

March 2023 Edition



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Church Office Hours:

Mondays 9am-1pm
Tuesdays, Wednesdays and Thursdays 9am-4pm
Fridays CLOSED

March 12, 2023 **Daylight Saving Time Starts** - Sunrise and sunset will be about 1 hour later than the day before, which means more light in the evening. *Spring your clocks forward ONE HOUR when you go to bed on Saturday night.*

Connection Details for SUNDAY MORNINGS @ 10:00 a.m.

ALL SERVICES ARE LIVE-STREAMED THROUGH OUR YOUTUBE CHANNEL which can be found through Hope Lutheran's website: <https://www.hopelutheran.ca/>

Connecting by phone:

1. Dial 587-328-1099
2. Then press 487-603-306 #
3. Press # again.

PASTOR'S PAGE

As a season, Lent is one of the most beautiful of the liturgical year to me. A time of voluntary simplicity and spiritual purification, it is all about fragile new growth of the soul, as a plant reaches up from the ground in spring, which indeed is what the word *lent* means. It is the springtime of the soul.

An old custom that many, even outside of the church, still practice is "giving up [something] for Lent." Usually, it's an item considered to be a luxury or decadent pleasure, or something unhealthy for us anyways. So, we give up drinking coffee for the six weeks of the season, or chocolate, or all things sweetened with sugar. This is as far as most of us moderns go in fulfilling the ancient practice of fasting in penitential seasons.

In times gone by people were much more dramatic with their fasts, either going without solid food altogether for forty days or reducing their dietary intake to some bare minimum like one meal of lentils per day. Time that would have been spent in meal preparation and consumption would instead be spent in prayer.

The virtue of such a Lenten practice of abstinence, whether it be from just chocolate or from solid food altogether, is that it helps purify the body in some degree. And the physical purification symbolizes and helps us with the spiritual purification of giving up vices of many kinds. By fasting from daily bread, we remember that God's word alone is our truest sustenance.

On the other hand, abstinence-based practices sometimes mislead us into the unhelpful thinking that the body is bad, along with all the things of this world. Indeed, fasting historically was part of a group of disciplines intended to help with the "mortification of the flesh" – the denial and choking out of all things physical and "evil." This kind of theology is profoundly out of step with the biblical view of the body and the world as intrinsically good and loved always by God.

An alternative to abstinence from something in Lent is to *take on* a practice that nevertheless leads us into a spiritual purification and simplicity of life.

This year for Lent, why not spend time asking yourself *what it is that gives you life, joy, and energy? What fills you with a sense of consolation and deep peace?* When, through prayer or meditation or simple gut response, you have answered that question, perhaps you could commit to having more of that in your life. Maybe it's more time with family, maybe it's more time to yourself. It could be more connection with nature, or it could be paying more attention to one dimension of your work. Spending time in ways that give us life, joy, and energy could involve a pruning back of those commitments that have become draining to us – a form of Lenten fasting.

Life is busy and full of pressures, and it is not always easy for us to discern what truly gives us joy in our own lives. A practice that can help is to ask oneself at the end of each day: *For what moment today am I most grateful? For what moment today am I least grateful?* To ask this question daily can gradually lead us into deeper awareness of ourselves and greater freedom to choose the life that God is wanting to lead us into. Because God's will for us is always *abundant life*.

The season of Lent is a time for us to enter into more and more abundance of life, not as the world understands this as excess of everything, but as God sees it: fulfillment of our purpose to love one another and God with all our hearts, minds, souls, and bodies.

Blessings in your Lenten journey this year.

Pastor Kristian

The Place Where We Are Right

Yehuda Amichai

From the place where we are right
Flowers will never grow
In the spring.

The place where we are right
Is hard and trampled
Like a yard.

But doubts and loves
Dig up the world
Like a mole, a plow.
And a whisper will be heard in the place
Where the ruined
House once stood.

Yehuda Amichai (May 3, 1924 – September 22, 2000) was an Israeli poet. Amichai is considered by many, both in Israel and internationally, as Israel's greatest modern poet.

CHURCH COUNCIL

Dear Family of Hope,

In Bishop Larry's Report included in our own 2023 AGM report on pages 6 – 8, he encouraged all of the Evangelical Lutheran Churches in the Synod of Alberta and the Territories to ask the questions: "where is God in our neighborhood? our community? our world? And equally important: how might we join God in God's mission?" And further on in his report, Bishop Larry also makes the point that "we do not know the future, but we have what we need. Jesus is feeding us. The Spirit is guiding us. We have the scriptures. We have water. We have bread and wine. We have each other. Jesus is with us." Pastor Kristian reinforced this message by having us sing a refrain before the start of our AGM meeting "what we need is here".

Every time we present a budget to the congregation, council has to have faith that we can deliver on our commitments. We may not know the future, but we believe we have what we need to follow the call of God to celebrate the good news of the gospel, share in His community and be witnesses of His love to the world. I thank everyone who participated in the AGM on Sunday Feb 26 to provide council with an endorsement of the financial plan for the rest of this year.

May we continue to be grateful for all the gifts God has blessed us with and use these gifts with wisdom, compassion and humility.

Joyce McKenny, Council Chair

587 583 3459, joyce.mckenny@gmail.com



Did you get your 2022 tax receipt?? Be sure to check your church mailbox!

Installation of Council Members will take place on March 12 during the Sunday Service.

WORSHIP NEWS



Lent and Easter

Midweek Services *with* Holden Evening Prayer Lent 2023 “By Faith” Wednesdays at 7:00pm

What is faith? The Book of Hebrews defines it in this way: “Now faith is the assurance of things hoped for, the conviction of things not seen.” (11:1) This year our Midweek Lenten services will focus on the book of Hebrews, especially the eleventh chapter. The first four weeks provide a journey through the faith of the Old Testament figures, especially Noah, Abraham, Moses, and the Israelites. The fifth week brings us to Jesus, “the perfecter of our faith,” and his path to the cross.

March 1: The Faith of Noah

By faith, Noah built the ark, gathered the animals, watched the waters rise, and received the rainbow promise. How do we have faith in things not yet seen?

7:00 pm – Holden Evening Prayer

Week 2 – March 8: The Faith of Abraham

By faith, Abraham journeyed to an unknown land, trusted in God’s promise of a son, and offered up that son as a sacrifice. When faith means taking a risk, how do we respond?

6:00 pm – Soup Supper

7:00 pm – Holden Evening Prayer

Week 3 – March 15: The Faith of Moses

By faith, Moses chose the hard path to follow God’s call. How does our faith affect the choices we must make?

7:00 pm – Holden Evening Prayer

Week 4 – March 22: The Faith of the Israelites

By faith, generations of Israelites wandered the wilderness, entered the promised land, heard the words of the prophets, and suffered persecution. Amid life's joys and difficulties, how do we persevere in our faith?

6:00 pm – Soup Supper

7:00 pm – Holden Evening Prayer, confirmands to lead music

Week 5 – March 29: Jesus, the Perfecter of Our Faith

Enduring the cross, Jesus became “the pioneer and perfecter of our faith.” How does the way of the cross define our faith?

7:00 pm – Holden Evening Prayer

Evening prayer services are in-person only and will not be livestreamed.

Soup Supper

We will have TWO soup and bread suppers – March 8th and March 22nd at 6:00pm. Be sure to mark these dates on your calendar- we will enjoy a simple supper and fellowship together before Holden Evening prayer. *We will gather for supper on these two days only.*

The Confirmands will be helping to lead Holden Evening Prayer on March 22. Please be sure to join us!

Holy Week 2023

April 2, 10:00 am - Palm Sunday

Featuring a procession with palms and a dramatic reading of the passion story. Special activities for the children during the service!

April 6, 6:00 pm - Maundy Thursday

Worship IS the soup supper in the Fellowship Hall!

April 7, 10:00 am - Good Friday

Traditional service with readings and prayers around the cross.

April 9, 10:00 am - Easter Sunday

Christ is risen indeed! We pull out all the stops (of the organ... literally) for this joyous festival.



Please note that we will not be holding an Easter vigil on Holy Saturday this year.

Children in Worship

March 12 – Kids in Church Day. The service will include a special lesson for children.

March 22 – Holden Evening Prayer 7:00pm. Join us for supper at 6:00pm then children and youth will help with Holden Evening Prayer.

March 26 – Sunday School lesson AND we will be making sandwiches for **Street Sisters**. Please bring in bread and jars of peanut butter and jam!

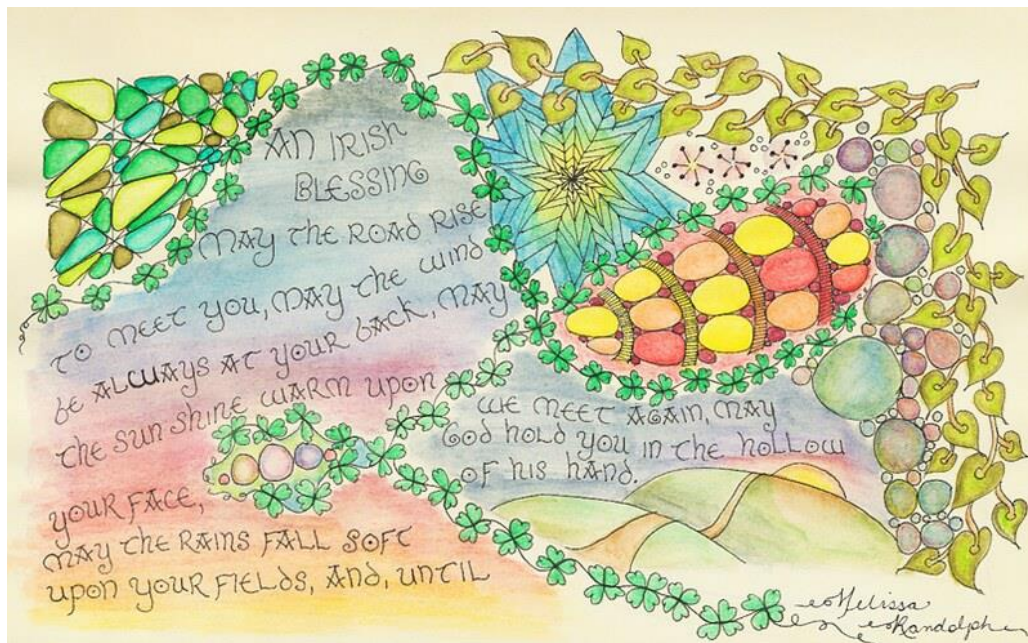
Street Sisters Society is a volunteer run non-profit in Alberta supporting vulnerable women with community resources, harm reduction, hygiene, food and warm clothing. Their teams of volunteers visit areas where homelessness and sex trafficking is prevalent. They create connections and build relationships with vulnerable women while promoting health and safety. They distribute items specific to women's needs and focus on encouraging and supporting women to get any help they need.

Altar Flowers

There are many dates still open to sponsor bouquets this year. Sign up on the Nurturing Connections board. There will be no flowers in March during the season of Lent.

Home Communion Sunday, March 5

Usher positions have been filled right up to April! Many thanks to *all of you* who have offered to help out!



CHRISTIAN EDUCATION

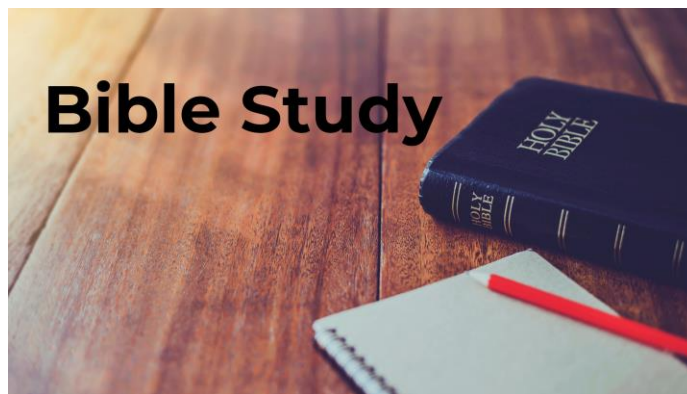
Bible Study

Wednesdays, 1:00-2:00 pm

Study of the Bible enriches your faith and worship experience through a deeper immersion in the Word. Join Pastor Kristian for a weekly study on books and themes that will be part of Sunday's worship.

- March 1, 8, 15 Ongoing study of Corinthians
Paul's letters to the Corinthians provided guidance about what it means to be a disciple of Jesus Christ. These letters continue to provide guidance to us today, as we face many of the same "big questions" as the early Christians.
- March 22, 29 Study of the Passion and Resurrection stories in the Gospels
- April 5 NO Bible study in Holy Week
- April 12 – May 10 "God's Own People: A Study on 1 Peter"
The epistle or letter of 1 Peter reminds those who would follow Jesus that they are born anew into a wonderful inheritance as God's own people: trusted, called, made holy, and proclaiming. This doesn't guarantee that their faith won't be tested or that they won't experience suffering, but 1 Peter assures its readers that their relationship with God is guaranteed by the death and resurrection of Jesus. In the end, we won't be put to shame. And in the meantime, we cast our burdens on Christ who loves us beyond measure!

No pre-registration is required. Anyone is welcome to drop in at any time!



Sunday School teachers are needed!!! If you can teach even once, please let Zena know. She will provide you with an outline, supplies, whatever you need. Teenagers and grandparents make great Sunday School teachers too!

SPIRITUAL LIFE NEWS

MARCH BIRTHDAYS

Marcia Nerbas – March 2
Hal Schultz – March 7
Henry Falkenberg – March 14
Mari-Anna McCargar – March 19
Anni Adams – March 20
Marla Johnson – March 21
Marianne Astle – March 22
Owen Bakx – March 22
Leah Runka – March 23
Keal Kaminski – March 27
Oscar Wood – March 27
Heather Scholz – March 28
Connor Ashley – March 31



**if we haven't listed your birthday, we don't have it in our records so please let us know!*

Daily Bible Readings for March 2023

Wednesday, March 1, 2023: Psalm 32; Exodus 34:1-9, 27-28; Matthew 18:10-14
Thursday, March 2, 2023: Psalm 121; Isaiah 51:1-3; 2 Timothy 1:3-7
Friday, March 3, 2023: Psalm 121; Micah 7:18-20; Romans 3:21-31
Saturday, March 4, 2023: Psalm 121; Isaiah 51:4-8; Luke 7:1-10
Sunday, March 5, 2023: Second Sunday in Lent
Monday, March 6, 2023: Psalm 128; Numbers 21:4-9; Hebrews 3:1-6
Tuesday, March 7, 2023: Psalm 128; Isaiah 65:17-25; Romans 4:6-13
Wednesday, March 8, 2023: Psalm 128; Ezekiel 36:22-32; John 7:53-8:11
Thursday, March 9, 2023: Psalm 95; Exodus 16:1-8; Colossians 1:15-23
Friday, March 10, 2023: Psalm 95; Exodus 16:9-21; Ephesians 2:11-22
Saturday, March 11, 2023: Psalm 95; Exodus 16:27-35; John 4:1-6
Sunday, March 12, 2023: Third Sunday in Lent
Monday, March 13, 2023: Psalm 81; Genesis 24:1-27; 2 John 1:1-13

Tuesday, March 14, 2023: Psalm 81; Genesis 29:1-14; 1 Corinthians 10:1-4
Wednesday, March 15, 2023: Psalm 81; Jeremiah 2:4-13; John 7:14-31, 37-39
Thursday, March 16, 2023: Psalm 23; 1 Samuel 15:10-21; Ephesians 4:25-32
Friday, March 17, 2023: Psalm 23; 1 Samuel 15:22-31; Ephesians 5:1-9
Saturday, March 18, 2023: Psalm 23; 1 Samuel 15:32-34; John 1:1-9
Sunday, March 19, 2023: Fourth Sunday in Lent
Monday, March 20, 2023: Psalm 146; Isaiah 59:9-19; Acts 9:1-20
Tuesday, March 21, 2023: Psalm 146; Isaiah 42:14-21; Colossians 1:9-14
Wednesday, March 22, 2023: Psalm 146; Isaiah 60:17-22; Matthew 9:27-34
Thursday, March 23, 2023: Psalm 130; Ezekiel 1:1-3, 2:8-3:3; Revelation 10:1-11
Friday, March 24, 2023: Psalm 130; Ezekiel 33:10-16; Revelation 11:15-19
Saturday, March 25, 2023: Annunciation of the Lord
Saturday, March 25, 2023: Psalm 130; Ezekiel 36:8-15; Luke 24:44-53
Sunday, March 26, 2023: Fifth Sunday in Lent
Monday, March 27, 2023: Psalm 143; 1 Kings 17:17-24; Acts 20:7-12
Tuesday, March 28, 2023: Psalm 143; 2 Kings 4:18-37; Ephesians 2:1-10
Wednesday, March 29, 2023: Psalm 143; Jeremiah 32:1-9, 36-41; Matthew 22:23-33
Thursday, March 30, 2023: Psalm 31:9-16; 1 Samuel 16:11-13; Philippians 1:1-11
Friday, March 31, 2023: Psalm 31:9-16; Job 13:13-19; Philippians 1:21-30
Saturday, April 1, 2023: Psalm 31:9-16; Lamentations 3:55-66; Mark 10:32-34
(Thanks to the Vanderbilt Divinity Library for posting.)

FELLOWSHIP ACTIVITIES

"Under 100 Club Event"

Thursday, March 30 we will try something different and go for lunch at the Danish Canadian Club - 727 11 Ave SW. The cost of your meal will be at your own expense. Please contact Zena to sign up to attend – do you need a ride? Are you willing to drive? We will be carpooling from the church – 11:30am or you can meet us at 12:00pm at the restaurant.

Coffee Clean Up

We have been purchasing compost cups and paper plates - with the lack of coffee clean up help, not sure how we'd ever get dishes washed! Please note, however, that these cups are quite expensive. They biodegrade ONLY if they go into compost. Therefore, PLEASE put compostable cups, paper plates and napkins into the compost bin AND NOT THE GARBAGE BIN! We are trying our best at being environmental stewards.

Baking for Sunday mornings - please consider bringing cookies or a plate of muffins on Sunday mornings.

Mindful Movements – NEW Session Starting

Exercise class in the Fireside Room with physiotherapist Tonia Wood: Next session March 1 to April 5, 2023. Wednesdays: 10:30-10:50 Peaceful warmup, breathing and relaxation, and 11-12pm Mindful Movements active exercise. Six weeks, \$50, Physiotherapy receipt provided.

Space is limited, so please

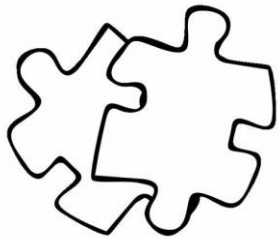
email toniawood10@icloud.com for more information or to register.



Men's Breakfast – Join the group for upcoming breakfast on Saturday, March 4th at Cora's in Brentwood at 8:30am. Contact Robert Hiebert if you want to be added to the Men's Breakfast "Remind Me" list. Email: robert.hiebert@gmail.com

Stitching for Hope

This group will continue to meet Tuesday mornings at 10am. Join us anytime for a cup of coffee and some fun conversation!



There are still plenty of **puzzles and books** on the shelf in the church. Please take or donate! (ensure that puzzles are not missing pieces and tape boxes shut).

SOCIAL MINISTRY NEWS

OUR CHARITY OF CHOICE for March and April is Canadian Lutheran World Relief Turkey and Syria Earthquake Response.

CLWR is joining leading Canadian aid agencies – through the Humanitarian Coalition – in appealing for funds to rush emergency assistance to people affected by the devastating earthquake in Türkiye and Syria. For more information on CLWR's response, visit: <https://www.clwr.org/earthquake-response>



**Canadian Lutheran
World Relief**

You can make a financial contribution through your weekly offering, be sure to mark your envelope or e-transfer with CLWR. Thank you for your response and support in the aftermath of these earthquakes. Please continue to pray for the millions affected in the region, for those on the ground responding and for those grieving loved ones.

TÜRKIYE/SYRIA EARTHQUAKE YOUR IMPACT

YOUR DONATION IMPACT REPORT

- Delivering emergency supplies
- Helping displaced people to find shelter
- Assessing the needs of those affected so that rehabilitation efforts can begin



Photo: ACT Alliance\GOPA-DERD

On February 6th, during the early hours of the morning, a 7.8 magnitude earthquake hit the border region, with a second earthquake occurring again just 12 hours later.

Key infrastructures, including residential buildings, roads and power grids, have been destroyed or damaged.

The freezing weather and the damage caused to communication networks put us in a race against time to help families.

Your gift is on its way to help those affected by this tragedy.

Thanks to your quick response, families are receiving support.

Our partners have delivered mattresses and blankets, and have helped provide temporary shelters, to people who were displaced from their homes.

Work has also begun to assess the midterm needs of those affected (e.g. rehabilitation of destroyed homes, social services and schools) in order to provide continued critical support to those affected.

As rescue efforts continue, our partners will continue to help those who are suffering, and we shall provide you with more updates as we receive them.

Your compassion is saving lives. On behalf of our partners and everyone at Canadian Lutheran World Relief, thank you.



Canadian Lutheran
World Relief

clwr.org | 1-800-661-2597 | 600-177 Lombard Ave, Winnipeg, MB R3B 0W5

Parachutes for Pets was our charity for January and February. We managed to collect just over \$600 and boxes of pet food, toys and litter! Thank you for your generosity.

Contact coordinator@hopelutheran.ca if you have suggestions of charities you would like to see Hope support in the upcoming year.

CARE CONNECT – Hope has committed to providing volunteers every Thursday morning to deliver food hampers to those in need who are unable to pick up their hamper. Contact Zena if you can join our volunteer group.

COMMUNITY NEWS

Services at Sage Hill and Varsity

This year, Pastor Kristian will continue to bring worship services to two retirement communities. On the second Wednesday of each month at 3:00pm he will lead a service at the *Manor Village, Varsity*, and on fourth Wednesdays at 3:00pm he will be at *Sage Hill Retirement Residence*. Hope members live in both facilities but services will be open to all. Please contact Pastor Kristian if you would like to assist with worship at either of these times or places.

2023 Daunting Challenges – Wellsprings of Hope

Synod Journey to Colombia July 24 - August 3, 2023

Journey Facilitator – Rev. Dr. Larry Kochendorfer, Bishop

For more info, visit: <https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:ae175f3e-bcae-3f6c-8d75-983339686bb8>



**EXPERIENCE
EMBRACE
ENGAGE**

...the contexts and ministries of our Synod's Companion Partner
(The Evangelical Lutheran Church of Colombia)
...deeper relationships with our siblings in Christ
...opportunities for learning and listening,
discovery and community

**DAUNTING CHALLENGES –
WELLSPRINGS OF HOPE**

A SYNOD JOURNEY TO COLOMBIA – JULY 24 – AUGUST 3, 2023

Limited space is available.

Kuriakos News

Kuriakos is now accepting applications for summer 2023
They are looking to fill a variety of staffing positions.
For more information, visit: <https://kuriakos.ab.ca/about/apply>



Youth Retreat - March 10-12

Do you love Camp Kuriakos? Did you love going to the Confirmation Retreat and can't wait to go back? Did you shed tears of sorrow and regret that you couldn't make it last February? Well here's some good news - there's another retreat coming up!

It's for ages 13-18 and costs just \$140 plus GST for the weekend!

Come on out for a weekend of fun, food, and faith. Come on your own, bring your friends, or bring your youth group!

If there's enough interest, Pastor Kristian will be glad to take a group.

Renew Spiritual Retreat for Women, March 31-April 2, 2023

| \$160 +GST | AGE 18+

Rev. Prema Samuel (Assistant to the Bishop of the Alberta Synod of the ELCIC)

Arrive 8-8:30pm on Friday Wrap-up 12:30pm on Sunday

This is a weekend for women to come together to be renewed - in their faith, in their life, in their relationships. Through prayer, teaching and meditation, we will experience the grace of God.

This weekend runs at a slower pace than many of our retreats, with an intentional focus on rest and spiritual renewal, however we will still have lots of fun, laughter, worship, great food and growth.

Family Camp will be August 13-18, 2023

Pastor Kristian will be the Resource Pastor at Family Camp II this summer, along with Pastors Margaret Propp and Tim Wray.

Come join us for a week away—or one or two or three days, whatever you can manage. We're flexible. Young and old, with kids or without – all are welcome, all are part of the family! Take the grandkids to camp for a week. You can stay in cabins, dorm rooms, or bring your own RV to camp out. Let's get a big group from Hope and "nurture our connections" in the place "set apart to be together," Camp Kuriakos!

Please Pastor Kristian or the church office if you're interested or intend to come that week.

A Message From Lutheran Campus Ministry:

I hope you're doing well. My name is Anjali Rebekah Jayalath, I am currently a Biological Sciences student at U of C and I work as a community connector with Lutheran Campus Ministry. We are a pluralistic and affirmative community with a presence at MRU, U of C and at SAIT, where we run events that provide students with an opportunity to build community by finding support and strength from each other.



You probably know one of my bosses, Rev. Margaret Propp, and this year we have a goal to address food insecurity on campus for **Lent**. This initiative is to support existing resources on campus that combat food insecurity because this is a very important and pressing issue for many students. Studies have constantly shown rates of 30-40% of students in Canadian post-secondary institutions being food insecure, with Alberta having higher rates due to being the most food insecure province in Canada. Unfortunately, these numbers have only drastically increased since the pandemic.

We would be delighted if the members of your congregation would be able to participate in this initiative (or fundraiser) to support us in supporting the food banks on our campuses through donations. With request from the food banks themselves, they have asked for gift cards to grocery stores. It would be best if you could send an etransfer to: info@lcmcalgary.com (please indicate donation for food bank in message). or you can mail a donation to:

Lutheran Campus Ministry-Calgary
MSC 487 Faith and Spirituality Centre
2500 University Drive NW
T2N 1N4

Thank you so much for your consideration and please feel free to contact me for any further information through Pastor Margaret at mpropp@ucalgary.ca

Rebekah (she/her)

LCM community connector

REFLECTIONS

Can you find the 16 books of the Bible hidden here?

I once make a remark about the hidden books of the Bible (merely by fluke): it kept people looking so hard for the facts and for others, it was a revelation. Some were in a jam especially since the names of the books were not capitalized. But the truth finally struck home to a number of readers. To others, it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really difficult ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them. There will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now, for there really are sixteen names of the Bible hidden in this paragraph.

Thanks to Erna for sharing this with us!

RIDDLES

1. Why is March the most popular month to use a trampoline?
2. What do you call a fake diamond in Ireland?
3. What do you get when you cross poison ivy with a four-leaf clover?
4. What did the Irish potato say to his sweetheart?
5. What do you get if you cross a bee and a rabbit?

FUNNY BONES





RIDDLE ANSWERS

1. It's spring-time.
2. A shamrock.
3. A rash of good luck.
4. I only have eyes for you.
5. A honey bunny.



Easy Traditional Irish Stew

Traditional Easy Irish Stew Made Easy & Authentic with Lamb. This hearty stew with a thick gravy sauce can be made in a slow cooker or crockpot, perfect for dinner on a cold Winters' Day.

TOTAL TIME 5 hours 20 minutes

Ingredients

- oil
- 1 lb lamb (I used shoulder blade), cut into bite sized pieces, including any bones
- 1 large white or yellow onion, peeled and sliced into large rings
- 2 large carrots, chopped into bite sized pieces
- 2 celery stalks, cut in half
- 3 cups of chopped red or waxy potatoes, cut into bite sized pieces
- 2 bay leaves
- 1 tsp of fresh thyme (may use 1/2 tsp dried)
- 1 tsp salt
- 1/2 tsp black pepper
- 4-6 cups of water
- 1/4 cup of potato flakes (instant mash potatoes)
- green onion or chives for garnish



Instructions

1. In a large soup pot, add oil and heat over medium-high heat. Add lamb and sear on each side, remove from pot and set aside.
2. In pot, add onions and carrots, stirring vigorously while scraping the bottom of the pan. Be careful not to burn the fond on the bottom, if it seems like it might burn, add some water to help scrape the brown bits.
3. Add the remaining ingredients except the potato flakes, reduce heat to low and simmer for 1.5-2 hours, until meat is tender. Some cuts of meat are tougher than others, may need to stew longer. Shoulder meat is more tender than leg of lamb.
4. Remove celery stalks, bay leaves and bones, discard.
5. Add potato flakes and simmer 5 more minutes. Garnish with green onion or chives and serve with Irish soda bread.