



America's Heartland
Roger Alford
 RogerAlford1@GMail.Com

Captain kept his red shirt and brown pants handy, just in case

on a red shirt before each battle. "Well, that way," the captain explained, "if I am wounded, the red shirt would hide the blood, and you men will continue to fight unafraid."

Early the next morning, the lookout yelled a warning that 10 pirate ships were coming at them. The men looked to their captain, expecting his usual command. But this time, the captain yelled, "Bring me my brown pants."

The Bible tells the story of a man who needed brown pants. His name was King Belshazzar, and he, because of his prideful ways, got crossways with God. You remember he was throwing a big party one night, no doubt laughing and living it up when something happened that scared him terribly.

"In the same hour came forth fingers of a man's hand, and wrote over again the candlestick upon the plaster of the wall of the king's palace: and the king saw the part of the hand that wrote. Then the king's countenance was changed, and his thoughts troubled him, so that the joints of his loins were loosed, and his knees smote one against another" (Daniel 5:5-6).

Have you ever thought much about what it means for the joints

of the loins to be loosened? Most people have concluded that that phrase means Belshazzar grew weak all of a sudden and his legs failed him. Some others think it means Belshazzar lost control of his bodily functions and dirtied himself.

The fingers wrote, "MENE, MENE, TEKEL, UPHARSIN." Daniel was called in to translate the words: "God hath numbered thy kingdom, and finished it. Thou art weighed in the balances, and art found wanting. Thy kingdom is divided, and given to the Medes and Persians."

The Bible tells us in Hebrews 10:31 that "it is a fearful thing to fall into the hands of the living God." Belshazzar experienced that first hand. He was not prepared at all for that meeting. He had lived a prideful life of self-indulgence. He had not considered that eternity awaited him.

Let's not be caught off guard like Belshazzar. Let's make ourselves ready by trusting in Christ. That way, when our hour comes, we won't need to yell for someone to bring us our brown pants.

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

I always enjoy the story from long ago about the captain and his crew coming under attack by a pirate ship.

With those pirates trying to hijack his vessel, the captain yelled to his first mate, "Bring me my red shirt."

The first mate rushed to the captain's quarters and got the red shirt, which the captain put on before leading his crew to victory over the pirates.

A couple hours later, the lookout shouted a warning about two more pirate ships approaching. The captain yelled to his first mate, "Bring me my red shirt." And, again, the captain and his crew defeated the pirates.

The men sat on the deck that night celebrating their victories, and asked the captain why he put

Kitchen Diva by Angela Shelf Medearis

Toast Pumpkin Seeds for Nutritious Treat

Pumpkins are one of the highpoints of the fall harvest. The fruit originated in Central America. Pumpkins -- like cantaloupes, cucumbers and squash -- belong to the Cucurbitaceae, or gourd family. Most of the pumpkins that are grown in the United States come from Illinois and become available in October.

Whole pumpkins and the carved pumpkin shell are often used as decorative items. The interior pulp is a nutritious addition to savory and sweet dishes, but don't throw out the seeds! Pumpkin seeds make a tasty snack that's low in calories, high in protein and rich in fiber, as well as vitamins B, E and

Pumpkin seeds are also a delicious addition to oatmeal-raisin cookies or granola recipes.

Pumpkins seeds are a power-packed addition to sauces, soups and salads, and they're a healthy snack. Roasting and adding spices enhances their flavor. This recipe provides a few suggestions for preparing pumpkin seeds.

TOASTED PUMPKIN SEEDS

2 tablespoons vegetable oil
2 tablespoons salt, plus more for sprinkling
Cooking oil spray

1. Cut a fresh, ripe pumpkin in half. Remove the membrane and seeds, and as much pulp as possible. Separate out seeds (leaving some of the pulp on adds to the flavor).

2. Do not rinse the seeds, as they will steam instead of toasting. Pick through the seeds and remove any that are split. Do not place the seeds on a paper towel, as seeds will stick to the paper. Instead, place seeds on a sheet of waxed or parchment paper, or on lightly oiled aluminum foil. Heat oven to 300 F.

3. For Spicy Pumpkin Seeds, mix 1/2 teaspoon each of garlic powder, onion powder, salt, cumin, sugar and coriander and 1/4 teaspoon of cayenne pepper with the seeds before toasting.

4. For Sweet Pumpkin Seeds, mix 3 tablespoons of dark brown sugar and 1/4 teaspoon of salt with the seeds before toasting.

5. Spread the vegetable oil on a shallow pan. Sprinkle seeds over oil in single layer. Bake 10 minutes, stir and spray with the cooking oil spray. Bake for another 10 to 15 minutes, stir and spray with the cooking oil spray. Bake for an additional 10 to 15 minutes as needed or until lightly browned, being careful not to burn them.

6. Remove from the oven and sprinkle with salt. The seeds will become crisper as they cool. Shell the seeds, or for more fiber, eat them whole. Store in an airtight container.

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K, and zinc, iron and magnesium. Pumpkin seeds also contain many beneficial fatty acids and amino acids.

The flat, dark-green pumpkin seeds, or pepitas as they are often called, are covered with a yellow-white husk. Pepitas are a key ingredient in Mexican recipes and are often used in the cuisines of many other cultures.

Toasted pumpkin seeds add a nutritious crunch when used as a topping for sautéed vegetables or salads. Grinding pumpkin seeds with garlic, parsley or cilantro and adding olive oil and lemon juice to the mixture makes a wonderful salad dressing.

I Know a Man Who Can!

Sunday, October 25th 2020 Morning Message
 Bro. Warren Rogers, Ivory Hill Baptist Church

See 2 Kings 6:8-17

#1 God knows what we need before we ask (verse 14) . Elisha's servant did not see the trouble they were in. Sometimes we cannot see the trouble heading our way, but our God knows what lies ahead for us and he prepares us a way out before we even know the problem. "For if our heart condemn us, God is greater than our heart, and knoweth all things." ¹John 3:20

Do you know this man?

Sometimes we get into trouble and cry out to God like he didn't see it coming. God doesn't sit behind a desk going over prayer requests finding out things he didn't know about his children.

Psalms 40:5 declares that God's wonderful works cannot be numbered.

God doesn't mess around. In Isaiah 37:36, he sent one angel to wipe out an entire army of 185 thousand.

You can know that you are never alone. "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me..." ^{Psalm} 23:4

#2 God can fix it, even if we don't believe it. Elisha had faith his servant didn't have. Some faith healers claim that the reason we are not healed is because our faith is weak. The Bible says that without faith it is impossible to please God, but it doesn't say that when we are down he kicks us. At least 5 times Jesus said "Thy faith has made thee whole," but also several times He healed people and they never saw him.

#3 "... and there is nothing too hard for thee." ^{Jeremiah} 32:17 There is no God like our God. "I can do all things through Christ which strengtheneth me." ^{Philippians} 4:13

Sometimes we don't have to do a thing because God has already taken care of it. He made a way when there didn't seem a way. He knows the future and directs our path. He has provided, protected, blessed, more than we ever dreamed of.

When I walk the streets of gold, I'll meet family, friends; then, I want to thank Jesus for things I know he has done for me. Then I'll ask about things he did I didn't know about, and thank him all over again, and it may take 2 or 3 hundred years.

J.C. Penney in the early 1900's owned 1700 stores. When the depression hit in 1929 he began to have cash flow problems. He worried himself into the hospital. While there he couldn't sleep and they gave him a strong sedative. It soon wore off and Penny knew he wouldn't live through the night. He awoke next morning, much to his surprise. He walked down the hall and in passing the chapel, he heard singing. The hymn they were singing called to him and he went in and listened to the scripture reading and prayer. The hymn, "God Will Take Care of You." "Suddenly something happened," he said, "I can't explain it. I can only call it a miracle. I felt as if I had been instantly lifted out of darkness of a dungeon into a warm, brilliant sunlight. I felt the power of God as I had never felt it before. From that day to this, my life has been free from worry. The most dramatic and glorious 20 minutes of my life were spent in that chapel that morning."

I know that man. Do you know him? If you don't see God working in your life, the problem may be your spiritual eye sight, not God's power.

My sincere prayer is if you don't know Jesus as your personal savior, you accept him before it's too late.

Thanks to all you that read this each week. I hope in some way it has helped guide your life. If at any time you need to talk to someone about your walk with Christ, call me at 606-481-0444

Your brother in Christ,
Bro. Warren Rogers

Do Not Walk on My Saviour

There is a road that leads to a dark, dark place;
 And you can make it there,

By being careless on the way.
 You can travel the downhill road,
 And maybe get by for awhile.
 But no joy will be waiting, at the last weary mile.

And then there is one thing for sure,
 As you journey down that broad and ugly road;
 You will have to walk on my Blessed Saviour.
 For HELL will be there

With outstretched arms any way you go.

Now can you just trod upon my Saviour,
 When He gave His life to set you free?
 Yet, you can walk on all His mercy,
 Crushing His body on this ugly street.

The road is very dark and oh so lonely;
 No little children are singing on the way.
 The devil is laughing because he won the battle;
 He will be there to mock you, each step of the way.

At the end of your journey,
 You will look back and see,
 The awful things you have done.
 I believe you will see every footstep you took
 As you walked so hard on God's only Son.

Madelene Wasson

TIGER

by BUD BLAKE

