



“March comes in like a lion and out like a lamb.”

Both depict the character of our Lord Jesus Christ. He is the Lion of Judah and the Lamb that was slain for all our sins. He's the great deliverer and the great provider. Hallelujah! Praise His mighty and precious name!

This past month, the Lord gave me a song that shows His everlasting love. I've been coughing a lot and it seems every natural herb I take is not working. So I decided to see an alternative medical physician. The second time I needed to visit him, in the morning prior to my appointment, the Lord gave me a song proving His love. In the clinic, the doctor started me with the healing herb. After a few days, I could feel the healing power of God. Praise the Lord!

I called the song: [Father God](#)
Father God, I need Your healing.
Father God, I need Your touch.
Father God, I need Your healing.
In my body, Oh Father God.
In my spirit, in my soul,
In my body, make me whole.
Father God, I need Your healing.
In my body, Oh Father God.

Two days after, since I was given the healing herb, the Lord gave a song thanking Him for the healing touch.

Thank You, Lord, for healing me.
Thank You, Lord, for touching me.
Thank You, Lord, for loving me.
Thank You, Lord, I'm now set free.
Yes, my spirit is now delivered.
Yes, my soul is out of fear.
Yes, my body is strong & healthy.
For the Lord has set me free..

The tune for both songs is the same. One of these days, God willing, I'll be taping these songs on the web site John will have so you can hear it sung.

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:
[LightTalk](#), Wednesday, 11am- 12 noon,
WLRV, 88.5 FM; www.wlrv.info

Recipe of the Month: Marinated Broccoli

adapted from: "Health & Healing"

2 c. broccoli florets
3 T. extra virgin olive oil
2 T. pure water
1 large clove garlic, minced
1 med. sized red bell pepper, diced
2 T. red wine vinegar
1 T. lemon juice, fresh
1 t. sea salt

Mix the oil with the vinegar, water, lemon juice, garlic and salt. In a large salad bowl toss the oil mixture with the broccoli. Let marinate all day or overnight, tossing several times, before eating.

(continuation on H₂O₂)

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.

FOOD WASH

Fruit & vegetable wash - Add 1 T. H₂O₂ per gallon of water. Soak fruits or vegetables in solution for 10 min. Drain thoroughly. Then soak in clean water for 15 min. (It is important to soak food items in clean water for the full 15 min.) Then drain.

Meat, fish, and poultry wash - Follow the same exact steps in the fruit and vegetables wash directly.

IN THE LAUNDRY

Brightening tablecloths & linens - Place items in sink. Fill with cold water and add 1 cup of H₂O₂ and let soak for 30 minutes. If still yellowed, add 1/2 cup more H₂O₂ and soak an additional 30 min. Then rinse in a mixture of 1 gallon of water and 1/5 cup of white vinegar.

Allow to air dry.

Ink stains removed - Apply H₂O₂ with a clean cloth and gently rub on stain. Be careful not to over-saturate. Blot out excess. Blot dry.

Perspiration stains - (Do not use on wool, silk or dry-clean-only fabrics) Mix 1/2 cup cold water and 1/2 cup 3% H₂O₂. Apply and let stand 30 minutes. Place in washer. Add detergent and wash on cold water setting.

Pre-treatment for blood stains - Dampen stain with cold water. First, rub in baking soda and then a small amount of full strength 3% H₂O₂. If you have a set-in blood stains, apply full strength 3% H₂O₂ directly on stain, then add a drop of ammonia. Let stand for a few minutes. Repeat if necessary. Then launder as usual.

Scorch marks on washable fabrics - To dissolve light scorch marks, apply a little full strength 3% H₂O₂ lightly and rub on scorch mark. Wipe with clean cloth. Repeat procedure with white vinegar. Then rinse with cold water. Not effective if heavily scorched.

Whitening old tennis shoes - Add 1 cup H₂O₂ to final rinse cycle of your machine. If shoes can't be machine washed, rub full strength 3% H₂O₂ on surface of shoe and let it dry in the sun.

Wine stains - Can work for fresh stain or dried. Mix 3% H₂O₂ and dishwashing liquid. Apply to stain. Let stand a few minutes, then put garment in the washing machine on cold water wash and rinse settings.

(Note: from my experience if you happen to touch H₂O₂, make sure you wash it off right away with running water.)