

Countdown to the Return of Jesus Christ

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In regard to: Did Herbert Armstrong Ever Observe Pentecost on Sivan 6?

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PAGE 15 **Iron Sharpening Iron**

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Letters

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Publisher: Church of God, Bismarck, Darwin & Laura Lee, **Editor:** Laura Lee, **Assistant Editor:** Darwin Lee We do not necessarily agree with all contributors, or their works submitted and printed in this newsletter. It is up to you to get out your Bible and see whether these things are true. Iron sharpens Iron

Contributors: David Antion, John R. Bair, John Freeman, Laura Lee, Elijah Osiemo, Verse by Verse Ministry International, Craig M. White, Warren Zehrung

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1Co 14:26 How is it then, brethren? when ye come together, every one of you hath a psalm, hath a doctrine, hath a tongue, hath a revelation, hath an interpretation. Let all things be done unto edifying.

Countdown to the Return of Jesus Christ

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The Feast of Trumpets pictures the return of Jesus Christ. It is a memorial (Leviticus 23:24). *"Speak unto the children of Israel, saying, In the seventh month, in the first day of the month, shall ye have a Sabbath, a memorial of blowing of trumpets, a holy convocation."* A memorial is a reminder.

The Holy Scriptures give us an exacting prophetic sequence of many end-time events leading to the return of Christ. Today's text, **Countdown to the Return of Jesus Christ**, puts the Scriptural sequence of many events in an easily understood form. We need to know how our future is going to be impacted by these events.

We are reminded by God today, just as His prophets, Isaiah, Ezekiel, Hosea, Joel, etc., wrote for the purpose of warning

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Israel of the punishment that would come upon them if they rejected His Way. Let us ponder this question: When Jesus returns, will He be for us, or against us?

Countdown to the Return of Jesus Christ
The Seven Seals

The First Four Seals – The Four Horsemen

First Seal – The First Horseman – False Prophets

(Matthew 24:4-5) And Jesus answered and said unto them, Take heed that no man deceive you. For **many** shall come in my name, saying, I am Christ; and **shall deceive many**.

(Revelation 6:2) And I saw and behold a **white horse**: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and **to conquer**.

Second Seal – The Second Horseman – Wars

(Matthew 24:6-7) And ye shall hear of wars and rumors of **wars**: see that ye be not troubled: for all *these things* must come to pass, but the end is not yet. For **nation shall rise against nation**, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places.

(Revelation 6:4) And there went out another **horse that was red**: and *power* was given to him that sat thereon to **take peace** from the earth, and that they should kill one another: and there was given unto him a great sword.

Third Seal – The Third Horseman – Famines

(Matthew 24:7) For nation shall rise against nation, and kingdom against kingdom: and there shall be **famines**, and pestilences, and earthquakes, in divers places.

(Revelation 6:5-6) And when he had opened the third seal, I heard the third beast say, Come and see. And I beheld, and lo a **black horse**; and he that sat on him had a pair of balances in his hand.

Fourth Seal – The Fourth Horseman – Pestilences

(Matthew 24:7-8) For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and **pestilences**, and earthquakes, in divers places. All these *are* the beginning of sorrows.

(Revelation 6:8) And I looked and behold a **pale horse**: and his name that sat on him was **Death**, and Hell followed with him. And power was given unto them over the fourth part of the earth, to kill with sword, and with hunger, and with **death**, and with the beasts of the earth.

Wrath of Satan

Fifth Seal – Tribulation – Begin The Three and a Half Years

(Revelation 12:12) Woe to the inhabitants of the earth and of the sea! for the devil [**Satan**] is come down unto you, having **great wrath**, because he knoweth that he hath but a **short time**.

(Matthew 24:9) Then shall they deliver you up to be afflicted, and **shall kill you**: and ye shall be hated of all nations for my name's sake.

(Revelation 6:9) And when he had opened the **fifth seal**, I saw under the altar the souls of **them that were slain for the word of God**, and for the testimony which they held:

(Revelation 7:14) And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of **great tribulation**, and have washed their robes, and made them white in the blood of the Lamb.

Sixth Seal – Heavenly Signs

(Matthew 24:29) Immediately **after the tribulation** of those days shall the **sun be darkened**, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of the **heavens** shall be shaken:

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(Revelation 6:12-13) And I beheld when he had opened the **sixth seal**, and, lo, there was a great earthquake; and the **sun became black** as sackcloth of hair, and the moon became as blood; And the **stars of heaven fell** unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind.

(Joel 2:30-31) And I will show **wonders in the heavens** and in the earth, blood, and fire, and pillars of smoke. The **sun shall be turned into darkness**, and the moon into blood, **before** the great and the terrible **day of the LORD** come.

Seventh Seal – The Seven Trumpets

(Revelation 8:1-2) And when he had opened the **seventh seal**, there was silence in heaven about the space of half an hour. And I saw the **seven angels** which stood before God; and to them were given **seven trumpets**.

Day of the Lord – First Trumpet Sounds

Seventh Seal – First Trumpet – Third of Trees and Grass Burnt

(Revelation 8:7) The first angel **sounded**, and there followed hail and fire mingled with blood, and they were cast upon the earth: and the **third part of trees was burnt up**, and all green grass was burnt up.

Seventh Seal – Second Trumpet – Third of Sea Becomes Blood

(Revelation 8:8-9) And the second angel sounded, and as it were a great mountain burning with fire was cast into the sea: and the **third part of the sea became blood**; And the third part of the creatures which were in the sea, and had life, died; and the third part of the ships were destroyed.

Seventh Seal – Third Trumpet – Third of Fresh Water Becomes Bitter

(Revelation 8:10-11) And the third angel sounded, and there fell a great star from heaven, burning as it were a lamp, and it fell upon the **third part of the rivers**, and upon the fountains of waters; And the name of the star is called Wormwood: and the third part of the waters became wormwood; and many men died of the waters, because they were **made bitter**.

Seventh Seal – Fourth Trumpet – Third of Light Taken from Sun, Moon, Stars

(Revelation 8:12) And the fourth angel sounded, and the third part of the **sun was smitten**, and the third part of the moon, and the third part of the stars; so as the third part of them was darkened, and the **day shone not** for a third part of it, and the night likewise.

Seventh Seal – Fifth Trumpet – Three Woes

(Revelation 8:13) And I beheld and heard an angel flying through the midst of heaven, saying with a loud voice, **Woe, woe, woe**, to the inhabitants of the earth by reason of the other voices of the trumpet of the three angels, which are yet to sound!

Seventh Seal – Fifth Trumpet – First Woe – War With Satan

(Luke 10:18) And he said unto them, I beheld **Satan** as lightning **fall from heaven**.

(Revelation 9:1-11) And the fifth angel sounded, and I saw **a star fall from heaven** unto the earth: and to him was given the key of the bottomless pit... And in those days shall men seek death, and shall not find it; and shall desire to die, and death shall flee from them... And they had a king over them, *which is the angel of the bottomless pit*, whose name in the Hebrew tongue is Abaddon, but in the Greek tongue hath *his* name Apollyon.

Seventh Seal – Sixth Trumpet – Second Woe – Third of Mankind Slain

(Revelation 9:12-15) One woe is past; *and*, behold, there come two **woes** more hereafter... And the sixth angel sounded, and I heard a voice from the four horns of the golden altar which is before God, Saying to the **sixth** angel which had the **trumpet**, Loose the four angels which are bound in the great river Euphrates. And the four angels were loosed, which were prepared for an hour, and a day, and a month, and a year, for to **slay the third part of men**.

(Revelation 1:7) Two Witnesses Slain

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The Wrath of God

Seventh Seal – Seventh Trumpet – Third Woe – Seven Vials – Plagues of God

(Revelation 11:14-15) The second **woe** is past; *and*, behold, the third woe cometh quickly. And the seventh angel sounded.

(Revelation 15:1) And I saw another sign in heaven, great and marvelous, seven angels having the **seven last plagues**; for in them is filled up the wrath of God.

(Revelation 15:7) And one of the four beasts gave unto the seven angels **seven** golden **vials** full of the **wrath of God**, who liveth forever and ever.

(Revelation 16:1) And I heard a great voice out of the temple saying to the **seven** angels, Go your ways, and pour out the **vials of the wrath of God** upon the earth.

(Matthew 24:30) And then shall appear the sign of the Son of man in heaven: and then shall **all the tribes of the earth mourn**, and they shall see the Son of man coming in the clouds of heaven with **power** and great glory.

Seventh Seal – Seventh Trumpet – Third Woe – First Vial – Grievous Sores

(Revelation 16:2) And the **first** went and poured out his **vial** upon the earth; and there fell a noisome and **grievous sore upon the men** which had the mark of the beast, and *upon* them which worshipped his image.

Seventh Seal – Seventh Trumpet – Third Woe – Second Vial – Sea as Blood

(Revelation 16:3) And the **second** angel poured out his **vial** upon the **sea**; and it became as the **blood** of a dead *man*: and every living soul died in the sea.

Seventh Seal – Seventh Trumpet – Third Woe – Third Vial – Rivers as Blood

(Revelation 16:4) And the **third** angel poured out his **vial** upon the **rivers** and fountains of waters; and they became **blood**.

Seventh Seal – Seventh Trumpet – Third Woe – Fourth Vial – Sun Scorches

(Revelation 16:8-9) And the **fourth** angel poured out his **vial** upon the **sun**; and power was given unto him to **scorch** men with fire. And men were **scorched with great heat**, and blasphemed the name of God, which hath **power over these plagues**: and they repented not to give him glory.

(Isaiah 30:26) Moreover the light of the moon shall be as the light of **the sun**, and the light of the **sun** shall be **sevenfold**, as the light of seven days, in the day that the LORD bindeth up the breach of his people, and healeth the stroke of their wound.

Seventh Seal – Seventh Trumpet – Third Woe – Fifth Vial – Darkness

(Revelation 16:10-11) And the **fifth** angel poured out his **vial** upon the **seat of the beast**; and his kingdom was full of **darkness**; and they gnawed their tongues for pain And blasphemed the God of heaven because of their pains and their sores, and repented not of their deeds.

Seventh Seal – Seventh Trumpet – Third Woe – Sixth Vial – Euphrates Dries Up

(Revelation 16:12-14) And the **sixth** angel poured out his **vial** upon the great **river Euphrates**; and the water thereof was **dried up**, that the way of the kings of the east might be prepared... to gather them **to the battle of that great day of God Almighty**.

Seventh Seal – Seventh Trumpet – Third Woe – Seventh Vial – Great Earthquake

(Revelation 16:17-21) And the **seventh** angel poured out his **vial** into the air; and there came a great voice out of the temple of heaven, from the throne, saying, It is done. And there were voices, and thunders, and lightnings; and there was a **great earthquake**, such as was not since men were upon the earth, so **mighty an earthquake**, *and* so great... And there fell upon men a **great hail** out of heaven, *every stone* about the weight of a talent: and men blasphemed God because of the **plague of the hail**; for the plague thereof was exceeding great.

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When the Seventh Seal – Seventh Trumpet – Seventh Vial are Finished,
The Countdown to the Return of Jesus Christ is Complete

(Revelation 11:15) And the **seventh** angel sounded; and there were great voices in heaven, saying, **The kingdoms of this world are become *the kingdoms* of our Lord, and of his Christ; and he shall reign forever and ever.**

See Warren Zehrung's other articles at:
[Zehrung, Warren – Church of God, Bismarck \(church-of-god-bismarck.org\)](http://church-of-god-bismarck.org)

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**WCG and God's
Remnant Apostle Church of Christ in South Africa
(Copyright 2024) by Craig M. White (Australia)**

I think that you will find this unique bit of WCG history of interest – most have never heard of it. It is also included in the attached collection of notes (i.e. it is not an article per se), pages 15-18.

I first heard about this when living in South Africa in the 1970s, but only had a limited knowledge of it and did not even know the name of the group involved.

The information in the rest of the document you might also find interesting and if you have anything to add to any section in the document, please send my way!

Regards to all,
Craig

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1. My note: It is said that this Church of God group in South Africa was formed by peoples from India or Malaya which pre-dates the WCG in that area. (June 2003)
2. Eve G states: "Apparently there was a group of pre-1900 Church of God people in Cape Town that joined up with the Radio Church of God when Mr. Waterhouse visited them in the early 1960s. I am told that they had a church with a baptism font under the floor. They gave the church to WCG, and they remained very faithful members of WCG up until the apostacy." (June 2003)
3. Peter H writes: "The best person to obtain accurate information from may be Owen Visagie, a minister in Worldwide Church of God familiar with the history of the Norling family. He has (as far as I know) remained true to his calling and true to the word of God." (June 2003) [**Personal note:** I wrote to the WCG in South Africa to no avail]
4. From the WCG website: "**Norling**, Edward Norman, aged 89, of the Cape Town South church passed away on 2 November 2002. He was ordained as a deacon in 1977. He is survived by his wife Sophie, whom he married on 15 February 1938, and six children., ten grandchildren and 11 great-grandchildren. His daughter Valerie serves as a deaconess in the Pretoria church." (extracted from the January 2003 *Worldwide News*).
5. From the WCG website:

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OLDEST COUPLE-- Mr. and Mrs. Edward Norling, oldest couple in Cape Town, South Africa. (extracted from the February 1999 *Worldwide News*)

6. Stan B writes: "The following is the only information that I have been able to glean regarding the group that joined WCG in Cape Town.

Unfortunately, all those who were part of this group have died. The only remaining person who has any information is 93 year old Mrs Norling. She is the daughter-in-law of a certain Jacobus Johannes Norling who was an ordained minister of the SDA. He died almost 50 years ago, and she has no idea why he left or how he eventually came in contact with WCG. Her husband Edward Norling had also been ordained by his father as a minister of this church. Later Mr Edward Norling was ordained as a deacon in WCG. He died a few years ago.

Mrs Norling is living with her granddaughter, Anthea Variant. The telephone number is: - 021 7121455". (13 April 2005)

Alvin S wrote: "Yes, I did the interview with him (Pappa) a few months before what would have been his 90th birthday. Mrs. Norling lived to be more than a 100 years old.



Denise Variend Neville Norling, Valerie Pritchard (married to Joey Pritchard of PE), and Hazel Norling are siblings who were a part of their father and grandfather's church... they are still very much alive." (1 January 2024, Facebook Messenger).

7. On 30 December 2023 Alvin Schuller sent me some information upon my request.

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“In the mid-1970s I lived in South Africa and was told that a small Sabbatarian group, preceding WCG in that country had later merged with the WCG. It was either John Burger or Olaf Bacon who told me this, but no details were forthcoming, but thanks to Alvin, some details are now at hand.

“... the history of the Sabbath-keeping group that we attended eventually meshed with that of WCG by a decision of the Norling family to contact WCG and ask if they could become associated with them ... eventually ceding properties and control to WCG... that was late 50's through mid 70's ... during that time Gordon Terblanche, Dan Botha, Bill Whitaker were the overseeing pastors ...

“I wrote the history essay during 2003 and that was while I was in South Africa.... I've been in the USA for 15 years and have no immediate access to copies of what I wrote then ... The group was in the suburbs of Cape Town.

“Five generations ago, a Mr Norling had gone to an SDA tent meeting, recognized the Sabbath as binding.... started up a few churches which he and then later his son, Edward 'Pappa' Norling, pastored.”

“Pappa Norling is the one that I interviewed 22 years ago ... God’s Remnant Apostle Church of Christ ... They were independent of the SDA's ...yes. When Pappa Norling's father passed, he struggled to pastor all the churches under their banner... so, when he discovered the Plain Truth, Good News and World Tomorrow magazines... it resonated with him ... so, he made contact with WCG and they sent out some guys to talk to him and he agreed to affiliate with them.”

“Wishing that I had my essay available to give better details... at the time WCG under the new dispensation was not interested in the details of the interview that Pappa and I had agreed was the final draft.”

“Eventually, Peter Hawkins, Frank Nelte, Andre van Belkum, Peter van der Byl, Owen Visagie took pastor roles in that congregation until we finally amalgamated as one congregation in the Cape Town area.”

“The formal affiliation started during the early 60's ... ceding properties happened during the late 70's... The only old timer that I know that has a direct connection to the Norling legacy is Neville Norling, one of Pappa's surviving sons (close to 80 by now) ... he is on Facebook... he'd be happy to share ... He was part of the existing chapter that eventually affiliated with WCG.”

In a follow up message Alvin stated:

“The Norlings established their own Sabbatarian group which came out of an SDA (pre-1900's) group.

SDA has had God's Remnant Church as a moniker since the mid-1800s... so, I don't think that the church's name is too far off.

The following was Denise Variend's full reply: "Hi Alvin... God's Remnant Apostle Church of Christ. My grandfather tried to make sure all were part of the name..."

Just a note, Pappa was almost 50 when he made contact with WCG and he had co-pastored with his dad for at least 3 decades before then. The irony is that he was only ordained as a deacon in 1977.” (FB Messenger, 2 Jan 2024)

“The information about the RCG/WCG South African work [in my article] and anecdotal history is awesome to read.

“And after a few years of correspondence, WCG sent out Adriaan Botha (brother of later pastor for Retreat, Dan Botha).

“As kids, the baptismal font (at least 3m x 5m) was always an awesome experience because it was situated directly under the lectern... sometimes, my dad, Victor Schuller, would have us help Pappa Edward Norling fill the pool for upcoming baptisms.

Concerning my question if “there was a Sabbatarian group since the late 1800s in the western Cape separate to the SDAs or that this is the group that came into contact with the African American preacher?”

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Answer: “I don’t know.” And if the American was CG7 and not SDA he answered: “I can neither confirm or deny that.

“What I can confirm from my recollection of the 2002 interview is that Pappa Edward Norling's father, Jacobus Norling, went to an SDA tent meeting and was convicted enough to start keeping the Sabbath and eventually start God's Remnant Apostle's Church of Christ, servicing two or three different congregations in different suburbs of Cape Town before his death. It's in these congregations that Pappa Norling served alongside his father...” (E-mail, 4 Jan 2024)

Phone interview (with later updates) with Andre Van Belkum, 2 January 2024:

- Andre first heard about this group based in Retreat on the outskirts of Cape Town, around 1964.
- In the late 1930s or early 1940s a black American preacher was holding Bible lectures in the area attended by coloured folk. He told them that they would recognise the right church. After a while he returned to the USA.
- He preached the Sabbath and that there was no trinity. Andre thinks he may be from the Church of God (Seventh Day).
- A group decided to observe the Sabbath and purchase a hall in Retreat (which included a baptismal font). Norling became their leader.
- One day in the late 1950s on a bus trip, Ed noticed a man reading the *Plain Truth*. When he exited the bus, the man left behind the magazine which Ed proceeded to pick up and read. Soon he recognised that this was the truth and enthusiastically told his congregation.
- He contacted the Worldwide Church of God offices which Ernest Williams was the Regional Director. Soon he and Adriaan Botha visited them, and they offered to merge into the WCG which was accepted.
- In early 1970 Andre and Gerald Waterhouse visited them. Over the years Andre used the baptismal font to baptise around a dozen occasions.

See Craig White's other articles at:

[White, Craig M. – Church of God, Bismarck \(church-of-god-bismarck.org\)](http://church-of-god-bismarck.org)

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The Good and Bad About Cholesterol

(Copyright) by David Antion (Pasadena, California)

Cholesterol has gotten a bad rap over the last couple of decades. There has been much misleading information leading to a great deal of confusion in the general public. Most of us have heard all the bad things about cholesterol and many don't realize that the body makes its own cholesterol. Believe it or not your own body (mostly the liver) makes about 1500 mg of cholesterol per day. The average person only takes in from their diet anywhere from 200-800 mg of cholesterol per day.

Studies have demonstrated over and over that the cholesterol we take in from diet has very little effect on blood cholesterol. In one study 437 men and 475 women were observed for up to 10 years and there was no correlation between the cholesterol in their diet and their blood serum cholesterol levels. In fact, what often happens is that the less cholesterol we take in the more the body produces. When the amount we take in rises, the body lowers its production.

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WHAT DOES IT DO? Cholesterol is essential for many functions in the body. It is one of the building blocks of steroid hormones produced by the adrenals, ovaries, and testes. It coats every cell and provides a barrier so things won't enter or leave the cell that shouldn't. It provides a protective shield for the skin. Without the cholesterol protection the body would lose 5 to 10 times the amount of water through the skin than it does usually.

Most of the cholesterol is used by the liver to produce bile that is stored in the gallbladder and used to digest fats in the body.

CHOLESTEROL IS NOT THE PROBLEM: Most health professionals know that cholesterol is not the problem. The real problem is bad FATS. Cholesterol rides on fats in the blood stream. Now we know that there are high-density fats and low-density fats. To simplify, we can describe it like this. The low-density fats (LDL) tend to drop off the cholesterol and cause it to stick to the arteries or blood vessels. The high-density fats (HDL) hold the cholesterol in suspension until the body utilizes it or gets rid of it through the liver bile duct.

When people eat a great deal of saturated fats and man-made trans-fats like meat fats and margarine (cool whip, dream whip, nondairy creamers, etc.) they increase their consumption of low-density fats!

We now find that factors like age and heredity play an important role as to how soon the blood vessels will plaque up.

SOME FACTUAL CONTRADICTIONS: On a personal level, my wife and I have never had cholesterol levels as low as 200. Always our cholesterol levels have been around 250 to 300. In the 1960's, my wife's cholesterol levels were around 325! Most would say a heart attack waiting to happen! But artery scans have shown that my wife's arteries are wonderfully clean with virtually NO clogging whatever! Since the discovery of HDL and LDL we now find that she has a magnificently good ratio (better than mine) even though her total cholesterol is high. This is due to her very high HDL levels.

On the other hand, a very dear friend who is a decade younger never had total cholesterol levels as high as 200. His blood pressure was the normal 120 over 80. He exercised and ate well. Nevertheless, a stress test and scan show that his heart artery was clogged. Heredity was a factor in this case.

For an experiment, my wife and I went off eggs, cut down on red meats, ate high fiber foods, and exercised. We did this in between blood tests. At the next blood test our cholesterol levels rose! My sister did the same thing. She went off all "cholesterol" foods for many months with the result that her blood cholesterol levels actually went up not down!

Another example was that of my brother-in-law. He began to suffer angina pains in his left arm and chest upon exertion. He went to his doctor and had a stress test done. They concluded that he had a heart artery blocked or partially blocked and that he should have a by-pass operation. As a result of the stress test, he lost his private pilot's license.

He decided that he would postpone any operation but instead go on a very strict diet (probably more strict than he had to do) where he eliminated all eggs, red meats, salt, butter, margarine, sweets, beer, wine, and all alcoholic drinks, soft drinks and desserts of any kind. He had oatmeal for breakfast with skim milk. He ate high fiber foods with fish at least once per day. He had lots of salads and fruits and supplemented his diet with EPA capsules (fish oil) and lecithin capsules.

In addition, he walked each morning as far and as fast as he could up to the point where he began to have pains in his left arm. At that point he slowed down to let the pain subside.

He continued this regime for more than 2 years. At the end of that time, he retook the stress test and passed with flying colors and was able to get his private pilot's license back. He went hiking in the mountains of Colorado at the 9,000 ft. elevation carrying a 60 lb. backpack! He never again had angina pains or any symptoms of blocked arteries in the heart. His own body was able to clean out the blocked passage with no operation!

HOW TO CREATE A DISEASE: Doctors are told that any cholesterol count over 200 needs to be treated as a disease with a prescription of medicine. Now, one of the biggest selling drugs on the market are the statin drugs with atorvastatin (LIPITOR) outselling them all. Several of the statin drugs have proven to be disasters for the public. One that should not be used is the drug rosuvastatin (CRESTOR). Several countries have warned against the use of this drug including Sweden and the British journal Lancet. In this country, two major insurers - WellPoint and Health Cooperative of Puget

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Sound have refused to reimburse for rosuvastatin (CRESTOR).

Few consumers pay attention to the fact that these cholesterol-lowering drugs are to be used ONLY AFTER diet and exercise have failed to lower cholesterol.

THINGS THAT CAN LOWER CHOLESTEROL: One of the most important things in the diet that has been shown to reduce cholesterol levels is FIBER. Eliminate white bread and all white flour products and especially those combined with sugar and fats! Add oats and oat bran, and whole grain wheat with the bran in it. Beans are a wonderful high fiber food especially brown beans or chickpeas. Fruit fibers are also excellent in reducing cholesterol. You can even buy apple pectin and grapefruit pectin.

Another high fiber product is Metamucil! It contains psyllium and has been shown to lower cholesterol levels by 20% after just 8 weeks.

OMEGA-3 OIL is an essential fatty acid found in the oils of bluefin fish. It is sold as a supplement known as EPA (eicosapentoic acid). Another wonderful food that contains omega-3 oil and fiber too is FLAX SEED. It must be ground to be effective and has a pleasant nutty flavor. It can be used on cereals, in yogurt, or sprinkled on a variety of foods. Zinc and B6 should be added to the diet when taking flax seed.

EXERCISE is valuable in lowering cholesterol and can lower the LDL levels and raise the HDL levels.

LECITHIN has long been known as a cholesterol antagonist causing the body to release cholesterol and lower blood fats.

Other natural foods are AVOCADOS, GARLIC and ONIONS - all of which help lower cholesterol levels and improve the ratio of good cholesterol to total cholesterol.

Note that raw, wholesome, and natural foods can do much to lower cholesterol. Other researchers have pointed out that HIBISCUS TEA can also lower cholesterol levels.

THERE IS MORE TO CHOLESTEROL THAN NUMBERS: When someone hears a cholesterol number, it is important to understand that there is much more to it than just the number for total cholesterol. The more important factors are the ratios of the HDL to the total cholesterol. Other important factors are age, heredity, frequency and amount of exercise, and the diet!

It behooves everyone to be informed about this phase of GUARDING THE TEMPLE!

See David Antion's other articles at:

[Antion, David – Church of God, Bismarck \(church-of-god-bismarck.org\)](http://church-of-god-bismarck.org)

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Sin = Lawlessness

(Copyright 1997) by John R. Bair (Pennsboro, West Virginia)

Introduction:

Around 23 years ago I left the Air Force to get "Back to the land"-to a more simple way of life. (Goats, chickens, bees and gardens?) Part of the motivation was also a belief that the economic system was soon going to crash. And I didn't

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want to be vulnerable to that- I wanted to be self-sufficient- to meet my own needs, earn as little as possible, to be in the zero tax bracket, thus not paying taxes to support a man-made government- soon to be replaced! I basically didn't want to be "At the mercy" of things outside my own control. A noble idea? Maybe not so.

S. P. S.:

Today we're going to examine "The Battle of Wills"- and the attitude that leads to lawlessness. In short, sin (iniquity)= lawlessness = not wanting to be controlled. (Under the will of God)

Body:

We learned long ago that sin was the transgression of the law- (1 John 3:4) in specific, violations of the 10 commandments. (Condensed to two great commandments).

A closer examination of that text in the Greek reveals that in actuality it reads: "sin is lawlessness". That is more than just the action of breaking one of the commandments- but the attitude behind it: not wanting to be bound by the rules made by someone else's will (God's).

This is what our training here in the flesh is all about, because to be made in God's image, God made us "Free moral agents". We each have our own individual wills. Yet to become spirit- to be given eternal life, we must demonstrate to God that we will willingly place our wills in submission to God's. (Unlike Satan, but like Jesus Christ: thy will be done.)

This gets back to the same basic problem confronting Adam and Eve in the Garden of Eden: would they choose their own will, to eat of the tree of knowledge of good and evil or follow God's will to not eat of that tree.

That tree represents taking to themselves the prerogative to make their own rules, to decide for themselves what is good or evil, right or wrong- to set their own standards, and this is the legacy passed on to us.

This same attitude can be expressed in many subtle ways: not wanting to be controlled by others- not wanting to be obliged or behold to anyone- an independent spirit- thankful to no one- and an " I can take care of myself" attitude.

Is this pleasing to God? We are to look to him to supply all our needs. Note 2nd Corinthians 3:5- "our sufficiency is of Christ" Also, 2nd Corinthians 9:8 "God makes us abound to all sufficiency"

This "I can take care of myself" attitude so you don't have to be behold to anyone, leads to "I can do what I want", to "you can't tell me what to do!" Which gets back to not wanting to be bound by rules made by someone else.

But faith is trusting God to supply all our needs. (Matthew 6:33) Faith = obedience is wiser than doing right in our own eyes.

Note also Ephesians 3:20- "God will supply exceedingly above our needs." Philippians 4:19- "God will supply all your needs."

This basic definition of sin (lawlessness), that sin is more than breaking a specific rule, reveals why the rule was broken in the first place: I want to do my will first. It's the attitude of my will above God's- It certainly includes the breaking of any of God's specific commandments- because they define in general God's will, but it goes beyond.

Notice how clear some of Paul's statements about sin become when the word "lawlessness" or "lawless attitude" is substituted for sin: read Romans 7:7 -23 " what then should we say? That the law is "lawlessness"? By no means! Yet, if it had not been for the law, I would not have known a "lawless attitude". " Read the rest of this chapter and you will see the true "Battle of Wills " at work in the mind of Paul.

Conclusion:

So, let's expand our view of the definition of sin: it's more than just breaking a rule on a list- it's the attitude of not wanting the list to be there in the first place of placing our will before God's!

This is the attitude of lawlessness. What should be our response? Note 2nd Timothy 2:19- "let everyone that names the

name of Christ depart from iniquity!"

See John R. Bair's other articles at:

Bair, John R. – The "New" Church of God Messenger (church-of-god-bismarck.org)

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<https://www.cogsabbathfellowship.org/home>

Does the Bible teach that the Earth is round or flat? (Copyright 2016) by Verse By Verse Ministry International (San Antonio, Texas)

The Christian faith recognizes the Bible above all other sources of knowledge as the inspired word of God. Teaching that contradicts the Bible is false, by definition. On the other hand, the Bible is not the sole source of knowledge in Creation.

For example, the Bible does not attempt to teach mathematics, chemistry, biology, or many other areas of knowledge that are self-evidently true despite being absent in God's word. Therefore, we cannot become blind to obvious truths of nature, nor should we dismiss or ignore extra-biblical sources of truth so long as they do not contradict scripture.

In the case of the earth's shape, scripture never explicitly states the shape of our planet, nor does the Bible propose to teach the physical design of earth explicitly at any point, but it does confirm a round earth implicitly in various places. For example, the Creation account in Genesis 1 says that the earth began as water only, and water suspended in space always takes the form of a sphere due to the surface tensions of water molecules.

Furthermore, when dry land appeared, Genesis 1 describes all the land as existing "in one place" in Genesis 1:9 while all waters are gathered likewise. Geometrically, this can only happen on a sphere, and therefore Genesis 1 implies a round earth.

Nevertheless, the Bible is not our only (or even our best) source of information on the shape of the planet. Science [long ago](#) confirmed the spherical shape of the earth. As early as the 6th century B.C., men had mathematical proofs demonstrating the earth is spherical in shape. In the following centuries, many scientists have devised simple experiments validating the earth is a sphere, and more recently high-altitude aircraft, satellites orbiting our planet, and manned space travel have confirmed those earlier findings.

Even our own observations from the ground confirm the earth to be a sphere. When standing on the shore looking out on the horizon, the curvature of the earth cuts off the bottom of ships in the distance.

Simply put, men have known the earth was round for centuries, and the Bible confirms this truth implicitly. Unfortunately, some Christians have become victims of false teaching and conspiracy theories that misinterpret various scriptures to support bizarre conclusions. The claim of a "flat" earth is one such false teaching.

Moreover, we caution every Christian against becoming deceived by false teaching that opposes plain truths and promote novel and sensationalistic myths. Paul said such interests would be evidence of the end times, when believers are swept away by false teaching:

2Tim. 4:3 For the time will come when they will not endure sound doctrine; but wanting to have their ears tickled, they will accumulate for themselves teachers in accordance to their own desires, 2Tim. 4:4 and will turn away their ears from the truth and will turn aside to myths.

1Tim. 6:20 O Timothy, guard what has been entrusted to you, avoiding worldly and empty chatter and

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the opposing arguments of what is falsely called "knowledge" — 1Tim. 6:21 which some have professed and thus gone astray from the faith. Grace be with you.

The popularity of "flat earth" teaching among a few deceived believers is indicative of the enemy's efforts to distract believers from Kingdom work with empty chatter and so-called "knowledge" which are actually sensationalistic myths. Paul says learning sound doctrine requires endurance, but some would prefer to have their ears tickled. The enemy uses attractive myths like a flat earth to distract believers from the truly important matters of scripture.

Therefore, we exhort believers to set aside these matters entirely. Do not waste time in endless and unprofitable arguments on one side or the other of these myths. Return to scripture seeking a meaningful understanding of Christ and your walk with Him that will profit you into eternity.

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Iron Sharpening Iron

New American Standard Bible (Proverbs 27:17)
As iron sharpens iron, so one person sharpens another.

In regard to: Countdown to the Return of Jesus Christ

Article by Warren Zehrung
Comments by Laura Lee (Bismarck, North Dakota)

One problem I see with this timeline is in believing that Satan will be falling from heaven during the seals, trumpets, or bowls of wrath. Satan being thrown from heaven took place at the Garden of Eden. Satan has been on earth ever since he was thrown from heaven back then and is no longer allowed in heaven. The scriptures used for Satan falling or being thrown from heaven are past tense not present or future tense.

I hope others can make comments in regard to this timeline so we may all learn.

In regard to: Did Herbert Armstrong Ever Observe Pentecost on Sivan 6?

Article by David Ben-Ariel
Comments by John Freeman (Woodbury, Minnesota)

I don't agree with your conclusions that Pentecost is Sivan 6. The Jews don't all agree on that. In particular, the Karaite Jews count 50 days from Sunday during UB to end on a Sunday. Hebrew scholars disagree on this, so I don't expect that my scholarship on the subject will persuade you. I would suggest you read Nehemia Gordon's article on counting Shavuot, including Josh 5:11.

<https://www.nehemiaswall.com/truth-shavuot> (Nehemia Gordon's article)

In regard to: Did Herbert Armstrong Ever Observe Pentecost on Sivan 6?

Article by David Ben-Ariel
Comments by Laura Lee (Bismarck, North Dakota)

I did go over Nehemia Gordon's article on counting to Shavuot and I found many errors in the article, and they are as follows:

1. Shavuot is connected to the following historical events in the Hebrew Bible:
 - A. The giving of the law. Exodus 19
 - B. The giving of the Holy Spirit in order to keep the law. Acts 2
 - C. And prophetically the resurrection of the first fruits. (The day itself is called the Feast of First Fruits.)
2. Actually, it can be proven in scripture that Sivan 6, a fixed calendar date is Pentecost.

Exo 19:1 In the third month, when the children of Israel were gone forth out of the land of Egypt, **the same day** came they *into* the wilderness of Sinai. **Exo 19:2** For they were departed from Rephidim, and were come *to* the desert of Sinai, and had pitched in the wilderness; and there Israel camped before the mount. **Exo 19:3** And Moses went up unto God, and the LORD called unto him out of the mountain, saying, Thus shalt thou say to the house of Jacob, and tell the children of Israel; **Exo 19:4** Ye have seen what I did unto the Egyptians, and *how* I bare you on eagles' wings, and brought you unto myself. **Exo 19:5** Now therefore, if ye will obey my voice indeed, and keep my covenant, then ye shall be a peculiar treasure unto me above all people: for all the earth *is* mine: **Exo 19:6** And ye shall be unto me a kingdom of priests, and an holy nation. These *are* the words which thou shalt speak unto the children of Israel. **Exo 19:7** And Moses came and called for the elders of the people, and laid before their faces all these words which the LORD commanded him. **Exo 19:8** And all the people answered together, and said, All that the LORD hath spoken we will do. And Moses returned the words of the people unto the LORD. **Exo 19:9** And the LORD said unto Moses, Lo, I come unto thee in a thick cloud, that the people may hear when I speak with thee, and believe thee for ever. And Moses told the words of the people unto the LORD. **Exo 19:10** And the LORD said unto Moses, Go unto the people, and **sanctify them to day and to morrow**, and let them wash their clothes, **Exo 19:11** And **be ready against the third day**: for the **third day the LORD will come down in the sight of all the people upon mount Sinai**.

In context Exodus 19 is not only telling us when the law was given to those who came out of Egypt, but it is also giving us the date of Pentecost. They arrived in the third month on the third day of the month. Later, in verses 10 and 11 it shows they had two days of preparation which would be the 4th and 5th of Sivan and they were to be ready against the third day which was when they would receive the law. And that day was Sivan 6.

3. Yes, there are several sects of the Jews, however the only sect of the Jews that Christ endorsed were the Pharisees and Scribes. In other words, the Orthodox Jews of today.

Mat 23:1 Then **spake Jesus to the multitude**, and to his disciples, **Mat 23:2** **Saying, The scribes and the Pharisees sit in Moses' seat**: **Mat 23:3** **All therefore whatsoever they bid you observe, that observe and do; but do not ye after their works: for they say, and do not.**

There is no other endorsement of a Jewish sect by Christ in scripture.

4. "In the fourth century, however, when oppression and persecution threatened the continued existence of the Sanhedrin, the patriarch Hillel II took an extraordinary step to preserve the unity of Israel. In order to prevent the Jews scattered all over the surface of the earth from celebrating their New Moons, festivals and holidays at

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different times, he made public the system of calendar calculation which up to then had been a closely guarded secret. It had been used in the past only to check the observations and testimonies of witnesses, and to determine the beginnings of the spring season.” From *The Comprehensive Hebrew Calendar* by Arthur Spier.

In other words, Hillel II only made public what already existed and was used at the Sanhedrin at the time of Christ. He did not make up some new calendar as some want to believe.

5. According to Nehemia Gordon’s article of the seven feasts only Atonement is called a Sabbath. But I found other scripture which say differently.

Lev 23:24 Speak unto the children of Israel, saying, In the seventh month, in the first *day* of the month, shall ye have a sabbath, a memorial of blowing of trumpets, an holy convocation. (Feast of Trumpets is called a Sabbath.)

Lev 23:39 Also in the fifteenth day of the seventh month, when ye have gathered in the fruit of the land, ye shall keep a feast unto the LORD seven days: on the first day *shall be* a sabbath, and on the eighth day *shall be* a sabbath. (Looks like the First Day of the Feast of Tabernacles and the eighth day are also considered to be Sabbaths. The wording for the seven annual feasts (sabbaths) is very similar in that no work is to be done, you are to have a holy assembly (convocation) and they are feasts of the Lord.

Joh 19:31 The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the sabbath day, (for that sabbath day was an high day,) besought Pilate that their legs might be broken, and *that* they might be taken away. (John is speaking here of the high day of Passover.)

6. Gill’s Exposition

Leviticus 23:15

And ye shall count unto you from the morrow after the sabbath, from the day that ye brought the sheaf of the wave offering; seven sabbaths shall be complete:

And ye shall count unto you from the morrow after the sabbath.... Not the seventh day sabbath in the passover week, nor the whole feast of unleavened bread, but the first day of it, which was an holy convocation, a sabbath in which no servile work was to be done, [Leviticus 23:7](#); and it was from the day after this, even the sixteenth of Nisan, that the following count was to be made; so the Targum of Jonathan, after the first feast day of the passover: and Josephus (s) is very clear in it, that Pentecost, or the feast of weeks, was the fiftieth day from the sixteenth of Nisan, when the above offerings were made: from the day that ye brought the sheaf of the wave offering; which plainly points out the express day from whence the count was to begin, even on the day when the sheaf of the firstfruits of the barley harvest was offered:

seven sabbaths shall be complete; or seven weeks, that is, forty nine days; and hence, Jarchi says, we learn that the count began from the evening, or otherwise the weeks would not be complete; and Gersom thinks the day in which the sheaf was offered is included in the days counted; for the count began from the day after the first of the passover, and lo, seven days are seven weeks of days, which make forty nine days.

(s) Antiqu. l. 3. c. 10. sect. 6.

Deu 16:9 Seven weeks shalt thou number unto thee: begin to number the seven weeks from *such time as* thou beginnest *to put* the sickle to the corn. **Deu 16:10** And thou shalt keep the feast of weeks unto the LORD thy God with a tribute of a freewill offering of thine hand, which thou shalt give *unto the LORD thy God*, according as the LORD thy God hath blessed thee:

Deuteronomy 16:9-10 is pretty clear as to the count being seven weeks and not seven Saturday Sabbaths as many want to claim. The count to Pentecost always starts on Nisan 16, the day after Passover.

And there is nothing wrong with the wording in Joshua 5:11:

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Jos 5:11 And they did eat of the old corn of the land on the morrow after the passover, unleavened cakes, and parched *corn* in the selfsame day.

It says what it says because the morrow after the passover, Nisan 16, is when the wave sheaf offering was done and then they could eat the crop of the land including unleavened cakes. It doesn't matter whether the word "old" is in the verse or not. Nehemia Gordon's argument was based on his belief that they did the wave sheaf a day early which they did not do. They can't harvest the crop until the high Sabbath of Passover was over. The wave sheaf was done on Nisan 16 just as it is written in the law of God.

7. Nehemia Gordon claims that "morrow of the Sabbath" means Sunday. He uses: **Lev 23:16** Even unto the morrow after the seventh sabbath shall ye number fifty days; and ye shall offer a new meat offering unto the LORD.

The Sabbath in this particular verse is Passover which is the 15th of Nisan. Passover and Unleavened Bread are the same Feast. See **Eze 45:21** In the first *month*, in the fourteenth day of the month, ye shall have the passover, a feast of seven days; unleavened bread shall be eaten.

The Passover can fall on different days of the week, so the morrow after the Sabbath in this case could be several different days depending on what day Passover fell on. For example, this year Passover falls on Tuesday April 23, 2024. The entire first day of the Feast of Passover starts with a Passover meal at even on the 22nd of April or at Sunset. So, from sunset on Monday until sunset on Tuesday is the first day of Passover or Nisan 15. The morrow after that will be Nisan 16 which is a Wednesday. So, you start the count to Pentecost on Nisan 16 and count for 49 days and the next day, the fiftieth is Pentecost which always falls on Sivan 6 just like Exodus 19 shows.

8. There is no discrepancy between "morrow" in Numbers 33:3 and "morrow" in Leviticus 23:11.

Num 33:3 And they departed from Rameses in the first month, on the fifteenth day of the first month; on the **morrow** after the passover the children of Israel went out with an high hand in the sight of all the Egyptians.

Lev 23:11 And he shall wave the sheaf before the LORD, to be accepted for you: on the **morrow** after the sabbath the priest shall wave it.

The Passover Sacrifice was always done between the two evenings on the 14th of Nisan. They left from Rameses on the morrow after the Passover Sacrifice which would have been Nisan 15 just as Numbers 33:3 says.

As you can see from Ezekiel 45:21 Calling unleavened bread Passover is not new as Nehemia Gordon wants us to believe. The whole week from Nisan 15 to 21 is the Passover, but the first day of the week is a Sabbath and the last day is a Sabbath. So, in Lev. 23:11 morrow is referring to the next day after the Holy Day Sabbath of Passover which would be Nisan 16.

Notice also these verses:

Lev 23:15 And ye shall count unto you from the morrow after the sabbath, from the day that ye brought the sheaf of the wave offering; **seven sabbaths** shall be complete: **Lev 23:16** Even unto the **morrow after the seventh sabbath** shall ye number fifty days; and ye shall offer a new meat offering unto the LORD. (KJV)

Lev 23:15 And ye shall number to yourselves from the day after the sabbath, from the day on which ye shall offer the sheaf of the heave-offering, **seven full weeks**: **Lev 23:16** until the **morrow after the last week** ye shall number fifty days, and shall bring a new meat-offering to the Lord. (Brenton Bible)

Many bibles besides the Brenton Bible render sabbath as weeks instead of sabbath. Essentially, we are not talking about how many sabbaths are between the number 1 count and the 50 count nor does it matter if it ends on a Sabbath. What is being counted here is days and weeks, fifty days or seven weeks and one day.

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In Conclusion:

Not only was Nehemia Gordon’s article very confusing at times, it also was not accurate in that it does not match with what scripture actually says. You are right your scholarship on the subject of Shavuot not only did not persuade me to your line of thinking but because I had to study it again for the, I lost count how many times, I learned even more than I knew before and am still totally convinced that Pentecost/Shavuot is on Sivan 6 as scripture tells us.

My advice to you would be to study your bible instead of what Nehemia Gordon writes because he is not God and his articles are not the word of God. People who study the works of others rather than the word of God are generally people who do not want to keep God’s Law, so I hope you are not one of those people.

Letters

Letter from Elijah Osiemo (March 22, 2024)

Dear Brethren,

Receive our Christian greetings from Kenya in the gracious name of our beloved Holy one the Lord Jesus Christ from whom we are forgiven and saved. We are greatly blessed and feel privileged to know you through your website, learnt about your faith and your desire to serve God.

We are an independent fellowship church group in Kenya desiring to be heed in your church ministry.

We are without any ministry cover and also we not under any mission, ministry or church organization.

We request for your prayers for God’s provision of Bibles in our local language (Ekegusii).

We pray that through God’s Holy spirit at work, that you will appreciate our interests and desire that we might find a definite spiritual partnership with your Church ministry.

May God richly bless you as we look forward to your response.

In His service,
Elijah Osiemo

Editor’s Note: We are primarily a newsletter. Our newsletter is sent weekly, so perhaps you can use that as part of your Bible Study. We do not collect any money from anyone so we would not have the funds to send Bibles to you, but perhaps others reading this would like to do that for you. Laura Lee

Holy Days 2024

Passover – April 23, 2024 (Observed at Sunset the Evening Before)

Passover/Unleavened Bread – April 23-29, 2024

Pentecost – June 12, 2024

Trumpets - October 3, 2024

Atonement – October 12, 2024

Tabernacles –October 17, 2024, to October 23, 2024

Last Great Day – October 24, 2024