



Next WCAS Event: The Promise Of The Holy Spirit – Mar. 16th

Hello Brenda,

MISSION STATEMENT

FEBRUARY 2024 NEWSLETTER

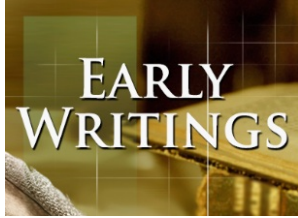
Three Angels Messages & Health Reform

Health reform is one branch of the great work which is to fit a people for the coming of the Lord. We find written in the Spirit of Prophecy:

December 10, 1871, I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. **It is as closely connected with the third angel's message as the hand is with the body.** The law of ten commandments has been lightly regarded by man; but the Lord would not come to punish the transgressors of that law without first sending them a message of warning. The third angel proclaims that message. Had men ever been obedient to the law of ten commandments, carrying out in their lives the principles of those precepts, the curse of disease now flooding the world would not be.— *Testimonies for the Church* 3:161, 162, 1873



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EGW Early Writings

Duty in View of the Time of Trouble

The Lord has shown me the danger of letting our minds be filled with worldly thoughts and cares. I saw that some minds are led away from present truth and a love of the Holy Bible by reading other exciting books; others are filled with perplexity and care for what they shall eat, drink, and wear. Some are looking too far off for the coming of the Lord. Time has continued a few years longer than they expected; therefore they think it may continue a few years more, and in this way their minds are ...

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HEALTH NUGGET

WHY SPROUT?

- 1** INCREASES **NUTRIENT ABSORPTION** - B12, IRON, MAGNESIUM, ZINC 
 - 2** MAKES FOODS EASIER TO **DIGEST** 
 - 3** DECREASES **ANTINUTRIENTS & PHYTIC ACID** 
 - 4** INCREASES **PROTEIN AVAILABILITY** 
 - 5** INCREASES **FIBER CONTENT** 
 - 6** BREAKS DOWN **GLUTEN** FOR EASIER **DIGESTIBILITY** 
 - 7** HELPS REDUCE OTHER **ALLERGENS** FOUND IN **GRAINS** 
 - 8** MAY INCREASE **ENZYMES & ANTIOXIDANTS** 
- Dr. Axe**
FOOD IS MEDICINE

[Click Graphic above to Expand](#)



Maranatha

Blessed is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand.
Revelation 1:3.

A message that will arouse the churches is to be proclaimed. Every effort is to be made to give the light, not only to our people, but to the world. I have been instructed that the prophecies of Daniel and the Revelation should be printed in small books, with the necessary explanations, and should be sent all over the world. Our own people need to have the light placed before them in clearer lines.
...

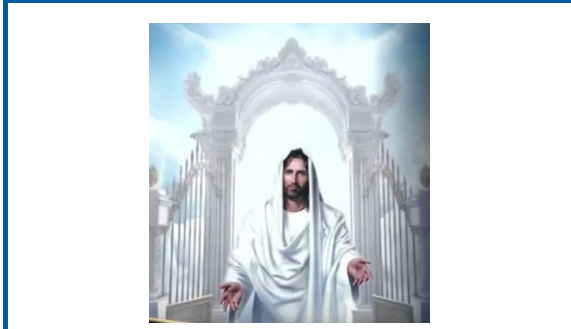
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The Need of the Holy Spirit In Our Lives

We are living in the last days, in a time when we may expect much from the Lord. These words should bring us to the throne of grace to claim great things of him. Here the promise is given that on the men and women and on our sons and daughters the Holy Spirit is to come;

Heaven is full of the blessings that we need, and yet but a small portion of the Spirit's power is manifest among us. O, we need to awake! We need to be converted anew each day. We need to seek for a faith that will lay



Chapter 4 DA-Unto You a Saviour

This chapter is based on [Luke 2:1-20](#).

"The King of glory stooped low to take humanity. Rude and forbidding were His earthly surroundings. His glory was veiled, that the majesty of His outward form might not become an object of attraction. He shunned all outward display. Riches, worldly honor, and human greatness can never save a soul from death; Jesus purposed that no attraction of an earthly nature should call men to His side.

hold of the arm of Jehovah. And all that believed were together, and had all things common; and sold their possessions and goods, and parted them to all men, as every man had need.

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Only the beauty of heavenly truth must draw those who would follow Him. The character of the Messiah had long been foretold in prophecy, and He desired men to accept Him upon the testimony of the word of God. *DA 43.1*

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