

Ideal Christian Women's Fellowship

P.O. Box 3219

Columbus, Ohio 43210



“The Green Grass of Summer”

(Poem by Shirley Hile Powell)

Oh, the green, green grass of Summer
Brings back fond memories
Of shallow streams to wade in
And tall, green, canopied trees...
Of buttercups and lilies fair
That sway in Summer's breeze
And fragrant rose and flowers galore;
What a change from Winter's freeze!
Summer seemed to steal in
As springtime slipped away
And brought us countless pleasures
With bright sunshine-filled days.
In the cool calm of the evening,
When twilight starts to bend,
The stars in the heavens twinkle
As the frog's serenade begins.
Oh, how I love summertime.
It is a season bright and bold.
The green grass soon gets mingled
With the dandelion's mane of gold.

Summer is the season for continuous planting, harvesting of early crops, and enjoying God's creation around. The various colors of flowers, the different birds that feed in the backyard, or fly in the skies, the gleeful children that play on the streets or at the parks – these are a few of the occasions one enjoys during summertime.

God made each season to be enjoyed by all of His creation. He wants to meet the need of each of His creatures, especially of the human beings whom He has created in His own image. He wants companionship with His creation. Let us savor the goodness of God. Enjoy and respect everything He gives us, even the seasons themselves. *“For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made,”* (Romans 1:20)

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:
Host of “The Light,” Wednesday, 11am - 12 noon, WLRY, 88.5 FM; www.wlry.info. **Monthly Meeting at WCVO, 2:30 pm. First Sunday of each month. July 4, 2004; Holy Potluck Picnic for Independence Day.**

Recipe of the Month:

Chop Suey with Cashew Nuts

Adapted from: [Filipino Cooking Abroad](#)

1 large chicken breast, skinned and boned
1 T. arrowroot powder or cornstarch
2 T. Liquid Aminos or soy sauce
1 egg white, slightly beaten
2 T. olive oil
1 cabbage, cut in small pieces
1 medium carrot, pared and cubed
1/4 c. water chestnuts, quartered
1 stalk celery, thinly sliced
1 onion, sliced
1/2 c. hot chicken broth
3 oz. roasted cashew nuts

1. Cut chicken breast into thin slices, combine with cornstarch or arrowroot powder, 1 T. soy sauce and egg white.
2. Heat 1 T oil on skillet over medium high heat. Add all vegetables and sauté for 3 minutes. Add remaining soy sauce. Transfer to a platter and set aside.
3. Add 1 T oil to same skillet and turn heat to high. Sauté chicken for 2 minutes or until pieces are firm.
4. Return cooked vegetables to skillet. Add hot broth. Stir to combine all ingredients thoroughly. Cook for 1 minute. Garnish with toasted cashew nuts

Information on Eggs:

“When chickens are housed indoors and deprived of greens, their meat and eggs also become artificially low in omega-3s. Eggs from pastured hens can contain as much as 10 times more omega-3s than eggs from factory hens.
'Raven Rock' eggs”

More Information on Foods (Source: How to Fight Cancer & Win flyer, p.5)

1. **Tomatoes** are tops for women too. Join your spouse at the pizzeria because new research show tomatoes dramatically lower your risk of bladder cancer and top the “best vegetables” list.
2. All by themselves, these nuts can cut your risk of getting any cancer by a whopping 70%. **Brazil nuts** are a rich source of selenium-long known to prevent prostate cancer. But studies show it may also neutralize a woman's breast cancer risk.

Calcium & Vitamin D Source: “Impossible Miracles Ministry” June'04

This mineral and vitamin combination is the single best dietary method of preventing osteoporosis, a condition in which the bones become more porous and brittle. **Vitamin D** needs to be taken with **calcium** in order for **calcium** to be properly absorbed into your body. 1,200 mg. of calcium and 400 IUs of **Vitamin D** should be taken each day.

In addition to your daily multivitamin, take a calcium supplement that contains **Vit. D, from good calcium**. **Fish Oil:** The Omega-3 fatty acids - commonly known as fish oil - have made headlines for helping to prevent heart disease. But they are also prized for other reasons. Memory loss, depression, and even learning problems can result from a deficiency in omega-3s, while high amounts may ease digestive woes, inhibit cancerous tumors, help prevent Alzheimer's and relieve pain and inflammation.

Start out by eating more clean fishes. Two servings of salmon or mackerel a week will maintain or improve heart health.