



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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Is Heaven Cheap Enough?

by Raquel Akins

A FEW weeks ago I read a little pamphlet written by Joe Crews entitled, *Colorful Cosmetics and Jewelry*. The title and picture on the cover of the little pamphlet easily caught my attention because of my past struggles on this very subject. (To read about my experience look for the article, *An Appeal to Young Ladies*, in Vol. 3, Issue 3 of *Home Church Herald*). I found the points made were clear and conclusive regarding this subject, but it also laid down some principles which every Christian should live by, and I would like to share these with you.



The author before and after she knew the path of life



Our motivation to live out Christian standards and to reform should be based upon our love for God. This is the basis for true religion, but should our love for Christ wane, any kind of self-denial required of us, whether it concerns dress, adornment, diet, watching movies, etc., quickly becomes unsavory and burdensome; and we begin to blame these restrictions and/or the messenger presenting these restrictions of our “freedom” for any unhappiness we may be experiencing. I like how Joe Crews uses marriage as an object lesson to give the reader a different perspective on the subject: he says,

“Marriage is the most restrictive experience that any human being can voluntarily assume in this world, aside from his spiritual commitment to Christ . . . The wedding vows are undoubtedly among the most narrow, rigid commitments any human being can make in his lifetime. If restrictions and rules are the cause of so much misery, then weddings should be the most miserable, unhappy experiences for all concerned. But not so! They are the happiest events. Why? . . . They love each other” — (*Colorful Cosmetics & Jewelry*, p. 5).

Love, therefore, must be the motivating factor of all our actions. Most of us can probably agree that the unhappiest people on earth are those who are married, but no longer love each other. This same can be true for the Christians who are married to Christ, but do not love him. What is the solution? Fall in love again.

As true Christians we will not push the limit of Christian standards, and hope that it will still be accept-

able to God, but we will avoid anything questionable. We will not dwell in the gray areas, but we will rather safely follow the path marked out for us by Christ. Our thoughts should not be, “How much can I get by with without getting in trouble?” But, “How much can I do to please God whom I love?” If we love God, we will obey the light as soon it is revealed to us concerning any matter.

Nothing should be worth more than having God’s blessing and approval. When I think of all the things that I have given up for Christ, the jewelry, the cosmetics, the worldly dress, all the worldly associations, the esteem of my peers, the affection of so called “friends”, their worth does not compare with the eternal joys of heaven and the blessing of God in this life. I am reminded of Moses,

“Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompence of the reward” — (**Hebrews 11:25-26**).

If my rejection of these earthly treasures means the approval of heaven, then I can truly say that Heaven is cheap enough. I traded those fading pleasures for lasting joys, a loving Father, and a merciful Saviour. What a deal! Dear reader, won’t you do the same?

As the day of the Lord draws nearer, hard times will arise. We will be tested to the utmost. We will be thoroughly tried. Like Lot and his family, we will be required to leave all behind. I pray that in that day I and each one of us will still have the love of Christ in our hearts, and be able to say, “Heaven is cheap enough.” Dear reader, I leave you with one thought: If we are not willing to surrender the toys, pleasures, or customs of this world to gain Jesus, will heaven ever be cheap enough, or will it cost too much?

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The Lunar Sabbath – Fact or Fiction?

Investigating its claims – Part 2

by Thomas Akens

INTRODUCTION – In this issue we will be investigating another most startling claim by the proponents of the lunar sabbath. What is it? The bold claim that our present seven day or weekly ‘cycle’ is an ASSUMPTION. Does it sound too audacious to be true? Read the following excerpt taken from an article published on one of the the more prominent websites promoting the lunar sabbath:

Christians who worship on Sunday base this practice on the belief that Christ arose from the tomb on Sunday. Jews and Christians who worship on Saturday do so because it is the seventh day of the week. Both parties base their belief, and thus their practice, on an assumption. — (*The Modern Seven day week: Exploring the history of a lie*)

The above quote is the second pillar which seeks to uphold the lunar sabbath theory. Let’s now begin to examine this claim.

Calendar confusion – They claim that our “belief” in keeping the 7th-day of the present week to be an assumption. The main argument put forth to support this claim is the history surrounding the change from the old Roman weekly cycle to the present day weekly cycle. Their sole evidence rests upon some calendar shifting by the Jews & Romans, and of a gradual shift to the present seven day “planetary” week with each day receiving its name from a celestial luminary (pagan God). Though the above article has much more to say, and quotes over two and a half dozen secular and “religious” sources as “conclusive evidence” to prove the above conclusion, yet it fails to answer the underlying principle under-girding our present weekly cycle. Even if the entire world adhered to a 5 day week or any other cycle than the Bible week, and though all should cease to recognize God’s Sabbath, and keep some other, yet such can in truth have no bearing on the subject. Our teachings and practices, as Christians, are based upon the Word of God alone. Neither the fact of the Jews or Romans shifting their calendar, nor the fact that the days have been renamed by pagans to honor false gods have anything whatsoever to do with the biblical weekly cycle. We know there was a general knowledge of the 7th-day Sabbath before the law was given on Sinai (see Ex. 16), and that this same Sabbath Christ kept, as did the Jews of his day. These two facts alone are sufficient proof for the Christian to know that he is



keeping the right day. However, the lunar sabbath advocates expect you and me to believe that somehow God’s faithful few lost count of which day was the Sabbath, and that somehow what these pagan nations did necessitated a calendar change. While it is true, that many of the Hebrews apostatized, turned to paganism, possibly adopted heathen calendars, and might consequently have lost their knowledge of the true calendar, and forgot which day the Sabbath was. Yet are we to believe that such apostasy in any way affected the keeping of the weekly Sabbath by those true and faithful Hebrews as Elijah, Elisha, Isaiah, Jeremiah, Ezekiel, Daniel, and, yes, even Christ and his apostles on the 7th day? Looking back through biblical and modern history we find an unbroken record of Sabbath keeping among the Hebrew people for at least 4,000 years, during which time God’s remnant people continued to keep the Sabbath every 7th day. Suppose though we grant that the Sabbath was forgotten and lost track of by some, yet what is that to God, who has never lost count, never apostatized, and never needed to be reminded by any man as to what day of the week he rested? No, friends, Jesus knew what day the Sabbath was, and he has hallowed the day of his rest both at creation and by his own example on earth.

The argument of a calendar change, though true, is

a moot supposition, and how can either suppositions or inferences, though drawn from Bible and/or historical truths, convince any man otherwise than what God’s inspired record declares? How can the words of “learned scholars,” though they be Jew or Christian, when they stand in defiance to what is plainly written in God’s word, in any way count as “proof” to cause you or me to disbelieve what is written in God’s true and inspired account, and consequently to disobey his clear and express command (Ex. 20:8-11)? You and I dear reader are right and perfectly warranted to demand from any such sophist a clear and explicit “Thus saith the LORD” for their argument.

Leaving historical hearsay behind, let us proceed to the meat of the issue at hand.

The central issue – The whole matter concerning the Bible Sabbath hinges upon one concrete, unmovable fact which the promoters of the lunar sabbath have tried to explain away by “historical, scientific, and mathematical proofs”. It centers upon the accounts in Gen. 1:1-31; 2:2-3, and repeated in Ex. 20:8-11 and Deu. 5:6-21, where we are clearly told that the Sabbath is *a day*, not just *any day*, but a *one definite, blessed, and sanctified* day. Neither is it simply “the day following six work days”, or “one day in seven”, but *the 7th day*. The Lord God blessed and sanctified only *one definite day of the week*. No

other day of the week was so blessed or sanctified. However, the advocates of the lunar sabbath would have us believe that the 7th day Sabbath can come on any day of the week. Thus they essentially make every day of the week hallowed and blessed by God.

Moreover we are told that,

“they [the Jews] never counted the New Moon worship day when counting out the six workdays”
— (*The Weekly Sabbath is not Saturday or Sunday*).

Though such a statement cannot be proven from the Bible, yet its advocates don’t fail to tout it as a “fact” that the weekly cycle begins anew with each new moon (month), and that the week must be recalculated according to the “conjunction” of the new moon (on which point there is considerable disagreement among them). And what do they do with the leftover days? After all the 7 days of the week don’t go into the 29.5 days of the month evenly; there will necessarily be 1.5 days left over. What would they have us do with them? Answer – They are not counted, and are simply expunged as “no days” from the cycle. Consequently their “weekly cycle” is not a cycle at all, but a disjointed mess.

Dear reader, honestly ask yourself, How can a day be a “no day”? The Creator has given us just seven days, no more or less. What else could be understood from this than that they are to be counted in repeated series or cycles?

Any attempt to diminish or augment the number of days in a week is an attempt to diminish or augment God’s word, and to undo God’s work of creation. All such work belongs to the infidel, not to the Christian.

The above quoted author goes on to say,

“It might pay every-one to find out what a Scriptural 7th day is” — (*ibid*).

That is sound advice, as far as I’ve quoted. It most surely would “pay every-one”. It would “pay” them by grounding their faith in a “thus saith the LORD”, and leading them away from the groundless suppositions, inferences, and theories of men, who trust in their own wisdom, to trust the plain and simple words of Holy Writ. Indeed, it would pay them by indelibly engraving upon the tables of their hearts the words as they are recorded, not as they are paraphrased and “explained away” by wise and learned philosophers and lovers of men’s wisdom. Yes, I would earnestly encourage all who would know the truth to faithfully follow such advice, as far as the quote goes. However, the above author has not followed his own advice; for he continues thus:

The true weekly Sabbaths are determined by the phases of the moon, not a carnal count [?] of one through seven. (Genesis 1:14 and Psalms 104:19 compared to Leviticus 23:2-3) — (*ibid*).

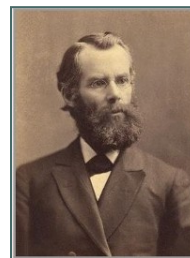
What exactly does the author mean by “a carnal count of one through seven”? In another place he gives us a clue, saying,

“Sure the seventh day is the Sabbath, but the seventh day from where?” (*7th Day: True Prophets Don’t Lie*).

Hear his answer:

“ . . . you can start counting to seven from any where. Example, a leper was unclean until the SEVENTH day, and on the SEVENTH day he was to wash his clothes etc. Was this the seventh day to remember? Absolutely not” (*ibid*).

All this pseudo-science is an attempt to show that it is only by the moon that we can know when to start our count. However, to the Bible believing Christian there is only one answer as to when we are to begin our count – Where God started, from day one of creation, the 1st day of the week (Gen. 1:1-5). This is the only biblical method. It is where the great Creator started, and we are commanded to continue HIS count, not some other “from any” day of the week as is taught by this the lunar sabbath promoter. And I should add that it was God who counted the days, not any man, therefore they are a divine count, not a “carnal” or “fleshly” “count”. To each he gave a number as a name to indicate its precise order in the weekly sequence or cycle (Gen. 1:1-31), which he commenced and set in motion. Moreover, God instituted the Sabbath upon the 7th day (Gen. 2:1-3), blessed it, sanctified it by his rest (Heb. Shabbath) thereon, and gave to it a name (Sabbath) indicative of its purpose and exalted place “above his fellows”; thus exalting it (the Sabbath day) above the other six days (see part 1). One 19th century Sabbath keeper and scholar stated these facts 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,” p. 16, 1873*).

That is sound biblical doctrine, and is based upon the pure and simple facts of Scripture. Thus the “weekly cycle” was born, which contains seven days. Note also that the very word for week in the OT (שבוע – *shabu’a*) signifies signified a *heptad* or *group of seven*. It was in this way that the word Sabbath (the seventh of that series) became the *symbol* whereby to designate the whole week (*sabbaton*) in the NT.

The Sabbath & the week – The word Sabbath (Grk. *σάββατον* – *sabbaton*) was used by both the Gospel writers and the apostle Paul as the word for week (Mat. 28:1; Mar. 16:2, 9; Luk. 18:12; 24:1; Joh. 20:1, 19; Act. 20:7; 1Co. 16:2). In each of the foregoing passages the word translated week is either the *Genitive* singular or plural form of the Greek noun *sabbaton* (which means “of the sabbath”). The days of the week were counted by the Hebrews and early Christians by enumerating the 1st, 2nd, 3rd, 4th, 5th, & 6th of the Sabbath (*sabbaton*) or week, etc., the word “day” being understood.

That the 7th day (the Sabbath or Saturday) follows the 6th, and the 1st day (not an 8th or 9th) follows the Sabbath is clearly shown in the following accounts of the Gospel writers: (1) Luke 23:56 – certain women “*rested the sabbath day [sabbaton] according to the commandment [see Ex. 20:8-11]*”. What day precedes the Sabbath day? (2) Mark 15:42 – “**the preparation**, [*Παρασκευή* – *Paraskeue*]*” “**is, the day before the sabbath** [*προσάββατον* – *pro-sabbaton*]”. What day follows the Sabbath? (3) Matthew 28:1 – “*In the end of the sabbath [sabbaton], as it began to dawn toward the first day of the week [sabbaton]*.” Thus God has provided us in his Word with clear self-evident witnesses of an unbroken weekly Sabbath cycle.

The Bible Sabbath, not a lunar sabbath, was kept by all the patriarchs and prophets of old, by Christ himself, and by his disciples, and was by them faithfully committed unimpaired to his church. This we know, not because mere men tell us, but because God in his word tells us. **This** day God commanded all people, saying,

“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 [*‘asah* – make or fashion] heaven and earth, the sea, and all that in them is, and rested [*shabath* – rest or cease] the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it [not another]” — (Ex. 20:8-11).

Ask yourself, dear reader – What is inconclusive or needs to be explained in this command? God has given us a clear and express command, easy to be understood, that none be confused or deceived by vain sophistry.

The miracle of the manna – Another piece of evidence is found in Exodus 16. In verse 4 God relates through Moses that they were to gather “a certain rate [of manna] every day”. Such language clearly indicates an unbroken succession of days. This gathering continued for the space of 40 years (see v. 35). However, God had stipulations. The gathering was only allowed during the six working days, and on the 6th day the people were commanded to gather twice as much as normal, for God warned them that

he would not rain manna upon the Sabbath (7th) day (Ex 16:26), saying,

“Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none”.

This God did to “*prove them, whether they will walk in my law [Ex. 20:8-11], or no*” (see v. 4). The instruction to Israel was to gather manna for 6 days only, and that the 7th day is the Sabbath. It does not teach an eight or nine day week, but a seven day week. Thus we have clear evidence that the “weekly Sabbath” was kept every 7th day for at least these forty years.

Conclusion – Let us hear the conclusion of the matter:

“Therefore, brethren, stand fast, and hold the traditions which ye have been taught, whether by word, or our epistle” — (2 *Thessalonians* 2:15).

Let us therefore “stand fast” beloved, and “hold the traditions” which we “have been taught,” not by self-proclaimed prophets or apostles, but by those men and women upon whom the holy spirit moved (2 Peter 1:21), as recorded in their own epistles and in their own words. For the apostle Paul warned the flock long ago of the dangers from within, saying,

“For I know this, that after my departing shall grievous wolves enter in among you, not sparing the flock. Also of your own selves shall men arise, speaking perverse things, to draw away disciples after them” — (Acts 20:29, 30).

Therefore,

“It follows from this testimony that we are not authorized to receive the teaching of any man simply because he lived immediately after the apostolic age, or even in the days of the apostles themselves. Grievous wolves were to enter the midst of the people of God, and of their own selves were men to arise, speaking perverse things. If it be asked how these are to be distinguished from the true servants of God, this is the proper answer: Those who spoke and acted in accordance with the teachings of the apostles were men of God; those who taught otherwise were of that class who should speak perverse things to draw away disciples after them” — (John Nevins Andrews, ‘*History of the Sabbath*,’ pp. 194-95, 1873).

And so say I. Amen! Until next time, may the Lord by his spirit bless and guide and keep you in all truth.

* Note: the word for “Preparation” (*Paraskeue*) is the ancient and modern Greek word for *Friday*. (See *Παρασκευή*, “Oxford Greek Dictionary,” Oxford University Press, 2000).

“FOR I KNOW THIS, THAT AFTER MY DEPARTING SHALL GRIEVOUS WOLVES ENTER IN AMONG YOU, NOT SPARING THE FLOCK.”

Gardening Amending Your Soil



by Raquel Akins



IN our last article, we discussed the role of soil pH in gardening. Having the proper soil pH for the plants growing there makes a huge difference in the growth and nutrition of the resulting crops. In this article we will discuss some methods for adjusting soil pH.

It is commonly observed that soils in the east coast have a low pH, or tend to be in the acidic range, while the soils in the mid-west and southwestern areas tend to have high pH, or are alkaline. If a soil receives a lot of rainfall, it is most likely in the acidic range; while soils with high concentrations of clay tend to be alkaline. Although, it is very helpful to have an exact figure for the pH of your soil through the use of Soil test kits, it is not necessary. Here is a simple way to easily check your soil's pH:

Scoop about 1/4 cup of soil from four different spots in your garden. Mix the soil samples together well, then scoop a 1/4 cup of soil from the mixture, and place it in a clean container (like a glass jar), and moisten the soil



with an 1/8 cup of pure/distilled water. If you want to test your soil for acidity: add a mixture of 1 tablespoon of *baking soda* with 2 tablespoons of distilled water to the glass jar. If the soil begins to bubble or fizz, then your soil is acidic. To



test your soil for alkalinity: instead of baking soda, add two tablespoons of *vinegar* to the glass jar, and if it begins to bubble or fizz then your soil is alkaline.

Drastic pH changes should be avoided, whether your soil is too alkaline or too acidic. When there is a quick, dramatic change in the soil's pH, it causes a disturbance in the environment of the microorganisms within the soil, and a resulting loss of beneficial bacteria. It is also good to keep in mind that soil pH can vary around half a point (0.5) over the space of a year. During the summer soil tends to be more acidic, because of increased bacterial activity.

Acid Soils – When dealing with acidic soils, the addition of *calcitic limestone*, (a mineral usually found in white powder form) proves helpful in neutralizing the pH of the soil, and it adds calcium to the soil. *Dolomitic limestone* works similarly, but adds magnesium. Therefore, soils with an abundance of magnesium should avoid the use of dolomitic limestone. A good quality limestone will have the highest amounts of calcium and magnesium in very fine particles. The fine particles al-

low the limestone to work both more effectively and rapidly in the soil. Remember – the use of limestone will take a year or more before a perceivable change is present. Wood ashes can also be used to raise soil pH, although a limit of 2 pounds of ashes per 100 square feet of soil per year is recommended. This is because wood ashes are high in potassium, and its overuse causes an overabundance of potassium in the soil, resulting in magnesium and possibly calcium deficiency in the plant, because high potassium levels interfere with the plant's ability to absorb calcium and magnesium.

Alkaline Soils – Soils with a high pH are more complicated than acidic soils. The use of acidifying minerals, like *elemental sulfur*, can be a problem, because of the salt produced by the reaction of the alkaline and acid materials. Alkaline soils themselves tend to have a high salt content, and so the additional salt can easily result in toxic levels for any plants to grow in. Soil that is very salty may be easily recognized by the white crust on its surface. Most crops will simply not grow in this kind of soil. One of the reasons being that the concentration of salt does not allow for adequate uptake of water by the plant's roots. Another reason is that some salts are simply too toxic for living organisms and plants to live. The best course to take for alkaline soils is to regularly apply organic matter (compost) to the soil. Beware of high salt content in any soil amendments you may use. Amendments that contain manures and/or bio-solids (treated sewage sludge) are high in salt, while purely plant based amendments are low in salt, which makes them the best choice for saline/alkaline soils. Pine needles, peat moss, bark mulch, and leaf mould are all organic components that lower pH. Mulching a very thick layer of organic matter has also proven an effective way to add organic content to the soil. However, this process requires time for the plant matter to attract microbes, earthworms, and buggies which break it down into soil, and make it available for plant uptake.

~ Raquel Akins

Sources:

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Health Corner

Supplements & Their Sources

by
David Sims

“And God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat” (*Gen. 1:29*).

IN this article we will continue our look at the subject of supplementation begun in our last issue; focusing this time on the source of vitamin supplements and their processing. According to Ryan Andrews in his article, *All About Where Vitamin Supplements Come From*, of Jan. 31, 2011, there are **six categories** that describe the source ingredients from which vitamins are made. These are:

1. Those claiming to be Natural: In this category, the nutrients from vegetable, animal, or mineral sources are used to isolate the vitamin needed. Some examples are vitamin D₃ from fish liver oil, or vitamin E from soybean oil. These natural ingredients go through intensive processing and refining, and often require very harsh chemicals to make the reactions needed. Consider the following thoughts:

- * No vitamin is really natural when it is isolated from all the other nutrients that augment its availability and use in the body.
- * Caution vegetarians! “natural” often means the source is animal.
- * The manufacturer may start out with a natural source, but the processing and the chemicals used in the processing are far from natural.
- * Vitamins labeled “natural” can be largely synthetic. There is no government set standard.



For example: fish oil (often taken by people who think that it is a natural source for vitamin D) is usually purified to remove toxic levels of PCBs, Mercury, Lead, Arsenic, etc. then de-odorized – leaving little vitamin D in the product, which is then corrected by adding synthetic vitamin D back to it. (*Update on Cod Liver Oil Manufacture: David Wetzel Thursday, 30 April 2009: webpage info – <http://www.wstonaprice.org/cod-liver-oil/update-on-cod-liver-oil-manufacture>*)

2. Nature-identical Synthetic: The nutrients in

these supplements are actually made in a lab. It is claimed that the molecules of the man made vitamin are identical to the vitamin found in nature.



A good example is the popular vitamin C. Ascorbic acid is the most common form of synthetic vitamin C. It is usually derived from corn or rice. Much of it is manufactured in China. It goes through a so called two step fermentation synthesis. This process is described thus by Dr. Robert Thiel,

Non-food, so-called “natural” ascorbic acid is made by fermenting corn sugar into sorbitol, then hydrogenating it until it turns into sorbose, then acetone (commonly referred to as nail polish remover) is added to break the molecular bonds which creates isolated, crystalline, ascorbic acid — (“*The Truth About Vitamins in Nutritional Supplements*,” Robert Thiel, Ph.D., *Naturopath*: see webpage — <http://www.doctorsresearch.com/articles4.html>).

3. Strictly Synthetic: Of this type we read:

Starting materials for strictly synthetic supplements can be anything from coal tar to petroleum to acetylene gas. These supplements are made in facilities via chemical manipulations with the goal of duplicating the structure of the isolated vitamin — (*All About Where Vitamin Supplements Come From: Ryan Andrews, Jan. 31, 2011*).



Photo courtesy of Ryan McVay/Photodisc/Getty Images

4. Cultured Food: Supplements under this category are made by feeding yeast organisms or algae a whole food complex and synthetic vitamins, then the yeast or algae is harvested and made into a vitamin supplement. It is hoped that the yeast/algae will still contain the nutrients it fed on. Some brands also mix in synthetic vitamins to increase the nutrient concentration.

5. Food Based: Here is a description of how these vitamins are usually described:

The manufacturers basically break down vegetables, fruits, and other food ingredients, add vitamins, and formulate that into capsules — (*Real Simple. Nutrition: Preeti Kulkarni, a naturopathic doctor: webpage—<http://www.realsimple.com/health/nutrition-diet/vitamins/expert-advice-on-multivitamins-0000000025341/page2.html>*).

The vitamins added here are usually purely synthetic nutrients, and are in actuality the main ingredient; the fruits and vegetables and other food that have been processed to withstand shelf life are what’s added. If it were truly food, why then buy it in a pill form, and pay many times the price?

6. Bacterial or Yeast fermentation: This category uses the by-products of fermentation to obtain the desired vitamin. Some examples include *menaquinone* (vitamin K2), *riboflavin* (fermentation of ribose), *cyanocobalamin* (vitamin B12), *melatonin*, *amino acids*, *CoQ10*, etc. One source tell us that,

The Co-enzyme Q10 that is found in consumer supplements and functional foods & beverages today is derived either from yeast, bacteria or tobacco — (http://www.kanekaq10.com/wc_3type-scoq10.htm)

As of the beginning of April, 2013 *Mitsubishi Gas Chemical Company* withdrew from the manufacture of CoQ10, leaving *Kaneka* (a pharmaceutical/chemical company) the sole manufacturer in the U.S. and Japan of CoQ10. Dupont, however, holds a patent for manufacturing CoQ10 using genetically altered yeast (see patent 20090142322)

In summary, supplements are manufactured largely by chemical and pharmaceutical companies, and nearly always from one of the following sources or processes:

1. yeast, fungus or bacteria or their by-products (some of which are genetically modified).
2. inorganic minerals (ground up rocks)
3. animal parts
4. petroleum products

None of these sources except the whole food itself, are in the original diet given to us in Genesis 1:29. Can the people expecting translation, who are striving to return to the original Edenic diet, use products like those mentioned above? Never in the history of the world, have people purchased so much of something they knew so little about. If you decide to stop using supplements, you will have to stop using processed foods as well, which are loaded with such supplements.

I have concluded the only safe course is to eat whole foods to obtain nourishment rather than using supplements.

“Let food be thy medicine and
medicine thy food.”

~ Hippocrates ~

WORLD REPORTS



MISSIONARY WORK IN URUGUAY & BRAZIL

Sister Julienne Alberto reports on her husband Elvis' missionary trip to Uruguay and Brazil (written on 04/03/2013):

Elvis and brother Jaime are on the road almost everyday, giving Bible studies, and attending meetings with the brethren. They all request of Elvis, “please visit us in our homes.” They are very humble and eager to learn more of our Lord Jesus Christ. Brethren in Uruguay as well as Brazil desire a school to be establish in their region.

Elvis has also been teaching the basics in hydrotherapy and massage, and about four brethren have already been helped with their health issues. More people were in need of treatments, and there was a need for a massage table, so Elvis decided to build a massage table, and it was immediately put to use after he had finished it.

That which has made the deepest impression on my mind in my conversations with my husband is his repeatedly saying, “What a humble spirit these brethren have, and how eager they are to learn more of their Saviour, and how to serve Him better.” They want to learn more, but there is a great lack of materials in Spanish, and of Bible instructors. Not only Bible instructors are needed, but there is need of instructors in every field. Their sincere prayer is for a school of Christ with all its branches of education!

UPCOMING EVENTS

West Virginia Camp

Smyrna Gospel Ministries would like to invite you to attend the annual WV camp, which will be held June 26-30, 2013. Make your plans now to be there!

Canada Camp

The brethren in beautiful British Columbia, Canada invite you to attend the third annual BC Camp, which will begin the evening of Friday the 16th, and continue to Sunday the 18th of August. For more information contact Randall Hess at trailwind2003@yahoo.ca



SAID the apostle Paul, *“Know ye not that the unrighteous shall not inherit the kingdom of God? . . . And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God” (1 Corinthians 6:9-11)*. The absence of devotion, piety, and sanctification of the outer man comes through denying Jesus Christ our righteousness. The love of God needs to be constantly cultivated. . . .

While one class pervert the doctrine of justification by faith and neglect to comply with the conditions laid down in the Word of God – *“If ye love Me, keep My commandments”* – there is fully as great an error on the part of those who claim to believe and obey the commandments of God but who place themselves in opposition to the precious rays of light – new to them – reflected from the cross of Calvary. The first class do not see the wondrous things in the law of God for all who are doers of His Word. The others cavil over trivialities and neglect the weightier matters, mercy and the love of God.

Many have lost very much in that they have not opened the eyes of their understanding to discern the wondrous things in the law of God. On the one hand, religionists generally have divorced the law and the gospel, while we have, on the other hand, almost done the same from another standpoint. We have not held up before the people the righteousness of Christ and the full significance of His great plan of redemption. We have left out Christ and His matchless love, brought in theories and reasonings, and preached argumentative discourses.

Unconverted men have stood in the pulpits sermonizing. Their own hearts have never experienced, through a living, clinging, trusting faith, the sweet evidence of the forgiveness of their sins. How, then, can they preach the love, the sympathy, the forgiveness of God for all sins? How can they say, “Look and live”? Looking at the cross of Calvary, you will have a desire to bear the cross. A world’s Redeemer hung upon the cross of Calvary. Behold the Saviour of the world, in whom dwelt all the fullness of the Godhead bodily. Can any look and behold the sacrifice of God’s dear Son, and their hearts not be melted and broken, ready to surrender to God heart and soul?

Let this point be fully settled in every mind: If we accept Christ as a Redeemer, we must accept Him as a Ruler. We cannot have the assurance and perfect confiding trust in Christ as our Saviour until we acknowledge Him as our King and are obedient to His

commandments. Thus we evidence our allegiance to God. We have then the genuine ring in our faith, for it is a working faith. It works by love. Speak it from your heart: “Lord, I believe Thou hast died to redeem my soul. If Thou hast placed such a value upon the soul as to give Thy life for mine, I will respond. I give my life and all its possibilities, in all my weakness, into Thy keeping.”

The will must be brought into complete harmony with the will of God. When this is done, no ray of light that shines into the heart and chambers of the mind will be resisted. The soul will not be barricaded with prejudice, calling light darkness and darkness light. The light from heaven is welcomed, as light filling all the chambers of the soul. This is making melody to God.

~ Faith & Works, pp. 15-16

Kaquel's Easy Fat-free Garbanzo Patties

Ingredients

2 cups of soaked garbanzos (barely sprouted)
1 medium-sized fresh onion
3 cloves of garlic (minced)
1/2 of a fresh red bell pepper
1/4 cup of fresh parsley (chopped)
1 1/2 to 2 teaspoons ground cumin
3/4 teaspoon of salt
1 teaspoon of lemon juice

Process garbanzos salt, lemon juice, and cumin in a food processor until pasty. Place mixture in a medium sized bowl. Next, process the onion, bell pepper, and garlic together until finely chopped. (Do not liquify the vegetables!) Thoroughly mix the vegetables and chopped parsley with the garbanzos. Shape into small to medium sized patties (I like to use a small ice cream scooper and a fork to flatten them) on to a cookie sheet lined with (baking) parchment paper. The patties should easily peel off the parchment once cooked, and no oil is necessary for greasing. Bake @ 350° F for 20 minutes, then flip the patties, and cook for another 10 minutes or until golden brown. Enjoy them in pita pockets with fresh lettuce, tomatoes and dressing!

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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