

**Scripture: John 4:1-15**

Now when Jesus learned that the Pharisees had heard, “Jesus is making and baptizing more disciples than John” 2 —although it was not Jesus himself but his disciples who baptized— 3 he left Judea and started back to Galilee.

4 But he had to go through Samaria. 5 So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. 6 Jacob’s well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

7 A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” 8 (His disciples had gone to the city to buy food.)

9 The Samaritan woman said to him, “How is it that you, a Judean, ask a drink of me, a woman of Samaria?” (Judeans do not share things in common with Samaritans.)

10 Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.”

11 The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? 12 Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?”

13 Jesus said to her, “Everyone who drinks of this water will be thirsty again, 14 but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.”

15 The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.

**Brown Bag Supper Suggestions**

Goat Cheese and Fig Jam sandwich on Multigrain Bread

Sparkling Water

Or Cheese & crackers and Fig Newtons

Tap Water

**Feeling more ambitious? Check out the recipes on the next page!**

## Goat cheese ~ ingredients

- 1 quart goat milk (not ultra pasteurized)
- 1/3 cup lemon juice (fresh)
- 2 tablespoons white vinegar
- ½ teaspoon salt
- Dried herbs of your choice (optional)

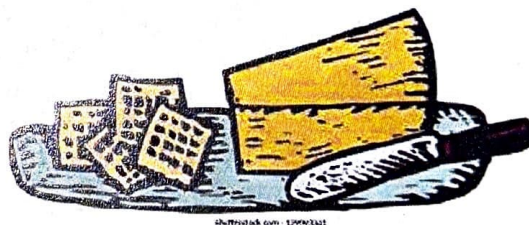


## Goat cheese ~ instructions

1. Line a colander with two or three layers of fine cheesecloth (damp).
2. In a heavy bottom sauce pan heat the goat milk until it reaches 180°F. Stir frequently to ensure even heat throughout.
3. Remove from heat immediately; add the lemon juice, and stir a couple of times until combined.
4. Add the vinegar, stir briefly until combined and allow it to sit for about 30 minutes.
5. The curds will not be large; on the contrary they will be like tiny specks.
6. Slowly ladle into the cheesecloth. Add the salt and stir lightly.
7. Gather the ends of the cheesecloth and tie them with kitchen string. Tie to your faucet.
8. Allow it to hang and drip for about 1 hour.
9. Place on a cutting board and shape. Sprinkle with dried herbs of your choice.
10. Refrigerate and serve when set. Serve with figs, dates and walnuts.

## Almond-Flour Sesame Crackers (Gluten-free) ~ ingredients

- 1 cup almond flour
- 3 tablespoons sesame seeds
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 large egg, beaten
- salt and pepper to top the crackers



## Instructions for Almond Crackers

1. Preheat the oven to 350 and move the rack to the middle position. Cut two pieces of parchment paper to fit a large sheet pan (18 by 13 in.).
2. 2 Into a medium bowl, measure and mix all of the dry ingredients. Add the egg and work the egg into the ingredients to form a dough. Divide the dough in half.
3. 3. Place a piece of parchment onto the counter. Spray it with baking spray. Lay one half of the dough in the center of the parchment. Spray the other piece of parchment and lay it spray-side-down onto the piece of dough.
4. 4. Roll the dough into a large rectangle about 1/8th - 1/16 of an inch thick. Remove the top piece of parchment and cut the dough into 20 pieces with a large sharp knife or a pizza cutter. Leave the cut dough in place. Salt and pepper the crackers. Slide the parchment onto a cookie sheet.
5. 5. Bake the almond sesame crackers until they brown slightly, 15- 20 minutes. Let them cool for a minute before putting them on a cooling rack to cool completely. Break apart when cool. Repeat the procedure with the other half of the dough.
6. Store in an airtight container. Makes approximately 40 crackers.