

## Faith

(Copyright) by David Rives  
(Lewisburg, Tennessee)

PAGE 2 **Article**

## Healthyman Or, At least a Wanna-Be

(Copyright) by Wayne Schatzle  
(West Chester, Ohio)

PAGE 3 **Article**

## Human Degeneration Increases

(Copyright) by David Sielaff  
(Portland, Oregon)

PAGE 16 **Article**

## Aftermath (Counter-Intuition)

(Copyright) by Rich Traver  
(Clifton, Colorado)

PAGE 18 **Article**

## The Israel of God

(Copyright) by Charles Whitaker  
(Charlotte, North Carolina)

PAGE 20 **Article**

### Prayer Requests

24 --- James Steinle

24 --- James Steinle (Church of God, International)

### Announcements

25 --- Kenya Update by William P. Goff

25 --- Messages by Zac Poonen

25 --- Wonders Center & Science Museum by David Rives Ministries

26 --- Update - Wonders Center & Science Museum by David Rives Ministries

### To Unsubscribe from this newsletter:

Send a blank email to [church-of-god-bismarck@hotmail.com](mailto:church-of-god-bismarck@hotmail.com) with "Unsubscribe" in the subject line.

### To Subscribe to this newsletter:

Send a blank email to [church-of-god-bismarck@hotmail.com](mailto:church-of-god-bismarck@hotmail.com) with "Subscribe" in the subject line.

**To Submit Items for Print:** Send to: [church-of-god-bismarck@hotmail.com](mailto:church-of-god-bismarck@hotmail.com) or Mail to Darwin & Laura Lee, 320 N. Griffin St., Bismarck, ND 58501

The "New" Church of God Messenger is an independent publication. All newsletters may be copied and given to others

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

if they are copied and sent in their entirety.

**Publisher:** Church of God, Bismarck, Darwin & Laura Lee, **Editor:** Laura Lee, **Assistant Editor:** Darwin Lee We do not 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

**Contributors:** William P. Goff, David Rives, David Rives Ministries, Zac Poonen, Wayne Schatzle, David Sielaff, Rich Traver, Charles Whitaker

**Website:** Church of God, Bismarck <https://www.church-of-god-bismarck.org>  
or <https://church-of-god-bismarck.org/newsletter/>

## Articles

### Faith

(Copyright) by David Rives (Lewisburg, Tennessee)



#### **This is real...they both require faith**

Here at David Rives Ministries, we talk a lot about Genesis and how easy it is to read and understand the first book of the Bible. Now, Christians have many different ways that they look at Genesis and a part of our ministry is encouraging them that we don't have to relegate Genesis to mere fable, myth, or allegory. Genesis was written as literal history! The history of our Universe's origins, the Bereshit, the beginning. But why do we bother spending so much time discussing this topic? Why is this issue so important?

#### **I'm just going to give you three quick reasons:**

**Number #1** – It's a biblical authority issue. When Christians add millions of years and evolution into Scripture, they're putting man's ideas and theories above the clear teaching of Scripture. You see, the context surrounding the description of the days of creation makes it clear they were regular, 24-hour days. And, if there's any doubt, The Ten Commandments in Exodus tells us that we are to remember the Sabbath because *"in six days the Lord made the heavens and the earth"* and even Jesus told us that man and woman were created in the beginning, during creation week, not billions of years after. When we try and reinterpret these days to be long periods of time, we're taking man's ideas and making them the authority. But God's Word is flawless and inspired—we can trust it! We need to allow Scripture to be the authority over our thinking, not the other way around.

**Number #2** – If we start reinterpreting Genesis to mean whatever we want it to mean, where do we stop? Adding man's ideas into Scripture is a slippery slope. Proverbs says: *"Add thou not unto his words lest he reprove thee."* It won't be

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

long before we, or future generations, are reinterpreting other areas of Scripture to match with what scientists (or our culture) tells us.

**Number #3** – It’s a Gospel issue. No matter which way you try and squeeze millions of years into the Bible, you inevitably put death before sin. You see, the millions of years supposedly are shown in the rock layers. These layers are filled with fossils which are, well, dead things! But if fossils are millions of years old that means we have a record of death, disease, and suffering for millions of years before sin. This means death isn’t actually the penalty for sin even though the Bible clearly says it is!

And if death isn’t the penalty for sin, then why did Jesus have to come and die a physical death on the Cross? His death would have been meaningless! In other words, the reason Christ died on the cross is because of mankind’s sin in the beginning of Genesis. A literal sin by a literal person, Adam.

So, we will continue to talk about Genesis because this issue is vital for the church today. As Christians, we must stand on the authority of God’s Word and unashamedly preach the good news of the gospel to everyone.

**Any theory of Creation requires faith**

The Bible states that *“In the beginning, God created the heaven and the earth.”*

Just as those who are Christians have faith in their beliefs, many of the theories associated with evolution are faith-based.

Here’s where our faith is different: Whereas agnostic evolutionists have faith that man’s theories will eventually be proven true; I have faith that God is big enough to create the universe exactly as He said.

You see, I believe that the Bible is true, and is the inspired word of God given to men. That would mean that we actually have a WRITTEN RECORD of the creation event, given by the Creator Himself! We know through science that many of the historical accounts that we read in the Biblical record are being verified.

This happens frequently through archaeology. So, if portions of the Bible are being consistently verified as real history, then why couldn’t the history found in Genesis 1 be just as accurate? I have faith that it is.

There is an incredible amount of knowledge that we don’t have. Until we find definitive answers to many of the questions of the cosmos, we’re faced with a choice: Faith in God, or faith in man.

Which do you choose?

I’m David Rives...

Truly, the Heavens Declare the Glory of God.

---

**Reprinted with permission from: David Rives Ministries**

**To learn more, visit: <https://davidrivesministries.org/>**

---

**Healthyman Or, At least a Wanna-Be**  
**(Copyright) by Wayne Schatzle (West Chester, Ohio)**

**A Christian’s Guide to Abundant Health**

If you are like me and cringe at the thought of being cut open and have your heart worked on, you may be interested in this article. I have been doing an intense study into coronary disease and diet. I have read a pile of good books on the subject and took notes, much of which you hold in your hands right now.

I encourage you to get some of the reading material mentioned and prove to yourself the necessity of eating right

---

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

and teaching your children the healthy way to live.

It is my prayer that God will bless those trying to do the right thing by caring for the precious gift of life He has given us.

### **My Quest for Good Health**

**Locked up inside this mild-mannered** maintenance man is an action figure called Healthyman. He cannot leap tall buildings in a single bound, but he can walk a few miles without fainting. He is nowhere near as powerful as a locomotive, but he has the power to make good food choices and stay away from things that sap his vitality. This article documents the struggle to release this dynamic man with clean arteries and healthy organs. I invite you to join me in this life saving mission.

**I need lots of motivation** when I decide to make any changes in my life. I am also terrible at getting others to do things so I will just relate what works for me {so far}. The first reason for me to even think about getting on to a better diet was standing looking down at yet another Christian brother resting in a coffin. His untimely death was not due to some freak accident but because he failed to choose healthier foods in life. It caused me to think back of so many of my friends and family that have either passed on or endured ghastly operations to repair diet related problems. Every week I listen to long lists of Christians seeking prayers on their behalf and usually half of those requests are yet again the effects of eating maladies. Christians should be the healthiest people on earth- they are the light of the world and should be a beacon to non-believers, not just a path to eternal salvation but also to a Way to live in this physical life. Do a little test sometime: ask people if they would rather be wealthy or healthy. I am willing to bet the overwhelming choice will be healthy. Then ask the person to detail what they are doing to get wealthy- you will hear things like working every day, investing their money wisely and making careful purchases. Then ask them what they are doing to be healthy, most likely they will say nothing special so are they lying or just plain lazy? As I stand before the door with a 60 on it I am feeling more mortal with every passing day. I am writing this article as a way to share the hours of reading I have done on this important subject. I don't want any money for it because I think it is a Christian duty to help others and if I get any rewards in heaven- I will sure take them. This article is a composite of the common thought of the authors listed and the revealed keys to health God has listed in the pages of the Holy Bible. I don't think I have run across anything too hard and have come to the conclusion that being healthy is easier than being wealthy. So as you read this keep in mind the healthy/wealthy test and if you decide it's not worth it or it's too hard- just stop reading and pass the article on to someone else. Just remember the old Jewish proverb: *“Learn & Live, and not suffer the consequences of Living and Learning”*. Experience is one tough teacher, my friend.

**Everyone is going to set their own goals** and guidelines of what they reason to be right, or at least do what they can live with. In my studies I have read of people going to such extremes, they won't even eat something that's been in a plastic container and of course they will give a good reason for that. I am accepting the things that the professionals agree upon and square with the Bible. I am not interested in sensational “fad” diets of which there are dozens- so I will entitle my diet: *“Wayne’s Common-Sense Diet for life”*. For me I am tackling the big things first and will work my way to the purist diet and lifestyle possible. For those interested in the things I am doing I will list them here. You should study and set your own goals. If you are under a doctor's care or have obvious health issues now- you better seek professional advice. Incidentally, for those that think bypass operations are the answer: I was shocked to learn that the average bypass only lasts 5 years and in the case of a coworker it only lasted 4 years! He was totally devastated that he had to endure another and lamented that the doctors never mentioned he should eat healthier. My friend Patrick died during the second bypass operation.

**Excuses.** We all have either made or heard others make excuses for not eating right. They say it is genetics and I can't help it if I am sick or fat. Just a note on genetics: we see mankind in the first chapters of the bible living to be over 900 years of age. Back in that age human bodies were near perfect; they could even marry siblings with no problems. Over the generations we damage our DNA strands by sickness and eating poorly. Eventually there was so much damage of the chain of DNA that big trouble happened when close relatives mated so it became mandatory to choose a partner not of your family so the damaged places in the DNA would not line up and be passed on to the child. What they are finding out is that families also eat the same things and imitate the same lifestyle so when you see an entire family overweight it is not necessarily caused by genetics but a lifestyle which can be changed simply by changing your lifestyle. A case in point is diabetes. That is a disease that probably is genetic BUT is very curable and at least managed by good eating habits without taking drugs. Shockingly diabetes cases are skyrocketing with more cases reported each year. The

---

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

thinking now is that 25% of the population has a profile to develop it, so it should be a priority to get checked for it and take precautions in life choices. There are many books that you can study if that is an affliction of yours plus it is mentioned in most books I have recommended in this paper. When we are young we could seemingly eat anything and it didn't bother us, but age slows down the metabolism so we can't deal with bad food choices as easily, add to that all the damage done during our youth compounds the problem. Poor health is a given if we are not more diligent in living better. Having said all that it should be noted that the bestselling book, "The 8 Week Cholesterol Cure" by Robert Kowalski {1987} says that some people are predisposed to high cholesterol and would have to take some medication as well as a changed diet, but even he being one of those predisposed to high cholesterol manages it with lots of oat bran {50 grams} and high doses {3 grams} of niacin {B-3} daily. If you fall into the category of being predisposed don't use it as an excuse to do nothing but rather the sign you are one that must try harder. New developments in gene study points to the fact that people can control their genes! With good life choices we can "turn off" our genes to prevent damages. The most often excuse for eating better is, "their always changing ideas on what is good and bad". That's true and for a good reason- we are getting smarter and using better ways to analyze the food we eat- this is a good thing and a reason to keep abreast of new developments in nutrition. I have read some things from the 70s and there was a lot of misinformation, BUT there was a lot of truth, and it was evident they were on the right track. The sad part is when we are young and healthy {and blissfully ignorant} we are unconcerned with nutrition and are guided mostly by taste. One interesting article was about autopsies performed on young men that were killed in battle in Korea, and it was amazing the number of them that had serious plaque buildup in their arteries even at their young ages! In Christian circles the excuse is always, "the Kingdom of God is not meat or drink"- how true, and also how we pontificate on that truth. We can afford to be self-righteous and use that excuse but when we get sick our philosophy is out the window. We will not only petition everyone we know for prayers we will seek anything the medical profession has to offer, THEN try all the home remedies and natural foods. Let's be honest and responsible with our diets now in the good times.

**I thought I would tackle the big things first.** In life the most important thing is AIR. It is the first necessity of life, and we live the least amount of time when we are deprived of it. If you smoke tobacco and have no plans to stop, any other changes you make will do you little good. I live in the country, at least semi-country since the farms are now sprouting subdivisions. So, the air is still pretty good outside. For inside air I have installed filters on the heater. Not those cheap 79 cent ones but the better ones that cost over \$5 {NaturalAire by Precisionaire} and I change them about once a month or so. Also, in the closets I have ozone generator and ion exchanger units. They kill airborne bacteria & mold plus remove odors and the ion exchangers change the polarity of the room so when the sun shines thru the window you don't see dust floating in the air because it drops to the floor. Those small plug-in devices are less than a hundred bucks and worth it. I have to admit our home is not the most energy efficient. I don't like to seal it up airtight. The oxygen we breathe has to get inside somewhere, so it's a trade off losing some heat for oxygen. We do have house plants to aid the generation of oxygen and we are looking to get some ivy plants that are said to not only give off the vital oxygen but kill mold spores as well. For a sweeper we use a bagless one with a hepa filter on it- ideally those whole-house vacs would be excellent as they deposit ALL the dust outside the living area. During the dry winter months we run a humidifier all the time? I love people and animals. Those I *love* {people} are allowed to live in the house with me- those I *like* {animals} are welcome to live on my property. I will never understand how people can let animals ruin their homes and endanger their health by giving them run of the house. If you absolutely must dwell with an unclean animal like a dog or cat be aware that much of the "dust" you have in the house is dander, either from your family or animal. That is part of what you breathe. The next thing is their waste in the house is a great source of nasty germs, blood sucking insects, and parasites that *will* find their way into your body. Even a bird in a cage is a danger to your lungs when it flaps its wings and spreads dust from its droppings into the air for you to breathe. Be aware and count the cost. We usually have at least four cats roaming the barn area and outside the house, they will usually lay by our feet when we sit on the porch and are pretty friendly but whenever we offer to bring them in for a bit on a very cold day, they really get spooked and want OUT. I think it's in an animal's nature to be outside. This closed-in house living, sitting on a couch watching TV is an invention of men. Next is to USE your lungs! Maintain a good posture and breathe deeply- make a habit of exhaling completely and inhaling fully.

**The next important thing is water.** For our first 25 years we just had a cistern which was nice soft rainwater for our shower and clothes washer but beings as it came from a polluted sky and drained off our equally dirty roof, we had to scrounge for drinking water. Now we have that wonderful city water. That has its share of plus and minus. The plus is- it never runs out, it's cheap, and safe from microbes. The bad features are several but not something we couldn't fix. Our county water is pretty hard but that was easily remedied by a trip to Home Depot and pick up a *Water Boss* softener. Me being handy at maintenance, I installed it in no time for under \$420. The next bad thing is CHEMICALS in the water. Although it solved the problem of microbes coming into the house, it also allows us to drink and absorb bacteria killing

---

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

chemical into our bodies. The problem is we NEED beneficial bacteria to digest our food. There again, an easy fix by installing a charcoal filter into our water line after it leaves the softener and before it enters the pipes. That was pretty cheap- under \$50. I also bought a reverse osmosis filter system just for the drinking water. As an additional measure we got a pitcher with a charcoal drip filter. That all sounds like overkill and maybe it is but it was all very inexpensive to install so I did it. But for most people, at the very least, get a charcoal filter on your line for showering and would still get distilled water to drink. I have seen it at Wal-Mart for under 70 cents a gallon already. Also, just because they are handy, I will pick up a 24 case of bottled water and refill the bottle after I am finished 3 or 4 times before I recycle the bottle also read the label on the drinking water- some of it is no more than city water just put in bottles. If you do refill the bottles, do a sniff test before you drink from them as the germs from your mouth can get in the bottle and incubate- if it smells a bit musty- discard it and get a new bottle. Also, to change pace a bit on drinking water, I bought several flavors- just put a drop of vanilla, peppermint, lemon, or orange flavor in a bottle is great. Also drink a lot of tea, hot or cold. I got used to drinking tea without sugar- but if you like sweet tea we have found a good green tea sweetened with honey in Arizona brand tea- it's pretty expensive but we have found a similar green tea & honey *concentrate* by Nestea for about a buck and makes one gallon- so just pick up a bottle of distilled water and there you are, a great drink under 2 bucks a gallon. In addition, now coffee is shown to be GOOD for you so I drink a lot of that. I try to get whole beans and grind it myself enough to last a couple of days. I like to spend a bit extra and get good beans and use distilled water and I have coffee better than Starbucks at a fraction of the cost. Mostly I will use the distilled water even though my filtered tap water is as good. I can't say enough about the water because I had to get in the habit of drinking a lot more water than I used to. They say after a gallon a day it may be getting too much for you but just make sure you urinate frequently and as a test if you are drinking enough your urine should be clear and have no odor. Any money you spend on getting good water is worth it even if you have to cut corners somewhere else. It should be stressed that although soda pop is mostly water, it also contains 11 teaspoons of sugar in a 12 ounce can, artificial colors and sodium and carbonated water. Diet sodas are worse with some pretty strange chemical sweeteners in them, so I am determined never to drink sodas again. And if you love your kids- don't start them drinking that stuff in the first place!

**The next big thing is meat-** oh the meat. What a bone of contention it is. Listen, I just have to trust God at His word that pork, shrimp, crabs, and lobsters are not fit to eat. It seems nothing gets people going so much at the sight of me not wanting to eat pork. I have made so many excuses: I'm full; I'm allergic to it, my teeth hurt and can't chew. What I say now is: the Bible forbids me to eat it. That's the truth and usually ends the discussion. Most people are ignorant of what the Bible says on the subject anyway. I look at it as part of the deal I made with God, "I'll do what I can do and beg Him to do the rest". If I am going to claim the promise God gave about living an abundant, healthy life, I have to consider the little word "**IF** you keep My laws" as He said. It is plain teaching what meat is created to be eaten so I just obey {Leviticus 11; Deuteronomy 14}. I may cheat on other areas of my diet but not that- end of subject. It is interesting that the bible shows that priests have violated His law and put no difference between the clean and unclean {Ezekiel 22; Isaiah 65}- but that's their problem. I know there is a difference and observe that Law. I believe it when the bible says that sin is the transgression of the LAW. There is no argument that when the term LAW is used it's always the first five books of the bible. I also believe that transgressing the meat rules is a sin, therefore, for me it is a sin to eat swine's flesh. I know there are people that eat it all their lives and live to a ripe old age- I also know people that commit adultery; lie; steal; take the Lord's name in vain and break the Sabbath and live to a ripe old age. So other people can do as they wish but for me, I believe it is a sin. The study of DNA is relatively new and the thinking is that the old saying "you are what you eat" is true because when you partake of unclean animals you also take their DNA as your own! And talking about cheap meat- I eat NO HAMBURGER or HOTDOGS. If you have seen it before its ground up you wouldn't eat it {unless you are like my German family that also eats pickled pig's feet; blood sausage and liver pudding encased in pig intestines}. God also prohibits eating fat and blood- and hamburger and hotdogs is just fat and scraps, or as I think of it- "what goes into hotdogs is similar to a nightmare on *Fear Factor*". In fact, I would like to see a segment on that show of people trying to eat hotdog ingredients before its ground to a paste and the nitrites are added. What is coming to light more now is the presence of the E-coli bacteria that is laced into hamburger meat. You need to eat less meat anyway so buy a better cut. Remember when chicken was considered eating healthy? Well, that has changed thanks to factory farms. They now tell us of the dangers of salmonella germs in all poultry {according to a recent study by Consumers Union, all birds now have dangerous salmonella or campylobacter bacteria, even the expensive organically raised birds have it so extreme caution should be taken when preparing meals with poultry}. In the news is also how McDonald's has genetically altered hens that have grotesque large breasts that have been referred to as "frankenbirds". Then it was fish that came to be considered most healthy- so men seen the opportunity to make an industry out of that by creating fish farms. Enter the same old problems of overcrowding, diseases, antibiotics, and so on. What may seem to be best is "farm raised" fish- but actually "wild caught" is far better even with the threat of pollution in the water. Wild fish of the "biblically clean" variety

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

can deal with pollutants and not pass them off in their flesh whereas unclean creatures tend to get polluted themselves. We especially avoid prepackaged meats in colorful enticing packages. Those chicken nuggets are up to half tendons and skin that is loaded with fat and calories. Fish sticks are a ground up medley of all kinds of fish, bleached and formed then breaded. I like many of the great meat substitutes around today like Tempeh {a sprouted bean loaf}, shiitake mushrooms, and many soy products. It's about getting used to a different taste and sometimes while eating them I can almost hear my arteries whispering, “thank you wayne”.

**Next, NO more bleached white flour** or white bread comes into the house. When I go out, I try to eat whole wheat bread when I can. Did you know that just by eating whole wheat bread you bring the chance of getting colon cancer down to nearly zero? Mostly just due to the fiber of which you need 35 grams a day and of which white bread has *none*. That's another thing that's easy to do. It's also nice to get a bread-making machine and make your own- so simple even I can make a loaf of bread. It's amazing the few ingredients it really takes to make it compared to all the strange sounding names on the side of the bread package in store bought bread. While mentioning “white” food- it's all bad. We only buy brown rice and whole grain pasta as well. Of note: the white foods in question cause blood sugar to rise rapidly and should especially be avoided by diabetics. There is a good reason they bleach and refine the flour- *to give it shelf life*. When we buy whole wheat, it must be in an airtight container and best put in the freezer or refrigerator or it will get rancid. Better yet, I am hoping to get a wheat mill and grind my own in the future. I am amazed at the amount of choices we now have in the bread aisle at the grocery store. - Literally the whole aisle is bread choices- some have so many ingredients in fine print you may want to take your lawyer with you to help decide. Basically, we want multigrain with whole wheat, no bleach and no partially hydrogenated oils and low sodium and FRESH. There are some very good choices to be had now. The point is to be picky and spend a bit extra to get the good stuff- you are worth it. Oat bran is superior to other brans in that it adsorbs the bad fats and not the good fats- in fact we have a shaker and sprinkle raw oat bran on all our meals. I remember when I used to attend car races and when there is an oil spill on the track, and you see the track crew rushing onto the track spreading some substance to soak up the oil- guess what- they are using the most effective substance they have found and that is OAT BRAN! Remember the “Lord's prayer”, give us this day our daily BREAD?

**How about fats and oils?** We are getting a lot smarter about the oil we are using. When you hear of restaurants doing away with trans fats and our Government requiring labeling when they are present in foods it is a big deal. It's worth a study in itself, but simply put when food makers mess with fats and alter it with hydrogen molecules shot thru whatever oils they can get after heating it up to 500 degrees, they become trans fats or *partially hydrogenated oil*, the very molecules become like hooks and injure the arteries, then when the blood attempts to repair the damage it clogs fat on the injury then you are looking for blockage in your arteries. Get very picky in the oils you use as your life may depend on it. Butter used to be vilified but the most recent studies have revealed that fresh butter from certified cows is relatively GOOD for you in small amounts and it looks like all margarines are bad for you although a relatively new product, “Smart Balance” reads pretty good on their label and we do use that brand. Peanut butter was on our no-no list until Smart Balance came out with some containing all the good stuff. Basically we look for HDL, commonly called the good cholesterol and keep those numbers high, and the “bad” cholesterol LDL down. We want the monounsaturated fatty acids contained in olive oil, canola oil and avocados. Omega-3 fatty acid is really a buzzword we strive for. Anything high in that heart-healthy oil we want like salmon; soybean oil; flax seed and walnuts. We avoid all deep-fried stuff. The high temperature damages the oil- so if you can smell the oil in a deep fryer, it looks black or if you even see it smoking don't eat of it. As they discover the evils of manmade fats they are looking back and retesting the “tropical oils” that were vilified years ago and now see that maybe they are a decent choice for some things. Especially worthy are coconut and palm oils. Keep your ears open to this developing story on trans fats. This may become the biggest story of the decade. With people trying to eat healthy for a generation now- the deaths and illness from heart related problems have continued to climb and the rate of obesity is at an all-time high- now it is becoming evident that these trans fats may be a major contributor! Fully 40% of the products on the shelves in stores and in your home contain these trans fats so this is a huge issue we better deal with. Check out the book: *The Trans Fat Solution* by Kim Severson {2003} it's a relatively small book at 130 pages but most are recipes without using hydrogenated oil. It's the first 27 pages that are a must read to understand fats, why we need them, the good the bad and the ugly. This is a confusing subject, and this book is written to make it understandable. Please get this book at your local library for this vital information! I don't recommend reading nutrition books older than a few years old as we are getting smarter about foods by better technology in study, but I am skimming a book, “Jane Brody's Nutrition Book” penned in 1981. Ms. Brody is a columnist in the NY times and a leading voice in the field of nutrition. Although outdated, it is still ahead of its time and some of what she wrote about cholesterol and trans fats in particular was quite interesting as they were worried about them back then. Some very damning studies were about national studies of people that lived in places like Japan that had very little circulatory disease developed it rather quickly

---

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

when exposed to a western, high saturated fat diet. So even back then there were arguments saying that it didn't matter what you ate as your body will regulate itself- the evidence on national levels were impossible to refute. I want to increase the amount of olive oil I eat so I got a container of Alexander's Bread Dip Seasoning (I found it at Meijer's grocery in the oil section). It has 4 different Italian seasonings you mix with olive oil then just dip a piece of bread in it- yum! From the time I first tried that in an Italian restaurant it was a very favorite of mine. The seasoning bottle is less than 5 bucks and will last a long time.

**Ok, I have read enough books** now to say I am not eating at *McDonald's* anymore. Literally everything on their menu is unfit to eat {except maybe the coffee}. If you read some of the books, I have suggested you will find out why I feel as I do. Actually, I want to eliminate all fast-food restaurants, but I have others living here in the home that still want to go to those places {need I say more?}. The sheer volume of animals eaten at fast food restaurants is amazing; we are talking in the multiple millions per day! And to satisfy those quantities, animal factories are sped up to a pace that has little regard for health concerns let alone the humane treatment of God's created beings. You need to read it all for yourself and make a wise choice to drive past that fast food joint. Concerning eating out in general, I had worked in restaurant maintenance many years and can tell you that some are so dirty and serve spoiled food you are at great risk eating there. What's more I have been on site when health inspectors have been in there. Even when there is a list of serious violations, I have never seen a store shut down- but given some time to fix the problems. Also, very few of the inspectors take their job seriously plus they are very understaffed. When you see a crew and manager of just teens and not using healthy habits, like wearing gloves and the kitchen is in disarray you had better leave. Another problem in fast food establishments is the huge turnover as there are literally new people working there every week. If the food is not up to your standards send it back or get a refund. You are at their mercy on how food was handled and preserved before they prepared it- but if you receive it and its COLD- definitely send it back, unless food borne illnesses don't concern you. Do not go to smorgasbords because you WILL overeat. *There is never a good excuse to eat too much!* Did you catch that last sentence? NEVER. This is not Bangladesh- you will be able to get more food in a couple hours so there is no need to stuff yourself. Also be aware on those salad bars that not just the kitchen workers are touching your food- all the customers handle those tongs and get their fingers in the food. Next time you go to one- get a table close to the salad bar and watch what goes on. Resisting eating out is HARD. There is a reason we are deluged by commercials for restaurants- we are being brainwashed into thinking it's a fun thing to do. From my days working at them, it is amazing, but people are in there eating all the time! No matter how long we extend our hours- people will come in to eat. We would lure people in with colorful signs, flags snapping in the breeze, and lots of lighting. Some poor lonely soul driving by never had a chance to pass us up- it's a feel good thing to do when you are emotionally down. We have indeed developed a culture of gluttony in the United States. Growing up in the 50s there just wasn't places to “eat out” except for a few truck stops and diners. In the early to mid-60s there were more places like Friches but that was more of a hangout rather than a place to have a meal- we may order a side order or dessert. Maybe one of the worst places for sanitary eating is church potlucks- even assuming the dishes were made under great care before being brought in- they will sit for quite a while at room temperature till eaten, often uncovered to allow flies to eat on it first and deposit their calling card. I'm getting in tune to notice people licking their fingers then touching food; everyone's hands in the big bowl of chips and nuts; and of course, youngsters with colds and runny noses and little concern about infecting others. I know it looks bad, but I try to be among the first in line to eat for all the reasons I just named- I try not to knock down any little old ladies to be first. Eventually you will eat out- just try to avoid fast food- go to a better place with a good reputation and eat a bit before you go so you are not famished, and you can be more selective and order smaller portions- plus you save some money in the process! Look for dirty practices and REPORT them to the manager, as they want to be informed too. I will save my receipt and if I noticed any problems OR if I feel sick the next day I will either call the restaurant or send an email to the website most of them have now. Report those things- owners **want** the feedback as the future of their business depends on customers and a bad eating experience is death to a restaurant. Customers are money and they don't want to lose either.

**Got a milk mustache?** Well, my wife won't have one, as she is allergic to milk and milk products. She used to really fret about that until recently as more voices are being heard of the artery clogging fats from milk. Until I decided to eat right and care for my arteries, I felt sorry for her. But now I have learned to avoid milk products. The “milk Mustache” campaign has had a bit of success in selling more milk and their advertising campaign has what advertisers call the “halo-effect” by picturing themselves as the good guys and to a large degree they are as they measure their product with soda pop. A more honest campaign would be to compete with just water- but that won't happen. I have been using her soy and rice milk in place of cow's milk, which I have learned to like better. Just this week I tried soy yogurt- it took a couple spoonful's to get accustomed to the different taste but as we near the end of the container, I can say I like it better than milk yogurt.

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

Also, to my amazement, Pizza without cheese tastes good! We just order them with extra sauce and all the veggies and no meat. Even from the first time she coaxed me to try a piece I liked it. At home we will use soy cheese on some dishes, which is just as good. She cannot tolerate any milk products at all but I will eat the cheese pizzas if that's all there is- but I will not eat it if there is meat on it. But what is milk but baby food anyway? And cow's milk is calf food- right? Having said that I would have no problem with milk IF it was low fat; from certified cows; not pasteurized or homogenized; with no antibiotics. That sounds impossible to find but people are waking up and that specialized milk is being produced and offered at more grocery outlets. Remember if there is money in it- someone will produce it and smart shoppers are voting with their dollars- so support the producers by buying their products even if it's a bit more expensive. The rule is: pay the farmer more now or the doctor a lot more later. While on the topic of milk, yogurt is a good choice. It contains the necessary "good bacteria". I have found it is very easy and cheap to make. I just buy a small container of plain, low fat, with active cultures in it. Then buy a half gallon of low-fat milk, or soy milk. Just boil the milk for a minute, let cool to 108 degrees, then add the store-bought yogurt and let incubate for a few hours under a heating pad or in the oven with just the light on to keep it about 108 degrees- then chill. Later you can sweeten it with fruit or honey or flavor with vanilla or similar flavors.

**How about fresh eggs?** Up until recently eggs were said to be bad for you and best be eliminated from your meals. Well, that has all changed, and up to one egg a day is fine for you to eat. Those you see in the supermarket for 50 cents a dozen aren't a good choice as they are raised in factory farms under horrible conditions and extreme cruelty to the hens and make them live their short, stressed lives confined to a cage no bigger than a piece of copy paper. Organic eggs can be bought for \$1- \$4 per dozen, but even then there are several definitions of what "organic" means. One producer in California sells for \$4-\$5 per HALF dozen. He says he is doing everything the way it should be done for a very healthy egg. He reasons that one healthy egg for 70 cents is a better buy than a \$4.50 latte, that isn't even food. He may have a valid point. I have decided that it is worthwhile to raise my own eggs. I built a small house and a fully encaged run for my hens. I have chicken wire over the top of the run not only to keep my hens from flying out but keep wild birds out that may carry the "bird flu" virus. I have just 6 hens and they provide enough eggs for us, my sisters and dad and neighbors. I decided not to use the "super laying mash" due to possible antibiotics and unknown fillers. Instead I give them cracked corn and scratch feed- which is also cheaper than the laying mash- but also produces a few less eggs, but I get more than enough and I don't sell them so there is no need to force the issue. One word of caution: we had a bag of bleached white buns, which we don't eat and decided to give it to the chickens rather than throw them away- bad mistake. Even though they scarfed them down like crazy- they also quit laying eggs altogether for over a week so I would advise you to give them only the feed mentioned. Even if you are in a city that allows cats and dogs you can check to see if you can have a couple chickens. I wouldn't get roosters as they do make noise and will bother the neighbors. They are fun to raise and give you nutritious eggs back. And as a bonus, their manure is one of the best fertilizers you can get to put on your garden, and I get a little exercise taking care of them. Finally, I can have a delicious pot of soup from my hen that kept on giving to her very end.

**Eliminate stress in your life.** Since I retired, I can look back at the amount of stress I have been living with. As I sit and read a book maybe every 5 minutes a haunting thought will enter my mind that I am wasting time and must do something productive. And speaking of reading, it seems to be a lost art. Did you notice that since libraries started having videos and DVDs that the book isles are hardly used? Libraries used to promote reading and getting people to stop watching TV. Reading is a great way to stimulate your brain, in fact recent studies show that we can actually grow connections in our brain. Even if you just do crossword puzzles it is good for your mental health. Anyway, I will pick a subject and study it for weeks finding material on that alone. If you must get DVDs from the library, PBS has many interesting subjects. I try to avoid any fiction, as it is mostly the dream of the author so why waste the time. Another thing is the news. Do I need to know all the bad things that are going on around me? It's the same with the newspaper- I PAY 50 cents a day for negative news- so I stopped the newspaper. I am on several internet forums and get e-mails from all over. Of course many people feel it's their obligation to send news of all the horrible things happening all over the world and give updates on the latest scandals or let everyone in on what Brad and Jennifer are up to.. I have developed a standard for news like this: If the only thing I can DO about it is worry- I don't want to hear about it. Even in Christian circles there is so much talk about 666, the illuminati, and the beast of revelation. When that talk starts- I always ask: what can we do about it? Which is followed by a puzzled look. Then I say, let's talk about things we can do something about like being better Christians. How about driving stress and road rage? Allow enough time for the trip you are taking. I go the speed limit so I don't worry about a cop pulling me over and I time my drives away from traffic and rush hour. Associate with POSITIVE people. The bible says, "Iron sharpens iron so a man sharpens the countenance of his friend" {Proverbs 27:17}. That's works in reverse as well so surround yourself with excellent people. Experts show that watching football games causes considerable stress. I myself used to get very stressed watching my favorite team. Every play is

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

either an up or a down and if they lose, I am down the rest of the day or maybe even the day after. I have since decided to watch just the last quarter or less, and if they are losing not even that. Maybe some will call me a fair-weather fan, but for my hearts sake this is the way it's going to be. I am quite content to watch other games that I don't care who wins so I do enjoy football. If you are one that has to have music going all the time- have a CD of praise music going. It is so uplifting and keeps your mind on the important things in life. I used to listen to “talk radio” all the time and never realized how edgy and opinionated I had become- once again everything to get fired up about and can't do a darn thing about it. And something I have done for years is MEDITATE. Find a peaceful quiet place and start by praying to God and ask that He direct your thoughts in the things you must address in your life. This is a lost key of successful living as we are so in tuned to having music, TV, or any of the other things to spend our time on vying for our attention. Nearly all the books I have read mention “emotional eating”. When we feel down it's all too common to *eat* to try to feel better. As a golden rule: *do not eat unless you are hungry*- even if it is near your normal mealtime. If it's an emotional lift you need try drinking a nice hot cup of herbal tea to soothe your nerves or call a friend. Another “feel good” mistake made by many is when they get down they go- SHOPPING! Guess what, that usually compounds the problem. One lady I talked to was extremely depressed because she was broke and they were threatening to shut off her utilities. The more we talked she mentioned other bills she had like dog grooming fees and tattoo parlor and manicurist bills. She didn't have a money problem- she had a spending problem! Do you see her problems clearly? We do, but she was clueless. That's another key to successful living: don't make problems for yourself- enough will come your way naturally. A Bible principle is, “a merry heart does good like medicine”- focus on the big thing in life and that is assuring your salvation in the Kingdom of God- after that there really is nothing worth worrying about.

**“Love your enemies and be nice** to those that spitefully use you”. OK, those are not my words and I fall drastically short of meeting that goal. Jesus, first coming was as a “suffering Servant” not the conquering King we will see at the end time. He epitomizes authentic love by actually forgiving those who were tearing Him to pieces. If you are a Christian that is the challenge given to you from the God you profess to serve. Those are also just some words that fly straight over our heads from a pulpit as we sit there half-asleep daydreaming about the big game that will be played that afternoon. I have been toying with the idea for a long time now to start a “Be Nice” club. Maybe even print up bumper stickers with just the words BE NICE on them. Years ago, I came to the conclusion that we are all related to one another by blood with common ancestors and we are also trapped on this planet together, so we better learn to get along. To make a difference in that respect you don't have to save a drowning person or pull someone out of a burning car- it's the little things in life that matter. In my “Be Nice Club” every member must put a smile on at least one person per day; they must do one nice thing for someone else {picking up your kid's socks don't count} per day. You must ALWAYS smile and nod to every person that makes eye contact with you {not turn your head like most of us do}. Why do all this, you ask. Try a test: do a small, nice deed like just holding a door for someone {not just a pretty girl, everyone expects that} then assess your feelings- it's ever so slight but there is a warm and fuzzy feeling attached to every good action. Then notice the person you helped, and you may see them do an equally nice deed to another. It works! And who knows, someday we may actually get close to the “love your enemies” goal. They say *mothers' love* is the purest form of love on earth- but it is also the most selfish love- a new mom doesn't love other babies as much as hers. Love may be the most important key to life, unlocking ALL the doors we need to pass through. It is good for everything from your heart to your emotional health and ultimately the Kingdom of God.

**You deserve a break today.** Whoops, there's another redeeming thing from McDonalds- a catchy phrase. You not only deserve a break- it's in God's law to take a mandatory day off each week. “Six days you shall do all your labor- but the seventh day is the Sabbath of the Lord- in it you shall do no work”, Exodus 20. Quoting another commercial: it's not just a good idea- it's the LAW! Even science has determined that man must take a day off each week for his health and well-being. To me the Sabbath is Friday sunset to Saturday sunset and within that period I will keep a *Biblical* rest. I don't get funny with a lot of traditions made by some church authorities- I just enjoy a nice day off and reflect on what a wonderful creation God made and give Him an “atta Boy” for it. Others interpret that as one day in seven, which is fine for them, and they will get benefit from it. Remember we are not machines that can run constantly; we need body-rebuilding rest as prescribed by our Maker. Another important law in the bible is concerning “land Sabbaths”. According to God- you should plant six years then let the land rest for a year. Nowadays you will hear about crop rotation which is a similar principle. On a much smaller scale we try to move where our garden is or let it rest at least every six years- and God does promise to bless you in that- as a side note: we have never had a bad year of gardening or went hungry. I should not forget to add that professionals agree that taking a vacation is valuable to your mental health and family cohesiveness. Well guess what? God even provided a vacation for men in the law. Better known as the Feast of Tabernacles is an eight-day celebration every year in the fall. Our family has enjoyed nearly 25 of them thus far and is

---

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

the highlight of our year.

**Being overweight** has never been a problem for me throughout my life, as I usually stay pretty active and apparently made some decent food choices plus have a fast metabolism. But it is becoming a big enough problem in the USA that slimming down should be discussed. I watched a PBS show on Frontline called “Diet Wars” (2004) hosted by Steven Talbot {played on *Leave It To Beaver* as his neighbor}, which I highly recommend to everyone. It is at most libraries; in fact, it is so important that I am considering purchasing one to loan out to people. In the show they discuss the various “fad” diets and cover the new findings on proper nutrition. What impressed me was how fad diets all go against common sense. For instance, the Atkins Diet says you can eat all types of saturated fats like meat and butter yet strictly avoid all carbohydrates like whole grain breads. Not surprisingly when Doctor Atkins died, he had serious coronary problems. The reason that his high fat diet somewhat works is that those on the diet inadvertently consumed fats that were the good monounsaturated variety, which protected them a bit from the saturated fat. But all the fad diets covered in the show had one thing in common- they stressed eating in moderation and exercise. On the strength of those two things, you will have some success in any diet. Most nutritionists agree that fat people making poor food choices are actually eating processed foods that contain little nutrition that their bodies need so even though they may be grossly overweight they may in fact be starving to death! What our ancestors strived for was providing abundant, cheap food and an easier lifestyle- and that’s just what we have now! It is as much a curse as a blessing with America rampant in obesity, heart disease and diabetes, not only in epidemic numbers but also at younger and younger ages. In January of this year the FDA approved a Fizer drug, Slentrol, which is a diet drug for DOGS! Is the problem out of control when even the pets in the USA are obese? As I said, I never did worry about weight gain, but I have seen normal weight people have coronary difficulties as well. I believe that using what the bible reveals about diet, using the knowledge we have, exercising faithfully, and avoiding fad diets and expensive supplements {even nutritious ones}, we can be trim and healthy. Another key to lasting weight loss is having a vision on extended results, to slowly lose weight over time and stay on sensible eating habits for life and having the strength to ignore all the advertising to eat junk and above all use common sense. Remember to **eat to live- not live to eat** {just can’t say that enough!}.

**Cleanliness is next to Godliness.** Numerous places in the Law God commands us to be clean people and avoid bodily fluids and waste. We need to train ourselves to recognize where germs lurk. Already covered in this article are restaurants. Other places are things like shopping basket handles; doorknobs; anything in public restrooms; elevator buttons; and similar places. Wholesome sexual practices are a must to avoid some pretty nasty diseases. Also, it is good to shower everyday using mild soap. And brush, floss, and gargle at least every evening. Wash your hands often and keep them out of your mouth, eyes, and nose. Be smart about the various chemicals you use in direct contact with your body. As a rule, don’t rub anything on your skin that you can’t eat. Your skin will absorb it into your system. Don’t use anti-perspirants as your body is made to sweat for your well-being and there are many warnings about the ingredients in personal products. I purchased a bottle of Steramine {[www.sanitize.com](http://www.sanitize.com)} sanitizer tablets {\$5.00} at a restaurant supply store. We keep our dishcloth in a solution of it between washes and also wipe the counters off with it. Most people don’t have water hot enough to kill any bacteria, so this is an important thing to do- it’s cheap and easy to do. It is an invaluable tool for restaurants to control the spread of food borne illnesses. Of course, that is another thing to look for in restaurants: if they wipe the tables off with sanitizer which should be marked on the container, they keep the washcloth in. With the recent news of E-coli on vegetables they now have food washes on the market. A cheaper way is to use a diluted wash of hydrogen peroxide or Clorox {brand, not a generic brand}. Lest you think I’m being fussy about germs: the latest AARP Bulletin {Jan 07} has a shocker of a story about “dirty hospitals” revealing that 1 in 20 hospital patients pick up an infection while there. That translates to 2 million infections each year of which 90,000 **DIE** from it. Think on that number. To get a perspective on those deaths, it is equal to 30 times all the GI deaths in Iraq since it began, in hospitals, in just one year! Some of those infections are from superbugs that are antibiotic resistant. Even the doctors suit TIES contain bacteria and are potential carriers. Things like blood pressure cuffs are another thing that go overlooked when sterilizing. You better do what you can to stay OUT of a hospital setting.

**Not too many years ago I sold Parasite cleanse** herbal capsules. It was hard to sell them because it was an embarrassing subject and people did not want to admit they had worms. I am here to tell you it is more common than you think. I highly recommend at least once a year doing a parasite cleanse. You should be able to get the caps at any health food store or through Puritan’s Pride. I have had people tell me horrendous stories about passing dead worms after using the products I sold. If you have pets in the home, make sure you worm them and yourself as needed. Another vital thing to do is a Colon Cleanse at the very least once a month. You don’t realize it but you have impacted fecal matter in your colon. It’s said that John Wayne had 45 pounds of crap in him when he died {literally full of it}, people in the know say 30

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

pounds is an average amount. The problem is it lines our colon and interferes with the absorption of nutrients when we eat. Once again, Puritan Pride has the capsules, and it is easily done. Speaking of ailments: a good investment is quality books on natural healing as opposed to using over the counter and prescription medicines. These days there is a glut of expensive and harmful medicines being advertised on television. Sometimes you can't even tell what they are for, they just want you to buy them or tell your doctor you want those drugs and believe it or not that is a main complaint of doctors that people want them to prescribe unnecessary drugs. All those drugs have side effects- in fact many of them are just to alleviate the side effects of some other drug. Once you start down that road it is hard to get off of it. If you have ever taken antibiotics, you probably need to detoxify yourself and take some acidophilus capsules to build up the friendly bacteria in your intestinal tract. You can also get organic yogurt {either milk or soy} with active cultures in it.

**I want to have a nice garden** to grow fresh veggies to eat. I have seen many people tend a big flower garden then go to the store and buy the substandard foods they sell. The flowers are really nice but it would make way better sense to plant the nice things to eat and buy the flowers, if it's one or the other. Actually, flowers are good in a vegetable garden, as some will actually keep bugs away. Sometimes even planting different vegetables next to one another will control insects {check out the book: “Carrots Love Tomatoes” by Louise Riotte} also sprinkling wood ash and other natural methods will keep unwanted bugs out. If you have corn, you must watch for raccoons, or they will take your corn. We wound up putting an electric line around the garden to keep them out. Also, a radio left on all night will stop them. Laying short lengths of hoses {think snakes} will keep a lot of birds out. In my garden I am going to try to plant organic Heirloom/ Heritage seeds. These are not hybrid plants but apparently original vegetables that were here from the beginning. It's a pretty interesting read if you want to check up on it. Plus, you keep some seeds from the crop and use them next year. Check out [www.RareSeeds.com](http://www.RareSeeds.com) to see what's available for your garden. We have many black walnut trees on our property. They used to be looked upon as a nuisance when we are mowing but we are finding now they have great health benefits. Usually if you see someone with walnut trees you can stop and ask for some and the people are GLAD to get rid of them. But they are good for you and fun to husk, dry and crack. Tomatoes are almost a miracle food. Try to incorporate them into every meal. We decided that salsa and white unsalted corn chips are a good side entree or snack. As most canned foods are loaded with salt including salsa, we decided to make our own from the fresh homegrown tomatoes from our garden, mix with spices {leave out the salt} and can. We also made spaghetti sauce the same way with Italian type seasoning and we have a wild variety of garlic that we grow here, they are smaller than the store variety but taste the same and grow like weeds. I try not to use any insecticide and herbicides as well. We only have two acres, but I am confident we could raise most everything we need in a year if we had to. If you have a very small place for a garden, you can get some good tips by reading the book: “Square Foot Garden” by Mel Bartholomew.

**I do have supplements I take**, but if I feel I am getting a certain thing in my food that day I will hold off on the supplement. Most vitamins are not harmful in large doses, but I still do not need a thousand times my RDA of them. For my age they say we need things in a quantity we do not get in food. I have found the best supplements at the lowest price from Puritan's Pride. After a web search I have found that there is no litigation against them, and I have contacted them for literature on their quality assurance. I order online {[www.puritan.com](http://www.puritan.com)} and usually have them here in two days. I take: green source {as a multivitamin}; vitamin E; cod liver oil caps; soy lecithin for the heart; Barley grass tabs; and if my joints get sore Alfalfa caps. I have studied into taking niacin {B-3} tabs in case what I am doing doesn't bring my cholesterol numbers down. The niacin does have some side effects in larger doses so a better choice may be a product called Enduracin, which has a slow-release niacin tablet. Just a warning: many of the books I recommend, the author also sells expensive supplements. Shop around. You will always find cheaper tablets. Also, we have a shaker of oat bran and one for flax seeds we top our meals with. And I should mention to take all your saltshakers and put them in the garbage can. Americans get WAY more sodium than they should- you will get more than enough by accident. I know people that have high blood pressure because they use too much salt but choose to take dangerous drugs with side effects so they can still load their food with salt- go figure. You will notice some people just automatically salt their food before they even taste it. That tells me they actually want the salt taste instead of the food itself! You should realize that eating good fresh food may have 200 compounds in it and we only know what a few of those ingredients do. It's tempting to think if I just take the vitamin a particular food is known for I need not consume the food itself but we are missing out on a lot that the Creator has included in the package. Another popular supplement is “taking a baby aspirin per day”. Better rethink that. Although aspirin does have good uses- it is not without side effects. Originally I had it on my “do” list until I found out a way to get the benefits naturally is to eat foods with natural aspirin such as flax seed, omega 3 foods, and raw garlic and onions.

**You have to exercise.** There I said it. But from the reading I am doing you don't have to kill yourself to do enough

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

to get benefit. Since I retired, I am really feeling being out of shape and it takes extra effort to do it. My last checkup and blood work turned out perfect except for the cholesterol levels were still a bit high due to the fact I am not exercising enough so regardless of your good diet we can't get away from exercising. My knees are not in the best shape so I don't do anything demanding. For instance, I bought a Tony Little Gazelle “walker” {\$99). It has no impact on your joints and it's pretty easy to use and has digital readouts. I try to use it each time I pass it in the house. Walking is still the best thing you can do for yourself. When you shop, park as far away as you can to make yourself walk. Rather than taking an elevator, if it's only a couple flights of steps- use them! Try to do some exercise for 30 minutes a day total. That can be broken up into 3, ten-minute segments. Actually, on my Gazelle walker, according to the digital readout on it, I can do about 3/4 mile of walking motion in 10 minutes. Even that short ten minutes can be a bore if I just watch the little readout on the machine, so I have set up a small TV with a VCR tape player in it and keep an educational or travelogue tape {not a movie} in it to watch while on the walker. My rule is to not watch the tape unless I am exercising so many times I am at a good part and keep exercising to watch the show. I had several exercise machines in the past like a stationary bike, some type of stretch machine you row with, an “ab” table that turns you upside-down, and a mini-trampoline all of which I have given away. In addition to the Gazelle I have a treadmill I seldom use- there is something about a “motorized” workout machine that just doesn't seem right. Once again, I should mention to drink water as you exercise. Just pure water is fine. Sport drinks are a waste of money unless you are a triathlete or do a very heavy workout for 90 minutes or more. At some point we are all going to die in this physical body. Moses is a good example, having wandered in the desert for most of his life and eating biblical foods and obeying the cleanliness laws he died at 120 years, YET his eye was not dimmed and still as vigorous as a young man- not sickly for decades like modern man.

**Better living through chemistry** used to be the slogan when I was growing up. The “better living” we got now is cancer, heart disease, diabetes, tooth decay and a host of other ailments too numerous to mention. Thanks to the abuse of antibiotics, we now have strains we are unable to control. The chemicals that farmers use on everything has not only caused them to be among the highest group to come down with catastrophic diseases but has caused numerous illnesses among people that consume their products. The added dangers to using chemicals is their long life and destruction they cause. Even the defoliate Agent Orange used in Vietnam is still wreaking havoc on those who came in contact with it 40 years ago. Look for organic labels and try to eliminate unnecessary chemicals from your life. Read the labels and when the ingredients list is long and has names you can't pronounce buy another brand. One argument for living with all these chemicals is that the life expectancy is at an all-time high- but sickness is as well. So it's a quantity verses quality choice for modern man.

**Heating your house** with any fossil fuel is a risk. If I were still using oil, gas, or propane I would get a carbon monoxide detector. Years ago, we had an oil space heater and an LP gas water heater. The wife could never get house plants to grow- anyway when the water heater quit, we got an electric one and from that point on we never had any trouble growing any plants inside. I did find that the old water heater was not vented to the outside properly and was probably slowly poisoning us! Eventually we replaced the space heater as well with a wood burner and electric baseboard heaters. We do have CO detectors as well for the wood burners. They can give off some carbon monoxide but not like fossil fuels. Incidentally, according to a government booklet, wood burning is a *good* way to heat your home. Even though you will see smoke, it is mostly particulate and will fall to the ground and burning wood is the same process as natural decomposing only at a much faster rate.

**I have settled into an eating plan** that works well for me. They say 5 **small** meals per day are ideal. If you are overweight, you will tend to overeat- but just having the knowledge that you will get 5 meals you will be satisfied with smaller portions. Usually when I get up, I will drink two cups of black coffee. If I do a colon or parasite cleanse I will do it then and skip the lunch meal otherwise have a bowl of cereal with fruit and a bit of honey; around 11/11:30 I will have a brunch; maybe a very small snack about 2 pm which is a handful of snacks and a beer or ice tea; supper is around 5 depending on everyone's schedule. That will be our biggest meal; then sometime before 9pm **{no eating after that hour!}** I will enjoy a good handful of trail mix {Sam's Choice, “Nature” in purple bag or “Indulgent”, in orange bag} I get from Wal-Mart. It seems to be the best value and quality and I like the contents over other brands I have tried. Although I discovered pretty good mixes at Wild Oats {an organic store in Mason} it's a bit pricey but I do not want to cheat myself on nutrition. Also, for a snack I keep *unsalted* peanuts *in the shell* to eat them slower. The absolute best I have ever found is Hampton Farms brand sold at Meijer's grocery in the produce section get the 20 oz bag jumbo unsalted in shell for only about \$1.50 {on sale}. And remember- drink all the water you want {if only tap water is available, I will do without}. This may be a good place to say- eat slower and chew your food thoroughly. Food should be swallowed in a near liquid state so your digestive system doesn't have to do so much work. If we were crocodiles, we could swallow huge chunks

---

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

of meat and our powerful stomach acids would digest it. Our stomach acids are not that strong so we must do something the croc cannot do, **chew**. I found to slow myself down from eating too fast I will put my fork down between each bite as a reminder or if I have a sandwich, put it down on the plate after each bite. Once again- make it an important rule never to eat within 2 hours of bedtime as your metabolism really slows down as you sleep and undigested food will just lay in your stomach and cause you problems. In fact it's better to go to bed slightly hungry.

**It's easy to read right over** in the bible but Christians are instructed to **FAST**. One church used to teach a fast of not eating meat one day a week- even that small step must have been a huge burden because that has been repealed now- but a *Biblical* fast is no food nor water for a specific time period. At least once a year I will do a complete fast as it is commanded on the Day of Atonement in the Bible {Leviticus 23:26}. A complete fast is no food or water for 24 hours from sundown to sundown. I have done that for decades but am just now finding the physical benefits for doing that. It is a bit hard so that is the only complete fast I do per year, but I try to do many mini-fasts, actually one per week is great. When I do the mini-fast I will not eat after supper till the next morning then maybe just a cup of coffee then break the fast during a later lunch or if I feel up to it I will wait until the next supper meal. The benefits are too numerous to mention here, but I recommend reading, “What the Bible Says about Healthy Living” {chapter five} by Dr Rex Russell and “Toxic Relief” by Dr Don Colbert. To the average American even missing one meal is “cruel and unusual” but it is vital for the health of your internal organs and helps to detoxify your body.

**What's a real Christian anyway?** Is it just someone that believes in Jesus and occasionally attends one of the many churches when it doesn't interfere with something more important? Or maybe it goes a bit deeper than that. Maybe it's someone that is eager to share the faith they have with others and have deep concerns on living right and bringing up their children in the Lord. Maybe a true follower of Christ has convictions about the social ills of society, how men have raped the earth and polluted the waters, and as I have come to see in my studies, sees a horrible sin happening by abusing the animals we eat. How often in the news do we see someone in front of a judge for abusing a pet and people become outraged, yet there is little concern for the treatment of the animals we use for food. Factory farms and slaughterhouses should be of great concern for Christians. Eating veal should be off your list for certain as it is well documented the torture calves endure for our dinner plate. Concerned people should look for labels like locally grown; Heirloom; organic; fair trade; environmentally friendly; certified humane; free range; wild caught; humanely raised; and kosher. Try to remember those labels and look for their seal on the foods you purchase. People are becoming more aware of the unethical practices used in the manufacturing of our food and various concerned groups are coming up with new seals all the time. It's not a perfect system but is just another small thing Christians should do for God's wonderful creation.

**Is it really a war** going on between food and consumers? Many of the books I have read describe the “food wars” going on at all levels. There is deceptive advertising; government lobbyists; secret flavorings; bribes; and fake “councils” set up by food makers to give their products an unearned blessing. Food manufacturers have even lobbied to get “shield laws” prohibiting lawsuits against their products. Like most people I laughed at the lawsuits leveled at fast food corporations by overweight and sick people until I read into what is really going on. The irony is that 99% of Americans are hooked on the great tasting junk foods so unless judges and lawmakers are into healthier eating it will be hard for them to render right decisions. It seems as though everyone is in bed together and anyone not in with them is viewed as an extremist. There *can* be a few heroes in this war we are in. Against all the might and power of the food industry stands the little concerned mother that wants what's best for her family. She has the power to turn things around by what she places into the grocery cart. One author says it's usually the mom that will exercise the “veto vote” when the family votes where to eat out. More often than not if anyone will choose eating healthier it will be the mom. Times are tough on moms. Years ago, as young parents we learned the “choose your battles” strategy but in this age seemingly EVERYTHING is bad and saying no to Burger King is one battle that is left unfought. When between 60 and 85% of deaths today are diet related and when it is proven that wherever the “western” foods travel in this world so do our sicknesses, so maybe the “food fight” is a very important battle to take on. As I grocery shop, I have not only become a “smart shopper”, but am getting good at watching others shop and judge the choices they make. It is sad to report that few moms are getting the message and are putting things in the grocery basket that are unfit even for their dog to eat- much less their precious children.

**I'm in this study for life** and my goals for the next decade are to eat only organic whether if I buy food or grow my own; eat very little meat if any at all; and get in the habit of exercising. For those with children it is an extremely important responsibility to teach your kids the importance of eating well as they will probably carry that knowledge all their

**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

lives and in turn teach it to their kids. I have seen parents feed their kids candy all through a church service and fight with them because they were so hyper, then during the potluck meal fight with them to eat their meal- then usually waste the meal and give them the dessert. I am not so self-deceived to think I will not cheat on eating right. But when I cheat it will be something I really, really like. In the past it was a reflex action to "see food-eat food" and when I did devour a Krispy Cream donut I would always think- that wasn't that good and I was sorry I didn't use a bit of will-power to resist that. Dunkin' Donuts has come out with a new cookie to add to their arsenal of donuts. This cookie, depending on variety, packs a wallop of 480-590 calories; 14 to 29 grams of fat and a cup of sugar {*Consumer Reports Feb 2007*! It takes just a few seconds to wolf down a little cookie and wreck a week of sensible eating. Try to think first and weigh if it will be as good eating an item, as it will be feeling good by not eating it. It is important to remember that you are in a LIFE-CHANGING diet. That means also changing what tastes good to you so by "cheating" we just string out the temptation. I have noticed that it takes a bit of time to reprogram your mind what "good" tastes like. The things I didn't like at the beginning of this diet now taste good to me {like soy products}. We have found it best to take extra time when grocery shopping. Read labels. Shop smart and eat before you go to the grocery store so you can be more selective. If you don't put trash in your basket at the store you won't be tempted to consume it later. To put junk food in your basket is PLANNING to cheat later on. One doctor said to care for the arteries and everything else will take care of itself. So, think of your arteries when you make food choices. I can't stress enough to study into nutrition and how it relates to living as a complete Christian. Again, get the book by Jordan Rubin, "The Makers Diet". And with that book, study your bible and look up the scriptures he refers to. I have found in life that when you just believe something because some other person told you, that belief will not last long. But when you prove something to yourself and do the research you have a belief that will last you a lifetime. As always it is my prayer for you to our Great God and Healer that He will guide you on the narrow path that leads to Life and that He will show you the good choices in life for your good health and that you may become a light to others and reflect the glory of our wonderful Savior.

In **Jesus?** Name, amen. Wayne

**PS. If you read this far** you are probably serious about changing your life around. If so, I am interested in how you are doing. Has anything been of help to you? Can you add anything to the list or have additional questions? Even if you think it's a worthless venture and a waste of time- please write back and let me know!

**Addendum.** It seems as an insurmountable task to resist the pulls of eating poorly and an even greater challenge to bring our children up with a fighting chance to live a healthy life. As I conclude this paper I am reading a new release, "Appetite For Profit" by Michele Simon. In the book she documents the horrible numbers of the sick and dying from food related afflictions {900,000 deaths due to coronary disease in 2002 alone! And two thirds of cancer is diet related} and the war going on between food manufacturers and many groups trying to bring reforms. Even as I write, on the news I am hearing that New York is OUTLAWING trans-fat oils from restaurants, Kroger is eliminating it from their fried chicken and in Europe they are putting limits on it's usage. I called Frito-Lay this week and found out they are no longer using trans fats in their products. Fast food places are getting the message as well with Wendy's getting rid of the trans fats last year and Taco Bell should be changed by the spring of 2007. Also new legislation is making food producers provide more information on their packaging and by the vote of the people, smoking is being banned in public places. It is encouraging to see some results in the battle for health. Maybe calling it a war is pretty accurate when we consider that food caused deaths in one year outnumber the total of all wars in our 230-year history! Do your part to keep the ball rolling and support healthier choices and above all- if you have children, please make it a priority to teach them good nutrition. To see how advertisers are going after your kids, read the book, "Consuming Kids" by Susan Linn. There is a reason these "junk food giants" are spending in the hundreds of millions of dollars on advertising- they want your kids. That is their future. In 2005 alone, PepsiCo made **32 billion** dollars! There is a lot at stake for everyone. I encourage you to "train your child in the way he should go and when he is old he will not depart from it" as the bible commands us. If you can just save that little one you tuck in tonight- you are a winner?

*"Man is a wonderful, inconceivably complex being. Consider the facts: A chemical factory, an electrical network, climate control, filtration plant- all these controlled centrally by the brain, a thinking computer with the additional ability of loving and hating. Our organism keeps itself alive for several decades, and through various control mechanisms, operates almost without friction. We consist of a hundred million million microscopic parts, all of which are fantastically fine-tuned to, and co-operatively integrated with, each other. When healthy, these parts are continuously rejuvenated and can even repair themselves." Werner Gitt "The Wonder Of Man".*

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

**Authors to look for:** Kevin Trudeau; Robert Kowalski; Elmer Josephson; Jordan Rubin; Morgan Spurlock; Jane Brody; Kim Severson; Michele Simon; George Malkmus; Dr Michael Roizen; Eric Schlosser; Peter Singer & Jim Mason; Andrew Weil MD; Dr Rex Russell; Bob Green; Brenda Watson; Marion Nestle; Lorna Sass; Dr Don Colbert.

**Quick tips:**

**Never do:**

Eat pork products, shellfish, shrimp, hamburger, hot dogs, white bread, table salt, soda pop, fake sugars, sweetened cereal, smorgasbords, anything with trans fats, use anti-perspirants, perfume/cologne or tobacco

**Rarely do:**

Use white sugar and white rice, eat fried foods, snack between meals, eat canned foods, eat fast food, drink tap water,

**Occasionally do:**

Eat lean beef, eggs, desserts, milk, do a colon cleanse and fast.

**Do this:**

Eat more fiber and nuts, eat fish, chew food thoroughly, be picky when shopping or eating out, drink lots of water, coffee, tea, and one beer or glass of wine per day, eat whole grains and yogurt, eat dark chocolate, garlic, onions and pepper, wash hands often, eat breakfast, exercise 30 minutes per day, use seat belts, recycle, get 30 minutes of sun per day, use wet naps after potty and shower daily, change your furnace filter monthly and breathe deeply, get proper rest, brush and floss, read food labels, and share what you learn with others.

Now, release that “Healthyman” in you, he’s *dying* to get out!

Disclaimer: all information contained is the opinion of the author or authors listed. Any change in your diet or lifestyle should be of reasons you have researched yourself. If you are under a doctor’s care you should first discuss health options with him or her before making any changes.

## Thank You Everyone!

### Human Degeneration Increases (Copyright) by David Sielaff (Portland, Oregon)

**The Worst Evils Are Becoming More Apparent**

There are powerful individuals who hate human beings ... especially Christians and Israelites. They want us dead — the sooner the better. Some of those individuals are people, others are spirit beings. Their purpose is to thwart God’s plan in some way. They will NOT be successful. God laughs at such people and their plans (Psalm 2:1–5). Yet they are allowed to try to harm God’s creation and seek to hinder or prevent His plan from being fulfilled. Their attempts will be futile and thwarted in ways they can never imagine.

Below are three examples of human degeneration increasing now. They demonstrate how evil some people have always been, except when restrained and limited by law and order.

***Human Degeneration #1, Cannibalism***

“**Soylent Green Is PEOPLE!!!**” So screamed Charlton Heston’s movie character at the end of the 1973 movie *Soylent Green* as he is captured and dragged off by government enforcers. The movie, a detective story, was released 49 years ago. It is about a future starving earth population short of food set in the year **2022**. When people died their bodies were processed into various forms of Soylent Green as food.

A later 1982 movie, a hip “dark comedy” titled *Eating Raul* was in theaters. The cute story line is about “inadvertent” cannibalism that became accepted by the central characters.

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

It seems cannibalism has again become a current trend in popular culture. It is proposed as a short-term but practical solution to social problems, particularly overpopulation, food shortages, and poverty. Some intellectuals feel there are too many people on earth, therefore the “human herd” must be culled. The *New York Times* researched and published a detailed information article on how in 2022 several movies and books (fiction and non-fiction) “promote” the idea of cannibalism today.



Jim Hoff, founder of the aggregating news website [Gateway Pundit](#) analyzed the *New York Times* article. He also presents interesting background information and analysis.

Hoff's article is titled: "[What's for Dinner? – Demons at NY Times Are Now Pushing Cannibalism Insisting 'The Time Is Now'.](#)" Demons indeed. I recommend you read it. It will give you insight into the intellectual and spiritual degeneration in our time.

The apostle Paul described the decline of human degeneration perfectly in Romans 1:18–32. Read also my August 2021 Commentary "[Human Savagery Reaches a New Level.](#)" (Also printed in Issue #55 of this newsletter)

### ***“Never Underestimate Human Depravity”***

I have written about human depravity several times, but human beings are proving what the prophet Jeremiah wrote, that the human heart is — **“evil above all things”** (Jeremiah 17:9). Every day in the news we hear or read about some new outrage against society, one group against another, or evil people against everyone and everything.

The trend of increasing evil will not end until Christ returns. However, there will be a widespread but temporary reduction of evil after the Gospel is preached. The Gospel will be received by the world and a conversion of perhaps most all people in the world will occur, as the Gospel was preached in the 1<sup>st</sup> century AD. However, “The Parable of the Sower” in Matthew 13:1–23; Mark 4:1–20; and Luke 8:4–15, will occur again after the world receives the Gospel. A halfhearted repentance will be followed by a **“strong delusion”** from God (2 Thessalonians 2:10–12) Then will come a falling away from the truth, more depravity, and the revealing of the antichrist. Then Christ returns with God's judgments upon the world.

### ***Human Degeneration #2, Genetic Decline***

While all this is going on, pioneering geneticist (and a Christian) Dr. John Sanford<sup>1</sup> has written that humanity has a few centuries (perhaps only two centuries) before it will not reproduce. In about 200 years the normal mutation rate of the human genome will deteriorate to an extent that the human reproduction rate will be negative. The human population will decline and trend toward zero. This is a long-term trend since the flood. There is no recovery. But God will intervene, heal, and repair the genetics of the human survivors after Christ returns (Matthew 24:22 and Mark 13:20), and all through the millennium.

On Dr. Sanford's website is a short article titled, "[GENETIC ENTROPY: It's Down NOT Up ...](#)." It is worth reading, only some 360 words. Dr. Sanford also has a link on his website to a lecture he gave at the National Institute of Health in **2018**, one year before the Corona outbreak. His presentation was titled "[Mutation Accumulation: Is It a Serious Health Risk?](#)" Yes, it is. It is 1 hour, 13 minutes long. At the 49 minute, 20 second mark Dr. Sanford begins his conclusion, and then gives his personal perspective of the human dilemma.

### ***Human Degeneration #3, Poisoning the Human Genome***

After Corona came, several researchers noted unusual features of the mRNA Corona injections. Some of the findings are presented in a disturbing 30-minute video: "[Did Humankind Just Have Its Genome Poisoned? More Doctors Demand Investigation.](#)" I recommend you watch it.

<sup>1</sup> Dr. Sanford is widely recognized as the inventor of the “gene gun” that made genetic modification of plants much easier. His genetic work and research is widely published in medical literature.

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

The Corona injections have within them genome-altering properties that will have disastrous surprises for the next generation born after their parents received the injections. They **unnaturally accelerate the process** of genetic decline that Dr. Sanford writes about.

-----  
**Reprinted with permission from: Associates for Scriptural Knowledge**  
<https://www.askelm.com/>  
-----

## **Have a Really Great Sabbath!**

### **Aftermath (Counter-Intuition)** **(Copyright) by Rich Traver (Clifton, Colorado)**

It occurred to me that there might be a logical explanation for the experience we had at the feast. This might also reflect somewhat on what happened at other sites, this year and last.

With the Covid protocols imposed, beginning in the spring of 2020, public gatherings were discouraged. For a time, even things like church services were curtailed to some degree. But what does that have to do with the situation more recently, as restrictions are eased back?

My assessment is that while our ‘illustrious health professionals’ became myopic toward one particular virus threat, they failed to realize that the other threats ‘carried on’ as before. They remained just the same, while our minds were focused elsewhere.

By being self-quarantined to whatever degree we were, it turned out that we lost some of our exposure to other ‘normal’ health threats, such as even the common cold. Now we know that viruses continually develop ‘variants’. Yesterday’s cold virus is not necessarily today’s. There are good reasons why yesterday’s flu vaccine is not effective for tomorrow’s flu, for this very reason. While symptoms and actual cases may be similar from season to season, the underlying cause is likely slightly different. And viruses are not obligated to develop variants in every area the same. While that might happen, more likely where they do, it would be the result of interaction between people living in different areas.

It is proven that constant exposure to the developing strains of each season’s variants allows us to develop an immunity, without necessarily exhibiting any noticeable symptoms. This is the case with any number of diseases. A lot of us will see our immune systems rise to the occasional threat and overcome whatever threat it poses. It happens without our awareness.

Where this becomes a significant matter is in our localization of the array of viruses in any given area. While we attend services now pretty much normally as we did before, our exposure to a wider array of viruses is still limited in that we don’t interface with other groups in other areas as we used to just yet. We become acclimated to the array of viruses locally, where other congregations do the same with those in their area. It’s when we combine with other groups that have developed immunity to their own unique spectrum of viruses, different from ours, that we see the result. We aren’t yet accommodated to their set, and they aren’t accommodated to ours. So, that leaves a cross vulnerability that will be overcome once society returns to full and open co-mingling. There’s a health benefit to that, even though our supposed elite health professionals don’t realize what they’ve overlooked.

That being, that there isn’t just one virus out there. There isn’t just one disease out there. To overreact to one and leave the others to ‘free range’ while we are isolated from them, losing our ongoing resistance to them, leaves us wide open to becoming infected by things we otherwise would be acclimated to!

---

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

This exposes the blunt ignorance of our ‘health care profession’ that can wonderfully react to perceived threats, while benignly magnifying ‘normal’ threats into a situation greater than would otherwise be.

Distancing, masks, and quarantining might be a wise move IF there is only one virus threat in the world. But to do so, while giving free reign to all the usual sources of health threat will backfire not far down the road. All the ‘usuals’ aren’t going to tone themselves down.

It’s the old case of doing evil in the name of doing good. We have sheeple among the health care industry as well, but the greater concern is where it involves professionals who ought to know better, and some probably well do! The disturbing realization (and what has long been alleged) is that this pandemic culture was not the result of any real ‘health care initiative’, but one with underlying motives to impact our economic viability and create more ‘health issues’ as opposed to reducing them. (We’ll leave the profit motive out of this conversation.)

Then, there’s the underlying question of where all of this originated. One thing has been positively established: It ain’t natural! And the mandated protocols imposed worked to distance us from maintaining our natural immunity development, which is and always needs to be ‘ongoing’. In fact, their determined approach served to do as much harm as good. Perhaps more harm than good.

So, by intermingling with a broader range of attendees from other areas, with them accommodated to their own local viral issues, and we just to ours, we each were put in a position of having to develop our immune responses to their set of variants overnight.

What’s apparent is that we need to throw off all of the mandates and protocols that isolate us from our natural immunity development. There is nothing that ‘really works’ better than the built-in immunity responses that God placed in us. It is the duty of so-called ‘health care professionals’ to recognize and allow those to work, as they have nothing better! Vaccines or medicines don’t enhance immunity, they merely deal with effects as perceived. (And that remains to be proven.) And, when they alter or inhibit natural immunity, then there’s a whole additional level of malevolence above the one we already know!

The bottom line here is that our ‘medical professionals bowed to those supposedly higher than they (higher in political power, not necessarily in medical health knowledge) and imposed a regimen which they claimed would drastically reduce the effects of a virus that these top-enders themselves released. (This is now known!) They imagined themselves endowed with wisdom greater than God and could stop the spread of something ‘going viral’, as we say.

What these supposed ‘experts’ didn’t consider is that the long-term effects of their new virus isolationist protocols left another situation to develop, that linger, and will linger for a while yet. That being, that a majority of people haven’t gotten back to ‘normal’ resistance to viruses and other diseases. That won’t happen until normal interactions between major population groups allowing a continuity of natural immunity to rebalance out.

We did have credentialed medical experts who raised objections, but who were censored by the (government/medical) establishment and threatened with the loss of their medical licenses if they spoke out. It isn’t that they lost their qualifications or their knowledge, just that their ability to function in any medical capacity would be forfeited if they expressed an opinion contrary to the official dictates. This is another example of people being prosecuted for their opinions. It raises the First Amendment (free speech) issue.

There was an attempt to create a new government agency focused on identifying truth-telling that didn’t match the official line. Where that will ultimately lead is speculation at this point, but the prospect of such thinking is concerning. “The truth is what I SAY it is”, as the senator from Montana stated so emphatically in the “Shooter” movie with Mark Wahlberg. There was more reality suggested in that movie than was what might be labelled cinematic fiction.

If nothing else, we have been exposed to a situation where such things can happen. Have we learned? Will we carry the experience forward toward any form of repeat? Knowing our government and our culture, probably not!

A recent article in the Epoch Times presented a full-page expose where the CDC admitted its mistakes. They also admitted they were wrong about alternate treatments such as hydroxychloroquine and ivermectin. (Now that it’s largely

**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

over.) These are treatments proven effective (and at low cost) that would have saved countless lives. But the bigger item in that report was that the government has set up a whole new agency with the power to impose lockdowns faster and more severe than even before! This I assume perpetuates the notion that such lockdowns are effective in countering the spread of diseases. We've learned so little in the recent past! At least at the government level.

Reprinted with permission from: Golden Sheaves  
<https://www.goldensheaves.org/>

## The Israel of God

(Copyright) by Charles Whitaker (Charlotte, North Carolina)



In Galatians 6:16, the apostle Paul refers to the church as "the Israel of God." Why? Why not "the Judah of God," "the Ephraim of God," or "the Galilee of God?" Why did God not inspire Paul to call the church by Israel's original name, Jacob—"the Jacob of God?"

We can learn much from the names God gives people, places, or things because those names reflect the way He perceives them. What can we learn about God's church by studying the name Paul used for it in Galatians 6?

It was God Himself who first uttered the word, *Israel*. He changed Jacob's name to Israel after a long, agonizing night of wrestling at Peniel (Penuel). The incident is recorded in Genesis 32:25-28:

Now when He [the preincarnate Christ, the God of the Old Testament] saw that He did not prevail against him, He touched the socket of his hip; and the socket of Jacob's hip was out of joint as He wrestled with him. And He said, "Let Me go, for the day breaks." But he said, "I will not let You go unless You bless me!" So, He said to him, "What is your name?" And he said, "Jacob." And He said, "Your name shall no longer be called Jacob, but Israel; for you have struggled with God and with men and have prevailed."

**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

When Jacob returns to Bethel after his twenty years of service to Laban, God reiterates Jacob's new name in Genesis 35:9-10:

Then God appeared to Jacob again, when he came from Padan Aram, and blessed him. And God said to him, "Your name is Jacob; your name shall not be called Jacob anymore, but Israel shall be your name." So, He called his name Israel.

#### **Jacob's New Name**

Commentators and scholars cite a number of possible meanings for the word *Israel*, which is made up of two Hebrew roots. Two translations stand out:

**1. He prevails with God.** This translation emphasizes the idea of **prevailing against strength through dogged struggle**. *The Jerusalem Bible* translates *Israel* with this force: "He has been strong against God."

**2. He rules as God.** *Strong's Exhaustive Concordance* translates *Israel* (#3478) with a future force: he will rule as God. This rendering emphasizes the idea of **rulership, as a prince ruling over his adversaries because of persistent struggle**.

Is *Israel* an apt name for God's church? Do her members prevail with God? Do they—or will they—rule as princes with God?

God did not hide His reason for choosing *Israel* as a new name for Jacob. He picked it because Jacob had "struggled with God and with men, and . . . prevailed" (Genesis 32:28). *Prevailing* is an essential idea behind his new name. Let's look at the life of Jacob to see why God came to see him as a prevailer.

A natural place to begin is Jacob's birth. Genesis 25:24-26:

So when her [Rebekah's] days were fulfilled for her to give birth, indeed there were twins in her womb. And the first came out red. He was like a hairy garment all over, so they called his name Esau. Afterward his brother came out, and his hand took hold of Esau's heel; so his name was called Jacob.

The word *Jacob* means "supplanter." Jacob was aggressive from the very start. He cunningly used circumstances to his advantage—usually at the expense of others. Early on, he exploited his brother's hunger to gain from him the birthright (Genesis 25:29-34). In this incident, he supplanted his brother's property rights. Of course, Esau was not blameless in this matter; he lacked proper respect for the privilege of the birthright—despised it—and therefore lost it (Hebrews 12:16-17).

In a later incident, Jacob and his mother conspired to deceive Isaac into bestowing the firstborn's blessing on Jacob. Remember, Esau was the firstborn. Genesis 27 tells the story. The intrigue to deceive Isaac involved everything from subtle deception (Jacob wore his brother's clothes—verse 15), to a double dose of blatant lying (Jacob outrightly identified himself as Esau—verses 19 and 24). Jacob even brought God's name into the conspiracy, a clear violation of what later became called the third commandment, by giving Him credit for the quick capture and preparation of the food (verse 20). In reality, Jacob had merely fetched a domesticated animal from the flock for his mother to prepare (verse 9).

However, Isaac blessed Jacob. The deception "worked," but bore bitter fruit: Jacob had to flee for his life. When Rebekah learned that Esau planned to kill him after Isaac's death, she packed her younger son off to her brother, Laban, in Padan Aram, to "stay with him a few days, until your brother's fury turns away" (verse 44). A few days indeed! Jacob sojourned with Laban for two decades (Genesis 31:38) and even then "was greatly afraid and distressed" (Genesis 32:7) when he finally returned to the land of his birth.

While God's Word gives only a sketch of Jacob's twenty-year sojourn with Laban, clearly the patriarch developed an ever-stronger relationship with God as the years passed. It was an extremely slow process. But, by the time the second decade drew to a close, God was willing to assure Jacob of His protection. Here are Jacob's "marching orders": "Then the LORD said to Jacob, 'Return to the land of your fathers and to your kindred, and I will be with you'" (Genesis 31:3).

---

**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

Jacob did not hesitate, immediately fleeing Padan Aram. With God's help, he *prevailed* over the churlish Laban as they confronted each other in the mountains near Gilead (Genesis 31:22-55). Later, at Peniel, he *prevailed* with God by refusing to break off the wrestling match. Just afterward, he *prevailed* with Esau, as the two brothers became at least nominally reconciled (Genesis 33:1-17). Sometime later, Jacob took his stand *against* idolatry and *for* the worship of the true God (Genesis 35:2-3).

Jacob did mature, though ever so slowly. As this passage indicates, he finally came to the point where he recognized God's work in his life during all those years. Humbled, he was now willing to offer thanks to His God. And God, true to His word, protected him during his journey home. Genesis 35:5: "The terror of God was upon the cities that were all around them, and they did not pursue the sons of Jacob."

The prophet Hosea gives us a cameo which insightfully contrasts the combative, self-reliant, competitive supplanter, Jacob, with the overcomer he became, Israel:

He took his brother by the heel in the womb, and in his strength he struggled with God. Yes, he struggled with the Angel and prevailed; he wept and sought favor from Him. (Hosea 12:3-4)

Hosea completes the picture Moses sketches in Genesis: Jacob wept, humbly begging God's favor. Jacob's experience in Bethel, where God changed his name, as well as his earlier experience in Peniel, where God wrestled with him, were milestones on his road to conversion. God understood that Jacob was bent on prevailing, that he was an overcomer. His new name, meaning "He prevails with God," was apt indeed!

#### **The Church Prevails with God**

Speaking in type, in symbol, we can say that the man named *Jacob* represents a person who has not overcome—a carnal person. On the other hand, the man named Israel represents a prevailing Christian, an overcomer. It is this Christian who will eventually inherit the Kingdom of God.

Paul may have pictured Jacob's wrestling ardently with Christ when he, using slightly different metaphors, said, "I run the race then with determination. I am no shadow-boxer, I really fight! I am my body's sternest master" (1 Corinthians 9:26-27, *The New Testament in Modern English*).

Overcoming is the common thread connecting every one of the seven churches mentioned in Revelation 2 and 3. Every member of God's church has the need to overcome a sinful nature. John describes that nature as "the lust of the flesh, the lust of the eyes, and the pride of life" (1 John 2:16). These are the ways of a world that is passing away (verse 17). We must come out of the world (Revelation 18:4).

In Titus 3:3, Paul describes the way we were, all of us, including the supplanter Jacob, before we came out of the world: "For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another."

Paul further defines these "works of the flesh" in Galatians 5:19-21:

. . . [adultery](#), fornication, uncleanness, licentiousness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, [heresies](#), envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

Without overcoming, we will not see God's Kingdom! It may be imprecise to equate overcoming with sanctification but overcoming certainly is a big part of the sanctification process. Really, there is no sanctification without it. The overcomers will be those who are ultimately sanctified, who wear "fine linen, clean and bright" at the Marriage of the Lamb (Revelation 19:7-8).

Characteristically, God's true church is a spiritual organism whose members, with God's help, will ultimately prevail over their sinful natures, the world, and Satan. The Israel of God, like Jacob, prevails with God. Christ certainly remembered His wrestling match with the unrelenting Jacob when He inspired Paul to call His church "the Israel of God."

---

**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

**The Church Will Rule As God**

*Israel*, as we saw, can mean, "He rules as God" or "He will rule as God." God's true church, the Israel of God, will rule as God. We can start chasing this down by revisiting Genesis 35:10 where God reiterates Jacob's new name. Notice particularly the blessing that follows in verses 11-12:

Also God said to him: "I am God Almighty. Be fruitful and multiply; a nation and a company of nations shall proceed from you, and kings shall come from your body. The land which I gave Abraham and Isaac I give to you; and to your descendants after you I give this land."

In the past, we have correctly construed this to be a promise of national greatness for Jacob's posterity. The "company of nations" we know beyond a doubt to be the British Empire, currently, a commonwealth of nations. The single "nation" certainly refers to Manasseh, the United States. The "kings" coming from Jacob refer to the literally hundreds of monarchs who descended from him through his son, Judah. These monarchs have populated virtually every European royal house. Chief among them all, and enthroned to this day, is the British monarch, who is a direct descendant of King David.

But there is an equally valid "spiritual" interpretation of this blessing. *The "kings" descending from Jacob are those individuals who, like him, have overcome and will someday inherit God's Kingdom, the "land" they seek.* They are a *spiritual* posterity, not a physical one.

If we can determine who the patriarchs' spiritual offspring are, we will be well on our way to understanding who the "kings" descending from Jacob are. Paul clearly establishes that Abraham's *spiritual* children are not necessarily his *physical* ones. He does this during a long discussion of God's reconciliation of Israel and the Gentiles in Romans 9 through 11, specifically in Romans 9:6-8:

For they are not all Israel who are of Israel, nor are they all children because they are the seed of Abraham; but "In Isaac your seed shall be called." That is, those who are the children of the flesh, these are not the children of God; but the children of the promise are counted as the seed.

In Galatians 3:29, Paul forthrightly tells us who these "children of the promise" are. *They are true Christians:* "If you are Christ's, then you are Abraham's seed, and heirs according to the promise."

Christians, then, are the *spiritual* children of Abraham. Spiritually understood, the descendants of Abraham, through Isaac (Romans 9:7), through Jacob (Genesis 35:11), will inherit the promises. They will inherit the "land" God promised Jacob in Genesis 35:12 (*cf.* Matthew 5:5).

Paul, having broached the subject of heirs at the end of Galatians 3, expounds on the right of inheritance in Galatians 4:1-7. He draws a distinction between slaves (and we were all once slaves to sin—Romans 6:6, 17-18), who have no right of inheritance, and children, who enjoy that right. Paul concludes, "Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ" (Galatians 4:7).

Does all this mean that God's church, the Israel of God, rules *now*? Of course not! Paul reminds us that even sons are under the tutelage of servants "until the time appointed by the father" (Galatians 4:2). John tells us that, "He who overcomes *shall* inherit all things" (Revelation 21:7, emphasis ours). *We are heirs now; later we shall be inheritors!*

Right now, it is Christ who rules all things. Just before He returned to His Father, He reassured His disciples that, "All authority has been given to Me in heaven and on earth" (Matthew 28:18). But eventually, the "heirs according to the promise" (Galatians 3:29), true Christians, will inherit all things. These are the children of God, spiritually speaking, through Abraham, Isaac, and Jacob. Paul makes it clear in Romans 8:16-17:

The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.

True Christians will inherit Christ's kingly authority, sitting with Him on His throne. John, in Revelation 5:10, writes of a glorious future for us. Christ will have "made us kings and priests to our God; and we shall reign on the earth."

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

As members of the God Family—children of God, we will be God, ruling as He would rule. *Spiritually speaking, we will be the kings God promised would descend from Jacob* (Genesis 35:12). Yes, *Israel* is an apt designation for God's church! The Israel of God will rule as God.

Viewed in the present tense or in the future, we in the true Israel of God have a great deal in common with our patriarch Jacob. Like him, we will eventually have a new name (Revelation 3:12). Like him, we struggle to overcome. And like him, those who remain faithful among us will someday prevail, qualifying to rule as God—princes forever with Him.

-----  
**Reprinted with permission from: Church of the Great God**  
<https://www.cgg.org/>  
-----

## Prayer Requests

**Prayer Request (December 2, 2022)**

**Prayer Request for James Steinle - James had a stroke and is in rehab. - This is all the information we have right now from his wife Pat - If and when we get another update, we will let you know. – Pray**

**Prayer Request (December 2, 2022)**

**In regard to James Steinle prayer request. (Thank you for this beautiful letter. Laura Lee)**

### THE CHURCH OF GOD, INTERNATIONAL

Friday, December 02, 2022

Dear Friend:

We wanted to let you know that we received your recent prayer request. As you asked, we will join you in seeking God's blessings. It is our privilege to do so.

There is no doubt that God hears the prayers of those who truly seek Him. First Peter 3:12 says, *“For the eyes of the Lord are over the righteous, and His ears are open to their prayer.”* And, although your prayers as one of the righteous are often enough, there is every reason to involve others in prayerful matters. Is it possible to have too many people praying for God's intervention? We don't think so.

James 5:13-15 says, *“Is any among you afflicted? Let him pray. Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up...”* These are wonderful words of encouragement and comfort!

Our heavenly Father is already aware of what you've requested, as He knows our needs even before we ask (Matthew 6:8) ...but it is important to ask. Trust Him to do what He does best – those things we cannot do for ourselves. May God bless you in your diligence and faithfulness.

Your servant in Christ,  
Wynn Skelton

[info@cgi.org](mailto:info@cgi.org)

## Holy Days 2023

**Passover – April 6, 2023 (Observed at Sunset the Evening Before)**

**Unleavened Bread – April 6-12, 2023**

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

**Pentecost – May 26, 2023**  
**Trumpets - September 16, 2023**  
**Atonement – September 25, 2023**  
**Tabernacles –September 30, 2023 to October 6, 2023**  
**Last Great Day – October 7, 2023**

## **Announcements**

### **Announcement from William P. Goff (November 26, 2022)**

Greetings Brethren,  
November 26, 2022, Kenya Update is now posted at:  
[khofh.org](http://khofh.org)

Thank you  
Bill Goff

### **Announcement from Zac Poonen (November 28, 2022)**

#### **MESSAGES**

Listen to these two important messages:

**The Fear of God and Humility**

<https://cfcindia.com/sermon/the-fear-of-god-and-humility>

**Live in the Fear of God and Remember His Mercy Always**

<https://rlcf.church/media/sermons/live-in-the-fear-of-god-remember-his-mercy-always>

Are you listening to “Daily Devotion” every day?

Try this one - of November 28 – to get an appetite for it:

**Knowing the Father and Jesus**

<https://cfcindia.com/daily-devotion>

(Go to “Recent Devotions” below the screen and choose “November 28”)

**CFC Bangalore**

<https://cfcindia.com>

### **Announcement from David Rives Ministries (November 29, 2022)**

Dear friend,

Thank you for helping us share the Gospel around the world in 2022 through David Rives Ministries. As you know, Giving



---

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 10, 2022 --- Issue No. 97**

Tuesday is the official kickoff for the charitable holiday giving season.

We are working toward getting the exhibit lighting installed in our *History and Accuracy of the Bible* Exhibit (7 rooms) here at the **Wonders Center & Science Museum** and we need your help to finish up this special area of the Center.

View inside entrance to the History and Accuracy of the Bible Exhibit rooms at the Wonders Center & Science Museum

Our goal for this is \$4,000. This means that we just need 100 of you who are reading this email to make a donation of \$40 dollars or more to help us fund this effort. Use the form below to donate today.

<https://wonderscenter.org/help-us-light-it-up-this-giving-tuesday/>

**Announcement from David Rives Ministries (December 1, 2022)**

**DAVID RIVES MINISTRIES - Note from David:**

Hello friends,

In just 2 days we have reached more than half our donation goal of \$4,000 dollars to [install the exhibit lighting in our History and Accuracy of the Bible rooms](#) here at the Wonders Center & Science Museum. We cannot thank you enough for stepping up in support to help us with this effort! We know that lives will be eternally impacted as a result of the outreach of this new center and your involvement in this endeavor will make the impact even greater.

Secondly, we just released a new Heavens Declare short video. Take 2 minutes out of your day to [WATCH IT HERE](#) and leave us a comment!

Blessings,

