

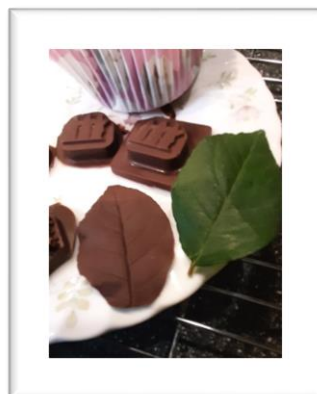
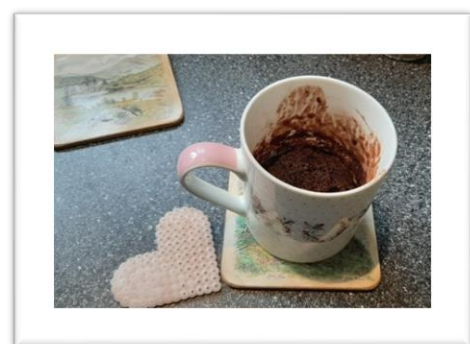
*Binfield, Bracknell
Berkshire, England*

April 29 2020

Dear Pathfinders.

Thank you so much for joining me last Sunday for the e-chocolate honour! I really enjoyed teaching you and I had a very happy Birthday the next day – thank you for all of your kind wishes and long-distance singing!

I wanted to show you how the chocolates turned out and to answer some of your questions.



I was asked what was written on my T-shirt. It says “Jesus loves you – but I’m His favourite”! The great thing about this is that every person in the world could wear it and it would be true for all of them!

Someone asked about Halloween. I do not celebrate it as an adult, but when I was a child in America it was a very different holiday – you dressed up as someone you admired (or a fun costume) and had a party at school where you shared about the “true light in the darkness – Jesus” and you went to

your neighbours for trick or treat – although we didn't have any tricks, so thank goodness they all gave us treats! It was a fun friendly time. It has become much less friendly, nowadays, and of course it has dark roots – although you need to remember that when you come from different cultures, you are used to different celebrations that have different meanings, so always be kind and sensitive to others who don't see things the way you do! Nowadays, I stock up sweets and have 10 Advent calendars that share the real meaning of Christmas with the children who come to my door. They are coming to me, so what better way to share Jesus. I'm afraid I also ask them to sing a Christmas carol with Jesus in it in order to get the sweets! After a few years of this, I find that they come prepared! It's fun and it makes them think!

Someone also asked about what Ellen White says about chocolate. You need to remember that the first chocolate bar was not produced until 1847 (by Frys in England) and as it was a luxury item, I doubt she would have had much to do with it. However, as I pointed out, the chocolate is not the health problem – it is all that we add to the chocolate in terms of sugar and the fat we leave in that makes it unhealthy! Ask your Mum or Dad to get some very dark chocolate if you have never tasted it. It has a "snap" to it as it has very little cocoa butter and it is not sweet at all. You eat smaller amounts, but you get the health benefits that I mentioned! Also it is really good in baking recipes like Brownies.

Thank you again for joining the online teaching session. There was so much more that I wanted to show you, but I will share the recipes with you instead!

Thank you so much for Dejan and Natalie for organising the event every week. Please send them cards and e-mails to say "Thank you" because they are working very hard to organise these broadcasts every week and we are very proud of them and the work that they are doing!

Here is my email if you want to get in touch: hjshanna@msn.com

God Bless you All and stay well and stay safe!

Heather Hanna xx

