

*Nourishment for the
Mind & Body*

*Brought to you by:
Sisters of St. Ursula*

Sr. Isaac's Turtle Cake

This recipe is one from Barbara of North Carolina. Many of us enjoy the candy "turtle" with its smooth caramel, chocolate and pecans.

- 1 box of German Chocolate cake mix
- 1 14 ounce pkg. caramels
- 1/2 can of evaporated milk
- 6 tbsp. Butter
- 1 cup pecans
- 1 cup chocolate chips (semi-sweet)

Prepare cake batter as directed on box. Pour half the mixture into a greased and floured 13 x 9 inch pan. Bake 18 minutes at 350 degrees. Set aside remaining half of mix.

In 2 quart saucepan melt caramels with the milk and butter. Stir in pecans and chocolate chips. Pour the mixture over the baked cake. Add remaining cake mix to pan, spreading evenly.

Bake 20 minutes at 350 degrees.

When serving dust the pieces with some confectionery sugar.

"Life is a journey. When we stop, things don't go right."

- **Pope Francis**

Bless the Lord, O my soul,
and all that is within me,
bless his holy name!
Bless the Lord, O my soul,
and forget not all his benefits,
who forgives all your iniquity,
who heals all your diseases,
who redeems your life from the pit,
who crowns you with steadfast love
and mercy,
who satisfies you with good
so that your youth is renewed like the
eagle's.

- **Psalm 103**

"Blessed are you, spring. You invite us to sing songs to the frozen regions within and to bless the lessons of winter as we become your partner in a new dance."

- **Joyce Rupp and Macrina Wiederkehr,**
"The Circle of Life"

The LORD is my shepherd. He leads me in paths of righteousness. I will fear no evil. I will dwell in the house of the LORD forever.

- **Psalm 23**

I praise you, LORD, for you raised me up and did not let my enemies rejoice over me. O LORD, my God, I cried out to you for help and you healed me.

-Psalm 30

The Easter Challenge

By Joyce Rupp

Every year it happens:
earth shakes her sleepy head,
still a bit wintered and dull,
and feels new life stirring

Every year cocoons give up their
treasures,
fresh shoots push through brown
leaves,
seemingly dead branches shine with
green,
and singing birds find their way
home.

Every year we hear the stories
empty tomb, surprised grievers,
runners with news and revelation,
unexpected encounters,
conversations on the road,
tales of nets filling with fish,
and breakfast on a seashore
And every year the dull and dead in
us meets our Easter challenge:

to be open to the unexpected,
to believe beyond our security,
to welcome God in every form,
and trust in our own greening.

Sr. Isaac's Irish Soda Bread

I really enjoy baking and during my many years in ministry I exchanged recipes with friends. This is one of my special recipes from an "Irish" friend, Mrs. Callaghan.

2 cups all purpose flour

1/4 lb. butter or margarine (I use a little more)

2 to 3 tablespoons sugar

1/2 cup raisins

2 to 3 teaspoons caraway seeds

2 teaspoons of baking powder

1/2 teaspoon baking soda

Pinch of Salt

1 egg

Buttermilk (about 1 cup)

Combine flour with margarine or butter with fingers. Add all the dry ingredients.

Add sufficient buttermilk to egg to make one cup – beat lightly and add to flour mixture. Knead on a floured board and bake in a floured iron skillet in moderate (350 degrees) oven for 45 to 55 minutes or when tester comes out dry.

This mixture should be a rather soft dough if not, a little more buttermilk may be added.

I always dent the top of the loaf in a cross pattern before placing it in the oven...this is an Irish custom putting the Christ mark on all the loaves.

Slather a piece with butter – a real treat!

Do not be envious of evildoers, for they will fade like the grass. The righteous will inherit the earth. The LORD is their stronghold.

- Psalm 37