

Mono Sodium Glutamate – What is it?

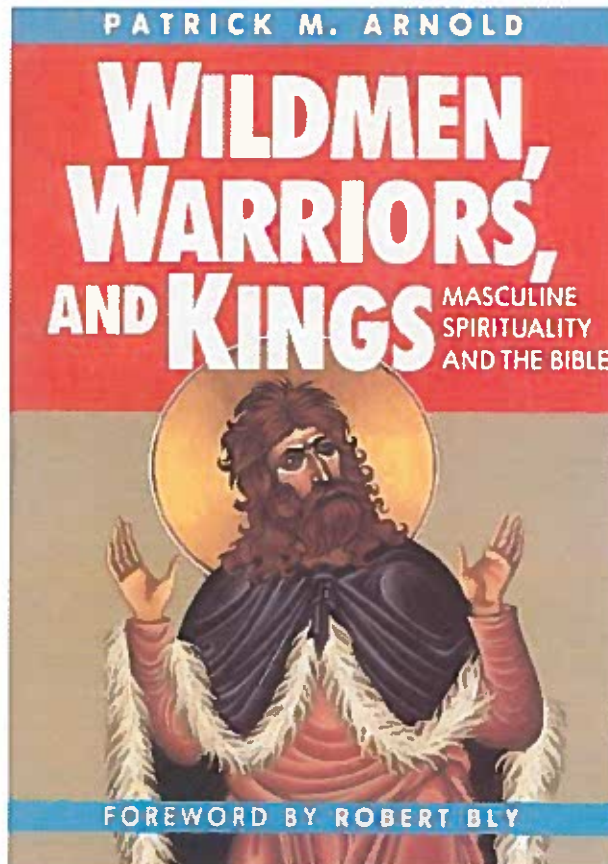
Mono Sodium Glutamate is used in the food industry as a *flavor enhancer* with an umami taste that intensifies the meaty, savory flavor of food, as naturally occurring glutamate does in foods such as stews and meat soups.

MSG also stands for

Good Shepherd's – Men's Spirituality Group.

Our MSG helps us make our lives more savory too!

We have been meeting through this past winter to discuss various books on male spirituality. This summer we are reading the book -



This book will get us into the scriptures as we look at the examples of some biblical greats such as Abraham, Moses, Solomon, Elijah and others including the Lord Jesus.