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Editorial

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“Why call me, Lord, Lord, and do not the things which I say.” Luke 6:46

I have met Jehovah Witnesses in many places around the world. To me, they are all wound up like penguins. Like old-fashioned Popery, they have all been indoctrinated by the Watchtower organization in Brooklyn, New York. They all say the same thing, wherever you find them. Jehovah Witnesses who think for themselves and read the Bible for themselves are called proud and disobedient. This spirit of intolerance exercised by the proud and ignorant Watchtower leadership comes straight from Popery. The Bible says, however, that we are to work out our **own** salvation with fear and trembling. (Phil 2:12.)

I was in Saskatoon Canada, and was about to go to Church on a Sabbath morning, when a nice lady with a bag over her shoulder and her son came to the front gate, and said *“what a lovely day it is.”* I interrupted and added *“and what lovely flowers you have!”* She said *“how did you know I was going to say that?”* I said, *“I had just flown up from New Zealand and last week two Jehovah Witnesses knocked on my door and said the same thing!”*

The Jehovah Witnesses have a new strategy. Instead of door-to-door knocking, they work in twos on the main street corners all around the world.

Last week, I met two Jehovah Witnesses on a street corner in an Otago town. I perused their publications on their stand, and then asked *“how do you know your church is the right one, because every church thinks they are right?”* One of the two middle-aged ladies smiled and replied with confidence, *“we have Jehovah’s name!”* I replied *“that in Jesus’ time, the people got his name right. They called Him Lord, Lord, and He never corrected them.”* *“Why call ye me Lord, Lord, and do not the things that I say.”* Luke 6:46.

Christ showed them the principle of emphasising His name, but not obeying His commandments was not acceptable to Him. Jesus said, *“If you love me keep my Commandments.”* The Jehovah’s Witnesses believe they have God’s name right, but we believe that they haven’t.

They then reject Jehovah’s Commandments.

They said God’s esteemed name Jehovah occurs dozens of times in the Bible. The name Jehovah, however, does not occur once naturally in the Bible. The word Jehovah first appeared in William Tyndale’s translation into English from Erasmus’ Greek. Tyndale chose to translate the Hebrew word Adonai which was a substitute for the Tetragrammaton, which was the four following letters: YHWH. The Hebrew scribes believed that this expression of God’s name was too Holy to be used by mortal man. They, when coming to this Tetragrammaton in the scrolls, would traditionally replace the letters with the use of the word Adonai. Tyndale took the YHWH and brought down the consonants from Adonai and blended them into the YHWH, and from this blending produced the new word YEHOUAH, which in our English has become JEHOVAH. In the KJV Old Testament the word Jehovah occurs four times. (Exodus 6:3, Psalms 83:18, Isaiah 12:2, and Isaiah 26:4.) It does not occur once in the New Testament. *

The Watchtower Society has taken the heavy burden upon themselves to translate the Greek words **Theos** (God) and **Kurios** (Lord) as Jehovah 230 times in the New Testament. Their intention can be seen in the appendix of their New World Translation. All organisations, including the Mafia and gangs have rules. One rule of the Mafia is that they do not make hits on the women and children of other families. Evil as they may be labeled, they honour their rules. The Jehovah Witnesses, however, made their own rules concerning Theos and Kurios being translated as Jehovah in the New Testament. They then promptly broke their own rule, because if they had been honest to their rule, the following four verses in their Bible would have made Jesus Jehovah. If they had been honest to their own rules then the following verses would read. *“Look! The virgin will become pregnant and will give birth to a son, and they will call his name Imma-*

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nuel, which means, when translated, with us is **Jehovah** (God)." Matthew 1:23.

In 1 Corinthians 12:3 we see the Watchtower Society repeating the same error. "Therefore I would have you know that nobody when speaking by God's spirit says: 'Jesus is accursed!' and nobody can say: Jesus is **Jehovah** (Lord) except by holy spirit." 1 Corinthians 12:3.

In Philippians 2:11 the Watchtower again repeats the same error and belittles Jesus' deity. "And every tongue should openly acknowledge that Jesus Christ is **Jehovah** (Lord) to the glory of God the Father." Philippians 2:11.

The Watchtower again belittles Christ's deity in John 1:1. "In [the] beginning the Word was, and the Word was with God, and the Word was **Jehovah** (a god)." We obeyed the Watchtower rules and inserted **Jehovah** into the places where the Greek words Theos and Kurios occurred. In summary, the Watchtower breaks their own rules to avoid making Jesus Jehovah. They are Arians or Unitarians who believe that there is only one God. "Listen, O Israel: Jehovah our God is one Jehovah." Deuteronomy 6:4. They fail to realise that the word God in this verse is plural. They have deliberately altered these words and many others to accommodate their heresy. This Unitarian heresy started in Egypt in the early centuries of Christendom. Arius was a Jew, and the Jews recognized that Jesus was something special, but they tried to stone Him when He made Himself God. "Then the Jews took up stones again to stone him. Jesus answered them, Many good works have I shewed you from my Father; for which of those works do ye stone me? The Jews answered him, saying, For a good work we stone thee not; but for blasphemy; and because that thou, being a man, makest thyself God." John 10:31-33. I asked my Jehovah Witness friends, "If you had been there, would you have picked up stones to stone Jesus because being a man he claimed also to be Jehovah?" At this time, a man who was walking by heard the conversation and joined in and made some good points. He mentioned Isaiah 7:14, "Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name **Immanuel** which translates by their rules to **Jehovah** with us." Isaiah 7:14. I then mentioned Isaiah 9:6. "For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor; The mighty God, **The everlasting Father**, The Prince of Peace." Isaiah 9:6. I then read from their own Bible "I am Alpha and the Omega, says Jehovah God, the one who is and who was and who is coming, the Almighty" Revelation 1:8. I then asked them who this is? They replied "This is Jehovah". We then turned to Revelation 22:12. "And, behold, I come quickly; and my reward is with me, to

give every man according as his work shall be. I am **Alpha and Omega, the beginning and the end, the first and the last.**" Revelation 22:12-13. I then asked the Jehovah's Witness Ladies who this is referring to? They answered "it is referring to Jehovah because of the **Alpha and Omega.**" I then went to Revelation 1:17. "And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the **first and the last: I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death.**" Revelation 1:17-18 I then asked them after reading the **first** and the **last**, who is this? They answered that it must be **Jehovah**, because of the reference in Revelation 22:13. I then asked them, "When did Jehovah die?" There was no reply, so I said, "Jesus was **Immanuel, Jehovah with us, who died on Calvary. He was Jacob's Ladder which touched heaven (His Divinity) and touched earth. (His fallen human nature through King David).**"

I mentioned to them that Jehovah's name was holy, but He exalted His Word above His name. "I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: **for thou hast magnified thy word above all thy name.**" Psalm 138:2.

The JW ladies told me that God's 10 Commandments were only for the Jews. I then said to them, "you uphold Jehovah's name, but you discard Jehovah's 10 Commandments contained in His Word." The discussion turned to the 4th Commandment, Remember the Sabbath day to keep it holy. I mentioned that God created heaven and earth in 6 literal days and rested on the 7th literal day. They informed me that each day of creation was 6,000 years, thus nullifying the requirement of God to rest on the 7th day each week, to remember His great work of creation. They then told me that they kept every day holy. I said that they were wise above that which was written, for men and women of God had kept the 7th Day Sabbath holy in all parts of the world, from Ethiopia to India, and from Ireland to Switzerland. I then informed them that the same Hebrew for each day of creation was 24 hours, and then God put it in the midst of the 10 Commandments, and told His children to Remember it (The 24 hour Sabbath). My point was that if each day of creation was 6,000 years as the Watchtower claims, then the Jews would have rested for 6,000 years at the end of each week. The same 24 hour day of creation was put by God in the 4th Commandment, thus the requirements upon men of God was to keep God's 24 hour 7th day holy. Israel kept this 24 hour Sabbath of the 4th Commandment throughout their checked history. In the 4th Commandment Jehovah said to **remember** the Sabbath day. This shows the Sabbath Commandment was around before Sinai, and that professing Christians in the future would

forget God's Sabbath day.

We are told in Ecclesiastes, "Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of **man** (not just the Jews." Ecclesiastes 12:13. This verse does not call it the duty of the Jews only, but all of man kind. The Commandments were broken by our first parents, Adam and Eve, 1500 years before there was a Jew.

They seem to be blinded to God's threat in their own Bible to all those who would dare to take away or add to His Word. "I am bearing witness to every one that hears the words of the prophecy of this scroll: if anyone makes an addition to these things, God will add to him the plagues that are written in this scroll; and if anyone takes anything away from the words of the scroll of this prophecy, God will take his portion away from the trees of life and out of the holy city, things which are written about in this scroll." Revelation 22:18-19.

The Jehovah's Witnesses make a great thing about God's name, where ever they go in the world, but they teach their converts to disregard God's 10 Commandments, which is contrary to their own perverted Bible. Jesus said, "if you love me keep My Commandments." John 14:15.

It was God Himself who confused the languages at the tower of Babel. I have been in the Pacific Islands and seen big men on their knees, who have accepted God's 10 Commandments and kept them by God's grace. They say in their prayers "Thankyou Papa-God for all you have done for us." I believe that God accepts these humble prayers from men who have been converted from their previous way of life. In the Lord's prayer we are instructed by the Lord Himself to pray to "Our Father which art in heaven, **hallowed be thy name.**" Matthew 6:9.

Jesus has promised to come back and take us to heaven. Then will all those who keep His Commandments, call upon Him with one name. "For then will I turn to the people a pure language, that they may all call upon the name of the LORD, to serve him with one consent." Zephaniah 3:9. "Blessed are they that do his Commandments, that they may have right to the tree of life, and may enter in through the gates into the city." Revelation 22:14.

Sadly, while the Jehovah Witnesses are emphasising God's name at the expense of His Commandments, we should not be surprised to find in their Bible that Revelation 22:14 has been perverted by the Watchtower Society. "Happy are those who wash their robes, that the authority [to go] to the trees of life may be theirs and that they may gain entrance into the city by its gates." The sanctified life of keeping the Commandments by faith in Christ to enter the heavenly city of God, has been replaced by justification alone. ie "Those who wash their robes." * Thanks to Peter Henham for this information.

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Opposition to the Message

Just as Kadesh-Barnea brought ancient Israel to the greatest crisis of their journey, so the message of 1888 brought modern Israel to the parting of the Ways and the greatest crisis of our history. That the Lord intended to pour out the latter rain and quickly finish His work is abundantly evident:

“The time of test is just upon us, for the loud cry of the third angel has already begun in the revelation of the righteousness of Christ, the sin-pardoning Redeemer. This is the beginning of the light of the angel whose glory shall fill the whole earth.” *Review and Herald*, November 22, 1892. “If you would stand through the time of trouble, you must know Christ and appropriate the gift of His righteousness, which He imputes to the repentant sinner.” *Ibid*.

“For he will finish the work, and cut it short in righteousness: because a short work will the Lord make upon the earth.” *Romans* 9:28. It is through the preaching of the message of righteousness by faith that the latter rain comes and this text is fulfilled.

“Yet the work will be cut short in righteousness. The message of Christ’s righteousness is to sound from one end of the earth to the other to prepare the way of the Lord. This is the glory of God, which closes the work of the third angel.” *Testimonies*, vol. 6, 19. Written during the nineties [1890s], “A Work is to be accomplished in the earth similar to that which took place at the outpouring of the Holy Spirit in the days of the early disciples, when they preached Jesus and Him crucified. Many will be converted in a day; for the message will go with power.” *Review and Herald*, November 22, 1892.

What Might Have Been

That the Lord fully intended to lead the Advent movement to a quick and glorious triumph following the Minneapolis Conference is evident from the following:

If these had done their work, the world would have been warned ere this. See *Review and Herald*, October 6, 1896. “Had the purpose of God been carried out by His people in giving to the world the message of mercy, Christ would, ere this, have come to the earth, and the saints would have received their welcome into the city of God.” *Testimonies*, vol. 6, 450. (Published in 1900. First appeared in the *Australasian Union Record*, October 15, 1898.)

“If the people of God had gone to work as they should have gone to work right after the Minneapolis meeting in 1888, the World would have been warned in a few years and the Lord would have come.”—A statement

attributed to Sister White and corroborated by a letter to the writer from Elder W. C. White. See also *The Desire of Ages*, 633-634; *Testimonies*, vol. 9, 29.

“God has raised up men to meet the necessity of this time who will cry aloud and spare not, who will lift up their voice like a trumpet, and show My people their transgressions, and the house of Jacob their sins. See *Isaiah* 58:1. Their work is not only to proclaim the law, but to preach the truth for this time—the Lord our righteousness. . . . But there are those who see no necessity for a special work at this time. While God is working to arouse the people, they seek to turn aside the message of warning, reproof, and entreaty. Their influence tends to quiet the fears of the people, and to prevent them from awaking to the solemnity of this time. Those who are doing this, are giving the trumpet an uncertain sound. They ought to be awake to the situation, but they have become ensnared by the enemy. If they do not change their course, they will be recorded in the books of heaven as stewards who are unfaithful in the sacred trusts committed to them, and the same reward will be apportioned to them as to those who are at enmity and in open rebellion against God.” *Review & Herald*. August 13, 1889.

Preach the Law

“You will meet those who will say, ‘You are too much excited over the matter. You are too much in earnest. You should not be reaching for the righteousness of Christ, and making so much of that. You should preach the law.’ As a people, we have preached the law until we are as dry as the hills of Gilboa that had neither dew nor rain. We must preach Christ in the law, and there will be sap and nourishment in the preaching that will be as food to the famishing flock of God. We must not trust in our own merits at all, but in the merits of Jesus of Nazareth.” *Review and Herald*, March 11, 1890.

According to some who attended the Minneapolis meeting, fully two-thirds of those present either opposed the message of righteousness by faith or were afraid of it. They felt that it was a form of fanaticism, a departure from the good old method of preaching the message. The teaching sounded new and strange and seemed to cast a reflection upon the message as it had been preached in the past and upon those who preached it. The opposition of some became very bitter and they not only ridiculed and criticized those who led out in preaching the message of righteousness by faith, but they even accused



Taylor Bunch

Sister White for standing with them. Scenes were enacted at the Minneapolis Conference and afterwards that were very similar to those enacted by the faithless Israelites at Kadesh-Barnea:

“Some of our brethren are not receiving the message of God upon this subject. They appear to be anxious that none of our ministers shall depart from their former manner of teaching the good old doctrines. We inquire, Is it not time that fresh light should come to the people of God, to awaken them to greater earnestness and zeal? The exceeding great and precious promises given us in the Holy Scriptures have been lost sight of to a great extent, just as the enemy of all righteousness designed that they should be. He has cast his own dark shadow between us and our God, that we may not see the true character of God.” *Review and Herald*, April 1, 1890.

“O, the soul-poverty is alarming! And those who are most in need of the gold of love, feel rich and increased with goods, when they lack every grace. Having lost faith and love, they have lost everything. The Lord has sent a message to arouse His people to repent and do the first works; but how has His message been received? While some have heeded it, others have cast contempt and reproach on the message and the messenger. Spiritually deadened, humility and childlike simplicity gone, a mechanical, formal profession of faith has taken the place of love and devotion. Is this mournful condition of things to continue? . . . Why will you try to rekindle a mere fitful fire, and walk in the sparks of your own kindling?” *Review and Herald Extra*, December 23, 1890.

Criticized Messengers

The ten unfaithful spies centered their criticism upon Caleb and Joshua, and finally they bade the people stone them. Because Moses stood with these two faithful men, he shared the same criticism and reproach.

“God has sent to His people *Testimonies* of truth and righteousness, and they are called to lift up Jesus, and to exalt His

righteousness. Those whom God has sent with a message are only men, but what is the character of the message which they bear? Will you dare to turn from, or make light of, the warnings, because God did not consult you as to what would be preferred? God calls men who will speak, who will cry aloud and spare not. God has raised up His messengers to do His work for this time. Some have turned from the message of the righteousness of Christ to criticize the men and their imperfections. . . .

“They have too much zeal, are too much in earnest, speak with too much positiveness, and the message that would bring healing and life and comfort to many weary and oppressed souls, is, in a measure, excluded; for just in proportion as men of influence close their own hearts and set up their own wills in opposition to what God has said, will they seek to take away the ray of light from those who have been longing and praying for light and for vivifying power. Christ has registered all the hard, proud, sneering speeches spoken against His servants as against Himself.” R&H, May 27, 1890.

“The third angel’s message will not be comprehended, the light which will lighten the earth with its glory will be called a false light, by those who refuse to walk in its advancing glory. The work that might have been done, will be left undone by the rejecters of truth, because of their unbelief. We entreat of you who oppose the light of truth, to stand out of the way of God’s people. Let Heaven sent light shine forth upon them in clear and steady rays. God holds you to whom this light has come, responsible for the use you make of it. Those who will not hear will be held responsible; for the truth has been brought within their reach, but they despised their opportunities and privileges.” Ibid.

“There is to be in the churches a wonderful manifestation of the power of God, but it will not move upon those who have not humbled themselves before the Lord, and opened the door of their heart by confession and repentance. In the manifestation of that power which lightens the earth with the glory of God, they will see only something which in their blindness they think dangerous, something which will arouse their fears, and they will brace themselves to resist it. Because the Lord does not work according to their ideas and expectations, they will oppose the work. ‘Why,’ they say, ‘should not we know the Spirit of God, when we have been in the work so many years?’—Because they did not respond to the warnings, the entreaties, of the messages of God, but persistently said, ‘I am rich, and increased with goods, and have need of nothing.’ Revelation 3:17. Talent, long experience, will not make men channels of light, unless they place them-

selves under the bright beams of the Sun of Righteousness.” Review and Herald Extra, December 23, 1890.

Own Ideas

“For nearly two years we have been urging the people to come up and accept the light and the truth concerning the righteousness of Christ, and they do not know whether to come and take hold of this precious truth or not. They are bound about with their own ideas. They do not let the Saviour in.” Review and Herald, March 11, 1890.

This statement shows that it is the acceptance of the Laodicean message with its complete remedy that brings Jesus into the heart. See Revelation 3:14-22. Those who reject this message refuse to let the Saviour in. The hesitant attitude on the part of the people generally was due to the attitude of many of the leaders toward the new preaching. They interposed themselves between the people and God’s message. Just as the whole camp of Israel was affected by the faithless and rebellious attitude of the ten princes who “brought an evil report” (Numbers 13:32), so Adventists in general were made cautious and hesitant and many were led to openly reject the message because of the attitude of men of long years’ experience in whom they had confidence:

“There is sadness in heaven over the spiritual blindness of many of our brethren. The Lord has raised up messengers and endued them with His Spirit, and has said. ‘Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.’ Isaiah 58:1. Let no one run the risk of interposing himself between the people and the message of Heaven. The message of God will come to the people; and if there were no voice among men to give it, the very stones would cry out. I call upon every minister to seek the Lord, to put away pride, to put away strife after supremacy, and humble the heart before God. It is the coldness of heart, the unbelief of those who ought to have faith, that keeps the churches in feebleness.” Review and Herald, July 26, 1892.

Criticism in Rooms

Just as the Israelites “murmured in their tents” at Kadesh-Barnea (Psalm 106:25), so those who opposed the message of righteousness by faith at Minneapolis murmured and criticized in their rooms:

“I shall never again, I think, be called to stand under the direction of the Holy Spirit as I stood at Minneapolis. The presence of Jesus was with me. All assembled at that meeting had an opportunity to place themselves on the side of truth by receiving the Holy Spirit, which was sent by God in such a rich current of love and mercy. But in the

rooms occupied by some of our people were heard ridicule, criticism, jeering, and laughter. The manifestations of the Holy Spirit were attributed to fanaticism. . . . The scenes which took place at that meeting made the God of heaven ashamed to call those who took part in them His brethren. All this the heavenly Watcher noticed, and it was written in the book of God’s remembrance.” Special Testimony to the Review and Herald Office, 16-17; written in 1896 (also found in Spalding and Magan’s Unpublished Manuscript Testimonies by Ellen G. White, 34; Ellen G. White 1888 Materials, 1565). Could there be a more striking antitype to what happened at Kadesh-Barnea?

Several ministers who attended the Minneapolis conference have testified to their personal knowledge of what happened in the rooms of some of the delegates. The following is from one who stayed in the same house with a group of workers:

“In our lodging house we were hearing a good many remarks about Sister White favouring Elder Waggoner, and that he was one of her pets. The spirit of controversy was up, and when the delegates came in from the last meeting of the day there was simply babble, with much laughter and joking and some very disgusting comments were being made, no spirit of solemnity prevailing. A few did not engage in the hilarity. No worship hour was kept, and anything but the solemnity that should have been felt and manifested on such an occasion was present.” Written by Elder C. Mc Reynold in 1931.

Satan in Control

Just as Satan got control of the ten spies whose false report kept Israel from entering the Promised Land at the time of God’s appointment, and led them to bitterly denounce and persecute the two men of faith, so Satan’s spirit controlled those who rejected the message of 1888 and criticized, ridiculed and persecuted the men of faith who gave it. In Testimonies to Ministers, 77-81, is a testimony from God’s servant entitled “A Faithful Message,” and written from Hobart, Tasmania, May 1, 1895. After speaking of Cain’s hatred for Abel which led to murder, the following statement is made:

“Just as soon as man separates from God so that his heart is not under the subduing power of the Holy Spirit, the attributes of Satan will be revealed, and he will begin to oppress his fellowmen. . . . Men who are entrusted with weighty responsibilities, but who have no living connection with God, have been and are doing despite to His Holy Spirit. They are indulging the very same spirit as did Korah, Dathan, and Abiram, and as did the Jews in the days of Christ. See Matthew 12:22-29, 31—37. Warnings have come from

Hope International Mission & Street Work



Peter Calkin, Sala, Kim and young people sing for the Lord



Peter speaking on the first night



Viela and family sing to close



Hope is running an eight night mission in Taumarunui. Peter is presenting archaeology followed by studies in Daniel and Revelation. We have been blessed with numbers around 25 each night, with approximately 6 new interests coming regularly



Peter Calkin is sharing on the street



Kim, Viela and Eseta helping at Hope's Soup Kitchen in Taumarunui



Peter Sharing a paper at the soup kitchen



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See/Ph Brent & Joanna 021959562

Chia Seed From The Incas

A question that is asked is, is chia a real super-food? The answer is that there is no actual definition for a 'superfood,' this is really just a marketing term, but foods mentioned in this category often contain above average amounts of health promoting nutrients, including vitamins, minerals, anti-oxidants, and especially phytonutrients (plant based nutrients). Based on this definition, chia seeds would certainly qualify.

They are an excellent source of fiber and antioxidants, a good source of calcium, a good source of plant based protein and an excellent source of the plant derived omega 3 fatty acid (alpha-linolenic acid) ALA similar to walnuts and flax. As with any nut or seed, they are low in saturated fat and contain no cholesterol, but like all nuts and seeds they are more calorie dense, 139 calories per ounce, so it is important to watch serving sizes and consume in moderation. When chia seeds are combined with liquid (like water, milk, juice or yogurt), they form a gel due to the soluble fiber that they contain. This may have some benefit in terms of weight loss (although the research in this area is scant) by helping you feel fuller longer and also by delaying the increase in blood sugar of foods that you consume which contain chia seeds.

As with almost all foods, to get the most health benefits, chia seeds are best consumed in their whole state rather than consuming them as an oil or supplement (grinding them is ok too, since it retains all the components of the seed). If you want to give them a try as part of your healthy eating regimen, they work well as a yogurt or oatmeal topping, tossed into a smoothie, or used as a binder and healthy fat in baked goods (particularly vegan or gluten free baking).

But as with any 'superfood,' they work as part of an overall balanced diet that includes a variety of fresh fruits, vegetables, healthy fats and lean protein, not as a replacement for or supplement to a poor diet.

Essential Fatty Acids

You have probably heard how important it is to get enough essential fatty acids (EFAs) in your diet. Some good food sources containing omega-3 and omega-6 fatty acids include flax seeds, leafy green vegetables and walnuts. Unfortunately, it is not always easy to obtain enough of these

fatty acids on a daily basis. This is where the Chia seed has regained popularity due to its high nutritional value.

You may know Chia as the sprouts that grow on the porous clay figurines called Chia Pets, however there is much more to it than that! Chia has both nutritional and medicinal benefits. The seeds are an excellent source of essential fatty acids and are a great addition to a healthy diet.

My introduction to Chia seeds came when a friend brought me some Chia seed chocolate pudding from the local health food store. It had the texture of tapioca and was quite delicious. The pamphlet touted the many health benefits of Chia and I was inspired to look further into this interesting seed.

Chia is a member of the mint family. The seeds are either white or black and both types are highly nutritious. Originally grown in Mexico and the Southwest between 1500 and 910 B.C., Chia seeds were an important part of the Aztec and Mayan diet. Aztec warriors used Chia as their main source of fuel during conquests. Medicinally, they also used it to relieve joint pain and stimulate saliva. Although once a major crop in Mexico, it was banned after the Spanish conquest due to its association with Aztec religion where it was used as an offering during religious ceremonies and ritual.

The 10 Health Benefits of this Super-food

1. Supports Heart Health: Chia seeds can help reduce blood pressure. The seeds contain one of the highest known plant sources of essential fatty acids (omega-3 and omega-6). EFAs (Essential fatty acids) cannot be synthesized by our bodies, however, it is very important that we get enough to support our immune, cardiovascular, nervous and reproductive systems. EFA deficiency is quite common in North America.
2. Chia Stabilizes Blood Sugar: Chia seeds slow down the rate at which complex carbohydrates are digested and then assimilated into the body. The soluble fiber helps to stabilize blood glucose levels resulting in steady, sustained energy. In one study on diabetic patients, Dr. Vladamir Vuksan of St. Michael's Hospital in Toronto, found that blood was thinner and less prone to clotting and blood pressure of participants dropped significantly, after three months of



Dr. Melina Jampolis

taking Chia seeds daily.

3. Energizing: The word "Chia" comes from the Mayan language and means strength. Chia seeds are a balanced blend of protein, carbohydrates, fats and fiber. It is said that 1 tablespoon of Chia can sustain a person for 24 hours. Athletes have reported that Chia seeds help them perform at optimal levels for much longer periods of time.

4. Anti-Inflammatory Properties: A number of arthritis sufferers have reported reduced pain and inflammation after a few weeks of taking Chia seeds. The high concentration of omega-3 helps to lubricate joints and keep them supple. Additionally, Omega-3s are converted into prostaglandins which are known to have both pain relieving and anti-inflammatory effects on your body.

5. Weight Loss: The essential fatty acids contained in Chia seeds help to boost metabolism and promote lean muscle mass. The seeds are sometimes added to food to provide bulk and nutrients while adding very few calories. For these reasons, many people have found Chia quite useful in weight loss and weight maintenance.

6. Detoxification and Elimination: Similar to psyllium, the swelling action of Chia in the body helps to cleanse and soothe the colon, and absorb toxins while lubricating and strengthening peristaltic action.

7. High Quality Protein: Chia seeds contain about 20% protein, a higher percentage than found in many other grains such as wheat and rice. Chia seeds contain strontium which helps to assimilate protein and produce high energy.

8. Antioxidants: Chia seeds are an excellent source of antioxidants containing even more antioxidants than fresh blueberries. The high amount of antioxidants in Chia seeds also keep the oils from going rancid - contributing to a long shelf life.



9. Provides Fiber and Other Nutrients Besides EFAs: Chia seeds also provide fiber, iron, calcium, niacin, magnesium, zinc and phosphorus. 2 tablespoons of Chia = 7 grams of fiber, 2 grams of protein, 205 milligrams of calcium, 5 grams omega-3.

10. Brain Power: EFAs are known to make cell membranes more flexible and efficient making nutrients more readily available and nerve transmission more efficient. This helps to improve brain function (including memory and concentration).

How to Use Chia Seeds

Chia Seeds have a mild, nut-like flavor. The seeds are easily digested and do not have to be ground to be used. In Mexico, the seeds are mixed with water and a little bit of lime or lemon juice to make a drink called "Chia Fresca."

Whole Chia seeds can be sprinkled on your cereal, salads, or yogurt. Seeds can also be ground and mixed into smoothies or added to baked goods. The seeds can be sprouted and used in salads or sandwiches. Sometimes Chia seeds are soaked in water (for about 30 minutes) to form a gel. The seeds soak up to nine times their weight in water. The gel is then added to porridge or used to make puddings.

<http://thechart.blogs.cnn.com/2011/04/29/are-chia-seeds-a-superfood/>

An Article From the Huffington Post

Chia! The fuzzy green novelty items may be the first thing you think of when you hear the word chia, but these tiny superfood seeds are the reason Chia Pets get their lush coating. Nowadays, chia is becoming better known as a great source of healthy omega-3 fats and fibre, and fortunately it's an easy food to add to your diet. Chia seeds come from a flowering plant in the mint family that's native to Mexico and Guatemala, and history suggests it was a very important food crop for the Aztecs. It's remained in regular use in its native countries, but was largely unknown in North America until researcher Wayne Coates began studying chia as an alternative crop for farmers in northern Argentina about 29 years ago.

Coates started his work on chia in 1991, and since then has become an advocate of the tiny seed's health benefits. The human trials are limited—as is often the case with food research—but the anecdotal evidence of chia's positive health effects include boosting energy, stabilizing blood sugar, aiding digestion, and lowering cholesterol. When you're buying chia, both the white and black seeds are good choices, but Coates warns to make sure you're getting a good quality product by avoiding either

red seeds (immature chia seeds), or black seeds that are smaller than regular chia seeds (weed seeds). Coates sells the seeds himself, but they are available from many different health food stores and supermarkets.

So once you've got your seeds, how do you add them to your diet? "The easiest way is to add it to everything and anything," Coates says. The seeds are tasteless so they won't affect the flavour profile of your food, which makes them easy to integrate into your meals. They can be sprinkled whole on top of salads or toast or added milled to smoothies.

Combat Diabetes

Chia is being studied as a potential natural treatment for type-2 diabetes because of its ability to slow down digestion. The gelatinous coating chia seeds develop when exposed to liquids can also prevent blood sugar spikes.

Get More Fibre

Just a 28-gram or one-ounce serving of chia has 11 grams of dietary fibre — about a third of the recommended daily intake for adults. Adding some chia to your diet is an easy way to make sure you're getting a good amount of fibre, which is important for digestive health.

Stock Up On Omega-3

Chia seeds are packed with omega-3 fatty acids, with nearly five grams in a one-ounce serving. These fats are important for brain health. "There's better conversion of omega-3s into the plasma or into the food than with flax seed," said researcher Wayne Coates.

Stronger Teeth and Bones

A serving of chia seeds has 18 per cent of the recommended daily intake for calcium, which puts you well on your way to maintaining bone and oral health, and preventing osteoporosis.

Don't Forget Manganese

Manganese isn't a well-known nutrient, but it's important for our health: it's good for your bones and helps your body use other essential nutrients like biotin and thiamin. One serving of chia seeds, or 28 grams, has 30 per cent of your recommended intake of this mineral.

Plenty of Phosphorus

With 27 per cent of your daily value for phosphorus, chia seeds also help you maintain healthy bones and teeth. Phosphorus is also used by the body to synthesize protein for cell and tissue growth and repair.

Pack In the Protein

Chia seeds also make a great source of protein for vegetarians and don't have any cholesterol. One 28-gram serving of these super seeds has 4.4 grams of protein, nearly 10 per cent of the daily value.

Fight Belly Fat

Chia's stabilizing effect on blood sugar also fights insulin resistance which can be tied to an increase in belly fat, according to Live Strong. This type of resistance can also be harmful for your overall health.

Get Full Faster

Tryptophan, an amino acid found in turkey, is also found in chia seeds. While tryptophan is responsible for that strong urge to nap after a big Thanksgiving dinner for example, it also helps regulate appetite, sleep and improve mood.

According to the Cleveland Clinic, chia seeds have been shown to improve blood pressure in diabetics, and may also increase healthy cholesterol while lowering total LDL, and triglyceride cholesterol. All good news for your ticker!

<http://www.huffingtonpost.ca/2013/06/03/chia-seed-benefits->

CHIA SEED The AZTECS 'Wonder' Food

The ancient Aztecs believed Chia seeds contained super energy. It is a balanced blend of carbohydrates, protein, fats and fiber. The Essential Fatty Acid (Omega 3) aids cell membrane in becoming more flexible and efficient, and makes nerve transmission more efficient. Some claim this helps brain function, memory improvement and concentration.

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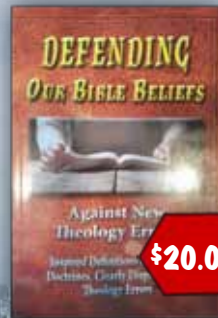
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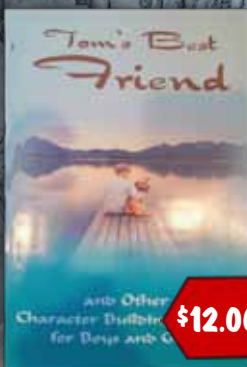
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Adrenochrome, Child Trafficking & Ukrainian Biolabs: Jesus Actor From 'Passion of the Christ' Tells Steve Bannon U.S. Intel Agencies Behind Deadly Slave Trade

Hollywood actor Jim Caviezel, who starred as Jesus Christ in Mel Gibson's epic film *The Passion of the Christ*, spoke with political strategist Steve Bannon on Tuesday about disturbing child trafficking networks exploiting kids worldwide. Speaking with Bannon, the actor explained he's been in contact with several law enforcement agents and 30 Navy SEALs while working on the film and that his sources have informed him of a lucrative trafficking scheme used by globalists to get high off human adrenochrome.

Adrenochrome is a chemical compound created when human adrenaline is oxidized, first popularized by writer Hunter Thompson in his hit book *Fear and Loathing in Las Vegas*.

<https://www.infowars.com/posts/adrenochrome-child-sex-trafficking-ukrainian-biolabs-jesus-actor-from-passion-of-the-christ-tells-steve-bannon-u-s->

Continued From Page 5

God again and again for these men, but they have cast them aside and ventured on in the same course."

After repeating many of the woes pronounced by Christ upon the scribes and Pharisees, as recorded in Matthew 23, with the prediction that other prophets and teachers would be sent to them in the future against whom they would manifest the same persecuting spirit of their fathers, the application is then made to the rejecters of the message at Minneapolis and the persecution of the messengers: "This prophecy was literally fulfilled by the Jews in their treatment of Christ and of the messengers whom God sent to them. Will men in these last days follow the example of those whom Christ condemned? These terrible predictions they have not yet carried out to the full; but if God spares their lives, and they nourish the same spirit that marked their course of action both before and after the Minneapolis meeting, they will fill up to the full the deeds of those whom Christ condemned when He was upon the earth." *Ibid.*, 79.

Continuing, we read: "Satan takes the

[intel-agencies-behind-deadly-slave-trade/](#)

China Social Credit System Explained



Facial Recognition to get fuel in China

There is a new phase in the development and implementation of China's social credit system (sometimes known as 'SoCS', or the 'SCS'). Up until now, development has been guided by a national policy document known as the 'Planning Outline for the Construction of a Social Credit System (2014-2020)'...

It is China's latest five-year plan for the 'rule of law' within China, recent guidance from the State Council, and a draft Social Credit Law, which demonstrate the direction of the social credit system.

Punishments for negative scores include: Travel bans, School bans, Reduced employment prospects, Increased scrutiny, Public shaming.

control of every mind that is not decidedly under the control of the Spirit of God. Some have been cultivating hatred against the men whom God has commissioned to bear a special message to the world. They began this satanic work at Minneapolis. Afterward, when they saw and felt the demonstration of the Holy Spirit testifying that the message was of God, they hated it the more, because it was a testimony against them. They would not humble their hearts to repent, to give God the glory, and vindicate the right. They went on in their own spirit, filled with envy, jealousy, and evil surmising, as did the Jews. They opened their hearts to the enemy of God and man. Yet these men have been holding positions of trust, and have been moulding the work after their own similitude, as far as they possibly could. . . . Those who are now first, who have been untrue to the cause of God, will soon be last, unless they repent. Unless they speedily fall upon the Rock and be broken, and be born again, the spirit that has been cherished will continue to be cherished. Mercy's sweet voice will not be recognized by them. Bible religion, in private and in public, is with them a thing of the past. They have been zealously declaiming against enthusiasm



<https://nhglobalpartners.com/china-social-credit-system-explained/>

Queen Anne's lace effective against skin and cervical cancer



Queen Anne's lace is a versatile herb with a long history of use as medicine. For centuries, natural healers have used it as a natural remedy for various ailments, such as digestive disorders, kidney and bladder problems, and edema. But recent studies have found an even more compelling role for Queen Anne's lace in modern medicine: According to two separate reports, Queen Anne's lace can also be used to treat an even bigger health issue, namely, cancer.

<https://www.naturalnews.com/2023-06-22-queen-annes-lace-effective-skin-cervical-cancer.html>

and fanaticism. Faith that calls upon God to relieve human suffering, faith that God has enjoined upon His people to exercise, is called fanaticism. But if there is anything upon the earth that should inspire men with sanctified zeal, it is the truth as it is in Jesus. It is the grand, great work of redemption. It is Christ, made unto us wisdom, and righteousness, and sanctification, and redemption." *Ibid.*, 79-80.

"I question whether genuine rebellion is ever curable. . . . Call rebellion by its right name and apostasy by its right name, and then consider that the experience of the ancient people of God with all its objectionable features was faithfully chronicled to pass into history. The Scripture declares, 'These things . . . are written for our admonition, upon whom the ends of the world are come.' 1 Corinthians 10:11. And if men and women who have the knowledge of the truth are so far separated from their Great Leader that they will take the great leader of apostasy and name him Christ our Righteousness, it is because they have not sunk deep into the mines of truth. They are not able to distinguish the precious ore from the base material." *Selected Messages*, book 2, 393. ■

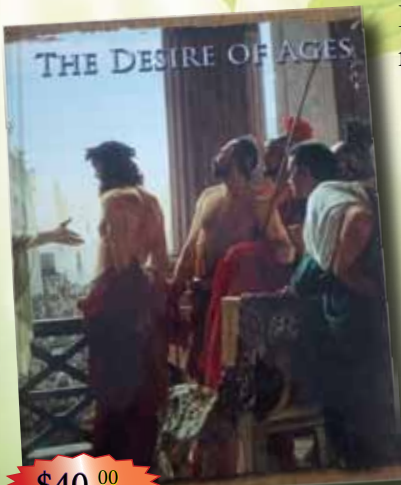


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Good quality furniture would be greatly appreciated for our Hope Shop.

We would be happy to pick up good furniture that is being donated to Hope from the Auckland, Hamilton, Palmerston North areas. Ring for advice on the pick-up availability.

Hope Link To Live Stream For Divine Service Each Sabbath: Hope International is making available the live-stream of our Divine Service. 12MD each Sabbath.

Simply follow the link. https://www.youtube.com/channel/UCp_d3qvUGv_S-y5DBWLDscA