



COME to the GARDEN

VOL. 1 | NO. 1 | JANUARY-MARCH 2013

PREMIERE
ISSUE



Welcome to
the GARDEN

**Three
Women
of FAITH**

THE BIBLICAL LAND OF
TURKEY

PARENTING IN THE
DIGITAL *Age*

And more...

COME to the GARDEN

VOL. 1 | No. 1 | January-March 2013



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Honey bee collecting nectar from white flowers.
istockphoto



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Women lead such busy lives! From nurturing children to preparing meals to maintaining a clean and safe home, it is hard to find time for our spiritual needs as well. Whether you are a believer or are still searching for truth, come rest for awhile in our garden of faith, beauty, and refreshment.

The ladies at Yahweh's Restoration Ministry hope that this magazine, written for women by women, brings you peace, support, and spiritual sunshine to help grow your spiritual garden. We welcome original articles, poems, thoughts, or suggestions, as well as recipes, from all sisters in the faith.

Blessings, Debbie Reed and Debbie Wirl

Three Women of Faith

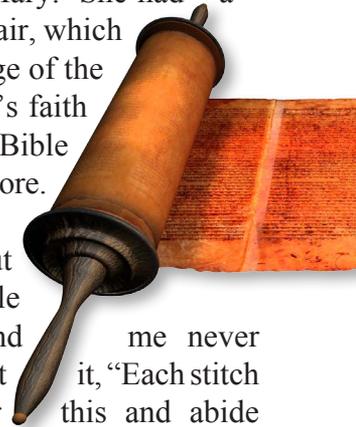
by Margie Mansager

As a young girl growing up, I was nurtured by three important women in my life. Each one of these special ladies had dynamic attributes that helped shape and mold who I am today. Most of all, I admired their deep abiding faith in Yahweh. Through many trials and heartaches, they never blamed or wavered in the strength of their faith in our Heavenly Father and they kept Yahshua near their hearts.

I wish you could have met my grandmother, Mary. She had a sweet rosy smile and beautiful white-as-snow hair, which I helped curl. She didn't come to the knowledge of the Name until near the end of her life. Grandma's faith was amazing. Each year she faithfully read her Bible through and through until she wasn't able to anymore.

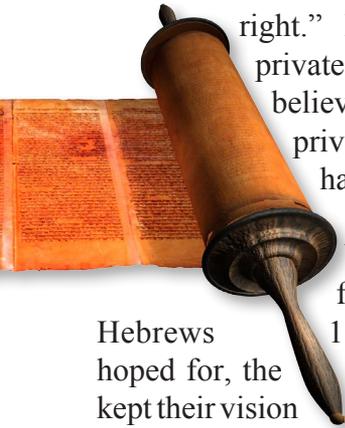
I remember sitting at her feet under her old, but well-kept, sewing machine, watching the treadle move swiftly back and forth. She would remind me never to sew on the "Sabbath" day because, as she put it, "Each stitch would go into Yahshua's heart." I still remember this and abide by it today...

The next special lady is my beautiful mother, Millie, with a heart of gold. Now talk about faith and endurance! Momma raised seven children, helped run a business, kept a spotless house, planted and canned produce from a huge garden and, most of all, taught me how to pray.



One cold, snowy Pennsylvania evening, my father left the house to plow snow. As he turned to say goodbye he reminded us, “Be sure to keep the water dripping so the pipes won’t freeze.” As you can guess, with seven children in the house, someone turned off the spigot and the pipes froze. We were all worried what Dad would say. Our mother, never blinking an eye, got down on her knees without hesitation, telling us to do the same. By the time we finished praying, the water shot out of the faucet like a rocket. We all jumped up with joy, thanking Yahweh from the bottom of our hearts.

The third special lady in my life was my mother-in-law, Mil. I loved to watch her laugh (I’m so glad she passed that trait on to her daughter Linda). Mil never worried about anything (well, maybe about her children, a little). We always said Yahweh had angels watching over her – especially if you saw her drive! She always knew everything would work out in its own time and that “everything will be all right.” It always was. Mil’s faith was sweet, soft and private in many ways. She taught me to “stay the course, believe in Yahweh and keep the faith.” She fell asleep privately but never alone. That is how she would have wanted it...



Yahweh in his Word shows us many examples of faith, and we must ourselves grow in faith for Him. Hebrews 11:1 tells us, “Now faith is the substance of things hoped for, the evidence of things not seen.” These loving sisters kept their vision toward their Father in heaven. Their examples taught me never to give up. Hebrews 11:6 says, “But without faith it is impossible to please him: for he that comes to Elohim must believe that he is and that he is a rewarder of them that diligently seek him.”

Keep strong in your faith. Show, by example, to your children and your children’s children the faith you have in Yahweh. Put Yahweh first in all that you do – and I promise everything will be all right in the end. 

I Have a Little Helper

by Jessica Mansager



I have a little helper,
Who helps with all I do,
Which would be quite wonderful,
Except she's only two.

Cooking has gotten harder,
As I measure, she must pour,
There's egg yolk on my kitchen counter,
And flour on my floor.

The dishes are the most fun,
There's water everywhere,
Her mouth's on my clean dishes,
And she's flinging silverware.

When I'm carrying my potted plants,
Her eyes sparkle with glee,
Her little hands drop the plant,
Amid the dirt she cries, "Sorry."

And did I mention laundry?
Yes, she helps with that too,
As fast as I can fold one shirt,
She can unfold two.

Yah, help me to be patient,
Kind, loving and meek,
When I'm putting on my makeup,
And mascara's on her cheek.

I must pray and ask for wisdom,
As I look into her face,
If I'm kind and gentle with her mistakes,
She'll grow into a woman of grace.

I have a little helper,
Who helps with all I do,
Yes, she is quite wonderful,
I love the age of two.



Parenting in the **DIGITAL** *Age* *by Amy Pletz*

The playground is barren and the sidewalks are bare. The melodious sounds of children laughing and playing are no longer dancing in the air. Fingers are tapping with eyes fixed open wide, immersed in a seemingly silent conversation, a child's new playground is inside – the Internet, to be exact. How long has your child been living in this virtual world and do you know what he's doing?

Today's children are growing up in a digital age; they are known as the "digital generation." A mere decade ago parents only had to watch their children in the physical world, and this was no easy task. Today, at the click of a button, children can connect with complete strangers around the world. Keeping an eye on children in the virtual

world can be an impossible task if one isn't equipped with the digital media know-how to do so. While the Web, as an informational superhighway, has many social and educational benefits, risks—serious risks—exist as well. (And, I can assure you, after a year of doctoral-level research into the benefits and risks of digital media effects on children and teens, that I have grave concerns about their health and well-being. Because of their digital media diets, their consumption, according to research, is saturated with unsupervised communication that crosses age appropriate barriers.)

Like a spider weaving a web to catch its prey, so the “WWW” can be compared when it comes to those vulnerable to its grasp. There is a school of thought floating out there right now that suggests “... children are increasingly sophisticated, mature and media savvy...[and] efforts to shield youth from media are too protectionist in nature... [therefore] children should be empowered to take control on their own media experiences” (Children, Adolescents, and the Media, 2009, p.10). I choose not to believe this mindset. Children are vulnerable and naïve. They do not have the cognitive or emotional capacity to process mature forms of communication in messages as do adults. This, coupled with the fact that media use is at an all-time high, should raise a few red flags.

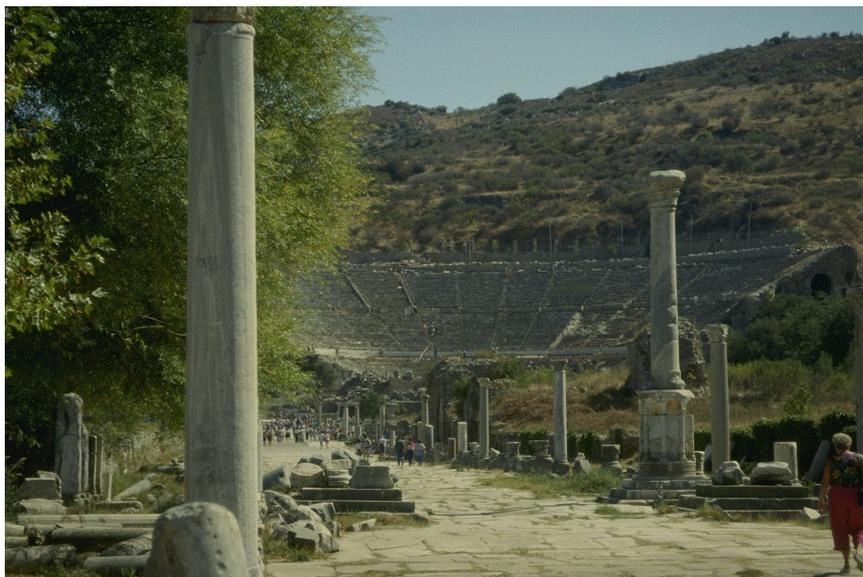
So, what are kids spending their time in this alternate universe doing? According to research, the average U.S. child between the ages of 8 and 18 spends almost seven hours a day using media, in terms of exposure. Of this media consumption, television viewing still takes the number one category for media usage among this age group, despite emerging technologies. One out of five children, according to a national study, are reported to watch more than five hours of television a day. A lack of parental supervision and mediation is much to blame for this gluttonous, in terms of a media diet, behavior. To no surprise, after reading these numbers, a reported 53% of children reported to have no rules in their home about what they can watch or how often and for how long they can watch it. And of those reporting

having rules regarding television viewing, some 23% share that rules are not generally enforced.

In an age where youth are continually confronted with an evolving media environment, where new technologies are emerging daily, and existing technologies are merging and becoming more interactive, parents need to be aware of the latest trends, some of which include grave dangers. It's no longer about keeping your doors locked to protect your family from the evils of the world; danger can now lurk from within, even in your children's very bedrooms. Does your child have a television in his bedroom? Does he have a cell phone with privileges that allows him to use his phone in his bedroom? If you answered yes to any of these questions, pay extra close attention to what I am about to share in this in-depth look at children, adolescents, and the media., As we explore the lure of advertising, media violence, sexuality, drugs, rock music and music videos, eating disorders, and video games, we will see how this affects the individual and the family.

This article seeks to educate and inform the body about the digital media environment that poses risks to threaten the very core of what we work so hard to protect – our children. The conclusion of this series will offer parenting advice, in relation to parenting in the twenty-first century, and media usage advice.

We are charged with the task to raise our children in the way they should go (Prov. 22:6). We read in Matthew 6:22-23, “The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great [is] that darkness!” Be forewarned that much exists today in this world, and virtual world, that your children may have access to that which dwells in darkness. Please stay tuned for part two of this discussion. Yahweh bless! 



The Biblical Land of **Turkey**

by Debbie Reed

Nowhere in the Bible is the country of Turkey mentioned. Or is it? Incredibly, the land that is now Turkey was the location for many of the people and events in biblical history.

Turkey, as a nation by that name, only came into existence in 1920, just after WWI with the fall of the Ottoman Empire. This land is where the Tigris and Euphrates Rivers begin and was a key crossroad in the ancient world. The land that is now Turkey was at the heart of human civilization, trade, and consequently, biblical history. Much of modern Turkey once belonged to Greece, but this information is not always readily apparent and is a source of confusion, even to the most seasoned biblical students and scholars. In actuality, many of the familiar stories in the Old

Testament took place in what is now Turkey, and the major portion of the New Testament was either written on Turkish soil or to believers living in Turkey, not the country of Greece as we know of today. In fact, there are arguably more Greek, Roman, and Christian ruins in Turkey than in either Greece or Italy.

Colorful and diverse, Turkey is an enthralling land. The Hittites, Persians, Greeks, Romans, Byzantines and Ottomans, along with lesser known cultures, invaded, conquered, flourished and left the ruins of their once mighty empires for us to behold with curiosity and awe. A cradle of civilization, the traces of mankind's religious journey throughout history are evident in the pagan temples, Christian basilicas, and Muslim mosques that are scattered everywhere throughout the cities and countryside.

While Ankara is the capital of Turkey, Istanbul is the largest city with approximately fifteen million people. Once known as Constantinople, Istanbul lies partially in Europe and partially in Asia. A city of stark contrasts where East meets West, modern and ancient exist in a harmonious, exotic blend. Lavish sultans' palaces vie for attention with ancient Byzantine basilicas or underground Roman cisterns. And while the whirling dervishes and Hittite folk dancers of antiquity still entertain tourists, the brightly-lit, modern nightlife of Taksim rivals that of any international city with its restaurants, music, and dancing. Women sporting the latest European hairstyles and fashions stroll down the boulevards or narrow, stone passageways next to women wearing long dresses and colorful scarves or, more rarely, others attired from head to toe in black burkas with face veils. Bazaars that have existed for hundreds of years are still doing a brisk business of selling everything from spices to jewelry to oriental rugs, yet one may buy an iPod at a store nearby with money obtained at the ATM. And though the thick, sweet Turkish coffee is readily available, tea is hospitably offered everywhere – especially to tourists shopping for souvenirs.

Traveling down the Aegean coast from Istanbul in northwest Turkey to the Datca Peninsula where the Aegean meets the Mediterranean in the southwest, one first comes upon the cemeteries of Gallipoli, the site of the famous WWI battle. These cemeteries stand as silent monuments to clashes between cultures and ideologies down through the ages. An additional hour's drive south reveals the ruins of Troy, location of Homer's epic *Iliad* where Trojans and Greeks fought over the beautiful Helen. All along the way ancient olive groves, some having trees as old as 2,000 years, cover the mountains and hillsides for hundreds of miles, flanking fields of wild red poppies that delightfully litter the valleys with their breathtaking beauty. Further down the coast, the ruins of a temple to the pagan goddess Athena appear on top of a cliff overlooking the small fishing village of Assos. The ancient philosopher Aristotle lived and taught there during the 3rd century BCE and the Apostle Paul walked to Assos from Troas (Troy) on his third missionary journey (Acts 20:13, 14). Next, one comes upon the city of Izmir, the former "Smyrna" of the Apostle John's Revelation (Rev. 2:8-11). Today, Izmir is a thriving, modern city of over four million inhabitants and a favorite tourist destination. Further south, one comes to a little known, yet astonishing archeological site known as Knidos, a city that was once a bustling international seaport with a population of over 80,000 people several thousand years ago. In fact, almost every Turkish village has nearby ruins of ancient civilizations dating back to before recorded history.

In the Old Testament, the city of Haran, where Abraham and his family lived for a time after leaving Ur, was located in the area now known as Turkey, as was Mt. Ararat, the place where Noah's ark landed. The Hittite civilization, mentioned often in the Old Testament, was a dominant force in this land around 2000 BCE. Today's Kurds, most of whom live in Turkey, are believed to be the descendants of the once powerful Assyrians, the people who conquered the Northern Kingdom of Israel.

But what is perhaps most surprising to many is that much of the New Testament apostles, assemblies, and activities were located in the present country of Turkey. Many, if not most, of the early assemblies were located on Turkish soil. Antioch, now called Antakya, is located in southeastern Turkey and is known as the “Cradle of Christianity.” Once part of the Roman province of Syria, Antioch is said to have been the second most important city to the early Assembly, the first being Jerusalem, and was the place to which many fled in the persecution that followed the stoning of Stephen. For a year Barnabas and Paul taught great numbers of people at Antioch, and it was there that the disciples were first called “Christians” (Acts 11:26).

The Apostle Paul was born in Tarsus, a city in southern Turkey, and Timothy was from Lystra, not far from Tarsus. Most of Paul’s ministry took place in Turkey, as well. Almost his entire first missionary journey was in Turkey (Perge, Antioch, Iconium, Lystra, Derbe and Attalia) as were most of his second and third journeys. Paul wrote his epistles to the Galatians, Ephesians and Colossians, all assemblies in Turkey. He preached at Perge, Troas, Assos, Ephesus and many other cities there. The Apostle Peter wrote his first epistle to believers scattered throughout the Turkish provinces of Pontus, Galatia, Cappadocia, Asia and Bythinia.

After Yahshua’s death, tradition states that the Apostle John took Yahshua’s mother, Mary, with him from Jerusalem to Ephesus, where he headed the assembly established there. Today the ruins of St. John’s Basilica can be seen at Selcuk, a town near Ephesus. John cared for Mary, as Yahshua had commanded him from the stake, until his imprisonment on Patmos (an island off the Turkish coast), where he spent his remaining years in exile. It was on Patmos that John had a vision and wrote the book of Revelation which contained letters to the seven assemblies – Ephesus, Smyrna, Pergamum, Thyatira, Sardis, Philadelphia, and Laodicea – all in present day Turkey. According to local tradition, after John was



banned to Patmos, the early believers at Ephesus built a house for Mary and looked after her until her death. The original foundations are still there, the house itself having been rebuilt in the 6th or 7th century.

As New Testament faith began to spread through the teachings of Paul, John, Peter and the other apostles, the Roman emperor, Nero, persecuted the newly converted believers unmercifully. To escape torture and death, many fled to the provinces in central Turkey. Capadoccia is one such place where at least one hundred underground cities, built by the early believers for protection, may be visited today. In addition to the cities, many ornate cathedrals, complete with elaborate biblical scenes painted on ceilings and walls, can be found in caves nearby.

The Byzantine age began in 330 CE under the leadership of Constantine. He established his capital at Byzantium and renamed it Constantinople (modern Istanbul). It was the newly converted Constantine who brought Christianity to his new empire. The

Hagia Sophia, the most magnificent of all the Byzantine churches and considered to be the eighth wonder of the world, is situated in Istanbul. Built in 532 CE as a Christian church, it was converted to a Muslim mosque in 1453, and declared a museum in 1934. It stands as a testament to the power and architectural genius of the Byzantine period.

Prior to Constantine's conquest, the people had worshiped a pantheon of Greek and then Roman pagan gods and goddesses. In order to consolidate the empire it was necessary to convert the population to Christianity. To do this, Constantine and the Nicene Council of 325 CE had to adopt many of their pagan concepts and customs into the Christian religion: Christmas (the Saturnalia), Easter (a fertility goddess), Sunday worship (the day of the sun god), and the Trinity (triad-god worship), among others. Most Christian sects still cling to these 4th century pagan beliefs and practices today.

Today the population of Turkey is 98% Muslim. The Ottoman Turks conquered the decaying Byzantine Empire in 1453, replacing Christianity with Islam. The Ottoman Empire was one of the largest and longest lasting empires in history. Inspired and sustained by Islam and Islamic institutions, it spread from the Eastern Mediterranean, the Middle East, North Africa, the Balkans, and into Spain. The Ottoman sultans ruled Turkey for more than 500 years until defeated by the British in WWI. The new constitution of 1923, created by the much-revered leader, Ataturk, brought about the secularization and modernization of Turkey.

If all of this is news to you, you are not alone. Second only to Israel, Turkey's prominence in scriptural history validates it as an important place to visit for serious students of the Bible. There is so much to do, see, and learn in this beautiful, intriguing land that a tour of Turkey would definitely be worth the time and expense. 



Clean Cuisine

What is the meaning of the term, “clean foods”? In Leviticus, Yahweh has given us specific instructions as to what we should and should not eat. All of the recipes published in this column adhere to these laws. For further information please refer to the booklet, “Clean Foods -- What the Bible Teaches” at the yrm.org website.

Yogurt -- An Ancient Food

“Yogurt” is a Turkish word related to *yogurmak*, meaning, “to knead,” and *yogun*, meaning, “dense” or “thick.” For an estimated 4,000 years mankind has been eating this milk by-product. While its origins are not certain, it is thought that it was discovered by nomadic tribes of Central Asia transporting bags of goats’ milk. Certain types of bacteria soured or curdled the milk, and voila, a wonderful food was created.

While yogurt is a relatively new food to us here in the U.S., for centuries it has been a staple food for much of the world. In Turkey and many other countries, yogurt is eaten almost every day, and sometimes at every meal. It is used in sauces and deserts, as a side dish or topping to meats, vegetables, soups, rice or pasta, and as a delicious drink called Ayran (pronounced as “eye-ron”).

Yogurt has numerous health benefits. In addition to providing valuable nutrients, such as calcium, protein, and vitamin B2, the active cultures in yogurt help fight “bad” bacteria in the body. Research has shown that yogurt is helpful in treating digestive ailments such as yeast and urinary tract infections and Irritable Bowel Syndrome. Even those who are moderately lactose intoler-

ant may eat yogurt since the process of changing milk into yogurt also changes the lactose into the more digestible lactic acid.

Much of the highly sweetened, fruity stuff that comes in little containers and passes for yogurt at the stores may contain gelatin of unknown origins, so check the ingredients carefully before purchasing. I prefer the plain, thick Greek style yogurt, which contains few ingredients and tastes similar to sour cream. I am particularly fond of eating yogurt topped with honey and nuts for lunch or a snack, and it is yummy!

An economical and easy way to get more yogurt into the diet is to make your own. The ingredients are few, the utensils are simple, and the process is relatively easy. This homemade yogurt tastes better than any I've ever bought at the store, I guarantee it.

HOMEMADE GREEK-STYLE YOGURT

1 gallon whole milk
2 cups cream
1 cup plain Greek-style yogurt
1/4 cup sugar (optional)
Large double boiler or two stainless steel or enamel kettles that fit inside each other
Cooking thermometer
Heating pad
An old bath towel



Place the milk, cream and optional sugar into the top pot of a double boiler, and stir until well blended. The small amount of sugar takes away much of the tartness. However, some, like my husband, prefer a tart flavor, so whether or not to

use sugar is up to the cook. A double-boiler works well, as milk has a tendency to scorch on the bottom of the pot. Since we don't have a double boiler that large enough, we instead use two stainless steel stock pots of different sizes so that one fits inside of the other. Add several inches of water to the bottom pot.

On a high stove setting, heat the milk/cream mixture to 185° and remove from heat. Next, cool the milk to 110°. The “cool-down” time may be shortened by setting the heated mixture on ice, either in the sink or inside the other pot, now filled with ice cubes instead of hot water. After cooling, add the cup of yogurt and whisk or blend it well so that it is smooth. Cover the pot containing the yogurt mixture with a lid, place it on a heating pad set for medium heat and place a towel on top. Let it process for seven hours.

At the end of seven hours, put aside enough yogurt (1 cup) to use as a starter in your next batch, and pour the processed yogurt (watery at this stage) into a muslin-lined sieve with a deep bowl underneath. Do not refrigerate it yet, but set it on the kitchen counter and let the unrefrigerated yogurt drain for approximately 2 hours, or until the desired consistency is reached. Ideally, when you have drained off 6 to 8 cups of liquid (called “whey”) the yogurt will be ready. With a wire whisk, mix the now drained yogurt again to dissolve any remaining lumps. If the yogurt seems too thick, whisk back in some of the whey. Transfer the now thicker yogurt to a container with a lid and refrigerate for several hours before eating.

Yogurt-Garlic sauce -- To each cup of Greek-style yogurt, add 1 to 2 cloves of fresh garlic, minced or pressed, and stir well. Stir in herbs or spices too, if desired. Use to top meat, vegetables, or pasta and rice dishes. It's especially good on baked potatoes in place of butter or sour cream.

Yogurt cheese -- Place yogurt into a cheesecloth- or muslin-lined sieve, set into a deep bowl to drain and refrigerate for 24 hours or longer, if desired. At the end of that time, you will have a yogurt that resembles cream cheese.



Discover why the clean food laws are not only a biblical command for us today but essential for our health and longevity. Request your free copy of:
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PROVERBS 31

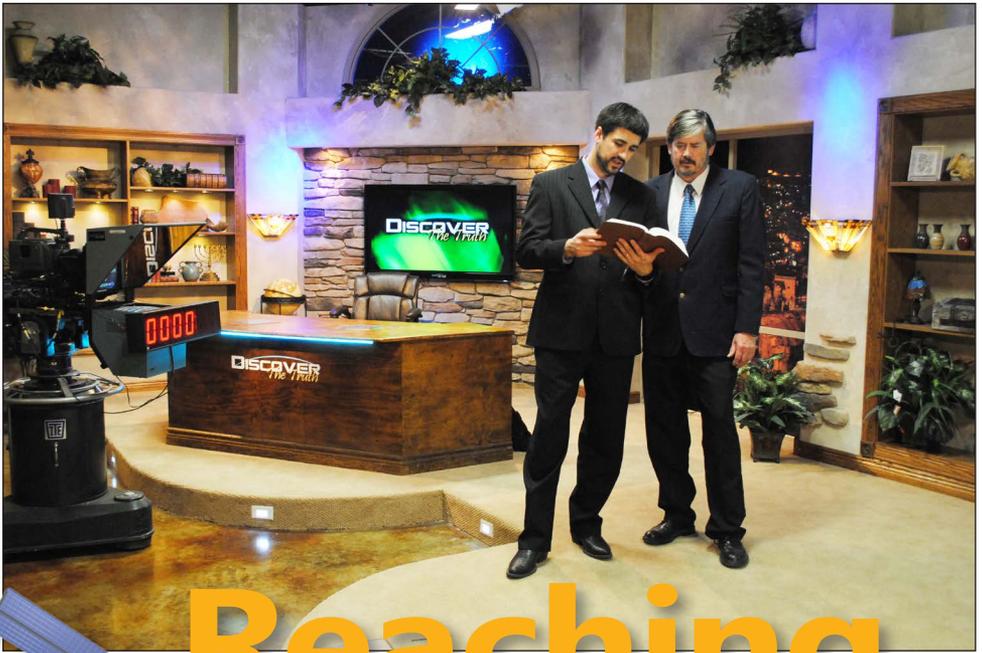
Who can find a virtuous woman? For her price is far above rubies.

Verse twenty says: “She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.”

This verse especially touches my heart. Some of my most cherished memories involve serving the poor and needy with my husband and children. It’s hard to put into words the feelings you experience when you step out in faith and serve those who cannot repay you for your deeds. Here is just one such story:

Early in 2009, I went with my family to an inner-city homeless shelter to cook and serve a meal (something we committed to doing on at least a monthly basis) for more than one hundred men, women, and children. I was busy making beef barbeque when I looked up and my eyes were blessed with a beautiful sight: there stood my children, working side-by-side to serve Yahweh – no complaints or groaning, just enjoying the chance to lend a hand.

They were smiling and laughing, and working so diligently with their hands. My heart soared with joy. How proud I was as their mother, to see them live Proverbs 31:20, stretching forth their hands to the poor and needy. Yahweh desires His children to extend such humble service to grow in us the fruits of the Spirit. He already planted the seeds...we just have to water that which we have been given and enjoy the blessings of watching it grow. 



Reaching Millions More...

Starting January 2, 2012

Starting January 2, 2013, Discover the Truth will begin airing on The Church Channel every Wednesday at 9:30 pm, Central and Saturdays at 10:30 am Central. TCC broadcasts to 45 million homes in the U.S. for subscribers of Dish and Direct satellite, as well as cable stations nationwide and more than 120 million homes overseas.

Direct TV Channel 371
Dish Network Channel 258



Continue to watch us on Skyangel (Angel One) Wednesdays 5:30pm and Sundays at 11 am.

Dish Network Channel 262

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