

**Cleaver of Truth Newsletter for
the Month of October 2010**

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Dear Friends and Family,

**What a glorious time of year!
Soon the forest will be a blaze.
God is good and I'm glad He is a
God of color!**

**Our subject this month is: Get
Ready, Be Ready, And Stay Ready**

Thanks in Advance

**Frederick lived in a small village in
Europe. Everyone there enjoyed
his joyful smile and the encour-
agement of his words. When he
went to the store for his mother,
he always took a list with him. He
would place the list on the counter
for the storekeeper to see and
then say, "My mother would like
these things, and thanks in ad-
vance." At the park he would say
to a friend, "I would like to use the
swing after you, and thanks in ad-
vance."**

**One day Mrs. Willheim asked him,
"Frederick, why is it that you al-
ways say to people, 'thanks in ad-
vance'? "Who knows, they may
give you something for which you
would not be thankful at all." "Oh,
Mrs. Willheim," Frederick an-
swered, "I am simply obeying the
Bible. It says, 'In everything give
thanks.' If everything I get is from
God, how could I not be thank-
ful?"**

**Not long after this, news of the
Second World War spread
throughout the town. The people
thought at first that their little vil-
lage would be left alone. But then
they learned that enemy armies
were moving their way, and that
as they conquered a city, many
were killed and captured. Soon
their village would face the ravag-
es of war also.**

**"Now what is there to be thankful
for?" Mrs. Willheim sneered as
Frederick passed her house one
day. "We barely have time to es-
cape before we are killed by the
soldiers."**

**"I can't see anything to be thank-
ful for," Frederick admitted. "But I
am thanking the Lord anyway. He
did not say to thank him when we
understand, but to thank him in
everything."**

**"Humph," snorted Mrs. Willheim,
as she laid another box of belong-
ings on her porch.**

**Just then a motorcycle raced up
the street. "The enemy army is
close at hand. There is no time to
escape now. We must run for cov-
er. Come to the church basement
to hide!"**

**Everyone ran, drove, or biked for
the church, and packed into the
basement, expecting the worst. In
spite of the large crowd, and the
limited space, a hush fell over the
people. A few minutes later a man
closed the door behind him and
announced, "the army has sur-**

rounded the city. They will no doubt move in any time."

"Don't panic," the pastor pleaded as people huddled closer, sobs and screams punctuating the silence. "God has not forsaken us."

"What can He do now?" yelled one. "Yeah, what?" asked another. "Even God can't save us now."

Just then Frederick got an idea. He arose and walked quickly to the pastor. "Sir," he said, "I know one thing we can do." "What's that?" humored the pastor. "We can thank God in advance. He said that we are supposed to thank Him for everything, and this must be one of those 'everything' times."

"All right," the pastor agreed. "We'll do it. After all, it can't hurt anything." So the pastor arose and told the people that he was going to pray. The sobs quieted. "Lord," he began, "we don't know why you have brought us to this time, but we do know that you are in charge. You said, that you would give your angels charge over us to keep us in all our ways. We have no strength, but we believe you are able to deliver us from the hand of the enemy. We humbly ask you to do just that, and, Lord, thanks in advance."

Those last words brought to the minds of many the cheery smile of Frederick. The sobs stopped and many people actually believed that God would perform a miracle for them.

Someone began to sing a hymn of praise, and others joined in. They didn't care that the sound would tell of their location to the enemy.

The pastor too was encouraged. "If we really believe that God will help us," he said to the people, "let us ring the church bell as the sound of God's victory." The bell ringer quickly ascended the stairs and soon the tolling of the church bell filled the air.

The ringing continued, and so did the singing. After some time, the people began to wonder what had happened outside. Why had the enemy not come? A few sneaked out the door and peered up at the hills where the enemy was last seen. Not a soldier was in sight!

Later the village learned that their enemy indeed planned to attack the village. At the very moment they were about to descend and destroy, the church bell sounded. The general in charge thought this signal meant that the village was already in their control, and thus they simply moved on to another.

The entire village was saved because one boy had taught them how to tell God, "Thanks in advance."

But let all those that put their trust in thee rejoice; let them ever shout for joy, because thou defendest them; let them also that love thy name be joyful in thee.
Psalms 5:11

HEALTH NUGGET

Tea Tree Oil

This is exciting news: Tea Tree oil could be the natural, simple and inexpensive answer to non-melanoma skin cancer.

Non-melanoma skin cancer is very common. There are over 100,000 new cases diagnosed every year in the United Kingdom (Great Britain).

Treatment done with tea tree oil has been shown to slow the growth of tumors and lesions already in action. Plus, it helps boost the body's immune system to help combat the cancer at an even higher level.

The idea that tea tree oil could beat skin cancer was tested on solid, non-melanoma cancerous tumors in mice. The tumors regressed within one day of treatment. And within three days, the tumors couldn't be detected.

Those are some amazing results.

Using tea tree oil to help cure skin cancer could mean the end of painful, disfiguring surgery to remove cancerous tissue. Patients may no longer have to endure months of chemotherapy that makes them feel nauseas and sick. In fact, the only side effects associated with tea tree oil is mild skin irritation that disappears within days. This amazing essential oil

is a natural, renewable source found in the Melaluca tree native to South Wales.

Tea tree oil has been used for medicinal purposes for thousands of years by our ancient ancestors. They used tea tree oil as a natural antibiotic to treat scars and wounds.

This versatile oil is used to treat conditions like psoriasis, herpes, respiratory problems, warts, sun burns, in addition to other bacterial and fungal skin ailments. And it helps clear up acne like nothing else I've seen.

Here are just 5 of the many ways you can use tea tree oil on your own:

- Apply a few drops of diluted oil to small scratches or scrapes. It helps them heal faster and with less scarring.
- Put a single drop of oil on a cotton swab and dab on a pimple to help it clear up in no time.
- Add a few drops added to a warm bath can help you relax and soothe sore muscles.
- Rub diluted oil on your skin to use as an anti-fungal for treating athlete's foot, eczema, and various yeast infections.

- Add a small amount to shampoo to get rid of head lice.

To your good health!

(Our thanks to Brenda Adams for this article)

(Tree tea oil can usually be found in Walmart stores, drug stores, and health food stores.) **DO NOT TAKE TEA TREE OIL INTERNALLY. USE ON SKIN ONLY!**

Dairy Products

Dairy products at one time may have been safe to use. However today we have learned they are no longer safe.

Dairy animals are being loaded with all types of antibiotics and other chemicals to make them produce more milk. Their food is supplemented with the remains of dead animals and chicken manure, (for the nitrogen). It is not natural for a cow to eat dead cows or chickens to be fed on chicken feces. (Please don't take my word for this, do your own investigation and I guarantee you will be totally shocked at what you learn!)

Dairy products and eggs, which are high in cholesterol, are one of the major causes of high blood pressure, strokes and heart attacks. Milk causes the calcium to be leached out of the bones, thus are a contributor to osteoporosis. (We have always been told that

milk is good for the bones because of the calcium, but this is not true!)

Also milk has been linked to juvenile diabetes as well as osteoporosis.

This is why Rodney and myself gave up dairy products long ago.

This is why I make my own sour cream, parmesan cheese, cheese sauce and in some recipes replace eggs with tofu. It is not hard to do this. Most of the replacement recipes are simple and easy to make.

FROM KATIE'S COOK BOOKS

Tofu Sour Cream

Blend in blender till creamy:
 1/3 cup raw cashews, washed
 1/2 cup water
 1/2 tsp onion salt
 1/4 tsp onion powder
 1/2 tsp garlic salt
 1/4 tsp garlic powder
 Sea salt to taste (optional)
 Add:
 1 pkg (12.3 oz) Mori-Nu Firm Tofu
 2 1/2 Tbsp lemon juice (fresh is best)

Blend till creamy and store in refrigerator.

Non-dairy Parmesan Cheese

1/2 cup nutritional yeast flakes
 1/2 cup ground sesame seed
 2 tsp garlic powder

1 tsp onion powder
1 tsp chicken-like seasoning*
3 tsp lemon juice

Place all but lemon juice in blender and blend. Add lemon juice and blend until smooth. Store in jar in refrigerator in air-tight container. Use same as parmesan cheese.

Chicken-like Seasoning*

1 cup nutritional yeast flakes
2 tsp onion powder
1 tsp onion salt
1 ½ tsp garlic salt
½ tsp sage
½ tsp thyme
½ tsp marjoram
¼ tsp savory
1 ½ tsp celery salt
3 Tbsp parsley flakes (rub to powder)

In a small bowl mix all ingredients well.

Store in glass jar where you keep your dry spices and use it as flavor for soups, patties, gravy, etc.

I will give more of these types of recipes in next month's newsletter.

Recipe for abundant living:

Prayer
Bible Study
Witnessing

Hope you all stay well!

Remember God loves you and so do we!

Katie & Rodney Armstrong