



COME

to the

Garden

VOL. 2 | NO. 2 | SEPTEMBER 2014 - FEBRUARY 2015

WHY?

Birdsong of Masada

A POOR WOMAN'S CHALLENGE

and more...

COME to the Garden

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The Lesson Of Of Tel Dan

"For the customs of the peoples are worthless; they cut a tree out of the forest, and a craftsman shapes it with his chisel. They adorn it with silver and gold; they fasten it with hammer and nails so it will not totter."

Jeremiah 10:3-4

The delightfully crisp days of autumn are coming. People everywhere are anticipating the fall celebrations and the gatherings of family, friends, and delicious foods. We at YRM are busily preparing for the Feast of Tabernacles that will take place in October. Which celebrations will you be observing? What are the meanings and implications of the holidays you commemorate? The history of the ancient Israelites who created their own false customs may be found in the Scriptures. One such story concerns the Northern Kingdom of Israel, or what is known as the Lost Ten Tribes.

In the northernmost area of Israel, on the border between Lebanon and Syria, is a nature reserve called Tel Dan. A "Tel" is a high mound built out of layers of civilizations and this one was first populated in approximately 2500 BCE by the Canaanites. Descendants of the tribe of Dan, one of the twelve tribes of Israel, conquered this area in the 12th century BCE. Knowing that his people greatly desired to return to Jerusalem to participate in the Feast of Tabernacles, as Yahweh had commanded, their king, Jeroboam, instituted pagan worship instead. A golden calf was established on a high mound with the sacrificial altar below – the ruins of which were unearthed in 1966 and may be visited today. The Danites, along with the other rebellious nine tribes of Northern Israel, were conquered in 722 BCE by the Assyrians and were never heard from again.

Are you currently ensnared by the manmade "customs" of Halloween, Christmas and Easter? As we enter into Yahweh's fall Moedim, or Appointed Days, let us remember the lesson of Tel Dan. False worship, with fabricated legends and adopted pagan customs, is not acceptable to Him. Discover the true holy days in the booklet, *The Amazing Biblical Feasts* at the yrm.org website.

Blessings, Debbie Reed and Debbie Wirl



*FROM STRIVING
TO THRIVING....*
**COME UP
HIGHER**

by Annette Meyer

Today was a mixture of hurry up and wait; one of time spent productively, of kindness shared, of good deeds accomplished and a necessary reminder to me of the complexities in the struggle between the human desire to move on to newer things, and finding that elusive peace; the comfort of being satisfied with what you already have gathered around you.

It took me back to the times in my past when I always double guessed myself in every decision. It was either being racked with “buyer’s remorse” or kicking myself for not doing something a better way. My conscience was always questioning “why did I do that?” or “why did I not?” on a daily basis. Fear of doing the wrong thing, of doing too much or too little, or of NOT doing the right thing, kept me far away from a calm, secure and confident mindset. It kept me feeling like a windmill, forever twirling helplessly with every breeze.

My lack of understanding in how the Spirit leads us into greater wisdom even affected the way I approached prayer! Should I beg meekly or should I demand angrily? Should I ask constantly or just say it once and then give thanks BEFORE the need was filled? Should I keep pushing to find my own human ways of filling the needs in

my life so that He could bless the efforts of my hands? Should I wait patiently without any personal effort, for Him alone to provide; He promised that He knows and supplies our needs, that we should wait on Him! Could He even hear me cry? Was I crying enough? Did He even care?

The cycle of regretting keeps us weak in all areas of life! It's a constant distraction and greatly inhibits any forward progress physically or spiritually. The habit of uncertainty ensnares us, and, as with a stick floating in circling water, we will be drawn into the center of its whirlpool. At best the ongoing momentum of indecision keeps us twirling, floundering about and held in captivity there in its center. At worst it sucks us down into the vortex and we drown! A double-minded person is unstable in all his ways!

Breaking the cycle of instability takes mental and physical energy, strong determination, and steadfast stick-to-it-tiveness! When I finally reached the point where I was absolutely sick and tired of living in the shifting quicksand of internal conflict, I got mad, I got tough and I got focused!

How? Prayer is a constant in my life; in praising, requesting guidance and direction, giving continual words of gratitude and hope, and definitely a go-to for comfort and strength in times of pain and distress.

In prayer I pleaded, "What can I do? Please show me a way out of this torment!" One day something just rose up within me and said, "Enough is enough!" I got pen and paper, put myself in a chair and made an outline. I could not remember details; I needed to SEE it in writing!

Topical question: Should I _____?

- 1) Pros and Cons of this action? Every possible good and bad thing was listed in two columns.
- 2) How will this possibly affect my life; how might my action impact others? (Pros and cons of that.)

3) Must this be done right now? Why? Advantages and disadvantages to waiting.

4) Have I prepared appropriately for this or is it a shortsighted whim?

I started making lists, sometimes daily, for every decision that I knew I would be in conflict over. I carried the list with me and reviewed it often. I soon found that once I could see the idea mapped out fully on paper I quickly had a much clearer indication of what direction I should take. There were even times I realized the answer before the list was completed! I was learning, becoming aware of an unspoken guidance.

The Final Rule: When the decision was made, the action taken, I stopped allowing myself to go back mentally and revisit and question every step of the process. No more “tape recorded loops” playing repeatedly in my thinking process! All those “what ifs” and the “but maybes” were no longer allowed. No more going back and gnawing over that bone again and again and again! My double-minded ways lacked any positive energy. It was all circular, lots of motion, but never getting anywhere! Every negative thought and action had to be effectively squelched, every time! I repeatedly called upon the Name of Yahweh and the blood of Yahshua. I demanded, “Deceiver, get out of my mind where you DON’T BELONG!”

This ONE Battle for control of my mind has been won! Decide, then stand firmly and be at peace with the choice! But be constantly on guard, or fear can slip back in and sinking downward into the madness comes quickly!

In summary: Prayer does change things. We have not, because we ask not. Answers are always there, we have to find focus so as to be in tune with the still small voice that speaks from within us...if we will only stop, listen and obey!

I’ve learned that when I find myself wrestling with a decision, I already know within what I must do. It takes courage in action to

STOP wrestling, stand still, pray for discernment, make the choice, and go boldly in that direction. As for myself, I find that every time, at the point of decision, a sense of peace immediately flows over me, and in that moment I am always reassured that I'm on the right path that He has designed for me.

Learning to live in FAITH is not going to be easy for any of us, but living in Fear is a self-imposed torment that we can and must overcome! The answer is there; seek and you will find.

Now, whenever I read in the book of James (Jacob) 1:1-8, I see the pattern is given. It was written down long before my prayers existed; however, I didn't understand the meaning of it until I cried out from the depths of my life of distress, and was shown the "pattern" out of the cycle of repetitive behaviors. Then the Scriptures were opened to my eyes as His witness to me that I HAD been guided by the light of His Word and led by an unseen hand out of the darkness that engulfed me in my uncertainties.

In review of my faith-walk; I know where I was before, where I am now, and what tremendous effort it has taken to get to this point. I also know where I want my life's journey to end. As my Great Grandmother often said, "Walk in the light as it shines on your path!" It's one step at a time, one foot in front of the other a billion times; work daily to fully submit, especially when we cannot see what lies before us, and allow all things within you to be placed in His Timing and in His Will.

When I wait upon Yahweh, in patient submission, my doors open and my way is made smooth! I am a living witness to the ease that exists when we learn to WAIT ON HIM. These words of wisdom must constantly guide all who sincerely desire to rise up higher.

May we all be blessed along our journey with a full measure of His Peace, stacked up, shaken down, and flowing over! 

Birdsong Masada Of



by Debbie Reed

The clear, haunting notes of a songbird pierce the chilly breeze at the top of Masada. Perched on a rock ledge, I notice what looks like a cousin of the red-winged blackbird that inhabits the summer cattails surrounding the pond back home. He looks directly at me, cocking his head in that strange, questioning way of one creature attempting to comprehend another. We lock eyes for only a few seconds, but he and I both understand the unspoken eternity locked in that one moment.

A small group of us have come to Israel to see the land and people that make up so much of the historical background of our faith. Almost everything we have gazed at or walked upon was ancient long before Columbus set sail for the New World. The scope of Hebrew history - the ancient port of Jaffa, the sacrificial altars at Tel Dan, the ruins of a second-temple synagogue on the Sea of Galilee, the 1967 Syrian trenches along the Golan Heights border, and the colorful collage of Jews, Muslims, and Christians with their separate and unique, yet interwoven cultures mingling on the streets of Jerusalem - is so alien and, yet, eerily familiar to pilgrims coming to the Holy Land.

Named after Isaac's youngest son, Jacob, Israel has been the focal point of conflicts throughout history. The Canaanites, Israelites, Persians, Greeks, Romans, Byzantines, Moslems, Crusaders, Mameluks,

Ottoman Turks and British all laid claim to this land at one time. Strategically situated between Asia, Africa, and the Mediterranean Sea, the numerous conquering armies left behind a variety of languages and cultures along with the ruins of their civilizations.

Biblical scriptures tell us that this land was given to the twelve tribes of Israel when they left bondage in Egypt with Moses. Generations later, after the death of King Solomon, the mighty Hebrew empire split into two kingdoms: the Northern Kingdom, called Israel, and the Southern Kingdom, called Judah. The Northern Kingdom, comprised of 9 ½ tribes (half of the Levites stayed with the Southern Kingdom), was conquered by the Assyrians in 722 BCE and eventually dispersed throughout the world (known as the Lost Ten Tribes of Israel). The Southern Kingdom, comprised of the remaining tribes of Judah, Benjamin, and the other half of the tribe of Levi, was conquered by the Babylonians in 586 BCE and the first Temple built by King Solomon was destroyed. However, unlike the fate that befell the Northern Kingdom, they were allowed to return to Jerusalem and the land of Israel to build the second Temple seventy years later. These people are the “Jews” referred to in New Testament scriptures, and are the lineage from whence came the Savior, Yahshua Messiah.

During the first century BCE, the Kingdom of Judah, or Judea, lost its independence to the Romans. The Jews rose up against the oppressive Roman rule in 66 CE. The conquering Romans brutally responded to the Jewish rebellion, destroying the second Temple, slaughtering or enslaving the inhabitants and laying waste to Jerusalem. Approximately 960 zealots escaped to a mountain fortress, called Masada, built years earlier by Herod the Great in 37 BCE as a place of refuge for himself should conflict threaten his rule.

Masada is not mentioned in biblical scriptures, yet its history tells a dramatic story of a people’s struggle to remain free in the face of formidable odds. When the Romans were destroying Jerusalem, it is believed that some Jews were able to escape through a drainage

tunnel leading from the Pool of Siloam at the foot of the Temple to just outside of the Western Wall. Walking through the dark, narrow passageway must have been terrifying to those fleeing with only oil lamps to guide them. The refugees that made it to the mountain fortress were able to live in relative security for three years, until the inevitable day came when 15,000 Roman soldiers breached its walls. What the Romans found, however, was not what they expected. Only one woman and a few children remained, the others having chosen suicide instead of slaughter or slavery. Historian Josephus Flavius and archaeological finds provide evidence that the Jews drew lots and chose ten men to slay all of the rest. After they had performed their grisly mission, the ten chosen executioners again drew lots to kill the remaining nine, the last man taking his own life.

Seventy years following the tragic events at Masada, the Jewish people rebelled again. They were able to re-establish the Kingdom of Israel for three years before another defeat by the Romans. The Roman Emperor Hadrian, in his effort to wipe out the identity of Israel-Judah-Judea, renamed the country Syria Palaestina. The Jews that weren't killed, enslaved or exiled remained to face persecution, indignities, deprivations and horrors. Those that were sent into the Jewish Diaspora (dispersion or scattering) were likewise mistreated, the Inquisition and the Holocaust being the most infamous.

The creation of the State of Israel in 1948 is nothing short of a miracle. Today Masada is a symbol of national pride and courage in Israel as its memory evokes the declaration, "Masada shall not fall again!" Perhaps this is the message that the bird was singing as he flew off the cliff, soaring freely in the updrafts from the valley below. 



A POOR WOMAN'S



CHALLENGE

by Dreama Simmons

Yahshua said, “Verily I say unto you, That this poor widow hath cast more in, than all they which have cast into the treasury: For all they did cast in of their abundance; but she of her want did cast in all that she had, even all her living,” Mark 12:43-44. I can relate to this verse because my financial situation is similar to what this “poor widow’s” probably was and, like her, I still tithe. I want to share my story to encourage believers not to forsake tithing because you think you can’t afford it or you think that it’s an option. I first learned of the Truth in 2010. After much study and research, I found Yahweh’s Restoration Ministry on the Internet in the latter part of 2011. I made a commitment to this Assembly in early 2012 and was baptized at the Feast of Tabernacles that year. Once I committed myself to Yahweh, I had to make a huge change in my life, which would include a large loss of income. It wasn’t an easy decision to make, nor was it a popular one with my family and friends, but if I was going to dedicate my life to Yahweh then it had to be 100%. I was not going to be a lukewarm believer as Yahshua warned the Laodicea Assembly in Revelation 3:14-21.

In Matthew 19:16-26 Yahshua tells of a man who came and asked how he could have eternal life. Yahshua told him to obey all the

commandments. The man said that he had done that since his youth but still lacked something. Yahshua told him to go and sell all that he had and give it to the poor and he would have treasure in Heaven. Well, the man walked away sorrowful because he had a lot of possessions and probably did not want to part with his riches. In verse 24 Yahshua said "...It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the Kingdom of Yahweh." For me, this chapter verified that I had to give up my life as it was in order to have a life in Yahshua. I'm not saying that everyone should go sell all they own or anything like that. My situation required that change in order to live according to Yahweh's commands.

In my new life, I now live on quite a considerable amount less per month than what I used to get, less than some people get in a week. Some months I may make more, depending on whether I get to work an extra job, but my normal income is much less. At first it was quite an adjustment, but as Paul said in Philippians 4:11, "Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content."

So I have adapted. And on that income, I do tithe! After all, Yahweh tells us to! Leviticus 27:30 reads: "And all the tithe of the land, whether of the seed of the land, or of the fruit of the tree, is Yahweh's: it is holy unto Yahweh." This means that we are to give to Yahweh the first 10% of whatever income we make by giving it to the ministry to support His work. Yahweh also says that if we don't tithe then we are robbing Him. Malachi 3:8 says, "Will a man rob Elohim? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings." I don't know about you, but I surely don't want to rob the Creator of the universe! So I give Yahweh His portion no matter how little that leaves me. After all, Yahshua doesn't promise us wealth in this life, but if we obey and follow Him then we will be blessed in the Kingdom. That is what I am looking forward to: life eternal in the presence of our Father and Savior. If I have to sacrifice and live a very poor life on this earth, that's okay; I can do that.

I'm sure you have figured out that I do not have a luxurious life, by far. Nor is it easy, but I can tell you this : since I made my commitment, I have not been in need of anything. I have not gone hungry or without clothing and I have a roof over my head. I have made it to each Feast, with the help of brethren. Yahweh even replaced my computer with a new one when my old one broke down. Living in Pennsylvania, the website is my only way of joining in for Sabbath services and keeping in touch with the Assembly. When one of my Sisters found out, her family got together and bought me a new laptop. It was hard for me to accept it, but they said that it was a gift from Yahweh to make sure I am able to watch Sabbath services, join in the Bible Study and to stay in touch. Yahweh's blessings are beyond our understanding when we are faithful to Him. He makes a way when there seems to be none.

There are many other circumstances that Yahweh has gotten me through but my point is: don't think that you can't tithe because you are poor. I am living proof that you can. When you do, Yahweh will make sure your needs are met. He gives us everything we have so, actually, when we tithe, we are just giving Him back what's His to begin with. And He's letting us keep the majority of it. There really is no excuse for a believer not to tithe, no matter what the situation is or how small your tithe might be. Every dollar counts when it comes to sharing Yahweh's Word with the world. It's a large task that YRM is committed to and they are doing a great job. I have never met such a selfless, caring, and dedicated group of people as this ministry has. But they can't do it without the help of faithful, dedicated believers. In closing I will say again, we can't be half-hearted, partly committed or lukewarm in our worship and dedication to Yahweh. We must do our best to obey all of the commandments even when we think it's impossible. Keep in mind what Yahshua said in Matthew 19:26: "But Yahshua beheld them, and said unto them, With men this is impossible; but with Yahweh all things are possible."

May Yahweh Bless You! 

WHY?



By: Debbie Wirl

Anyone who has ever been around children knows that at about 3-4 years old their curious little minds begin wondering about all things around them and they start asking, “Why?” It seems as if every sentence or command out of your mouth is in return punctuated with this question out of theirs. Some are easily answered: “Why do birds have wings?” Other queries, especially as the child gets older, are not so readily answered and might send the parent scurrying to see what Google says about the matter. Soon, though, children discover how to find the resources to answer their own questions.

If only finding answers to life’s questions was always that simple. But somewhere along the journey, more complex and troublesome events occur and somehow the response to that little inquiry, “WHY!?”, is not so forthcoming.

There always seems to be some sort of glitch in this path of life that causes us to have to stop and wonder why this event or that crisis is happening. If there were some forewarning we could possibly take precautions, but alas, usually these happenings seem to come out of nowhere, blind-sighting us as they drop stumbling blocks in our way.

There are times that events happen in our lives, that we’re not sure why they’re happening at that moment; however, we can surmise the reason later on. I will never forget an early December trip to Canada one year. We had planned to travel through Buffalo, NY, and had a map in hand (these were pre-GPS days) to make certain the correct

highways were followed. After a while we began to see road signs indicating cities that we didn't recognize as being on our route. Upon closer scrutiny of the map, we discovered that somewhere (we never figured out where) we missed a turn-off and were now headed northward instead of northwest, 75 miles off our designated course. We were too far along to backtrack so we just planned a different route. Imagine our amazement, when that evening we heard on the news that Buffalo, NY, had just experienced one of its worst snowstorms to date! Sometimes it's hours, but many times it weeks, months, or even years, until we have that "Aha!" moment.

And then there are those events that we just can't figure out--a dramatic change in our lives, health issues, or a death. There just doesn't seem to be any rhyme or reason. In our minds there is nothing obvious or logical to what is occurring. Paul states in 1 Cor. 13:12, "...for we now see through a glass darkly." As humans we like things bundled up in nice, neat, little logical, controlled packages. But we may have to come to grips with the fact that we might never know the reason behind it all, as well as the realization that we are not the ones in control.

What we do have to understand is that Yahweh is the One in control and sometimes He allows certain situations for different reasons. Is what is happening a correction, a sort of, "let's get back into line" kind of thing? Possibly. Are we being tested to see what our reaction will be? Probably. Is there a lesson to be learned? Oh, you can count on it! For Yahweh, dutiful parent that He is, does not let a teaching moment slip by.

Certainly, we ask our Why's, our If's, and our When's. We question if there's something that we could have done or not done in the unchangeable past to have averted our situation. We wonder when we'll see "the light at the end of the tunnel," and we wonder if there is anything we can do that we haven't already tried to ease the position we're in. But we know that adversity helps build good character and that patience is a virtue, and so we are consoled with these edifying thoughts.

Ultimately, though, we need to trust Yahweh whole-heartedly, knowing that He has our best interests at heart. No, we may not always understand why Yahweh thinks the way He does, and Isaiah 55:8-9 tells us, “For my thoughts are not your thoughts, neither are your ways my ways, saith Yahweh. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.” But He is the Sovereign Ruler and He always knows what is best for us. Yahweh has His own plans and His own time frame in which to accomplish them. We just need to be patient (Lk 21:19), working out our own salvation in fear and trembling (Phil. 2:12), and wait upon Yahweh (Lam. 3:26); and someday we may just find out: Why? 



Don't cry for me when
I'm gone;
For my heavenly Father and Savior,
They live on.

They've taken my spirit
To keep it safe
Until the time of the resurrection
When they will raise me up that day.

As you think of me,
I'm only asleep,
Just getting some needed rest,
So don't weep.

I'll wake up one day;
It won't be long,
And we will all be together again
When His Kingdom comes.

Our Father and His Son planned this all out,
And if we change our life,
And conform to His, even though we die
As is appointed to man, we shall live.

The plan of salvation
Is so neatly laid out;
Straight and narrow is the way,
There is no doubt.

There will be no sickness,
No sorrow, no hunger or pain,
No drought or desert
For lack of rain.

Peace and plenty will
Be everywhere;
We will live in safety
Without worry or care.

Yes, Yah's Kingdom is coming
And it won't be long;
We will all be together
With the Father and Son.



Simon's World

by Debbie Reed

He arrived somewhat portentously during a full moon on Friday the 13th with the umbilical cord wrapped around his neck. The skillful ministrations of the four midwives in attendance made short work of the problem and a beautiful auburn-haired baby boy made his entrance into this life as we know it. Simon was ecstatically welcomed with armfuls of love and visions of hope for his future.

Over the next several days, I watched and listened as Simon's mother rocked him, sang songs and softly whispered to him of the discoveries and joys he would experience in his life ahead. She told him of books he would read, foods he would relish, bicycles he would ride and rivers upon which he would canoe. Simon's mother spoke of people he would love, animals he would cherish, sunsets he would behold and laughter that would light up the wonderful world he had entered.

As Simon's grandmother, I experienced gladness, pride and fulfillment along with the relief that I could enjoy my grandson without the parental dilemma of sleep deprivation. I look forward to the

delightful duties of introducing Simon to our farm: gathering eggs, milking cows, and harvesting honey from the beehives. I dream of taking long hikes in the forest to identify birds and trees while foraging for edible plants. I have blissful thoughts of baking Simon his first pumpkin pie and tucking him into bed on overnight visits. I imagine sitting in the bleachers at his little league games and cheering each and every time he catches or hits a baseball. So much happiness to come!

And, yet...what will our world be like as Simon grows? He is off to a good start. Blessed with good health, Simon has two parents who are educated, financially secure, married to each other and committed to loving, nurturing and protecting their young son. In addition, Simon has two sets of doting grandparents, two older brothers and several aunts, uncles and cousins to round out his familial fortress. Many children do not possess such blessings.

But, beyond the security of food, shelter, clothing, and family, what else will Simon need to give peace and purpose to his life? I see the challenges ahead and know how trying they will be. He will experience scrapes and bruises to his knees as well as to his heart. He will face problems and be required to make choices. He will also make mistakes and endure guilt. There will be disappointments he will encounter and grief he will suffer.

Will Simon primarily seek entertainment and pleasure or will he find productive and virtuous activity to fill his days? Will he spend most of his time cloistered and gazing at screens in a virtual world or will he find knowledge and satisfaction in the natural world around him? Will he follow the whims of the ever changing popular culture or hearken to a universal truth? Will he grow to be a man of integrity, compassion and faith?

I want Simon one day to find life's meaning. I want his zest for life to remain undiminished as he matures and encounters the emptiness that will eventually come. I want Simon to know Yahweh.

And, knowing Him, he will heed His call. And, heeding His call, he will not let the world turn him away. And, by not turning away, not be lost in the void.

But, these are the musings and fears of a grandmother who forgets at times to trust in Yahweh and His purposes. In prayer I will give my worries and trepidations to Him while I joyfully watch this precious boy grow. 

Each year as the fiery days of summer begin to wane and thoughts enter into our minds of shorter days and cooler weather, a most wonderful event happens. For eight complete days Yahweh commands us to leave our homes and live in temporary dwellings so that we can observe one of His pilgrim Feasts, the Feast of Tabernacles, along with the Last Great Day.

Symbolizing Yahweh's millennial Kingdom and the "Great Beyond," these days are important to Yahweh and therefore should be important to us as well. While some may think this is an inconvenience and a hardship to disrupt their secular course of life for this short period of time, we who have kept these High Holy and interim days know otherwise: it is indeed an enjoyable experience and truly a blessing.

Think of this as an opportunity to worship Yahweh, to get to know Him and His ways better, for eight days, without the encumbrance of this world. It's an occasion for fellowship, creating a bond of friendship and brotherhood with like-minded believers. It is these friendships that help to bolster us when the winds of adversity blow our way and we struggle with the trials of this life. It's a time to gain spiritual and emotional strength and fortitude in order to stay the course, especially through the dark days of winter until the next Feast, the Feast of Unleavened Bread, comes around in the spring. Most importantly, though, Yahweh commands that we obediently observe these days, and so we should.

FEAST OF TABERNACLES PREPARATION

by Debbie Wirl

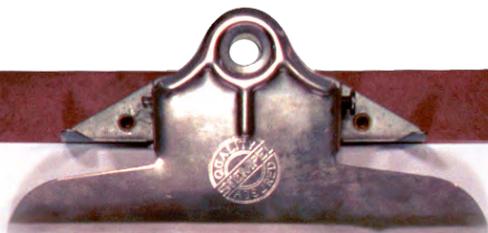


It's still not too late to get prepared for this significant gathering. At the very top of our priority list should be readying our hearts and minds to meet with Almighty Yahweh, as this is the ultimate reason for our attendance.

Concerning our temporal needs, below is a general list of items that you might find useful to scan through when packing. Of course, you'll have to personalize your own list to suit your needs. Since there is a generous mix of worship services and various

indoor/outdoor activities throughout the Feast, you will need both dress clothes and casual attire. Remember that autumn weather can be quite fickle at times, so be prepared for any type of weather and temperatures. Camping equipment and supplies will depend on the type of lodging in which you will be staying.

May you have a spiritually uplifting, joyful Feast of Tabernacles!



- Bedding
 - (sleeping bags, blankets, pillows)
- Towels / wash cloths
- Camp chairs
- Fluorescent lights
- Heater
- Tarps & ropes
- Personal care products
- Umbrellas
- First-aid kit
- Dress clothes
 - (ladies, remember your head coverings)
- Casual / sporty attire
- Rain boots
- Jackets
- Flashlights
- 2nd tithe
- Bible / notebook
- Ice chest



by Lora Wilson

We all know there are compelling environmental reasons to choose organic food. Many of us buy organic out of a belief that it must be healthier. In terms of avoiding the potential toxicity of pesticide residues, it is. But the case for organic food actually being more nutritious has been harder to determine. Over the last few years, though, there has been a growing body of research demonstrating not only that organic food is better for us, but how.

Scientists haven't yet demonstrated that all organically grown food is more nutritious than conventional. Studies have focused on individual crops, and even then there are so many variables that it is difficult to isolate the impact of organic management practices. Still, research on a variety of fruit and vegetable crops has shown that organic methods yield produce with higher levels of certain nutrients and other good things. Research has established, for example, that organically grown spinach, peppers, oranges, pears, peaches, strawberries, and tomatoes all have higher levels of Vitamin C than their conventionally grown counterparts. Other studies show significantly higher levels of antioxidants and other phytochemicals important for disease prevention.

So the research is beginning to back up what intuitively seems like it must be right: nix the noxious toxins, treat the soil well, and the resulting food will be more nutritious. But exactly why is this? The first reason may be that plants respond well to the somewhat

increased stress level found in organic systems. It's true: plants are less protected from weeds and pests in organic systems, and that puts a little more strain on them. Taken too far, the plants will not produce. There seems to be some optimal level of stress, though, where the plants' response may be to produce more antioxidants. That turns out to be a boon for human health.

The second hypothesis on how organically grown produce comes to be more nutritious has to do with plants' self-defense system. As insects start to gnaw on plants, the plants fight back by producing compounds to make the plant unsavory to insects and, like the antioxidants produced under stress, many of those compounds are good for us.

The above applies to produce, but the dairy story is equally interesting and possibly more impactful. The main known nutritional benefit of organic dairy is the high level of omega-3 fatty acids it provides. As many are aware, diets low in omega-3 but high in omega-6 fatty acids are linked to increased rates of many diseases, and increasing one's level of omega-3s is a good thing for your health. In a study released last December, organic milk was shown to have a significantly lower ratio of omega-6 to omega-3 fatty acids than found in conventional milk, making it a very healthy choice. The reason is believed to be because in organic systems the cows are required to be on pasture longer, and the fresh grass they consume there leads to milk rich in omega-3s and low in omega-6s. The pasture rule in the organic law was put there for the cows' well-being, but it turns out that more time in pasture means healthier milk, so everyone wins. The study's authors encourage people to leverage their findings to maximum benefit by minimizing the intake of foods high in omega-6s while also shifting some of their fat intake to full-fat, organic dairy products.

What's good for the plants and animals is also good for humans and the environment. To learn more about organic research, visit Organic-Center.org. 

Yom Teruah

by Gayle Bonato



The way that thunder rolls across the sky
from ten miles or more..
you can count it coming as it rolls
Like shofars blowing
from one tel to another tel
Across the land, across the whole world,
how do we know;
maybe across the universe
So comes Yom Teruah
blasting, blowing, rolling
Like a wave across the lands made by Yahweh
From one end of the world
the moon comes shyly rising
Till it shines in every place where it can be seen
With Jerusalem at the apex of that infinite moment
Of the calling of His bride to awake



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.

Pumpkins

by Debbie Wirl

Mention the word “pumpkin” at any time of year, but especially in the fall, and most people can’t help but think of the enticing smell of freshly baked pumpkin pie wafting through the air. In fact, so popular is this alluring smell, that many retailers have it on their shelves in the form of room sprays, body scents, and candles.

Native to the American continent, pumpkins are from the family of Cucurbitaceae, which also includes cucumbers, squash, and melons. Scientifically speaking, they are considered to be



a fruit, although seed catalogs will categorize them as vegetables. There are countless varieties of pumpkins, running the gamut from the small 2-5 pound “Baby Bear” to the 50-100 pound “Mammoth Gold,” or from the deeply ribbed “Fairytale” to the smoother skinned “Howden.” Some have long necks, some are round, and some are more elongated.

Most often when someone thinks of eating pumpkin, it’s the orange to yellow-orange inside (although there are a few varieties that are white inside) that they’re thinking of. However, this is one of those versatile foods, wherein not just the flesh is eaten, but the flowers, seeds, and peel can be consumed as well. And it seems that each edible part is a powerhouse of nutrition.

Just like zucchini blossoms, pumpkin blossoms are also edible. They are best the same day you pick them. You will want to choose the thicker-stemmed male blossoms. The female blossoms will have tiny little pumpkins growing at their base. If you don’t garden, you might be able to find these delicate blossoms (blooms) at your local farmer’s market. Make sure these are grown organically since these fragile blooms are difficult to wash. Most popular, it seems, are recipes wherein the blossoms are batter-dipped and fried, however, some prefer to eat these mildly sweet flowers raw in salads, or stuffed with a cheese mixture and baked. These delicate flowers are low in calories and are a good source of Vitamins A and C, as well as folate.

One of the things you will notice when cutting into a pumpkin is all the pulp and seeds. Once separated, the pulp can be put into your compost pile, but the seeds can be rinsed (make sure all trace of the pulp is washed off), dried, and eaten raw or seasoned and roasted in a 170° oven for 10-20 minutes. Also known as “pepitas,” these flat, asymmetrically oval seeds are packed with zinc, magnesium, phosphorus, and potassium. While the other parts of the pumpkin are fairly low in caloric value, the seeds pack a punch

of 245 calories per 1 cup serving, which come mainly from protein and fats. However, they provide beneficial amounts of mono-unsaturated fatty acids, which can help to lower the bad cholesterol (LDL) and raise the good cholesterol (HDL) in your body.

At only 49 calories in a 1-cup serving and low on the glycemic value scale, the flesh and the rind of pumpkins are a powerhouse of nutrition, rich with the anti-oxidant beta carotene, Vitamin A, and potassium. Personally, I have never considered eating the rind, but according to nutritional reports, the peel is just as healthy for you as the flesh, having the same amount of nutrients, along with significant amounts of magnesium and iron. The orange-hued flesh is what most people think of when they consider eating pumpkin or pumpkin-based foods. Some people prefer to cook or bake the pumpkin themselves, claiming they get a much richer taste. Others opt for the simplicity of opening a can of store-bought puree.

When I was growing up, almost without fail, my Mom would buy one or two neck pumpkins each fall to cook and make pumpkin pie. So when I got married, I figured I'd do the same thing and every fall for the first five or six years of marriage, I would get some neck pumpkins, and start the time-consuming process of cutting, peeling (no, I didn't use the rinds), cooking, and mashing. I even tried the technique my Grandma had used of roasting the pumpkin first; still it was a long drawn-out procedure. To top it all off, if the pumpkin didn't cook down enough, there would be excess moisture, thus making the pies a bit on the "runny" side. One day as I was expressing my frustration to my Mom, I asked her if she could give me any cooking tips that would help me in my dilemma. She looked at me, smiled, and said, "Oh, Debbie, I don't do that anymore...I buy the canned pumpkin." And from then on, so did I.

Cooking pumpkin isn't difficult, though, it's just time-consuming. There are a few different methods, two of which are roasting and boiling. You'll need the large round variety for roasting. Simply

cut the pumpkin in half, clean out the pulp and seeds, then put the pumpkin on a baking sheet, skin side up, in a 300 degree oven for about an hour. When soft, scoop out the inside and mash into a puree to use in pies or other baked goods, or add some brown sugar to eat as a side dish.

A second method is boiling. After cleaning out the seeds and pulp, cut up the pumpkin into uniform cubes (peeling it is optional), put into a cooking pot and add a few inches of water (enough so the pumpkin doesn't scorch on the bottom of the pot, but not too much that you are left with a watery substance if mashing). After bringing to a boil, simmer for about 30 minutes or until soft. At this point you can season the cubes and eat as is or mash for any recipe calling for pumpkin.

I understand there are two other methods as well. One method involves cutting off the stem of the pumpkin and roasting the entire fruit intact, then cleaning it out after it comes out of the oven and cools for a while. The second method is to prepare it just like in the boiling process but to microwave it instead.

Once the pumpkin is cooked, there are a variety of ways you can prepare it. Of course, there are the delicious baked goods-- pumpkin pie, pumpkin bread, pumpkin roll, pumpkin cake, pumpkin bread, just to name a few. And lest we relegate this versatile food to only the "sweet" category, let's not forget the "savory" side where there are pumpkin casseroles, soups, and dips.

Joyous eating!

PUMPKIN BISCUITS

2 cup flour
3 tbsp. sugar
4 tsp. baking powder
½ tsp. salt

½ tsp. cinnamon
½ cup butter
½ cup milk
2/3 c. pumpkin

Sift together flour, sugar, baking powder, salt, & cinnamon into a bowl. Cut in butter until the mixture looks coarse. Combine milk and pumpkin. Add to flour mixture. Turn dough out onto a lightly floured board & knead gently a few times. Roll out to ½” thickness. Cut with a biscuit cutter. Set biscuits 1” apart on a lightly greased baking sheet. Bake at 450 degrees for approximately 15-20 minutes. Yields 12 biscuits.

PUMPKIN BREAD

1 2/3 cups flour, sifted
1/4 tsp baking powder
1 tsp baking soda
3/4 tsp salt
1/2 tsp cinnamon
1/2 tsp nutmeg
1/3 cup shortening
1 1/3 cup sugar
1/2 tsp vanilla
2 eggs
1 cup pumpkin
1/3 cup water
1/2 cup chopped walnuts or pecans

Grease a regular loaf pan 9 x 5 x 3 in. or use a non-stick coated pan & do not grease. Sift together flour, baking powder, baking soda, salt, cinnamon, & nutmeg. In a medium mixing bowl cream shortening, sugar & vanilla. Add eggs one at a time, beating thoroughly after each addition. Stir in pumpkin mixture. Stir in dry ingre-

dients in 4 additions alternately with water until just smooth. Do not overbeat. Fold in nuts. turn batter into prepared pan. Bake in preheated 350 degree oven until a cake tester inserted in center of bread comes out clean, 45-55 minutes. Servings: 12

LIBBY'S® Famous Pumpkin Pie

3/4 cup granulated sugar

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 teaspoon ground ginger

1/4 teaspoon ground cloves

2 large eggs

1 can (15 oz.) LIBBY'S® 100% Pure Pumpkin

1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk

1 unbaked 9-inch (4-cup volume) deep-dish pie shell

Whipped cream (optional)

MIX sugar, cinnamon, salt, ginger and cloves in small bowl.

Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture.

Gradually stir in evaporated milk.

POUR into pie shell.

BAKE in preheated 425 degree F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on a wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving. Yield: 8 servings.

Pumpkin Toffee Crunch Cake

submitted by Jennifer Folliard

- 1 (29 oz) can pure pumpkin purée
- 3 eggs, beaten
- 1 (12oz) can evaporated milk
- 2 tsp. pumpkin pie spice
- 1 box yellow cake mix
- 1 1/4 cup sugar
- 1 cup graham cracker crumbs
- 1 cup butter, melted
- 1/2 cup toffee bits

Preheat oven to 350°. Lightly grease 9 x 13 baking dish. In prepared dish, mix pumpkin, evaporated milk, sugar, eggs, and pumpkin pie spice until well blended. Scrape down sides and spread batter in pan.

Sprinkle yellow cake mix evenly over top. Sprinkle graham cracker crumbs followed by toffee bits over top. Drizzle melted butter evenly over cake.

Bake 55 minutes until the cake is lightly brown, testing with a toothpick until it comes out clean. Cool before serving and refrigerate leftovers.

Serves 15



Did you know....The original "pumpkin pie" consisted of slicing off the pumpkin tops, removing the seeds, filling the insides with milk, honey, and spices, and then baked in hot ashes.

GOING BANANAS

by Lisa O'Neal

When shopping for something healthy to eat, is it the color, taste, or texture that first crosses your mind? What actually makes you pick up the item and put it in your cart? Surprisingly enough, all three characteristics play a role in the final decision. I consume at least 365 bananas a year, one daily, and it has not turned me yellow in color, mushy in texture, nor am I "bananas" yet. This yellow crescent-shaped fruit which we know as a banana offers us great benefits such as fiber, potassium, vitamin B-6 and much more for our daily health.

Even though the peeling is not edible, before just throwing it in the trash you can rub the inside of a banana peeling on your dry crackly elbows, heels, and knees. This is an awesome home remedy moisturizer that really works.

Also, I have discovered that there is nothing like a mustard, banana, and cucumber (fresh from the garden is the best) sandwich. Do not knock it until you have tried it at least once. If you're looking for a quick, tasty snack just mash a banana, stir in a little cinnamon (to taste) and spread on a plain rice cake. Last but not least, after the bananas have begun to ripen with the brown spots, they also make delicious popsicles. Just peel, cut in half, place a popsicle stick in the center, wrap in aluminum foil, and freeze. You can take the popsicles out and eat immediately or let them set out for about 5 minutes first. They freeze well for 3 to 4 months. I hope you now see bananas in a new light when passing by them in the produce department.



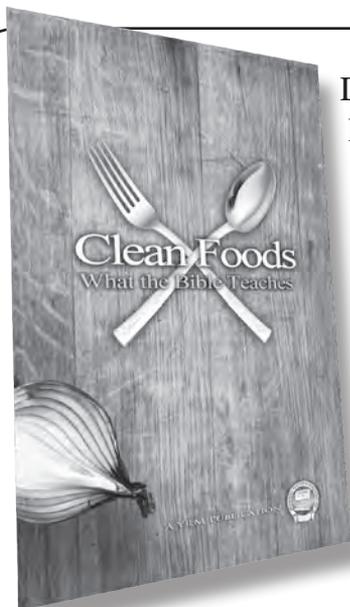
Easy Corn Soufflé

submitted by Jennifer Folliard

1 (15oz) can corn, drained
1 (14-3/4 oz) can creamed
corn
1 (8-1/2 oz) pouch corn
bread mix
1 (8 oz) pkg. shredded
cheddar cheese
(Sharp if desired)
1/4 cup melted butter



Pre-heat oven to 350° & grease a 13x9 pan. Mix all ingredients together (except for the cheese). Cover pan with foil. Bake for 30 minutes. Remove pan and sprinkle cheese on top. Return to oven uncovered and bake approx. 15 minutes until cheese is golden and bubbly. Serves 8 to 10 as a side dish. 🌻



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