS 1:30

What does it mean to you that you are now totally cleansed in Christ and that He has become your wisdom, righteousness, sanctification and redemption?

[illegible]

**BIBLE TEACHER
ANN ABSOLOM**



Ann is always challenged and motivated by the Scripture that exhorts us to ‘proclaim the excellencies of Him who called us out of darkness into His marvellous light’ 1 Peter 2:9. She has been greatly encouraged as the Lord has brought together a team of people to set up **Desiring Truth** - a ministry received from the Lord Jesus, enabled by the Holy Spirit and called out for such a time as this to testify solemnly to the gospel of the grace of God.



MORE INFO
DESIRINGTRUTH.ORG.UK

ITALIAN CHICKEN BAKE

Fry the onion and garlic in the oil until softened.

Add the oregano, tomatoes and sugar, a little splash of vinegar and some salt and pepper, then simmer for 20 mins until the sauce is really thick.

Stir in the chicken and transfer to a baking dish.

Heat oven to 220°C.

Tear over the mozzarella in chunks, then scatter over with the breadcrumbs with a bit more ground pepper.

Bake for 20 mins until the chicken is piping hot through and the top is golden and bubbling.

Ingredients

500g cooked chicken,
shredded into chunks
1 large onion, chopped
2 garlic cloves, crushed
3 tbsp olive oil
2 tsp dried oregano
3 x 400g cans chopped
tomatoes
1 tbsp sugar
Splash of red or white wine
vinegar
125g ball mozzarella
2 good handfuls fresh
breadcrumbs



CLAIRE HALSEY

Most significant Bible verse in this season:

Romans 12:2 *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind”.*

Most significant worship song in 2020:

“Waymaker”
by Leeland





CHOCOLATE BROWNIE CAKE

Preheat oven to 180°C.

Grease and line a 20cm cake tin.

Place the butter, caster sugar, brown sugar, chocolate and golden syrup in the pan and melt gently on a low heat until it is smooth and lump-free.

Remove the pan from the heat.

Break the eggs into a bowl and whisk with a fork until light and frothy.

Add the eggs, vanilla extract or essence, flour, baking powder and cocoa powder to the chocolate mixture and mix thoroughly.

Put the mixture into the cake tin and place on the middle shelf of the oven. Bake for 25-30 mins.

Remove and allow to cool for 20-30 mins before cutting into wedges and serving.

Ingredients

100g butter

125g caster sugar

75g light brown or

Muscovado sugar

125g milk chocolate

1 tbsp golden syrup

2 eggs

1 tsp vanilla extract/essence

100g plain flour

1/2 tsp baking powder

2tbsp cocoa powder

Most significant Bible verse in this season:

Hebrews 11:1 *"Now faith is confidence in what we hope for and assurance about what we do not see".*

Most significant worship song in 2020:

"In Christ Alone"

by Stuart Townend



HEATHER TALLENTS
IT/AV Coordinator

LEMON PUDDING CAKE

GLUTEN FREE AND LOW LACTOSE

Sift together into mixing bowl: flour, sugar and salt.

Stir in: lemon zest, lemon juice, egg yolks (well beaten) and milk.

Fold in: egg whites stiffly beaten.

Pour mixture into a 2 quart casserole or 8 custard cups. Set in a pan of water (1 inch deep) Bake at 180°C for about 30 to 35 mins. (Oven time may vary so keep checking nearer the end of the suggested time - the top should be golden brown).

Serve warm or cold with or without whipped cream.

Ingredients

½ cup gluten-free flour

2 cup sugar

½ tsp salt

3 tsp grated lemon zest (2 lemons)

½ cup lemon juice

4 egg yolks, reserve whites

2 cups 1% or skim milk

4 egg whites stiffly beaten until peaks are formed



LINDA THOMAS

Most significant Bible verse in this season:
Philippians 4:4-7

Most significant worship song in 2020:
“What a Faithful God Have I
(Lord I come before your throne of grace...)”

CELERIAC & GOATS CHEESE SOUP

Over a medium heat in a large pot, sweat the chopped onion and garlic down in the butter along with ½ tsp of salt flakes. Put the lid on and soften for 10 mins, stirring frequently.

Meanwhile, peel and chop the celeriac. Add to the softened onions along with the vegetable stock and a pinch of black pepper. Up the heat and bring to the boil, before reducing and simmering for 20 mins with the lid on.

Once the celeriac is soft, take the pot off the heat and blend well with a hand blender or food processor until smooth.

Add the soft goats cheese and blend again until your soup is silky smooth.

Ladle into bowls, top with any spare goats cheese, extra virgin olive oil and a good crack of black pepper.

Ingredients

30g unsalted butter

1 onion, peeled and chopped

2 garlic cloves, peeled and chopped

½ tsp salt flakes

1 medium celeriac (400g), peeled and chopped

1 litre vegetable stock (I use 1 Knorr gluten free stock pot)

125g vegetarian soft goats cheese and extra to garnish

Black pepper

Extra virgin olive oil to serve



KAREN WRAY

Most significant Bible verse in this season:

Psalm 62:5 “Yes, my soul, find rest in God; my hope comes from him”.

Most significant worship song in 2020:

“Turn Your Eyes Upon Jesus”
by Sovereign Grace

INDIAN DOSA

GLUTEN FREE

Preheat the oven to 200°C.

Wash the potatoes and sweet potatoes, then bake in the oven for one hour. Then cut in half and scoop out the flesh and roughly mash.

Heat the oil in a pan. Add both chillies, ginger, mustard seeds, and turmeric. Fry until the mustard seeds start to pop. Pour the spice mix over the potatoes, then gently mix together. Taste and season with salt and pepper. Squeeze in the lime juice, add the spring onions and coriander, then mix together.

For the batter, add gram flour and gluten free plain flour to a large bowl with the bicarbonate soda and mustard seeds. Gradually whisk in the water, to make a loose batter.

Pour enough batter in a warmed pan and immediately twist so the batter coats the base of the pan (the amount use will depend on your pan size). As soon as the top looks set add a few heaped tablespoons of potato filling and gently spread across the dosa. Once the base is crispy, loosely roll up the dosa in the pan and you're ready to go.

Ingredients

2 baking potatoes
2 sweet potatoes
1 tbsp oil
1 tsp chilli flakes
1 fresh red chilli
1 tbsp fresh ginger
1½ teaspoons mustard seeds
1 tsp ground turmeric
4 spring onions, washed, trimmed and finely sliced
1 tbsp fresh coriander, chopped
1 lime

Batter

100g gram flour
100g plain gluten free flour
½ tsp bicarbonate of soda
2 tsp mustard seeds
400ml water
Oil for greasing the pan

HOMEMADE LEMON CURD

Put the lemon zest and juice, sugar and butter into a heatproof bowl.

Sit the bowl over a saucepan of gently simmering water, making sure the water is not touching the bottom of the bowl. Stir the mixture every now and again until all of the butter has melted.

Lightly whisk the eggs and egg yolk and stir them into the lemon mixture. Whisk until all of the ingredients are well combined, then leave to cook for 10–13 mins, stirring every now and again, until the mixture is creamy and thick enough to coat the back of a spoon.

Remove the lemon curd from the heat and set aside to cool, stirring occasionally as it cools. Once cooled, spoon the lemon curd into sterilised jars and seal. Keep in the fridge until ready to use.

Ingredients

4 unwaxed lemons, zest and juice
200g unrefined caster sugar
100g unsalted butter, cut into cubes
3 free-range eggs
1 free-range egg yolk

Most significant Bible verse in this season:

Isaiah 26:3-4 *"You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal".*

Most significant worship song in 2020:

"He Will Hold Me Fast"



RACHEL BURT

Most significant Bible verse in this season:

Joshua 1:9

Most significant worship song in 2020:

"In Christ Alone"

by Stuart Townend



ANNE SWEENEY

BIBLE SCHOOL

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STUDENT TESTIMONY

Jessica DeLay

For me, coming to Winter Bible School for the 2020/2021 term, was a “now or never” kind of opportunity. And if God wasn’t in it, I didn’t want to come. He was going to have to answer some of the most specific and personal prayers of mine at a time when the world was at a standstill and in crisis mode due to the Covid-19 pandemic. Dare I be that bold with Him? Or was it that secretly I had my doubts about how much He could provide for me, and the obstacles seemed too big to climb? I’m sure we all have been there. Simply being at Capernwray showed me God does not slow down or halt His kingdom work, even if the rest of the world does. After all, He is the God who doesn’t sleep! (Psalm 121:4)



When you live abroad for six months, you likely return with lots of souvenirs and pictures of all the places you saw. While I will return with lots of pictures of the thirty people in my “Red Bubble” here on the Capernwray grounds, I have few souvenirs but rather a whole treasure chest of priceless experiences and lessons “that moth and rust cannot destroy” (Matthew 6:19-20).

Memories of singing Christmas carols in different languages outside in the courtyard, staying up late working on a puzzle and talking about life’s struggles, exploring every field, brook, and woods you could find on foot, and learning from one another’s individual spiritual journeys are some of the many things I will store in my Capernwray treasure chest.

We have had so much rich content packed into six months, but presently I am still in awe about the lecture series on the attributes of God, specifically God’s holiness. To be holy means to be separate and distinct. Our lecturer Andy Woof described this attribute as “a descriptive umbrella of God” since God’s justice is a holy justice, and God’s mercy is a holy mercy.

As Andy poured over Isaiah 6 with us, he encouraged us to become overwhelmed with God’s holiness, even when life is full of difficulty and uncertainty as we have seen unfold during this pandemic. The train of the Lord’s robe filled the temple. The surrounding seraphim needed four out of their six wings to cover themselves from the holiness and glory of God – it is that awe-inspiring. And yet, it is the same almighty and eternal God that I can cry out, “Abba, Father” to, because I have the Holy Spirit living in me (Romans 8:15). His holiness just makes His grace that much richer and frankly, shocking.

I understand more personally why the apostle Paul would pray for the Ephesians that they would have the power to understand, as all God’s people should (you and me), “how WIDE, how LONG, how HIGH, and how DEEP His love is” (Ephesians 3:18).



“

I have few souvenirs from my time at Capernwray but rather a whole treasure chest of priceless experiences and lessons “that moth and rust cannot destroy” (Matthew 6:19).



SUMMER HOLIDAY PROGRAMME 2021

Our hope for this Summer is that everyone is able to come to Capernwray and experience the fun, variety and refreshment of a much-needed break. The holidays might look a bit different this time around, with the introduction of the Escape weeks for adults and families together, but there will be the usual mix of activities, worship and Bible teaching.

Escape to Capernwray 1 (Adults and families), 3-9 July
Escape to Capernwray 2 (Adults and families), 10-16 July
International Youth Week 1 (14-17s), 17-24 July
International Youth Week 2 (14-17s), 24-31 July

Escape to Capernwray 3 (Adults and families), 7-13 August
Escape to Capernwray 4 (Adults and families), 14-20 August
One Parent Family Week, 21-27 August
Equipped (Adults), 28 August-3 September
Men's Weekend (Adults), 3-5 September

Pencil the dates in your diary for now, more details will follow soon. Please continue to check our website and subscribe to our electronic newsletter to receive the latest updates.

MORE INFORMATION
CAPERNWRAY.ORG

EASY FUDGE ICE CREAM

Cut the fudge into small pieces.

Put the condensed milk in a saucepan with two thirds of the fudge - heat gently and stir to dissolve the fudge. Let the mixture cool - it needs to be cold before you add it to the cream.

Whip the cream to the soft peak stage and then gently fold in the cooled condensed milk/fudge mixture.

Gently fold in the rest of the chopped fudge, reserving some for the top.

Spoon into an airtight freezer-proof container and sprinkle with the last of the fudge pieces.

Freeze for at least 6 hours or overnight.

Apparently the ice cream will probably keep for around 2 weeks but I have never tested that as it's usually gone within days!!

Ingredients

150ml condensed milk
(half of a 397g can - the remainder can be frozen for next time!)

120g fudge
(you can use the chocolate covered bars of fudge)

300ml double cream

Most significant Bible verse in this season:

Romans 15:3 "May the God of hope fill you with all joy and peace as you trust in him so that you may overflow with hope by the power of the Holy Spirit".

Most significant worship song in 2020:

"Battle Belongs"
by Phil Wickham



SAM LAWSON
Receptionist





GLUTEN FREE PANCAKES

Put the flour, baking powder, baking soda and salt in a bowl and make a well in the centre. Crack the egg in the middle and pour in a quarter of the milk. Whisk thoroughly to combine the mixture.

Once you have a paste, mix in another quarter and once lump free, mix in the remaining milk. Leave to rest for 20 mins. Stir again before using.

Heat a frying pan with some of the oil. When hot, pour a small amount of the mixture into the pan and swirl around to coat the base – you want a thin layer. Cook for a few mins until golden brown on the bottom, then turn over and cook until golden on the other side.

Repeat until you have used all the mixture, stirring the mixture between pancakes and adding more oil for frying as necessary.

Ingredients

1 $\frac{1}{4}$ cup gluten free flour
1 tbsp sugar
1 tsp of baking powder
 $\frac{1}{2}$ tsp of baking soda
 $\frac{1}{4}$ tsp of salt
1 egg
1 cup of milk
 $\frac{1}{4}$ cup of oil

**Our family is partial to adding chopped blueberries.*



NAOMI MASSEY

Most significant Bible verse in this season:

Genesis 39:21 “But there in jail God was still with Joseph: He reached out in kindness to him; He put him on good terms with the head jailer”.

Most significant worship song in 2020:

“Jesus, Strong and Kind”
by CityAlight



**JEMMA
WRIGHT**
Outreach
Coordinator

Most significant Bible verse in this season:

Hebrews 10:23 *"Let us hold unswervingly to the hope we profess, for he who promised is faithful".*

Most significant worship song in 2020:

"The Blessing"
by Elevation Worship

BUTTERNUT SQUASH CURRY

Warm the oil in a pan over medium high heat.

Grate the squash and add to pan. Season with salt and add curry powder. Grate the onion and add to mixture. Let cook for 1-2 mins before adding chilli and grated ginger, then cook for 5 mins.

Add chicken and toss. After 2 mins, add peas, tomatoes and then the coconut milk. Mix and cook for about 2 mins. Then add 2 tbsp of stock bring to boil and simmer for around 5 mins.

Once chicken is cooked, add spinach and cook till wilted. Then take pan off heat and serve.

Ingredients

2 chicken breasts, diced
1 butternut squash, peeled
1 red onion
1 inch of ginger
1/3 cup of peas
1 cup of tinned tomatoes
1 cup coconut milk
2 ½ tsp of curry powder
Chicken or vegetable stock
1 chilli, chopped
½ cup of spinach
Oil



Most significant Bible verse in this season:

1 Peter 1:6-7 *"So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honour on the day when Jesus Christ is revealed to the whole world".*

Most significant worship song in 2020:

"Water and Dust"
by Cory Asbury

FEN DEEHAN
Finance Assistant

CHICKEN IN BEER SAUCE

Put the onion and rosemary in a large shallow casserole or sauté pan. Add the oil, season the onions with salt and add the pancetta. Fry over a high heat for about 8 mins.

Add the chicken, skin-side down, and fry for about 8 mins or until golden brown. Turn and fry for a further 2 mins.

Pour the beer over the chicken, add the bouillon powder and bring to the boil. Reduce the heat and simmer for 10 mins (uncovered), stirring occasionally.

Turn the chicken and cook for a further 10 mins. Turn the chicken once more, season with pepper and cook for a further 15 mins or until cooked through.

Ingredients

1 large onion, peeled and chopped
1 tbsp chopped fresh rosemary
4 tbsp olive oil
150g pancetta, chopped
8 bone-in, skin-on chicken thighs (about 1kg in total)
2 bottles of lager (about 660ml in total)
½ tsp vegetable bouillon powder
Salt and freshly ground black pepper



SNICKER DOODLES

Preheat oven to 190°C and line two large baking sheets with parchment paper.

Make the topping: Combine the granulated sugar and cinnamon together in a small bowl.

Make the cookies: Whisk together the flour, cream of tartar, baking soda, cinnamon, and salt together in a medium bowl.

In a large bowl beat the butter and granulated sugar together until smooth and creamy. Add the egg, egg yolk, and vanilla extract. Mix until combined. Slowly add the dry ingredients to the wet ingredients in three different parts. The dough will be thick.

Roll dough into balls, about 1½ tbsp of cookie dough each. Roll the dough balls in cinnamon-sugar topping. Arrange 6-7cm apart on baking sheets.

Bake for 10 mins. The cookies will be very puffy and soft. When they are still very warm, lightly press down on them with the back of a spoon or fork to flatten them. Allow to cool on the baking sheet for 10 mins and transfer to a wire rack.

Ingredients

375g plain flour
2 tsp cream of tartar
1 tsp baking soda
1½ teaspoons ground cinnamon
½ teaspoon salt
230g unsalted soft butter
267g granulated sugar
1 large egg
1 large egg yolk
2 tsp pure vanilla extract

Topping

70g granulated sugar
1 tsp ground cinnamon



CHARLOTTE COE
Bible School Administrator

Most significant Bible verse in this season:
Romans 8:38-39

Most significant worship song in 2020:
“His Mercy is More”
by Matt Boswell & Matt Papa





HEALING MEATY BONE BROTH

Place the raw chicken or meaty bones in a large pot and add just enough mineral water to cover. Too much water will create a very watery stock but you're aiming for thick gelatinous stock to heal the gut lining.

Add peppercorns, salt and apple cider vinegar (the vinegar helps to break down the collagen and makes it more abundant in the broth).

Cook for no more than 90 mins for chicken and up to 3 hours for beef and lamb bones.

Strain stock with a sieve and pick out the meat and set aside.

This stock can now be stored for gentle reheating and drinking as it is, or you make a wonderful healing soup.

On a low heat cook white onion, carrot and leeks with a sprig of rosemary to the stock, add the meat in towards the end and ensure its piping hot. Serve when vegetables are soft.

Ingredients

1 chicken carcass, meat and bones - preferably raw and organic (Beef or lamb will also work).

2 tsp sea salt

5 whole black peppercorns

1 tbsp apple cider vinegar

2 carrots

1 white onion

1 leek

Filtered or mineral water

Most significant Bible verse in this season:

Job 38: 1-41 *"The Lord spoke to Job out of the storm. He said..."* (You need to read the rest!).

Most significant worship song in 2020:

"Faithful God"
by I Am They



LAURA HOLDERNESS



ANDREA BATES

Most significant Bible verse in this season:

Isaiah 41:10 "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, I will uphold you with My righteous right hand".

Most significant worship song in 2020:

"Saviour Shepherd Me (Psalm 23)"
by Matt Searles

VEGETABLE SCRAMBLE

A meal in one and good to use up cooked potatoes.

Fry the chopped onions, peppers, potatoes (and any other vegetables you like) in a medium pan.

Whisk the eggs in a jug and pour over the vegetables in the frying pan.

Add cheese, bacon, red onion, mushroom and spinach and cook until the egg mixture becomes firm.

Ingredients

Cooked potatoes
Chopped onions
Peppers
Eggs
Cheese
Bacon
Mushrooms
Spinach



Most significant Bible verse in this season:

Isaiah 26:3 "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusts in thee".

PENNY BURNSIDE
Bookshop Manager

AUBERGINE & MEATBALL BAKE

Preheat the oven to 180°C.

For the meatballs, mix all the ingredients in a large bowl, with 1 tsp of salt and ½ tsp black pepper. Shape into 20 meatballs and chill.


Toss the onion, aubergines and oil in a large roasting tin or ovenproof serving dish. Season well. Cook for 25 mins, until the veg are starting to soften.

Stir through the tomatoes, dried oregano and ½ tsp salt. Top with the meatballs and return to the oven for 20-25 mins, or until the tomatoes are bubbling and the meatballs are cooked through.

Ingredients

For the meatballs
500g lamb or beef mince
75g breadcrumbs
1 medium egg, beaten
1 garlic clove crushed
1 tsp ground cumin
1 tsp ground coriander
For the sauce
1 onion, roughly chopped
2 large aubergines, thinly sliced into half moons
1 tbsp olive oil
800g chopped tomatoes
2 tsp dried oregano





Blessed are they who delight in the Lord,
who meditate on his word day and night.
They are like trees planted by water,
yielding fruit in season and not withering.




I will rescue
my flock;
they shall no
longer be a prey
EZEKIEL 34:22



Store up your
treasure in heaven
where it will not rot
or be stolen
MATTHEW 16:20



Make the
most of
every
opportunity
EPHESIANS 5:16



Look at the birds of the air,
they neither sow nor reap nor gather ;
yet your heavenly Father feeds them.
Are you not of more value than they?



From a
Distance.
Close to
His Heart.



Good will come
to those who
are generous
and give freely
PSALM 112:5



I am the Good Shepherd,
I know my sheep and
they know me.

Everything we do
is focussed on
the indwelling
life of Christ



Grow in the grace
and knowledge of
our Lord and Savior
Jesus Christ
2 PETER 3:18



STAY IN TOUCH
@CAPERNWRAYHALL

THANK YOU FOR
JOINING US.

WE HOPE TO SEE
YOU SOON!

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