

P. I. T. W. M.

*Editor: Gloria Jean Woodard*HOPE FOR
HIS CHURCH

• JULY 2014

God had a plan—He sent Jesus, His Son. Jesus paid the price—suffered and died on the cross. The product that came about after the resurrection resulted in the forming of the church—the *"ekkeslia"*—the called out ones—the believers—the body of Christ—the bride of Christ who keeps flourishing, in spite of circumstances. The church has suffered for centuries, but it has always come through! There were false teachers that came giving false hope, false teachings that the believers had to do more to be saved than believe on what Jesus Christ had already done. But Jesus had placed solid men and women in place to direct followers to heed the Word of God! When

we, the church suffer, we produce endurance, and endurance produce character, and character produce hope, and hope does not put us to shame.

The church itself was founded upon a rock. That rock is Jesus! No one has ever been able to destroy the Rock! The false teachers tried; the Jewish religionists tried; even the devil tried. But God's plan is so solid and unique that when God makes a promise, He could swear by no greater, so He swear by Himself. His promise is immutable; meaning unchangeable. That's why we can place our hope in Him. Our hope is spiritual. Natural hope is based upon our emotions—our natural senses; wishing it would happen. That's the world's hope, its fickle; it changes. We, the church have the Word of God and we hear and are led by the power of the Holy Spirit.

1. In **Matthew 16:16** Peter made a profound revelation which was revealed to him by the Father in Heaven. Peter said to Jesus,

"You are the Christ, the Son of the living God." You see Jesus wanted to know if His followers; His believers knew who He was. Peter was the only one to answer the question right. The church is to know who Jesus is. The church is to know who their hope is in! If nobody else knows, it is the church who should know and give an answer to whom their hope is in; where their faith lies.

We sing the song: *"My hope is built on nothing less, than Jesus blood*

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C O N T

HOPE FOR HIS CHURCH!

and righteousness. I dare not trust the sweetest frame but wholly lean on Jesus Name. On Christ the solid rock I stand, all other ground is sinking sand; all other ground is sinking sand."

On the revelation of Peter's confession Jesus says in **verse 18**, "**Upon this rock, I will build My Church and the gates of hell shall not prevail against it!**" His church is the "*ekkeslia*"—the called out ones—the believers—the body of Christ—the bride of Christ. There will always be the gates of hell trying to tear down the church, but the church is subject to Christ and no one else because He is the head of the church and the Savior of the body. The hope that is set before us, we are to hold on to.

I want you to see:

- Our hope or our expectancy for His church is always in His hands. So, put it all in His hands! We get the plan from Him. He

works it out through the body of Christ. And the church's power comes from the Holy Spirit! The handful of men and women that Jesus taught were hungry for His Word, faithful and committed to the cause of Christ! They kept the baton being passed on. We also are to keep the baton going. There will always be a remnant to carry it on. **Romans 11:5** says "**Even so then at this present time also there is a remnant according to the election of grace.**" We have to stay in right position meaning ready to work together with Him to serve, and give Him glory. Your right relationship with Christ causes the church to grow, mature, and produce fruit.

- Our hope or our expectancy for His church is that He is coming back to get us, to live eternally with Him in His presence. Our hope is not in an object or in man, but it's in the Person of the Lord Jesus Christ!

1. Therefore, **first** position yourself to work together in unity with Christ and with man.

- The church has to be careful of not departing from the faith; not lose hope. When we get tired and depleted, it's because we have left God out, left our first love out, and began to do fleshly works in trying to keep the church going on in our own strength. We have to consult Christ. It is **His** church. Remember, we work together in unity with Him as well as with each other.

2. **Second**, position yourself to give Him glory.

- Christ adds to the church daily. It is **He** who works in us by the power of **His** Holy Spirit fulfilling a glorious work, producing fruit. Ask yourself, **'Is**

what I'm doing giving God glory?'

Our hope came all the way from **heaven to earth** to show the way; from the **earth to the cross** my debt to pay; from the **cross to the grave**; and from the **grave to the sky**. Our glorious hope is in Christ and Christ alone. He will one day come back for His church and take us to be with Him in heaven. That's the glorious truth to hold on to. And our hope has given us victory for a glorious future! God already saw the church, the body of Christ in Him! He accomplished it on the cross when He gave Himself for it. And it is still blooming and flourishing. Our victory has not come at our expense in our fleshly doing. Our victory has not come in what we have accomplished in our strength, might or power; building in the natural. Our victory and hope is in the Person of Jesus Christ alone. He is able to move the body of Christ by His Spirit to prevail, even in times like these. **God Bless!**

11/27/2013
Revised 7/2014

15 kidney - friendly foods with antioxidants that you may want to include in your healthy kidney diet.

1. RED BELL PEPPERS

1/2 cup serving red bell pepper = 1 mg sodium, 88 mg potassium, 10 mg phosphorus.

Red bell peppers are low in potassium and high in flavor. These tasty vegetables are also an excellent source of vitamin C and vitamin A, as well as vitamin B6, folic acid and fiber. Red bell peppers are good for you because they contain lycopene, an antioxidant that protects against certain cancers.

In the kidney diet, eat them raw with dip as a snack or appetizer, or mix them into tuna or chicken salad and serve on crackers or bread. You can also roast peppers and use them as a topping on sandwiches or lettuce salads, chop them for an omelet, add them to kabobs on the grill or stuff peppers with ground turkey or beef and bake them for a main dish.

2. CABBAGE

1/2 cup serving green cabbage = 6 mg sodium, 60 mg potassium, 9 mg phosphorus. May prevent or stop cancer cell growth in lung, colon, breast, bladder, prostate and ovarian cancers.

High in vitamin K, vitamin C and fiber; a good source of vitamin B6 and folic acid. Low in potassium and low in cost; an affordable addition to the kidney diet.

Raw cabbage makes a great addition to the dialysis diet as coleslaw or topping for fish tacos. You can steam, microwave or boil it, add butter or cream cheese plus pepper or caraway seeds and serve it as a side dish. Cabbage Rolls made with Turkey are a great

appetizer, and if you're feeling fancy, you can stuff a cabbage with ground meat and bake it for a flavorful meal bursting with nutrients.

3. CAULIFLOWER

1/2 cup serving boiled cauliflower = 9 mg sodium, 88 mg potassium, 20 mg phosphorus.

Cauliflower is high in vitamin C and a good source of folate and fiber; packed full of indoles, glucosinolates and thiocyanates — compounds that help the liver neutralize toxic substances that could damage cell membranes and DNA.

Serve it raw; with dip, add it to a salad or steam or boil it and season with spices such as turmeric, curry powder, pepper and herb seasonings. You can also make a nondairy white sauce, pour it over the cauliflower and bake until tender. You can pair cauliflower with pasta or even mash cauliflower as a dialysis diet replacement for mashed potatoes.

4. GARLIC

1 clove garlic = 1 mg sodium, 12 mg potassium, 4 mg phosphorus.

Garlic helps prevent plaque from forming on your teeth, lowers cholesterol and reduces inflammation.

Buy it fresh, bottled, minced or powdered, and add it to meat, vegetable or pasta dishes. You can also roast a head of garlic and spread on bread. Garlic provides a delicious flavor and garlic powder is a great substitute

for garlic salt in the dialysis diet.

5. ONIONS

1/2 cup serving onion = 3 mg sodium, 116 mg potassium, 3 mg phosphorus.

Onion, a member of the Allium family and a basic flavoring in many cooked dishes, contains sulfur compounds which give it its pungent smell. But in addition to making you cry, onions are also rich in flavonoids, especially quercetin, a powerful antioxidant that works to reduce heart disease and protects against many cancers. Onions are low in potassium and a good source of chromium, a mineral that helps with carbohydrate, fat and protein metabolism.

For people on a kidney diet looking to add more flavors to foods, try using a variety of onions including white, brown, red, and others. Eat onions raw on burgers, sandwiches and in salads, cook them and use as a caramelized topping or fry them into onion rings.

6. APPLES

1 medium apple with skin = 0 sodium, 158 mg potassium, 10 mg phosphorus.

Apples have been known to reduce cholesterol, prevent constipation, protect against heart disease and reduce the risk of cancer. High in fiber and anti-inflammatory compounds, an apple a day may really keep the doctor away. Good news for people with kidney

disease who already have their share of doctor visits.

You can eat them raw, make baked apples, stew apples, make them into apple sauce, or use in a dessert such as apple pie or apple cake. You can also drink them as apple juice or apple cider.

7. CRANBERRIES

1/2 cup serving cranberry juice cocktail = 3 mg sodium, 22 mg potassium, 3 mg phosphorus.

1/4 cup serving cranberry sauce = 35 mg sodium, 17 mg potassium, 6 mg phosphorus.

1/2 cup serving dried cranberries = 2 mg sodium, 24 mg potassium and 5 mg phosphorus.

These tangy, tasty berries are known to protect against bladder infections by preventing bacteria from sticking to the bladder wall. In a similar way, cranberries also protect the stomach from ulcer-causing bacteria and protect the lining of the gastrointestinal (GI) tract, promoting GI health. Cranberries have also been shown to protect against cancer and heart disease.

Cranberry juice and cranberry sauce are the most frequently consumed cranberry products. You can also add dried cranberries to salads or have them as a snack.

8. BLUEBERRIES

1/2 cup serving fresh blueberries = 4 mg sodium, 65 mg potassium, 7 mg phosphorus.

Blueberries are high in antioxidant phytonutrients called anthocyanidins, which give them their blue color, and they are bursting

15 kidney - friendly foods with antioxidants that you may want to include in your healthy kidney diet.

with natural compounds that reduce inflammation. They are a good source of vitamin C; manganese, a compound that keeps your bones healthy; and fiber, and may also help protect the brain from some of the effects of aging.

Buy blueberries fresh, frozen or dried, and try them in cereal, topped with whipped topping, in a fruit smoothie or bake blueberry muffins, blueberry cake as blueberry crisp or blueberry pie. You can also drink blueberry juice.

9. RASPBERRIES

1/2 cup serving raspberries = 0 mg sodium, 93 mg potassium, 7 mg phosphorus.

Raspberries contain a phytonutrient called ellagic acid which helps neutralize free radicals in the body to prevent cell damage. They also contain flavonoids called anthocyanins, antioxidants which give them their red color. An excellent source of manganese, vitamin C, fiber and folate, a B vitamin, raspberries may have properties that inhibit cancer cell growth and tumor formation.

Add raspberries to cereal, puree and sweeten them to make a dessert sauce or add them to vinaigrette dressing. You can also drink raspberry punch.

10. STRAWBERRIES

1/2 cup serving (5 medium) fresh strawberries = 1 mg sodium, 120 mg potassium, 13 mg phosphorus.

Strawberries are rich in

two types of phenols: anthocyanins and ellagitannins. Anthocyanins are what give strawberries their red color and are powerful antioxidants that help protect body cell structures and prevent oxidative damage. Strawberries are an excellent source of vitamin C and manganese and a very good source of fiber. They are known to provide heart protection, as well as anti-cancer and anti-inflammatory components.

Eat strawberries with cereal, smoothies or salad, slice and serve them fresh or top them with whipped topping. If you'd like a more elaborate dessert, you can make strawberry pudding or sorbet or puree and sweeten them to serve as a dessert topping with angel food or pound cake. They also come in liquid form as strawberry nectar.

11. CHERRIES

1/2 cup serving fresh sweet cherries = 0 mg sodium, 160 mg potassium, 15 mg phosphorus.

Cherries have been shown to reduce inflammation when eaten daily. They are also packed with antioxidants and phytochemicals that protect the heart.

Eat fresh cherries as a snack, make a cherry pie, cherry coffee cake, cherry crisp or cherry cheesecake. Cherry sauce can be tasty served with lamb or pork and you can drink a glass of cherry juice.

12. RED GRAPES

1/2 cup serving red grapes = 1 mg sodium, 88 mg potassium, 4 mg phosphorus.

Red grapes contain several

flavonoids that give them their reddish color. Flavonoids help protect against heart disease by preventing oxidation and reducing the formation of blood clots. Resveratrol, a flavonoid found in grapes, may also stimulate production of nitric oxide which helps relax muscle cells in the blood vessels to increase blood flow. These flavonoids also provide protection against cancer and prevent inflammation. Phytochemicals in grapes, wine and grape juice have been extensively studied since the discovery that the French have much lower rates of heart disease despite a diet high in saturated fat.

Buy grapes with red or purple skin since their anthocyanin content is higher. Freeze them to eat as a snack or to quench thirst for those on a fluid restriction for the dialysis diet. Add grapes to a fruit salad or chicken salad. Try a unique kidney diet recipe for Turkey Kabobs that feature grapes. You can also drink them as grape juice or grape punch.

13. EGG WHITES

2 egg whites = 7 grams protein, 110 mg sodium, 108 mg potassium, 10 mg phosphorus.

Egg whites are pure protein and provide the highest quality of protein with all the essential amino acids. For the kidney diet, egg whites provide protein with less phosphorus than other protein sources such as egg yolk or meats.

Buy powdered, fresh or

pasteurized egg whites. Make an omelet or egg white sandwich, add pasteurized egg whites to smoothies or shakes, make deviled egg snacks or add whites of hard boiled eggs to tuna salad or garden salad to add extra protein.

14. FISH

3 ounces wild salmon = 50 mg sodium, 368 mg potassium, 274 mg phosphorus.

Fish provides high-quality protein and contains anti-inflammatory fats called omega-3s. The healthy fats in fish help fight diseases such as heart disease and cancer. Omega-3s also help lower low-density lipoprotein or LDL cholesterol, which is bad cholesterol, and raise high-density lipoprotein or HDL cholesterol, which is good cholesterol.

The American Heart Association and American Diabetes Association recommend eating fish two or three times a week. Fish highest in omega-3s include albacore tuna, hering, mackerel, rainbow trout and salmon.

15. OLIVE OIL

1 tablespoon olive oil = less than 1 mg sodium, less than 1 mg potassium, 0 mg phosphorus.

Olive oil is a great source of oleic acid, an anti-inflammatory fatty acid. The monounsaturated fat in olive oil protects against oxidation. Olive oil is rich in polyphenols and antioxidant compounds that prevent inflammation and oxidation.

Studies show that populations that use large amounts of olive oil in

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POWER IN THE WORD MINISTRY

For the Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:12.

MY MISSION: Reach and encourage others in letting you know that God is able to do the impossible.

MY VISION: Articles to be written in a Book to inspire others.

IT CAN HAPPEN

How much more shall your Father which is in heaven, give good things to them that ask him? Matthew 7:11b

MY MISSION: Use this God-given gift for His glory!

MY VISION: Teach others to reach for those God given gifts in them!

[On The Web—pitwm.net](http://pitwm.net)



“The true church can never fail. For it is based upon a rock” — T. S. Eliot

SCRIPTURE

“And I also say unto thee, that thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.” Matthew 16:18

DATES TO REMEMBER 2014

- July 4 Independence Day
- July 27 Parent’s Day

BIBLE QUIZ

The underlined words go together.

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

CONT 15 kidney - friendly foods

stead of other oils have lower rates of heart disease and cancer.

Buy virgin or extra virgin olive oil because they are higher in antioxidants. Use olive oil to make salad dressing, in cooking, for dipping bread or for marinating vegetables.

Keep in mind that these foods are healthy for everyone— including family members and friends who do not have kidney disease or are not on dialysis. When you stock your kitchen with delicious, healthy, kidney-friendly foods that’s one big step to helping you do well on your kidney diet.

<http://www.dayita.com/kidney-disease/diet-and-nutrition/lifestyle/top-15-healthy-foods-for-people-with-kidney-disease/e/5347>



Father,
Your
Church is
in Your

hands to do as You please. As we, the body of Christ depend upon You, may we follow, love, and dedicate our lives to have the fellowship with You first; then do the work of the ministry second, and give honor and glory with thanks-

giving to You thirdly, hoping You will be pleased. We hold on because of Your Grace and Your unchanging hand! Your Will will be done on earth as it is in heaven, and our eyes shall behold Your glorious blessings! Praise and thank You Lord for all You have done, In the Name of Jesus, Amen!

Hebrews 2:12

SAYING, I WILL DECLARE THY NAME UNTO MY BRETHREN, IN THE MIDST OF THE CHURCH WILL I SING PRAISE UNTO THEE.

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

Acts 2:47

PRaising GOD, AND HAVING FA-
VOUR WITH ALL THE PEOPLE, AND
THE LORD ADDED TO THE CHURCH
DAILY SUCH AS SHOULD BE SAVED.

