

BEREAN SPIRIT

“... they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.”
(Acts 17:10-11)

The Everlasting Gospel

by David Clayton



The phrase, “the everlasting gospel,” is one that every Adventist is very familiar with. We all know the three angels' messages inside out. They have been the central focus, the key teaching of the movement, ever since it started more than a hundred and sixty years ago.

And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, (7) Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the foun-

tains of waters. (8) And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication. (9) And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, (10) The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: (Rev 14:6-10)

These messages are as well known to us as the back of our hands. The first angel proclaims that it is the hour of God's judgment, the second declares that Babylon is fallen, and the third warns of the consequences of worshipping the beast and his image and of receiving his mark. What is interesting is that, as the first angel begins to fly through heaven, the Bible tells us

very clearly that what he has to preach is, the everlasting gospel.

For many years of my Christian life, this never made much of an impact on me. As far as I was concerned the message to be preached was, “the judgment is here and you had better get ready,” “Babylon is fallen and you had better get out,” and, “the mark of the beast is coming and you had better not worship on Sunday.”

The first tract we ever published in our ministry was entitled, “The Mark of The Beast” and we handed out close to a million of them. There was a time when I was so obsessed with the mark of the beast issue that if I sat beside somebody on the bus, the first thing that came to my lips in mak-

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Coming Home Ministry

Wenatchee area, Washington

Berean Spirit is dedicated to the promotion and restoration of all Bible truths and principles that God has given to His church, especially for the last days of this Earth's history.

Our purpose is to share articles and studies about Bible truths and health and to help and motivate the readers to be prepared for the coming of the Lord.

Berean Spirit is published quarterly, and sent free of cost to all who desire to receive it.

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ing conversation was, the mark of the beast. I realize that I was typical of many Seventh-day Adventists who believe that to preach the gospel in the context of the third angel's message basically means that you warn people that if they worship on Sunday, they are going to get it, that the answer to their problems is, they need to start keeping the Sabbath.

Not all Adventists see it this way, but it must be admitted that this is indeed what many regard as the preaching of the gospel and the message which is to be given to all the world.

The Essence of the messages

There is no denying that there are three messages, but what is the essence, the heart of these three messages? It is the everlasting gospel. If it is everlasting then it goes beyond context, time and place. You can't limit this everlasting gospel to the end of time, if it is everlasting it was there from the garden of Eden, it stretches across the ages, across the 6000 years.

I think what we have done to some extent, is that we have mistaken the context in which the message is preached for the message itself. The truth that Babylon is fallen is not the gospel. That is not the good news. What the Bible does is show us the setting in which the gospel is to be preached, the context in which the truth is to be proclaimed with power in the last days. We have taken the context of the message, and we have made it the message.

It is true that there are some critical things happening. It is the hour of God's judgment, Babylon is fallen, the mark of the beast is here, but in all of these crises, what is God's answer for humanity? What is God's agency for delivering people, for saving people in the hour of the judgment, or the fall of Babylon, or the mark of the beast? What is the hope for any human being? It is only the everlasting gospel. If we give anything else to human beings as their hope we are doing something terribly wrong. Our message is the ever-

lasting gospel, there never was any other message for mankind.

Of course when we preach the gospel, we need to put it in context. There are certain peripheral things associated with the gospel that might come into the picture, but really, essentially, men are saved only by the preaching of the gospel.

Ellen White wrote a great deal of material concerning the message that was brought by elders Jones and Waggoner in 1888. Here is what she says in the 1888 materials on page 1575, speaking about the message brought by Jones and Waggoner:

"The law was our schoolmaster to bring us unto Christ, that we might be justified by faith." (Gal 3:24) In this scripture, the Holy Spirit through the apostle is speaking especially of the moral law. The law reveals sin to us, and causes us to feel our need of Christ, and to flee unto him for pardon and peace by exercising repentance toward God and faith toward our Lord Jesus Christ.

An unwillingness to yield up preconceived opinions, and to accept this truth, lay at the foundation of a large share of the opposition manifested at Minneapolis against the Lord's message through Brethren Waggoner and Jones. By exciting that opposition, Satan succeeded in shutting away from our people, in a great measure, the special power of the Holy Spirit that God longed to

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How to Immunize Yourself Against Colds and Flues

by Barbara O'Neill



About the author:

Barbara O'Neill, a qualified naturopath and nutritionist, is also an international speaker on natural self-healing. She has raised eight children and is a specialist in women's and children's health.

She is also the health director of the successful Misty Mountain Health Retreat, located in the Macleay Valley west of Kempsey, between Coffs Harbour and Port Macquarie, Australia.

Barbara is passionate about good health and natural healing. She believes in giving the body optimum conditions in order for it to heal itself.

Barbara also loves to share her knowledge, and is happy to communicate via email should you seek her advice in health matters.

The reason most people succumb to colds and flus in the winter is that they eat too much cooked food and breathe too much cooked air. Using the cold can actually protect against colds.

Winter colds and flus are an effort of nature to free the system from conditions that arise as a result of a violation of the laws of health. They are a house-cleaning, a friend. Colds are needed to expel built-up waste. If the following Eight Principles are obeyed, the house-cleaning will rarely need to happen.

1. Oxygen

Be mindful of the air you breathe in the winter months. Better to have a jumper on than to have the fire too hot. Wood, gas and electric heater de-oxygenate the air in the home, so it is important to keep the windows open a little. Plan to spend portions of each day out of doors, breathing in deeply the fresh air.

2. Sun

Whenever possible, spend time in the sunshine, with as much contact with the skin as possible. This improves the circulation, oxygenates the body and enhances the digestion. Enjoy the health-dealing, life-giving power of the sun!

3. Be Careful!

Don't take anything into the body that will harm it and take in moderation good things. This rules out all stimulants, saturated fats (which include margarine), all refined foods and animal products. These all weaken the system and break down the fortifications that nature has set up to guard against disease and premature decay.

4. Bed

Make sure you are in bed by 9:30pm every night, earlier if possible. (This will ensure that your batteries are 'recharged' every night). Better to have an extra blanket on the bed and the window open a little, than a warm room with no fresh air while you sleep.

5. Movement

This is probably one of the most effective preventative measures. Only half an hour of brisk walking per day is all it takes. The key to the effectiveness of this is that the walk be brisk, causing the respiration to increase and the heart rate to rise. It also must become a daily habit, rain hail or snow. The best way to warm the human body

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The Everlasting Gospel

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impart to them. The enemy prevented them from obtaining that efficiency which might have been theirs in carrying the truth to the world, as the apostles proclaimed it after the day of Pentecost. The light that is to lighten the whole earth with its glory was resisted, and by the action of our own brethren has been in a great degree kept away from the world. {1888 1575}

It's hard to believe this and not want to weep. The main point I am focusing on here is that there is a certain light that is to lighten the whole earth with its glory, and Ellen White was not discussing the fall of Babylon or the mark of the beast or the judgment hour, she was talking about the message of Christ and His righteousness, the light that is to lighten the whole earth with its glory.

In 1888, the conflict was about the law, the law in Galatians. That's what Ellen White says right here. Why does the law have to become an issue? Why does it seem that when we start lifting up Christ we put down the law? Why? It can only be because some people have put the law where Christ alone is supposed to be, they have put the law in place of Christ. If something is sitting in the place of Christ, how can we put Christ in His rightful place unless we topple

that thing from that place? That's what happened in 1888.

The end is upon us and at the same time, we have not yet seen the glory that is to lighten the world with the glory of God, I don't think we have yet seen it, we cannot truthfully say that we have seen this glory. Here is another quote from Testimonies to Ministers page 91:

The Lord in His great mercy sent a most precious message to His people through Elders Waggoner and Jones. This message was to bring more prominently before the world the uplifted Saviour, the sacrifice for the sins of the whole world. It presented justification through faith in the Surety; it invited the people to receive the righteousness of Christ, which is made manifest in obedience to all the commandments of God. {TM 91.2}

Righteousness by faith is not against the commandments of God. Righteousness by faith is against seeking to be righteous through the commandments, but it is not against the commandments of God. Any man who is righteous by faith will keep the commandments of God. "It is made manifest in obedience to all the commandments of God."

Many had lost sight of Jesus. They needed to have their eyes directed to His divine person, His merits, and His changeless love for the human family. All power is given into His hands, that He may dispense rich gifts unto men, imparting

the priceless gift of His own righteousness to the helpless human agent. This is the message that God commanded to be given to the world. It is the third angel's message, which is to be proclaimed with a loud voice, and attended with the outpouring of His Spirit in a large measure. {TM 91.2}

Inspiration is consistent and in every place that I can think of where it talks about the message to be preached at the time of the end, it identifies this message to be preached as, the gospel.

And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come. (Mat 24:14)

Then shall the end come, not when the American economy crashes, not when there is the seventh pope, not when all the conspiracy theories come together, it is when the gospel of the kingdom is preached into all the world, then shall the end come. That is the factor that is critical, for God is not willing that any should perish but that all should come to repentance.

One of the last things Jesus said to His disciples was,

. . . . Go ye into all the world, and preach the gospel to every creature. (Mark 16:15)

That is our commission, that is our task, we have no other work to do. Anybody who is preaching any-

thing else is not doing the work of God.

Every religion in the world is preaching morality. Each one might have slightly different rules. One person's concept of morality may be that my dress must be at my ankle, another person's concept of morality is that at a certain time of the month men and women must be separated. Each person's concept of morality is just based on what particular rule each religion emphasizes. But the gospel, the truth that saves men is the truth that God has given us life in His Son. Christianity presents a Saviour, it presents help for the helpless. It presents a way of lifting us up, not demanding that we do, so that we can have life, but presenting a gift of life, so that all that we could not do can be done. That is the gospel. That is what saves people and Jesus says it must be preached everywhere and then the end will come.

One of the difficulties we have had is that we have had different understandings of what the gospel really is. This confusion exists in the Adventist church, and it exists in Christendom in general. What is the gospel, what does the word gospel really mean?

The word gospel means, "good news." This alone dismisses many versions of the gospel being preached today.

If the gospel is the message of the mark of the beast, then it, in itself is not good news. It is not good news to tell somebody that he

cannot buy or sell if he refuses to accept the mark of the beast. Good news is not about what you must do, Good news is about what has been done for you.

Let me clarify that: Good news is best understood and appreciated against the background of bad news. If somebody gives me a dollar, this may not be anything to shout about, especially if I already have a hundred dollars in my pocket. But if there is a man on the street who has not had anything to eat for a couple of days and somebody gives him a dollar, then that might just be the very best news in the world for him at that moment. Good news is appreciated when it is set against the background of the bad news and this is exactly what the Bible does for us in proclaiming the gospel.

We first of all have to appreciate what is man's real problem before we can understand what the gospel really is, and that is why, in all the discussions we have had, as we have tended to focus on certain issues, the difficulties have come up again and again because we have not been agreed on what the bad news really is. Some of us say, "the bad news is that I have done a lot of wrong things in my life." But the real bad news is that I never could help doing those bad things. The bad news is not that the tree is bearing sour oranges, the bad news is that even if you pick all those sour oranges, the tree will continue to bear only sour oranges. The problem is not

the oranges, the problem is the tree. Bad news.

It seems to be good news when God says, "keep my law and you shall live! There is a way to find life. Do what is right, keep the law." There seems to be a way out when God says that the fearful and the abominable and the liars and the thieves shall have their part in the lake which burns with fire and brimstone. Then you know, to avoid that fire I need to stop lying, stop being afraid stop being abominable and stop stealing. It sounds like good news, until I discover that I can't. Then it becomes really bad news! In order to have life you must do something which it is impossible for you to do. This is the worst news in the universe.

But when you discover that the one who demands it of you has done it, has fulfilled what is required fully, and gives it to you as an absolutely free gift and all that remains is for you to take it, what could be more wonderful? The good news is that God has given us eternal life and this life is already in His Son. And he that hath the son already hath life and is passed from death to life. That is good news!

Is there any other way that people can be saved? No for this is the gospel and the gospel is God's way of saving men.

(Rom 1:16) For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to

every one that believeth; to the Jew first, and also to the Greek.

(Gal 1:8-9) But though we, or an angel from heaven, preach any other gospel unto you than that which we have preached unto you, let him be accursed. (9) As we said before, so say I now again, If any man preach any other gospel unto you than that ye have received, let him be accursed.

This is the message that is to band this earth from end to end, from

sea to sea from coast to coast, then shall the end come. We are at that climactic moment in time, that decisive point in the world's history when the power of God is about to fall upon His people. We are all sensing it because we can see what is happening, we can hear and see it. We know we are at that point in history. At this time it is imperative that we not only understand, but experience the gospel for ourselves. This is what

our Father in heaven has been waiting for since 1888. He wants it to happen today. May we be among those in whom His will is fulfilled.

(This article was published in the Open Face magazine, No. 59, in March 2008. - Source Material: http://www.restorationministry.com/Open_Face/html/59-march08-frame-set.htm)

Colds and Flues

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is to warm it the way it was designed to be warmed: by activity.

6. Fuel

A portion of every meal should be raw food. Best to begin with the raw food as it is alive with enzymes and digests quickly. If you find the raw food too cold, it can be warmed up with fresh garlic and cayenne pepper, which do not irritate, but only stimulate the circulation. Cooked, hot food is nice in the winter, but make sure it always has a raw accompaniment. A large breakfast, a big lunch, and a light or no evening meal is the eating program the human machinery thrives on.

7. Water

Drink two to three liters of water a day. This is not negotiable as

this is what the average height and weight human being loses a day. It must be replaced by water only. Dehydration is a big contributing factor in winter colds and flus. Early morning and between meals is best as it doesn't interfere with digestion. Stop half an hour before a meal and resume one and a half to two hours after a meal.

Use the cold to prevent colds. It is vital to finish every hot bath and shower with a ten to fifteen second cold rinse. Many have proven this an indispensable aid in preventing colds and flus.

Quick application of cold water is a marvelous tonic, giving tone to the muscles and nervous system, preventing a chilling and equalizing the circulation. To run quickly for a few minutes on the wet dewy grass every morning, making sure you slip back into warm slippers, is a tried and true tonic for the body. At the same

time, it is important to always keep the extremities warm in the cold months.

8. Mental Health

Stress has been proven to complicate all physical ailments. Here is timely advice on mental health from the Bible:

Trust in the Lord with all thine heart, lean not on thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths. Be not wise in thine own eyes: fear the Lord and depart from evil. It shall be health to thy navel, and marrow to thy bones. Proverbs 3:5-8

What to Do if You Get a Cold

Here are several options to increase the body's ability to 'clean house' quickly.

- Drink a glass of water every ten minutes for an hour at the first sign of a cold. This will allow

a quick house-clean and often prevent it going further.

- Have a hot foot bath for twenty minutes. Put a teaspoon of mustard and half a teaspoon of cayenne pepper into the foot bath. Wrap a blanket around yourself, and drink two glasses of water while sitting there. Finish by pouring a jug of cold water over the feet.
- Breathe deeply the freshest of air. Well-oxygenated air cleanses and purifies the bloodstream, and gives food to the lungs.
- Allow the sun to bathe the face and chest. Use safe sun: short bursts in the middle of the day, longer session when your shadow is as 'long' as you are. Sunshine touching the skin increases the circulation to those areas, which increases healing.
- On the first day, eat no food. Drink three liters of water through the day, as well as herb teas, such as peppermint. Have fresh fruit and vegetable juices every couple of hours if desired. On the second day, eat RAW food only. Sprinkle the salad with a dressing of olive oil, lemon juice crushed garlic and cayenne pepper. Avoid grains, as they are mucus-forming

when you have a cold. Slowly reintroduce grains and legumes as the cold subsides.

- Spend a small portion of the day resting; early nights are vital. The body is designed to restore and heal while it sleeps.
- A brisk walk warms the body and increases its healing powers by increasing the circulation and the burning off and expelling of waste.
- Take a hot bath to allow the body to perspire for approximately twenty minutes. Finish with a ten to fifteen second cool shower. This is best just before going to bed.
- Place a cayenne pepper poultice on the feet before bed. Spread a little oil over a piece of kitchen paper (*wax paper - editor*) the size of your foot. Sprinkle with 1/3 teaspoon of cayenne pepper. Place foot straight on this. Wrap with glad wrap and put a sock on. Repeat to other foot. Leave on overnight.
- Take a Flu Bomb (*You can find the recipe for Barbara's Flu Bomb under the "Tasty Vegan Recipes" Section.*)

(Source Material:

<http://www.barbhealth.com/>)

Coming Home Ministry is on the Web!

We have our Website up and running. You will find the current Berean Spirit newsletter (and all the archive issues), camp meeting information, songs, DVDs and more. Go and check it out:

www.cominghomeministry.org.

CAMP MEETING IN WENATCHEE, WA

September 2012

Don't forget our upcoming camp meeting!

When:

September 19 - 23, 2012

From Wednesday afternoon through Sunday evening

Where:

Social Hall—Wenatchee Community Center

504 S Chelan Ave.

Wenatchee WA 98801

(the same place as last year's but another room)

Speakers:

- David Clayton and Howard Williams from Restoration Ministries, Jamaica
- Nader Mansour and Imad Awde from Australia
- Ken Corklin from Pennsylvania

Theme:

The Gospel of The Kingdom

The meetings will start at 3:00 PM on Wednesday; the other days, we will begin at 10:00 AM.

There is a kitchen available for us. Please bring some vegan vegetarian dish if you can. All help will be well appreciated.

For camp meeting **schedule** and **flyer**, please visit our Website! (Camp Meetings page)

If God is a Trinity ...

Many people think that believing in a Trinitarian God simply means: believing in the God the Father, God the Son, and God the Holy Spirit. But the roots of such a belief goes much deeper and it affects every aspect of the gospel.

There is a reason that it is the central doctrine of the Catholic Faith. Every form of the Trinity (including the so called "Godhead" belief), where Christ is a co-eternal, self-existing God just as God the Father, and God the Holy Spirit (a third, separate person), with no literal relationship between any of them, is destroying the plan of salvation.

We need to realize that if God is a Trinity, then ...

1. Jesus is not the literal son of God, the Father.
2. The Holy Spirit is not God's (the Father's) spirit with which He is everywhere present but a third, separate person of the Godhead.
3. Jesus should have called the Holy Spirit His Father because the Bible clearly teaches that it was the Holy Spirit that overshadowed Mary. ("The Holy Ghost shall come upon thee, and the power of the Highest shall overshadow thee" – Luke 1:35)
4. Jesus never really died because God cannot die (He is immortal – 1. Tim. 6:16).

- a. And because of it, He has never really paid the price for us and the atonement was not complete.
 - b. He had a part of Himself that was conscience after His death, founding the doctrine of the immortality of the soul.
5. Jesus was never tempted here on earth because the Bible says "God cannot be tempted with evil" (James 1:13).
 6. We have a Comforter (the Holy Spirit who is a separate Being, other than Christ) who was never a human being, was never tempted and tried as we are and never suffered death for us.



Who is our Comforter?

7. At the new birth, we will possess the Holy Spirit's life (who was never a human Being and never conquered sin). This life is not a victorious life and there is no union of humanity and divinity in it.
8. We could never really study our Bibles without theological edu-

cation because it is hard to know when God speaks in a literal and when in a metaphorical sense. (He calls Jesus His Son but in reality He is not.)

9. We have 2 Mediators and 2 Intercessors: Jesus and the Holy Spirit.
10. Jesus is removed from being our Comforter, and the 3rd Person of the Godhead takes His place thus causing us to look apart from Jesus in another direction.

*(An interesting quote from Ellen White: "The reason why the churches are weak and sickly and ready to die, is that the enemy has brought influences of a discouraging nature to bear upon trembling souls. **He has sought to shut Jesus from their view as the Comforter, as one who reproves, who warns, who admonishes them, saying, "This is the way, walk ye in it"**" {E. G. White, Review and Herald, August 26, 1890 par. 10}*

IT RAISES SOME QUESTIONS:

1. Why was Lucifer envious just of Jesus' position? Why wasn't he jealous of the Holy Spirit (or the Father)?
2. Why is the Holy Spirit missing almost every time when Bible writers or Ellen White write about the Father and the Son?

3. Why was the counsel of peace made between just two of the three persons of the Godhead? ("... the counsel of peace shall be between them both" – Zechariah 6:13)
4. Why is Jesus the one who is called the "last Adam" (1. Corinthians 15:45) and not the Holy Spirit when it is the Holy Spirit who is the active agent at the new birth?
5. Why will Jesus be subject to the Father "at the end" but not subject to the Holy Spirit? ("... then shall the Son also himself be subject unto him that put all things under him, that God may be all in all." – 1. Corinthians 15:28) And if the Father will be the head of everything, will He be over the Holy Spirit, the 3rd person of the Godhead, too?
6. Why did the Jews recognize only the Father as God? (John 8:54)
7. Why does Ellen White talk about Jesus Christ so many times as the literal Son of God?
8. Why did Christ emphasize the union of the believers only with the Father and Himself? Why did He leave the Holy Spirit (the 3rd person of the Godhead) out? ("... I [am] in my Father, and ye in me, and I in you.", "... my Father will love him, and we will come unto him, and make our abode with him", "... I in them, and thou in me, that they may be made perfect in one" – John 14: 20, 23, 17:23)
9. How can the Holy Spirit (as a separate person from Jesus) give us Christ's righteousness? Why does Paul teach that we need to die in order for Christ (and not the Holy Spirit) to live in us? (Galatians 2:20, Colossians 1:27, 1. Corinthians 6:15)
10. Why does the Bible teach us that Christ lives in us and at the same time that our bodies are the temples of the Holy Ghost? (1. Corinthians 6:19)
11. Why don't we need to know all of the 3 persons of the Godhead in order to receive eternal life? Why does Jesus tell us we need to know only the Father and the Son? (John 17:3)

All pieces fit together if we clear our minds and accept what the Bible teaches: there is one God, the Father who has a Son (literally), and the holy Spirit is their spirit with which They are everywhere present. 

Feeding Our Souls

It is impossible for us, of ourselves, to escape from the pit of sin in which we are sunken. Our hearts are evil, and we cannot change them. "Who can bring a clean thing out of an unclean? not one." "The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be." Job 14:4; Romans 8:7. Education, culture, the exercise of the will, human effort, all have their proper sphere, but here they are powerless. They may produce an out-

ward correctness of behavior, but they cannot change the heart; they cannot purify the springs of life. There must be a power working from within, a new life from above, before men can be changed from sin to holiness. That power is Christ. His grace alone can quicken the lifeless faculties of the soul, and attract it to God, to holiness.

The Saviour said, "Except a man be born from above," unless he shall receive a new heart, new desires, purposes, and motives,

(From Steps to Christ, p. 18,19)

leading to a new life, "he cannot see the kingdom of God." John 3:3. The idea that it is necessary only to develop the good that exists in man by nature, is a fatal deception. "The natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned." "Marvel not that I said unto thee, Ye must be born again." 1 Corinthians 2:14; John 3:7. Of Christ it is written, "In Him was life; and the

life was the light of men"--the only "name under heaven given among men, whereby we must be saved." John 1:4; Acts 4:12.

It is not enough to perceive the loving-kindness of God, to see the benevolence, the fatherly tenderness, of His character. It is not enough to discern the wisdom and justice of His law, to see that it is founded upon the

eternal principle of love. Paul the apostle saw all this when he exclaimed, "I consent unto the law that it is good." "The law is holy, and the commandment holy, and just, and good." But he added, in the bitterness of his soul-anguish and despair, "I am carnal, sold under sin." Romans 7:16, 12, 14. He longed for the purity, the righteousness, to

which in himself he was powerless to attain, and cried out, "O wretched man that I am! who shall deliver me from this body of death?" Romans 7:24. Such is the cry that has gone up from burdened hearts in all lands and in all ages. To all, there is but one answer, "Behold the Lamb of God, which taketh away the sin of the world." John 1:29.

Tasty Vegan Recipes



FALL FRUIT CRISP

Ingredients—Filling

- 6 - 8 c cored and sliced or chopped pears and/or apples
- 1 c blueberries
- 1 c raisins (optional)
- Juice from 1 lemon
- 1/4 c pure maple syrup
- 1 tsp cinnamon
- 1/2 tsp allspice (optional)

Ingredients—Topping

- 1 c rolled oats
- 1 c chopped walnuts, toasted for 10 minutes
- 1/2 c whole wheat flour
- 1/2 c non-hydrogenated, nondairy butter
- 1/4 c brown sugar
- 1 tsp cinnamon

- 1/4 tsp allspice
- 1/4 tsp nutmeg
- 1/4 tsp salt

1. Preheat oven to 350 degrees °F. Have ready an ungreased 8- or 9-inch square baking pan at least 2 inches deep.
2. Combine filling ingredients in a medium-size bowl and pour into the baking pan.
3. In a separate bowl, combine topping ingredients. The topping should be crumbly and have the texture of wet sand.
4. Sprinkle the topping over the fruit mixture, making sure it's evenly distributed.
5. Bake for 35 to 40 minutes, or until the pears and apples are soft. Remove from oven and serve hot, warm, or at room temperature.

Enjoy!

(Source Material: They Joy of Vegan Baking by Colleen Patrick-Goudreau)



FLU BOMB

How to Make a Flu Bomb:

- 1 or more cloves of garlic
- 1/4 tsp cayenne pepper
- 1/4 tsp chopped ginger
- 1/2 drop of tea tree oil
- Juice of a lemon
- 1 tsp honey

Add a little hot water. Take 2-3 times a day for the first day. After that, take as needed.

