

Cleaver of Truth newsletter for the month of February 2010

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Dear Family, Friends, and Acquaintances,

For over a year Rodney and I have been involved in an outreach program for the folks in the two counties that are nearest to us. As a result we have generated several bible studies.

We are starting this newsletter to let family, friends and acquaintances keep up with what we are doing. We love people and want to be a blessing when we can.

At first our letters will be simple but can be enlarged as time progresses to cover more subjects. We will use poems, recipes, news articles, sermons and things of interest that we hope will inspire you.

Last month was cold and snowy in this area where we live. But I must say the snow has been beautiful at times and I enjoyed it. Now we are in February. Not much has been going on with us but it has given us time to concentrate on preparing this first newsletter.

I know that all of us have, at one time or another, experienced the death of a family member. Just recently I lost another family member. This is painful each time it happens. Each time death occurs we begin to think "just what is death and what happens to us when we die?" A lot of questions arise in our minds. But

thank the Lord we don't have to be left without an answer. The Bible is not silent on the subject of death. Jesus had a lot to say about it also. In our Newsletters we will be talking about this and other subjects over the next few months.

In studying all of these important subjects we want to use the principle outlined in Isaiah 28: 9, 10. Whom shall he teach knowledge? And whom shall he make to understand doctrine? Them that are weaned from the milk, and drawn from the breast (they are not babies anymore), for precept must be upon precept, precept must be upon precept; line upon line, line upon line; here a little, there a little: (This means we must take everything the bible says on a subject before we arrive at a conclusion). We want to cover a different topic each month and show what the BIBLE SAYS about it.

The topic we will be covering this month will be on THE PRE-EXISTENCE OF CHRIST.

We are being so blessed by doing this newsletter. We hope you will receive a blessing from reading it and learn more about Christ and His love for us.

If you would like to suggest a topic for us to cover, or if you have any favorite poems that mean a lot to you spiritually, or any other material you would like to share, please send it to us and we will consider it for publishing in a future Newsletter.

I KNOW SOMETHING GOOD ABOUT YOU

Wouldn't this world be better,
If the folks you meet would say,
"I know something good about you!
And treat you just that way?"

Wouldn't it be fine and dandy
If each handclasp, fond and true,
Carried with it this assurance,
"I know something good about you!"

Wouldn't life be lots more happy,
If the good that's in us all
Was the only thing about us,
That folks bothered to recall?

Wouldn't life be lots more happy,
If we praised the good we see?
For there's such a lot of goodness
In the worst of you and me!

Wouldn't it be nice to practice,
That fine way of thinking too!
You know something good about me,
I know something good about you!

FROM KATIE'S COOK BOOKS

HUMMUS

2 cups cooked or 1 can garbanzos (chick peas)
drained. (Save Juice)
5 Tbs lemon juice
1 tsp. sea salt (or to taste)
½ c. tahini (ground sesame seeds) You can
usually find at some Walmart stores in the
peanut butter section or health food stores)
1/3 to ½ c. garbanzo juice or water
1-1/4 tsp. onion powder
1 tsp. garlic powder

Blend all ingredients one or two minutes in a
blender on high until creamy. This is so easy to
make! This is very good as a spread for
sandwiches. You can make sandwiches with a
slice of tomato, onion or whatever else you
want. Yield 2 ½ cups

HEALTH NUGGET

One of the 8 health rules is that we need to
drink water. Our body is about 70% water and
we should drink at least 8 glasses a day, or take
your weight and divide it in half and that is how
many ounces of water we should have a day.
Not enough water can make us dehydrated and
this can cause a multitude of health problems
for us. **SO DRINK YOUR WATER!**

I hope you have enjoyed our newsletter as
much as we have in putting it together.

REMEMBER God loves you and we do too!

Rodney and Katie Armstrong

