

Greetings all!

Chodesh **6** is here!



Like the other seasons of the year summer has its own purpose in the scheme of things - for growing in the Northern hemisphere, for summer harvest in other parts of the world while it is yet winter for our friends down under [our Australian friends]. There's also a good reason why some up here in the Northern hemisphere can even become down under. It is the grape harvest season in many parts of the world which brings to us a great variety of new fruits and wines. There are some great health benefits to eating the fruits of summers bounty and the wine of its grapes, but also there are some dangers for some. At the end of this newsletter I've included a few examples of the pro's and con's of grapes in our diet and of partaking of wines, differences in the varieties and their appropriate uses in dining and religious observance use. But first, **the data**.

**The data:**

On **Friday August 9, 2002** there will be a new moon over Jerusalem Israel at sunset. At 7:00 PM [19:00 hrs] the new moon will be about 0.9 days past conjunction with a 1% illumination. This may not be able to be seen by the naked eye by some, so we may observe the new moon on Sabbath,

**August 10, 2002** at 1.9 days after conjunction and a 5% illumination depending upon the watchmen in Jerusalem, Israel. By the time it gets to us here in the USA on **August 9** it will display a 2% illumination, on **August 10** it should display about a 7% illumination. This chodesh 6 begins Biblical calendar month "six". Why is it month 6 and not 5? For answers to this question and more please see a helpful bible study titled [Calendar Studies - Abib](#). A complete booklet with answers to all your biblical calendar questions may be found at "[The Sacred Calendar Book](#)", <http://atschool.eduweb.co.uk/sbs777/saccal/calbook/index.html> Data this month is from [Xplns](#) software for Unix and Linux operating systems. This is an open source and free software package and is available to you at: <http://www.astroarts.com>

Actual new moon sightings list for the last 2-3 years dates can be seen at the monthly new moon chart at: Calendar Info <http://home.earthlink.net/~dwlacey/faq/calendar/nmcalchart.html>

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## **Names of the Month**

### **The Roman calendar month August**

Latin Augustus "Augustus"

Latin Augustus mensis "month of Augustus"  
Latin sextilis mensis "sixth month"

Sextilis had 30 days, until Numa when it had 29 days, until Julius when it became 31 days long.

Augustus Caesar clarified and completed the calendar reform of Julius Caesar. In the process, he also renamed this month after himself.

Emperor Augustus of Rome was born with the given name Gaius Octavius on September 23, 63 B.C. He took the name Gaius Julius Caesar Octavianus (Octavian) in 44 B.C. after the murder of his great uncle, Julius Caesar.

In 27 B.C., the Roman Senate granted Octavian the name Augustus, meaning "the exalted." They also gave him the legal power to rule Rome's religious, civil and military affairs, with the Senate as an advisory body, effectively making him Emperor.



Rome achieved great glory under Octavian/Augustus. He restored peace after 100 years of civil war; maintained an honest government and a sound currency system; extended the highway system connecting Rome with its far-flung empire; developed an efficient postal service; fostered free trade among the provinces; and built many bridges, aqueducts and buildings adorned with beautiful works of art created in the classical style. Literature flourished with writers including Virgil, Horace, Ovid, and Livy all living under the emperor's patronage.

תשע"ב For a list of Augustus accomplishments please see this interesting article: [The Deeds of the Divine Augustus](#) and also [Augustus, First Roman Emperor](#).



For The Jewish calendar month AV, Ab or 'Abh

'Abh (not named in the Scriptures -KJV) see month 5 new moon newsletter.

The Jewish calendar month Elul

"Chodesh Elul," the Month of ELUL

Ab (Jul/Aug)	Summer heat	<b>Vintage (grape harvest) begins</b>
Elul (Aug/Sep)		Date harvest / summer figs

"Elul" is the Sixth Month of the year, counting from "Nisan," called in the Chumash, "the first month." Counting from "Tishrei", the month of Rosh HaShanah, "Elul" is the twelfth, and last month in the year. Like the names of the other months of the Hebrew Calendar, "Elul came up", or "returned with," those Jews who returned to Israel from the 70-year Exile in Babylonia. The expression "returned with" is particularly significant in this case in that this is the month of "Return to Hashem," or "Repentance." [Strong's Hebrew 2320](#) - **chodesh** kho'-desh from [2318](#); the new moon; by implication, a month:--month(-ly), new moon; and Abib means green ears of grain.

**Nehemiah 6:15** So the wall was finished in the twenty and fifth day of the month **Elul**, in fifty and two days.

Comment from [MHC...](#) **Nehemiah 6:15**

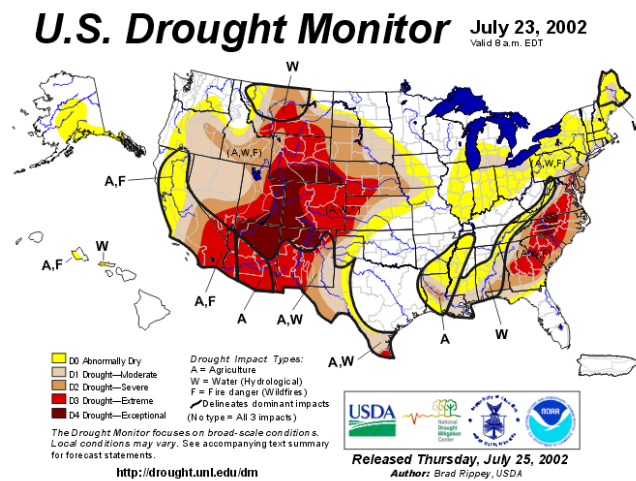
Nehemiah is here finishing the wall of Jerusalem, and yet still has trouble created him by his enemies.

I. Tobiah, and the other adversaries of the Jews, had the mortification to see the wall built up, notwithstanding all their attempts to hinder it. The wall was begun and finished *in fifty-two days*, and yet we have reason to believe they rested on the sabbaths, #v. 15]. Many were employed, and there was room for them; what they did they did cheerfully, and minded their business because they loved it.

Some other Biblical references to month [moon] six [KJV]: **I Chronicles 27:9, Ezra 6:15, Ezekiel 8:1, Haggai 1:1, Haggai 1:15, Luke 1:26, Luke 1:36**

### Drought Info:

Here is a graphic of the current drought as given from NOAA and the others whom comprise the Drought Monitor:



### Historic Happenings -

- 378 Battle of Adrianople, Visigoth Calvary defeats Roman Army
- 480 -BC- Persia defeats Spartan king Leonidas at Thermopylae
- 1638 Jonas Bronck of Holland becomes 1st European settler in the Bronx
- 1673 Dutch recapture NY from English; regained by English in 1674
- 1778 Capt Cook passes through Bering Strait

1786 1st ascent of Mt Blanc

1790 Columbia becomes 1st US flagged ship to voyage around the world

1803 1st horses arrive in Hawaii

1829 "Stourbridge Lion" locomotive goes into service

1831 1st US steam engine train run (Albany to Schenectady, NY)

1842 US-Canada border defined by Webster-Ashburton Treaty

1848 Barnburners (anti-slavery) party merges with the Free Soil Party nominating Martin Van Buren for president

1849 Hungarian Republic crushed by Austria & Russia

1854 Henry David Thoreau publishes "Walden"

1855 Battle of Acapulco during Mexican Liberal uprising

1862 Prelude to 2nd Manassas, Jackson is victorious at Battle of Cedar Mt, however Gen Charles S Winder

is killed

1893 1st US bowling magazine, Gut Holz, published in NY  
1902 Edward VII of England crowned after death of his mother Victoria  
1923 NY State Golf Assoc formed  
1925 Only time Babe Ruth pinch-hit for, Bobby Veach flies out  
1930 Betty Boop debutes in Max Fleischer's animated cartoon Dizzy Dishes  
1936 Jesse Owens wins 4th gold medal of Berlin Olympics  
1942 British arrests Indian nationalist Mohandas K Gandhi  
1945 US drops 2nd atomic bomb "Fat Man" on Japan destroys part of Nagasaki  
1946 1st time all major-league baseball games (8) are played at night  
1956 1st state-wide, state-supported educational TV network, Alabama  
1956 South African women demonstrate against pass laws  
1960 Race riot in Jacksonville Florida  
1961 James B Parsons is 1st black appointed to Federal District Court  
1963 Britains rock TV show, Ready Steady Go, premieres  
1964 Bunning continues pitching perfectly to the NY Mets until 2 outs in 5th, when Joe Christopher beats out a bunt. He totals 15 innings  
1965 Singapore gains independence from Malaysia (National Day)  
1969 Manson family commits Tate-LaBianca murders  
1970 Peruvian Airlines jet carrying 45 US exchange students explodes  
1971 Le Roy (Satchel) Paige inducted into baseball's Hall of Fame  
1972 Rockwell receives NASA contract to construct the Space Shuttle  
1973 Henry McCullough & Denny Seiwell quit Wings  
1973 USSR launches Mars 7  
1974 Richard Nixon resigns presidency, VP Gerald Ford becomes 38th pres  
1975 1st NFL game in Louisiana Superdome, Houston beats Saints 13-7  
1976 Pitt Pirate John Candelaria no-hits LA Dodgers, 2-0  
1976 USSR launches Luna 24, last Lunar flight to date from Earth  
1977 NHL refuses merger of 6 WHA clubs  
1978 Yanks score 5 in bottom of 9th beat Brewers 8-7  
1981 6 English lifeguards set relay swim record the English Channel (7:17)  
1981 NL beats AL 5-4 in 52nd All Star Game (Cleveland Stadium)  
1984 Daley Thomas of Britain sets the decathlon record (8,847) in LA Cal  
1984 STS 41-D vehicle again moves out to the launch pad  
1987 LA Rams beat Dallas Cowboys 28-27 in London, England (NFL expo)  
1988 Cubs beat Mets 6-4 in their 1st official night game at Wrigley Field  
1988 Edmonton Oilers trade Wayne Gretzky to LA Kings for \$15-\$20 millions  
1988 Just 1 day after 8/8/88 NY's daily number is 888  
1990 12 Arab leaders agree to send pan-Arab forces to protect Saudi Arabia  
1992 25th Olympic Summer games close in Barcelona, Spain

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### **Born on August 9:**

1593 Izaak Walton England, biographer/fisherman/writer (Compleat Angler)  
1686 Benedetto Marcello Venice Italy, composer (Lettera Familiare)  
1776 Amedeo Avogadro Tuin Italy,  $6.022 \times 10^{23}$  (Avogadro's Law)  
1819 William Thomas Green Morton dentist, used ether (HOF 1920)  
1825 Elisha Ferry (Gov-R-Wash, 1872-80, 1889-93)  
1875 Albert William Ket?lbey Aston England, composer (Wonder Worker)  
1883 George Hoyt NBA hall of fame referee (elected 1961)  
1896 Jean Piaget Switz, pioneer developmental psychologist/zoologist  
1896 Leonide Massine choreographer (Diaghilev Ballet Russe 1914-20)  
1897 Ralph Wyckoff American pioneer in x-ray crystallography  
19-- Clint Ritchie ND, actor (Clint Buchanon-One Life to Live)

19-- Dennis Belanger Canada, rock vocalist (Voivod-Angel Rat)  
19-- Michael Storm Chicago, actor (Dr Larry Wolek-One Life to Live)  
1901 Charles Farrell Cape Cod Mass, actor (Vern-My Little Margie)  
1902 Zino Francescatti Marseilles France, violinist (NY Phil-1939)  
1905 Leo Genn actor (Affair in Monte Carlo)  
1909 John Baur museum director/author (American Paintings in 19th Century)  
1911 Robert McCormick Danville Ky, NBC newscaster (Current Opinion)  
1911 William A Fowler US, astrophysicist (Nobel 1983)  
1913 Harry Mills singer (Mills Brothers-Paper Doll)  
1913 Herman Talmadge (Sen-D-Ga, Watergate Committee)  
1919 Ralph Houk baseball manager (Yankees, Tigers)  
1921 J James Exon (Sen-D-Neb)  
1922 Philip Larkin Coventry England, writer (North Ship, Jill)  
1927 Marvin Minsky Artificial intelligence computer scientist (MIT)  
1927 Robert Shaw England, actor (Deep, Jaws, Sting, Black Sunday)  
1928 Bob Cousy NBA star, Boston Celtics (1957 MVP)  
1930 Betty Boop animation  
1938 Dick Anthony Williams Chicago Ill, actor (Our Family Honor)  
1938 Rod Laver Australia, tennis ace (1962, 1969 Grand Slam)  
1939 Claude Osteen baseball pitcher (Cin Reds)  
1940 Beverlee McKinsey Okla, actress (Another World, Guiding Light)  
1942 David Steinberg Winnipeg Canada, comedian/director (End)  
1944 Sam Elliot Calif, actor (Big Chill, Fatal Beauty)  
1945 Ken Norton Heavyweight Boxing Champ/TV panelist (Gong Show)  
1955 Doug Williams Louisiana, NFL QB (Tampa Bay Buccaneers, Wash Redskins)  
1957 Melanie Griffith NYC, actress (Something Wild, Working Girl)  
1958 Amanda Bearse actress (Marcy Rhoades-Married With Children)  
1958 Greg Chaisson heavy metal rocker (Badlands-Dreams in the Dark)  
1959 Kurtis Blow NYC, rapper (Krushgroove-The Breaks)  
1963 Lonnie Quinn Cheshire Conn, actor (Will Cooley-All My Children)  
1963 Whitney Houston Newark NJ, singer (One Moment in Time)  
1965 Kyle Kyle Kensington Pa, rock bassist (Bang Tango-Dancin' on Coals)  
1966 Pat Petersen LA Calif, actor (Michael-Knots Landing)  
1971 Mary Joe Fernandez Dom Rep, tennis player (US National 16s)  
1972 Elizabeth Vassey Raleigh NC, actress (Emily Martin-All My Children)

## Radio Chart Toppers: August 9, 1962

Roses Are Red - Bobby Vinton  
Breaking Up is Hard to Do - Neil Sedaka  
Ahab, the Arab - Ray Stevens  
I Can't Stop Loving You - Ray Charles

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## Holidays

Note: Some Holidays are only applicable on a given "day of the week"

Japan : Nagasaki Memorial Day (1945)  
Libya : Sanusi Army Day  
Rhode Island : Victory Day  
Singapore : National Day (1965)  
Italy : Palio Del Golfo (2nd Sunday)  
- - - - ( Sunday )

Zambia : Youth Day

----- ( Monday )

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Religious Observances

Christian : Commemoration of St Denys

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***This Day in Christian History - August 9:***

1765 English founder of Methodism John Wesley wrote in a letter: 'You have but one Pattern; follow Him inwardly and outwardly. If other believers will go step for step with you, well; but if not, follow Him!'

1788 Birth of Adoniram Judson, American Baptist missionary. He first sailed to Burma in 1812, and spent nearly all of his remaining 38 years in missionary and literacy work there. Judson translated the entire Bible into Burmese by 1834.

1884 Birth of Kenneth Scott Latourette, Baptist church historian. Teaching at Yale from 1921-53, his greatest writings were his 7-volume History of the Expansion of Christianity (1937-45) and 5-volume Christianity in a Revolutionary Age (1958- 62). Latourette died a bachelor.

1942 English Bible expositor Arthur W. Pink wrote in a letter: 'Waiting on the Lord (Isa. 40:31, etc.) describes an attitude of soul when we are engaged in true prayer, but waiting for the Lord is the exercise of patience while His answer tarries.'

1960 The Church of the Lutheran Confession adopted its constitution at a convention held at Watertown, South Dakota. The denomination was formally organized the following January (1961) at Sleepy Eye, Minnesota.

**Source:** *William D. Blake. Almanac of the Christian Church, Minneapolis: Bethany House, 1987.*

**Additional information supplied by the author. Contact via E-mail:** [William D. Blake.](mailto:William D. Blake)

[pilgrimwb@aol.com](mailto:pilgrimwb@aol.com)

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Tips from the "**Old Farmer's Almanac**"

Remember the story "Green Eggs and Ham? Ever wonder about the color variety in the foods you eat? Probably not, but this author has, and so [heh-heh!] ...

**Q Question:** Why isn't there any naturally occurring blue food? Lauren Phillips

**A Answer:** The answer to your question involves some pretty complex chemistry, so I'm going to give just an overview. The color in plant foods comes from natural pigments. In general, chlorophyll provides green and blue-green; carotenoids provide orange, yellow, red and red-orange; and anthocyanins provide red, purple and various shades of blue. Individual pigments can differ considerably. One reason that there are so few naturally blue foods is that a combination of pigments is usually present in any given fruit or vegetable. Blue anthocyanins are chemically less stable than other pigments and are usually dominated by them. In order for the blue hue to predominate in the mix, it must have a slight shift in its chemical makeup. This is a rare occurrence. In the case of concord grapes, the mixture of anthocyanin pigments and the chemistry favors the blue hue. In other words, the blue pigment is there, the chemistry is right and you get a predominantly blue hue. (Guest Expert: Linda Van-Fleming, Blacksburg, Virginia)

Colors do effect our appetite as examples for us in this excerpt from [Color Matters - Bulletin Board:](#)  
[Color and weight gain/loss](#)

Posted by Tammy:

Hi. I'm looking for anyone who has any information on what I know as the "color diet". The American Institute of Science has a program in Color Therapy and one of the courses is named "color diet". But to access the site you must sign up and pay to take the courses. I have read that color can be used to help in

weight loss/gain - it has to do with the fact that the aura is out of "color" balance. The **red/orange/yellow** spectrum is used for permanent weight loss and the blue/green spectrum is used for weight gain. I first read about it in "Linda Goodman's Star Signs". I have made contact with a friend in India who says doctors there have been working with this "color diet" for years and they say what Linda mentions about color is VALID. I am currently doing the color diet. I just would like to hear from others who have done this or have any information on the subject. Thanks!

Ana Garcia:

I was just browsing through the web sites - colorcom- and I read, just the opposite, that eating in blue plates or eating blue food is less appetitious than any other color. Also I have read that restaurants usually decorate with warm colors such as orange, for their clients to eat more and fastest. Hope your investigations are successful.

Patti Phare-Camp :

Yes Ana Eating in blue does make you eat less as it relaxes and slows you down. Eating in orange makes you eat faster and more. Tammy you are also correct. Now you are referring to the auraic energy. To encourage healthy weight and eating habits you want to stimulate the yellow/Orange/red spectrum of the aura. You do so by surrounding your eating and exercising space in the above spectrums' compliment, blue/green/violet.

So, while the color of our foods may not be that significant a factor regarding nutrition, it's still fun [and more colorful] to mix our foods while meal planning to accommodate a wide variety of color - to stimulate the appetite as well as decorate the table.

*[A-a-h-h-h! I'm feeling thinner already!]*

For serious inquiries please check the [Color Matters](#) web page for some colorful insights pertaining to this topic.

Well That Explains it!!

Why do **Wintergreen Life Savers** make little **blue sparks** when you crunch them with your teeth?

What we have here is something called triboluminescence or TL. Simply put, triboluminescence is light resulting from crushing or tearing.

Provided by methyl salicylate (oil of wintergreen), when the sugar crystals in the Life Savers get crushed, electrons break loose and scatter all over creation. The electrons begin to get lonesome for the sugar crystals they broke free from, and decide to return. Problem is that nitrogen molecules took their place and the electrons crash into the nitrogen - causing little blue sparks.

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### Signs in the lights of the heavens?

For current biblical calendar information please see the articles [Calendar Info](#) and [Calendar of the Saints II](#). Further reading of "[The Sacred Calendar Book](#)" can also be seen at: <http://atschool.eduweb.co.uk/sbs777/sacal/calbook/index.html>

**What are the harvest times in Israel?**

[From SBS "[Calendar Book](#)" question 4.]

## Answer

The agricultural year in Israel begins in the autumn (after the harvest festival of Tabernacles) with ploughing and sowing. Harvests in Israel begin in spring in the month of Adar (February/March). The following harvest times in ancient Israel are obtained from the Readers Digest book entitled **Jesus and His Times**, pages 100-101.

Months	Weather	Crops & activity
Tishri (Sep/Oct)	First rains	Ploughing begins
Heshvan (Oct/Nov)		Ploughing / grain planting
Kislev (Nov/Dec)		Grain planting continues
Tebeth (Dec/Jan)	Main rains	
Sebat (Jan/Feb)		
Adar (Feb/Mar)	Spring rains	Almond in bloom / flax harvest
Abib (Mar/Apr)		<b>Barley harvest begins</b>
Zif (Apr/May)		Barley harvest completed
Sivan (May/Jun)	Dry season	<b>Wheat harvest begins</b>
Tamuz (Jun/Jul)		<b>Wheat harvest completed</b> / first figs
Ab (Jul/Aug)	Summer heat	<b>Vintage (grape harvest) begins</b>
Elul (Aug/Sep)		Date harvest / summer figs

From the above, one can see that the harvest season in ancient Israel began in Adar (Feb/March) and continued by stages into autumn. The barley harvest began in March-April: the first sheaf being cut and waived in the middle of Abib, which could be any time between 21st March and the middle of April. It is the same in modern Israel. Concerning the wheat and grape harvests, the **Westminster Dictionary of the Bible** says this:

*"In Palestine wheat was sown in November or December, after the rains began. The harvest was in April, May or June in Palestine varying according to the locality and the weather at the time."* (page 635)

*"The vintage began in the middle of September and continued into October. It was a season of festivity. In the vineyards there were singing and joyful noise, and the treaders in the press kept*



time by shouting as they trod the grapes. (page 629)

These details concerning harvest times in Israel are vital when determining the start of a year in the sacred calendar and the sacred Festivals in it.

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## Scriptural Reading

**Jeremiah 17:7-10** Blessed is the man that trusteth in the LORD, and whose hope the LORD is.

**8.** For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.

**9.** The heart is deceitful above all things, and desperately wicked: who can know it?

**10.** I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.



From **JFB** Jamieson, Fausset Brown Bible Commentary ...

### **8. (Psalm\_1:3).**

shall not see--that is, feel. Answering to **Jer\_17:6**; whereas the unbelievers "shall not see (even) when good cometh," the believer "shall not see (so as to be overwhelmed by it even) when heat (fiery trial) cometh." Trials shall come upon him as on all, nay, upon him especially (**Heb\_12:6**); but he shall not sink under them, because the Lord is his secret strength, just as the "roots spread out by a river" (or, "water-course") draw hidden support from it (**2\_Cor\_4:8-11**).

careful--anxious, as one desponding (**Luke\_12:29**; **1\_Pet\_5:7**).

drought--literally, "withholding," namely, of rain (**Jer\_14:1**); he here probably alludes to the drought which had prevailed, but makes it the type of all kinds of distress.

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Please tap your keyboard **page down** button for some \_ information about the fruits of the vine ...

A friend in Christ,

David W. Lacey

**YHWH**, The Almighty God of Israel Is With Us!

The **Stewarton Bible School** web page is at: <http://atschool.eduweb.co.uk/sbs777/>

**A Voice in the Wilderness** web page is at: <http://www.avoicethewilderness.org/>

**To the Saints of the Churches of God** is at: <http://home.earthlink.net/~dwlacey/>

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## **Pro's and con's of grapes in our diet and of partaking of wine**

[A collection of various writings by actual vineyard owners and other articles found on the internet]

*A little History*

**WINE**, and a sense of humor for that matter, were given to us by a beneficent God who knew from time to time we would need them. The Bible has a lot to say about wine. In fact, the grapevine and its primary product, wine, is mentioned more than any other plant.



In the book of Genesis, chapter 9, after the Great Flood, Noah begins anew by planting a vineyard and making wine. He is credited as being the first to plant a vineyard. Lamech, Noah's father, said that Noah would "bring us relief and comfort from our work and the toil of our hands." This he surely fulfilled as the first wine-maker.

With the first wine, came the first occasion of drunkenness. The Bible warns of the pitfalls of too much wine. It declares wine is a mocker and whoever is led astray by it, is not wise. On the other side of the same coin, it reminds us God made the wine that gladdens the heart of man. Clearly, moderation is called for here.

From ancient times, the Levant has been famous for the quality and quantity of its wine. The Bible says little though regarding the use of wine in ordinary life. It was customary to present wine to travelers. It was used at feasts and marriages. In times of scarcity it was mixed with water and sometimes even with milk. Its importance is evident in the fact that Israel was deprived of it by God as a punishment.

In the New Testament, we see Jesus' first miracle was turning water into wine for the marriage celebration at Cana. How we wish we could have tasted that wine! Paul recommended wine to Timothy as a digestive aid. Its symbolic importance for Christians is well known and practiced today.

#### Should we drink wine for our health?

Something akin to the shot heard 'round the world on the dawn of American Revolutionary War, was heard in the wine world Sunday night, November 17, 1991. The event was the airing of The French Paradox segment on 60 minutes. The French Paradox was a term coined on that program to describe the apparent unlikely relationship between that fact that while the French, especially those in Southwestern France, eat inexcusable amounts of heart-stopping, artery-clogging saturated fats, smoke Gauloise cigarettes, and exercise very little, they have one of the lowest heart attack rates in the world. Their moderate and daily consumption of red wine was given as the most likely reason for this phenomenon. The program unleashed a red wine mania. Within weeks of this program, sales of red wine in the United States, shot up 40% (about 2.5 million bottles) wine and health quote and Gallo Winery had to put their leading brand, Hearty Burgundy, on allocation. The sales of red wine for the year following the broadcast was up 39%. American's had taken this health message to heart.

The Apostle Paul recommended to Timothy to drink wine for his stomach's sake and for his often infirmities. The Bible often makes references to the value of wine for health and enjoyment. Our ancestors knew of its aid to health when drunk in moderation. In fact, up until the 18th century, wine played a central role in medicine. Wine inhibits the growth of all micro-organisms that are the cause of disease in man. Because of its alcohol and acid content, they simple die in it.

In the modern world, wine is accepted as a healthful drink. Only in the United States are we once again, beginning to rediscover its value to society. For many years, we focused in the dangers of overindulgence. To be sure, there are dangers to the over-use of wine. The Bible too, warns of this. But in moderation, it is a healthy beverage.

#### Dangers for some

Addictive personalities, compulsive and habit prone individuals probably should not drink wine as they also should not gamble, or eat to excess. As the scripture says there are those whom "inherit the sins of their fathers for 3 to 4 generations". This may cause some to have imbalance in their metabolisms of which could render them as having "addictive personalities". And this not necessarily directly because of their forefathers, but also may be caused by environmental and other factors such as diet.

It is duly noted that the prayers of the saints go out for those whom suffer this indignity by no fault of their own:

**... suffering, in one form or another, is visited upon children unto the third and fourth generations for sins committed by their parents or grandparents.** Blessings, by way of comparison, fall upon children unto a **thousand generations**; so beware of judging the Most High on this point.

**(Exodus 20:5-6, Exodus 34:6-7)**

For a more full Biblical explanation about human suffering please see the full article titled "**Human Suffering**", lesson 15. of the **Bible Study Course** listed at: <http://home.earthlink.net/~dwlacey/>

Says By: [Sharon Meadows, PhD](#) of addictive personalities ...

Addictions afflict millions of people in the United States alone. Alternative practitioners believe that conventional methods fail because mainstream methods do not recognize the genetic and biochemical imbalances that research has shown to be at the heart of addiction. By focusing on readjusting these imbalances through diet and nutritional supplementation, herbal medicine, acupuncture, and biofeedback, alternative practitioners are contributing to significant, long-lasting and positive changes.

#### Causes of Addictions

According to Leon Chaitow, N.D., D.O., Of London, England, experts are unable to agree on what causes addiction. Long perceived as a problem of weak willpower, substance abuse is now considered by most researchers in the field to be a "disease" similar in development to diabetes. In other words, according to Dr. Chaitow, a genetic predisposing condition is usually present that is triggered by familial, environmental, societal, and dietary factors. As a result, even stabilized, an addict must closely monitor the addictive substance throughout his or her lifetime.

#### Treating Addictions

Over the last decade, substance abuse treatment in the United States, has been focused primarily on 12 step support groups and individual talking therapies, controlled by medication such as methadone and antidepressants, expensive month long hospital stays, and of course, criminal punishment. It is still unknown whether these methods, combined or individual, will be successful in the long run. However, a 1980 Rand Corporation study confirmed earlier research which found that the addictive population studied, once sober, or "clean" had less than a 15 or 20 percent rate of continued abstinence. Compared to such low success rates, the following alternative approaches offer great Promise.

#### Diet

Proper diet is essential in treating addictions, according to Kathleen Des Maisons " My main focus is to reverse symptoms of addiction by changing the clients neurochemistry and nutrient deficiency through dietary intervention". She states" this principle is called `biochemical restoration`. If this is accomplished, then the addictive behavior that has previously been unmanaged can be reversed. Ultimately, the goal is to teach our clients how to recognize and modulate their feelings by paying attention to the foods they eat. Since their main problem is processing sugar and carbohydrates, Maisons approach is to immediately place them on a program of three meals a day which an emphasis on eating proteins at each meal. Most people in an addictive state are very protein deficient. First of all, normally they have not been eating regularly, and secondly, they don't have protein when they do eat because their bodies are craving sugar and simple carbohydrates. So by getting them to eat regularly of protein foods, which are the most complex foods and take the slowest time to breakdown in the stomach, you start to alter their neurochemistry. They become able to maintain a very stable blood sugar level and a very consistent supply of serotonin and dopamine (neurotransmitters) to the brain, so that they do not crave the artificial high from alcohol or drugs.

### Wine Has Anti-Cancer Edge

Among alcoholic beverages, wine would seem to be the drink of choice when it comes to reducing the risk of cancer in the upper digestive tract.

Danish researchers writing in the *British Medical Journal* say that all types of alcohol aren't equal when it comes to posing a risk for such cancers -- because of a substance called resveratrol, found only in wine.

Known to inhibit cancer growth, the substance is found only in grapes. And researchers say their study of drinkers of wine, spirits and beer shows that "Wine drinkers may be at lower risk of developing upper digestive tract cancer than drinkers who have a similar intake of beer or spirits."

But moderation is the key, the investigators say. The risk for wine drinkers increases if they imbibe too heavily. Individuals drinking hard liquor or beer in moderation still had three times the risk for cancer of the throat, mouth and esophagus than those preferring wine in the same quantity.

### Red or White?

**True or False:** White wine is to be drunk with white meats and fish, red wine goes with beef, and sweet wines go with desserts, period, and to do it any other way is courting a visit from the Wine Police.

The answer is *False*, but the truth is that until a couple decades ago this is how people decided what to drink with dinner. Thankfully, our minds have broadened. The current thinking is that since food can be every bit as complex as wine, the options for creating rich pairings are staggering. And it cannot be stressed enough: a successful pairing is one that you find pleasing -- maybe nobody else on the planet likes Champagne with liverwurst, but you happen to find the combination absolutely transporting.

If there is a rule of thumb it would be either to go for complementary flavors or flavors that contrast. For example, a dish with citrus would be complemented by a fruity wine; a hearty stew would go well with a full-bodied wine; and a delicately flavored dish, such as poached sole, would be in good company with a dry, crisp wine. Whereas a rich cream sauce would contrast nicely with a highly acidic dry wine; and a simple snack of bread and cheese would turn positively ambrosial when paired with a complex full-bodied red. The best advice of all is to experiment, open-mindedly, and frequently.

What follows are some truths about how wine can react with food:

- \* A wine high in tannins (Bordeaux, for instance) mated with a food high in tannins (like walnuts) will render the wine almost undrinkably dry and astringent.
- \* Protein tends to calm tannins, so a very tannic wine might be rendered glorious when enjoyed with rare beef.
- \* Delicate foods - veal, or filet of sole for example - will be overwhelmed by a full-bodied red wine. By the same token, a hearty lasagna will virtually cancel out a dry, medium-bodied Sauvignon Blanc.
- \* A wine can add its primary flavor to a dish, giving food a layer it didn't start out with.
- \* Some wine and food combinations result in a flavor that was not present in either one and is not meant to be, metal for instance. Try white turkey meat with red Bordeaux if you doubt this.
- \* Sometimes it's as though this wine has been searching all its life for this food and fireworks ensue.
- \* Tannic wines make sweet foods taste less sweet; salty foods emphasize tannin.
- \* Salty foods mute the sweetness and enhance the fruitiness of a sweet wine.
- \* Wines that are high in acid taste less acidic with salty or sweet food; acidic wines also can offset oily foods.

Remember - any combination you enjoy is a good combination!

### Use of wine for religious observation

In the scripture of the Bible we see that wine is used for many reasons of which offerings are not the least of these. We today of God's churches are most reminded of this matter at the Passover Memorial when those who partake of the Passover also share in the partaking of wine - a symbol during this somber observance of the blood of Christ.

In Moses' time we are told how God's instructed the people of Israel to prepare offerings upon their entry into the promised land - before a revolt lead by Korah, Dathan and Abiram commenced. See **Numbers 15:1-41**.

**Numbers 15:7** And for a drink offering thou shalt offer the third part of an hin of wine, for a sweet savour unto the LORD.

See also **Numbers 16** regarding Korah, Dathan and Abiram attempt to preempt Moses' [YHWH's] authority. Needless to say Israel sinned a great sin and was to wonder in the wilderness for 40 years instead of entering the promised land right away. But when they did the offerings were most assuredly observed according to their original instruction.

Bible word(s) search [KJV]

Wine - found 237 times in the Bible

Wine offer - 18 times

New wine - 18 times

Winepress - 17 times

Wine offering - 16 times

Wine sacrifice - 4 times

Sometimes used as a symbol:

Oil, wine - Gladness. (**Rev. 6:6; Psa 45:7; 23:5**)

A warning:

**Proverbs 21:17** He that loveth pleasure shall be a poor man: he that loveth wine and oil shall not be rich.

Advise:

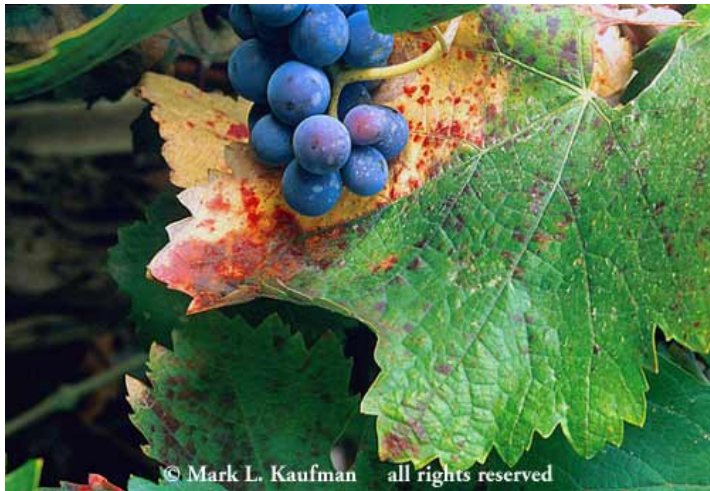
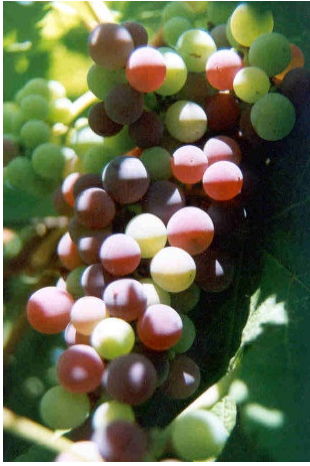
**Proverbs 31:6** Give strong drink unto him that is ready to perish, and wine unto those that be of heavy hearts.

David sings praises to God of the blessings of His greatness: [**Psalms 104:1-35**]

**Psalms 104:15** And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart.

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**And finally** ... a view of summers bounty ...



To contact the author or to comment please email: [dwlacey@earthlink.net](mailto:dwlacey@earthlink.net)  
or visit one of the links listed below.

A friend in Christ,  
David W. Lacey

YHWH, The Almighty God of Israel Is With Us!

The Stewarton Bible School web page is at: <http://atschool.eduweb.co.uk/sbs777/>

A Voice in the Wilderness web page is at: <http://www.avoicethewilderness.org/>

To the Saints of the Churches of God is at: <http://home.earthlink.net/~dwlacey/>