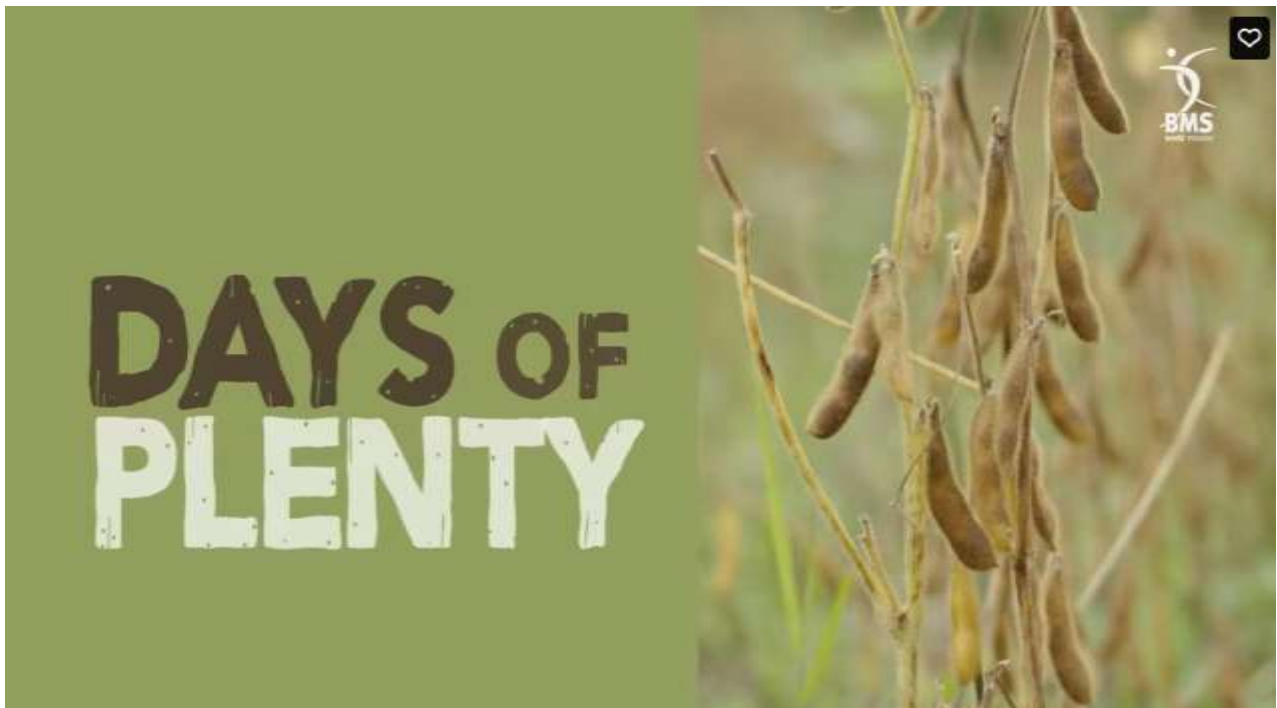


# Off the Record



From **MAGOR  
BAPTIST CHURCH**

*Growing and sharing  
in God's love*



AUTUMN 2023

## A Message from our new Minister – Mark Thomas

### Autumn - change is in the air.

*Change is in the air*



September becomes October with the increased chill in the morning air and the trees in their autumn beauty find their leaves turning from green to a rich coppery red. They fall; and yet, in that fall, there is new beauty. The leaves are lovely on the trees, but no less lovely and graceful in their falling, in the ever-changing carpet on the woodland floor. To fall, to be falling, to have fallen, carries dark connotations for some, so it is good to be reminded that even falling can be graceful, that loss and change can bring their own poignant beauty.

And there have been plenty of losses and changes for me in these last few months.

**Changing church** - from being a minister in Blackwood to being a minister in Magor. And because of the relationships that develop within churches, this has also been a move from a place that's been 'home' for over 13 years to a 'new place' of unfamiliarity.

Which reminds me of another change ...

**Changing home** - moving from a place that's been 'home' for over 23 years to a 'new home'. And because of the relationships that develop in neighbourhoods, this has also been a move from one set of established relationships to meeting some new neighbours, and hoping they will be good neighbours to us, and us to them.

Which reminds me of another change ...

**Changing relationships** - from being a son with a father to being a son without a father. This a most unwelcome, undesirable, unsettling change following the death of my Dad last month.

Yes, losses and changes - they can be full of upheaval, the disorientation of not being as familiar with the new ways as with the old. The unsettling of the unfamiliar. So, I've been trying this last month to daily remind myself not just of my need to love God, but of his vast love for me. Christ, the one who first loved me and who inspired me to offer reciprocal yet always inadequate love in return. Maybe that's something you need to be reminded of too?

For some of my friends in Blackwood undoubtedly the biggest change was the changing church - me leaving them, missing them, and they feeling the same.

For some of the folk in Magor undoubtedly the biggest change is the changing home. Having a new minister, a new neighbour - me arriving, and folk wondering how it's going to go.

For me personally, as significant as those changes have been, undoubtedly the biggest one for me was Dad's death. 'Was he old?' people ask. 'Was he ill?' people ask. I've been known to ask similar questions of others too. In some sense the questions themselves don't matter, what matters most is the love shown in asking and the care shown in being with the person. Nothing tops 'with-ness' and amidst all the changes that we go through, my prayer at this change-time is that you will know the love of the God who is with us and longs for nothing more.

We see this in creation - His love runs red and gold in every tree.

We see this in Jesus Christ - who whilst challenging the movers and shakers, shows solidarity with those on the move and those who are shaken.

*Now may your ears be open to his call,  
You stand on holy ground, look up and see:  
His love burns red and gold in every tree.*

**Rev. Mark Thomas**

## Fellowship News from Val Jones

I can't believe that we are into October already. The chapel wall display as well as the flowers in the village are still looking beautiful. I guess it is due to global warming which isn't good, but we are saving on our heating bills with the weather being so warm. In today's climate with heating bills going up it is a blessing.

It was wonderful to welcome our new pastor Mark and his wife Anne into the Fellowship on 16<sup>th</sup> September. We already know Mark quite well as our moderator, but we thank God for leading him to us as a minister. We are looking forward to what God has in store for us as a fellowship.

Today was our Harvest Service and a wonderful time was had by all praising God for the harvest. Thank you too to all those who came on Saturday bringing produce to decorate the church in a token display of fresh fruit and vegetables which will be given to Ashbury House; whilst the tins and packed goods will be given to Raven House. Soon it will be Christmas and there is a list on the notice board with suggested items of food to be given together with toys (unwrapped). Our Gift service for Raven House is on 3<sup>rd</sup> December. Please support this if you can.

God has answered so many prayers over the last three months – what a wonderful God we have. We continue to pray for all our friends who have moved into homes to be looked after. They are still valued members of the fellowship and we miss them, although we understand that it is difficult for them to come on a Sunday. We pray for all those who would like to be with us on a Sunday but for one reason or another feel unable to join us. You are missed and we pray God's rich blessing upon you.

Congratulations to Maisy Hockey (daughter of Elise and Neil Hockey and granddaughter to Val and Dave Jones) on her wedding to Alex Brolia on 28<sup>th</sup> July at the Old Bridge Hotel in Huntingdon. Following a lovely service, the weather, food and festivities were wonderful and a good



time was had by all. We ask God to bless their union and pray that they will spend many happy years together in their new home in St Neots.



Congratulations also to Curtly Hockey and Brandon Murphy (again daughter of Elise and Neil and granddaughter of Val and Dave) on the safe arrival of their baby daughter Genevieve Valerie Patricia Murphy, born on 11<sup>th</sup> August – a month early and weighing just 4lb2oz. We thank God that she arrived safely and didn't need to go into an incubator. However she was rushed into hospital when she was just six weeks old and underwent a five hour operation. Again we thank God for answered prayer. The operation proved that she has an allergy to protein which apparently

only one in seven hundred children suffer from. I am pleased to say she came out of hospital last Friday and is now home and well.

Congratulations too, to Bev and Andrew Wraight on the safe arrival of their son Amos Patrick, grandson to Tim and Tracey Ingle and great grandson for Janet Ingle and the late Rev Patrick Ingle. They were told that the baby would be small, but he weighed in at 10lb 6oz – what a whopper! I am sure he will be spoilt by his two little sisters Hattie and Ada. We ask God to continue to bless them as a family.



*Tim, Ada and Amos*

All organisations have now recommenced in the church and if you haven't joined a house group yet now is the time at the start of a new session. There are various house groups held on different days at different times so please speak to Mark, a deacon or member to see which group would suit you. It is a time of fellowship as well as learning more about the bible.

Coffee morning continues to flourish as does the Community Fridge. We thank all those who serve in this way to provide a meeting place for residents and for those who run the Community Fridge with such love. We



thank the local retailers who provide food and also local people who provide produce from their gardens.

We also have a prayer meeting held every Monday at 7.30pm in the blue room at the rear of the church, again a time of fellowship as we seek the Lord's will.

*Harvest Display*



Suggested donations of £6 per head for Tearfund on the night or electronic gifts can be made to –

**<https://www.justgiving.com/page/john-loebl-1816>**

## **CHURCH NEWS**

The Induction of Mark Thomas took place on Saturday 16<sup>th</sup> September, with a large congregation. The Induction was led by Mark Fairweather-Tall from SWBA, with a message from Dr Rosa Hunt. A good spread was enjoyed by the many visitors.



*Induction tea*

The next day Mark and Anne were received into membership at the communion service.



## **GETTING TO KNOW OUR NEW MINISTER MARK AND HIS WIFE ANNE.**



### **Where were you working and living before coming to Magor?**

I (Mark) have been the Minister of Mount Pleasant Baptist Church in Blackwood and I (Anne) have been head of audiology at the Aneurin Bevan University Health Board. We were both (!) living in Rogerstone, Newport.

### **How long have you and Anne been Christians and involved in Ministry?**

I (Mark) have been a Christian since 1980 and was baptised at Summerhill Baptist Church, Newport. I (Anne) have been a Christian since I was 18 yrs old and was baptised at St. George Street Baptist Church, Macclesfield.

### **What work were you both doing before Mark trained for the Baptist ministry?**

Prior to taking up ministerial posts I have worked in the Passport Office and the National Police Training College. That was followed by serving in the offices of the South Wales Baptist Association prior to being called to Blackwood in 2010. Anne has worked in audiology since leaving university (a few years ago).

### **Where do the rest of your family live?**

I (Mark) am from Newport and have lived there all my life, with the exception of time at college in London. My mum lives in Newport.

I (Anne) am originally from Yorkshire, but spent most of my childhood in Macclesfield where my mum still lives. We have a number of nephews and nieces dotted around the UK and one of us is a great Aunt!



### **How do you relax?**

We like to walk, to garden, to read, to watch sport (that's Mark) and sing (that's Anne).

### **What do you love about being a Minister?**

Being called to serve a community of God's people by offering service, counsel, wisdom and instruction based on the living Lord and his written word is an exciting task full of variety. And I love the opportunities and privilege that being a minister gives in serving folk by loving them, and loving folk by serving them.

### **How do you see your role in Magor Baptist Church?**

As Minister it's to help people live out their calling in allegiance to Jesus by encouraging them to love God and love one another in all the many and various ways in which that can be done.

### **How can we pray effectively for you?**

Anytime, please! Specifically, that in these early days we will get to know folk in the church and community, discern what we ought to be involved in, and have the wisdom to see how best to serve the Lord in this particular place.

## **Letter from Mark**

Hello Friends

I wanted to say a very big THANKS for all your support and encouragement at both the Induction Service and my first service on the Sunday. I particularly wanted to say a big THANKS to all those who 'made it happen'. Forgive me for not taking the risk of naming names (I don't know everyone yet, and I don't want to get into trouble so soon by forgetting to mention someone that I should have!) All your hard work is much appreciated and, despite the work, I hope you too were able to enjoy something of the specialness of the occasions.

Anne and I have finally moved into the manse last week, so if we look a bit 'frazzled' next week then you'll know why!

My contact details are:-

Tel : 07530 055440

Email : [markinmagor@gmail.com](mailto:markinmagor@gmail.com)

If you'd like me to pop in for a chat and / or a coffee sometime please let me know, as I'd love to do that.

## Start of a new ministry?

From Hazel Lucas

Earlier this year, my prayer partner and I were both, independently, delivering Easter cards to people in the retirement village where Ernest and I now live. Easter cards are less common than Christmas cards and may surprise and bless our neighbours. I counted up about 20 Christian friends so I bought 20 cards, all celebrating the resurrection, and delivered them. Only a few days before Easter, I was struck by the thought that I know quite a few other people who have no church connection, why was I not giving cards to them? Hastily I bought another pack, with no obvious Christian message as it was the only pack available, and went round the next court to our own posting them through every door. To my amazement, I had 2 phone calls thanking me so much for the beautiful card, and one lady stopped me to say that my Easter card was the only one she had received, and it was in pride of place in her home. I called on my prayer partner to say that I thought God was really speaking to me, and she said she had had a similar conviction.

I have not been able to forget this incident and have been racking my brains to think what other reason could there be for delivering beautiful cards to non-churchgoers. I intended to spend the whole summer making cards saying *'thinking of you'* or *'thank you for your friendship'* but have not made the progress I had hoped as my art is very rusty! But it's high on my agenda.



Then a few days ago my Bible reading notes got to Mark 1:35-45, where Jesus, who has been ministering and healing very successfully in Capernaum, spends a night in prayer. The disciples then try to drag him back to Capernaum, where everything is going so well, and Jesus refuses. He knows that his time is limited, there are people further afield who need his teaching, and it's impossible to tackle every problem or meet every need. He doesn't cave in to people's expectations, but goes where his Father leads him. He's not just a local Messiah. I have studied Mark's gospel many times, but this time I was very challenged by this passage.

I have been leading a Bible study group here in this retirement village since the beginning of the first lockdown over 3 years ago. It is going very well and has about 12 members, whom I love dearly. But I am now 80 and it's getting too much for me. Reluctantly, I already told the group that we will

be meeting once a fortnight from now on instead of every week as I no longer have the time and energy to do the job properly, and it was stressing me out! Now I have an extra afternoon every week to do something else that God wants. Yet another Bible reading emphasized that God is a God of creativity, and our writers, painters, song-writers, etc, are those who can speak to the hearts of our society on the issues they care about. So I shall return to my card enterprise, praying that the Holy Spirit will guide me what to say and who to say it to. Like Jesus, our time is limited and we can't solve every problem or meet every need. But we do have the Holy Spirit and can be led by Him. Getting our priorities right is important at every stage in life! I am so grateful that God still speaks to us when we are older, and that as one avenue of service needs to close, another may open.

## **BMS World Mission 2023 Harvest Appeal**

# **DAYS OF PLENTY**

## ***BRING LASTING HOPE TO FARMERS LIKE BARBARA THIS HARVEST***

Wildfires. Famines. Climate change. And years of civil war that left farmers rebuilding their lives from scratch.

Life in Gulu, in Uganda isn't easy. But the people who live there can see a brighter future ahead. Read how BMS World Mission's local partner (JLH) has found a life-changing solution to the challenges facing farmers like Barbara by visiting <https://www.bmsworldmission.org/appeal/days-of-plenty/>. You are all invited to join in by contributing to the Harvest Appeal, in order to make incredible changes happen.

**Barbara** loves her children and would do anything to see them grow up healthy and strong. This harvest, your church is invited to come alongside hardworking farmers like her to bring lasting hope to their families.





Everyone who works at BMS World Mission partner **Justice Livelihoods Health** (JLH) has a faithful passion to help those in need. In Gulu, Uganda, a dynamic team is changing lives every day. Their aim? To see everyone in their community thrive, by helping them with access to legal justice, abundant livelihoods and flourishing health.

**Jimmy and Phionah Okello** are passionate about seeing Christians in Gulu thrive. With their JLH hats on, Jimmy runs training for local church leaders to help their ministries go from strength to strength, and Phionah offers crucial accounting support for the JLH team. You'll also find Jimmy and Phionah serving at **University Community Church**, where Jimmy is the pastor and where Phionah serves on the worship team, bringing the light of Christ to students at Gulu University.

You'll find **Susan Blanch Alal** overseeing all the different projects JLH runs, from speech and language therapy to child protection, borehole drilling and agricultural projects. Susan is often out in the field meeting the people that JLH support, and helping make sure everything is running smoothly across the board!

**Benon Kayanja's** vision is for a Uganda transformed through God's power. Based in Kampala, Benon's role is to head up the JLH team. As well as overseeing the running of JLH, he also works with Baptist churches in nearby Kasese, encouraging and supporting them in their local ministries.

**Wilson Okelokoko** manages the Cek Cam (pronounced 'chek cham') storehouse, helping farmers store their produce safely before selling it on at local markets. His job is crucial in making sure that farmers get a fair price for their crops. When farmers can earn up to 30 per cent more by selling through Cek Cam, Wilson plays a hugely important role in helping local families improve their livelihoods.

You'll often find **Genesis Acaye** visiting local farmers, delivering training and giving advice to make sure their crops are growing as well as they can. He travels to different farms on his trusty motorbike, building relationships and offering help where needed. In a country so affected by wildfires, droughts and erratic weather, his bountiful knowledge of Uganda's flora is pivotal to helping crops thrive and growing plentiful harvests!

You're part of the team! Your support is crucial to helping the JLH team reach people in need across Uganda. Each staff member is supported by BMS donations, and they truly can't do it without you. If you want to join the JLH team in bringing abundant life to farmers in Gulu this harvest, please give generously.



## **Room to Learn project, Bughungu Primary School, Uganda**

To reduce the average class size from 130 to 87, by building three more classrooms (and an office).

Two classrooms have been built in the last 12 months, and are now in use. We had hoped to raise the remaining £9,000 to complete the project by September, but in the event we only managed £3,500, not quite enough for even one of the two remaining rooms. So a call to listen and pray was sent to all trustees, champions and close friends of the Fund – a request to spend half an hour seeking God's direction, and to report back. Amongst the responses, these three tied in together:



1. Our listening God has given guidance to go ahead with the project, assured we will find the funds to complete on time.
2. Think of the long-term effects of the project. It waits for its appointed time. Therefore we have to wait, but patiently and with joy.
3. Have confidence in the plan, and keep praying towards it.

It seems that our timing and God's do not always coincide!

So we had a video meeting with Teddy, the deputy head and our main contact at Bughungu – to report the situation and agree a way forward. The plans show the four rooms attached, in an 'L' shape; the next room to be built will be the office. We discussed the best time of year to build, avoiding the rainy season, and the time and money required to build just the office (which is smaller). So it was agreed that we continue fundraising with a view to Bughungu receiving at the very least £4,000 by 21 October. They should then have the money in time to build in earnest in November and December – the best building months.

Taken as a whole, this is a very large project for the Fund, so it has been helpful to break it up into manageable lumps. Teddy has responded positively and thankfully. She sends lots of photos of the progress, together with detailed budget estimates and actual spends, so we can keep track of the funding.

We in turn are very thankful to you at Ebenezer Baptist Church, Magor, for your support of this amazing project, and indeed your faithful support over the years.

More information can be found at <https://www.natalyasfund.org.uk/room-to-learn>.

**Andrew Leighton, Natalya's Fund**

## **UGANDA NEWS**

### **From Peter Kasozi-**

'New' ambulance for medical centre (wonder where it came from....!)



New floor in boys' dormitory – financed by the communion offering in July from Magor.

### **To the fellowship**

A big thank you to the fellowship for all the cards we received and also the beautiful plant (personally delivered by Val Jones) which was gifted to us on the occasion of our Golden Wedding anniversary on 18th August. We enjoyed a very special day with our children and their spouses, followed by an eventful cruise around the British Isles.

Friends, including members of the church, also contributed to the day which will always be special in our hearts.

Thank you everyone!

**Ron and Cherryl Evans**



**September 1973**

The death was reported of Miss Ada Somerville Reeves who on 5 September, passed away peacefully after a few hours of illness, aged 88. She had been the organist for 20 years and had played her beloved organ twice in the last four weeks of her life. As I wrote in the summer edition last year, Ada had lived with her aunt and great aunt at Caerleon in the late-19th and early-20th century, and regularly played at the Baptist Chapel there. The Sweetland organ she played there is now at St Thomas' church Redwick, and has recently been restored.



**October 1973**

*'On the Sunday morning of our Harvest Thanksgiving our double-decker bus from Caldicot coughed, spluttered, and came to a halt near the Police Station, half a mile from our church. The passengers, mainly children, marched in column of route, carrying the harvest gifts they were about to present, along the road, and into the church and up the aisle! What a wonderful, spontaneous 'March of Witness' it made. One almost wonders whether it was not part of God's plan to show Undy and Magor how happy folk are when they are His followers.'*

**November/December 1973**

To continue the story of the church extension started in my last article, the minister, Christopher Walton, referred to words he had written in the October 1971 edition of 'The Record': *'The plans for an extension at the rear of the church of six good size teaching rooms and the facility for further extension are complete. Final planning permission is being sought. Now we need the money to build: £6,000 by next Easter.'* He now wrote that £1,500 had been raised and £650 promised in loans but final planning permission was delayed. 'Next Easter' came and went and enthusiasm waned. *Planning permission for the block of classrooms planned in 1971 fortunately never came – if it had we might have built it! The development plans for the expanded village of Magor/Undy were nearing completion and our planning was not acceptable. Plans have now been drawn up for a new sanctuary and manse to be built at the rear of the present chapel which will be the frontage of the new centre of Magor. ... Magor/Undy is planned to extend to a population of 5,500 by 1985 (about five times its present size). As I write, land is being prepared for the first 27 houses in Undy.*

The British World Development Movement's "EUROPE '73" year-long campaign was to help people to understand how important it was that the enlarged European Community should exercise responsible stewardship of its resources, and work for the narrowing of the gap between rich and poor nations. They sought to help prevent the EEC from becoming totally inward looking, and to press for a greater European commitment to the problems of the Third World. A page in the church magazine asked for people to sign the petition in the vestibule, stating *it's only if we in Britain demand justice not exploitation for poor countries that our Government will take decisive action*. It was hoped that the nation-wide sign-in calling on the EEC to give more official aid and more trading opportunities to the Third World would collect over a million signatures.

From October, John Beard had been running the Book Corner and giving some book reviews. He referred to a book for older children, *Land Aflame* – about the Nationwide Festival of Light (NFOL). In November 1970, a young couple, Peter and Janet Hill, returned to England after four years as Baptist missionaries in India. They were shocked by the sexually explicit content prevalent in the mass media. In July 1971 the NFOL was founded to oppose pornography and moral pollution. The name 'Festival of Light' was suggested by Malcolm Muggeridge, and Prince Charles sent 'every good wish for the success of the Festival'. It was a short-lived grassroots movement which held rallies in Trafalgar Square and Hyde Park in September 1971. The following year it sponsored the London Festival for Jesus, when more than 65,000 Christian youth were involved in teaching, evangelism and spontaneous acts of worship at three open-air events during the five-day festival. To arouse festival excitement a fleet of text-decorated river steamers carried thousands of clapping, singing Christians down the Thames, from Kew to Tower Bridge – and I was one of them! **Were you there?**



# ***I heard the voice of Jesus say,***

**Written By Revd Horatius Bonar 1808-89**

I heard the voice of Jesus say,  
Come unto Me and rest;  
Lay down, thou weary one, lay down  
Thy head upon My breast!"  
I came to Jesus as I was,  
Weary, and worn, and sad;  
I found in Him a resting-place,  
And He hath made me glad.

I heard the voice of Jesus say,  
Behold, I freely give  
The living water; thirsty one,  
Stoop down, and drink, and live!"  
I came to Jesus, and I drank  
Of that life-giving stream;  
My thirst was quenched, my soul revived,  
And now I live in Him.

I heard the voice of Jesus say,  
I am this dark world's Light;  
Look unto Me, thy morn shall rise,  
And all thy day be bright!"  
I looked to Jesus, and I found  
In Him my Star, my Sun;  
And in that Light of life I'll walk  
Till trav'ling days are done.



## ***Kelso from the river Tweed***



The town of Kelso in the Scottish borders had grown so much that, early in the nineteenth century, a new parish was needed and in 1837 the Parish of Kelso North came into being. A new building, the North Parish Church, was erected in Inch Road and in 1837, the first Minister was the young Revd Horatius Bonar (aged 29). It was his zeal and gifts that led to his appointment as minister and it was an



exciting position for this young man's first church. He was to serve the church for 29 years before being appointed to a church in Edinburgh.

Horatius Bonar was known for the hours of study and prayer he had every day as well as his many activities in the Parish. The story is told of a maid who was converted in his home through these prayers. The maid said "*If he needs to pray so much, what will happen to me if I don't pray?*". There are other stories of how Horatius Bonar brought people to God. One way he brought the message to others was through the hymns he wrote.

Dr. Bonar's hymns and poems were, he tells us, composed amid a great variety of circumstances; in many cases he cannot himself recall these circumstances; they also appeared in several publications, and in due course he published 3 volumes of Hymns of Faith and Hope. Bonar was a gifted and prolific writer. He published and edited 2 monthly magazines as well as writing religious tracts and books. (It is still possible to buy some of his books through Amazon today.) He was also noted for being diligent with his pastoral visiting.


In 1843, he married Jane Catherine, daughter of Rev. Robert Lundie, also of Kelso. They had a family of nine children. Their marriage was in the same year as the great Disruption, and Horatius Bonar took an active part in the formation of the Free Church of Scotland, therefore enlarging his work.

*Painting by David Octavius Hill (died 1870) of the Disruption of 1843 which formed the Free Church of Scotland*



In 1839 the Free Church of Scotland, as part of its overseas mission, sent a commission composed of four ministers (of whom Horatius Bonar and R. McCheyne were the younger members), to visit the principal centres of the Jews in Europe and Palestine. This visit deepened his interest in prophecy, which is so intimately connected with Palestine and the East. This visit to Palestine seems to have inspired **I heard the voice of Jesus say**, which Bonar had entitled, "*The Voice from Galilee*."

This is a question and answer hymn the first 4 lines of the verse is the question from Jesus and the 2<sup>nd</sup> four lines are what our answer should be. The tune "Vox dilecti" was specially written for the hymn by John Dykes, the Victorian clergyman and composer. The 1<sup>st</sup> four lines are in the minor key reflecting Jesus words, the dramatic change to the major key highlights our responses to the words of Jesus. Of the many hymns that Horatius Bonar wrote, this hymn has remained popular across time, nations and denominations. It is the blend of words and music that has earned Bonar the title - **The Finest Hymnwriter of Scotland.** **Christine Miles**



## EASY EGGLESS TIRAMISU

NOBAKE DESSERT

<p><b>PREP TIME:</b> 10 mins</p> <p><b>INACTIVE TIME:</b> 4 hours</p> <p><b>TOTAL TIME:</b> 4 hours and 10 minutes</p> <p><b>SERVES:</b> 12</p>	<p>This tiramisu is super easy to make – it's a no bake recipe, only takes 10 minutes to prepare and can be made in advance. While you're making your creation, why not pray for Sarah Brown's work in Thailand, helping women discern their gifts through baking.</p>
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<h3 style="text-align: center; margin: 0;">INGREDIENTS</h3> <p>250g (1 cup + 2 tbsp) mascarpone (chilled/cold)</p> <p>300ml (1 cup + 1/4 cup) heavy whipping cream (chilled/cold)</p> <p>2 tsp vanilla extract</p> <p>42.5g granulated sugar</p> <p>42.5g light brown sugar</p> <p>2 tsp rum extract (optional)</p> <p>24-28 sponge ladyfingers (Italian Savoiardi biscuits)</p> <p>300ml (1 cup + 1/4 cup) strong coffee (cold) – I used espresso</p> <p>Cocoa powder for dusting</p>	<h3 style="text-align: center; margin: 0;">NUTRITIONAL INFO (PER SERVING)</h3> <p><b>Calories:</b> 304.26</p> <p><b>Fat (grams):</b> 21.79</p> <p><b>Sat. Fat (grams):</b> 12.79</p> <p><b>Carbs (grams):</b> 23.02</p> <p><b>Fiber (grams):</b> 0.32</p> <p><b>Net carbs:</b> 22.70</p> <p><b>Sugar (grams):</b> 8.37</p> <p><b>Protein (grams):</b> 4.41</p> <p><b>Sodium (milligrams):</b> 134.98</p> <p><b>Cholesterol (grams):</b> 112.36</p>
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<h3 style="text-align: center; margin: 0;">INSTRUCTIONS</h3> <ol style="list-style-type: none"> <li>1. Prepare the espresso and set it aside to cool.</li> <li>2. Add the mascarpone with three tablespoons of whipping cream. Whip until smooth.</li> <li>3. Add the rest of the heavy cream with the vanilla and two combinations of sugar (if you're doing this), together in a bowl. Whip them together until it reaches soft peak consistency.</li> <li>4. Then combine the mascarpone cream to the whipped cream mixture and whip until soft and fluffy. Be careful not to over whip, since this may split or curdle this beautiful creamy mix.</li> <li>5. Prepare a 8" x 8" cake tin (release bottom cake tin) or dish. If you have to cut and shape your ladyfingers, do so before dipping. Dip the ladyfingers into the espresso and lay them flat. Top with a layer of mascarpone cream. Dust this first layer with cocoa power. Then add the second layer of dipped ladyfingers. Finally spread the last layer of mascarpone cream.</li> </ol>	<ol style="list-style-type: none"> <li>6. Dust the top cocoa powder to finish. Allow the dessert to cool in the fridge for at least four hours. However, overnight is better since it allows the flavours to develop.</li> </ol> <h3 style="text-align: center; margin: 20px 0;">NOTES</h3> <ul style="list-style-type: none"> <li>• <b>This is key - Make sure the whipped cream and the mascarpone cream are cold from the fridge.</b> I even go so far as to put my glass bowl and whisk/beaters in the fridge to make sure they are also cold. You will get a better whip from both the whipping cream and mascarpone cream, they behave better and you will have fluffy, gorgeous cream. The worst case if they are not cold enough, your whipped cream and mascarpone mixture will split or curdle! You don't want that, so make sure you follow this tip.</li> <li>• <b>Be careful not over whip your whipped cream or mascarpone cream.</b> Once again you could be left with split or curdled cream. Both creams are delicate, so handle them with care and you will be fine.</li> <li>• <b>If you want to add alcohol, here are some suggestions:</b> Marsala, rum liquor, Bailey's, Brandy or coffee flavoured liquor such as Kahlua.</li> </ul>
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