

Ideal Christian Women's Fellowship
P.O. Box 3219
Columbus, Ohio 43210



2004 is the year we could ask for more of Him.

2004 is the time when we could ask Him to be more real.

2004 is the year when we could surrender more of ourselves to Him He could appear through a dream. He could appear through a vision. He could appear when no one is expecting Him. But, beware, and listen, look around, He might be coming.

Let me pray with you as you walk with God this great year, 2004. "Lord Father God, I lift up to you all the sisters in the Lord that You had allowed me to minister to this past year, 2003, through this newsletter. I thank You for each one of them. I thank You for the wisdom and understanding You've given them as they peruse the things I've shared. May everything work out for Your glory, oh, Lord. May the things I've written whether from other sources or from me as You've led me, be an inspiration for them. May they use the knowledge they've learned to fortify their spirit, soul and body. May they not compromise the truth they've understood. May they apply them in all occasions to bring glory to Your Holy name, JESUS! Amen and Amen!

Lord, I pray for all their needs, whether spiritual, physical, or emotional. Strengthen them in their faith in You. Extend Your outstretched hands to show them how much You love and care for them. Heal those that are needing Your healing hands. Encourage those that are feeling downhearted. Nothing is impossible with You, oh Lord. We thank You!

This newsletter is written monthly as the Lord leads. It's FREE because it's from the Lord. If you are not on the mailing list and you want to receive it, please contact me. To unsubscribe, just either call or write. Call (614) 833-1223 or email; Dulce@JohnRothacker.org

Our Radio & Internet program:
Health & Truth for Today, Wednesday, 11am - 12 noon, WLRV, 88.5 FM; www.wlrv.info

Recipe of the Month:
Turkey / Chicken Pasta Primavera
derived from:

Betty Crocker's Pasta Favorites

6 oz. uncooked spaghetti
1 cup chopped broccoli
1/3 cup chopped onion
2 cloves garlic, finely chopped
1/2 cup julienne carrot strips
1 T. olive oil, 1 tsp. salt
2 cups cut-up cooked turkey
2 cups chopped tomatoes
1/3 cup grated Parmesan cheese
2 T. chopped fresh parsley
Cook spaghetti as directed on package. Drain.
In a sauté pan, heat oil and sauté garlic, onion, until they're transparent. Add broccoli and carrots and cook about 10 minutes, stirring occasionally, until they are crisp and tender.
Stir in turkey or chicken, salt and tomatoes. Heat about 3 minutes or about when the turkey is hot. Spoon over spaghetti. Sprinkle with cheese and parsley.

Some uses of Hydrogen Peroxide:
(Source: The Amazing Health and Household Uses of Hydrogen Peroxide)

First of all, use a **3% Pharmaceutical Grade HP** which is available at grocery store or drugstore.

In the Kitchen:

Chopping board stain remover:
To help restore the original color, rub in 3% HP. Let stand for 10 minutes. Re-apply peroxide, and rub with a rag. Be careful not to splash. Make sure eyes are protected. Rinse with clean water. Then apply lemon

juice and let stand for 10 min. Rub and rinse with water. (to be continued)

Information about Food:

Continuation: 59 Reasons Why Sugar Ruins Our Health

37. Contributes to saliva acidity.
 38. Can cause a decrease in insulin sensitivity.
 39. Leads to decreased glucose intolerance.
 40. Can decrease growth hormone.
 41. Can increase cholesterol.
 42. Can increase the systolic blood pressure.
 43. Can cause drowsiness and decreased activity in children.
 44. Can cause migraine headache.
 45. Can interfere with the absorption of protein.
 46. Causes food allergies.
 47. Can contribute to diabetes.
 48. Can cause toxemia during pregnancy.
 49. Can contribute to eczema in children.
 50. Can impair the structure of DNA.
 51. Can cause cardiovascular disease.
 52. Can change the structure of protein.
 53. Can make your skin age by changing the structure of collagen.
 54. Can cause cataracts.
 55. Can cause emphysema.
 56. Can cause atherosclerosis.
 57. Can promote an elevation of low density lipoprotein (LDL).
 58. Can cause free radicals in the bloodstream.
 59. Lowers enzymes ability to function.
- Knowing all these bad side effects, who would want to continue eating this poison? Something to reconsider, right?