

FEBRUARY 2015 NEWSLETTER



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*God is our refuge and strength, a
very present help in trouble.
Psalm 46:1*

Dear Friends and Family,

This month marks the fifth anniversary of the Cleaver of Truth Ministry's News Letter. It is so hard to believe that five years have passed since our first newsletter! When I look at our first copy which we sent out in February 2010 I see a lot of changes have been made. I hope it will continue to grow and be a blessing to everyone who receives it.

Rodney and I wish to thank all of you that have submitted articles and other things of interest for the News Letters. We thank all of you who have participated in our Bible contests. So many of you have been a source of encouragement to us!

We thank our good friend in New York, Bob DaSilva, who has helped us so much by keeping our computers in working order.

Many times we have been discouraged by breakdowns of our printers and/or computers, but thanks to our Lord everything has worked out. We have only missed printing a newsletter two months during the time we were moving from W. V to GA. In fact this past month we had a printer die on us but we were able to buy a new one.

We believe that what we do for the Lord should be done through sacrifice so we never ask for donations; however, occasionally we have had someone give us a donation which has been gratefully received. We feel God has really blessed us as we are trying to spread His Word far and near. He is such a wonderful God! He takes good care of us!

Our Message for this month is: NO NEED TO BE IN NEED

CAN WE AGREE?

(By Paul Wood, Pres CEO Georgia Electric Membership Corporation)

I recently visited National Museum of American History in Washington, D.C. to view the new exhibits and to make sure they hadn't moved the Southern Railway locomotive from its honored place in the basement, where it's been since the early 60's.

I love vintage trains, so the sight of that grand old engine with its green and gold livery took my breath away. Number 1401 pulled passenger trains most of its life, but entered the history books when it was chosen to haul President Franklin D. Roosevelt's funeral train from Warm Springs to Washington in April 1945. Not every big engine enjoys such a noble history. Regrettably, many have been associated with rail disasters; one in particular came to mind as I stood gazing up at the iron giant;

The story starts with two steam locomotives pulling a freight train from Salerno, Italy, to a rural area south of the city in the spring of 1944. World War II was raging across Europe.

The train pulled out of Salerno at 1 a.m. It was supposed to pass through two long tunnels in the Apennine Mountains, a run it

had made many times without incident. This night would be different.

Normally, freight trains do not carry passengers, but, in the midst of the war, passengers often hitched a free ride on any convenient train passing through. At every stop along the route that night the train picked up more passengers until it carried several hundred illegal riders. Many crammed onto open flatbed cars. None suspected they would never see the dawn.

As the train began its ascent up the mountain through the first tunnel, it slowed gradually as its huge wheels began to lose traction. It might have been the extra weight it was hauling--no one was ever sure--but it stopped in the middle of the tunnel and refused to move another inch.

While the two engines idled, the engineers got off and began arguing over how to get the train moving. One wanted to load more coal into the boilers and try to make it up the grade; the other argued to back the train down the slope, kick the free-loading passengers off and try again. They climbed back in their respective cabs, believing they had agreed on the best way to proceed.

Sadly, they had not.

Both engineers died that night from carbon monoxide poisoning because the tunnel had no way to vent the poisonous gas into the atmosphere. More than 500 passengers died as well.

The engineers were found slumped over the controls of their respective locomotives, one with the gears locked in *forward*, the other with gears locked in *reverse*.

If they had worked together instead of at opposite purposes, the disaster might have

been avoided. That night the engineers needed clear heads, but most of all, they needed to agree to work together for the benefit of all. Because they couldn't agree, all were lost.

HEALTH NUGGET

GOOD vs. BAD BACTERIA— WHAT'S THE DIFFERENCE?

(More than 100 trillion bugs—from 500 different species—live in your digestive system)

You might think of bacteria as harmful germs to avoid at all costs. But while some of these single-celled organisms cause diseases, others live peacefully inside your body. In fact, the bacteria inside you outnumber your own cells by 10 to one.

Most of these beneficial bacteria live in your digestive system. There they have many jobs, including breaking down food. And it is believed that balancing these bacteria could improve not only digestion but also overall health.

LENDING A HELPING HAND

Humans and intestinal bacteria have a friendly relationship. In exchange for room and board, bugs in your stomach and intestines pitch in by:

1. Producing enzymes you need to digest food.
2. Maintaining the right level of acidity. This way, food breaks down—but your own tissues stay healthy.
3. Turning food into nutrients you wouldn't get otherwise. This includes Vitamin K, important for blood clotting.

4. Protecting the lining of your intestines. The harmful germs in your food can't escape and make you sick.
5. Working with your immune system to control allergies and fight disease.

BACTERIAL SHIFTS MAY BE TO BLAME

Each person has a bacterial blend as unique as a fingerprint.

Changes to this delicate balance (such as too much bad bacteria or too little of the good type) may result in a wide range of health problems. For instance:

1. You may develop digestive problems, such as diarrhea, constipation, or ulcers. Inflammatory bowel disease (a term that includes Crohn's disease and colitis) can occur when your immune system mistakenly attacks beneficial bacteria or your own gut tissue.
2. You can develop chronic inflammation. This happens when your body's normal chemical reaction to illness and injury lingers. Over time, inflammation increases your risk for heart disease, kidney disease, and diabetes.
3. Your risk for colorectal, gastric and some other cancers may increase.
4. You may be prone to anxiety and depression.

GET YOUR GUT IN BALANCE

Some factors lie beyond your control. Genetics may play a role. Your gender and perhaps your ethnic group matter too. But choices you make in your daily life, such as diet and medication use, can also influence your digestive system.

You can boost your digestive health by:

1. Eating a healthy diet. Eat more fruits, vegetables, and fiber and less fat and sugar to improve digestion and take in the nutrients you need.
2. Maintaining a healthy weight. It is not clear whether extra pounds cause—or result from—imbalances in gut bacteria. But staying at a healthy weight has many health benefits and can reduce digestive problems, including acid reflux.
3. Using antibiotics wisely. In some cases, your doctor may prescribe them for digestive conditions. Always take them as directed. But taking antibiotics for other illnesses can accidentally kill good bacteria too, and their side effects include diarrhea and other stomach issues. Don't demand antibiotics for viral infections, such as colds and flu. And never take someone else's prescription.
4. Asking about probiotics. Microorganisms similar to natural gut bacteria come in pill form or in foods like yogurt. Some studies suggest they help relieve diarrhea, irritable bowel syndrome, and other conditions. Consult your doctor before taking probiotics. He or she will make sure you take the right type and dose.

HIGHLIGHTS FROM THE HISTORY OF PROTESTANTISM

(The Waldenses continued from last month)

Another party of 700 Papal soldiers was sent on a remote expedition to traverse the Waldensian territory and then meet up with the main force. When they reached the summit of a pass they looked down on the

Valley of Prali. They saw peasants at work in meadows and cornfields, and children at play. The assassins rushed down on the plain, but instead of fleeing as expected, the men of Prali stood to their defense! The papal soldiers fell, and every man of them was cut down with the exception of one who was sent back to carry the tidings to those from whom he had come.

In another instance, an expedition was sent into the narrow gorge leading to the Pra del Tor, a meadow shut in by lofty mountains. Here the Lord delivered His people by sending a white cloud, no bigger than a man's hand, that grew rapidly bigger and blacker and descended down the mountain into the chasm in which was the Papal army, filling it from top to bottom with thick black fog! The Waldenses took this as an interposition of God in their behalf and sent great stones and rocks thundering into the ravine, crushing the Papal soldiers. The army was ultimately repulsed and routed.

While the Reformation was taking hold in Europe, the papacy continued to assail the Waldenses. In a Great Campaign of Extermination in 1561, Count La Trinita brought an army into their valleys. He divided his army into three corps and advanced. While the soldiers marched to attack them, the Waldenses were engaged in their morning devotions. Six brave Waldensian youth strode down the valley to stop the way against La Trinita's forces. They were six against an army! But immovable as their own Alps, they not only checked the advance of the host, but drove it back in a panic-stricken mass. The Piedmontese were victorious against all three armies sent

out at this time to annihilate them. (six against three armies! Surely it was God that intervened for them!)

La Trinita waged a total of four campaigns against the Waldenses. Once again, in the fourth campaign, just as the peasants were ending their united worship in the Pra del Tor, they heard the sounds of La Trinita's soldiers in the gorge leading to their valley. Again, it was six brave mountaineers that rushed to defend the gateway to their valley. The long file of La Trinita's soldiers was seen advancing two abreast, their helmets and cuirasses glittering in the light. The six Vaudois made their arrangements, and calmly waited till the enemy was near. The first two Vaudois, holding loaded muskets, knelt down. The second two stood erect, ready to fire over the heads of the first two. The third two undertook the loading of the weapons as they were discharged. The invaders came on. As the first two of the enemy turned the rock, they were shot down by the two foremost Vaudois. The next two of the attacking force fell in like manner by the shot of the Vaudois in the rear. The third rank of the enemy presented themselves only to be laid by the side of their comrades. In a few minutes a little heap of dead bodies locked the pass, rendering impossible the advance of the enemy into the chasm. The Waldenses sent rocks rolling down into the gorge; panic set in, and the invaders were trampled or fell over the precipice and were dashed on the rocks or drowned in the current below.

The Great Massacre, under Rome's auspices of the "Council of the Propagation of the Faith" in 1655 took place under the Marquis de Pianezza leading an army of

15,000. The Waldenses fled from the town of La Torre into the mountains. They were victorious in minor skirmishes, and soon Pianeza turned to a different weapon—negotiating for peace! Pianeza received the Waldensian delegates graciously and expressed regret for the actions of his soldiers, which had been done (he said) contrary to orders. He protested that he had come into their valleys only to track a few fugitives, and that if they would each admit a single regiment for a few days in token of their loyalty, all would be amicably ended. Despite the warnings of the wiser Waldensians, the craft of the man conquered. And the Waldenses opened the passes of their valleys and the doors of their dwellings to the soldiers of Pianeza. The poor people were undone—they had received under their roof the murderers of themselves and their families!

The first two days passed in peace. Then at 4 a.m. on the third day, a thousand assassins who had eaten at their tables and slept under their roofs began the work of death. A priest and a monk accompanied each party of soldiers, to set fire to the house as soon as the inmates had been dispatched. The soldiers invented new and hitherto unheard-of modes of torture and death for their victims. Immediately after the massacre, a survivor—Pastor Leger—attended by notaries, took down the depositions of the survivors and eye-witnesses. By this he undertook to tell the story to their brethren in other countries so they could come to their aid in this great crisis!

Protestant Europe was horror struck! Oliver Cromwell, head of state in England, proclaimed a fast. He ordered a collection to

be taken for the sufferers, wrote to the Protestant princes in Germany and to Louis XIV, King of France, in behalf of the Vaudois and sent his ambassador to visit the valleys. Cromwell's Latin secretary, the great poet **John Milton** wrote these letters and composed a sonnet as a monument to the martyrs. (See his poem below)

The story of this people continued on—the whole populace thrown into prison; their exile from the valleys; their return; and finally their languishing spiritual condition. In 1690, with this second planting of the Vaudois in their valleys, the period of their great persecutions may be said to have come to an end. Their security was not complete, nor their measure of liberty entire. They were still subject to petty oppressions. Nevertheless, their condition was tolerable compared with the frightful tempest which had darkened their sky in previous eras.

We have recounted very briefly a few stories of the people that sowed the seed in many lands that preceded the Reformation. We will retrace our steps to the beginning of the 14th century, where the dawn is about to break in the British Isles.... To be con't.....

John Milton (1608-1674)
On the Late Massacre in Piemont

Avenge, O Lord, thy slaughter'd saints,
whose bones
Lie scatter'd on the Alpine mountains cold,
Ev'n them who kept thy truth so pure of old,
When all our fathers worshipp'd stocks and
stones;

Forget not: in thy book record their groans
 Who were thy sheep and in their ancient fold
 Slain by the bloody Piemontese that roll'd
 mother with infant down the rocks.
 Their moans

The vales redoubl'd to the hills, and they
 To Heav'n. Their martyr'd blood and ashes
 sow
 O'er all th' Italian fields where still doth
 sway
 The triple tyrant; that from these may grow
 A hundred-fold, who having learnt thy way
 Early may fly the Babylonian woe.

Notes:

“thy book” refers to the books to be consulted at the Judgment (Rev 20:12)

“redoubled”: re-echoed

“triple tyrant”: Pope’s miter or triple crown

FROM KATIE’S COOKBOOKS

HASH BROWN WAFFLES

(Great for Breakfast)

4 cups shredded raw potatoes
 2 Tbsp olive oil
 2-3 tsp garlic powder
 ¼ - ½ tsp garlic powder
 1 tsp salt
 4 tsp yeast flakes
 2 Tbsp dried parsley

Mix all ingredients together well. Press into pre-heated, Lecithin-oiled waffle iron. Close lid firmly and bake 12-15 minutes until browned. (Delicious with Ketchup and Scrambled Tofu.)

Ketchup (I cut recipe in half as we don’t use it up very soon and it doesn’t keep too long)
 1 1/3 cup tomato paste (1 12 oz can)
 ½ cup tomato puree
 2-4 Tbsp honey
 2 Tbsp lemon juice
 2 Tbsp olive oil
 ¼ tsp oregano
 2 tsp onion powder
 ¼ tsp garlic powder
 1 tsp salt

Put all ingredients into bowl and stir together well. Keep refrigerated

Variation: stir in 1 Tbsp Chili Seasoning for Chili Ketchup

Scrambled Tofu

½ cup finely chopped onions
 ¼ cup water
 2 Tbsp olive oil
 2 cups mashed tofu
 4 tsp chicken-like seasoning
 ½ tsp onion powder
 ¼- ½ tsp garlic powder
 2 tsp nutritional yeast flakes
 ¼ tsp salt
 2 Tbsp fresh chopped chives or 1 Tbsp dried chives or parsley

Rinse tofu in cold water drain and mash. Saute’ onions in water and oil until soft. Add remaining ingredients and stir together well on medium heat 5-10 minutes.

Variation: can add ¼ - ½ tsp thyme

God bless you, we’ll see you next month.

Remember God loves you and so do we!

Katie and Rodney Armstrong

NO NEED TO BE IN NEED



There are over 3,000 wonderful promises in the Bible for us to claim as our own, but they have a condition for claiming them.

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones. Honour the LORD with thy substance, and with the firstfruits of all thine increase: So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.” Proverbs 3:5-10

There is absolutely no need for anyone to be without the necessities of life. No need for anyone regardless whether there is a famine, pestilence, or any other happenstance that normally takes away life’s necessities.

If we would only submit ourselves and our families to God, read His Word and live by it, all needs would be supplied. God is no respecter of persons. “Then Peter opened his mouth, and said, of a truth I perceive that God is no respecter of persons:” Acts 10:34

This verse tells me He loves you and me as much as He loves anyone else.

He used the raven to feed Elijah. “And it shall be, that thou shalt drink of the brook; and I have commanded the ravens to feed thee there So he went and **did according unto the word of the**

LORD: for he went and dwelt by the brook Cherith, that is before Jordan. And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook.” 1 Kings 17:4-6

He fed the Israelites with manna. “And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, this is the bread which the LORD hath given you to eat.” Exodus 16:15

He is still able and willing to feed His children by the ravens or by manna if need be.

During the forty years the Israelites were in the wilderness their clothes and shoes did not wear out. “Yea, forty years didst thou sustain them in the wilderness, so that they lacked nothing; their clothes waxed not old, and their feet swelled not.” Nehemiah 9:21

Solomon said, “I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.” Psalms 37:25

The Bible is true for God cannot lie. “In hope of eternal life, which God, that cannot lie, promised before the world began;” Titus 1:2

Why are so many Christian people in need? The **fault** certainly is **not with God**. It must be with the people!

“But **seek ye** first the kingdom of God, and his **righteousness**; and all these things shall be added unto you.” Matthew 6:33 What things? “Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?” Matthew 6:31 “But my God **shall supply** all your need according to his riches in glory by Christ Jesus.” Philippians 4:19

The problem is in **a watered down religion**. People have been made to believe we can live as the worldly live and still be saved and have God’s blessings. We need pastors who are truly converted;

and not afraid to preach truth and not fables, regardless of whose toes he steps on.

“For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; **and they shall turn away their ears from the truth,** and shall be turned unto fables.” 2 Timothy 4:3, 4

If God supplied all the needs of those who are living in sin but claiming to be Christians, He would be condoning their sin and their lack of willingness to submit completely to Him.

The time is coming when **Satan will work miracles** which will solidify so-called Christians in their false worship ... and they will be lost.

A **miracle** is **no proof it is from God**. We must base our faith on a ‘thus sayeth the Lord.’ (The Word of God). Satan hears every prayer we pray and if it is a selfish prayer, he has the power to answer it; making the unconsecrated person believe God answered the prayer.

“If I regard iniquity in my heart, the Lord will not hear me:” Psalms 66:18

We cannot expect God to hear and answer our prayers if we are ‘playing games’ with Him.

Being a Christian is not something we do half-heartily. It is a commitment to God to live completely for Him and letting Him rid us of selfishness and our sinful habits.

“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” 1 Corinthians 6:20

We cannot serve God in order to get benefits, they come as a bonus. First we must realize we are sinners in need of a Savior. We need to learn to love Him the way we learn to love anyone, by spending time with them.

We spend time with Him by reading about Him in His Word, the Bible. We talk to Him in prayer as we would to a friend. We cannot see Him but I assure you He is very near us when we study and pray.

“I will never leave thee, nor forsake thee.” Hebrews 13: 5 (last part)

Jesus always supplies our spiritual and physical needs as a package. When He heals the body the soul is also healed. When He healed the sick His counsel to them was, “go and sin no more.”

As soon as a person comes to the Lord his first desire is to share what Jesus has done for him. (Some of the greatest sermons are personal testimonies.)

When a person is truly converted, the family, the closest ones to that person, will see it in his life. Bad habits will disappear and new ones will replace them. Their life will be severely tested to see if they will be true. When the test is successfully passed then God can bless, as only He can.

Remember He has promised to supply our needs; (not our unsanctified wants.) I can testify that He has supplied abundantly in my life.

“Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.” Ephesians 3:20, 21

Let us all strive to live as close to the Lord as we can, giving our whole heart to Him by submitting ourselves to him completely each new day; asking for a clean heart and forgiveness for what we have done wrong.

If we are not a Christian we need to fall upon our knees and ask Him to forgive us of all our sins and help us to live for Him daily. He will hear us and answer our prayer. May God bless you is our prayer.

