

# NEWSLETTER FROM SHIRLEY

**Shirley absolutely loves to encourage others who are going through seasons of grief and to share her story of Second Chances!**

~SHIRLEY MOZENA



## What's new with Shirley

I've been writing a weekly blog for about ten years now. In those blogs, people have responded in positive ways and I'm compiling some of them into a devotional book. Publication will take place in about a year.

Below, is a sample.

## Take Time to Mourn

*“they who wait for the Lord shall renew their strength;  
they shall mount up with wings like eagles;  
they shall run and not be weary;  
they shall walk and not faint” (Isaiah 40:31 ESV).*

This is for you who mourn. You may or may not be mourning a death of a loved one, but everyone has something to mourn even on a perfectly joyous day.

I remember my first wedding as a nineteen year old bride, as I joyfully walked down the aisle with my new husband, yet I was strangely sad! All the months of planning the beautiful event were over. The big day would soon conclude and the flowers would wilt. The sadness was quickly dispersed by excited hugs and words of congratulations to both of us, yet I still remember the brief choke in my throat that meant loss.

You might be mourning the passage of time. That is a frequent visitor to me as I contemplate time swiftly passing. I feel my body resisting things it never resisted before. I watch my grandchildren growing quickly. There're many things to mourn.

In my months of mourning the death of a loved one, it was suggested I examine losses throughout my life. I listed them and carefully looked at those losses. I was asked if I'd truly grieved them. I discovered I had not. I wondered what could be more profound than the loss of a second husband in four years time, but then I remembered the loss of my stillborn baby girl we named Carrie Lynn. I mourned the days I didn't get to hold her baby sweetness. Her being a little sister to her older brother and sister. The days of watching her grow into a young woman. To observe her loving another and getting married.

*“Blessed are they that mourn, for they shall be comforted” ~ Jesus*

I mourned we didn't have a place that said her name. I couldn't change the fact that she was not here on earth, but I could have something to mark she was. Later, I remedied that loss by having a marker made with her name on it where it lies next to her father's grave. That helped the grief that took place thirty-three years earlier.

There are numerous kinds of mourning in our lives every day. I encourage you to do as William Shakespeare recommended several hundred years ago: “Take the time to mourn. Then you will mend.”

Wait for the Lord to renew your strength. Take the time to mourn on a perfectly sunny summer day.



**Is your garden producing a lot of zucchini? Try this recipe. I used ground beef in the ingredients and it was delish! My niece shared this recipe after serving it at her home. She used ground turkey.**



## Chicken (or Turkey)-Zucchini Meatballs

(Serves 4)

3 large zucchini (about 1 1/2 pounds)

Kosher salt and black pepper

1 large shallot, halved

1/2 cup panko

1 1/2 teaspoons ground cumin

1 teaspoon red-pepper flakes

1 pound ground chicken or turkey

2 tablespoons chopped fresh mint, basil, parsley or dill, plus more for serving

1/4 cup extra-virgin olive oil, plus more for greasing and drizzling

3 tablespoons lemon juice (from 1 large lemon)

4 ounces feta

Heat the oven to 425 degrees. Cut 2 of the zucchini into 1/2-inch-thick slices. Transfer to a plate, season with salt, and set aside.

Working over a large bowl, using the large holes of a box grater, grate the remaining zucchini. Grate 1 shallot half into the bowl as well. Add the panko, cumin, 1/2 teaspoon red-pepper flakes and 1/2 teaspoon salt, and use your hands to toss until combined. Add the chicken and herbs and toss gently until combined.

Lightly grease a baking sheet. With wet hands, form the chicken mixture into 16 meatballs (around 2 to 3 tablespoons each) and place them on one side of the baking sheet. Drizzle with olive oil and roast for 10 minutes.

Meanwhile, pat the sliced zucchini dry, then lightly coat with about 1 tablespoon olive oil. Season with pepper.

Coarsely chop the remaining shallot half and transfer to a small bowl. Add the lemon juice, season with salt, and stir to combine.

Add the sliced zucchini to the other half of the baking sheet, moving the meatballs over, if necessary. Bake until the meatballs are cooked through and the zucchini is golden on the underside, another 15 to 20 minutes. For more browned meatballs, broil for a few minutes, if desired.

Meanwhile, crumble the feta into the shallot mixture. Add the 1/4 cup extra-virgin olive oil and the remaining 1/2 teaspoon red-pepper flakes. Stir, breaking up the feta a bit, and season to taste with salt and pepper.

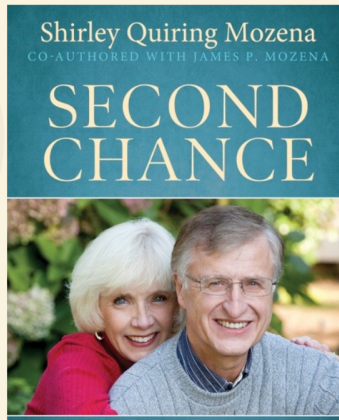


# Breaking News!!

My husband and I have been invited to record a podcast with Family Life Blended this month! We'll be discussing our book *Second Chance at Love on remarriage*. See below link for the podcasts.

<https://www.familylife.com/familylifeblended/blended-families>

**I'll provide a direct link when available.**



**If you would like to hear our podcast, please send me an email. I'll add you to my list to share the link to the podcast.**