



JUNE 2020

The Little Chapel with the Big Heart



Dear Little Chapel on the Boardwalk family,

I don't know about you, but I like to save things. Now I am not going to call myself a "hoarder" because I don't like to save everything, just certain items.

For instance, I have a box in the garage that is filled with hundreds of golf balls that I will never use because they are too scuffed up for me. I am not sure what I will do with them, maybe someday our son in law Danny will inherit them.

I also have saved a copy of every sermon I have ever preached; they are kept in 3 ring binders in a cabinet, and I have kept every newsletter article I have ever written. I know they can all be kept on the computer and saved that way, but I like the feel of the paper in my hand.

From time to time I will go back and look at one of my sermons I preached 15 years or so ago and wonder, 'Did I really say that?'  
**Wow!**

I like looking over past newsletters as they give me a history of what the churches where I have served are doing.

I recently went back and read my article for the June 2015 newsletter for Little Chapel. As I read the article, I kept thinking to myself, *"In June 2015 I had no clue what was in store for everyone in June 2020."*

I was writing about how some churches that I had served, basically closed their doors during the summer, but not Little Chapel.

*I wrote, "In fact, if anything, we might just get busier at Little Chapel during the summer months. With events like Vacation Bible School and Wednesday Night on the Boardwalk, and our hosting the children in the Matthew House from Crossnore School, the Youth Mission Trip, our collection for Second Loaf on Saturday's, Meals on wheels, and our fundraising through donations we receive from the parking lot on Memorial day, Fourth of July and Labor Day, things around Little Chapel stay hopping in the summer months."*

*In addition, because of our beach service, while many churches have declining attendance in the summer, ours actually goes up. All this to say, I hope you will join us during the summer when you are in town and be part of all the exciting things that are taking place. We will always have something "going on."*

That is quite a contrast from what we are going to be experiencing this June. Due to the coronavirus we are not having any activities at church outside of worship.

If things start to drastically improve, we might add an event or two to the calendar for late July, maybe early August, but at the moment, no one is sure what to expect.

But we still have our outdoor worship service which will happen in our parking lot each Sunday at 10 am beginning May 31. We will continue to video each service so that if you feel like you need to stay home, you can still worship from a distance with your Little Chapel family.

But you know, how "busy" a church is should not be the way we decide if it is successful or not. Church success should be based on how its members treat one another and how they reach out to help others.

Little Chapel does that in such wonderful ways. So, though we may be a little more quiet this summer at 2 West Fayetteville St., we will keep doing God's work all summer long.

I do hope that you will continue to keep each other in your prayers and that at some point in time, we will be able to return to some kind of normalcy, whatever that might look like.

Have a wonderful and safe summer wherever you are spending it.

Blessings,  
*Pastor Pat*



## MAY MEETING

By Jean Schild  
Clerk of Session

The LCOB Session met for a stated meeting on Monday, May 18, 2020, with eight elders present. The meeting was held in the sanctuary in order for everyone to practice social distancing. Masks were worn by all in attendance. This was the first session meeting since the coronavirus lockdown began in March.

Much of the discussion at this meeting centered around the details for reopening the church office and beginning the process of worship again at the church facility. We receive frequent communication from the Presbytery concerning recommendations and guidelines and we have been abiding by these Presbytery recommendations.

Members are urged to refrain from entering the church building unless there is church business to attend to. Social distancing and masks are required, along with use of hand sanitizers located at the entrance. These precautions are in place in order to protect our staff as well as our members.

A tentative worship schedule was approved, pending the relaxation of quarantine guidelines for our area. We are hoping to resume worship with four weeks of outdoor services in our parking lot, beginning on May 31, with those in attendance

practicing social distancing and wearing masks. Everyone is to bring his/her own chair. These services will begin at 10:00 AM and will be similar in format to our typical beach service.

We will continue to film our worship services and these will be posted online after the service. The congregation has responded very enthusiastically to our online services and we are so grateful to Pastor Pat, David Heinzman, Music Director, and Gary Kohunsky, technical director.

A special note of thanks to Gary Kohunsky for his many hours each week spent in filming and downloading our worship services so that we can all enjoy online worship at Little Chapel. Thank you, Gary!!

At the June session meeting, scheduled for June 15, the session will evaluate our situation with regards to Covid-19 regulations. It is hoped that we can plan to worship indoors by the last Sunday in June. Social distancing will still be practiced.

At this point the session has made no definite decision concerning the 2020 beach service season. Much will depend on the regulations and restrictions by the town of Wrightsville Beach.

We will not allow church meetings or church groups to meet at the church until September. Vacation Bible School for 2020 is cancelled, along with Sunday School until September. An exception to this decision is the monthly Meals on Wheels on the fourth Saturday of each month. Our MOW for May will occur on May 23 and is coordinated by Lisa Jordan.

The session decided that our facilities will not be used by any outside groups until September. This includes Boy Scouts, Harbor Island Garden Club, homeschooling group and also those groups that were scheduled to use our Matthew House during the summer.

Most of our church committees have not met recently, due to the pandemic. The Property Committee, led by Barry Lindholm, has still been busy with facility issues, which have included replacement of one HVAC unit and thermostat, windows replacement due to storm damage, and replacement of our Telephone Tree system. Many thanks to Barry for the installation of a new Telephone Tree system!

Our cash flow during the pandemic has been good and the congregation has been faithful in its support of our finances. We urge all members to continue to send in their contributions, as our monthly expenses remain in spite of the lack of activities.

The session is anxious to plan for a resumption of our normal activities and we recognize that everyone is eager to be with our church family again. We also understand that many of our members are in the most vulnerable age group for this virus and we want to make the most appropriate decisions for our congregation. Please pray for our church leaders as important decisions are made.

### *Memorials*

**DICKIE GARDNER**

Edna Perrymon  
&  
Angel Dualeh



## CROSSNORE KIDS

A decision was made a few days ago by Crossnore School's Director of Off Campus Activities. Their children will not be coming for their beach vacations in June this year. All of us are very disappointed, but this is not a surprising decision. It was completely based on the safety of the children, with this pandemic still among us everywhere.

Most of these children, from the western part of our state, have never seen the ocean. This is an amazing experience for them and it is a blessing for us that we can, through the Matthew House, offer them this new and different vacation time here on Wrightsville Beach. It is a privilege that we can continue this ministry for these children, even though we have to miss this year.

Looking forward to 2021,

Mission Committee

## AN IDEA TO SHARE

*from Mila and Paul Hill*

Paul's father at 98 is quarantined in a Senior Living Center in Cleveland, healthy but very hard of hearing. We talk on the phone regularly; but he hears with great difficulty.

We are doing something that has helped us all to be encouraged. Since he has never been to our house, we have been sending him photos of one

aspect of the house about one letter a week with a written narrative of what he can see -- property survey map, side yard, house front, living room, bedroom, studio, etc.

Each letter may have several pictures of the same area. Once we sent photos of us cutting up a fallen tree in the yard.

Now when we talk to him, he just goes on about what he sees. He has the previous letters handy to pull out daily.

It's a comfort to him at a time when no visitors are allowed in the building. It connects us to him as well, knowing that what we are sending stimulates him.

And, it makes the "conversation" easier on us as we aren't hearing the same litany over and over again.

Blessings,

Mila and Paul



While we have been dealing with the shutdown and containment measures initiated in mid-March – the work and participation of the Property Committee team continued to carry on to deal with our HVAC systems, cleaning and sanitizing, technical system support (which included the implementation of remote access), etc.

I want to thank all of our Property Team, which includes Pastor Pat, for their continued support and advice on all these key challenges.

I do want to say a special THANK YOU – on this Memorial Day Weekend, to not only our military veterans, but also to the medical personnel / volunteers and first responders who all are our HEROES during this challenging time!

*Barry Lindholm*

(Property Committee report on next page)



# Property Committee



*We commit to being generous stewards of our gifts - time, talents, resources and, indeed our lives.*

*By Barry Lindholm*

Our full committee has not met since Sunday, March 15. That meeting was held immediately after the last indoor function at our church - a baptism - in the Sanctuary. However, that does not mean that we have not been busy during this time - whether it be planned or unplanned activities. Special thanks to Pastor Pat and John Moore who have provided on-site input and assistance for much of the planning and follow-up initiatives.



## ➡ Professional Cleaning of the Church

- ✚ In order to ensure the safety of our staff coming back full time on Monday, May 18<sup>th</sup> and to provide the additional assurance that every attempt has been made to provide a clean and sanitized environment for our congregation members and guests – we pursued proposals from three different companies to clean and sanitize our church.
- ✚ A-I Fire & Water Restoration was selected for a number of reasons including a history of providing mold and mildew remediation – a similar type of process to cleanse for a virus.
- ✚ Deep cleaning was done in many areas with additional fogging in the Sanctuary and Staff Hallway and adjacent offices.
- ✚ On Thursday May 21, after hours, the Staff Hallway and adjacent office carpets were deep cleaned as well as the Narthex ceramic tile.
- ✚ This was the initial step to set a baseline for the basic sanitation of our church environment. In addition, with our staff coming on board full time, we have enforced the use of masks, as recommended by Pastor Pat and the Session, especially as it relates to any contract personnel providing services within the church. This combined with the

front entrance monitoring, provided by our new camera and limited access, are some of the measures taken to better manage the security and safety of our church facility.



➡ **Good News – The recent window inspection may provide financial assistance!**

- ✚ We just received the results of a 77-page report of the “Window and Door Glazing Assessment” effort, which was paid for by Guide One, our primary insurance provider. We potentially could receive monies for 3 window replacements and 41 windows/door re-glazings.
- ✚ Glazing is the name of the hardened putty that creates a weathertight seal on the exterior of the window/door between the wood and the glass, or simply put, the re-sealing of degraded finishes and caulk around some of the windows.
- ✚ Guide One also provided us with the full report, which they are not required to share with the typical claimant. This is important, as it provides a working roadmap for the remaining doors and windows thru out our three buildings. This detail assessment will support our financial planning forecasts for future needed repairs and enhancements.
- ✚ The next step will be the walk thru and estimating process of the storm damaged windows and doors identified in the report. This process will include the contractor performing the estimates and members of our Property Committee who have the primary responsibility for our buildings.







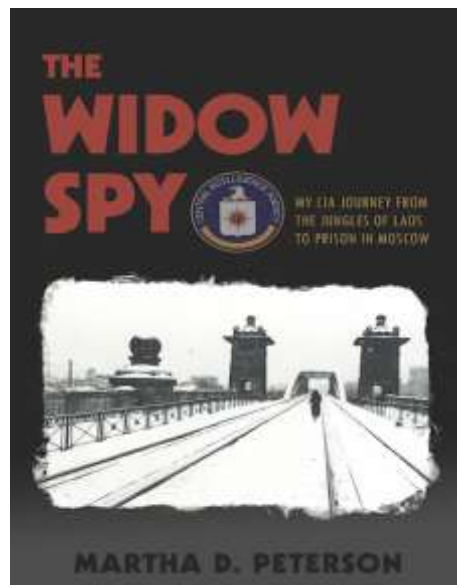
We have uncovered first-hand information about a spy who is a member of our congregation. This member was a Cold War spy operations officer in Moscow.



All the facts are found in a story told exclusively by the CIA case officer. The spy is now hiding incognito as a choir member.

O.K. By now you know I am talking about our own long time LCOB member, Marti Shogi, who wrote a book about her experience in a very difficult operational environment entitled *The Widow Spy*. The story begins in Laos during the Vietnam War where she accompanied her husband, a CIA officer. She describes her life in a small city in Laos, ending

with the tragic death of her husband.



Then her own thirty-year career begins in Moscow, where she walks the dark streets alone, placing dead drops and escaping the relentless eye of the KGB. Her book tells of her arrest and detention in Lyubianka Prison and her subsequent return to Washington, D.C. where she continued her work as a CIA operative.

The following are excerpts from a conversation I had with Marti:

***Q. When did you arrive in Laos and what was your life like before John's death?***

A. In June of 1971. We were met by the Chief, who took us to our house. When we got there, I noticed there were sandbags in the middle of the screened entry. I asked, "What is this?" I was informed, it was a bunker.

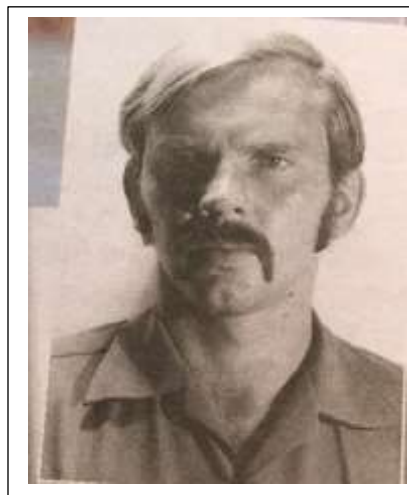
We also had a bunker in the basement of our house where we would go in the event of a mortar attack. It had sandbags, shuttered windows and some food. We lived a very

basic life in an all-American compound.

The CIA Unit office was in a small concrete building within walking distance from our house and one mile from town. There was only one paved, one-lane road in the village where there was an outdoor market.

***Q. What was John's mission in Laos and how dangerous was it?***

A. John was a paramilitary officer. His job was to work with Lao soldiers - train them, outfit them and deploy them along the Ho Chi Minh Trail, which ran from North Vietnam, through Laos and Cambodia to South Vietnam. The only time he was on an infiltration, his helicopter was shot down.



***Q. How many years were you in Laos and how long did you remain there after John's death?***

A. We were there 15 months. John was killed on a Thursday and I left the following Saturday.

***Q. Where did you go?***

A. Home to the states.

***Q. What led you to decide you wanted to work for the CIA?***

A. I was staying with some friends who had been in Laos

and the question of my going to work for the CIA came up. They said, "You've had experience living overseas, you have a master's degree and you speak three languages. You'd be great at it."

I said, "I'll give it a shot." That was in December 1972 and by July 1973, I started working at the CIA. I wanted to be an officer and conduct operations, so to prepare for my first assignment I studied Russian for 44 weeks.



***Q. Why is the work of the CIA so important?***

A. The purpose of collecting intelligence is to know the game plan of your enemy. To know what the Soviets were doing in all these countries around the world. Knowing the game plan of the opposing team enables you to counter it. This was very specific.

***Q. Why were you assigned to Moscow?***

A. The KGB used profiling to identify the CIA male officers. Sending out a young female would give us an operational edge. The KGB did not use female officers.

***Q. What kind of training did you have to prepare you?***

A. How to detect surveillance. How to act on the street. How to make dead drops. How to pick up dead drop and make signals.

This is called covert tradecraft. I did all this before learning Russian. We went through role playing and were critiqued.

***Q. How did the men in the Station treat you? Did they have confidence in your ability?***

A. They did not have confidence in me. The assumption was because I was a woman, I did secretarial work. Eventually, they gained confidence in my ability to work on the street...but I did have to prove myself.

***Q. Were you under surveillance or just the men you worked with?***

A. Just the men, because I followed a pattern of the other women in the embassy. I looked like them. I went to wine and cheese parties, went to the movies, and took girlfriends out to historic sites around town because I had a car. I integrated myself as just a young woman who was busy with work and with friends.

I was very visible. I wasn't threatening in any way. The KGB could see that I was with people who also were not threatening. I simply didn't fit their profile. That was really the key to it. And, I never hung out with anyone from the Station so they couldn't contaminate me.

***Q. What was your mission?***

A. The CIA recruited agents overseas to provide secret information to us. One agent was called TRIGON.

He was recruited while working in Bogota, Columbia. When his tour was over in Bogota, he returned to Moscow. We had an operations plan for him, and it had places that he knew where

we could make these dead drops.

He put up a signal that said, "I'm ready". When the Station discovered that I had no surveillance, then it was kind of the natural thing that I would be the primary officer to make dead drops.



***Q. Were you afraid to go out on the dark streets in Moscow by yourself?***

A. No, I really wasn't afraid. I just wanted to make sure I didn't mess up...make sure that I had no surveillance by the time I parked my car. I had to be sure nobody was following me.

***Q. Did you worry about getting arrested?***

A. We ran TRIGON for about 19 to 20 months and the last package we got from him had what headquarters called anomalies in it. The pictures weren't quite as clear. There was some questionable intelligence. And so, when I went out to make the dead drop on the bridge, I had all of that in my mind. I wasn't afraid, but I certainly was aware and anxious.

*(continued on next page)*

So, when they arrested me, I wasn't surprised. It was true...something had happened. But we didn't know why. But when they grabbed me, of course, I knew that he was probably under arrest. As it turned out, he was already dead.

***Q. What transpired that led to your arrest?***

A. They found his spy materials in his apartment, so they put a camera in his apartment. They were already suspicious of him when he returned from Bogota. He had been compromised. When he came back to his apartment, they said, "What's the deal?" And he said, "I will write a full confession, but I need my pen".

When TRIGON was recruited, he insisted that the CIA provide him with an "insurance policy" – a way of committing suicide in the event he got caught. The "policy" was a pen that had a poison pill in the end of the ink cartridge. When they handed him his pen, he bit on the end of it to release the poison.

***Q. How did they know that you would be on the bridge?***

A. When the KGB transcribed his radio broadcast and deciphered his message, it said where and when we will be at the bridge. That is why they were there.

***Q. Were you afraid when they grabbed you and did you put up a fight?***

A. Well, I wasn't afraid, but I was angry. And anger is a very powerful driver. People do things when they are angry that they never thought they'd do. And that was the case then. I

kicked a couple of men – one really hard. I was pretty angry!

***Q. Did you think they were going to actually put you in a prison cell?***

A. No, I didn't think they would, because I was a diplomat and had diplomatic immunity. So, for that reason, I knew there were protocols. If the FBI discovers a Soviet working in the US, if they have diplomatic immunity, the FBI can't arrest them...it's reciprocal. If they hadn't let me go, the FBI would have picked up a Soviet in the US. It was tit for tat.

***Q. How long did they detain you?***

A. I was arrested at 10 o'clock and they let me go at two in the morning. So, it was just four hours.

***Q. What happened when you got back to DC and were you blamed for TRIGON's compromise?***

A. I never got the idea that anyone in the organization blamed me, but I blamed myself. I carried that guilt for a long time...until in 1984 when they caught the spy in Bogota who had compromised the case.

***Q. How could you work for the next 28 years after you were exposed as an CIA operative in the Washington Post?***

A. Because, one, most important probably, was I denied it. I said it was Russian propaganda. But then, I got married again, so it changed my name. It allowed me a new identity.

***Q. When did you remarry?***

A. Well, let's see. I came back in '77 and I was married in '79.

***Q. Where did you meet?***

A. In Moscow. He was an American communicator in the embassy – a State Department officer. When he got back to Washington after a tour, we got married.

***Q. Do you have children?***

A. Yes, two.

***Q. What did they think about your keeping your career a secret?***

A. They were kind of blown away. Amazed that I had lied to them all that time. And, that I had a whole life before them. They knew I had been married before, but I never really got into it. I just said something about Vietnam and that was sufficient.

***Q. When did you write your book?***

A. I wrote the book in 2003 and it took me two years.

***Q. Who came up with the title?***

A. I did. It just came to me one day.

***Q. What did your children think about the book?***

A. They both found it difficult to read. Because they knew their mother and this woman in the book... well, she didn't follow a mom script.

***Q. What are the possibilities that your story will be made into a movie?***

A. Several people have contacted me - three of whom were very serious, and I have a man right now who seems to be serious about it. So, we'll see.

***Q. How did you end up in Wilmington?***

*(continued on next page)*



A. A girl friend had moved here, and another one was moving here with her brother, who had discovered Wilmington. So, we all kind of moved here at the same time. It is a beautiful place...it has an ocean and it is only six hours away from D.C., where my children lived at the time. It made it very handy.



*Well, we are very happy and fortunate that you chose Wilmington and LCOB.*

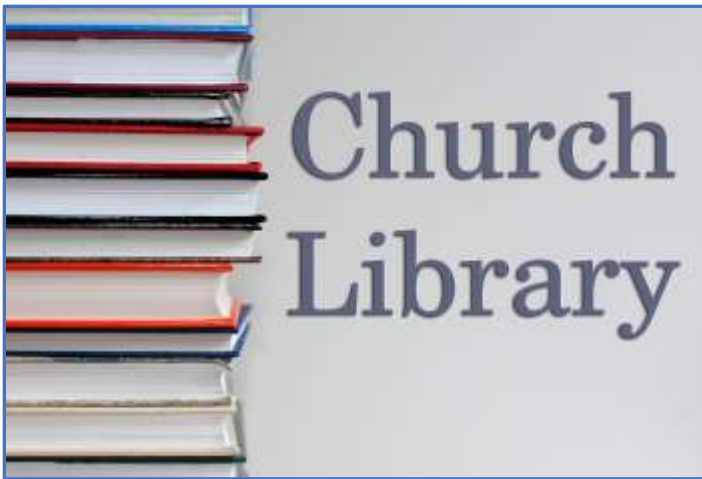
While we may not be able to all gather to worship together, a reminder that on Sundays, our worship service will continue to be available online by accessing the Little Chapel Facebook page or via our website.

[www.facebook.com/Little-Chapel-On-The-Boardwalk-Presbyterian-Church-USA](https://www.facebook.com/Little-Chapel-On-The-Boardwalk-Presbyterian-Church-USA)

[www.littlechapel.org](http://www.littlechapel.org)

*Photography by Lori Holcomb*





In the April issue of the newsletter, there was an article about Spring House Cleaning – First Priority, the Library.

Pastor Pat, Janice Allen, and Betty & Gary Gischel rolled up their sleeves and ‘cleaned up’ our library with the goal of providing current reading and reference material for children and adults. Hundreds of outdated books and reference materials have been donated to organizations like the NE NHC Library, Sister Isaac Center, and the Salvation Army for reuse.

The article was accompanied by this ‘before’ picture:



But to see the ‘after,’ we’d have to visit the library and see for ourselves – when Little Chapel opened again.

Well, no one knows for sure when that will be, so in the meantime, these ‘after’ pictures in the next column should provide some idea of what the elimination of duplicate and outdated materials and current organization look like.

Thank you, Betty, Janice, Gary, and Pastor Pat!



To date, Janice Allen has made 60 masks for her family and our church family. Janice recently found some elastic (in a drawer where it’s not usually kept) so she’s back in business.

Janice still gets a couple requests a week for a mask. If you would like one, contact her at

[janiceallen@ec.rr.com](mailto:janiceallen@ec.rr.com)







By Clare Wadsworth

Lydia Wadsworth is a Senior at Hoggard and is graduating with a 4.3 GPA. Lydia, like so many other Seniors around the world, has missed out on so many Senior moments and “lasts”, like last concert, last theatre production, Prom, spring and summer sports seasons, youth group, church retreats, mission trips, and possibly graduation.

We are so proud of Lydia for handling this unfortunate time with such grace. Lydia will be attending Campbell University as a Biology major in the Fall. I know that Little Chapel has given her an amazing foundation to grow her faith in whatever path her future takes her.

The Little Chapel PYC surprised Lydia on May 17 with a “socially distant” Senior celebration in our front yard....with decorations, posters, and music! It was such a fun and emotional surprise. We have an amazing youth group with the biggest hearts! Here are a few pictures from that day.







1 Sherry Alexander  
 4 David (Buzz) Smith  
 4 Emily Wilkinson  
 7 Wilda Moore  
 8 Janet O'Neil  
 10 Gail Miller  
 12 Shannon O'Neil  
 13 Bill Miller  
 16 Alan Bullard  
 16 Jim Herren  
 17 Wendy Criner  
 17 James Withers  
 18 Cheryl Hammond  
 20 Nicholas Gotthardt  
 20 Angela Peterson  
 21 Robert Bullard  
 22 Pete Booth  
 22 Mark Peterson  
 23 Hugh Armstrong  
 24 Norvell Miller IV  
 25 Ron Price  
 27 Ada Legg  
 30 Terry Paterson  
 30 R. Steve Willetts

### Children's Sunday School Information

Due to the Covid-19 crisis, the Children's Sunday School program will not be meeting through the summer months. Although there will not be classes, Angela McConnell will be sending out weekly lessons and fun activities to the parents of our current Sunday School students for them to enjoy.

If you would like to receive these emails or know someone who has young children who would enjoy them as well, please contact Angela McConnell - [angela@littlechapel.org](mailto:angela@littlechapel.org)



**The Sister Isaac Center remains closed until further notice and no donations can be dropped off at this time. Thank you for waiting until they reopen to bring your donations to the Little Chapel. As soon as we know they are open, there will be announcements in the bulletin and newsletter.**

### MATTHEW HOUSE



Because of Covid-19, we are sad to report that the Matthew House will be closed for traveling mission groups, at least until the end of summer. Two college groups, working with Habitat and WARM, stayed at the house early in the spring. Since then, six groups have cancelled due to the virus; and we, regretfully, decided it was wise to cancel two church groups, who were planning to come later this summer.

One of those two groups is from St. Mark's UCC in Lebanon, PA, and they have stayed at the Matthew House several times. In the leader's response to our telling them they could not stay with us this summer, she said, "If we are allowed to, based on the status of our country, we plan to use our church camp as our Matthew House and spend the week ministering to our local community." God does call us to serve our neighbors, wherever we may be!



**FOOD**  
is the ingredient  
that binds us together



A big **THANK YOU!** to Al Wordsworth who thought it would be fun and interesting to compile a "cookbook" of creative meals LCOB members have come up with given our restrictions during the Coronavirus/Covid-19 pandemic.

Since many of us have embraced the 'stay home' guidance, we've had time to spend time in the kitchen trying something tried and true, or something completely new. These are the recipes that our church family have sent in with the hope that you will find one or two, or all of them, interesting and appealing enough that you put on an apron, gather your ingredients (*mise en place*), and have fun. **Mangia Bene!**



## Filipino Pancit and Noodles

### INGREDIENTS:

- Minced Garlic bulb (I like garlic so i use a whole bulb)
- Minced onions
- Diced carrots
- Diced celery
- Green beans, quartered
- Corn
- Protein of choice (beef, shrimp, chicken, pork). I used ground bison
- Noodles (I used pancit bihon, but may substitute with vermicelli noodles), which I got from Saigon Market (if you're in Wilmington)
- Pancit sauce - 2 cups chicken broth, 2 tbsp soy sauce, 2 tbsp oyster sauce, 1 tbsp brown sugar

### DIRECTIONS:

1. Sautee onions and garlic in vegetable oil in a wok
2. Add protein and cook to your liking
3. Add celery, green beans, corn and cook (but not too mushy)
4. In the meantime, soak noodles in water for 5 minutes then take out of the water and add to the wok
5. Add pancit sauce and cook until noodles are somewhat tender. If the noodles get too dry, add a little bit more chicken broth
6. Serve and garnish with cilantro, lemon wedges

I got this recipe from a friend. It makes 8 servings. I made the following changes to it: I added a sweet red pepper and used Kikkoman Ponzi Citrus Sauce in lieu of soy sauce (we like the flavor better than plain soy). I also garnished it with fresh tarragon from my garden the second time and we really like the flavor it gave. Squeeze the lemon garnish over it before eating.

All ingredients are from HT even the rice noodles. It has become our favorite quarantine meal. I have made it with shrimp and chicken. I made it in a deep sided sauté pan as I gave my wok away ages ago. *Helen Brumbaugh*

*From Lori Holcomb*

## **BEST COCONUT CAKE EVER!**

Have 6 eggs and 1 1/3 C unsweet coconut milk at room temp

Butter and line w/parchment 3 - 9" rounds

Preheat 350

Mix: 3 C flour, 1/2 tsp salt, 1 T baking powder, set aside

Mix: 2 C sugar, 3/4 C unsalted butter, 1/4 canola oil

Add 2 egg yolks, (save whites) 1/2 tsp vanilla, 1 tsp coconut extract

Add alternately & mix 1/3 flour mix with 1/3 milk and continue till gone

Separate bowl beat 6 egg whites pinch of cream of tartar, med-high speed till stiff but not dry peaks form

With a rubber spatula carefully fold in the eggs whites, not too much beating!

Divide batter into the 3 pans, 19-22 min

### **Frosting**

12 oz cream cheese room temp

3/4 unsalted butter, room temp

1 tsp coconut extract

5C powdered sugar

1 1/2 C shredded sweetened coconut to pat onto the frosting

Also add any more coconut on top of an inner layer if you want



Also from Lori:

### **Air Fried Zucchini**

Peel and cut into 1/2 rounds in a bowl mix some olive oil & Greek seasoning

Spread out in air fryer and cook @ 350 for 18 minutes. YUM

### **Frozen Grapes**

When you have had too much sugar, wash and freeze grapes. Snack on them. Convince yourself they are as good as candy!

Here's an interesting way to make pancakes so everyone gets to enjoy them all at once:

1. Line a baking pan with parchment paper. Spray paper and pan sides with cooking spray.
2. Make your pancake batter then pour it into the pan spreading it out evenly.
3. Bake at 425 degrees or until golden brown (about 10 – 13 minutes) then cut into squares



## Broccoli, Mushroom, Onion Quiche

From Joan Page

This came out pretty good  
Pie crust shell cooked at 400 for 15 minutes

### Filling:

Fry a bunch of frozen, sliced mushrooms & frozen chopped onions with olive oil until very well browned, then add chopped fresh broccoli. Cook it until tender, adding a bit more olive oil.

Meanwhile mix together 3 eggs in a large bowl.

Add the cooked vegetables, 8oz shredded cheddar and some half and half to add some moisture (not too much). Also salt & pepper. Fill the cooked pie crust shell and put in a 375 oven for 45 minutes.

Done when sharp knife in center comes out clean. Let rest a bit and enjoy.

## Strawberry Rhubarb Pie



From Chris McKirachan

## *Sumptuous Strawberry Rhubarb Pie*

### CRUST

9-inch Classic Crisco® Double Crust  
(page 3-42)

### FILLING

- 4 cups fresh cut rhubarb (½-inch pieces)
- 3 cups sliced strawberries
- 1½ cups sugar
- ½ cup plus ¼ cup all-purpose flour
- 2 tablespoons plus 1½ teaspoons quick-cooking tapioca
- ½ teaspoon grated orange peel
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 tablespoons butter or margarine

### GLAZE

- 1 egg, beaten
- 1 tablespoon sugar

1. Prepare 9-inch Classic Crisco® Double Crust; roll and press bottom crust into 9-inch pie plate. *Do not bake.* Heat oven to 425°F.

2. For Filling, combine rhubarb and strawberries in large bowl. Combine 1½ cups sugar, flour, tapioca, orange peel, cinnamon and nutmeg in medium bowl; stir well. Add to fruit. Toss to coat. Spoon filling into unbaked pie crust. Dot with butter. Moisten pastry edge with water.

3. Roll out top crust. Lift onto filled pie. Trim ½ inch beyond edge of pie plate. Fold top edge under bottom crust; flute. Cut desired shapes into top crust to allow steam to escape.

4. For Glaze, brush top crust with egg. Sprinkle with 1 tablespoon sugar.

5. Bake at 425°F for 40 to 50 minutes or until filling in center is bubbly and crust is golden brown. Cover edge with foil, if necessary, to prevent overbrowning. Cool until barely warm or at room temperature before serving.

*Makes 1 (9-inch) pie*

## Charred Broccoli Crostini

*From Jane Hughes*

At last, something FUN to think about! I LOVE to cook, so here is a favorite from my daughter and me:

**Crostini:** 1 baguette, cut into fifteen 1/4 inch or so slices , 3 tablespoons olive oil, 1/2 teaspoon kosher salt

**Broccoli:** 1 large or 2 small heads broccoli, cut into 1-inch florets (about 4 1/2 cups), 1 tablespoon olive oil, 1/2 teaspoon kosher salt, 2 tablespoons freshly grated Parmesan

**Topping:** 1 cup whole-milk ricotta cheese, 2 tablespoons olive oil, 1/2 teaspoon kosher salt, 3 tablespoons chopped smoked almonds

1. Preheat oven to 450 degrees.
2. Brush the baguette slices with the oil and place on a rimmed baking sheet. Season with the salt and bake until golden brown and crispy, 5 to 8 minutes. Remove the crostini to a wire rack to cool.
3. On the same rimmed baking sheet, toss together the broccoli, oil and salt. Spread evenly on the baking sheet and roast, flipping the broccoli halfway through, until browned in spots and crispy, about 15 minutes. Remove from oven and sprinkle with the Parmesan.
4. Meanwhile, in a medium bowl, whisk together the ricotta, oil and salt.
5. To assemble: spread each crostini with a generous amount of the cheese. Pile on a few pieces of broccoli and sprinkle with the chopped almonds.

Level: Easy; Total Time: 40 minutes; Yield: 6 servings.



## Marinated Chickpeas with Tomatoes and Cucumber (etc.)

*Made by David McKirachan*

6 servings or so

1 tbsp olive oil

2 tbsp red or white wine vinegar

2 tbsp balsamic vinegar

1 lemon (juiced)

1 clove garlic (smashed and minced)

½ tsp dried oregano

½ tsp dried basil

3-4 tbsp chopped fresh flat leafed parsley  
(including stems)

½ red or green bell pepper seeded and chopped

8 oz chopped fresh tomato (one medium to large  
tomato)

5 oz chopped cucumber (approx.. half a large  
cucumber)

½ cup diced red onion

½ cup crumbled feta cheese (optional)

15 oz canned chickpeas (drained and rinsed)

1. In large bowl, mix olive oil, vinegars, lemon  
juice, garlic herbs, salt, and pepper.

2. Add Chickpeas, tomatoes, cucumber, onion,  
and parsley. Allow to sit at room temperature  
for 1 hour, stirring every so often.

3. Before serving, add feta cheese (optional) (do  
not add cheese if you plan to refrigerate)

Marinated chickpeas can be refrigerated for 7-  
10 days.

Leftover marinade makes good salad dressing



**Made this wonderful pound cake with fresh blueberries gifted to me by Carol Coble**

**Sharon Minor**



**Lemon Blueberry Pound Cake (Dorothy Raiford)**

2 cups sugar  
1 stick of butter (softened)  
4 oz. cream cheese (softened)  
3 large eggs  
1 large egg white  
3 cups all purpose flour  
2 cups fresh blueberries  
1 tsp. Baking Powder  
1/2 tsp. Baking Soda  
1/2 tsp. Salt  
1 8 oz. lemon yogurt  
2 tsp. Vanilla  
Glaze:  
1/2 cup powdered sugar  
4 tsp. Lemon juice

Preheat oven to 350 degrees.

Beat first three ingredients at medium speed until well blended. Add eggs and egg white, beating well after each addition.

Combine 2 Tablespoons of flour with blueberries in small bowl and toss well. Combine remaining flour, baking powder, baking soda and salt. Add flour mixture to sugar mixture alternately with yogurt.

Fold in blueberries and vanilla. Spoon batter into greased bundt pan.

Bake at 350 for 1 hour and 10 minutes. Cool in pan for 10 minutes. Invert onto cake plate.

Combine powdered sugar and lemon juice in a small bowl. Drizzle over warm cake.

### GREEK SHRIMP

This is a recipe from Anne Tucker in our church cookbook which I have enjoyed for many years. Anne was such a good cook and I remember her fondly each time I make this. Of course, I have experimented with different additions, as you will see if you look up her original recipe. *Jean Schild*

1.5 lbs shrimp, peeled  
1 c. chopped onions or scallions, sautéed  
4 cloves minced garlic  
2 T white wine (or more)  
12 fl. ounces V-8 juice (can substitute canned or fresh tomatoes)  
Red pepper flakes, to taste, optional  
Feta cheese, crumbled  
Fresh spinach leaves, julienned, to taste...(optional)  
Chopped cilantro or parsley (or both)  
Pasta or rice (I always use pasta)



Sauté onions and garlic in olive oil until tender. Add wine and reduce slightly.

Add tomato juice and then shrimp and pepper flakes. Simmer for few minutes, until shrimp are done.

Add feta cheese and spinach if using.  
Serve on pasta and sprinkle with chopped parsley or cilantro.

Delicious served with chopped Mediterranean salad.



This is something I've been entertaining myself with during my 70 day (10 weeks) at home. It has been a tasty way to use up leftovers.

*Gerry Williamson*

ABOUT MAR. 15, I CHOPPED AN ONION THAT WAS GREEN LIKE A SPROUT IN THE MIDDLE AND DRIED OUT IN THE OUTER RINGS. NEXT ONION SAME THING.

I STARTED TO TOSS THEM, THEN DECIDED TO PLANT THE ROOT ENDS IN FLOWER POTS. REACHED FOR GARLIC CLOVES, SAME THING. PLANTED THEM, TOO.

TWO MONTHS LATER: I'M EATING FRESH ONIONS AND GARLIC FROM MY BACK DECK.

## ONIONS REQUIRED

SERVES: ONE LUNCH & ONE SUPPER  
ACTIVE TIME: DEPENDS ON HOW FAST YOU CHOP

LEVEL OF EXPERIENCE: NOT MUCH

TOTAL TIME: ABOUT 2 MONTHS

1) ONION INCLUDING GREEN PART (FROM FLOWER POT)

DIG, WASH, (CUT OFF ROOT- RE-PLANT.)  
SLICE ONION, CHOP GREEN PART 2 INCHES LONG

1) STEM FRESH PARSLEY. STRIP LEAVES & CHOP

1) GARLIC CLOVE-PEEL, CUT OFF ROOT(REPLANT) SLICE THINLY.

1/8 CUP FRESH CHIVES CHOPPED (ABOUT 5 STEMS)

1/4 CUP CELERY, CHOPPED (INCLUDE LEAVES)

1/2 CUP LEFT OVER RICE OR POTATOES OR PASTA (ANY KIND).

1/2 CUP PEAS OR GREEN BEANS OR OKRA OR ASPARAGUS. (ANY GREEN VEGGIE)

1/2 CUP LEFTOVER PORK OR CHICKEN OR BEEF OR SAUSAGE\*

\* VEGETARIANS SUBSTITUTE BEANS OR LEGUMES.

PLACE ALL INGREDIENTS IN MEDIUM SIZE POT WITH ENOUGH WATER TO ALMOST COVER.

DRIZZLE ALL WITH OLIVE OIL. ADD 1/4 TSP BLACK PEPPER AND OTHER SEASONING TO TASTE.

CAREFUL WITH SALT. SLICED GARLIC GIVES A VERY SAVERY FLAVOR.

BRING TO BOIL, LOWER HEAT TO SIMMER UNTIL ONION GREENS ARE WILTED, (NOT LONG).

GOOD EATS For more color: Serve with chilled slice of watermelon or chopped fresh strawberries.

PARES WELL WITH MOST ANY LIQUID REFRESHMENT!





## EGG ROLLS

(or eggs rolled  
up in a tortilla)

*From Gary Kohunsky*

Saw this on Netflix - *Nadiya's Time to Eat* - and it looked easy and I was hungry, so I tried it. Nadiya packs them in her kid's lunch but they were good for breakfast as well. I added some crumbled bacon to the egg mixture along with some shredded cheese.

6 eggs  
1 tbsp parsley  
garlic powder – to taste  
½ tsp salt  
½ tsp black pepper  
oil for frying  
6 tsp sun-dried tomato paste  
6 small tortilla wraps  
Optional sliced black olives (drained)  
Optional sliced mushrooms (drained)

Crack the eggs into a bowl, then add the parsley, garlic powder, salt and pepper, and mix. Put a small frying pan over a medium heat, and drizzle in two teaspoons of oil. Pour a few tablespoons of the egg mixture into the pan – the eggs should sizzle, but if they don't, turn the heat up a little.

(Optional) Scatter a few olive slices and mushrooms onto the wet egg mix.

Take a tortilla wrap and spread it with a teaspoon of sun-dried tomato paste. Quickly put the tortilla on top of the egg, paste-side down. While the wrap and egg are cooking, get the next wrap ready and spread with the paste.

Using the back of a slotted spatula, press the top of the tortilla to help distribute the egg under the wrap. Cook for no more than 30 seconds, then, as soon as the egg has glued itself to the tortilla, flip over and cook on the other side just to warm it through for another 30 seconds.

1. Take the pan off the heat and put the tortilla/egg on a plate. Roll the whole thing when it is cool enough to touch and cut in half or slice. Do the same with the rest of the wraps until the egg is used up.

## Winter Fruit Macaroons

*by Mary Jo Kohunsky*

Prep time: 20  
minutes  
Bake Time: 10  
minutes per  
batch

Yield: 7 dozen



This recipe by Veronica Miller was in a cookie book I bought to make treats for my family at Christmas, but I didn't try it until this month. We did send some to the kids, but Gary and I kept some and are glad we did. Note: These could be considered a 'candy-cookie' as they are pretty sweet.

## Ingredients

1 can (14 ounces) sweetened condensed milk  
1 egg white  
2 1/4 cups sweetened shredded coconut  
2 1/4 cups coarsely chopped dates  
1 1/2 cups coarsely chopped walnuts  
3/4 cup dried cherries  
3/4 cup dried cranberries  
3/4 teaspoon vanilla extract

1. Preheat the oven to 350 degrees.
2. Prepare parchment-lined cookie sheets.
3. In a large bowl, mix all the ingredients.
4. Drop by tablespoonfuls (or use a cookie scoop) 2 inches apart onto baking sheet.
5. Bake for 8 to 10 minutes or until light brown.
6. Cool on pans 5 minutes, then remove cookies to wire racks to cool
7. Store in an airtight container



Presbyterian Church (USA)  
2 W. Fayetteville Street  
Wrightsville Beach, NC 28480  
Church Office: 910.256-2819  
[www.littlechapel.org](http://www.littlechapel.org)

Early worship service (May – September) 8 am @ Access #4 **CANCELLED UNTIL FURTHER NOTICE**  
Sunday School – 9:15 am / Traditional sanctuary worship - 10:30 am **CANCELLED UNTIL FURTHER NOTICE**  
SUNDAY WORSHIP SERVICES at 9 am @ [www.littlechapel.org](http://www.littlechapel.org) and on facebook

## STAFF

### **Rev. Pat Rabun**

Minister  
[pat@littlechapel.org](mailto:pat@littlechapel.org)

### **Delores Dyer**

Office Administrator  
[delores@littlechapel.org](mailto:delores@littlechapel.org)

### **Angela McConnell**

Director of Children's Ministries  
[angela@littlechapel.org](mailto:angela@littlechapel.org)

### **David Lee Heinzman**

Director of Music Ministry  
[david@littlechapel.org](mailto:david@littlechapel.org)

### **Joan Denney**

Bookkeeper  
[jdenney@littlechapel.org](mailto:jdenney@littlechapel.org)

### **Daniel B. Holt**

Custodian  
[danielbholt@aol.com](mailto:danielbholt@aol.com)

## SOUND TECHNICIANS

**Hugh Armstrong**

**Andy Marhevsky**

**Gary Kohunsky**



## SESSION

### CLERK of SESSION

**Jean Schild**

[djeanschield@gmail.com](mailto:djeanschield@gmail.com)

### CHRISTIAN EDUCATION

**Christine Kennedy**

[christine.wpfa@gmail.com](mailto:christine.wpfa@gmail.com)

**Gail Miller**

[gnmiller77@gmail.com](mailto:gnmiller77@gmail.com)

### FINANCE

**Beth Price**

[sereneronandbeth@gmail.com](mailto:sereneronandbeth@gmail.com)

**John Copeland**

[wjohncopeland@yahoo.com](mailto:wjohnncopeland@yahoo.com)

### MISSION

**Becky Smith**

[rbayard60@gmail.com](mailto:rbayard60@gmail.com)

**Mary Jo Kohunsky**

[mkohunsky@yahoo.com](mailto:mkohunsky@yahoo.com)

### PERSONNEL & PLANNING

**Jane Hughes**

[jhughes23@ec.rr.com](mailto:jhughes23@ec.rr.com)

**Ed O'Neill**

[edoneil60@gmail.com](mailto:edoneil60@gmail.com)

### PROPERTY

**Jim Herren**

[jimherren72@gmail.com](mailto:jimherren72@gmail.com)

**Barry Lindholm**

[luckybll@aol.com](mailto:luckybll@aol.com)

### WORSHIP

**Janice Allen**

[janiceallen@ec.rr.com](mailto:janiceallen@ec.rr.com)

**Sherry Lovette**

[slovette1@ec.rr.com](mailto:slovette1@ec.rr.com)

## DIACONATE

### COMMUNICATONS

**Gary Kohunsky**

[gwkohun@yahoo.com](mailto:gwkohun@yahoo.com)

### CONGREGATIONAL LIFE

**Joan Page**

[jpage25@bellsouth.net](mailto:jpage25@bellsouth.net)

**Rebecca Beachy**

[rmbeachy@aol.com](mailto:rmbeachy@aol.com)

### FELLOWSHIP

**Karen Windham**

[k.windham@yahoo.com](mailto:k.windham@yahoo.com)

**Phyllis Warren**

[ppwarren3@aol.com](mailto:ppwarren3@aol.com)

### MEMBERSHIP

**Ginny Hall**

[slowginn@hotmail.com](mailto:slowginn@hotmail.com)

**Gerry Williamson**

[gerrywilliamson1@gmail.com](mailto:gerrywilliamson1@gmail.com)

### STEWARDSHIP

**Jennifer Barnes**

[6barnes64@gmail.com](mailto:6barnes64@gmail.com)

**Rita Bolick**

[jbolick001@ec.rr.com](mailto:jbolick001@ec.rr.com)

