

Folks need a place 'where seldom is heard a discouraging word'



America's Heartland
Roger Alford
 RogerAlford1@GMail.Com

tested an atomic bomb, sending a huge mushroom cloud high into the sky.

"I wish I had said that," the Native American muttered as he stood up, folded his blanket and walked away.

The late evangelist Billy "Red" Kelly used to tell that story. He was such an encouraging man. He still is, thanks to YouTube, where you can still hear him even though he went to Heaven in 1997.

Oh, how we need encouragement in this day and time. It seems everyone and everything is under attack these days. Mr. Potato Head. Pepe Le Pew. Even Dr. Seuss. Negativ-

ity seems to be at an all-time high. So many things are being said that shouldn't be said.

I have been doing this column for many years now in hopes of being an encouragement to others, but, wouldn't you know, there are a few people out there who read what are intended to be uplifting words and send me hateful notes in response from time to time.

Proverbs 12:18 tells us that there are some people whose words stab like daggers and others whose words are healing. While I suppose we should expect both kinds, I'm partial to words that are healing.

Wouldn't it be wonderful if we could all live up to the biblical admonition to speak words of grace to each other. The Bible tells us, "Let no corrupt communications proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto others" (Ephesians 4:29).

I think what's needed today is for us to stand up, like Brother Billy "Red" Kelly, and proclaim the Good News in a world gone crazy.

Wouldn't it be something if every single one of us shared words of encouragement, whether by smoke signals,

old-fashion letters, email, text or telephone? Wouldn't you enjoy getting gracious words from someone telling you to keep on keeping on, that God loves you, and that He has a great reward stored up for you?

Wouldn't it be something if you opened that envelope or email and read words that put a smile on you face?

Wouldn't it be something if, after reading such gracious words, you said to yourself, like that Native American, "I wish I had said that."

You can reach Roger Alford at rogeralford1@gmail.com or 502-514-6857.

Kitchen Diva by Angela Shelf Medearis An Ode to Avocados

I've been preparing, eating, reading and writing about avocados for more than a decade. Never in my wildest dreams did I ever think that avocados would rise to their current heights in the culinary world. Avocados are like the child you have who goes from sitting quietly in the back of the classroom making a "C" at best, to becoming the high-school valedictorian with a full-ride college scholarship to Harvard. Avocados are considered a fruit. They are one of the few fruits or vegetables that contain fat, but the fat is unsaturated and heart healthy. That healthy fat also is why avocados have such a creamy, delicious mouth-feel.

California avocados are in season from spring to fall, which means they will be easier to find, better quality and more affordable during that time. Avocados are one of the produce items with the least number of pesticides, so there is no reason to buy organic.

Avocados are loaded with nutrients such as dietary fiber, vitamin B6, vitamin C, vitamin E, mag-

Avocados can be enjoyed in a variety of ways, including mashed and spread on a sandwich in place of mayonnaise, or blending it with oil and vinegar to make a salad dressing. This recipe for Avocado Flatbread is yet another way to enjoy healthy, delicious avocados.

AVOCADO FLATBREAD

This Avocado Flatbread is soft, delicious and vegan. It is an easy-to-make, simple bread recipe that can be prepared in less than 30 minutes. Sprinkle the finished flatbreads with pre-packaged Everything Bagel seasoning mix for additional flavor and texture, if desired.

- 1 large avocado, or 2 to 3 small avocados, ripe, peeled and pitted**
- 1 teaspoon lemon juice**
- 1 teaspoon salt**
- 1 teaspoon ground black pepper**
- 1 teaspoon curry powder or garam masala powder**
- 1 teaspoon onion powder**
- 1 teaspoon garlic powder**
- 3 tablespoons cilantro or parsley leaves, finely chopped**
- 1 1/3 cups all-purpose flour**
- Water, as needed to moisten dough**

3 tablespoons vegetable oil (to cook flatbread)

1. Using a large bowl and a fork, potato masher or a food processor, mash the avocado until smooth. Add the lemon juice, salt, pepper, curry or garam masala powder, onion powder, garlic powder, cilantro or parsley leaves, and mix well.

2. Add 1/3 cup of flour at a time to the avocado mixture and mix or process well after each addition. Lightly dust the counter or cutting board, and a rolling pin with flour. Knead the mixture on

the counter or cutting board to form a soft, smooth dough. If the dough is too loose, add another 1/3 cup of flour. If the dough is too dry, add a tablespoon of water.

3. Cover the dough with a dish towel or plastic wrap, set aside for 15-30 minutes. Divide dough into 8 equal portions. Roll each portion into a circle or oval shape of even thickness (about 2 inches).

4. Place a heavy-bottom skillet or a griddle over medium-high heat until hot. Place one of the flatbread pieces in the dry skillet or a griddle. Press flatbread lightly with a spatula. After 5 to 7 seconds, when bubbles form on top of the flatbread and the bottom is light brown, spread a teaspoon of oil on top of the flatbread. Flip it over, cook it for another 5-7 seconds, then apply oil to the top of the flatbread, flip again, cook for the last 5-7 seconds. Transfer to a serving plate, cover to keep warm. Repeat process with remaining flatbread.

5. Freeze or store in an airtight container. Serves 8.

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nesium, folate and 60% more potassium per ounce than bananas. They're also cholesterol- and sodium-free. Two tablespoons of mashed avocado (about 1 ounce) or one-fifth of a medium avocado provides about 55 calories.

To choose an avocado, squeeze it gently. It should be firm but give to slight pressure. Hard avocados are not yet ripe, but can ripen in a few days. Place the unripe avocado in a brown paper bag for two to five days. Apples or bananas can be added to the bag to shorten the process, because the gas they give off helps ripen the avocados. Ripe avocados can be stored in the refrigerator for two to three days.

Always wash avocados before eating to remove any dirt or bacteria. Cut lengthwise and rotate the halves to separate. Use a spoon to remove the seed and scoop out the meat or peel the skin away from the fruit. Lemon juice, lime juice or white vinegar can help prevent discoloring. You can also press plastic wrap directly on the surface and then wrap to store in the refrigerator for a few days. If the surface turns brown, just cut off the top layer and eat the rest.

Three Dangers Concerning the Second Coming of Christ

Wednesday, April 7th, 2021 Message
 Bro. Warren Rogers, Retired Baptist Minister

Luke 17:20-32 -- *The Coming of the Kingdom*

Every time something tragic happens -- wars, 911, tsunami, hurricanes, the subject of the returning of the Lord comes up.

1st danger -- Don't try and make it fit your preconceived ideas and expectations:

Luke 17: 20-21, "And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation: ²¹Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you. -- The Pharisees thought they were experts on the Second Coming of Christ

Matthew 25:13 -- Men are still trying to predict - William Miller in 1844 to Edger Whisenant (retired NASA engineer) 1988 and several others.

They each picked the wrong date and tried to recalculate. Jesus wants us to see knowing the exact date is not important but being ready is.

The Pharisees thought their position as religious experts assured them, they knew the where and when of the return of Jesus.

Because the Pharisees were trying to make the coming of Christ fit their preconceived ideas, they missed out on the greatest thing that ever happened in history.

2nd danger -- Don't be obsessed by the end times thoughts. **Luke 17: 22-25**, "And he said unto the disciples, The days will come, when ye shall desire to see one of the days of the Son of man, and ye shall not see it. ²³And they shall say to you, See here; or, see there: go not after them, nor follow them. ²⁴For as the lightning, that lighteneth out of the one part under heaven, shineth unto the other part under heaven; so shall also the Son of man be in his day. ²⁵But first must he suffer many things, and be rejected of this generation." Jesus told his disciples not to be so obsessed with his return that they ended up doing nothing else.

There is nothing wrong with trying to understand the characteristics of Jesus coming, but today is where God is concerned, he wants to meet you and provide for you.

3rd danger -- Don't allow worldly concerns to dim your desire for the Lord's return. **Luke 17: 26-28**, "And as it was in the days of Noe, so shall it be also in the days of the Son of man. ²⁷They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all. ²⁸Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded;" -- A lot of people in Noah's day were not necessarily evil but they were just too busy going about their daily lives to have time for the Lord. It was not their sin but their indifference. Genesis 6:5

Luke 17:30, "Even thus shall it be in the day when the Son of man is revealed." -- Jesus reveals it is not intended for us to make a chart but to prepare our hearts. In both stories, of Noah and of Lot, God's judgment did not come until His people (Christians) were safe. **Luke 17:32-33**, "Remember Lot's wife. ³³Whosoever shall seek to save his life shall lose it; and whosoever shall lose his life shall preserve it." -- She could not imagine living without all she left behind.

1 Thessalonians 5:1-11 -- Gives us instructions on how to deal with the second coming.

It all boils down to -- Outward appearance will account for nothing; God will judge our hearts.

James 5:8, "Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh."

1 John 2:28, "And now, little children, abide in him; that, when he shall appear, we may have confidence, and not be ashamed before him at his coming."

Friends, until next week, may God bless you. If your church needs a supply preacher I would be honored to come. I may be reached at 606-481-0444

Warren Rogers, Baptist preacher

Out on a Limb



by Gary Kopervas

