

**Cleaver of Truth Newsletter for the  
Month of May, 2010  
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Dear Friends and Family,

We have heard from many of you saying you liked the newsletters. We are really glad they have been a blessing to you. We want to make them as interesting and informative as we can for everyone.

This is a busy time of year for most folks. We are feeling the pressure. There are so many things to do! It is so easy to get caught up in so many projects that we forget to make God first in our lives.

Matthew 6:32,33 says: "Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? For after all these things do the Gentiles seek: for your heavenly Father knoweth that ye have need of all these things. But seek ye *first the kingdom of God, and his righteousness*; and all these things shall be added unto you."

Our subject this month is: Perfection in Christ.

### THE FENCE

There was once two brothers who lived on adjoining farms who fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labor and goods as needed without a hitch. Then the long collaboration fell apart. It began with a small misunderstanding and grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few

days work," he said, "perhaps you would have a few small jobs here and there I could help with?" "Yes," said John, "I do have a job for you. Look across the creek at that farm. That's my neighbor; in fact it's my younger brother. Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us. Well he may have done this to spite me, but I'll go him one better! See that pile of lumber by the barn? I want you to build me an eight-foot fence, so I won't need to see his place, or his face anymore." The carpenter said, "I think I understand the situation, show me the nails and the post-hole digger, and I'll be able to do a job that pleases you."

John had to go to town, so he helped the carpenter get the materials ready and then he was off for the day. The carpenter worked hard all that day measuring, sawing and nailing. About sunset, when the farmer returned, the carpenter had just finished his job. The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge – a bridge stretching from one side of the creek to the other! A fine piece of work, handrails and all – and the neighbor, his younger brother was coming across, his hand outstretched. "You are quite a fellow to build this bridge after all I've said and done." The two brothers stood at each end of the bridge, and then they met in the middle taking each other's hand. They turned to see the carpenter hoist his toolbox on his shoulder. "No, wait! Stay a few days. I've got lots of other projects for you," said John. "I'd love to stay on," the carpenter said, "but I have many more bridges to build." (Author unknown)

Matthew 5:23,24 Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

## OVERCOMERS (Ellen Eppley)

Many promises are given to overcomers  
In Revelation 2 and 3,  
If I'm not an overcomer  
Those promises are not for me.

I would not eat of the Tree of Life  
A new name I would not own,  
Nor sit with Jesus  
On His Throne.

Still other promises, to overcomers  
Would not be mine.  
Lord Jesus, help me to be an overcomer  
As You were in Your time.

### HEALTH NUGGET

In previous newsletters we have touched briefly on the importance of fresh WATER and fresh AIR to our health and well being.

Another very important one of the eight health laws is proper NUTRITION. We've previously talked about man's original diet which consisted of fresh fruits, vegetables, grains and nuts and how it is still God's recommended diet for us today.

### WHAT FOLLOWS THE SWALLOWS?

A proper diet starts with proper digestion. Chewing food begins this process, so be sure to chew your food well! While food is still in the mouth, an enzyme (salivary amylase) begins to break it down.

Once swallowed, food is referred to as chyme. The chyme then makes its way down the esophagus and into the stomach, where stomach acid continues the complex chemical digestive process.

After this is complete, chyme passes into the small intestine, where a different enzyme breaks down carbohydrates. Bile is also secreted from the gallbladder to help digest fats, and the pancreas adds enzymes to further break it down. The small intestine absorbs most of the nutrients as the chyme passes into the large intestine. At this point, digestion is mostly complete and, well, you know the rest of the story.....

## FROM KATIE'S COOK BOOKS

### DELUXE CORN BREAD

1 cup cornmeal (I like yellow but white is ok)  
1 cup unbleached flour  
2 Tbsp wheat germ  
¼ cup turbinado sugar (raw unrefined sugar)  
1 Tbsp. Ener-G Baking powder or (Rumsford)  
1 tsp sea salt  
1 Tbsp soy flour  
1/3 cup canola oil  
1 cup soymilk (or walnut or rice milk)  
Mix all dry ingredients in a bowl. Add oil and soymilk and Mix well. Pour into oil sprayed 9" pie dish (I use an old 9" iron skillet. Bake at 400\* for 25-30 minutes.

### CORN OAT WAFFLES

3 ½ cups uncooked oats  
3 ½ cups water  
½ cup cornmeal  
1 tsp salt  
¼ cup honey (or dates)  
1 Tbsp vanilla  
¼ cup pecans (opt) (do not put in blender, add to final batter just before baking)  
Mix all ingredients in a bowl. Then blend in a blender, 2 cups at a time, until smooth. Return to bowl, add nuts if desired and let sit about 10 minutes while your waffle iron heats. Put in waffle iron and cook about 8-10 minutes. Serve with any kind of fruit you like, maple syrup, applesauce, peanut butter etc. Real maple syrup is very pricey so I make my own and we use it sparingly.

### MAPLE SYRUP

1 cup honey  
2 tsp maple flavor  
1 tsp vanilla  
¼ cup water  
1/16 tsp sea salt  
Combine all ingredients in bowl. Mix well. Put in an empty bottle or jar and keep in refrigerator. Keeps well in refrigerator.

Remember God loves you and so do we!

Katie and Rodney Armstrong

