

All,

The name Under His Wings, a non-profit widow and widower's ministry founded in Durant, OK in May 2020, came from the motivation of Psalm 91:4 stating that "under his wings" you will find refuge and his faithfulness will be your shield.

This volunteer-led ministry desires to be the hands and feet of Jesus by giving refuge and faithfulness as practical, emotional, and social needs are met for the widows and widowers. Without these three needs met, this group of people isolate and suffer.

To meet the practical needs, volunteers work Wednesday, Thursday, and Friday chopping, sautéing, cooking, and packaging ten delicious meals for each widow or widower. These meals are frozen and delivered or picked up on Saturday along with a light lunch.

This aspect of the ministry began with 8 sets of freezer meals and has now grown to 64 sets which is 640 meals. Plans are to continue to grow to meet the needs of the community.

Next, to meet the emotional needs, there are several informal times every week to gather for community for quilting or games, which are conducive for sharing and encouragement. Also, several widows have written letters to uplift and strengthen a new widow as she faces new challenges.

Finally, to meet the social needs, a monthly banquet is prepared complete with a delicious meal, entertainment, a speaker, a door prize and recognition of birthdays of the month. Those celebrating a birthday choose a gift from the birthday basket!

With each of these activities, the volunteers are mindful of the mission of Under His Wings....Serve widows and widowers with excellence in a Christ-centered environment.

The inspiration of this ministry comes from James 1:17 as James encourages us all about religion that God our Father accepts. One aspect is to look after the widows in their distress. So that is the sole purpose of Under His Wings...to care and support widows in the above mentioned ways.

The founding member and the board have prayed over this cookbook. We pray it ministers through you to your family, your church, maybe a Collegiate Ministry, a women's group, another widow/widower group or a bereaved family through a delicious meal. Wherever a meal from one of these recipes is served, our prayer is that each person that partakes of it will be blessed and in turn they will be a blessing to another. God bless you as you minister in the name of the Lord!

With love,

Under His Wings Board

Notes:

When you cook chicken for any recipe that requires cooked, cubed or shredded chicken, I highly recommend you cook it like this:

4 chicken breasts

1 cup chicken broth

1 onion, diced

4 bay leaves

Cook in crockpot for 6-8 hours on low.

Two of our most popular dishes at banquets are Chicken Salad and Fruity Chicken Pasta which are both made with chicken cooked like this. The recipes are on the following pages.

The Chocolate Rum Cake recipe was added due to the numerous requests we had for this recipe after we served it at a banquet. The rum cooks out (we thought it did at least!!!) This recipe follows the chicken salad recipes. All other recipes are in alphabetical order and are also listed on the monthly Freezer Meal schedule. Each month we try to do four beef, four chicken and two other recipes and only duplicate the favs ☺

And remember, when you are the one in charge of the recipe on cooking day, a common saying we have in the Under His Wings kitchen is, "It's your turkey!!!" Meaning, make adjustments and changes as you see necessary. Thank you to Cheryl Gooding for not only providing us with prayer cover, hugs, lots of help, but also with this perfect motto for our kitchen. Some other things we've learned:

- *A 10 pound bag of frozen chicken makes 15 cups of cook, chopped chicken (you'll need to know this!)*
- *Generally, when a recipe calls for an onion, we assume this means ½ cup diced onion because of the varying sizes of onions.*
- *Two seeded bell peppers (large), make one cup chopped.*
- *Chop bacon before you fry it.*
- *When you bake, turn foil inside where the shiny side faces down.*

I could write a book of all the blessings God has bestowed upon this ministry. There are so many times that we will need just one cup of something and open the refrigerator and there is one cup of whatever we need. Or a spice that we forgot to buy and just happen to have enough leftover from last month. Or we have three sets left over after the monthly delivery and receive three calls on Monday from people in need of freezer meals. I would go on and on! We are so grateful to God for this ministry and for all the volunteers He sends us to make it happen. All glory is given to God!!!

Much love,

Under His Wings Cooks

Helpful Hints...

When cooking, it will be very tempting to take short cuts and get in a hurry so that you can be done sooner. I try to get in my mind that I am cooking for Jesus and Granny. Jesus called us to serve the widows. Colossians 3:23 says “Whatever you do, do it heartily as unto the Lord.” We are the hands and feet of Jesus while preparing these meals for the widows and widowers. The number of phone calls, emails, texts and hugs we have received from our group about the quality and love in the meals, are immeasurable. Also, if the carrots are cooked all the way, they’ll tell you!

When in the kitchen and working on a recipe, we have a volunteer who is also a widow, who always reminds us “It’s your turkey”. If you have a way to make the recipe better or to make it your own way, feel free. Just remember, you are cooking for Jesus and Granny.

My daughter once told me that I needed to slow down and enjoy the time in the kitchen with the group and stop hurrying everything along like a crazy person! And Granny always said that if you get in a hurry, the food will tell the story. We have found that if we start the day with prayer and a Bible devotion, our demeanor and quality of food is just better.

When you take a casserole out of the oven, let it sit for a while before you start dishing it out into containers. This will help keep the casserole intact and easier to dish. This would be a good time for another prayer and Bible devotion😊

The RSVPs will kill you. The group sometimes remembers to RSVP and sometimes remembers to pick it up and sometimes they don’t do either or both! Each month before we begin cooking, we pray that God will send, and that God will provide. We review the list and then make a prayerful guess at how many sets to make. We have never run short, and we have never thrown away. We keep extras from the month before as a cushion for the current month and then find homes for the surplus.

I can’t even begin to count the times God provided even the smallest ingredient just when we needed it.

Before Covid, the ladies who picked up their freezer meals would come in and visit and have lunch. Covid changed that and we have not been able to bring it back. If you are a new freezer meal ministry, I highly recommend you start this practice and try to keep it. We miss the times of the group meeting for lunch and catching up.

We have an amazing volunteer who takes RSVP messages and coordinate the database, the mailings, the website, the mailings and the very important list of deliveries on freezer meal day. While pickups may vary with RSVPs, deliveries cannot.

When the recipe calls for jalapenos, cayenne pepper

or crushed red pepper, omit it. In general, our group does not care for nor can handle overly spicy foods. We also do not add salt to any recipe. We do not advertise as salt free since the broth, soup, etc. has salt, but we keep it a little healthier by not adding salt.

When a recipe calls for 1 cup on diced onions, we use one onion. You can measure if you want, but there are some items that we use judgement on such as onion, celery, carrots, cabbage, etc.

Use everything if you can. If the recipe calls for five cups of cheese and you have five- and one-half cups of cheese, throw it in there. Leftover groceries don't sit well for a month.

We have learned that it is not a good idea to cook the day before pickup/delivery. The meals do not have time to freeze completely. We also have spread out our cooking to two Fridays a month and the Tuesday, Wednesday and Thursday before pickup/delivery. This seems to accommodate the volunteers schedule the best. Freezer pickup/delivery is always the second Saturday of the month for us.

Try to control your deliveries to only the home bound. We always ask when someone asks for delivery if they are home bound. Finding volunteers to make deliveries is one of our hardest slots to fill.

Be kind to each other. With the volunteers and the ones you are serving, there will be opinions, criticisms and all various sorts of input. Constructive comments are great and well received in love. I've learned how to cut an onion, put foil on a casserole correctly, how to clean a burnt pot, how to chop bacon before you fry it and how to serve unconditionally through working with the best volunteers.

You will be blessed. Our volunteers would argue that we are more blessed than the ones who receive the food. Thank you for your willingness to be the hands and feet of Jesus to the widows and widowers.

Our freezer meal ministry has turned into two ministries. The volunteers have developed a friendship and comradery like no other. We serve together, we pray together, we clean up messes together and we laugh together a lot!

One thing we started was to put scripture cards in the freezer meal bags. We have received tons of feedback and thankfulness for those reminders from God. A mother and daughter volunteer make those each month and we are so grateful for their time, resources and the love they pour into this project.

In case you ever wonder if God is not in the details, read this story. When you are chopping, cooking and packaging, inevitably your count will be off sometimes. One week, we are cooking for 64 sets and ended up with 65 containers of Cabbage Roll Soup. We packaged it and put it in the freezer knowing someone, sometime would enjoy it. That Saturday, we had a widow who

normally get freezer meal sets pull into the parking lot and asked if we would happen to have one bowl of Cabbage Roll Soup left. She had read it on the mailing and remembered how much she liked it. We had a new volunteer that day who took her request, came back in and told us and we all witnessed a tiny miracle. Stuff like this happens ALL THE TIME.



CONVERSIONS

<i>Cup</i>	<i>Milliliters</i>	<i>Tablespoon</i>	<i>Teaspoon</i>
<i>1 Cup</i>	<i>250 ml</i>	<i>12 ½ Tbsp</i>	<i>50 tsp</i>
<i>¾ cup</i>	<i>180 ml</i>	<i>9 Tbsp</i>	<i>36 tsp</i>
<i>2/3 cup</i>	<i>160 ml</i>	<i>8 Tbsp</i>	<i>32 tsp</i>
<i>½ cup</i>	<i>125 ml</i>	<i>6 ¼ Tbsp</i>	<i>25 tsp</i>
<i>1/3 cup</i>	<i>80 ml</i>	<i>4 Tbsp</i>	<i>16 tsp</i>
<i>¼ cup</i>	<i>60 ml</i>	<i>3 Tbsp</i>	<i>12 tsp</i>
<i>1/8 cup</i>	<i>30 ml</i>	<i>1 ½ Tbsp</i>	<i>6 tsp</i>