

May — A Month to Remember

THINKING about how many commitments we have, not just this month but always, to family, friends, communities, neighbors and, most importantly, to God, I gazed at the calendar for May and realized there are three distinctive dates that are important to us individually as well as our country as a whole. With some controversy, May 6th is the National Day of Prayer with Mother's Day following on the 9th and Memorial Day on the 31st.

By the time you receive this article, the National Day of Prayer would already be all but forgotten. I personally believe it is of utmost im-

By Pastor Joe Wingo

portance to pray daily for our nation and our government. I Timothy 2:1-2 says encouragingly, "I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty." Don't stop praying for our nation.

The importance of honoring our mothers on Mother's Day is defined in the sixth commandment, the first commandment with a promise, "Honour thy father and thy mother: that thy days

may be long upon the land which the Lord thy God giveth thee." Honoring our mothers should never be a once-a-year event, but every day should be Mother's Day. They deserve it; they work hard and, for the most part, go unappreciated far too often. Let your gratitude be known, if possible to her, if not then tell someone about her.

As Memorial Day approaches, kids look forward to time off of school for summer, parents plan vacations, and most everyone looks forward to a long weekend, if you're fortunate enough to have three days off in a row. But don't let the weekend pass without stopping to consider that Memorial Day was declared as a day to remember those fallen in battle. Many have loved ones currently serving in the armed forces here and abroad while others lost loved ones in service to our country. Take a moment to remember them. If you see someone in military uniform, tell them "Thank you for serving our country."

Pause to reflect and do as Romans 13:7 says, "Render therefore to all their dues: tribute to whom tribute is due; custom to whom custom; fear to whom fear; honour to whom honour." For in doing so, we meet our commitment to God, family, friends, communities and neighbors.

Ask, Seek, Knock

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. - Matthew 7: 7-8 (NIV)

By Wes Wingo

Have you ever wondered if God gets tired of us always wanting to talk with him or asking him to help us? Sometimes do we think that our requests we bring to God are too small or too insignificant for Him to waste his precious and valuable time? Or perhaps we think that God only needs to get involved in the really big and very serious problems in our life.

Jesus tells us something quite amazing in the scripture text we referenced at the beginning of this article. The Son of God tells us to ask, seek and knock. He says go ahead, be persistent, my Father and I don't mind talking to you about anything at any time. Many times Jesus is quoted as telling the people that were around him that they had not because they did not ask.

You see our Heavenly Father desires to have communion with us every day and he has provided a way for every one of us to talk to him. Through his Son Jesus who said ask anything in my name and I will do it for you! So then, we are encouraged to go ahead and talk to God and our Lord Jesus Christ about anything and everything at any time of the day or night. It does not matter how big or little our concern or problem seems to us, God wants to hear all about it and better yet, he wants to do something about it! Let me encourage you to take time right now, as you finish reading this, and tell Jesus all about it. He is the one who can give you the best answer, the best provision, and provide the best direction. He won't steer you down the wrong path. As a matter of fact, he will open doors that no man can open. You can be assured that he has your best interest in mind when he answers.

Prayer of Salvation If you'd like to experience God's restoration and joy in your life, simply pray the following prayer in faith and allow God to get in the middle of your everyday affairs.

Heavenly Father, I come to You in the name of Your Son, Jesus. You said in your Word, "Whosoever shall call on the name of the Lord, shall be saved" (Acts 2:21), and "if thou shall confess with thy mouth the Lord Jesus, and shall believe in your heart that God hath raised Him from the dead, thou shall be saved" (Romans 10:9-10). You said as a result of my salvation Your Holy Spirit would come to live in me giving me new life (John 3:5-6, 15:16; Romans 8: 9-11).

Right now, I call on Your Name and I confess with my mouth that JESUS IS LORD of my life. I believe in my heart that You raised Him from the dead, and I receive my salvation. Thank You for coming into my heart and for forgiving me of all my sin. Thank You for filling me with Your Holy Spirit. Amen.

Rainbow Veggie Chili

Ingredients

2 cups fresh corn removed from the cobb
 1 (15 oz.) can chili beans in spicy sauce, undrained
 2 tbsp. olive oil
 1 zucchini, sliced
 1 green bell pepper, diced
 1 fresh jalapeno pepper, diced
 1 (6 oz.) can tomato paste
 1 tbsp. chili powder
 1 (28 oz.) can crushed tomatoes, with liquid
 1 (15 oz.) can black beans, drained and rinsed
 1/2 tsp. ground black pepper
 1/4 tsp. cayenne pepper, or to taste
 1 yellow squash, sliced
 1 red bell pepper, diced
 4 cloves garlic, minced
 1 onion, chopped
 1/2 tsp. dried oregano



Directions

Heat oil in a large pot over medium-high heat. Stir in zucchini, yellow squash, red bell pepper, green bell pepper, jalapeno, garlic, and onion. Cook 5 minutes, just until tender.

Mix tomatoes with liquid, tomato paste, black beans, corn, and chili beans in spicy sauce into the pot. Season with chili powder, oregano, black pepper, and cayenne pepper. Bring to a boil. Reduce heat to low and simmer 1 hour, stirring occasionally.

June 2010 menu

Standard Boxes

Signature Box

\$30 

Variety along with balanced nutrition. Enough food to feed a family of **four** for a week.

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| 1.5 lb. Sirloin Steaks (4 x 6 oz.) | 1 lb. Fajita Blend (Onions, Red Green Pepper Strips) |
| 2 lb. Mac & Beef Dinner Entrée | 1 lb. Rice |
| 2 lb. IQF Chicken Breast (Boneless Skinless) | 25 oz. Pasta Sauce |
| 1 lb. Lean Ground Beef | 1 lb. Pasta |
| 1 lb. Chicken Breast Fajita Strips | 3 lb. Idaho Potatoes |
| 1 lb. Breaded Crunchy Fish Bites (32 ct.) | 32 oz. 2% Shelf Stable Milk |
| 1.5 lb. Smoked Chicken Sausage | Dozen Eggs |
| 2 lb. Heat & Serve Green Beans | Dessert |

Convenience Meals

Great for seniors and people living with diabetes!

\$28 

10 fully cooked meals. Nutritionally balanced for senior citizens and people living with diabetes. Each meal contains 3 oz. of protein, plus starch & two veggies or fruit and a dessert.

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| Roasted Chicken - Roasted White Chicken Breast Meat Pieces in Sauce with Red Skin Potatoes, Sugar Snap Peas and Carrots | Salisbury Steak and Gravy - Salisbury Steak Patty with Red Skin Potatoes and Gravy with Peas, Carrots and Cauliflower |
| Chicken Broccoli Alfredo - White Chicken Breast Pieces with Broccoli, Fettuccini noodles and Alfredo Sauce with Carrots, Zucchini and Red Peppers | Chili with Beef and Beans - Beef, Beans and Tomato-Based Chili with Corn, Red Peppers and Peas |
| Chicken Chow Mein - White Chicken Breast Pieces over Lo-Mein Noodles, Mixed Vegetables with Sauce, Sugar Snap Peas and Cauliflower | Beef Stew - Hearty Beef Chunks with Potatoes, Carrots, Celery and Onions with Brussels Sprouts, Corn and Red Pepper Blend |
| Chicken Teriyaki - Chicken Breast Pieces over Fried Rice Blend with Teriyaki Sauce with Sugar Snap Peas and Carrots | Fiesta Chicken with Rice - White Meat Chicken with Fiesta Sauce over White Rice with Corn and Cauliflower |
| Sweet and Sour Chicken - Chicken Breast Pieces over Rice with Vegetables and Pineapple in a Sweet and Sour Sauce with Sugar Snap Peas and Carrots | Macaroni and Beef - Macaroni and Beef with Noodles, Carrots and Zucchini Blend |
| | Assorted Sugar Free Desserts |

5 lb. Allergen-Free Food Box

\$23 

- 1 lb. Breaded Chicken Breast Fillets
- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Cubed Steak
- 1 lb. Breaded Wings
- 1 lb. Breaded Chicken Tenders

Processed to eliminate eight top food allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten. Great for children and adults!

Orders Due & Distribution Day: Contact Your Local Host Site

We Accept Food Stamps (EBT).

Changes to the menu ++ Angel Food Ministries® reserves the right to substitute any item due to lack of availability, cost or sub-standard quality. All weights are approximate. Please know it is always our desire to provide the best quality and value possible. On occasion, situations occur that are beyond our control and we are forced to substitute an item or two in the box. A substitution is made when:

1. Upon inspection, the product did not meet our standard of quality.
2. The item initially ordered was not available at the time of purchasing.
3. The item ordered did not arrive in time for distribution.
4. The supplier could not provide enough product to meet order demands.

Please understand that any last minute changes are made with your best interest in mind. It is AFM's aim to provide you with the very best service, food and value. Please know we are always striving to do so with excellence. Menu updates are posted at AngelFoodMinistries.com. Angel Food Ministries® is a team effort! The success of this program is due to the generous service of volunteers. So, think about joining the Angel Food Team nearest you. For more information, contact your host site or visit AngelFoodMinistries.com.

We welcome your questions and comments! Contact us at P.O. Box 128, Good Hope, Georgia 30641. Phone: 770-267-7015. Toll Free: 888-819-3745. Fax: 770-266-1499. Angel Food Ministries® is a nonprofit, nonde-

6 lb. Premium Seafood Variety Box

\$35

- 2 lb. Alaskan Snow Crab Legs
- 1 lb. Large EZ Peel Shrimp
- 1 lb. (8 ct.) Stuffed Crab in Natural Shell
- 2 lbs. Oven Ready Popcorn Shrimp

Just 4 Me After School Box

\$24

- 3 each Peanut Butter and Jelly Jamwich
- 1 lb. String Cheese (1 oz. sticks)
- 2 lb. Chicken Tenders
- 1.5 lb. Mini Corn Dogs
- 4 each Stuffed Sandwiches (available in a variety of flavors)
- 2 each Twin Mini Chicken Sandwiches
- 1 each Nacho's Lunch Snack with Chips, Cheese and Salsa (3.7 oz.)
- 1 each Turkey & American Cheese Lunch Snack with Turkey, American Cheese and Crackers (2.15 oz.)
- 1 each Ham & American Cheese Lunch Snack with Ham, American Cheese and Crackers (2.15 oz.)

An assortment of child-friendly snacks, perfect for after-school or any time.

\$16

Just 4 Me - After School Fruit & Veggie Box

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| 3 Red Delicious Apples | 3 Granny Smith Apples |
| 3 Navel Oranges | (1) 1 lb. Mini Carrots |
| (2) 2 oz. Pack Celery Sticks | (1) 3 pack Fruit Juice |
| 1 6 pack Apple Sauce | (1) 6 oz. bag Banana Chips |
| 1 Either 2.5 oz Bag Apple Chips or Sweet Potato Chip | |
| (2) 1.75 oz. Ranch Dressing Cups | |

An assortment of healthy fruit and veggie snacks especially for kids!

Angel Food Specials

Special 1

5.5 lb. Assorted Meat Grill Box

- 2 lb. Rib-Eye Steaks (4 x 8 oz.)
- 2 lb. Bone-In Pork Chops (4 x 8 oz.)
- 1.5 lb. Bacon-Wrapped Turkey Filets (4 x 6 oz.)

\$23

Special 2

6 lb. Chicken & Rib Grill Box

- 3 lb. Split Whole Chicken (3 lb. average wt.)
- 3 lb. Baby Back Ribs

\$17

Special 3

Flavored Hamburger Grill Box

- 2 lbs. Dijon Mustard (4 x 8 oz.)
- 2 lbs. Mozzarella Cheese (4 x 8 oz.)
- 2 lbs. Cheddar Cheese (4 x 8 oz.)

\$19

Special 4

Premium Fresh Fruit and Veggie Box

- 4 each Yellow Corn
- 2 each Yellow Squash
- 2 each Zucchini Squash
- 1 head Fresh Green Cabbage
- 1 stalk Celery
- 1 Golden Ripe Pineapple
- 1 Mango
- 6 Lemons
- 1 Large Hass Avocado
- 1 Large Cantaloupe
- 3 lb. bag Red Potatoes (A Size)
- 2 lb. bag Yellow Onions
- AFM June Fruit and Veggie Recipe Sheet

\$22

Special 5

Bit 'O Blessing Box

- 2 lb. Hamburger Steaks (4 x 8 oz.)
- 2 lb. Mac & Beef Dinner Entrée
- 1 lb. Chicken Breast Fajita Strips
- 1.5 lb. Smoked Sausage
- 2 lb. Fully Cooked Green Beans
- 1 lb. Fajita Blend (Onions, Red & Green Pepper Strips)
- 1 lb. Rice
- 1 lb. Frozen Broccoli
- 21 oz. Frozen Fruit

\$21

Ordering information and deadlines available online or by contacting your local host site. Visit our Web site to locate a host site near you.
www.angelfoodministries.com
1-877-FOOD-MINISTRY (1-877-366-3646)

Angel Food Gift Cards Now Available!



Buy for your friends or a family in need. Gift cards can be purchased for a Signature Box, a Convenience Box or a Produce Box. Gift cards can be redeemed at www.angelfoodministries.com or through your local host site. Gift card request forms can be found on our website.

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