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OCTOBER 2011 - Newsletter

Dear Friends and Family,

October is such a busy time of year. We are harvesting the last few veggies and most grateful for them. We have peppers and cucumbers blooming in the greenhouse. We are going to have lettuce, onions, tomatoes also (I hope). The days are getting shorter and the nights cooler but I love the change of seasons.

Our subject this month is: Love and the Law

THE JUDGES PARDON

John Hansen faced the judge as he awaited his verdict. He had been charged with murder. The verdict came. "John Hansen has been found GUILTY of murder!" The death sentence was not long in following. There was a moment of deathly silence in the courtroom as John sought to maintain his composure. The set jaw and the changing lines on the face of this hardened criminal revealed his bitterness, hopelessness, and anger.

Most of the spectators felt a satisfaction that justice was being done and that a dangerous man would no longer be a menace to society.

There was one, however, who loved John in a special way. He had known him since he was a child and had watched him turn to a life of sin and crime. It was his brother, Howard whose heart ached. He longed to do something for his brother to help him once more. "If only he had one more chance perhaps he would change and become a productive citizen," Howard thought.

Hoping against hope, Howard decided to try the impossible. Going to the governor of the state, Howard pleaded for the life of his guilty brother.

The governor listened, but seemed unimpressed. "Howard," he asked him, "what makes you think John would change? He's been in and out so many times, what

makes you think this time would be different? How do you know he would really value his pardon? How do you know he would abide by the laws-of-the land so he can keep out of prison and avoid another death sentence? What guarantee is there that he won't endanger someone else's life?"

Howard's heart sank as he listened to the governor's objections. He knew they were valid. What could he say? In a last attempt to save his brother's life he said, "Governor, if you will write a pardon for my brother, I will take it to him and talk with him personally. I believe I can find out by talking with him whether or not there is any chance that he will change. If not, I give you my word that I will not give him the pardon."

Howard Hansen was a very influential man in that state. Because the state was indebted to him for former services and because the governor knew and trusted him the pardon was granted.

With the pardon in his coat pocket, and a note of hope in his heart, Howard went to the state penitentiary. When the two of them were together, he searched John's face intently. John turned away angrily from the penetrating gaze.

"John," Howard asked quietly, "what would you do if you received a pardon?"

John turned back quickly and faced his brother. "I know exactly what I would do!" he replied with a determined look in his eye. "The first thing I would do is to track down that judge who sentenced me and kill him. The next thing I would do is to find the chief witness and kill him."

Howard stared at him in stunned silence for a moment. He had his answer. It wasn't the one he wanted. He knew what he had to do. It was the hardest thing he ever did. Slowly he arose, turned, and walked out of the prison with the pardon still in his pocket.

The pardon was available and within his reach. John could have walked out of that prison, under grace, a free man. But the law that judged him remained unchanged. Further violation would only bring further judgment. The pardon from the governor that could have set him free from the sentence of the law did not give him permission to break the law again.

Friend, what John really needed was a new heart, a new life, a conversion experience that would have made him

a new man. He needed new motives and new desires.

God is also searching longingly for every evidence that our hearts have been changed. He will save everyone that He possibly can.

May God bless you as you seek to better understand the work that God is doing in judgment to save us.

HEALTH NUGGET – RAW HONEY AND CINNAMON

I recently ran across an article taken from the January 1995 Weekly World News, a Canadian magazine which gave a list of diseases that can be cured by honey and cinnamon and was researched by western scientists. I am including a few of them here. I plan to use some of them myself.

Note: Use real **raw unpasteurized honey**. Most PURE honey is pasteurized and the enzymes are heated out by the pasteurization. Also never heat raw honey as it also kills enzymes and nutrients in the honey.

HEART: Make paste of honey and cinnamon, apply on bread instead of jelly or jam and eat it regularly for breakfast. Reduces cholesterol in the arteries. Do this daily to prevent a heart attack or further attack if you have already had a heart attack.

Arthritis: Take twice a day, morning and night, 1 cup hot water, 2 tsp honey and 1 tsp cinnamon. If taken regularly the article says even chronic arthritis can be cured. (Research at Copenhagen University, doctors treated patients with 1 Tbsp honey and ½ tsp cinnamon before breakfast. Within a week out of 200 people 73 were totally relieved of pain, and within 4 weeks mostly all patients who could not walk or move around because arthritis started walking without pain.)

Bladder Infections: 2 Tbsp cinnamon and 1 tsp honey in a glass of warm water and drink it. It destroys germs in the bladder.

Cholesterol: 2 Tbsp of honey, 3 tsp cinnamon, 16 ounces of water. Was found to reduce the level of cholesterol in the blood by 10% within 2 hours. If taken 3 times a day chronic cholesterol is cured.

Colds: 1 Tbsp lukewarm honey with ¼ tsp cinnamon daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.

Upset Stomach: Honey taken with cinnamon cures stomachache and also clears stomach ulcers from the root.

Gas: According to studies done in India & Japan, honey taken with cinnamon relieves gas.

Immune System: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

Influenza: Scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.

Longevity: 4 tsp honey, 1 tsp cinnamon, 3 cups of water. Boil to make like tea. Drink ¼ cup, 3 to 4 times a day. Keeps skin fresh and soft and arrests old age. Life span also increases.

Pimples: 3 Tbsp honey, 1 tsp cinnamon. Make paste. Apply on pimples before sleeping and wash next morning with warm water. If done daily for 2 weeks it removes pimples from the root.

Skin Infections: For eczema, ringworm and all types of skin infections, Apply honey and cinnamon in equal parts on affected area until gone.

Cancer: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should take 1 Tbsp honey with 1 tsp cinnamon 3 times a day for 1 month.

Fatigue: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body, Senior citizens, who take honey and cinnamon in equal parts are more alert and flexible.

Dr. Milton who had done research says that ½ Tbsp honey taken in a glass of water and sprinkled with cinnamon, taken daily after brushing and in the afternoon at about 3:00 p.m. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

Weight Loss: Prepare before going to bed: ½ tsp cinnamon to 1 tsp honey, 8 oz boiling water. Pour water over cinnamon, cover and steep 30 minutes. Add honey after it has cooled. (Never add honey to hot liquid) Drink half at night, refrigerate and drink other half in morning. Don't reheat. Don't add anything else to it. (It is only effective on an empty stomach and primarily at night.) In most people inches are lost before weight loss on the scales. The cinnamon and honey cause a cleansing effect in the digestive tract and cleans out parasites and other fungus and bacteria that slow down the digestion...causing a toxic build up. (Lowers ph) Once this is all cleaned out then you will most likely have the weight loss slow down. If side effects caused from the cleansing occur because of toxins released, just cut back on amount used or take a break.

FROM KATIE'S COOKBOOKS

PECAN LOAF

(100% Vegetarian/Julianne Pickle) Can use as Loaf, Patties, or Meat balls 6-8 servings

2 cup cooked brown rice
4 cups soft whole wheat bread crumbs (blend 2 slices whole wheat bread in blender, pulse blend until crumbs are obtained.)
1 cup pecans or walnuts, chopped fine (or use meal)

Combine the rice, bread crumbs and nuts in a bowl, mixing well and set aside.

Blend until smooth:

1 ½ cups water
1 medium onion, coarsely chopped
2/3 cup whole wheat flour
1 tsp sweet basil
1 tsp salt

Pour blender mix into bowl of dried ingredients and mix well. Place in oiled loaf pan, 8x8 baking dish, or cookie sheet. Depending on if you want a loaf, patties or meatballs. Bake 350° 1 hour for the loaf, 45 minutes for patties or 40 minutes for meatballs. Can serve for Holiday Loaf topped with gravy or tomato sauce. Can serve as sandwich with lettuce, tomato, onion, alfalfa sprouts, sliced avocado etc. Can serve as meatballs with spaghetti, etc.

Remember God loves you and so do we!

Katie and Rodney

