



# World Church Affirmation Sabbath



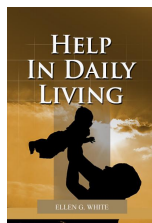
Next WCAS Event: – MARCH 2025

Hello Brenda,

WCAS MISSION STATEMENT

## DECEMBER 2024 NEWSLETTER

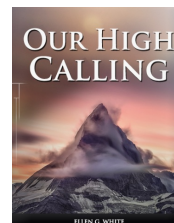
**IT IS IN A CRISIS THAT CHARACTER IS REVEALED!**



There is an eloquence far more powerful than the eloquence of words in the quiet, consistent life of a pure, true Christian. What a man is has more influence than what he says.

HDL 7.1

The officers who were sent to Jesus came back with the report that never man spoke as He spoke. But the reason for this was that never man



**Have You Counted the Cost? 11/1**  
OHC 311

In the world ye shall have tribulation: but be of good cheer; I have overcome the world. John 16:33.

OHC 311.1

The world's Redeemer presents to His followers the plan of the battle in which they are called to engage, and He bids them count the cost. He

lived as He lived. Had His life been other than it was, He could not have spoken as He did. His words bore with them a convincing power, because they came from a heart pure and holy, full of love and sympathy, benevolence and truth. HDL 7.2 It is our own character and experience that determine our influence upon others. In order to

... 2 min

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assures them that angels who excel in strength shall be in His army, and will enable those who trust in Him to fight valiantly. One shall chase a thousand, and two put ten thousand to flight—not through their own strength, but through the power of Omnipotence.... The Captain of the Lord's host is with them, taking the command of the armies, and leading

... 3 min

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## ALL ABOUT BRAZIL NUTS

Brazil nuts aren't nuts at all — they're actually seeds!

**The Brazil nut tree,** found in the Amazon, is one of the largest trees in the world, growing upward of 200 feet.

The tree can live **500-800 years.**

**It's illegal in Brazil** to cut down a Brazil nut tree.

**Just 1 tree can produce 250 lbs. of nuts in a year.**

The nut resembles a coconut and can reach up to 5 pounds, holding 12-20 seeds in orange-like segments that are then split during harvesting.

Brazil nut oil is an excellent natural skin moisturizer for your whole body.

Brazil nut oil is also used traditionally in dressings for salads and marinades in South America as well.

**Brazilian nuts account for a \$50 million worldwide industry.**

**BRAZIL NUTS BENEFITS**

Anti-Inflammatory	Heart Health Booster
Anticancer	Thyroid Control
Mood Lifter	

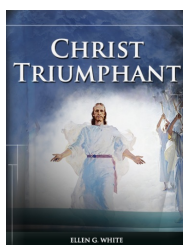
Dr. Axe

A one-ounce serving of dried, unblanched Brazil nuts (about 28.4 grams or six kernels) is roughly about six large kernels or eight medium kernels and contains approximately:

Calories: 187  
 Total Carbohydrates: 3.3 g  
 Fiber: 2.1 g  
 Sugar: 0.7 g  
 Total Fat: 19 g  
 Saturated Fat: 4.6 g  
 Polyunsaturated Fat: 6.9 g  
 Monounsaturated Fat: 6.8 g  
 Trans Fat: 0 g  
 Protein: 4.1 g  
 Sodium: 0.9 mg (0.04% DV\*)  
 Selenium: 544 mcg (989% DV)  
 Copper: 0.5 mg (56% DV)  
 Magnesium: 107 mg (25% DV)  
 Thiamine: 0.2 mg (17% DV)  
 Phosphorus: 206 mg (16% DV)  
 Manganese: 0.3 mg (13% DV)  
 Vitamin E: 1.6 mg (11% DV)  
 Zinc: 1.2 mg (11% DV)  
 Potassium: 187 mg (4% DV)  
 Iron: 0.7 mg (4% DV)  
 Calcium: 45.4 mg (3% DV)  
 \*Daily Value: Percentages are based on a diet of 2,000 calories a day.

Complete & comprehensive article by Dr. Axe here: <https://draxe.com/nutrition/brazil-nuts/>

Brazil nuts are known for their excellent health benefits. They are packed with essential nutrients like selenium, magnesium, and vitamin E. Selenium is an antioxidant that helps prevent cell damage, and magnesium supports various body functions, including muscle and nerve function, blood sugar control, and blood pressure regulation. Vitamin E, on the other hand, is beneficial for skin health and has been suggested to help protect against heart disease and certain cancers. However, it's important to consume Brazil nuts in moderation as they are high in calories and fat. It's best to eat Brazil nuts raw or blanched, although they can be roasted and salted like most nuts. Brazil nuts can also be sweetened and crushed for dessert toppings or even made into puddings, dips and cheeses.



## My Refuge and My Fortress

**Psalm 91:1** He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

**Psalm 91:2** I will say of the LORD, He is my refuge and my fortress: my

Christ Triumphant  
We are passing through an enemy's land. Foes are upon every side to hinder our advancement. They hate God and all who follow after Him and bear His name. But those who are our enemies are the Lord's enemies, and although they are strong and artful, yet the Captain of our salvation who leadeth us can vanquish them. As the sun disperses the clouds from its path, so will the Sun of Righteousness remove the obstacles to our progress. We may cheer our souls by looking at the things unseen that will cheer and animate us in our journey. CTr 90.3

We may indeed say, "Thy presence is our security, our treasure, our glory, our joy." ... Do we pray that Christ will go where we go and dwell where we dwell? If we can live without Christ in this world, He will live without us in the better world. But if we cling to Him by living faith, saying with Jacob, "I will not let thee go"; if we entreat, "Cast me not away from thy presence; and take not thy holy spirit from me," the promise is to us "I will never leave thee, nor forsake thee." CTr 90.4

... 3 min

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God; in him will I trust.

**Psalm91:3** Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

**Psalm91:4** He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

**Psalm91:5** Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

**Psalm91:6** Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

**Psalm91:7** A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

**Psalm91:8** Only with thine eyes shalt thou behold and see the reward of the wicked.

**Psalm91:9** Because thou hast made the LORD, which is my refuge, even the most High, thy habitation;

**Psalm91:10** There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

**Psalm91:11** For he shall give his angels charge over thee, to keep thee in all thy ways.

**Psalm91:12** They shall bear thee up in

... 3 min [This Psalm-a good one to memorize!]

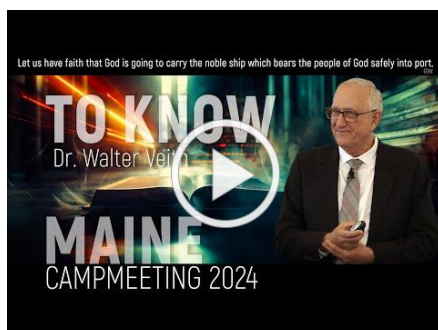
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*A storm is coming, relentless in its fury. Are we prepared to meet it?*



*A Wake-Up Call for the Church: Pastor Randy Skeete's Solemn Message.*

[VIDEO LINK](#)

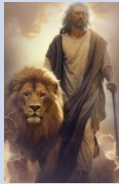


*Walter Veith - To Know - Maine Camp Meeting Aug 2024 Sabbath Sermon*

[VIDEO LINK](#)



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