

S E P T E M B E R 2 0 1 3

The GOC Trumpet

Issue 1 Volume 2

*Have I not commanded you
Be strong and courageous.
Do not be afraid; do not
be discouraged, for the
Lord your God will be
with you wherever you go.*

JOSHUA 1:9



In the News

The Federal Bureau of Investigation is reportedly considering those Americans who harbor "conspiracy theories" about the September 11, 2001 attacks and other views as a potential terrorist.

<http://presstv.com/detail/2013/09/20/325096/fbi-calls-half-of-americans-terrorists/>

Upcoming Events!

Day of Atonement

September 23rd Sundown

Biblical Reference: Leviticus 23:26-32

Celebrated: Afflicting our souls with fasting and prayer.

Feast of Tabernacles

September 28th – October 5th

Biblical Reference: Leviticus 23:33-44

Celebrated: Sabbath and feasts the 1st and 8th day. We are also to dwell in booths.

What's Inside!

Learn how to make another dish from the Tribe of Levi

Super Foods: Oatmeal Water. Check out what contagious diseases this simple recipe can prevent

Vitamin Watch! In this issue we discuss the importance of Vitamin C, and the natural sources of them.

Survivalist Corner: Comfrey, and the endless uses of beeswax

Sister's Crafts Corner: Now that you have gotten hand sewing down its time to move on to our first project.



Survivalist Guide

Ecclesiasticus 1:18

The fear of the Lord is a crown of wisdom, making peace and perfect health to flourish; both which are the gifts of God: and it enlargeth their rejoicing that love him.

Comfrey

Comfrey is one of the best herbs for healing broken bones, sprains, strains, bruises, tears and fractures. Comfrey has been used as a healing herb since 400 B.C. and means “grow together” in Latin.

The plant contains alatronin, which heals bone tissue. However, if you plan to use this herb in a survival situation it is preferably recommended that you make a poultice or ointment of the herb and apply it externally.

Comfrey roots have been proven to be toxic to the liver. Only the leaves should be used as a tea if taken internally in small amounts and for no longer than six weeks at a time. The tea should not be taken by pregnant women or given to young children.



Beeswax

What’s your favorite bee product? Today, if ever asked this question, most people would answer “honey” without giving the question genuine thought. However, if the same question were asked in ancient times, most people would’ve answered “beeswax”. To the surprise of many people, in ancient times, the production of beeswax was more important than the production of honey for various reasons. Beeswax was used to make medicine for pain relief, digestion ailments, ulcers, hiccups, diarrhea, and to aid the liver.

Ancients also used beeswax in the making of healing ointments, salves, wax figures, mask, in the process of embalming, mummification (in Egypt), to protect paintings, and to preserve papyrus scrolls. Today, beeswax is mainly used for topical application and candle production.

Externally, beeswax protects the skin from free radicals as well as environmental pollutants, is anti-bacterial, keeps in moisture, relieves, itching, reduces inflammation, and heal wounds. On the other hand, beeswax candles have been prized over the years for their ability to burn longer and brighter than traditional paraffin based candles without dripping or releasing any smoke into the air. Beeswax candles are also used to purify air by emitting negative ions into the air, neutralizing mold, dust, pollen, odor, and viruses. Aside from the popular uses of beeswax, beeswax can also be used to make temporary dental fillings, earplugs, soap, to repair cracked animal hooves, to waterproof leather, shoes, fishing lines. Beeswax can also be used to polish floors, to lubricate (doors, windows, furniture hinges, irons, frying pans), to prevent stretch marks, to chew (to quit the habit of smoking), and in various other ways.



Sister Ahmanaha's Kitchen

Haitian Potato Salad: Levi's Delight



You can never go wrong with a potato salad and because it tastes great the next day, it's an ideal meal for the Sabbath! When my husband first whipped this up for me I made a funny face and couldn't believe that he had turned the salad **pink**. However, with one bite I was HOOKED and I promise you will be too! This is a classic Haitian twist on a potato/egg salad coming straight from his Mama's kitchen. Enjoy!

What you'll need:

- 1 Kilo Sweet Potato
- 3 beets
- 4 boiled eggs
- 1 cup cooked green peas
- 2 cups cooked pasta.
- ¼ cup mayonnaise (more or less depending on preference)
- ½ cup red chopped onion
- ¼ cup chopped parsley
- Coarse salt
- Freshly ground pepper

The 3 Easy Steps:

- 1 In a large pot, cover potatoes with water and bring to a boil, reduce heat to a simmer. Simmer until the potatoes are tender when pierced with a fork, about 20 minutes. Drain and rinse.
- 2 Boil beets: Place the beets in a large saucepan and add water to cover. *Optional: add 2 tbsp. lemon juice or vinegar. This will help to keep the beets from bleeding.* Bring to a boil, reduce heat and simmer until tender 25-40min. Drain and rinse. The skins can now be easily peeled off the beets.
- 3 Chop up the potatoes, beets, eggs and place in a large bowl. Add the pasta and peas followed by rest of the ingredients and mix well. Praise AHAYAH and enjoy!

Nature's Remedies

Ecclesiasticus 38:4

The Lord hath created medicines out of the earth; and he that is wise will not abhor them.

Tamarind

Did you know that tamarind also has many other health benefits? Not only is tamarind a good source of antioxidants but it also contains vitamin C, B-vitamins, and other nutrients. Tamarind is a rich source of fiber, potassium, magnesium and other nutrients necessary for good health. Tamarind is huge in South Asian cooking and popular in Mexico.



Tamarind is a fruit that can reduce fluoride toxicity in the body by safely passing it through the urinary tract. A clinical study that was performed on rats exposed to fluoride showed that when given the Tamarind fruit, a significant increase in urinary fluoride excretion occurred.

The researchers concluded that tamarind fruit pulp extract could reduce fluoride concentration in the blood and bone on the individual that takes it

Fluoride Poisoning

In 1997, the FDA ordered toothpaste manufactures to add a poison warning on all fluoride toothpastes sold in the US. The warning reads: Keep out of reach of children under 6 years of age, if you accidentally swallow more than used for brushing seek professional help or contact a poison control immediately.

If fluoride is poisonous in our toothpaste it is no different when it is added to our water supplies. Fluoride is toxic to the body and is not easily eliminated. Over time it accumulates in the system and causes a variety of health problems.

Additional Benefits of Tamarind

- Protects against deficiencies in vitamin C
- Reduces fevers
- Provides protection against the common cold
- Aids in food digestion
- Can be used as a gentle laxative
- Lowers cholesterol

Nature's Remedies Cont.

Ginger & Sugar Cane Juice

During early pregnancy nausea, vomiting, and tiredness are common symptoms attributed to a problem called morning sickness. Many women face this issue that can become a drag on everyday life, but it's important to know that there are solutions. A simple home remedy involving the combination of sugar cane juice and ginger juice can perform wonders.

In many trials sugar cane and ginger mixed have been shown to be very effective in curing morning sickness. Cane juice is packed full of essential vitamins and minerals like calcium and magnesium that help the baby to develop strong bones. It also contains proteins, fats, carbohydrates, and chlorophyll that help to provide the mother with energy, strength, and fresh blood. This combined with ginger gives a soothing and settling effect on the stomach.



The remedy for morning sickness is as follows; take a small bowl of sugar cane juice of about 150ml, adding 5ml of ginger juice. You can drink that mixture 2-3 times a day. If you still feel sick, continue the treatment until the morning sickness fades. If you're pregnant and suffering from diabetes please consult your doctor.

Vitamin Watch

Are any of the following symptoms troubling you? Easy bruising, slow wound healing, low resistance to colds as well as infections, inflamed gums, gingivitis, chronic fatigue, depression, joint pain, anemia, dry skin, dry hair, weight loss, and mood changes. If so, your symptoms are most likely a result of a deficiency in vitamin C also known as ascorbic acid.

This particular vitamin and anti-antioxidant is responsible for boosting the immune system, producing healthy blood vessels, collagen, bones, teeth, and anti-stress hormones. Vitamin C also plays an important role in the body's ability to absorb calcium, iron, folic acid, vitamin E, vitamin B-12, and vitamin B-6. Getting the proper amount of vitamin C in your diet may help to prevent cancer, heart disease, premature aging, stroke, arthritis, high blood pressure, and osteoporosis.



Great sources of vitamin C include oranges, kiwis, broccoli, guava, red as well as green pepper, strawberries, cantaloupe, cabbage, and various leafy green vegetables.

Vitamin C can be found in more abundance in Camu Camu berry, alma berries, goji berries, and moringa. In high enough doses, vitamin C has been proven capable of curing all diseases known to man.

Nature's Remedies Cont.

Oatmeal Water

Oatmeal is one the finest foods we have today to prevent disease the benefits of Oatmeal water in the prevention and curing of contagious diseases. Oatmeal water flushes out our mucus membranes. During a cold or flu our mucus membranes can become a breeding ground for bacteria and viruses. If we keep our mucus membrane clean we will be free from our sicknesses.

When the body is suffering from bacteria or viruses white blood cells trap them and envelope them in mucus. Oatmeal water increases the body's ability to expel contaminated mucus, thereby curing the body of many forms of **zymotic diseases**. Oatmeal is also one of the riches sources of silicon.

Silicon, not to be mistaken with silicone, is the second most available element found in the Earth's crust. It is a vital trace mineral required by the body that promotes strong and flexible joints, glowing skin, and stronger bones, strengthening of connective tissues, healthy hair, nails, and teeth. We can greatly improve our health with the addition of this Super Food in our daily diet.



Oatmeal Water Recipe:

Boil one quart of water and then add two heaping teaspoons of organic rolled oats (not instant; they lack the slippery smoothness that is so important here). You can make it stronger or weaker to suit your taste.

Reduce heat to simmer and cook slowly for 20 minutes, remove from heat and let sit until almost cool, whisk mixture and strain out the oatmeal; the cloudy water that's left is oatmeal water. Shake well before pouring into a glass. Feel free to drink copious quantities of this oatmeal water all day long!

The Hebrew Health Tip of The Week: Never drink ice-cold water after a meal.

Drinking ice-cold water after a warm meal causes the food that has been eaten to solidify inside the stomach, especially dairy (cheese, butter, cream, etc.), or other oily foods. Not only does cold water solidify the food that has been eaten, if drunk in excessive amounts following a meal, it can dilute the stomach acids needed to break down food.

As a result this will leave a stomach full of solidified food with a very low chance of proper digestion. Over time, drinking cold water after meals can cause digestion ailments, including acid reflux. If thirsty after or during a meal, a glass of warm water or tea wont hurt in moderation. If you desire to drink a glass of cold water, drinking an hour before a meal, or after a meal is completely digested would be best.

Sister's Crafts Corner: Hand Sewing: Small Pouch

All right, so now that we have some basic stitches to reference from our last article, it's time to put them to use. Here is a very simple tutorial on how to hand sew a small pouch.

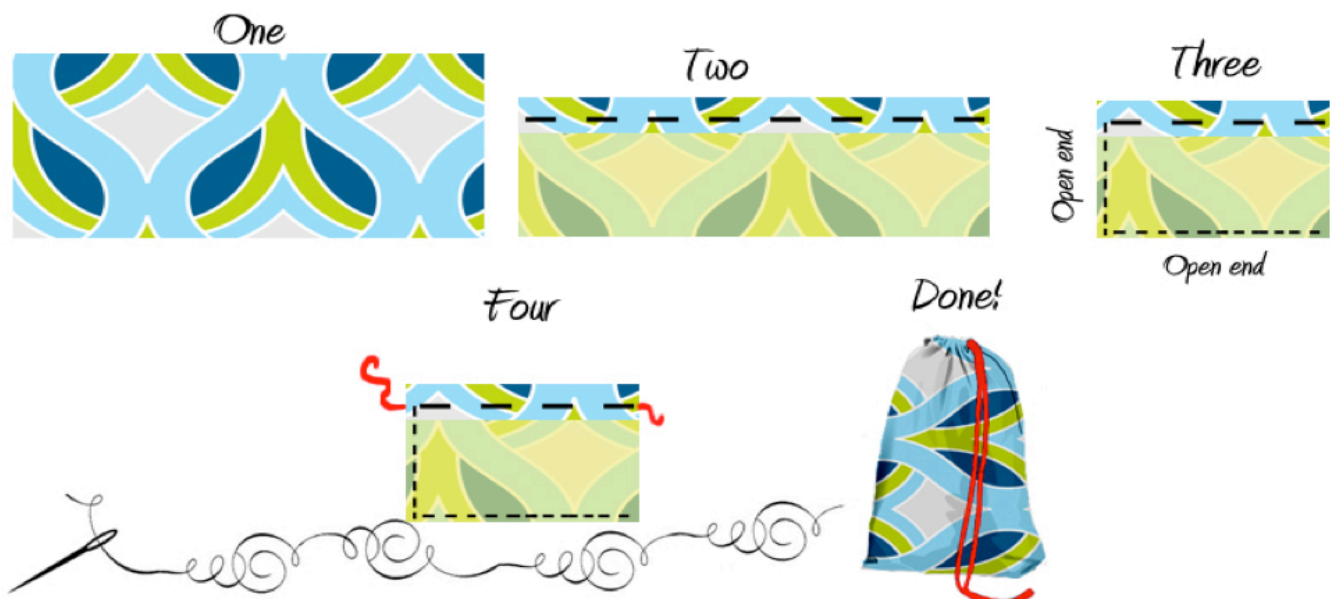
This is easy enough for any beginner and could get you motivated to move onto bigger projects. Remember a pouch **ALWAYS** comes in handy and can be used for many things; holding first-aid supplies, change, accessories, or anything that always seems to get easily scattered or lost!

STEP ONE: Begin with a piece of fabric of your liking, this can be anywhere from scrap to a sturdier material for sharp objects like a pocketknife. Cut all edges in a rectangular form.

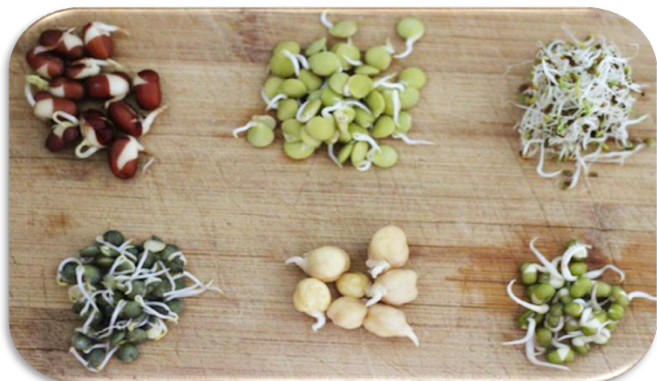
STEP TWO. Place in front of you, wrong side up; the longest side horizontal. Run stitch across the top and secure. This is a gap left open for a piece of string to tie the bag closed. You can also put a zipper here if that is your preference, but let's keep it simple!

STEP THREE. Fold in half horizontally with wrong sides facing out. Sew down the two open ends tightly with backstitch or running stitch.

STEP FOUR. Now simply put your string through the gap and flip inside out!



The Green Thumb: Sprouts



Clockwise from upper left corner: adzuki, green lentil, alfalfa, French green lentil, chickpea, mung beans.

Does the idea of growing your own vegetables or herbs seem a bit complicated or time consuming to you? Before you deem yourself a black thumb, consider stepping into the world of growing in probably the simplest way: sprouting!

You'd have to try very hard to fail at sprouting beans. The benefits of eating sprouted beans are too great to ignore. In short, sprouting can harbor up to 100 times more enzymes than uncooked fruits and vegetables. The quality of the protein in the beans, nuts, seeds, or grains improves when it is sprouted, as does the fiber! The vitamin content increases dramatically, which is especially true of vitamins A, B-complex, C, and E.

The vitamin content of some seeds, grains, beans, or nuts increases by up to 20 times the original value within only a few days of sprouting. Sprouts are alkalizing to your body. Finally, sprouts are inexpensive. People frequently use the cost of healthy foods as an excuse for not eating healthy. But, with sprouts being so cheap, there really is no excuse for not eating healthier. So, being as they are readily available and extremely cost effective, today we'll focus on lentils!

Yields approximately 1 Cup (1/2 lb.) of Sprouts

Seed Prep:

Genesis 1:12

And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

Soak

Measure out 1/2 Cup of seed and rinse your seeds to remove dust or plant debris. Soak by adding two or three times as much cool water (60-70 degree). If you don't have a "sprouter" it's very easy to make one from any food container like an empty butter tray.

Simply punch small holes on the lid of the box. A mason jar and cheesecloth will work great. Mix seeds up to assure even water contact for all. Allow seeds to soak for 8-12 hours.

Sprouting

Drain out the soak water. (You can use the water! it has nutrients in it, use for soups or water your plants.) Rinse with cool water and drain thoroughly. Set your container anywhere out of direct sunlight and at room temperature (70° is optimal) between rinses.

This is where your sprouts do their growing. We use a counter top - in the corner of our kitchen, but where the container won't get knocked over by cats, dogs, kids or us. Don't hide your sprouts, they like air-circulation.

The Green Thumb Cont.

Rinse and drain again in 8-12 hours. And, once more...rinse and drain again in 8-12 hours. And, perhaps once more rinse and drain in 8-12 hours. We stop no later than here. We like our sprouts small. Typically, we sprout for just 2-4 rinse and drain cycles.

At that point most of the seeds will have sprouted tiny (1/16 - 1/4 inch) roots. Depending on your climate and the time of year you are sprouting and most importantly your personal preference - you may rinse and drain again at 8-12 hour intervals for up to 6 days. We Do Not recommend doing so, unless you're doing a science experiment.

Grow them for as long as you like as long as you continue to rinse and drain every 8-12 hours. If you grow for a week you'll get some plants growing as well as roots. Experiment! Have Fun!

We suggest that you taste your crop at EVERY Rinse - including the very first - just after the Soak period. The soaked seeds are already alive and super nutritious - and - they are without enzyme inhibitors (a very good thing indeed!) so they'll digest themselves and nourish you. So taste them often and find out for yourself when they are most delicious! That's when they're done.

Harvest

Your sprouts are done 8-12 hours after your final Rinse. Be sure to drain them as thoroughly as possible after that final Rinse. The goal during the final 8-12 hours is to minimize the surface moisture of your sprouts - they will store best in your refrigerator if they are dry to the touch.

Refrigerate

Transfer your sprout crop to a plastic bag or the sealed container of your choice and put them in your refrigerator.

Congratulations you are on your way to having a green thumb!



About Our Organization

Here at the GOC we are doing our part to help to reunite the true children of Israel back to their true heritage under Christ and the Most High while being a light to the gentiles, which is Ahayah!

Ahayah Bahasham Yashaya Barakatham

The Gathering of Christ Church

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If you would like to become a part of our in-depth bible academy classes then send an email to the above address for more info.

We're on the Web!

See us at:

<http://www.youtube.com/user/aGATHERING144>

<http://www.gatheringofchrist.org>

Prayer Requests

If you have any prayer requests please send them to:

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