



### Fill Me

Fill me with Your love, Lord  
Fill me with Your peace, Lord  
Fill me with Your joy, Lord  
I want to be filled with You.  
Fill me with Your wisdom, Lord  
Fill me with Your truth, Lord  
I want to be filled with You.  
Let my eyes see You  
Let my ears hear You  
Let my hands touch You  
Let me walk with You  
Let my whole being  
Be filled with You.  
Let me have more of You  
Fill me with more of You.  
Fill me with Your grace, Lord  
Fill me with Your mercy, Lord  
Fill me with compassion, Lord  
Fill me with more of You.  
Yes, fill me with more of You (3x)

I believe this should be our prayer everyday - for God to fill us with Himself - His love, joy, peace, grace, mercy, compassion, wisdom, everything He is, everything He has - to bestow them in us so we can be used mightily by Him. We need to have more of Him especially in this kind of world we live. Without Him we can easily be beset by the enemy. Just look around! It is pathetic to see, to hear what's going on. Nevertheless, with God in us and always for us, we can still face the world with confidence that we can make a difference. We can still do something that will enlighten the mind, the heart of anyone we get in touch with so God can still have glory. And He will for sure.

*“Let us rejoice and be glad and give the glory to Him.”* (Rev. 19:7)

When we keep the faith He's given us, at the end of the rainbow, we will enjoy an everlasting joy and peace with Him. *“Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy.”* (Jude 1:24)

This newsletter is written monthly as the Lord leads. It consists of inspiring thoughts as anointed by God, or from research, or FWD messages. 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.info](http://www.wlrv.info)  
**And our new WEB site is at [www.JohnRothacker.org](http://www.JohnRothacker.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:

**Carrot Cake** (source: [Feasting Naturally](#), p. 91 with some adaptations)

1 1/2 c. organic olive oil  
1 c. raw honey  
4 eggs  
1 1/4 c. whole wheat pastry flour or oat flour  
1/4 c. wheat germ  
3/4 tsp salt  
1 1/2 tsp. baking soda  
1 1/2 tsp. cinnamon  
1 tsp. allspice  
2 1/4 c. shredded carrots  
1/2 c. chopped walnuts

Mix oil, honey, and eggs until well blended. Add dry ingredients; blend thoroughly. Stir in carrots and nuts, then turn into well-greased and floured (6 1/2 x 10 inch) pan. Bake at 350° for about 40–45 minutes or until done. Cool for a few minutes, then invert on rack for at least 30 minutes. Frost with cream cheese icing if desired.

### Cream Cheese Frosting:

10 Oz. cream cheese, room temperature  
1 T. raw milk  
1/4 c. raw honey  
1 tsp. vanilla

Whip cream cheese on high speed of mixer until very fluffy; add milk, and vanilla. Add honey in a steady stream while mixer is running, adding until frosting reaches desired consistency.

**Maintenance routine to do before putting yard tools away for the season:** (Source: 2,001 amazing Cleaning Secrets by Jeff Bredenburg)

- To care for hand tools, wipe wooden handles with a mixture of equal parts vinegar, boiled linseed oil, and turpentine. This will keep the handles from getting brittle and breaking off.

Wipe the metal parts with a rag dampened with kerosene or old motor oil. To make tools such as shovels and saws really glide, polish them with car wax.

- To prepare gas-powered tools for storage, empty the fuel from the tank and run the tool until it stops. Take the fuel to a recycling center – don't save it for future use. Wipe all metal parts with a damp cloth followed by an oil-dampened cloth.
- To prepare any electrical tools for storage, unplug. In fact, unplug them anytime they're not in use and especially when you're working on the tool.
- To clean plastic parts, wipe with damp cloth or use one dipped in a solution of a little dishwashing detergent and water. Do not use strong detergents, household cleaners or solvent such as kerosene or turpentine.
- To remove rust from tools, scrub them with steel wool dipped in kerosene or turpentine.
- To care for carts and wheelbarrows, wash them regularly during the season with a garden hose. Before putting them away, scrub with a stiff brush if they need it and wipe them with oil on a rag. Repaint as necessary. Lubricate wheels with a little general purpose oil.