



July 
2014

Independence Day Prayer

Creator and lover of what you have created,
Open your arms to those imprisoned by sin
That they might experience the independence
You intended in the creation.

Gracious Christ, crucified and risen Christ,
Embrace those who stumble through life
That they might feel the independence from
uncertainty that you died to abolish by undying love.

Mysterious, yet ever present Holy Spirit,
Fill us with your power when we waver
That we might cling to the independence
from doubt, promised by the Lover and Savior
of all that is yours.

Eternal Trinity, holy and ever present,
We thank you for the independence
Provided in our spiritual life which makes a
celebration of national independence
A true and meaningful celebration.

In Thy Holy and Most Blessed Name,

Author: Larry Winebrenner

**There will not be a Sequela
For the month of July.**

Please mark your calendars to
attend the next Sequela
Saturday, August 9,
6:00 pm
Freedom Church
Tallahassee, FL

There are still Team Openings for the
upcoming fall weekend.

Please submit your application to:



JIM ARRINGTON • Men's rector #51
jimarrin@gmail.com



LILLIAN ARRINGTON • Women's rector #51
arringtonll@yahoo.com

Spring 2015

Men's #52 • April 9-12

Marty McClamma, Rector

Women's #52 • April 23-26

Ginny Sapp, Rector

Pescador Orientation

A Recipe of Success

As we approach another weekend of opportunity for God to show up and move mightily in the lives of the candidates, we must not overlook the preparations that ensue these wonderful weekends.

What happens at Pescador Orientation and why should I attend? Let's start out with that question; you notice we did not say "why do I have to attend? Attendance is not an essential but highly recommended, at "PO" we cover "The Essentials" of Tres Dias put in place by the founding fathers of this great organization. The essentials are much like the main ingredients of a cake recipe, try to add just a tablespoon or more baking powder to the recipe and you will most likely will not be happy with the results. Then there are the "Nonessentials" elements of the weekend (recipe) that just add, well let's say, much appreciated flavor. The bylaws and guidelines that were set in place have been proven over and over again in the test kitchen.

Please join us September 6th at 9:00 am for a great time of education and fellowship where we will share with you some of you the ingredients that make up a great weekend. And for those of you that have not attended PO in the past 2 years, it's time to come back and review the recipe. It is vital for us to not stray from the essentials and all of us could benefit from a review. A couple hours of your time is all it takes. We look forward to seeing you there.

Omer and Nannette Kenworthy
PO Couple



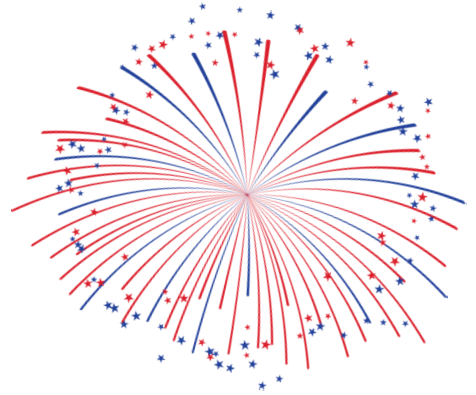
4th of July Recipes

Patriotic Taco Salad



Ingredients

1 pound ground turkey or beef
1 medium onion, chopped
1-1/2 cups water
1 can (6 ounces) tomato paste
1 envelope taco seasoning
6 cups tortilla or corn chips
4 to 5 cups shredded lettuce
9 to 10 pitted large olives, sliced lengthwise
2 cups (8 ounces) shredded cheddar cheese



2 cups cherry tomatoes, halved

Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the water, tomato paste and taco seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes.

Place chips in an ungreased 13-in x 9-in dish. Spread beef mixture evenly over the top. Cover with lettuce. For each star, arrange five olive slices together in the upper left corner. To form the stripes, add cheese and tomatoes in alternating rows. Serve immediately. Yield: 8 servings

Note: If you wish to prepare this salad in advance, omit the layer of chips and serve them with the salad.



Red and Blue Berry Lemonade Slush Recipe



Ingredients

2 cups lemon juice
1-1/2 cups fresh raspberries
1-1/2 cups fresh blueberries
1 to 1-1/4 cups sugar
3 cups cold water

Directions

In a blender, combine lemon juice, raspberries, blueberries and sugar. Cover and process until blended. Strain and discard seeds.

In a 2-1/2 qt. pitcher, combine berry mixture and water. Pour into freezer container. Cover and freeze 8 hours or overnight.

Just before serving, remove from the freezer and let stand 45 minutes or until slushy.



Local Area Summer Time Fun



Jeremy Camp in Concert

Saturday July 12, 2014 8:00 PM

Since the release of his debut album *Stay*, Jeremy Camp has had an impressive career with 25 No. 1 radio singles. Camp most recently received his 25th No. 1 single with "Overcome" from his album, *We Cry Out: The Worship Project*. General concert seating is included with a 2014 Season Pass or park admission. Reserved seats are an additional cost to park admission and are available NOW online, by phone at 229-219-7080 or at the park.

36th Tallahassee Museum Swamp Stomp Music Festival

3945 Museum Road, Tallahassee, 850-575-8684
4 pm—9 pm

Savor the summertime flavor of outdoor performances by singer-songwriters at the Tallahassee Museum's annual Swamp Stomp on Saturday.

Along with the music, you can enjoy outdoor games, close-up animal encounters, living history demonstrations, and environmental education activities.

The line-up includes contemporary acoustic, Americana, folk, bluegrass, and a special style of regional music that festival organizer Del Suggs calls saltwater music. "It's acoustic music with a sunburn," says Suggs, who made up the name to describe the north Florida music he's been playing for decades.

Like saltwater music, much of the acoustic music performed annually at the Swamp Stomp has the authentic sound and feel of Old Florida, evoking images of salt marshes, cool rivers, limestone sinks, and red clay roads. Over the years, it has by its singer-songwriter nature adopted the youthful sounds of contemporary acoustic music, rich with sincere lyrics and ripe for free-flowing jam sessions.

