

The Presbyterian Women of First Presbyterian Church in Talladega, Alabama, have a new ministry named *The Sarahs*.

Each quarter, or more often if needed, ten to fifteen women gather to prepare and cook nutritious food, everything from string beans to barbecued chicken.

They have some great recipes as their leader, Moderator Millie Chastain, is a former home economics teacher at Marietta (GA) High School.

The foods are wrapped and labeled and put in the freezer donated by another one of our members. Then, as needed for shut-ins or emergencies of any kind, they are taken to members or friends of the Church.

The favorite recipe which the group makes is Blessing Soup. Each cook, or *Sarah*, puts in one of the ingredients while saying a prayer for the future recipients. After all ingredients are put in the soup, our pastor, Leeann Scarbrough, asks God's blessing on the soup and those who will receive and be nourished by it.

This group is named for a dear, deceased member who took food to many persons. Her name is Sarah Whitson, and we honor her by naming ourselves *The Sarahs*.