

A woman in a blue long-sleeved shirt and dark pants is free-climbing a large, light-colored rock face. She is reaching up with her right hand towards a person who is partially visible at the top right of the frame, appearing to assist her. The background shows a vast, hazy landscape with mountains and a bright sky. The overall tone is inspirational and adventurous.

SILENCED DISCUSSION QUESTIONS

1. Kayden loves to free-climb—a very dangerous form of rock climbing where no safety apparatus is used. Why do you think someone so structured enjoys such a risky hobby? What insight does it provide into Kayden’s character?
2. How do you feel about Reef’s return to Yancey? Were you surprised by who he brought with him?
3. Did you enjoy attending Cole and Bailey’s wedding in *Silenced*? Was it different than what you imagined or exactly what you pictured for them?
4. Kayden struggles with showing the depth of her feelings even with those closest to her. Why do you think this is?
5. Jake’s present is greatly affected by his past. What does God say about our pasts in the book of Isaiah, chapter 43? How can verses 18-19 give us peace amidst difficult circumstances?
6. The McKennas enjoy regular family meals. Is this a tradition in your family or with your extended family? If so, what is your favorite dish to serve?
7. When Kayden needs time alone, she sits out on her front porch swing. Where do you like to go when you need time to think, relax, or simply be alone?
8. Kayden volunteers at an Alaskan sled dog shelter. Why do you think she volunteers there? Do you volunteer anywhere? If so, why did you choose that particular location or area of ministry to serve in?
9. What was your favorite part of *Silenced* and why?

SILENCED

FETTUCCINE ALFREDO WITH SHRIMP

(adapted from <http://bit.ly/1rHCAwe>) • Yield: 4 servings



Ingredients:

- 6 ounces uncooked fettuccine
- 1 pound peeled, deveined shrimp (cooked)
- 1 small onion, chopped
- 1 tablespoon butter
- 4 garlic cloves, minced
- ½ teaspoon salt
- ⅛ teaspoon cayenne pepper
- 4 ½ teaspoons all-purpose flour
- 1 ½ cups half-and-half
- ¼ cup grated Parmesan cheese

Directions:

Cook fettuccine according to package directions.

In a large skillet, sauté shrimp and onion in butter. Add the garlic, salt and cayenne; cook 1 minute longer. Stir in flour until blended.

Gradually add the half-and-half and cheese. Bring to a boil. Stir while cooking for 1-2 minutes or until thickened.

Drain fettuccine and toss with shrimp mixture.

LEMON STEAMED BROCCOLI

(adapted from <http://bit.ly/1mTfOln>)



Ingredients:

- 1 small bunch broccoli (about ¾ pound)
- 1 garlic clove, finely chopped
- 1 ½ tablespoons olive oil
- 1 ½ teaspoons fresh lemon juice

Preparation:

Discard tough lower third of broccoli stem. Peel remaining stem and cut crosswise into ½-inch-thick slices. Cut broccoli into 2-inch florets. In a steamer placed over boiling water, steam broccoli, covered, until crisp-tender, 4 to 5 minutes.

While broccoli is steaming, combine oil, lemon juice, garlic, salt and pepper (to taste) in small saucepan. Cook over medium heat until garlic is fragrant. In a bowl, toss broccoli with garlic mixture.

GOLDEN 6-GRAIN ROLLS

(adapted from <http://bit.ly/1k8hYXU>) • **Yield: 24 rolls**



Ingredients:

- 4 $\frac{3}{4}$ cups (1 lb. 6 oz.) white whole wheat flour
- $\frac{1}{4}$ cup ground flax seed
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{4}$ cup millet
- $\frac{1}{4}$ cup sesame seeds
- $\frac{1}{4}$ cup sunflower seeds
- 2 $\frac{1}{4}$ cups (18 oz.) water
- 1 tbsp. sea salt
- 1 tbsp. instant yeast
- 1 tbsp. honey

Instructions

Mix all ingredients together by hand or with a heavy duty stand mixer fitted with a dough hook. If you are using active dry yeast, proof it first with $\frac{1}{4}$ cup of the water and 1 tsp. of the sugar. Allow dough to rest for 15 minutes. If dough seems too dry or too wet, add flour or water as needed to adjust consistency. Knead for 10 minutes by hand or 5 minutes by mixer

Place dough in a lightly greased bowl and cover. Allow to rise in a warm spot until doubled, approximately 1 hour.

Punch down the dough, and divide into 24 pieces. Shape into rolls. Place finished rolls on a lined or lightly greased baking sheet.

Cover with plastic wrap and allow to rise again, approximately 45 minutes to 1 hour. Preheat oven to 400°.

Bake for 15 minutes.

CARAMEL APPLE PECAN COBLER

(adapted from <http://bit.ly/1nYalSd>) • **Prep Time: 25 minutes**

• **Cook Time: 50 minutes** • **Yield: 6-8 servings**



Top crust:

- 1 cup uncooked regular oats
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup chopped dates
- $\frac{1}{4}$ cup granulated sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup milk
- 3 tablespoons butter, melted
- 1 large egg, lightly beaten
- toasted pecans for garnishing

Instructions

Filling:

Lightly grease a 10-inch deep-dish pie plate or shallow 2-quart baking dish. Set aside.

Combine apples, brown sugar, and flour. Stir to coat apples.

Melt butter in a large skillet over medium-high heat. Add apple mixture and bring to a boil.

Cook, stirring often, for 10 minutes. Add pears and cook, stirring often, for 5 more minutes.

Spoon fruit into prepared pan.

Top Crust:

Combine flour, oats, dates, sugar, baking powder, and salt in a large bowl. Stir together milk, butter, and egg. Add to dry ingredients, mixing just until combined. Spoon over fruit mixture. Bake at 425° for 20-25 minutes or until crust is golden brown. Sprinkle pecans over the top. Serve and enjoy!