

# Dearly Beloved

## 3rd Quarter 2025

**Philippians 4:1 Therefore, my brethren dearly beloved and longed for, my joy and crown, so stand fast in the Lord Dearly Beloved.**

"I want to be more concerned about my neighbor's eternal condemnation in hell than I am about my own embarrassment in telling him about it."



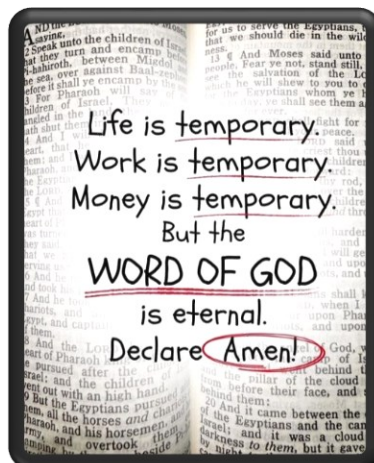
Romans 15:1-7 We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. Let every one of us please his neighbour for his good to edification. For even Christ pleased not himself; but, as it is written, The reproaches of them that reproached thee fell on me. For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope. Now the God of patience and consolation grant you to be likeminded one toward another according to Christ Jesus: That ye may with one mind and one mouth glorify God, even the Father of our Lord Jesus Christ. Wherefore receive ye one another, as Christ also received us to the glory of God.

# Pastor's Corner

## *Waiting for it to happen?*

You're sitting there reading this compilation of words, hoping there's a plot or meaning to it all. You've assessed your encounters in the past and have concluded that your time is rather well spent in other activities. But you're here now, and I have nothing to offer you but words that may not sound so appealing. As a matter of fact, discarding this page may bring you satisfaction. Then there's the thought that has been triggered by curiosity, and perhaps a sense of adventure. When does this become seemingly captivating? This paragraph can go on and on and never reach a climatic point, just a vague picture of something that might be.

I wonder at times if this is the same approach and reasoning that we take when we attempt to read the word of God? Is it just adventurous reading, or do we just turn the pages for some poetry to find amusement? How critical are the words expressed, and what accomplishments can we achieve if we just read and not study. You say within yourself "The preacher will eventually talk about it, so let's wait for Sunday morning." He's probably better at explaining it to me than I am to understand. Stop! Your preacher could be wrong. And why not ask God about His word? He is the author of the Bible. We miss so much because we wait for man and not on God. God's not intentionally hurting you or keeping from you. Somehow, all the blessings that surround us, we tend to believe that the Lord is entertaining us with his gifts. However, that may be true to a certain point, but yet we become secretly disgruntled when we don't get our way. We have to realize that the Lord will not reveal something spiritual while we're thinking carnally. So don't become frustrated when reading the word of God, just keep reading.



# **PRAISE GOD**

## **Christ Centric**

As Christians we must remember this, Christianity is not about US, but about Jesus! It seems that we have become people that focus on OUR wishes and OUR self-enrichment and goals, rather than self-centric, we are to be Christ-centric!

“But seek ye first the Kingdom of God and HIS righteousness and all these things shall be added unto you.” Read Matthew 6:24-34.

We are here to glorify Jesus and invite people into HIS Kingdom, not reach our personal goals, but to follow His will and make His will ours!

Paul stated Gal 2:20 “I am crucified with Christ: nevertheless, I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.” He also wrote “But my God shall supply all your need according to his riches in glory by Christ Jesus.” Philippians 4:19. Brother Ed says, when we put Jesus at the center of our lives, we can expect HIM to meet “ALL OUR NEEDS” EVERYONE!

### **What lies within you**

One man stated, “What lies before us, and what lies behind us is not as important as what lies within us.” Brother Ed says, there is nothing wrong with looking ahead, planning for our future or looking back to learn from our past, but we must live in the present to fulfil God’s plan for our life and not miss God’s will & blessings!

Jesus gives more abundant life, His grace is sufficient, He is our God and guide and the way into the future without fear! Jesus is the healer, forgiver and deliverer of our past!

THE REMOVER OF GUILT AND SHAME IS JESUS! Matthew 6:25 -25, Let’s us know to “... seek ye first the Kingdom of God and HIS righteousness and all these things shall be added unto you.” We will not have to worry about future, or be hindered by our past, if what lies within us *is* Jesus. Call on Jesus now for HIM to come and take control of your life! “Blessed are they which do hunger (continue to seek) and thirst after righteousness for they shall be filled.” Matthew 5:6

### **Rejoice in the Lord**

We face an uncertain future in our world and individually!

Habakkuk, an old testament prophet, lived in a time where it seemed all was lost! However, he stated this, “Although the fig tree shall not blossom, neither *shall* fruit *be* in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and *there shall be* no herd in the stalls:

Habakkuk is saying if all the things we depend on are gone, the future looks bleak!

” Yet I will rejoice in the LORD, I will joy in the God of my salvation. The LORD God *is* my strength, and he will make my feet like hinds' *feet*, and he will make me to walk upon mine high places.” He is saying I am confident in my future no matter what happens, because I know and trust the ONE WHO holds my future in HIS hands! Jesus holds my future therefore I need no fear or worry about what comes next in my life. Jesus will never leave us or forsake us! Hebrews 13:5.

**May the Lord Bless you all and love others as Jesus does!**

**Brother Ed**



# ACTS CHAPTER 17

Paul and Silas continued their missionary journey and went to Thessalonica. There was a synagogue there, but it seems there might not have been a lot of Jews in the area. Paul went to the synagogue for three sabbath days, telling them about Jesus and how he was the Messiah. Paul used the Old Testament to teach them Jesus as there wasn't a New Testament yet. Some were converted, however there were more of the Greeks that were converted. It seems that the Greeks who were converted may have been "worshipping Greeks" that already feared God.

The Jews that didn't convert, became upset and found some men in the area to stir up trouble in the city. They went to Jason's house, where Paul and Silas were staying, and searched for them. They weren't there, so they turned their anger towards Jason and some others and drug them before city magistrates stating that they had upset the world! Isn't it amazing how upset people can get when God is doing a work? They accused them of going against the Roman law by proclaiming Jesus as King. Jesus is the King of Kings, but He wasn't a King opposed to Caesar. They must have thought that since that accusation was able to get Jesus crucified, it would work against the disciples also. The magistrates required Jason to pay a security, probably something like what we consider a bail or bond today and they let them go. The brethren sent Paul and Silas away by night.

They then went to Berea. The people in Berea, were more educated than the people in Thessalonica, which caused them to be more inquisitive and apt to do more studying. They were known to daily examine the scriptures to see if what Paul was telling them was true and because of this, many believed. The unbelieving in Thessalonica were still upset and heard that the word of God was being preached in Berea. They went there to stir up the people there, trying to stop the work God was doing. Once again, Paul was sent away to go to Athens, but Timothy and Silas remained. A short time later, Paul sent for them to come to be with him right away and they left.

While Paul waited for them to show up, he saw that the city was given over to idols. I read that the people of Athens may have worshipped as many as 30,000 statues of gods! Paul then would go into the synagogue and the marketplace to preach the gospel. Seeing all the idolatry drove him to go preach to the people of Athens. He didn't care where or to whom he preached, he just had to go preach to them! If we did this, maybe we would be accused of turning our world upside down!

Some of the local philosophers heard Paul. They brought him to Areopagus, and they asked Paul about this new doctrine that he was teaching. As Paul came up to Mars' Hill, he saw the many statues of the gods that they worshipped and an altar "To the Unknown God". He began to speak to them, telling them that they were a very religious people, but they didn't know who that "unknown God" was, and he was going to tell them.

From what I have read, Paul was in the habit of inserting "Jesus" in place of Jehovah in the Old Testament. So, he was basically doing the same thing here where the Greeks had left an opening. He was just letting them know that this God's name was Jesus. Paul then began to tell them about God beginning in Genesis and continued through that time. The Mars' Hill sermon is an awesome description of who God is, but due to space constraints, I cannot include it here, but I encourage you to go read it, Acts 17:23-31. When Paul began to tell them about the resurrection, some didn't believe but others wanted to talk to Paul some more about it. When Paul left them, some of the men stayed with him and believed.

# ACTS CHAPTER 18

Paul then left Athens and went to Corinth. He met Aquila and his wife Priscilla and stayed with them because Aquila was also a tent maker. Every sabbath Paul would go to the synagogue and talk to the Jews and Greeks. By the time Timothy and Silas arrived, Paul had devoted most of his time to preaching. When some of the people would come against him, he would shake his clothes and tell them “Your blood be upon your head. I am clean. From now on I will go to the Gentiles.” This follows what Jesus had taught the disciples. Jesus told them in Matthew 10:14 to shake the dust off their feet when people rejected their message of the Messiah.

After leaving the synagogue, Paul went to a house next door that belonged to a man named Justus, who was a worshipper of the Lord. Crispus. Very likely a Greek that believed in God. Crispus, the leader of the synagogue, believed on the Lord with all his house and many Corinthians also believed and were baptized. It's odd that just moving next door made it possible for Crispus to believe.

One night, the Lord spoke to Paul in a vision, telling him to not be afraid, to speak (preach) because the Lord was with him and no one will hurt him because many people in the city were God's. Paul must have felt the opposition building; he had to be a bit anxious about what could happen. So, the Lord encouraged him and brought him peace. Paul ended up staying there for a year and a half teaching the word. It doesn't say how many people believe in the Lord from this, but we can only imagine what a revival would be like with Paul as the preacher!

Eventually, the opposition did come, and the Jews brought Paul before the judgement seat. They brought him before Gallio who didn't care about Jewish law, only Roman law. This was a legal matter, not religious. In this day, the Jews were allowed to make converts if they weren't Roman citizens. Gallio said that he had no problem with Paul, it was a religious matter, and he wasn't willing to judge it and made them leave.

The Jews were angry at this and took Sosthenes the ruler of the synagogue, before Gallio and beat him (possibly because he hadn't won their case before Gallio earlier). But again, Gallio dismissed them. Paul stayed for a while longer then left for Syria with Priscilla and Aquila.

They all went to the city of Ephesus and Paul left them and went to the synagogue to speak with the Jews. They wanted him to stay for a while, but he would not. When he left them, he let them know he was leaving due to the feast in Jerusalem that he needed to keep but if it was God's will, he would return. We should never presume what we will do or not do when we are trying to follow the will of God for our lives. We are not promised tomorrow, we should always say, Lord willing I will do such and such (see James 4:15). What we or someone else wants comes second to what God wants for our lives!

Paul then left and went to Caesarea, greeted the church there, then left there and went down to Antioch, after a bit he left and went to Galatia and Phrygia strengthening all the disciples. I can just imagine that anywhere Paul preached, the disciples would have been encouraged and strengthened.

Apollos, a Jew from Alexandria, went to Ephesus. He was a well-educated man and knowledgeable in the scriptures. He began to teach the things concerning Jesus, but he had only known the baptism of John. It's possible Apollos had already received the Holy Ghost because he was “fervent in the spirit”. It's not clear here to say yes or no, but we do know he had not yet been baptized in Jesus' name. Aquila and Priscilla heard about Apollos and took him off to “fill in the blanks” of what he didn't know. Apollos must have been a powerful preacher in his day; he gained the confidence of the brethren and was given a letter of recommendation (Paul referenced this letter in I Cor 1:12). He was able to convince the Jews, showing them that Jesus was Christ. His knowledge of the Old Testament scriptures and his zeal for the Lord, through the power of the Spirit, he was able to accomplish many things.

By Sister Tatti Cheek

## I AM SO VERY THANKFUL

### PRAISE THE LORD!

That the savior of the world Jesus Christ, Came down from heaven went into my heart and ripped that meth addiction out by the root. It has been over 18 years, I am still and forever thankful.

I remember when I was sitting in my room about three years before I was delivered, believing the lie from the devil. He told me that I had to get high every day for the rest of my life just to be able to get out of bed and be "functional".

*The devil is a liar, The father of all lies.*

John 8:44 KJV Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.

There is true hope and deliverance from any addiction you may be fighting today.

And that hope and deliverance only comes from Jesus Christ. He came to set the captives free.

### JESUS SAYS

Luke 4:18-19 KJV The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord.

My greatest blessing is the relationship that I have with my Savior Jesus Christ.

He has literally Sprung a well from a heart of stone.

He has done a love transplant within my heart.

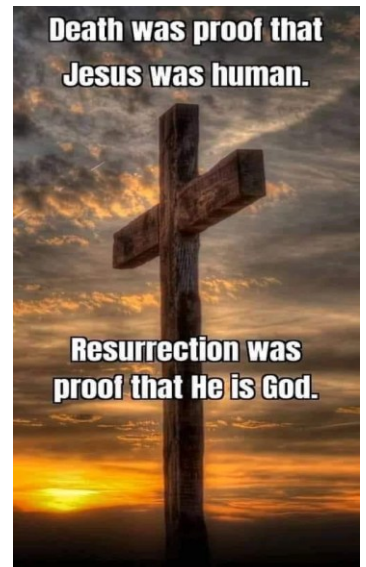
Giving my life to Jesus is the best thing I've ever done!

I pray this will Bless someone today with encouragement and gives them hope. Jesus Christ is the same yesterday today and forever

Hebrews 13:8 KJV Jesus Christ the same yesterday, and to day, and for ever.

SISTER SHERI GATES

LORD BLESS 



## God Bless This Home!

“Home is among the holiest of words. A true home is one of the most sacred of places. It is a sanctuary into which men flee from the world's perils and alarms. It is a resting place to which, at the close of the day, the weary retire to gather new strength for the battle and toils of tomorrow. It is the place where love learns its lessons, where life is schooled into discipline and strength, and where character is molded. Out of the homes of a community comes the life of the community, as a river from the thousand springs that gush out on the hillsides.” (J.R. Miller)

The homes of Canada and America, including church homes, are under terrific pressure today. Millions of our homes are ending up in the divorce courts. Other millions of homes are holding together in misery and unhappiness. Instability and insecurity secretly plague many of our best homes. Children are the helpless victims of this sorry picture.

The devil seeks to destroy the home, even though the home is Christian—perhaps *even because* the home is a Christian home.

The real enduring strength of a nation is largely determined by the stability of the family life of its citizens. No nation can long be secure if the texture of its family life remains inferior. The breakdown of the home was supposed to have been one of the causes of the fall of the Roman Empire. The instability of its homes can well be designated as a national emergency by any nation which hopes to remain great.

The spiritual state of the church is largely determined by the spiritual state of the families of its members. An unhappy family member cannot be an effective servant in the church. Spiritual lethargy in the home results in spiritual lethargy in the church. Unhappy homes foster weakness in the church; broken homes in the church produce broken power in the church. Therefore, the church concerns itself diligently with the happiness and stability of the homes of the people who compose the church.

Such circumstances in the homes of the North American people have offered one of the greatest challenges of world history to their pastor and his church. ***Get the home right, and the church will be right; get the home right, and the nation will be right.*** If we can save the family, we can save its members. Because no other force has been able effectively to minister to the needs of troubled homes, the church has a tremendous opportunity to save the homes of people who have no other place to turn to for effective help.

“How we love our children today will be how they love their children tomorrow. How we live out Christ in our lives will leave its imprint and echo into the future. Every deed, every response, every act of kindness—it all matters.” (June Fuentes)

“Oh, God of all mercy and grace. I pray today for each home represented by the one who reads this simple devotion. I ask that you pay a visit there. Let the peace of your gentle presence permeate the atmosphere of their dwelling place. Help those who live there to realize that your love and kindness showed one to another is what makes any house the home they long for. Be their healer, their protector, their provider, their counselor, and their friend. Oh, God, be all that they have need of today. I humbly ask in the name above all names . . . Jesus. Amen

*Francis Mason*

Pastor Mason





## NATURAL HEALTH MINUTE

MAY, MMXXV

### CARBOHYDRATE THREE - WHOLE OR REFINED?\*

Most wheat flour is refined, but the word "refined" is rarely used. So how can one know if bread is made from whole or refined flour? Look at the ingredient list, and if it specifies that the flour is flour, wheat flour, enriched, bleached, unbleached, fortified, organic, or anything else, it's refined. Always consider it to be refined unless it says "whole". It can be part whole and part refined, in which case the two flours will be listed as separate ingredients, one of which will say whole.

Now breads are often made of mixed grain flours and/or seeds, and some with no wheat at all. I don't know of a hard and fast rule with these other flours; some are labeled whole, while others, though unspecified, I believe are often whole as well.

What about pasta? It'll probably say durum wheat semolina. Even if it's organic, it's still refined unless it says "whole".

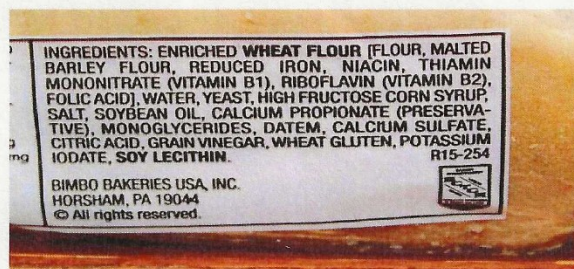
And non-wheat pastas; they're made from a lot of different things, but I believe the non-wheat pasta grains are often whole even if not so specified.

What about rice? If it's white, enriched, parboiled, or often just "rice", etc., it's refined. But if it's brown, black, purple, or red, it's whole. But just what is white rice? It's milled brown rice; refined\* from brown rice. And in the case of the African pink rice in one store, it's *partially* milled red rice, with only part of the germ and bran having been removed.

Now that you are expert ingredient readers, all you need is a little experience, and also for some of you, glasses.

\* NOTE: FOR AN EXPLANATION OF WHAT "WHOLE" AND "REFINED" IS, SEE CARBOHYDRATE TWO, PARAGRAPH 5, IN THE 2<sup>ND</sup> QUARTER ISSUE OF THE NEWSLETTER "DEARLY BELOVED".

-Wayne



## NATURAL HEALTH MINUTE

JUNE, MMXXV

### CARBOHYDRATE FOUR - MAN'S CARBS CLASSIFIED\*

**PURIFIED. Sugar** (100% sucrose): This is the worst one of all. It depresses the immune system for a few hours after ingestion. No nutrients, no fiber, just empty calories. It is listed as an ingredient in some products that also say "All Natural" somewhere on the package. Don't be deceived by those words "All Natural". God didn't make purified carbohydrate. If it doesn't occur in nature, how can it be "natural"? Man's food establishment must interpret the word "natural" very *B - R - O - A - D - L - Y*.

I don't generally buy products with added sugars. But if in the ingredients sugar is listed only after salt, or the Nutrition Facts label lists 0 grams added sugars, then I can buy it.

**SYNPLIFIED. Added Sugars:** Look on the Nutrition Facts label for this under the Carbohydrate Listing, measured in grams per serving.

**Juices:** fruit, vegetable. I think it is okay to keep some canned juice on hand for when you're sick in bed for short term temporary use only.

**Milks:** grain (rice milk, etc.), legume (soy milk, etc.), nut (almond milk, coconut milk, etc.)

**Water:** (coconut water, etc.)

**CONCENTRATED.** Such as maple syrup, coconut sugar, molasses, blackstrap\*\* molasses, and many others, (accounted for on the Nutrition Facts label as Added Sugars); and Dehydrated fruit.\*\*\*

**REFINED. Grain** to make flour. **CARBOHYDRATE TWO**, paragraphs 5 and 6, would be a good review source for what it is and what's wrong with it for us.

\*MY OWN CLASSIFICATIONS; DESCRIPTIONS ELSEWHERE PROBABLY NON-COINCIDING

\*\*BLACKSTRAP IS THE CONCENTRATE REMAINING AFTER THE THIRD AND FINAL EXTRACTION OF SUCROSE FROM CAIN JUICE TO MAKE SUGAR. THE REMAINING COMPOSITION STILL IS SUGARS, BUT WITH ALL THE NUTRIENTS LEFT BEHIND NOW IN VERY CONCENTRATED FORM, THIS WOULD MAKE IT MUCH BETTER THAN SUGAR TO USE IN BAKING.

\*\*\*DEHYDRATED FRUIT (RAISIN, DATE, PINEAPPLE, ETC.), NOT FOR SNACKING BECAUSE OF THE CONCENTRATED SUGARS, BUT A GOOD SUBSTITUTE FOR SUGAR IN BAKING.

Watch for some disease risk links in **CARBOHYDRATE FIVE** that may raise some eyebrows.

-Wayne



# NATURAL HEALTH MINUTE

CARBOHYDRATE FIVE - JULY, MMXXV

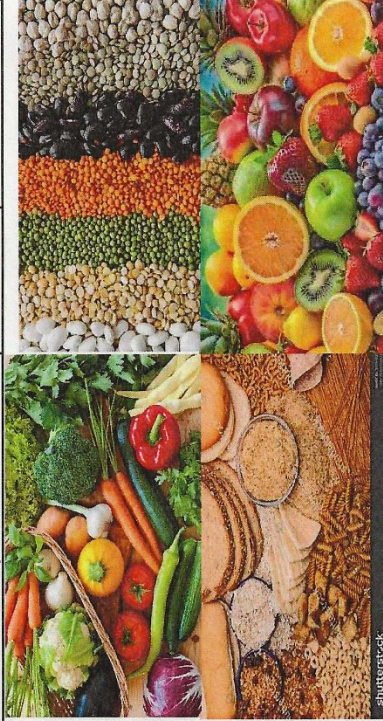
## RISK LINK BETWEEN ALTERED CARBOHYDRATE AND MAJOR DISEASES

Cardiovascular Related		Cancer		Type II Diabetes	Excessive Weight Retention (Obesity)
Whole* (God's Original)	Not a risk factor for these diseases				
Purified^	✓	Some kinds, especially those occurring in the digestive tract; May facilitate faster growth of many kinds.		✓✓	✓✓
Concentrated^	✓			✓	✓
Refined^^	✓			✓	✓

It absolutely must be recognized that there are many factors that generate risk for diseases, and here we are looking at altered carbohydrate as only one of those risk factors for only four major disease types.

WHOLE

THE WAY GOD MADE IT



\* See CARBOHYDRATE TWO for an understanding of "Whole", and CARBOHYDRATE THREE for distinction between "Whole" and "Refined".  
 ^ See CARBOHYDRATE FOUR for classifications of "Purified" and "Concentrated" as used here.  
 ^^ See CARBOHYDRATE series TWO, THREE, and FOUR for explanation, usage, and classification of "Refined" as used here.

WAYNE

no one is responsible for my happiness  
but I appreciate the ones that add to it.



**The Pentecostals of Anacortes, temporary Sunday Service Location**  
**Island View Elementary, 2501 J. Ave Anacortes, WA 98221 (360) 299-2339**

***Come and join us for Church services and Christian Teaching.***

**Sundays: 11:00am** Christian Education, **Noon** Worship Services

**Wednesdays:** 7:00pm Bible Study, **Pastor's Home**

**Saturdays:** 9:00am Prayer Service, **Pastor's Home**

For more information about us, our website is (**poawa.com**). Here you can learn more about us. See our events, newsletters, join a live stream of our services.