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## March 2011 - Newsletter

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Dear Family and Friends,

It's hard to believe that Rodney and I have been sending out Newsletters for a year now. Our first mail out went to 47 people. We are now sending over 100 newsletters each month.

We hope those receiving the newsletters are being as blessed in receiving them as we are in sending them.

We realize that some of the subjects we've discussed may not be what you have been taught. However, we want to encourage you to never accept someone else's view on a bible subject until you have prayerfully and earnestly searched the bible yourself for truth. God will give you the truth if you really want it.

Our Subject this month is: The Coming Storm

### Laced With Love

Ella heard about the need of nurses for the sick and dying in the army during the Civil War. Ella wanted to do Christ's work and help the sick and share the gospel with them.

The Sanitary Commission collected blankets and clothing from the churches to be used in the army hospitals.

In one of their boxes, Ella found a beautiful patchwork quilt that she could tell was laced with love. The stitching was exquisite, and made as light as possible so as not to lie heavy on the soldiers' wounds. It was soft and smooth. The blocks were made of calico and

white cotton. Every other block was white and every other one was colored. But the most unusual feature of the quilt was that upon every white square was a carefully embroidered text of scripture or verse from a well-known hymn. On the center block, in large bold letters so as to catch the eye, was embroidered the words, "Christ Jesus came into the world to save sinners," and below it the prayer of the repentant, "God be merciful to me a sinner." The head border, which would be nearest to the sick man's eyes, were texts of promise, love, and comfort. Among them Ella read, "God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish." "Come unto Me, all ye that labor and are heavy laden, and I will give you rest." "Ho, every one that thirsteth, come ye to the waters!" "I sought the Lord, and He heard me, and delivered me from all my fears."

Ella's eyes moistened as she read the note attached within, "I have made this Scripture quilt for one of the hospital beds, for I thought that while it would be a comfort to the poor body, it might speak a word of good cheer to the precious soul; the words are so beautiful and blessed, and full of balm and healing. May it be a blessing to the dear boys in the army, among whom I have a son."

"Oh," said Ella, "that all our beds had such a quilt! God will surely speak through these embroidered words of love to the sick and wounded, They will read the verses on this quilt when they will read nothing else. Who knows what good will come from this quilt?"

Ella folded the note and placed it in her Bible. She would notice what happened to the quilt and those who used it.

Before long a man with pneumonia was brought into the sick bay and the new quilt was put on his bed. He was too sick to notice anything at first, but as he grew better Ella saw him intently studying the texts.

"Handy to have 'em here!" he said, pointing to them as she stood beside his bed.

"Then you know how to value them," she said.

"I do," he answered heartily.

She saw many studying the quilt in fact, almost all who lay beneath it. One poor soldier, who had tossed and turned with pain and fever for several days, caught sight of the words, "And I will give you rest." He beckoned to Ella and, pointing to the verse, asked, "Where can I find that rest? I need rest for body and soul. I am half-mad. You can see that I am sick, but I'm even sicker where no one can see. Tell me how to get rest!"

"Have you never heard of the way? Have you never heard of Jesus?" she asked. "Tell it to me again," he said. So she told him the story of the cross.

"He died for my sins?" he asked.

"Yes, yours," she assured him. "He saw you in your sins and pitied you. He loved you and died to save you from sin and to give you rest and peace and happiness!"

"I have never been happy. Never." he said. "I've been too wicked. Tell me, did He really die for me? I never felt it before, it just never seemed real to me."

"I hope you will come to feel it," she said. "Have you seen the lines on the quilt that say, 'None but Jesus, none but Jesus, can do helpless sinners good? It's true,' continued Ella. "None but Jesus can bring you help. I've tried everything else, and there's no other way. Here is another verse on the blanket from a hymn that says, 'I'll go to Jesus, though my sins, have like a mountain risen.'

"But I can't go. I don't feel like I can do anything. I am a wretched man. That's all I am," he responded.

"Then just leave yourself with God," Ella said. "Repeat this verse, 'Here, Lord, I give myself away, tis all that I can do.' All you have to do is give yourself to Jesus."

"Is that verse here on the quilt?" he asked.

Ella showed it to him, after which he said, "I'll keep it before me. Oh, for a little rest!" Not long afterward he found rest, rest of soul and peace of mind. He had found Jesus. Soon he left the hospital, a happier man than before he came.

As the months went by dozens of boys and young men lay beneath the blanket. What blessing, cheer, and hope the blanket, stitched with love by some Christian mother, brought to nearly all! It was as if God was directing just who should lie beneath it.

One young man under the blanket lay for over a week in a near-unconscious state, but soon he began to come to his senses.

Ella watched to see if he would notice the Scripture texts and hymn verses upon the quilt, he did not. But then she witnessed the strangest thing. He eyed the comforter carefully, and then she thought she saw him kiss it. "Maybe his mind is wandering," she thought. "Or maybe he found a special verse of Scripture." She carefully marked with her eye the area of the blanket that he had kissed in order to find out what Scripture it might have been that so touched him. But when she walked by close enough to see, to her surprise there was no text on that square at all! The spot that he had kissed was one of the bright colored, calico blocks with the pattern of a little crimson leaf sewed into the middle of it.

He kept looking at that leaf with tears in his eyes. Ella was sure his mind must be wandering. Then she saw him kiss it again, so she came closer to the side of his bed. He looked up at her with a smile shining through some tears and asked, "Do you know where this quilt came from?"

"Some good woman sent it to us through the Sanitary Commission," she said.

"You don't know her name or where it came from, do you?" he asked.

"No, but why do you ask?" Ella wanted to know.

"Because the material in this crimson-colored leaf looks just like my mother's gown and it reminds me of her," he said.

So that's why he kissed the leaf, Ella thought. "There was a note that came with the blanket which I saved in my Bible," she told him.

"Would you be willing to let me see it some time when it is convenient?" he asked.

"Oh, yes," she said. "I'll get it right now." As she handed it to him, she saw him open it and look at the handwriting. His lips trembled and grew white when he saw the writing.

"Please read it to me, quite slowly," he asked. "It's my mother's writing."

Ella read and re-read the note to him.

"Are you going to keep that note?" the boy wondered.

"Oh, yes," said Ella. "I value it and the comforter very much. It has brought salvation to many soldiers."

He put his hands over his eyes, not wishing any to see him cry. He needed to be alone, so she left him for a time.

The next day, as she came to his bed, she was wondering if he had seen any of his mother's texts.

He had, and pointed one out to her. It said, "Father, I have sinned against heaven and in thy sight, and am no more worthy to be called thy son." He whispered, "That is me. I am no more worthy."

Ella put her finger on the next white block and read to him, "When he was yet a great way off, his father saw him, and had compassion, and ran and fell on his neck and kissed him." As she looked up, she saw tears upon his cheeks, and his lips were trembling once again he covered his eyes and she left him.

A few days later, when he had grown much stronger, he held up to her the text she had shown him, saying, "I was a great way off, but He has met me and had compassion on me."

"Do you feel the Saviour's love?" she asked.

"Yes," he responded, "and I am filled with a peace I've never known before. I believe God does love me. He led me here, just at this time, and gave me this blanket that my own mother has made! What a Saviour!"

"Shall I write to your mother and tell her that her son who was dead is alive again that the one who was spiritually lost has been found?" she asked.

"Would you please?" he responded. "I'm sure that she was thinking of me with each stitch she sewed in this blanket. She didn't know I would ever see it, but she knew that some mother's son would feel its comfort and read its texts. Please let her know that I've given my heart to Christ.

And so it was that God used a mother's love to reach her wayward son.

## FROM KATIE'S COOKBOOKS

### Vegan Tofu "Egg" Salad

1 box Extra Firm Tofu (Mori-Nu)  
1 or 2 celery stalks cut fine  
1/3 cup Veganaise (or any tofu mayo)  
1 tsp lemon juice  
1/2 tsp turmeric  
1/4 tsp sea salt  
1/4 tsp celery seed (opt)  
1/4 tsp dill weed (opt)  
1/8 tsp cumin (opt)

(You may use any other herbs you like chives, etc, chopped lemon pickles, chopped cucumber, chopped red pepper, sliced black olives or whatever else you like in your salad.)

Mix tofu and celery and any other veggies you like, into a bowl and set aside. Combine all other ingredients and whisk or stir until combined.

Pour this mixture over tofu and celery. Mix with fork until the tofu breaks down and looks like egg salad.

### Garbanzo Bean and Corn Patties

2 Tbs olive oil  
1 1/2 cup corn (drained)  
1 cup chopped onion  
1/2 tsp thyme (or more)  
1 can rinsed garbanzo beans (chick peas)  
1/4 cup bread crumbs  
1/4 cup dry oat  
2 Tbsp cornmeal  
1/8 tsp cayenne (opt)  
4 Tbsp more cornmeal  
Sauté corn, onion, thyme in 2 Tbsp oil on med.-high heat. Combine and pulse blend all ingredients in food processor till combined and chunky. Form in patties and dredge in the 4 Tbsp cornmeal. Fry in olive oil 5 min on each side (or bake 350° about 30 minutes after brushing with olive oil.

See you again next month.

Remember God loves you and so do we!

Katie and Rodney Armstrong

## **HEALTH NUGGET - The Human Body**

**We all need to know about each of the major organs of our body and how to care for them.**

**It is not necessary to be a doctor or nurse, but if we will take time to do a few hours research we can learn to be knowledgeable enough to care for ourselves and our family's health. Good health is more valuable than riches. Many a rich person would give their riches for health, but waited too long.**

**The main body parts of a person are; kidneys, heart, lungs, brain and spinal cord. All these organs are the basic building blocks of the human body. Every other body part or organ is related to these organs in one way or another.**

**The functioning of every body organ is different but they are inter-related with each other and work together by coordinating with each other. The human body is divided into four major categories and these categories are:**

**1. Circulatory System – Governs the circulation of blood and body fluid across the body. The heart is the central or main organ of this system that performs the pumping operations.**

**2. Digestive System – Is governed by the liver and allows the body to digest food and pass on the residue out of the body.**

**3. Immune System – Is the ability of the body to fight against disease and helps the body to stay disease free.**

**4. Nervous System - Is the central processing unit of the body. This enables man to communicate and react by understanding the signals sent by the brain. These signals are carried to different body parts with the help of the spinal cord.**

**Kidneys and lungs, are major internal body parts.**

**External body parts, of course, comprise the arms, legs, eyes, fingers and other visible body parts that can be touched by another person.**

**Disease starts in the colon. We should have a bowel movement for every meal we eat each day. In order to accomplish this, we must drink ½ of our body weight in ounces of water each day. If you weigh 100 lbs. you need 50 ounces of water a day. Since the body is 70% water we need to keep it hydrated. Not drinking enough water will cause all of our organs to be diseased, especially the skin, liver and kidneys because they are filters. When we are constipated the waste toxins in our intestines re-circulate through the body and poison the blood stream.**

**You wouldn't dare put sugar in the gas tank of your car, yet 165 lbs. of sugar is consumed per person in the U.S. each year. There is toxin in practically everything our body consumes except the pure water we drink and the fresh veggies we grow.**

**In order to maintain good health, we need to concentrate on taking out more toxins per day than we put in. How do we do it? (one way is to read food labels) This is not easy, but if you want to live a long life, it is necessary. It's a new language you will need to learn. It will take a little time but you can get the time by stealing it from your TV time.**

**We are what we eat. Our body's cells are constructed of what we eat. "Eat to live" instead of "living to eat." Cooking with herbs can make our food more palatable. Eating on a schedule will keep us in health because our body clocks work with our organs to produce the gastric juices needed to digest our food.**

**Our family has made it a practice not to buy products that have hydrogenated or partially hydrogenated oil in them. As far as I know cold pressed olive oil is the only one that is safe to cook with. Canola oil is ok if you don't heat it. Most oil is chemically processed and end up as solids in the arteries.**

**The food producers use chemicals to give food longer shelf life, but they shorten our lives.**

**It is imperative that we take our lives and the lives of our families in our own hands. We must search for ourselves and take time to learn how to care for our bodies.**

