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May 2011 - Newsletter

Dear Family and Friends,

We hope everyone is enjoying the spring and warmer days. I for one am glad the winter is behind us!

Our subject this month is: **Righteousness**

THE GANG LEADER'S REVENGE

The leader of a gang of outlaws was determined to get revenge on the government officer who was able to bring the group to justice. Everyone in the gang was captured except this vengeance-seeking leader. The government officer, whose name was Grimes, was not a christian, well, you can tell that by just listening to him:

"You can pray all you want to," Grimes laughed. "I'm going to put my trust in my guns and my dogs." Grimes was the government officer in charge of one of Napoleon's forests in the Silesian Mountains. (These were the unsettled days when Napoleon was aspiring for the control of Europe.)

Grimes' wife and elderly grandmother were both believers in God and His answering prayers. The two women had become very concerned about Grimes' safety. He had been instrumental in bringing to justice a band of robbers who had infested the region. Only the leader of the gang was able to escape. His known threats of revenge upon Grimes brought great fear to his wife and grandmother.

One particular night, when Grimes was unusually late coming home, the wife was really worried.

The two women decided they needed to have a season of prayer for Grimes despite the fact that he did not believe in God and ridiculed their praying.

Before going to bed in the sleeping loft, they read the Seventy-first Psalm with particular emphasis on the words: "In Thee, O Lord, do I put my trust. . . . Be thou my strong habitation. . . . Deliver me, O God, out of the hand of the wicked, out of the hand of the unrighteous and cruel man." Then they knelt and prayed to God for His protection over them and the absent husband. Before the wife ended her prayer, she asked the Lord to "Have mercy on the robber leader and turn him from his evil ways. Please allow him to find peace through Thee."

Shortly after their worship, Grimes came in. As they both told him of their anxiety over his being out in the forest so late with the robber-band leader swearing to kill him, he said nothing. Then they added, "We just finished praying for your safety."

He let both of them know once again that prayer was "foolish." He would just trust in his dogs and guns. Then he walked to each window to secure it for the night.

"As soon as I put away my rifles, I'll come to bed," he told his wife as she made her way up the stairs. It was not long until Grimes had locked all the doors and windows, placed his firearms in their normal place and went to bed.

The next morning when the family came downstairs, it was very cold. The reason was soon evident. A window was wide open and the cold morning breeze was blowing right into the house. There was nothing wrong with the lock or hinges to indicate that someone had forced it open. Something had simply opened it. But how?

Then to the amazement of all three of them, they saw on the table where they had always placed the family Bible, a large and very sharp knife. The knife lay right where the Bible had been placed the night before, but the Bible was gone!

The three realized three things: First, the open window meant someone had been in the house. Second, the dagger-like knife indicated that

murder had been the intent. And, third, the missing Bible had to prove that somehow it had been the means of their not having been killed while they slept.

The entire house was searched and re-searched. Nothing was missing other than the Bible. It was a mystery none of them could explain. The godly wife knelt before them all and thanked God for His protection. The grandmother said, "Amen," at the conclusion of the prayer. Grimes said nothing. His face spelled concern and bewilderment.

Time passed and the incident was seldom mentioned. One night Grimes announced that the French and the Prussians were at war and he had to go to war too.

In the heat of one battle near a large lake, Grimes was badly wounded and left for dead.

Late that afternoon, as the sun's rays almost faded from view, several nearby fishermen came cautiously to the shore. They had small fishing huts there and wanted to see if any of them were left. As one of them walked slowly amidst the dead bodies, he stopped in his tracks as he heard a soft, pathetic moan. Finding an officer lying in blood, he called to his companions and they carried the wounded man to one of the boats. They rowed to the opposite side of the lake where a number of fishermen had cottages. The wounded officer was taken into one of the cottages where the fisherman and his wife worked hard and long to save his life.

When he regained consciousness and was able to carry on a conversation, the fisherman wrote a letter for him to his wife. He had a young man take it to the small cottage in the depth of the Silesian Mountains.

Grimes's wife returned to the fishing camp with the messenger. The fisherman and his wife gave them the use of their cottage until Grimes had recovered.

As Grimes lay on his sickbed, he thought of the wonderful way in which he had been rescued from death on the battlefield. His mind went back to the amazing way in which he, his wife,

and aged grandmother had been protected the night the robber came into their home. With his wife's help, he came to understand that there really was a God in heaven who did answer prayers and it was not long before Grimes began to pray. By the time of his physical recovery, Grimes had had a spiritual restoration as well. He had become a Christian.

Finally, the time came for Grimes and his wife to go home. He met with the kind fisherman to tell him of his deep appreciation. "I want to pay you for all you have done for me. I wish it were possible for me to give you as much as you have given me." The fisherman told Grimes that he could not take his money and that he was glad he could help. Grimes insisted that he take the money but again the fisherman refused. "Actually," the fisherman said, as he looked the happy Grimes right in the eyes, "I wish there was some way I could give you as much as you have given me." "What do you mean?" the puzzled Grimes asked. "What have I given you except lots of trouble?"

"Well," the fisherman said, "I have a great treasure of yours. I have wanted to return it to you, but I was afraid that I might be detected and lose all I have gained here with these precious fishermen who took me into their homes and lives."

Grimes and his wife stood speechless as the fisherman continued. "I came here to this fishing village after spending several weeks in the woods reading. I know that you don't recognize me or know what I am talking about. I am the one who was the leader of the gang of robbers who gave you so much trouble. When you caught my companions and had them put in jail, I swore I'd kill you. One night I crept into your home. It was just after dark. I hid under the high-backed couch in your sitting room, waiting for you to go to sleep."

"I heard the two women talk about your being out so late. I listened to them read from the Bible those words from the Seventy-first Psalm. It had a wonderful effect on me. When they prayed for you, I was touched, but when they prayed for me, too, I was more affected. It was as if an un-

seen hand was laid on me, keeping me from doing what I had intended to do.”

“All I wanted to do was get my hands on that book. So, I took it. I knew it cost a lot, so I left my very expensive knife in its place. For weeks I kept it hidden in the woods near your home. I read it every minute I could. As I read, I saw what a great sinner I was, and what a great Saviour Jesus is. That same Saviour who pardoned the thief on the cross had mercy on me and received me into His kingdom.”

“Then I left that part of the country and found employment here among these wonderful people. I met my wife here and began a new life. We have all we want in this world, and are blest with a hope for the next. All this I owe to you.” He went into his house and came out with the family Bible he had taken from the Grimes home.

“Grimes,” he continued, “you trusted your dogs and your guns, but they could not have helped you that night, nor did they help you on the battlefield. Nothing but God’s Word saved you that night. And nothing but God saved you during the war. Don’t thank me, but thank the merciful God who made use of His blessed Word to save both of us. It was no coincidence that the One who allowed me to learn of Him, who protected you from my knife that night, and who kept you from dying on that battlefield, also allowed me to find you so all of us could have the hope of eternal life.”

Did you know, dear friend, that your life has also been threatened? There is a gang leader who has been apprehended who is seeking to take vengeance out on you. The Bible says, “Your adversary the devil walks about like a roaring lion, seeking whom he may devour” (1 Peter 5:8).

Satan was apprehended by Jesus. He cannot touch Jesus any more so he is seeking to wreak vengeance on those for whom Jesus died. The only protection we have from this powerful and wily foe is Jesus, the Bible and prayer. If you will follow the Bible principles of prayer, you will find answers to your prayers also. You will find that God will be your constant protector, and the protector of your family.

HEALTH NUGGET

This month I want to talk about some fundamental health principles and our responsibility to keep our body temples in the best condition as possible.

In 2008, according to the American Cancer Society 47% of men and 37% of women will get cancer in this country. (among the highest rate of the world). Also, 1 out of 13 Americans now have diabetes and 1 out of 3 will die of heart disease.

We need to practice and share with others correct lifestyle habits that prevent disease. We should opt for safe natural remedies for healing diseases instead of drugs. You will never go wrong with practicing a health plan that prevents disease in the first place!

Christ ministry consisted of teaching, preaching and healing. “And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.” Matthew 4:23

Before we can follow in Christ’s footsteps in teaching, preaching, and healing, we must practice the health laws ourselves. We must live our teaching and walk our own talk.

“God requires all men to render their bodies to Him a living sacrifice, not a dead or dying sacrifice which their own course of action is debilitating, filling with impurities and disease.

God calls for a living sacrifice, The body, He tells us, is the temple of the Holy Ghost, the habitation of His Spirit, and He requires all who bear His image to take care of their bodies for the purpose of His service and His glory. “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.” 1 Corinthians 6:19,20.

It is a duty to know how to preserve the body in the very best condition of health and it is a sa-

cred duty to live up to the light which God has graciously given. If we close our eyes to the light for fear we shall see our wrongs which we are unwilling to forsake, our sins are not lessened but increased. If light is turned from, in one case, it will be disregarded in another. It is just as much sin to violate the laws of our being as to break one of the Ten Commandments, for we cannot do either without breaking God's law. We cannot love the Lord with all our heart, mind, soul and strength while we are loving our appetites, our tastes, a great deal better than we love the Lord. We are daily lessening our strength to glorify God, when He requires all our strength, all our mind. By our wrong habits we are lessening our hold on life and yet professing to be Christ's followers, preparing for the finishing touch of immortality" 2T p 70

Health reformers should teach the message of temperance. True temperance does not mean moderation that one glass of wine a day is ok. A half glass of wine (100ml) already contains 12 grams of alcohol. A Swedish Investigation said, "consumption of alcohol of more than 10 grams of alcohol per day increased the risk of an OS-positive cancer of the breast. Drinking moderate levels of any type of alcoholic drink has many health consequences, including breast cancer."

No wonder the Bible says, "But speak thou the things which become sound doctrine: That the aged men be sober, grave, temperate, sound in faith, in charity, in patience." Titus 2:1,2 "And every man that striveth for the mastery is temperate in all things." 1 Corinthians 9:25

Liquor drinking is proven to destroy brain and liver cell. It causes an increase in breast cancer when drinking as little as a half of a glass a day. How can it help you in your race for eternal life?

Alcohol affects every organ in the body. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol is metabolized in the liver by enzymes; however, the liver can only metabolize a small amount of alcohol at a time, leaving the excess alcohol to circulate throughout the body. It has a detrimental effect on your heart, liver and brain.

Touch not, taste not, handle not!

(Excerpts from an article written by Danny Vierra of Modern Manna Ministries)

FROM KATIE'S COOKBOOKS

TOMATO SAUCE SUPREME

2 Tbsp olive oil
1 medium onion
1 clove garlic, minced
2 Tbsp green bell pepper, chopped
3 cups stewed tomatoes
1/2 3-oz can plain tomato paste
1/2 tsp oregano
1/2 tsp sweet basil
Salt to taste

Sauté onion, garlic and green pepper for a few minutes. Add other ingredients. Simmer over low fire until flavors are fully blended, at least 30 minutes. Longer cooking is not necessary.

This sauce has many uses: With rice, noodles, macaroni, spaghetti, beans, garbanzos, lentils, green beans, summer squash, eggplant, pizza, poured over sliced vegetable protein preparations, baked and in other ways too.

After the sauce cools you can put in baggies and keep in freezer until you want to put together a quick meal.

We like anything with tomatoes in it. When I get busy and don't have time to do a lot of cooking, it helps to have things ready in the freezer.

Remember God loves you and so do we!

Katie and Rodney

