

Think on These Things...

One bright, sunny Sunday morning, a certain student in Boston was walking down Mt. Vernon Street. An old church at the foot of the hill was silhouetted against a clear blue sky, and a patch of the Charles River shimmered in the Sunday morning sunlight. The streets were largely clear of automobiles with the exception of one old, battered car of a far-off vintage. When the student came to Louisburg Square, he found an artist was painting the street scene. As the student walked by, he surveyed the painting and the scene, noticing an omission in the painting. Then he said to the artist, *"I notice that you left out the old automobile, sir."* The artist turned with a smile and replied: *"In that remark you have stumbled onto one of the greatest secrets, not only of art, but of life itself. You have to learn to leave out nonessentials, especially unpleasant things which make life ugly, when you are painting. You have to learn the art of elimination."*

So do all of us have to learn this art if we want to get the most out of life. We have to learn to discard the nonessentials of life and cling to that which is kindly, good, helpful, and beautiful. Indeed, the Master Artist counsels, *"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."* Philipians 4:8



Quinoa Tabouli Salad

Cook up 1 cup of quinoa with 2 cups of water and a pinch of salt. Cool.

Mix in:

- | | |
|-------------------|-----------------------------------|
| 1 cucumber, diced | 1 cup fresh parsley, chopped |
| ¼ cup olive oil | ½ tsp sea salt, or to taste |
| ¼ cup lemon juice | 2 bunches of green onions, sliced |
| 3 tomatoes, diced | |

I like to give this a couple of hours to marinate in the refrigerator before serving.

QUOTABLE QUOTES

"The fear of God is the beginning of wisdom, and they that lack the beginning have neither middle nor end." — John Bunyan

PROFITABLE TRADITIONS

Cultivate godliness-- *"Be not overcome of evil, but overcome evil with good."* Rom. 12:21

Make a list of the besetting sins or bad habits in your life and think of a better replacements to use when you are tempted. Just as a healthful recipe makes a good replacement for an unhealthful one, making it so that the unhealthful one will not be desired, good habits can replace bad ones. Here are a few to get you started.

(Note: You will find prayer is a master key for overcoming every sin and bad habit.)

Anger— Go for a walk. Drink some water and then hold it in your mouth to help you be slow to speak. Sing your frustrations instead of shouting them. **Anxiety**—Remember that God is on the throne and All Powerful. Think of 10 times He has helped you in the past.

Complaining—Sing and think of 10 things to be thankful for. Looking at your situation from the angle (perspective) of a poor, blind, or crippled person will often improve your view.

Impatience—Carry your Bible or a book to read when waiting. Sing Rev. 14:12.

You can find it here (on the bottom left) -- <https://www.biblepicturepathways.com/Scripture-Song-Library.php>

Selfishness- Do something nice for someone else.



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Love Letter

Strange characters were scrawled across the face of the letter. *What language is this?* I wondered. During the early period of our courtship, my husband and I wrote letters back and forth almost daily, while his sister, who had classes in the building where I worked, obligingly was “mail lady”. This particular day, my husband-to-be had written his entire letter to me in a foreign language. (Since he had just gotten back from teaching conversational English in Russia, I had a feeling it was Russian.) In the days before Google Translate, getting Russian translated into English wasn’t an easy operation, and I might have just given up, but the letter was from the man I loved, and I determined to find out just what it said. Immediately, I set forth on a quest to find someone who could decipher the figures, and within an hour, I had tracked down a classmate that knew basic Russian and was willing to translate the letter into my native tongue. My joy was full as my fiancé’s words unfolded to my ears...

Indeed, how much greater our joy should be at the hearing of the Words of the Lord. Jeremiah wrote, *“Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.”* Jeremiah 15:16 Today, with the market flooded with movies, magazines and novels, it is rare indeed to witness a face lighting up with joy and love for God’s word. How little do we appreciate the battle fought to get the word of God into the native tongue of the peoples of the world.



As I recently read the passage, *“And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.”* (John 17:3) and compared it with Matthew 7:23 where in the judgment God says *“I never knew you,”* to some people who appeared to do good things, I realized whether we “know” God or not is a test question. It is a life or death issue which raises the question, what does it mean to “know” God? My mind reverted back to how I got to “know” my husband when we were dating. It was largely by letter—question after question, line upon line, here a little and there a little. Simple things like *“My favorite book of the Bible is Psalms. What is your favorite book? I’ve always wanted to have children, what about you? Are you interested in country living?”* When you dig a little into God’s word to find how those who “knew” God and God “knew” established a relationship, the concept is similar. God says of Abraham, *“For I know him, that he will command his children and his household after him, and they shall keep the way of the LORD, to do justice and judgment; that the LORD may bring upon Abraham that which he hath spoken of him.”* Genesis 18:19 And Moses, who saw more of God than perhaps any other man, said to God, *“Now therefore, I pray thee, if I have found grace in thy sight, shew me now thy way, that I may know thee, that I may find grace in thy sight: and consider that this nation is thy people.”* Exodus 33:13

Those who really want to “know” God will be trying to learn His way and His preferences/will in all things. They will be praying for the Holy Spirit to guide them in searching God’s letter, His word in the scriptures, for all they can learn about Him. Because Jesus said, *“Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.”* John 5:39 Do you ask Jesus what He likes? Do you study to know His favorite things and the thoughts He has toward you? Do you follow His instructions on how to treat your neighbor? Does God approve of everything you do from your hairstyle, to your lifestyle, clothing, and the last meal you ate? Did you pay attention to Him on the last “special time” He scheduled with you, or did you ignore Him and pick a different day? Do you follow God’s way for healthcare, business, mission outreach, marriage, parenting, and education? Do you take time daily to read God’s letter (the Bible) and then respond to Him every day by prayer?

Many are distressed and wonder why God doesn’t seem to “talk” to them, when they are not taking the time to listen to what He has already said in His word. They think they “know” Jesus a little like the Pharisees who were busy doing “good things” and maybe even fighting “doctrinal battles” but still had no place for the Jesus Christ of the Bible because He didn’t fit their preconceived ideas and opinions. Jesus said to them, *“I know that ye are Abraham’s seed; but ye seek to kill me, because my word hath no place in you.”* John 8:37 Are many today also spiritually seeking to “kill” Jesus by ignoring His words? When we “know” Jesus, we abide in Christ and His words abide in us (John 15:7). If the Jesus we follow doesn’t match the Jesus Christ found in the scriptures, we don’t “know” Jesus, for the beloved disciple writes, *“And hereby we do know that we know him [Jesus], if we keep his commandments. He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him.”* 1 John 2:3-5 Won’t you take time today to read, think about, and understand God’s love letter to you, asking Him to show you His way? For knowing Jesus is the way to life eternal.



Prophetic News Notes and Study to Show Thyself Approved – End Time Events

“Likewise also as it was in the days of Lot... Even thus shall it be in the day when the Son of man is revealed.” Luke 17:28a,30
“Even as Sodom and Gomorrah, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an example, suffering the vengeance of eternal fire.” Jude 7

As the word of God predicted, the homosexual and transgender agendas are virtually knocking down doors “as in the days of Lot.” The White House and the churches are no exception. But some Christians draw the line and refuse to condone this sinful lifestyle in the church. USA Today headlined, *“Over 6,000 United Methodist congregations voted to leave the denomination as it becomes more flexible with gay marriage and LGBTQ+ ministers.”*



A gay Pride rainbow flag flies with the U.S. flag in front of the Asbury United Methodist Church in Prairie Village, Kansas. Charlie Roper/AP

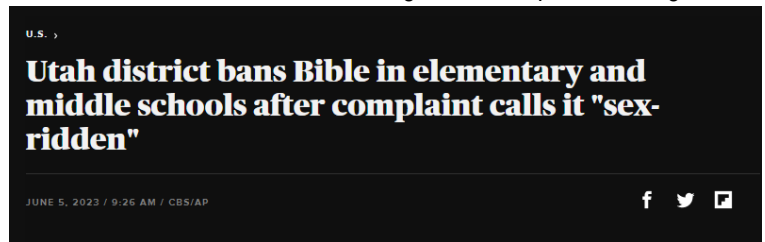
The article states, *“One-fifth of United Methodist congregations in the United States have received permission to leave the denomination over disagreements over same-sex marriage and gay preachers.”*

“In annual conferences since 2019, 6,182 congregations of United Methodists voted to leave the church which composes the second-largest Protestant denomination in the United States. This year alone, 4,172 congregations left, according to an unofficial tally by United Methodist News Service.”

“While the church forbids the marriage or ordination of ‘self-avowed, practicing homosexuals,’ many churches and conferences defy those bans. This prompted more conservative congregations to leave the denomination.”

“Conservatives in May 2022 officially launched a new Global Methodist Church, where they plan to maintain and enforce bans on things that include gay ministers and same-sex weddings. Many departing congregations will join the Global Methodist Church, while others will be independent or join different denominations....”¹

While leaving a denomination makes noteworthy news, some other counter measures to the liberal agendas are quite alarming. CBS reports, *“A suburban school district in Utah has banned the Bible in elementary and middle schools after a parent frustrated by efforts to ban materials from schools argued that some Bible verses were too vulgar or violent for younger children.”²* The fact that the Bible has been used in the most moral societies is forgotten in the drama of the moment.



We live in interesting times. While it is good see people being called out of Babylon (Revelation 18:1-5), many still have a long way to go to qualify with the end-time commandment-keeping remnant that Revelation 12:17 and Revelation 14:12 describe.

“And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.”

“Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.”

But God will have a people—144,000 who are *“redeemed from the earth.”* They are *“not defiled with women [corrupted by churches* teaching unbiblical doctrines].”* These will profess a pure faith *“for they are virgins.”* Instead of following man’s agendas, traditions, and corruptions, *“These are they which follow the Lamb whithersoever he goeth. These were redeemed from among men, being the firstfruits unto God and to the Lamb. And in their mouth was found no guile: for they are without fault before the throne of God.”* Revelation 14:1,4,5 *“Those whom the Lamb shall lead by the fountains of living waters, and from whose eyes He shall wipe away all tears, will be those now receiving the knowledge and understanding revealed in the Bible, the Word of God. . . . Let us strive with all the power that God has given us to be among the hundred and forty-four thousand.”*

*A woman in Bible prophecy = a church. See Isaiah 54:5,6 and 2 Corinthians 11:2

1- <https://www.usatoday.com/story/news/nation/2023/07/06/united-methodist-church-disaffiliation/70387779007/>

2- <https://www.cbsnews.com/news/bible-ban-utah-school-district-elementary-middle-complaint-sex-book/>

3- Review and Herald, March 9, 1905



The Umbrella's Message

Republished from the Gospel Herald

I remember vividly an experience with Mr. Moody that brought rich blessing to me and many others, when I was but a lad, 11 years old. Moody was visiting my father. He had left his satchel and umbrella at the home of the elder Mr. McCormick, and he asked me if I would walk over and get them for him.

I was more than glad to go.

On the way home, while carrying the satchel on the end of the umbrella (and I had the umbrella poised over my shoulder), I stumbled and broke the umbrella!

I was greatly disturbed by the accident, and felt so guilty I knew not what to do. I was afraid. Finally, I thought, *"I will tell mother; she can tell father, and father can tell Mr. Moody."* Crushed with the burden, I hurried home and told mother. She, of course, was sympathetic, and told father; and father broke the news to Mr. Moody.

"So you broke my umbrella," said Mr. Moody (rather sternly, I thought); *"Come here a minute."* Fearfully, I went to him. He said, *"When you broke my umbrella, you became frightened and ashamed, didn't you? Then you thought, if I tell mother or father, they can go between me and Mr. Moody and straighten things up. Now that your father has straightened things up, you can come to me. Now, my lad, that is the way it is with all of us; we are sinners—afraid of God."*

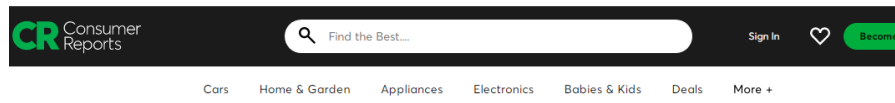
But God has provided a Mediator—someone to go between us and Him—and it is Jesus. You must come to God through Jesus. He died for us, and is the Way to God. I am glad this happened; I am going to tell my audiences about this, and turn them to Christ, our Mediator!" And he did.

"For there is one God, and one mediator between God and men, the man Christ Jesus;" 1 Timothy 2:5



Vegetarian Cancer Foods?

Recently, I was discussing with friends how many people that are vegetarian or even vegan I have recently heard of who have gotten cancer. As we discussed potential causes, including cell phone and wireless radiation, vaccines, stress, etc., one of my friends said they had recently seen some vegans taste testing Big Franks who said they felt like they were eating cancer.¹ This aroused my curiosity, because previous to quitting eating Big Franks 11 years ago when we went non-GMO, mostly organic, and began seriously reading labels, Big Franks were one of my favorite vegetarian "meats."



Health / Why Is Red Dye No. 3 Banned In Cosmetics But Still Allowed In Food?

Why Is Red Dye No. 3 Banned in Cosmetics but Still Allowed in Food?

Food safety advocates recently petitioned the FDA for a ban decades after studies found high doses of the artificial color could cause cancer in rats. Here's what you need to know.

By Lauren Kirchner

Published November 14, 2022 | Updated February 2, 2023

glycol is one form of antifreeze, I skipped over it, and honed in on the Red #3. With curiosity, I googled a combination of *"Red #3"* and *"cancer."* Finding first a "peace and safety" message at the top of my search results for Red #3, even I was unprepared for what I found next on Consumer Reports. The headline read, *"Why Is Red Dye No. 3 Banned in Cosmetics but Still Allowed in Food?"*²

Finding the comment to be an interesting statement, online I randomly looked up the ingredients for Big Franks wondering what could "taste" like cancer (since GMO products typically still taste about the same.) At the bottom of the list of ingredients, I found *"PROPYLENE GLYCOL, SOYBEAN OIL, RED #3 FOR COLOR."*² Knowing that propylene

It turns out that this chemical that was deemed harmful enough to ban its use topically on the skin has been allowed by mouth in food for over 30 years!!! The article continues, *“More than 30 years ago the Food and Drug Administration told the cosmetics industry that it could no longer use an artificial color called FD&C Red No. 3, also known as Red Dye No. 3 and Red Dye 3. That’s because high doses of it had been found to cause cancer in animals.*

“At the time, though, the same ingredient remained approved for use in food—as it had been since 1907. And it’s still allowed to this day. It’s used in thousands of food products, including candy and drinks, as well as in medicine that children and adults take....”³

The Center for Science in the Public Interest (CSPI) also states, *“It’s illegal to use the carcinogenic color additive Red 3 in cosmetics, such as lipsticks or blush, or externally applied drugs. Yet the discredited chemical is lurking in common varieties of candy corn, Nerds, Peeps, Pez, SweeTarts, and hundreds of candies, cakes, and other foods...*

“Since the early 1980s FDA had evidence that Red 3 caused cancer in laboratory animals. The National Toxicology Program considered the evidence ‘convincing.’ As a result, in 1990, the agency eliminated certain ‘provisionally listed’ uses of the chemical—meaning cosmetics and externally applied drugs. In 1990, FDA also said it would ‘take steps’ to ban its use in foods, ingested drugs, and supplements. But those steps were never taken.



“Despite the fact that the government concluded that Red 3 causes cancer, food companies continue to use it widely. A search of Food Scores, a database maintained by the Environmental Working Group, generated 2,876 brand-name food products that contain Red 3—including hundreds of foods made by the country’s biggest food companies...”⁴

“Some things that contain it might not be surprising—like the strawberry flavors of Nesquik, PediaSure, Ensure, and Yoo-hoo. But there are also others you might not expect, like the cherries in Dole fruit cups, Vigo saffron rice, Wise onion rings, and vegetarian bacon by Morningstar Farms...

“Eryth[r]osine—which you’ll see on some ingredients lists as “FD&C Red No. 3”—is a synthetic dye made from petroleum that gives foods and drinks a bright, cherry-red color. For

decades, the FDA has been aware of multiple studies showing that it can cause cancer in animals. When lab rats were fed high doses of the dye over long periods, they developed tumors in their thyroids, the studies found.”³

The International Journal for Occupational and Environmental Health stated in 2012, *“Red 3 causes cancer in animals, and there is evidence that several other dyes also are carcinogenic. Three dyes (Red 40, Yellow 5, and Yellow 6) have been found to be contaminated with benzidine or other carcinogens.”⁵*

CSPI president, Dr. Peter Lurie, stated, *“If the data were strong enough to ban Red 3 in cosmetics and external drugs 30 years ago, they’re surely strong enough to ban it today in foods, oral drugs, and dietary supplements.”⁴*

“Long term animal feeding studies show that Red 3 causes adenomas and carcinomas of the thyroid gland. When a substance is shown to cause cancer in animals, it is presumed to cause cancer in humans. Amendments to the nation’s food laws passed in 1958 and 1960 included a provision called the Delaney Clause which prohibits the approval of any food and color additive if it is shown to cause cancer in people or animals. For that reason, the petition filed today by CSPI and other groups and scientists says that the FDA is statutorily obligated to delist Red 3.

“It’s outrageous that the Food and Drug Administration has known since the 1980s that Red 3 has the potential to cause cancer, but still allows it to be used in the food we eat,” said Melanie Benesh, vice president of government affairs at EWG, which is one of the groups petitioning FDA today. ‘This is yet another glaring example of how the FDA has failed consumers when it comes to food safety..’”⁴ It turns out that, “The food and drug industries used more than 200,000 pounds of Red 3 in 2021 alone.”⁴

Sadly, unless you are a careful label reader, vegetarian and vegan foods can also cause cancer. Unfortunately, the convenience of many prepackaged convenience foods is only temporary – it only lasts until they make you sick. And cancer, particularly, is never convenient. The words of Isaiah come to mind, *“Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good...”* Isaiah 55:2 The essence of this verse could be paraphrased, *“Why waste your money on something that is not real food? ... Listen closely to me and you will eat what is good...”*

You can find our “Better Frank” recipe as well as other recipes here-- <https://www.swiftrunnerministries.com/recipes----everyday-entrees.php>

- 1- https://www.youtube.com/watch?v=2kL5ODAHzus&ab_channel=SweetSimpleVegan "I feel like these are going to give me cancer." Minute marker 15:45
- 2- <https://lomalindabrand.com/traditions/big-franks-15oz/#:~:text=Ingredients%3A,OIL%2C%20WATER%2C%20TORULA%20YEAST>
- 3- <https://www.consumerreports.org/health/food-additives/red-dye-3-banned-in-cosmetics-but-still-allowed-in-food-a3467381365/>
- 4- <https://www.cspinet.org/press-release/red-3-fda-petition> 5- Int J Occup Environ Health . 2012 Jul-Sep;18(3):220-46
<https://pubmed.ncbi.nlm.nih.gov/23026007/#:~:text=Red%20%20causes%20cancer%20in,with%20benzidine%20or%20other%20carcinogens>

Kids' Corner

God's Amazing Creatures



The Eurasian Blackbird lives in Europe, parts of Asia, and North Africa.

It was introduced to Australia and New Zealand, which means that someone from Europe, Asia, or North Africa took some to Australia and New Zealand and released them into the wild.

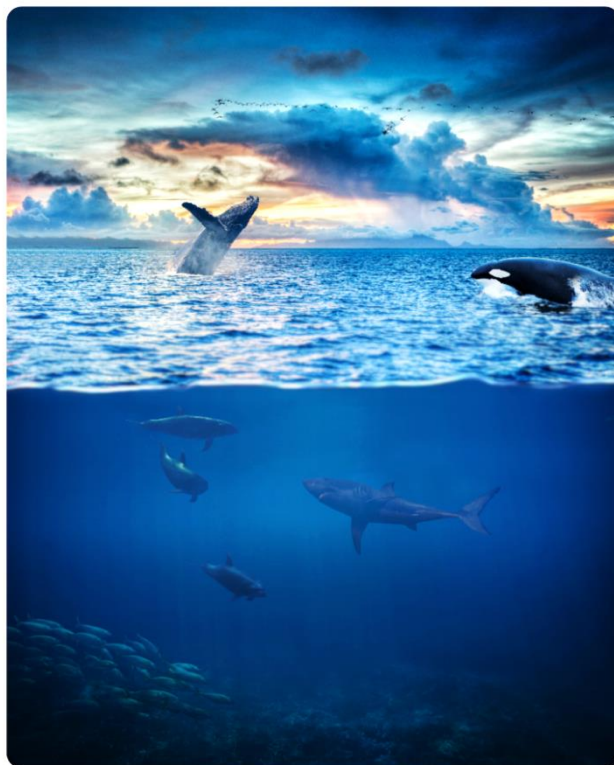
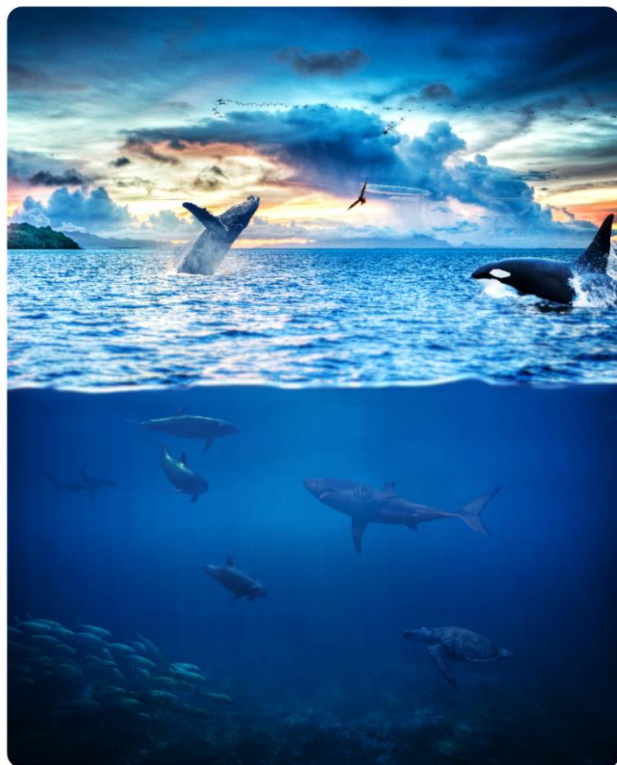
Eurasian Blackbirds eat insects, earthworms, and fruit, such as berries.

They are frequently found in gardens and parks.

These birds are glossy black or dark brown with a bright yellow bill and eye ring (the yellow circle around their eye). But they are mainly known for their beautiful song that can be heard from the among trees. You can listen to the Eurasian Blackbird's song here. <https://macaulaylibrary.org/asset/249170691>

Aren't you thankful that God made even the more plain-colored birds with something beautiful for us to enjoy?

Can you spot the 5 differences between these two images?



And God created great whales, and every living creature that moveth,
 which the waters brought forth abundantly, after their kind,
 and every winged fowl after his kind: and God saw that it was good.

Genesis 1:21 (Day 5 of creation)