The Israel of God Bible Study Class 2515 E. 75th Street, Chicago, Illinois 60649 773-374-6413 Email: NL@theisraelofgodrc.com

THE ISRAEL OF GOD Newsletter APRIL 2011

JAN. < --- >MAR. 2011 Vol. No. 9 Issue No.1

The Usher's Fundraiser...
K&K Productions and the Usher Board are throwing another Stepper's Set for the I.O.G. building fund on May 21, 2011. See Sis. Margie, Sis. Brenda, Sis. Kim or a member of the Usher's Board for tickets.

THE NEW MOON FOR THE 1st MONTH of 2012
April 3, 2011 @ 4:32PM JT

ALL FEAST DAYS WILL BE HELD AT THE
HO CHUNK EXPO CENTER

PASSEOVER
Saturday, April 16th @ Sundown
Service, Saturday @ Sundown

FEAST OF UNLEAVEN BREAD
(1st Night) Sunday, April 17th @ Sundown
Service - Monday, April 18th @ 12:00 Noon

FEAST OF UNLEAVEN BREAD
(7th Night) Saturday, April 23rd @ Sundown
Service - Sunday, April 24th @ 12:00 Noon

PENTECOST
Saturday, June 11th @ Sundown
Services held on Sunday, June 12th at Noon

Emergency Conference Telephone #...
We now have an Emergency Conference Telephone Number for our Internal Telephone Conference Room when our in house system goes down. The Quick Connect number is 877-306-0456. When prompted, enter your participants code 2539966 followed by the # key. Please use this number for High Sabbath Feast Days ONLY that are held at the Ho Chunk Expo Center or when told to do so. Thank you!

I.O.G. Children's Class Fundraiser
The Children's Class has a fundraiser to support the Children's Ministry. They are selling posters and bookmarks that you must prepay for before they are produced. The Black History bookmarks are $3.00; the Ten Commandments and Black History posters are $25.00 each. Please support the Children's Ministry. Thank you!

BULLETIN!
The I.O.G. Newsletter is now a quarterly newsletter. Below is the schedule for the newsletter release dates and the months that each will cover:

- April   (Covers months Jan. thru March)
- July    (Covers months April thru June)
- October (Covers months July thru Sept.)
- January (Covers months Oct. thru Dec.)

The Deadline for submitting information to go into the Newsletter will be the 20TH of March, June, September, and December. If your information isn’t received before the deadline dates it will have to wait for the next issue of the Newsletter. If you have an article you would like to submit to the Newsletter or have important information that you would like to share with the class, please contact one of the editors or leave it in the mailbox in the office before the deadline date. Please include your phone number. EVERYTHING MUST BE ON DISC (FLOPPY or CD) or in Printable Form to run as is, or Send it to the Newsletter Staff via email to NL@theisraelofgodrc.com Thank you!

Latest News...
New Moons for April~June JT
- April 3rd 2011 at 4:32 PM
- May 3rd 2011 at 8:51 AM
- June 1st 2011 at 11:02 PM

Repast Committee Update...
Requests for the I.O.G. repast services will be provided as follows:

- Sunday thru Thursday ONLY
- Deceased must have been a member of the I.O.G. class or an immediate family member of an I.O.G. class member:
  - Mother/Father
  - Spouse
  - Child
- Repast service must be held in the I.O.G. Annex Building
- I.O.G. Repast Committee must coordinate all food donations; no outside food will be accepted

Peace to all the Brothers and Sisters of the Israel of God Bible Study Classes.
The Origin of April Fool’s Day
By B. Jordan

The actual origin of April Fool’s Day is unknown. It is presumed that this day began in 1582 after Pope Gregory declared the adoption of his Gregorian calendar to replace the Julian calendar with the date of the New Year officially being changed to January 1, but it took time for this news to reach France who celebrated the New Year on the first day of April. After finding out about the change many of the people chose to ignore the new calendar and continued to celebrate the New Year on April 1st. By doing this, they were thought to be “April fools” and were subjected to ridicule and practical jokes.

The ridicule continued and over time into a tradition of prank playing on the first day of April. The tradition spread to England, Scotland and America and has developed into an international day of playing practical jokes on friends and family.

What does the word of God say on this subject?

Ephesians 5: 1 Be ye therefore followers of God, as dear children; 2 And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour. 3 But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; 4 Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks.

Matthew 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Jeremiah 10: 1 Hear ye the word which the LORD speaketh unto you, O house of Israel: 2 Thus saith the LORD, Learn not the way of the heathen, and be not dismayed at the signs of heaven; for the heathen are dismayed at them. 3 For the customs of the people are vain:

References:
http://wilstar.com/holidays/aprilfool.htm
http://www.infoplease.com/spot/aprilfools1.html
Dictionary.com

The Circuit Breaker Grant For 2010…

It’s that time of year again to file for the Circuit Breaker Grant. The Illinois Department on Aging administers the Circuit Breaker program that provides grants to senior citizens and disabled adults. It also administers the Pharmaceutical Assistance program that provides prescription medicines for seniors and disabled adults. It is a cash grant that is given out every year. To file for 2010 you may submit your application starting in February 2011. You have until December 31, 2011 to file for 2010. If you have filed a Circuit Breaker grant in the past, you will receive your application in the mail. If this will be your first time filing, you will need the following information:

- Proof of Age
- Proof of Disability
  - Statement from your doctor
- Proof of Income
  - Income limits apply
- Proof of Residency
  - Rent Receipt or,
  - Proof of Property Tax

If you have filed an application in the past, you can now file your application online at the following address:
http://www.cbrx.il.gov/

Also, in order to receive the ‘People with Disabilities Ride Free Card’, you have to file for the Circuit Breaker.

For more information, please visit the above website or call---800-252-8966.

Daughters and Sons, True Love Waits
Submitted By Sis.Mildred Blount

Dear Daughters and Sons,

This letter is written to you, to help you to remain faithful and pure until marriage. The slogan, “True Love Waits” is very accurate. The world will have you believe that sex before marriage is acceptable. The truth is that the best sex is between a husband and wife. Do not allow the enemy to fool you and make you think that hidden pleasures are great. The truth is that the guilt, shame and consequences that come from living a life of sin cannot come close in comparison to the beautiful treasures that God has in store, for His children who obey Him. You are here because this is your destiny, to live a life of pure holiness and to be used completely by God. Your living is not an accident, no matter how you were born. To live a holy life is the greatest way to allow God to work in your life. He rewards those that follow His Commandments.
Words of Wisdom: Get to know God! Do not be deceived by the lies you hear from those who have given into the enemy. Keep your minds and hearts focused upon what God has in store for you. Be a living witness on how waiting on God is the greatest reward ever! “…But my God shall supply all your needs according to His riches and glory by Christ Jesus!” Philippians 4:19. You may become lonely sometimes, but you will never be alone - God will sustain and uphold you. When temptation comes, answer the enemy like Joseph answered Potiphar’s wife “…how now can I do this great wickedness, and sin against God?” Genesis 39:9.

Most importantly, think about Jesus and His love for you and your love for Him. Would He want this for your life? If your answer is, “No!” Then get out of the situation fast because His plan is for you to prosper and advance in His kingdom. Ask God about your future marriage mate. Pray for that person. Remember, God knows this person already. Believe that God will keep His promises toward you and will bless you with His perfect choice for a spouse. For the Lord is a shield. … “The Lord will give grace and glory; no good thing will He withhold from them that walk uprightly.” Psalm 84: 11. “Delight thyself in the Lord; and He shall give you the desires of thine heart.” Psalms 37: 4. Get grounded in the Lord by serving others. This will preoccupy your time. Observe your surrounding; be proactive about where you go and with whom you hang out. Preventing tempting situations is best. Flee also youthful lust; but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart. 11 Timothy 2:22.

Be wise and know ahead of time what you would do if certain situations arise. Stay in touch with others who are making this same commitment of purity and hold each other accountable. Exchange telephone numbers and e-mail addresses, encourage one another from time to time. You will live a truly victorious life if you live for God’s purpose. Obedience is better than sacrifice. Remember, God Rewards Obedience. … “Let no man despise thy youth; but be an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.” I Timothy 4:12. You Are Loved!

Written by Attorney & Mrs. Theodore Liddell/
Submitted and upgraded by Sister Mildred Blount

Research Committee News!
To view a complete list of updates please see the Product Updates Page on the Research Committee Website at: www.theisraelofgodrc.com

Knorr Products
The rennet used in their products containing cheese is from a synthetic source. Please read the LABELS for additional information about the kind of meat and/or fat used in the products. As long as those ingredients aren't from an unclean source they are designated CLEAN.

Knorr Rice Sides Herb & Butter contains cheese cultures from microbial and synthetic sources and the rennet is non-animal. It is designated CLEAN. Information is pending on the rest of their Rice Sides and Pasta Sides.

Natural Wellbeing Inc. (Trilex cold sore medication)
Their products are certified kosher. The Trilex has no animal products in it and the Magnesium is derived from vegetable oils. It is designated CLEAN.

Brown Cow Farm Products
All of their yogurts are certified kosher by the Orthodox Union and are pork free. They are designated CLEAN.

Pepperidge Farm Products
The mono and diglycerides used in their breads are from a plant source, unless otherwise specified from a vegetable source. The source of the cheese enzymes in their Cheddar Cheese Goldfish is beef. In addition, the gelatin used in their Pepperidge Farm products is derived from pork.

• Breads are designated CLEAN
• Cheddar Cheese Goldfish are designated CLEAN
• ALL Pepperidge Farm Products containing gelatin are UNCLEAN

Pinnacle Foods

• Bernstein's Dressings are designated UNCLEAN
• Vlasic Products bearing the OU kosher symbol are CLEAN
• Brooks Beans and Chili are designated CLEAN

Bazooka

None of their products contain animal derived ingredients. They are designated CLEAN.

Idahoan Products
Idahoan Original Mashed Potatoes, Baby Reds Mashed Potatoes and the Buttery Homestyle are pork free and certified kosher by the OU. They are designated CLEAN.

The other products that contain cheese, the enzymes are pork and the ones containing bacon bits are made from pork. They are designated UNCLEAN.
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Restaurant Notice:

We are posting the information below as a courtesy because we are no longer researching restaurant food. Please inquiry with the manager at every restaurant you visit to obtain the status of their food.

Burger King

Their Sesame Seed Buns and Specialty Buns contain L-cysteine and are designated Unclean.

McDonald's

Their Sesame Seed Buns no longer have L-cysteine but because they contain mono-diglycerides, enzymes and other suspect ingredients, their status will remain unclean until definitive information about those ingredients is obtained.

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'CATHERINE'S COLUMN'
National Oral Cancer Awareness April 2011

Tongue Cancer: 'A New Epidemic'

According to Dr. Bruce H. Haughey and Joseph B. Kimbrough, Professor of Otolaryngology and Director of Head and Neck Surgical Oncology at the Washington University School of Medicine in his lecture dated May 5, 2010, throat and tongue cancer is becoming a new epidemic. The lecture consisted of history of the disease, scope of the problem listed as a (viral) epidemic and questions on how medical professionals should treat it. It is a disease of Celebrities, Kings and Presidents. Overall incidence stats for America in the year 2010 were 35,000 - 40,000 cases. The cases related to smoking were falling while viral derived cases were increasing. A US Multi-center study showed presence of the HPV (Human Papilloma Virus) in lab slides that attributed to this type of cancer.

HPV has more than 100 strains and 13 are known to cause cervical cancer. HPV-18 is noted to be the most virulent strain. HPV can insert their DNA into the host cell or human DNA cell where it produces proteins that lead to cancer. In the case of Henrietta Lack’s (HeLa) abbreviation of her name and known to scientist because they used her HPV cells to help find a vaccine for diseases such as polio. Researchers discovered how the virus works. HPV inserted its DNA into the long arm of (Henrietta’s) eleventh chromosome and essentially turned off her p53 suppressor genes or (tumor suppressant genes).

Tongue Piercing: In an article of the Associated Press (AP) dated October 17, 2006, a Chicago female teenager described stabbing pains in her face that felt like electrical shocks lasting 10 to 30 seconds and struck 20 to 30 times a day. Her doctors diagnosed trigeminal neuralgia, a nerve disorder sometimes called “suicide disease” because of the excruciating and dispiriting pain it causes. Doctors tried painkillers, then stronger medication, but in the end, a cure proved more simple: The young woman removed the metal stud from her pierced tongue. (A pierced tongue has become highly popular among young people.) Two days later, her pain vanished. The account in Wednesday’s Journal of the American Medical Association is the latest documentation of complications, some life threatening, linked to tongue piercing. Other problems include tetanus, heart infections, brain abscess, chipped teeth and receding gums. One woman developed so much scar tissue that it resembled what she called a “second tongue.” For more information go to: http://www.msnbc.msn.com/id/15305276/ns/health-health_care/ Tongue cancer also encompasses oral cancer and April is National Oral Cancer Awareness Month for oral, throat and tongue cancer. For more information please log on to: http://oralcancerfoundation.org

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Five Foods That Help You Sleep

Submitted by Sis. Leslie Williams

1. Cherries. Fresh and dried cherries are one of the only natural food sources of melatonin, the chemical that controls the body’s internal clock to regulate sleep. Researchers who tested tart cherries and found high levels of melatonin recommend eating them an hour before bedtime or before a trip when you want to sleep on the plane.

2. Bananas. Potassium and magnesium are natural muscle relaxants, and bananas are a good source of both. They also contain the amino acid L-tryptophan, which gets converted to 5-HTP in the brain. The 5-HTP in turn is converted to serotonin (a relaxing neurotransmitter) and melatonin.

3. Toast. Carbohydrate-rich foods trigger insulin production, which induces sleep by speeding up the release of tryptophan and serotonin, two brain chemicals that relax you and send you to sleep.

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4. **Oatmeal.** Like toast, a bowl of oatmeal triggers a rise in blood sugar, which in turn triggers insulin production and the release of sleep-inducing brain chemicals. Oats are also rich in melatonin, which many people take as a sleep aid.

5. **Warm milk.** Like bananas, milk contains the amino acid L-tryptophan, which turns to 5-HTP and releases relaxing serotonin. It's also high in calcium, which promotes sleep.

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### Benefits of Drinking Water

**Benefits of Drinking Water**

(A Dr. Oz item of interest)  
Submitted by Sis. Jimmie Mae Calhoun

Another little tidbit that was news to me. I always knew one should drink a lot of water, but who knew that the timing affected things?

Drinking water at the correct time maximizes its effectiveness on the Human body:

- 2 glasses of water after waking up helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack

So make sure to drink plenty of water for good health.

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### F.Y.I.

**The Israel of God Class Times:**

**Wednesday**-------------- 7:30 P.M.  
(Question & Answer Night)

**Friday**------------------ 7:30 P.M.  
(Friday Night Prayer Service: Dress code applies)

**Saturday**---------------10:00 A.M. and 1:30 P.M.  
(Sabbath Day Lesson)

**Live Broadcast:**  
[http://www.theisraelofgod.com/sabbathdaylive2.html](http://www.theisraelofgod.com/sabbathdaylive2.html)

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### Tithes and Offerings

Tithes and Offerings are to be placed in the envelopes available by the usher's booth as you enter the building or you may mail them to the address at the bottom of the page. Please remember to fill the FRONT and the BACK of them out completely. Also, please put your check number on the front lower right side of the envelopes. Tithes are 10% of your Net Income. If you redeem your tithes, you must add an additional fifth (20%) of your tithes to it.

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### The Bible Speaks...

**The Bible Speaks...**

**Chicago and Suburbs** –

**Chicago**- Tuesday’s @ 7:00pm and Wednesday’s @ 9:00AM  
Channel 36 on Comcast cable.

**Memphis**- Sunday 6:00AM on UPN 30

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### Special Notices:

- **The Passover Fund** is an annual fundraiser. The goal is for each adult to contribute $500.00 from one Passover to the next. This will give adults a whole year to raise their contribution. If this will be a hardship to you, and your family please contribute what you can. All contributions are greatly appreciated. Thank You!

- **The Building Fund** is set up to raise money to build and/or purchase a larger facility for the class. The goal is for each adult to contribute $10.00 every week, but if this is a hardship to you and your family please contribute what you can. Thank You!

- **The T.V. Ministry Fund** is set up to help raise money for the T.V. Programs on C.A.N. TV in Chicago, as well as the Memphis and Atlanta programs. If you can contribute $25.00 a week or whatever you can to this fund it would be greatly appreciated.

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### The Four Winds of Heaven

The Four Winds of Heaven is an excellent book that deals with the Tribulation, The so-called ‘Rapture’, and other End-Time prophecies. Please check with the office to get further information about obtaining a copy.

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### An Overview of the Feasts of the Lord...

An Overview of the Feasts of the Lord... is the latest book by the I.O.G. It looks at three of the feasts of the Lord, and explains each one, as well as explaining how to correctly observe them. Visit the I.O.G. website to order a copy or purchase one from the office.

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### The I.O.G. Cookbook...

The I.O.G. Cookbook... is now available in class for $20.00 and by mail for $25.00 (includes S&H). Call the office to order it or purchase it at the class.

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### Miscellaneous:

The Israel of God Bible Study Class 2515 E. 75th Street, Chicago, Illinois 60649 773-374-6413 Email: NL@theisraelofgodrc.com
A Pictorial History of the Italian People
Atlas of the Bible
An Overview of the Feast of the Lord
Grolier Encyclopedia
King James Bible
Strong’s Exhaustive Concordance
The Four Winds Of Heaven
The Last Two Million Years
World Scope Encyclopedia
Zondervan's Compact Bible Dictionary

NEXT BAPTISM…

The next Baptism will be on May 28, 2011. If you are interested in being baptized, please see Brother Cornell to have your name put on the list. All Baptisms will be after the second class.

Acts 2:38 - Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.

I Sam. 2:2-10

2There is none holy as the LORD: for there is none beside thee: neither is there any rock like our God. 
3Talk no more so exceeding proudly; let not arrogancy come out of your mouth: for the LORD is a God of knowledge, and by him actions are weighed. 
4The bows of the mighty men are broken, and they that stumbled are girded with strength. 
5They that were full have hired out themselves for bread; and they that were hungry ceased: so that the barren hath born seven; and she that hath many children is waxed feeble. 
6The LORD killeth, and maketh alive: he bringeth down to the grave, and bringeth up. 
7The LORD maketh poor, and maketh rich: he bringeth low, and lifteth up. 
8He raiseth up the poor out of the dust, and lifteth up the beggar from the dunghill, to set them among princes, and to make them inherit the throne of glory: for the pillars of the earth are the LORD's, and he hath set the world upon them. 
9He will keep the feet of his saints, and the wicked shall be silent in darkness; for by strength shall no man prevail. 
10The adversaries of the LORD shall be broken to pieces; out of heaven shall he thunder upon them: the LORD shall judge the ends of the earth; and he shall give strength unto his king, and exalt the horn of his anointed.

Praise the name of JESUS!

Our Condolences

To Sis. Virginia LeCense and family of our Dallas Class on the loss of her husband, Norvin LeCense

To Sis. Myra Handy and family on the loss of her mother, Mrs. Gene Handy

To Sis. Yuropa Shelton and family on the loss of her granddaughter, Imani Elise Wilson

To the family of our deceased Brother, Mendo Davis

To Sis. Clementime Green and family on the loss of her husband, Mr. Green

To Sis. Betsy Tyler and family on the loss of her mother, Candy Marie Burton

To Sis. Yvonne Shrader and family on the loss of her mother, Princess Smith

APRIL 2011 EVENTS

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Word of the Month

'Archetype'

(ar·che·type)

— n
1. a perfect or typical specimen
2. an original model or pattern; prototype
Syn. prototype, original, paradigm, standard, pattern, ideal, model

The Israel of God Bible Study Class 2515 E. 75th Street, Chicago, Illinois 60649 773-374-6413 Email: NL@theisraelofgodrc.com
**SABBATH DAY LESSONS FOR JANUARY~MARCH**

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~Interesting Websites/ Videos~

**Why You should not EAT or Touch Pork**
http://www.youtube.com/watch?v=yNC1i6RlnTg&feature=related

**ANCIENT Hebrew HISTORY**
http://www.youtube.com/watch?v=3aTGcv6eFyM

**Zeitgeist: MOVING FORWARD | 2011 (Complete)**
http://www.youtube.com/watch?v=bCzE8gKpHgE

**Hole in the Head**
A documentary about an 85 years old Black man who, when at the tender age of 5 was given an overdose of radiation into his head that left him scarred for life. A very emotional story showing God’s grace.
http://www.smithleondardproductions.com/

**Pakistani Actress Defies Mullah Accusing Her of Immoral Behavior on an Indian Reality TV Show**
http://www.youtube.com/watch?v=spMnAmRa4NYw&feature=related

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**I.O.G. CONTACT INFORMATION**

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372 Fougeron Street
BUFFALO, NY 14211
Phone: (716) 897-2270
Fax: (716) 897-1013
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2515 E. 75th Street
Chicago, Illinois 60649
Phone: (773) 374-6413 or 1 800 96-BIBLE
Fax: (773) 374-9798
http://www.theisraelofgod.com
email: theisrael@earthlink.net
Contact Person: Bro. Henry Buie

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From the Editor's Desk...

We are looking for two people to join the Newsletter staff to assist us in proofreading, research, and taking pictures. If you're interested, please contact Bro. Hoover or Sis. Bridgette at the class or via email at NL@theisraelofgodrc.com

Also, we are looking for more teens to submit articles to go into the newsletter. Make your voices heard and tell us what's important to you as servants of God.

We also have a YouTube page: http://www.youtube.com/user/IOGNEWS9002

Thank you!

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A Celebration of LOVE!

We would like to give our deepest congratulations to Brother Henry Miller Jr. and his wife Bertha who will be celebrating their 61st wedding anniversary on June 24th 2011.

It is true that love, commitment, trust and duty play a part in a successful marriage.

May God continue to bless you both with many more years to come.

Peace in Jesus’ name!

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IMPORTANT NOTICE

The Newsletter will no longer have ads in it per the Elders. Sorry for any inconvenience this may cause.

Newsletter Staff

Editor: Bridgette Jordan
Assistant: Sherrese Jordan
Assistant: Sandra Friend
Elder: Hoover Thomas

PEACE IN JESUS’ NAME!
____, who shall ______ in thy __________? who shall ______ in thy ___
____? [2] He that_________, and________, and________ the _____ in his _____. [3] He that______ not with his _____, nor doeth ___
to his __________, nor taketh up a ______ against his __________. [4] In whose ___ a vile ______ is ___________; but he _______ them that _____ the ___. He that ______ to his own _____, and changeth not. [5] He that ______ not
out his _____ to _____, nor taketh ______ against the _________. He that
______ these ______ shall _____ be _______.

Solve the puzzle above and then find the answers in the word search below. Some words are used more than
once but are only in the word search one time. Have FUN!
Food Preparation Guidelines for the Feasts of the God of Israel…

- All foods must be cooked and prepared in accordance with the dietary law.
  - Leviticus 10: 8-11; Leviticus 11:12-47; Leviticus 15:1-28, 31-33
- Anyone preparing food must be a class member attending consistently for at least 1-6 months. (*Special Instructions*)
- All food dishes must come from the feast menu or be approved by the feast committee.
- Only fresh fruits and vegetables should be used (**Few Exceptions Apply**).
- Only home baked (from scratch) cakes and desserts (cookies/brownies) will be accepted. (NO BOXED CAKE, COOKIE OR BROWNIE MIXES)!!!
- If you are making a pie, please consult the Clean/Unclean Pamphlet for the piecrusts that are Clean.

**Note:** Leavened bread products are to be avoided during the Feast of Unleavened Bread. (**See Leavening Agents below for more information**).

- All fruit must be properly washed (please avoid bringing overly ripe or bruised fruit).
- All food must be labeled and checked in by a member of the feast committee.
- All food for the feast is requested 45 minutes before the scheduled class time.
- The class will purchase all meat for the class from designated meat houses.
- All meat must be prepared and brought to class for the feast, you are not to keep any of it at home for you or your family; IT IS THE LORD’S FEAST!!!
- Anyone who signs up to prepare a dish for the feast is expected to do so. If you are unable to prepare your dish please contact a member of the feast committee in advance.

* Special Instructions

- A good suggestion is to have a back-up person (who is a member of class) to prepare your dish if you become unclean.
- Everyone preparing food for the feast should have heard and understood the Dietary Law,
- Have purchased and read the Clean and Unclean Food Products Pamphlet
- Preparing to Cook
  - Clean your kitchen before you prepare food for the feast
  - Wash all counter tops, pots, bowls, and utensils being used.
  - Clean your refrigerator and stove inside and out.
  - Mop your kitchen, especially under your refrigerator and stove.
  - Wear a headdress (scarf, bonnet, etc.) to prevent hair from getting into the food.
  - No one who is unclean should enter your kitchen once you have cleaned it.
  - If your spouse is a non-member and still eats pork, shrimp, catfish, etc. please make them aware of what you are trying to do so that your kitchen can be as clean as possible.

** Exceptions

- Can or Frozen Corn, Green Beans, or Peas are acceptable.
- Can or Jar Fruit Pie Fillings are acceptable. Please make sure that these products are free of unclean additives and/or colorants.
- Sweet Potatoes must be fresh, not from a can.

*** Leavening Agents

- **Leaven** is an agent, such as yeast or baking powder, which causes batter or dough to rise, especially by fermentation.
- **Leavening** is the production or incorporation of gases in a baked product to increase volume by causing the baked product to rise

Instructions About Leavened Products During The Feast of Unleavened Bread [Approved by Bro. Buie]

Many questions arise during this feast pertaining to leaven: leaven means “puffed up”. All “BREAD” products (i.e. Breads, Waffles, Donuts, Cookies, Brownies, Croissants, Breaded Chicken/Fish, Pancakes, etc.) that are leavened (Puffed Up) should be removed from your home before the end of Passover. You do not have to throw away your baking powder, baking soda or yeast during this feast because these products are in dry form and haven’t been mixed with water, or other liquid and dry ingredients to activate them. **Dry mixes** (bread mix, cake mix, etc.) containing leavening agents do not have to be thrown out because they have not been leavened (puffed up). **Matzo (Matzah)** is the bread of choice for most people during the Feast of Unleavened Bread, but alternatives to Matzah are **Hot Water Corn Bread** or **Pita Bread** [to be safe don’t use any leavening agents in them that could cause them to rise]. If you purchase Pita Bread make sure that it isn’t puffed up.