



“You came into Prison and visited me.” Matthew 25:36

I am a member of a Kairos retreat team that will be visiting Jesus at the Goochland women's prison from April 30 – May 3, 2015. Not everyone can physically go visit the imprisoned, but you can support the team that does in other ways.

Kairos is Greek and can be translated as “the fulfillment of time” or another way as “God’s special time.” This retreat is a special time for the prisoners. The retreats are held twice a year. Within 2-3 years of Kairos entering a prison, the prison violence is dramatically reduced. Prisoner lives are changed forever.

Ways you can help include

- 1) Be a prayer partner
- 2) Make homemade cookies (see the prison rules / requirements included)
- 3) Be a sponsor

1) Prayer powers this retreat. There are 72 hours of 1 hour prayer slots available from Thursday, April 30 at 6 p.m. until Sunday, May 3 at 5 p.m. and can be done anywhere you like. Prisoners need to see a visible means of the agape support that others are providing. Your name is placed on a scroll so that they can see who is praying for them at that hour. A paper chain with each prayer partner’s name is wrapped around the room.

Sign up at the Café on April 19th or 26th or just email me at Tullington@comcast.net

2) Please consider making cookies with prayer. Cookies are continually available to the prisoners as a symbol of God's unending love. I am responsible for 50 dozen. Variety is the spice of life - so make your special cookie recipe. If you are pressed for time, store bought cookie dough is acceptable as long as you bake it.

IMPORTANT: Completely cool cookies before packing. (Prevents mold)

Layer 1 dozen cookies either 6 to a layer x 2 layers or 4 to a layer stacked 3 layers high (on top of each other). Cookies must be in a quart ziplock type bag and mark the type of cookies on the bag. (Oatmeal with nuts) I do not have time to repackage cookies.

3) It costs approximately \$12K to run a Kairos weekend. \$265 to sponsor a prisoner and team members are an additional \$150 each. If you would like to be a sponsor and help defray the weekend costs, please make out your tax-deductible checks to Kairos of Virginia and send them by April 26th to Susan Tullington, 7149 Baldwin Ridge Rd. Warrenton, VA 20187

**Drop off cookies at the Café on
Sunday, April 26th
from 8 am – 12:30 pm.**

If you need more information, you can call me at 540-349-4285 to volunteer (Tullington@comcast.net).
Questions? Just call or email me.

****** Please pray for us ******

Kairos #39 - VCCW - April 30 - May 3, 2015

Thanks for making a difference!
Susan Tullington

Kairos Cookies for Prisoners

"You came into Prison and visited me." Matthew 25:36

Homemade cookies are a tangible expression of Christian love and an indication of God's concern for a group of people who seldom encounter either in the course of their daily lives. We may need up to 5,000 dozen cookies for a typical Kairos weekend. That's **60,000** cookies! Your loving sacrifice will provide "bread" that shines the Light of God's Grace into the darkest corners of a prison unit.

May God bless you for the gift of baking!

- Pray individually or as a family over the ingredients before and during mixing.
- Pray over the cookies as you drop them onto the cookie sheets and bake them.
- Ask God to use your cookies as a source of His love to shine on the prisoners and staff on the Kairos weekend.
- Pray that each cookie brings the inmate, officer or warden who eats it closer to God. We want every person to become part of the family of God.

General Guidelines

Bake any recipe you would like, but please keep in mind that if we are to take each and every cookie into prison, we need to follow certain guidelines. This means that specific ingredients cannot be used. When baking, please remember:

- **NO** raisins, coconut flakes or other dried fruit
- **NO** toppings such as sugar, decorations or icing
- **NO** candy such as M&Ms
- &
- **YES** to chocolate and butterscotch chips and nuts mixed into the dough - not placed on top (e.g. chocolate kisses)

Cookies should be approximately 2 to 2 $\frac{1}{2}$ inches in size and not more than $\frac{1}{2}$ inch thick. (See circle)

Package cookies 12 to a quart size zip lock bag. Best if stacked 4 x 3 in bag.

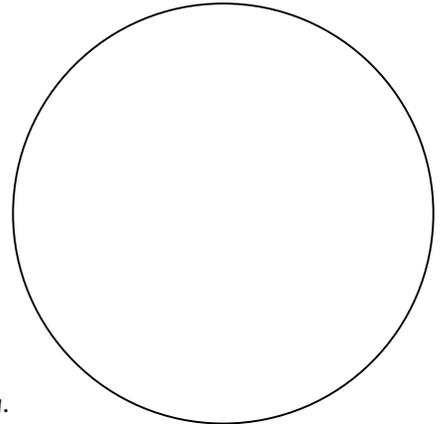
Please indicate the type of cookie on each bag (e.g. sugar free oatmeal with walnuts).

DO NOT package HOT cookies. Let them cool completely. They may be made weeks ahead of time and frozen - they still turn out perfectly.

I will need to receive them by Sunday April 26 (at the Café). Please call me with questions Susan Tullington at 540-349-4285.

Thank you!

******* Please pray for us *******



Recipes are furnished as a guide only. You can use any recipe you desire. *It is, however, very important not to use icing, sugar, or any other type of coating on the outside of the cookies, or to add any kind of fruit to the cookies. Candy pieces cannot be used either. No kisses on top. Chips must be mixed in with dough.*

Easy Cookies

2 packages white or yellow cake mix*	1 cup cooking oil
4 teaspoons water	4 eggs
2 cups (12 oz pkg) flavored chips*	2 cups rolled oats

Preheat 350 degrees. Blend cake mix, water, oil, and eggs. Stir in chips and oatmeal. Place cookie dough in refrigerator about one hour. Drop by heaping teaspoons (to make 2" cookies) onto ungreased cookie sheet. Bake at 350 for 8 minutes (top will look pale). Cool on sheet 1 minute and remove to wire rack. Completely cool before packaging.

******You can use any flavored chips (chocolate, peanut butter, swirled, toffee, etc.) but nothing like M&Ms, Reeses pieces, etc. You can also use chocolate cake mix or strawberry and lemon cake mixes.

Peanut Butter

3/4 cup Creamy Peanut Butter	1 egg
1/2 cup Crisco Shortening	1-3/4 cup all purpose flour
1-1/4 cup firmly packed brown sugar	3/4 teaspoon salt
3 tablespoons milk	3/4 teaspoon baking soda
1 teaspoon vanilla	

Combine peanut butter, shortening, sugar, milk and vanilla in a large bowl and mix at medium speed until well blended. Add egg and mix well. In a separate bowl combine flour, salt and baking soda, mix well. Add flour mixture to peanut butter and mix until just blended. Drop by heaping teaspoons onto ungreased cookie sheet and flatten slightly in a crisscross pattern with the tines of a fork. Bake at 375 degrees for 7 to 8 minutes until set. Makes 3 dozen cookies.

Chewy Oatmeal

3/4 cup butter flavor Crisco	3 cups quick cooking oats
1-1/4 cup firmly packed brown sugar	1 cup all purpose flour
1 egg	1/2 teaspoon salt
1/3 cup milk	1/2 teaspoon baking soda
1-1/2 teaspoon vanilla	1/2 teaspoon cinnamon

Combine Crisco, brown sugar, egg, milk and vanilla in a large bowl. Mix at medium speed until well blended. Combine oats, flour, salt, baking soda and cinnamon in a separate bowl, mix well. Add to Crisco/sugar mixture until just blended. Drop rounded tablespoons of dough onto cookie sheet. Bake at 375 degrees for 10 to 12 minutes or until lightly browned. Makes 2-1/2 dozen cookies.

Chocolate Chip

3/4 cup Crisco shortening	2 tablespoons milk
1-3/4 cup all purpose flour	1 egg
1-1/4 cup firmly packed brown sugar	3/4 teaspoon baking soda
1 teaspoon salt	1 teaspoon vanilla
	1 cup semi-sweet chocolate chips

Combine shortening, sugar, milk and vanilla in a large bowl, mix until well blended. Add egg and mix well. In a separate bowl combine flour, salt and baking soda, mix well. Add to shortening/sugar mixture until well blended. Stir in chocolate chips. Drop by rounded tablespoon onto ungreased cookie sheet. Bake at 375 degrees for 8 to 10 minutes for chewy cookies or 11 to 13 minutes for crisp cookies. Makes 3 dozen cookies.

Molasses Cookies

3/4 cup margarine or shortening	1 teaspoon cinnamon
1 cup granulated sugar	1 teaspoon ginger
1 egg	2 cups flour
4 tablespoons molasses	2 teaspoons baking soda

In a large bowl, cream margarine or shortening with sugar. Add egg and blend. Add molasses and spices; mix well. Add flour and baking soda and blend. Chill dough 30 minutes or overnight (covered tightly). Shape dough into small balls and place 2-inches apart on ungreased cookie sheet. Bake at 325 degrees for 10-12 minutes. Remove from oven and cool on wire racks. Makes 2 1/2 dozen.

Sugar Cookies

1 cup margarine (or butter); (2 sticks) at-room temperature	1 teaspoon vanilla
1 cup vegetable oil	4 cups all-purpose flour
1 cup granulated sugar	1 teaspoon salt
1 cup powdered sugar	1 teaspoon baking soda
2 eggs	1 teaspoon cream of tartar

Beat together margarine, oil, granulated sugar, powdered sugar, eggs and vanilla. Sift together flour, salt, baking soda and cream of tartar. Add dry ingredients to margarine mixture. Drop from a teaspoon onto greased cookie sheet. Bake at 350 degrees until cookies are light brown around the edges, about 8 to 10 minutes (watch closely; cookies will be dry if they get too brown). Makes approximately 5 dozen.

Cake Mix Cookies

1 cup vegetable oil	2 boxes cake mix (any flavor)	4 eggs
Optional (or 6 oz flavored jello can be added to white or yellow cake mix)		
Optional 2 cups (12 oz) flavored chips		

Mix above ingredients until fully blended. Drop from a teaspoon onto a greased or parchment-covered cookie sheet. Bake approximately 12 minutes at 350 degrees. Makes approx 8 dozen.

Hints: We add vanilla chips to the Strawberry, Creamsicle, and Key Lime flavors. We add Heath Bar chips to the chocolate flavor and butterscotch chips to the Spice flavored mixes. Chocolate Chips would be good too.

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