

FEAST OF TABERNACLES - 5782 / 2021 EDITION

# *Grace & Truth* Magazine



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A photograph of the White House in Washington, D.C. The building's white neoclassical architecture is prominent, featuring large columns and a balcony with a black wrought-iron railing. A person in a dark uniform stands on the balcony. In the foreground, a woman with long dark hair, wearing a black jacket, holds a large black umbrella and smiles at the camera. The scene is set outdoors with green bushes and a clear sky.

# WORDS FROM THE MAGAZINE FOUNDER & EDITOR IN CHIEF

Jessica Stern Foster



Throughout 2020 and 2021 we have all been reminded of the things that are important...

God, Family, Life, Liberty, and our Freedoms!

While we may have been met with a growing shift in our nation and the world, our ministry was brought to a unique place where our newsletter became a growing thing all on its own!

Growing up, I have always had several dreams. One in particular was to one day own a magazine! In July of 2021, I set about to take the steps to make this dream a reality! With the Redeem Our Children Foundation Board at my side, I made one big, giant leap in my life to do the thing (as my cousin, Erin Michelle would say)!

While I struggled to find just the right name for the magazine, it was my dear friend and ROC board member, Marta Greenman, who said: Let's continue to run this race together! While Marta is the owner of GraceAndTruthRadio.World, I am the owner of GraceAndTruthMagazine.com. Together we lift each other up in life, in ministry, and as sisters in Yeshua Jesus! Marta is also one of the Senior Pastors with my parents and me at Worship At the ROC (W.A.R.), an online congregation made up of Fire House Churches as described in the Book of Acts! I am grateful to run this race with those I love so dearly!

This magazine is for the People, by the People!

We are a group of Believers that have banded together to bring you the News as we uncover it with Biblical inspiration from our team here at The ROC Foundation and Grace & Truth Magazine! We pray for each and every person who reads our Magazine! We believe that God is doing a New Thing! People get ready... our Messiah Yeshua Jesus is coming!

We hope you enjoy this edition of the Feast of Tabernacles in the Judeo-Christian style format for all of our friends to enjoy!

Berakaha ve Ahava,  
*Jessica Stern Foster*

# Essential Conversations

In Brett Wilcox book: "Jabbed" written in 2018 on how the vaccine industry medical establishment and government stick it to you and your family. Wilcox writes in chapter 3 that vaccine profiteers know how to keep the cash register ringing. They've had over a century to perfect the formula that results in public acceptance of vaccines and begins or dollars in profits. The formula is not rocket science and it's certainly not vaccine science. It's the science of fear based on marketing the science of trauma based mind control. Here is the simple equation that Wicox gives:

Irrational fear of infectious disease + irrational belief that vaccine safety prevent infectious disease = vaccine compliance

In the reality, the irrational fear necessary to produce vaccine compliance has little if anything to do with legitimate fear of infectious diseases. When vaccine sociopaths display images of individuals covered with smallpox lesions or victims of polio lying in iron lung to scare people into getting the chicken pox vaccine, they are appealing to irrational fear and not to fact or science. When doctors in developed countries tell mothers of newborns frightening stories about hepatitis B- a disease common to prostitutes and IV drug users, something that fewer than 1 in 50,000 young people per year would be exposed to- they are appealing to irrational fear." Wilcox sites his source

## Rogers and Hammerstein said,

You've got to be taught  
To hate and fear  
You've got to be taught  
From year to year,  
It's got to be drummed  
In your dear little  
ear  
You've got to be carefully taught.





# Faith Communities & Face Masks

A Truth Seekers View with Joel Sinnhuber

Wearing masks constantly is not a good idea for any age, but especially for children. As they are still growing and their bodies are still developing it's even more imperative that their oxygen flow is not cut off. When you put a mask on you are denying your body the oxygen it needs and you are also breathing in the toxins that your body is trying to get rid of over and over. Eventually, this can lead to bacterial pneumonia. This actually happened during the Spanish Flu about 100 years ago. The flu was real and people died from it, but many died from wearing masks because it caused an infection in their lungs.

Wearing masks is also damaging psychologically for children. They feel like they are being punished and are not able to see their friends facial expressions. This has long term mental repercussions and can cause deep trauma and even PTSD.

Also, masks are a way to take away the person's identity. You then just look like a herd of sheep. Further concerns arise with kids and persons being kidnapped and human trafficked.

Not only is long-term mask wearing not healthy, but it's very abusive especially to force it on children. There are no real facts or evidence that

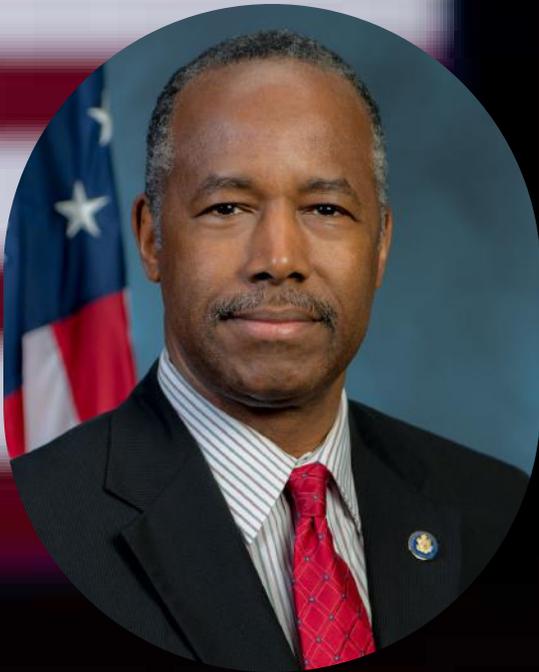
mask work in preventing sickness. In fact, Brett Wilcox found in his research that the destruction of healthy child development and healthy parent/child relationships caused by chronically frightened and traumatized parents, the masking of parents and/or children, fear of parent/child physical contact, and obsessive focus on hygiene is detrimental to long term health and psychological wellbeing.

In fact it works the opposite way. Kids have reported feeling faint, dizzy, or even passing out from wearing masks too. They play outside and run around with a mask on if they are told to do that. If you try to run with your hand over your mouth eventually you are gonna pass out. This past school year some schools went overboard where they were rewarding kids with 10 min of oxygen for all who complied with the mask wearing. It's one thing to force this on adults which I still don't agree with, but to force it on children is wrong on so many levels and they will grow up with all kinds of issues because of it. If they are gonna go back to school this fall there should be no masks and no social distancing, otherwise parents need to just homeschool their kids.



Dr. Carol M. Swain

Dr. Carol Swain &  
Dr. Ben Carson  
Discuss the  
Origins, Impact,  
and Response to  
Critical Race  
Theory



Dr. Ben Carson

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Dr. Carol Swain appeared on the American Cornerstone Institute's latest Cornerstone Conversation episode on Wednesday, alongside Dr. Ben Carson.

The two proved a compatible pair with unique insight on critical race theory. Both were born in the early 1950s, enduring and overcoming hardships and poverty in their childhood about a decade before the abolishment of Jim Crow laws.

In his opening statements, Dr. Carson explained that standing up against critical race theory, as a black individual, requires a lot of courage. He observed that those who disagree with critical race theory are demonized.

"[T]he thing that really determines who a person is, as Dr. MLK emphasized so strongly – I suspect that he would be quite disappointed with critical race theory – it's the character that makes a person, not the color of their skin," said Dr. Carson. "Critical race theory turns that completely upside down and says that the color of their skin makes an enormous difference in terms of who you are and what you should think."

In response, Dr. Swain reflected on her own experiences of becoming an outspoken opponent of critical race theory. She recounted the difficulties of her own beginnings and how she became a conservative. She was one of twelve children raised in rural poverty who dropped out of school after the 8th grade, got married at 16, and had three children by age 21. It was at that point that Dr. Swain got her high school equivalency and went to college, where she earned the first of five degrees.

As Dr. Swain moved into academia – first at Princeton University, then Vanderbilt University – she shared that she enjoyed her work. Everything changed, however, the moment she became a Christian. Dr. Swain shared that she became more conservative after that.

"I enjoyed winning national prizes and getting lots of accolades, signing bonuses, until I became a converted Christian, [and] increasingly became more conservative,"

said Dr. Swain. "But even when I was a Democrat, I had common sense, and I didn't see the world the way other people around me saw the world, and so I was being called conservative back then."

## **Critical Race Theory's Origins**

The idea of critical race theory has been in academia for a while, according to Dr. Swain. She shared that she'd heard about it while she was earning her degrees.

She explained further that it wasn't until previous President Barack Obama came into office that she began noticing the impact of critical race theory. Due to this, Dr. Swain explained that she dedicated her last four years teaching at Vanderbilt University to discussing the impact of communism on America's political life and culture.

"It was a class where I did not allow political correctness: it was a free-speech zone," said Dr. Swain. "What I see taking place today with critical race theory, I believe it is the civil rights challenge of our time."

Dr. Carson observed that widespread change is most effectively implemented through widespread dissatisfaction. He noted that the issue of racism

## **The Why Behind 'Systemic Racism' and Critical Race Theory**

According to Dr. Swain, racism is a distraction and diversion tool for the political left. It prevents people from recognizing the political left's failings. Dr. Swain asserted that systemic racism no longer exists because she watched it fail and observed its downfall through the Civil Rights Act of 1964, the Voting Rights Act of 1965, and the Open Housing of 1968.

"I was born into systemic racism. I watched it crumble," said Dr. Swain. "What I saw develop and evolve [after that] was a system of opportunities for people like me, and I can tell you many of my mentors – most – were white."

Neither Dr. Swain or Dr. Carson alleged that racism hasn't and doesn't exist.

Dr. Carson recounted how he went from the bottom of his class to the top of his class in junior high school, simply by studying – and won the award for top academic performance. However, Dr. Carson said that one of the teachers chastised the white kids during the award ceremony.

“You are obviously not working hard enough,” Dr. Carson recounted the teacher saying. “There is no way this young man, with all the hardships, should be number one.”

When he and Dr. Swain were young, Dr. Carson said that affirmative action was necessary to allow minorities to prove themselves. Today's world is different. He said that people have proven themselves, so affirmative action is no longer necessary.

“You have black admirals and generals, and CEOs of major corporations, Fortune 500 companies, universities. We have a black president, we have a black vice president,” said Dr. Carson. “I mean to sit there and say things haven't dramatically changed – it's a denial of reality.”

Dr. Swain responded that the unfortunate truth was that a lot of children believe in the teachings of critical race theory: that this country was built and runs for the benefit of white people.

“No longer are they saying that we want to achieve a colorblind society or achieve equal opportunity, they want to give up undeserved advantages to people because of the color of their skin,” said Dr. Swain.

Dr. Carson opined that people become like animals when they view everything through the lens of race because animals lack the capacity to see things like character and individuality. Rather, animals judge solely based on what they can visualize.

“Your race is not something you can control. Your character is something that you can control,” said Dr. Carson. “Why would you judge someone based on something they can't control versus something they can control?”

## **How Critical Race Theory Violates Civil Rights Laws**

The Civil Rights Act of 1964, the Voting Rights Act of 1965, and the Open Housing of 1968 – all of the laws that abolished Jim Crow in America are being violated through critical race theory. Dr. Swain suggested that white individuals harmed by critical race theory have legal recourse because of that.

“Race includes whites. The Equal Protection Clause of the 14th Amendment covers all persons,” said Dr. Swain.

Dr. Carson remarked that he couldn't imagine growing up a child in today's world. Not only are they inhibited from seeing facial expressions due to masks, but they are told that they may be responsible for the deaths of the elderly in their lives or at risk of death themselves. On top of all that, Dr. Carson said, white children are told that they're the cause of all societal problems and black children are told they will always be victims.

“It's almost child abuse, what we're doing to them,” said Dr. Carson.

Dr. Carson cited the Brookings Institute research that discovered that finishing high school, getting a full-time job, and waiting until 21 to be married and have children would severely slash an individual's likelihood of poverty. That research has become popularized as three rules or three norms.

Dr. Swain added that even if mistakes are made, this country's wealth of opportunities allows for the possibility to turn your life around. She also noted black America's resiliency, citing Black



A CALL *to* RECLAIM  
AMERICA'S FAITH & PROMISE

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# BE THE PEOPLE

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CAROL M. SWAIN, PhD



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Book: Be The People  
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black America's resiliency, citing Black Wall Street – an African-American community that prospered greatly without government interference, until the Tulsa race massacre occurred.

"That's the story we should focus on: the successes we have been able to achieve as Americans working together across color lines," said Dr. Swain.

### **Bridging Differences of Opinion**

Racial tensions of some form have always existed. Dr. Carson explained slaveholders' tactics of creating divisions among their slaves by encouraging groups of slaves to believe they were better than the other groups. Dr. Carson said that today, the differences of opinion are what causes these internal tensions.

"If there is systemic racism, it is on behalf of people who have very cleverly, ever since slavery, manipulated," said Dr. Carson. "And now, in today's society, [those manipulators make black people believe] you cannot agree with this black person if they have a different way of thinking. You know? Let's keep the tension there, let's keep the hatred there – and people keep falling for this stuff."

Dr. Carson said that individuals need to be courageous in taking ownership of their life and speaking out against critical race theory. "You don't have to be a permanent victim. You can be a victor," said Dr. Carson. "You can be somebody that inspires other people to do even better."

Dr. Swain's New Book on Critical Race Theory  
In closing, Dr. Swain revealed that she is anticipating the release of her book, "Critical Race Theory: A Guide for the Perplexed," around August 1.

"I don't believe that the school systems who are pushing a race agenda and political activism instead of education – they are not on solid ground," said Dr. Swain. "I think that if you stand on principle – just principles that you know – that you can get the upper hand."

Watch the full interview here:



[www.GraceAndTruthMagazine.com](http://www.GraceAndTruthMagazine.com)

**Dr. Carol Swain is the host of the podcast "Be the People" (GTRW) and "Two Minutes to Think About it with Dr. Carol Swain (Bott Radio). She is also an author and editor of nine books, which have won three national awards and a Pulitzer Prize. Dr. Swain is a former university professor of political science and law at Princeton and Vanderbilt Universities, and a nationally known political commentator who has appeared on Fox News, ABC Headline News, CNN, BBC Radio and NPR, among other outlets. Her opinion pieces have been published in the likes of The New York Times, USA Today, CNN Online, the Epoch Times, the Washington Post, and the Wall Street Journal. For more about her, visit her website at: [www.CarolMSwain.com](http://www.CarolMSwain.com)**



# Memorials - A Worthy Foundation

By: Pastor Gwen Dreger

**“I will remember the works of the LORD: surely I will remember thy wonders of old. I will meditate also of all thy work, and talk of thy doings. Thy way, O God, is in the sanctuary: who is so great a God as our God?” Psalms 77:11**

Memories are great treasures. They contain the wealth of what was empowering us to stand through present and future troubles. They have a deserved place in our hearts and thought life. Wisdom can rise from them which can guide us when we are unable to navigate the unknowns we often face.

**Memories are designed to be a blessing. For some, memories feel more of a curse. But there is a place of healing for memories of painful times.**

Our eldest daughter came near death while carrying her first child. I watched her have seizure after seizure with her blood pressure immeasurably high. The tension in the room while doctors and nurses were attempting to save her life was palpable. The silence of all present, deafening. Then, with one more seizure, a pushing of us out of the way as she was hustled down the hallway to surgery.

**A baby was born. She was still breathing but on life support.**

The following moments with physicians contained many scenarios. Her husband, my husband, and I stood and listened to what was said. The next few days were rough. They were filled with the sounds of machines and visual images that tried to have permanent residence.

It was during these times that we made some decisions that affected our future in ways we did not foresee. We decided not to fear. We decided that God's Word was above any man's word. We decided to trust God.

There was a moment during the coma when our daughter awoke. She stared at me, intubated, with her eyes questioning me and patting her 'empty' stomach. I looked her straight in the eyes and said, "Fight like I know you know how to and hang on to God."

You see, this was not the first time that our daughter had an encounter that required some fight. When she was 14, she had a viral attack. She had learned how to believe and trust that what the Bible says is true. That was the memory I was speaking to. I wasn't asking her to remember pain, I was asking her to remember her God. To remember He is her deliverer. He is her healer. To remember that He is more than able to do it again.

Yes, she awoke 2 and half days later in her right mind and went on to bring 3 more children into the world. The first little, tiny boy, lived. He is now a tall teenager. During his hospital stay of 3 months, our joy spoke to others. We prayed for another little one that was born paralyzed. Within 45 minutes of laying hands on him, he began moving. His mother sent an email with a video of him walking at 9 months old.



**“I will remember” are powerful words.**

They contain choice, decision, and strength. Choice because it is in your hands what you think about. Thoughts don't just show up in life. I always thought that they did. But when I realized that I had a choice what to think about, it changed so many things.

Has someone ever asked you what you would like to eat? The response, “Let me think about it.” Right there! You decided to think about what you wanted to eat. That is simple, but once you see it, you can apply it to other situations.

After our daughter and her baby were out of the hospital, I had pictures stained in my mind about her having seizures. They would play over and over, and I truly thought I had no control over it. That was horrid and tormenting. So, I prayed about it. I realized that same thing about eating. This is where a decision had to come into play.

**Now that I knew I had a choice, it was time to decide what to do with that it.**

Somehow, this sneaky bit of “I am responsible for this,” didn't want to be admitted. To think I had no one to blame for what was going through my head wasn't exactly what I was hoping for. That admission was my ticket to freedom. I decided to think more about what and who God is to me, than all the other things. I considered how great He is to heal. How good He has been to our family.

It was about 3 days after this big ‘aha’ moment that I remembered I had forgotten. Now, I know that sounds funny. But I needed some right kind of forgetting. I needed to know that I didn't need to remember the trauma. I wasn't losing anything I required in life. It was ok to let it go into the sea of forgetfulness. That was the beginning of His strength in me.



**Reverend Gwen Dreger  
Founder & Senior Pastor  
Celebration Life Church  
2A – 13139 80th Ave  
Surrey, BC V3W 3B1**

I have seen much ugliness as I have travelled this world and met so many from different walks of life who have suffered horrible things. Some decide to carry them into every situation and make decisions by them. Those who do, continue in their suffering. But those who decide to let go, move forward.

Most who meet me consider me to be a 'strong' person. The assumption is that I must have had a beautiful, simple life. My life is beautiful. However, I have walked through the valley of death more times than I would care to write about.

Today's present strength arose through putting experienced Bible truths in front of life's challenges. Each time hardships sail by; I remember my God. I remember His deliverance. I remember His great power, His love, His kindness, and His forgetfulness. I have learned to lean on Him for strength. To listen for His tender voice and to ensure that I walk and talk of all His good works!

# Pastor & Reverend Gwen Dreger

is the founder and senior leader of Celebration Life Ministries. She is also the BC Southwest Regional Secretary for Independent Assemblies of God, Canada. She is the author of several studies and books including "There's Always Time to Hear God" and "Hard is Not Forever."

Having Christian parents and a background from the Salvation Army provide her a broad spectrum of ministry experience. She has planted churches and travelled abroad preaching and teaching the word in strength, in power, and with signs and wonders following.

Her greatest desire is to see leaders from all nations come together in strength; to partner with and equip them to fulfill the dreams God has placed in their heart. Further, that they would increase in the understanding of the principles of the Word of God and that those principles would be firmly rooted into every aspect of their walk.

Pastor Gwen and her husband Barry live in Surrey, BC, Canada and are the proud parents of 3 daughters and 6 grandchildren and spiritual parents to many more.

We encourage you to visit the church's website, [celebrationlife.ca](http://celebrationlife.ca), where you can view messages online and the Celebration Life Facebook page for up-to-date messages and links to resources. You can also follow Reverend Dreger on Twitter at: [twitter.com/LifesRev](https://twitter.com/LifesRev)



# Double Glory in the Hebrew Year 5782

The Month of Tishrei is the first month of the civil calendar year and the seventh month of the ecclesiastical year on the Hebrew calendar. It is also called the Head of the Year or the “month of beginning”. It starts on Tuesday, September 6 at sundown and is a celebration called Rosh Hashanah or Feast of Trumpets. It is the beginning of Hebrew New Year 5782 which means 5,782 days since the creation of Adam and Eve.

Tishrei is a Hebrew month in which three feasts take place which are the Feast of Trumpets, Day of Atonement and Feast of Tabernacles. On Rosh Hashanah, the first day of Tishrei, what is called the Ten Days of Awe begins, which goes until Yom Kippur, or the Day of Atonement. The Days of Awe are 10 days of repentance, prayer, fasting and cleansing to prepare one’s heart for the Day of Atonement which starts Wednesday, September 15 at sundown until Thursday, September 16 at sundown and is the Highest Holy Day of the Year to the Jews. It is a day we who believe in Jesus as Messiah remember that He sprinkled His blood on the mercy seat in the heavenly tabernacle.

This is followed by the third feast which is Feast of Tabernacles or Sukkot which begins sundown on Monday, September 20- sundown on Monday, September 27. This feast is highlighted for the Jews as they remember building booths or shelter when the Lord called them to live in the wilderness. For those who believe in Jesus, we remember that Jesus tabernacles among us and is our provider.

Each feast is a recognized appointed time set aside by God where we come to meet Him.

God has given me a special word for Hebrew year 5782 that I want to share with you. The numbers 5-7-8-2 are biblical numbers that mean- grace, perfection, new beginnings and double portion. God has shared with me that this year we’re going to see double glory come into the earth. In Habakkuk 2:14 (KJV), the scripture reads, “For the earth shall be filled with the knowledge of the glory of the LORD, as the waters cover the sea.”

The Hebrew word knowledge is da’ath which is broken down to the word yada. Yada means to know as in seeing, as in recognition through a variety of senses, as in observation and care, and even friend, famous, kinsfolk or kinsman. We all know a kinsman redeemer who gave His life that we might live, that is Jesus Christ, our Lord and Saviour. In other words, when the earth is going to be filled, it's going to be filled to fullness with the knowledge of the glory of the Lord which comes from a knowledge of Jesus, as our redeemer. He is one who has saved us from our sins and reconciled us to relationship with the Father by His shed blood on the cross.

That word glory in the Hebrew is the word kabod, which means the weighty presence of God, splendor, and honor. This is broken down to the word kabad which means weighty in a good sense, numerous, rich, honorable, abounding as in reference to nobles or nobility. We will know the fullness of our kinsman redeemer’s weighty presence and His

# Dr. Candice Smithyman

is an author of 86 books, public speaker, spiritual leader, church historian, and humanitarian. He has established many churches and accredited Bible schools. He is currently building Embassy International Church in Orlando, Florida, an apostolic center to serve his community and the nations. Dr. Liardon has ministered in over 127 nations and loves to pray, teach the Word of God, and prophesy to bless God's people. He speaks to a current generation of believers who want to draw closer to the heart and mind of God and impact their communities and the nations through the Gospel of Jesus Christ.

Our IG community knows Pastor Roberts as the God's Generals guy!

For more about him, visit his website at: [www.RobertsLiardon.org](http://www.RobertsLiardon.org).



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THE JEWESS BELIEVER

WITH JESSICA STERN FOSTER

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Habakkuk 2:14  
continues it  
says, “as the  
waters cover  
the sea.”

This means  
we will know  
His splendor  
and majesty  
as vast as  
waters  
covering  
the sea.

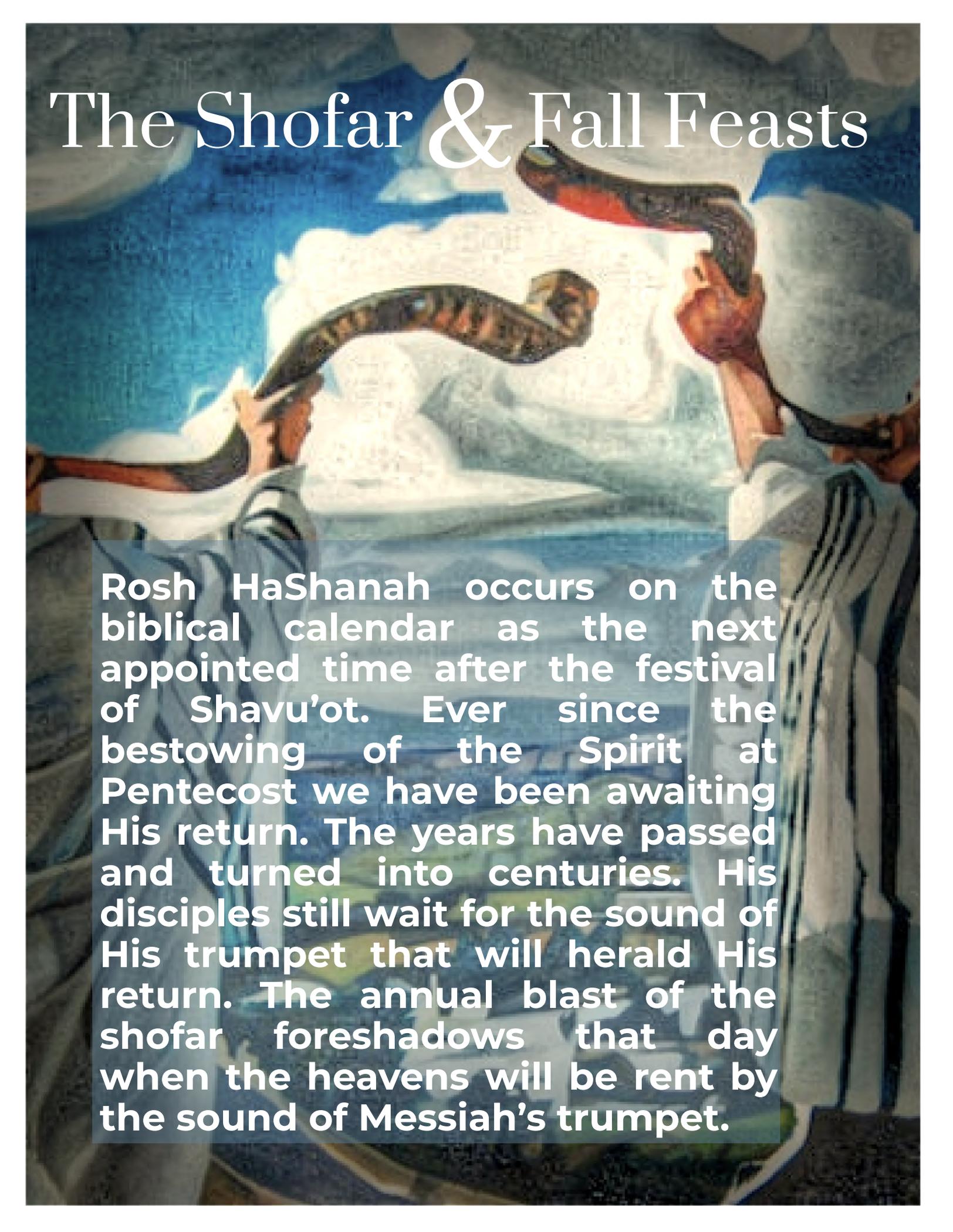
splendor and majesty as we come to know His nobility and bow to it in the earth realms.

As Habakkuk 2:14 continues it says, “as the waters cover the sea.” This means we will know His splendor and majesty as vast as waters covering the sea. That word sea in the Hebrew is the word yam which means to roar, as a noisy surf. In Florida, where I am from, we have wide beaches on both coasts of the state. Have you ever stood on the sand and looked to the far right or far left of where you are standing and see how far the beach goes and how much water is ready to rush in and pound the sand. When the waters rise, they flood the sand, and as each wave hits the sand a roar is let out by the noisy surf. The waters fill to overflowing. This year in 5782, I believe the Lord is filling the earth with His glory and God is sending a roar on the earth that will be likened to a noisy surf hitting the sand. This is for those who have ears to hear, a mighty sound of the glory of the King of Kings is coming forth. His nobility and majesty will be experienced by us in a greater way. Yes, the earth is in a desperate place and our culture is weak and overrun, but we will grow in the knowledge of our kinsman redeemer and all He has done so we can walk in double glory in 5782. We have seen some glory in the earth, but I believe as the people of God really connect with His heart for them, no matter their circumstances, they will step into a greater knowledge of the Lord and it will become a roar.

I just want to pray for you because we're entering into this Hebrew New Year of 5782. May you receive this new year a double portion of grace, perfection, new beginnings, and double portion of every spiritual blessing in the heavenlies. May a double portion of His spirit, a double portion of His glory come upon you so that you will be equipped to be a glory carrier into the earth. As we the church become knowledgeable in these truths and as we grab a hold in our senses the Lord being our kinsmen Redeemer, we will begin to cover the earth with His glory as the waters cover the sea. We will roar with a sound that comes from all of us together united in His glory covering the earth.

Double glory is coming in 5782. God is making a way! He has prepared your heart to receive more and more of Him. Please share this good news with some people who need to hear it. Remember Christ in you is the hope of glory in the earth today and double glory is coming!

# The Shofar & Fall Feasts

A painting depicting two men in white robes, likely Jewish, blowing shofars (ram's horns). They are positioned in the foreground, with their arms raised and the horns held to their mouths. The background features a bright blue sky with soft, white clouds. The overall style is classical and religious.

Rosh HaShanah occurs on the biblical calendar as the next appointed time after the festival of Shavu'ot. Ever since the bestowing of the Spirit at Pentecost we have been awaiting His return. The years have passed and turned into centuries. His disciples still wait for the sound of His trumpet that will herald His return. The annual blast of the shofar foreshadows that day when the heavens will be rent by the sound of Messiah's trumpet.

## **A shofar is an ancient musical horn made of ram's horn, used for Jewish religious purposes.**

Jewish eschatology teaches that the fall festivals allude to the time to come. First comes the judgment on Rosh HaShanah when the court is convened, then the confessions of iniquity on Yom Kippur when the court issues its verdict, and after that, the rejoicing of Sukkot and Shemini Atzeret.

Likewise, the time to come commences with a great day of judgment, corresponding to Rosh HaShanah. After that, it is written, "I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your filthiness" (Ezekiel 36:25). And the LORD says, "I will pardon those whom I leave as a remnant" (Jeremiah 50:20). These passages correspond to Yom Kippur.

After that comes Sukkot when we dwell in booths for seven days. In this regard, the prophet Isaiah says, "There will be a sukkah to give shade from the heat by day, and refuge and protection from the storm and the rain" (Isaiah 4:6). This is why it is called the season of rejoicing. Finally, Shemini Atzeret concludes the festivals, corresponding to that day when the time of the nations will be finished and Israel will rejoice.

The sound of Messiah's shofar will announce His arrival, the inauguration of His kingdom, and His coronation. The world will repent and renounce its wickedness. He will bring a fresh revelation of God to the world, transcending the revelation at Sinai, and the Torah will go forth from Zion as it once did from Sinai.

The trumpet blast that heralds His arrival will be a warning to the wicked. He will rebuild the holy Temple in Jerusalem. He is the son who was bound like Isaac, and in his merit God will forgive Israel their sins. He will fill the world with the fear of

the LORD, and all nations will stand in judgment before Him. He will gather the exiles of Israel, for He "will send forth His angels with a great trumpet and they will gather together His elect from the four winds, from one end of the sky to the other" (Matthew 24:31). Then "the trumpet will sound, and the dead will be raised imperishable" (1 Corinthians 15:52).

According to the Talmud, the blowing of the shofar on Rosh HaShanah confuses Satan. The sound of the shofar on Rosh HaShanah frightens him because it reminds him that his time is short. He dreads the shofar blast of the Messiah that will signal the final redemption.

When Satan hears the shofar of Rosh HaShanah, he exclaims in terror, "It is the shofar of the day of judgment! The time is short when I will be swallowed up, as it says, 'He will swallow up death for all time'" (Tosafot).

## **The Messiah's shofar will announce his arrival, the inauguration of His kingdom, and His coronation.**



# The Forgiveness Key

## THE HEART OF THE FALL FEASTS & FAMILY

BY: JESSICA STERN FOSTER

When I think about fall, I inevitably think about the end of summer. It is the end of a season and the beginning of a season. I think about cooler weather and since I grew up Jewish... I think upon the Feast of Tabernacles.

I always get a chuckle hearing many of my Christian friends who did not grow up in Jewish traditions as I did, as they attempt to explain what the Feasts of Tabernacles means. Undoubtedly, everyone lumps it as the Feast of Trumpets. While this is true, it is only a small portion of the explanation.

For me, the Feasts are an amazing time to hit the rest button... kind of like when we get a new phone, we get lots of new memory and speed after the shift from the old to the new. Yet anyone who has ever gotten a new phone knows there are some shifting/moving pains.

As a Jew, I am reminded of the tradition of things during this time of year and the why. When I set about working on our ministry calendar this year, the Holy Spirit

prompted me to be very strategic and detailed in the schedule. Since we now have the Worship At the ROC on Tuesday nights, we do a very thorough schedule to keep things in tune for radio recording. I then schedule out the meetings and even input the placement of prayer times. Of course, my cousin who heads up the Praise & Worship and Production Team, adjusts things in the schedule accordingly.

Since we have a very Judeo-Christian format and group of ministers, the Lord prompted me to make sure to add in the prayer topics this year. At first, I was a little shocked, but the Lord showed me the why rather than explaining the why.

Most people who do not grow up Jewish over look the fact that the Feast of Tabernacles is all about forgiveness, repentance, and the coming clean before God! In my own amazement, I thought: 'How could anyone miss this or not know this fact, Lord?'



Yet, apparently many miss this concept completely and easily pass right by this fact, pulling the grace card and look to collect their two hundred dollars and pass jail- as a monopoly pun would say.

As I look around at the amount of times the "Grace Card" is being taught in most churches, I just feel the grieving of the Holy Spirit within me. Now do not get me wrong, I believe in grace! I know that it is by the grace of God that I am able to be a woman in ministry who has been divorced more than once and still get to stand knowing that while I may have had a Biblical out as one would say, most would disqualify me. Many would merely do that on the basis of me being a woman.

Yet here I am, by God's mercy and grace, building the Kingdom of God!

Grace... it is for all of God's children!

My friend and fellow pastor friend, Tashia, recently posted a video of a pastor who shared some of the things I had been saying. When we love someone, why would we continue to do things to hurt them. When we are in a relationship, why would we consistently sin against someone and just expect that forgiveness is there so I will just ask for forgiveness. At some point, there must be consequences.

As these words hit me, I noticed that within my own ministry, I was witnessing some do some things repeatedly with patterns of behavior, only to claim the grace card. I would then watch the person they hurt react and watch as the one screamed for grace, yet accused the one reacting out of pain. I then was seeing patterns of one trying to take two wrongs to make a right again, only messing things up further.

The Lord reminded me of a story that is found within the very teachings of the Feast of Tabernacles itself...

According to tradition, the Israelites refused to enter the land on the ninth day of the fifth month (Tisha b'Av). Consequently, Judaism observes that day as an annual fast day. The same date is the anniversary of the destruction of both the first and second Temples:

On the ninth of Av it was decreed that our fathers should not enter the land, the Temple was destroyed the first time and the second time. (b.Taanit 29a)

The Torah reading of Deuteronomy 11:1-3:22 is always read on the Shabbat before the ninth day of the fifth month. It is here in these verses where Moses retold the story of sending the twelve spies into the land of Canaan and the tragic results of that mission. He reminded the generation of how their fathers faithlessly refused to enter the land and how God punished them with wandering in the wilderness. He retold the story of how, after the rebellion, the Israelites made a failed attempt to enter the land.

You have probably heard the expression "Two wrongs don't make a right." This means that when we have done something wrong, we should not try to correct the error by doing another wrong. After committing the sin of rejecting the land, the Israelites perceived that they had displeased the LORD. They reversed themselves and immediately prepared to enter the land. They girded themselves for war to attempt an invasion. The LORD spoke through Moses, telling them, "Do not go up nor fight, for I am not among you; otherwise you will be defeated before your enemies" (Deuteronomy 1:42).

The Israelites would not listen. They attempted an invasion of Canaan and were soundly beaten back. When God told them to enter the land, they would not. When God told them not to enter the land, they insisted on entering.

Ordinarily, repentance is a simple matter. When we realize we have sinned by doing something wrong, we simply need to confess our wrongdoing, turn around and do the opposite. However, it is not always so simple. Sometimes our sin creates consequences that make it impossible for us to reverse course.

For example, suppose a father forbids his daughter from a certain marriage. She refuses to listen and elopes with the fellow. After a year of marriage, she realizes that she has made a terrible mistake by ignoring her father's warnings. She decides to end the marriage. After all, her father didn't want her to be married to this man. The second wrong does not right the first wrong. The choices we make have consequences, and sometimes it is necessary to live with those consequences.

Spiritual maturity requires us to accept the consequences of our actions. The children of Israel were not willing to accept the consequence of their rejection of the land. Rather than submit to the forty-year decree, they rebelled against God's word again. When we truly trust God, we will be willing to submit to His justice, even if it means discipline.

**When we have done something wrong, we should not try to correct the error with another wrong. Spiritual maturity requires us to accept the consequences of our actions.**

While this time of reflection of the Feasts can sometimes show us bitter things and sweat things, we have to remember that it is a time of the pruning of the vine.

As a Jew, I am in the vine of the old wine. As a Jewish Believer, I am engrafted into the new vine of Yeshua Jesus, and the new wine! Anyone who gardens, has fruit trees, or grave vines, knows that in order to keep the fruit plentiful and the vine healthy, there has to be pruning. As we prune the vine of our spiritual lives, we cut o and remove thing things that will keep us from growing so that we can be healthier and produce fruit.

My hope for you this Feast of Tabernacles is that you reflect upon your life and find repentance, true forgiveness, and end the cycles of wrongs so you don't find yourself cut off from the Vinedresser.

Sometimes we move on adding borders and boundaries to protect the House of God and our own spiritual well-being, but we must forgive. I always pray for redemption and restoration; yet I also know that it is best to keep the vine pruned to produce much Kingdom fruit and to protect the House. I pray that you, my friend, learn that this is a healthy aspect of living as we keep the new wine in freshly oiled wineskins with oil-filled lamps ready for the return of our Messiah Yeshua Jesus- King of Kings and Lord of Lords!

Berakhah Shna Tovah!

Jessica Stern Foster  
JX





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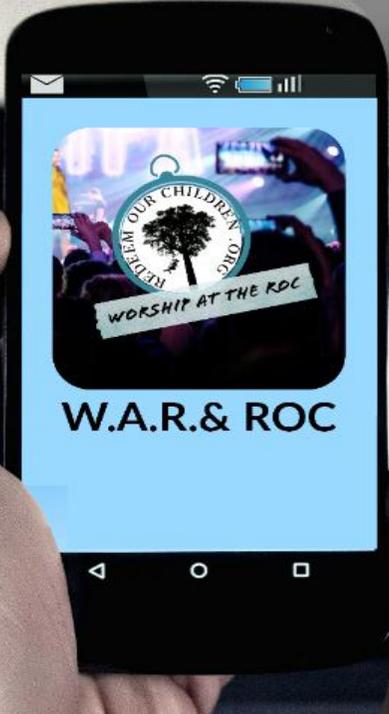
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accounts,  
we should  
be forgiving  
daily.***

***Pastor  
Jim Carey***

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# THE FALL APPOINTED TIMES

## - THE FESTIVALS -

BY: PASTOR JIM CAREY

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September 6, 2021, begins the fall appointed times to meet with the Lord our God. The **Hebrew** calendar **year** of 5781 turns to the year **5782** upon sunset. (9/6/2021) The Hebrew New Year or head of the year starts the day of rest called the **Feast of Trumpets/ Rosh Hashanah**. The shofars are blown to gather the people in from the fields; for a day of rest and reflection for the new year and the day of atonement, that is ten (10) days away.

**Yom Kippur, the Day of Atonement**, is a day for fasting and asking for forgiveness. During the ten Days of Awe, believers are to repent of sins toward God and others. They are to seek forgiveness and peace among their brethren/ family members. Remember when Jesus gave the Lord's prayer to the disciples. **Forgive us our debts, as we forgive our debtors**. He went on to state that God would not forgive you if you do not forgive others. (Matthew 6:9)

The Day of Atonement was the day that the High Priest went into the holiest of holies and offered a sacrifice for the sins of the people and the nation. We know that Yeshua Jesus; upon his death on the cross, went into the holy of holies and offered his blood as the perfect and final sacrifice for our sins.

**It is finished** was Yeshua's final words. The veil of the temple was torn from top to bottom; to create access to God, by his children, was granted. (Matthew 27:50) The veil was multi-colored with purple and gold interwove with the many layers of shear panels that separated the most holy place of the ark and God's presence, from the rest of the temple. When you start to seek God, the veil in your mind is removed...and the Holy Spirit draws you closer to God our Father.

Let's look at the beginning of the fall appointed times by looking at Leviticus 16:29, 23:23, and 23:33.

Leviticus 16:29. And this shall be a statute for ever unto you: that in the seventh month (Elul) on the tenth day of the month, you shall afflict your souls (fast), and do no work at all, whether it be one of your own country or a stranger that visits with you. For on that day shall the priest make an atonement for you to cleanse you, that you may be clean from all your sins before the Lord. 31. It shall be for a Sabbath of rest unto you, and you shall afflict your souls, for a statute forever. Verse 32 goes on to speak of what the priest is to do. Jesus is our high priest and has offered up the one time offering of his cleansing blood. It paid the final price to free us and cleanse us.

However, we are to keep short accounts/ ask for forgiveness for our daily sins. We are to afflict our souls on Rosh Hosanna, by fasting and resting. We are to ponder our affairs and make amends with others during the ten (10) days of Awe. The state of Delaware has a bury the hatchet day, after elections...to have politicians, that have run campaigns against one another, to forgive and forget. Because in the heat of the battle, people say and do some mean things. So if politicians can bury the hatchet and forgive, we are to settle our accounts on the first day of the year (Hebrew new year). In keeping short accounts, we should be forgiving and forgetting daily...as well as asking God and others for forgiveness.

Let us celebrate Rosh Hosanna and the appointed times in September 2021, by reflecting on our lives, fasting praying to have a closer relationship with God the Father, Jesus, the Son and the Holy Spirit of God. Chag Sameach!

# HOW TO INCREASE THE ANOINTING IN YOUR LIFE

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WITH DR. & PASTOR ROBERTS LIARDON

**"How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him." Acts 10:38 (KJV)**

If Jesus had to be anointed, then you and I need to be anointed too! As Christians, there is already an anointing within us, but our goal should be to get that anointing to increase. We want to experience more than a visitation; we want the anointing to abide continually and increase over our lives.

In order for the anointing to increase, we have to have understanding. Many times, we don't obtain fresh anointings because we don't know how to reach for them and pull them into our lives by faith.

Notice that this verse says, "How GOD anointed Jesus..." The anointing comes from God. It doesn't come because someone poured oil over your head or because a group voted for you in a church meeting. That may be the way it works according to man, but it's not the way it works according to God. The Bible says that GOD anointed Jesus of Nazareth, not the pope or the world council of churches! This is why there is a constant conflict between the legitimate Church and the harlot church! This is also how religious politics are born.

When humans start anointing and appointing individuals outside of God's will, there comes a conflict when someone that is truly anointed shows up. This type of conflict will increase as we approach the end of the age.

**How the Early Church Received the Anointing**

In Acts 13:1, we see how the early Church received the anointing and discovered the will of God.

"Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul.

As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." Then, having fasted and prayed and laid hands on them, they sent them away. So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to Cyprus." Acts 13:1-4 (NKJ)

Notice here that it says, "As they ministered to the Lord and fasted, THE HOLY SPIRIT SAID..." Who was doing the directing here? The Holy Spirit! To get the Holy Spirit to give you direction, you have to give Him time. You have to wait on Him and be sensitive to Him so you can pick up His promptings and leadings.

**His Anointing Comes to Help You Obey**

Whenever the Holy Ghost says something, He always provides the anointing to get it done. Why do some people labor so hard to do what they do? It's because they're not doing what the Holy Ghost told them to do!

# *Dr. Roberts Liardon*

is an author of 86 books, public speaker, spiritual leader, church historian, and humanitarian. He has established many churches and accredited Bible schools. He is currently building Embassy International Church in Orlando, Florida, an apostolic center to serve his community and the nations. Dr. Liardon has ministered in over 127 nations and loves to pray, teach the Word of God, and prophecy to bless God's people. He speaks to a current generation of believers who want to draw closer to the heart and mind of God and impact their communities and the nations through the Gospel of Jesus Christ.

Our IG community knows Pastor Roberts as the God's Generals guy!  
For more about him, visit his website at: [www.RobertsLiardon.org](http://www.RobertsLiardon.org).

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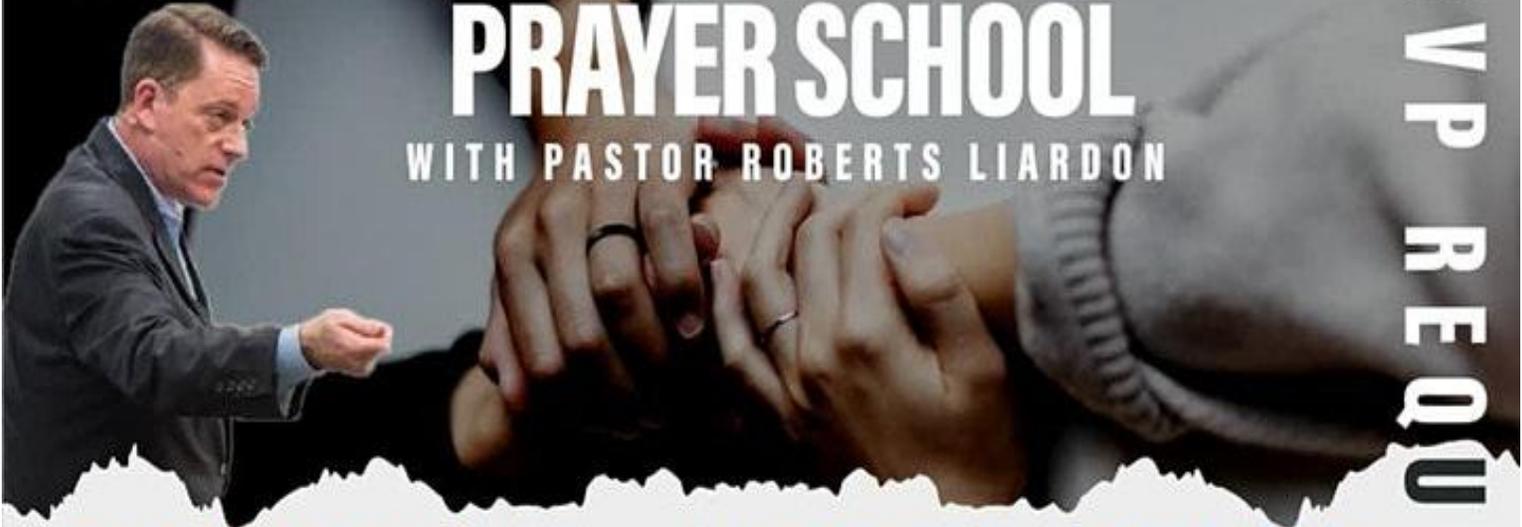




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The Lord said to me recently, "Many people are laboring excessively because they have not learned how to allow My anointing to work for them. They're trying to accomplish that rhema word that I have given them by their own ability." A lot of human effort is made by human will and desire, but very little is accomplished. This is why many of God's people are stressed out.

Further on in this scripture we read, "Now separate to Me Barnabas and Saul for the work to which I have called them." There were many other ministers and prophets

in this particular meeting besides Barnabas and Saul, yet, the Holy Spirit only called these two. This wasn't man's appointment it was God's. It's amazing how many times people will settle for men's ideas and appointments over God's.

### **The Corporate Anointing**

I once heard a fellow minister say, "The battlefield demands a corporate anointing." That's a truthful statement. Many times, we try to accomplish things by individual anointings. But we can get more things done faster and easier when the people are walking in the corporate anointing. Under the corporate anointing there is a unity of heart, vision and Spirit.

The corporate anointing is hindered when everybody tries to be number one instead of working together for the kingdom's sake. It wouldn't matter who is in charge and who is second in command if everybody was just working for the gospel's sake.

### **Special Anointings**

"Now separate to Me Barnabas and Saul for the work to which I have called them." We see here that God gives anointing for specific tasks. In the Old Testament, when God commanded Moses to build Him a tabernacle, there were certain individuals anointed for specific jobs.

And Moses said to the children of Israel, 'See, the LORD has called by name Bezalel the son of Uri, the son of Hur, of the tribe of Judah; and He has filled him with the Spirit of God, in wisdom and understanding, in knowledge and all manner of workmanship, to design artistic works, to work in gold and silver and bronze, in cutting jewels for setting, in carving wood, and to work in all manner of artistic workmanship. And He has put in his heart the ability to teach, in him and Aholiab the son of Ahisamach, of the tribe of Dan. He has filled them with skill to do all manner of work of the engraver and the designer and the tapestry maker, in blue purple, and scarlet thread, and fine linen, and of the weaver—those who do every work and those who design artistic works.'" Exodus 35:30-35 (NKJ)

Some anointings will come upon you for a specific task. They don't stay over your life; they're just there for a certain season. I call them special anointings. Some folks try to build their whole life and ministry around

a special anointing. They had a special anointing for a season, and they tried to keep it flowing, but it lifted. Now they manufacture it and try to cover its absence. They would be much happier if they would just recognize and admit that it has lifted. They need to say, "God, I'm glad you used me that way for that season and purpose, but I recognize that it has lifted. I thank you that there are even greater anointings on their way."

### **Soulsh Addictions**

It's amazing to me how fast people get addicted to certain kinds of anointings. Sometimes people will favor one type of anointing over another. That's called human preference. When we begin to call our personal preference 'divine guidance' we get in trouble. We stop growing, flowing and being progressive. We live a 'maintenance life' and we no longer move forward and take new ground. Too many today wander like Moses and the children of Israel in the wilderness. They go in circles thinking they are obeying the call of God and they don't know that the anointing they were once

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moving in has come to an end. It's easy to get addicted to the way God moved for us in the past! The Lord wants to lead us into a new anointing and a new administration, but He can't if we always prefer the old and refuse to progress. Seasons do change! We have to be mature enough to change with them.

### Characteristics of the Anointing

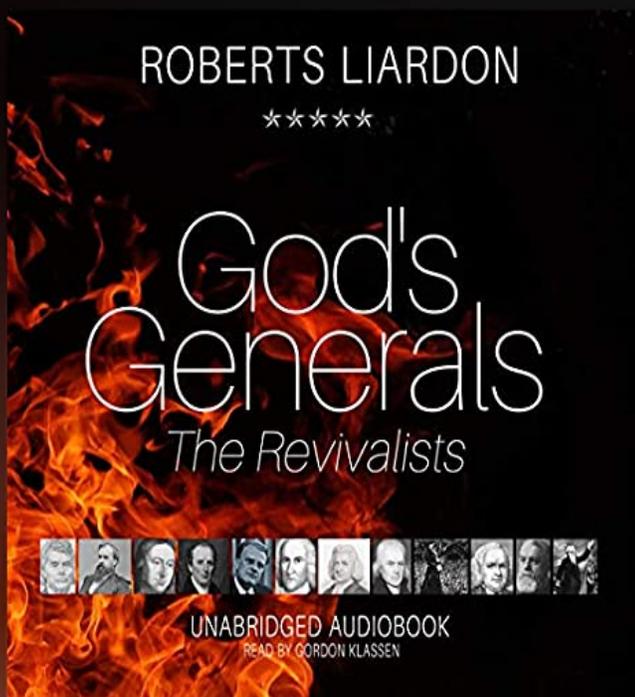
What does the anointing do? It makes your job easier! For instance, there's an anointing to raise children. When you are parenting without an anointing, you get tired and worn out, but when you do it with the anointing, it helps your soul stay refreshed, stable and sound. Whatever task is facing you, there is an anointing to make the job easier.

In Isaiah 10:47, we see that one of the characteristics of the anointing is to break the yoke of bondage.

**"It shall come to pass in that day that his burden will be taken away from your shoulder, and his yoke from your neck, and the yoke will be destroyed because of the anointing oil." Isaiah 10:27 (NKJ)**

Notice that the anointing takes the load off our shoulders. It breaks the yoke of hardness and heaviness. You can tap into the anointing by giving special attention to it throughout your day. It makes things easier. It helps you during the hard times and it enables you to press through to victory.

We need to call on Heaven for a fresh anointing every day. As we spend time fasting and ministering to the Lord, the Holy Spirit will speak and lead us into the perfect will of the Father. With every fresh command from Heaven there will come an increased anointing to accomplish it!



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# The Jericho Prayer

**with Rhoda Faye Diehl**

Heavenly Father, just as You used Joshua to lead the Israelites, Lord, let the Holy Spirit lead us in this time of prayer and fasting. Give us the instructions for our victory just like You did for Joshua. Equip us, Lord, with power and strength. Give us the courage to overcome what is standing in front of us. Lead the way. We know it's not by our power, but by You and through You, that we will destroy the walls in our life. Lord, we are standing on Your promises. We believe and trust in You. In Jesus' name, Amen."

I know we can all relate to this, that life has been anything but easy. We can all agree that God's goodness and His protection has always KEPT us. That no matter how difficult the situation may have been or how distant He's felt, He has never left your side, He's KEPT you.

Those moments when you thought you were going to lose your mind, God KEPT you sane. Those moments when you thought you couldn't go forward any longer, God KEPT you moving. Those moments when you wanted to lash out to those people that have wronged you, God KEPT your mouth shut. Those moments when you barely had any money to eat, God KEPT your stomach full, He KEPT your lights on and your rent paid. When you faced situations that made you weak in the knees, He's KEPT you standing. Today give the Lord some praise and realize this what ever your Going through Jesus said , I'll never leave you or forsake you. He's Got your back he's got you and got this ,

Remember how he's KEPT you all those times before



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# What is Your Harvest?

**By: Tashia Creech**

Each season holds something special and for me, autumn is a time to celebrate harvest. I check off my fall bucket list for visiting the local pumpkin patch and apple orchard. My daughters and I set the pumpkins and mums by the door. Baking commences filling the house with the aroma of cinnamon and all things spice. It's one of my favorite seasons! It's also a great time for me to reflect on what I have sown up to this point in the year in the kingdom. What have I planted, what have I watered, and what has God given increase to? Can we just pause for one moment right now and think about that?

“ For we are fellow workmen (joint promoters, laborers together) with and for God; you are God's garden and vineyard and field under cultivation, [you are] God's building.”  
1 Corinthians 3:9

Harvest in the spiritual realm is celebrated when one soul is won- the angels rejoice! The harvest is plentiful, but the laborers are few. How many fields have you followed Jesus through and gleaned from? To me, harvest is seeing renewed life.

I have tried my best to follow close behind Jesus, as well as my fellow brothers and sisters walking through the grainfields and together picking for the Kingdom. It's been a great journey and I am ready for more.

Look around and you will see so many ripe opportunities ready for harvest. It's renewing the lives of those around us, taking the rotten, life-draining weeds that are growing in someone's field and removing them. Uprooting the should nots and planting hope and expectation in people's hearts. Sprinkling some water that continuously flows and never runs dry. Breathing the breath of God on a breathless moment.

“To grant [consolation and joy] to those who mourn in Zion—to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened, and failing spirit—that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified.” Isaiah 61:3

What once was ruined, is now renovated. What once was desolate, is now ripe for more glory. We are a building under construction, a field that is continuously yielding fruit. Our lives are being built on Christ, the Chief Cornerstone. In Christ, we are being built together into a dwelling place of God in the Spirit. Grandiose, strong, and mighty are we. We are a field full of goodness, the Father looks upon and declares- it is good! He smiles upon us and gives us His blessing. That to me is a plentiful harvest!

Harvest looks different in everyone's lives. It's salvation, it's being clean for 6 months, it's finishing potty training, feeding the hungry, paying it forward, listening to someone cry who just experienced loss, and just being there for someone when you have no words. It's the little victories that are won daily. So, may I ask, “What type of crop do you have coming in?”

**When we have done something wrong, we should not try to correct the error with another wrong. Spiritual maturity requires us to accept the consequences of our actions.**





# THROUGH THE EYES OF A SHEPHERD

## The Sukkot Feast

By: Pastor Kelly Spiro

My husband and I have a small farm in Kentucky. We raise sheep, chickens, food, and our Jewish family in the ways of the Lord... and that Yeshua Jesus is our Savior!

As a shepherd for actual sheep, each season brings new responsibilities for the care of my sheep, as well as new rewards. After a long winter of falling snow, spring ushers in the joyful, long-awaited time of lambs; while summer offers lush green grass for the sheep and lambs to graze on. It also means moving them from one pasture to another to give them proper nourishment.

The transition from one season to the next often requires planning and hard work. Fall is one of my favorite times of the year; the glorious colors of God's mighty creation coming to life, the brisk fresh breeze of falling temperatures and the blessing of harvest from a hard year's work. For a shepherd, that also means ensuring that my sheep have shelter.

I love how much I learn about the Heavenly Father and His love for me through the care of my sheep. He shows me similarities and lessons each day. As I ponder the upcoming Feast of Tabernacles, I am reminded how much the "Sukkah" is like the shelters we build

for our flock. The Israelites wandered for forty years in the open wilderness. They had no homes, only temporary shelters that would shield them from storms and offer rest for their weary bodies. In much the same way, our sheep go where we lead them, and as their shepherds they know that my husband and I will provide water and shelter along the way. They have no fear for lack of it, but rather are led by our voices because they know them well. Just as our Heavenly Father spends time with us, we spend many endless hours with them. We know our sheep by name, and they know us by the care in our tones.

Like a "Sukkah", a sheep shelter is typically three-sided, framed with wood, allowing light from the sun, moon and stars. This shelter lets in a breeze to cool them from summer heat and yet it protects them from winter cold. It is a place of rest; a place to receive nourishment and to feel safe. I have spent many hours laying in the hay with my sheep in these shelters, there is a peace that passes all understanding in this safe place. I can feel the presence of the Lord when I am resting with my sheep. I am reminded of how much our Heavenly Father cares for me, and desires for me to have a time of rest.

Like the Israelites, we all wander and go through our own times of wilderness. The Feasts are a time to keep us centered on our Heavenly Father, to remind us to look to Him alone for our redemption, and our salvation!

I would encourage you this season to create your own "Sukkah" and take time to just rest in our Heaven Father. Allow Him to speak to you, to remind you of what He has brought you through, His provision during times of lack and plenty. Give the Lord the glory He deserves as you are reminded that He alone is your shelter, your light, and your all.

# STAY *calmer*



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UPLIFTING  
BALANCING  
STRESS REDUCING



**STRESS  
AWAY**  
RELAXING  
COMFORTING



**PEACE &  
CALMING**  
RELAXING  
CALMING

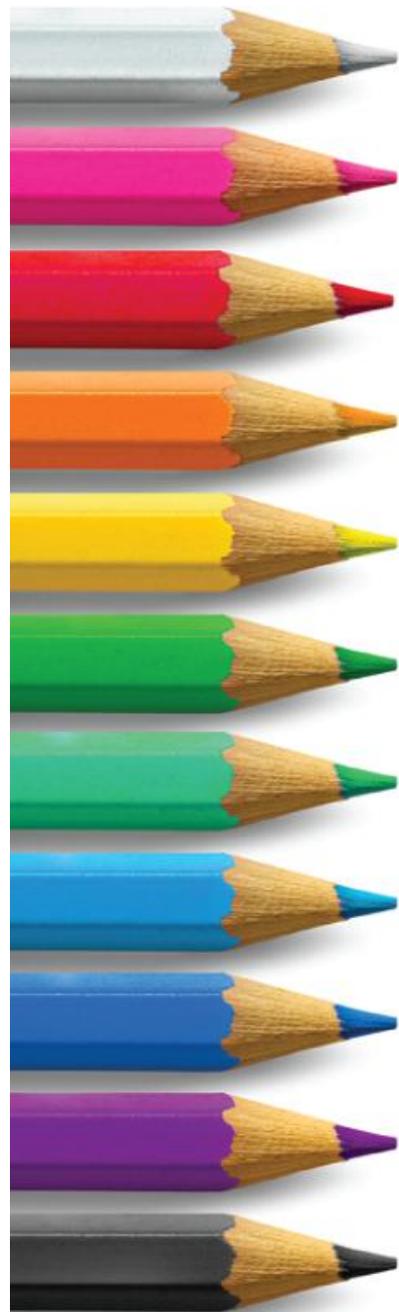


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ב'פשת 5782 / 22-2021



### DEUTERONOMY / B'REISHEET | תישאר

	DATE	HEBREW DATE	TORAH	HAFTARAH	GOSPEL
Sheet	2 Oct. 2021	26 Tishrei 5782	Gen. 1:1-6:8	Isa. 42:5-43:10	Jn. 1:1-17
	9 Oct. 2021	3 Cheshvan 5782	Gen. 6:9-11:32	Isa. 54:1-55:5	Lk. 17:20-27
Lecha	16 Oct. 2021	10 Cheshvan 5782	Gen. 12:1-17:27	Isa. 40:27-41:16	Jn. 8:51-58
era	23 Oct. 2021	17 Cheshvan 5782	Gen. 18:1-22:24	2 Kgs. 4:1-37	Lk. 17:28-37
zei Sarah	30 Oct. 2021	24 Cheshvan 5782	Gen. 23:1-25:18	1 Kgs. 1:1-31	Jn. 4:3-14
t	6 Nov. 2021	2 Kislev 5782	Gen. 25:19-28:9	Mal. 1:1-2:7	Mt. 10:21-38
e	13 Nov. 2021	9 Kislev 5782	Gen. 28:10-32:3(2)*	Hos. 12:13(12)-14:10(9)*	Jn. 1:41-51
ach	20 Nov. 2021	16 Kislev 5782	Gen. 32:4(3)-36:43*	Oba. 1-21	Mt. 2:13-23
9 Vayeshev	27 Nov. 2021	23 Kislev 5782	Gen. 37:1-40:23	Amo. 2:6-3:8	Mt. 1:18-25
10 Miketz	4 Dec. 2021	30 Kislev 5782	Gen. 41:1-44:17	Zec. 2:14-4:7	Jn. 10:22-28
11 Vayigash	11 Dec. 2021	7 Tevet 5782	Gen. 44:18-47:27	Eze. 37:15-28	Lk. 24:30-48
12 Vayechi	18 Dec. 2021	14 Tevet 5782	Gen. 47:28-50:26	1 Kgs. 2:1-12	Jn. 13:1-19

### EXODUS / SHEMOT | תומש

3 Shemot	25 Dec. 2021	21 Tevet 5782	Exo. 1:1-6:1	Isa. 27:6-28:13, 29:22-23	Mt. 2:1-12
Va'era	1 Jan. 2022	28 Tevet 5782	Exo. 6:2-9:35	Eze. 28:17-29:21	Jn. 11:14-22
	8 Jan. 2022	6 Shevat 5782	Exo. 10:1-13:16	Jer. 46:13-18	Lk. 11:31-37
ch	15 Jan. 2022	13 Shevat 5782	Exo. 13:17-17:16	Jdg. 4:4-5:31	Lk. 11:38-44
	22 Jan. 2022	20 Shevat 5782	Exo. 18:1-20:23	Isa. 6:1-7:6, 9:5	Lk. 11:35-36
ishpatim	29 Jan. 2022	27 Shevat 5782	Exo. 21:1-24:18	Jer. 34:8-22, 33:25	
ah	5 Feb. 2022	4 Adar I 5782	Exo. 25:1-27:19	1 Kgs. 5:26-6:13	
h	12 Feb. 2022	11 Adar I 5782	Exo. 27:20-30:10	Eze. 43:10-27	
isa	19 Feb. 2022	18 Adar I 5782	Exo. 30:11-34:35	1 Kgs. 18:1-39	
k'hel	26 Feb. 2022	25 Adar I 5782	Exo. 35:1-38:20	2 Kgs. 12:1-17	
si	5 Mar. 2022	2 Adar II 5782	Exo. 38:21-40:38	1 Kgs. 7:51-8:23	Lk. 11:37

\* TORAH AND HAFTARAH CHAPTER/VERSE NUMBERINGS ARE TAKEN FROM THE PUBLISHED CHAPTEr/VERSE NUMBERINGS ARE INDICATED WITHIN PARAGRAPHS

5782 / 2021-22



# Texas Truth & Jesus

## with Charista Huecker

# Called to Create

Some know me as a social media truther from Texas, and like everyone else living on this planet I came to know there was more to this life than what I saw on TV and what the mainstream media was selling me.

While 2020 came and went, I found myself, (like so many others) with life changes that altered my own plans. In that time, I discovered who God created me to truly become and I stepped out of the business world as just another employee and became a creator, and an entrepreneur! To be clear, I have known from a young age that I had a desire to be an entrepreneur, and in 2020 there was a moment that I felt God's call on my life- a call to create and lead!

Today, I find myself living the dream that God had so lovingly planted within my heart. Every day, I receive many messages from fellow truth-seeking media friends. One of the main questions I receive these days is "how did you become an entrepreneur and leave the corporate world?"

Many people are wanting to break away from the mainstream, society in general, and make an income apart from the status quo — money on their own terms with their own time and efforts!

Since I knew from a young age I was one of the ones who was called to be an entrepreneur and called to create. Yet it was God's perfect timing that brought my dreams to life. I worked in small, family-owned medical offices for 4 years, then switched to corporate life for 2 1/2 years. After about 3 months into my first corporate job, I knew I wanted out. The difference was this time I was determined and ready to work for it! And when I say work for it, I was ready to lay down my will and my wants and submit to God's way of doing things.

I knew my corporate job wasn't the life I dreamed of for years to come, but it provided me the ability and time to create. It gave me the opportunity for me to find who I was in Christ Jesus and to create my own business out of who I discovered in the mirror... the woman God created me to become.

This did not happen overnight. God kept me in the corporate world for as long as He did with great purpose and reason. In the waiting, I learned to utilize every spare moment. I used this time to curate my business plan and what I wanted out of it. This helped me narrow down my execution plan. While this took several months of hard work and many tears of frustration, at the end of each day I had such peace knowing I was working towards my biggest goal! I began to feel my purpose in life and what God wanted for me in His Kingdom. And after all, isn't this what it's truly about?

While anyone can try to adopt business plan after business plan, hire financial advisors, and spend all their money trying to go somewhere, **ONLY GOD GIVES REAL PURPOSE TO A PLAN.**

The reality is you need to start with your **KINGDOM PURPOSE.**

God knows the desires of your heart and He wants to fulfill those desires. (Psalm 37:4) When we focus on the talents that God gave us and listen to how He wants us to use them, it's like a perfect fit to a puzzle piece.

WHY?! Because God placed those desires in us! He gives us the tools to carry them out and He provides the direction to get there when we seek after His will. We just have to be diligent in our pursuit to Him and His Kingdom.

**The reality  
is you need  
to start  
with your  
KINGDOM  
PURPOSE.**



But here is a key ingredient you need: Your heart has to be in it! You have to be submitted to God's will. It will not be easy, but He will never leave or forsake you as long as you seek Him and His will for your life.

**Today, I challenge you to get in the Word of God! Get in His presence and listen for His voice.**

Jeremiah 33:3 says we can call unto God and He will show up and show us great and mighty things. This means we can ask Him to show us our Kingdom purpose! And He will be faithful to fulfill the desires of your heart in a way that honors Him. (Philippians 1:6)

Remember, God provides for His children- never forget that. Just as God has carried me through by His grace, He will carry you though to the purpose He has for you and your life.



**Christa Huecker**

Charista is a Dallas Texas based writer social media influencer/reporter and entrepreneur making her mark for Christ's Army. She values sharing truth in love and has a passion for all things Jesus! Charista shares everything from breaking news to her daily life struggles and how to find strength in your pursuit to Him. She enjoys traveling, spending time in nature with her beloved fur child Sable, and being social with friends and family. You can find her reporting on Instagram @charistahuecker and @sablethegerman.



**Texas  
STATE LINE**

# Rejoice Through Turbulence & Climbing Mountain Tops

By: Lynne Grobbelaar



Today you may stand in front of your mountain. Your mountain may be a death of a loved one, it may be financial, a health crisis, employment, or joblessness... It may just be something else, something personal. Not one of us are certain what the next day may bring, what the next hour or minute holds for us. We are all face trials of tribulations at some point in life. We could say we in the same boat, but we not in the same circumstances. Our stories differ from each other. Yet we as Believers in Jesus, who serve God, know that He promised to never leave us or forsake us... no matter what we face!

For me, my life was never easy. While everyone's personal aspect on ease of life has a different perspective, mine has been the loss of my mom when I was four. As the daughter of a pastor, my dad remarried. We lived in a small town. At age sixteen my Dad and his second wife divorced.

Anyone who knows about small town life will understand the struggle of a widowed pastor with children getting a divorce in a small town is not the spotlight any teenager or kid wants to endure. During those years of loss, there was compounding to my heartbreak with the lost my grandparents.

Through this brevity of great loss in my life, I always felt this deep longing. My Dad taught me many things, but one of the greatest of those things was to love Jesus. My Dad was not a perfect man, but he was the best of Dad he could be to the best of his ability. Since my Dad was an Evangelist and a great Pastor, he knew to teach me the greatest things of our Father in Heaven and His great love for us as His children. My Dad taught me the Biblical precepts of our greatest Father in Heaven. So while my earthly Dad was not perfect, he taught me of our Saviour Jesus who was.

I know from my Dad's teachings to me that we are a living testimony. I was taught that the joy of the Lord is our strength. And when we read it in Nehemiah 8:10. Which is an easy-to-read verse. We see that when everything runs smooth and when thing start going wrong and thing get tough, the tough get going.

But what happens when things in life get turbulent?



Looking at turbulence from the eye of the sky and knowing that airplane experience turbulence, I want us to look at what a pilot's training. Specifically, student pilots learn that air is a fluid. Air can be measured and has weight. Turbulence is caused when an airplane flies through waves of air that are irregular or violent, which cause the aircraft to bounce around yawing, pitching, or rolling. This is how we sometimes go through our circumstances.

Upon entering a plane, you take your assigned seat and get buckled or strapped in your seat, the attendant gives instruction and then the plane goes down the runway and proceeds up in altitude and into the atmosphere. At this point there is just no escape from the plane unless you are to parachute out of a perfectly good airplane (which some find excitement in doing). But for me, this point of being in the air feels like I might have an anxiety moment. So I thank, Jesus, that my faith does not depend on my feelings! It is here that I know my faith is based on the Word of God.

Here are a few scriptures that you can write down, post upon the wall, mirror, or refrigerator in your home. You want to post it any place where you will see God's Word as a daily reminder where you cannot just see it, but so you can see it and declare it over your life!

Romans 15:13: "May the God of hope fill you with all joy and peace in believing, so that power of the Holy Spirit you may abound in hope."

Psalms 16:11-12: "You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands."

REMEMBER: God's timing is not ours! We do not have to be depressed in times of troubles or anxious! We can find our joy through our Lord Jesus Christ. And while we will face our mountains, God's promises are that we will never be alone. Praise the Lord and worship our Heavenly Father through that pathway and up those hills... even if your foot slips, carry on praising the Lord.

Remember your promise on the other side. Remember that God wants us to prosper and have a good future.

May you be blessed in Jesus mighty Name and experience His love, peace, and joy while flying through those turbulence and climbing those mountain tops. We will proclaim and declare at the end of the day; "that it is well with my soul."

# From Trumpets to Tents The Feasts

If you don't understand the Old Covenant or the Old Testament, you will never understand the New Covenant or New Testament. So why would I make such a claim, and why am I using both Covenant and Testament? While both are true, in today's vocabulary, they bring very different meanings to our conversation.

Most unbelievers think of a Last will and testament in reference to the word testament. Vocabulary.com describes it, "A testament states a belief or gives some kind of direction". The word Covenant is rarely used today outside of a Biblical reference. Genesis 15:18 states that God made a Covenant with Abraham. The word made in Hebrew is כָּרַת (kārat). It literally means to cut. Therefore, God was cutting the Covenant with Abraham. God is the one ratifying the Covenant and we see this in Genesis 15 when God as a smoking furnace and flaming torch swirling through the center of the sacrificial animal.

The one who cuts the Covenant must die for the Covenant to be ratified. Hence the correlation to the last will and testament. Therefore, for God's promise (Covenant) to be fulfilled, God had to die. Hebrews 9:16 teaches, "For where a Covenant is, there must of necessity be the death of the one who made it." Verse 15 speaks loudly when it says, "For this reason He (Jesus) is the mediator of a new Covenant, so that, since a death has taken place for the redemption of the transgressions that were committed under the first Covenant, those who have been called may receive the promise of the eternal inheritance." This is clearly speaking of Jesus death on the cross for the sins of the world. It also points out the necessity of the New Covenant needing to redeem the transgressions of the Old or first Covenant.

The Theological Wordbook of the Old Testament says this, "God's Covenant with Abraham involved the redemptive history of the world. And so, the Creator of the universe binds himself through this theophany-ritual to an unconditional promise ratified by blood. The binding is symbolized by the smoking furnace and flaming torch passing between the pieces of the slain victims. Perhaps it was a symbol that ultimate fulfillment would come only when the God-man as an innocent victim bore the curse of a broken body in [sic] behalf of those who have broken the Covenant."

Are you starting to understand why I would make a claim, "If you don't understand the Old Covenant, you can't understand the New Covenant?" September 6th, 2021, begins the Jewish Festivals season of the Feast of Trumpets, Day of Atonement, and finally, the Feast of Booths. God gives us picture after picture in the Old Testament, which point to a future event to be fulfilled in the future, and these festivals are no exception. So, let's take a look

## Feast of Trumpets:

Leviticus 23:23-25 teaches, "The Lord spoke to Moses, saying, 'Speak to the sons of Israel, saying, 'In the seventh month on the first of the month you shall have a rest, a reminder by blowing of trumpets, a holy convocation. 'You shall not do any laborious work, but you shall present an offering by fire to the Lord.'"





**By: Marta  
Greenman**

**We have clear instructions for the Feast of Trumpets.**

- 1. The first day of the seventh month. In 2021 this falls on September 5th at sundown.**
- 2. Rest**
- 3. Blowing of the trumpets, a holy convocation, and**
- 4. An offering by fire to the Lord.**

What does it mean to the children of Israel to blow the trumpets? I read a fascinating article on Chabad.org, a Jewish educational site, [www.chabad.org](http://www.chabad.org). The very first reason they give to blow the shofar is The Return of the King. They understand inside every human being is a longing for Elohim, Creator, to live and be with them just as it was in the garden. The final reason given was titled, The Scream; within every human soul, there is a desire to be with their Creator. A soul longs to have a relationship with the One who created them. There were many other exciting reasons, but it was a clear indication their hearts were crying out for their Messiah. If they could only understand, their Messiah has come! And His name is Jesus. He is the Redeemer of their lives, and His number one desire is to have a relationship with every human.

Jeremiah 32:37-41 teaches, "Behold, I will gather them (Children of Israel) out of all the lands to which I have driven them in My anger, in My wrath and in great indignation; and I will bring them back to this place (the land of Israel) and make them dwell in safety. They shall be My people, and I will be their God; and I will give them one heart and one way, that they may fear Me always, for their own good and for the good of their children after them. I will make an everlasting covenant with them that I will not turn away from them, to do them good; and I will put the fear of Me in their hearts so that they will not turn away from Me. I will rejoice over them to do them good and will faithfully plant them in this land with all My heart and with all My soul."

May 15, 1948 Israel once again became a nation in the land God promised Abraham about 4000 years earlier. This fulfills Biblical prophecy and the picture of the Feast of Trumpets from Leviticus.

### **Day of Atonement or Yom Kippur**

Day of Atonement is the highest holy day on the Jewish Calendar. Leviticus 16:29-30 say, "This shall be a permanent statute for you; in the seventh month, on the tenth day of the month, you shall humble your souls and not do any work, whether the native, or the alien who sojourns among you; for it is on this day that atonement shall be made for you to cleanse you; you will be clean from all your sins before the Lord."

The children of Israel in Biblical times were very familiar with the Day of Atonement. However, Leviticus 16 teaches the process of this holy day ritual only to be performed once a year and only by the high priest. On this day, the high priest entered the holy of holies to atone for himself, his household, and the people's sins. The scapegoat ritual is fascinating. First, the high priest would cast lots; one would be for the Lord the other would be the scapegoat. Next, the high priest would lay hands on the scapegoat and confess the people's sins, then cast the goat into the wilderness, never seen again.

This ritual is a picture of Psalm 103:12, which teaches, "As far as the east is from the west, so far has He removed our transgressions from us." Jesus Christ is our scapegoat; He took our sins upon Himself, and when we belong to Him, He remembers our sin no more, cast out, never to return just like the goat.

Zachariah 12:10 tells us, "I will pour out on the house of David and on the inhabitants of Jerusalem, the Spirit of grace and of supplication, so that they will look on Me whom they have pierced; and they will mourn for Him, as on mourns for an only son, and they will weep bitterly over Him like the bitter weeping over a firstborn."

There will come a day when all Israel sees Jesus as the Messiah and weep and repent; this will be the fulfillment of the Day of Atonement. Romans 11:25-29 speaks loudly when it says, "For I do not want you, brethren, to be uninformed of this mystery- so that you will not be wise in your own estimation- that a partial hardening has happened to Israel until the fullness of the Gentiles has come in; and so all Israel will be saved; just as it is written, 'The Deliverer will come from Zion, He will remove ungodliness from Jacob. This is My

Covenant with them when I take away their sins.'"

This gives us a clear indication of WHEN this event will happen. One day soon Jesus will return where He will rule and reign for 1,000 years. According to Romans 11 this is all Israel will recognize Jesus as Messiah and the fulfillment of The Day of Atonement.

### **Feast of Booths**

Many people may see this as a funny festival, even Jewish individuals. Yet, the meaning of this final feast is most exciting when you understand what the fulfillment of this feast brings. The Feast of Booths takes place over seven days. The Israelites were to live in booths (tents) in the wilderness. Why? Leviticus 23:43 tells us, "So that your generations may know that I had the sons of Israel I in booths when I brought them out from the land of Egypt."

The fulfillment of this feast will be during the 1,000-year millennial reign which comes after the tribulation period. Once a year, the nations will gather in Jerusalem and worship Jesus, the King. Zechariah 14:17-19 speaks to us when it says, "And it will be that whichever of the families of the earth does not go up to Jerusalem to worship the King, the Lord of hosts, there will be no rain on them. If the family of Egypt does not go up or enter, then no rain will fall on them; it will be the plague with which the Lord smites the nations who do not go up to celebrate the Feast of Booths. This will be the punishment of Egypt, and the punishment of all the nations who do not go up to celebrate the Feast of Booths."

What a beautiful picture God gives us of future events. He does not want to leave us uninformed. He gives us everything we need. These three feasts, also known as Rosh Hashanah, are a picture of fulfilling the desires of the Jewish heart. Remember, the article referenced their desire to fellowship with their Creator, the King of the Universe. The fulfillment of the feast satisfies their craving when the King Himself regathers His people for cleansing and repentance to worship Him yearly in Jerusalem at the Feast of Booths.

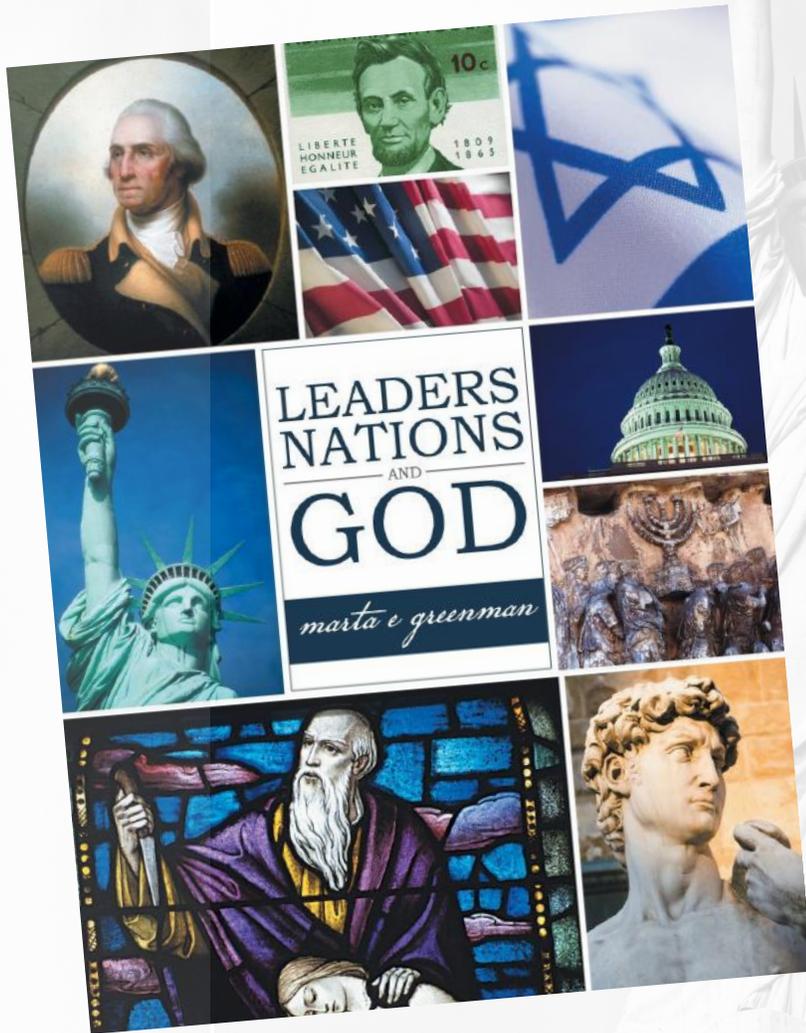
There is a Jewish phrase, "Next year in Jerusalem." These three feasts bring this phrase to life for every believer Jew or Gentile may we be with Jesus, next year in Jerusalem. Shalom.

# Marta Greenman

founder of Words of Grace & Truth and GraceAndTruthRadio.World With a mission is to teach God's Word to the nations and teach others to do the same, she is a teacher of teachers and speaks globally. She has been a on a multitude of radio and television programs and is the author of three Bible studies, Bound to Be Free, Leaders, Nations, and God, and ACTs420NOW.

You can hear Marta's radio show: Under God on GraceAndTruthRadio.World every Monday at  
1:30 PM PST  
2:30 PM MST  
3:30 PM CST  
4:30 PM EST!

Marta lives in the Dallas, Texas area with her husband, Marshall, of over 25 years.





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Florida Vacation Home  
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**“Do not forget how much I love you. How much we all love you.”**



# A Boy In the Night

By: Jocelyn LaFavers

What you are about to read is a fictional account of the author's own ancestors during a time of terrible Jewish persecution. This account is taken directly from family diaries and she has elaborated only enough to bring the story of sacrifice to life.

The Pale of Settlement, 1850

"I can't breathe, Mame!"

"Shh, bubeleh, it won't be much longer." She gently caressed his face and he nuzzled into her chest where they hid under the coarse fabric that covered the vegetables--and them.

He inhaled his mother's scent, trying to slow his panicked breathing; she smelled of freshly baked bread and potato soup--their supper earlier that night. It was his favorite and she had spent days doing all of his favorite things before...he choked back a sob in his throat and reached to touch the lump inside his coat. It was the rest of the bread from their meal. She had wrapped it in her favorite handkerchief and given it to him for the journey in case he got hungry. He was scared. He knew that he must run away to be safe, but leaving his mother was much scarier than any danger he was leaving behind. Four years ago the soldiers had come and taken his father. No matter how much he and his mother had cried, they still took him away. He had prayed every night as he knelt by his little bed that Yehov-h would bring his father home, but they never saw the beloved man again. Once, he'd thrown rocks in the direction of some soldiers in the street because others like them had taken his father away. His mother had quickly scooped him up and told



Anna, Etta and Rose Marcus haying with their horse in Litchfield

him that they must be kind to others, even those that hurt them. That Yehov-h would send them a Deliverer just like He had sent Moses to bring the Hebrews out of Egypt. His little sister had been just a baby then. Tears sprang to his eyes as he thought about her waiting for their mother to return. She had been left in the care of an elderly neighbor who lived in the next apartment. His sister had been sickly for most of her life and he was very protective of her. Who would bring her flowers from outside now that he was sent away? Who would tell her stories about the world outside of their snug little home? Who would tell her stories that made her smile as she lay sick in bed, fits of coughing shaking her tiny body?

The clattering of wooden wagon wheels over the Roytah Brik snapped him back to the present. He could hear the rushing waters of the Prut river flowing beneath them and he shuddered.

"Do you hear that, bubeleh? That is the sound of leaving Egypt. The waters of the Red Sea, they are parting for you."

His mother always found a way to tie everything back to the stories in the Torah and this particular one was her favorite. He imagined the waters below them parting as they crossed the bridge into an unknown wilderness of his very own. He buried his face deeper into her clothes,

tears burning his eyes again and carving canyons into his cheeks as they fell. Every clack of the wheels brought him one moment closer to saying goodbye. It was dangerous to leave Bessarabia, but it was even more dangerous for him to stay. Soldiers were coming in the night to steal children like him from their beds. They were using little Jewish boys and girls to form an army and one by one his friends had started to disappear, never to be heard from again. Their mothers cried in agony as they mourned the loss of their children; sometimes the halls of the apartment buildings echoed with the sounds of grieving women. Many of them began to find families in other countries who would hide the young ones. After the children were spirited away to safety, those mothers often disappeared themselves. Only, they were taken away by soldiers. His mother frantically searched for a solution. An escape. A deliverer. She found a Jewish family across the Romanian border in Iași who would protect him, but she was still looking for a place to send his sister. Times were hard and no one wanted to take in a sick four year old girl, much less her mother and brother. So, they had to be split up, but finding refuge was no easy task.

The clacking beneath them stopped and the wagon slowed until it stopped, too. His throat started to close as panic crowded in. The farmer climbed down from his seat and pulled back the coarse fabric, letting in the fresh, cold air and a glorious view of the night sky. The stars twinkled down at them from above as if to say that they were guarding them. Keeping their secret. Holding the memories of this night in their own glittery hearts so not a detail would be forgotten.

"I can only give you five minutes." the farmer's voice was gruff, but heavy with sadness, as if he'd seen this very scene too many times before.

His mother helped him down from the wagon and handed him his small satchel. "Don't get lost. Here is the address you need to find, it isn't far

from here and they drew this map." She pressed a piece of paper into his hand.

She straightened his clothes and caressed his cheek for the hundredth time.

"Be a good boy? Who do I kid--you are always my good boy." her voice cracked, sounding as though it were a pebble under the pressure of a boulder.

She gathered him into her arms and their hot tears began to soak one another's clothing.

"Do not forget how much I love you. How much we all love you."

"I won't, Mame. Not ever." he shook his head fervently before hugging her again with such a fierceness only brought on by heartbreak.

Behind them, the farmer cleared his throat.

"You must go now, my son. Run to your freedom. I will be with you every step of the way," she covered his face in kisses and they said 'I love you' over and over, then she pointed him in the direction he should go. "Go with Yehov-h and with my love, bubeleh. Do not forget His ways!"

"I won't, Mame. I love you, too!"

His face wet with tears, he left her as she instructed. Only once did he turn back to wave. She blew him a kiss in return, then seemed to be swallowed by the mist and the night. He did not see her rend her clothing and fall to her knees weeping. He did not see the farmer help her to her feet and wipe away his own tears at the scene of a mother saying goodbye to her child forever. He only saw what she wanted him to see: a lamplight outside a front door and inside that door was her greatest desire for him; freedom.

He timidly knocked on the door and when it opened he bravely said, "I am the son of Ruchel. I am Aaron Massi."

# Michelle LaFavers

Michelle LaFavers is a writer, blogger, and author. She has over 15 years of experience writing for magazines and blogs, as well as several stage plays. Michelle grew up as a ministry kid. She is currently at her local church as the director of the drama department, where she writes all original material for their productions. Her passions and hobbies include reading, writing fiction, sewing her own wardrobe, watching documentaries, cooking, and DIY projects around the house. Michelle lives in a 1900s ranch home with her husband, Ryan, and their big family as a homeschooler. Her favorite time of day is any time spent away with Jesus and a cup of coffee. For more, visit [www.BearArmsKY.com](http://www.BearArmsKY.com)



# Notes & Take-A-Ways

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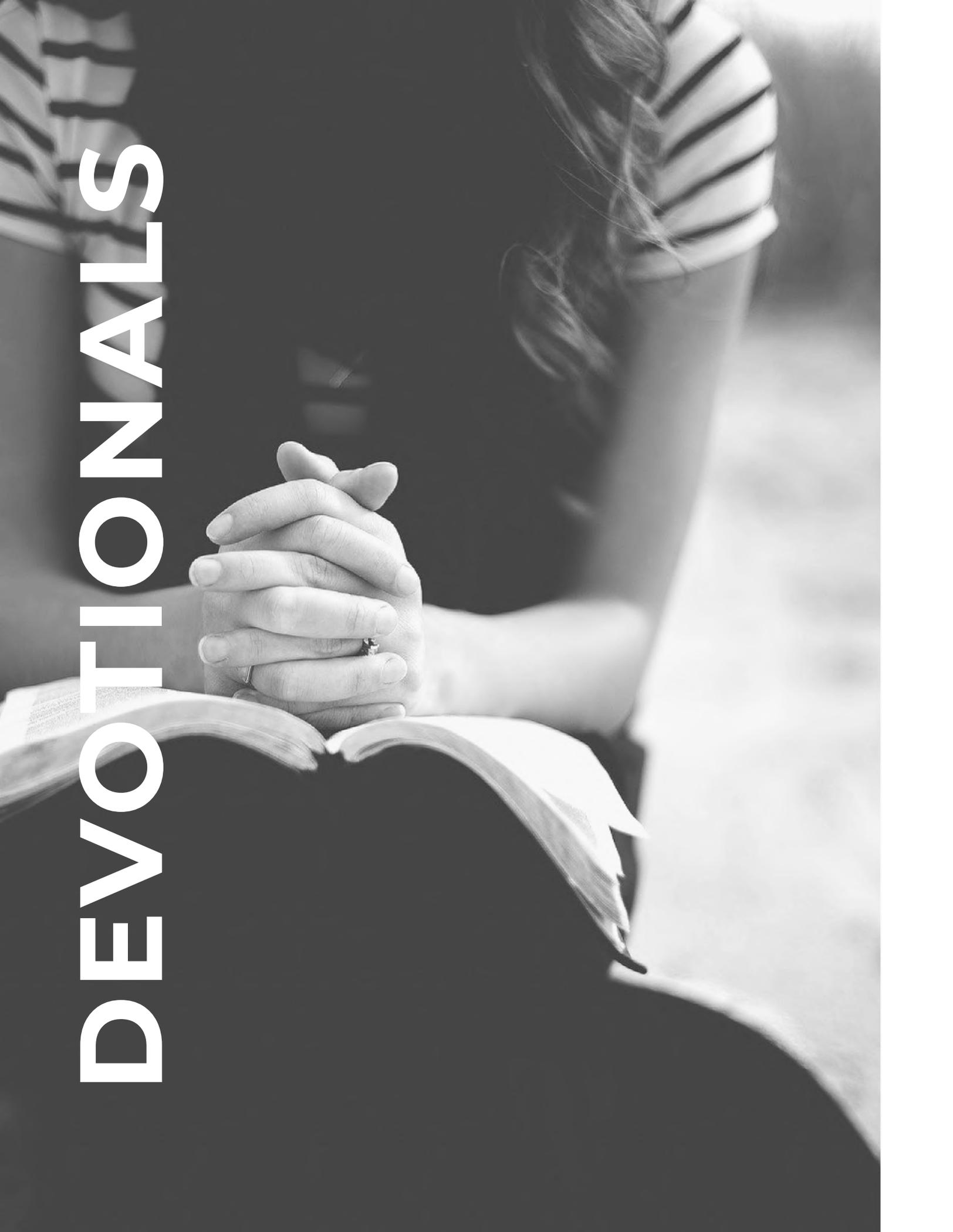
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# DEVOTIONALS





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# DEVOTIONALS & OMUGS

Find some daily encouragement throughout your day and week with this section filled with encouragements and faith.

## OMUG

**How will you be remembered?**

**Marta Greenman**

**“Was it not because of marriages like these that Solomon king of Israel sinned? Among the many nations there was no king like him. He was loved by his God, and God made him king over all Israel, but even he was led into sin by foreign women.”**

**- Nehemiah 13:26**



David gave Solomon his kingdom on his deathbed. He encouraged Solomon to walk in God's ways and keep His statutes and commandments. So then, not only would Solomon have success, but David and Solomon's genealogy would continue to hold the throne of Israel (1 Kings 2:1-4).

When Solomon prayed, he asked for wisdom, and as a result, God not only granted him wisdom but extreme wealth. With all the things Nehemiah could have said about Solomon, he calls out Solomon's sin and compares it with a current situation in Jerusalem.

Nehemiah called out the leaders in Jerusalem because they allowed themselves and their children to marry foreigners who would entice them to follow these foreigners' gods, idols. Despite Solomon's

sin and the Israelites sin, Nehemiah wanted them to know God loved Solomon and used him mightily in Israel's history. If God loved and Solomon, God loved them.

There are several principles we can learn from Nehemiah, Solomon, and the children of Israel. First, God loves us enough, NOT to allow us to stay in our sinful condition. Sin separates us from the Lord. He wants us to have a close, intimate relationship with Him. Sin interferes with our relationship and communication with Him. Second, God wants us to know our failures don't disqualify us from service to our King.

Over 2,000 years ago, God sent His Son, His only Son, Jesus, to pay the penalty for our sins. When we accept His redemptive salvation, Jesus washes our sins away. God's love puts us into His service for the kingdom of God.



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# ONE MINUTE UNDER GOD...

## WITH MARTA GREENMAN

### I Am Your Shield

**Do not fear, Abram,  
I am a shield to you;  
your reward shall be  
very great.—Genesis 15:1**

God told Abram in a vision not to fear because He would be a shield to him, promising Abram that his reward would be very great (Gen. 15:1). The word shield implies protection. The Hebrew word for shield is māgēn. “The basic idea of the verb is to cover over and thus shield from danger.” The root of māgēn is gānan. Here we can gain greater insight into what God wanted to communicate to Abram. “Gānan is used only in reference to the protective guardianship of God.” Specifically, in Genesis 15:1, “[m]āgēn refers to an object which provides covering and protection to the body during warfare.” These two Hebrew words tell us God was reassuring Abram that He was the One who was guarding and protecting him from danger.



In our lives, fear often leads to panic. As believers, however, we don't have to panic, because we know our Lord is our protector, our shield! We can trust in Him because He knows the end from the beginning. He is the One who set the stars in the heavens and placed the sun to rule by day and the moon to rule by night. Our confidence is in the One who not only created the heavens and the earth but created us—you and me. He is our protector. God is our māgēn and gānan. We can walk boldly through life knowing He will cover us when we face danger.

# ONE MINUTE UNDER GOD...

## WITH MAUREEN MALDONADO

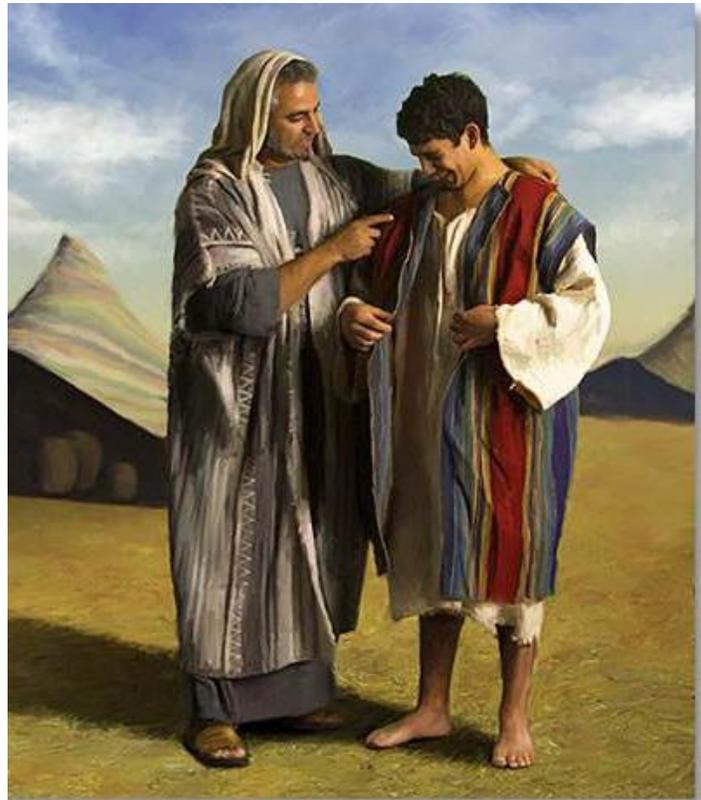
### Treasures

**Be at ease, do not be afraid. Your God and the God of your father has given you treasure in your sacks.**

—Genesis 43:23

Joseph was sold into slavery by his brothers, who were jealous of him, but he honored God throughout his life and was rewarded with a good position and wealth. During a great famine, his brothers came to buy food from Joseph (unaware he was their brother). By rights, he should have loathed them and treated them badly, but he loved them because they were his family. This was their second trip to see Joseph, and he was overjoyed to see them. They had visited before to purchase food and found all their money returned to them after they had journeyed home. On their second trip, they brought the original money and additional funds to purchase more food. They were afraid they would be mistaken for thieves and become slaves because their original money was found on them.

As they tried to explain what had happened, Joseph's steward told them, "Be at ease, do not be afraid. Your God and the God of your father has given you treasure in your sacks" (Gen. 43:23). Joseph had returned the money when they were unaware. He did not want them to be afraid of what might happen to them.



It is much the same with each of us. God tells us not to be afraid. He continually fills our "sacks" with riches, even when we fail Him repeatedly. He is a God of love and wants His children to be happy. He longs to celebrate with us as Joseph did with his brothers. We need only turn to Him when we have sinned, and He will forgive us. He is our Father and is always overjoyed when we go to Him. He loves us.

Some of the riches in my sack are beautiful sunsets, a wonderful family to love, books to read, eyes to see with, and air to breathe.



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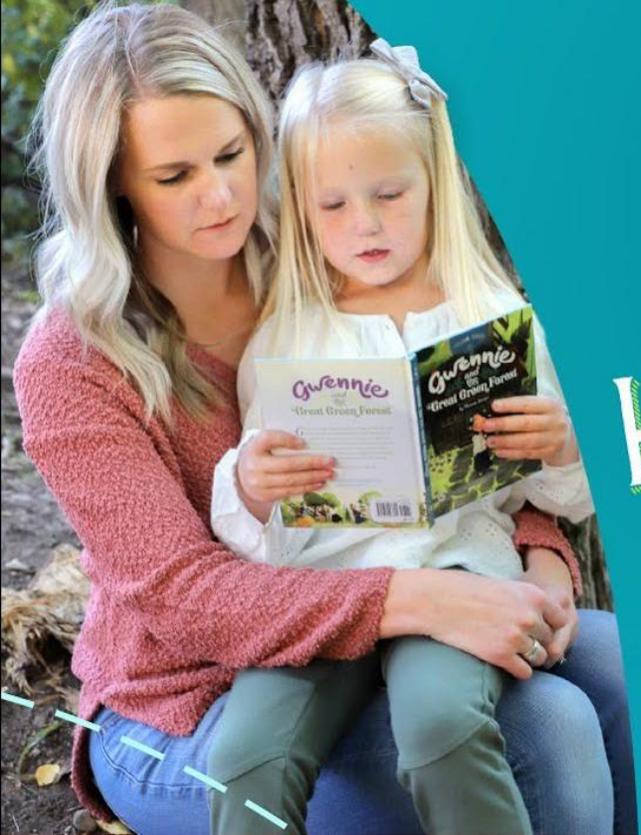
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**LESSON 43**

**Parent/Teacher**

- Have the child read these words to you. *Terrace* means a stretch of land.
- Terrace* means to travel across or through.
- Woods* means a large area of trees.

**Student**

**US NATIONAL PARKS**

In Lesson 65 you will begin reading a true story about Gifford Pinchot, a man who was the first paid female ranger for the National Park Service. This lesson introduces you to the United States.

In areas set aside by the US government to preserve some of the unaltered wilderness of the United States, the "father of the National Parks," and eventually, who by the time he had left office in 1909, had doubled the land set aside more than 148 million acres of forest land.

Established as Yellowstone National Park, the first national park in the United States, it was the first of the National Parks, and it was the first of the National Parks, and it was the first of the National Parks.

Officially established as the first national park in the United States, it was the first of the National Parks, and it was the first of the National Parks.

**Map Factivity**

Complete the activity.

List the two states that have eight or more national parks.

List the four national parks that you...

2. What are three adjectives that describe the painting?

"Bridal Veil Falls, Yosemite Valley, California" by Albert Bierstadt (1840-1902)

# JUST A THOUGHT...

## WITH PASTOR GWEN DREGER

### Proverbs 16:15

**“In the light of the king's countenance is life...”**

There are people who carry such a presence of peace that it is a joy just to sit near them. You can share a laugh, be real without fear of judgment, and confidently open your heart. Our King, Jesus, wants to have you nearby. He gave His life freely, so we could enjoy life now. He is the Light of the world. We don't have to wait for a special time or moment. Decide now, to come a little closer to where Light shines.



### Ephesians 2:10

**For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.**

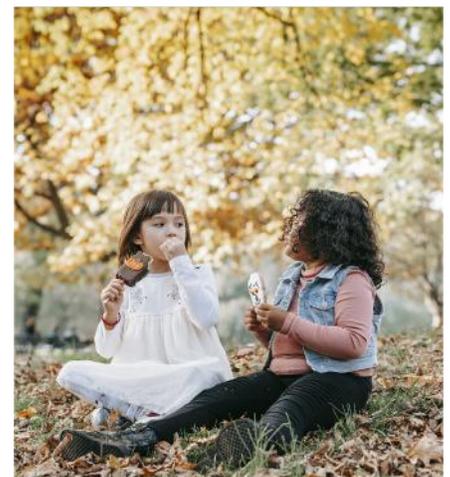
What God makes is good! Too often, the mistakes made in life leave a failure mentality. It seems that no matter what opportunity is available, there remains nagging, negative thoughts. Like, this is just another time to blow it. It is possible to rise above what was to embrace what could be. Recalling your origin, that God, who does not lie or make failures, and who is perfect, made you. He created you for a good work and will give you what you need to do it.

Think about it and own it!

### Psalms 62:

**He only is my rock and my salvation; He is my defense; I shall not be moved**

Foundations are vital for life. We give babies the best we know so they develop well. There have been long discussions over bonding connections that can help those little ones thrive. God has set us on the most solid path one could ever have. The temptation to do things ourselves while relying on our own wisdom is typically the culprit that unseats us from His security plan. An admission of inadequacy can quickly restore our 'setting'. Ensure that position and be well grounded on His unmoveable rock.



# FAITH FILLED WORDS...

## WITH JOEL BEACH

### Born Again

Have you ever heard the phrase, "you must be born again?" How can that happen? Is that even possible?

Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." John 3:3

In the Bible, a well-known religious leader, Nicodemus, wondered the same thing. He thought that he had to somehow go back into his mother's womb to be born again. But Jesus was speaking of being born again in the spirit, not in the flesh.

Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. John 3:5-6

To be worthy of Heaven after you die you must be born again in the Spirit of God. Jesus paid the penalty for your sins, that you may go to Heaven. But you must turn away from your sin. You must be made a new creation through the power of the Holy Spirit, and be made clean by the power of Jesus' sacrificial blood.

If you repent and turn from your sinful lifestyle and ask Jesus Christ to forgive you, He will. He will give you a new heart and a new spirit that you may have eternal life, born again.

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules. Ezekiel 36:26-27



### Jesus Obeyed

No matter how young or old you are, where you are in your walk with the Lord, it is important to always follow the example of Jesus Christ for your life. To do things His way and to please God the Father.

Even Jesus, who is God, looked to His Father for instruction and obeyed His commands.

Therefore Jesus answered and was saying to them, "Truly, truly, I say to you, the Son can do nothing of Himself, unless it is something He sees the Father doing; for whatever the Father does, these things the Son also does in like manner. John 5:19

What are those things, you may ask? Honor your father and your mother, love one another, worship God and no other, do not lie, do not steal, do not look at others with hatred or unrighteous desires in your heart, and be content with what you have.

Do these things sound familiar? They are from the Law, the ten commandments God gave people to follow and obey.

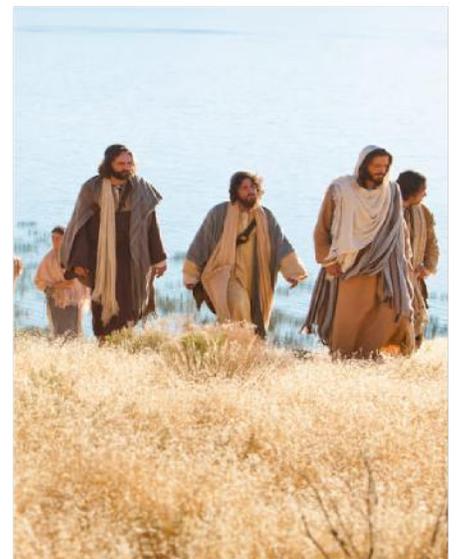
Many times it is hard to be good on your own strength, isn't it? This is because of sin.

But God commands everyone to turn from their sins and obey Him. To give up on doing it yourself and allow Jesus Christ to do in you what you could never do.

Yep, that's right, you must repent of your sins to Jesus, turn away from them, and follow the Father's instructions of how to live. Resist the devil and do what is right.

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

Philippians 2:3-4



## Share Your Faith Joel Beach

If something exciting happened in your life, perhaps moving to a brand new house or getting something you always wanted, would you share it with others? Of course, you would.

Do you love and follow Jesus Christ? Has He forgiven your sins and removed your death sentence? Has He granted you eternal life in Heaven to live in joy and peace forevermore?

Wouldn't you share that with others? If that excites you, absolutely you would.

And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." Revelation 21:3-4

How exciting does that sound!

Jesus' last command was that you share your faith. That you tell others His good news. That they too could go to heaven. That they too could be greeted with open arms by Jesus into eternity.

That Jesus may say to them, "Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master."

So wherever God has placed you, share your faith, that some may be saved. Remember Jesus' last command.

# Devotional

**Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20**



## Do Not Worry Jessica Stern Foster

**"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:33-35**

How often do you worry? "Will I pass this test? Will I make the team? Will I have friends at my new school? Are my parents going to get divorced? More?" It's amazing how much time and energy we all spend in worry, even though God tells us he will take care of everything. Our challenge is to give those worries and concerns to God and He will show us the way. Does this mean we sit back and watch "Friends" instead of studying? Well, no. We must pray for wisdom, not just for solutions. God will calm our hearts and minds so that we can focus on what we need to, like tests, and how to deal with things at home. Make a concerted effort to spend the time and energy you would usually spend worrying in prayer about what's on your heart.

"Dear Lord Jesus, thank you for your comfort, that I may have peace. I know, Lord, that you will carry me through anything. Please lift my concerns up, and give me wisdom, peace, and understanding." - Amen



## Hold On Jessica Stern Foster

**"Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Those who are far from you will perish; you destroy all who are unfaithful to you." Psalm 73:25-27**

What things do you hold on to in this world? What things do you find the most valuable? What things do you hold closest to your heart? Is it your new car, stereo, your friends, or even your dog? The Bible teaches us that our flesh and heart will fail, but God will give us strength forever. We must hold close to God if we desire that he will hold close to us. As you brag to your friends about your new system, think about this...do you also brag about the God that loves you so much? Hold close to Him, and he will not abandon you, only he will not pass away.

"Dear Lord Jesus, we ask you to help us see things as trivial when they are trivial, and we ask you to help us hold close you as you hold close to us." - Amen

# GOD'S GENERALS FOR KIDS

LOREM IPSUM DOLOR SIT AMET, CONSECTETUR ADIPISCING ELIT, SED DO EIUSMOD  
TEMPOR INCIDIDUNT UT LABORE ET DOLORE MAGNA

## Aimee Semple-McPherson

with Kirsten LaFavers  
Homeschooler in Kentucky- Age 14

Aimee Semple McPherson was born on October 9 in the year 1890. Her mother was very adamant that she be dedicated to God immediately and when Aimee was only three weeks old her mother bundled her up and walked five miles through the cold to take her daughter to the house of God so she could get used to God's presence. Although she was raised in a Christian home when she went to school she had learned about evolution and began to question her faith in God. One day when Aimee was at church a young girl came up to her and asked, "Are you a Christian?" Aimee's response was, "No, I go to High school." The young girl said, "What's that have to do with anything?" Aimee told the girl that she studied evolution in school. Her schoolmate informed Aimee that she also studied evolution in school, but that she knew God was her Father. That night Aimee asked God to show her that He was real and in less than 24 hours He spoke to her in an audible voice that changed her life forever.

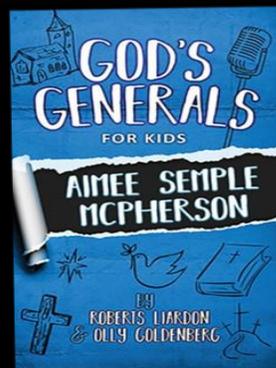
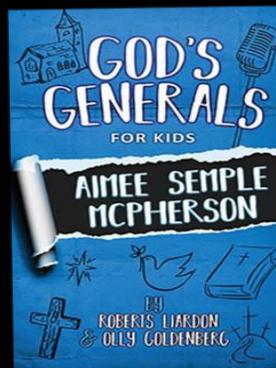
As time went on Aimee got married; she and her husband had two children and she became a housewife. Her marriage to Robert Semple only lasted for two years before Aimee and Robert became very sick with malaria, luckily Aimee was ok and recovered but Robert sadly did not. On August 17th, 1910 Robert Semple had died. Shortly after, Aimee gave birth to a little girl she named Roberta and had to find somewhere to raise her. She had the option to go live with her mother in New York or to go live with her father on a farm, so she tried living in New York with her mother, but she ended up moving back to Chicago. Everywhere she went people were kind to her but nothing felt like home. When her small daughter Roberta became sick Aimee moved in with her father on the farm, but it didn't feel like home without her husband, so she made a decision to move back to New York to do Robert's work there. When she got there Roberta became sick again and needed a proper home.

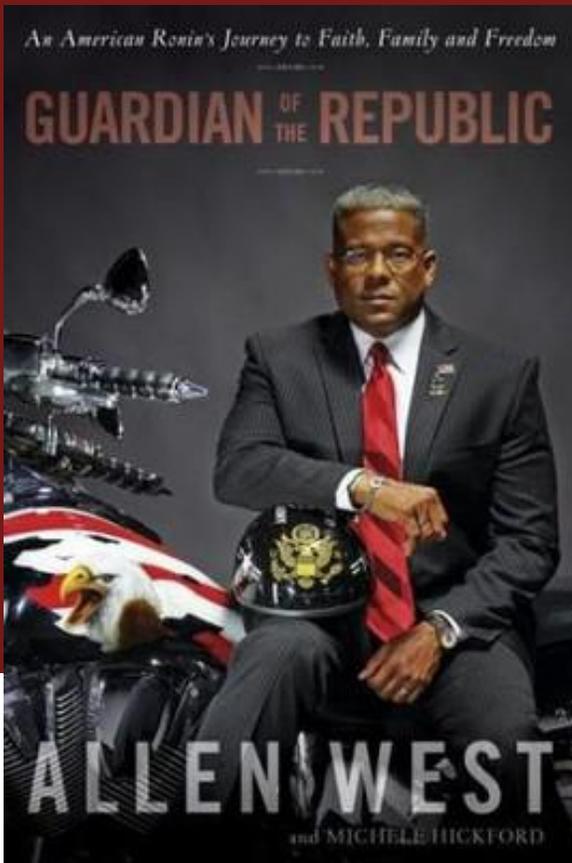
Soon after Aimee and Roberta moved back to New York she married a man named Harold McPherson. Aimee soon started working for the Salvation Army. A couple of months later Aimee became a mother again to a son she would name Rolf McPherson. After her kids became older Aimee started to preach more about God. Harold McPherson wanted to go to work to provide money for his family but instead, Aimee relied on God to do that. There were some days they didn't get to eat after a hard day of work. Harold McPherson decided that he had had enough. He wanted to have a house to come home to, to eat and sleep in instead of a tent and an empty belly. In 1921 Harold and Aimee were divorced.

When Aimee was at the beach one day, her assistant went to get her some OJ and a couple kidnapped her and took her to Mexico. Everyone thought Aimee drown while swimming. The Coast Guard looked for Aimee, but the search was called off and she was declared dead. Aimee escaped her kidnappers and crossed back into America at Douglas, Arizona where the Sheriff called Aimee's family. When Aimee got back home, it took an Act of Congress to declare her alive and not dead.

She was friends with many Hollywood movie stars, including Charlie Chaplin. It was said that he helped her with church programs at the Angelus Temple in California where there was great revivals. She was famous for founding the Four Square Church and using modern media in services to reach people for God. Aimee even owned a radio station that broadcast from the West coast to the east coast.

Aimee went on to do so many more things in life and helped so many more people. She followed the calling that God placed on her life and raised her children to love God as she did. She spent her life traveling and taking the Gospel of Jesus to people everywhere, praying for the sick and seeing them healed. Her life was just as her mother hoped it would be: a life dedicated to the Lord.





# Guardian of the Republic: An American Ronin's Journey to Faith, Family and Freedom

Allen West, Michele Hickford

Guardian of the Republic, a political memoir by former Congressman Allen West, chronicles his rise from humble beginnings in Atlanta to his service as a Florida congressman. As a black, conservative Republican, he defends the values on which he was raised - family, faith, tradition, service, honor, fiscal responsibility, courage, and freedom. Not afraid to speak his mind, he challenges far Left politics and hopes to help America get back on track.

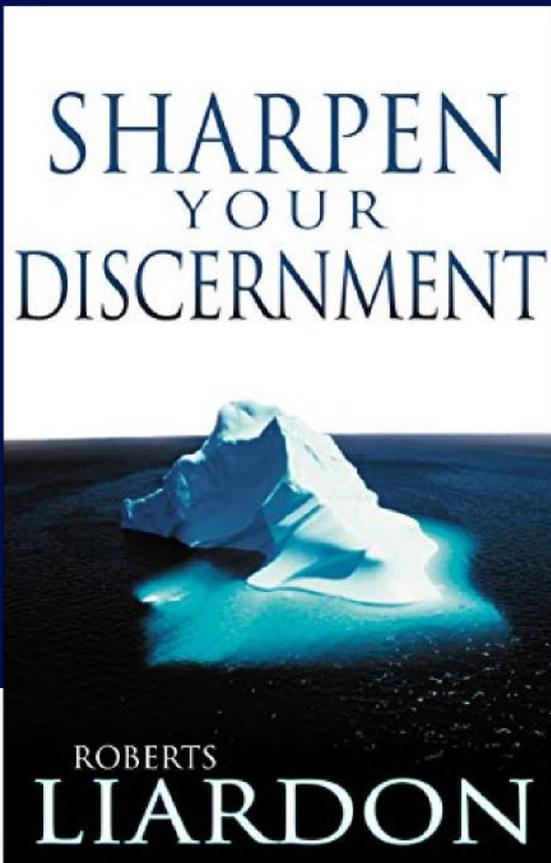
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WARRIOR WOMEN OF FAITH



# Sharpen Your Discernment

Roberts Liardon

"Blessed is the man who finds wisdom, the man who gains understanding, for she is more profitable than silver and yields better returns than gold" (Proverbs 3:13-14 NIV).

We all know people that we would call wise, prudent, or discerning. What sets these individuals apart is their ability to walk in the guidance of God. Do you feel like you daily receive direction from God? You can!

From the Scriptures, author Roberts Liardon sets you on the path to pursuing a life marked by wisdom. With this knowledge and insight, you can:

Find out how to be led by the Spirit of God  
Develop a plan of action for successful decision-making  
Defeat the spiritual forces of evil in your life  
Discover the immense power in daily prayer and Bible-reading  
Sharpen your discernment, and you will be more than a conqueror!

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THE HEALING POWER OF  
**BUBBIE'S KITCHEN**



# MEDITERRANEAN & HEALTHY EATING

What is the Mediterranean diet and how can you start eating one of the healthiest diets in the world? Here are easy ideas to get more Mediterranean diet foods into your life.

The Mediterranean diet is an eating pattern that follows the traditional way of eating in the countries surrounding the Mediterranean Sea. You don't have to live in Italy, Spain or France to benefit from the diet, however; many people are transitioning to it for the range of health benefits it provides.

The Mediterranean diet isn't a strict plan. Rather, it's a way of eating that emphasizes fruits, vegetables, whole grains, legumes and olive oil. Fish is the main protein source instead of red meat, pork or poultry. And yes, it includes red wine-in moderation. Fermented dairy is consumed regularly but in moderate amounts. Eggs and poultry are occasionally consumed, but red meat and processed foods are not eaten regularly.

The Mediterranean diet is associated with lower cholesterol, reduced risk of heart disease and stroke, lower risk of Parkinson's and Alzheimer's diseases and a longer life. Emerging research shows it may also reduce risk of, and benefit those with, depression, anxiety, type 2 diabetes and some cancers.



# OLIVE OIL CHICKEN THIGHS

# MEDITERRANEAN STYLE

with Jessica Stern Foster

One of the main health benefits of vegetables is their high nutrient content. Vegetables are loaded with vitamins and minerals that contribute to growth and the maintenance of good health. For example, the U.S. Department of Agriculture notes that many vegetables are high in potassium, which is important for healthy blood pressure. Various vitamins, such as C and A, help keep eyes, skin, teeth and gums healthy, fight infection and promote wound healing. Perhaps most importantly, vegetables are rich in a particular group of nutrients called antioxidants, which fight cellular damage and help prevent heart disease, cancer, Parkinson's disease, atherosclerosis, heart attack and Alzheimer's disease, says the Linus Pauling Institute.

These Olive Oil Chicken Thighs are rubbed with a Mediterranean spice mixture, then marinated in a mixture of Extra Virgin Olive Oil and lemon, then seared to golden perfection on both sides, and finally finished by baking in the oven and then drizzled with more olive oil, lemon, and fresh garlic.

## INGREDIENTS

- 8 Organic Chicken Thighs
- 2 tbsp Cooking Olive Oil to sear the chicken
- Freshly chopped Parsley, to garnish.

## INGREDIENTS

- 4 tbsp Extra Virgin Olive Oil
- 4 tbsp Lemon Juice

**Equipment Needed: Cast Iron Skillet**



ORGANIC  
EXTRA VIRGIN OIL  
25 FL. OZ. (750 ml)



# OLIVE OIL CHICKEN THIGHS MEDITERRANEAN STYLE

## **SPICE MIXTURE**

- 2 teaspoons Sweet Paprika
- 2 teaspoons Dried Oregano
- 1 teaspoon Cumin
- 1/2 teaspoon Coriander
- 1 teaspoon Garlic Powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon grated Nutmeg
- 1/4 teaspoon freshly ground Pepper
- **FINISHING SAUCE:**
- 4 tbsp Extra Virgin Olive Oil
- 4 tbsp Lemon Juice;
- 2 cloves garlic, chopped

## **DIRECTIONS**

- Place the chicken either in a dish that can accommodate all the pieces or in a ziplock bag;
- In a bowl, combine all the spice mixture ingredients and mix well;
- Rub the chicken with the spices all over;
- In a separate bowl, combine olive oil with lemon juice;
- Pour the marinade over the chicken and distribute evenly to make sure that all the pieces are well covered with the spices and the marinade;
- Marinate the chicken in a refrigerator for at least 20 minutes, or up to 8 hours;
- Preheat your oven to 350F;
- Preheat an oven-proof skillet and once hot, add 2 tablespoons of olive oil;
- Add the chicken, skin side down, and do not move it for 7-8 minutes (until nicely seared and browned);
- Flip the chicken and cook for another 5 minutes;
- Transfer the skillet into a hot oven and cook the chicken for 20-25 minutes, until the internal temperature shows 165F;
- Carefully remove the skillet from the oven (using oven-proof gloves);
- Place the chicken on a serving plate and spoon over the finishing sauce on all the chicken pieces;
- Garnish with freshly chopped parsley and serve with your favorite side dish.

# WILD RICE, FRUIT AND PECAN DRESSING

By: Melissa Sundblom

## INGREDIENTS

- 1 ½ tablespoons olive oil
- 3 large celery stalks, finely chopped
- 1 cup finely chopped onion
- 1 garlic clove, thinly sliced
- 1 ½ cups wild rice
- 2 ½ cups low sodium chicken broth
- ½ teaspoon of dried thyme
- 1 teaspoon kosher salt
- ¾ cup (3 oz.) pecans
- ½ cup dried cranberries
- ¼ (about 3 oz.) dried apricots, coarsely chopped
- ¼ cup (about 2 ½ oz.) golden raisins
- Freshly ground pepper to taste
- ½ cup (about 4 oz.) fresh cranberries, thinly sliced
- 1 ½ cups thinly sliced small celery stalks (from the celery heart)

## DIRECTIONS

- Heat oil in a large saucepan over medium heat. Add chopped celery and onion; cook, stirring occasionally, until softened and almost translucent. Stir in garlic; cook, stirring often, until fragrant. Add wild rice; stir for 1 minute. Add broth, thyme, salt, and 1 ½ cups water; increase heat and bring to a boil. Reduce heat to a medium low, cover, and simmer for 30 minutes. Uncover, stir, and continue cooking, uncovered, stirring occasionally, until liquid is absorbed and rice is tender.
- Meanwhile preheat oven to 325 degrees. Spread out pecans on a rimmed baking sheet. Toast until fragrant. Let cool; coarsely chop.
- Stir in dried cranberries, apricots, and raisins. Let sit, covered, for 5 minutes.
- Season rice to taste with salt and pepper. Fold pecans, sliced cranberries, and sliced celery into mixture.





# BRIAM

## GREEK BAKED ZUCCHINI & POTATOES

By: Jessica Stern Foster

Briam is a traditional Greek roasted vegetable dish with potatoes, zucchini, tomatoes, and red onions with lots of olive oil. It is a typical example of Greek cuisine where a few simple ingredients are turned into an utterly delicious dish with little effort. It can be served as a main course. With olive oil as the only source of fat it is a quintessential example of the Mediterranean diet, and it is vegan to boot. If preferred, serve with a hearty chunk of feta on the side.

# From The Bubbie's Kitchen



## INGREDIENTS

- ½ cup olive oil
- 2 garlic cloves, minced
- 2 Tbp. Hungarian Paprika
- 6 ripe tomatoes, pureed
- 4 large zucchini, thinly sliced
- 4 small red onions, thinly sliced
- 2 pounds potatoes, peeled and thinly sliced
- 2 tablespoons chopped fresh parsley (Optional)
- sea salt and freshly ground black pepper to taste

## DIRECTIONS

- Preheat oven to 400 degrees F (200 degrees C).
- Spread potatoes, zucchini, and red onions in a 9x13-inch baking dish, or preferably a larger one. Use 2 baking dishes if necessary. Cover with pureed tomatoes, olive oil, minced garlic, parsley, and Hungarian paprika. Season with salt and freshly ground pepper. Toss all ingredients together so that the vegetables are evenly coated.
- Bake in the preheated oven, stirring after 1 hour, until vegetables are tender and moisture has evaporated, about 90 minutes. Cool slightly before serving, or serve at room temperature.
- Cook's Notes:
- You can "puree" the tomato by cutting them in half and grating them on a large box grater, leaving the skin behind.

## TIPS

- This might seem like a lot of time in the oven, but trust me. The bulk of the flavor is derived from this, and you definitely want some nice crusty and charred edges on your vegetables for maximum flavor.
- Don't be afraid of salt and pepper with this dish. Be liberal for best results. Start out as you normally would, and you can always add more seasoning when you check after the 1-hour mark!
- If vegetables are too dry in step 3, add a few tablespoons hot water. There should be no water left in the end, however.

# Grilled Zucchini



**With: Melanie Carey**

## INGREDIENTS

- 2 medium zucchini, sliced into thick strips
- 1 tbsp. extra-virgin olive oil
- 1/2 tsp. lemon zest
- 1/4 tsp. crushed red pepper flakes, plus more for garnish
- Kosher salt
- Freshly ground black pepper
- 4 basil leaves, torn into medium pieces

## DIRECTIONS

- 1 - Preheat grill on medium-high. In a large bowl, toss zucchini with oil, lemon zest, and red pepper flakes.
- 2 - Season with salt and pepper.
- 3 - Once grill is hot, carefully use tongs to rub an oiled paper towel over grates.
- 4 - Using tongs, place zucchini on grill. Cover and cook, 3 minutes. Flip and continue cooking on high, covered, 2 to 3 minutes more.
- 5 - When zucchini is tender, remove from heat and garnish with basil and more red pepper flakes.





# Apple Brown Betty

By: Melissa Sundblom



## INGREDIENTS

- 6 cups of cooking apples, peeled, cored and cut into eighths (we use a combination of Honeycrisp and Macintosh or Gala)
- 1 cup panko bread crumbs
- 1 teaspoon ground cinnamon
- 1/8 teaspoon kosher salt
- 3/4 cup packed light brown sugar
- 1/2 cup (1 stick) butter or margarine, melted
- 1/4 cup finely chopped walnuts

## DIRECTIONS

- Coat slow cooker with nonstick cooking spray. Place apples in bottom.
- Combine bread crumbs, cinnamon, kosher salt, butter and walnuts.
- Spread over apples.
- Cover and cook on LOW for 3.5 to 4 hours or on HIGH 2 hours.
- Serve warm. Good with ice cream





# EAT MORE FRUITS & VEGGIES

One of the main health benefits of vegetables is their high nutrient content. Vegetables are loaded with vitamins and minerals that contribute to growth and the maintenance of good health. For example, the U.S. Department of Agriculture notes that many vegetables are high in potassium, which is important for healthy blood pressure. Various vitamins, such as C and A, help keep eyes, skin, teeth and gums healthy, fight infection and promote wound healing. Perhaps most importantly, vegetables are rich in a particular group of nutrients called antioxidants, which fight cellular damage and help prevent heart disease, cancer, Parkinson's disease, atherosclerosis, heart attack and Alzheimer's disease, says the Linus Pauling Institute.

# Full Gospel Torah Portions

5782 / 2021-22

## Full Gospel Torah Portions WorshipAtTheROC.org



"Man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD." DEUTERONOMY 8:3

ב"פשת 5782 / 22-2021



### GENESIS / B'REISHEET | תישארב

	DATE	HEBREW DATE	TORAH	HAFTARAH	GOSPEL
Sheet	2 Oct. 2021	26 Tishrei 5782	Gen. 1:1-6:8	Isa. 42:5-43:10	Jn. 1:1-17
	9 Oct. 2021	3 Cheshvan 5782	Gen. 6:9-11:32	Isa. 54:1-55:5	Lk. 17:20-27
Lecha	16 Oct. 2021	10 Cheshvan 5782	Gen. 12:1-17:27	Isa. 40:27-41:16	Jn. 8:51-58
era	23 Oct. 2021	17 Cheshvan 5782	Gen. 18:1-22:24	2 Kgs. 4:1-37	Lk. 17:28-37
zei Sarah	30 Oct. 2021	24 Cheshvan 5782	Gen. 23:1-25:18	1 Kgs. 1:1-31	Jn. 4:3-14
t	6 Nov. 2021	2 Kislev 5782	Gen. 25:19-28:9	Mal. 1:1-2:7	Mt. 10:21-38
e	13 Nov. 2021	9 Kislev 5782	Gen. 28:10-32:3(2)*	Hos. 12:13(12)-14:10(9)*	Jn. 1:41-51
ach	20 Nov. 2021	16 Kislev 5782	Gen. 32:4(3)-36:43*	Oba. 1-21	Mt. 2:13-23
9 Vayeshev	27 Nov. 2021	23 Kislev 5782	Gen. 37:1-40:23	Amo. 2:6-3:8	Mt. 1:18-25
10 Miketz	4 Dec. 2021	30 Kislev 5782	Gen. 41:1-44:17	Zec. 2:14-4:7	Jn. 10:22-28
11 Vayigash	11 Dec. 2021	7 Tevet 5782	Gen. 44:18-47:27	Eze. 37:15-28	Lk. 24:30-48
12 Vayechi	18 Dec. 2021	14 Tevet 5782	Gen. 47:28-50:26	1 Kgs. 2:1-12	Jn. 13:1-19

### EXODUS / SHEMOT | תומש

3 Shemot	25 Dec. 2021	21 Tevet 5782	Exo. 1:1-6:1	Isa. 27:6-28:13, 29:22-23	Mt. 2:1-12
Va'era	1 Jan. 2022	28 Tevet 5782	Exo. 6:2-9:35	Eze. 28:17-29:21	Mt. 11:14-22
	8 Jan. 2022	6 Shevat 5782	Exo. 10:1-13:16	Jer. 46:13-18	Mt. 11:31-37
ch	15 Jan. 2022	13 Shevat 5782	Exo. 13:17-17:16	Jdg. 4:4-5:31	Mt. 12:33-37
	22 Jan. 2022	20 Shevat 5782	Exo. 18:1-20:23	Isa. 6:1-7:6, 9:5	Mt. 12:38-42
ishpatim	29 Jan. 2022	27 Shevat 5782	Exo. 21:1-24:18	Jer. 34:8-22, 33:25	Mt. 12:43-50
ah	5 Feb. 2022	4 Adar I 5782	Exo. 25:1-27:19	1 Kgs. 5:26-6:13	Mt. 12:51-59
h	12 Feb. 2022	11 Adar I 5782	Exo. 27:20-30:10	Eze. 43:10-27	Mt. 12:60-67
isa	19 Feb. 2022	18 Adar I 5782	Exo. 30:11-34:35	1 Kgs. 18:1-39	Mt. 12:68-72
k'hel	26 Feb. 2022	25 Adar I 5782	Exo. 35:1-38:20	2 Kgs. 12:1-17	Mt. 12:73-80
si	5 Mar. 2022	2 Adar II 5782	Exo. 38:21-40:38	1 Kgs. 7:51-8:23	Lk. 12:1-12

\* TORAH AND HAFTARAH CHAPTER/VERSE NUMBERINGS ARE TAKEN FROM THE PUBLISHED CHAPTER/VERSE NUMBERINGS ARE INDICATED WITHIN PARAGRAPHS



# The Benefits of Lemon Water

## From: Bubbie's Kitchen

Growing up in a Jewish home, we have always drunk lemon water and other fruit infused waters. As long as I can remember, we have always drunk lemon water! As an avid drinker (of water!), it was refreshing to learn a new spin on an old favorite. After learning only some of the benefits of lemon water, I started getting more purposeful about drinking a glass of lemon water every morning. Little did I know just how many there are.



## Why lemon water?

Lemons are packed like a clown car with nutrients, including vitamin C, B-complex vitamins, calcium, iron, magnesium, potassium, and fiber. They even contain more potassium than apples or grapes!

## Let's take a look at the nutritional value of lemons:

Because of how hard lemon juice can be on the enamel of your teeth, it's important to dilute it with water of any temperature (though lukewarm is recommended).

## Benefits of drinking lemon water

1. Give your immune system a boost- Vitamin C is like our immune system's jumper cables, and lemon juice is full of it. The level of vitamin C in your system is one of the first things to plummet when you're stressed, which is why experts recommended popping extra vitamin C during especially stressful days.
2. Excellent source of potassium- As already mentioned, lemons are high in potassium, which is good for heart health, as well as brain and nerve function.
3. Aid digestion- Lemon juice not only encourages healthy digestion by loosening toxins in your digestive tract, it helps to relieve symptoms of indigestion such as heartburn, burping, and bloating.
4. Cleanse your system- It helps flush out the toxins in your body by enhancing enzyme function, stimulating your liver.
5. Freshen your breath- It helps relieve toothaches and gingivitis. The citric acid can erode tooth enamel, either hold off on brushing your teeth after drinking lemon water or brush your teeth before drinking it.

# Cold Remix with Star Anise

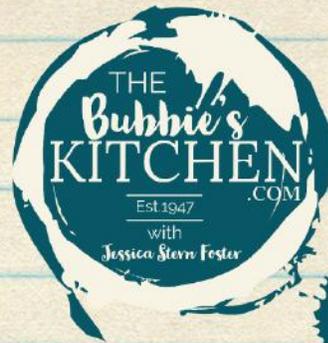
35min

Easy

Serves 2

## Ingredients

- 5 to 6 Star Anise Pods
- 1 whole Lemon
- 1 thumb size fresh ginger
- 1 to 2 Tsp. Manuka Honey
- 1 Cinnamon Stick
- 1 Camomile Tea Bag
- 1 Mason Jar (32 oz)
- 30 oz Hot Water



## Instructions

- Bring water to a boil
- Roll lemon out before slicing. When cutting lemon, slice in half. Using a fork, juice the lemon into the 32 oz. Mason Jar. Drop the remainder of the lemon into the jar.
- Thinly slice ginger and add to jar
- Add the Star Anise Pods, cinnamon stick into the jar with the lemon.
- Add hot water and the tea bag.
- Mix in honey until dissolved.
- Cover Jar with a lid & allow mixture to steep for 30 minutes. Serve & Enjoy!



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