

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

Much has happened this summer. We were so blessed by a visit from Rodney's daughter, (Rhonda and David) in June and my son, (Ray and Grandson Cole) on the last of July. However, neither visit lasted long enough!

Our subject this month is: I Know My Savior Cares

#### THE SILVERSMITH

There was a group of women in a Bible study on the book of Malachi. In chapter 3:3, they came across a verse that said, "He will sit as a refiner and purifier of silver." The women wondered what this statement meant about the character and nature of God. One woman offered to find out about the process of refining silver and get back to the group at their next Bible study.

That week the woman called up a silversmith and made an appointment to watch him at work. She didn't mention anything about the reason for her interest in silver beyond her curiosity about the process of refining silver. As she watched the silversmith, he held a piece of

silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest so as to burn away all the impurities.

The woman thought about God holding us in such a hot spot – then she thought again about the verse, that He sits as a refiner and purifier of silver. She asked the silversmith, "Is it true that you have to sit there in front of the fire the whole time the silver is being refined?" The man answered, "Yes, I not only have to sit here holding the silver, but I have to keep my eyes on the silver the entire time it is in the fire. If the silver is left even a moment too long in the flames, it would be destroyed".

The woman was silent for a moment. Then she asked him, "How do you know when the silver is fully refined?" He smiled at her and answered, "Oh that's easy – when I see my image in it."

This story is especially meaningful to those of us who may be in the hottest part of the flame right now. To know that God has His eyes fixed on those he is refining and cannot be distracted is most comforting. He is aware of all and guess what? He's on our side!!

The fruits of the Spirit are love, joy, peace, long suffering, gentleness, goodness, meekness, faithfulness

and temperance. We are told that the mark of a true Christian does not lie in his works, but that we will know them by their fruit! Here we must also remember that this is HIS fruit, not ours... the fruit of the Spirit....that word in the bible is capitalized.....His Spirit.....through us.....to others. What a responsibility that is!

Whenever I find myself in the "hottest flame," I just instinctively look at the "fruit" list... "What fruit is my Lord trying to bring forth in me now?" Every day He presents to me situations that require me to be gentle...kind...patient... etc. I've gotten to where I look for them now and rejoice when they come! I'm sure we've all at sometime or another asked the question, "Why do bad things happen to good people?" or more specifically "God's people?" I don't ask anymore.... I just know. How else can He perfect in us the fruit of the Spirit unless obstacles are presented?

Sometimes it's small ways, but very powerful; sometimes in much deeper ways.... Painful even. It's during these times I remember....."How do you know when the silver is fully refined?" He smiled and said, "Oh that's easy ---when I see my image in it." Striving for a clearer reflection!

By Ella Sklofield

## FROM KATIE'S COOKBOOKS

### GRANOLA

8 cups dry oatmeal  
1 cup wheat germ  
 $\frac{3}{4}$  cup brown sugar  
1 cup sesame or sunflower seed  
1 cup unsweetened coconut  
1 cup nuts, chopped fine  
2 tsp vanilla  
2 tsp sea salt  
 $\frac{1}{2}$  cup olive oil  
 $\frac{1}{2}$  cup water  
1 cup raisins

Put all dry ingredients in a large baking pan. Mix the following in a blender: Oil, water, vanilla, salt, and raisins. Blend well and pour over the dry ingredients and mix well. Bake 1 to 2 hours in a 250 degree oven. Stir every 15 minutes, especially around the sides. (It burns quicker). The mixture should be dry. Let it cool and put in containers. This granola is Rodney's favorite, and is so easy to make. It is so good when you slice bananas in it (or your favorite fruits.)

We'll see you again in September. Hope you all stay well and happy. May God be with you and bless you, is our prayer. So until then....

Remember God loves you and so do we!

Katie and Rodney Armstrong

## HEALTH NUGGET

We will continue this month with common vegetables and how they can be used for the healing of the body as well as nutrition.

### Potatoes

Every potato is a power pack, brimming with God's goodness. In theory, we could eat potatoes, supplemented with the occasional leafy greens, for chlorophyll, and the body would suffer no dietary deficiency.

Potatoes contain Vitamins C, B1 (thiamine), B2 (riboflavin), B3, and B6 (pyridoxine). The most important is Vitamin C. The entire recommended daily amount can be found in 14 ounces of potatoes. In order to benefit most from the vitamin content, bake them or boil them in their skins.

Potatoes contain high-grade protein, and have an ideal blend of essential amino acids.

Potatoes are rich in minerals. Its high potassium content means it is an ideal way to offset the surplus acid found in such foods as meat and dairy products. Many people suffer from iron and magnesium deficiencies. Those who eat potatoes regularly have no need to take iron or magnesium supplements.

Potatoes are low in calories. 3.5 ounces of boiled potatoes contain only about 80 calories.

Potatoes contain complex carbohydrates. It used to be believed that carbohydrates led to excess weight. It is now known that they are the body's most important source of energy. Among the complex carbohydrates are starch and fiber.

During digestion starch is converted to energy and stored in the liver and muscles. Fiber is a vital aid to digestion. It absorbs a great deal of body waste and expands enormously. This increased bulk encourages more efficient bowel function. Fiber-rich foods stay in the system only half as long as those with little fiber.

As an aid in losing excess pounds without feeling that you are starving yourself, potatoes are highly recommended. They can be made in so many different ways that while you have them often they do not need to look the same.

**DIABETES:** Many diabetics are overweight. Their bodies must have a steady supply of complex carbohydrates, but not in excessive quantities to avoid creating much sugar in the blood. On a potato diet, diabetics can lose weight without any harmful side effects.

**KIDNEY PROBLEMS:** The potato is good for kidney patients. It is excellent for urinary tract infection as well, alkalizing the mucus membranes and causing bacteria to be passed out in the urine.

**GOUT:** Gout is caused mainly by consuming too much meat and animal fat and result in an overproduction of uric acid. The most important part of treatment is a diet low in uric acid. Potatoes contain very little uric acid and can be the main ingredient in an anti-gout diet.

**HIGH BLOOD PRESSURE:** When certain bodily functions are disturbed the kidneys excrete insufficient sodium, which leads to high blood pressure or

hypertension. Such patients need to eat foods naturally low in sodium and restricting the use of salt. Potatoes are the perfect low-sodium food.

#### POTATOES AS A HOME REMEDY:

Diarrhea – eat unsalted potatoes mashed with water.

Indigestion – eat about ½ cup raw

Heartburn & Gas – drink freshly squeezed raw juice first thing in morning.

Sore throat – make a compress of hot mashed, unpeeled, boiled potatoes in a linen or cotton cloth, then apply to area.

Boils – make poultice of raw potatoes, apply and change every 8 hours

Burns – apply cold, crushed raw potatoes to the area, if not cold mix with ice.

Constipation – boiled with the skins or drinking the juice will soothe inflamed tissue and provide bulk to the stool.

Colds & Flu – fast from all processed foods and boil potatoes with carrots, onions, celery and parsley.

#### ERROR

“It is a fact widely ignored, though never without danger, that error rarely appears for what it really is. It is by mingling with or attaching itself to truth that it gains acceptance. The eating of the tree of knowledge of good and evil caused the ruin of our first parents, and the acceptance of a mingling of good and evil is the ruin of men and women today.” Book Education by E.G.White

#### A LITTLE TALK WITH JESUS

A little talk with Jesus  
How it smooths the rugged road,  
How it cheers and helps me onward  
When I faint beneath my load.

When my heart is crushed with sorrow  
And my eyes with tears are dim,  
There is naught can yield me comfort  
Like a little talk with Him.

Though my way is often dreary  
And my walk is weak and slow,  
A little talk with Jesus  
Tells me all I need to know.

And he answers me so gently  
In a soft and loving tone,  
“I am with you always  
You will never be alone”

He tells me that He loves me,  
And paid the ransom for my soul,  
Now He is my brother  
His love has made me whole.

I cannot live without Him  
His love is all I know,  
A little talk with Jesus  
Gives me all I need to grow.

Oh, I often feel impatient  
And I mourn His long delay,  
For I never can be settled  
While He yet remains away.

So I wait a little longer  
For His own appointed time,  
And I glory in the knowledge  
That such hope is ever mine.

In my Father’s perfect dwelling  
Where the many mansions be,  
I will daily talk with Jesus  
And He there will talk with me.

(Author unknown)

