

When you go visit Grandma, don't go empty handed



America's Heartland
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"Now, remember, when you come through the front door of the apartment building, you'll see an elevator. With your elbow, push the button for the third floor. When you get out of the elevator, look for apartment number 35. With your elbow, press the doorbell."

"That all sounds very easy, Grandma," the grandson said, "but why am I pressing all these buttons with my elbow?"

"You're not coming empty handed, are you?"

That old story certainly turns the tables on grandchildren. Grandparents give and give and give and usually ask

nothing in return. They enjoy supplying the wants and needs of their grandchildren.

You know, the Lord is like that, too.

The psalmist tells us that all people and all creatures turn their eyes upon the Lord because he meets their needs.

"Thou openest thine hand and satisfies the desire of every living thing" (Psalm 145:16).

Perhaps there have been times in your life when you didn't know how you were going to be able to pay the bills, buy medicine or purchase food. Then, unexpectedly, you put your hand into the pocket

of a coat your grandmother had given you last year and you felt something in there. You pull it out, and you now have in your hand enough money to meet the need.

You could wrongly conclude that you were just lucky, or you could turn your eyes upon the Lord and thank Him for meeting your needs.

Perhaps there have been times when the monthly bills took every penny you had, and now you can't even afford to fill your car with gas to get to work. Just then, Grandma sends an early birthday card with enough money in it to see you through.

You could say it was a lucky thing that the card came early, or you could turn your eyes upon the Lord and thank Him for meeting your needs.

Grandparents tend to be fantastic safety nets. The fact is they are the Lord's greatest helpers. So, when grandparents do something amazing for you, turn your eyes upon the Lord and thank him for meeting your needs, and for giving you such great grandparents.

Roger Alford is pastor of South Fork Baptist Church. Reach him at 502-514-6857 or rogeralford1@gmail.com.

Bon Voyage Party for Cotton Seth Thorpe

You are invited to a Bon Voyage Party and Prayer Service for Cotton Seth Thorpe as he prepares to leave for the United States Coast Guard.

Seth is the son of Doug and Jenny Thorpe and the grandson of Floretta and the late Norwood Thorpe. He is also the grandson of Kate Worsham and the late Marvin Childers.

The party will be at 108 Fox Run Trail, Mount Sterling, Kentucky, on Saturday, March 27th, 2021, from 1:30-3:30 p.m. Bro. Jerry Smith will lead in prayer around 2:15 p.m.

Come, have a snack, sign a card, and wish him luck!



Cotton Seth Thorpe

Seize The Day

Wednesday, March 24th, 2021 Message
Bro. Warren Rogers, Retired Baptist Minister

To every thing there is a season, and a time to every purpose under the heaven: ²A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; ³A time to kill, and a time to heal; a time to break down, and a time to build up; ⁴A time to weep, and a time to laugh; a time to mourn, and a time to dance; ⁵A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; ⁶A time to get, and a time to lose; a time to keep, and a time to cast away; ⁷A time to rend, and a time to sew; a time to keep silence, and a time to speak; ⁸A time to love, and a time to hate; a time of war, and a time of peace. Ecclesiastes 3:1-8

How do you spend the time God has provided for you? Are you growing in Christ or living in a box, afraid to come out?

The average man spends 35,000 hours in his lifetime, shaving. That comes to 250 fourteen hour days. The only dwarf in the story of Snow White who shaved was named "Dopey."

The writer of Ecclesiastes warns us of the importance of time twenty-eight times in Chapter 3.

I have been a Christian since 1972, been a member of seven churches. I was a Gideon for 20 years, visiting around 150 different churches. I have pastored three, spent two years supply preaching in several surrounding counties. Typically, in every church I have been a member or visited, there are those who sit on the back row of life. They whisper, point fingers and roll their eyes at others that try to do their best. These are people that are not headed anywhere but are quick to criticize those who are. In Jesus' day they were called Pharisees.

Benjamin Franklin was speaking to a crowd on the wonderful guarantees of liberty provided by the United States Constitution. About halfway thru his talk, one of these so-called critics spoke up, "But what about this pursuit of happiness? Where's our guarantee of happiness?"

Franklin smiled and replied, "My friend, the Constitution only guarantees the American people the right to pursue happiness; you have to catch it yourself."

I believe God wants us to live our lives with joy, excitement, and purpose. When we live our lives filled with these things, it honors our God, for then we resemble Him most in spirit.

What IS Keeping You From Seizing The Day? "And whatsoever ye do, do it heartily, as to the Lord, and not unto men; ²⁴Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ." Colossians 3:23-24

Our main function is to live, not to exist. We waste our days trying to prolong them. Our motto should be, "I shall use my time."

First, something has got to happen; It's called **the leap of faith.** There is a bumper sticker that says, "Carpe diem"; Latin for "seize the day."

Seize the day by seeking the Lord! And don't let go! If you have never reached for His powerful hand before, you are in for a great time in life.

While my wife and I were in business, I told her the hardest thing about my job was hearing the word, "NO" – being rejected.

What keeps you from seizing the day? – rejection? You have to be willing to risk rejection. What about your level of rejection? If you are really convinced, if you have a strong conviction, if you really believe; then you can overcome rejection. You will be more willing to lay it on the line for Jesus, regardless of what people say. The more willing we are to lay it on the line, the more we are going to tell the good news of Jesus. **We more willing (if) we are to seize the day!**

In a year we have 86,400 seconds, 1440 minutes, 24 hours a day, 6,000 minutes a week, 315,000 minutes a year. Are you seizing the day by using your time for the Lord?

To the world you may be one person, but to one person, you may be the world!

Until next week, may God bless you. If you have a need, you may call me at 606-481-0444

Your friend in Christ, Bro. Warren Rogers

Kitchen Diva by Angela Shelf Medearis

A Love Affair with Lamb

I seldom prepared or served lamb until I tasted Australian lamb. The tenderness and variety of cuts of Australian lamb opens up the opportunity to serve lamb all year long, not just in the spring. I love slowly braising lamb shanks, marinating and flash-frying lamb chops, and using ground lamb in stews, sauces and forming them into patties.

Lamb is the meat from young sheep that are less than a year old. Americans eat far less of this delicious meat than people in other countries. It's often a case of not knowing how to select the best cuts of lamb or misinformation about the meat having a strong "gamey" flavor.

Current labeling laws often allow a confusing number of packaging terms as it pertains to lamb, including "natural," "pasture-raised" or "grass-fed." These terms are allowed even though the animal may not spend any time in a natural setting, in a pasture or grazing on grass. The label to look for to purchase the best-quality lamb meat is either "100% grass-fed," "organic-100% grass-fed lamb" or "100% grass-fed." This type of lamb has a buttery, tender quality.

Australian lamb can be found in most American markets and is generally available in five different cuts: the shoulder, rack, shank/breast, loin and leg. "Rack of lamb" usually refers to a rib cut that includes nine ribs and can be split into rib roasts. Lamb "chops" can come from several different cuts.

For example, "rib chops" come from the rib, and "loin chops" come from the loin. You might also see "blade" and "arm" chops in the meat section of the grocery; these chops come from the shoulder. Sirloin chops come from the leg. Additionally, many stores sell lamb that has already been ground and can be used to make burgers, meat loaf or sauces.

100% grass-fed lamb is a significant source of B vitamins and niacin. It also is an excellent source of omega-3 fats, dependent upon the diet of the mother and the lamb. Grass-fed lamb has been shown to average at least 25% more omega-3 fats than conventionally fed lamb. Consumption of omega-3 fats has been associated with decreased risk of inflammation and heart disease.

In Australia, where lamb is raised in abundance and eaten regularly, recent studies show it as the top omega-3 food in the daily diet. In regions of some

countries without easy access to fish, lamb has sometimes been shown to provide the most omega-3s of any other food in the diet.

This recipe for Australian-Style Lamb Sauce With Pasta provides an Aussie twist on a traditional Italian Bolognese-style sauce. For more information about Australian lamb or beef, and to select from a delicious variety of recipes, go to trueaussiebeefandlamb.com.

Australian-Style Lamb Sauce with Pasta

- 2 pounds Australian ground lamb
- 10 ounces dried macaroni
- 3 tablespoons olive oil
- 1 medium white onion, peeled and finely diced
- 2 cloves garlic, peeled and crushed
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/8 teaspoon crushed red peppers or cayenne pepper
- 2 bay leaves
- 1 cup chicken broth
- 1 (16-ounce) can chopped tomatoes
- 2 cups crumbled feta cheese or Parmesan cheese

1. Cook the pasta according to packet directions. Add salt to the boiling water, cook until al dente and then drain.

2. Heat olive oil in a large frying pan on medium heat. Add the onion, garlic, 1 teaspoon each salt and black pepper, cinnamon, cloves and red pepper or cayenne pepper. Saute for 2

to 3 minutes, without browning the garlic. Add the ground lamb, crushing any lumps with the back of a spoon. Cook until lamb is browned, stirring occasionally, about 5 to 6 minutes.

3. Add the bay leaves and chicken broth. Reduce heat to a simmer, add tomatoes and stir to combine. Cook 25 minutes; stirring occasionally and season with the remaining 1/2 teaspoon of the salt and pepper.

4. Remove and discard the bay leaves. Add the pasta to the pan and combine with the meat sauce. Sprinkle with the cheese, and serve immediately. Serves 4 to 6.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

