



The Second Miler

Second Baptist Church, 6626 Costner Drive, Falls Church, VA 22042

“Home of the Sweet Sweet Spirit”

June 2023 Issue

Pastor's Corner



Faith Takes A Lickin' and Keeps on Tickin'

Years ago, Timex had a slogan about their watches: “Timex takes a licking and keeps on ticking.” The idea was simply that no matter what you did to a Timex watch, it would keep working. If I remember correctly, they even had a commercial that showed a barren wasteland after a nuclear explosion. Lying on the ground was a Timex watch...ticking away!

Faith is a lot like that...it takes a licking and keeps on ticking! So many things try to disrupt our faith. But it seems that we as the church just keep ticking away.

Satan hates our faith. Why? Because foundational to his fall from heaven is the idea that he lost faith in his creator. What amazes me is this: He pushes us...and often tries our faith...and most often pushes us right into the arms of God. He can't seem to be able to control himself...and the result is that we grow in faith.

Even though our faith is shaken at times, even though our faith is disrupted...we must understand that behind it all...God is at work. Foundational to faith is belief, trust, and most importantly...relationship.

So how do we grow in true faith? How do we increase our trust in God? One of the answers to this question is that we must add something to our faith. I don't care how good a Timex watch is...it is worthless if we don't add batteries! In the same way, faith without certain spiritual batteries is dead.

Since you have a relationship with God...be a person of character. Character is the reality of who you really are and what you really do. Many of you have heard the old quote that goes like this: “Your ideal is what you wish

you were. Your reputation is what people say you are. Your character is what you really are.”

It is notable that character precedes knowledge. This is not to say that knowledge isn't good. But, knowledge without character doesn't impress God. If

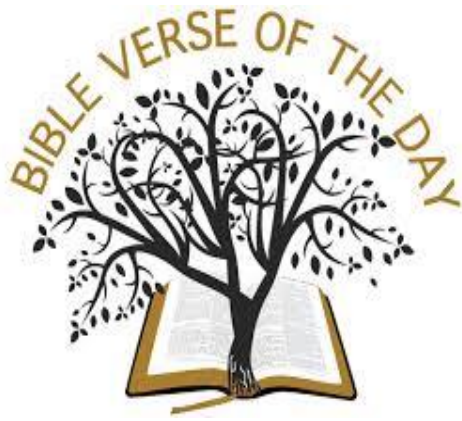
you want to “keep on ticking” for God...you must add knowledge of God to your faith.

Since you have faith...add self-control. Next time you're tempted to lose control...remember that through God you have the power to walk in self-control...it is in you already. Access it and add it to your faith.

Since you have faith...persevere. It is our faith and our trust in God that helps us to endure under trial. Consider this story. Charlie Brown is at bat. STRIKE THREE. He has struck out again and slumps over to the bench. “Rats! I'll never be a big-league player. I just don't have it! All my life I've dreamed of playing in the big leagues, but I know I'll never make it.” Lucy turns to console him. “Charlie Brown, you're thinking too far ahead. What you need to do is set yourself more immediate goals.” He looks up. “Immediate goals?” Lucy says, “Yes. Start with this next inning when you go out to pitch. See if you can walk out on the mound without falling down.” The point of the story? Do the next thing...persevere through the next storm. Hang in there and don't worry about all that is to come...God's grace is sufficient.

We need to add these seven things to our faith if we are to take a licking and keep on ticking: **Character** without faith is cheap veneer; **Knowledge** without faith is useless information; **Self-control** without faith is straining unnecessarily; **Perseverance** without faith is empty at the end; **Godliness** without faith is mere religion; **Brotherly kindness** without faith is self-serving; **Love** without faith is not true love.

Rev. Samuel D. Barnhart, Sr.
Pastor Emeritus



Bible Verse

I am the good shepherd. The good shepherd lays down his life for the sheep.

—John 10:11

Thought

The Bible uses the term "shepherd" for different kinds of Godly leaders. Only One, however, is the quintessential good Shepherd (Psalm 23:1-6; John 10:11-18). We follow this Shepherd because he values us above his own life — "*The good shepherd lays down his life for the sheep.*" Jesus shows us that the heart of godly leadership is loving sacrifice, not a status-seeking privilege, and it is caring service, not a selfish attention-seeking position (1 Peter 5:1-4). As God's sheep, we are saved because Jesus IS our Good Shepherd who laid down his life to us to bring us home safely to God!

Prayer

Holy and sacrificial Father, I am humbled to silence by your plan to have Jesus be Lord and Lamb, Shepherd and Sacrifice. Thank you for giving me life through his death. Thank you for showing me leadership through his example. I offer you my undying thanks in Jesus' name. Amen.

SPECIAL PRAYER LIST

Deaconess Mildred Bailey	Deaconess Gloria Angel
Sis. Claudia Furr	Rev. Samuel Barnhart
Sis. Charlotte Allen	Sis. Tynisha Kittles
Sis. Leea Lynch	Bro. Steven Roberts
Bro. John Taylor	Sis. Gloria Costner
Sis. Monica Battle	Trustee Ray Burns
Sis. April Dixon	Bro. George Owens, Jr.
Sis. Judy Clements	Trustee Ronnie Inge
Sis. Judy Marshall	Sis. Trois Stuart
Sis. Mary White	Sis. Lisa Chamberlain
Sis. Rose Chavis	Sis. Carolyn Walker
Sis. Linda Hargrove	Sis. Alice Faye Williams
Sis. Josephine Beckham	Sis. Virginia Taylor
Sis. Lucille Stallings	Sis. Trinette Williams
Rev. Marvin Hargrove	Bro. John White
Sis. Jean Alexander	Rev. Clyde Nelson
Dea. Virgie Simmons-Jones	Sis. Frederica Weaver
Trustee JoAnn Brooks	Sis. Clara Welch
Sis. Terenda Thomas	



BIRTHDAY WISHES – JUNE

We take a moment and we pray
For you, on this your birthday.
May God be with you in all you do
We are so thankful for YOU!

02 – Deaconess Mildred Bailey
05 – Peri Harris
05 – Rixey Johnson
07 – Deaconess Brenda Moore
09 – Amari Bibbs
10 – Desmond Bibbs
25 – Anna Queen
27 – Kevin Thompson, Jr.
27 – Xavia Starr Rose
30 – Alice Faye Williams
30 – Violet Graham

HAPPY ANNIVERSARY

07 – Mr. and Mrs. Samuel & Darlena Biggers
17 – Mr. and Mrs. Jay & Patricia Ingram



First Lady Devera Barnhart & Family
Loss of Sister, Wynona Elois Thomas

SECOND BAPTIST CHURCH
Building Fundraising Project
DONOR RECOGNITION TREE



- Gold Leaf \$1,500
- Large Rock \$3,000
- Silver Leaf \$1,000
- Medium Rock \$2,500
- Bronze Leaf \$ 500
- Small Rock \$2,000

- Don't miss this lifetime opportunity to have your name / family name / auxiliary name permanently engraved in the history of Second Baptist Church

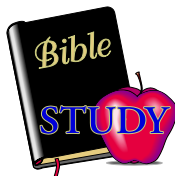
If you are pledging to our building fund when your contribution reaches \$500.00, you will have the option of choosing a Bronze Leaf or continue contributing until you reach the level you desire. However, your contribution of \$500.00 will automatically guarantee you a Bronze Leaf to be placed on the tree.



It's not complete without you.
Please join us every Sunday morning at
9:30 a.m.

You are never too old or
too young to learn of the goodness of
Jesus!

Wednesday Noon Prayer Service
12:00 p.m.



**Wednesday Evening Bible Study
and Prayer Service**
7:00 p.m.

Please join us for another
opportunity to grow in grace
and knowledge of Jesus Christ.

PLEASE JOIN OUR CONFERENCE CALLS

Call in number: (410) 886-7188

PIN: 42071

FOOD BANK OPERATING HOURS
SUSPENDED UNTIL FURTHER NOTICE

**Tuesdays & Thursdays 11:00 a.m. –
12:00 p.m.**

**Typical Items: Bread & Bakery
None of God's children shall go
hungry; come partake!**



**FEED THE
HUNGRY**

**CLYDE LEE HUNTER SBC EDUCATION FUND
COMMITTEE**

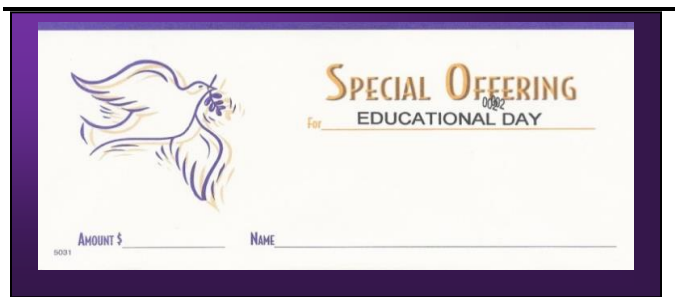
This committee seeks to provide financial assistance to young Second Baptist Church congregants heading for college or a university. It has not been set up as a scholarship program. It is funded through personal donations and the occasional fundraiser. We thank God for each donation and the ability to help our church family as they pursue higher education. For an application, please see any one of the members:

President	Lita F. Stallings
Vice-President	Devera Barnhart
Financial Secretary	Bernice Dawson
Member	Susan Norwood
Member	T. Earleen Washington



If you would like a CD or DVD of any of the programs, please see First Lady Devera Barnhart, Trustee JoAnn Brooks or Sister Lita Stallings

Cost:	Single CD	-	\$3.50
	Double CD	-	\$6.00
	DVD	-	\$10.00



GOT ENVELOPE?

PLEASE DON'T FORGET TO USE YOUR SPECIAL OFFERING ENVELOPE TO SUPPORT THE EDUCATION FUND!!!!!!!!!!



As we continue in our virtual worship environment, stay tuned for some new innovative ways to worship the Lord in song.

“Prepare to be amazed!”

*Please contact Minister of Music,
Rev. Kevin D. Thompson, Sr. with any questions!*

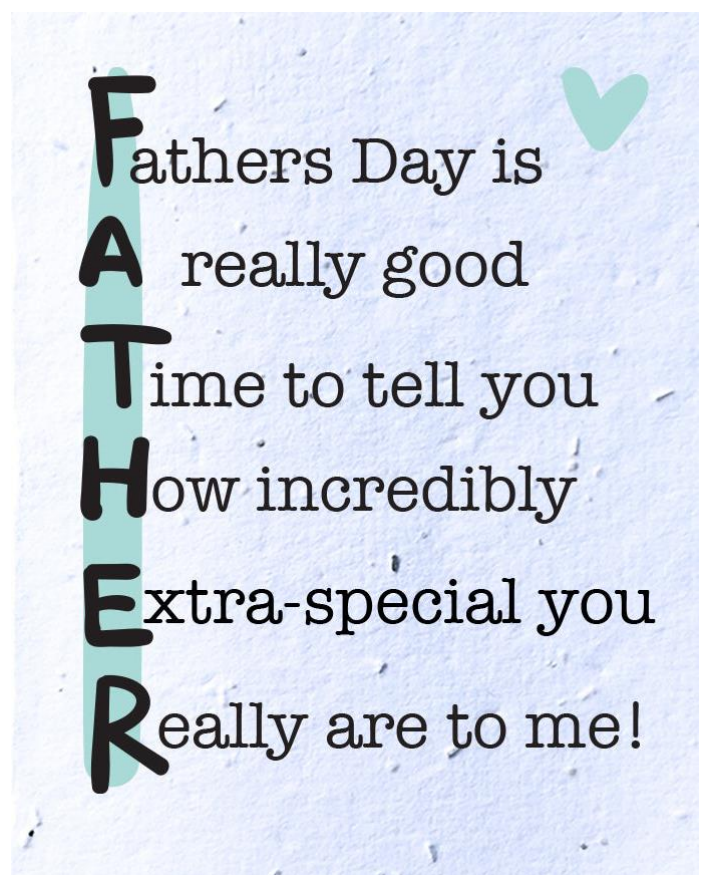
NEW ADDITIONS:

05/14/2023 **God Is Taking Care of You**
Rev. Kevin D. Thompson, Sr.

05/21/2023 **Cast Your Cares On The Lord**
Rev. Clyde Nelson

05/28/2023 **It's His Word**
Rev. Kevin D. Thompson, Sr.

06/04/2023 **Standing On God**
Rev. Kevin D. Thompson, Sr.





Signs From Above

“For the Lord gives wisdom and from His mouth comes Knowledge and understanding.” ---Proverbs 2:6



HOME BIBLE STUDY

Elijah

1.) Who was King of Israel when Elijah was a Prophet?

- Asa
- Ahab
- David
- Solomon

2.) What did the widow make for the prophet Elijah?

- Wine
- Cake of bread
- Stew
- Mutton

3.) Elijah and Elisha walked across the Jordan river on dry ground after Elijah struck the water with what?

- His sword
- His mantle
- His hand
- His staff

4.) How many prophets of Baal did Elijah put to death?

- 250
- 450
- 650
- 950

5.) Why did Elijah flee to Mount Horeb?

- He was afraid of Jezebel
- He was running from God
- He was afraid of a fire
- He was afraid of a flood

What is a Dad?

A Dad is a person
Who is loving and kind,
And often he knows
What you have on your mind.
He's someone who listens,
Suggests and defends
A dad can be one of
your very best friends;
He's proud of your triumphs,
but when things go wrong,
A dad can be patient,
And helpful and strong.
In all that you do,
A dad's love plays a part
There's always a place for him,
deep in your heart.
And each year that passes,
You're even more glad,
More grateful and proud
Just to call him your dad!
Thank God for all dads –
Especially our Heavenly Father, the
greatest Dad of all!

Author Unknown

Phoebe's Corner

Sponsored by the Deaconess Ministry

"Promises In Bud"

By Mari-Anna Stalnacke

We all want to grow in our faith. But sometimes it feels like nothing is happening. Rest assured, when you stick to Jesus, the Holy Spirit keeps on working on you and you are maturing no matter how you feel. You see, it really is the work of Christ in you. But, yeah, reading the Bible and all the demands God lays on us can be daunting. Yet I have an encouraging word for you today. When in Christ, all these demands are "promises in bud", like Bruce Milne in his book Know the Truth puts it.

This is a remarkable way to see the demands of the Bible. We can't but Christ in us can. All the commands of Scripture are glorious promises for all who are in Christ. One day you will be able to do what God commands of us. So all the commands are really promises in bud. When Christ will return, the good work will be finished in us. Until then we are God's works in progress.

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. (Phil. 1:6, NLT)

Promises in bud

So we can read the Bible in a new way. We don't have to feel desperate when we read "you shall..." in Scripture. Instead, we can see them as promises in bud and already praise God for working in us so that one day all of them will become true. And, even now, the Holy Spirit is empowering us to grow in faith and strive to do what God asks us to do.

Hence, all the commands of Scriptures are glorious promises for all of us. One day we will fulfill all of them. Until then we keep growing in grace. No one can become all that God asks of us on their own but there is plenty of grace and hope for everyone. God can change you and your life. And he will complete the transformation the day Jesus returns.

Dear God,

Thank you for providing us with everything we need to grow in faith.

We could never become what you ask of us on our own.

So you send Jesus to give us grace upon grace to make us right with you.

And now you provide the aid of the Holy Spirit to help us to grow in your grace.

Thank you for not giving up on us but empowering us with your grace.

Thank you for promises in bud, thank you for hope upon hope.

We love you and we praise you.

In Jesus' name,

Amen



What Is A Dad?

*A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.*

*A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.*

*A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...*

- Unknown -

Bible Word Search

Jacob's Family

U	B	Y	T	D	A	N	A	N	D	B	B	L	Q	R	T
Z	L	B	T	X	I	Z	D	F	O	Z	R	U	M	W	W
S	C	R	Q	K	L	N	D	Q	M	F	K	B	O	I	E
N	I	M	A	S	T	N	A	V	R	E	S	W	F	V	L
A	W	M	I	H	A	M	G	H	Z	Q	I	E	A	E	V
P	B	T	E	Z	C	I	O	M	P	V	A	G	A	N	E
H	I	I	V	O	O	A	T	R	E	E	W	H	N	I	G
T	R	R	V	C	N	R	S	S	F	R	S	K	A	M	Q
A	T	G	E	E	N	Q	G	S	G	E	M	O	K	A	U
L	H	H	A	P	L	I	Z	S	I	T	H	B	J	J	K
I	E	J	A	S	H	E	R	B	L	H	A	I	S	N	Y
I	D	D	H	T	B	Y	E	S	E	G	D	L	I	E	U
Y	H	A	K	U	I	E	U	N	H	U	U	H	Y	B	M
C	I	A	L	S	O	Z	B	O	C	A	J	A	J	Z	S
B	P	U	N	M	Q	B	E	S	A	D	Z	H	A	T	Z
Y	N	S	A	Y	G	S	N	L	R	X	D	A	E	A	M

JACOB had servant
 TWELVE BILHAH,
 SONS and one DAN AND
 DAUGHTER with his NAPHTALI were
 TWO WIVES and born.
 THEIR two Leah's servant
 SERVANTS. ZILPAH
 With his WIFE GAVE birth
 LEAH, he had TO GAD and
 REUBEN, ASHER.
 SIMEON,
 LEVI,
 JUDAH,
 ISSACHAR,
 ZEBULUN, and
 DINAH.
 RACHEL,
 who was ALSO his
 Wife,
 BIRTHED
 JOSEPH and
 BENJAMIN.
 FROM Rachel's

Annual Deacon and Deaconess Day Serving Christ with a Renewed Mind

Lita F. Stallings

The Second Baptist Church (SBC) Deacon and Deaconess Ministries celebrated their annual day on May 7, 2023 with a wonderful program. The theme "***Serving Christ with a Renewed Mind***" sparks joy as we think about what it really means. To leave behind all our old thoughts and serve Christ anew is a goal we should all have. The program was thoughtfully planned and executed. Rev. Kevin Thompson got the congregation ready during praise and worship and then Deacon Larry Eskridge introduced our Worship Leader, Deacon Larry Johnson of Christian Way Baptist Church, who gave us insight into his Christian walk by singing "All My Help Comes From the Lord" as he approached the podium. Deacon Johnson is no stranger to SBC and he did an excellent job guiding us through the program. We segued right into the congregational hymn, Look and Live, after which Deaconess Sharon Pope, Mount Salvation Baptist Church, provided scripture, found in ***Ephesians 4:17-32*** and Deacon Karlin Henderson, Mount Pleasant Baptist Church, allowed us to listen in on his spirited fervent conversation with God. Next, Deacon Samuel Biggers, SBC Deacon Ministry Chair, extended a hearty welcome, proclaiming that if the hinges on the door could speak, they too would welcome all.

Rev. Kevin Thompson, SBC's very talented Minister of Music, provided several melodic selections to uplift the name of Jesus. They included, There's Something About the Name Jesus, God is My All & All and Lord, Keep Me Day by Day. Following offering, Deaconess Virgie Simmons-Jones and Deacon Samuel Biggers orchestrated a moment of remembrance for all deceased Deacons and Deaconesses who paved the path and have gone on to glory. Deaconess Simmons-Jones spoke the name of each fallen Deaconess. It was beautiful. Deaconess Robin Owens, Christian Way Baptist Church and Deacon Lloyd Saunders, Warner Baptist Church, each provided words of encouragement. Some of the common themes included building strength

and confidence in your service to the Lord and to remember to serve the church, God and the community. They each made good points in their encouraging words and mentioned a good resource to reference in challenging situations, **Philippians 4:8**.

Rev. Thompson introduced our guest preacher, Rev. Ellihue Henderson, Mount Zion Baptist Church, who brought us a word from on High. The scriptural text was **Ephesians 4:17-29** and the text was "**Serving Christ with a Renewed Mind**". Rev. Henderson reminded us that we are chosen in Christ and through the Holy Spirit we can win any battle; we have been taught to take off the old self and serve Christ with a renewed spirit; we were taught to stand out and stand up for Christ; we need to study and stay in the Word; we need to see ourselves as more than conquerors; we must starve the flesh and feed the spirit. Rev. Henderson closed by telling us that as we walk in the Spirit, the more Christlike we will become. What a fantastic message!

We thank the Deacon and Deaconess Ministries for planning such a beautiful program, all the participants for their roles and especially God for blessing the effort. We are looking forward to next year!

Annual Usher Day Called to Serve

Lita F. Stallings

The Second Baptist Church (SBC) Usher Ministry celebrated their annual day on June 4, 2023 and we had a great time in the Lord! The Deacons led devotions, stirred up the congregation and welcomed the Holy Spirit in the place! Deaconess Trinetta Spratley, SBC Usher Ministry Chair, served as Worship Leader and she did a wonderful job. She remarked that she wasn't one for public speaking, but every time she stood before the church she reminded herself that the children used to do it every 3rd Sunday and if they could do it, so could she! Well, believe me, she moved that program along a like a pro! The congregation joined voices to sing Is Your All on the Altar; such a great reminder of what

we need to constantly ask ourselves. Yours truly lifted a heartfelt prayer and every word was truly from my heart; after which Trustee Ronnie Inge extended a warm welcome to all visitors. Trustee Inge's southern drawl is enough to make anyone feel at home! Next, Sister Wilma Hudson and Brother Joe Lee paused for a moment of silence for all fallen Ushers. Sister Hudson lovingly read the names and Brother Lee lit candles; it was a touching moment. We have been blessed to have learned from so many Ushers who led the way for us coming along now. The first Sunday in June happened to be the day the choir would resume in-service singing! Was it a coincidence that it happened to occur on Usher's Day? Hmm...I suppose we may never know, but we were delighted for them to be back! Rev. Thompson led the choir in singing, Order My Steps, an appropriate request for Ushers and for all Christians.

Rev. Thompson was our Spiritual Messenger that day and his scriptural text was **Luke 15:1-7** and **Psalms 84:10**; his text was "**Standing Guard**". Rev. Thompson implored us to remember that as Christians, we are commanded to take the Gospel to the world, to take light into darkness. He went on to tell us that it takes a special calling to be an Usher - the usher is always standing guard to greet with a smile and set the atmosphere for the worship experience. Ushers are always on duty and know when someone is missing and can identify those who may be hurting more than others. Think of the parable when Jesus left the 99 to find the 1 who was lost; it is also our job to go after the "1". All who have found the redemptive love of Jesus have a job to seek those who are lost. Standing guard at the door is hard work, but the rewards are worth it. Rev. Thompson closed by thanking the Usher Ministry for their love, care, courage and foresight. It was a great message for not only the Ushers, but for all.

We thank the Usher Ministry for planning such a beautiful program, all the participants for their roles and especially God for blessing the effort. We are looking forward to next year!

Second Baptist Church Voter Eligibility Requirements

The members of Second Baptist Church will soon participate in the selection of a new Pastor. This notice outlines the eligibility requirements for a member to vote as set forth in the Second Baptist Church Constitution and By-Laws.

- First, to be considered a member in good standing to vote requires the member to be at least 18 years of age at the time voting.
- Next, the member must have recorded tithes and/or offerings to SBC during the period of July 1, 2022 through June 30, 2023 of at least \$60.00. A listing of all members meeting those requirements will be posted at the Church, and communicated via other appropriate means. All other members not listed will have at least 30 days after the posted notice to provide current information on their membership, or to make themselves financially eligible to vote.
- Persons with special circumstances may request, in writing, that the Official Board grant a waiver to allow them to vote. No further adjustment to the list of eligible voters will be made after the two weeks' notice of the of the schedule vote.

It should be noted that the SBC Pastor Search Committee is not defining the Church membership requirements, this notice is intended to indicate only the eligibility requirement for voting in this forthcoming election for a new Pastor.

The Second Baptist Church Pastor Search Committee

Just For Laughs

A cheerful heart is good medicine...Proverbs 17:22

A four-year-old boy was eating an apple in the back seat of the car, when he asked, "Daddy, why is my apple turning brown?"

"Because," his dad explained, "after you ate the skin off, the meat of the apple came into contact with the air, which caused it to oxidise, thus changing the molecular structure and turning it into

a different color."

There was a long silence. Then the son asked softly, "Daddy, are you talking to me?"

Four expectant fathers were in Minneapolis hospital waiting room, while their wives were in labor. The nurse arrived and announced to the first man, "Congratulations sir, You're the father of twins."

"What a coincidence" the man said with some obvious pride. "I work for the Minnesota Twins baseball team."

The nurse returned in a little while and turned to the second man, "You sir, are the father of triplets."

"Wow, That's really an incredible coincidence " he answered.

"I work for the 3M Corporation." My buddies at work will never let me live this one down.

An hour later, while the other two men were passing cigars around, the nurse came back, this time she turn to the 3rd man - who had been quiet in the corner. She announced that his wife had just given birth to quadruplets.

Stunned, he barely could reply. "Don't tell me another coincidence?" asked the nurse. After finally regaining his composure, he said "I don't believe it, I work for the Four Seasons Hotel."

After hearing this, everybody's attention turned to the 4th guy, who had just fainted, flat out on the floor. The nurse rushed to his side and after some time, he slowly gained back his consciousness.

When he was finally able to speak, you could hear him whispering repeatedly the same phrase over and over again.

"I should have never taken that job at 7-Up "I should have never taken that job at 7-Up "I should have never taken that job at 7-Up..."

After tucking their three-year-old child Sammy in for bed one night, his parents heard sobbing coming from his room.

Rushing back in, they found him crying hysterically. He managed to tell them that he had swallowed a penny and he was sure he was going to die. No amount of talking was helping.

His father, in an attempt to calm him down, palmed a penny from his pocket and pretended to pull it from Sammy's ear. Sammy was delighted.

In a flash, he snatched it from his father's hand, swallowed, and then cheerfully demanded, "Do it again, Dad!"



Ladies Cuisine Corner

Eggs Benedict Casserole



Ingredients

- cooking spray

Casserole:

- 2 cups milk
- 8 large eggs
- 3 stalks green onions, chopped
- 1 teaspoon onion powder
- 1 teaspoon salt
- ¾ pound Canadian bacon, cut into 1/2-inch dice
- 6 English muffins, cut into 1/2-inch dice
- ½ teaspoon ground paprika

Hollandaise Sauce:

- 1 cup milk
- 1 (.9 ounce) package Hollandaise sauce mix
- ¼ cup margarine

Directions

1. Grease a 9x13-inch baking dish with cooking spray.
2. Prepare casserole: Whisk together milk, eggs, green onions, onion powder, and salt in a large bowl until well combined. Set aside.
3. Layer 1/2 of the Canadian bacon in the prepared baking dish. Cover with English muffins. Top with remaining Canadian bacon, then pour egg mixture over everything. Cover the baking dish with plastic wrap and refrigerate, 8 hours to overnight.

4. Preheat the oven to 375 degrees F (190 degrees C).
5. Remove plastic wrap from the baking dish. Sprinkle casserole with paprika and cover the baking dish with aluminum foil.
6. Bake in the preheated oven until eggs are nearly set, about 30 minutes. Remove the foil and continue baking until eggs are completely set, about 15 minutes more.
7. When casserole is almost finished baking, make sauce: Whisk together remaining milk and Hollandaise sauce mix in a saucepan over medium heat. Add margarine; cook, stirring frequently, until boiling. Reduce heat to medium-low and simmer, stirring constantly, until thickened, about 1 minute.
8. Slice casserole into 10 pieces. Drizzle warm sauce over each piece.

Oven-Baked Baby Back Ribs



Ingredients

- ½ cup ancho chile powder
- ¼ cup white sugar
- ¼ cup brown sugar
- ¼ cup salt
- 2 tablespoons freshly ground black pepper
- 1 tablespoon ground cumin
- 1 teaspoon dry mustard
- 1 teaspoon ground cayenne pepper
- ½ teaspoon ground dried chipotle pepper
- 1 rack baby back pork ribs
- 1 cup barbeque sauce

Directions

1. Gather ingredients and preheat the oven to 250 degrees F (120 degrees C).
2. Mix ancho chile powder, white and brown sugars, salt, black pepper, cumin, dry mustard, cayenne, and chipotle pepper in a small bowl until combined.
3. Place rib rack, meat-side down, on heavy-duty aluminum foil. Prick back of the rack several times with a knife. Generously apply a coating of dry rub to all sides of the rack.

Store any remaining dry rub in an airtight container for future use.

4. With the meat facing down, fold foil around the rack to create a tight seal. Transfer to a sheet pan.
5. Bake in the preheated oven until tender and cooked through, about 2 hours. Remove and cool 15 minutes.
6. Increase oven temperature to 350 degrees F (175 degrees C).
7. Open foil, drain and discard any accumulated juices and fat. Brush barbeque sauce on all sides of the rack.
8. Turn the rack on the foil so the meat is facing up. Return to the oven, leaving the foil open and bake for 10 minutes. Remove from the oven and brush another layer of barbeque sauce on the meat side only. Repeat baking and brushing with sauce 4 more times, for a total of 50 minutes baking time.
9. Cut rack into individual rib segments and serve with more barbeque sauce.

Best Hamburger Ever



Ingredients

- 1 ½ pounds lean ground beef
- ½ onion, finely chopped
- ½ cup shredded Colby Jack or Cheddar cheese
- 1 egg
- 1 (1 ounce) envelope dry onion soup mix
- 1 clove garlic, minced
- 1 tablespoon garlic powder
- 1 teaspoon soy sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon crushed dried rosemary
- salt and pepper to taste

Directions

1. Preheat an outdoor grill for high heat and lightly oil the grate.
2. Meanwhile, combine ground beef, onion, cheese, egg, onion soup mix, minced garlic, garlic powder, soy sauce, Worcestershire sauce, parsley, basil, oregano, rosemary, salt, and pepper in a large bowl. Use your hands to form the mixture into 4 patties.
3. Cook patties on the preheated grill until no longer pink in the center and the juices run clear, about 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Rosemary Ranch Chicken Kabobs



Ingredients

- ½ cup olive oil
- ½ cup ranch dressing
- 3 tablespoons Worcestershire sauce
- 1 tablespoon minced fresh rosemary
- 1 tablespoon white sugar, or to taste (Optional)
- 2 teaspoons salt
- 1 teaspoon lemon juice
- 1 teaspoon white vinegar
- ¼ teaspoon ground black pepper, or to taste
- 5 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 10 (6 inch) wooden skewers, soaked in water for 30 minutes

Directions

1. Whisk olive oil, ranch dressing, Worcestershire sauce, rosemary, sugar, salt, lemon juice, vinegar, and pepper together in a medium bowl; let stand for 5 minutes. Add chicken to the bowl and stir until coated; cover and refrigerate for 30 minutes.
2. Preheat an outdoor grill for medium-high heat and lightly oil the grate.

3. Remove chicken from marinade and shake off excess. Thread marinated chicken onto skewers; discard remaining marinade.
4. Cook chicken skewers on the preheated grill until no longer pink in the center and the juices run clear, 4 to 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Old Fashioned Pineapple Upside-Down Cake



Ingredients

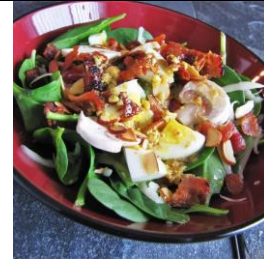
- ½ cup butter
- 1 cup packed light brown sugar
- 1 (20 ounce) can sliced pineapple
- 10 maraschino cherries, halved
- 1 cup sifted cake flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 4 large eggs
- 1 cup white sugar
- 1 tablespoon butter, melted
- 1 teaspoon almond extract

Directions

1. Preheat the oven to 325 degrees F (165 degrees C).
2. Melt 1/2 cup butter over very low heat in a 10-inch heavy skillet with a heat-resistant handle or a cast iron pan. Remove from heat; sprinkle brown sugar evenly into the skillet. Arrange pineapple slices to cover the bottom of the skillet. Distribute cherries around pineapples; set aside.
3. Sift together flour, baking powder, and salt in a bowl; set aside.
4. Separate eggs; place whites in a large mixing bowl and yolks in a smaller bowl.
5. Beat egg whites on medium speed until soft peaks form. Add white sugar gradually, beating well after each addition. Beat until medium-stiff peaks form.

6. Beat egg yolks at high speed until very thick and yellow. Using a wire whisk or rubber scraper, gently fold egg yolks and flour mixture into whites with an over-and-under motion until blended.
7. Fold 1 tablespoon melted butter and almond extract into batter, then spread batter evenly over pineapple in the skillet.
8. Bake in the preheated oven until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Loosen cake edges with a table knife. Cool cake for 5 minutes before inverting it onto a serving plate.
9. Enjoy!

Spinach Salad with Warm Bacon-Mustard Dressing



Ingredients

- 1 (10 ounce) bag baby spinach leaves
- 10 ounces Swiss cheese, shredded
- 4 hard-cooked eggs, peeled and sliced
- 1 cup sliced mushrooms
- 4 strips crisply cooked bacon, crumbled
- ½ cup toasted sliced almonds
- 1 tablespoon olive oil
- 1 large shallot, minced
- 1 teaspoon garlic, minced
- ⅓ cup white wine vinegar
- ⅓ cup Dijon mustard
- ⅓ cup honey
- 2 strips crisply cooked bacon, crumbled
- salt and pepper to taste

Directions

1. Place spinach into a large serving bowl; top with Swiss cheese, hard-cooked eggs, mushrooms, 4 crumbled strips of bacon, and almonds.
2. Heat olive oil in a small skillet over medium heat. Stir in shallots and garlic; cook and stir until shallots are softened, about 2 minutes. Whisk in vinegar, Dijon mustard, honey, and 2 crumbled strips of bacon until heated through; season to taste with salt and pepper.
3. Pour hot dressing over spinach and toss to coat.

The Second Miler Staff

Devera Barnhart.....Editor
 Lita Stallings.....Assistant Editor
 Delores Little.....Reporter
 Virgie Simmons-Jones.....Reporter

Please Note:

Items submitted for publication in The Second Miler MUST be received BEFORE the 25th of each month to be printed in the next month's edition. Thank you.