

## From Janet's Kitchen

### **Deli Roll Ups** (makes 6)

1-package burrito-size wheat flour tortillas  
2 pounds thinly sliced meat (roast beef, turkey and ham)  
6 slices bacon (cooked)                      12 slices provolone cheese  
2-3 sliced tomatoes                              1-sliced cucumber  
1-sliced red onion                                Butter Lettuce  
Alfalfa sprouts                                      Sour Cream  
1-8oz. Cream cheese                              Dry ranch dressing mix

Set out tortillas at room temperature. Mix cream cheese and ranch mix adding enough sour cream to make an easy spread. Spread one tortilla at a time with ranch mix. Layer the tortilla with meats, cheese, tomato, cucumber, onion, sprouts and lettuce. Starting at one end carefully roll tightly, place in a plastic container until all wraps are done. Continue with the rest. Make as many as you need.

To serve: slice in half at a sharp angle serve on bed of butter lettuce. Use any extra spread for a dip.

### **Pasta Salad**

1 bag colored spiral pasta  
Dice the following:  
1 zucchini    multi color bell peppers  
1 red onion                                         1 cucumber  
3 medium tomatoes                              3 stalks celery  
Fresh mushrooms  
Italian meats: pepperoni, salami, pancetta, prosciutto  
Sliced or shredded Italian cheeses  
1 small can olives: green or black  
1-8oz bottle Italian dressing  
Cook the pasta as directed on package, drain, rinse and cool. Mix all ingredients together and add dressing. You will probably use the whole bottle. Pasta absorbs the liquid.

### **Cool Jell-O Pie**

1 3-oz. package lime Jello                      2/3 cup boiling water  
2 cups ice cubes                                    1 container cool whip  
1 prepared 8-9 inch chocolate cookie crust  
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.

## **Word of the Month—ENCOURAGE**

Encourage-to inspire with hope, courage, or confidence. to support. **Psalm 31:24** *Be of good courage, and He shall strengthen your heart, all you that hope in the Lord.* God's word is our encouragement, our hope, He is our confidence. Are you discouraged? Seek Him and read His word daily.

## Fun Facts About July

July is on average the hottest month in the Northern Hemisphere. When playing in the sun, be sure to use sunscreen!!!!

July 4th is Independence Day

July 6th is National Fried Chicken Day

July is also National Watermelon Month, National Hot Dog Month and National Ice Cream Month

If doing everything correctly in your garden, your corn should be about knee high this month.

### **July Flower— Water Lily & Larkspur**



### **Birthstone—Ruby**



## Separate From the World

"You do not belong to the world, but I have chosen you out of the world. That is why the world hates you." John 15:19, NIV

Separation from the world is logical, since we operate on a totally different level in every area of our lives. But separation is also a command we are to obey for our own benefit, lest we be pressed into the world's mold. However, separation from the world requires a certain amount of courage, because the world often views our separation as an indictment of itself and resents us for it. Jesus underscored our separation from the world when He said, "You do not belong to the world, but I have chosen you out of the world. That is why the world hates you." Hates you? Do you doubt this? Then I suggest you take a strong public stand for the uniqueness of Who Jesus is, for the truth of the Bible from cover to cover, for the necessity of living a life of integrity and purity and humility in order to please God. Then count the seconds before someone labels you an extreme fanatical element of the religious right! But while the world may mock you, heaven applauds you!

Blessings,



*Fragrance of Christ*  
2 Cor. 2:15

*July 2022*

*Volume 14 Issue 7*

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

Reshaping It All: Motivation for Physical and Spiritual Fitness

Author: Candace Cameron Bure

I have been on a personal journey of weight loss, trying this diet and that diet and none of these have worked for me. You see, fad diets don't work for the long term. Weight loss requires a life-style change. In her book, Candace gives practical ways to change your life-style and eating habits. But along with the physical fitness she suggests, she also shares her personal testimony of how God helped her through this process toward spiritual fitness as well. Each chapter speaks to her journey of weight loss and how trusting God and giving Him the glory in your victories can help us to change our eating and exercise habits, while leaning on God for His strength and help leading to spiritual fitness as well. She has various sections in each chapter such as: Food for Thought (tips for eating correctly), A Slice of Advice (where she answers letters and emails from fans), A Pinch of Practicality (scripture to encourage us), The Candy Dish (quotes of encouragement) and From My Stove to Yours (recipes for excellent eating). The practical advice and personal struggles that Candace shares in this book, combined with the scripture verses and biblical integration has helped me greatly in my journey. I am eating right, exercising regularly, and submitting my strengths and weaknesses to God for His help and strength to lose weight. And yes, I've lost 21 pounds since Christmas! Praise the Lord! "I can do all things through Christ who strengthens me." Phil. 4:13

