

Children Can Enjoy ‘Juicing’ Too

Do you have picky eaters in your family? For children, simple recipes that incorporate some fruit are probably the best place to start.

You can start babies on a single item such as carrot or pear at about six months. Though I don’t recommend drinking very much fruit juice. I am also realistic. Young palates and those that have been accustomed to a lot of sweet drinks may never drink juice unless you make it taste really good. That’s when adding fruit to juices makes sense.

It’s still the healthiest thing you or the people you care about could drink. But remember, you can always tuck a few green leaves or a couple sprigs of parsley in a juice, and no one will know it’s there.

Try making this recipe for the pickiest palate in your family:

Fruit Punch

2 apples

1/4 honeydew melon with rind if organic

1 cup red grapes

1/2 lemon, peeled if not organic

1-inch-chunk ginger root

Cut produce to fit your juicer’s feed tube. Juice all ingredients and stir. Pour into a glass and drink as soon as possible. Serves 2.

For more information and recipes, see The Juice Lady's Big Book of Juices and Green Smoothies by Cherie Calbom. The book can be purchased at , or .

When the Torah and the Holy Spirit Mesh

Today, May 14, marks the 65th anniversary on the Gregorian calendar of Israel's Declaration of the Establishment of the State of Israel. It is also the beginning of Shavuot, also called Pentecost, in which Jews around the world celebrate as if they are standing at Sinai together. As one of my Jewish friends said, this is about "not just receiving the Torah, but accepting and embracing it."

In many ways, there is no holiday we celebrate that is more evocative of the binding connection between Jews and Christians than this. At Shavuot (Pentecost), the Jews celebrate receiving the Torah at Mount Sinai, which was literally the beginning of Judaism. For Christians, Pentecost, which we celebrate next Sunday, was literally the beginning of the church, when the Holy Spirit was outpoured and 3,000 were saved as Peter preached about the risen Christ.

My same Jewish friend pointed out that many of Israel's neighbors and other detractors "mourn Israel's rebirth as a catastrophe." However, "this intolerance is all the more reason to celebrate this joyous occasion," and this is why it is imperative that Christians and Jews stand together.

Thirty-four years ago today, I was in Jerusalem with Jamie

Buckingham when Israel celebrated its independence. I remember it was difficult to sleep due to the Israelis celebrating all night long in the streets.

We went from Jerusalem on a pilgrimage to the Sinai Peninsula, controlled in 1979 by Israel (it is now part of Egypt). There we climbed Jebel Musa, which means the Mountain of Moses. There are actually three mountains that people think might have been the original Mount Sinai, but this is the one accepted by most Protestants.

It was a moving experience to be able to climb that mountain and spend time at the top with my friends, contemplating what happened on that spot and how God revealed himself to Moses in a way that has affected all of mankind to this day.

 Steve Strang on
Mount Sinai in 1979

While in Jerusalem, we also visited “the Upper Room,” where the book of Acts says the Holy Spirit was outpoured. Our group of nine American pilgrims had a wonderful time of worship. I remember being overwhelmed with emotion as I prayed that day in my prayer language. It was from that experience on the Day of Pentecost that those of us who believe in the baptism of the Holy Spirit call ourselves Pentecostals.

I am encouraging those who call themselves Pentecostals to celebrate Pentecost Sunday next week. Billy Wilson’s ministry, called Empowered21, is taking the lead and providing materials for your church. We are also posting information about the Holy Spirit online.

As you may know, we devoted our May issue of *Charisma* to the work of the Holy Spirit. We have gotten a wonderful response, and now the printed issues are gone. So we are making that digital issue available free of charge during the month of May. You can get it by clicking [here](#). It’s a wonderful way to experience the beauty of the digital issue. You can also share

it with friends on social media.

Please leave your thoughts about Jewish independence, about the Jewish festival Shavuot (pronounced *Shuhvote*) and Pentecost Sunday. And let me know how you like our digital issue.

Steve Strang is the founder and publisher of Charisma. Follow him on Twitter at @sstrang or on Facebook (stephenestrang).

Shavuot: Celebrating the Torah and the Holy Spirit

From Tuesday evening until sundown on Wednesday, Israelis will celebrate the feast of Shavuot. Most Christians know this feast as Pentecost and some are not even aware that it is a Jewish Feast.

In this video, Israeli/American pastor Ron Cantor breaks down this holiday for us, sharing the biblical significance from both the Old and New Covenants. What do you think of these revelations? Please comment below.