

BEREAN SPIRIT

“... they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.”
(Acts 17:10-11)

THE LORD'S SUPPER

by Ellen White



The symbols of the Lord's house are simple and plainly understood, and the truths represented by them are of the deepest significance to us. *RH May 31, 1898, par. 2*

Christ was standing at the point of transition between two economies and their two great festivals. He, the spotless Lamb of God, was about to present Himself as a sin offering, that He would thus bring to an end the system of types and ceremonies that for four thousand years had pointed to His death. As He ate the Passover with His disciples, He instituted in its place the service that was to be the memorial of His great sacrifice. The national festival of the Jews was to pass away forever. The service which Christ established was to be observed by His followers in all lands and through all ages. *DA 652.2*

The Passover was ordained as a commemoration of the deliverance of Israel from Egyptian bondage. God had directed that, year by year, as the children should ask the meaning of this ordinance, the history should be repeated. Thus the wonderful deliverance was to be kept fresh in the minds of all. The ordinance of the Lord's Supper was given to commemorate the great deliverance wrought out as the result of the death of Christ. Till He shall come the second time in power and glory, this ordinance is to be celebrated. It is the means by which His great work for us is to be kept fresh in our minds. *DA 652.3*

Christ's example forbids exclusiveness at the Lord's Supper. It is true that open sin excludes the guilty. This the Holy Spirit plainly teaches. *1 Corinthians 5:11*. But beyond this none are to pass judgment. God has not left it with men to say who shall present themselves on these occasions. For who can read the heart? Who can distinguish the tares from the wheat? "Let a man examine himself, and so let him eat of that bread, and drink of that cup." For "whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord." "He that eateth and drinketh unworthily, eateth and drinketh damnation to himself,

not discerning the Lord's body." *1 Corinthians 11:28, 27, 29. DA 656.1*

None should exclude themselves from the Communion because some who are unworthy may be present. Every disciple is called upon to participate publicly, and thus bear witness that he accepts Christ as a personal Saviour. *DA 656.4*

In partaking with His disciples of the bread and wine, Christ pledged Himself to them as their Redeemer. He committed to them the new covenant, by which all who receive Him become children of God, and joint heirs with Christ. By this covenant every blessing that heaven could bestow for this life and the life to come was theirs. This covenant deed was to be ratified with the blood of Christ. And the administration of the Sacrament was to keep before the disciples the infinite sacrifice made for each of them individually as a part of the great whole of fallen humanity. *CCh 298.6*

Also in this issue:

All About Probiotics	p. 3
Opposers of the Truth	p. 6
Upcoming Events	p. 8
God's GPS	p. 10
Think about These Things	p. 11
Tasty Vegan Recipes	p. 12

Coming Home Ministry

Wenatchee area, WA, USA

Berean Spirit is dedicated to the promotion and restoration of all Bible truths and principles that God has given to His church, especially for the last days of this Earth's history.

Our purpose is to share articles and studies about Bible truths and health to help motivate the readers to be prepared for the coming of the Lord.

Berean Spirit is published quarterly, and sent free of cost to all who desire to receive it.

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THE ORDINANCE OF PREPARATION

This ordinance (the foot washing) is Christ's appointed preparation for the sacramental service. While pride, variance, and strife for supremacy are cherished, the heart cannot enter into fellowship with Christ. We are not prepared to receive the communion of His body and His blood. Therefore it was that Jesus appointed the memorial of His humiliation to be first observed. [CCh 300.2](#)

As they come to this ordinance, the children of God should bring to remembrance the words of the Lord of life and glory: "Know ye what I have done to you? Ye call Me Master and Lord: and ye say well; for so I am. If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to

you. Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him. If ye know these things, happy are ye if ye do them." *John 13:12-17.* [CCh 300.3](#)

There is in man a disposition to esteem himself more highly than his brother, to work for self, to seek the highest place; and often this results in evil surmisings and bitterness of spirit. The ordinance preceding the Lord's Supper is to clear away these misunderstandings, to bring man out of his selfishness, down from his stilts of self-exaltation, to the humility of heart that will lead him to serve his brother. [CCh 300.4](#)

The holy Watcher from heaven is present at this season to make it one of soul searching, of conviction of sin, and of the blessed assurance of sins forgiven. Christ in the fullness of His grace is there to change the current of the thoughts that have been running in selfish channels. The Holy Spirit quickens the sensibilities of those who follow the example of their Lord. As the Saviour's humiliation for us is remembered, thought links with thought; a chain of memories is called up, memories of God's great goodness and of the favor and tenderness of earthly friends. [CCh 300.5](#)

Whenever this ordinance is rightly celebrated, the children of God are brought into a holy relationship, to help and bless each other. They covenant that the life shall be given to unselfish ministry. And this, not only for one another. Their field of labor is as wide as their Master's was. The world is full of those who need our ministry. The poor, the helpless, the ignorant, are on every hand. Those who have communed with Christ in the upper chamber will go forth to minister as He did. [CCh 301.1](#)

Jesus, the served of all, came to be the servant of all. And because He min-

istered to all, He will again be served and honored by all. And those who would partake of His divine attributes, and share with Him the joy of seeing souls redeemed, must follow His example of unselfish ministry. [CCh 301.2](#)

A REMINDER OF CHRIST'S SECOND COMING

As they were gathered about the table, He said in tones of touching sadness, "With desire I have desired to eat this Passover with you before I suffer: for I say unto you, I will not any more eat thereof, until it be fulfilled in the kingdom of God. And He took the cup, and gave thanks, and said, Take this, and divide it among yourselves: for I say unto you, I will not drink of the fruit of the vine, until the kingdom of God shall come." *Luke 22:15-18.* [CCh 301.3](#)



But the Communion service was not to be a season of sorrowing. This was not its purpose. As the Lord's disciples gather about His table, they are not to remember and lament their shortcomings. They are not to dwell upon their past religious experience, whether that experience has been elevating or depressing. They are not to recall the differences between them and their brethren. The preparatory service has embraced all this. The self-examination, the confession of sin, the reconciling of differences, has all been done. [CCh 301.4](#)

Continued on page 9

ALL ABOUT PROBIOTICS



PROBIOTICS BENEFITS

Probiotics hold the key not just for better health and a stronger immune system, but also for healing digestive issues, mental health illness, and neurological disorders.

New research is continuing to prove that probiotic benefits and side effects go far beyond what we previously thought.

PROBIOTIC BENEFITS BEGIN IN THE GUT

The first and most overlooked reason that our digestive tract is critical to our health is because **80 percent of your entire immune system** is located in your digestive tract! That is an astounding percentage.

In addition to the impact on our immune system, our digestive system is the second largest part of our neurological system. It is called our enteric nervous system and is located in our gut. This is why it is called our second brain!

Many people with health issues such as thyroid imbalances, chronic fatigue, joint pain, psoriasis, autism, and many other conditions do not realize that these illnesses originate in the gut.

Many toxins we're subjected to today decrease digestive function, affecting our ability to utilize nutrients, rid ourselves of cholesterol, triggering chronic inflammation in the body which is the cause of many chronic conditions and diseases.

The secret to restoring your digestive health is all about balancing out the good and bad bacteria in your gut. If you are going to be healthy you **MUST** consider consuming probiotic rich foods and supplements daily.

WHAT ARE PROBIOTICS?

Let's back up a second before talking about probiotics and talk about gut flora. Inside our digestive tract we have somewhere around 100 trillion bacteria happily living in us. About 7 lbs of "you" is really bacteria that live in your intestines.

The term probiotic comes from the Latin or Greek *pro*, "before, forward", and *bios*, or "life"—thus they are life-promoting. Probiotics are usually a culture of "good" bacteria that line your digestive tract (but there is also a type of yeast that can function as a probiotic) and support your body's ability to absorb nutrients and fight infection. There are actually 10 times more probiotics in your gut than cells in your body! Each person's bacterial flora may be as unique as fingerprints.

Your skin and digestive system by themselves host about 2,000 different types of bacteria. Probiotic benefits have been proven effective in supporting immune function and healthy digestion, as well as beautiful skin.

Your good gut bacteria is also responsible for:

- Producing vitamin B-12, butyrate and vitamin K2
- Crowding out bad bacteria, yeast and fungi
- Creating enzymes that destroy harmful bacteria

Probiotics have been in our systems right from the moment that we stepped into the world. When a newborn is in the birth canal of the mother during delivery, that's when the baby is exposed to the bacteria of his or her mother for the first time. This event starts a chain of events inside the baby's GI tract, and the infant's GI tract starts to produce good bacteria.

Most people, including children, are in need of a probiotic boost due to the use of prescription medication particularly antibiotics as well as high carbohydrate diets, the consumption of chlorinated and fluoridated water, and conventional foods such as non-organic meat and dairy that contain antibiotic residues. These chemicals kill off probiotics in your system, which over time will damage your digestive tract.

The most common causes of poor gut health (probiotic killers) are:

- medication use, especially antibiotics
- stress (stress hormones may encourage bad bacteria growth)
- poor diet (e.g. sugar, preservatives, alcohol, processed foods, over-eating, inadequate fiber)
- aggressive medical therapies such as radiation or chemotherapy

- over-consumption of animal-based protein, especially highly processed
- poor gut motility (which can be caused by the above factors)
- GMO foods
- tap water
- chemicals

In order to improve your gut flora balance, make sure to avoid the probiotic killers. We are exposed to many of these foods, toxins and stressors on a daily basis, and if you're going to restore your digestive health, they must be addressed. If they're not addressed, your gut micro-organisms become imbalanced and your system can become a breeding ground for bad bacteria, yeast, viruses, fungi and parasites.

The only way to fix this issue and heal your gut is to eliminate the foods that feed bad bacteria and to start consuming probiotic-rich foods and supplements.

20 PROBIOTIC BENEFITS PROVEN BY RESEARCH

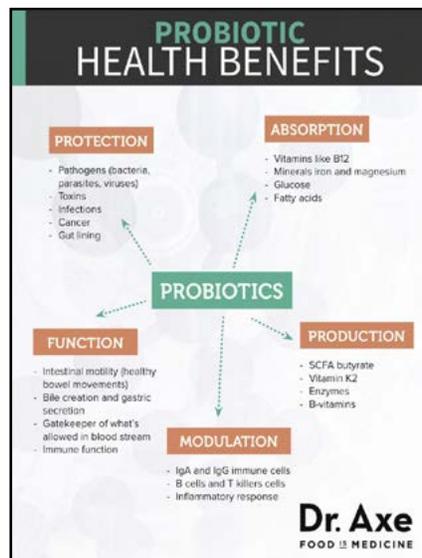
The strongest evidence to date finds that probiotic benefits include:

- boosting immune system
- prevent and treat urinary tract infections
- improve digestive function
- heal inflammatory bowel conditions
- manage and prevent eczema in children
- fight food-borne illnesses

New studies underway may soon prove that probiotics can:

- reduce flu and colds
- reduce overuse of antibiotics
- treat kidney stones
- treat colic

- prevent cavities and gum disease
- treat colitis and Crohn's disease
- combat antibiotic-resistant bacteria
- treat liver disease
- battle cancer
- manage autism
- lower cholesterol
- fight bacteria that causes ulcers
- improve acne
- lose weight



ARE THERE PROBIOTIC SIDE EFFECTS?

Probiotic side effects can sometimes include diarrhea if you take too much too fast. You can start off with a smaller amount like one tablespoon of kefir or one probiotic capsule a day and work your way up.

But overall, the side effects of probiotics are nothing but positive!

HOW PROBIOTICS WORK

Your gut contains both beneficial and harmful bacteria. Digestive experts

agree that the balance of gut flora should be approximately 85 percent good bacteria and 15 percent bad bacteria.

If this ratio gets out of balance, the condition is known as dysbiosis, which means there is an imbalance of too much of a certain type of fungus, yeast or bacteria that is affecting the body in a negative way. By consuming certain types of probiotics foods and supplements you can help bring these ratios back into balance.

Also, it is important to understand that probiotics are not a new idea. Throughout history, cultures have thrived on probiotics found in fermented and cultured foods, which were invented for food preservation long before the refrigerator.

In fact, the refrigerator could be one of the worst inventions for your digestive health because now we don't have to culture or ferment our foods to keep them from spoiling so we lose out on those vital probiotics.

WHAT MAKES PROBIOTICS?

Most often, probiotics are created via fermentation. Friendly bacteria are all around us—you're soaking in them!—so fermentation simply collects them and gives them a nice place to grow.

BENEFITS OF FERMENTATION

Fermentation not only bumps up good bacteria but helps eliminate anti-nutrients. When grains, seeds and tubers are soaked, sprouted and/or fermented, we disable anti-nutrients. This is good. It means:

- The food is more digestible (think tempeh instead of soy-beans or yogurt instead of milk)

- The food has more minerals (thanks to less phytates)
- The food has more protein (thanks to less protease inhibitors)

And vitamin B12 is a product of bacterial fermentation. So, fermenting can create a reliable form of this nutrient.



Sauerkraut

TOP PROBIOTIC FOODS LIST

If you want to start consuming probiotic-rich foods, here is a list of the most beneficial probiotic foods:

- Kefir
- Sauerkraut
- Kimchi
- Coconut Kefir
- Natto
- Yogurt
- Miso
- Kombucha

HOW TO PICK THE BEST PROBIOTIC SUPPLEMENTS

It's important to note that there are different types of strains of probiotics. The probiotic benefits experienced with one probiotic strain may be completely different from the health benefits seen from another probiotic.

Certain strains of probiotics support immunity, others digestion, and some even help burn fat and balance hormones.

If you want to use probiotics to help with a specific health concern, it's vital to select the right probiotic for the right condition. Or, consume a wide range of probiotics in your food and you will be covered.

As we said earlier, you are what you digest and there are no other compounds in the world that support digestion and the assimilation of nutrients better than living probiotics. While many companies are now producing probiotics, the majority of them are ineffective at best. Most probiotic supplements today are destroyed by your stomach acid before they ever get to your digestive tract.

When reading a probiotic label, it should reveal the genus, species and strain of the probiotic.

The product should also give you the CFU's (colony forming units) at the time of manufacturing.

Also, the majority of probiotics can die under heat so knowing the company had proper storing and cooling of the facility is also important.

There are five specific things you want to consider when buying a probiotic supplement:

- **Brand Quality**
- **High CFU Count**—purchase a probiotic brand that has a higher number of probiotics from 15 billion to 100 billion.
- **Strain Diversity**—search for a probiotic supplement that has 10-30 different strains.
- **Survivability**—look for strains like bacillus coagulans, saccharomyces boulardii, bacillus subtilis, lactobacillus rhamnosus, and other cultures or formulas that ensure probiotics make it to the gut and are able to colonize.
- **Research**—do your homework and look for brands that have

strains that support your specific needs.

BENEFICIAL PROBIOTIC STRAINS

- *Bifidobacterium bifidum*—the most dominant probiotic in infants and in the large intestine. Supports production of vitamins in gut, inhibits harmful bacteria, supports immune system response and prevent diarrhea.
- *Bifidobacterium longum*—supports liver function, reduces inflammation, removes lead and heavy metals.
- *Bifidobacterium breve*—helps colonize healthy gut community and crowd out bad bacteria.
- *Bifidobacterium infantis*—alleviates IBS symptoms, diarrhea and constipation.
- *Lactobacillus casei*—supports immunity, inhibits h. pylori and helps fight infections.
- *Lactobacillus acidophilus*—relieves gas, bloating, improves lactose intolerance. Shown 61 percent reduction in e. coli, lower cholesterol levels and creation of vitamin K. Also, important in GALT immune strength.
- *Lactobacillus bulgaricus*—a powerful probiotic strain that has been shown to fight harmful bacteria that invades your digestive system and is stable enough to withstand the acidic digestive juices of the stomach. It also neutralizes toxins and naturally produces its own antibiotics.
- *Lactobacillus brevis*—shown to survive the GI tract, boost cellular immunity, enhanced

Continued on page 11

Opposers of the Truth— Some History: the Church of God

by Sarolta Noyes



INSPIRATION

In *Testimonies for the Church, Vol. 1.*, p. 116 - 117 we read (*emphasis by editor*):

“I was shown the case of Stephenson and Hall of Wisconsin. I saw that while we were in Wisconsin, in June, 1854, they were convicted that the visions were of God; but they examined them and compared them with their views of the **Age-to-Come**, and because the visions did not agree with these, they sacrificed the visions for the **Age-to-Come**. And while on their journey East, last spring, they both were wrong and designing. They have stumbled over the **Age-to-Come**, and they are ready to take any course to injure the Review; its friends must be awake and do what they can to save the children of God from deception. These men are uniting with a lying and corrupt people. They have

had evidence of this. And while they were professing sympathy and union with my husband, they (especially Stephenson) were biting like an adder behind his back. While their words were smooth with him, they were inflaming Wisconsin against the Review and its conductors. Especially was Stephenson active in this matter. Their object has been to have the *Review* publish the **Age-to-Come theory**, or to destroy its influence. And while my husband was openhearted and unsuspecting, seeking ways to remove their jealousy, and frankly opening to them the affairs of the office, and trying to help them, they were watching for evil, and observing everything with a jealous eye. Said the angel as I beheld them: “Think ye, feeble man, that ye can stay the work of God? Feeble man, one touch of His finger can lay thee prostrate. He will suffer thee but a little while.”

I was pointed back to the rise of the advent doctrine, and even before that time, and saw that there had not been a parallel to the deception, misrepresentation, and falsehood that has been practiced by the Messenger party, or such an association of corrupt hearts under a cloak of religion. Some honest hearts have been influenced by them, concluding that they must have at least some cause for their statements, thinking them incapable of uttering so glaring falsehoods. I saw that such will have evidence of the truth of these matters. The church of God (*Ellen White does not refer here to the organization called “The Church of God”, she is talking about God’s true people—editor*) should move straight along, as

though there were not such a people in the world.

I saw that decided efforts should be made to show those who are unchristian in life their wrongs, and if they do not reform, they should be separated from the precious and holy, that God may have a clean and pure people that He can delight in. Dishonor Him not by linking or uniting the clean with the unclean.”

These are strong and straightforward words from Ellen White against some deception and falsehood. (You may read more about this issue on p. 122 and 123 of the same book.) But what was this deception that she was talking about? And who are the people she mentioned? How can we follow her instructions not to link and unite with falsehood if we don’t really know what she was talking about or referring to as the “*Messenger Party*”?

We find some clues in the Appendix of the book (*Testimony for the Church*): “**The Messenger Party**”—In the summer of 1854 there appeared among the Sabbath-keeping Adventists the first disaffection, or apostasy. Two men who had been preaching the message were reproved through the spirit of prophecy for a harsh, censorious spirit, for avarice, and for extravagance in the use of means placed in their hands. Becoming embittered instead of repentant, they joined with a few others in unjust recrimination against Elder and Mrs. White and other leaders, making false charges against them. Although continuing to advocate the Sabbath truth, they began the publication of a slanderous sheet which they called the *Messenger of Truth*.

They were joined by elders Stephenson and Hall of Wisconsin. These men had been first-day Adventist preachers, who professed to accept the truths of the third angel's message, but who continued to hold doctrines regarding the Age-to-Come. According to this theory there was to be, during the millennium a "second chance" for salvation. They agreed, however, to preach the message, without advocating this question, if the Review would not publish articles against it. However, as indicated in the text, they did not keep their promise and were soon opposing the Review and its supporters.

The course of these "opposers of the truth" was soon run. Both Stephenson and Hall lost their reason. The *Messenger of Truth* ceased publication in 1857, and early in 1858 Elder White reported regarding the party: "Not one of the eighteen messengers of which they once boasted as being with them is now bearing a public testimony, and not one place of regular meeting of our knowledge among them."—*The Review and Herald*, January 14, 1858.

DIGGING DEEPER

To understand the whole issue and its far-reaching influence, we need to dig a little deeper. The *Messenger Party's* history is tightly connected with the Church of God. The Church of God (Seventh Day) denomination arose out of the Millerite movement and traces its origins back to the original sabbatarian Adventist movement. After H.S. Case and C.P. Russell came into conflict with Ellen G. White in Jackson, Michigan, in 1853, they began publishing *The Messenger of Truth* (hence the name "Messenger Party") and two years later formed an alliance with J.M. Stephenson and D.P. Hall in Wisconsin, who were advocating the belief that during the millennium individuals would receive a second chance to accept Christ. (In 1849 Joseph

Marsh introduced the idea that "the end" meant the closing of the millennium and that those who had not accepted Christ would have a second chance to do so during "the age to come"—hence the early group was popularly called "**Age to Come Adventists**".)

The Messenger, however, stopped publication in 1858. Meanwhile, Gilbert Cranmer, who had broken from the main sabbatarian Adventist movement, formed his own group, including several individuals who had supported *The Messenger*, and began publishing *The Hope of Israel* in 1863, which was printed on the former *Messenger* press. After this latest paper went out of existence in 1865, Henry Carver of Marion, Iowa, purchased the press and moved it from Michigan to his home state. He was a member of a group in Iowa that had rejected the inspiration of Ellen G. White and by the mid-1860s was known as the Church of Jesus Christ, although Seventh-Day Adventists called them the "Marion Party." Reviving *The Hope of Israel*, Carver's group moved toward church organization, forming the General Conference of the Church of God in 1869.

As the church brought in other sabbatarian Adventists who rejected the inspiration and authority of Ellen G. White, it developed a more formal church structure, forming conferences in Michigan, Iowa, and Missouri, all of which adopted the name "Church of God".¹

The beliefs of *Church of God* still exists today though the organization went through a lot of changes and new denominations broke off from the original group (for example *The Worldwide Church of God*, *The United Church of God*, *The Church of God, International*, or *The Living Church of God*. They all have similar beliefs; to show it, we briefly list a couple.)

THE WORLDWIDE CHURCH OF GOD

One of the ministers of the *Church of God (Seventh Day)*, Herbert W. Armstrong, later separated from the organization and founded the *Radio Church of God* in 1934, which was renamed The Worldwide Church of God. In 2009 the organization changed its name to *Grace Communion International*.



Herbert W. Armstrong

The Worldwide Church of God also held to the Age-to-come belief just as the original Church of God (Seventh Day).

"**Second Chance for Salvation.** (under Armstrong)—Those who "missed the chance" to believe in this life will be given a second chance in the next life—that they will be resurrected at the close of the Millennium and given another opportunity to believe the Gospel."²

Interesting fact that "eventually Armstrong accepted and observed many principles and laws found in the Old Testament and taught converts to do the same. These included the ... celebration of high Sabbaths, or **annual feast days** such as Passover, Pentecost and the Feast of Tabernacles.³ To finance the travelling to these feast days, he commended the members to pay a second tithe to the church. "Armstrong taught a strict doctrine of tithing to the members.

Ten percent of a member's gross income was to be given to the church, and yet another ten percent was to be saved for traveling to one of the church's annual feast days, the Feast of Tabernacles."⁴

THE UNITED CHURCH OF GOD

The United Church of God (UCG), is a Christian religious denomination based in the United States, an offshoot of the *Worldwide Church of God*.



The logo of the United Church of God

We can still find the “**Age-to-Come doctrine**” among its beliefs: “the core of Jesus Christ’s message was the coming of a literal earthly Kingdom and that people who are ‘saved’ will not go to heaven, but will live and rule eternally with Jesus Christ on earth after his second coming, and will subsequently share rulership over the entire universe as part of the ‘God Family’. ... People who do not know or understand the truth of the Bible during their lifetimes will be given time to learn these teachings after the “Second Resurrection” to a new physical life. After living again in the Millennial world under God’s Kingdom, those who continue to reject God’s Holy Spirit and way of life will be annihilated after the “Third Resurrection” along with

unrepentant former believers who had turned away from God.”⁵

This denomination also teaches that “the annual holy days were ordained by God, kept by the ancient Israelites, and continued by the early New Testament Christians. These seven annual “appointed feasts” picture God’s plan of salvation for man.”⁶ Therefore UCG believes the “literal **observance of Holy Day festivals** such as eating unleavened bread during the ‘Days of Unleavened Bread’, and living in ‘temporary habitations’ during the ‘Feast of Tabernacles’.”⁵

SUMMARY

We can see that just because people keep the Sabbath and hold unto some Biblical truths (like the truth about God [non-Trinitarians], the state of the dead, etc.) doesn’t mean they have not gone down on the road of error. Even in Ellen White’s days there were individuals promoting false theories, influencing honest hearts. The same characteristics are still alive and well today, bringing confusion and deception among God’s people.

May God help us to be wide awake and be Bereans—proving all things and holding fast unto which is good.

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- 2 <http://www.rapidnet.com/~jbeard/bdm/Cults/armstrong.htm>
- 3 <https://en.wikipedia.org/wiki/Armstrongism>
- 4 https://en.wikipedia.org/wiki/Grace_Communion_International
- 5 https://en.wikipedia.org/wiki/United_Church_of_God
- 6 <http://cgi.org/about/>

Upcoming Events in the USA

Come and join us!

COMMUNION— WASHINGTON STATE

When:

Sabbath, March 19, 2016

Where:

Wenatchee Community Center
504 S Chelan Ave., Wenatchee WA

Contact:

Coming Home Ministry —Stephen
and Saci [Shotzee] Noyes
(509) 782-2439

Save the Date

BIBLE SEMINAR— WASHINGTON STATE

When:

June 14-19, 2016 (Tuesday - Sunday)

Where: (NEW location!)

Cashmere Riverside Center
201 Riverside Drive
Cashmere, WA 98815

Theme:

CHRISTIANITY—
a misrepresented religion

Speakers:

Imad Awde, David Clayton,
Ken Corklin, Nader Mansour, and
Howard Williams

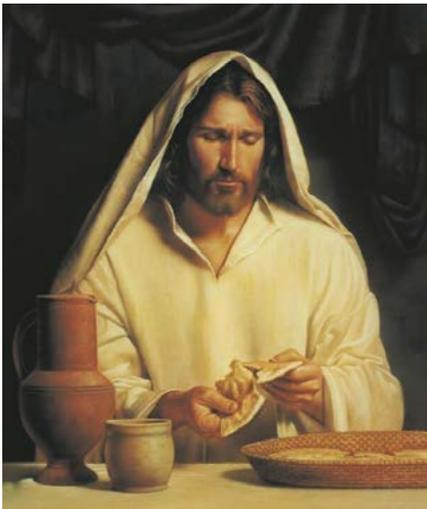
For more information:

www.cominghomeministry.org

The Lord's Supper

Continued from page 2

Now they come to meet with Christ. They are not to stand in the shadow of the cross, but in its saving light. They are to open the soul to the bright beams of the Sun of Righteousness. With hearts cleansed by Christ's most precious blood, in full consciousness of His presence, although unseen, they are to hear His words, "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you." *John 14:27. CCh 301.5*



As we receive the bread and wine symbolizing Christ's broken body and spilled blood, we in imagination join in the scene of Communion in the upper chamber. We seem to be passing through the garden consecrated by the agony of Him who bore the sins of the world. We witness the struggle by which our reconciliation with God was obtained. Christ is set forth crucified among us. *CCh 301.6*

Looking upon the crucified Redeemer, we more fully comprehend the magnitude and meaning of the sacrifice made by the Majesty of heaven. The plan of salvation is glorified before us, and the thought of Calvary awakens liv-

ing and sacred emotions in our hearts. Praise to God and the Lamb will be in our hearts and on our lips; for pride and self-worship cannot flourish in the soul that keeps fresh in memory the scenes of Calvary. *CCh 302.1*

As faith contemplates our Lord's great sacrifice, the soul assimilates the spiritual life of Christ. That soul will receive spiritual strength from every Communion. The service forms a living connection by which the believer is bound up with Christ, and thus bound up with the Father. In a special sense it forms a connection between dependent human beings and God. *CCh 302.2*

The Communion service points to Christ's second coming. It was designed to keep this hope vivid in the minds of the disciples. Whenever they met together to commemorate His death, they recounted how "He took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; for this is My blood of the new testament, which is shed for many for the remission of sins. But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in My Father's kingdom." In their tribulation they found comfort in the hope of their Lord's return. Unspeakably precious to them was the thought, "As often as ye eat this bread, and drink this cup, ye do show the Lord's death till He come." *1 Corinthians 11:26. CCh 302.3*

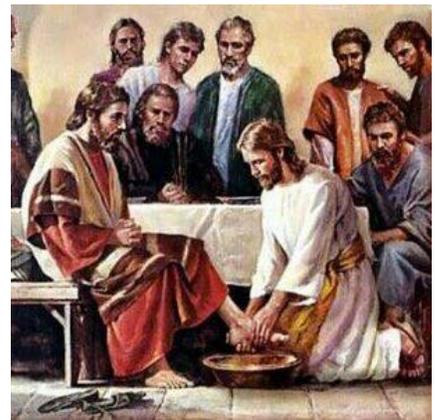
These are the things we are never to forget. The love of Jesus, with its constraining power, is to be kept fresh in our memory. Christ has instituted this service that it may speak to our senses of the love of God that has been expressed in our behalf. There can be no union between our souls and God except through Christ. The union and love between brother and brother must be cemented and rendered eternal by the love of Jesus. And nothing less than the death of Christ could make His love

efficacious for us. It is only because of His death that we can look with joy to His second coming. His sacrifice is the center of our hope. Upon this we must fix our faith. *CCh 302.4*

FREQUENCY OF THE LORD'S SUPPER

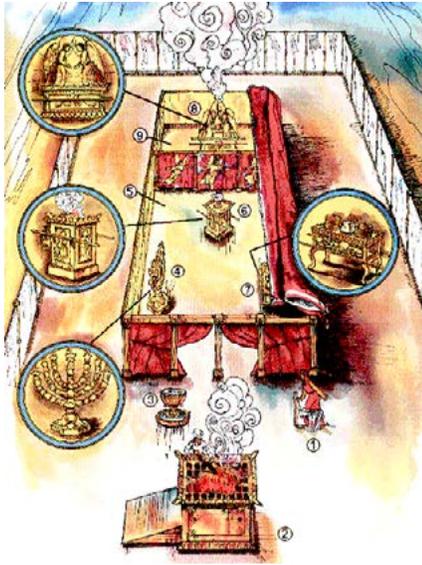
Christ designed that this supper should be often commemorated, in order to bring to our remembrance his sacrifice in giving his life for the remission of the sins of all who will believe on and receive him. And this ordinance is not to be exclusive, as many would make it. Each must participate in it publicly, and thus bear witness: I accept Christ as my personal Saviour. He gave his life for me, that I might be rescued from death. *RH May 31, 1898, par. 7*

The salvation of men depends upon a continual application to their hearts of the cleansing blood of Christ. Therefore, the Lord's supper was not to be observed only occasionally or yearly, but more frequently than the annual Passover. This solemn ordinance commemorates a far greater event than the deliverance of the children of Israel from Egypt. That deliverance was typical of the great atonement which Christ made by the sacrifice of his own life for the final deliverance of his people. *3SG 228.1*



GOD'S GPS—Gospel of the Sanctuary

by John C. Bassett



Psalms 77:13 Thy way, O God, is in the sanctuary: Who is so great a God as our God?

THE SANCTUARY

1. **Altar of Sacrifice** (*Death, Forgiveness, Animals, Sacrifice*)
2. **Brazen Laver** (*Water, Baptism, Spirit*)
3. **Table of Showbread** (*Bread of Life, Word of God, Throne of God*)
4. **Altar of Incense** (*Prayer, Mediation*)
5. **Golden Candlestick** (*People, Witness, Light of the World*)
6. **Ark of the Covenant.** (*Seat of God, His Law*)

NOTE: For the rest of this study the numbers will correspond to the article of furniture as listed above.

CHILDREN OF ISRAEL AND THE PATH OF THE SANCTUARY

1. Sprinkle blood on the doorpost (*slay lamb, Altar of Sacrifice*)
2. Cross the Red Sea (*Water, Brazen Laver*)
3. God gave Manna (*Bread of Life, Table of Showbread*)

4. God said to obey His voice (*Prayer, Altar of incense*)
5. Through obedience He would make them a nation of kings (*light, Golden Candlestick*)
6. Mt Sinai, gave His Law (*Ark of the Covenant*)

CHRIST'S LIFE AND THE SANCTUARY

1. Born in a manger
2. Baptized
3. First temptation—stone to bread
4. Second temptation—presumptuous prayer
5. Third temptation—bow to Lucifer for ownership of people of the earth
6. Word of God, His law used to ward off temptation

CHRIST'S LIFE BACKWARD THROUGH THE SANCTUARY

6. Left the bosom of the Father
5. Was a witness to the world
4. Spent His life in prayer
3. Fed on the Word of God
2. Was Baptized with the Spirit/Water
1. Crucified for our Sin

CHRIST ASSENTION

1. He came and was sacrificed
2. Baptized with the Spirit
3. Ascended to heaven that He could send us the Manna from heaven (spirit)
4. Ascended to become our Mediator for our prayer
5. Ascended so He could minister among the Golden Candlesticks of Revelation
6. Ascended for the execution of our judgment

OUR PATH AND THE SANCTUARY

1. We must die to self, Ask forgiveness, be crucified with Christ

2. Baptized with water and Spirit, filled with Him
3. We must eat of His Word
4. We must pray and keep our channel open to Him
5. We must be a light to the world, a witness for Him
6. We MUST have the Seal of the living God in our foreheads

THE DARK AGES 1260 YEARS AND THE SANCTUARY

1. Eucharist by pope introduced, sacrifice done away
2. Sprinkling baptism by pope, submersion done away with
3. Word of God destroyed by pope, bread of life done away with
4. Confession to pope, Prayer to God done away with (two rooms separated by curtain, pope in mercy seat)
5. Persecution by pope, light darkened and chased into wilderness
6. Sunday Sabbath by pope, 7th day done away with

THE 2300 DAY RESTORATION OF THE SANCTUARY

3. 1300's John Wycliffe restores the word of God
1. 1400's Martin Luther restores Christ's Sacrifice
4. 1500's John Calvin restores prayer
2. 1600's John Smith restores baptism
5. 1700's John Wesley restores witness to the world
6. 1800's Joseph Bates restores the Sabbath

Get in the Ark (of the Covenant), time is short!

Source Material:

"The Blueprint: Earth's Final Movie"
by Ivor Myers

Probiotics

Continued from page 5

natural T-killer cells and kill *h. pylori* bacteria.

- *Lactobacillus rhamnosus*—supports bacterial balance and supports healthy skin. Helps fight urinary tract infections, respiratory infections, and reduce anxiety by reducing stress hormones and GABA neurotransmitter receptors. Also, survives GI tract.
- *Bacillus subtilis*—an endospore probiotic that is heat-resistant. Elicits a potent immune response and supports GALT. Suppresses growth of bad bacteria like salmonella and other pathogens.
- *Bacillus coagulans*—an endospore probiotic that is heat-resistant and improves nutrient absorption. Also has been shown to reduce inflammation and symptoms of arthritis.
- *Saccharomyces boulardii*—a yeast probiotic strain that restores natural flora in the large and small intestine and improves intestinal cell growth. It has proved effective in treating

inflammatory bowel disease like Crohn's disease. It's been shown to have anti-toxin effects, be antimicrobial, and reduce inflammation.

break them down into smaller parts that we can digest.

OTHER IMPORTANT “BIOTICS”—PREBIOTICS

Prebiotics help keep probiotics alive. We don't digest prebiotics, which come mainly from complex starches, but probiotics love them. Inulin and fructo-oligosaccharides (FOS) are common prebiotics. You'll get them from legumes, fruits and whole grains. They are abundant in the food supply (assuming you eat real food).

Food sources for prebiotics:

barley, oats, rye, quinoa, wheat, onions, bananas, berries, flax, garlic, honey and agave, leeks, artichokes, yams, and beans.

PROBIOTIC AND DIGESTIVE ENZYMES

Probiotics are not digestive enzymes. Digestive enzymes are like chemical grinders that chew up substances and break them down for us so we can absorb them. For example, we can't absorb big chunks of protein, so our body uses proteases—protein-breaking enzymes—to

SUMMARY AND RECOMMENDATIONS

- Do your best to remove substances from your life that can destroy probiotics.
- Consume two servings daily of probiotic-rich foods. (*Immune-compromised individuals can develop infections from probiotic microbes—be cautious if you are taking immunosuppressive drugs, if you have AIDS, if you are receiving radiation or chemotherapy, and/or if you are in the hospital.*)
- Take a probiotic supplement that has at the very least 10+ strains of probiotics with at least 15 billion CFUs.

Source Material:

Dr. Axe: Probiotics Benefits, Foods and Supplements

<http://draxe.com/probiotics-benefits-foods-supplements/>

<http://www.precisionnutrition.com/all-about-probiotics>

Think about These Things ...

Jesus continued: “That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.” By nature the heart is evil, and “who can bring a clean thing out of an unclean? not one.” Job 14:4. No human invention can find a remedy for the sinning soul. “The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.”

“Out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.” Rom. 8:7; Matt. 15:19. The fountain of the heart must be purified before the streams can become pure. He who is trying to reach heaven by his own works in keeping the law is attempting an impossibility. There is no safety for one who has merely a legal religion, a form of god-

liness. The Christian's life is not a modification or improvement of the old, but a transformation of nature. There is a death to self and sin, and a new life altogether. This change can be brought about only by the effectual working of the Holy Spirit.

Source Material:

Ellen White: Desire of Ages, p. 172

Tasty Vegan Recipes



FALAFEL

Ingredients:

- 2 cups soaked chick peas (*garbanzo beans*)
- 4 cloves crushed garlic
- 2 teaspoons ground coriander
- ½ cup flat-leaf (Italian) parsley
- 2 tablespoon coriander leaves (*cilantro - optional*)
- 1 tablespoon ground cumin
- ¼ cup freshly squeezed lemon juice

- ¾ cup quick oats
- ½ cup barley flour
- 1-2 teaspoon salt
- oil (for baking)

Directions:

1. In a bowl, pour enough boiling water over quick oats to just cover it. Place a plate on top of bowl and allow to stand 5 minutes until water is absorbed.

2. Place soaked and drained chickpeas, garlic, coriander, cumin, parsley, coriander leaves and lemon juice in a food processor and blend until smooth. Mixture needs to be just moist, add a little water if needed.

3. Transfer to a large bowl and add quick oats, barley flour and salt. Mix until well combined.

4. Using wet hands, take tablespoons of mixture and shape into balls, flatten to form 2 inches rounds. Put them on a plate and place in refrigerator for 30 minutes.

5. Place falafels on oiled cookie sheet and bake them in oven or pour oil into a heavy-based saucepan and cook both sides of the falafels until they are light golden in color.

Makes between 20 to 30 falafels. Serve them hot or cold with tahini sauce, hummus, or pita bread and salad. (For *tahini sauce* visit <http://livingonpulse.blogspot.com/2011/08/falafels.html>.)

Enjoy!

Source Material:

<http://livingonpulse.blogspot.com/2011/08/falafels.html>