

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 **Thursday August 28, 2003** there will be a new moon over Jerusalem Israel at sunset. At 6:00 PM [18:00 hrs.] the new moon will be about 1 day, 2 hours and 4 minutes past conjunction with a 1% illumination. By the time it gets to us here in the USA on **August 28** it will display a 2% illumination. This **Chodesh 6** begins Biblical calendar month "six". Why is it month 6 and not 5 or seven? 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>

Addendum 08/29/2003:

- From [Calendar Info](#) - Karaite Korner Newsletter #137

New Moon Report
August 2003
Sixth Month
Part 3

The new moon was seen tonight, Friday **August 29, 2003**, by Nehemia Gordon and Devorah Gordon from Jerusalem.

- From the author of [To the Saints of the Churches of God](#)

Thursday, August 28, 2003 we could not see a new moon from the Colorado viewing area. Clouds covered much of the Western horizon from our location. We must default to the 30 day rule and by the confirmation(s) from the many other witnesses for the beginning of this month. **August 29, 2003** begins month 6.

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.

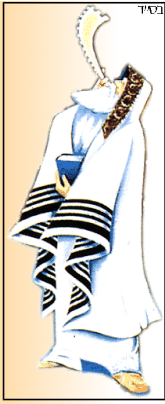
In 27 B.C., the Roman Senate granted Octavian the name Augustus, meaning "the exalted." They also gave him the legal power to rule Rome's religious, civil and military affairs, with the Senate as an advisory body, effectively making him Emperor.

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.

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

The Jewish calendar month *Elul*





"Chodesh Elul," the Month of ELUL

Ab (Jul/Aug)	Summer heat	Vintage (grape harvest) begins
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. [KJV]

Comment from **MHC... Nehemiah 6:15**

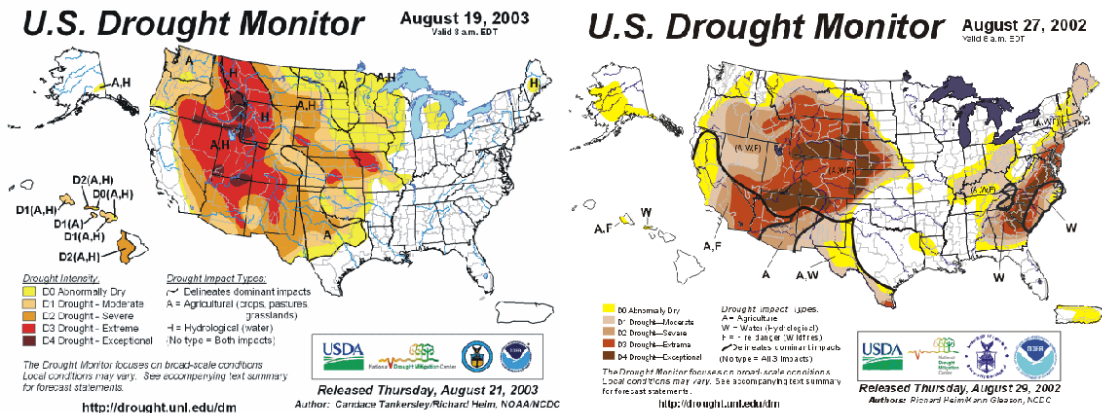
Nehemiah is here finishing the wall of Jerusalem, and yet still has trouble created him by his enemies.

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:



The birthstone for the month of August is the **sardonyx**, the color is **green**, the flower is the **gladiolus**.



Sardonyx
(traditional)



Peridot
(modern)



Gladiolus
(flower)



Holidays August 29

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

Czechoslovakia : Slovak National Uprising Day

England, Channel Is, Northern Ireland, Wales : Bank Holiday - - - - (**Monday**)

Hong Kong : Liberation Day (1945) - - - - (**Monday**)

Afghanistan : Jeshyn-Afghan Day/Independence Day (1920)

Religious Observances August 29

RC : Memorial of the Beheading of St John the Baptist

This Day in Christian History - August 29

1792 Birth of Charles G. Finney, American revivalist and educator. Originally trained in law, he was converted to Christian faith at age 29, conducted revival services for eight years and, from 1835 until his death, maintained a close affiliation with Oberlin College in Ohio.

1852 The Latter Day Saints first published their doctrine of "celestial marriage," popularly known as polygamy. The Mormon Church maintained this teaching until the Manifest of 1890 (and later Congressional legislation) outlawed the practice.

1867 The Social Brethren were officially organized in Illinois. Today, there are about 1,000 total members of this small, evangelistic denomination, with most churches located in Illinois, Michigan and Indiana. Church doctrine is a blend of Methodist and Baptist polity.

1908 Death of Lewis H. Redner, 78, American Episcopal organist. Maintaining a keen interest in music all

his life, Redner composed ST. LOUIS, the tune to which today is most commonly sung Phillips Brooks' Christmas hymn, "O Little Town of Bethlehem."

1917 Death of Ernest W. Shurtleff, 55, American Congregational clergyman and author of the hymn, "Lead On, O King Eternal." Shurtleff died during World War I, while doing relief work along with his wife.

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. \(pilgrimwb@aol.com\)](mailto:William D. Blake. (pilgrimwb@aol.com))

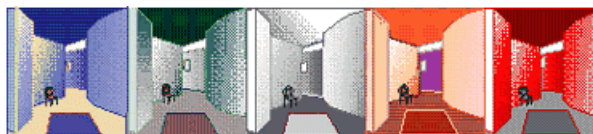
Tips from the "Old Farmer's Almanac"

Question: I know why the **colors** of a rainbow refract in the order they do (ROYBIV), but why do rainbows bend, and why is red always on the bottom? Also, is there really an end of a rainbow (with a pot of gold)?

Answer: The first definition of a rainbow (by Descartes) was based on tracing the path of a light ray falling on a transparent sphere. If the Sun is at the horizon, the rainbow is an arc of 180 degrees, but it cannot appear if the Sun is high in the sky. Red, orange, yellow, blue, indigo, and violet (ROYBIV) are the **colors** of a rainbow, but these are not necessarily the sequence of **colors** an observer sees. Since the color sequence of a rainbow is the result of refraction, the color order depends on the viewer's angle of perception. As for the end of a rainbow, it seems always to elude us. However, here at *The Old Farmer's Almanac*, we firmly believe that there's a pot of gold waiting for the person lucky enough to find a rainbow's end.

Colors do effect our comfort as well as our appetites. For example, from [Color Matters - Bulletin Board](#):

Color and Energy Matters for Interiors



The colors used inside a residence or workplace can also save on energy costs. The Environmental Protection Agency reports that electric lighting accounts for 25% of the electricity used in the USA

The same principle, the lighter the color the higher the reflectivity can be applied. Dark walls absorb more light and reflect less. Consequently, far more lighting is required for rooms with dark walls than those with light walls. In addition to the walls, it is a good idea to keep the ceiling light and bright for good reflectance.

Most major paint manufacturers can tell you the Light Reflectance Value (LRV) of any color paint chip. White reflects 80% of the light, black 5%. Therefore, the higher the LRV number of the paint color, the less artificial light you will need.

Caution: Don't go overboard. An extremely high lighting level combined with very light walls is bad if it creates glare and / or too much brightness on the wall. This causes excessive stimulation and irritation of the eyes. Eye fatigue will follow.

A tip for saving on heating and cooling costs: The color of a room will affect your perception of temperature. Tests document that people estimate the temperature of a room with cool colors, such as blues and greens, to be 6-10 degrees Fahrenheit cooler than the actual temperature. Warm colors, such as reds and oranges, will result in a 6-10 degrees Fahrenheit warmer estimate. The colors used in this test

are Munsell Value 7-9 Chroma 1-4. (Information on the [Munsell System](#))

Color does play an important role in energy conservation.

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.

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/saccal/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)		Barley harvest begins
Zif (Apr/May)		Barley harvest completed
Sivan (May/Jun)	Dry season	Wheat harvest begins

Tamuz (Jun/Jul)		Wheat harvest completed / first figs
Ab (Jul/Aug)	Summer heat	Vintage (grape harvest) begins
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.

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.

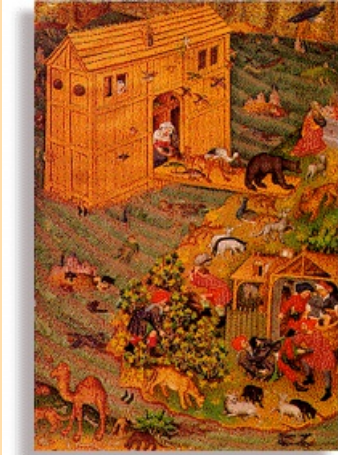
Pro's and con's of grapes in our diet and of partaking of wine

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[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.

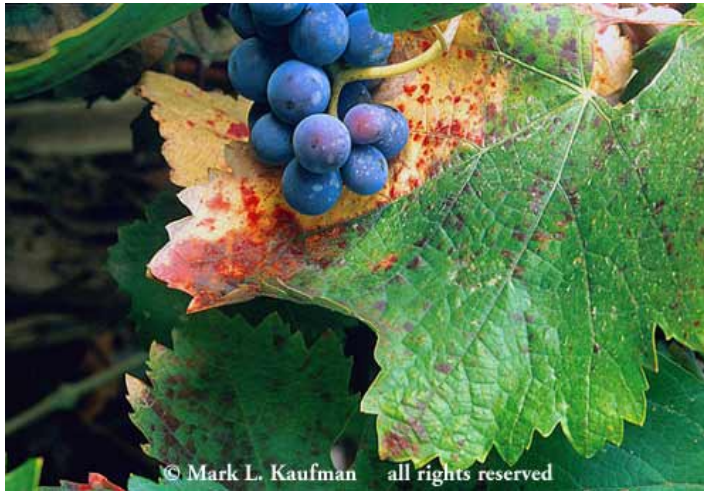
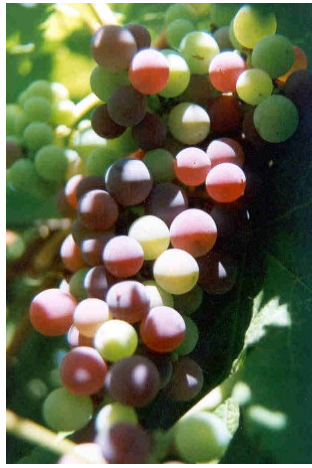
Advise:

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.

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



Please join us **Sabbath eve [Friday at even]** at **06:30 PM MST, USA** for Bible Study and topical discussions.



Visit us at [Paltalk](#) every **Sabbath eve [Friday at even]**, **06:30 PM MST, USA** for a Bible Study and topical discussions. [Paltalk](#) chat software: **Groups > Christianity > Sabbath Studies - To the Saints of the Churches of God**



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

David W. Lacey

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

YHWH, The Almighty God of Israel Is With Us!

See also:

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

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

MatanYah Learning Centre, South Africa: <http://mercury.spaceports.com/~matanyah/index>

