

*Christmas Nourishment for the  
Mind & Body*

*Brought to you by:*

*Sisters of St. Ursula*

*Rhinebeck, NY 12572*

**Linzer Tarts**

1 cup (2 sticks) of unsalted butter

1 cup of granulated sugar

2 eggs

1/2 teaspoon almond extract

2 1/2 cups of flour

2 teaspoons of baking powder

Raspberry preserve and Confectionery Sugar

Cream butter and sugar till light and creamy. Beat in eggs one at a time. Add flavoring. Sift flour and baking powder together. Stir into creamed mixture. Refrigerate Overnight.

Only take a portion at a time to work as it is best to work while dough is cold. Roll 1/4 inch thick. Cut with doughnut cutter. Bake at 375 degrees for 8 to 10 minutes. Cool on rack. Assemble with preserve and dust with sugar.

We consider Christmas as the encounter, the great encounter, the historical encounter, the decisive encounter, between God and mankind. He who has faith knows this truly; let him rejoice.

- St. Paul VI

**Peanut Butter Balls**

2 cups graham cracker crumbs

1 cup chunky peanut butter

1 pound confectioners' sugar

1/2 pound butter or margarine

1/2 teaspoon of vanilla extract

1 cup chopped nuts

1/2 stick of paraffin wax

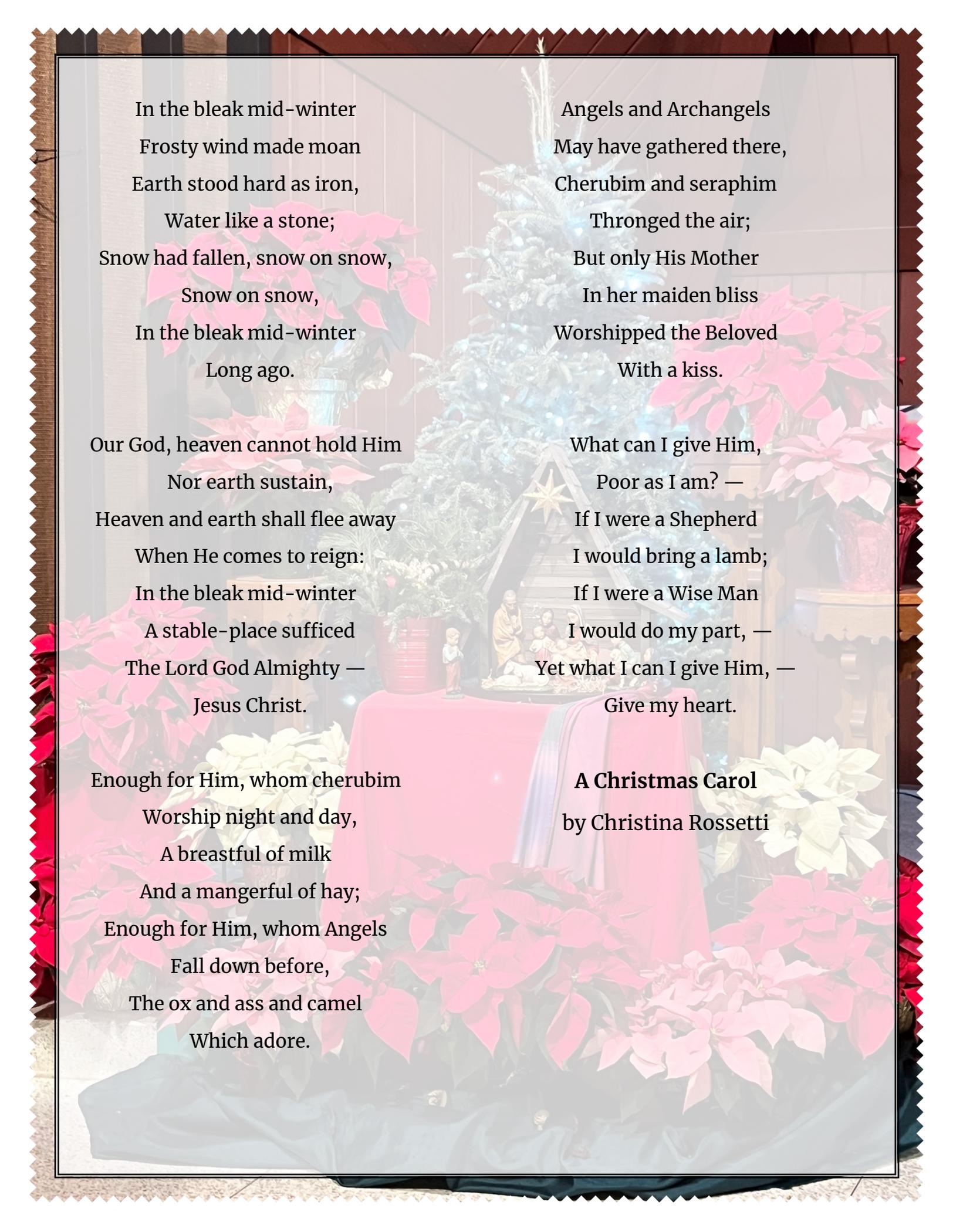
1 12 oz bag of chocolate chips

Mix together graham cracker crumbs, peanut butter, confectioners' sugar, butter or margarine, vanilla extract, and nuts in a bowl and roll into balls (about 1 teaspoon).

In a double boiler melt 1/2 stick of paraffin and 1 12 oz pack of chocolate chips.

Roll into balls in chocolate and place on wax paper. Let them cool, and place in-

**Merry Christmas and a  
Blessed New Year!**

A Christmas scene featuring a decorated tree, a nativity scene, and poinsettias.

In the bleak mid-winter  
Frosty wind made moan  
Earth stood hard as iron,  
Water like a stone;  
Snow had fallen, snow on snow,  
Snow on snow,  
In the bleak mid-winter  
Long ago.

Angels and Archangels  
May have gathered there,  
Cherubim and seraphim  
Thronged the air;  
But only His Mother  
In her maiden bliss  
Worshipped the Beloved  
With a kiss.

Our God, heaven cannot hold Him  
Nor earth sustain,  
Heaven and earth shall flee away  
When He comes to reign:  
In the bleak mid-winter  
A stable-place sufficed  
The Lord God Almighty —  
Jesus Christ.

What can I give Him,  
Poor as I am? —  
If I were a Shepherd  
I would bring a lamb;  
If I were a Wise Man  
I would do my part, —  
Yet what I can I give Him, —  
Give my heart.

Enough for Him, whom cherubim  
Worship night and day,  
A breastful of milk  
And a mangerful of hay;  
Enough for Him, whom Angels  
Fall down before,  
The ox and ass and camel  
Which adore.

**A Christmas Carol**  
by Christina Rossetti