

# 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)*

## WHO IS YOUR HIGH PRIEST?

by Nader Mansour



Who is your High Priest? We would probably expect such a question to be asked to a group of children in a Sabbath School. We would not expect it to be asked to adults. After all, anyone who has learned anything about the Bible knows the answer to such a simple question. The answer is so patently obvious that most, if not all, Christians would be in harmony in answering it. We all know that Christ is our High Priest. Who else could it be? I would like to explore this simple question and its obvious answer from a different

perspective. While we may think that we know the right answer to this question it worth our while to examine it carefully.

### THE HIGH PRIEST AND THE SANCTUARY

It is not possible to adequately discuss the subject of our High Priest without examining the Sanctuary. After all, the two are intimately connected. As Adventists, we are told that the subject of the Sanctuary is the foundation of our faith<sup>1</sup>. The doctrine of the Sanctuary is one of the distinctive truths of Adventism. The importance of the Sanctuary truth is outlined clearly in the Bible. The Psalmist expressed it well when he said “**Thy way, O God, is in the sanctuary**: who is so great a God as our God?” Psalms 77:13. Everything that God does and is can be found in the Sanctuary. It is the storehouse of truth. Paul makes it clear that this subject is a vast and deep one that we can never fully understand. “O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his

judgments, **and his ways past finding out!**”

Romans 11:33. If God’s way is in the Sanctuary and His ways are past finding out it simply means that we are dealing with a subject that is of infinite depth and vastness. After all, the entire truth of God (His way) is housed in this all-encompassing subject. This should inspire us with a cautious humility when studying this topic. No matter how well we may think we know this subject there is always more to learn.

### THE SANCTUARY – IS IT JUST A BUILDING?

To most Adventists the word Sanctuary evokes images of a building. It could be the wilderness tabernacle, Solomon’s temple, or the temple in the time of Christ. However,

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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.

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the most common answer is usually the heavenly Sanctuary. This is the most common image associated with the word Sanctuary today. While all this is true, we must not forget that the Sanctuary refers to more than just a building or a physical structure. In speaking of the New Jerusalem, John says "And I saw no temple therein: **for the Lord God Almighty and the Lamb are the temple of it.**" Revelation 21:22. The temple here is the Father and the Son. Yet it is not common for us to think of the temple or the sanctuary in this way (note: the words sanctuary/temple/tabernacle are often used inter-

changeably in the Bible). A building is not all there is to the sanctuary truth. After all, aren't the Father and Son the "house" of all truth? Thus the sanctuary building or structure is a revelation of the true temple – the Father and the Son.

Someone may say that this verse is speaking of how things will be after sin. Nevertheless, the fact that God does not change<sup>2</sup> demonstrates that the Father and Son were the temple even before the entrance of sin into the universe. It was God's intention in the creation of moral beings that they would be a miniature temple filled with His presence<sup>3</sup>. This was clearly seen in the creation of mankind who were made in the image and likeness of the Father and the Son<sup>4</sup> – to be the indwelling of the Father and Son.

### THE HUMAN TEMPLE CAPTURED

Man was created with a special covering of light just like God. "**Who coverest thyself with light as with a garment:** who stretchest out the heavens like a curtain." Psalms 104:2. This light was an outward physical manifestation of an inner spiritual reality. Man was a temple where God dwelt. At the tragic fall of humanity, we find that the lights went out. "And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her;

and he did eat. **And the eyes of them both were opened, and they knew that they were naked;** and they sewed fig leaves together, and made themselves aprons." Genesis 3:6-7. Their spiritual loss was now reflected by the physical loss of the garment of light. It was only when Adam, not Eve, ate the fruit that the light went out. Adam was the head of the human family and in His fall the human family fell. As a result, mankind ceased to be dwelling place for God. This is what the loss of the light signified<sup>5</sup>. Someone had captured the temple of humanity.

The connection between the inner spiritual and the outward physical aspects are clearly seen in this story. The spiritual loss comes first (decision to eat from the tree) and is then followed by an outward physical manifestation (loss of the light) that reflects the inner loss. In the same way, the restoration of the temple of humanity must begin on the inner spiritual level (change of mind) to be followed by an outward physical manifestation (fruit of conversion until ultimate glorification).

### THE HUMAN TEMPLE NOT ABANDONED

God had a very costly plan whereby He could restore mankind to be a temple for His indwelling once again. The wilderness tabernacle given to Moses indicates God's

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# CAFFEINE KILLS



This article was found on the Internet. (The author did not name him-/herself.) We wished to share it because this article addresses very interesting truths about caffeine which are hardly ever shared or talked about. (Emphases supplied by the author.)

Okay, I know this article won't be popular. Most of us are so addicted to Caffeine that we don't want to know about it. I am writing this because when "Caffeine Blues" came out I just knew I had to read it. Several years ago I began to realize that coffee was much worse than we had been told, because I noticed that I got an arthritic pain in my wrist within ten to twenty minutes of a cappuccino!

This book didn't just tell me how bad coffee was - it told me how GOOD I would feel once I was totally caffeine free for two months. Somehow, this book sold me on giving it a try. And it was right! For example, I no longer have the drained feeling that I sometimes used to get in the mornings.

This is one of the best health books I have ever read. It is written by Stephen Cherniske who is a Clinical Nutritionist. "Caffeine Blues" is incredibly easy to read, and convincing. After reading it I realized that caffeine does NOT give us energy. In fact, it is a major CAUSE of LACK of energy. However, he explains that this drug is so powerful that one needs to go for three weeks to two months without any caffeine before one notices the difference. And how many of us have ever done that? Hardly anyone.

Caffeine is also a major cause of heart attacks and cancer.

As Cherniske waded through the tons of information on caffeine, he began to see that consciously or unconsciously nearly every researcher starts from the assumption that caffeine is okay. Why? Probably because they themselves depended on caffeine.

Caffeine is in coffee, black tea, green tea, oolong tea (wu-yi tea), 'decaffeinated' coffee and tea, chocolate, colas, chuppa-chups, many sodas, some drugs, most 'energy' drinks and guarana.

A 6 oz cup of:

- Percolated coffee has about 120 mg of caffeine
- Black tea has about 70 mg of caffeine

- Green tea about 35 mg of caffeine
- Leading colas 45 mg of caffeine
- Mountain dew 54 mg of caffeine
- Brewed decaf has 5 mg of caffeine
- Milk chocolate has 6 mg per ounce
- Baking chocolate has 35 mg per ounce.

Caffeine is produced by more than eighty species of plants. The reason may well be survival. As it turns out, caffeine is a biological poison used by plants as a pesticide.

Caffeine is considered harmless simply because it is so widely used. Dr William Dement in his book "The Promise of Sleep" said that if caffeine was introduced today, it would not be allowed.

There is a brochure available in hospitals and other medical related areas: "What you should know about caffeine" published by the International Food Information Council (IFIC) in Washington DC. After many phone calls Cherniske finally got a list of 'supporters' of the IFIC. The list included Pepsi, Coca-Cola, M&M, Nutrasweet, Nestle and Hershey - all of whom have

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## Who Is Your High Priest?

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plan and purpose to seek and restore the lost temple of mankind<sup>6</sup>. Thus, the study of the sanctuary, and the import of the sanctuary doctrine, is how God will reclaim the lost temple that He may inhabit it again. This is the essence of the sanctuary doctrine. Just like the Jews, who focused on the temple and sacrifices and missed the Lord of the temple, we have a tendency to focus on the building and articles of furniture of the sanctuary and miss the ultimate import of them. There is a false sense of security in the thinking that says "I am safe because I believe in the Sanctuary doctrine (A building in heaven)." This reduces the grand sanctuary truth to a mere doctrinal theory. God's plan is to restore us spiritually and physically, not merely to give us a doctrine about a building in heaven.

This restoration could only be accomplished by one person. It is the person who initially built the temple. "For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ." 2 Corinthians 4:6. Only Christ can kindle the light of God's glory and presence in the sin darkened soul temple. The mission of Christ on earth reveals this purpose in a very graphic incident.

"And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise." John 2:15-16. By cleansing the temple in Jerusalem from the greedy merchants, Christ announced His mission to cleanse the temple of the heart from the evil selfishness that rules there. The temple of Jerusalem was a picture of what man's heart looked like.

Christ did the same thing again towards the end of His ministry on earth. "And Jesus went into the temple of God, and cast out all them that sold and bought in the temple, and overthrew the tables of the moneychangers, and the seats of them that sold doves, And said unto them, It is written, My house shall be called the house of prayer; but ye have made it a den of thieves. And the blind and the lame came to him in the temple; and he healed them." Matthew 21:12-14. Have you ever wondered why Christ did this again? It shows us that Christ does not give up quickly in His work of cleansing the heart sanctuary. After cleansing us, we may fall and refill the heart with rubbish but He can cleanse it again. If you backslide, He can restore you. He is a relentless Saviour.

The other important thing we learn from this story is that only Christ

can cleanse the temple. We do not see Him delegating some tasks to His disciples with Him. He did not tell Peter to take care of the dove sellers and Andrew the sheep traders. He did the entire work all by Himself – both times. This speaks volumes as to who alone can cleanse the soul temple. Christ does not delegate that task to anyone else.

### THE RESTORATION

Christ's mission on earth was to restore to mankind what was lost. "And when he had said this, he breathed on them, and saith unto them, Receive ye the Holy Ghost" John 20:22. This is a parallel verse to the creation of Adam when Christ breathed into his nostrils the breath of life<sup>7</sup>. Just as Christ breathed life into the human family (Adam) so now, as the second Adam, He is breathing the new life into the human family. In this restoration of life is also a restoration of the rightful position of Christ, as the one who inhabits the reclaimed temple. "Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people." Hebrews 2:17. Christ is the High Priest, not just of the temple in heaven, but He must be the High Priest in the reclaimed soul temple. That is why He was made like unto His brethren. Christ does a dual work in heaven and on earth<sup>8</sup>. We only

have one High Priest, Christ, and He must be the High Priest of *every* temple. The purpose of the work in the heavenly sanctuary is to ensure the restoration of the human soul temple.

It would be a real tragedy for us to hold firmly to the sanctuary doctrine, believing Christ as our High Priest in heaven, while at the same time holding to a theology that teaches that He is *not* the High Priest of His temple on earth (His church). We may look with horror at someone who denies the heavenly sanctuary truth while we may be holding to a position that is no less horrifying – that Christ has delegated the work of cleansing the soul temple to *someone else*! It does not matter who this someone else is – if it is *anyone* other than Christ Himself then we are in a sad deception. This is one of the problems of the theory of the trinity. It forces us to believe that Christ has delegated the work on earth to someone else – someone called “God the Holy Spirit”. It does not matter how firmly we might believe in a building and a sanctuary in heaven, our sanctuary doctrine is useless unless Christ Himself is the High Priest of every single temple that exists! So the question really is who is your High Priest in the soul temple? Is it really Christ or someone else in His place?

#### ONLY CHRIST

Hebrews 5:1 “For every high priest taken from among men is ordained

for men in things pertaining to God, that he may offer both gifts and sacrifices for sins”. Christ alone is qualified to be our High Priest for only He was taken from among men. Has there been anyone else who came from heaven and took on humanity? Certainly not. Therefore, we offer Christ the greatest of insults when we suggest, insinuate or even blatantly teach that there is another high priest working among men in the temple on earth. We rob Christ of the honor due to Him when we attribute His work to someone else. This is why we are admonished “Wherefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our profession, Christ Jesus” Hebrews 3:1. We are to consider Him as our High Priest – in every temple! This especially applies to the work that He is doing here on earth, not just in heaven! The cleansing of the sanctuary in heaven has to parallel the cleansing of the sanctuary on earth, and there is but one person in the universe who can accomplish this work. Let us consider Him indeed for what He is, ponder, and be changed by what He is doing. The collective temple on earth (the church) of which Christ is the High Priest has to be cleansed in conjunction with the heavenly Sanctuary of which Christ is also the High Priest. How sad if we adopt a theology that replaces Christ as the one who can cleanse

the soul temple. It is a sad inconsistency to accept His work and role in heaven and reject and deny His work and role on earth.

#### IS YOUR TEMPLE CLEAN?

Just as it was obvious when Christ cleansed the temple in Jerusalem so it also must be obvious when Christ cleanses your soul temple. We may feel a sense of security in believing that Christ is indeed the High Priest of the soul temple (knowing the truth about God), but unless the fruit of His work is manifest in our temple then our belief does not amount to much. Christ removed the sellers and thieves from the temple and the people came in and the sick were healed. Are all the “sellers” and “thieves” gone from your temple? Can His work in your life be seen by others? This is really the purpose and import of the Sanctuary truth. Otherwise all we have is a dry and lifeless theory.

“And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God.” Revelation 21:3. Here is the ultimate realization of the Sanctuary doctrine. This can only take place one day if Christ tabernacles in our heart today. The fruit of Christ’s work is not strife, animosity and alienation. It is not contention, debate and argumentation. It is not pride of opinion and doc-

trinal superiority. These are the fruits of self occupying the seat of Christ. I pray that you will make Christ your High Priest and claim His promise today "In whom all the building fitly framed together groweth unto an holy temple in the Lord: In whom ye also are builded together for an habitation of God through the Spirit." Ephesians 2:21-22.

## REFERENCES:

<sup>1</sup> "The sanctuary question is the foundation of our faith." {MR760 26.3}

<sup>2</sup> Malachi 3:6

<sup>3</sup> "From eternal ages it was God's purpose that every created being, from the bright and holy seraph to man, should be a temple for the indwelling of the Creator." {DA 161.1}

<sup>4</sup> "And now God said to His Son, "Let us make man in our image."" {TMK 13.2}

<sup>5</sup> "Because of sin, humanity ceased to be a temple for God. Darkened and defiled by evil, the heart of man no longer revealed the glory of the Divine One." {DA 161.1}

<sup>6</sup> Exodus 25:8

<sup>7</sup> Genesis 2:7

<sup>8</sup> "While Jesus ministers in the sanctuary above, He is still by His Spirit the minister of the church on earth." {DA 166.2}

Watch a video of this article here.

<http://revelation1412.org/> or

<http://cominghomeministry.org/camp-meeting-dvds>



## UPCOMING CAMP MEETING IN WENATCHEE, WA—MAY 2013

### UPDATED INFORMATION

#### When:

**May 22-26, 2013**

From Wednesday afternoon through Sunday evening

#### Where:

Wenatchee Community Center (Basement Meeting Room/Veteran's Hall)

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**

*Please note, that the camp meeting's starting time (on Wednesday) has been changed. The meetings will start at **1:30 PM** (instead of 3 PM) on Wednesday; the other days, as usual, we will begin at 10 AM. Also, there is a change about the first meetings' location. On Wednesday and Thursday morning, we will be in the Basement Meeting Room. From Thursday afternoon the meetings will be continued at the usual location, in the Veteran's Hall.*

We are looking forward to meeting everyone who can

come. Please note that everybody will be responsible for his/her own food and accommodations. We have some rooms available but space is very limited. Please call early as the rooms fill up quickly. Also we have a list of hotels in the area.

The kitchen is available for us again at the meeting place. We will provide lunch and supper on Sabbath and planning potlucks on the other days. Please bring some vegan vegetarian dish if you can. All help will be well appreciated.

For the meeting schedule, please visit our Web site at [www.cominghomeministry.org](http://www.cominghomeministry.org).

## Caffeine Kills

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caffeine in their drinks and foods. 'Partners' of the IFIC included groups such as the National Association of Pediatric Nurses and the Children's Advertising Review Unit of the Council of Better Business Bureau Inc. This brochure says that "Caffeine is normally excreted within several hours after consumption". In fact, only 1% is excreted. The remaining 99% has to be detoxified by the liver.

It can take up to 12 hours to detoxify a single cup of coffee.

Many studies regarding coffee and hypertension were flawed, because the test studies came off coffee for only one or two weeks. It takes many more weeks than this for stress hormone levels of the body to return to normal.

The 'half-life' of a drug is the time it takes the body to remove one half of the dose. Caffeine is a drug. The half-life of a single dose of caffeine ranges from three to TWELVE hours.

**Caffeine puts your body into stress.** A single 250 milligram dose of caffeine (the equivalent of about 2.5 six ounce cups of coffee) has been shown to increase levels of the stress hormone epinephrine (adrenaline) by over 200%.

Caffeine triggers a classic fight-or-flight reaction. The fight-or-flight

response was designed for events that happened only occasionally (such as a lion chasing you). Now, we put our body in fight-or-flight every day with caffeine!!! Since we are in society, we don't respond in a fight-or-flight way. Instead, other things may happen. For example, sugar and fat get dumped unused in the bloodstream. The sugar creates more stress. The fat clogs the arteries. The digestive system slows or shuts down.



Black tea has about 70 mg of caffeine

Not only is caffeine addictive, it also encourages other addictions to substances like nicotine.

**Caffeine does not give you energy. It stimulates your nervous system and adrenals. That's not energy, that's stress.** Imagine going to a bank for a loan. The loan officer agrees to your loan. But as you leave the bank you notice the fine print - the loan has to be repaid at 75% interest! The 'energy' that you think you get from caffeine is really just a loan from the

adrenals and liver, and the interest you have to pay is very high.

Stress is a major factor in disorders such as anxiety, insomnia, depression, ulcers, rheumatoid arthritis, headache, hypoglycemia, asthma, herpes, hypertension and heart disease. And yet hospitals provide coffee and tea, which put your body into stress!!!

DHEA is our vitality hormone. Decreased levels of DHEA is a cause of aging. Caffeine consumption leads to DHEA deficiency. **Caffeine is an AGING DRUG!**

Caffeine lowers the stress threshold in virtually everyone. That is, if you have had caffeine, it will be easier for you to suffer from emotional stress or other stress. (Therefore, when research is done that is designed to show how safe caffeine is, any test subject who is under significant stress is removed from the study).

Caffeine is implicated in ulcers and irritable bowel syndrome: GABA is produced in the intestinal tract, where it calms anxiety and stress. Caffeine disrupts the normal metabolism of GABA.

**Caffeine disrupts sleep. Deep sleep is CRITICAL to good health. When there's caffeine in your bloodstream, you are unlikely to experience deep sleep at all!**

Caffeine AT ANY TIME of the day can cause sleep problems, especially if you are under stress.

Malnutrition is one of the most well-defined effects of habitual caffeine intake.

A single cup of coffee can reduce iron absorption from a meal by as much as 75%.

People do not develop a tolerance to the anxiety-producing effects of caffeine. Rather, people simply become accustomed to the feelings of stress, irritability and aggressiveness produced by the drug.

Caffeine contributes to depression in well-defined ways. This is particularly due to the withdrawal effect, which can cause headache, depression and fatigue, even in light users (p. 111). **Cherniske reported that 90% of people who came to him who suffered from depression and gave up caffeine completely for 2 months reported that their depression went away!**

If you are a coffee (or tea or cola) drinker, you may be thinking, "Well, I drink coffee and I'm not depressed." It's necessary to state that everyone is different, and also that depression can be subtle. Throughout the book, Cherniske suggests that you will never know the full effect the drug is having on you until you experience what life is like caffeine free (which takes two months to do). Over the years, Cherniske has heard similar responses from hundreds of clients: "Wow, I never realized that caffeine made me so (select one: anxious, depressed, irritable)."

Students the world over use caffeine not only to stay awake, but also they believe the drug will improve their performance on exams. Solid research, however, illustrates that as little as 100 milligrams of caffeine (one cup of coffee, two cups of cola) can cause a significant DECREASE in recall and reasoning.

When people are relaxed and given caffeine, caffeine does not raise blood pressure significantly. But how many people are relaxed? When people are stressed and given caffeine, blood pressure is raised significantly.

**Women who consume more than 24 ounces of coffee (6 moderate cups) per day had almost twice the risk of heart attack compared to non-coffee drinkers. Moderate coffee drinkers with high cholesterol had more than seven times the risk of heart attack, while heavy coffee drinkers had eighteen times the risk of non-coffee drinkers!**

Caffeine depletes your supplies of thiamin and other B vitamins, calcium, magnesium, potassium, iron and zinc.

Caffeine increases calcium loss and risk of osteoporosis.

In one large study, the risk for hip fracture for those women who consumed the most caffeine was 300% greater than it was for the group that consumed little or no caffeine.

**Take the Challenge!** Most people have no idea what life would be like without the background of caffeine and stress hormones coursing through their veins. Even if you're only having a few cups a coffee, chances are your personality is affected in ways that may be too subtle for you to associate with caffeine. I want to encourage you to conduct a trial period without caffeine. You owe it to yourself. And your family. It could save your life.



Milk chocolate has 6 mg caffeine, baking chocolate has 35 mg caffeine per ounce.

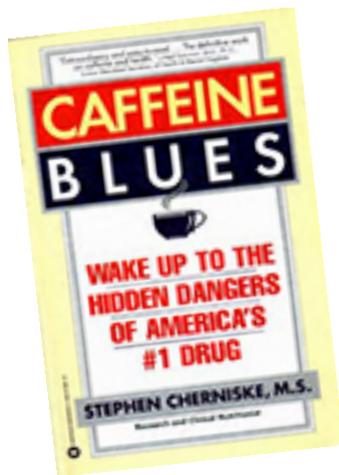
Don't go 'cold turkey'. To avoid headaches etc. when giving up caffeine, Cherniske recommends taking up to six weeks to come off it. Drink the same NUMBER of cups, but each week reduce the strength or amount in each cup.

There is lots more information in this very easy-to-read and highly interesting book. 440 pages. Read this book and you won't need to spend so much on supplements!

## UPDATES

I have been truly amazed at the high number of 'scientific studies'

that have come out since the publication of "Caffeine Blues" which supposedly show how chocolate and even coffee is good for us. I guess the chocolate/soda/coffee industry felt threatened enough that they had to pour money in to solve this new 'problem' of theirs.



As I read each study, I am reminded of the most memorable day during my Bachelor of Science degree at Sydney University. Professor Tony Underwood told our 3rd year Zoology class to get out one of our text books, and turn to a page which had a particular scientific study on it. He asked us, what had that study proven?

We gave the standard answers. But then the professor got all fired up and said, "No!". He explained how every scientific paper is set up to prove a particular point of view. But the truth is usually that you have to look at a particular problem from all angles. There were

many, many other possibilities as to the truth of that study.

The same with these new 'studies' which appear to support caffeine. When you look closely, they will NOT say that caffeine enhances your health and long-term well-being. They will say something like a particular part of chocolate is good for you, but not all of chocolate, or that coffee helps reduce some particular kind of cancer - presumably because the person will be likely to get some other disease first instead. And they will ignore any other symptoms that may appear, especially long-term ones.

Remember, caffeine is an **AGING DRUG**.

Source Material:  
<http://www.relife.com/caffeine.html>

## CAFFEINE AND NEUROTRANSMITTERS

Within minutes after you drink your coffee or tea, caffeine is carried by your bloodstream to all your organs and virtually every cell in your body. Because caffeine is fat soluble, it passes easily through all cell membranes: It is quickly and completely absorbed from the stomach and intestines into the blood stream, which carries it to all the organs. Caffeine permeates organs more rapidly than most other drugs, but not more rapidly

than alcohol. And because there are no significant physiological barriers that hinder its passage through tissue throughout the human body, the concentrations attained by caffeine are virtually the same throughout the body and in blood, saliva, and even breast milk and semen.

Many of caffeine's powers depend on its power to pass into the central nervous system (CNS). To enter the CNS, caffeine must cross the blood-brain barrier, a defensive mechanism that protects the CNS from biological or chemical exposure by preventing viruses and other large (and most small) molecules from entering the brain or its surrounding fluid. Even when injected into the bloodstream, many drugs fail to penetrate this barrier, and others enter it much less rapidly than they enter other tissues. However, caffeine passes through the blood-brain barrier as if it did not exist.

Source Material:  
<http://worldofcaffeine.com/caffeine-and-neurotransmitters/>

*"Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul."*

Ellen White: Counsels on Diet and Foods, p. 425

## Feeding Our Souls

It is not God that blinds the eyes of men or hardens their hearts. He sends them light to correct their errors, and to lead them in safe paths; it is by the rejection of this light that the eyes are blinded and the heart hardened. Often the process is

gradual, and almost imperceptible. Light comes to the soul through God's word, through His servants, or by the direct agency of His Spirit; but when one ray of light is disregarded, there is a partial numbing of the spiritual perceptions, and

the second revealing of light is less clearly discerned. So the darkness increases, until it is night in the soul.

*Ellen White:  
Desire of Ages p. 322*

## Tasty Vegan Recipes



### THREE SISTERS STEW

**Ingredients:**

- 1 c dried pinto (or other) beans, soaked
- 3 c water
- 2 cloves garlic
- 2 Tbsp fresh or 2 tsp dry oregano
- 1 tsp cumin seeds
- 1/2 tsp cinnamon
- 1 Tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 1 1/2 tsp salt

- 2-3 garlic, minced
- 2-3 c winter squash, cut in chunks (peel if not organic)
- 1 can chopped tomatoes (14-ounce)
- 1 Tbsp chili powder
- 1 1/2 c fresh or frozen corn

1. Drain soaking water off beans. Place beans, water and 2 cloves of garlic in a pot; bring to boil. Cover and simmer until beans are tender (50-60 minutes) or pressure-cook it with 2 cups water (45 minutes).
2. In a large pot, quickly dry roast oregano, cumin seed, and cinnamon for about 30 seconds. Add oil, onion, salt, and minced garlic. Sauté until onion is soft (5 minutes).

3. Add squash, tomatoes, and chili powder and cook until squash is soft (about 20 minutes). Add a little water if mixture is dry.
4. Add cooked beans and corn to squash mixture; simmer until corn is tender. Adjust seasoning to your taste.

Serve hot with chips if desired.

*Makes 6-8 servings.*

*Enjoy!*

**Interesting story behind this recipe**  
Native Americans grew corn and planted the beans at the base. The cornstalks served as bean poles. The ground space between the stalks was used to grow squash. The three "sisters" (corn, beans, and squash) lived harmoniously.