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August 2012 Newsletter

Dear Friends and Family,

It is so good to get back to our newsletters. I hope you have missed receiving them as much as we have missed getting them out to you.

June and July were very difficult. This has been the hardest move Rodney and I have ever made but we think it will be worth it once we get settled.

We miss all our dear family and friends there in West Virginia, Kentucky and Ohio. We will never be farther than a phone call away, so anytime you want to say hello, please just give us a call. Our new phone number and address are listed above.

We apologize to our bible students for any delay or inconvenience in your lessons. We appreciate each one of you and we always look forward to receiving your lessons. Nothing is changed except our address!

Our subject this month is: **Punch A Hole In The Darkness**

A TIDE OF RESPONSIBILITY

The evening was quiet. The young man finished his study and paper work while night settled down upon the sea side city where he had made his home for some years. Life becomes routine; regular employment through the day, meeting a friend or two in the evening, perhaps some shopping, then home, supper, and a little time for correspondence, an unfinished book, some study on a developing topic, then time for bed.

Life in the city does not cease when the sun goes down. The late shoppers, the entertainment goes, the honk of a horn, perhaps a distant radio, bits of some argument or merriment, an occasional siren; all these are the night sounds of the city, even as the hoot of an owl, the calling of a bird, the snapping of a twig, the hum of insects are the night sounds of the country.

But tonight for the young man as he was finishing his self assignments, it seemed unusually quiet. Few people walked the streets, hardly a sound from the usually busy traffic, no yelling neighbors, no distant radio. It was too quiet, almost eerie. He became restless as though possessed of a premonition. For some reason he was reminded of what he had once read about the jungle. If all the night sounds of animal life suddenly become quiet, take care, a predator a lion? a tiger? is on the prowl. Nature knows that silence may save a life.

Glancing outside, a light here and there still burned. Darkened windows indicted most people had retired for the night. For him, usual sleepiness had not come. Some vague 'something' did not seem right. There was an uneasiness he could not identify. Perhaps a brisk walk along the

sea shore might calm his nerves, exhaust his remaining energy and make sleep more welcome.

Throwing a jacket around his shoulders as protection against the cooler night air, sometimes even in the semi-tropics, he stepped out into the night and soon was walking along the deserted beach. The background roar of the sea and the rhythmic lapping waves were calming to the soul. A full moon lighted the landscape. The city was wrapped in slumber as the hour of midnight approached.

Now at peace with the world and almost smiling at his previous apprehension, he hurried along back toward home and some sleep before the pressures of another day.

At first he did not notice a strange silence around him. The roar of the sea had ceased and he no longer heard the sound of breaking waves. He looked to his right, There was no ocean! Out to sea was sweeping a mighty current leaving bare the sands of the ocean bottom.

Now the young man's heart knew terror! Somewhere an earthquake or other upheaval of nature had drawn together the water of the sea. At any moment the pull might end. The sea would return in a surging resistless tidal wave that sweeping into the city, would carry death and destruction to all before it. He began running wildly.

Before the startled eyes of the young man, by the time he had reached the first sea side cottages, the sea had retreated until for perhaps a quarter of a mile out, no water remained.

Yelling at the top of his voice he rushed through the dark streets; "A tidal wave! A tidal wave! Run for your lives. Get in your cars and run!" Over and over he was yelling his message, his warning. "Don't wait

for possessions. Save your lives only. Get out! Get out of the city to the hills! Run for your lives!"

"Shut up!" someone yelled, "We're trying to sleep!" "Another drunk!" "We'll call the police." Cursing and swearing at the rude awakening in the dead of night followed him as his voice faded away always toward the higher side of the city; "The ocean is dry! Run for your lives!"

Near the upper edge of the city alerted police closed in. Without listening to his wild plea, they took him to the station. "Look, scientists would know if there was going to be such a thing." "Talk more quietly, people won't listen to you when you are so excited." "Calm down and later we'll send officers to look," and other offered delays.

"Don't wait! I was on the beach! I saw the ocean go dry! It will be back any moment! Get the people out now!" His cry rose to an even higher pitch.

No doubt, human nature, being what it is; suspicion, caution against false alarms, inertia, protocol, fatal delay was inevitable. Few people in the lower parts of the city escaped.—but a few did. At least he had saved a few. But would he have been excusable if even one who could have escaped because of his warning had been lost because, concerned for his own safety, he had silently run through the city ignoring the sleeping others?

Today we have a tidal wave of violence and immorality and religious persecution is building up. God's spirit is being withdrawn from the earth. Those who in the middle of the night see the ocean of God's mercy and long suffering toward sin and sinners receding from the wicked cities and the hearts of impenitent man know that

the end of all things is at hand. Shall they silently run and hide for fear of offending the sleeping and let the few who might have escaped perish? Will they not be held responsible for even one soul they might have rescued? "Whosoever will save his life shall lose it; whosoever will lose his life for my sake shall find it." Matt 16:25

HEALTH NUGGET

RECIPE FOR A LONG HAPPY LIFE

My Mother lived to be Ninety four and still was driving at ninety-three. I harvested her garden after she had passed away. One of her sayings was "too soon old, too late smart". Her life was not dull to say the least.

Stress is a killer so we need to avoid or get rid of stress if we would prolong our life. There are several ways to avoid damaging stress. The best one is to put your trust in God. My favorite author says," Trust in God brings holier qualities of mind, so that in patience we may possess our souls.

Worry is the opposite of faith and that, which is not of faith is sin. If we believe God's promises in Matthew Chapter six we will see there is no need to worry.

A brisk walk in the fresh air daily will prolong life. It sends life giving oxygen to the lungs and brain.

Spending at least a half hour each day in the sun even in the winter will develop

serotonin which will make us happy and alert.

Drink at least six to eight glasses of pure water each day, not soda pop which is filled with toxic refined sugar. Our bodies are approx. seventy percent water and if not maintained at this percent disease will surely overcome us. Many diseases can be eliminated or cured simply by drinking the right amount of pure water.

Do not eat, drink or apply to your skin anything which is toxic. Most of us are doing this on a daily basis and are not aware of it. In order for us to have a pure bloodstream, it must be free of toxins.

The American food chain is permeated with toxic food. Approximately 90% of the pre-packaged food in the stores have toxic ingredients. We need to learn to read food labels.

If you eat the flesh of animals, be sure the animal was not diseased. The blood of the animal carries the disease and cooking does not eliminate the disease.

If you want to live a long life the best diet is the vegetarian-vegan diet.

Don't go to bed angry or without winding down. Get at least eight hours of quality sleep each night.

Be healthy and happy and may God bless you all in your quest for a long happy life.

ARE YOU READY FOR THIS?

(NaturalNews) Every two years, a consortium of Europe's most active minds converges at the Euroscience Open Forum to discuss the latest advancements in scientific research and innovation. But this year's meeting, which was held in Dublin, Ireland, featured a disturbing workshop held by White House executive pastry chef Bill Yosses, who explained and demonstrated to audience members how the food of the future will not actually contain real food, but rather various combinations of lab-created chemicals that mimic food.

As reported on *Six One News*, a feature of RTE News in Ireland, Yosses and several other food experts showed a live audience how to create various foams, gels, solids, and other food-like textured substances out of chemicals that, when combined, resemble things like lemon souffle and chocolate pudding. These food scientists then shared samples of these laboratory creations with audience members, who were told that the imitation food products are the wave of the future.

White House executive pastry chef Bill Yosses shares a similar sentiment, as he believes creating fake food out of chemicals will actually help improve the quality of cuisine and availability of food. He told *Six One News* that chefs can use the information he presented to gain a "(better) understanding of what they're doing and use that to improve the processes, to improve not only the flavor but the hygiene, the longevity, how to store things."

"All that comes about from understanding cooking on a really molecular level," he added, with sort of a twinkle in his eye. But when he was asked if these same chemical food experiments are used at the White House in meals served to the Obamas, Yosses laughed and said no, explaining that "the First Family is looking for traditional, sort of 'happy recipes' that people are familiar with."

The average person, in other words, will eventually be expected to happily eat green gelatin-like blobs made of chemical compounds, along with ambiguous cracker products that resemble "Soylent Green," while the White House and the world's other elites continue to eat wholesome, natural foods, including those hand-picked from Michelle Obama's organic garden.

FROM KATIE'S COOKBOOKS

WACKY CAROB CAKE

1 ½ cups flour
1 cup turbinado sugar
4 Tbsp carob powder or chips
½ tsp Rumford's baking soda (I used baking powder)
½ tsp salt
1 tsp Postom or Roma (coffee substitute)
1/3 cup vegetable oil (I use light olive oil)
1 Tbsp lemon juice
1 tsp vanilla
1 cup cold water
Sift dry ingredients into 9x9 ungreased square pan. Make three indentions in mixture and pour oil, lemon juice and vanilla in the separate indentions. Pour water over all and mix with fork. Do not beat. Stir only until mixed. Bake at 350° for 30 minutes. Leave in pan and frost.

FROSTING

½ cup turbinado sugar
½ cup soy milk (I use rice milk)
2 Tbsp margarine (I use Healthy balance margarine)
1 ½ Tbsp flour
½ cup coconut
1 tsp vanilla
¾ cup chopped nuts
Mix and cook until very thick. Spread on cake while warm.
By Nancy Meissner

We'll see you next month.

Remember God loves you and so do we!

Rodney and Katie Armstrong

