



HOME CHURCH HERALD

“... To the church in thy house...” **Philemon 1:2**
“Behold, how good and how pleasant it is for brethren to dwell together in unity!” **Psalms 133:1**

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Introspective Judgment

Taking a Closer Look within

by Thomas Akens

“For the time is come that judgment must begin at the house of God:...” — 1 Peter 4:17

HIS “house of God” is us, dearly beloved, and *this is where judgment must begin, and it must begin now*; for “the time” of this judgment “is come”. Hence the title of our topic, *Introspective Judgment* – looking within. This is what is meant by introspective judgment. This is where all judgment ought to begin, just as Peter declared some 2,000 years ago.

And of this introspective judgment the apostle Paul also speaks, saying:

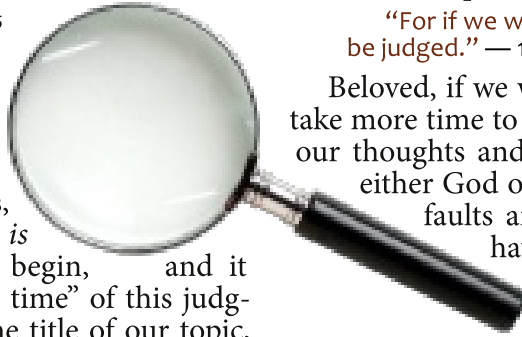
“Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be probates?” — 2 Corinthians 13:5

Here the apostle Paul counsels us to add to our examination proof of whether we be in the faith – whether our foundation be sure; whether we can affirm and know as Christians what we believe; for he admonishes us to “prove your own selves”. This is no mere verbal proof or explanation of the doctrines that we confess, but a deep soul-searching examination of our own selves, our lives, with their habits, customs, manners, etc. All things must be proven.

And as we embark upon this self-examination, let us be aware of one important fact:

“For I know nothing by myself; yet am I not hereby justified: but he that judgeth me is the Lord.” — 1 Corinthians 4:4

The phrase *by myself* might perhaps be better rendered *in myself*; thus clarifying that the apostle is here confirming the fact that, though any of us may “know nothing” in ourselves; yet none of us are “hereby justified.” In our present condition we may not be aware of anything in us that is wrong, but we are in no wise justified in such a determination; for there may well be hidden sin of which we “know nothing”. Dearly beloved, we cannot trust our own judgment in such matters. We need to be enlightened by the word of God, the truth, as to what constitutes sin – the truth as it is in Christ Jesus, whose judgment



alone is right, true, and fair. And the result of such close self-examination is given us in the 11th chapter of this same epistle:

“For if we would judge ourselves, we should not be judged.” — 1 Corinthians 11:31

Beloved, if we would judge ourselves – if we would take more time to look and examine our own motives, our thoughts and actions – we would not need that either God or other men should judge us for our faults and shortcomings, because they will have already gone before us into judgment, and will have the sentence “forgiven” written against them.

And let us keep in mind that this introspection is to be an *ongoing process*, as the apostle to the Philippians declared, saying:

“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you. Nevertheless, whereto we have already attained, let us walk by the same rule, let us mind the same thing” — Philippians 3:13-16

Yet another reason why self examination is needed is found in the Lord’s injunction in Matthew 7:1-5:

“Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother’s eye.”

This sadly is a ditch into which we all are too prone to fall – being keen to discern error, falsehood and wrong *in others*, all the while being oblivious to our own blindness. What good is that discernment which

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only discerns error *in others*, and not in us? Does not Jesus warn us, Know ye not that by the judgment with which ye judge, ye yourselves must be judged? and by the measure which ye mete out to others, ye yourselves must be measured? If we truly wish to be of service to others, and help guide them away from error, then let us first ask the Lord to reveal the beams in our own eyes, and humbly ask him for grace to remove them; for only as we become well acquainted with our own faults and shortcomings will we then manifest any true patience and sympathy for other erring souls, like us.

And speaking of that spirit of harsh criticism, the apostle James admonishes us, by saying:

“Speak not evil one of another, brethren. He that speaketh evil of his brother, and judgeth his brother, speaketh evil of the law, and judgeth the law: but if thou judge the law, thou art not a doer of the law, but a judge.” — James 4:11

Dearly beloved, if we do such things, we show to all that we care nothing for **doing** right ourselves, but rather **judging** what is right for *others*. Better for us that we should learn to speak and think well of one another, and so judge them as we ourselves would have them judge us. Better also to be a doer of right, and so set a Christian example of right-doing for our weaker brethren.

“But why dost thou judge thy brother? or why dost thou set at nought thy brother? for we shall all stand before the judgment seat of Christ. For it is written, As I live, saith the Lord, every knee shall bow to me, and every tongue shall confess to God. So then every one of us shall give account of himself to God. Let us not therefore judge one another anymore: but judge this rather, that no man put a stumblingblock or an occasion to fall in his brother's way.” — Romans 14:10-13

Beloved, if we must judge, then let us judge this – that we put no stumbling block or occasion to fall before our brother's way who are seeking the right way *by overlooking the sin in our own lives*. Let us cease from sin ourselves, and live no longer therein.

And lest we think that such judging of others is a little thing of no account to God, consider well the words of the apostle Paul:

“Therefore thou art inexcusable, O man, who-soever thou art that judgest: for wherein thou judgest another, thou condemnest thyself; for thou that judgest doest the same things. But we are sure that the judgment of God is according to truth against them which commit such things. And thinkest thou this, O man, that judgest them which do such things, and doest the same, that thou shalt escape the judgment of God? Or despisest thou the riches of his goodness and forbearance and long-suffering; not knowing that the goodness of God leadeth thee to repentance?” — Romans 2:1-4

And well might this be spoken to everyone of us, as it was then to the Jews in Rome; for they knew the word well, and were well acquainted with its precepts and its teachings; yet this had not led them to humbleness of heart, and meekness, or to self-search-

ing and self-examining of their own lives according to the word of God; instead it led many of them to become keen judges of others, discerning discriminators of wrong in others, and wranglers over the finer distinctions of truth, but certainly not livers or lovers of it. Let each of us remember that it was the goodness of God that led us to repentance. It was his kindness toward us that, when we were guilty of the worst censure, guilty of the worst death, that God manifested such wondrous kindness toward us wayward sinners, and extended to us his mercy and grace to help us in time of need. So let us to be toward the wayward and erring among us, dearly beloved, for each and every one of us have been the blessed recipients of God's boundless love and grace. Let us learn to be tender, compassionate, and pitiful, toward our erring brethren, as our Lord and Savior is toward us; for are not we weak and prone to failure and stumbling? So let us strengthen our brethren that in time of need, they too can strengthen us.

And I wish us, in closing, to consider what lies at the root of that spirit of condemnation:



photo courtesy of Ellen G. White Estate

“It is the one who has every reason to distrust his own principles who is keenly alive to the failings of others. If there were not some lack in our own experience, we would not be so suspicious of our brethren. It is the one whose conscience condemns him that so readily passes judgment. Let everyone tremble and be afraid of himself. Let him see that his own heart is right with God.

Let him weed his own garden; he will find enough to keep him busily employed. If he does this work faithfully, he will not have time to find fault with the gardens of others. Instead of judging our brethren, let us judge ourselves. . . .” — The Review & Herald, “Judge Not,” Oct. 29, 1901

Beloved, this is my admonition to me and to each of you. The reason why we are so keen judges of others is because we discern the flaws in ourselves, and in order to cover up and justify ourselves before men, we condemn others. We are admonished to deal with these things in ourselves, to become busy bodies in minding our own gardens, in pulling the weeds of sin from our own lives. Why should we do this? That we may set the example for others, and help them, just like Jesus says. He doesn't say not to help our brother with the mote in his eye, but to first cast the beam out of our own eye, and then go and help those we love.

And so I want us to end with this thought of Matthew 5:7. How shall we sum this up? What is the conclusion of the matter? Beloved, it is this:

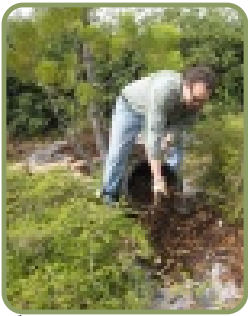
“Blessed are the merciful: for they shall obtain mercy.”

Gardening Fall Activities

by Raquel Akins

AS the cooler temperatures come your way, it becomes tempting to stay in-doors, and completely forget about your garden outside. In this article I would like to share some important things that you can do in your garden now, other than harvesting all your crops before a freeze comes, so that you'll have a better one next year.

Prepare garden plots



Fall time is the perfect time to begin the preparation needed to make a new garden plot. You can simply do this by following the "lasagna" method. What is so fun about using this method is that the dead leaves and pine needles that are so abundant in the fall can be utilized. (Use them also for mulching!) Another fun aspect is that it requires no tilling or even weeding. Simply begin by covering the ground, even the weeds, with three layers of newspaper or one layer of corrugated cardboard. Wet this first layer well. This will ensure that the decomposition of materials will start. Next, make a thick layer of any of the following materials: leaves, pine needles, compost, shredded newspaper, grass clippings, manure, straw, or anything that you might throw in a compost pile (if using weeds, make sure they have not gone to seed), then keep adding layers until it's height reaches about two feet tall. Also, the layers that are brown or dried out, like the leaves or shredded paper should be about twice as tall as the layers that are not, like the grass clippings or food scraps. The top, last layer should be of the brown materials. In the Spring dig in through the un-composted materials, and plant your seeds.

Planting

Certain root veggies (like beets, carrots, or radishes, and hardy greens like kale and other vegetables) can be started early in the Fall or in late Summer, and will last until a hard frost comes along. Garlic can be planted in the Fall. Flower bulbs like daffodils and tulips can be planted in mid Fall. In places with a mild winter, balled-and-burlapped or container-grown trees can be planted in early Fall, if care is taken that the root system is established before winter, and the tree is well taken care of. Bare root trees should only be planted in the late winter or early Spring, while the trees are still dormant.

Deep Watering

When the ground freezes, ground water is not

available for the trees to utilize, so it is important if you live in a dry climate, to water trees and shrubs well, especially the newly planted ones.

Fertilizing

Fall is an excellent time to mulch. Mulching your garden beds during the fall will not only help to protect them during cold months, but will help to provide some fertilizer when once the warm months of spring arrive, and the moisture and warmth begin to break it down. Do this by covering the desired garden bed with a thick layer of mulch (preferably of differing sizes). A nice even layer of compost sprinkled over your lawn will also make for a healthier lawn in the Spring.

Cleaning

The last of all, but certainly not the least, is to clean. As we are all aware, by the end of the fall season there are tons of withered plants, fallen leaves, and pine needles all over the ground. In vegetable beds all traces of both plant and roots should be pulled up from the ground, and gathered onto a compost pile. Also make sure that around fruit trees all the fallen fruit is picked up from the ground. Doing this helps both the plants that will be planted in the spring and the trees from getting contaminated with any bugs like the apple maggot or any disease from the decaying organic matter, since it keeps disease and buggies from wintering over. Also, cut away any dead branches from perennials, bushes, trees, etc.

Things to do in the Winter

Pruning should take place in the dead of Winter, or when the trees and plants are just starting to bud in Spring. Pruning in the fall is debilitating to plants, because, during the Fall, plants are preparing for a dormant state, and trimming the limbs stimulates growth and activity, and makes them want to do the opposite. Thus, energy is needlessly spent by the plant, making it weaker.

Resources:

1. Lasagna Gardening, by Colleen Vanderlinden.
<http://organicgardening.about.com/od/startinganorganicgarden/a/lasagnagarden.htm>
2. What to Do In Your Garden This Fall to Get It Ready for Planting Next Spring, by Colleen Vanderlinden.
<http://organicgardening.about.com/od/organicgardenmaintenance/a/What-To-Do-In-Your-Garden-This-Fall-To-Get-It-Ready-For-Planting-Next-Spring.htm>
3. Fall Pruning: Don't Do It! by Leah Zerbe.
<http://www.rodale.com/fall-pruning?page=0,0>



The Lunar Sabbath

Part 3

by Thomas Akens

The Divine Number

GOD is the Author of numbers, and he created them for the express purpose of counting. It's what they were designed to do – to define or measure time & space. Numbers, therefore, by reason of their very design, function as the basis for all measurement. Each measurement (with the exception of the number 1) has a beginning and ending number, and thus forms a sequence. Sequences were, by their very nature, designed by God to be perfectly reproducible and predictable in their results. As natural laws produce predictable results, so also do numbers – “What goes up must come down,” is as reproducible and predictable a fact as is the equation $1 + 1 = 2$.

Numbers are tools, and if we want to know the purpose of any tool, we only need to examine *how* it is used, and what it is used for – hammers are designed for driving or pounding, knives and scissors are for cutting, rope is to bind or secure objects, etc. While it is true that every tool's use may not be readily obvious, yet this is certainly not the case with numbers. Men may speculate as to why we have just five fingers and two hands, yet to the Christian it must be obvious that *it is by design; for God made us that way*. But why did he give man just five digits? The simplest answer is, *he wanted us to count*, and he knew that twos, fives, and tens are the easiest sequences for counting, and are, therefore, the most useful for everyday purposes.

I ask you, dear reader, What could be more reasonable than for the Lord God, after having measured out the original seven day week, to expect man to *follow his example*, and to count out all the following weeks? One 19th century Sabbath keeper and Bible scholar expresses this purpose of God in the following clear and forceful manner:

With the beginning of time, God began to count days, giving to each an ordinal number for its name. Seven different days receive as many different names. In memory of that which he did on the last of these days, he sets that apart by name to a holy use. This act gave existence to weeks, or periods of seven days. For with the seventh day, he ceased to count, and, by the divine appointment of that day to a holy use in memory of his rest thereon, he causes man to begin the count of a new week so soon as the first seventh day had ceased. And as God has been pleased to give man, in all, but seven different days, and has given to each one of these days a name which indicates its exact place in the week, his act of setting

apart one of these by name, which act created weeks and gave man the Sabbath, can never – except by sophistry – be made to relate to an indefinite or uncertain day. — John Nevins Andrews – “History of the Sabbath and First Day of the Week,” p. 16 (1873)

Add too this well-stated fact the following corroborating testimony:

The enumeration of the days of the week commenced at Sunday. Saturday was the last or seventh, and was the Hebrew Sabbath, or day of rest. . . . From the circumstance that the Sabbath was the principal day of the week, the whole period of seven days was likewise called שבת [sabbath], in Syriac שבתא [shabbath'a], in the New Testament σαββατον [sabbaton] and σαββατα [sabbata]. — “A Biblical & Theological Dictionary,” pp. 952-53, article “Weeks,” by Richard Watson & Nathan Bangs (1833) (brackets are supplied)

Thus the “week” was born which contains but seven days – the *perfect* number/sequence. It is seen at once to be divine, and this fact alone can answer man's high universal reverence for the number seven. It is also just as clear that man had no part in either its commencement or its institution. It is no more dependent upon him for either its existence or its function, as are the sun, moon, or stars; for as each successive day comes and goes unaided by man, so by the passage of the seven successive days of creation the holy Sabbath once more returns unbidden. As there is no interruption in the successive passage of days, so there can be no interruption in the successive passage of weeks, months, and years. For when the sun sets upon the earth at the close of the sixth day, and darkness once more prevails over earth and sky, then it is that the Sabbath day once more commences on schedule at its divinely appointed time, its *mo'ed*. To acknowledge that the passage of time by its very nature is continual, consistent, and regular, is also to grant that the seven day sequence we call a “week” is by its very nature an unbroken and consistent cycle or sequence. And it is all by the Creator's purpose and design. There can be no escape from this conclusion, except by denying the very premise of the Creation and the continuum of time.

The week, therefore, was divinely born for a purpose. What was that purpose, you ask? Answer, only that which the Lord God himself hath declared:

“Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.” — Exodus 8:8-11

Health Corner

The Dangers of Supplements

by
David Sims

THE fact that over half (53%) of Americans take supplements is staggering in itself, but the sad reality is yet more staggering; for nearly every American ingests large quantities of supplements in the processed foods they eat, and in spite of this massive dosing, or perhaps more accurately, partly because of this, America is a sick nation. If a lack of supplementation is America's problem, why then are the major causes of deaths in America diseases which are preventable and lifestyle related? If supplementation is the cure, why do Americans (who are so highly dosed) have a 41% chance of getting cancer (the 7th highest cancer rate in the world¹), and why do 8 out of every 100 (8.3%) of Americans have diabetes?²

In our last couple of health articles, we discussed the problems associated with supplementation, and saw the complexity and interdependence of nutrients, as well as sources of nutrient supplements. There are, however, other very real dangers of using supplements – some of which we would like to discuss below:

Supplements in General

More than 6,300 reports of serious adverse events associated with dietary supplements, including vitamins and herbs, streamed into the FDA from supplement companies, consumers, health-care providers, and others between 2007 and mid-April of 2012. The reports by themselves don't prove the supplements caused the problems, but the raw numbers are cause for some concern. Symptoms included signs of heart, kidney, or liver problems, aches, allergic reactions, fatigue, nausea, pains, and vomiting.³

The reports described more than 10,300 serious outcomes (some included more than one), including 115 deaths and more than 2,100 hospitalizations, 1,000 serious injuries or illnesses, 900 emergency-room visits, and some 4,000 other important medical events.⁴

Toxic Inactive Ingredients

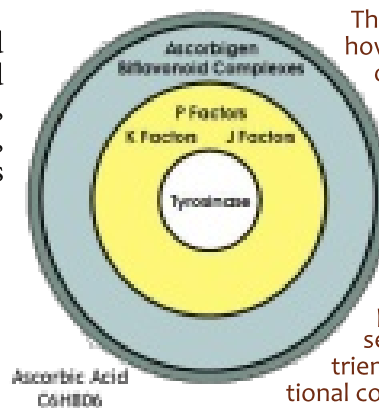
The majority of supplements sold in the market contain a host of "inactive" ingredients: harmful chemical preservatives, solvent extraction of animal skins, fillers, binders, colorings, flavors, glazing, disintegrants, sweeteners, etc. Let's briefly consider the most commonly used ones. Consider a very common one, for example, Magnesium Stearate, also known as Stearic Acid. It is made by hydrogenating cottonseed or palm oil, and is used throughout the supplement industry as a lubricant. It has been found to rapidly (within 8 hours) collapse T-cell membrane integrity,⁵ significantly impairing T-cell dependent immune responses. Furthermore, "The addition of palmitate or stear-

ate to cultured cells led to activation of a death program with a morphology resembling that of apoptosis. Palmitates and stearates caused cardiac and other types of cells to undergo programmed cell death."⁶

The list of toxic chemicals used as additives in supplements includes: Sodium Benzoate and Potassium Benzoate (preservatives which form Benzene, a known carcinogen, in the presence of ascorbic acid⁷), Methylene Chloride (used to coat tablets), and food colorings. It's important to mention to vegetarians that capsules made from gelatin *come from animal bones, marrow, or tissue scraps, and may include diseased tissues.*

The physiochemical form of synthetic isolates is usually crystalline in structure (different than vitamins found in whole foods), making it very difficult for the body to utilize them. There are many other factors which question the usefulness of synthetic vitamins and supplementation of other nutrients which this short article cannot include. Let's now consider some specific nutrients and some research concerning them.

Vitamin C



The real Vitamin C complex however, contains a myriad of nutrients, including organic copper, bioflavonoids, enzymes and coenzymes, trace mineral activators, antioxidants, etc. The ascorbic acid fraction of this complex is only the preservative or anti-oxidant portion which actually serves to preserve the nutrients of this marvelous nutritional complex.⁸

By manufacturing high-dose ascorbic acid supplements, we have opted to extract one component and give it at a very high level, not knowing what we are doing to the system. It is a fact that the body cannot assimilate (use) high-dose fractions of nutrients without first putting them into a form that is functional to the human body. In the case of ascorbic acid, the body will scour the system for the missing components of the Vitamin C complex in order to utilize the ascorbic acid, and can actually cause deficiencies in these nutrients. Much of this chemical ends up in the urine because it cannot be utilized by the body in its fractionated form.⁹

Ascorbic acid, (commonly known as Vitamin C) caused genetic damage at a rate of just 500 mg/day according to British researchers in a 6 week study, reported in the *New York Times* on April 9, 1998 in an article by Jane E. Brody. As expected, it acted as an antioxidant on one part of the DNA (that is the part that is usually measured), but was also found to act as a pro-oxidant and actually caused genetic damage to another portion of the DNA. In fact, Vitamin C supplements have been linked to genetic damage as far back as the mid 1970s.¹⁰

The April 16, 2000 issue of *USA Weekend*, reported the results of a study performed at the *University of Southern California*. It revealed that people who took 500 mg/day of ascorbic acid for one year had 2.5 times faster progression of thickening of the carotid artery than those who did not take any.

The study also revealed that smokers consuming 500 mg/day of ascorbic acid had 5 times the rate of hardening of the carotid artery.¹¹ These are just a couple of examples of the harm that can come from using synthetic isolates in place of full complex nutrients found naturally in whole foods.

Calcium

The latest blow against calcium supplements was a report by German and Swiss researchers who followed almost 24,000 adults for an average of 11 years. They found that regular users of calcium supplements had an 86% increased heart-attack risk compared with those who didn't use supplements, as reported in the June 2012 issue of the journal *Heart*. On the other hand, there was a statistically significant 30% reduction of heart-attack risk among adults with a moderately high intake of calcium from food itself.¹²

Vitamin D



Ergocalciferol, Vitamin D₂, is synthetically produced from irradiation of ergosterol derived from the mold ergot.¹³ After describing some of the differences in D₂ and D₃, Lisa A. Houghton and Reinhold Vieth say "The scientific community is aware that the molecules (D₂ and D₃) are not equivalent. Therefore, Vitamin D₂ should no longer be regarded as a nutrient appropriate for supplementation or fortification of foods."¹⁴

The commercial production of Vitamin D₃ is completely dependent on the availability of either 7-dehydrocholesterol or cholesterol. 7-Dehydrocholesterol can be obtained via organic solvent extraction of animal skins (cow, pig or sheep) followed by an extensive purification. Cholesterol typically is extracted from the lanolin of sheep wool and after thorough purification and crystallization can be converted via a laborious chemical synthesis into 7-dehydrocholesterol. . . . Next the crystalline 7-dehydrocholesterol is dissolved in an organic solvent and irradiated with ultraviolet light to carry out the transformation (similar to that which occurs in human and animal skin) to produce Vitamin D₃.

This Vitamin D₃ is then purified and crystallized further before it is formulated for use in dairy milk and animal feed supplementation. . . .¹⁵

The major producers of Vitamin D₃ (used to "fortify" milk and other foods) are the companies F. Hoffman LaRoche, Ltd (Switzerland) and BASF (Germany). LaRoche was the first company to mass produce synthetic Vitamin C, it makes numerous

industrial chemicals and drugs including: the the anti viral drug Tamiflu for flu,¹⁶ the acne drug isotretinoin, marketed as Accutane and Roaccutane (also used as a form of chemotherapy for some cancers, and has been linked to a number of severe side effects, and remains highly controversial.)¹⁷ It is currently owned by DSM – the world's largest manufacturer of D₃.¹⁸

Vitamin E

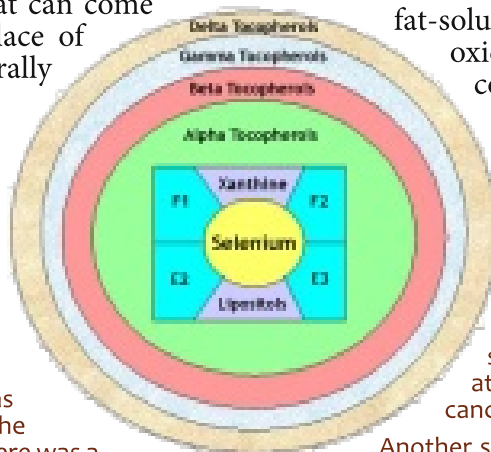
"Vitamin E" is the collective name for a group of fat-soluble compounds with distinctive antioxidant activities. It is added to many oil containing products as a preservative. Once again, when certain constituents of a good thing that God made are isolated from it, this creates unforeseen problems.

And there is more bad news, from a study of 35,000 men reported in the Oct. 12, 2011 issue of the *Journal of the American Medical Association*: Daily Vitamin E supplementation may increase the risk of prostate cancer among healthy men.¹⁹

Another study found that taking Vitamin E supplements significantly increased the risk of prostate cancer in healthy men even after they stopped taking them.²⁰

Two analyses have linked as little as 400 IU a day to a small but statistically significant increase in mortality.²¹

The role that nutrients play is vital, but it is this author's view that supplements are chemicals (disguised as *nutrients*), and should be recognized for what they are, and avoided. Far safer it is to get our nutrients in the forms and combinations which God made them, i.e., in the food we eat.



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Elder Peter Ah Koy leading out in Bible class during the 2013 session of the Living Waters Medical Missionary Academy

A MEDICAL MISSIONARY ACADEMY FIJI

The *Living Waters Medical Missionary Academy* opened its doors in the second semester of 2011. The majority of attendees have been engaged in some form of postgraduate medical missionary or Gospel work, with many of these engaged full time in the work.

Students are taught a variety of subjects, including: prophecy, the major doctrines of historic Adventism, how to research and assemble Bible studies using computers, the authenticity of the KJV Bible, the use of herbs (identification, preparation, and application), hydrotherapy, massage, and diet & food preparation.

Students are also required to spend time in the garden, gaining practical knowledge of how to grow food for one's self and others. They leave the college with a strong enthusiasm for the spreading of the Gospel, and a faith in Jesus that gives their ministry power.

Each session lasts 6 months. Its next session will begin Feb. 03, 2014. If you are interested in attending or offering your support, whether personally or monetarily, please contact us:

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Elder Peter Ah Koy instructing students in plant identification during the 2013 session

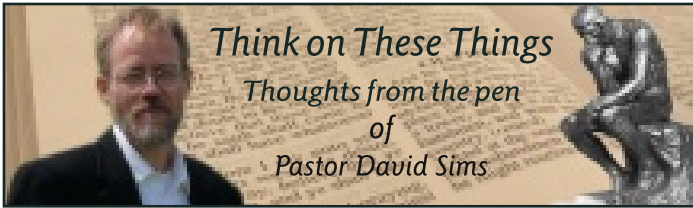
Simply Yummy Pancakes

Instructions:

In a blender pour the following ingredients, then blend until smooth:

- 1 cup of millet
- 2 cups of rolled oats
- 3.5 cups of water
- 1 tsp. of salt
- 2 peeled bananas
- 1/8 cup of raw cashews (optional)

Heat a well seasoned cast iron skillet thoroughly to medium temperature, then pour batter onto skillet evenly, using an outward circular motion. Wait 1-2 minutes (or until it appears cooked around the edge), then make sure to carefully unstick the pancake before you flip it, as this may cause it to tear. Once flipped, wait another 1-2 minutes, and your pancake should be done! Serve with fresh fruit, nut butter, and maple syrup. Mmmmm, yummy!



A Holy Addiction

I DON'T know that I have heard very often of addictions in a positive sense, but the Bible tells us of Stephanus, a man who had a holy addiction:

“I beseech you, brethren, (ye know the house of Stephanas, that it is the firstfruits of Achaia, and that they have addicted themselves to the ministry of the saints,)” — 1Co. 16:15

Stephanus was addicted to the ministry of the saints. I wish that everyone of us had this addiction. Before Jesus entered upon his lifework as a minister, even as a child, we read,

“Jesus was the fountain of healing mercy for the world; and through all those secluded years at Nazareth, His life flowed out in currents of sympathy and tenderness. The aged, the sorrowing, and the sin-burdened, the children at play in their innocent joy, the little creatures of the groves, the patient beasts of burden,—all were happier for His presence. He whose word of power upheld the worlds would stoop to relieve a wounded bird. There was nothing beneath His notice, nothing to which He disdained to minister.” — *The Desire of Ages*, p. 74.1

The keynote of his life is aptly expressed in his words to his parents at His first Passover visit; “wist ye not that I must be about my Father's business?” Dear friend, won't you make this the keynote of your life too?

“God is love,” is written upon every opening bud, upon the petals of every flower, and upon every spire of grass.

“Patriarchs & Prophets,” p. 600

“Parents need to be impressed with their obligation to give to the world children having well-developed characters, — children who will have moral power to resist temptation, and whose life will be an honor to God and a blessing to their fellowmen. Those who enter upon active life with firm principles, will be prepared to stand unsullied amid the moral pollutions of this corrupt age. Let mothers improve every opportunity to educate their children for usefulness.

“The work of the mother is sacred and important. She should teach her children, from the cradle up, habits of self-denial and self-control. Her time, in a special sense, belongs to her children. But if it is mostly occupied with the follies of this degenerate age, if society, dress, and amusements absorb her attention, her children will fail to be suitably educated.”

— CHRISTIAN EDUCATION, PP. 175-76 —

Seventh Day Home Church Fellowships is an association of Sabbath-keeping groups, which through web & tele-conferencing provides means for study, fellowship, and jointly organized missionary projects.

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