

Announcement Letter July 2021

Dear Brethren:

The more that we see the manifestation of animosity in this world for godly principles—and the elevation of hedonism and perversity—the more we value those few who share a real love for God's revealed Truth. Even beyond what society once accepted as "basic decency," those who understand the real purpose for human existence upon this earth, and who furthermore value the true requirements for eternal salvation, are indeed a rare lot. You are few in number, and you are therefore all the more valuable for your scarcity. And it is a pleasure to greet all of you whom we have been privileged to serve by communing with you through this new monthly mailing. We pray that these letters are a means to express effectively our love and appreciation for you, and to encourage you in your own personal walks with God.

Spiritual Principal: Remembering God's Laws for Good Health

It is planned for us to cover soon, once again, the principles of good health and proper diet that we were taught in God's church so many years ago. It is amazing that those original teachings have stood the test of time and are still as much today a fountain of wisdom as they were when new brethren were first hearing them in the church during the mid-twentieth century. It is one thing to embrace *the faith once delivered* on the topic of divine healing (trusting God and not man's counterfeit medical system), but it requires much more than just that one doctrine.

God gave to each of us the responsibility to take care of these physical bodies and to care for them according to laws laid down by that loving Creator. When we obey those physical principles in tending to these bodies, then we have better health and avoid much of the pain, disability, suffering, and shortened life span experienced by the world. But when we act *just like the world does* in what we eat and what we do with these bodies, then we receive *exactly the same curses* that the ungodly experience. If you act like those cut off from God, then you receive the curses of those cut off from God.

God requires that His people show respect for His Laws—both physical and spiritual. Both acts of obedience are manifestations of our love for Him. And disobedience (for whatever reason) is likewise a show of defiance and animosity toward Him. Who will God heal by miraculous means? The ones who insist upon doing whatever they want up until they

run into trouble, and only then come running to Him to ask for a miracle? Or will He more likely aid the ones who are *making a practice* of obeying those tenets that He revealed to His called people?

Sadly, many who have been called into God's Church value the promises of miraculous intervention, but seem to discount the requirement to show fruits of repentance (Matthew 3:8). God promises to heal us when we are sick, and so it is good for us to *go to Him* rather than to Satan's counterfeit "healing system." But if we do not follow "the doctor's orders" in caring for these bodies, it is never going to turn out well. When God—as our Doctor—prescribes *a special diet and regimented care* for these bodies, but we ignore much of that instruction, He is not going to keep bailing us out with "emergency medical services," i.e., divine healing. Either follow the Doctor's orders, or do not. It is our choice. But it is also God's choice to differentiate between those who *take seriously* His commands vs. those who insist upon persisting in bad habits of the flesh.

So what happens often "in the real world" of the church? We agree to trust God for healing rather than man's medicine, we ask for anointing when we are sick, and then we wait for the miracle. What a blessing when we receive that divine answer, and *many of God's people have done so!* But some are still violating many of God's physical laws—habitually—all the while asking God for miracle healings! And because God *defers to solve the problems that we have brought upon ourselves* until we take more responsibility, we get frustrated, claim that God "did not heal us," and then turn to man's drugs and surgeries in the end to "bail us out" of a crisis. And make no mistake about it, man's system is really good at short-term "solutions." Satan's system can take away our pain, remove an offending organ, keep us breathing, and do many amazing things through modern technology. But those therapies never address *the root cause* for illness and disability, and they never will. When Jesus performed some of His miracles as an act of mercy and compassion, He still however emphasized personal accountability:

Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee (John 5:14).

Many of us have known God's Truth for a long time, but yet are still being lackadaisical in how we treat these bodies. Some of us, *because of our bad eating habits, lack of proper exercise, etc.*, are just ticking time bombs, waiting to explode. But do not expect God to come to our rescue (as our emergency care Physician) if we are acting day by day with utter disregard for His rules for healthy living. We cannot have it both ways! The promise of God's special intervention to be our Healer is dependent upon our showing an effort to obey the Laws which He laid down to ensure good health. *God's promise of divine*

healing goes hand in hand with doing our part to take care of these bodies that He gave to us! We cannot separate the principles.

When we try to have one without the other, it is like a man stepping from the boat dock onto a boat. He gets one foot onto the boat (like choosing to trust God for divine healing), but hesitates to take his other foot off the dock (still clinging to bad eating habits). The boat slides away from the dock and the man winds up doing the splits—his legs getting wider and wider apart—stuck between two separating platforms and totally helpless. The end result is that he falls into the water. We have all seen examples of this in the movies, and we laugh about the "indecision" that caused it all, and yet we often do not see that very same characteristic in ourselves. It is easy to judge from afar and to say, either step both feet onto the boat, or else to keep both feet on the dock—one or the other! But likewise, you and I—brothers and sisters of the Faith—have to choose either to step both feet onto God's boat, or else to stay ashore (in the world). Either embrace God's rules for diet and care of these physical bodies—and also then receive God's promise of divine healing (the forgiveness of sin) when we suffer—or else reconsider trusting God at all for healing in your time of need. God will come to your rescue, but only if you *commit fully to His revealed Way*, and that includes the requirement to stop justifying *bad eating habits and sedentary lifestyles*.

As a reminder of just *a small portion* of that revealed Way—and a confirmation of what Mr. Herbert Armstrong taught about diet to the whole church years ago—following are some excerpts that we took from a book written in 2001 which confirms the biochemical properties of different cooking oils and "dietary fats." As you will see, the author's conclusions align precisely with the things that we were taught in God's Church. We are not talking about eating animal fat that God commanded not to eat (Leviticus 7:23–25). Mr. Armstrong did not have all of this level of technical, scientific knowledge, and yet he *taught adamantly to us* the right principles that are confirmed in this write-up. It is just one more example of "good science" confirming divine revelation which came through a chosen servant. We hope that it will be beneficial to you all.

Fats

Fats from animal and vegetable sources provide a concentrated source of energy in the diet, providing building blocks for cell membranes and a variety of hormones and hormonelike substances, and acting as carriers for important fat-soluble vitamins—A, D, E and K—needed for mineral absorption and for a host of other processes.

All fats and oils, whether of vegetable or animal origin, are some combination of saturated fatty acids, monounsaturated fatty acids and polyunsaturated linoleic acid and linolenic acid. Fats are a class of organic substances that are not soluble in water. In simple terms, fatty acids are chains of carbon atoms with hydrogen atoms filling the available bonds.

Most fat in our bodies and in the food we eat is in the form of triglycerides, that is, three fatty-acid chains attached to a glycerol molecule. Elevated triglycerides do not come directly from dietary fats; they are made in the liver from any excess sugars that have not been used for energy. **The source of these excess sugars is any food containing carbohydrates, particularly refined sugar and white flour.**

Saturated: A fatty acid is saturated when all available carbon bonds are occupied by a hydrogen atom. They are highly stable, because all the carbon-atom linkages are filled—or saturated—with hydrogen. This means they do not normally go rancid, even when heated for cooking purposes. They are straight in form and hence pack together easily, so that they form a solid or semisolid fat at room temperature. Your body makes saturated fatty acids from carbohydrates and they are found in animal fats and tropical oils. These saturated fatty acids have antimicrobial properties—they protect us from viruses, yeasts and pathogenic bacteria in the gut—which contribute to a healthy immune system. They are easily and directly absorbed for quick energy. For this reason, they are less likely to cause weight gain than olive oil or commercial vegetable oils. Examples of saturated fatty acids are butter, eggs, cheese, cream, and some meats.

Monounsaturated: Monounsaturated fatty acids have one double bond in the form of two carbon atoms double-bonded to each other and, therefore, lack two hydrogen atoms. Your body makes monounsaturated fatty acids from saturated fatty acids and uses them in a number of ways. Monounsaturated fats have a kink or bend at the position of the double bond so that they do not pack together as easily as saturated fats and, therefore, tend to be liquid at room temperature. Like saturated fats, they are relatively stable. They do not go rancid easily and hence can be used in cooking. The monounsaturated fatty acid most commonly found in our food is oleic acid, the main component of olive oil, as well as the oils from almonds, pecans, cashews, peanuts and avocados. The monounsaturated fatty acid, gamma-linolenic acid (GLA) is found in evening primrose, borage and black currant oils. This fatty acid is necessary in the production of prostaglandins—localized hormones that regulate many processes at the cellular level.

Polyunsaturated: Polyunsaturated fatty acids have two or more pairs of double bonds and, therefore, lack four or more hydrogen atoms. The two polyunsaturated fatty acids found most frequently in our foods are double unsaturated linoleic acid, with two double bonds—also called Omega 6; and triple unsaturated linolenic acid, with three double bonds—also called Omega 3. Your body cannot make these fatty acids and hence they are called "essential." We must obtain our essential fatty acids (or EFA's) from the foods we eat. The polyunsaturated fatty acids have kinks or turns at the position of the double bond and hence do not pack together easily. They are liquid, even when refrigerated. The unpaired electrons at the double bonds makes these oils highly reactive. They go rancid easily,

particularly Omega 3 linolenic acid. **Polyunsaturated oils should never be heated or used in cooking. These oils are derived from soy, corn, safflower and canola.**

Omega 6 and Omega 3 fatty acids are essential but they are usually imbalanced in our diets with too much Omega 6. This disruption can result in increased tendency to form blood clots, inflammation, high blood pressure, irritation of the digestive tract, depressed immune function, sterility, cell proliferation, cancer and weight gain. Omega 6 and Omega 3 fatty acids occur in butter in small but nearly equal amounts. This excellent balance prevents the kind of problems associated with over-consumption of omega 6 fatty acids (vegetable oils). Flax seed oil has an extremely high omega 3 content, which provides a remedy for the Omega 6/Omega 3 imbalance so prevalent in America today.

At the turn of the century, most of the fatty acids in the diet were either saturated or monosaturated, primarily from butter, lard, tallows, coconut oil and small amounts of olive oil. Today most of the fats in the diet are polyunsaturated from vegetable oils derived mostly from soy, as well as from corn, safflower and canola. **(Canola oil, made from rape seed, a member of the mustard family is unsuited for human consumption because it contains a very-long-chain fatty acid called erucic acid that goes rancid easily, and which under some circumstances is associated with fibrotic heart lesions. It actually creates a deficiency of vitamin E).**

Excess consumption of polyunsaturated oils has been shown to contribute to a large number of disease conditions including increased cancer; heart disease; immune system dysfunction; damage to the liver, reproductive organs and lungs; digestive disorders, depressed learning ability; impaired growth; and weight gain.

One reason the polyunsaturates cause so many health problems is that they tend to become oxidized or rancid when subjected to heat, oxygen and moisture as in cooking and processing. Rancid oils are characterized by free radicals—marauders in the body that attack cell membranes and red blood cells and cause damage within DNA/RNA strands, thus triggering mutations in tissue, blood vessels and skin. **(There is a high correlation between consumption of polyunsaturates and cancer and heart disease, also, premature aging, arthritis, Parkinson's disease, Lou Gehrig's disease, Alzheimer's and cataracts.)**

Partially hydrogenated margarines and shortenings are even worse for you than the highly-refined vegetable oils from which they are made because of chemical changes (to the fatty acid chain) that occur during the hydrogenation process. Before hydrogenation, pairs of hydrogen atoms occur together on the chain, causing the chain to bend slightly and creating a concentration of electrons at the site of the double bond. This is called the *cis* formation, the configuration most commonly found in nature. With hydrogenation, one

hydrogen atom of the pair is moved to the other side so that the molecule straightens. This is called the *trans* formation, rarely found in nature. Most of these man-made *trans* fats are toxins to the body, but unfortunately your digestive system does not recognize them as such. Instead of being eliminated, *trans* fats are incorporated into cell membranes as if they were *cis* fats—your cells actually become partially hydrogenated! Once in place, *trans* fatty acids with their misplaced hydrogen atoms wreak havoc in cell metabolism because chemical reactions can only take place when electrons in the cell membranes are in certain arrangements or patterns, which the hydrogenation process has disturbed. Consumption of hydrogenated fats is associated with a host of other serious diseases: cancer, atherosclerosis, diabetes, obesity, immune system dysfunction, low-birth-weight babies, birth defects, decreased visual acuity, sterility, difficulty in lactation and problems with bones and tendons.

The cause of heart disease is not animal fats and cholesterol, but rather a number of factors inherent in modern diets, including excess consumption of vegetable oils and hydrogenated fats; excess consumption of refined carbohydrates in the form of sugar and white flour; mineral deficiencies, particularly low levels of protective magnesium iodine; deficiencies of vitamins, particularly of vitamin C, needed for the integrity of the blood vessel walls, and of antioxidants like selenium and vitamin E, which protect us from free radicals; and, finally, the disappearance of antimicrobial fats (butter, etc) from the food supply. These once protected us against the kinds of viruses and bacteria that have been associated with the onset of pathogenic plaque leading to heart disease.

Our choice of fats and oils is one of extreme importance. Most people, especially infants and growing children, benefit from *more* fat in the diet rather than less. Anyone who wills to remain fat-free for any length of time develops a variety of health problems including low energy, difficulty in concentration, depression, weight gain and mineral deficiencies. **But avoid all processed foods containing hydrogenated fats and polyunsaturated oils. Instead, use traditional vegetable oils like extra virgin olive oil and small amounts of unrefined flax seed oil. Eat egg yolks and other animal fats with the proteins to which they are attached and eat good quality butter** (summarization from the book, *Nourishing Traditions*, by Sally Fallon, 2001).

Amazon Smile Reminder

Amazon.com makes donations to charities in part through what they call their "Smile Program." If any of you routinely make purchases using Amazon, it is now possible to select Church of God, The Eternal as your personal "charity," and have a small portion of Amazon's charges from many of your purchases go to the church. All that is needed to do this is to access Amazon at www.smile.amazon.com, rather than your normal way of accessing the

site. From this special address, login as normal, select a charity (one time only), and from then on, any purchase you make through that portal will benefit that chosen charity. The day may come when we will be excluded from their list of *approved charities* because of our religious beliefs, but for the time being, that is not true, and we have been required to make *no compromise* of our principles before God in order to be registered. It is very similar to the tax benefits we have (for now) by being registered with the IRS as a non-profit charity. As long as those benefits are available to us without "strings attached," we have no problem in utilizing the privilege.

Excess Second Tithe

This is a reminder of the yearly need for second tithe to cover administrative and facility costs for the Feast. We want to reserve adequate for an enjoyable and meaningful Feast. At the same time, we all must remember, to keep the Feast requires the rental of halls, transportation, aid to those who are deserving, etc. If we all contribute, the burden for each is relatively small. A huge thanks to those whose hearts and minds are willing. May God richly and abundantly bless you in all ways.

Second Tithe Requests

Please be reminded that requests for second-tithe assistance for the Feast of Tabernacles need to be in by August 20. Any who need assistance should notify us in ample time.

Camp Tejas

This year Camp Tejas for the teenagers is being held July 1–12 in Little Trout, Montana, and we are asking you to keep this in your prayers so that it may be an enjoyable, successful and safe experience for everyone involved.

New Moons

The new moon, Ab (fifth month), begins Friday evening, July 9. The new moon day is Sabbath, July 10.

The new moon, Ellul (sixth month), begins Sunday evening, August 8. The new moon day is Monday, August 9.

Recorded Sermon Schedule

Sermon #	Mailed	Played	Title
WSE-RC 66-2	05-27-21	06-26-21	Where Is Christ Since His Personal Days in the Flesh? #2
WSE-RC 66-3	05-27-21	07-03-21	Where Is Christ Since His Personal Days in the Flesh? #3
WSE-JWB 225-38	06-17-21	07-10-21	Just What Do You Mean—Faith Once Delivered? #38
WSE-RC 66-4	06-17-21	07-17-21	Where Is Christ Since His Personal Days in the Flesh? #4
WSE-RC 66-5	06-17-21	07-24-21	Where Is Christ Since His Personal Days in the Flesh? #5
WSE-JWB 258	07-08-21	07-31-21	Why Should God Hire You?
WSE-RC 66-6	07-08-21	08-07-21	Where Is Christ Since His Personal Days in the Flesh? #6
WSE-JWB 259	07-08-21	08-14-21	Reconfirming the Third Resurrection

In Christ's service,



Jon W. Brisby