

True story: Turned away by the church, welcomed into the bar



America's Heartland
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before he picks it up so that he can look around to see if anything else needs to be done while he's down there.

I saw that old joke circulating on Facebook the other day, and was reminded of Brother Kelly, a man of incredible girth. Trust me when I tell you that people laughed a lot harder when he told it from the pulpit than they do now reading it on Facebook.

There's actually a biblical truth in that old joke, because the Scriptures tell us in Ephesians 5:16 to redeem the time. So, it would be biblical to go ahead and do something else while you're down there on

the floor picking something up.

When I worked for The Associated Press, we reporters would always look for additional stories to write when we were dispatched to some distant town to cover news. One time, I had been dispatched to a small town in eastern Kentucky to cover a high-profile murder case. That was before cell phones had become common. I carried a beeper on my belt at the time. My editor "beeped" me, so I looked around for a phone booth to call in. Seeing none, I walked into a church in that little town and asked if

I could use the phone. A rather rude secretary with an unpleasant scowl told me "no."

Perhaps I would have forgotten about that incident by now if not for what happened a few days later. I was traveling for an interview with an official in the state Capitol and my car quit. I coasted to the side of the road and rolled to a stop. I started walking toward the closest building about a quarter of a mile away. When I got close, I realized it was a bar. I walked inside and asked the bartender if I could use the phone. The bartender was so very gracious, handing me the phone,

even offering me something to drink.

So, I've never forgotten being turned away from the church but welcomed into the bar. It's a story that I've told many times since to church people, reminding them that the Bible calls for them to be kind, compassionate, hospitable people. Not mean, nasty and inhospitable.

If ever you're looking for a way to redeem the time, look around and see if you can find a way to help a fellow human being.

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Kitchen Diva by Angela Shelf Medearis

The Radish Remedy

I was looking for a new spring vegetable to explore (move over asparagus and spring peas) and discovered a wealth of information about radishes. I should have titled this article "Everything You've Ever Wanted to Know About Radishes but Were Afraid to Ask"

The red and white Cherry Belle and French Breakfast European varieties are available in the spring and are the most familiar type of radishes to many shoppers. The large, white Japanese Daikon radish has been a part of a variety of Asian dishes for hundreds of years. It's a vegetable that can be prepared in a number of ways, from raw slices to picked to roasted until slightly crisp, giving it a texture like a roasted potato.

You can find a vast array of radishes throughout the year, and best of all, you can eat a radish from the leaves to the bulb, so there's no waste. When selecting radishes, make sure that they are firm to the touch, and the tops are fresh without any signs of wilting.

They are a root vegetable and a tuber in the Brassicaceae family, along with bok choy, broccoli, Brus-

stipation.

This is particularly important for the treatment of jaundice. Radishes, especially the leaves and bulbs of the black radish, reduce red blood cell distribution, which occurs in people who suffer from jaundice, by increasing the fresh oxygen supply to the blood.

Another way to reap the health benefits of radishes is to pass the leaves and bulb through a juicer and drink the juice. Radish juice is a natural way to reduce fevers and help prevent inflammation and burning sensations in the digestive and urinary tract, and infections of the kidney and immune system by removing excess toxins.

If you're only using spring radishes as part of a salad or a decorative garnish, and you've never tried the wide varieties and flavors that radishes impart to everything from pesto to stir fries and roasting, you're missing out on indulging in both the nutritional benefits and the flavors of this overlooked tuber.

Radish Greens and Mushroom Toast with Feta Cheese

Move over, avocado toast! This flavorful recipe is the perfect showcase for radishes and can be served for breakfast, brunch, lunch or a light supper. You can experiment with any type of radish that is in season with delicious results.

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 2 button or crimini mushroom caps, sliced thinly
- 1 teaspoon soy sauce
- 1 teaspoon ground black pepper
- 1/4 cup radishes, chopped finely, divided
- 2 cups radish greens, chopped finely
- 1/2 teaspoon apple cider or rice wine vinegar
- 4 thick slices of country or French bread
- 3/4 cup crumbled feta cheese, plain or with herbs, if desired

1. Preheat the broiler to 400 F.
2. Place a large skillet over medium heat and melt the butter. Add the olive oil, garlic and salt, cook, stirring occasionally, until garlic is tender, about 1 minute. Add in mushrooms, soy sauce, pepper and 1/2 of the radishes, and cook until soft, about 3-4 minutes. Add in the radish greens and the vinegar, and cook until greens are soft, about 3-4 minutes.
3. Place the mushroom and greens mixture evenly on the slices of bread. Sprinkle the remaining radishes and then the feta cheese on top of the greens mixture. Place bread slices under the broiler; broil for 2-3 minutes until the cheese is melted and slightly brown. Serves 2 to 4.

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.

The Little Jack Horner Theology

Wednesday, April 14th, 2021 Message
 Bro. Warren Rogers, Retired Baptist Minister

Poem: Little Jack Horner - this could be looked at as a theological "nursery rhyme." Sad to say, it's the kind of theology being practiced in a lot of churches and by a lot of people today. A lot of Christians start out understanding that they are sinners, saved by grace. As time goes by and they start making progress in their Christian lives, they start thinking less about God's grace and more about "What a good boy or girl am I?"

Have you ever had a case of, "What a good boy/girl am I?"

David did. We read several times when he left the love of God to live the "What a good boy am I" theology. It usually got him in trouble, and when he realized it, he confessed his sin unto the Lord. See Psalm 17:1 & 3 and Psalm 32:5.

There was another incident, in Mark 10:17-22, concerning a person that wanted to know what he could do to obtain salvation. He thought he could work his salvation out without changing his lifestyle.

A good boy/girl way of thinking causes us to fall into dangerous territory. Here are the following three results.

#1 We waste our time trying to look good to others (Pharisee) Matthew 23:5. We tend to put more emphasis on "what I do" than "what God is doing."

We need to come to the understanding: That God's amazing grace is all we need. When we get to that understanding, we can be free from the bondage of trying to impress others. The people in church who make it a point of showing off their own goodness and righteousness are the kind of people that you have to be careful of.

If you are living right, you don't have to tell anybody, your life will show it.

#2 We get to the point that we look down on others that are not so good. We get to that, "what a good boy/girl am I" -- we tend to look at others and say or think, "I'm better than you." Luke 18:10-14, the story of the Pharisee and the publican is a good example.

Getting back to the Little Jack Horner story: It turns out that Jack was anything but a good boy. Tradition has it that in 1530, Jack was a steward (servant) to Richard Whiting, the last of the Abbots of Glastonbury. It is said the Abbot sent Jack to King Henry the 8th, to deliver a Christmas gift -- a pie in which was hidden the title deeds to 12 estates. (Hiding things in pies was common in those days).

On his way to the King, Jack popped open the pie and stole the deed to the Manor of Mells, a real "plum" of an estate. To this day the Horner family lives there -- but his descendants deny the story.

#3 We lose the joy of our salvation -- We get so tied up in our everyday schedule, trying to impress others, trying impress God with "look at what I've done," that we forget the true joy of our salvation. Psalm 21:1 & Psalm 51:12.

We lose our prayer life -- Psalm 5:3 & James 5:16.

We lose our witness -- Acts 22:15. And we lose the respect of our fellow Christians.

Have you lost your joy, your witness, your prayer life? Are you living a "Little Jack Horner" theology?

Friends, until next week, may God bless you. If you need to talk to me, you can call or text 606-481-0444

Warren Rogers, Baptist preacher



sels sprouts, cabbage, cauliflower, collard, rutabaga and turnips. Radishes come in numerous shapes, colors, sizes and varieties, including the beautiful watermelon radish with its pink and white swirls, and the spicy black Spanish radish.

Radishes are a nutritional powerhouse. They're an important source of anthocyanins and flavonoids, and are extremely rich in vitamin C and folic acid, which medical studies have found to be positively linked to the decrease of some cardiovascular diseases. They're also strong allies in the fight against cancer cell reproduction, particular colon cancer, kidney cancer, intestinal cancer, stomach cancer and mouth cancers.

Radishes are packed with fiber, have a low glycemic index, are high in potassium and help with the treatment and prevention of disorders of the liver, stomach, gall bladder, kidneys and urinary tract. Radishes also function as a diuretic and a type of detergent and disinfectant for the body by washing away toxins gathered in the kidneys, purifying the blood and stimulating bile production to relieve con-

