



“Ten Commandments for a solid, happy, God-honoring home: (by Billy Graham, evangelist)

1. Establish God's chain of command. The Bible teaches that for the Christian, Jesus Christ is to head the home, with the wife under the authority of a Christ-like husband and the children responsible to their parents.
2. Obey the commandment that you love one another.
3. Show acceptance and appreciation for each family member.
4. Family members should respect God's authority over them and the authority God has delegated down the chain of command.
5. It is important to have training and discipline in the home and not just for the family dog!
6. Enjoy one another and take the time to enjoy family life together. Quality time is no substitute for quantity time. Quantity time is quality time.
7. Do not commit adultery. Adultery destroys a marriage and is a sin against God and against your mate.
8. Everyone in a family should work for the mutual benefit of the family. No child should be without chores or without the knowledge that work brings fulfillment.
9. Pray together and read the bible together. Nothing strengthens a marriage and family more. Nothing is a better defense against Satan.
10. Every family member should be concerned about whether every other member of the family is truly saved. This extends after the immediate family to grandparents, uncles and aunts, cousins, and in-laws. No one is truly a success in

This newsletter is written monthly as the Lord leads. It consists of inspired thoughts, or from research, or a FWD message. Recipes, tips on health & food are added features. To subscribe or unsubscribe, please call (614) 833-1223 or email; Dulce@JohnRothacker.org

John's Radio & Internet program:
LightTalk, on WLRY, 88.5 FM,
Wednesday, 11am - 12 noon,
www.wlry.info.

Recipe of the Month:

Creamy French Dressing (source: pg. 51 Feasting Naturally with Our Friends)

1/3 cup [raw] honey
1/3 c. apple cider vinegar
3 T. [non-instant] powdered milk
1 T. fresh lemon juice; 1 t. dry mustard
1 t. paprika; 1 t. celery seed
1 t. minced onion; 1/4 t. sea salt
1 c. [organic] extra virgin olive oil
Blend all ingredients in a blender or food processor except the oil; add it in a steady stream and mix thoroughly for 1-2 minutes.

Information on Foods:

Five Indulgences You Don't Have to Drop (Source: "Delicious Living", March 2004 p. 48).

ALCOHOL – In moderation, a glass of red wine can relax you and has heart-healthy benefits. This is also backed up by scriptures which says: *No longer drink water {exclusively,} but use a little wine for the sake of your stomach and your frequent ailments.* (1 Tim. 5:23)

DESSERT – Go heavy on the fresh fruits or light on the chocolate. “Dark chocolate especially is loaded with antioxidant to enhance health,” says Susan Kundrat, MS, RD, so it's OK to savor a small piece as it melts in your mouth.

EGGS – They're healthy and inexpensive. “The whites are the best source of protein on the planet,” says Dorfman. “Albumen (the protein in egg whites) has all the essential amino acids.” This is also substantiated in the scriptures when Jesus talks about good gifts and says: *“Or if he shall ask an egg, will he offer him a scorpion?”* (Luke 11:12)

JUICE AND MILK – Many women omit these because they can take up a chunk of the day's caloric allowance. But drinking “goat's milk and fresh orange juice” will be alright to get the calcium that one needs

RED MEAT – Lean cuts of meat are a terrific source of iron and protein. Just stick to reasonable portion sizes of organically raised meats and choose baking or sautéing or use green veggies when charbroiling (then it's non-carcinogenic).

Let me back this up with some scriptures to dispel the doubts of some who think vegetarianism is the answer to a better health. *“And bring hither the fatted calf, and kill it; and let us eat, and be merry:”* (Luke 15:23)

“Jesus saith unto them, Bring of the fish which ye have now caught. . . Jesus then cometh, and taketh bread, and giveth them, and fish likewise.” (John 21:10, 13)

“Then Moses called for all the elders of Israel, and said to them, “Go and take for yourselves lambs according to your families, and slay the Passover {lamb.}” (Ex. 12:21)

“Then came the first day of Unleavened Bread on which the Passover {lamb} had to be sacrificed.” (Luke 22)

A tidbit on the use of pots and pans: Those who use **iron pots and pans** have a high incidence of iron poisoning. This was studied among the Bantu people in Africa. The excess iron is stored in the liver and causes a toxic reaction that can result in death. (Source: The Sprouting Book by Ann Wigmore, p. 11)

Praise the Lord for His Word! If we didn't have the Bible to be our guide for every need of our lives, where would we be? Whether our needs are small or big, all we do is turn to His awesome Word and we'll surely be guided by the Holy Spirit who is dwelling in us as believers. If you have a friend who might want to learn something about anything -spiritual and physical - and you think this newsletter would be enlightening, don't hesitate to share this or have them contact me to get a copy for themselves. My heart goes out to those who need the Lord and are still blinded by Satan.