

CALGON TAKE ME AWAY!

Have you ever had one or many of those days where you just want everything to go away? You want to run away where no one will find you. Go where you can have some peace, somewhere where there is no one asking you to do something, go somewhere, decide something. What makes one feel this way? Is it being too busy, life being out of order, some unrepented sin? Maybe you are not fellowshiping with God enough. What is it? So, you start to question your every thought and action. You even ask the Lord to stop the merry go round. You just want to be left alone, to wallow in self-pity. You yell Calgon take me away! Remember that saying?

The Lord says we will have trials and temptations. *James 1:2-4 My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. His word says to trust Him. Psalm 5:11 But let all those rejoice who put their trust in You: let them ever shout for joy, because You defend them: let them also who love Your name be joyful in You. He says to take My yoke upon you. Matthew 11:29-30 Take My yoke upon you and learn of Me; for I am meek and lowly in heart: and you shall find rest for your souls. For My yoke is easy, and My burden is light. His word says I will be your peace and strength. Ephesians 2:14 For He is our peace. Psalm 18:32 It is God who arms me with strength and makes my way perfect. His word says I love you with an everlasting love. John 3:16 For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.* Let these scriptures comfort you and help you to continue on. Find your strength in Him. *Philippians 4:13 I can do all things through Christ who strengthens me.* When you are facing life's many difficulties, let the One who loves you most and best, carry you through these times of faith building. Don't look down, look up; to the One who says; do you love Me, do you trust Me? Then rest in Me.



Word of the Month—LOVE

LOVE—the high esteem that God has for His children and the high regard which they, in turn, should have for Him and other people. Jesus is our example of love, shouldn't we love as much as He loved us?

John 3:16 (NKJV)

¹⁶ For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

John 15:12–13 (NKJV) ¹² This is My commandment, that you love one another as I have loved you. ¹³ Greater love has no one than this, than to lay down one's life for his friends.

Fun Facts About February

February is the only month to have a length of fewer than 30 days! Though it's usually 28 days, February is 29 days long in leap years, the next one being 2024.

Feb. 2 is Ground hog Day

Feb. 6 is Superbowl Sunday for you football fans

February 12 is Abraham Lincoln's birthday

February 14 is Valentine's Day

Feb. 21 is President's Day

February 22 is George Washington's birthday.

It is also 2/22/22 day on a Tuesday. I think it has to be Taco Tuesday day as well., don't you?

February's flower is the violet and the birthstone is purple, the amethyst.



Low Sugar-Diabetic Meal-Janet's style

Stuffed Bell Peppers-4 servings

4 yellow peppers-1 per person	3/4 # ground turkey or beef
½ cup cooked brown rice	1 medium tomato diced
1/2 cup diced carrots	1/4 cup diced onions
½ teaspoon garlic salt	¼ teaspoon pepper
Cheddar cheese	1 bouillon cube

Wash bell peppers. Cut top off and clean out the seeds in the inside of pepper. Set aside. Meanwhile sauté tomato, onions, carrots, and meat till tender, seasoning with garlic salt and pepper while cooking. Cook brown rice according to package (Long grain or instant). Mix all this together. Sometimes if I have any gravy left from another meal, I will add this to the mix before stuffing. Place the cut bells into a casserole dish standing upright. Stuff them with the meat mix and cheese alternately. I add a little beef or chicken broth to the casserole dish so the bells will not burn.

Bake at 350 degrees for about 45 minutes or until peppers are tender.

Salad with tomatoes, avocados, shredded carrots, cheese, garbanzo beans, sesame seeds, nuts, diced apples, low sugar or sugar free dressing.

Sugar free Jell-O Pie

1 3-oz. package sugar free lime Jello	2/3 cup boiling water
2 cups ice cubes	1 container cool whip
1 prepared 8-9 inch chocolate nut crust (Winco & Albertsons has them)	

Dissolve the Jello with the boiling water. Add the ice cubes and stir until thickened, remove any undissolved ice cubes. With a wire whisk, stir in the cool whip. Pour into the pie shell. Cool for about 1-2 hours.

Fragrance of Christ

2 Cor. 2:15

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*Morning Bible Study--
Every Monday at church (9am)
Tuesday Night Study-- 6:30 pm
All invited, no child care*

Pleasing God

by Kay Smith

We all wrestle with a number of questions in our daily lives. Am I using my time wisely? Am I doing the right thing? These questions can leave you feeling overwhelmed. What if you narrowed down your questions to just one simple question: **AM I PLEASING GOD?** Kay exhorts and encourages women to think of God first and to live with His pleasure priority in your mind. This book will be a life changer and will set your focus on God's desire for your life. Enjoy the read!

