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## November 2011 - Newsletter

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Dear Friends and Family,

During the last few months we have been running articles about the Federal Reserve Banking System in our country. The story today about the Titanic may also shock you. But the story is true and the author has done his research well. (it is well documented) There is so much which has gone on, and is still going on, that the American people have not been told. Rodney and I just want people to know what is really going on in our beloved country today. Slowly and gradually we are losing our freedoms and most of us aren't even aware of it.

Our subject this month is: Courage for Daily Living

### The Sinking of the Titanic

“When we think of events that have transpired in history over the last one hundred to two hundred years, there are certain events that stand out as ones of great horror, great surprise and great sadness. Of the many that come to mind the most devastating have been the destruction of the World Trade Center in New York City and the sinking of the Titanic.

The greatest tragedies in the last two hundred years can be traced to the Jesuits. (The Jesuits, called the Society of Jesus, are the militant arm of the Roman Catholic Church.) We will now show that the Jesuits planned and carried out the sinking of the Titanic, and we will show why they did it.

Since the early 1830's, America did not have a central bank. The Jesuits desperately wanted another central bank in America so that they would have a bottomless reservoir from which to draw money for their many wars and other hideous schemes around the world.

In 1910, seven men met on Jekyll Island just off the coast of Georgia to establish a central bank, which they called the Federal Reserve Bank. These men were Nelson Aldrich and Frank Vanderlip, both representing the Rockefeller financial empire; Henry Davison, Charles Norton, and Benjamin Strong, representing J.P. Morgan; and Paul Warburg, representing the Rothschild banking dynasty of Europe. We have already seen that the Rothschilds were the banking agents for the papacy's Jesuits, holding “the key to the wealth of the Roman Catholic Church.”

*The Morgans were friendly competitors with the Rothschilds and became socially close to them. Morgan's London-based firm was saved from financial ruin in 1857 by the Bank of England over which the Rothschilds held great influence. Thereafter, Morgan appears to have served as a Rothschild financial agent and went to great length to appear totally American....*

*His (Rockefeller's) entry into the field was not welcomed by Morgan, and they became fierce competitors. Eventually, they decided to minimize their competition by entering into joint ventures. In the end, they worked together to create a national banking cartel called the Federal Reserve System. G. Edward Griffin, “The Creature from Jekyll Island”, American Opinion Publishing, pg 209. (Emphasis supplied)*

These three financial families, the Rothschilds, Morgans, and Rockefellers all do the bidding of the Jesuit Order because of Jesuit infiltration in their organizations. They do whatever is necessary to destroy constitutional liberty in America and to bring the pope to world domination. As we look back over the 20<sup>th</sup> Century, we see how successful the Jesuits have been. They have continued to squander the wealth of America and continually attack its great constitution and civil liberties.

Daily, the power of the pope in Vatican City increases. One day they will achieve total power again.

The building of the Titanic began in 1909 at a ship yard in Belfast, the capitol of Northern Ireland. Belfast was a Protestant haven and was hated by the Jesuits. World War 1 began just a few years later.

The Titanic was one of the fleet of ships owned by the White Star Line, an international shipping company.

***Banking was not the only business in which Morgan had a strong financial interest. Using his control over the nation's railroads as financial leverage, he had created an international shipping trust which included Germany's two largest lines plus one of the two in England, the White Star Lines.***

***Ibid, pg 246***

There were a number of very rich and powerful men who made it abundantly clear that they were not in favor of the Federal Reserve System. J.P. Morgan was ordered by the Jesuits to build the Titanic. This ‘unsinkable’ ship would serve as the death ship for those who opposed the Jesuits’ plan for a Federal Reserve System.

These rich and powerful men would have been able to block the establishment of the Federal Reserve, and their power and fortunes had to be taken out of their hands. They had to be destroyed by a means so preposterous that no one would suspect the Jesuits. The Titanic was the vehicle of their destruction. In order to further shield the papacy and the Jesuits from suspicion, many Irish, French, and Italian Roman Catholics immigrating

to the New World were aboard. They were people who were expendable. Protestants from Belfast who wanted to immigrate to the United States were also invited on board.

All the wealthy and powerful men the Jesuits wanted to get rid of were invited to take the cruise. Three of the richest and most important of these were Benjamin Guggenheim, Isador Strass, the head of Macy's Department Stores, and John Jacob Astor, probably the wealthiest man in the world. Their total wealth, at that time, using dollar values of their day was more than 500 million dollars. Today that amount of money would be worth nearly eleven billion dollars. These three men were coaxed and encouraged to board the floating palace. They had to be destroyed because the Jesuits knew they would use their wealth and influence to oppose a Federal Reserve Bank as well as the various wars that were being planned.

Edward Smith was the captain of the Titanic. He had been traveling the North Atlantic waters for twenty-six years and was the world's most experienced master of the North Atlantic routes. He had worked for the Jesuit, J.P. Morgan for many years.

Edward Smith was a 'Jesuit tempore co-adjutor.' This means that he was not a priest, but he was a Jesuit of the 'short robe.' Jesuits are not necessarily priests. Those who are not priests serve the order through their profession. Anyone could be a Jesuit, and their identity would not be known. Edward Smith served the Jesuit Order in his profession as a sea captain.

Many interesting points about the Titanic are discussed in a video-tape made by National Geographic in 1986. The videotape is entitled 'The Secrets of the Titanic'. When the Titanic departed from Southern England on April 10, 1912 Francis Browne, the Jesuit master of Edward Smith, boarded the Titanic. This man was the most powerful Jesuit in all of Ireland and answered directly to the general of the Jesuit Order in Rome. The videotape declares:

***A vacationing priest, Father Francis Browne, caught these poignant snapshots of his fellow passengers, most of them on a voyage to eternity. The next day Titanic made her last stop off the coast of Queenstown, Ireland. Here tenders brought out the last passengers; mostly Irish immigrants headed for new homes in America. And here, the lucky Father Browne disembarked... Father Browne caught Captain Smith peering down the Titanic's bridge, poised on the brink of destiny. The Secrets of the Titanic, National Geographic, video tape, 1986.***

***Here is Jesuit treachery at its finest. The Provincial (Father Francis Browne) boards Titanic, photographs the victims, most assuredly briefs the Captain concerning his oath as a Jesuit, and the following morning bids him fare-***

***well. - Eric J Phelps, 'Vatican Assassins' Halycon Unified Serves, pg 427***

Browne went over with Edward Smith one last time exactly what he was supposed to do in the North Atlantic waters. The Jesuit General told Francis Browne what was to happen. Browne then tells Smith and the rest is history. Edward Smith believed that the Jesuit General

***...is the god of the (Jesuit) society, and nothing but his electric touch can galvanize their dead corpses into life and action. Until he speaks, they are like serpents coiled up in their wintry graves, lifeless and inactive, but the moment he gives the word of command, each member springs instantaneously to his feet, leaving unfinished whatsoever may have engaged him, ready to assail whosoever he may require to be assailed, and to strike wheresoever he shall direct a blow to be sticken -R.W. Thompson, 'The Footprints of the Jesuits,' Hurt and Eaton, pg 72,73***

Edward Smith was given an order to sink the Titanic and that is exactly what he did.

***By the command of God, (the Jesuit General) it is lawful to murder the innocent, to rob, to commit all lewdness, because he (the Pope) is Lord of life and death, and all things; and thus to fulfill his mandate is our duty. - W.C. Brownlee, 'Secret Instructions of the Jesuits,' Americans and Foreign Christian Union, pg 143***

***There is no record in history of an association whose organization has stood for three hundred years unchanged and unaltered by all the assaults of men and time, and which has exercised such an immense influence over the destinies of mankind...'The ends justify the means,' is his favorite maxim; and as his only end, as we have shown, is the order, at its bidding the Jesuit is ready to commit any crime whatsoever -G B Nicolini, 'The History of the Jesuits, Henry G. Bohn, pg 495-496 emphasis added***

Let us remember the oath that every person takes to become a part of the Jesuit Order:

***I should regard myself as a dead body, without will or intelligence, as a little crucifix which is turned about un-resistingly at the will of him who holds it as a staff in the hands of an old man, who uses it as he requires it and as it suits him best. - R.W. Thompson, 'The Footprints of the Jesuits.' Hunt and Eaton pg 54."***

This was taken from Chapter 5 of the book "The Secret Terrorists" by Bill Hughes. (Bill is a world traveler, author, historian, pastor and a personal friend.) If you would like to read the rest of his book let us know and we will see that you get a copy.

## HEALTH NUGGET

### Obesity

Obesity is one of America's greatest health problems. It lays the foundation for heart disease, high blood pressure, cancer, and diabetes as well as numerous other problems like osteoarthritis, back pain, fatigue and low self esteem. Every extra pound takes about one month from your life span. Sixty extra pounds can cost you five years. Excess fat has such a direct correlation to health that every pound lost or gained makes a difference.

Losing weight has become a national obsession. We spend billions of dollars each year on quick-fix fads, diets, and weight loss pills. The sad fact is that most are useless and some are actually quite dangerous. Programs that include a diuretic are essentially forcing the body to shed some of its much needed water. A protein overdose will do practically the same thing. The body uses a lot of water to wash the waste products from excess protein out of the system. These diets can cause impressive weight loss in a short time. However losing weight by forcing water from the system is dangerous and ineffective, since the body replaces the water as fast as it can.

Starvation diets that provide less than 500 calories per day become counterproductive if kept up for more than two or three days. The body then figures out the food has stopped and conserves energy by lowering the metabolism – the rate at which you burn calories. It then begins to consume the parts of the body that use the most energy – the muscles. When you come off the diet with less muscle and a much lowered metabolism you will gain weight more readily than before. Remaining overweight would be more healthful than the repeated weight-loss/weight-gain cycles that gradually deplete muscle and replace it with fat tissue, making further weight loss nearly impossible.

The only weight loss program that will have a permanent effect is one that involves permanent lifestyle changes.

The basic problem in obesity is too many calories. Whenever more calories are consumed than the body can use, it stores them as fat. Every 3,500 extra calories equals another pound of stored fat. There are two strategies to combat this problem: (1) reduce the number of calories coming in and (2) increase the number of calories you burn.

A successful and healthy weight loss program will provide adequate energy and nutrition, and also be something you can make a permanent part of your life.

**Build menus around fresh fruits, vegetables, grains, legumes and other plant foods.** These foods provide variety, energy and all the nutrients necessary. They are colorful, tasty and low calorie as well.

(Radiant Living by Family Heritage Books 2001

**Eliminate or greatly reduce refined sugar and fats in the diet.** Thanks to modern food processing it is possible to eat an entire day's worth of calories at one sitting. Since meat and dairy products are especially high in fat and calories, limiting their use can make weight loss easier; meats and cheeses are 60-80 percent fat. Read food labels; look for hidden fat and sugar calories. Butter, sauces, dressings and gravy are all condiments that can double or triple the calories in a healthy meal.

**Eat a generous breakfast, a moderate lunch, and skip supper completely.** If you must eat in the evening choose whole fruit. Calories eaten in the morning are burned as you go through the day. Calories eaten at night are stored as fat. Timing plays a tremendous part in weight loss. This could be the key to your success.

**Avoid snacks and beverages other than water between meals.** It is easy to get your entire allotment of calories for the day just from snacks. Try recording your snack calories for a day or two and see.

To successfully lose weight more calories must be burned than are consumed, and that means increased exercise and activity. Exercise burns calories in several ways.

**The exercise itself burns calories.**

**Exercise Increases the Basal Metabolic Rate (BMR)** for several hours afterwards, which means calories burn at a faster rate even when you are inactive.

**Exercise builds muscle.** It takes roughly 50 calories per day to just maintain one pound of muscle. This increases your metabolism long term.

Those who choose to build muscle as a means of getting rid of fat may not see much weight change initially, since muscle tissue weighs three times more than fat tissue. Yet they will find their body composition changing – fat will be lost and inches will gradually disappear. It is not uncommon for men to report going down a pants size and women going down two dress sizes while their total weight actually increases as they build muscle.

Focus on the hundreds of delicious fruits and vegetables you have never tasted, not on the foods you shouldn't eat. Food preferences are not inborn; they are learned and cultivated. Like any other habit they can be changed.

Conquer those food cravings, when hunger strikes, drink a large glass of water. That will help you feel full. Take an exercise break. Exercise raises the blood sugar.

Everything, including weight loss, is more fun with a friend. Find a "buddy" you can encourage; be accountable to each other as you lose weight together.

Don't strive for perfection and then give up when you don't achieve it. Persistence is far more valuable in weight loss.

While all weight loss is difficult thousands of people have been successful in achieving and maintaining

normal weight while using these simple but effective methods

### JUST FOR FUN

In the following paragraph you will find the names of sixteen Books in the Bible. How many can you find?

I once made a remark about the hidden books of the Bible. It was a lulu. Kept people looking so hard for facts and for others it was a revelation. Some were in a jam, especially since the names of the books were not Capitalized, but the truth finally struck home to numbers of readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to spot them. I will quickly admit it usually takes a minister to find one of them, and there'll be loud lamentations when it is found. A lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now for there really are sixteen names of books in the Bible in this story. Try this, have some fun. (Answers found in end of the Newsletter)

### WHEN JESUS SHALL GATHER THE NATIONS

**When Jesus shall gather the nations  
Before Him at last to appear,  
Oh, how shall we stand in the Judgement,  
When summoned our sentence to hear?**

**Shall we hear from the lips of the Saviour  
The words, "Faithful servant, well done!"  
Or, trembling with fear and with anguish,  
Be banished away from His throne?**

**Then let us be watching and waiting—  
Our lamps burning steady and bright—  
That when we are called by the Bridegroom,  
We'll answer the call with delight.**

**Thus living with hearts fixed on Jesus,  
In patience we wait for the time  
When, the days of our pilgrimage ended,  
We'll rest in his presence Divine.**

***He will gather the wheat in His garner,  
But the chaff will He scatter away;  
Then how shall we stand in the Judgment—  
Oh, how shall we stand in that day?***

Actually this is a song written by Harriet B. McKeever in 1885. Matthew 3:12 was her inspiration I love the words and the melody is beautiful.

### FROM KATIE'S COOKBOOKS

#### Walnut Gluten – Vegetarian Beef Style (Taste Of Heaven)

1 cup water  
¾ cup walnuts  
½ tsp sea salt  
½ tsp onion powder  
¼ tsp garlic powder  
1 ½ cups vital gluten flour  
2 Tbsp whole wheat flour

Blend walnuts, water, sea salt, onion powder, garlic powder on high until creamy. Mix gluten flour and whole wheat flour in a large bowl. Pour walnut mix into the flour. Knead quickly and shape into a log. Cut into ½ inch slices and drop into the boiling broth (See recipe below). Boil for 30 minutes. Cool it completely before taking out. (It freezes well)

#### Broth

5 cups water  
¼ cup soy sauce (I use Braggs)  
½ tsp sea salt  
1 tsp onion powder  
1 tsp garlic powder  
2 Tbsp nutritional yeast flakes

Stir all ingredients in a large saucepan. Bring to a boil. Drop gluten steaks into broth. Boil lightly for 30 minutes. (I save the left over broth for gravy or soups). I use this gluten in any recipe calling for beef. Also I use it with gravy as an entrée, cut in strips for stir fry etc.

See you next month.

Remember God loves you and so do we!

Rodney and Katie

Just for Fun – I was only able to find 15 Bible Books in the above Paragraph (If your eyes are sharper and you can find the 16<sup>th</sup> one let me know and you will receive a small gift.) The ones I found are; Mark, Luke, Kings, Acts, Revelation, James, Ruth, Numbers, Job, Amos, Esther, Judges, Lamentations, Hebrews, and Peter.

