



H.U.G.S.

Help Unity Goodwill Support

July, 2014



July.....

The perfect month in which to celebrate our individual freedoms and our wonderful creator God who can turn simple droplets of water into masterpieces of beauty!!

Bulletin Board

We are in need of your favorite fall recipes, fun DIY projects for home or garden, inspirational articles, poems, or any other items you would like to contribute for August or any other month. You can do this by putting your items in the contribution bag in the church foyer or by sending an email to either.....

Norma at carpenterranch@hughes.net or
Wanda at happyacres54@gmail.com

Thank you for sharing and caring!!!!

Promise Corner

By Van Kostenko

"If the wicked restore the pledge, give again that he had robbed, walk in the statutes of life, without committing iniquity; he shall surely live, he shall not die. None of his sins that he hath committed shall be mentioned unto him; he hath done that which is lawful and he shall surely live."

Ezekiel 33:15-16

"Whosoever abideth in Him sinneth not: whosoever sinneth has not seen Him, neither known Him."

1 John 3:6

Independence Day Prayer

There is no greater feeling of liberation than to experience this freedom from sin and death that you have provided for me through Jesus Christ. Today my heart and soul are free to praise you. For this I am very thankful.

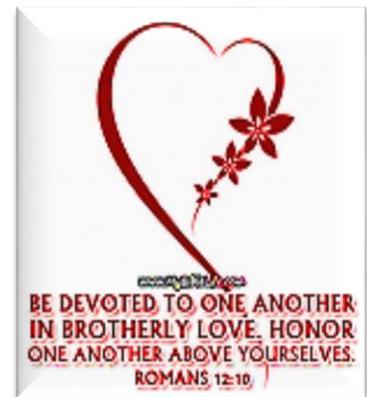
On this Independence Day, I am reminded of all those who have sacrificed for my freedom, following the example of your son, Jesus Christ.

Let me not take my freedom, both physical and spiritual, for granted. May I always remember that my freedom was purchased with a very high price. My freedom cost others their very lives.

Lord, today, bless those who have served and continue to give their lives for my freedom; with favor and bounty meet their needs and watch over their families.

Help me to live my life in a way that glorifies you, Lord. Give me the strength to be a blessing in someone else's life today, and grant me the opportunity to lead others into the freedom that can be found in knowing Christ. Amen.

Shared by Theresa



Walking With Jesus

A careless word may kindle strife,
A cruel word may wreck a life;
A bitter word may hate instill,
A brutal word may smite and kill.

A gracious word may smooth the way,
A joyous word may light the day;
A timely word may lessen stress,
A loving word may heal and bless.

Shared by Marilyn

Recipes of the Month

Chickpea of the Sea Sandwich Spread

1 can (15 oz.) garbanzo beans, drained & rinsed
¼ cup mayonnaise
2 stalks celery, chopped
1 ½ Tbl sweet or dill pickle, chopped
Salt to taste (I use ½ teas.)

Directions:

Coarsely chop garbanzos and mix with remainder of ingredients. Use as a sandwich spread on crackers or toast.

Reid gives this his SEAL of APPROVAL!!

Recipe from Vibrant Life (with McCrary adjustments)
Shared by Marilyn

Now for dessert.....

Avocado Lime Tart

Crust

¼ cup shredded unsweetened coconut
½ cup chopped pecans
½ cup dates (about 12)
1-2 tsp lime zest
pinch of sea salt



Filling

2 avocado (about 1 ½ cups puree)
¼ cup fresh squeezed lime juice
¼ cup coconut or agave nectar, or honey
1 Tbl coconut oil
1 tsp lime zest

Directions:

Blend crust ingredients in food processor until they turn into a sticky paste. Press mixture evenly into two mini spring form pans and place in freezer while making filling.

Blend filling ingredients in high-speed blender or food processor until creamy. Pour half the filling into each crust, using a spoon to make sure filling is even and smooth. Place pans in freezer for a least 2 hours to set up (or overnight).

To serve, remove from freezer and remove from pans. Let sit for 10-15 minutes before cutting into slices. The longer they sit out, the softer the filling will become. They will eventually have the consistency of pudding, but still taste amazing. Store leftovers in the freezer.

Recipe from 3 ABN Word

Shared by Saili

The Seeds Have It

The Chia Seed

This seed is a dieter's dream come true. The tiny, healthy seeds can be made to taste like whatever you want, and their unique gelling action keeps you feeling full for hours.



When a chia seed is exposed to water, it forms a coating of gel, increasing its size and weight. Since the gel is made of water, it has no calories. The gel is also difficult to remove from the seed, meaning that it helps your body think it is full, without extra calories!

Chia gel can also be substituted for up to half the butter or oil in most recipes! The food will bake the same and taste the same, or better, from the addition of the gel. Everything from cookies, to cakes, to muffins, pancakes, and waffles can be made with this replacement. The anti-oxidants in chia can even help keep the food tasting fresh longer. Which recipe will become your new favorite?

The Pumpkin Seed - 10 Amazing Health Benefits

1. The **only** seed that is alkaline-forming
2. Can reduce levels of LDL cholesterol
3. 100 g seeds provide 30 g protein
4. Used traditionally to kill parasites!
5. Reduce inflammation for arthritis
6. Prevent kidney stone formation
7. Good for prostate health
8. Promote good sleep
9. Filled with minerals
10. High in zinc



Just too good not to include in your daily diet plan!!

Shared by Norma and Wanda

August Birthdays

Kay Neumayer	6 th
Marjorie Zierlein	23 rd
Norma Carpenter	24 th

"It's so nice to be remembered"

Did you know hugs can.....?

Instantly boost oxytocin levels, which heal feelings of loneliness, isolation, and anger.

Lift one's serotonin levels, elevating mood and creating happiness.

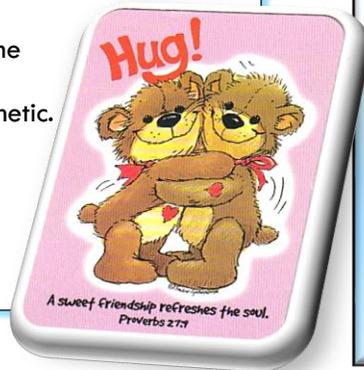
Strengthen the immune system. The gentle pressure on the sternum stimulates the thymus gland that regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

Relax muscles. They release tension in the body, can take away pain, and can soothe aches by increasing circulation into the soft tissues.

Balance out the nervous system. The galvanic skin response of someone receiving and giving a hug shows a change in skin conductance. The effect in moisture and electricity in the skin suggests a more balanced state in the nervous system – parasympathetic.

So how many hugs have you given out today?

Shared by Wanda

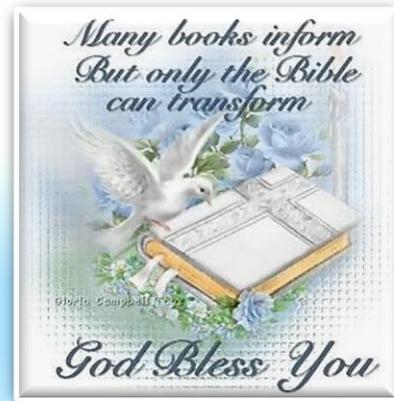


Almost everything I ever say 'Thank You' for isn't necessary for salvation, which is an interesting measure of God's goodness!!!!

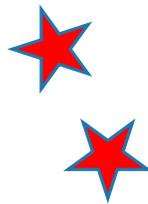
Shared by Norma

Words to Live By

"The Bible and the Bible alone, is to be our creed, the sole bond of union; all who bow to this Holy Word will be in harmony. Our own views and ideas must not control our efforts. Man is fallible but God's word is infallible." RH Dec. 15, 1885



Shared by Van



Ten Ways to Love

1. **Listen....** without interrupting. (Proverbs 18)
2. **Speak....** without accusing. (James 1:19)
3. **Give....** without sparing. (Proverbs 21:26)
4. **Pray....** without ceasing. (Colossians 1:9)
5. **Answer....** without arguing. (Proverbs 17:1)
6. **Share....** without pretending. (Ephesians 4:15)
7. **Enjoy....** without complaint. (Philippians 2:14)
8. **Trust....** without wavering. (Corinthians 13:7)
9. **Forgive....** without punishing. (Colossians 3:13)
10. **Promise....** without forgetting. (Proverbs 13:12)

Real Life Solutions Continued

By Jan Maes

Have you ever.....?

Displayed yourself on the Shelf of Self?

Put on the Gear of Fear?

Camped in the wood of "Up-To No-Good"?

Visited the City of Self-Pity?

Saddled and rode the Horse of Remorse,
or raised and petted the Colt of Revolt?

Then refer to this!

Matthew 16:24, MS 2, 1903, Letter 134, 1899

Joshua 1:9

Leviticus 10:1-5, RH March 25, 1875

1 Peter 5:7, 10, 11

1 John 1:9, 1 John 2:1-2

To be continued....



Day of Prayer

Personal Growth
July 22nd

He Satisfies Thy Mouth...

With good things, so that thy youth is renewed like the eagles.

Ps. 1035

By Lorene Wright



Kale is a dark leafy green, cruciferous vegetable and an excellent choice for one of our nine-a-day servings of fruits and vegetables. It is a good source of antioxidants, calcium, lignans, nitrates, skin-enhancing, carotenoids, and other phytonutrients, including lutein and zeaxanthin (which may be protective against glaucoma, the second leading cause of blindness) and may even reduce cholesterol. Cooked kale may improve immune function, though ideally should be chopped 45 minutes before cooking to maximize the production of the anti-cancer phytonutrient sulforaphane.

The two best families of vegetables for cancer prevention are the cruciferous vegetables, like broccoli, kale, cabbage, and the allium family like garlic, onions, and leeks.

In one extraordinary report last year on cruciferous vegetables was the immune-stimulatory effects of kale. In this simple experiment, they took some white blood cells, dripped a little kale juice on them and watched to see if it boosted their ability to produce antibodies. It not only boosted it, it **QUADRUPLED** antibody production!!! Now that's for raw kale; what if you cooked it? Not just cooked it, but cooked it to death by boiling it for half an hour. What do you think happened? Actually, the cooked kale worked even better!!

Check out some of the healthy benefits of eating kale.

Kale is.....

- low in calorie, high in fiber, and has zero fat.
- high in iron. Per calorie, it has more iron than beef.
- high in vitamin K, A, and C.
- filled with powerful antioxidants.
- a great anti-inflammatory food.
- great for cardiovascular support.
- high in calcium.
- a great detox food.



One can overdo the consumption of raw kale though. There are natural goitrogenic compounds in this family of vegetable that can interfere with thyroid function in people with marginal iodine intake. They can block the thyroid's uptake of iodine, but the answer is not to avoid these super healthy foods but to just get enough iodine in our diet. Raw kale is specified because an enzyme that releases these compounds is deactivated by cooking, so we don't have to worry about eating a lot of cooked cruciferous vegetables.

Unfortunately, kale is not a common vegetable in the American diet. Per the USDA, we consume, as a country annually per capita, 0.28793567 pounds per person. That's a cup per person per year or a half teaspoon per week and is declining!!

If you are unfamiliar with using kale, a really good and easy way to add it to your diet is by making it into a drink....

Put one container of frozen pineapple juice and specified amount of water in a blender. Then stuff it full of kale leaves. Blend well, making sure all the little pieces are blended. Add one or two frozen bananas. Blend until smooth and enjoy this wonderful, healthy drink!!!

Women of the Old Testament

How familiar are you with the women....both commoners and queens....of the Old Testament? Test your knowledge by taking the quiz below.

1. Which aged woman laughed when she heard angels say she would bear a child?
2. Which widow said, "I went out full, and the Lord has brought me home again empty"?
3. Who was the only female judge of Israel?
4. Which woman promised God that if she could give birth to a son, no razor would ever touch his head?
5. Which queen was divorced by her husband because she would not display her beauty before his drunken guests?
6. Who hid two spies and then let them down over a wall to make their escape from the king of Jericho?
7. Who stole her father's idols and hid them under a camel's saddle?
8. Which queen fearlessly risked her life by coming unbidden into a king's presence in order to save her people?
9. Which woman, desperately in need of water, had her eyes opened by God and saw a well of water?
10. Which queen was thrown from a window to her death?

Shared by Norma

Answers: 1. Sarah (Gen. 18:10-14); 2. Naomi (Ruth 1:21); 3. Deborah (Judges 4:4); 4. Hannah (1 Sam. 1:9-11); Vashti (Esther 1:10-19); 6. Rahab (Josh. 2:1-15); 7. Rachel (Gen. 31:34); 8. Esther (Esther 4:6-16); 9. Hagar (Gen 21:14-19); 10. Jezebel (2 Kings 9:30-33)

DIY Wasp Trap

All you need is a 5 gallon bucket, some string, a stick long enough to span the top of the bucket, and some protein bait.



Put 6" to 8" of soapy water in the bucket. Your choice of bait is suspended with string from the stick across the top of the bucket. The bait should hang about 1" to 2" above the water.

You can protect the bait from other animals by putting a piece of screen on top of the bucket, but make sure the mesh is large enough for the wasps to get through. After the wasp eats the food, it will be too heavy to fly and will drown in the water.



This is a very effective trap so why not give it a try? It works!!!

Shared by Theresa



The Gift

A true story of a nine year old boy who lived in a rural town in Tennessee.

A church in town had a Bus Ministry that came knocking on a door one Saturday afternoon in a very poor community. A young boy answered the door and greeted the bus pastor. The pastor asked if his parents were home, and the boy told him that his parents take off every weekend and leave him at home to take care of his little brother. The pastor couldn't believe what the boy had said and asked him to repeat it. When the boy gave the same answer, the pastor asked if he could come in and talk with him. They went into the living room and sat down on an old couch with the foam and springs exposed. The pastor asked the boy where he went to church and was surprised when the boy replied, "I've never been to church in my whole life." The pastor thought to himself about the fact that his church was less than three miles from this child's home, then asked again, "Are you sure you have never been to church?" "I sure haven't," came the reply. The pastor said, "Well, son, more important than going to church, have you ever heard the greatest love story ever told?", and proceeded to share the Gospel with this little nine year old boy. The boy's heart began to soften, and at the end of the story, he was asked if he wanted to receive this free gift from God. The boy exclaimed, "You bet!" They both got down on their knees and the boy invited Jesus into his heart and received the free gift of salvation. The pastor then asked if he could pick him up for church the next morning. "Sure," the boy replied.

The pastor got to the house early the next morning and found the lights off. He let himself in, snaked his way through the house, and found the boy asleep. He woke both boys and helped them get dressed, then gave them each a donut for breakfast on their way to the church.

A few minutes into the service, some tall unhappy looking guys walked down to the front and picked up some wooden plates. One of the men prayed and the boy, with utter fascination, watched them walk up and down the aisles. He didn't know what was going on but all of a sudden, like a bolt of lightning, it hit him....these people must be giving money to Jesus!! He then reflected on the free gift of life he had received just twenty-four hours earlier and he immediately searched his pockets, front and back, and couldn't find a thing to give to Jesus. By this time the offering plate was being passed down his aisle and, with a broken heart, he just grabbed the plate and held on to it. He finally let go and watched it pass on down the aisle. He turned around to see it pass behind him and his eyes remained glued on the plate as it was passed back and forth, all the way to the rear of the sanctuary.

Then he had an idea! This little nine year old boy, in front of God and everybody, got up, walked about eight rows back, grabbed the usher by the coat and asked to hold the plate one more time. Then he did the most astounding thing! He took the plate, sat it down on the carpeted church floor, and stepped into the center of it. As he stood there, he lifted his head and said, "Jesus, I don't have anything to give you today, but just me. I give you me!"

—Author Unknown

Shared by Wanda

Help us, Lord, not to be just hearers of the Word; help us to be doers as well.
Teach us to be honest with ourselves about who we really are. We want to
walk in Your ways and to guide others to You.
(Our Daily Bread)

