



Thanksgiving

Excerpts from the Bible and Spirit of Prophecy by Charles Permaul

Let us come before His presence with thanksgiving, and make a joyful noise unto Him with psalms. For the Lord is a great God, and a great King above all gods. Ps. 95: 2, 3.

Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His name. For the Lord is good; His mercy is everlasting; and His truth endureth to all generations. Ps. 100: 4, 5.

This Thanksgiving Season let us take the time to recount the untold blessings and mercies of the Lord towards us. Let us lift up our voices in gratitude to Him in prayer, testimony, and thank-offerings.

Continue in prayer, and watch in the same with thanksgiving. Col. 4: 2.

“Nearly the whole of Thanksgiving Day, November 29 [1883], was spent in church. Our morning meeting was one of special interest. In a cheerful testimony everyone had a thank-offering to present to God. In the forenoon we had a Bible-reading on the subject of thanksgiving, and it was clearly shown from the Scriptures that it is our duty to glorify God by offering thanks and praise. This was a most precious season. All were instructed and reproved; for repining at the dealings of God has been almost continual, while gratitude and praise had been seldom expressed and little cherished in the heart. Many confessed that they had cherished doubt and distrust,

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Diet and Health (part 1)

From Life and Health July 1, 1905

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

Selection of Food

Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health, and causes weakness instead of strength. We cannot be safely guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created us, and who understands our needs, appointed Adam his food. “Behold,” he said, “I have given you every herb yielding seed . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food.” Gen. 1:29, A. R. V.

Upon leaving Eden, to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also “the herb of the field.” Gen. 3:18.

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.

But not all foods, wholesome in themselves, are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons who follow sedentary pursuits. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.

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and had reaped as they had sown; and as they expressed a resolution to reform in this particular, I reminded them that when pretexts for dissatisfaction are presented, we are to say, 'Get thee behind me, Satan.' Let every one who has tasted of the love of God praise Him for His goodness to the children of men. In this let every soul be wholehearted and sincere.


"It is a great cause of gratitude that we understand the nature of this day [season] better than we once did. It is not designed to minister to our selfish gratification in the enjoyment of every luxury because God has bestowed upon us the rich bounties of His providence; on the contrary, we are to recall His mercies, and meditate upon His favors with thankful hearts. To devote this day [season] to gluttony, and our time and strength to the preparation of rich and expensive dishes, thus tempting our families and friends to gorge themselves, instead of offering thanksgiving to God, is the basest idolatry of self; for it is perverting the very best gifts of Heaven to the indulgence of appetite. Many thus lay the foundation for disease and premature death, and furnish Satan an occasion for hellish exultation.

"...The Testimonies borne by our brethren and sisters were full of courage and gratitude to God; and their verdict was, 'Oh, what a Thanksgiving Day I ever experienced!' " — *Review and Herald*, January 15, 1884, par 5, 6, 8.

Now is the time when God should be praised for His goodness and bountiful gifts to the children of men. You may say, 'What has the Lord done for us?—Much in every way. You have the products of the earth, filling your barns, your granaries, your storehouses. In this you have abundance for which to give thanks. Here are your children. They are clothed, and you have fuel, food, and shelter. You should not only praise God, but you should come into His courts with a thank offering. How many of us have trained ourselves to bring an offering to Him?

"...Every morning we should think, What kind act can I do today? What tender word can I speak? Kind words at home are blessed sunshine. The husband needs them, the wife needs them, the children need them. Now let us make a thanksgiving at home. How easy it might be for us to bring sunshine, mellow and beautiful, right into our homes, if our hearts were filled with the grace of God! This may be done by kind words and loving ministrations. If there had been more of them in the past, I believe that more of us would have come into this house with the praise of God in their hearts for His loving kindness unto us and ours. It ought to be the desire of every heart to make as much Heaven below as possible. We ought to be just before we are generous. There needs to be a home religion, a home thanksgiving. There needs to be the very soul of a pure life right at home. Then when you come to such a place as this, you will make melody to God in your hearts. They would be full of the tenderness of love. You could speak of the mercy and love and goodness of Christ in your soul. Your hearts would be full of melody all the day. Your song would be, 'Bless the Lord, O my soul; and all that is within me, bless His holy name' (Ps. 103: 1). This kind of piety is of some value. There is a great deal of meeting-house religion; but there is little home religion. Cultivate it, that when you come into the house of God, you will love to talk of Jesus. You cannot make your tongue be silent. The love of Jesus will be like fire shut up in your bones."—*Review and Herald*, December 23, 1884, pars. 8, 10.

An Attitude of Gratitude

*There's an attitude of gratitude in every thing I do,
For all that God has given me and dreams that have come true.
I'm thankful for the gifts He gives, each blessing I have known,
For friends I've met along the way, and strength to carry on.
There's an attitude of gratitude with every prayer I say,
For something good has come my way each and every day.
Through trials and tribulations, I've felt His presence there,
And I have often found relief beneath the wings of prayer.
However bad my circumstance, I know things could be worse.
But Christ has been my anchor when things have been adverse.
I know how truly blessed I am, And God will bless you, too!
There's an attitude of gratitude in everything I do!* 

Evangelism at Its Best

By Alex Cowan

"And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." Matthew 24:14.

Praise the Lord for the great privilege of participating in end-time evangelism! Interesting things are happening in the world and the call is being made for all God's children to join His remnant church! Jesus said, "And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd." (John 10:16).

Outreach at Three Angels is something that everyone is welcome and encouraged to participate in! A successful evangelism cycle consists of three main phases: Pre-work, Presentation, and Post-work. At all stages, laborers are needed for the harvest. Following the counsel of Christ, "pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest," we witnessed the 'mission spirit' inspire the entire church!

Our members were blessed as they hit the streets of Turley conducting neighborhood surveys, door-to-door handbill distribution, visitation, in-home Bible studies, and the Breathe Free Smoking Cessation Program.



Attendees at the Turley Prophecy Seminar

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THREE ANGELS KITCHEN

Tres Leches Cake (Three Milks Cake)

Recipe taken from Vegcooking.com

For the Cake:

- 1 3/4 cups pastry flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. sea salt
- 1/3 cup Earth Balance margarine
- 1 cup sugar
- 2/3 cup water
- 2 Tbsp. vanilla
- 1 Tbsp. apple cider vinegar

For the "Milk" Mixture:

- 2 Tbsp. cream of coconut
- 2 Tbsp. coconut milk
- 2 cups plain soy milk
- 2 cups Rich's nondairy whipping cream
- 2 tsp. lime juice (optional)
- Vegan whipping cream
- Mixed berries

Directions:

Preheat the oven to 350°F. Grease and flour an 8-inch cake pan. Line the pan with parchment. In a medium bowl, sift together the flour, baking powder, and baking soda. In a separate smaller bowl, whisk the salt, margarine, sugar, water, vanilla, and vinegar until blended. Pour the wet mixture into the dry mixture, whisking until smooth. Pour the batter into the cake pan. Bake for 30 to 40 minutes, or until a toothpick inserted into the center comes out clean. Cool the cake in the pan for 5 to 10 minutes. Remove the cake from the pan and allow to cool. Cut the cooled cake in half horizontally so that it forms two thinner cakes and place the bottom half back into the pan. In a small bowl, mix the cream of coconut and coconut milk together until they form the consistency of condensed milk. Add more of each if necessary. In a medium saucepan, whisk together the coconut mixture, soy milk, and nondairy whipping cream until smooth. Add the lime juice if desired. Stirring occasionally, bring the "milk" mixture to a boil. (The "milk" mixture has to reach a full boil prior to being poured over the cake; otherwise it will not soak into the cake.)

Using a small cup or pitcher, pour the hot "milk" mixture over the bottom half of the cake, press with a spatula until the "milk" is absorbed, and then add a little more milk. Replace the top half of the cake and pour the "milk" over the cake. Gently press the top with a spatula until the "milk" is absorbed. Add a little more "milk" and press with the spatula until the remaining "milk" is almost absorbed. Let the cake soak for at least 30 minutes. After the cake is cool, refrigerate until ready for garnishing. Whip the vegan whipping cream and top the cake with it. Add the berries decoratively. Keep refrigerated. *DAJ*

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God blessed this pre-work with a total turnout of 54 souls! Then our trained Friendship Evangelists took charge over the guests through the duration of the presentation phase. The post-work has already begun with our members active in small group Bible studies and in-home visitation!



Alex Cowan presenting the Turley Prophecy Seminar

The possibilities are endless with Three Angels Evangelism. Whether you are into personal evangelism, public evangelism, or literature distribution, you will satisfy the Lord's call to ministry in your life at Three Angels!!! *DAJ*

Waiting on God

Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord. Psalm 27:14

My soul, wait thou only upon God; for my expectation is from him. Psalm 62:5

Our soul waiteth for the Lord: he is our help and our shield. Psalm 33:20

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. Isaiah 40:31

For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry. Habakkuk 2:3

Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) Hebrews 10:23

Cast not away therefore your confidence, which hath great recompence of reward. The eyes of all wait upon thee; and thou givest them their meat in due season. Thou openest thine hand, and satisfiest the desire of every living thing. Psalm 145:15, 16

I wait for the Lord, my soul doth wait, and in his word do I hope. Psalm 130:5

For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end; Hebrews 3:14

And it shall be said in the day, Lo, this is our God; we have waited for him, and he will save us: this is the Lord; we have waited for him, we will be glad and rejoice in his salvation. Isaiah 25:9

ANNOUNCEMENTS

Three Angels Holiday Basket Drive – 2008

Christmas Baskets for the needy will be distributed at 1:00 p.m. on: Sunday, December 21st – Christmas

Your assistance is needed. Please consider a donation to local Community Services (please designate “local” if using the middle box of the offerings envelope, or write it in using the top box).

Your vehicles are also needed in order to make deliveries. Maps and phone numbers are provided for each recipient address. For more information contact Brad or Helen White at hwhite12@cox.net.

Thanks in advance for your help. We look forward to seeing you!

BIRTHDAYS & ANNIVERSARIES

December

- | | |
|-------------------------------|---------------------|
| 3 – Stephen White | 15 – Jessica Cowan |
| 5 – Nelita Martin | 16 – Helen White |
| 12 – Mason Cowan | 24 – Evetta Carlson |
| 12 – Marc Siler | 26 – Karen Simpson |
| | 29 – Brad White |
| 5 – Alfonso & Lesley Orellana | |
| 21 – Terry & Barbara Cowan | |

Three Angels Seventh-day Adventist Church – Owasso

11808 E 121st St N
Collinsville, OK 74021
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www.t3asda.org

Worship Schedule

Saturday (Sabbath)

Sabbath School.....9:30am
Main Worship Service.....10:45am

Wednesday

Prayer Meeting.....7:00pm

Please send comments or suggestions about this newsletter to alfonsoorellana@msn.com

Care should be taken to have all food in as good condition as possible. In the end, good food is the cheapest. Vegetables that are stale or of poor quality are likely to be unpalatable and unwholesome. So with fruits. Ripe and fresh, they are as wholesome as they are delicious; but green, partly decayed, or overripe fruit should never be eaten raw. When cooked, unripe fruit is less objectionable. So far as possible, however, we should use fruit in its natural state. The more we accustom ourselves to use it fresh from the tree, the greater will be our enjoyment of fruit, and the more benefit we shall receive from its use.

For use in winter a liberal supply should be prepared by canning or drying. For canning, glass rather than tin cans should be used whenever possible. It is especially necessary that the fruit for canning should be in good condition. Use little sugar, and cook the fruit only long enough to insure its preservation. Thus prepared, it is an excellent substitute for fresh fruit.

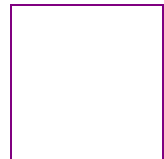
Nuts and nut foods are coming largely into use to take the place of flesh-meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.

When properly prepared, olives, like nuts, supply the place of butter and flesh-meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.

Persons who have accustomed themselves to a rich, highly stimulating diet, have an unnatural taste, and they cannot at once relish food that is plain and simple. It will take time for the taste to become natural, and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a time, find it palatable. Its delicate and delicious flavors will be appreciated, and it will be eaten with greater enjoyment than can be derived from unwholesome dainties. And the stomach, in a healthy condition, neither fevered nor overtaxed, can readily perform its task.

The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied. *DAJ*

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