



**A Family is Considered as a Life Support.
So, there is no doubt that God has given us
his best Present that is our Family**

FAMILIES LOVE: A VOCATION AND A PATH TO WHOLENESS

FAMILY – The Most Precious Gift from God

**A family is the place where we find all the joy, happiness,
love, caring, strength, encouragement, comfort, unity,
and nourishment under one roof.**

Love Languages



**Click on the picture and follow the link
QUALITY TIME FOR COUPLES**



Click on the picture and follow the link

Speaking Love to Your Loved Ones

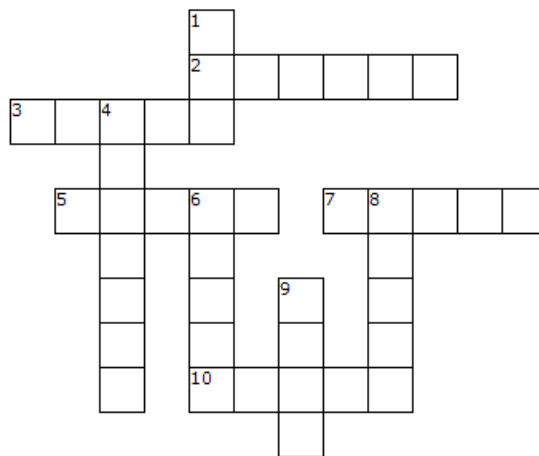


Click on the picture and follow the link

The Power of His Love

"But I, when I am lifted up from the earth, will draw all men to myself." John 12:32 (NIV)

Based on John 12:28-33 (NIV)



ACROSS

- 2. To be raised up
- 3. A heavenly servant of God, often pictured as a human with wings
- 5. What we humans use to speak or sing
- 7. The Son of God
- 10. The end of life

DOWN

- 1. Everyone and everything
- 4. To bring praise and honor to God
- 6. A large group of people
- 8. The land surface of the world
- 9. To attract someone or something

DEATH	ANGEL	VOICE	EARTH	JESUS
ALL	DRAW	GLORIFY	LIFTED	CROWD

Ganesh's Vege Burger

Ingredients

Burger buns - 4
Fried eggs - 4
Slices of canned beetroot - 4
Head of iceberg lettuce - 1
Large tomato, thickly sliced - 1
Slices of cheese - 4

Burger Pattie

Kūmara - 400 g
Can chickpeas, drained and rinsed - 420 g
Mushrooms, roughly chopped - 150 g
Cumin powder - 1 tsp
Paprika powder - 1 tsp
Coriander, chopped - 1 cup
Salt - 1 tsp
Plain flour - 1 cup
Juice of ½ a lemon



Method

Prick the kūmara with a fork and cover with a paper towel. Pop into the microwave for 3 minutes, turn and pop back in for another 3 minutes. Poke it with a knife to be sure it's soft, then set aside to cool. Once cooled, peel and mash.

In a bowl add the chickpeas, kūmara, mushrooms, spices, coriander, flour, salt, pepper and lemon juice. Mix with your hands to combine well.

Shape into patties. This should make 5-6 patties. Freeze any leftovers.

Line your sandwich press with tin foil or baking paper and cook for 8-10 minutes or until golden and firm to the touch.

Build the burger adding each ingredient inside the bun, starting with the pattie.

Dairy Free Cupcakes

Ingredients

Dry Ingredients

- 1 $\frac{3}{4}$ Cups gluten free flour 230g
- $\frac{3}{4}$ Cup caster Sugar 150g
- 2 teaspoon baking powder
- 1 pinch salt

Wet Ingredients

- $\frac{3}{4}$ Cup milk alternative 150g, Soy, rice, almond,
- $\frac{1}{4}$ Cup oil 55g mild flavoured oil
- $\frac{1}{4}$ Cup apple sauce 75g
- 2 teaspoon vanilla essence



Instructions

Preheat your oven to 180 degrees celsius, (make sure to reduce the temp to 160 degrees celsius if you have a fan forced oven)

Pop 12 cupcake liners into a 12 cup tray. I find it best to spray the muffin liners with oil for this recipe, the apple sauce makes the batter a little stickier than a traditional cupcake batter but with the spray of olive oil the cupcake liner peels off the cooked cupcake really easily.

In a large bowl whisk together the dry ingredients.

In a medium bowl whisk together the wet ingredients.

Add the wet ingredients to the dry ingredients and fold together until combined. Try not to over mix the batter

Portion into the cupcake liners, don't over fill (three quaters full is perfect) , you want cupcakes to be a little lower in height than say a muffin, depending on your cupcake size you may get up to 15 cupcakes from the batter

Bake for 25 mins, the cupcakes are cooked when they are lightly golden and when you press the centre of the cupcake it springs back.

Cool on a rack and then decorate if desired