

Learning to Pray

A-C-T-S

A - ADORATION

Spends time in sincere praise of God's greatness and helps put us in the proper spirit of humility

C- CONFESSION

Acknowledges our sins before God and cleanses us by the blood of Jesus

T - THANKSGIVING

Causes us to acknowledge God's existence, love, and care, reminds us of His goodness, and helps to shift our focus from what we don't have to what we do have

S - SUPPLICATION

Broadens our requests to include others, the most noble realm of prayer is intercession

Meet a TIC Hospitality Member

Sheila Speight

In addition to being a hospitality team member, she serves as a greeter at TIC and with her husband Zachery in the Freshwater Ministry. They have two daughters Ashley and Tracy.



"What's Cooking" Hospitality Ministry



"God is Our Resting Place

Have you come short of entering the rest of God? We are to enter into His resting place, the secret place that God has especially for you and you alone, that place where He is in charge of giving you the peace that you have been looking for so long.

The meaning of REST is **"to lie or lean on something, or to put something on something else so that its weight is supported."**

There comes a time when things must be set behind us. The world, family, friends, the phone, the washing, the job, rent, car, the television, radio or whatever distracts you from prayer and the peace that passes all understanding, needs to be put aside for a while. As children of God, we must understand that there comes a time when the THINGS of the world have no meaning

to us. That our reality is in another place, outside of time. Our Love, our reason for existing is on higher ground, Holy ground.

Christ invites all to come to him for REST to their souls. He alone gives this invitation.

Today Jesus is calling to each of us, saying: come My children, make the secret place of My presence, of My environment, of My constant keeping of you; **for he that dwelleth in the secret place of the Most High shall abide under the wings of God (Ps. 91: 1)**. When night is nigh, when money and food is scarce, when the hawk is in the air ready to pounce on us, when loneliness or desolation oppresses, let us hear the cry of God our Father, and nestle beneath His shadow.

God is prepared to keep us in all our ways.

His promise is clear in Psalms 91: 11 **"He shall give His angels charge over thee, to keep thee in all thy ways"** -- the business ways, the social ways, the ways of service into which God may lead us forth, the ways of sacrifice or suffering.

Let us simply and humbly ask for the fulfilment of the promises in this Psalm. He will answer your prayers. He will be with you in trouble. He will satisfy you with many years of life, or with living much in a short time, and He will show you the wonders of His salvation.

Do not waste today worrying about tomorrow; each day has enough trouble of its own. Why not "give your worries to God" so that you get on living the life He gave you to enjoy.

How to Convert Cooking Measures

Dry Ingredient Equivalents		
1 tablespoon	3 teaspoons	15 ml
1/8 cup or 1 fl ounce	2 tablespoons	30 ml
1/4 cup or 2 fl ounces	4 tablespoons	50 ml
1/3 cup	5-1/3 tablespoons	75 ml
1/2 cup	8 tablespoons	125 ml
2/3 cup	10-2/3 tablespoons	150 ml
3/4 cup	12 tablespoons	175 ml
1 cup 8 fl ounces	16 tablespoons	250 ml
Wet Ingredient Equivalents		
1 cup	8 fluid ounces	1/2 pint

2 cups	16 fluid ounces	1 pint
4 cups	32 fluid ounces	2 pints or 1 quart
8 cups	64 fluid ounces	4 pints or 1 gallon

A basic guide to measuring common ingredients.

Flour and Sugar Using a large spoon, lightly spoon from the container into the measuring cup. Do not shake the cup and do not pack. Using the back of a knife or flat blade spatula, level off even with the top edge of the measuring cup.

Brown Sugar This needs to be packed into the measuring cup. The sugar should retain the shape of the cup when it is

dropped into the other ingredients.

Powdered Sugar Needs to be sifted to remove small lumps. It is measured by spooning the sugar into the measuring cup, then leveling off with the back of a knife.

Liquid Ingredients Liquids need to be measured at eye level. Using the **liquid measuring cup**, pour the liquid into the cup. The liquid should be right at the mark, not above or below.

Semi-Liquid Ingredients Ingredients like sour cream, peanut butter, and yogurt are measured using **dry measuring cups** because they are too thick to be accurately measured in the liquid cups. Level off with the back of a knife.

Opening Wednesdays!



The **TIC Cafe** will be open on Wednesdays for light refreshments and beverages and on Sundays for **lunch-to-go**.

Coming Soon!

The production of "**Sweet Manna For Today**" audio CD is a collection of prayers to enhance your time and communion with GOD.

September

TIC Walk and Dance Fitness Program

Join us for faith, fitness and fun!

October

TIC's What's Cooking Academy

Three levels of study:

Guestology Prepology Cookology

Registration begins September 12th with classes starting October 7th.

New Website!

www.TICHospitality.org
CathyM@tichospitality.org

If you are interested in joining the **TIC Hospitality Team**, please contact the office **770-963-3135**.

Six Fruits and Vegetables Guaranteed to Boost Your Immune System

Natural foods that are high in Vitamins A, C, E, B-6, zinc and folic acid are beneficial in supporting the immune system, so here are six great fruits and six great vegetables that are sure to give your immune system the boost.

Kiwi

Two medium kiwi add only 90 calories to your diet but deliver a whopping 240% of the daily value for Vitamin C and 450 mg of potassium and 4 grams of dietary fiber.

Oranges

One medium-sized orange delivers 130% or the daily value for Vitamin C and 250 mg of potassium yet has only 80 calories.

Grapefruit

One-half of a grapefruit containing 100% of the daily value for Vitamin C, contains only 60 calories, and often linked with diets and weight loss.

Cantaloupe

One-fourth of a 120% of the daily value of Vitamin A with only 50 calories. It supports healthy skin and is our first line of defense against illness and infection.

Strawberries

Eight berries delivering an astonishing 160% of daily value for Vitamin C and 170 mg of potassium while only adding 50 calories to your diet.

Blueberries

High in Vitamin B, another important immune system booster.

Spinach

Naturally high antioxidants.

Broccoli

One stalk contains 220% of the

daily value of Vitamin C and 460 mg of potassium, 3 grams of dietary fiber, and 4 grams of protein and contains only 45 calories.

Carrots

Deliver 110% of the daily value for Vitamin A along with 250 mg of potassium and 2 grams of dietary fiber. It supports skin and eye health with only 30 calories.

Bell Peppers

One medium pepper contains 190% of the daily value for vitamin C, 220 mg of potassium and 2 grams of dietary fiber with only 25 calories.

Cauliflower

One-sixth of head has 100% of the daily vitamin C, 260 mg of potassium and 2 grams of fiber. Only contains only 25 calories.

Sweet Potatoes

One medium-sized potato contains 120% of the daily value for Vitamin and offers 440 mg of potassium and 2 grams of fiber.