

# 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 One Hundred and Forty-Four Thousand (144,000)

by James White



*And I looked, and lo, a Lamb stood on the mount Zion, and with him an hundred forty and four thousand, having his Father's name written in their foreheads. (Revelation 14:1)*

*And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, nor on the sea, nor on any tree. And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth, and the sea, saying, hurt not the earth, neither the sea, nor the trees till we have sealed the servants of our God in their foreheads. And I heard the number of*

*them which were sealed; and there were sealed an hundred and forty and four thousand of all the tribes of the children of Israel. (Revelation 7:1-4)*

To what state of the church do these scriptures apply? Evidently to the present. But as some doubt this position, we wish briefly to give some reasons for believing that the 144,000 are those who are alive and are changed at the second advent.

I. The 144,000 are introduced in Prophecy among the preparatory scenes of the second advent. Reader, please take your Bible, and mark carefully the connection between the thirteenth and fourteenth chapters of Revelation. The thirteenth chapter and the first five verses of the fourteenth are a connected chain showing the sad history of the church during 1260 years of Papal rule, which reached to within fifty years of this present time; also her last struggle with the image beast and the saints' final and glorious deliverance. They stand on Mount Zion with the Lamb. The division of chapters

should be between the fifth and sixth verses of the fourteenth chapter. This any one may see, for the sixth verse introduces another chain of events which is not at all connected with the preceding chain. How very natural to suppose that John, after viewing the saints persecuted by the beast and his image, would follow them but a step farther to Mount Zion with the Lamb.

*And I saw as it were a sea of glass mingled with fire: and them that had gotten the victory over the beast, and over his image, and over his mark, and over the number of his name, stand on the sea of glass, having the harps of God. (Revelation 15:2)*

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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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Revelation 7:1-3, has been, and is still, held by Adventists, with very few exceptions, to apply to the preparatory scenes of the second advent. In fact it seems impossible to apply it any where else.

Mark this: John was shown not things that were in the past, no, but "THINGS WHICH MUST SHORTLY COME TO PASS." It is true that some allusions were made to the past, but it was only to explain the "things which must shortly come to pass," as in the case of the "woman," the "dragon," and the "man child" of Chapter 12. This fact seems quite

destructive of the view that the 144,000 were raised at the time of the first advent. If the prophecy relative to the 144,000 was fulfilled at the time of the first advent, then the faithful Witness, instead of doing what he said he would do, viz: "shew unto his servant things which must shortly come to pass," showed John things that were all past, at least sixty years before he had his revelation in the Isle of Patmos. The twelve tribes, of which the 144,000 are sealed, are the same that the Apostle James addressed, A D 60.

"James, a servant of God and of the Lord Jesus Christ, to the TWELVE TRIBES which are scattered abroad, greeting" (James 1:1). This epistle is evidently addressed to the present state of the church; to that state when the people of God are waiting for the Lord, and in their disappointed, waiting, trying state need much patience. "Be patient, therefore, brethren, unto the coming of the Lord" (James 5:7). "Be ye also patient; stablish your hearts; for the coming of the Lord draweth nigh," (verse 8). From these scattered "tribes" who are exhorted to wait patiently for the Lord, the 144,000 are to be sealed.

II. The history and description of the 144,000 apply to those who are to be changed at the coming of the Lord and to no other class.

First. "Having his Father's name written in their foreheads." Said the true Witness to the Philadelphia church, "Him that over-

cometh, will I make a pillar in the temple of my God, and he shall go no more out and I will WRITE UPON HIM THE NAME OF MY GOD." Where? "In their FOREHEADS," just where John saw the "Father's name." Now just as sure as the Philadelphia church is the true church of the last days, just so sure the 144,000 are sealed just before the coming of the Lord.

Second. They sing "as it were a new song" that none in all wide heaven but the 144,000 could learn. "And they sing the song of Moses the servant of God, and the song of the Lamb" (Revelation 15:2).

The song of Moses was the history and deliverance of Israel. The new song of the 144,000 will also be of their experience and their deliverance. The reason why none but the 144,000 can learn or sing this song will be because the history and deliverance of no other class will be like those who pass through the time of trouble and are changed 'at the twinkling of an eye' at the coming of the Lord.

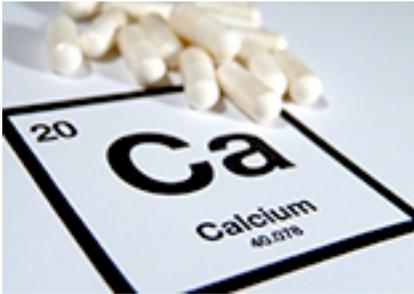
Third. "These are they which were not defiled with women." A woman is used as a symbol of the church. See Revelation 12:1-6; 17:1-6. The woman arrayed in purple and scarlet-color, on whose "forehead was a name written MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS," is the Catholic Church. Her harlot daughters must, therefore, be the Protestant sects. They are the women with whom the 144,000

*Continued on page 4*

# Calcium

## a very important mineral your body needs

contributed



Have you ever seen something dematerialize? Fire is a good example. We see about four cord of wood dematerialize every winter in our stove. Without fire, wood will decompose given moisture and heat with bacteria, fungus, and mold. Now if it is in a living healthy tree, it will grow and flourish.

Think now about the human body, do you know that there are different forms of dematerialization? This is because of the different conditions we subject our bodies to. Do you ever feel like you have run out of energy? Well, Job made the statement, *"the cause that I knew not I searched out."* Job 29:16.

I know the demands that are placed on our lives make it hard to find the time to search out the cause of the many things that perplex us. Let me present to you a few of the things I have found that cause us to dematerialize in our energy as well as our bodies.

There is a lot to be said on the acid/alkaline relationship in our bodies. Much of what I will be

presenting here comes from a Bio Chemist who had much success in helping people with health problems. If the body becomes too acid, energy escapes from our body very rapidly. The body does not retain it. If the body is too alkaline, it conserves our energy but it is not usable. As a rule of thumb – too acid to long you develop diarrhea; too alkaline you become constipated. In either situation the body cannot make energy.

Many people think that to be healthy you must be alkaline, because cancer cannot thrive in an alkaline environment. But your body can't thrive in an alkaline environment either. In order to thrive in the best of health the pH of the urine and saliva should be as close to 6.40 as possible. The reason you must stay close to 6.40 is because below this number, or above it, your body cannot take food apart and bring the minerals in to your body. Thus the best diet in the world never betters a person whose pH is out of the 6.40 range most of the time.

The primary place to look for a deficiency is in your calcium group. This is the one element that is foremost in control of the pH in the body. There may be many things you can do to force the pH up or down, but unless it is done

naturally it will not count. You must supply the calcium that the liver is deficient in. Certain kinds of calcium can make you acid and others can make you alkaline (and there are other kinds of calcium that don't change your pH). There are seven different groups of calcium. Six of which are essential to life. If a person is extremely nervous, excitable, he/she is very low in certain calcium. If the wrong calcium is used, it will never alleviate the problem, but make the condition worse. (Therefore always be cautious and if you need to, seek profession help.)

### MORE ABOUT pH AND CALCIUM

If a person has a pH of 6.80 to 7.20, food is digesting too slowly. This could be helped by the use of Calcium Lactate. If the pH is high, grapefruit or orange juice would be a help as well as Vitamin C. If a person has a low pH, Calcium Oxide is deficient and Vitamin D would be helpful, as would green drink and alkaline forming foods.

For those who are interested in a herbal approach, there are many naturopaths and herbal doctors who realize the importance of calcium in the body. One of these

*Continued on page 5*

## The 144,000

*Continued from page 2*

are “not defiled.” Why not defiled with them? Because they obey the voice from heaven, saying “Come out of her, my people, that ye be not PARTAKERS OF HER SINS, [be defiled,] and that ye receive not of her plagues” (Revelation 18:4).

Fourth. “These were redeemed from among men.” Not out of their graves; no, no, – “FROM AMONG MEN.” They must, therefore, be the living saints who are changed to immortality at the coming of the Lord. The sleeping saints are not “among men.” Those who came out of their graves at the time of the first Advent were not among men. No, they were in the silent grave. Some say that the 144,000 were the infants slain by Herod. Those infants had been slain more than thirty years, and, of course, had returned to dust again. What folly to say that they were redeemed “FROM AMONG MEN”!!! There is no consistency in such a view. The simple truth on this point is this: The 144,000 are on the earth, “among men,” [the wicked] at the coming of Christ, and at the “voice of the archangel” they are changed in a moment and are “caught up” FROM AMONG MEN to “meet the Lord.”

Fifth. “Being the first fruits unto God and the Lamb.” The first fruits in this text do not refer to the type, the “sheaf of the firstfruits of the harvest” which the priest waved

before the Lord “on the morrow after the Sabbath” (Leviticus 23:10–12). That was fulfilled in Christ: “Christ the firstfruits; afterward they that are Christ’s at his coming” (1 Corinthians 15:23). Paul does not say Christ and 144,000, the first fruits, no, no. The 144,000 are a part of the great harvest in the end of the world, of which the risen Saviour was a sample or first fruit. If Paul had said Christ and 144,000, the first fruits, and there was no other testimony in the way, then we might with safety believe that they were raised at the first Advent, but as it reads “Christ the firstfruits,” we think it safest and best to believe it as it reads.

“Of his own will begat he us with the word of truth, that we should be a KIND OF FIRSTFRUITS of his creatures” (James 1:18). It will yet be more clearly seen that the living saints will be delivered by the voice of God and have power over the nations before the second Advent. Their captivity will be turned and the yoke broken from off their neck, and “destroyed, BECAUSE OF THE ANOINTING” (Isaiah 10:27). The latter rain – the outpouring of the Spirit – prior to the Advent will ripen the 144,000 for the harvest, while the other saints will be still sleeping in the grave. In this sense, they will be “the firstfruits unto God and to the Lamb.” Then they will be “without fault before the throne.” They will confess all their faults while Jesus is in the Sanctuary ready to blot them out, and they will be borne

away by the scapegoat, just before our High Priest comes out to bless his waiting people.

THE SEAL. God has ever had a test truth with which to seal his people. See Ephesians 2:13; Revelation 9:4. “And I saw another angel ascending from the rising of the sun, having A SEAL of the living God” (Revelation 7:2, Whiting’s translation). But the last sealing truth is the immutable law of Jehovah, of which the Sabbath is the crowning testimony. See Isaiah 8:16; Revelation 12:17; 14:12; 22:14.

But do you believe there is salvation in the Sabbath? Answer: We do not believe there is salvation in the Sabbath any more than in the other nine commandments. Salvation comes through Jesus Christ our Lord. Let me, reader, ask you a question. Do you believe that we can have salvation through Jesus while violating all or either of the other nine commandments? You answer, no. Neither can you have salvation through Jesus if you reject the clear light of the Holy Sabbath. The Sabbath is the seal, and the Holy Spirit is the sealer. “After ye believed ye were sealed with the Holy Spirit” (Ephesians 2:13). “And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption” (Ephesians 4:30).



*(Source Material: The Advent Review, September, 1850)*

# Calcium

*Continued from page 3*

is Dr. John R. Christopher. In his book, School of Natural Healing, he made the following statements: *"We need calcium for nerve sheath, vein and artery wall, bone, teeth, etc. ... Sugar, pastries, soft drinks, alcoholic beverages, breads, candies, etc. leach the calcium out of the body. Causing varicose veins, cramps, charlie horses, loss of teeth, nervous upsets, etc. ... Children with crowded, crooked teeth who later must have the wisdom teeth pulled because their jaw is too narrow are lacking calcium in the body."*

He next gives a herbal calcium formula (which can be found at the end of this article).

your body that is called on to neutralize this acid.

Because the greatest reserve of calcium found in the body is in the bones, this is where the calcium will be pulled from in order to overcome the acid state caused by the wrong decision made in the type of things put in the system. Talk about dematerializing!

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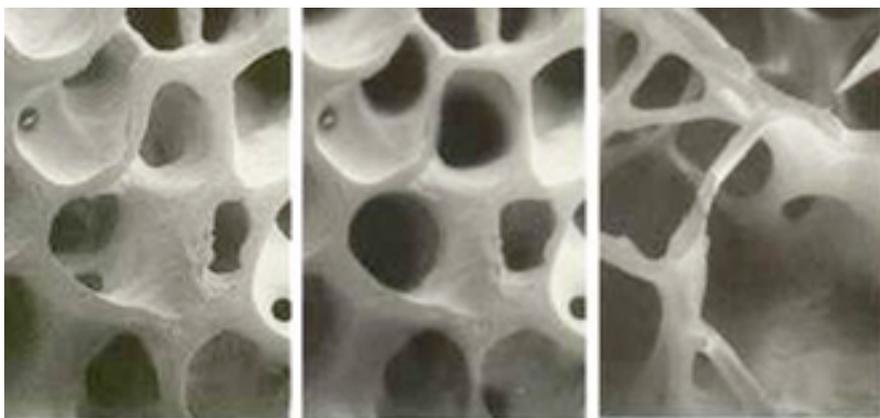
Calcium is the single most important mineral, in the minerals available by weight and by volume, than any thing else in the body. Calcium is equal to 60% of the minerals. Highest concentration is in the bones and teeth.

But calcium is one mineral you have to be careful about if taking as a supplement. If a person is acid and takes a form of calcium

Dr. C. Reams made this statement in one of his teaching sessions. *"You will find the key to asthma in the pH readings, either high or low. This is always caused by calcium deficiency. You may have too much of one kind and not enough of six other kinds. If the pH is below 6.40 and they have asthma, they are deficient in six different kinds of calcium. If it's above 6.40 it could be that they are deficient in five or four kinds. Handle this by calciums."*

Can you see why so many children are having asthma today. The whole population is drinking so much soda pop, beer, and other acid forming drinks.

I know of a lady who was suffering with asthma so bad she was using an inhaler every 15 to 30 minutes. After finding the above statement by Dr. Reams she decided to try the proper calcium to see if they could help. To her surprise she was able to go eight hours without the inhaler and was able to lead a normal life. She was cautioned to always check the pH before taking calcium because to take the wrong calcium could put her at risk of a hospital visit.



**Normal**

**Thinning**

**Osteoporotic**

### *Bone health*

What do you suppose one soda pop could do for your pH? As a rule, soda pop has a pH of about 2.8 because of the high phosphoric acid content. It's the calcium in

that will make them more acidic, greater harm will be seen. Always know what the pH is so as to choose the proper calcium supplement.

### CALCIUM IN OUR FOOD

Because the ground our food is growing in is low in calcium, many foods may not have high enough amounts of minerals. Calcium is found in whole foods. In a pear, a carrot, or a pepper, the calcium is different. For example if we are looking at calcium found

in nature we will find that sweet corn on the cob has calcium gluconate. If the cob is on the stalk too long, it tastes bitter which is due to the calcium changing to calcium lactate. Then if corn is dried it becomes grits or corn meal, the calcium changes to the calcium oxide form. So corn can change into three different forms of calcium, but because of other factors it makes an acid ash thus making a person more acidic.

When foods are cooked the minerals that were organic under go a change. All minerals are changed to an inorganic state. The minerals in raw foods are three times more available to the body, and as such they are easier for the body to convert into many other functions.

**ACID- AND ALKALINE-FORMING FOODS**

In ill health or very weak conditions the body cannot create enough energy to take food apart and build health. For these people the understanding of foods which form a alkaline ash and those that form an acid ash is very helpful.

The list below is found in Abundant Health, by Julius Gilbert White, on page 53.

**Some Vegetarian Source Acid-forming Foods**

- Barley
- Bread, white
- Bread, whole wheat
- Buckwheat
- Cheese, Cheddar
- Cherries

- Corn, canned, green
- Corn meal
- Crackers, soda
- Cranberries
- Eggs, whole
- Egg yolks
- Gelatin
- Lentils



- Macaroni
- Oatmeal
- Peanuts
- Plums
- Prunes
- Rice
- Shredded Wheat
- Walnuts
- Wheat flour, entire
- Wheat flour, patent

**Some Vegetarian Source Alkaline or Base-forming Foods**

- Acidophilus, dairy and soy
- Almonds
- Apples
- Apricots
- Artichoke, globe
- Asparagus

- Avocados
- Bamboo shoots
- Bananas
- Beans, dried
- Beans, dried lima
- Beans, fresh lima
- Beans, soy
- Beans, string
- Beets, fresh
- Beet greens
- Blackberries
- Brazil nuts
- Broccoli
- Brussels sprouts
- Buttermilk
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Chard
- Chestnuts, fresh
- Cherry juice
- Citron
- Coconuts
- Collards
- Cream
- Cucumbers
- Currants
- Dandelion
- Dates
- Eggplant
- Endive
- Figs
- Garbanzos
- Grapes
- Grape juice

Grapefruit  
Guava  
Honey  
Honeydew melons  
Kale  
Kohl-Rabi



Leek  
Lemons  
Lemon Juice  
Lettuce  
Loganberries  
Mangoes  
Maple Syrup  
Milk, soy  
Milk, dairy  
Molasses  
Mushrooms  
Muskmelons  
Olives  
Onions  
Oranges  
Orange juice  
Parsnips  
Peaches  
Peas, dried  
Peas, fresh  
Pears  
Peppers, green  
Pineapple  
Potatoes, Irish

Potatoes, sweet  
Pumpkin  
Radishes  
Raisins  
Raspberries, red and black  
Raspberry juice  
Rhubarb  
Rutabagas  
Sauerkraut  
Soy bean flour  
Spinach  
Squash, Hubbard  
Squash, summer  
Strawberries  
Tomatoes  
Tomato juice  
Turnips  
Turnip tops  
Watercress  
Watermelon

#### DID YOU KNOW?

There are forms of calcium that the body needs that do not change the pH. One such calcium would be Calcium Gluconate. For children under 12 years of age, and for adults who are losing quite a bit of reserve energy, calcium gluconate is a very easily digested form of calcium. It can be used at any pH because it is essentially neutral, but will help to provide some necessary calcium.

Dr. Joseph C. Manthei believes, calcium deficiency is one of the causes for divorce. Each person is fighting for their life. The husband comes home and he has been

working all day at the office and the wife has been handling the kids at home. When they meet they are both irritable and they leap at one another because of the calcium deficiency. They are both too up-tight and have a great deal of inward stress. The more calcium in the body chemistry, the sweeter will be the disposition.

Calcium plays such an important part in our health and welfare that we should become aware of those things that rob our bodies of it.

One of the most startling discoveries is found in the electro magnetic radiation used by the cell phone and Wi-Fi that literally knocks the calcium ions out of the cells. In a paper "The Biological Effects of Weak Electromagnetic Fields, Problems and Solutions" by Andrew Goldsworthy, March 2012, he explains how cell phones, DECT phones, Wi-Fi, etc. work on the cells of our bodies to take the calcium ion out.

*"The inward leakage of calcium ions from electromagnetic fields also opens the various tight junction barriers of our bodies that normally protect us from allergens and toxins in the environment and prevent toxic materials in the bloodstream from entering sensitive parts of the body such as the brain. The opening of the blood-brain barrier has been shown to cause the death of neurons and can be expected to result in early dementia and Alzheimer's disease. The opening of the barrier in our*

***Continued on page 11***

# Testimonies of the September, 2012 Camp Meeting



*From left: Nader Mansour, Imad Awde, David Clayton, Ken Corklin, Howard Williams*

I learned so much at the camp meeting, and now I understand why God wanted me to be there. It was life changing.

I have been a SDA for a long time, and there is so much I've never understood, and I have wondered why it took me so long, but God's timing is always perfect. Righteousness by Faith and Jesus living in me—WOW! The hope of glory! The burden of sin and guilt fell to the dust. I was working so hard to be perfect and thinking I will never make it! And I was right I can not make it; no matter how hard I try I cannot ever be perfect. But I learned at the camp meeting: there is a way and that way is Jesus Christ. I can be born anew in Him. A new life, the perfect life that He lived, can be mine and is! All we need to do is except it.

God spoke though the speakers and every one there received the blessings. I could see the Spirit of God working in the hearts and lives of all who attended.

As I said before it was life changing. Think of it: the life I now live is not mine but Jesus is living in me—my hope of glory and it can be yours too, just believe.

God Bless you all.

*Connie Andrus*

At this camp meeting I was blessed to witness first-hand how the truth of the Father and Son transforms lives. Two personal friends, Ed and his daughter Grace, became a living testimony. Their journey began more than a year ago when someone shared the truth once delivered to the saints. During their studies the

Scriptures became alive in a way they had not experienced before. Persecution from some in the church did not deter them and they were excited to attend the spring camp meeting. Our Father blessed in a mighty way as they were engaged by the messages, warmed by the hospitality and enjoyed the fellowship of other brothers and sisters. They returned home with their faith renewed. Studies and persecution continued, and they looked forward to the fall camp meeting where they would be able to share what they were learning and ask questions about things they did not understand without fear of reprisal. The enemy was set on preventing them, but our Saviour made sure they got there because He had something special planned.

You see there was joy in heaven over this father and daughter on the last day of the camp meeting. Grace had set her heart on publicly dedicating her life to Christ by baptism. As priest of his home Ed was humbled to request that he be the one to immerse his daughter. As we gathered at the river the pair sang a beautiful duet then Grace shared that she'd had a desire for several years to be baptized, but felt there was something missing. She testified that the pieces came together when she discovered she has a real Father in heaven and that Jesus truly is His

only begotten Son. To see the transformation of lives because of this truth became for me the Gospel of the Kingdom. Thank you, Coming Home Ministry as all glory and praise goes to our Father for putting it on the hearts of men and women the world over to share His truth.

*Frank Klin*



*Brother Imad with Jared Noyes*

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We really enjoyed the camp meeting, and found it as spiritual food for the hungry soul. We could see the Holy Spirit's power in bringing unity to the message of the speakers, even without their previous planning together. Present truth is what we need, and that is what the Lord provided, with practical instruction for these last days. We encourage all those who haven't attended one of this meetings to prayerfully consider the Lord's will

and see if He would have them attend the next meeting.

We found this group of believers to be very down-to-earth, warm and friendly, genuine, and sincere, compared to the vast majority of lukewarm professors out there. We literally see that the following words are taking place: 'God will use ways and means by which it will be seen that he is taking the reins in his own hands. The workers will be surprised by the simple means that he will use to bring about and perfect his work of righteousness.' TM 300

We thank our brethren for their kind hospitality, and May God richly bless you as you have blessed us.

Yours in the Blessed Hope.

*Anonymous*

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Despite being warned not to attend the camp meeting I went, because I wanted to partake on any spiritual blessings I could receive. While driving toward Wenatchee the air was full with thick smoke caused by the wildfires. It was difficult to see the road and especially inhale the poisoned air. It seemed like a double warning for me to stop and return home. But I don't like to give up. The enemy always puts obstacles in my way to stop me from receiving spiritual blessings.

The meeting hall was full with like-minded sisters and brothers who couldn't be bothered either by the surrounding wild fire or the smoke. Most of the messages were old

**UPCOMING  
CAMP MEETING IN  
WENATCHEE, WA**

**May 2013**

Please, mark your calendar.

**When:**

**May 22-26, 2013**

From Wednesday afternoon through Sunday evening

**Where:**

Veteran Hall—Wenatchee  
Community Center

504 S Chelan Ave.

Wenatchee WA 98801

(the same place as last year's)

**Speakers:**

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

**Theme:**

**CHILDREN OF THE KING**

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

More information will be published when we get closer to the meetings. Also, visit our web site [www.cominghomeministry.org](http://www.cominghomeministry.org) for updates.

truth presented from a different perspective reinforcing the importance of close communion with God and His son Jesus Christ. It was wonderful to see how beautifully the messengers of the truth chose their topics that fit together just like a puzzle. It was amazing to see and experience how the hearers of the truth were affected by the messages. We asked for God's presence and spiritual blessings. Outside the sun stopped shining, and the air was toxic, but inside the Spirit of God was present shining in our mind and heart. I felt such a joy and happiness that I would have embraced everyone in the congregation.

Unfortunately the meetings ended. I was happy and sad at the same time. I was happy because I met with new sisters and brothers and I heard wonderful messages. I was sad because we all had to depart to continue with our daily lives. I often think about that day when we will

never depart from each other. We will all sit at the feet of Jesus and be very happy for ever.

*Krisztina Pap*

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 3 years ago, when I visited Hungary I heard brother David and brother Howard (from Jamaica) speaking in a camp meeting. Listening to their messages I felt I needed to share them with my husband, Steve and with others in the area we live. We invited brother David and brother Howard to be the speakers of our first camp meeting. Since then we have had them over every year and been amazed how more and more people are coming to the meetings. Lately we invited more speakers and extended the camp meeting time to 4 and a half days.

A desire has been burning in our hearts to share the present truth and be a part of God's work. In

the beginning we didn't know how or what to do. We are not preachers, we cannot write inspiring, deep articles. What could we do? ... God guided us as we followed Him. First we started organizing camp meetings then recording the presentations sending them out in DVD formats. We also started publishing a newsletter (Berean Spirit).

We have sent out more than 1700 discs this year and the little ministry has been growing. Soon we will need more and bigger equipments to fulfill the needs of the work. We praise our Heavenly Father for helping and guiding us and for providing all what is needed. We send out everything free of charge; as Jesus said "freely ye have received, freely give". We experienced that God is holding the reins in His hand and provides everything we need for His work.

*Saci Noyes*

## Camp Meeting Presentations on YouTube

The **2012 September camp meeting presentations** are being uploaded onto YouTube to make it easy to share through the Internet. To find the links for the presentations, visit our Web site at [www.cominghomeministry.org](http://www.cominghomeministry.org). The titles of the sermons are listed under Materials>DVDs in such a way that just by clicking on them the YouTube page will be launched.

We hope and pray that these videos will reach every part of the world and take the everlasting gospel to everyone who is searching for truth.

Your payers for these videos are appreciated.

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You can subscribe to our YouTube channel by clicking on the "Subscribe" button above

the video (on YouTube). This way every time we post a new presentation, an e-mail confirmation will be sent to you by YouTube.

COMING HOME MINISTRY



Visit our Web site and find uplifting, Christ-centered videos and articles of the present truth and upcoming camp meeting information of this area (Wenatchee, WA).

[www.cominghomeministry.org](http://www.cominghomeministry.org)

## Calcium

*Continued from page 7*

respiratory epithelia by electromagnetic fields has been shown to increase the risk of asthma in children and the opening of the blood-liver barrier may be partially responsible for the current outbreak of liver disease. The opening of other barriers, such as the gut barrier allows foreign materials from the gut to enter the bloodstream, which may also

promote allergies and has been linked to autoimmune disease.”

We are being bathed in electromagnetic fields which are a major cause of calcium loss. It may not dematerialize you as fast as fire does wood, but it will be the downfall of the many. The calcium in your body is under attack from without and within. (For more information visit:

[www.bioinitiative.org](http://www.bioinitiative.org) and [www.neilcherry.com](http://www.neilcherry.com).)

## DR. CHRISTOPHER'S CALCIUM FORMULA

- 6 parts Horsetail grass (*Equisetum hyemale*) also called Shavegrass
- 3 parts Oat straw (*Avena sativa*)
- 4 parts Comfrey root (*Symphytum officinale*)
- 1 part Lobelia (*Lobelia inflata*)

*Continued on page 12*

## Feeding Our Souls

*It is good that a man should both hope and quietly wait for the salvation of the Lord.* (Lamentations 3:26)

There are precious promises in the Scriptures to those who wait upon the Lord. We all desire an immediate answer to our prayers, and we are tempted to become discouraged if our prayer is not immediately answered. Now my experience has taught me that this is a great mistake. The delay is for our special benefit. Our faith has a chance to be tested to see whether it is true, sincere, or changeable like the waves of the sea. We must bind ourselves upon the altar with the strong cords of faith and love, and let patience have her perfect work. Faith strengthens through continual exercise.

We must pray more and in faith. We must not pray and then run away as though afraid we should receive an answer. God will not mock us. He will answer if we watch unto prayer, if we believe we receive the things we ask for, and keep believing and never lose patience in believing. This is watching unto prayer. We guard the prayer of faith with expectancy and hope. We must wall it in with assurance and be not faithless, but believing. The fervent prayer of the righteous is never lost. The answer may not come according as we expected, but it will come, because God's word is pledged.

We need a calm waiting upon God. The need of this is imperious. It is not the noise and bustle we make in the world which

proves our usefulness. See how silently God works! ... Those who desire to labor with God have need of His Spirit every day; they need to walk and labor in meekness and humility of spirit, without seeking to accomplish extraordinary things, satisfied to do the work before them and doing it faithfully. Men may not see or appreciate their efforts, but the names of these faithful children of God are written in heaven among His noblest workers, as scattering His seed in view of a glorious harvest.

Wait for the Lord, not in fretful anxiety, but in undaunted faith and unshaken trust.

*Ellen White:  
Our Hight Calling p. 134*

## Calcium

*Continued from page 11*

“A wonderful natural calcium formula which can be made up in capsule, tea or glycerine based extract form. As explained in the book Biological Transmutations, the silica in horsetail grass converts to calcium, and the other herbs work in close conjunction with this master calcium herb.”

Making the tincture, as a rule of thumb: “Soak this herb combination in distilled water (at the rate of one ounce of combined herbs to a pint of distilled water), four to six hours, then simmer for thirty

minutes, strain and reduce the liquid down to one half of its volume by simmering over low heat. To retard spoilage of large batches, add vegetable glycerine. Example: one gallon of tea simmered (not boiled) down to two quarts and add one pint of glycerine.” For more information you can check Dr. Christopher's book, School of Natural Healing.

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If you are interested in learning more about calcium and health, here is a list of recommended books:

- *School of Natural Healing* by Dr. John R. Christopher

- *Abundant Health* by Julius Gilbert White
- *Herbal Home Health Care (Childhood Diseases)* by Dr. John R. Christopher
- *The Calcium Factor: The Scientific Secret of Health and Youth* by Robert R Barefoot and Carl M. Reich, M.D.



*Herbal tincture*

## Tasty Vegan Recipes



### SCRAMBLED TOFU

This delicious recipe is from *Living on Pulse* Web site and brought to us by Natasha Mansour and Melissa Awde from Australia.

To find more healthy recipes, visit [www.livingonpulse.com](http://www.livingonpulse.com).

#### **Ingredients:**

- 1 medium onion
- 1-2 large cloves garlic, crushed

- 1/2 red bell pepper (optional)
- 1 tablespoon mixed herbs\*
- 1/2-1 tsp Celtic sea salt
- 1/2 tsp turmeric powder
- 1 tsp vegetable stock powder or herb salt (for a yeast free alternative)
- 350g firm tofu, chopped fine in food processor or mashed between your fingers
- oil for cooking

1. Sauté onion, garlic and capsicum until soft.
2. Add seasonings.
3. Add tofu and cook for about 5-10 minutes, stirring about every 5 minutes. The tofu will clump together somewhat and will get browned in places. It is not es-

sential but gives a nice flavor and texture.

Serve on toast with avocado, fresh greens, tomato, cucumber etc. Also lovely with breakfast lentils or homemade baked beans.

*Enjoy!*



\* **Mixed herbs** is a common mix of different dried herbs. The mix usually includes equal parts of: basil, marjoram, oregano, rosemary, sage, thyme.