

# Covenant Kids

The Newsletter for the Kids of  
First Congregational Church of Webster Groves

July & August 2019



## Tracey's Blessings – Gratitude

In Luke 17: 11-18 we are told a story about Jesus healing 10 lepers but only one came back and gave thanks to Jesus for the healing. Do we show gratitude every day for the gifts in our lives? Do we only show gratitude for the big things? Perhaps each day, we need a gratitude check. We need to say thank you to the people and creatures around us, as well as to the Holy One. Native/ First Peoples thanked the creatures that became their food, maybe that is the least we can do.

It truly takes a village to put on a VBS program. I wish to give my thanks to the following who helped us have a successful Vacation Bible School:

- The children and youth for attendance and help
- The various church groups for providing food, serving and clean up.
- A special thanks to Barb Moore for her kitchen oversight and for being a ready and willing substitute teacher.
- A big thanks to all who taught a class one night or all the nights!
- Church staff, thank you all for your leadership.
- Parents, if your children were unable to attend this year, I would like to have feedback about why they did not attend. Thank You

I was grateful to be able to attend the General Synod in Wisconsin this summer. It was thoroughly enjoyable and I would love to share my experiences with you. I love our wider UCC family!

### Dates to remember:

**July 4 – Independence Day** – Come help pass out water and get a bird's eye view of the parade.

**August 11 – Blessing of the Backpacks & Ice Cream Social**

**September 8 – Rally Day!**

Enjoy your summer but don't forget to come and see us here at First Church!

Summer Blessings,

Peace,

Tracey Harris,  
Director of Christian Education and Student  
Minister

(Please visit our vegetable garden. You will find two of the three sisters growing there. See if you can find them!)



# The Three Sisters Garden

By the time European settlers arrived in America in the early 1600s, the Iroquois had been growing the “three sisters” for over three centuries. The vegetable trio sustained the Native Americans both physically and spiritually. In legend, the plants were a gift from the gods, always to be grown together, eaten together, and celebrated together.

Each of the sisters contributes something to the planting. Together, the sisters provide a balanced diet from a single planting.

- As older sisters often do, the corn offers the beans needed support.
- The beans, the giving sister, pull nitrogen from the air and bring it to the soil for the benefit of all three.
- As the beans grow through the tangle of squash vines and wind their way up the cornstalks into the sunlight, they hold the sisters close together.
- The large leaves of the sprawling squash protect the threesome by creating living mulch that shades the soil, keeping it cool and moist and preventing weeds.
- The prickly squash leaves also keep away raccoons, which don't like to step on them.

Together, the three sisters provide both sustainable soil fertility as well as a healthy diet. Perfection!



Three sisters - corn, beans and squash

# Three Sisters Stew

Preparation time: 30-40 minutes Serves: 6 to 8 people

## Ingredients:

- 3 cups pinto or kidney beans
- 2-3 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon cumin seeds
- 1/2 teaspoon cinnamon
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 1/2 teaspoons sea salt
- 2-3 cups winter squash, cut in chunks
- 14-oz can chopped tomatoes
- 1 tablespoon chili powder
- 1 1/2 cups fresh or frozen corn
- 8-10 tablespoons grated cheese, as garnish



## Steps:

1. In large pot, quickly dry-toast oregano, cumin seeds, and cinnamon for about seconds.
2. Add oil, onion, salt, and garlic. Saute until onions are soft.
3. Add squash, tomatoes, and chili powder and cook about 20 minutes, until squash is soft
4. Add some water if mixture seems dry.
5. Add cooked beans and corn; simmer until corn is tender. Season to taste.
6. Serve hot and enjoy!

Name \_\_\_\_\_

There is so much to learn about the Three Sisters crops and the farming & food cultures of Native American people...

Who are the Three Sisters? Write their names below next to their picture.

1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



Why did Native Americans plant corn, squash, and beans together in the field? Why did they grow these three crops together?

Why did they eat corn, squash, and beans together in a meal? Is there something special about these foods when they are eaten together?



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