

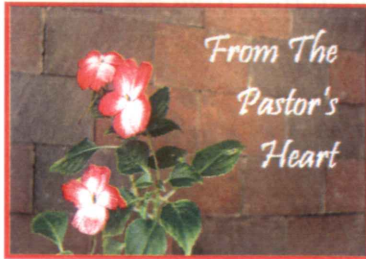
Faith Talk

The Shield of Faith Church
Hanahan, SC

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Three Aspects of the Cross



For the next few issues we will be highlighting Three Aspects of the Cross, one by one. Our Scripture reference will be **Galatians 2:20**—"I **am crucified with Christ: nevertheless I live;** Yet not I, but Christ liveth in me and the life which I now live in the flesh I live by the faith in the Son of God, who loved me, and gave Himself for me..."

The First Aspect of the Cross

We see Jesus as our Substitute
What He did **FOR ME**

I have been made rich because of Christ:

1. **Christ DIED to give us LIFE**
John 3:16, Romans 8:2, John 10:10, Philippians 2:7-8
2. **Christ was made SIN to make us RIGHTEOUS**
2 Corinthians 5:21, Isaiah 53:5, Galatians 3:13
3. **Christ became WEAK to make us STRONG**
2 Corinthians 12:10
4. **Christ suffered SHAME to give us GLORY**
John 19:23-24, Hebrews 12:2, 2 Corinthians 3:18
5. **Christ took STRIPES on His back for our HEALING**
1 Peter 2:24, Isaiah 53:5
6. **Christ dealt with our old-self or old nature that we might be a NEW CREATION and a PARTAKER of His divine nature.**
Romans 6:6-14, 2 Peter 1:4
7. **Christ became POOR that we might become RICH**
2 Corinthians 8:9
8. **Christ defeated satan, and conquered the hosts of hell, IT WAS OUR VICTORY**
Colossians 2:15 (Christ stripped satan of his authority)

John 1:12—But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name.

Romans 10:9-10—If thou confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised Him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

By this first aspect we receive:

- | | |
|----------------|--|
| 1. Forgiveness | 6. Presence of Christ |
| 2. Cleansing | 7. Priesthood |
| 3. Peace | 8. Protection |
| 4. Position | 9. Justification—('Just as if we never sinned) |
| 5. Power | |

-In the Wonderful Name of Jesus, Pastor Bob and Susan Tilton

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Youth Talk

“Attitude is Everything”

The Youth have had a great couple of months learning what it means to be a ‘neighbor,’ a servant in the eyes of God. They have practiced what they have learned by helping our dear friend and missionary, Rev. Rick Reed, prepare for his departure to India. What a joy seeing the love they have for this man of God! Some of the Youth even offered to pick one day a week that they will faithfully pray for Rev. Reed while he is away!

We are now entering into a great season of learning about our ‘Attitudes.’ Remember, our thoughts produce our attitudes, our attitudes produce emotions, emotions produce behavior, and behavior produces a lifestyle. If we can control our thoughts, we can control our attitudes! **STINKIN’ THINKIN’** has to go!

Our study is based on scripture first as well as some information from a book by Keith Harrell called *Attitude is Everything: 10 Life-Changing Steps to Turning Attitude Into Action*. The Youth will learn how **our** attitude is **our** choice and how to ‘bag our attitudes.’ Our goal is to help them understand that they can ‘make a mark that cannot be erased’ with their life in this world. We have some incredibly strong, leaders in our Youth group and we get so excited watching them grow up and accomplish things they set their mind to. Our goal is to help guide them and encourage their minds to be set on things above and not the things of this world.

In Keith’s book he states on page 156 that, “The words we speak to others are just as powerful as those we speak to ourselves. As a well-known proverb says, ‘Life and death are in the power of the tongue.’ Whether said in love or in anger, words leave a lasting impression. Therefore, you should be very mindful of the things you say, particularly in anger. Once released to the universe, words cannot be taken back. That’s why it is critical that we learn the concept of **WOW... We must Watch Our Words.**”

Our attitude is seen by what we say, and sometimes by what we don’t say. It is obvious when we roll our eyes or complain non-stop. It is obvious when we don’t show up for church, or when we are just sitting in church with our minds somewhere else. Attitude is truly a powerful and motivational thing. Thus, the reason we are making this a priority to discuss over the next month or so.

We want to encourage you to bring your children on Wednesday evenings at 7:00 pm and on Sunday for Sunday School at 9:45am. It gives us an opportunity to encourage them in the word of God on their level where they can understand and ask questions too. Many times, parents bring their children to these meetings after many years of not attending church and expect us to ‘fix’ them. It is much easier to instill the word of God in them while they are young, and then (when they grow up) they won’t depart from it.

We are so excited about your kids! Thank you for giving us the chance to impact the rest of the world through your children. They are precious and make us proud!

Blessings to all of you!

-Michele Dotter and Melanie Colson

“He Is More Than Enough!”

Good day my Brothers and Sisters in Christ! Our Lord is great and greatly to be praised! I recently had a dream about the rapture of the church. BLESS GOD! What a way to wake up! The sky opened up as if it was two waves colliding together and opening up and we were caught up in the air. We saw each other and sang praises. It was a quick moment but in that moment time seemed to stop for us. We sang to the Lord, high fived each other, and embraced one another as we were flown into the presence of the Lord God Jehovah. What a day this will be! We are to live in that hope, that expectation, everyday.

God loves you so much... He moved heaven and earth to be with you. He is at work to change you from glory to glory, moving you from lack to more than enough. Praise God! He is the God of MORE THAN ENOUGH. In Him there is no lack.

Wherever you are challenged today (i.e. your mind, will, emotions, finances, in-laws, out-laws, children, job, car, a/c... whatever it is), I speak to that mountain. I command it to be cast into the sea. I command every evil operating in your life, every plan of the enemy, every hindrance to your blessing, every stumbling block delaying the provision... I bind it in the mighty name of JESUS!! Lord, God, I ask in the name of Your Son Jesus, that Your perfect will flow and the power of the blood of Jesus to manifest. May it be un-daunted and abundantly clear that it is YOU and YOU alone who answered, who provided, who made a way where there was no way. That You not come as a cloud or fire and leave, but that you inhabit the lives of Your children with Your presence as an example to the lost that Jehovah is the one true God who reigns forever more! Allow many to come and know You as their Savior as we walk in Your abundance and as we bring Your presence with us everywhere we go. In JESUS' name I pray and ask this. AMEN!

-Emerald Chapman

Recipe of the Month

Blueberry Muffins

Ingredients:

1/2 c. milk	1/2 c. sugar
1/4 c. salad oil or melted shortening	2 tsp. baking powder
1 egg, slightly beaten	1/2 tsp. salt
1 1/2 c. flour	3/4 - 1 c. fresh or frozen blueberries



Directions:

Mix milk and shortening with egg.
Sift dry ingredients together and add to milk mixture.
Blend in blueberries.
Bake in greased muffin pan in 400 degree oven for 20-25 minutes.
Yield: 12 muffins.

-Linda Butler

Chillie's Corner

“Actual announcements taken from Church Bulletins”

- Remember in prayer the many who are sick of our church and community.
- Don't let worry kill you - let the church help.
- Thursday night - Potluck supper. Prayer and medication to follow.
- For those of you who have children and don't know it, we have a nursery downstairs.
- Tuesday at 4:00 PM there will be an ice cream social. All ladies giving milk will please come early.
- This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- The preacher will preach his farewell message, after which the choir will sing, "Break Forth With Joy."
- The Rev. Adams spoke briefly, much to the delight of his audience.
- The outreach committee has enlisted 25 visitors to make calls on people who are not afflicted with any church.
- Low Self-Esteem Support Group will meet Thursday at 7 to 8:30 pm. Please use the back door.
- Weight Watchers will meet at 7 p.m. Please use large double door at the side entrance.
- The third verse of "Blessed Assurance" will be sung without musical accomplishment.
- 8 New choir robes are currently needed, due to the addition of several new members and to the deterioration of some older ones.
- A billboard sign for an Amityville LI church: "Yes, we're open on Sundays."
- A sign on the lawn of another LI church: "Thou shalt not walk on the grass."
- Sign in front of a Peekskill, NY church: "A going church for a coming Christ."
- A large billboard on the road in NY State: "When you can't sleep, don't count sheep, talk to the shepherd."

Bible Trivia—I Didn't Know That!

- A)** The name of David's father was *what?*
- B)** To whom did Saul give David's wife Michal to wed?
- C)** David committed adultery with Bathsheba, the wife of Uriah the *what?*
- D)** In front of Achish the king of Gath, David pretended to be *what?*
- E)** David married Abigail, the widow of Nabal, whose name means *what?*
- F)** The name of David's firstborn son was *what?*
- G)** Michal was displeased with her husband, David, because he *what?*
- H)** When David and his men were starving, they ate *what?*
- I)** On his deathbed, David instructed Solomon to show what kindness to the sons of Barzillai the Gileadite?

(See page 8 for answers)

All About Me “Melissa Bachelor”

Melissa Bachelor was born on John’s Island in South Carolina in July of 1978. She gave her heart to Jesus in November of 2004 and has attended The Shield of Faith Church for about a year and 1/2 now.

A favorite scripture to Melissa is Matthew 6:25-34 where Jesus makes it clear for us not to not worry. Verses 25 and 26 are as follows: “²⁵ Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? ²⁶ Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?” At this time in our society, it seems that everyone is struggling to make due. As a mother of five she leans on God knowing that it’s all going to be alright in the end!



Melissa says that one of her closest friends has inspired her walk with God because she watches her friend take on so much with the help of God and not get frazzled. Her friend stays dedicated and doesn’t let anything sway her.

Oh how Melissa likes to read... of course when she’s not working her supervisory position at Whole Foods Bakery and Coffee Bar. She loves to cook too! Her love for baking and cooking has inspired an “Elder’s Brunch” being held at The Shield of Faith Church on September 14th from 10am until noon. We are looking forward to enjoying the tasty dainties that she will prepare. (See Announcements on Page 16)

Something she has always wanted to do is go on the Mercy Ships to minister in Africa. In the future, we can see medical missions being a great part of her ministry. Maybe one day she’ll be able to take that vacation and attend an incredible culinary tour in Italy! Yum!

Having been through many things and hurt by many, Melissa never gives up hope. She thanks God for all that she has gone through and knows that she wouldn’t have her kids or husband if God hadn’t allowed certain things to happen. She has found that you cannot love someone enough to change them. They have to decide to change on their own and receive the only perfect love that God can give. You cannot always put your happiness aside because of others decisions.

Because of the many things Melissa has gone through she enjoys helping folks that have been in situations like hers. Many of these are young girls and women. Her desire is to encourage, share Jesus, bring hope and healing to them, and help them live overcoming lives.

Most don’t know that even though Melissa likes to talk a lot, she is actually a very shy little girl on the inside and doesn’t let too many get too close. She is a blessed woman of God whom we love very much!

Church Sign

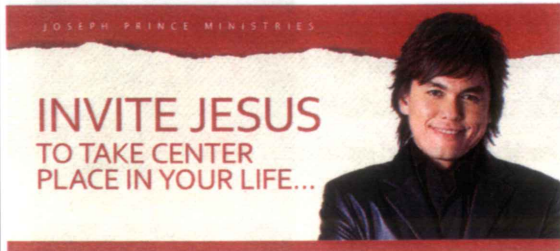
Hang out with Jesus.

He hung out for you...



Joseph Prince

“No ‘Buts’ In The Good News ”



*For by grace you have been saved through faith,
and that not of yourselves; it is the gift of God.*

Ephesians 2:8

Imagine having a rich uncle who comes up to you one day and says, “I have really good news for you. I know you need a family car badly, so I bought you a really nice one!” Your jaw drops at the good news. But before you can thank him, he says, “It’s all yours...BUT you have to pay me monthly installments of \$1,000 for it.”

Suddenly, what started out as “good news” doesn’t turn out to be good news after all. Why? Because it contains a big “BUT!” The “gift” isn’t genuine because it has a condition attached to it.

Sadly, this is how some people understand the good news of the gospel of Jesus Christ. They’ve been told, “Yes, you are saved by God’s grace, BUT from now on, you have to make sure that you come to church, read your Bible, pray, serve, dress holy...to keep your salvation.” Like the car, salvation is not really a free gift—you have to merit it with “installments” of good works.

Beloved, good works are important, but they can’t save you. The only thing that can save you is the blood of Jesus. And when you put your faith in Jesus and His finished work, you were saved for all eternity, with **no** strings attached because grace is not grace if your works have any part to play in it (Romans 11:6)! That’s why the gospel of God’s grace is truly GOOD NEWS! And it is knowing and believing this that produces godly fruits of faith and righteousness in your life!

“Pray For Qarah Each Day ”

*Then he said, “O Lord God of my master Abraham, please give me success [qarah] this day,
and show kindness to my master Abraham.”*

Genesis 24:12

Would you like to know how you can pray for and experience God’s divine positioning for good success?

In Genesis 24, we read about how Abraham sent his servant to look for a bride for Isaac, his son. The servant arrived at a well outside the city of Nahor in the evening and decided to stop there. There were so many young women gathered to draw water there that he did not know who would be the right woman for Isaac. So he prayed this prayer: “O Lord God of my master Abraham, please give me **success** this day, and show kindness to my master Abraham.” The word “success” here is the Hebrew word *qarah*. And with the Lord’s *qarah* or positioning for right happenings, the servant found a beautiful, virtuous woman named Rebekah, who became Isaac’s bride.

Beloved, we need the Lord to give us *qarah* every day. So I encourage you to pray the prayer of that servant every day. Tell the Lord, “I’m looking to You, Lord Jesus, to give me success—*qarah*—this day,” and depend on His unmerited favor to cause you to be at the right place at the right time. He will cause your paths to cross with that of the right people who will be a blessing to you and to whom you can be a blessing!

Scepters or Bundled Sticks

When one considers the heroes of faith in Heb. 11, or expands that list to include however many others in the Bible that might be of interest, a noteworthy point is the great variety of personalities and ministries represented. Our Creator is a God of variety, and He makes each one of us individually. His plans for us precede even our births (Jer. 1:5, Gal. 1:15). I believe we don't see even more variety among people because not many respond properly to the Lord's call. Jesus loves to see His people as kings and priests (Rev. 1:6), but how many of us see ourselves in that fashion?

Consider now the diversity of those carrying some type of kingly anointing. Soon after Solomon ascended the throne of Israel, he asked God for wisdom. When he had to judge the case of the two women, the Spirit led him to render a razor-sharp judgment (1 Kings 3:28), which was widely recognized.

This was an anointing that his father didn't have. However, David had a different set of strengths. The Lord had provided him with a special ability in the area of executing military strategy. David wrote a large number of psalms, thus combining his musical expertise with a prophetic anointing.

Not everyone who had a kingly anointing actually carried the title of king. In fact, Jesus took steps to avoid that title, at least from the earthly viewpoint (John 6:15). Elijah likewise never sought nor claimed the title, but he acted like a king. He commanded Ahab to announce a contest on Mt. Carmel, and Ahab obeyed. He told the king when to have a meal, and when to travel (1 Kings 18:19, 41, 44).

Paul was arrested in Jerusalem, kept in prison in Caesarea, and having appealed to Caesar, he was placed on a ship sailing to Rome, along with many other prisoners. However, the ship was caught in such a fierce storm that the men felt they were all goners. But Paul told them what to expect, when to eat and why, and proper conduct during the crisis (Acts 27:22, 31, 34-35). Since when does a prisoner start acting like the captain of the ship?!!

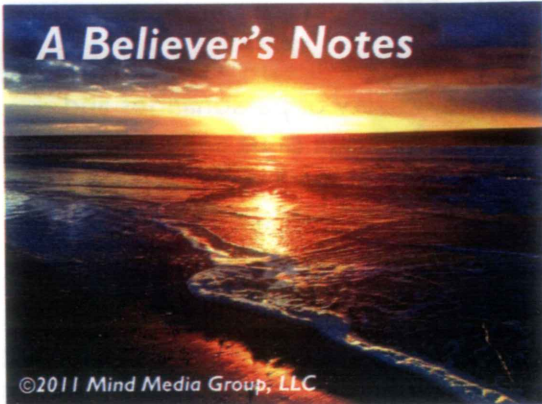
Those serving in the military tend to lose their identity in an army, yet David's mighty men are named and honored for their contributions (1 Chron. 11:10-47). We may consider also the great variety among Old Testament prophets, such as Jeremiah, Hosea, Daniel, Ezekiel, etc.

However as Ps. 1:4 says, "the ungodly are not so." Although the Bible does name leaders in the devil's realm, most sinners remain nameless. Lazarus was named; the rich man remains unnamed. The gays appear as a collective, never as individuals. The larger body of sinners is called "the sea." In the parable of the wheat and the tares, Jesus said, "Gather ye together first the tares, and bind them in bundles to burn them..." (Matt. 13:30). I expect there will be bundles of extortioners, bundles of liars, bundles of adulterers, etc. Hell does not offer respect of one's individuality.

Therefore avoid losing your godly call by aligning yourself with those who gather themselves according to fleshly agendas, such as by common hatred, sex, skin color, or maybe even denomination. Instead, be a functioning member of the Body (1 Cor. 12) having both individual and corporate value.

-Phil Rust

Put Your Name in the Promise



Put your name in the promise! We are the seed of Abraham, we're heirs of the promise. God promised Abraham many things. Genesis 12:2 records God's first promise to Abraham... 'I will make of thee a great nation... I will bless thee and make thy name great; and thou shalt be a blessing.'

To fully grasp what God was saying here, you must realize that when He blesses someone He is not just telling them to have a good day! He is conferring upon them the power to increase and prosper in every area of life.

The true definition of 'bless' is to cause to prosper, to make happy, to bestow favor upon, to consecrate to holy purposes, to make successful, to make prosperous in temporal concerns pertaining to life, to guard and preserve. It was actually the blessing of God that made Abraham rich! It caused him to prosper wherever he went.

This wasn't the only benefit God's blessing brought Abraham. It also made him an overcomer. Abraham could conquer any enemy that came against him or his family. (Genesis 14)

We need to take that promise and put our name on it! After all, it's ours! We are the seed of Abraham. We are heirs of the promise. Decide and say, "Since I am an heir of Abraham, these words are just as true for me as they were for Abraham..." God says, "Fear not, (put your name here), I am your shield, your abundant compensation, and your reward shall be exceedingly great!"

God keeps His promises. Whatever you need today. His word has a promise to cover your need. Find it and put your name in it! Confess it by faith... Receive your inheritance as a seed of Abraham.

I do not fear for God is my shield and my exceeding great reward! Genesis 15:1

Bible Trivia

-I Didn't Know That!

(From Page 4)

- | | | |
|------------------------------|--------------------------------------|--|
| A) Jesse
Ruth 4:22 | D) Insane
I Samuel 21:14 | G) Publically Disrobed
2 Samuel 6:20 |
| B) Paltiel
I Samuel 25:44 | E) Foolish; Wicked
I Samuel 25:25 | H) Holy Bread
I Samuel 21:4-6 |
| C) Hittite
2 Samuel 11:3 | F) Amon
2 Samuel 3:2 | I) Let them eat at the king's table
I Kings 2:7 |

Kids Corner
(We are ALL His kids!)
“Dare to be Daniel”



Kids Corner
“Daniel Prayed to His God”

Daniel 6

Amplified Bible (AMP)

It pleased [King] Darius [successor to Belshazzar] to set over the kingdom 120 satraps who should be [in charge] throughout all the kingdom,

² And over them three presidents—of whom Daniel was one—that these satraps might give account to them and that the king should have no loss or damage.

³ Then this Daniel was distinguished above the presidents and the satraps because an excellent spirit was in him, and the king thought to set him over the whole realm.

⁴ Then the presidents and satraps sought to find occasion [to bring accusation] against Daniel concerning the kingdom, but they could find no occasion or fault, for he was faithful, nor was there any error or fault found in him.

⁵ Then said these men, We shall not find any occasion [to bring accusation] against this Daniel except we find it against him concerning the law of his God.

⁶ Then these presidents and satraps came [tumultuously] together to the king and said to him, King Darius, live forever!

⁷ All the presidents of the kingdom, the deputies and the satraps, the counselors and the governors, have consulted *and* agreed that the king should establish a royal statute and make a firm decree that whoever shall ask a petition of any god or man for thirty days, except of you, O king, shall be cast into the den of lions.

⁸ Now, O king, establish the decree and sign the writing that it may not be changed, according to the law of the Medes and Persians, which cannot be altered.

⁹ So King Darius signed the writing and the decree.

¹⁰ Now when Daniel knew that the writing was signed, he went into his house, and his windows being open in his chamber toward Jerusalem, he got down upon his knees three times a day and prayed and gave thanks before his God, as he had done previously.

Kids Corner
“Dare to be Daniel”



Kids Corner
“Live to Benefit Others”

R	G	R	E	C	E	I	V	E	S	K	N	A	H	T
E	E	E	E	L	P	I	C	S	I	D	G	H	N	O
T	V	H	N	L	U	F	I	C	R	E	M	S	W	M
H	R	T	T	U	A	D	E	R	U	O	P	I	O	E
I	E	E	N	O	I	T	A	D	N	U	O	F	D	A
C	S	G	V	S	R	N	I	U	N	D	H	L	D	S
A	A	O	E	I	U	B	E	O	I	O	L	E	E	U
L	C	T	N	E	T	S	I	S	N	O	C	S	S	R
T	R	N	C	R	P	I	E	E	G	S	R	N	S	E
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O	C	H	A	R	A	C	T	E	R	S	L	L	C	L
C	E	S	G	D	R	E	D	F	O	R	G	I	V	E
Y	O	J	E	V	E	R	Y	O	N	E	V	O	L	B

Accept
 Believe
 Brother
 Care
 Character
 Commit
 Concern
 Consistent
 Disciple
 Encourage
 Ethical
 Everyone

Forgive
 Foundation
 Genuine
 Grace
 Honest
 Jesus
 Joy
 Log
 Love
 Measure
 Merciful
 Need

Poured
 Pressed down
 Receive
 Relationship
 Reward
 Running over
 Sacrifice
 Sensitive
 Serve
 Shaken together
 Thanks
 Unselfish

Health Check



“The eye of all wait for You [looking, watching, and expecting] and You give them their food in due season. You open Your hand and satisfy every living thing with favor.”

Psalm 145:15-16 (AMP)

Fruits & Veggies—More Matters is a health initiative focused on helping Americans increase fruit & vegetable consumption for better health. The program is spearheaded by Produce for Better Health Foundation, a nonprofit organization that has partnered with the Centers for Disease Control & Prevention (CDC) to help spread the word about the health benefits of adding MORE fruits & veggies to your diet.

The U.S. Department of Agriculture (USDA) and Health and Human Services' [Dietary Guidelines for Americans, 2010](#) recommends that Americans make half their plate fruits and vegetables for meals and snacks, as demonstrated by the [My Plate](#) nutrition guide. Given the increase of chronic diseases among all age groups, eating a diet rich in a variety of colorful fruits and vegetables is more important than ever. Fruits & Veggies—More Matters is here to make the healthy choice also an easy choice.

About Their Logo

Have you seen their logo on products in your grocery store or while dining out?

Products and recipes that carry their logo must meet strict nutrition criteria. These standards are set by CDC, the leading public health authority for the brand, to ensure **products and recipes promoting the brand offer an overall healthy nutrient profile.**

More than 90 percent of both adults and children do not eat the amount of fruits and vegetables recommended by the latest [Dietary Guidelines for Americans](#) and the [My Plate](#) nutrition guide. **But just remember two (2) things** ... fill half your plate with fruits and veggies at every eating occasion (including snacks) AND all forms ... fresh, frozen, canned, dried, and 100% juice... count toward your daily intake!

Top 10 Healthy Ways to Cook Fruits & Vegetables

Bake ...

1. Sweet potato fries by cutting up into slices and seasoning with olive oil, cayenne pepper and a dash of salt.
2. Peaches for a sweet snack. Slice in half, drizzle on some honey and sprinkle with ginger and pecans.
3. Winter squash. Drizzle with olive oil and sprinkle with cinnamon.
4. A potato for lunch. Top with broccoli and a sprinkle of cheese.
An apple for dessert. Fill the core with dried fruit and nuts.

Continued on next page...

Health Check—Continued

Boil ...

1. Diced or crushed tomatoes in a vegetable or chicken broth for the base of a homemade tomato soup! Add fresh herbs and spices to make your own unique recipe.
2. Apples with lemon juice and cinnamon. Mash up and serve warm or chilled.
3. Turnips and potatoes. Mash them together and season with salt and pepper.
4. Kale, and add a handful of chopped currants, salt and pepper.
Butternut squash and season with salt, pepper and a drizzle of olive oil.

Steam ...

1. Artichokes for a long time (about an hour) to get flavorful leaves perfect for dipping! Try them with a tasty almond pate.
2. Any of your favorite vegetables with citrus juice and zest added to the water to create bold, new flavors. Try lemon juice with spinach, orange with broccoli or grapefruit with carrots!
3. A medley of vegetables and season with some herbs. Serve over couscous.
4. Cabbage, and season with caraway seed, salt and pepper.
Green beans with chopped onion. Add a clove of garlic to cooking water.

Stir-Fry ...

1. Pineapple and mango in a honey ginger sauce for a perfect topping to low- or fat-free ice cream.
2. Zucchini, yellow squash, diced tomatoes and mushrooms with olive oil and herbs. Add some diced jalapeno for an extra kick and serve over brown rice.
3. Broccoli in olive oil and chopped garlic. Add some capers for extra zip.
4. Frozen mixed veggies. Add a dash of low sodium soy sauce, or flavor with herbs.
Onions, peppers, zucchini, corn and jicama. Throw in some red or black beans. Season with your favorite salsa to give it a Southwestern flair. Serve over rice.

Sauté ...

1. Pear and apple slices (peeled) in a skillet with a little butter until tender. Add marmalade and orange slices, remove from heat and serve for a fruity dessert.
2. Cauliflower with nutmeg and oil after pre-steaming for a tasty twist on an old veggie.
3. Spinach with garlic and olive oil.
4. Green and yellow summer squash with onion and garlic. Season with salt and pepper, and sprinkle with Parmesan cheese. For a different twist, add chopped tomato and basil.
A variety of different colored peppers with onion. Serve as a side dish.

Roast ...

1. Red peppers in the oven at 450°, turning every 15 minutes until done (blackened skins). Peel off the skin and slice them, then drizzle in oil and garlic and refrigerate. A Perfect addition to any salad, sandwich or antipasto dish!
2. Whole red potatoes in the oven after tossing them in a mixture of olive oil, garlic and rosemary until tender for a mouth-watering side to any meal!
3. Some winter vegetables cut in large pieces – parsnips, turnips, rutabaga, beets, and sweet potato are some good choices. Coat lightly with olive oil, sprinkle with your favorite herbs, and roast at 425° for 30-40 minutes until tender and browned.
4. Brussels sprouts drizzled lightly with olive oil, and sprinkled with salt.
Thin slices of sweet potato to make chips.

Continued on next page...

Health Check—Continued

Grill ...

1. Mushrooms, bell peppers, onions and tenderloin for the perfect summer kabobs.
2. Corn on the cob. Peel and coat in a mix of seasonings such as oregano, pepper, onion and chili powders and salt with a touch of butter to help it stick. Wrap in aluminum foil and grill until tender.
3. Pineapple, peaches or mango. Top with a dollop of low-fat ice cream, frozen yogurt or sherbet.
4. Asparagus and add to a salad of mixed greens, roasted peppers and toasted nuts. Some eggplant, zucchini and portabella mushrooms to use in a wrap.

Stew ...

1. Pears. Peel and core and stew gently in cinnamon, sugar and water until tender. Perfect for an after-dinner treat!
2. Cabbage with tomatoes and garlic to serve over rice for a unique side dish to any meal!
3. Classic stew vegetables such as potatoes, carrots, green beans, celery, onions in canned tomato sauce. Substitute canned beans like kidney beans or black beans for meat.
4. Frozen corn, onions, peppers, celery, and salsa. Serve over rice. Add some red or black beans and call it a meal!
Canned tomatoes, eggplant, peppers, and chickpeas. Add oregano and top with sliced olives.

Blanch ...

1. Almonds in water for 15 seconds and peel for a new twist on a healthy snack.
2. Basil and parsley leaves. Blend together with olive oil, pine nuts, garlic and a little lemon juice for a great pesto!
3. Broccoli and cauliflower to use on a vegetable platter for snacks and appetizers.
4. Broccoli rabe in salted water to reduce bitterness. Then cook like broccoli.
Carrots, cauliflower, green beans, asparagus and broccoli. Marinate in your favorite low-fat vinaigrette and serve cold. If desired, add other veggies like onions, mushrooms and peppers.

Microwave ...

1. Any of your favorite chopped veggies in a bowl with an egg or two for a quick, nutritious breakfast.
2. Cranberries and orange zest with a little sugar and water to make a sweet cranberry relish.
3. Frozen or canned vegetables on those busy nights.
4. Spaghetti squash by cutting in half lengthwise and putting face down in a dish with water. Scoop out squash and serve like spaghetti with tomato sauce and/or Parmesan cheese.
A potato for lunch and top with low-fat cottage cheese and chives.

- Alisa Wetzig

References:

www.fruitsandveggiesmorematters.org

www.faithandhealthconnection.org/scriptures/

This information is intended to supplement, not replace, your health care sources.

Upcoming Events



**Come out and support Sheila Adams and
"BEAUTIFUL SHADES!!!"**

September 7th, 2013

9am until 1pm

Auto Zone

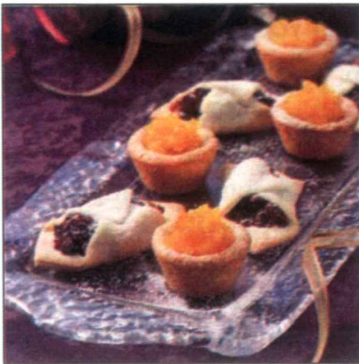
1603 North Main Street, Summerville, South Carolina 29483

Donations will be received towards helping Beautiful Shades ministry as they reach young girls and women by teaching, encouraging, empowering, and building self-esteem. Beautiful Shades addresses issues like: bullying, peer pressure, health, healthy relationships, drugs, and self-worth helping them to believe that in spite of scares, circumstances, and disappointments, there is support and a road to healing.

"ELDER'S BRUNCH"

September 14th from 10am-noon

Anyone who is sixty (60) years of age or older, along with their spouse or guest (no matter what their age), is invited to attend a special brunch to honor our 'Elder Folk' at The Shield of Faith Church hosted by our own, Melissa Bachelor. Melissa's desire to cook and bake has brought her to another level of service in God's kingdom and she is eager to share it with us! Come and enjoy some great dishes! Bon Appetite!



We speak blessings over
Ron Gallagher and Cathrine Evans and join in their excitement as they unite in holy matrimony on
Saturday, October 5th at 4:00 pm

At The Shield of Faith Church.

All are invited to attend with reception to follow in the fellowship hall.



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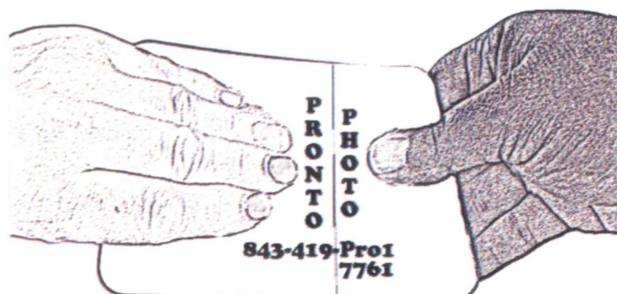


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Sunday School Events

Children's Sunday School

Ages 6-11

I am so excited to be starting a new series with your children! The children's Sunday school class will be starting Unit 1 of the Dare to be Daniel training program. Unit 1 will concentrate on purposing to obey God. In Lesson one, we will focus on living a life of eternal significance and meaning by BOLDLY obeying and following God. We were CREATED to serve our God and with a specific purpose. Just like Daniel purposed in His heart to do what God wanted Him to do, we must take the appropriate steps to do our part and serve God wholly. We must commit ourselves to purity, time in the Word, praise and worship, prayer, and witnessing. We have to make up our minds to be committed to Him. Daniel was the age of these kids when he was taken captive by the Babylonians, so our kids should be able to relate to these stories. They have to be "set apart" for such a time as this.

In lesson 2, we will focus on being faithful and obedient to God, regardless of the cost. We will focus on the training table and the great test before Daniel when he was offered food and wine that was objectionable to God. Keeping our bodies and lives pure is possible, especially if we are going to be everything God needs us to be. We have to have spiritual dining in His Word, just like we would choose daily food to fuel us.

In lesson 3, we will learn to stay connected to God's power by being filled with the Holy Spirit. He is our source of power. Daniel and his friends were confident in their faith, even at such a young age. They were trained in Scriptures and amazingly devoted to prayer and personal worship. Daniel committed himself to pray 3 times a day! Ephesians 3:20 says, "Now to him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us."

By the end of this series, these kids will be required to complete nine verses from memory and finish all sessions to receive their own personalized ID card to be on the Dare to be a Daniel team and their own set of dog tags to help them share their faith with their friends. There will be live videos, interactive codes for them to take home and look up information on the Dare to be a Daniel site, actual and recent "Heroes of the Faith" the kids can relate to, activities to back up the lessons, and weekly challenges. The kids will also get to take home their own field manual to keep everything in place. Your kids are not going to want to miss this!

Have your kids bring a friend with them and let's start this journey to find fulfillment and meaning as we dedicate ourselves to living the way God intended.

-Rachel Ferguson

Men's Sunday School

Join us for Men's Sunday School and let us dive into the word of God together!

Sunday School Events—Continued

Ladies Sunday School

We have entered a new month, new book and a new unit. Unit 1: First Days; placing emphasis on Obedience. Lesson 1: Everything We Need; Psalm 104:5-9, 24-30. *The Lesson Focus* says, "God rules with wisdom over all creation." *The Life Connection* will show us a few examples where God's wisdom is revealed in creation. *The Bible Exploration* will help us to understand that God has complete authority over all creation. *The Bible Interaction* will show us how to observe the wonder of God's strategic design in creation. *The Life Application* will show us how to praise God for being present and active in all of His creation. God knew exactly what He was doing when He created the universe. God deserves all the honor and glory we can give Him.

Crystal Rucker has a song called You Deserve with the first verse stating, "You deserve my worship, You deserve my praise, Adoration and Glory, It belongs to you always, You deserve my Worship, You deserve my praise, Adoration and Glory, It belongs to you always... With all of the things that are going on in our world today, we should be continuously giving God some praise and worship time throughout the entire day just because we know that He deserves it. God sustains and rules over everything we see. We have to acknowledge that He is our Creator as well as the creator of the entire Universe and everything in it. Sometimes we need to stop, look, and listen to the awesomeness of the world God has created around us for us.

We have to continue to study and memorize the Word of God so that we can gain wisdom from Him. And as we grow to understand His wisdom better, we will realize and trust that He is sufficient to handle anything in our lives. All creation is under the direction and charge of God and the boundaries and limits that He created. Although we may have a lot of things going on in our lives, (some that may work us over a little more than others) we have to remember that God will sustain us; if we let Him. Our Heavenly Father even cares about the little things that concern us. Take some time and read Psalm 104 so that you can see the way that David showed his appreciation for God. Now let's channel that same appreciation towards one another by taking a fresh look at people so that we can see one another with God's eyes; (seeing one another the way that He would) as His unique creation in whom He is at work in with our permission. **"Oh, heavenly Father, You work through Your creation to provide everything we need. Thank You for our daily bread."**

-Yolanda Wilson



We look forward to seeing you on Sunday at 9:45am!

June

John 1:12 (KJV)

But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name:

July

1 Peter 3:9 (KJV)

Not rendering evil for evil, or railing for railing; but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

August

Ephesians 4:29 (Amplified)

Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God's favor) to those who hear it.

September

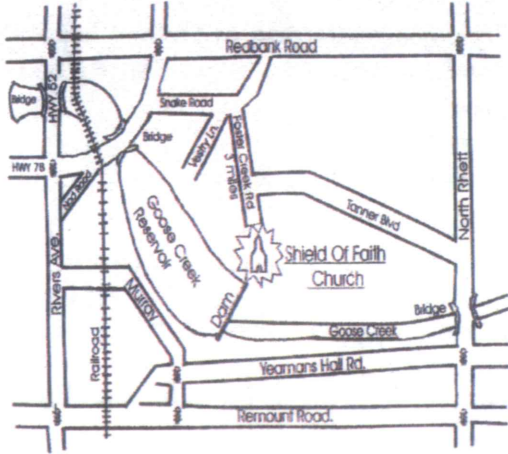
Ephesians 1:17 (KJV)

That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of Him:

**The Shield of Faith Church
Hanahan, SC**

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Deepening our Relationship with Him...



We're on the Web!
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Next deadline to submit articles is:
Wednesday, September 18th

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4 Rosh Hashanah	5	6	7
8	9	10 Praise Team Practice 7-8pm	11	12	13	14 Yom Kippur Elders' Brunch 10am-Noon
15	16	17	18 Article Deadline	19 Sukkot	20	21 International Day of Peace
22 Fall Begins	23	24	25	26	27	28
29	30					