



“Older women likewise are to be reverent in their behavior, not malicious gossips, nor enslaved to much wine, teaching what is good,” (Titus 2:3) (Below is a poem)

A woman of virtue is what God desires for you.

A woman of grace is what God intends for you to be.

A woman of love is what He wants you to show.

A woman of excellence, a woman of faith is what He plans for you and me.

Teach younger women what God has taught you.

Teach them with love the basic things of life.

Show them the role of a woman at home - being a model of fortitude, honesty, and patience.

Avoiding any instance of gossiping about others - minding your own business always.

When you do all these things, our Father will be pleased and will say when you see Him, *“Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.”* (Matt. 25:21)

I believe, to tackle this great responsibility, we need to pray for wisdom to know how to approach these younger women so that they will have a receptive spirit. They will not despise us but instead they will appreciate our counsel or advice. We could do it on a one-to-one basis at first. When God opens more doors, then we can have a little gathering with a few and show them God’s love by imparting the wisdom God has given us. This is satisfying, indeed. Praise the Lord!

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

John Hosts “The Light” Radio & Internet program every Wednesday, 11am - 12 noon, WLRV, 88.5 FM; www.wlrv.org **Also a Monthly Meeting the First Sunday of each month held at WCVO, 104.9 The River, at 2:30 pm, New Albany, Ohio.**

Recipe of the Month:

Whole Wheat Blueberry Muffins

2 c. whole wheat flour

1 T. baking powder (Rumford)

1/2 t. real salt

1 c. non-homogenized milk

1/3 c. raw honey

1 c. olive oil

1 egg, slightly beaten

3/4 c. fresh or frozen blueberries

Combine flour, baking powder, & salt. Stir together milk, honey, oil, and egg and add at once to dry ingredients. Blend with fork until well mixed. Add blueberries. Pour into greased muffin pans and bake at 400 degrees for 20 - 25 minutes.

“Develop an Attitude of Gratitude”

(source: Vita Journal, Nov./Dec.’03)

Reasons why practicing gratitude will reverse some emotional negativities:

- Gratitude conquers negativity, envy, and discouragement - When what you have and can achieve is your focus, negative thoughts and feelings are put aside.
- Gratitude creates a focus on abundance - When you thoughtfully consider all you have, both in things, and things money cannot buy, you will be amazed at the wealth you possess.
- Gratitude ensures a positive perspective - Compared to the true richness that surrounds you, petty concerns and minor difficulties pale in comparison, and cease to occupy your thoughts.
- Gratitude alters the way you see yourself and others - By constantly taking stock of the positives in yourself and others, your vision changes and you become a coach rather than a critic.

- Gratitude fosters inner peace - When feelings of thankfulness are part of your daily life, your desire and ability to dwell on past mistakes and flaws in yourself and others dwindles.
- Gratitude inspires - Happiness, loyalty, compassion, and tolerance are just a few of the qualities gratitude inspires.
- Gratitude builds and supports lasting, priceless relationships with family, friends, and God - When appreciation for those most important to you become part of your daily conversation with them, relationships become grounded in a solid, unshakable foundation.

Some information on Food:

(source: Vita/Journal p.6 Nov/Dec.’03)

Some studies have been made linking some beverages to kidney stones incidence. For instance, a large consumption of cola drinks result in kidney stones recurrences. Drinking 8 ounces of grapefruit juice a day will cause an incidence of kidney stone problem. To avoid this problem, just drink pure water.

Barley: the other whole grain -

The fiber found in whole grains help lower cholesterol, control blood sugar and insulin levels and keep your intestinal tract healthy. Barley supplies significant amounts of soluble fiber. Hulled barley, a true whole grain, packs a whopping 14 grams of total dietary fiber in one cooked cup. Pearl Barley, boasts six grams of fiber in one cooked cup.

Barley is good to use in soups, stews, and even in baking, and one of the grains cited in the Bible that the Israelites ate. *“a land of wheat and barley”*... (Deut. 8:8).