

Cleaver of Truth Ministry
356 Township Road 1229
Practowille, Ohio 45669
Ph: (740) 886-1673
truthlinks1@hotmail.com
www.cleaveroftruthministry.org



April 2012 - Newsletter

Dear Friends and Family,

I thank God for another year of life and another spring! It is so good to be rid of winter. However, winter really wasn't too bad this year. We did not have much snow but the wind was fierce! Thank God for His protection.

Our subject this month is: The Plan

ALMOST NOTHING TO EAT (A story of how God performed a miracle for a family in Cuba)

It was the last week of the month. As I was getting ready to prepare our Sabbath meal, I stood in front of my pantry, looking at the empty shelves. What can I do? I thought. The small ration that the Communist government of Cuba allowed per family per month was gone. Only two cups of rice and a small bit of oil and part of a loaf of bread were left.

From my summer garden I had a green plantain (a banana that you cook), two tomatoes, and a small head of lettuce. That was all the food I had to feed my family for Friday night, Sabbath, and Sunday. Because the first day of the next month was on Monday. I could not go to the store to buy more food until then. My little family of three – my husband, Hugo, our daughter, Lena, and me – there was not enough food. We usually had visitors come to our house for Sabbath dinner, “But not this Sabbath!” I thought.

I put rice to cook in a little pot. With one of the tomatoes I made a little salsa and cooked six small vegetarian “meatballs” made out of the single plantain. There it was – all of our food for

two days! When Hugo arrived home that afternoon, I explained our food situation to him.

“Please don't invite anyone home for dinner tomorrow”, I asked. He understood.

When I heard our doorbell ring a little later and went to see who was at the door, I heard the voice of a young man who had come from a distant city.

We knew he was interested in one of the young ladies in our church, so we had told him that whenever he wanted to visit our church, he was welcome to stay in our home. “But why today?” I thought. The fact was, though, that he was there; and I knew that we would have to share what little food we had with him.

While the young man took a shower, I quickly prepared a glass of water with sugar and a slice of bread for each member of my family. That was our supper. When our visitor came out of the bathroom, I served him a little rice, two of the plantain balls, and one leaf of lettuce made into a salad. “We have already had our supper because we have to go to the church for the Youth Meeting,” I explained to him.

When we arrived at the church that evening, I learned that the girl our friend had come to visit was out of town. “Oh no!” I thought, “Now we will have to feed him lunch tomorrow!”

My husband gave me the solution the next morning. “Let's tell him that we are fasting today so you can then give the food to him and Lena.” I agreed.

While sitting in church that morning, I noticed a man from a neighboring church attending with his young son. He had to bring his older son to a nearby hospital and decided to stay at our church for the church service. My thought was, “Two more for lunch today!”

Later in the morning, Hugo whispered to me, “There is a couple visiting from Havana. When I was in the Seminary, I was assigned to the church where they are members. Many times they had me to their home for Sabbath dinner. We have to take them home.”

My immediate reaction was desperation, but in a flash, Bible stories passed through my mind: the manna in the wilderness, the oil and flour of the widow, the little boy's lunch that the Lord used to feed thousands. “Jesus Christ is the same yesterday, and today, and forever.” (Hebrews 13:8) I remembered, trusting only the Lord, my Provider, I answered my husband with a confi-

dent, "Sure, invite them home. The Lord will provide."

When we arrived home after church, the visiting lady graciously offered her help in the kitchen. "You're on vacation," I said. "It's time for you to rest. I will take care of everything in no time!"

Going to my kitchen, I knelt in front of the stove on which sat those two little pots with almost no food in them. I told my Lord and Provider, "Lord, here are my fishes and my loaves. It is all I have, and You have asked me to feed these people as You asked Your disciples to do that day long ago. I give you what I have. You do the rest."

While the rice and the plantain balls were warming on the stove, I took the small head of lettuce and the tomato which I had saved for the salad.

Walking over to my china cabinet, I reached in to take out a small salad bowl, but it was as if the Lord was talking to me. "Where is your faith? Haven't you asked Me to multiply your food? You need a larger bowl – enough for all the people and some leftover."

"Forgive me Lord," I said, taking out the largest bowl I had. As I took off leaves of lettuce, washed them, and cut them into my salad bowl, I did not see the leaves multiplying; but it seemed that the head of lettuce was always the same size, and more and more leaves were coming off. When I finally got to the last leaf, the bowl was completely full. Then I began to cut the tomato, and it remained the same size until I had enough to combine with the lettuce into a nice tossed salad.

The same thing happened with the small piece of bread! Always I was able to cut another slice until I had filled a basket. By now my faith was very strong, so I took out a big serving dish for the rice. I had to laugh when I saw that big dish beside the small pot, but I knew what the Lord was doing. I began scooping the rice into the serving dish, and always, the same amount was left in the pot until the dish was completely full, and there was still the same amount of rice left in the pot!

"Lord," I said, "You are providing not only for these people today, but You are providing also for us tomorrow, aren't You?" I could imagine a smile on His lovely face while He was nodding to me.

Then came the plantain balls. When I turned on the stove to warm the food, I saw that there were only four plantain balls left. Now, I had a big bowl in my hand, and I smiled, in spite of myself. When I took the pot lid off, the pot was full of plantain balls? I filled the big bowl full, and there were still enough balls left in the pot for the next day!

When I was ready, I went into the living room. To my husband, I said, "Honey, I know you were planning to fast today, but since we have these beloved brethren with us, why don't you join us for dinner? You can fast at any other time, if you want."

Hugo looked at me as if to say, "Are you out of your mind?"

As our visitors went into the bathroom to wash their hands, I led my husband to the dining room table. He could not believe his eyes, and two big tears rolled down his cheeks while he whispered, "Thank you Lord!"

That Sabbath dinner was the best dinner of our lives. Though a very simple meal, it was provided directly from the Lord. Yes, my friends, "My God shall supply all your need according to his riches in glory by Christ Jesus." (Philippians 4:19).

The only limit to what God can do is my lack of faith because He is the same yesterday, and today, and forever. Jesus Christ is the same yesterday, today, and forever.

(Thanks to Nell Knowles for submitting this story.)

You know friends, I really believe that one day we may find ourselves in a situation much like the people in this story. When, or if that happens to us, we will have to depend on God for everything. He has promised to take care of all our needs. However, we must have a relationship with Him and faith that He will do what He has promised to do for us.

This is why Rodney and I try to stress how important it is for us to give our hearts completely to the Lord and develop a loving relationship with Him NOW.

Many may say we are trying to 'cram religion down their throats.' This is not our intent; we just want everyone to accept the precious gift of salvation from our Lord who offers it to everyone. He doesn't want any of his children to be lost.

There is NO sin too great for Jesus to forgive. There is only one thing which will cause us to be lost and that is repeatedly turning away the Holy Spirit when He calls us. If in the end we are finally lost it will be our own fault and the result of our own choices.

WHAT ABOUT BOB?

We would like to give tribute to BOB DA SILVA who has been a real friend of this ministry.

Bob keeps our computers working, helping to make this ministry possible. He is a great guy!

If you need a laptop computer at a fantastic price call him. He can help you. You can contact him at Bob's Toshiba Place, 5009 60th Street Woodside, NY 11377. Or you can call him at (718)458-4063.

Congratulations ANGELA CURTIS! Angela lives in Pulaski, Tenn. With her husband Steve. Angela has completed the Basic Bible Study Course and is now working on the Highlights of Daniel and Revelation Course. Angela has done a great job in her studies. We appreciate you Angela. Keep up the good work! We love you. God bless you.

ALMA LOVEJOY'S DONE IT AGAIN! Alma is around 87 years young. She lives in Fort Pierce, Fl and she has completed three studies and is now working on her fourth! Bless you Alma, we are proud of you!! I know God is too.

ANGEL WOODRUM lives in West Madison, WV. She has completed three studies and is now working on her fourth one. You're doing great work. We are proud of you. God bless you. We love you.

DEBBIE HUFFMAN lives in Milton, WV. She has just completed the Basic Bible Lessons and is on the Highlights of Daniel and Revelations. Debbie you have done a great job. We love you. God bless you.

DONNA DILLON, LIVES IN Culloden, WV. She is finishing up her Basic Lessons and starting on the Highlights of Daniel and Revelations Lessons. Donna has also done an excellent job on her lessons. Thanks to you for all the encouragement and prayers. What a blessing you are! We love you. God bless you.

We are so proud of all our bible students and appreciate the effort that is being made to study into the greatest book that has ever been written... The Bible. I know God is pleased with our taking time out of our busy schedule and spending time in His Word. May God bless each of you.

We also want to thank our Newsletter readers for sending us information, stories, poems, prayers, etc. We haven't been able to use all of them yet but when we can we will. We appreciate all of you. God bless!

The devil didn't want us to put out a newsletter this month. He tried all his wiley tricks to discourage us. We were assaulted with all kinds of problems. But we praise the Lord who is stronger than the devil and we are getting it out on time! Thanks to God.

WHEN JESUS COMES BACK

One great day we will look upward and see our Saviour coming.

This will be a great day for the ones who choose to serve Jesus.

This will be the first day of eternity that we will spend in Heaven and with our Savior.

It will be a sad day for the lost, for God had warned of His coming and they just let it pass by.

But on this day they will be wanting the mercy of God and He will tell them to, "depart for I do not know you."

My friend, you do not want to hear those words that will seal your eternity.

The words you want to hear are "Welcome in, you who have been faithful over a few things, I will make you ruler over many."

Think about your life and think about Jesus coming and ask yourself: "What do you want to hear?"

"Welcome in" or "depart"

My answer is "welcome in."

I love the Lord and can't wait for His return so I can spend eternity in Heaven and rejoice forever

So lets get ready for that great day when Jesus comes back and takes us home for eternity. Amen

(submitted by Pauletta Taylor 11-28-11)

HEALTH NUGGET

HEALTH REPORT SAYS SUGAR NEEDS ITS OWN SCARY WARNING LABELS

Capping off a week of mind-bending health news, a "60 Minutes" report airing on April 1 sets its sights on the toxicity of sugar. "60 Minutes" is reporting that sugar is no better than high-fructose corn syrup, contributing to heart disease, diabetes and even helping cancer tumors grow due to increased insulin production. Dr. Robert Lustig calls it a "public health crisis" and suggests that sugar should be regulated and include warning labels similar to those used for tobacco and alcohol.

We have heard so much about the evils of sugar in recent years. We know that most of the artificial sweeteners are bad for us also, so what do we do for the sweetener we need in some of our favorite recipes? There are some out there that are not harmful to us.

STEVIA is the world's only natural sweetener with zero calories, zero carbohydrates and zero glycemic index. Harvested from a plant in the daisy family, stevia provides a truly delicious and healthy alternative to sugar or chemical sweeteners. The sweet part of the stevia herb is extracted and converted into an intensely sweet

powder. This sweet powder is then blended with other all-natural ingredients to create the delicious and healthy sweetener.

Native people in Paraguay and other parts of South America have used stevia safely for centuries. More recently stevia gained popularity as a sweetener for coffees and teas, but it can sweeten just about anything you like. Because it works so well in cooking and baking, you can easily substitute stevia for sugar in just about any recipe. Since stevia has zero calories, zero carbohydrates and zero glycemic index, it is perfect for individuals who cannot or would not like to have their blood glucose levels fluctuate at rapid levels. This includes those with diabetes, hypo/hyperglycemia and anyone looking to maintain a healthy lifestyle. The glycemic index, or GI, measures how fast a food will raise your blood glucose level. Choosing foods that produce zero fluctuations in blood glucose is an important component for long-term health and reducing your risk of heart disease and diabetes. By helping you reduce your calorie intake and glycemic index, stevia can be a significant contributor to any healthy weight loss plan.

Nutrition science supports this naturally sweet treat as a component of a healthy diet. The safety of stevia is well documented in over [200 published scientific studies](#). The herbal sweetener has been used for centuries in South America and is gradually finding its way into the homes of millions around the world. Stevia leaves contain numerous all natural nutrients that help regulate blood sugar, including chromium, magnesium, manganese, potassium, selenium, zinc, and vitamin B3 (niacin).

Stevia is found in consumer products across the world, particularly Japan, China and South America. Drinks, candies and gum sweetened with stevia are produced by most major food companies in Japan. In the United States you can find stevia in dietary supplement items, protein drinks, energy bars and a wide range of teas.

STEVIA CONVERSION TABLE

Sugar Amount	Equivalent Stevia Powder	Equivalent Stevia Liquid
1 cup	1 tsp	1 tsp
1 Tbsp	¼ tsp	6 to 9 drops
1 tsp	A pinch to 1/16 tsp	2 to 4 drops

AGAVE NECTAR

While agave (pronounced ah-gah-vay) is best recognized as the plant from which tequila is made, it has also been used for thousands of years as an ingredient in food. The nectar made from this plant is known in Mexico as aguamiel, or “honey water.”

The Aztecs prized the agave as a gift from the gods and used the liquid from its core to flavor foods and drinks. Now, due to increasing awareness of agave nectar’s many beneficial properties, it is becoming the preferred sweetener of health conscious consumers, doctors, and natural foods cooks alike.

Agave nectar (sometimes called agave syrup) is most often produced from the Blue Agaves that thrive in the volcanic soils of Southern Mexico. Agaves are large, spikey plants that resemble cactus or yuccas in both form and habitat, but they are actually succulents similar to the familiar Aloe Vera.

Due to the Blue Agave’s high carbohydrate content (which results in a high percentage of fructose in the final nectar), Blue Agave is the preferred species for producing nectar.

When the agave has grown to 7 – 10 years old, the leaves of the plant are cut off, revealing the core of the plant (called the ‘pina’) When harvested, the pina resembles a giant pineapple and can weigh as much a 50 to 150 pounds.

To make the agave nectar, sap is extracted from the pina, filtered, and heated at a low temperature, which breaks down the carbohydrates into sugars. Lighter and darker varieties of agave nectar are made from the same plants. Because of the low temperatures used in processing many varieties (under 118⁰ F) raw foods enthusiasts generally regard agave nectar as a raw food.

The taste of agave nectar is comparable, though not identical to honey. Many people who do not like the taste of honey find agave a more palatable choice. It doesn’t have the aftertaste associated with artificial sweeteners. The lighter syrups are more mildly flavored. The darker syrups are a stronger flavor sometimes compared to maple syrup. (Excerpts from Times of Refreshing Wellness Ministries)

Remember God loves you and so do we!

Rodney and Katie

CONTRAILS AND CHEMTRAILS

Do you know the difference between a contrail and a chemtrail?

A **contrail** is the emissions of water vapor which trail behind the airplanes we see crossing our sky. These contrails dissipate in a matter of a few seconds or so. As far as we know, they pose no threat to humans or the animal life on our planet.

A **chemtrail** is the cloud-like formations that follow airplanes in our atmosphere that do not dissipate in a few seconds but on the contrary, can linger in the sky for long periods of time; unless there is a lot of strong wind in the upper atmosphere. These chemtrails are dramatically different than the normal airplane emissions.

Much research has been done on these chemtrails and they are found to consist of: aerosols, salts, **fungi**, heavy metals such as aluminum, barium, titanium, magnesium.

These poisons have been sprayed into the air by jets since 1999.

In 2004 during an interview with Dr. Gwen Scott who practices Natural Medicine in New Mexico; she states that the rural area where she lives, used to have beautiful clear skies and was a healthy place to live. Now there has been a drastic change since 1999. Now her sky is pale blue and white. You don't see the beautiful azure blue any more.

She further said she is seeing a dramatic increase of cases of respiratory illness from the fungi and heavy metals. The **fungi** is showing up in peoples bloodstreams and it drastically compromises the body's immune system by consuming those nutrients which the immune system uses to repair and rebuild. She said that there has been a great increase of colds, sinus, flues, cancers, and especially the respiratory diseases. (The doctor indicated that garlic kills fungi)

The aluminum can cross the blood/brain barrier to cause short term memory loss and have been in the brains of those who have died of Alzheimer's disease.

(She said essential fatty acids, flax seed oil, primrose oil or krill oil can help get the aluminum out of the system. It chases it out through your hair.)

Barium causes cancer and knocks potassium out of the system. Loss of potassium causes muscle weakness and heart palpitations. (Bananas contain potassium.)

Titanium and magnesium, combined with aluminum in our system, causes blood clots. (The doctor suggested ginger root and ginkgo biloba) (For heavy metals you can get bentonite powder at health food stores which helps remove heavy metals from your system. She also mentioned colloidal silver nasal spray and other natural remedies.) The doctor spoke about natural remedies to help counteract the aerosols but stressed this – “You've got to especially pay attention to the food that you're eating and the water you are drinking.

Are you wondering who is responsible for this deliberate poisoning of the American people? Who is it that has the financial ability to send up all these jets with their deadly load of chemicals to dump on to unsuspecting people all over the world? What is the purpose for this? Who benefits the most for the demise of large groups of people?

The Ruling Elite's Agenda for Global Population Reduction!

Few people seem to realize this. Most cannot accept that there is a Illuminati Satanic ruling elite that wants to bring global population down massively.

The World's Elite Are Discussing Population Reduction

As was [reported only last month by the London Times](#), a “secret billionaire club” meeting in early May which took place in New York and was attended by David Rockefeller, Ted Turner, Bill Gates and others was focused around “how their wealth could be used to slow the growth of the world's population”.

“And the nations were angry, and thy wrath is come, and the time of the dead, that they should be judged, and that thou shouldest give reward unto thy servants the prophets, and to the saints, and them that fear thy name, small and great; and shouldest destroy them which destroy the earth.
Revelation 11:18

Bats and Bees

More than 5 Million Bats Dead From White-Nose Syndrome

By **Bryan Walsh** | [@bryanrwalsh](#) | January 18, 2012 | 4

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JOHN MACGREGOR / GETTY IMAGES

Bats in the Northeastern U.S. are dying by the millions of white-nose fungus.

An animal apocalypse is happening right beneath our noses in the Northeast. **Since 2006**, bats throughout New York, Pennsylvania, Vermont, New Jersey, Indiana and other states have been infected with a deadly white-nose fungus that has decimated animal populations. But because it is hard to track bat numbers—and because the disease causes afflicted bats to act strangely, often flying far from their nests where they may never be found—it's been difficult to pin down just how severe the disease has become.

A **new estimate released yesterday** by the U.S. Fish and Wildlife Service (FWS), however, suggests that the toll is far worse than wildlife biologists believed. Between 5.7 million and 6.7 million bats are estimated to have died from white-nose fungus—five to six times more than a previous count done in 2009. Unless the bats can adapt to the fungus—or a treatment can be found—there is a real change that many bat species could be virtually wiped out in the Northeast, with serious consequences for the ecology of the region.

Mylea Bayless of the wildlife group Bat Conservation International laid out the consequences of the disease to Darryl Fears *of the Washington Post*:

Wildlife: Where Have All the Bumble Bees Gone?

By **Bryan Walsh** | [@bryanrwalsh](#) | January 3, 2011 | 2
inShare40



Scientists call it (OK, not **scientifically that**.) In hives of honey overnight for the **Beepocalypse**, tists, but I **like to** late 2006, whole bees began dying reasons that are still unclear. Scientists called it **colony-collapse disorder** (CCD), and it's as scary as it is mysterious. Adult bees simply leave the hive, ostensibly in search of pollen, only to die somewhere in the open. Reported death rates in bee colonies in the U.S. were 29% in 2009 and rose to 34% in 2010. (Data from the Department of Agriculture's CCD Progress Report—download a PDF [here](#).) It's still unclear what's behind CCD—**recent studies have suggested** that it might be due to a combination of viral and fungal infections—but there's no doubt about the impact that sustained bee loss would have on the agricultural sector. About 130 crops in the U.S.—**worth some \$15 billion a year**—depend on pollination from the honeybee alone in the U.S., and it's scary to think what might happen to the world food supply if CCD can't be curbed.

Get ready for more bad news—it's not just the honeybees that are disappearing. North American bumble bees have been steadily dwindling, vanishing from their long-established habitat. Bumble bees aren't as well-known as honeybees, but they're important pollinators as well, especially for tomatoes and berries. While there have been anecdotal reports from beekeepers and other observers about population declines for bumblebees, however there hasn't been the same concerted effort to track bumble bees. But a new paper published in the January 3 *Proceedings of the National Academy of Sciences* (PNAS) contains the results of a multiyear study of bumble bee populations, and the numbers are sobering. According to the study, written by a team of scientists including entomologist Sydney Cameron of the University of Illinois, the relative abundance of four species of bumble bees over the past few decades has dropped by more than 90%—and those disappearing species are also suffering from low genetic diversity, which makes them that much more susceptible to disease or any other environmental pressures

Indeed, while studies like this one can help us get a grip on the problem of declining species, it's still not clear what's causing it—which makes the vanishing that much more eerie. On a day when authorities are trying to figure out why **thousands of birds fell from the sky** and **thousands of fish died in the rivers** in Arkansas, the bee study is a reminder of all the ways we may be impacting the natural world for the worse—without even knowing it. *Time Magazine*

