



“Knowing Him Better”

After Mark Twain had made his triumphant tour through Europe, where he was honored by great universities and kings, his daughter said, “Daddy, I guess pretty soon you will know everybody except God.”

The truth is it doesn't matter who you know or how many you know. Ultimately, knowing God is the only relationship that matters for eternity. *“And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.”* John 17:3

Breakfast Links (Not-Sausage Roll)



- | | |
|--------------------------------------------|--------------------------------|
| 1 cup hot water | ¾ cup quick oats |
| 1 Tbsp onion powder | 1 tsp salt |
| 2 Tbsp nutritional yeast | ½ Tbsp Pero, coffee substitute |
| 1 ½ Tbsp Mock Aminos OR 1 Tbsp yeast paste | |
| 3 Tbsp potato flour | 2 tsp beef-like seasoning |
| 2 Tbsp olive oil | ½ cup gluten flour, heaping** |

First, add the hot water to the quick oats. After this is mixed add the remaining ingredients leaving the gluten and potato flour until last. Roll into breakfast link shapes and bake on a cookie sheet at 350 for 35 min. For more moist links you may choose to steam them a little before serving.

For a larger not-sausage roll add 1 tsp poppy seeds, ¼ tsp cayenne and ½ tsp garlic powder. Bake longer. The next day you may slice and fry each piece.

**You may replace about ½ of the gluten flour with 2-3 Tbsp of chia seeds, if desired

No Brag-Mock Aminos (This is a concentrated seasoning, not a food by itself)

½ medium onion, chopped and caramelized in an oiled skillet, ¾ cup water, 1 tsp carob powder, ¼ cup salt, ½ tsp celery seed, 2 Tbsp sucanat, 2 ¼ Tbsp lemon juice, 1 ¼ Tbsp Roma or Pero, 1 Tbsp onion powder, 2 Tbsp sunflower seeds

Blend until smooth. Keep in container in freezer. Due to the salt content it will not freeze solid and may be scooped out as needed.

Quotable Quotes

“Intimate knowledge of God is possible if we habitually search His Holy Scriptures & translate what we find into obedience.”

— George Müller

PROFITABLE TRADITIONS

Economize Time *“To every thing there is a season, and a time to every purpose under the heaven.”* Eccl. 3:1 Busy Christians must learn to save time while accomplishing necessary tasks. Here are some of our favorite ways to save time.

Cooking— Due to a citric acid allergy, I recently began making my pizza sauce from scratch using tomato powder. One way I learned to save time doing this is to portion out the dry ingredients into Ziploc bags. This way I can make several batches of sauce at a time and later only have to add the wet ingredients. This could also be helpful with vegan cheese, pancake mix, etc.

Laundry—Save time sorting socks by having each member of the family put their socks into a laundry bag for “delicates.” Mark each bag so you can tell them apart.

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Editor's Note

Knowing by Experience

It is no wonder that it has been said that, *"The greatest want of the world is the want of men--men who will not be bought or sold; men who in their inmost souls are true and honest; men who do not fear to call sin by its right name; men whose conscience is as true to duty as the needle to the pole; men who will stand for the right though the heavens fall."*--Education, p. 57. (1903) One reason for this is that women and children, knowingly or unknowingly, often learn to understand God by observing the men around them. They learn about the spiritual from the natural. Children look up to their fathers, wives observe their husbands. For instance, I met a woman one time who said she had a hard time with understanding God as a loving Father, when her own father had treated her badly. Men indeed, have a high calling. Thankfully, I was blessed with loving parents, so I have never had a hard time understanding a loving God, but some of the other aspects of God were a little harder for me to "wrap my mind around" and understand.

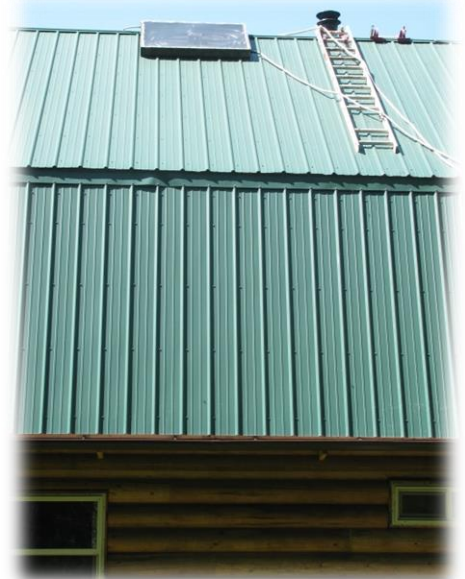
However, over the years, I have come to a knowledge of some of this by interacting with and observing my husband. For example, I never really understood how God is Almighty—what is hard for us, is simple to Him, until I saw it demonstrated. One day, many years ago, Dallas and our four kids, my parents and I all went to pick up some logs out of a man's yard. Each sizable section of log had to be picked up and placed in the back of the pickup truck. While Dallas was off dealing with something else, 4 or 5 of us, trying to be helpful, tried to lift one of the log sections up in order to carry it over to the pickup. But we had no success, we could not even get it lifted off of the ground. Seeing our plight, Dallas came over to help, but instead of just grabbing an end of the log to help, he just grabbed it in the middle and carried it easily by himself over to the pickup. While all of us, who had not been able to lift the log all together, looked on dumbfounded, he easily moved it by himself! In like manner, whatever problem we have is never too big for our ALL Mighty God. He can lift and carry it with ease, if we will just move self out of the way and let Him.



However, still it wasn't until several years later that I received an equally impressive lesson in the meaning of the word "faith." We were installing a solar hot water heater on the peak of the roof. Since it was built out of several 2x4s, water hoses, pieces of plywood painted black, and a cover of plexiglass, it was quite heavy, and even more bulky and hard to handle. Nevertheless, my husband, oldest son, and I set to work with ropes and ladders to get the water heater to the peak of the roof. I don't remember all the technicalities, just the fear that somebody was going to fall two stories down and get severely hurt or killed in the operation. At a certain point we were "stuck" and the death of someone seemed imminent to me. Dallas was on the ladder hollering for me to push the water heater toward him, but I felt sure that if I did that he was going fall backwards off of the ladder. Despite this, he kept hollering *"Push it toward me."* I had a choice – either to follow my own feelings, OR to have faith in the wisdom of my husband's years of construction experience. I was crying (and praying)—it was one of the hardest decisions I have ever made. Finally, putting my faith in God and also the fact that I knew in this situation my husband's wisdom was far greater than mine, I pushed the water heater toward him. It turned out to be just what was needed to finish the project, but in the process I had learned a valuable lesson in faith. Faith is demonstrated when by obedience we take God at His word, even when our feelings may tell us differently. Faith is when, like the disciples, we cast the net on the other side just because God said so. It is stepping into the Red Sea BEFORE the water parts or like Naaman dipping seven times in the Jordan because that is the remedy God prescribed. Faith is trusting that God has superior wisdom and knows best. It is demonstrating by our actions that we believe. Indeed, the Bible says, *"the just shall live by his faith"* Habbakuk 2:4.



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Still I had another lesson to learn. What was “grace”? I needed another picture to understand this concept, and one day, connected with an incident after I had hurt my wrist, I finally understood. In order to flush one of our toilets, we regularly use five gallon buckets.

On a good day these are pretty heavy for me when they are full, but with a hurt/sprained wrist, it was almost unworkable. After commenting to my husband about my difficulty, the next day, instead of one full bucket, I found two half empty buckets—a much lighter load for me! Finally, I had something concrete to liken God’s grace to. While we still have a part to play by accepting God’s gift, Jesus has mostly emptied the bucket for us. He took the heavy load himself in order to lighten our burden and make the Christian life and overcoming sin a reasonable goal in our sin-weakened condition. No wonder His yoke is easy and his burden is light. He says to the repentant sinner today, *“My grace is sufficient for thee...”* 2 Corinthians 12:9

May God give us all grace to continue to learn the lessons God would have us learn from the experiences in our life.



Prophetic News Notes and Study to Show Thyself Approved Increase of Knowledge

“But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased.” Daniel 12:4

It is a remarkable fact that Sir Isaac Newton, writing on the prophecy of Daniel 12:4 said that if they were true, it would be necessary that a new mode of traveling should be invented, for knowledge would be so increased that man would be able to travel at the rate of fifty miles an hour. (Perhaps Newton compared Nahum 2:3b, 4 which says, *“the chariots shall be with flaming torches in the day of his preparation, and the fir trees shall be terribly shaken. The chariots shall rage in the streets, they shall jostle one against another in the broad ways: they shall seem like torches, they shall run like the lightnings.”*)

In contrast to Newton’s belief that travel speed would increase, Voltaire [an infidel], true to the spirit of skepticism, said:



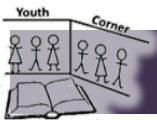
“Now look at the mighty mind of Newton, who discovered gravitation; when he began to study the Book called the Bible, it seems in order to credit its fabulous nonsense, he believed that the knowledge of mankind will be so increased that we shall be able to travel fifty miles an hour! The poor dotard!”* But today, even a skeptic would have to say, *“Newton was a wise philosopher; Voltaire a poor old dotard.”* *Dotard— a person who is weak-minded, or whose mental faculties have declined, especially through senility.

Indeed, we know that, *“The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.”* Proverbs 9:10 because following the prophetic “time of the end” in 1798, by the mid-18th century some trains did indeed begin to run over 50 miles per hour. Apparently,

“While using cast iron rails, [train] speeds were generally no quicker than 20mph...It was not until the steel rail was implemented in 1857, that trains began traveling at speeds of up to 60 mph in both the U.S. and Britain.”

<https://worldwiderails.com/how-fast-did-early-trains-go/>

Voltaire’s skepticism kept him from wisdom in understanding the signs of the times. But Newton’s understanding of God’s word proved true and was confirmed by the steep increase in the speed of travel. This demonstrates yet again that signs are fulfilling all around us, and Christ’s Second Advent is imminent. Indeed, it is written, *“He which testifieth these things saith, Surely I come quickly. Amen. Even so, come, Lord Jesus.”* Revelation 22:20



The Price of Carelessness

Josiah Wedgwood, English maker of the famous Wedgwood pottery, was showing a nobleman through his factory one day. One of Wedgwood’s employees, a young boy, was accompanying them. The nobleman was profane and vulgar. At first, the boy was shocked by his irreverence; then he became fascinated by the man’s coarse jokes and laughed at them.

Wedgwood was deeply distressed. At the conclusion of the tour, he showed the nobleman a vase of unique design. The man was charmed by its exquisite shape and rare beauty. As he reached for it, Mr. Wedgwood purposely let it fall to the floor.

The nobleman uttered an angry oath and said, "I wanted that vase for my collection, and you have ruined it by your carelessness!"

Wedgwood answered, "Sir, there are other ruined things more precious than a vase which can never be restored. You can never give back to that young man, who just left us, the reverence for sacred things which his parents have tried to teach him for years. You have undone their labor in less than half an hour!"



How about your words, are they choice or careless? *"For by thy words thou shalt be justified, and by thy words thou shalt be condemned."* Matthew 12:37



Swift Runner Health – Time for a Plant-based 'Booster' Diet

In a day and age of infectious disease many are looking for a simple way to boost their immune health. Indeed, many have found this in a plant-based diet. In fact, *"Neal Barnard, MD, president of the Physicians Committee [for Responsible Medicine]... [said] about a plant-based diet... 'This is a booster that is needed at this unprecedented time and that may actually work to mitigate COVID-19.'"*¹



It is interesting to note that the original diet, even after sin, was plant-based (Gen. 1:29, Gen. 3:18). But the Bible also suggests that an animal-product-free diet for the last days may be the way to go. In 1 Cor. 10:6,11 we find the generally unnoticed warning, *"Now these things were our examples, to the intent we should not lust after evil things, as they also lusted... Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come."*

Using the context and proof-texting with the word "lusted," we find the story in Numbers 11. Verse 4 begins, *"And the mixt multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat?"* Psalm 106:14, 15 records, that they, *"lusted exceedingly in the wilderness, and tempted God in the desert. And he gave them their request; but sent leanness into their soul."* Numbers 11:33, 34 finishes the story after God sent an enormous flock of quail around a meter/yard deep. *"And while the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. And he called the name of that place Kibrothhattaavah: because there they buried the people that lusted."* The biblical admonition is that animal products, especially in excess, bring disease.

Indeed, science is revealing why God would prescribe a plant-based diet for the time period of the end of the world. The British Medical Journal reported that *"Plant-based... diets may help lower the odds of developing moderate to severe COVID-19 infection, suggest the findings of a six-country study, published in the online journal BMJ Nutrition Prevention & Health. They were associated with 73%... lower odds...of moderate to severe COVID-19 infection, compared with those who didn't have these dietary patterns."*²

So why is the end of the world different from 2,000 years ago? There are at least three differences between the meat and animal products of the past. **First**, all commercial animals are not only often fed other dead animals, they are also pumped full of pharmaceuticals and hormones. For example, *"Of all antibiotics sold in the United States, approximately 80% are sold for use in animal agriculture..."*³ If you eat the meat, milk, or eggs, you also eat the drugs, hormones, and vaccines that the animals have been given.

Secondly, disease in animals is rising. A July 14, 2022 article from the UN states that, “Diseases transmitted from animals to people in Africa have jumped 63 per cent in last decade, compared with the previous ten year period...”⁴ Some of these diseases, including prion diseases like Mad Cow Disease are not necessarily killed even by pasteurization and cooking. Others, like BLV, or Bovine Leukemia Virus are widespread, making picking up a gallon of milk to drink a gamble with your health. The book *Moove Over Milk* cites a quote from an August 1992 *Hoard's Dairyman*, stating, “The incidence of BLV varies from herd to herd, but dairy herds having 80% or more infected adult mammals is not uncommon.”⁵ Many of these animal diseases can be passed from animals to humans. “Zoonotic diseases are contagious diseases that spread between animals and humans. It is estimated that approximately 75% of recently emerging infectious diseases affecting humans are diseases of animal origin; **approximately 60% of all human pathogens are zoonotic**. Humans can contract zoonotic diseases through direct contact with infected animals, and also by consumption of contaminated food or water, inhalation, arthropod vectors (such as flies, ticks, and mosquitoes) and pests.”⁶ Even raising your own cow from a calf could be hazardous since according to the *Canadian Journal of Comparative Medicine* all the way back in 1979, “Bovine Leukemia Virus (BLV) antibodies were present in 59% of newborn calves tested.”⁷



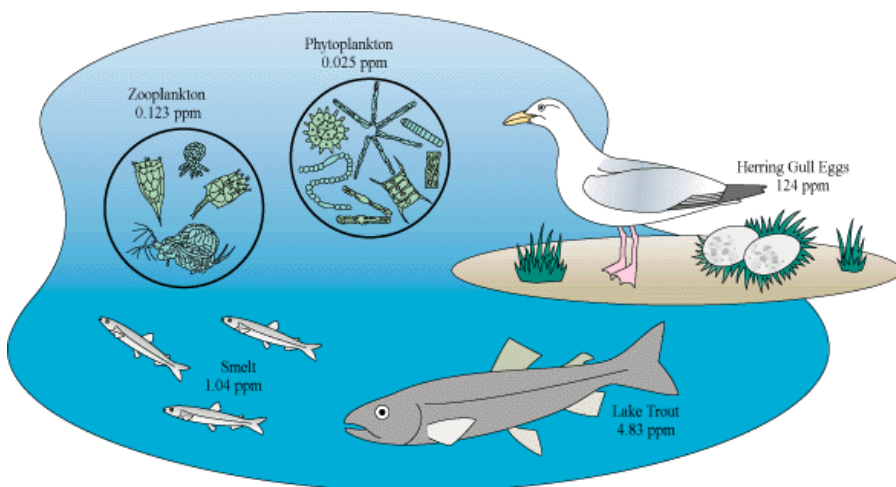
The **third** reason to go plant-based at “the end of the world” is animal products compound toxins more than plants. And toxins in the environment are greatly increasing. For example, a February 22, 2023 article states, “Today the *Environmental Working Group* published an analysis of peer-reviewed data that for the first time shows the global scope of contamination by the ‘forever chemicals’ known as PFAS, which may be harming over 330 wildlife species around the world. The analysis, based on more than 100 recent peer-reviewed studies, detected over 120 unique PFAS compounds in these animals, not just the legacy forever chemicals PFOA and PFOS. Polluted animals were

found on every continent except Antarctica. The absence of PFAS in species in Antarctica is not due to a lack of contamination but instead because of the absence of recent test results in the research we studied...

In the 2000s, studies began documenting the global distribution of these chemicals in wildlife, and since they accumulate in the food chain, wildlife at the top serve as valuable environmental sentinels.”⁸

Indeed then, eating the animals at the top of the food chain or their eggs or milk is not really a good idea in this day and age. For example, in the bioaccumulation diagram,⁹ phytoplankton only have a toxicity of PCBs (polychlorinated biphenyl) at 0.025 parts per million, but as you can see **by the time you get past the big fish that ate the little fish and get to the eggs of the herring gull that ate the big fish, you have over 124 times the concentration of toxins than were found in the phytoplankton**. This means simply eating an egg, milk, or meat could be

124 times as toxic as eating a plant from the same area!



So what kind of effects might this cause in human that eats the egg or bird? Professor Scott Belcher of a North Carolina University stated, “Our testing of alligators and fish in the Cape Fear River of North Carolina found that PFAS exposure harm ed immune function. In the alligators, PFAS exposure was linked with slow healing and infection from injury, and PFAS exposure was linked with symptoms

of autoimmune-like disease. These alligators are especially sensitive sentinels for the harmful impacts of PFAS on the immune system." In addition, to "supression of the immune system," the article mentions "increase of certain cancers" as well as "reproductive, and developmental harm" from these toxins. They conclude, "Our study results are a clear warning for human health and the health of wildlife."⁸ So I find it interesting to note that some diligent Bible students who were interested in God's book of nature as well as health reform published this statement in the Pacific Union Recorder as early as 1901. "There is no safety in eating of the flesh of dead animals, and in a short time the milk of the cows will also be excluded from the diet of God's commandment-keeping people. In a short time it will not be safe to use anything that comes from the animal creation." {Pacific Union Recorder, November 7, 1901 par. 1} It is my belief that where plant-based foods are freely available, this time has come. Now is the time for those wanting to be healthy to invest in God's natural, plant-based, immune-boosting nutrition.

- 1-- <https://www.pcrm.org/news/news-releases/omicron-variant-surges-plant-based-diet-booster-fighting-severe-covid-19-say> 2-- <https://www.bmj.com/company/newsroom/plant-based-and-or-fish-diets-may-help-lessen-severity-of-covid-19-infection/>
 3-- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4638249/#:~:text=Of%20all%20antibiotics%20sold%20in,classes%20important%20to%20human%20medicine>
 4-- <https://news.un.org/en/story/2022/07/1122522> 5-- Moove Over Milk, pg. 68,69 6-- <https://www.vet.cornell.edu/animal-health-diagnostic-center/programs/nyschap/modules-documents/zoonotic-diseases-sheepgoats> 7-- Moove Over Milk, pg. 64 8-- <https://www.ewg.org/news-insights/news-release/2023/02/groundbreaking-map-shows-toxic-forever-chemicals-more-330> 9--Diagram-- https://serc.carleton.edu/NAGTWorkshops/health/case_studies/pesticides_grea.html

Kids' Corner

God's Amazing Creatures



Monarch Butterflies live mainly in North America but can be found on some islands and in New Zealand. These butterflies are commonly "raised" by humans who get the eggs and watch the egg go to larva, then to pupa, and finally to the adult. The eastern North American monarch population is known for its annual southward late-summer or autumn migration from the northern and central United States and southern Canada to Florida and Mexico. During that time, monarchs cover thousands of miles. Isn't it amazing that God created such small creatures to be able to travel that far?

To help us understand Him better Jesus sometimes compared Himself to an object.
Match each picture to the verse that tells about it.



John 8:12

John 6:35

John 10:11,14

John 15:5

John 14:6

John 10:9

