

ON THE AIR

Sacred Music Weekends on WMFJ 1450



If you like traditional hymns, choirs, breath-taking singing, and inspirational instrumental music that speaks to your heart with a message that seems long forgotten, tune in on Saturdays and Sundays throughout the day for the best Bible teachers and the best music.

For a complete program guide go to <http://www.wjlu.org/> or give us a call at 386.756.9094.

For today's popular Christian inspirational top 40 music tune in to 89.7, 90.3, 97.3 or now in Deltona on 102.7

Sundays, 4-5pm - Bill Gaither's Homecoming Radio



THE ILLUSTRATED BIBLE

"Your father Abraham rejoiced to see My day, and he saw it and was glad."

Then the Jews said to Him, "You are not yet fifty years old, and have You seen Abraham?"

Jesus said to them, "Most assuredly, I say to you, before Abraham was, I AM."

JOHN 8: 56-58

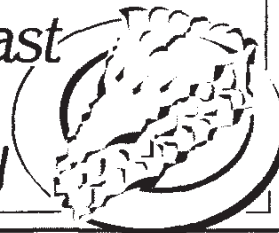


"Discussion" by Emil Nolde (1913)

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Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Hamburger Salad Sandwiches

Sometimes the best flavors come from the most unexpected combinations. Don't turn your nose up at this unusual sandwich before giving it a try.

- 1 pound extra-lean ground sirloin or turkey breast
- 1/2 cup chopped onion
- 1/4 teaspoon dried minced garlic
- 1/2 cup fat-free mayonnaise
- 1/4 cup dill pickle relish
- 2 tablespoons prepared yellow mustard
- 1/8 teaspoon black pepper
- 1 cup peeled and chopped fresh red tomatoes
- 6 lettuce leaves
- 6 small hamburger buns

1. In a large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Stir in garlic. Place skillet on a wire rack and allow to cool completely.

2. Stir in mayonnaise, pickle relish, mustard and black pepper. Add tomatoes. Mix gently to combine.

3. For each sandwich, place a lettuce leaf on bottom of a bun, spoon about 1/2 cup meat mixture over lettuce, and arrange bun top over meat mixture. Serves 6.

* Each serving equals: 225 calories, 7g fat, 16g protein, 24g carb., 545mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Vegetable, 1 Starch.

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Monthly SUDOKU

by Linda Thistle

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	7				6			4
4			7	8		3		
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS MONTH: ★★

★ Moderate ★★ Challenging ★★★ HOO BOY!

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Answer on page 18. No Peeking!