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necessarily agree with all contributors, or their works submitted and printed in this newsletter. It is up to you to get out your Bible and see whether these things are true. Iron sharpens Iron

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Articles

Stop. Slow down, Pray and Think **by Tommy Willis (New Orleans, Louisiana)**

In this modern world we have many time saving devices, yet we are more in a rush than ever before. Why? Well, every fulfilled desire lays the seed for more desires. If we had a washing machine that washed clothes in 15 minutes instead of 30 minutes, then we would want that one; then we would want the newer one that claims to wash our clothes in 10 minutes. Then we would want the newer one after that, which is ever faster. The problem is our human nature as it is, is never satisfied. Going faster does not help us draw closer to God. We need to slow down. The busy rush of the rat race is worse than ever with the technology today; and it can be deadly for our prayer lives. We need to stop the busyness and slow down to examine matters. And we often feel we need access to tons of information. The churches today often have the believer flooded with information overload.

In Jesus' and Paul's day people never had access to a fraction of the information we have today yet these believers were often close to God. This should tell us something. This is why prayer and meditation are so important. We often think that we have to become Biblical scholars to be close to God. This is simply not true. Why is it that the elderly lady in her rocking chair, who raised eight children, and didn't have near as much time to study as the biblical scholar, can often be closer to God?

I'm not trying to suggest that Biblical scholarship does not have its place, because it does. But our attitude in our Bible study is so very important. The Pharisees were like the Biblical scholars of their day.

“At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned and revealed them to little children. Yes, Father, for this is what you were pleased to do” (Mt 11:25-26 NIV).

The childlike heart and humble mind can be led through the Bible to see what is needed. We need to get to know God; and endless picky doctrinal and prophetic studies can become a distraction. We need to seek to use the Bible to get to know Him personally.

We need to use the Bible to meet the Lord Jesus.

“You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life” (John 5:39-40 NIV).

Here we see we can study the Bible diligently, yet not come to fellowship with Him. We need to ask Jesus Christ to take us by the hand and lead us through the scriptures so that we will get to know Him personally.

“Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.” (John 17:3 NIV).

This is why we are on the planet; to get to know God and glorify Him in the process. We are here for a short time, and we should use it wisely. Too often we stay busy with the cares of this life and do not take the time to sit and think about what is important in life.

“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one

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and despise the other. You cannot serve both God and money.... But seek first his kingdom and his righteousness, and all these things will be given to you as well” (Matthew 6:24, 33).

We are to seek God first.

If we drift from God, He will look to get our attention. When I drifted from God, He used the scripture in Revelation 3:18-20 to get my attention. Here Christ is knocking at the door of our heart and mind because we have drifted from God. Repentance clears the way for a deeper relationship with Jesus Christ. If we drift, Jesus Christ knocks at the door of our heart; He loves us and wants a deeper relationship with us.

The days ahead will be difficult in this nation and the world. Let us pray and seek God, to ask Him to lead us through the Scriptures so that we will get to know Him; and get our foundation down in Him; and as this old world gets shaken as never before we can still be standing because our foundation and trust will be in Jesus Christ.

Don't let the busy rushing schedule of the world take you away from God. The cares of this life can destroy us if we let it. Slow down and make sure you are not neglecting your personal relationship with Jesus Christ.

Sit and talk with Him. Spend time getting to know Him personally. As we seek Him diligently, He will settle us and give us His peace to handle the distractions of the world. We often look at prayer as a “chore” or “duty”, but instead, look to spend time with the best friend you will ever have. Yes, praying involves asking God for our needs; but you also may have times where you just sit in His presence without saying anything; but just spend time with Him; and you will find he is giving you thoughts to work with. As you learn to spend time with God this way you will learn to not look at it as a “chore” or “duty” that you have to do, but instead look at it as a joy to spend time with your best Friend; just being. To be there in His presence. It took me many years to learn this in my prayer life; some learn it sooner. Think about this, you may look at prayer in this “ritual” sense like I used to do; I had to learn the joy and intimacy in prayer. We often fail to see the reality that it is about our personal relationship with Jesus Christ. You will not find a better Friend.

“...I have called you friends; for all things that I have heard of my Father I have made known unto you.” (John 15:15).

Many are concerned about the days ahead in this nation and the world; the days ahead will be difficult. But if we are praying and meditating as we should, there will be no reason to fear. David said:

“I sought the Lord, and he heard me, and delivered me from all my fears.” (Psalms 34:4).

If we have fear we need to do something about it and seek God in prayer like this Scripture tells us. But like a hamster on a treadmill, too often we squander our time with fear and worry. We go through “mental gymnastics”, saying, “What if that happens?”, or “What if this happens?”

And we make ourselves miserable. No matter how bad the chaos gets in the world, we need to keep in mind that important principle about prayer. Think about the above scripture. If you have fear, pray, and keep praying.

God promises to be with us. This is what we are going to need to know for the days ahead. To know He is with us; not just as a religious idea or doctrine—but as a reality. I've never seen people so on edge in my lifetime as I see now. I've heard people talking how they find most people are so stressed out and angry about matters. With all that going on in the world at present, many have a feeling of impending doom as a sense of foreboding clings to their psyche. There's so much going on in the news that the roller coaster of today's news drowns out the shock of the news the day before. It has many wondering again—are we headed towards the beginning of the “birth pains”?

If you fall down a thousand times—get up and cry out to God. Remember the Psalms. Jesus read these Psalms. Remember how David and the other writers cried out to God and learned not to give up. They even wondered why God was taking so long to answer them:

“How long, O Lord? Will You forget me forever? How long will You hide Your face from me? (Psalms 13:1).

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God used these scriptures to help me while caring for my invalid dad; because I wondered why this was going on for years, and I kept praying and praying. I didn't realize it at the time, but with all those prayers God was pulling me closer to Him. I also learned more of the value of sitting and thinking deeply about life.

Don't let distractions take you away from God. If you are praying and meditating as you should things will work out, so there's no reason to fear. This is the lesson God drove home in my mind with the situation of taking care of my invalid dad when I felt I couldn't go on anymore. Learn to slow down and pray and think about what is important. Pray as you should and draw close to God. As we get our foundation down in Jesus Christ, He will give us His grace and strength, because we all have our real problems. And many of our problems are not dealt with because of our lack of prayer. Think about the two scriptures mentioned below about prayer.

This High Priest of ours understands our weaknesses since he had the same temptations we do, though he never once gave way to them and sinned. So let us come boldly to the very throne of God and stay there to receive his mercy and to find grace to help us in our times of need" (Hebrews 4:15-16 TLB).

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." (Hebrews 11:6 NIV).

Our problems often increase because of our lack of prayer; and the above scriptures tell us to come before God's throne room to get the help we need. Let us think deeply about these scriptures and apply them. Those who seek God diligently will be blessed with His peace amidst the increasing chaos of the times. Hold fast brethren, and God will bring us Home.

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How They Make Us Sick Trying to Make Us Well

by David Antion (Pasadena, California)

Do you have sugar diabetes?

Well, it might all depend upon the year. Prior to 1997, if you had a fasting blood sugar level over 140 you were considered to have sugar diabetes. But in 1997 an expert committee on the diagnosis and classification of diabetes lowered this number. After 1997 you had sugar diabetes if you had a fasting blood sugar level over 126.

When doctors saw that a person had a blood sugar of over 125, they immediately diagnosed them with sugar diabetes. When diagnosed, they treated them. Even though the patient may not have experienced any particularly bad symptoms, they were still treated. While it is bad to have high blood sugar, it is worst to have abnormally low blood sugar. Why? You can become dizzy, shaky, become nervous, confused, have a rapid heartbeat, start sweating, become irritable and impatient.

An experimental trial was done in 2003 for over 10,000 patients with diabetes. Five thousand were given the standard diabetic treatment of lowering their blood sugar -- but not all the way down to the normal range. The other 5000 were randomized to receive intensive drug therapy to lower their blood sugar levels to the normal range. The trial was supposed to continue until 2009 but in February of 2008 the trial was stopped. Why, you might ask.

It was because of safety concerns. They found that patients who were receiving intensive therapy were dying more often than the patients who received the standard therapy. After three years patients receiving the intensive therapy (bringing the blood sugar all the way down to the normal levels) had died in greater numbers and percentages than those receiving the standard therapy. There was little doubt that the intensive therapy turned out to be worse than the standard therapy.

It is well known how difficult it is to dial a person's blood sugar and keep it absolutely normal. Blood sugars tend to bounce around from too high to too low hitting the normal range on the move. Having blood sugar levels too low increases your risk of death. One doctor said it like this: "if it is not good to make diabetics have near-normal blood sugars then it's not good to label those with near-normal blood sugar as diabetics." Because once a person is labeled as a diabetic doctors

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will treat them. People with mild blood sugar elevations are the least likely to gain from various treatments and arguably the most likely to be harmed by those treatments.

Do you have hypertension (high blood pressure)?

Prior to 1997, a person was not considered to have only mild hypertension with a blood pressure level of 160/100. Doctors were advised to use their own discretion as to whether or not they felt the necessity to treat a patient with mild hypertension. But in 1997 a committee took a hard look and advocated drug therapy for all patients with mild hypertension regardless of their risk of cardiovascular disease. The new numbers were lowered to 140/90. That created a 35% increase in new cases and put nearly 52,000,000 people in the category of mild hypertension. Imagine the business for doctors and drug companies!

Do you have high cholesterol?

It is also called high hyperlipidemia -- the medical term for high cholesterol. The same pattern plays out with cholesterol as did with diabetes and hypertension. The definitions regarding abnormal cholesterol changed. In the 1960s cholesterol levels approaching 300 were not considered an emergency to be treated. But by the 1990s the Department of veteran affairs had settled on defining total cholesterol as being abnormal when it was above 240. (Mine has been mostly above that for the past 30 years.)

Suddenly, after 1998, abnormal total cholesterol, it was decided by a committee, should fall from greater than 240 to greater than 200. This change affected many people – an additional 42 million new cases of high cholesterol. Think about that number. Forty-two million! A cholesterol of 200 is nearly about the average for the adults in the United States. When the cut off was moved this close to the average it had an enormous effect on the number of people diagnosed. And think of the money to be made by doctors and drug companies!

Doctors were urged to treat this high cholesterol mainly using statin drugs. Looking at the statistics, there are a lot more people with cholesterol levels ranging from 200 to 240 than there are from 240 to 280. And there are a lot more people with cholesterol levels in the 240 to 280 range than there are from the 280 to 320 range. In other words, mildly abnormal cholesterol levels are far more common than strongly abnormal cholesterol levels.

And in almost every case, in every medical condition, people with mildly elevated levels do not benefit as much from treatment as those with severely elevated levels.

Do you have osteoporosis?

In the earlier days most people didn't pay much attention to osteoporosis unless a person was having severe symptoms of spontaneous fractures such as a broken rib. Most people think of osteoporosis as the thinning of the bones. Bones become more porous as people age. It is a process that generally happens to most people. In the earlier days doctors did not have any way to measure osteoporosis.

Suddenly bone mineral density testing came along. It became an x-ray of a specific bone from wrist to hip to spine. However, it is not used to see whether the bone is broken but simply to measure how dense the bone is. These density levels were quantified by a T score as to whether the patient was normal or abnormal. Normal was defined by the average density of white women ages 20 to 29. So, if a woman's bone density was the same as the typical woman in ages 20 to 29, regardless of their own age or ethnicity, then their T score would be zero. However, if their bones were a whole lot thinner than the average white woman from ages 20 to 29, then their T score might be as high as -3. If they were all a lot denser, they would be as high as +3. You can imagine what a 70 or 75-year-old woman's T score would be when compared to young women ages 20 to 29.

Again, doctors were urged to treat women with a minus score below or lesser than -2.5. Often, they were given a drug that blocked the breakdown of dead cells from the bones. This drug caused a thickening of the bones but with many dead bone cells. Some side effects of these bone thickening drugs were that some women experienced a complete shattering of their jaw bones. We can easily see how changing the cut offs on these numbers – lowering the cholesterol levels, the diabetic levels, and the hypertensive levels created an increase in people that were labeled with these diseases. Is that a good thing or a bad thing? However, there is no question as to whether it was good for business – for doctors and pharmaceuticals. You can see how trying to make people healthy placed many people in treatments for drugs with many side effects and large numbers of these people did not benefit from these medications. Who Changed All These

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Numbers?

There have been widespread concerns over the experts who were setting these numbers. Were these independent doctors with a pure concern only for one thing -- the health of you and the American public? There has been considerable criticism from various members of the medical community (doctors) that the "experts" who made these decisions were not independent from the influence of drug companies.

For example, the head of the diabetes cut panel just happened to be a paid consultant to several pharmaceutical companies that make diabetes drugs. These companies include Bristol-Myers Squibb; Eli Lilly; Novartis; Merck; GlaxoSmithKline; and Pfizer.

And of the 11 authors of the blood pressure guidelines, 9 were recipients of grants from the drug companies who made high blood pressure medications. They were also paid speakers and paid consultants for these drug companies.

In the same way, of those 9 experts who lowered the cholesterol levels, 8 were paid consultants by the very drug companies who stood to profit when doctors prescribed these dangerous cholesterol lowering drugs. And the first cut off scores for osteoporosis were established by the World Health Organization panel in partnership with the international osteoporosis foundation -- an organization whose corporate advisory board consisted of 31 drug and medical equipment companies.

How Much Did It Help?

We know that the pharmaceutical industry made profits into the billions of dollars. But how much good did it do the people taking these medications?

Let's just take the issue of cholesterol as an example. Let's look at 100 people with slightly high cholesterol levels and treat them for their entire lifetime with cholesterol lowering medications.

How many would actually be saved from a heart attack? Out of the 100 people the treatment would have saved about only 8 of them from their first heart attack.

How many would have endured the side-effects, spent the money, and still had a heart attack despite all of the medications and the lowered cholesterol levels? Answer: 14. And of those 100 people with slightly elevated cholesterol levels who took the medications diligently for their lifetime -- how many were never helped by these medications because they were never going to have heart problems at their slightly elevated cholesterol levels? Answer: 78!

Remember, these heart medications (cholesterol lowering drugs, blood pressure lowering drugs) do not promise that you will not have a heart attack. They treat only a "risk factor." There are about 16 different risk factors associated with heart issues -- including smoking, not exercising, obesity, high LDL levels of fats/cholesterol, diet, etc. The statin drugs only treat one risk factor -- cholesterol. And guess what the average person's cholesterol level tends to be -- between 200 & 240.

What Can You Do?

What can you do to protect your health?

1. Eat a healthy diet of natural, unprocessed foods as much as possible. Include in these foods many raw, fruits and vegetables but also good sources of protein and natural fats and unprocessed oils. Use whole grains. Avoid high sugar products, and all foods with high fructose corn syrup as well as all foods containing margarines or hydrogenated fats (trans fats).
2. Keep your weight down and within normal limits for your height and body build.
3. Get regular moderate exercise. Walking is probably the best, but you must walk for at least 20 to 40 minutes at a time beginning with 5 minutes and working up to 40. You also need muscle strengthening exercises. Work at balancing yourself on one leg.
4. Get good regular sleep (7 to 9 hours) each night except for rare special occasions. Do your best to.
5. Stretch your muscles. Breathe deep with good fresh air.

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6. Be diligent to avoid all poisons in your environment. Stay away from poison sprays. Better to buy organically grown and unsprayed fruits and vegetables.
7. Be careful. Avoid accidents, falls, cuts, infections, bruises, etc. And take care of your teeth. Make sure you don't have gum disease and get attention if you do. Each of us is ultimately responsible for our own health. No one can take care of you if you don't take care of yourself. For instance, David Antion cannot be healthy if I feed him bad foods, put him in dangerous situations, let him sit around and imbibe high sugar foods, foods filled with preservatives and are nutritionally depleted.

How well are you taking care of you?

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<http://daveantion.com/>

What is “Sucralose”?

by Jeffrey Caldwell (Redwood City, California)

Technically, the correct chemical name for "sucralose" -- a popular 'sugar substitute' -- is "1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside" (!)

Sucralose is a common ingredient in “light” calorie foods. “Sucralose” is a generic trade name for Splenda*, the artificial sweetener advertised as “made from sugar”. The “ose” ending is standard in chemistry for real sugars, such as sucrose, glucose, or dextrose. But sucralose is actually a sweet-tasting chlorinated hydrocarbon. Sucralose is an official nickname coined to sell the chlorinated hydrocarbon "1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside" as a sugar substitute.

Splenda -- "1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside" -- is indeed made from sugar -- by means of a complicated patented chemical engineering process that requires the use of many highly toxic chemicals. The patented process that transforms sugar into what is called sucralose involves: trityl chloride, dimethylformamide, 4-methylmorpholine, acetic anhydride, hydrogen chloride, toluene, methyl isobutyl ketone, acetic acid, thionyl chloride, benzyltriethylammonium chloride, methanol and sodium methoxide!

The standard chemical term for sucralose is "1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside"! The nickname -- "sucralose" -- saves a lot of food ingredient label ink. "Sucralose" is the only chlorinated hydrocarbon expressly offered as food (many of the rest are pesticides) -- huge profits can be had from artificial sweeteners!

Trace amounts of contaminants from the "sucralose" manufacturing process inevitably come along with the "sucralose" and may be more dangerous to the body than the "sucralose" itself. Once manufactured and mixed in food, "sucralose" itself also inevitably degrades into other compounds not normally found in wholesome food.

Making "sucralose" is not a “Green” process: the Tate & Lyle "sucralose" plant in McIntosh, Alabama releases about 200,000 pounds "suspected toxicants" into the water and air annually. Residents in the area do not consider it a safe neighbor, and hundreds gathered to protest plans to double the capacity of the plant in 2006!

"Sucralose" -- that is, 1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside -- as produced by Splenda International Patent A23L001 -- has, of course, been cleared as safe to eat by the Food and Drug Administration (FDA) of the government of the United States of America.

I do not trust FDA assessments of the safety of chemical products with huge profit potential if declared “safe”. For a sane appraisal of how much confidence we can have specifically in current FDA approvals of highly profitable chemicals, consider the July 20, 2006, article on the Union of Concerned Scientists (UCS) Web site:

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“FDA Scientists Pressured to Exclude, Alter Findings, Scientists Fear Retaliation for Voicing Safety Concerns”
<https://www.ucsusa.org/about/news>

Of the 997 scientists who responded to the survey, nearly one-fifth said that they "have been asked, for non-scientific reasons, to inappropriately exclude or alter technical information or their conclusions in a FDA scientific document"! Furthermore: "The UCS survey, which was co-sponsored by Public Employees for Environmental Responsibility, was sent to 5,918 FDA scientists. Forty percent of respondents fear retaliation for voicing safety concerns in public.

This fear, scientists say, combines with other pressures to compromise the agency's ability to protect public health and safety. More than a third of the respondents did not feel they could express safety concerns even inside the agency!"

A more recent press release by the UCS, 23 April 2008: "Survey Reveals Widespread Political Interference at the FDA" is no more comforting.

There continue to be disquieting discrepancies between what FDA scientists discover and what the FDA decrees!

I question the safety of man-made “food” items. The public was aggressively "sold" hydrogenated fats as a perfectly safe and fine food since 1911, and it was over 90 years before their considerable health dangers became front page news. Trans-fats made their producers over 100 billion dollars a year at the zenith of their popularity.

I learned a lot about sucralose and aspartame from a well-documented muckraking book by Dr. Joseph Mercola and Dr. Kendra Degen Pearsall: Sweet Deception: Why Splenda, Nutrasweet, and the FDA May Be Hazardous to Your Health (2006).

The film Sweet Misery: A Poisoned World (2004) – a “riveting documentary” (Netflix) -- probes the health problems -- including fatalities -- caused by aspartame (NutraSweet) and the flawed process by which it was approved for use as an artificial sweetener. Getting its approval for industry was a landmark in Donald Rumsfeld’s rise to power!

It will be a while before the dangers and disadvantages of today’s popular man-made “food products” become common knowledge. Suppressing the truth for profit is the standard operating procedure for the powers of this present evil world – well documented in a film I’d love everyone to see: The Corporation (2004). I found all of its DVD extras worthwhile. Watching the film and its special features helped me understand the world.

As for me, I avoid ingesting 1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside!

Invisible Wounds That Scar the Soul

by Brenda Branson (Hanson, Kentucky) Copyright © 2004

*“Yelling at living things does tend
to kill the spirit in them.
Sticks and stones may break our bones,
but words will break our hearts . . .” Robert Fulghum*

It is difficult for a man who punches a woman or throws her into a wall to not know that he is an abuser.

It is equally difficult for a woman who sustains a black eye and body bruises not to know she has been abused, although both of them find rationales to avoid reality.

However, the subtle manifestations of nonphysical abuse usually escape acknowledgement—at least for a long period of time. ¹

Why? Because the abusers keep their hands clean by landing invisible punches and unseen jabs. “They undermine the wife’s self-esteem and break her spirit and knock supporting pins out from under her. They know what matters most to her—her dog, her car, her friends, maybe her red suit—and destroy it.

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They manipulate her into thinking she's to blame, and as a result, into trying harder and harder to please.”¹

Friends, family, and co-workers may see the abuser as a really nice person, and that is also the way he sees himself. He attributes his loss of control to his wife's behavior and uses her as a scapegoat to take the blame for his words and actions.

The abuser usually does not verbally batter his partner in public, unless it is in the form of a joke or something said where the meaning is only known to her.

Nonphysical abuse is the destruction of a woman's emotional, psychological, social, and economic well-being, a systematic undermining of her sense of self and her sanity.

Behind all abuse is the need to **control and dominate** someone else. Men who are abusive know exactly what they are doing by weakening their wives in order to strengthen themselves.

It is not always easy for the victim of verbal and emotional abuse to recognize that she is being abused. She may know that her partner is not treating her kindly, but because she trusts her partner's perceptions, she may begin to doubt her feelings and the truth of her own perceptions.

If a woman shares her feelings with the abuser, he will either invalidate them or tell her it was a joke. More seriously, if she confronts him with his abusive behavior, he may use more aggressive means to gain back control, causing the verbal and emotional abuse to escalate to physical battering.

What does verbal abuse look like? Although there are many categories of verbal abuse, the most frequent are:

- **Abusive anger**—sudden angry outbursts which are usually unexpected and irrational. After venting his wrath, the abuser usually feels a sense of relief from built-up tensions inside and enjoys a feeling of power and superiority. His partner will look for rational reasons for his behavior and will usually wonder what she said or did to make him angry. No matter how well she manages to change her appearance, attitudes, or actions, she will never be good enough in the mind of her abuser, and he will continue to blame her for his unexpected fits of rage.
- **Accusing and blaming.** This usually goes along with abusive anger, where the abuser will accuse his partner of something, and then blame her for his anger or insecurity. Many times, the abuser will accuse his partner of infidelity, and blame her for his feelings of insecurity. He may blame her as well for his sexual impotence, while refusing to seek medical help. No matter how the partner tries to help him understand the truth, he will not hear it.
- **Judging and criticizing.** Here the abuser is going farther than speaking the truth in love. He is expressing his lack of acceptance in an overly critical, judge-mental tone.

“The trouble with you is . . .”

“You never get anything right . . .”

- **Countering**—arguing against her thoughts, perceptions, or experiences.

Nan recognized Ned's tendency to counter anything she said. So, she decided to agree with any statements he made and repeat them back to him. Here is the interaction:

Ned: *That lamp shade doesn't go with the lamp.*

Nan: *Oh yeah, the lamp shade doesn't go with the lamp.*

Ned: *It does to go with the lamp.*

Nan: *Oh, the shade goes with the lamp.*

Ned: *You can't say it goes with it when the color's off.*

Nan: *Oh, I see. The color is off.*

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Ned: *That's not what's wrong with it.*

Nan: *I'm trying to find out what you mean.*

Ned: *No, you're not. You're twisting my words around!* ²

- **Discounting**—denying and distorting her experiences and feelings as if they were worth nothing. Verbal discounting can be understood by thinking of a very expensive item in a store being "discounted" down to a ridiculously low amount until it is considered worthless.

There are many other categories of verbal abuse (name calling, threatening, ordering, etc.). Most abusers use several or all of these types to keep their partner off balance and wondering what she has done wrong.

"Emotional battering, then, runs the gamut from a steady grinding down of a woman to emotional trauma. While her bones are never broken, her flesh never bruised, her blood never spilled, she is wounded, nonetheless.

With self-confidence and self-respect gone, she lives, empty, with no self-left to assert. She cedes control of her life to her abuser. The emotionally battered woman loses herself." ¹

¹ *No Visible Wounds, Mary S. Miller*

² *The Verbally Abusive Relationship, Patricia Evans*

The Coming of the Son of Man

by Ray Daly (Lincoln, North Dakota)

This short study is based on the Scriptural teachings regarding the coming of the Son of Man, at the end time. At which end time he will, after all enemies have been removed, sit on his throne, and begin to teach and judge the peoples on earth. Allowing them to make their own choices, and not "forcing the Truth" down their throats. As the saying goes.

Consider the following Scriptures regarding the Son of Man, and the role he will play on earth. For, he will come to the earth at least two times before he comes for the third time, and then sits on his Throne. If you find any interest in what follows, and wish to respond to the material presented, please use Scripture as the source of your response.

Zech. 9:9. "Rejoice greatly O daughter of Zion. Shout O daughter of Jerusalem. Your KING comes to you. He is just and having salvation. Lowly, and riding upon an ass, and upon a colt [mule], the foal of an ass." Keep in mind the capitalized and underlined KING.

Rev. 6:16. "...Hide us from the face of him that sits on the throne, and from the wrath of the LAMB." Here, consider the words of Ps. 110:1.

Rev. 14:1. "I looked and behold. A LAMB stood on mount Zion, and with him an hundred and forty four thousand." These 144,000 are those referred to in chapter seven. Whose work is yet to come.

Consider that in Zech. 9:9, it speaks of his coming as "King". And NT Scripture clearly shows us that when he came in the first century, he came as said "Lamb". Not as a King. But we know also that, when he comes at the end time, he will indeed come a King, sitting on his throne.

Let's now tie these above Scriptures together and find what I feel is the answer to why Christ is referred to as King, in the first Scripture, and why it is that he is referred to as a Lamb in the latter two. I find the answer is shown in the following verse.

Acts 1:11. "You men of Galilee. Why stand you gazing into heaven? This same Jesus [the sacrificed Lamb], that is taken up from you into heaven, shall come in like manner as you have seen him go into heaven."

In other words, just as Jesus ascended from the mount of Olives, so will he be returning to that same spot. But this time he will come as "King". And do not forget, this time in the future, the territory of Judea will be under the control of the Gentiles. And also keep in mind that almost all Christians are expecting the coming of a Messiah. So also, is the religion of Islam expecting a Messiah to come. His name in Hebrew is Mahdi. That means that some two billion or so peoples on earth will see their "expected" Messiah when he appears in Rev. 6:16.

As well, both the religions of Hindus and Buddhists also expect a Messiah to come. Perhaps another billion or so? And, when they see the Lamb in the heaven, they will very likely begin to prepare for his coming to the earth. Which

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he does in Rev. 14:1. Or, the time Peter speaks of when "their Messiah" will come to the earth, and ride first on an ass, and then on a mule. Don't forget that when Jesus the Lamb came, he rode on an ass. But as he neared Jerusalem, those of the city that came to him, forced him to ride on a mule.

Other Items

**2018 poll:
40 percent of Americans trust science "a great deal"**
(Copyright) by Curtis Dahlgren (Stephenson, Michigan)

"If you cannot question it, it's not science. It's propaganda." – meme

ON WISCONSIN magazine, Spring 2020, published an article, "There's no war on Science among the American Public; an analysis of opinion polls over time shows that Americans across the political spectrum maintain high levels of confidence in scientists." The real question is, do we have a high level of confidence in *polls*? And 40 percent trust is nothing to brag about. Excerpt from the article:

"In the 2018 General Social Survey, about 40 percent of respondents reported a great deal of confidence in the leaders of scientific institutions, a number that has changed little since surveying began in 1973 . . .

"We can say without a doubt that the vast majority of Americans have confidence in the scientific community," says Dominique Brossard, senior report author... "

QUITE A LEAP from "about 40 percent" [38-39?] to "vast majority," isn't it? One more excerpt:

"While Democrats reported higher confidence in scientists than Republicans did in 2018, members of both parties have reported similar, high levels of confidence over the past 45 years. Yet the research team did uncover a persistent, large gap between rural and suburban residents' confidence in science. About 30 percent of rural residents expressed confidence in scientists over the last 30 years, well below the 40 percent average ... "

The insinuation is that rural people are poorly educated, but on average I'd bet the farm that rural people are better educated than urban people. The main point in my rebuttal is that I'd bet another farm that polls today would show less trust in "science" than in 2018 which was before Fauci, the virus, and the World Health Organization's flip flops. Now there is true hard science and *politicized* "science."

WE BELIEVE IN SCIENCE, the "progressives" say, but they are in denial about a link between abortion and breast cancer (any veterinarian can tell you there's a link between miscarriage and mastitis). They are wrong on sex changes, and any other topic where science doesn't fit the slant, the spin, the narrative.

"Brossard's team began its investigation following the 2017 March for Science. The protest sprang out of concerns that the Trump administration would discount or suppress scientific information, and it appeared to mark an increase in the politicization of science. [So they admit it existed before Trump] The same poll revealed an uptick in confidence among Democrats in 2018, to about half of the population surveyed... "

AGAIN, about half (was it 48-49?) is nothing to write home about. It would have been just as well for ON WISCONSIN to have said nothing about the alleged trust in the science "community." That community isn't monolithic.

"Americans reported that they trusted scientists more than they trusted many other institutions and professions, including *journalism*, judges, and Congress."

ON WISCONSIN is published by graduates of J-school. They are entitled to their opinion, but as we are often scolded, we are not entitled to our own facts. Yet their conclusion is:

"We can say without a doubt that the vast majority of Americans have confidence in the scientific community..."

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That's a non sequitur. *"Does not follow."*

P.S. I don't even have time to get into mainstream medicine's aversion to alternative cheap drugs to treat covid-19. Studies have shown their effectiveness even as a prophylactic. But anyone who "questions" the Establishment is mocked and attacked.

PPS: I may have to go into more on this another day. Have a good one!

Your Bank Account

Sent by Robert Chisolm (Email)

This is AWESOME....something we should all remember.

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today.

His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

'I love it,' he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

'Mr. Jones, you haven't seen the room; just wait.'

'That doesn't have anything to do with it,' he replied.

'Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it. 'It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life.

Old age is like a bank account. You withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories!

Thank you for your part in filling my Memory bank.

I am still depositing.' Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Have a nice day, unless you already have other plans.