



(Spiritual song given on June 20, 1979)

Rise up and walk with the Lord Jesus
Rise up and walk with Christ
Rise up and take His hands
Rise up and follow Him.
Raise up the banner of victory
To show the defeat of the enemy
Raise it much higher and higher
For everyone to see.
Rise up and walk with the King of kings.
Rise up and walk with Him
Rise up and take His hands.
And march along with Him!

Walking with God is a privilege. But how do we walk with the King of kings and the Lord of lords? The scripture says *“but if we walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.”* (John 1:7)

The first thing we should do is confess our sins to Him and believe He forgives us and we'll be clean in His sight. Then we can fellowship with Him, hear His voice and talk to Him too. How awesome would this be if we only do what His word says. It takes God's grace to do this. We make the choice to obey Him and He gives us the grace to do so. His choice for us to enjoy His forgiveness, His mercy, and His presence is wonderful.

As we draw ourselves to Him, then He will draw Himself to us. It's by His Holy Spirit this can be possible. He'll lead us to do what He wants us to do, and when we take the initiative to choose His leading, then we'll enjoy the blessings He has for us.

When we choose to spend time with Him every day, I believe He'll make sure His favor falls on us. We'll be a joy to people around us and we'll experience a life that is peaceful and content.

This newsletter is written monthly as the Lord leads. It consists of inspiring thoughts as anointed by God, or from a research or 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:
“The Light,” Wednesday, 11am - 12 noon,
WLRV, 88.5 FM; www.wlry.org.

Recipe of the Month:

Chicken Apretada (Chicken with Potatoes in Sauce) Source: Filipino Cookbook)

2 lbs. chicken, cut into serving pieces
1 T. olive oil
2 cloves garlic, minced
1 medium-sized, onion, sliced
1 large tomato, sliced
2 medium -sized potatoes, quartered
2 T. Liquid Aminos (type of soy sauce)
1/4 c. pure water
sea salt to taste
1/2 cup sweet red pepper, sliced

In a deep pan, over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add tomato, chicken pieces, Liquid Aminos and salt. Cook for 3 minutes. Add water. Cover and simmer in medium low heat for about 20 minutes or until chicken is almost tender. Stir occasionally. Add potatoes and continue simmering for another 10-15 minutes or until potatoes are tender. Add a little bit of salt if needed. Add sweet red pepper last, cook for 1 minute. Serve with cooked brown rice.

Nutritional Information :

(Source: “Impossible Miracles Ministry” May, 2004)

Vitamin E – The most powerful of the so-called antioxidant nutrients. Vitamin E is crucial in preventing the damage that is caused by harmful molecules brought about by smoking, pollutants, and radiation. These molecules, called free radicals, contribute to heart disease, cancer – not to mention wrinkling - and some 200 diseases associated with aging.

Vitamin E acts as armor preventing damaging molecules from wreaking havoc on healthy cells. After age 40 or 45, the body produces more free radicals and fewer natural antioxidants to fight them.

Vitamin E is also the hardest antioxidant to get from diet alone. Unless you eat two entire bunches of spinach each day, or enough nuts to qualify as a squirrel, you may not be getting enough **E** for it to be effective.

Supplement your diet with between 200 and 400 IU's of **E** daily in addition to your multivitamins. A daily vitamin supplement helped healthy seniors slash in half their levels of a blood marker that indicates free-radical damage.”

“**Hydrochloric Acid** - Did you know that with each passing birthday the human stomach produces less **hydrochloric acid** needed to digest food and absorb certain key nutrients? By age 50, this dwindling supply of acid causes a vitamin B inadequacy in at least 1-4 Americans. By age 75, it affects 40%. What are the symptoms of getting too little Vitamin B 12? Memory lapses, joint pain, fatigue, tingling in the hands and feet, etc.”

You can take a sublingual Vit. B 12 which is very inexpensive. Please call James Harper at 882-4242 or 1-800-837-8487 or fax at 877-760-5861. You may also get Vit E that we take ourselves from him.

Uses of Baking Soda: (Source: Baking Soda by Vicki Lansky, p.24.)

- Sprinkle baking soda inside your rubber gloves. They'll slide on easily, keep dry and smell good.
- Prevent steel wool scouring pads from rusting after each use by storing them in a container filled with a solution of baking soda and water.
- Keep your in-use dish towels smelling fresh by sprinkling baking soda on them and shaking off the excess in the sink before putting them away.