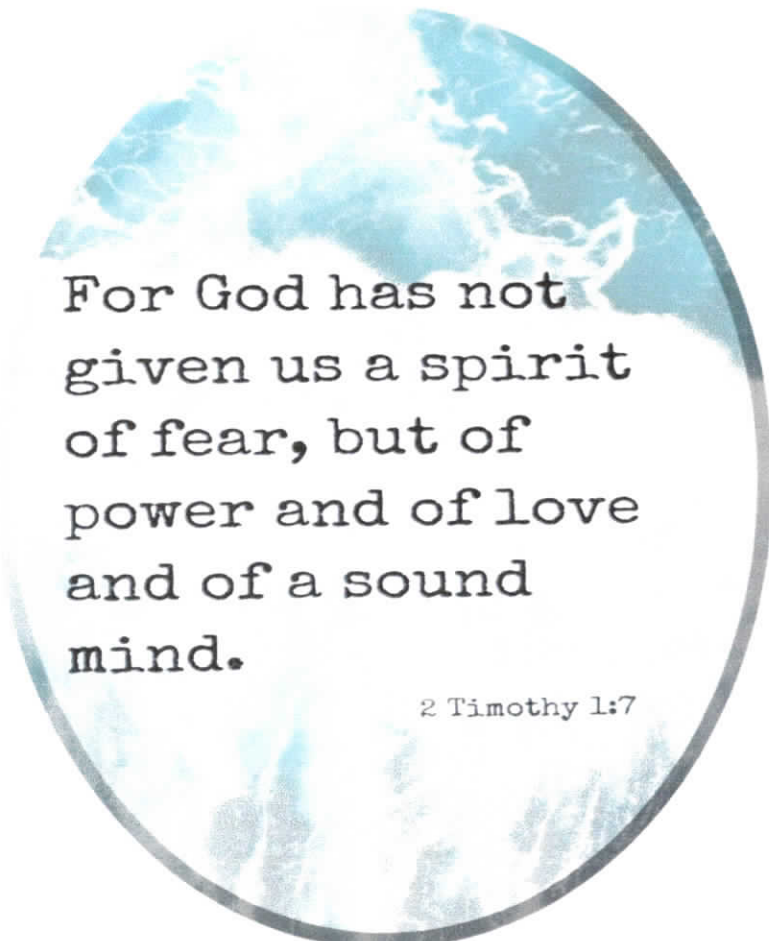


Dearly Beloved

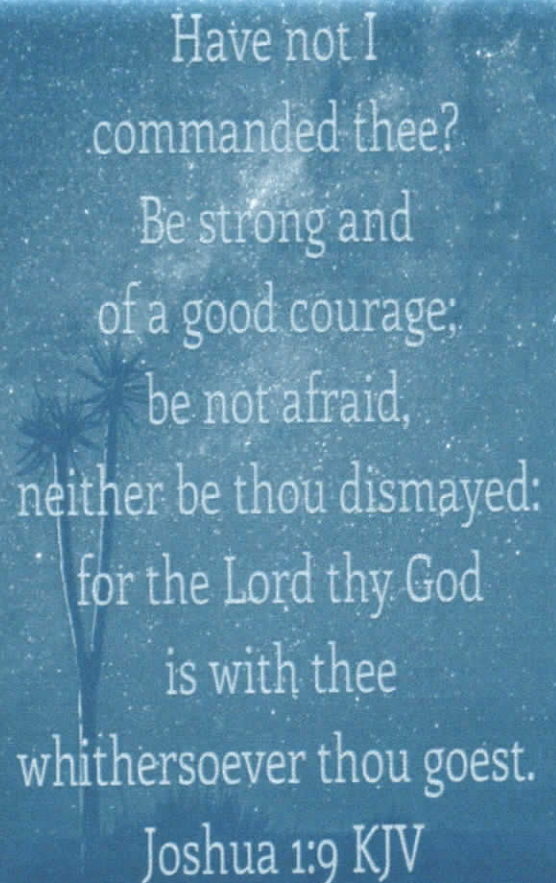
2nd Quarter 2025

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



For God has not
given us a spirit
of fear, but of
power and of love
and of a sound
mind.

2 Timothy 1:7



Have not I
commanded thee?
Be strong and
of a good courage;
be not afraid,
neither be thou dismayed:
for the Lord thy God
is with thee
whithersoever thou goest.
Joshua 1:9 KJV

The Pentecostals of Anacortes 2801 Commercial 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

Saturdays: 9:00am Prayer Service

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.

Skunk Removal A woman once called the police station to report a skunk in her cellar.

She was told to make a trail of breadcrumbs from the basement to the yard, and then wait for the skunk to follow it out of the basement. A while later, the woman called again and reported that she had done as she was told, and now she had two skunks in her basement.

Your energy, time and peace are consumed by a constant gnawing on your mind. The insignificant problem you may have begun with is now an eminent threat. You ask yourself, "Where did I miscalculate my odds in subduing this infraction to the quality of my life?" No longer do you seek peace and tranquility, your focus is just on winning. Trying your best to take control of something that was never yours to begin with. Your thoughts are related to those patterns of your past repeated mistakes, and what worked then to resolve this issue is no longer in play. You're not giving up, but you're still giving in, and that's where it gets complicated. You've used up your resources and executed your best tactics and strategies to overcome the ongoing scenario. You're strong enough, you have the right discipline but yet it's not enough for you to succeed or be victorious.

What element are you missing or what are you doing differently from other times of victory? You're listening to everyone's opinions and advice, but yet nothing seems to render the solution. Who else can you share this dilemma with, or who will keep it confidential and not make matters worse?

People find themselves in a very awkward positions, when at one point they were living a victorious life, but now life is a complex enigma.

One thing is for certain, we have an enemy that really hates us. And he's going to try and make life as complex and difficult as possible. And when we become stronger spiritually, he has to come up with a new strategy to not only distract us but try to bind us with a new devise.

Take a moment and reflect on what's eating you up, and what's holding you back. For most of us we only see the symptoms of the root cause.

Now take a step back, and take a deep breath...

Ah, something that you're familiar with. You see without even thinking about it, most of us do the same thing when we're frustrated. And now we're using the same technique to be calm.

We take a deep breath. That's the carnal man trying to settle the mind, and to a degree the erratic emotions.

I don't have the answer to your problems, but the word of God has, and is.

Is every struggle in life spiritual? No, not always, but there is an answer in God's word for the non-spiritual as well. "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths" (Proverbs 3:5-6).

"Wisdom is the principal thing; therefore, get wisdom: and with all thy getting get understanding" (Proverbs 4:7).

Ah there it is, the power of the word of God. Getting understanding. And then another scripture says "And ye shall know the truth, and the truth shall make you free" (John 8:32). When you allow yourself to receive understanding, the truth then is revealed. True understanding (Truth+Understanding)

We need the truth, and we need understanding to fight an enemy that we cannot see...

HIS BOW

Every time I see a rainbow it makes me want to cry
Because I know God keeps promises, His Word says He cannot lie
Old Noah saw the first one, its beauty filled the sky
It was a brilliant seven colors, and still brings awe to you and I
The Lord cares for all creation, His bow is proof to you and me
For Him to paint a stroke so lovely, for the world to see
The bow appears in springtime, when showers wet the earth
It reminds Him of His covenant, of your value and your worth
God's watching and He's waiting, many tears have filled His eyes
For men still reject His grace, and for them He bled and died
The next time you see a rainbow, just remember He's above
His mercies endure forever, and His Son showed you His Love
I do set my bow in the cloud, and it shall be for a token of a covenant
between me and the earth Genesis 9:13

By B. Easley

**No man or
woman, can
fill the void in
your heart
that God
created for
Himself.**

"THE LORD KNOWS WHAT YOU NEED AND WHEN YOU NEED IT"

PRAISE GOD! Corrie ten Boom, who was of a family of Christians in Holland during WW2 who helped Jews escape the Holocaust and were betrayed and went to concentration camps for their beliefs she stated, "...Our wise Father in heaven knows when we are going to need things too. Don't run out ahead of Him."



Ecclesiastes 3:1 - 8 To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; A time to kill, and a time to heal; a time to break down, and a time to build up; A time to weep, and a time to laugh; a time to mourn, and a time to dance; A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; A time to get, and a time to lose; a time to keep, and a time to cast away; 7 A time to rend, and a time to sew; a time to keep silence, and a time to speak; 8 A time to love, and a time to hate; a time of war, and a time of peace.

Matthew 6:7 - 15 But when ye pray, use not for they think that they shall be heard for their like unto them: for your Father knoweth what him. After this manner therefore pray ye: Our be thy name. Thy kingdom come. Thy will be us this day our daily bread. And forgive us our debtors. And lead us not into temptation, but kingdom, and the power, and the glory, for their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.



vain repetitions, as the heathen do: much speaking. Be not ye therefore things ye have need of, before ye ask Father which art in heaven, hallowed done in earth, as it is in heaven. Give debts, as we forgive our deliver us from evil: For thine is the ever. Amen. For if ye forgive men

Matthew 6:25 - 34 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they gather into barns; yet your heavenly Father better than they? Which of you by taking stature? And why take ye thought for raiment? they grow; they toil not, neither do they even Solomon in all his glory was not arrayed so clothe the grass of the field, which today is, shall he not much more clothe you, O ye of thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be



sow not, neither do they reap, nor feedeth them. Are ye not much thought can add one cubit unto his Consider the lilies of the field, how spin: And yet I say unto you, that like one of these. Wherefore, if God and to morrow is cast into the oven, little faith? Therefore take no

(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be

added unto you Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

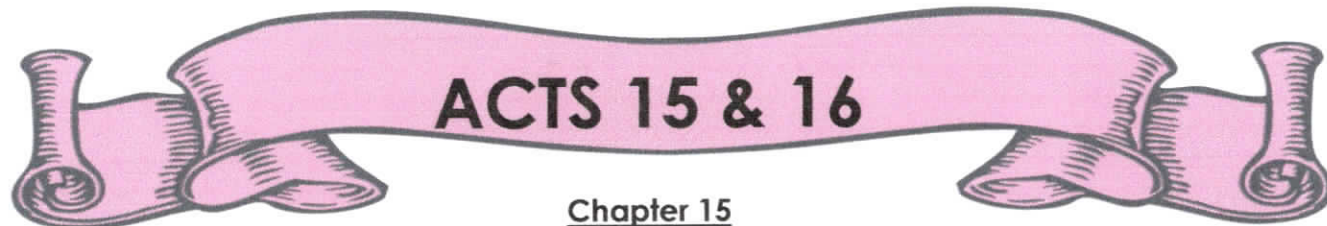
Paul gave this advice to be free from worry:

Philippians 4:4 - 9 *REJOICE IN THE LORD ALWAYS: AND AGAIN I SAY, REJOICE.* Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are *TRUE, WHATSOEVER THINGS ARE HONEST, WHATSOEVER THINGS ARE JUST, WHATSOEVER THINGS ARE PURE, WHATSOEVER THINGS ARE LOVELY, WHATSOEVER THINGS ARE OF GOOD REPORT; IF THERE BE ANY VIRTUE, AND IF THERE BE ANY PRAISE, THINK ON THESE THINGS.* Those things, which ye have both learned, and received, and heard, and seen in me, do: *AND THE GOD OF PEACE SHALL BE WITH YOU.*

Brother Ed says, Humbly pray, ask, knock and seek God and do not worry. Have faith in Jesus! WORRY AND FEAR SOMETIMES BRING WRONG ACTIONS, AND WITH WRONG TIMING, UNGODLY OUTCOMES! The old song says, "He's an old time God, Yes He Is!" When we trust in the Lord we look back and say that happened just when we needed it to take place! Glory to God! May the Lord Jesus bless you! Brother Ed



**Today, I just want
to thank God for the
gift of life.
No request, no
complaints, just
thankful to be alive.**



ACTS 15 & 16

Chapter 15

This chapter starts off with the first big controversy of the church. I'm sure the transition from Judaism to Christianity was a bit confusing to most people. They were raised following the Law of Moses all of their lives with all its rules and regulations under the Old Covenant, then all of a sudden, they have the long-awaited Messiah and new birth experience. But, what's next?

It was an inevitable problem, what do we keep and what went away in the New Covenant? They had already dealt with the problem of allowing the Gentiles in, but what parts of the Old Covenant do they need to comply with in order to take part in the New Covenant? I'm sure these people were well meaning, they just didn't understand what to leave behind and what still needed to be adhered to. I'm sure Peter's experience with the unclean animals that God told him he could eat. That news, I'm sure spread like wildfire, and they all sat down to pork chops and gravy!

Some of the brethren that had been Pharisees before their conversion, had been teaching that the Gentiles had to be circumcised like they did under the Law of Moses, or they couldn't be saved. They were so accustomed to following the letter of the law, they just couldn't understand that this was no longer required in the physical. Paul and Barnabas discussed this with them at length.

As Paul and Barnabas entered into Jerusalem, they were being greeted by the church there along with the Apostles and elders. They told them of their journey and how God had blessed their ministry. But the newly converted Pharisees couldn't wait to begin the argument about circumcision. Surely, now this will be straightened out!

The apostles and elders discussed it amongst themselves and Peter again, God using him to speak, "And when there Peter rose up, and said unto them, Men *and* brethren, ye know how that a good while ago God made choice among us, that the Gentiles by my mouth should hear the word of the gospel and believe. And God, which knoweth the hearts, bare them witness, giving them the Holy Ghost, even as *he did* unto us; And put no difference between us and them, purifying their hearts by faith. Now therefore why tempt ye God, to put a yoke upon the neck of the disciples, which neither our fathers nor we were able to bear? But we believe that through the grace of the Lord Jesus Christ we shall be saved, even as they." (v7-11). This was accepted as the final word on the subject and they stopped arguing about it.

Then, "James answered, saying, Men *and* brethren, hearken unto me: Simeon hath declared how God at the first did visit the Gentiles, to take out of them a people for his name. And to this agree the words of the prophets; as it is written, After this I will return, and will build again the tabernacle of David, which is fallen down; and I will build again the ruins thereof, and I will set it up: That the residue of men might seek after the Lord, and all the Gentiles, upon whom my name is called, saith the Lord, who doeth all these things. Known unto God are all his works from the beginning of the world. Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to God: But that we write unto them, that they abstain from pollutions of idols, and *from* fornication, and *from* things strangled, and *from* blood. For Moses of old time hath in every city them that preach him, being read in the synagogues every sabbath day." (v13-21)

So, they wrote letters for a few chosen men, Judas and Silas, to go with Paul and Barnabas to take the letters with them, declaring what the Holy Ghost would require of the Gentiles. This letter was delivered to Antioch and the church rejoiced to have an end to the dispute. After a season of being in Antioch, they returned to Jerusalem, but Silas decided to stay there a while with Paul and Barnabas. Paul and Barnabas decided to go visit some of the other churches where they had

previously preached. They couldn't agree on who to take along with them and it became quite contentious, so Barnabas took Mark with him to Cypress and Paul chose Silas to go with him.

Chapter 16

Paul and Silas began this missionary journey to Derbe and Lystra. Timotheus, the son of a Jewess who was a believer and his father had been Greek. Timotheus had a good reputation among the brethren at Lystra and Iconium. Even though Paul had letters stating that it wasn't necessary for Gentiles to be circumcised, he circumcised Timotheus. Why? When you read I Corinthians 8:13, Paul says that he wouldn't even eat meat if it would offend. The dispute of circumcision had not completely been understood by all, so to not be a stumbling block to the Jews in the area, he was circumcised even though it wasn't necessary for his own salvation, but it made it possible for him to preach in the synagogues.

Paul and company desired to go to Asia and to Bithynia, part of modern-day Turkey, but the Holy Ghost stopped them. Paul then had a vision of a man in Macedonia asking Paul to come and help them in Macedonia. God had called them to Macedonia to preach the gospel to them. They proceeded to go to Philippi, a village in Macedonia. They went to a place by a riverside. Philippi didn't have a synagogue at that time. They sat and spoke with the women that were there, Lydia, a believer whose heart had been opened by God to believe the things taught by Paul. It is believed that Lydia was fairly wealthy as she had a business selling purple cloth. This dye was tedious to get as it had to be taken from shell-fish a drop at a time. But, with this wealth, she was able to take care of the "Evangelists". (v 15 and 40)

As they went to prayer, they met up with a young woman possessed with a spirit of divination. She worked for her masters' and brought them a lot of money with her predictions. She was proclaiming that these were servants of the most high God, showing the way of salvation. You'd think that kind of advertisement would be welcomed but because it was being declared by a demon. After this went on for a few days, Paul moved to cast out the demon. It matters who is declaring the things of God! The enemy, many times, will declare truth, just enough truth, in order to be believed with the lie follows. Now, needless to say, her masters weren't happy when they found out that she wasn't going to make them money anymore!

They dragged Paul and Silas before the rulers saying that they were bringing confusion to their city, teaching things that weren't lawful for them. The rulers then caused Paul and Silas to be beaten and thrown into jail. At about midnight, Paul and Silas began to pray and to sing unto the Lord. The other prisoners heard them; this had to be foreign to them as they would not have been familiar with worship like this. As they worshipped, there was a great earthquake that shook the very foundation of the prison, and their bands were opened along with the doors. The keeper woke up and would have killed himself, but Paul stopped him as none of the prisoners had left. If the keeper had allowed anyone to escape, he would have been killed, so suicide would have been an easier death than he would have gotten otherwise.

The keeper fell down before Paul and Silas and asked, what can I do to be saved? "And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house." They spoke to him and his whole house, and they were baptized.

The magistrates sent people to basically, sneak them out of jail, but Paul said, no, we are Romans who have been publicly beaten and thrown into jail without being condemned, they need to come let us out publicly. Because he was a Roman citizen, this could have been bad for the ones who did all of this to them.

They went down and apologized for the treatment and as they brought them out, asked them to leave the city. They did leave and they went back to Lydia's house. Once there, they were able to encourage the brethren that were there, and they left.

Submitted by Tatti Cheek

I LOVE MY CHURCH

“I was glad when they said unto me, Let us go into the house of the Lord.” (Psalm 122:1)

If the church of Jesus Christ is what God wants it to be it is the most influential institution in the world. You may rear your buildings of commerce and industry; you may build your great schools and universities; you may lift your skyscrapers into the air; but none of these will have the influence of a humble church which is carrying out God's will in the world. But if that church is not working at its God-given task, it is failing in its mission.

The sensible person turns to the church in the hour of need. If you are feeling the burden of guilt, there you hear of a Saviour who can lift the load. If there is sorrow in your heart, there you can find the comfort and peace that passeth all understanding. If you are lonely, there you can find sweet fellowship. If you are perplexed, in the quietness of God's house you can find the answer to life's riddles. If you are confronted with problems, in God's house you find solutions and guidance down life's pathways. You need to come to church and bring others along to enjoy the soothing ministry. There are hungry hearts all around you – life holds no satisfaction for them. They have tried everything else. Ours is to work and pray that they would try Christ and His church! There and only there will they find true satisfaction in this world.

It is good to see a church full of people; it is better to see people full of the church. It is God's plan for His church to be uppermost in our hearts and minds. We can enjoy the good things of life and yet let the church be the center of all things. Oh, let us fill our hearts and minds and lives with the church! Let us dream our dreams and help them to come true.

My dream church is a people's church. By that I mean that it is a church which belongs to all people, where everyone feels at home, where every member feels that they are a vital part of the whole. One church had a sign over its door – “The rich and the poor meet together here, the Lord is the Maker of them all.” I want my church to be the one where every member can say, “This is my church. I love it and am proud of it.”

Some churches are run by a few prominent members. In the ideal church everyone is a “main member,” all have an important part in all of the meetings. The ideal church is one big happy family, living and loving and working for our Heavenly Father. In my ideal church there is no old folks, no young folks, no rich or poor, no big nor little – they're all just folks. They are all equal in the sight of God.

A great word in a good church is the word “fellowship.” On some ships you have first-class, second-class, and third-class, but on the good ship Fellowship everyone travels first-class. Let's keep this as the glory of our church, that all our members are on equal footing and that even the least of them is of great value to the church. If even one member feels that he doesn't have a part, and drifts away, the church is weakened just that much. In an ideal bridge the load is evenly distributed over the entire structure. When a train crosses that bridge every piece of material bears its share of the strain. And so, it is in a people's church. All of us want to share the load and bear the responsibility. It is not “your church,” nor “my church” but “our church.” All of us have a part in it.

But I will say, I LOVE MY CHURCH! Join me and let's say it together ... “I LOVE MY CHURCH!”

Submitted by,

Francis Mason

Pastor Mason

Praise God!

It's been said, "My way or the highway!" God says, "My way is the Highway." Psalm 16:11 Thou wilt shew me the path of life: in thy presence *is* fulness of joy; at thy right hand *there are* pleasures for evermore. Psalm 119:105 Thy word *is* a lamp unto my feet, and a light unto my path. John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Brother Ed says, "do you know the road your traveling on will get you where you want to go? And what will you do when you get there? JESUS LOVES US AND HAS PREPARED A WAY AND A PLACE FOR US THAT IS A BLESSED WAY EVERLASTING! "For this God is our God forever and ever: He will be our guide even unto death." Psalm 48:14 For this God *is* our God for ever and ever: he will be our guide *even* unto death.

It may seem to be a narrow way at times, but Jesus is the way to the joy of eternal life! JESUS WILL GET YOU WHERE YOU REALLY NEED TO BE! Lord bless you all! Pray and fast! READ THE ROAD MAP THE WORD OF GOD AND BE GUIDED BY THE HOLY SPIRIT! **Brother Ed**

I CAN'T HELP THINKING THAT THIS
WOULD BE A BETTER WORLD IF
EVERYONE WOULD LISTEN TO GOD.



A PRAYER FOR A SPIRIT CONTROLLED LIFE

The law of the Spirit of life in Christ Jesus has made us free from the law of sin and death. Our life will be governed, not by the standards of the flesh, but by the Holy Spirit. Help us to live the life of the Spirit and not the flesh.

The Holy Spirit of God dwells within us and will direct and control us. We are conquerors and gain surpassing victory through Jesus Christ, who loves us. We will not let ourselves be overcome with evil, but we will overcome evil with good.

We will put on the full armor of light and clothe ourselves with the Lord Jesus Christ and make no provision for indulging in the flesh.

We will be doers of the word, and we will have God's wisdom. We will be peace loving, courteous, considerate, gentle and willing to yield to reason and full of good fruits.

We are free from doubts, wavering and insincerity. We are subject to God, and we will stand firm against our enemies. We will resist the enemy of our soul, and he will flee from us.

We will come closer to you Lord as you come closer to us. We will not be fearful, for you will never leave us.

In Christ we are filled with the Godhead: Father, Son and Holy Spirit. *Because you are the one true living God.* In Jesus' Name. AMEN

Submitted by Martha Walls

DON'T FORGET TO WEAR IT!

"A merry heart maketh a cheerful countenance." Proverbs 15:13

What is a smile?

Someone once wrote:

"A smile costs nothing, but creates much good. It enriches those who receive it without impoverishing those who give it away. It happens in a flash, but the memory of it can last forever. No one is so rich that he can get along without it. No one is too poor to feel rich when receiving it. It is rest to the weary, daylight to the discouraged, sunshine to the sad and nature's best anecdote for trouble. Yet it cannot be bought, begged, borrowed or stolen."

When you get dressed this morning, don't forget to put on a smile. Wear a smile all day from the inner joy that only Jesus can bring to your heart. Don't feel inner joy? Then ask for one!

Lord Bless

Sheri Gates



Sowing Seeds

February 2023 Scripture Writing Plan

Plant Carefully


- 1) Hosea 10.12
- 2) Prov. 22.8
- 3) 2 Cor. 9.6-7
- 4) Prov. 6.12-15
- 5) Job 4.8-9
- 6) Gal. 6.6-7
- 7) Gal. 6.8-10
- 8) Catch-Up Day

Plant the Word

- 9) Mark 4.3, 14
- 10) Mark 4.4, 15
- 11) Mark 4.5-6, 16-17
- 12) Mark 4.7, 18-19
- 13) Mark 4.8, 20
- 14) Matthew 13.31-32
- 15) Catch-Up Day

Do Your Part... ...watch God Increase it

- 16) Ecc. 11.4
- 17) Ecc. 11.5-6
- 18) 1 Cor. 3.4-6
- 19) 1 Cor. 3.7-9
- 20) Mark 4.26-29
- 21) John 4.34-36
- 22) John 4.37-38
- 23) 2 Cor. 9.8-10
- 24) 2 Cor. 9.11-12
- 25) 1 Cor. 15.35-36
- 26) 1 Cor. 15.37-38
- 27) 1 Cor. 15.42-44
- 28) Catch-Up Day



ELIHU'S CORNER

The branch that bears the most fruit
bows the lowest.



Nothing ... Empty ... Different

How sad if you are too young to remember Paul Harvey, ... for Paul Harvey was one of a kind as a radio commentator. Known for his short stories told on his broadcast, he became monumentally famous for telling "The Rest of the Story." Here is one of his stories typical for its' way of finding a resting place in the hearts of his listeners.

"He was 9—in a Sunday school class of 8-year-olds. Eight-year-olds can be cruel. The third graders did not welcome Philip to their group. Not just because he was older. He was "different." He suffered from Down's syndrome and its obvious manifestations: facial characteristics, slow responses, symptoms of retardation.

One Sunday after Easter the Sunday school teacher gathered a number of those plastic eggs that pull apart in the middle, the kind in which ladies' pantyhose are packaged. The Sunday school teacher gave one of these plastic eggs to each child.

On that beautiful spring day each child was to go outdoors and discover for himself a symbol of "new life" and place that symbolic seed or leaf or whatever inside his egg. They would then open their eggs one by one, and each youngster would explain how his find was a symbol of "new life."

So ...

The youngsters gathered 'round on the appointed day and put their eggs on a table, and the teacher began to open them.

One child had found a flower. All the children "oohed" and "aahed" at the lovely symbol of new life. In another was a butterfly. "Beautiful," the girls said. And it is not easy for an 8-year-old to say "beautiful." Another egg was opened to reveal a rock. A few of the boys laughed. "That's crazy!" one said. "How's a rock supposed to be like a 'new life'?"

Immediately a little boy spoke up and said, "That's mine. I knew everybody would get flowers and leaves and butterflies and all that stuff, so I got a rock to be different." Everyone laughed.

The teacher opened the last one, and there was nothing inside. "That's not fair," someone said. "That's stupid," said another. The teacher felt a tug on his shirt. It was Philip. Looking up he said, "It's mine. I did do it. It's empty. I have new life because the tomb is empty." The class fell silent.

From that day on Philip became part of the group. They welcomed him. Whatever had made him different was never mentioned again.

Philip's family had known he would not live a long life; just too many things wrong with the tiny body. That summer, overcome with infection, Philip died. On the day of his funeral nine 8-year-old boys and girls confronted the reality of death and marched up to the altar—not with flowers.

Nine children with their Sunday school teacher, placed on the casket of their friend their gift of love—an empty egg.

Francis Mason, Pastor Mason

NATURAL HEALTH MINUTE

APRIL, MMXXV

NATURAL HEALTH MINUTE

MARCH, MMXXV

CARBOHYDRATE ONE

Why one? Because there is so much we should consider about it for own health that it could take several "Minutes", and I need to number them.

Carbohydrates are much vilified in our present culture, and many believe that they should be avoided as much as possible. If that is true, why is there so much carbohydrate in the food God made for us? With few exceptions, there are more carbohydrate calories than any other calorie type in all the following food groups: vegetables, legumes, grains, and fruits. Think of these food groups as the *carbohydrate* food groups.

God said His ways are higher than our ways, and His thoughts higher than ours, as the heavens are higher than the earth (Is. 55.8,9). So maybe we should regard carbohydrate with more respect.

But it seems like man, in total disregard for God's ways, thinks *he* has a better way. So, what does *he* do? Refines (fractionates), simplifies, purifies, and oh too, *modifies*. How swell is that? Really impressive! (to man) But as the saying goes, "The devil is in the details." I think we should take another "Minute" or two to look at those details. In the meantime, my recommendation to you is: Don't avoid, but embrace "God's Original", and avoid, as much as possible, "Man's New & Improved".

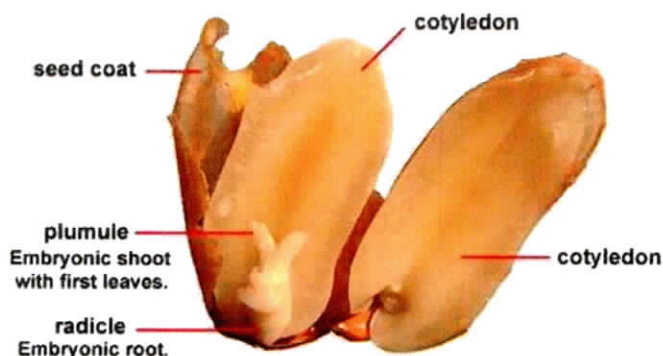
-Wayne

FEW EXCEPTIONS (NOT PREDOMINANTLY CARB.)

VEGETABLE: Broccoli; PROTEIN

LEGUME: Soy Beans; PROTEIN AND FAT

FRUITS: Avocados & Olives; FAT



Peanut Seed (*Arachis hypogaea*)

CARBOHYDRATE TWO

One of the things man does to God's food is to "refine" grain to make *his* flour. To understand how this is done, let's look at the three edible parts of every seed. The easiest seed to take apart is the peanut.

So, if you don't have a peanut allergy, take a normal two-peanut shell and find the part of the shell where there is a slight ridge on the shell over where one of the peanuts is. Place your thumb over the ridge, with your index finger underneath on the opposite side of the shell, and carefully squeeze it just enough to crack and split the shell at that point and try to open the shell without damaging the skin over the peanuts inside, if possible. Now remove the brown skins and put them in a little pile. This outer skin is the bran, one of the three edible parts of every seed. In other seeds, the bran is fused onto the seed and is mechanically removed.

After the removal of the bran, the lighter part of the peanut is the endosperm, which forms the greater mass of the edible parts of every seed.

Now take one of the endosperms and notice that it has two halves with the split running lengthwise from end to end. We are going to slide the two halves apart laterally. With your thumb on the side of one half and your index finger on the opposite side of the other half carefully push the two sides off of each other. Look at the inner flat side of the halves. On one of the halves you will see a little knob or growth at one end. This is the germ, the third edible part that every seed has.

Though the bran and the germ don't look very significant, these two parts have by far the greatest density of nutrients and fiber. **Whole flour** is made from grinding all three edible parts together. But man removes the bran and germ and grinds the endosperm to make **refined flour**, and in doing so, removes substantial amounts of 24 nutrients. Are the pastries made from this flour the kinds you like the best?

Why does man do this? The worms don't like the nutrient deficient flour and it's easier to keep them out. With the essential fatty acids of the germ gone, rancidity is reduced and the shelf life is extended. With the fiber of the bran gone, dough rises better and the finished product is less crumbly. And you were swindled out of the nutrition God intended for your health!

-Wayne

NATURAL HEALTH MINUTE

FEBRUARY, MMXXV

SNACKS

Bok Choy Cabbage with plain yellow **Mustard** (not Baby; I think they are for soup or salad). Buy the mature (full size) cabbage with the long, white stalks and dark green leaves. The produce bag may not cover the leaves, so put an extra produce bag over the other end so the leaves won't wither, and it can stay fresh longer. Separate an outer stalk from the base and wash, then gently shake off the dripping water. Holding the stalk horizontally with the inner, cupped side of the stalk up, curved side underneath, invert the mustard bottle and run a bead of mustard from the stem end to the end of the center leaf. Wrap the sides of the leaf over the mustard and eat from the end of the leaf to the base of the stalk. You will have plenty left that you can use for vegetable for lunches, supper, or more snacks. If you try this, I'd like to hear your comment. You can also do this with a stalk of **Celery**.

Crackers. One favorite of mine is a Kroger (Fred Meyer) product, Simple Truth Ancient Grains Rice Crackers. I add nothing. They are --whole grain
--only 80mg sodium/serving (1 oz./28mg)
--no man-made or GM (genetically modified) ingredients
--gluten free (optional)
These are not organic. Maybe you will find another cracker with comparable characteristics.



Fruit. Cherimoya, Tuna, Guava, Persimmon? What's *your* favorite fresh fruit? Eat the whole fruit, including skin and/or seeds, if edible; not just the fruit juice. Unsweetened? Of course; the way God made it.

Lärabar Fruit & Nut Bar, in boxes of five or more, any except Chocolate. They have no added sugar or GM ingredients. They are much cheaper at the Grocery Outlet than in the regular grocery store, but they only have the varieties that are surplus at that time.

Popcorn. Heat popped. No butter flavor or other man-made additives. I use a wire framed screen basket with slide-open lid and long handle to hold over heat. Immediately after removal from heat, empty into container and eat as is or add melted butter or olive oil, hint of salt, garlic, or any *natural* flavor if desired.

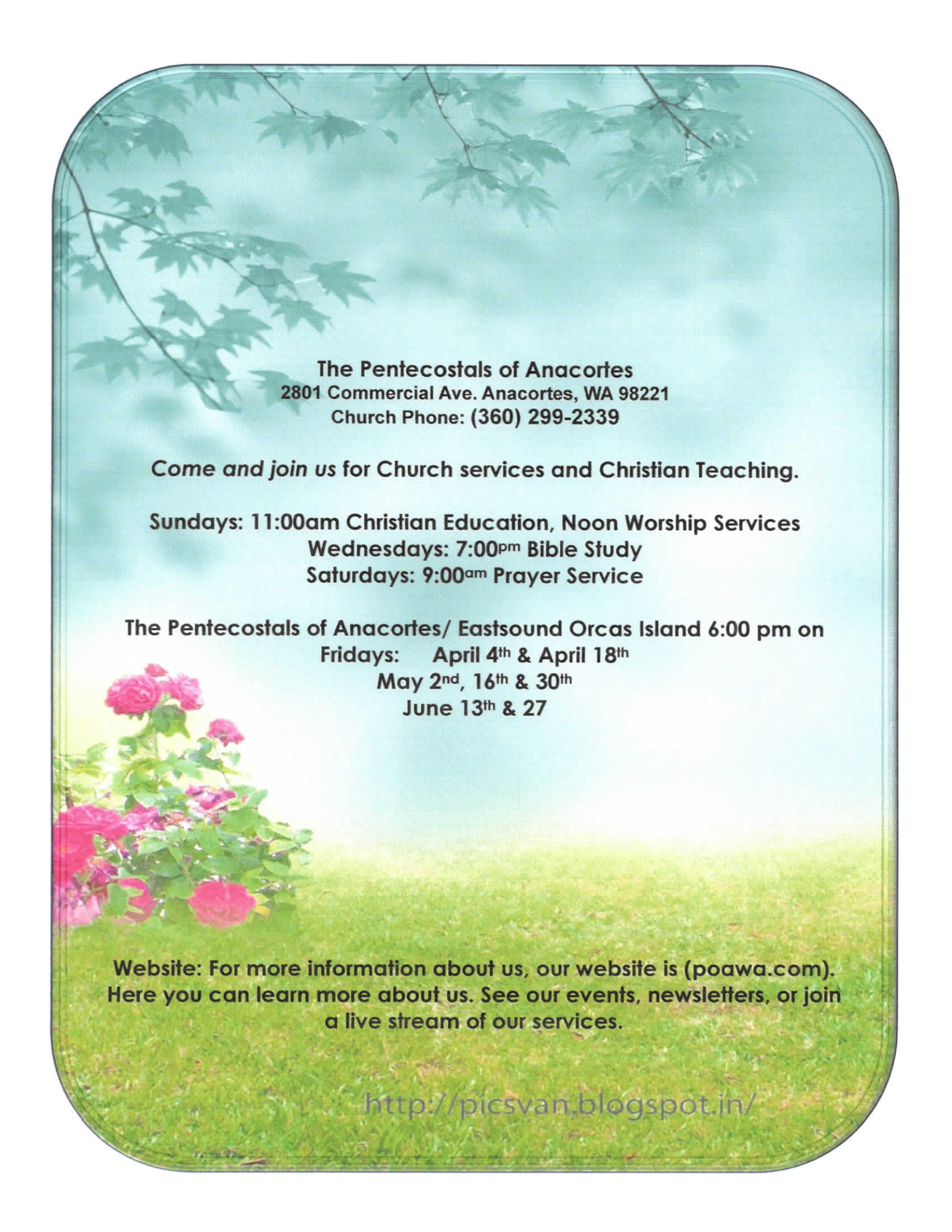
Puffed Rice. Some stores might not have it. At the Skagit Valley Food Co-op, a 6 oz. bag of organic puffed brown rice sells for \$2.79 at the time of this writing. Inexpensive, enough for several snacks, and ready to eat out of the bag, or you can add one of the suggestions mentioned above for Popcorn.

Corn Thins by Real Foods, available in some stores. Organic, low sodium, no junk and ready to eat as is.

Yam. Buy a small one, or can be long but the smallest in diameter; easier to eat out of hand and bakes faster. DO NOT MICROWAVE; you won't like the taste. Wash or scrub without peeling or breaking the tips off, to keep it from getting sticky when baking. Bake at 350° F. on something to catch the sticky drip if it does leak. After about 10 minutes, (or 5 min. if preheated) plus 5 min. per ounce of weight, poke with fork in thickest part and if soft to center, it's done. To eat in hand, it should be clean to hold except the sticky point where you poked it with the fork. The skin is edible, so holding the thickest end, just bite off the hard tip at the thinnest end and enjoy the amount you want. Save the remainder for your next snack or meal. I bet you've never had a snack like this. Let me know how you enjoyed it.

I HOPE ONE OF THESE SNACKS CAN HOLD YOU OVER UNTIL LUNCHTIME.

-Wayne



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Come and join us for Church services and Christian Teaching.

Sundays: 11:00am Christian Education, Noon Worship Services
Wednesdays: 7:00^{pm} Bible Study
Saturdays: 9:00^{am} Prayer Service

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Fridays: April 4th & April 18th
May 2nd, 16th & 30th
June 13th & 27

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