



2014

Newsletter

CLEAVER OF TRUTH
Ministry
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Dear Family and Friends,

About 6 months ago Rodney and I adopted a little Doxie puppy from the Animal Shelter. After we got the puppy, several times we were sorry we had gotten it. It was almost too much for us to handle. She was quite a handful with all the chewing, rough playing etc. Also she was, and still is, head strong, independent, and most of the time, will not come when we call her. There were several times we wanted to give up on her and find a good home for her with perhaps a younger, more patient family who could better deal with her.

But as time went by we could see she really was a very sweet dog and of course we were hopelessly attached to her in spite of all her shortcomings.

This experience reminded us of our Heavenly Father who cares for us even though we may be hard headed, rebellious, selfish, etc. He loves us so much and is patiently waiting for us to become what He wants us to be.

We have learned quite a lesson from this little puppy and we know our Lord is more patient with us than we have been with "Daisy Mae". We just praise the Lord for being so patient with us and we depend on Him just as Daisy Mae depends on us. He supplies all our needs just like we do for this little dog.

Our message this month is: DEALING WITH DISEASE

THE STORY OF JOSEPH SCRIVEN by Ralph Walker, Jr.

Joseph Scriven was born Sept. 10, 1819 at Seapatrik, near Dublin Ireland, into the wealthy family of Capt. John Scriven. Joseph's hopes to follow his father in the military were dashed due to poor health.

In 1835 he entered Trinity College and graduated with a Bachelor's degree in 1842. During that time he met a young woman he planned to marry. Tragically, the evening before the wedding, his bride-to-be fell off her horse into a river and was drowned.

Devastated, Scriven emigrated, as did many Irish at that time, to Canada. In 1844, at age 25, Joseph took work as a tutor to the children of the Pengeley family, who lived on Rice Lake near Bewdley, Ontario. One of the Pengeley children later recalled that Scriven rented quarters from an elderly lady named Mrs. Gibson, who lived nearby. Joseph often delivered milk for her early in the morning because she suffered from crippling rheumatism.

Scriven fell in love with another young lady, Eliza Roche. After their engagement, she was diagnosed with tuberculosis and died three years later. For the second time, Joseph Scriven was alone.

He moved to Port Hope, about 10 miles north of Rice Lake. His two great losses drove him to service with the Plymouth Brethren, a group affiliated with the restoration movement in Ireland. He spent the rest of his life as a servant to the underprivileged, the physically handicapped, and the destitute. He received meager wages as a carpenter because he mostly worked for widows and the sick, and what little he made he found opportunity to give away. He lived in a small white shack and was said to often take in others down on their luck. The townspeople considered him eccentric, but he soon became known as the "Good Samaritan of Port Hope."

Around 1855, he learned that his mother back in Ireland was seriously ill. He couldn't get to her, but wrote her a letter and enclosed a poem he wrote especially for her comfort.

That poem was later discovered by a friend who came to Scriven's bedside when he became ill. When he asked Scriven who wrote it, Joseph replied, "The Lord and I did it between us." He had never intended the poem to be

read by anyone else, but at his friend's urging, he gave him permission for it to be published anonymously in the local paper.

On October 10, 1896, in a delirium, Joseph Scriven staggered outside his home, stumbled into a creek and drowned.

The poem touched the hearts of readers, and it spread from person to person, paper to paper, city to city (Ontario to New York to Erie, Pennsylvania), where it fell into the hands of well-known composer Charles Converse, who wrote a melody suitable to the poem.

It remains today one of the most beloved hymns of all time. What was it Joseph Scriven wrote to his mother? This man, who had experienced so much personal pain and had become such an angel of mercy to so many, sought to console his dear mother's anxiety and fear with these words:

What a friend we have in Jesus,
all our sins and griefs to bear.
What a privilege to carry
everything to God in prayer.
Oh, what peace we often forfeit,
Oh, what needless pain we bear,
All because we do not carry
everything to God in prayer.

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
Take it to the Lord in prayer.
Can we find a friend so faithful,
who will all our sorrows share?
Jesus knows our every weakness;
take it to the Lord in prayer.

Are we weak and heavy-laden,
cumbered with a load of care?
Precious Savior, still our refuge –
take it to the Lord in prayer.
Do thy friends despise, forsake thee?
Take it to the Lord in prayer.
In His arms He'll take and shield thee;
thou wilt find a solace there.
There was a fourth verse, almost universally omitted from songbooks:

Blessed Jesus, Thou hast promised

Thou wilt all our burdens bear.
May we ever, Lord, be bringing
all to Thee in earnest prayer.
Soon in glory, bright, unclouded,
there will be no need for prayer.
Rapture, praise and endless worship
be our sweet portion there.

Life is tough -- Note words in this song -- **sins, griefs, pain, trials, temptations, trouble, discouragement, sorrows, weaknesses, heavy burdens, we are despised and forsaken.**

We need help (Ecclesiastes 4:9-12). Jesus is that great Friend that can help us through our many problems that life sends our way. He is God. Remember: "Everything to God in prayer" "Jesus knows our every weakness" (Hebrews 4:13. Precious Savior (John 15:13) "still our refuge" (Psalms 46:1) shielding us in His arms He can bring peace to our lives. (Philippians 4:6,7).

Prayer is a powerful tool: Eight times in this poem we are told to take it to the Lord in prayer. "At all times they ought to pray and not to lose heart." (Luke 18:1).

What wonderful thoughts and encouragement that Joseph Scriven wrote to his dying mother in Ireland that has touched and continues to touch the hearts of millions of people throughout the earth. Truly, **"WHAT A FRIEND WE HAVE IN JESUS."**

HEALTH NUGGET

5 POWERFUL ANTIBIOTICS THAT DON'T REQUIRE A PRESCRIPTION

(NaturalNews) Hospital antibiotics have become one of the most over prescribed "medicines" today. As a result people have ruined their digestive systems, and ironically, have lowered their natural immunity to all types of infections in the future. Get rid of infections without the digestive destruction, with these five powerful natural antibiotics.

Garlic

Garlic has been used medicinally by cultures around the world for thousands of years. In fact, it was used in the 1700s to ward off plague.

Garlic possesses potent antibiotic, antiviral, antifungal, and antimicrobial properties and is able to help protect and facilitate removal of unfriendly bacteria. It is also

very high in natural antioxidants that destroy free radicals, which also supports a strong immune system.

The active ingredient in garlic, allicin, is the key component to killing and warding off harmful bacteria. Crush it to activate these compounds, and eat it raw, in salads, a warm tea, or in lightly cooked food.

Colloidal silver

Colloidal silver has been known as an effective antibiotic for centuries. In the early 1900s, Alfred Searle, founder of the Searle pharmaceutical company, discovered that it could kill the most deadly pathogens.

Searle stated that applying colloidal silver to human subjects has been done in a large number of cases with astonishing results. The main advantage was that it was rapidly fatal to microbes without toxic action on its host.

Recent research has also stated that colloidal silver can destroy antibiotic resistant microbes like MRSA, the bird flu, and SARS.

Oil of oregano

Oil of oregano takes care of pathogenic bacteria without disrupting beneficial bacteria. It is also antiviral and antifungal which makes it a powerful three-in-one combination that rivals pharmaceuticals while not encouraging antibiotic resistance.

The key antimicrobial ingredient in oil of oregano is carvacrol. You should ensure that your source is at least 70 percent carvacrol content in order to be effective.

Echinacea

Echinacea has been used to treat a wide variety of infections for hundreds of years. Traditionally, it was used to treat open wounds, diphtheria, blood poisoning, and other bacterial related illnesses.

Today, this potent herb is used mostly for colds and flu, due to its ability to destroy the most dangerous forms of bacteria such as staphylococcus aureus, which causes deadly MRSA.

Manuka Honey

Perhaps the most palatable antibiotic comes in the form of manuka honey. Applied topically it can kill a wide range of pathogens including MRSA and flesh eating bacteria. It was also found that the treated bacteria did not build up any resistance, which would eventually render manuka honey ineffective.

This is certainly not an exhaustive list of natural antibiotics, but a great start for an all natural pharmacy. Also consider reishi, pau d'arco, una de gato, olive leaf

extract, cloves, turmeric, and even lemons to round out your antibiotic arsenal.

NOTABLE NEWS



A Sudanese judge on Thursday sentenced a Christian woman to hang for apostasy, despite appeals by Western embassies for compassion and respect for religious freedom.

"We gave you three days to recant but you insist on not returning to Islam. I sentence you to be hanged to death," Judge Abbas Mohammed Al-Khalifa told the woman, addressing her by her father's Muslim name, Adraf Al-Hadi Mohammed Abdullah.

Her Christian name is Meriam Yahia Ibrahim Ishag. Khalifa also sentenced her to 100 lashes for "adultery".

Ishag, who rights activists say is pregnant and 27 years old, reacted without emotion when Abbas delivered the verdict at a court in the Khartoum district of Haj Yousef.

Earlier in the hearing, an Islamic religious leader spoke with her in the caged dock for about 30 minutes.

Then she calmly told the judge: "I am a Christian and I never committed apostasy."

Sudan's Islamist regime introduced sharia law in 1983 but extreme punishments other than flogging are rare.

After the verdict about 50 people demonstrated against the decision

"No to executing Meriam," said one of their signs while another proclaimed: "Religious rights are a constitutional right."

In a speech, one demonstrator said they would continue their activism with sit-ins and protests until she is freed.

A smaller group supporting the verdict also arrived but there was no violence.

"This is a decision of the law. Why are you gathered here?" one supporter asked, prompting an activist to retort: "Why do you want to execute Meriam? Why don't you bring corruptors to the court?"

National Review, Feb 10, 2014 Issue

The number of Christians killed for their faith increased two fold in the past year. 'Open Doors International', a group that serves persecuted Christians in high-risk areas around the world, documented 2,123 Christian martyrs in 2013, compared with 1,201 in 2012. (These are low estimates; other organizations estimate that upwards of 8,000 Christians were martyred last year.) The main perpetrators of this increased persecution are Islamist extremists according to 'Open Doors,' with Syria, Pakistan, and Egypt leading the list. (North Korea is mentioned as well. But data and accurate media accounts are harder to come by there.) Yet the story of these martyrs goes largely untold or is brushed aside. 'Reuters' and 'Time', writing on the 'Open Doors' report were unwilling to print the word "martyrs" without scare quotes. We should not shrink from facing the massacre of innocents because the manner of their death is not politically correct.

It is hard for most of us to believe that people in our times are being persecuted for their religion, but it is still going on.

During the Dark Ages millions of people were put to death for their faith.. but we don't expect it to be happening in our day!

I'm afraid that as time goes on we will see much more of these things happening. As governments become stronger and control more and more people persecution will become a common thing. It will no doubt touch every one of us. This is why we

must put our faith in the only one who can help us, Jesus Christ.

2 Tim 3:12 "Yea, and all that will live godly in Christ Jesus shall suffer persecution."

FATHERS AND DAUGHTERS

By Traci Estep

I see them walking together, sometimes driving in a car; all different shapes, sizes and colors, yet one thing in common.....fathers and daughters.

I watch them laugh or say nothing at all. I see them share little secrets, hug or put an affectionate arm around one another. I envy them for that which I'll never get back; those moments between fathers and daughters.

You see I can't help but wonder if they are paying close attention or remembering every word. I wish I did. Those times that can't be replaced, never will be. I remember those times and hang on every word and expression I can recall, every sound I can hear, "was that the way he laughed?"

The smells, Oh the smells that bring me close to him....Old Spice, old books and garlic of all things! The smells that remind me of Dad. I see his blue eyes in the mirror every day, but yet they're not the same.

For one more day, there's nothing I wouldn't give to just stare at him making sure I took it all in, to just hug him once more, to feel the safeness in his arms and hear him say, "I'll see you soon Traci, you never know when I'll pop in!"

My dad, my hero, my father and my friend.

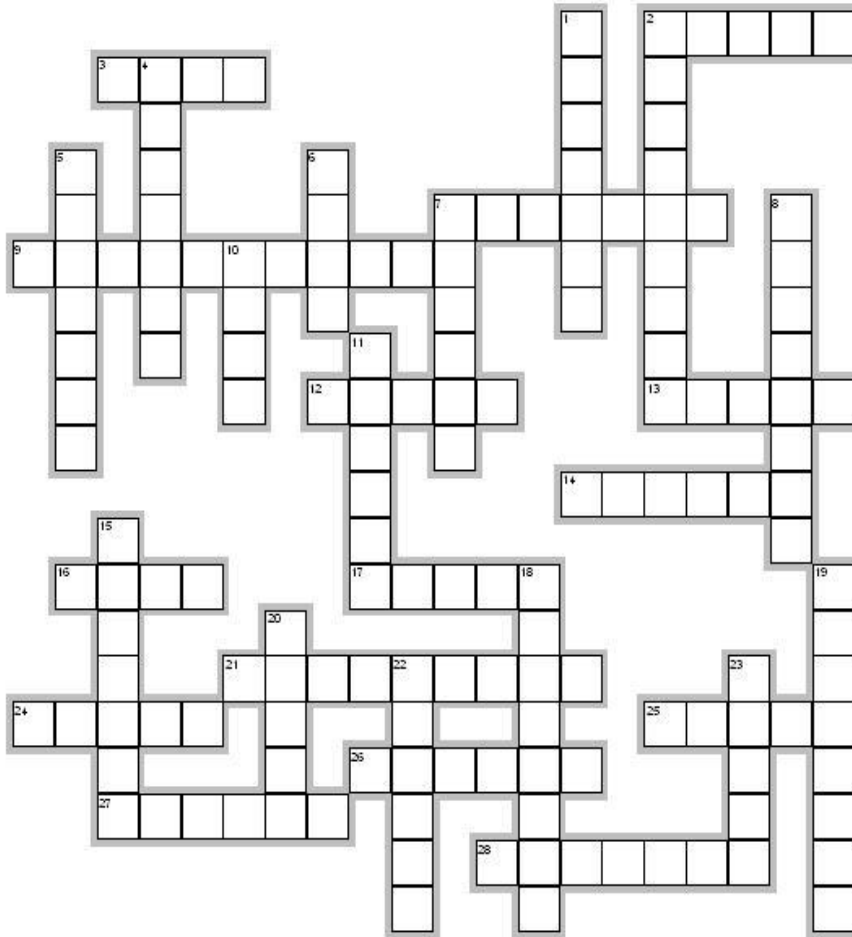
My daughter wrote this after her father, Donald Estep (my husband) passed away suddenly in 1998.

Traci is reminding us to enjoy and appreciate every moment we have with our fathers while we have the opportunity. We never know when they will be called away. I thought this was a fitting tribute to all those fathers who have passed on and to all the fathers we still have with us. Happy Fathers Day!

JUST FOR FUN

28. Event to which Esther invited the king before she presented her petition. 5:4

THE STORY OF ESTHER – From the Book of Esther



Down

1. One could only appear before the king if the king extended his _____. 4:11; 5:2
2. What Esther's cousin wore when he learned of the deadly edict. 4:1
4. Name of Esther's father. 2:15
5. The king wanted to teach all women to ____ their husbands. 1:20
6. Banquet beverage. 1:7
7. A decree was written in the laws of _____ and Media. 1:19
8. Tribe from which Esther's family was descended. 2:5
10. Capital from which the King ruled on his throne. 1:2
11. Hegai was the king's _____, placed in charge of the women. 2:8
15. Where two disloyal officials were hung. 2:23
18. The cousin who had raised Esther. 2:7
19. Esther's alternate name. 2:7
20. A robe and _____ were to be given to the man the king chose to honor. 6:8
22. Number of months of beauty treatments prescribed before women were allowed to go to the king. 2:12
23. An _____ was decreed to annihilate the Jewish people. 3:13

EclipseCrossword.com

ACROSS

2. Number of days the king's banquet lasted before his queen was deposed. 1:10-123.

The king offered this portion of his kingdom to Esther 5:3, 7:2

7. The king's second edict allowed the Jewish people to ____ themselves. 8:13

9. Esther's cousin uncovered a plan to ____ the king. 2:21,22

12. Celebration that marks the month when Jewish sorrow was turned to joy. 10:26

13. Pompous royal official to whom everyone was told to bow. 3:2

14. Queen who refused to obey the King's summons. 1:12

16. What Esther did for 3 days before approaching the king. 4:16

17. Beautiful girls were brought into the king's _____. 2:13,14

21. Where Esther's cousin often waited to learn about her status. 2:11

24. What the king set upon Esther's head. 2:17

25. Xerxes ruled from _____ to Cush. 1:1

26. Esther kept her family background _____ from the king. 2:10,20

27. Type of ring used by the king to seal all orders. 3:10

WHO WERE THE AUTHORS OF THE BIBLE?

There are two answers to who wrote the Bible. As a divine document, its words ultimately come from God. [Second Timothy 3:16](#) teaches the Bible is [God-breathed](#). [Second Peter 1:20-21](#) reveals, "no prophecy of Scripture comes from someone's own interpretation. For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit." God directed the human authors of the Bible, using their own writing styles and personalities to produce the words of His choosing.

The human authors involved include approximately 40 writers of diverse backgrounds and locations over the course of 1,500 years. Isaiah was a prophet, Ezra was a priest, Matthew was a tax collector, John was a fisherman, Moses was a shepherd, and Luke was a physician. Despite such variety, the Bible teaches consistently and without contradiction on a wide range of issues. The authors each present different perspectives, yet they all proclaim the same God and the same singular path of salvation—Jesus Christ ([John 3:16](#); [14:6](#); [Acts 4:12](#)). Some books of the Bible specify their author by name. The word Bible comes from a Latin form of the Greek word *Biblia* which means "little books." The Bible refers to the collection of 66 books from different authors compiled to make up what we refer to today as "The Holy Bible". Thirty-nine of the original books kept by ancient Israel in Hebrew are the ones we know today as The Old Testament.

The last section of the Bible known familiarly as The New Testament is comprised of 27 books or letters written in Greek. The Greek used was not formal Greek but the conversational Greek used at the time of the Apostles.

The last book of the Old Testament, Malachi, was written about 443 B.C. The first book of the New Testament, Matthew, was written about 40 A.D. leaving a 500 year gap between the Old and New Testament books.

Next month we'll list each book followed by the name of its author and the approximate date of its writing; however, some sources may differ regarding some of the dates.

[FoxNews.com](#) Published May 31, 2014

LATEST NEWS UPDATE ...The Sudanese woman sentenced to death earlier this month after refusing to renounce her Christian faith will reportedly be freed in the next few days. A foreign ministry offi-

cial [told](#) the BBC that Meriam Ibrahim, 27, is guaranteed religious freedom in the country, despite a judge's earlier ruling that she should be hanged for apostasy.

Ibrahim gave birth to a girl early Tuesday at a prison clinic in Omdurman, near Khartoum, one of her attorneys told FoxNews.com by phone.

She also faces 100 lashes for adultery – for being intimate with her husband, Daniel Wani, who fled to the United States as a child to escape the civil war in southern Sudan, but later returned.

International outrage against Ibrahim's sentence has grown significantly in recent weeks, as more than a million people signed online petitions protesting the sentence. Amnesty International officials have characterized the punishment doled out by a judge to be a "flagrant breach" of international human rights law. It's also a violation of Sudan's own Constitution, according to the State Department.

American taxpayers send roughly \$300 million per year in economic aid, the help is largely in the form of food and medicine. Cutting it off would only hurt the people, and not the regime of President Omar al-Bashir, who has been indicted as a war criminal by the International Criminal Court.

FROM KATIE'S COOKBOOKS

Black and Gold Salad

2 cups cooked black beans
 1 cup whole kernel corn
 ½ cup chopped, seeded tomato
 ¼ cup chopped fresh cilantro
 2 Tbsp lime juice
 2 Tbsp olive oil
 1 tsp maple syrup
 1 green onion sliced
 ½ tsp ground cumin
 Pinch of chili powder
 Salt to taste
 Red leaf lettuce for garnish

In a large bowl, combine all ingredients except lettuce. Let sit for several hours or overnight.

To serve, let salad come to room temperature. Arrange in lettuce cups or on beds of shredded lettuce.

Remember God loves you and so do we!

Rodney and Katie Armstrong.

DEALING WITH DISEASE

Good health is no accident, it must be planned for.

God has promised us in His word, if we will obey His commandments, His statutes which are His laws that He will heal our diseases.

“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.” Exodus 15:26

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God which is your reasonable service.” Romans 12:1 “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God” 1 Corinthians 10:31

God has a plan for our lives. It is outlined in the Bible. The original diet for Adam and Eve is in Genesis 1:29 “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”

Flesh food was permitted after the flood but it shortened the life span. See Leviticus chapter 11 and Deuteronomy 14

DIABETES

Diabetes is a chronic condition associated with abnormally high levels of sugar (glucose) in the blood. Insulin produced by the pancreas lowers blood glucose. Absence or insufficient production of insulin causes diabetes.

The two types of diabetes are referred to as type 1 and type 2. Former names for these conditions were insulin-dependent and non-insulin dependent diabetes, or juvenile onset and adult onset diabetes.

Symptoms of diabetes include increased urine output, thirst, hunger, and fatigue.

Diabetes is diagnosed by blood sugar (glucose) testing. The major complications of diabetes are both acute and chronic.

Acute complications

Dangerously elevated blood sugar (hyperglycemia), abnormally low blood sugar (hypoglycemia) due to diabetes medications may occur.

Chronic complications:

disease of the blood vessels (both small and large) which can damage the [feet](#), [eyes](#), [kidneys](#), [nerves](#), and heart may occur.

Diabetes treatment depends on the type and severity of the diabetes. Type 1 diabetes is treated with [insulin](#), [exercise](#), and a [diabetic diet](#). Type 2 diabetes is first treated with weight reduction, a diabetic diet, and exercise. When these measures fail to control the elevated blood sugars, oral medications are used. If oral medications are still insufficient, insulin medications and other injectable medications are considered.

What you have just read is typical of what you will find from normal medical sources about diabetes. What most doctors will not tell you about disease is that most diseases can be cured with the diet.

Disease is not a deficiency of medication. It is however in most cases a deficiency of proper nutrition.

All disease starts in the colon. If food remains in the colon too long the toxins in the colon are recycled back through the organs which filter the blood and urine. This causes stress on our body's organs, resulting in disease.

We should have a bowel movement for every meal we eat and the transit time should be fourteen hours or less.

In most cases the problem is not drinking enough water. We need one half an ounce of pure water for every pound we weigh every day. (Not coffee, tea, soda pop, juice or any other beverage) Fruit juices are good but coffee, soft drinks, caffeinated tea and alcohol drinks

should never enter our bodies if we want to remain healthy.

We are what we eat. Our bodies are made of our food choices so we need to make sure we eat quality food.

Sometimes knowing how to determine which foods are best for us is difficult.

The diet I recommend is a vegetarian diet void of soft drinks, coffee, tea, white flour, white rice, white sugar, fried foods and alcoholic drinks.

The only cooking oil we recommend is cold pressed extra virgin olive oil or coconut oil.

Most oils are hydrogenated ,or partially hydrogenated (chemically processed) and will become solid In our blood vessels.

Fruits and vegetables should not be consumed at the same meal as it takes different digestive processes for them. Exceptions: avocados, tomatoes

We have discovered that each color of vegetable has its own vitamin and mineral characteristics. If we eat many different colors of vegetables and fruits each week we will usually get the nutrition we need if they were grown in proper soil.

One of the reason we do not recommend flesh foods is farmers are feeding and medicating their animals to make them reach maturity much more quickly.

A chicken which used to take many months to reach maturity will be full grown in about six weeks due to the chemicals and the way they are housed.

A dairy cow which normally produces a couple of gallons of milk a day can now produce ten or more gallons per day.

If we consume the milk and the chicken etc. we will surely get the steroids and whatever toxins the animals have consumed.

In eating to control diabetes we need to be careful with starches and sugars. If you will develop a vegetarian lifestyle you will definitely see a major improvement in

your health. There are many places on the internet where you can get loads of vegetarian recipes free.

We should eat the veggies as fresh as possible. When they are fresh they are still alive and the less you cook them the more nutritious they will be. Of course some veggies like dried beans and grains like rice need to be cooked before consuming them.

Sometimes just starting to drink the right amount of water and eliminating the bad things like fried foods and toxic beverages from the diet will make enough difference to where the meds can be done away with. This is not always the case; however, but sometimes it works.

I was told that I would be on blood pressure and heart medicine for the rest of my life but I haven't taken any meds for almost four years.

We need to learn to read food labels. Food manufacturers, lawyers, insurance companies and pharmaceutical companies are famous for having their own language which most of us do not understand and will not take the time to learn; therefore, most will remain ignorant and be deceived by them.

Each of us should take the time to learn physiology (a study of the organs of the body) and how to care for them. Then we could eliminate expensive meds and other unnecessary harmful things which will give us the extra funds to buy good nutritious food.

Good health is not an accident, it must be planned for. Most diseases can be eliminated by eliminating the toxic foods we consume and switching to a healthy vegetarian or vegan lifestyle; however, if we wait till our organs are almost completely destroyed it will be more difficult for them to heal.

Drugs do not heal disease. Our bodies were created to heal themselves if we will learn and live by the eight laws of health: proper nutrition, proper rest, exercise, abstinence (totally eliminating all toxic foods and substances from our lifestyle), lots of sunshine, pure water, lots of fresh air(windows open at night) and last but not least, trust in God which will eliminate stress.

