

# WARNOCK'S ESCAPADES

## CHRISTMAS 2007

### OUR CHRISTMAS MESSAGE TO YOU

#### MAYA ANGELOU PRAYER

This poem was read at the lighting of the White House Christmas tree on 1 December 2005. Maya Angelou's long poem, *Amazing Peace*, celebrates the common bonds shared by people of all faiths.

*We shout with glorious tongues at the coming of hope.  
All the earth's tribes loosen their voices  
To celebrate the promise of peace.*

*We, Angels and Mortals, Believers and Non-Believers,  
Look heavenward and speak the word aloud.  
Peace. We look at our world and speak the word aloud.  
Peace. We look at each other, then into ourselves  
And we say without shyness or apology or hesitation.*

*Peace, My Brother.  
Peace, My Sister.  
Peace, My Soul.*



*We wish you all peace  
of mind, body, and spirit  
this holiday season!  
Love & Blessings,  
Ted, Carla, & Ashley*

**About the author:** *Dr. Maya Angelou* is a remarkable Renaissance woman who is hailed as one of the great voices of contemporary literature. As a poet, educator, historian, best-selling author, actress, playwright, civil-rights activist, producer, and director, she continues to travel the world, spreading her legendary wisdom. Within the rhythm of her poetry and elegance of her prose lies Angelou's unique power to help readers of every orientation span the lines of race and Angelou captivates audiences through the vigor and sheer beauty of her words and lyrics. For more information on Ms. Angelou, go to <http://www.mayaangelou.com> and click on the photograph.

**Update on Ashley.** 2007 has been a challenging year for our family culminating with the May placement of Ashley in the Parkwood Developmental Center in Valdosta, GA. Ashley struggles with the separation from home and family as well as a new set of requirements as an adult. We are very grateful for the many people who have prayed for us as we have processed through this year. We visit her monthly. Her sister and family joined us there for a fun Thanksgiving with her. We are looking forward to having 5 days with her for Christmas, which will also be her 28<sup>th</sup> birthday!

After a time of grieving and renewal, Ted and I are enjoying our time together as a couple!

## Recipe for Christmas All Year Long

Take a heap of child-like wonder  
That opens up our eyes  
To the unexpected gifts in life  
Each day a sweet surprise.

Mix in fond appreciation  
For the people whom we know;  
Like festive Christmas candles,  
Each one has a special glow.

Add some giggles and some laughter,  
A dash of Christmas food,  
(Amazing how a piece of pie  
Improves our attitude!)

Stir it all with human kindness;  
Wrap it up in love and peace,  
Decorate with optimism, and  
Our joy will never cease.

If we use this healthy recipe,  
We know we will remember  
To be in the Christmas spirit,  
Even when it's not December.

*By Joanna Fuchs*

<http://www.poemsource.com/Christmas-poems.html>

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## The Back Pew - Jeff Larson

For he's a jolly ★ good baby. For  
he's a jolly ★ good baby.  
For he's a jolly good baby..  
which nobody can deny!



The **Realms of Glory Choir** tryouts for that first Christmas night included this spirited ditty. BUT as we all know, 'For he's jolly good baby' never became a Christmas classic.



" MERRY CHRISTMAS ! "

## Healthy Holiday Eggnog

### Ingredients:

2 cups skim milk  
2 tablespoons cornstarch  
3-1/2 teaspoons Equal for Recipes  
or 12 packets Equal sweetener  
or 1/2 cup Equal Spoonful  
2 eggs, beaten  
2 teaspoons vanilla  
1/4 teaspoon ground cinnamon  
2 cups skim milk, chilled  
1/8 teaspoon ground nutmeg

## Eggnog Tidbits

Eggnog is a merry part of holiday celebrations! A take-off on similar European egg-and-milk drinks, eggnog was a popular wintertime beverage in Colonial America. It was made in large quantities and was nearly always served for social occasions, especially on Christmas.

There are two theories as to the origin of the name of this festive blend. In the Old World, the drink was traditionally made with wine.

Early Americans gave it a new twist, using rum ("grog") instead.

It is possible that the name "eggnog" was originally "egg" in "nog". Other experts believe that "nog" is short for "noggin", a small, carved wooden mug used to serve drinks in taverns. An egg drink served in a noggin might have become known as "eggnog".

**Note:** Equal sweetener can be substituted with other sweetener products. Nutrition contents might be different from those listed below.

**Directions:** Mix 2 cups milk, cornstarch, and Equal in small saucepan; heat to boiling; boil, stirring constantly for 1 minute. Beat eggs in medium bowl. Mix about half the milk mixture into eggs; then add this egg mixture to remaining milk in saucepan. Cook over low heat until slightly thickened, 1 to 2 minutes, stirring constantly. Remove from heat and stir in vanilla and cinnamon. Cool to room temperature; refrigerate until chilled, or until serving time. Stir 2 cups milk into custard mixture; serve in small glasses or punch cups. Sprinkle lightly with nutmeg. Variation: If desired, 1 to 1-1/2 teaspoons rum or brandy extract can be stirred into the eggnog.

**Yield:** Makes 8 servings. **Nutrition information per serving:** Calories: 79 - Protein: 6g - Total Carbohydrates: 10g - Total Fat: 1g - Cholesterol: 55g - Sodium: 79mg - Exchanges: 1 Milk

## I'm Nuts



2 Tbsp butter or non-hydrogenated margarine, melted  
2 Cups assorted nuts (almonds, pecans, macadamia, cashews)  
2 tsp tamari soy sauce  
1/2 tsp sea salt  
1/8 tsp cayenne pepper

Toss nuts in melted butter or margarine then place in a single layer on a baking sheet. Toast at 325 until lightly browned (15-20 minutes), stirring at least twice. Remove from oven, sprinkle with tamari, sea salt and cayenne, stir well and cool completely before storing in an airtight container

**Update on Ted:** He enjoyed a rather unique trip back to Haiti in October with the Haiti Partnership team led by friend Rev. Mike Willis. He is working on writing up what was lovingly called "Ted and Mike's Excellent Adventure"! Ted's work on the UMCOR Landmine program in Angola is proceeding forward as planned. The "Luke's House" free medical clinic in New Orleans is a reality. And, he is working on learning Portuguese!

**Update on Carla:** Though it does not seem very mission-like, I am diligently working on the missionary health records to create a paperless system that is easily accessible anywhere and anytime needed. In the February edition of the Online Journal of Nursing Informatics, I will become "published" with my poem Holy E-mail. I have also submitted two manuscripts of scholarly work for publication in professional journals.

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*Good news from heaven the angels bring,  
Glad tidings to the earth they sing:  
To us this day a child is given,  
To crown us with the joy of heaven.*  
By Martin Luther

*May your holiday season be a blessing to you and yours.  
May you be a blessing to all those around you as  
you mirror the love of Christ  
through you actions of peace and kindness.*

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