



# World Church Affirmation Sabbath



## Next WCAS Event: The Promise Of The Holy Spirit

Hello Brenda,

[MISSION STATEMENT](#)

## JANUARY 2024 NEWSLETTER

### Land of Forgetfulness

From the Spalding & Magan's Collection of Unpublished Manuscript Testimonies of Ellen G. White. 1915-1916: *Three Early Visions* of EGW. These visions are most relevant in today's world, especially the third one. The time of the end is obviously upon us. This inspired article Will tell us what is going to happen in the very near future.

Very interesting.

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*HEALTH NUGGET*



## Testimonies for the Church Vol.5 Chapter 51 —The Coming Crisis

“And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.” In the near future we shall see these words fulfilled as the Protestant churches unite with the world and with the papal power against commandment keepers. The same spirit which actuated papists in ages past will lead Protestants to pursue a similar course toward those who will maintain their loyalty to God. 5T 449.2

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## G-BOMBS: What are they?

G-BOMBS: An easy way to remember the 6 healthiest foods on the planet you should be eating to prevent disease and thrive.

**G-BOMBS**  
G-BOMBS is an acronym for the best anti-cancer, health-promoting foods on the planet. These are foods you should eat every day.

- G GREENS**  
Leafy greens are the most nutrient-dense of all foods. Cruciferous vegetables, such as kale, cabbage, and broccoli, have powerful anti-cancer compounds.
- B BEANS**  
Beans and other legumes are a powerhouse of superior nutrition. Beans act as an anti-diabetic and weight-loss food and provide significant protection against many types of cancer.
- O ONIONS**  
The onion family of vegetables includes onions, leeks, garlic, chives, shallots, and scallions. They have benefits for the cardiovascular and immune systems, as well as anti-diabetic effects. Onions also have better development and lifespan cell death in colon cancer cells.
- M MUSHROOMS**  
Consuming mushrooms regularly is associated with decreased risk of breast, stomach, and colorectal cancers. We recommend only eating mushrooms cooked to avoid toxins.
- B BERRIES**  
Raspberries, strawberries, and blackberries are the superfoods. Their plentiful antioxidant content has both cardio-protective and anti-cancer effects.
- S SEEDS**  
Seeds and nuts contain healthy fats and a rich in a spectrum of micronutrients. Flaxseed and sesame seeds contain lignans, which have anti-cancer effects.

Source: Joel Fuhrman, MD

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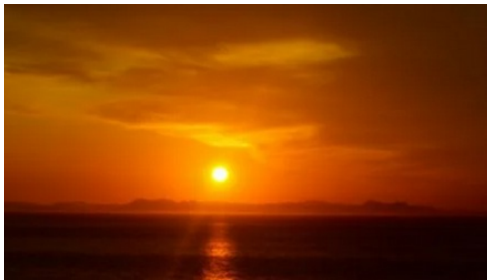


## Maranatha

During the night a very impressive scene passed before me. There seemed to be great confusion and the conflict of armies. A messenger from the Lord stood before me, and said, “Call your household. I will lead you; follow me.” He led me down a dark passage, through a forest, then through the clefts of mountains, and said, “Here you are safe.” There were others who had been led to this retreat. The heavenly messenger said, “The time of trouble has come as a thief in the night, as the Lord warned you it would come.” 61Manuscript 153, 1905. Mar270.4

**In the time of trouble just before the coming of Christ, the righteous will be preserved through the ministration of heavenly angels; angels; but there will be no ...**

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## Testimonies for the Church, Vol.1 - THE FUTURE

*Please pray before reading this inspired article that is full of hope and glory! Then prayerfully read it again.*

At the transfiguration, Jesus was glorified by His Father. We hear Him say: “Now is the Son of man glorified, and God is glorified in Him.” Thus before His betrayal and crucifixion He was strengthened for His last dreadful sufferings. As the members of the body of Christ approach the period of their last conflict, “the time of Jacob's trouble,” they will grow up into Christ,



## Prayer and Promises

Insight from Ellen White  
**MESSAGE FROM HEAVEN**

*“After this I saw another angel with great authority coming down from heaven, and the earth was illuminated by his splendor. Then I heard another voice from heaven: Come out of her, My people, so that you will not share in her sins or receive any of her plagues.” — Revelation 18:1,4, HCSB*

Only a little longer will the voice of mercy be heard; only a little while longer will the gracious invitation be

and will partake largely of His spirit.  
As the third message ...

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given, "If any man thirst, let him come  
unto me, and drink." God sends his  
warning message

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