

Finding Solace in an Uncommonly Stressful Time



As children start school again, parents return to their jobs or struggle to figure out online learning for children while trying to balance that with their work schedule, stress levels may be quickly rising through the roof.

This would be a perfect opportunity to remember self-care. Take moments to breathe, to enjoy the beauty of New England in the fall. Covid-19 cannot take from the wonders of God's world all around. The vibrant colors, the smells of fall, the refreshing breezes, all of these offer us renewal and soothe us if we allow for it to. So seek out God all around you for God resides where ever you may be. Seek out God's patience, strength, and peace especially when frustrations seem to be on the rise.

Remember you may always join us on a Sunday morning for worship. Though we are all still social distancing, church activities continue with very limited in-person worship in our church hall on Sunday mornings and unlimited Zoom worship that appears on our YouTube page later in the day.

If you are interested in joining us for worship, we meet at 10 a.m. During Covid-19 we do

need RSVPs for Sunday morning worship by calling 203-261-2527 or emailing cchurcheaston@gmail.com. For Zoom worship, you may join on Sunday mornings by following the link on our website at www.eastonchurch.org.

If you are interested in seeing our historic church building, please contact the church office and we will gladly take you over to the church. Or come to worship and we will give you a tour following worship!

Here is a favorite fall recipe that my family has been making for generations. I hope it will quickly become a favorite in your household as it has in mine.

Apple Cake

Submitted by the Rev. Amanda Ostrove (a Standish/Ladegard Recipe)

3 cups flour

2 cups sugar

1 ½ cup salad oil

2 eggs

2 tsp. cinnamon

1 tsp. salt

1 tsp. baking powder

2 tsp .vanilla

4 cups sliced and peeled apples

Strawberry Jelly

Milk

Instructions

1. Preheat oven to 375°
2. Peel and slice apples, coat in sugar and cinnamon and place in the refrigerator for later
3. Mix the first eight ingredients together in one bowl. The batter should be dry and

grainy. Add in milk until the batter gets smooth yet sticky.

4. Put half of the batter into an ungreased 13 by 9-inch baking dish. Layer in apples, drop tablespoons of strawberry jelly on top of the apples three across all the way down to the bottom. Top with the last half of the batter and sprinkle with cinnamon and sugar. Bake for 55 minutes or until a toothpick comes out clean.