

Head Start offers parent classes

Vernonia Head Start will present a parent training course, "Parenting 1-4", on January 10, 17 and 24 from 9:00 to 11:00 a.m. at the Head Start building in Vernonia. This series provides information and guidelines for parents with children ages one to four years.

Other activities at Vernonia Head Start include a garage sale being sponsored by parents on January 26 at the Head Start Center.

In addition, applications for children ages three and four are being accepted.

For more information on any Head Start activity, call Gina at 503-429-9243.

Church Bulletin Bloopers

Due to the Rector's illness, Wednesday's healing services will be discontinued until further notice.

Cookin with Debbie

By Debbie Johnston

As we head into winter, the days get colder and colder, and we think of a warm fire and a bowl of hearty soup or stew. You can even put these in the crockpot before church on Sunday and when you get home, your meal is ready to enjoy.



HARVEST BEEF STEW

2 lbs. beef stew meat cut in 1-inch cubes	1/3 c. quick-cooking tapioca, uncooked
1 tsp. dried basil	1 Tbs. cumin seed
1 tsp. salt	4 carrots (cut in 1-inch pieces)
4 cloves garlic, pressed	2 medium onions, cut in eighths
2 - 16 oz. cans whole tomatoes, undrained	4 ears frozen corn, thawed and cut in half, or 1 - 10 oz. pkg. frozen corn kernels
8 small new potatoes, cut in half	
2 small zucchini, thinly sliced	

Heat oven to 325 degrees. In Dutch oven, brown stew meat with salt and pepper. Mix all ingredients except corn, potatoes and zucchini, in Dutch oven, breaking up tomatoes. Cover and bake 2-1/2 hours, stirring 2 or 3 times during the first 1-1/2 hours.

Stir in corn and potatoes. Cover and bake 1 to 1-1/2 hours longer, or until beef and vegetables are tender. Stir in zucchini. Cover and cook 15 minutes longer. Let stand 10 minutes before

serving.
Makes 8 servings.

GOURMET POTATO SOUP WITH CROUTONS

Soup:	
3 c. diced, peeled potatoes	1/2 c. diced celery
1/2 c. diced onion	1 chicken bouillon cube
1-1/2 c. water	2 c. milk
1 cup (8 oz.) sour cream	1 Tbs. all purpose flour
1 Tbs. minced fresh chives	

CROUTONS:	
8 c. day old French bread, cut in 1-1/2 inch pieces	fat for deep-frying
1 Tbs. minced fresh parsley	1/2 c. grated parmesan cheese
1/2 tsp. garlic salt	1/2 tsp. paprika
	1/4 tsp. pepper

In Dutch oven, cook potatoes, celery, onion and bouillon in water until vegetables are tender, about 20 minutes. Add milk. In a bowl, combine sour cream and flour. Blend in 1/2 cup of hot soup; return to kettle. Add chives and simmer, just until thickened.

Meanwhile, deep fry bread cubes in fat until golden brown. Drain on paper towel. In bowl, combine remaining ingredients. Add croutons and toss to coat. Top your soup with croutons.

Makes 6 to 8 servings.

PIZZA SOUP

Kids love pizza and cheese! Try some shredded cheese in the bottom of your bowl and add your soup. My kids love the melted cheese at the end.

1 Tbs. olive oil	1 onion, sliced
2 green or red bell peppers, cut into 1-inch pieces	2 Tbs. minced fresh garlic
2 - 14-1/2 oz. cans diced tomatoes in olive oil, garlic and spices, undrained	2 c. water
1 tsp. fennel seed	1 - 6 oz. can tomato paste
1 - 15 oz. can cannellini beans, drained	1 can sliced mushrooms
1-1/2 c. shredded mozzarella cheese	1-1/2 tsp. Italian seasoning
	1 - 15 oz. can kidney beans, drained
	6 slices French bread, each 1/2-inch thick

Heat oil in Dutch oven over medium heat. Cook onion, bell pepper and garlic in oil, stirring occasionally, until onion is tender. Stir in water, diced tomatoes and tomato paste, until blended. Stir in remaining ingredients, except bread and cheese. Heat to boiling; reduce heat. Cover and simmer, 10 minutes, stirring occasionally.

My kids like me to add the green pepper now, so it's still firm.

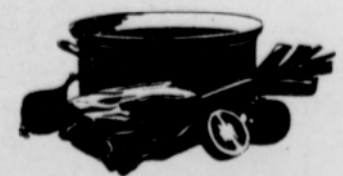
Just before serving, heat oven to 425 degrees. Place bread on ungreased cookie sheet. Toast bread in oven until golden brown on both sides. Pour hot soup into oven proof bowls. Top each with one slice of toast. Sprinkle with cheese. Place under broiler 3- to 4-inches from heat until cheese is melted.

HAMBURGER SOUP

Better known as Poor Man's Soup, this is easy and inexpensive.

1 lb. ground beef	1 - 16 oz. can tomatoes
2 medium onions, chopped	2 medium carrots, chopped
2 stalks celery, chopped	1/3 cup pearl barley
1/4 c. catsup	1 Tbs. beef bouillon
2 tsp. seasoned salt	1 tsp. dried basil
1 bay leaf	2 tbs. fresh garlic

Cook beef and drain. Add remaining ingredients and 5 cups water. Boil, reduce heat and simmer 1 hour. Add salt and pepper to taste.



Church Directory

VERNONIA FOURSQUARE CHURCH

Pastor Paul Pastor
850 Madison Avenue
Vernonia, 503 429-1103

Sunday Worship Service: 10:30 a.m.
Children's Sunday School

Wednesdays 7:00 p.m.
Evening Service
Youth Ministry
Children's Ministry
Nursery Available

Men's Ministry 7:45 a.m.
3rd Saturday each month

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Children's Church w/Nursery
Evening Fellowship 6:00 p.m.
Nursery Care

AWANA, Wednesday 3:15 p.m.
Prayer Meeting, Wed. 7:00 p.m.
Men's Group, Thursday 7:30 p.m.

GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor
Grant & North Streets
Vernonia, 503 429-1919

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:15 a.m.
Evening Worship 5:00 p.m.

Wednesday Service:
All Family Bible Study, 7:00 p.m.

ASSEMBLY OF GOD

Darwin Harvey, Pastor
662 Jefferson
Vernonia, 503 429-4615

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.

Men's Study, Tuesday 10:30 a.m.
Women's Study, Wednesday 1:30 p.m.
Youth & Kids, Thursday 7:00 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 503 429-1161

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

Evening Worship
Saturday, 6:00 p.m.

NEHALEM VALLEY BIBLE CHURCH

Jerry James, Pastor
500 California Ave
Vernonia, 503 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.

Nursery available
Wednesday Service 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate
Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841

Mass Schedule
Sunday 12 Noon

Religious Education
Sunday 10:30 a.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Lee Knowlton, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151

Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.

SEVENTH DAY ADVENTIST

Kevin Reiner, Pastor, 543-2254
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301

Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.
Prayer Meeting, Wed. 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Pastor
375 North St. (Vernonia Grange Hall)
Vernonia, 503 429-3700

Sunday Services 10:00 a.m.

FIRST CHRISTIAN CHURCH

Joel Stith, Pastor
410 North Street
Vernonia, 503 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.

Every Wednesday:
Ladies' Bible Study 9:15 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 6:30 p.m.

Women's Fellowship, 2nd & 4th
Wednesdays, 1:30 p.m.