

The Archbishop of Dublin told of a horseman who, having lost his way, made a complete circle; when the first round was finished, seeing the marks of horse's hoofs, and never dreaming that they were those of his own beast, he rejoiced and said, "This, at least, shows me that I am in some track!" When the second circuit was finished, the signs of travel were doubled, and he said, "Now, surely, I am in a beaten way;" and with the conclusion of every round, the marks increased, until he was certain that he must be in some frequent thoroughfare and approaching a populous town; but all the while he was riding after his horse's tail and deceived by the track of his own error. Instead of following in the tracks of "others," how much better it would have been if the man had been looking for waymarks and guideposts along the way. Bible prophecy is as a waymark telling us where we are in the stream of time. How much better it is for us today to heed the waymarks of truth than to wander around in the circles of human opinion. Indeed, *"a wise man's heart discerneth [the waymarks of] both time and judgment."* **Ecclesiastes 8:5** Both the prophecies of the book of Daniel, together with Revelation 10:6 (in pure-line Bibles), and other verses declare that we have been living in prophetic overtime since 1844.

Jesus is coming soon! Get Ready! Get Ready! Get Ready!

Garlic "Feta" Dressing or (Easier) Creamy Garlic Dressing

FETA, optional

1 pkg. water-packed tofu

Crumble into a bowl, and sprinkle liberally with salt, garlic powder, and lemon juice. Marinate for several hours.

DRESSING

2 cups cashews, rinsed*

2 Tbsp potato flour or flakes

2 tsp nutritional yeast flakes (optional)

2 ½ tsp salt

½ tsp honey

2 Tbsp minced onion

3 garlic cloves

½ cup lemon juice

2 ½ cups water

Blend dressing while adding water gradually until smooth. Stir in tofu "feta". **For everyday use, I often make this without adding the "feta" making just a creamy garlic dressing. I just add a little bit more garlic, lemon juice and salt to the dressing recipe. Serve over a tossed vegetable salad.**

*If desired, the cashews may be replaced with a Tbsp of olive oil and 2 cups of almonds for an extra calcium boost.



QUOTABLE QUOTES

"It is not enough to do what a man thinks is right, or what the minister tells him is right. His soul's salvation is at stake, and he should search the Scriptures for himself... He has a chart pointing out every waymark on the heavenward journey, and he ought not to guess at anything."

{RH, June 28, 1906 par. 6}

Profitable Traditions Cultivate Knowledge of the Sanctuary

On paper, draw a model of the sanctuary including the tabernacle, court and furniture. Use some stiff pieces of paper folded in half and set upright as pawns. Draw or write on them to represent the people and animals. As you read Leviticus 16 about the Day of Atonement, move the pieces to the places (altar, ark, etc.) as directed. You will need pawns to represent a High Priest, 2 goats, a bullock, a ram, and a man to lead away the scapegoat. A censer, fire, cloud, and bowl of blood also help to make the story come alive.



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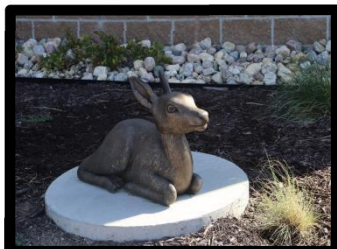
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Waymarks of Truth

Editor's Note and Study to Show Thyself Approved



"Hey, look! This rest area has a scavenger hunt," my daughter announced. Always ready for a little more exercise amidst our four-day, cross-country drive, several of us set off to look for five metal figurines of animals hidden in various places on the rest area grounds. We easily found the deer and a squirrel, and a little later a fox

but since those were quite easy to find, we were puzzled when none of us could find the woodchuck or the turtle. After looking once again, we finally gave up and went back to the instruction board to see if there were any hints of their whereabouts. We found that there was a line written about each animal. But the descriptions all



directed to places we had all already searched. However, after going back to them again we found a tell-tale concrete pad in each one. It appeared that someone had removed the turtle and the woodchuck. What struck me was that, we would never have known that the turtle and the woodchuck were missing if we hadn't read the instructions and seen the full list of the five animals for which we were

supposed to look. It reminds me of how many today don't realize that in many places important waymarks of truth are missing from the churches. The only way to know the full scope of what we should know is to read the word of God, and remember how God has led His church in the past. Indeed, we have been told, *"We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and his teaching in our past history."*

However, if we don't seek for truth as for hidden treasure, we are in danger, for while Jesus in John 17:17 says, *"Sanctify them through thy truth: thy word is truth,"* it is also true that *"You can never be sanctified through error."*² Because ultimately Jesus is the Truth (John 14:6), serious Christians should take time to diligently seek for truth and true doctrine. Since Psalm 77:13 says, *"Thy way, O God, is in the sanctuary: who is so great a God as our God?"* I like to use the wilderness sanctuary as a pattern or object lesson/memory aid of waymarks in church history (1 Timothy 3:15). According to God's word, the path or way will show a progression of truth. Indeed, *"the path of the just is as the shining light, that shineth more and more unto the perfect day."*
Proverbs 4:18

At the gate of the sanctuary, we first come to four pillars (Exodus 27:16-18). Since Jesus Christ is the door (John 10:9), this would have to represent the pillars of Christianity. Here is a quotation from the Great Controversy citing *"pillars of the Christian faith"* of which there are four. *"Many have come to deny doctrines which are the very pillars of the Christian faith. The great facts of creation as presented by the inspired writers, the fall of man, the atonement, and the perpetuity of the law of God, are practically rejected, either wholly or in part, by a large share of the professedly Christian world."*³ So the pillars of the Christian church are creation (Genesis 1,2), the fall of man (Genesis 3), the atonement (Romans 5:11), and the fact that God's law will never end. These pillars are also based on sound biblical principles. For example, Proverbs 4:2 says, *"For I give you good doctrine, forsake ye not my law."*

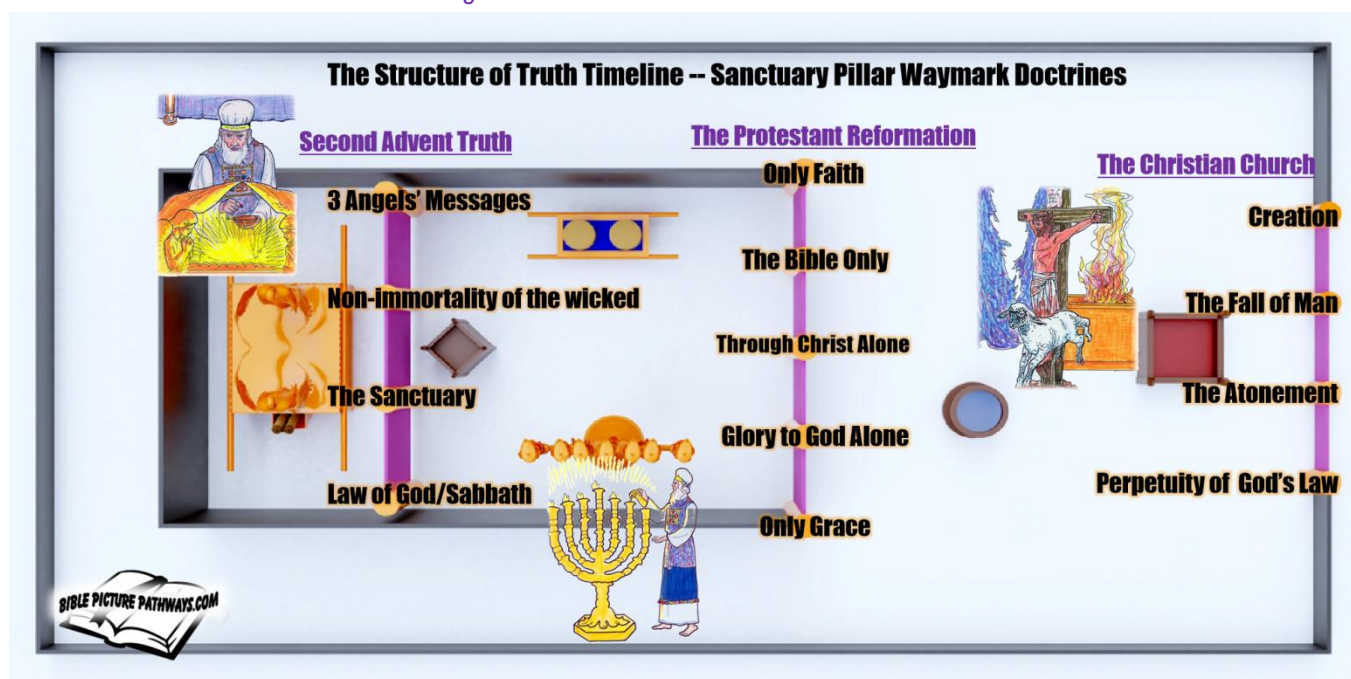


At the entrance to the tabernacle itself, we find five pillars (Exodus 26:37). As we celebrate Reformation Day this month on October 31st, we remember the five pillars of the Reformation as listed by David Brown, Ph.D. He stated, *"It seems only fit that we pay honor to the biblical truths that were rediscovered during the German and English Reformation of the 15 and 1600s. The Reformers had 5 catchphrases, slogans or mottos that indicated their return to New Testament Christianity. I have called them, The 5 Pillars of Reformation Truth. Sola Scriptura - By Scripture Alone; Sola Gratia - By Grace Alone; Solo Christo - By Christ Alone; Sola Fide - By Faith Alone; Soli Deo Gloria - Glory To God Alone"* These pillars of the Reformation were so ingrained that we find them mentioned by Johann Sebastian Bach, one of the great composers who grew out of the Protestant Reformation. It is said that *"Many of his compositions were lost - no one knows how many. But on those that do survive there is the interesting*

insertion in Bach's own hand of the letters J.J. at the beginning of each and S.D.G. at the end. They are abbreviations for the Latin, *Jesu Juva* (Jesus Help Me!) and *Soli Deo Gloria* (To the Glory of God Alone!)⁷⁴ These echo the Reformation pillars, *Through Christ Alone* and the obvious *Glory be to God Alone*. But one other important pillar of the Reformation was *Sola Scriptura*. As one theologian stated, *"Before all else Protestantism is, in its very essence, an appeal from all other authority to the divine authority of Holy Scripture."*



In the 1800's, the Protestant Reformation was followed by the Great Advent Movement, a people who noticed the waymarks of prophecy and looked longingly for the second coming of Jesus Christ. Despite a great disappointment on October 22, 1844, God placed His blessing on this movement (Daniel 12:12, Habakkuk 2:2-4, Revelation 10, especially verses 8-11), and it grew and continued to seek for truth. Since the veil between the holy and most holy place in the sanctuary has four pillars (Exodus 26:32), it is interesting to note that this movement also listed four pillars or landmark doctrines of truth. *"The passing of the time in 1844 was a period of great events, opening to our astonished eyes the cleansing of the sanctuary transpiring in heaven, and having decided relation to God's people upon the earth, [also] the first and second angels' messages and the third, unfurling the banner on which was inscribed, 'The commandments of God and the faith of Jesus.' One of the landmarks under this message was the temple of God, seen by His truth-loving people in heaven, and the ark containing the law of God. The light of the Sabbath of the fourth commandment flashed its strong rays in the pathway of the transgressors of God's law. The nonimmortality of the wicked is an old landmark. I can call to mind nothing more that can come under the head of the old landmarks."*⁷⁵



I love how the second advent pillars repeat and enlarge the original pillars of Christianity. They are precious old-time religion seen with increasing light. For example, they include a repetition of the law of God with the additional light of the seventh-day Sabbath. They are a repetition of the doctrine of the fall of man, debunking the serpent's lie *"Ye shall not surely die"* (Genesis 3:4), by teaching the non-immortality of the wicked/the true state of the dead (Eccl. 9:5,6; Malachi 4:1,3). To the atonement of Christ at the cross as the *"Lamb of God, which taketh away the sin of the world"* (John 1:29) is added the atonement of Christ, as the High Priest, applies the blood in the Most Holy Place of the sanctuary in heaven. And the three angels' messages repeat the message of creation saying, *"worship him that made heaven, and earth, and the sea, and the fountains of waters."* Revelation 14:7 Also, the three angels add the additional light that we are to come out of the false doctrines of Babylon and only worship God. In the book *Great Controversy*, one of my favorite chapters is called *The Scriptures our Safeguard*. It rightly states that at the end of time, *"The very pillars of truth will be assailed."*⁷⁶ We are surely seeing this today. For example, consider how evolutionary

theory or even theistic evolution knocks out the Creation pillar in the sanctuary of truth. Babylonian false doctrines that remove these pillars form instead a dangerous structure! In fact, forms of religion missing or discarding these key pillars require an evacuation plan. *"Come out of her, my people."* (Revelation 18:4) should be our message. Since these pillars are being undermined, it is for our benefit to study these doctrines of truth and adhere to them. Because, *"the waymarks which have made us what we are, are to be preserved...If one point is yielded, there is no surety that other points will not be discarded; and point by point, the structure of truth will be assailed and discarded."* Keep in mind that, *"Every wise woman buildeth her house: but the foolish plucketh it down with her hands."* Proverbs 14:1

It is time that we *"should earnestly contend for the faith which was once delivered unto the saints."* Jude 3

(For more information on this topic, you may watch our presentation Pillars of the Kingdom here. <https://www.youtube.com/watch?v=mGrUX-YbNpg>)

1-Review and Herald, October 12, 1905 par. 22

2-- Review and Herald, December 2, 1875 par. 10

3-- Great Controversy, pg. 582 4-- <https://www.christianity.com/wiki/people/j-s-bach-soli-deo-gloria-to-the-glory-of-god-alone-11635057.html>

4--Counsels to Writers and Editors, pg.30 6-- Great Controversy, pg. 600 7--10MR, pg. 45.1 and 46.1



Life-threatening Birth Control Side Effects

"In 2007, Carissa Ubersox was 24 and a new college graduate. She had just started working in her new role as a pediatric nurse when her boyfriend surprised her with a marriage proposal...Ubersox wanted to 'look and feel her best for her wedding day,' so she switched her birth control to Yaz after she saw a commercial implying the drug could alleviate bloating and acne. The commercial made it sound 'like a miracle drug,' she later told ABC News...But in February 2008, just three months after she began taking Yaz, Ubersox said her legs began to ache and she began gasping for air. Blood clots in her legs had traveled through her bloodstream to her lungs, resulting in a double pulmonary embolism that nearly took her life. Her fiancé called 911 and on the way to the hospital, her heart stopped. Revived by emergency doctors, she remained in a coma for almost two weeks. When Ubersox awoke, she was blind. Ubersox sued Bayer after losing her eyesight, her career and her fiancé, as reported by ABC News, alleging 'Yaz [was] to blame.'" As we will see, indeed, birth control pills cause blood clots.



"Blood clots can kill in one of three ways: they shoot straight to the heart and cause a heart attack; travel through the arteries to the brain and trigger a stroke; or travel to the lungs and stop you breathing. They can also discharge into the artery behind the eyes and cause blindness...The blood clot attacked Carissa's eyes so savagely that she remains almost completely blind to this day, without hope of recovery. 'I don't want another 20-something woman to have to learn how to tie their shoelaces, or talk, or learn how to wash clothes,' she reasons. 'It's horribly difficult, an unimaginable thing to have to do.'"

This sad story is certainly not alone, and sadly some people negatively affected by birth control side effects do not live to tell their story. Indeed, *"Two birth-control pills have been costly for Bayer."*³ The reason? *"Women who filed lawsuits against Bayer claim Yaz or Yasmin caused or was a contributing cause of health problems including gallbladder injuries, blood clots, stroke, kidney injuries and kidney failure."*¹ Thinking people should recognize risking these life-threatening side effects just to avoid having a baby is crazy.

In fact, despite pharmaceutical peace-and-safety theorists (1 Thessalonians 5:3), these side effects are NOT rare. *"Consider the courtroom price tags for Yaz and Yasmin. Bayer faced thousands of lawsuits about Yaz and Yasmin stemming from women's use of its new generation birth-control pills Yaz and Yasmin, allegedly resulting in potentially life-threatening blood clots, heart attacks, stroke and gallbladder injuries. As of January 2016, Bayer had agreed to pay \$2.04 billion to settle about 10,300 claims for blood-clot injuries, including deep vein thrombosis (DVT) and pulmonary embolism (PE). The company also agreed to pay \$21.5 million to settle 7,200 claims for gallbladder injuries and \$56.9 million to settle about 1,200 claims in which plaintiffs allege strokes and heart attacks."*³

What should cause people to wake up is, although there are, *"Those who allege...they were harmed by Yaz and Yasmin birth control pills and plaintiffs claim... that their loved ones died as a result of using the pills, we find, 'The pills' manufacturer, Bayer AG... told ABC News in a statement that the drugs are as safe as other birth control pills when used correctly.'"* What if this statement is actually partly true and ALL birth control pills and hormonal contraceptives can be deadly?

In May of 2021, The European Stroke Journal stated, *"It is well established that contraceptives increase the risk of venous thromboembolism [blockage of a vein caused by a blood clot]. In addition, oral contraceptives increase the risk for ischemic stroke and subarachnoid haemorrhage [bleeding in the area between the brain and the thin tissues that cover the brain]. A Cochrane review showed that systemic hormonal contraceptive users had a 1.6 times higher relative risk for ischemic stroke and myocardial infarction [heart attack], and more so with higher doses of oestrogen....In conclusion, ischemic stroke in young women taking hormonal contraceptives is frequently due to unknown, embolic stroke mechanisms, suggesting a hormone-induced prothrombotic [blood clotting] state."*⁴



Even the BMJ (British Medical Journal) states that, *"The most commonly used hormonal contraceptive – the combined oestrogen-progestin pill – was associated with double the risk of ischaemic stroke and heart attack, which translates to one extra stroke for every 4,760 women using the combined pill for one year, and one extra heart attack for every 10,000 women per year of use."*⁵ Note that these numbers are per year of use, so the real numbers of women who use this form of birth control for many years or even decades is going to be much higher.

But even worse, *"New research presented today [May 20,2025] at the European Stroke Organisation Conference (ESOC) 2025 revealed that the use of combined oral contraceptives (OCs) is associated with a threefold*

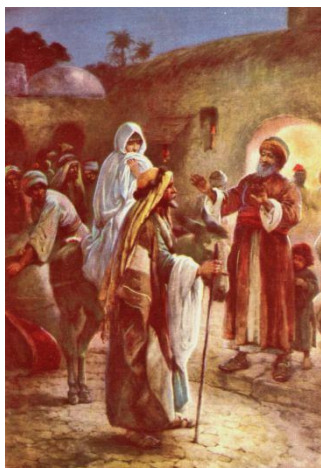


*increase in the risk of cryptogenic ischaemic stroke (CIS) in young women. The findings add to a growing body of evidence linking hormonal contraception to vascular risk in women of reproductive age. Cryptogenic ischaemic stroke, which is stroke with no identifiable cause, accounts for up to 40% of all ischaemic strokes in young adults."*⁶

With statistics like these, those who love their life or would like to keep their quality of life will cease the pharmaceutical contraceptives and find better methods for natural family planning (See asterisk* below). The good news is, although you may not easily reverse all the side effects of pharmaceutical birth control, for this particular side effect (blood clots), according to an article in Frontiers of Neurology, *"The longer duration of OCP [Oral contraceptive pill] cessation significantly decreased the risks of total stroke, IS [ischemic stroke], and HS [hemorrhagic stroke], respectively."*⁷ In other words, if you quit taking or using the birth-control pill or product, you are much less likely to have a stroke. I encourage you to try God's better way, for Jesus said, *"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."* John 10:10

- 1-- <https://www.drugwatch.com/yaz/lawsuits/> 2-- <https://au.lifestyle.yahoo.com/yasmin-pill-side-effects-230850447.html>
 3--<https://www.drugwatch.com/yaz/settlements/> 4-- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC8370064/#sec5-23969873211019586>
 5--<https://bmjgroup.com/new-study-adds-to-evidence-of-stroke-and-heart-attack-risk-with-some-hormonal-contraceptives/>
 6--<https://www.news-medical.net/news/20250520/Combined-oral-contraceptive-use-associated-with-threefold-increase-in-stroke-risk-in-young-women.aspx>
 7-- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6767325/>

*Natural Family Planning Information -- <https://www.swiftrunnerministries.com/Natural-Family-Planning.php>



No Room in the Inn

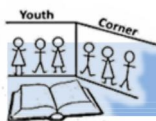
Prophetic News Notes



There are many parallels between what was happening at the first advent of Christ and what will be happening before His second advent. For example, Luke 21:27,34 warns, *"And then shall they see the Son of man coming in a cloud with power and great glory...And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares."*

We find that the day of Christ's first advent came unnoticed by many. We read in Luke 2:4-7, *"And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David:) To be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped*

him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn." This beautiful story showing how the King of Heaven became poor that we might become rich through His sacrifice is also a reminder that the cares of this life that distract don't have to be bad things, just busy things. Here the Majesty of Heaven had come to earth and the innkeeper and others in Bethlehem (meaning the house of bread) didn't have time to notice. This is a representation of those who study the bread of life, the word of God, but they are so busy doing good things, even necessary things that Jesus comes unnoticed. Having had a super busy week/month myself, I don't claim to know all the answers. But Jesus is coming soon, take time for Him each day, even if it means something else doesn't get done. We are warned not to get caught up in the cares of this life for a reason. Don't get so busy that you miss the blessing because you have "no room in the inn" for the King of Heaven and a study of His truth.



The Compass

An old sailor repeatedly got lost at sea, so his friends gave him a compass and urged him to use it.



The next time he went out in his boat, he followed their advice and took the compass with him. But as usual he became hopelessly confused and was unable to find land. Finally he was rescued by his friends. Disgusted and impatient with him, they asked, "Why didn't you use that compass we gave you? You could have saved us a lot of trouble!"

The sailor responded, "I didn't dare to! I wanted to go north, but as hard as I tried to make the needle aim in that direction, it just kept on pointing southeast." That old sailor was so certain he knew which was

north that he stubbornly tried to force his own personal persuasion on his compass. Unable to do so, he tossed it aside as worthless and failed to benefit from the guidance it offered. Many today also become lost because they reject Bible truth that doesn't agree with their preconceived ideas. Paul writes, "For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it." Hebrews 4:2

Kids' Corner

God's Amazing Creatures

The giant panda, also known as the panda bear or simply panda, is a black and white bear species living in China. Pandas eat mostly bamboo. A thumb is visible on the panda's forepaw, which helps it hold bamboo in when it eats. Pandas usually live by themselves and only gather together during mating season.

Pandas depend on something called olfactory or scent communication. That means they "talk" to each other by leaving certain scents on rocks and or trees for other pandas to smell. Just by smelling, other pandas may be able to tell who was there, whether they were male or female, and whether they were a relative, and more. Isn't it neat how God created pandas to communicate by using their noses?



Use the picture hints to help you fill in the blanks in this Bible verse.



"_____ saith unto _____, I am the _____, the truth, and the _____: no _____ cometh unto the _____, but by _____."

John 14:6