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FATH **ON THE LINE**
DARE TO STAND

Winter 2020

Welcome

Dear Reader,

The last few weeks have been astonishing to everyone as we have seen the world change dramatically before our eyes. Who would have ever thought that a virus could cause so many restrictions and measures that control our day to day lives and the freedom with which we have lived until now. Daily we hear news of more restrictions that are needed, and there is talk of legislation, movement tracking, forced vaccinations, the good effect of this forced rest on climate change, and our need to return to God because of the way we have lived as a society.

The signs are increasing around us and many of God's people are alarmed. We have waited many years for the return of Christ, and it has always been in the future, but at some time point the future becomes the present. And many are wondering if they are ready for what is to come.

"The present is a time of overwhelming interest to all living. Rulers and statesmen, men who occupy positions of trust and authority, thinking men and women of all classes, have their attention fixed upon the events taking place about us. They are

watching the relations that exist among the nations. They observe the intensity that is taking possession of every earthly element and they recognize that something great and decisive is about to take place - that the world is on the verge of a stupendous crisis."
PK 537

These words could not be more true than they are today.

If God's people should ever awake out of their slumber it is now. I'm sure most people never thought of a virus as the beginning of final events, but whether or not these things have anything to do with final events, they are undoubtedly the precursors of those final events. How easily this crisis could morph into a religious discussion.

If you, dear Reader, have thought about the crisis we are experiencing and have felt prompted to wonder, take this opportunity to obey the promptings of the Holy Spirit and study God's word. Study it as if your life depended on it, for it surely does. Now is the time to be reviewing the prophecies of Daniel and Revelation, and to make sure of your salvation.

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Our aim is to urge men and women to stand for truth and resist error. We pray that in times of serious compromise our ministry will equip you with solid information on current end-time issues and trends, and encourage you to live a life apart from worldly influences.

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Managing Editor
Wendy Goubej

Contributing Writers
Walter Veith, Ellen G. White, Biblical Research Institute, W. Timms, Lana Drebit, Sonica Veith, Tammie Burak

Copy Editors
Tammie Burak

Contact
PO Box 860
150 Mile House BC
V0K 2G0
Canada



PO Box 3140
Blaine WA
98231-3140
USA

Telephone
Toll Free: 1-866-572-9457

Web
www.amazingdiscoveries.org

E-mail
editor@amazingdiscoveries.org

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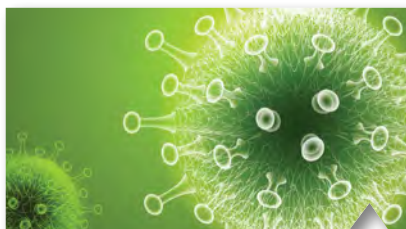
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FAITH ON THE LINE DARE TO STAND

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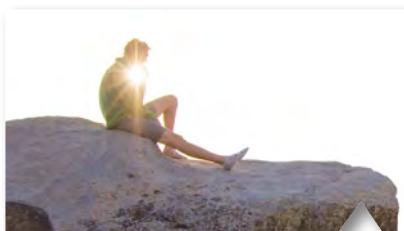
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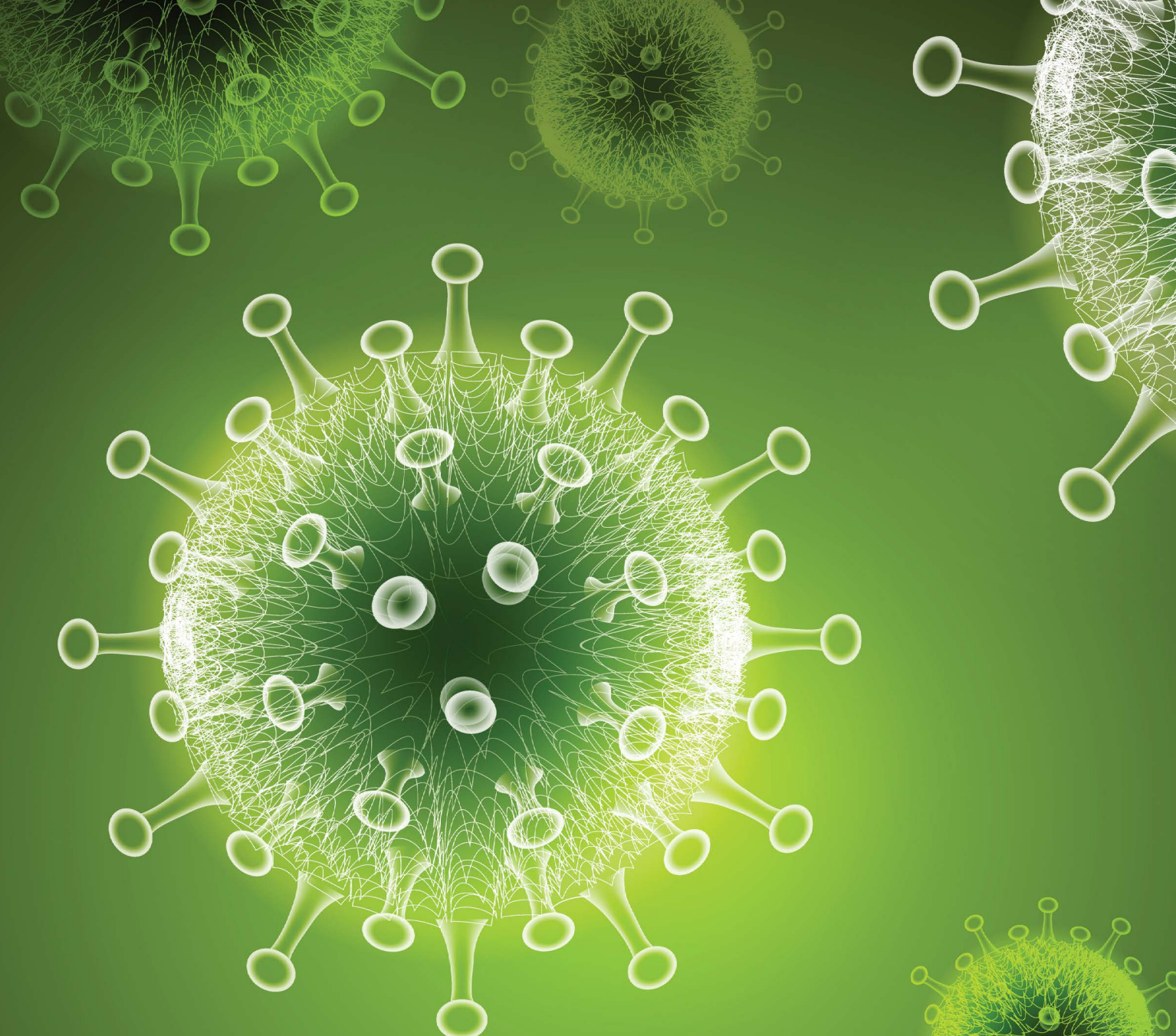


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The following has been adapted from an interview between Walter Veith and Martin Smith for the March 22, 2020 video episode of What's Up Prof, produced by Amazing Discoveries Africa.

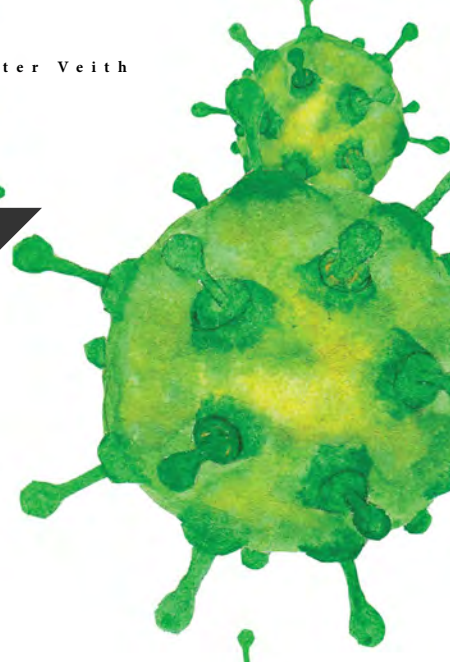
MARTIN SMITH (MS): The developments around the coronavirus have escalated tremendously in the last few days. What's going on in the world?

Walter Veith (WV): There have been a number of developments. For example, the German government announced major escalations in terms of restrictions on humanity and freedom of association. And there was a very interesting discussion on television in Germany by the Institute for Science Research and Community Politics. An expert in the field of epidemiology and respiratory diseases, Dr. Wolfgang Wodarg was the spokesman.

CORONAVIRUS

AND THE LITTLE TIME OF TROUBLE

by Walter Veith



He was totally surprised at the way in which this thing was being handled because he said that the virus forms a part of the general flu population of viruses. And never in the past when there were virulent viruses around was one virus isolated from the rest of the group and made the object of so much attention. And he doesn't understand why there is such a hype and who benefits from the hype.

Nevertheless, there was a document that was released by the German government, an official document. Press release 17/12051 released in 2013. It was based on research in this field around possible epidemics and catastrophes and how the state should respond to those.

The second half of the document deals with risk analysis and protecting the population against a pandemic by a virus such as Modi-SARS. It is like a blueprint of what we are seeing in the world today. In fact, it mirrors it so exactly, it's like a script.

Angela Merkel just recently had a public announcement where she said that 70% of the people will probably be affected by this virus. Dr. Wolfgang Wodarg also was asked the same question. And he said, if you have an epidemic or just a normal flu scenario then people get the flu and over a period of time it can be up to 70% of the population that has the flu.

If you go back to this graphic representation (in the German government document) of what the effect will be, it is divided into categories of what is the effect on the human being. The impact on humanity, they're saying, is going to be very high with millions, 7.5 million probable deaths.

And then, a very interesting category is included, those that went missing. The number of missing people here, they say, could be between a third or a half of 7.5 million. They're just gone.

Then the next category with maximum damage is the economy, not necessarily the big companies, but the general economy. It seems to have a major, major impact.

And then also impact on the public order will be very high. That means you can expect civil disobedience. You can expect riots. And the political ramifications and the psychological ramifications will be massive.

Now what fascinates me about this document is the detail. This pandemic, they say, will be worldwide. The scenario that they have here is a hypothetical Modi-SARS virus. And then they say, for example, SARS coronavirus COVI. [They said this] eight years ago.



They say this will occur in February in Asia. Now isn't it interesting that this virus broke out in Asia in February? And then it will come to Europe and the United States. And it'll come from the marketplace where the animals are and that's exactly what happened.

How long will this development continue? This document says three years. So when we get back to what the media is saying today, they said a few weeks and they said three months. Then I think Donald Trump said six months. And now the latest is an announcement in Germany that the restrictions as a consequence of the virus is estimated to be about two years. So we're getting very close to the three years.

The next question is, what measures will be put in place to curtail the virus. Well, one of the first ones of course is quarantine, and particularly self-quarantine. So it will be isolation and home isolation and then there will be a reduction in your basic rights. And the right to your privacy in your home will also be curtailed. Even within your home sphere, the arm of the law will be noticeable.

They say that there will not be one specific way in which the various countries will deal with it. This will have major political repercussions because some people will play the blame-game and ask who did the right thing and who didn't do the

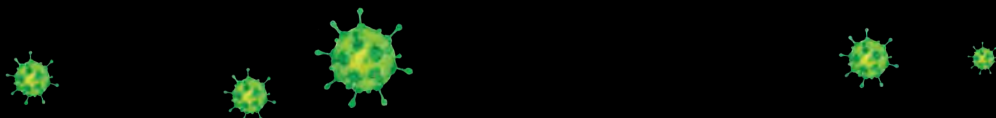
right thing. Some of the critics in China have just disappeared. Nobody knows where they are.

Furthermore, by government decree, people can be compelled to be subjected to inoculation or other measures which they might prescribe. The ramifications in terms of your social life will be astronomical, astronomical. In other words, let's put it bluntly, life will change completely. Not just for a week or for a month, but we're talking years.

And there will be massive logistical problems in bringing food into the area because some borders will now be activated that might not have been activated before.

Now the production of food will continue but it will be majorly impacted because the farmers will be sick. Some of them will be dying. And life as usual with luxury and all of those things will be a thing of the past.

There's a statement that I've read where it says that what we eat impacts the mind. And if we had a simpler diet, we might have better discernment as to what is going on. So maybe this is a mechanism, even though it is in this pandemic scenario, to get mankind to get a clearer mind. Because the issue is much larger than a virus in my opinion.



The banks will continue and the stock exchange will continue, and parliament, and all of these will continue. The justice system will be impacted. Juries will no longer be allowed. One judge will decide what's right or wrong. There will be massive problems when it comes to garbage and refuse removal.

MS: Is that only in Germany or is that world-wide?

WV: This is what they're saying about Germany. Now there's another thing that might happen. There could be a massive increase in burglaries as people become more affected by the restrictions.

MS: Looting.

WV: When I look at the prophetic scenario, I found an interesting quote in the book Education. (Education p228)

At the same time anarchy is seeking to sweep away all law, not only divine, but human. The centralizing of wealth and power; the vast combinations for the enriching of the few at the expense of the many; the combinations of the poorer classes for the defense of their interests and claims; the spirit of unrest, of riot and bloodshed; the world-wide dissemination of the same teachings that led to the French Revolution—all are tending to involve the whole world in a struggle similar to that which convulsed France. (Ed., 228.2)

When I think of Bernie Sanders and his railing against the disparity between the rich and the poor, didn't one of his staffers say something?

MS: They said, "Guillotine the rich."

WV: Guillotine the rich. The same sort of ideology "that led to the French Revolution are all tending to involve the whole world in a struggle

similar to that which convulsed France. Such are the influences to be met by the youth of today. To stand amidst such upheavals they are now to lay the foundations of character" (Ed. 228).

Thou shalt love the Lord thy God with thy whole heart and with thy whole mind and with thy whole soul.

And you will have to keep away from large groups of people. Now that is also a way, besides preventing the spread of disease, to control people so that you don't have anarchy developing under these conditions.

And I don't think we have to say anymore about the document because it is a blueprint.

If it's going to pan out like the blueprint says, then is it possible that we have entered the little time of trouble? Is it possible that the statements that we have had are slowly coming to fulfillment?

Again and again (it was shown)...that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one. We should now begin to heed the instruction given us over and over again: Get out of the cities into the rural districts where the houses are not crowded closely together, and where you will be free from the interference of enemies. (AH, 141.4)

Now already the governments have announced that they have released the military to take care of some of these issues. Already in France, if you are on the street after a certain time, you will be fined. And these laws will become more and more stringent. Hasn't Donald Trump released the National Guard?

MS: Yes. "1000 troops in six states in response to coronavirus."

WV: And national states of emergency have been declared in various countries already. Now the next move after a state of emergency is martial law. Now what if martial law is applied? If martial law is declared, then the constitutions are no longer valid.

Now here's another point we need to discuss. And that is the Noahide Laws. Noahide Laws come from the Kabbalah. Kabbalah is Jewish mysticism and from Jewish rabbis. You find it in the Talmud.

What are Noahide Laws? According to the Kabbalah, these laws were given originally to Adam and Eve and then to Noah. They precede Sinai and therefore they are applicable to all of humanity. Now those people that are interested in the *New World Order*, they say that these laws must be applied to every nation. It must become a universal law.

There are seven Noahide Laws. The first one says, **"Do not profane God's oneness in any way."**

So this affects largely the monotheistic religions. And you know that the Pope had this meeting about monotheistic religions coming together to work together.

"Do not curse your Creator."

So there's a religious element in these laws.

"Do not murder." "Do not eat the limb of a living animal."

This law was apparently added later, after the flood. So you have to respect God's creatures. So the environment will be very important.

"Do not steal."

And then, **"Harness and channel the human libido."** It means that incest, adultery, rape, and homosexual relations are forbidden. And then seven, **"Establish courts of law and insure justice in our world."** To the point, of course, where if you transgress the Noahide Laws there is the possibility of the death penalty.

MS: Capital punishment.

WV: Capital punishment, correct. Now, are these just hypothetical laws? If they were, it would be interesting, particularly the first one, **"Do not profane God's oneness in any way."** Now the Talmud is a document that has some very, very negative things to say about Jesus Christ. And one of the things that the Talmud, and the Jews in the Bible even, had against Jesus was that He claimed that He and His Father were one. And they picked up stones to stone Him because, "You are saying that you are equal to God." So anybody, basically who says that Jesus Christ is God, Lord, could come into conflict with the Noahide laws.

Are they only hypothetical? The answer is no, they are not. Because George Bush senior, he

made that famous speech about a New World Order where all the nations work together and come together and this is now a distinct possibility. He actually enacted as law the Noahide laws in 1991.

MS: Correct. We've got a web page to (prove) that. You can go to the Congress.Gov webpage.

WV: So that's the official government web page.

MS: On that is the whole section that they've entered as a law.

WV: So the Noahide laws are already on the books in the United States of America. What about Europe? One of the previous presidents of Europe, Von Rompuy, who by the way was highly acclaimed by the Jesuits as one of their men, what did he say?

MS: That "he seeks greater 'dissemination of the universal values known as the Noahide Laws.'"

And then also it goes on to say that "Major General Michael Jeffery, Governor General of Australia, lamenting family breakdowns and drug and alcohol abuse in modern society, in a 2008 letter, wrote that he believed that observing the fundamental values of the Noahide Laws can be an antidote to such ills of society."

WV: So the Noahide Laws are already law in the United States. They're just not active because of the constitution, but they are already there.

MS: And it's called Education Day, that law.

WV: Aha. So it's called Education Day and the Pope wants to bring together a meeting on education. So all of this is beginning to come together.

Now according to my Bible, the little horn of Daniel 7, is the Papacy. That's how Protestants have seen it throughout their history. And because the criteria fit 100% it cannot change. And if he is the little horn, if he is the antichrist, then he has an agenda to dethrone Jesus Christ.

It is possible that it might fizzle out in two or three or four months, and [the world will return to] business as usual. Then it was a practice run. But if this is the real thing, then we could be now in the little time of trouble. And according to the prophetic scenario it will escalate until there comes a direct clash between God's law and man's law. And we know that the papal system is deeply involved in all of this.

So I would like to say, that God's people should now stand up. This is the time to bring the loud cry message. This is the time not to be silent. This is the time to speak. By every possible means, we have to warn the world. Because when the mark of the beast is implemented, then we will go into the big time of trouble and the plagues will fall and it will be too late to reach those that we want to reach. I believe God in His mercy is permitting all of this so that people can wake up and people can either go with this stream or they can follow the directives of the word of God.

It's very important that I know what God said and how do I find out today what God said? Well, it's in His Bible. May God bless you and may God give you strength and may we stand united under the blood-stained banner of Jesus Christ, the Man who died for your sin and my sin and who is God manifested to man. Amen. **AD**



God Has Promised

by Ellen G. White



When You Are Tempted

The fact that we are called upon to endure trial shows that the Lord Jesus sees in us something precious which He desires to develop. If He saw in us nothing whereby He might glorify His name, He would not spend time in refining us. He does not cast worthless stones into His furnace.

The Ministry of Healing, p. 471

In Christ, God has promised means for subduing every evil trait and resisting every temptation, however strong.

The Ministry of Healing, pp. 65, 66

Jesus revealed no qualities, and exercised no powers, that men may not have through faith in Him. His perfect humanity is that which all His followers may possess, if they will be in subjection to God as He was.

The Desire of Ages, p. 664

Those who fail to realize their constant dependence upon God will be overcome by temptation. We may now suppose that our feet stand secure, and that we shall never be moved. We may say with confidence, I know in whom I have believed

But Satan is planning to take advantage of our hereditary and cultivated traits of character, and to blind our eyes to our own necessities and defects. Only through realizing our own weakness and looking steadfastly unto Jesus can we walk securely.

The Desire of Ages, p. 382

The Father's presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ.

The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil, for Christ is his defense. Nothing can touch him except by our Lord's permission.

Thoughts From the Mount of Blessing, p. 71

Christ will never abandon those for whom He has died. We may leave Him and be overwhelmed with temptation, but Christ can never turn from one for whom He has paid the ransom of His own life.

Prophets and Kings, p. 176

Nothing is apparently more helpless, yet really more invincible, than the soul that feels its nothingness and relies wholly on the merits of the Saviour. God would send every angel in heaven to the aid of such a one, rather than allow him to be overcome.

Testimonies, vol. 7, p. 17

Our heavenly Father measures and weighs every trial before He permits it to come upon the believer. He considers the circumstances and the strength of the one who is to stand under the proving and test of God, and He never permits the temptations to be greater than the capacity of resistance.

If the soul is overborne, the person overpowered, this can never be charged to God, as failing to give strength in grace, but the one tempted was not vigilant and prayerful and did not appropriate by faith the provisions God had abundantly in store for him.

Christ never failed a believer in his hour of combat. The believer must claim the promise and meet the foe in the name of the Lord, and he will not know anything like failure.

Ellen G. White manuscript 6, 1889

Could our spiritual vision be quickened, we should see souls bowed under oppression and burdened with grief . . . We should see angels flying quickly to the aid of these tempted ones, forcing back the hosts of evil that encompass them, and placing their feet on the sure foundation.

Prophets and Kings, p. 176

If You Have Sinned

We should ever bear in mind that we are all erring mortals, and that Christ exercises much pity for our weakness, and loves us although we err.

Testimonies, vol. 1, p. 383

We shall often have to bow down and weep at the feet of Jesus because of our shortcomings and mistakes, but we are not to be discouraged. . . . We are not cast off, not forsaken and rejected of God.

Steps to Christ, p.64

By prayer, by the study of His word, by faith in His abiding presence, the weakest of human beings may live in contact with the living Christ, and He will hold them by a hand that will never let go.

The Ministry of Healing, p. 182

So long as we do not consent to sin, there is no power, whether human or satanic, that can bring a stain upon the soul.

Thoughts From the Mount of Blessing, p. 32

The only defense against evil is the indwelling of Christ in the heart through faith in His righteousness. . . . We may leave off many bad habits, for the time we may part company with Satan; but without a vital connection with God, through the surrender of ourselves to Him moment by moment, we shall be overcome. Without a personal acquaintance with Christ, and a continual communion, we are at the mercy of the enemy, and shall do his bidding in the end.

The Desire of Ages, p. 324

If one who daily communes with God errs from the path, if he turns a moment from looking steadfastly unto Jesus, it is not because he

sins willfully; for when he sees his mistake, he turns again, and fastens his eyes upon Jesus, and the fact that he has erred, does not make him less dear to the heart of God.

Ellen G. White, in Review and Herald, May 12, 1896

If in our ignorance we make missteps, Christ does not leave us.

Christ's Object Lessons, p. 173

Christ is ready to set us free from sin, but He does not force the will; and if by persistent transgression the will itself is wholly bent on evil, and we do not desire to be set free, if we will not accept His grace, what more can He do? We have destroyed ourselves by our determined rejection of His love.

Steps to Christ, p. 34

Many, walking along the path of life, dwell upon their mistakes and failures and disappointments, and their hearts are filled with grief and discouragement. . . . It is not wise to gather together all the unpleasant recollections of a past life—its iniquities and disappointments to talk over them and mourn over them until we are overwhelmed with discouragement.

A discouraged soul is filled with darkness, shutting out the light of God from his own soul and casting a shadow upon the pathway of others.

Steps to Christ pp. 116, 117. AD

WHY SILVER?

CENTURIES OF SILVER USE



Keeping our bodies strong is essential to good health. A strong immune system can protect your body from infection, and helps us heal. Silver has been used for centuries to prevent illness and to improve recovery from injury. The use of silver has spanned generations, cultures and continents.

The Greeks used vessels made from silver to keep water and other liquids fresh. The Roman Empire stored wine in silver urns to prevent spoilage.

Before the invention of germicides and antibiotics, it was known that disease-causing germs could not survive in the presence of silver. Thus, silver was used in dishware, drinking containers and eating utensils.

In the Middle Ages, silverware was believed to be what protected the wealthy from the plague.

Settlers in the Australian outback use silverware in their water tanks to retard spoilage. Pioneers of American West found that if they placed silver coins in their casks of water, it kept the water safe from growth of bacteria, algae, etc.

Silver leaf was used to combat infection in battle wounds sustained by soldiers during World War I.

Before the introduction of antibiotics, silver was commonly used in hospitals and has been known as antibacterial for over 1000 years.

In the early 1800s, doctors used silver sutures in surgical wounds with successful results.

COLLOIDAL SILVER

Colloidal silver is a broad term for a solution that can contain various concentrations of ionic silver compounds, silver colloids, or silver compounds bound to proteins in water. Colloidal silvers have been around for hundreds if not thousands of years and have been used by many ancient civilizations as a means to maintain health. Before the mainstream discovery and acceptance of antibiotics in the early 1900s, silver products were used by doctors. These earlier versions of silver products are not to be discounted because they indeed provided countless favorable benefits to those who used them to improve their health. But just like any new discovery, as technology and science advances, we find more efficient and effective ways to design and engineer products.

The problem with Colloidal silver was that it had no known research. In addition, ionic silver could cause the skin condition Argyria. Ionic silver particles could only steal one electron per particle. Its effect on the body was short and it could harm good probiotic bacteria.

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Adventist Theologians Approve **STATEMENT** on Biblical Eschatology

Document reaffirms role of Bible prophecy and its missiological implications.

by Biblical Research Institute



Adventist Review, June 22, 2018

Introduction

The Fourth International Bible Conference was held in Rome, June 11-21, 2018, with the theme of "Biblical Eschatology." Almost four hundred Adventist scholars, pastors, educators, and church leaders, sharing a deep commitment to Scripture and a biblical worldview, gathered from around the world to explore biblical, theological, historical, ethical, missiological, and scientific perspectives on eschatology. The goal of the conference was to affirm and explore biblical eschatology, foster fellowship and unity, and to bring about a renewed sense of the times in which we live so as to be better equipped to serve the Lord and His church. We have been spiritually and intellectually enriched through Bible study and worship, seasons of prayer, lectures, discussions, and educational tours to significant biblical, historical, and archaeological sites.

As Seventh-day Adventists, we are impelled by the personal and profound conviction of the nearness of Christ's coming as a literal, visible, personal, and worldwide event. We are keenly aware of the challenges being made to the historicist approach to Biblical eschatology. These challenges include preterist, futurist, and idealist approaches to the books of Daniel and Revelation, scientific cosmologies that breed skepticism toward a divine supernatural resolution of the problem of sin and death, and speculation regarding things that have not been revealed.



Statement of Affirmation

Committed to the principles of sola and sola Scriptura, we hereby affirm that the Seventh-day Adventist Church, raised up in fulfillment of Bible prophecy near the end of earth's history, has an eschatological perspective as an integral part of its theology, message, and mission.

We affirm that eschatology (the study of the end times) has its origin in the triune God. When the predicted time was fulfilled God the Father sent His Son Jesus Christ in order to redeem and adopt us as His children (Gal 4:4-5) and advance His plan of salvation, which will culminate in Jesus' glorious reign after His Parousia (Second Coming).

We affirm that Jesus Christ with His life, death, and resurrection is the center of our eschatological hope.

Through the Holy Spirit He confirms individual believers as being God's children and heirs, while they eagerly wait for the final liberation from all corruption (Rom 8:14-25). Through the Holy Spirit, Christ also guides His church to rightly understand and interpret the Scriptures towards the fulfillment of its mission and leads us to a joyful obedience of His word.



CONTINUING FROM PAGE 17

We affirm that Biblical eschatology represents God's historical, and complete resolution of the problems caused by the entrance of sin into the universe.

We affirm that in Biblical eschatology God confirms His promises and encourages His people to live meaningfully in light of the eschaton (the end of the world).

We affirm the historical accuracy of the Biblical account of creation, the fall, and the global flood as essential to a proper understanding of Biblical eschatology.

We affirm that the apocalyptic books of Daniel and Revelation are foundational for the understanding of Biblical eschatology and that the historicist method is the proper approach to interpreting them.

We affirm the Three Angels' Messages of Revelation 14, with their interconnected truths of the everlasting Gospel, Christ's ministry in the heavenly sanctuary, the Commandments of God, including the seventh-day Sabbath, and the testimony of Jesus, the pre-Advent judgment, the Second Coming of Christ to resurrect and

redeem His people from the earth, followed by the millennium in heaven, the final judgment upon sin and sinners with their destruction in the lake of fire, which is the second death, and God's re-creation of this earth as His people's eternal home.

We affirm that we are responsible to care for God's creation, including our body as the temple of the Holy Spirit, and to reflect God's character of love to all people, urging them to accept this final message of hope for a dying world.

Missiological Implications

All members of the Seventh-day Adventist Church should share with the world this eschatological vision. Amid increased skepticism toward this future hope and futile attempts to build a paradise on earth, we accept the challenge of proclaiming this Biblical eschatology within our varied contexts and dedicate ourselves to the work of finding effective approaches to meet these challenges. **AD**



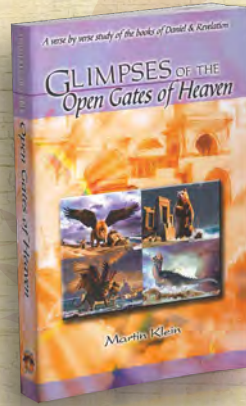
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It is clear from the daily headlines that the world is in crisis and Christ's coming is imminent. The Bible makes it plain that before the final events take place, God will confront humanity. The world has a right to understand what is at issue. In this series, Pastor Walter Veith traces the development of remnant theology around the jewels of truth gleaned from the Reformation. He also shares a glimpse of the shape of the coming conflict and points us to the blessed hope of Christ's soon return.



My Escape

from the Auto de Fé at Valladolid

*October 1559 * Don Fernando de la Mina*

A story founded on historic fact, retold by Pastor Timms

Chapter 7 - 9

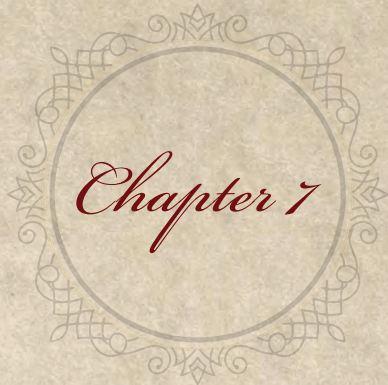


Summary

Don Fernando de la Mina, a nobleman of Spain, is arrested for his sympathy with the Protestant faith. Sentenced to death, he miraculously escapes during a thunderstorm, and happens upon a poor peddler in a hut who has been killed by the storm. Quickly changing clothes with the peddler, Fernando narrowly escapes his pursuers. Upon finding the poor peddler dressed in Fernando's clothes, his pursuers presume Fernando to have been stricken by divine justice and his body taken for burial. Disguised as a peddler, Fernando makes his way back to the city of Simancas to attend the Auto de Fé (Act of Faith), where his coffin is brought along with several Protestant sympathizers that are to be publicly executed. Fernando hopes to obtain mercy from the King by revealing himself before the crowd, and to find his beloved, the Doña Rosa de Riello so he can assure her that he is not dead.

He quickly realizes there will be no mercy from the King, and that he will not be able to reveal himself to his betrothed at this time. Rosa leaves the scene of martyrdom, believing Fernando to have died and Fernando watches her leave without being able to give her the good news. His life is still in danger and he must find a way for both himself and his beloved to escape.

The Temptation of Don Juan de Lario



For several moments after the departure of my beloved and her maid, I continued to stand listlessly in the Plazuela del Hospicio. At last I resolved to return to my squalid quarters at the Venta de la Reina. But just as I passed across the square two men entered it: Father Lorenzo, a distant priestly cousin of mine, and Don Juan de Lario.

The two men walked toward me side by side, one garbed in solemn black with a curled-brimmed hat and a flowing cassock; and the other ornately attired in a rose velvet doublet and cinnamon hose. The latter was Don Juan, my cousin, and he was also the cousin of Father Lorenzo. His estates joined my beloved's and mine at Simancas. He, too, like myself, had accepted the Reformed Faith under the guidance of Don Carlos de Seso (who had married his sister), and he and I had always been close friends and neighbors together.

The two men crossed the little square and entered the vino-the little wine shop-at the comer. Instinctively I followed them and, as they

seated themselves near the entrance, I passed by them and went right into the further end of the shop.

Now it so happened that the wind set in toward me and from where they sat, and-although they spoke quietly-I was able to overhear every word of their conversation.

"No! No!" said the priest. "No, no, Juan. It is useless for you to appeal to, what you call, my 'natural affection.' The obligations of family relationship ceased for me the moment I became a son of the Holy Catholic Church. My vows, my earthly interests, and my hopes of Heaven safeguard me from such weakness and false pity. The secrets of the Holy Office, which I keep inviolate, and the authority of the Church, which I unswervingly obey, forbid me to say more than I have already told you, and I repeat that every traitor-note, every traitor-who communicates the poisonous heresy of that Anti-Christ Luther will be exterminated in the fires of the Inquisition. The Holy Church and the Secular Powers are irresistibly allied to that end. You heard what His Most Catholic Majesty said to the accursed Don Carlos de Seso, this morning-"

"No, I did not," replied Don Juan, "for I did not attend the Auto de Fé."

"That fact," replied the priest, "is well known to the Holy Office, and it is your absence from the Auto de Fé, and your past association with de Seso, that have brought you under suspicion

CONTINUED ON NEXT PAGE

of heresy. Yet," he continued, "yet, despite your defection, and your contemptuous neglect of this Most Holy Sacrament-for Sacrament it is-the Church graciously offers you a complete pardon if you will secretly inform the Holy Office of the heresy and the source of the heresy of the Dona Rosa de Riello. And now, my dear Juan"-and here a gleam of wondrous kindness shone upon the priest's countenance as he reached across the table and tenderly touched the young man's arm - "Acuérdate primo hermano mio, let me urge you for the last time to confess and recant your past heresy; throw yourself upon the mercy of the Church and I will secure for you full absolution and readmission into the safety and the blessedness of the Holy Catholic Faith. Remember, my son, that if you refuse to obey the Church in this matter, you will imperil your present and your eternal welfare. You will be tortured and condemned, your body will be given to the flames and your property will be confiscated, your name shall go down to posterity in perpetual infamy, and your soul in Hell shall be denied the saving rites of the Christian Church. Now, you must make up your mind speedily-indeed, you must decide on confession or contumacy before midnight tomorrow, for at midnight tomorrow you will be arraigned before the Holy Inquisition. I have warned you! Now do not be deceived, there is no chance of escape. You are watched night and day."

From the dark corner where I sat sipping my wine I watched Don Juan's face, and saw him wince, as well he might, under that terrible threat. But I did not despise him for his fear, or even for his seeming dalliance with a hideous temptation-a temptation to save his own life, his property and good name, at the price of a treachery that would destroy the life of my beloved and all our hopes of happiness in this world.

How patient that priest was! He waited and waited for a reply. But Don Juan continued to sit in silence for at least a quarter of an hour. Then, at last, the young man rose without a word, paid for the wine and went

out into the Plazuela alone. Father Lorenzo watched him go, then he, too, arose and departed, leaving me perplexed and fearful for the safety of my beloved. What should I do? What could I do? One certainty fixed itself in my mind. My beloved would be informed against before midnight tomorrow.

If I attempted to write to her, my letter would be intercepted, for she, too, was being watched! Beside this, writing was now impossible for me. Never could a buhoñero in Spain even write so much as his own name, and if I incautiously called for pen and ink at the wine shop, or even at the Venta, suspicion would immediately fall upon me and I should be watched-for the common people at that time were only too glad of any opportunity to inform against a foe or a stranger, in order to ingratiate themselves with the powerful priests and secure as the reward of their treachery a fourth part of the condemned victim's confiscated property. Heresy, or even the semblance of heresy, was such a dangerous thing in those perilous times of excited fanaticism.



Love Contends with Loyalty

Chapter 8

But how could I communicate with the Doña Rosa? Every avenue of approach seemed closed to me. But the need was urgent. It was imperative that I should, at once, inform her of the danger that threatened her.

For some time I continued to sit in the wine shop pondering how I could let her know what I had just heard. As I sat and pondered, I happened to look unconsciously out through the open doorway of the Vino and into the sunlit square beyond, and there, in the further corner of the Plazuela, I noticed a crowd of peasants standing round an old man who sat at a table in the shade of one of the arches. He was the escribano, the professional writer and reader of letters—for you must know that the ignorant multitudes of Spain can neither read nor write, and must needs employ someone to do their correspondence.

Quickly I paid for my wine and went out toward the escribano, and waited there in the crowd until he was free to serve me. Then I directed him to write a letter for me to "The Señora Ana, maid to the Doña Rosa de Riello," and say: "Señora, the buhoñero whom you honored by your kindness at Valladolid today desires to return to you a very valuable trinket that you lost as you entered the galera in the Plazuela del Hospicio. The buhonero will be at Simancas tomorrow at noon and will wait for you there with the trinket outside the Fonda de la Rosa."

I signed this missive with a cross, but underneath the cross I added my secret cifra—a flourished F. M. with which I had always concluded my letters to the Doña

Rosa. This I did in the hope that Ana would surely show the unexpected message to her mistress. However, the messenger whom I dispatched with my letter returned in the evening with only this bald reply: "The mistress Ana said, 'Tell the buhoñero that I will meet him tomorrow at noon.'"

So next morning I rode my mule to Simancas and there I found the faithful Ana waiting for me outside the Fonda de la Rosa. Inviting her into the quiet shade of the puerta, I inquired: "Did you show my letter to the Doña Rosa?"

"No," she replied, "I destroyed it immediately lest it should be seen by one of the servants. My mistress desires that her visit to Valladolid shall remain unknown to anyone but me." Then, turning abruptly to the matter in hand, she asked: "Have you brought the trinket?"

Guardedly I inquired: "Did you lose one?"

To this direct question she required with perfect frankness: "I do not know for certain, but I may have lost one, and, if you will describe the trinket you have found, I will claim it if it belongs to my mistress."

"Oh, no!" said I. "If it belongs to your mistress you must surely know what it is like. I will help you, if I may.

Will you describe to me the jewels that, perhaps, you might have lost?"

And, without any hesitation, she began to enumerate first, several rings and ornaments (many of which had been my personal gifts to my beloved), and then proceed to describe some of the valuable old heirlooms which I remembered to have seen so often at the Castillete de Riello.

This ingenuous admission showed me clearly that the Doña Rosa had already contemplated flight, and that she and Ana had visited Valladolid yesterday for the wise purpose of conveying her portable valuables away from Riello in order to deposit them in a secret place of safety somewhere in or near Valladolid.



I now had to admit that none of the jewels she enumerated was the one that I had discovered. This seemed to relieve Ana's mind and she, thereupon, prepared to bid me farewell. But I quietly detained her and, speaking very low, said: "Señora, I am certain that the trinket in my keeping is a priceless and essential possession of the Doña Rosa de Riello. Yesterday, immediately after your departure from Valladolid, I discovered in the Plazuela del Hospicio a talisman that can serve and save her alone. Its possession will avert from her impending disaster and death."

Then I repeated to Ana the conversation that I had overheard yesterday between Father Lorenzo and Don Juan de Lorio in the wine shop, and I impressed upon her the necessity of the Doña Rosa's immediate escape from imminent arrest.

Ana, that good, noble, loyal old servant and friend, received my confidence with evident caution and betrayed no fear or great concern. She thanked me and bade me farewell, but would not reveal to me anything concerning my beloved's present circumstances or intentions.

Then she turned to depart, but, as she turned she gave a quick second glance at my anxious and unguarded face, and I felt conscious that she, like her mistress, was strangely impressed by my resemblance to one whom they knew to be dead. Again she looked searchingly at me, feeling safe to do so in her certain knowledge of Don Fernando's death. Then, with a sense of surprise and pleasure revealed upon her dear old homely face, she spoke with a kindlier, but still guarded, confidence, and said: "If you really desire to help my mistress it might, perhaps, be well if you keep yourself in touch with us. You seem to be honest and of gentle behaviour-but you are poor! If you will faithfully serve my mistress she will reward you generously. To that end I should wish you to return

with me to the Castillete de Riello in order that you may personally present your talisman to the Doña Rosa."

This trap was cleverly devised, my son! I know the subtle workings of the Spanish mind. Once inside the Castillete and, were I friend or foe, I should be absolutely in their power! But, oh! How my heart leaped at the prospect of again seeing my beloved and helping her to safety and happiness!

The Castillete de Riello Chapter 9

With the deference due to Ana from a mere buhoñero, I followed her at a respectful distance, walking with my mule along the Tordessillas road and then down the long avenue of chestnut trees that forms the private entrance to the old Castillete de Riello. How I strained my eyes to seek my beloved in the gardens or at any of the windows! But no such happy vision blessed my expectations. Nor, when we reached the house, was there any sight or sound of her. I followed Ana through the familiar patio and into my lady's parlor, then into the servants' quarters, but the Doña Rosa was nowhere to be found.

The whole place seemed to be haunted, as though it were under some evil spell. Instead of the quiet, ordered industry common to the Castillete there was now fitful loud talking and confusion everywhere. The farm laborers and the servants of the household were crowded in the kitchen, some shouting, some speaking in frightened, agitated whispers, and as



we entered they all shrank away from us in fear. But the moment they recognized Ana they came toward her and cried: "Oh, Mistress Ana, the officers of the Holy Inquisition are searching the house! Don Juan came here in haste at noon-he spoke hurriedly to our mistress, and since then we have not been able to find her anywhere."

"O! no!" thought I. "So my noble young cousin has scorned the priest's traitorous temptation to betray the Dona Rosa and instead, has bravely come to forewarn my beloved of her danger. The officers have arrived here and are searching for evidence that will assist their midnight examination of Don Juan and, perhaps, help them to wring from their victim admissions that will establish the heresy of the Doña Rosa!"

I looked round upon the laborers and the servants of the Riello household as they stood there in the hall. Genuine love and fear were expressed on every countenance. The women wept and the men stood sullen and savage. Perceiving their loyalty I determined to utilize it. So, speaking first to one and then another, I gradually roused the latent courage of the men, and proposed that the eight of us should surprise and overpower the four officers of the Inquisition-bind them and secure them in one of the lofts, in order to give the Doña Rosa time to make her escape.

Before I had finished stating my plans, the men, by dint of paltry breed and ignorance, began to hesitate. The little pluck and unselfishness that I had been able to stimulate within them quickly subsided before their superstitious fears, and presently, when the searchers of the Holy Office descended into the patio, the poor craven loons shrank away one by one into the recesses of the dimly lighted kitchen.

Oh how I cursed their cowardice! But, hoping still to rally them, I dragged the long heavy kitchen table to one side of the doorway, and the meal chest to the other, and then drew the curtain across the window so that when the officers should come into the room, single file, as they needs must, and then grope their way forward in the darkness, we should have them

trapped and hampered in a narrow space, where we could surprise and overcome them by sheer weight and numbers. But, just as the officers approached the kitchen door, Ana gripped my arm and said: "Don't attempt resistance. It is hopeless-and quite unnecessary, for the Doña Rosa has already escaped, and is now quite safe from arrest or detection."

Then she led away through the small service door into a narrow lane that skirts the older portion of the Castillete. Here she bade me assist her to mount my mule and run beside her into the high road until we reached the beginning of a rough cart-track that led to one of the Riello farms. There she hastily dismounted and bade me hold the mule and await her return.

As Ana departed in the deepening shade the grim humour of the situation gradually dawned on me, and I began to laugh merrily to myself as I thought how I, an erstwhile nobleman of Spain, was now acting as a servile lackey to my lady's maid! And, with that strange revulsion of feeling that sometimes accompanies distress, I laughed again and again at this ludicrous perversion of fortune until at last, the return of sober sense compelled me once more to recognize the stem reality that poverty, ignominy, rags, and degradation had now come into my life as final and irrevocable facts. **AD**

TO BE CONTINUED IN THE FOLLOWING ISSUE!



NATURE'S Penicillin

by Lana Drebit and
Tammie Burak

Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise. Jeremiah 17:14

WATCH LANA DREBIT'S TUTORIAL, NATURE'S PENICILLIN ON AMAZINGDISCOVERIES.TV



God has provided for our health and healing by putting powerful medicinal compounds in plants that we use for food. Garlic, onions, lemons, oranges and grapefruit all contain powerful plant compounds that fight infection and kill germs.

Garlic, onions and citrus fruits have been used in traditional medicines for many years, but only in recent times have we begun to better understand the mechanism of the chemicals involved in disease prevention and treatment. As researchers work to unravel the mysteries behind these and other healing foods and herbs, we can only marvel at God's magnificent provisions for our health and happiness.

GARLIC

An article in *The Journal of Nutrition* reports that garlic has been used as medicine since the "beginning of recorded history and was found in Egyptian pyramids and ancient Greek temples."¹ Ancient medical texts from Egypt, Greece,

Rome, China and India prescribed garlic for a variety of ailments.

Because of its long history of use and corroborated effectiveness as a treatment, garlic is one of the most studied of medicinal foods. Recent studies have shown that garlic reduces the risk of cardiovascular disease, has anti-tumor and anti-microbial effects.² It is a wide-spectrum antibiotic, killing a variety of bacteria. But unlike many antibiotic drugs that have resulted in drug-resistant strains of bacteria, the natural chemicals in garlic block resistance from developing. In fact, garlic is being studied for its potential to solve the global problem of drug-resistant bacteria.³ *Staphylococcus aureus* (staph) is notorious for causing epidemics due to its ability to develop resistance to drugs. A recent study found that an extract made from garlic was more successful in killing this bacterium than several types of antibiotic drugs that were also tested.⁴ Garlic also kills many types of fungi, parasites and viruses.⁵





We now know that one of the compounds in garlic that is responsible for its health benefits is allicin which is produced when garlic is crushed or chopped. Allicin loses its potency within a few days, so it's best to consume garlic fresh, soon after it's been prepared. However, it is effective as an antibiotic even when applied on the skin.
(Do not apply directly to sensitive skin as it can burn.)

ONION

Onion, from the same family as garlic, has been used for centuries to treat chest infections. It is an expectorant, helping to loosen bronchial mucus and ease coughing. Onion also kills bacteria, parasites and fungi and protects against cancer and arteriosclerosis, or hardening of the arteries. Onion is high in vitamin C and antioxidants.

LEMON, ORANGE, GRAPEFRUIT

Citrus fruits like oranges, grapefruit and lemons boost the immune system, helping your body fight infections. When it comes to cold and flu, the consumption of citrus fruits shortens the length of illness and reduces the severity of symptoms.⁶

Taken together, the combination of these foods has a powerful healing and preventative effect. Here are two simple recipes that combine all the healing properties of garlic, onion and citrus fruit in a natural antibiotic to strengthen your immune system and help your body fight infections.

Note: If possible, use organic citrus when using the fruit with the peel on and wash the fruit well before using. **AID**

¹ Ritvin, Richard S, "Historical Perspective on the Use of Garlic";

The Journal of Nutrition;

<https://academic.oup.com/jn/article/131/3/951S/4687053>

² Bayan, Leyla et al, "Garlic: a review of potential therapeutic effects; *Avicenna Journal of Phytomedicine*; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4103721/>

³ *Irish Examiner*, "Could garlic be the answer to beating antibiotic resistance?"; <https://www.irishexaminer.com/breakingnews/world/could-garlic-be-the-answer-to-beating-antibiotic-resistance-864385.html>

⁴ Abiy, Ephrem and Asefaw Berhe, "Anti-Bacterial Effect of Garlic (*Allium sativum*) against Clinical Isolates of *Staphylococcus aureus* and *Escherichia coli* from Patients Attending Hawassa Referral Hospital, Ethiopia," *Journal of Infectious Diseases and Treatment*; <http://infectious-diseases-and-treatment.imedpub.com/antibacterial-effect-of-garlic-allium-sativumagainst-clinical-isolates-of-staphylococcus-aureus-and-escherichia-coli-from-patientsa.php?>

⁵ Pendbhaje, Nilesh et al., "Ethnopharmacology, Pharmacognosy and Phytochemical Profile of *Allium Sativum* L: A Review"; <https://pharmacologyonline.silae.it/files/newsletter/2011/vol2/067.amit.pdf>

⁶ George Pamplona-Roger, *Encyclopedia of Foods and Their Healing Power* (Madrid, Spain; Editorial Safeliz, S. L.), 363.

NATURE'S ANTIBIOTIC TEA



3 lemons
1 grapefruit
1 orange (optional)
½ to 1 whole medium onion
3 bulbs garlic
6 cups water

Wash citrus. Slice with peels on. Remove the dry outer skin from the onion and garlic. Coarsely chop the onion. Remove skins from garlic.

Place all ingredients into a pot and cover with about six cups of water. Bring to a boil. Turn down the heat and let simmer for about 5 minutes.

Pour the mixture through a strainer. Let cool a few minutes before drinking. Drink one cup, three or four times during the day, or every half hour until the tea is finished.

NATURE'S ANTIBIOTIC PUDDING



1 grapefruit
1 orange
1 lemon
½ onion, skin removed
2-4 cloves of garlic, skins removed
3 drops peppermint oil

Wash fruit and slice with peels on. (Some of the peel can be removed to reduce the bitterness.) Remove skins from garlic (see tip).

Put all ingredients, except peppermint oil, in a high-speed blender. Add just enough water to process. Process till smooth.

Add peppermint oil and process just enough to blend it into the mixture.

Adults: 1 cup, taken one spoonful at a time throughout the day.

Children: ½ cup, taken one spoonful at a time throughout the day.

TIP

TO SEE LANA'S
DEMONSTRATION,
WATCH NATURE'S
PENICILLIN.

How to easily remove garlic skins.

- Break apart the garlic bulbs.
- Place the flat side of a large knife on the cloves and press down on the blade, crushing the garlic.
- Remove the loosened skins.

NOTE

A LITTLE HONEY OR MAPLE SYRUP CAN
BE ADDED TO IMPROVE THE FLAVOUR.



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From the Editor's Corner

CONTINUING FROM PAGE 02

Now is the time to be daily and deeply studying the Word of God for the promises, and for the admonitions of the Word of God. Now is the time to be asking yourselves if God would have you remain in the city. Now is the time to consider your personal walk with God, to get right anything that is not in accordance to His revealed will, and to make preparation for what is to come.

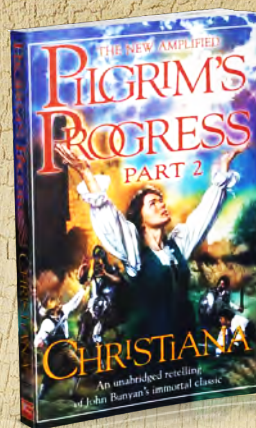
The last few weeks have shocked us all with their rapidity, and even if life returns to a semblance of "normal", do not return to sleep. The events foretold in the prophecies of the Bible will surely come to pass and diligent Bible students recognize that it will not be much longer.

The hope that has actuated the remnant people of God - or that should have actuated them - is about to be realized. In 1888, the Sunday law was about to be enforced, but like with the siege of Jerusalem in 70AD, the surrounding armies retreated, and we were given a respite in which we could "leave the city" as did the Jews in 70AD. They recognized the sign and left. Not one was lost.

The armies are about to return and this time there will not be another retreat. Dear Reader, if you have been sleeping, don't feel bad, we all have been sleeping. All 10 virgins slept. But now is the time to act. Ask God what He would have you to do, and if you have not been where you should be, ask Him for forgiveness and mercy to get you to where you should have been - both spiritually, mentally, and physically. Our God is a merciful God, and He does not wish anyone to perish. If you cast your case upon Him, He will surely help you if you are truly willing to do all that He asks. But do not delay.

I wish you, dear Reader, much blessing as you search for God's will in your life, and as you draw nearer to Him in study and prayer.

Wendy

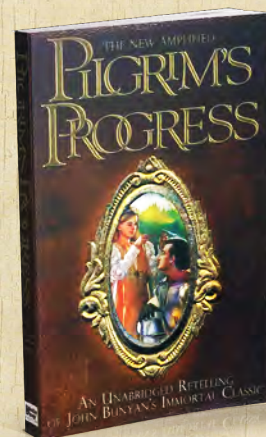


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Easy, Hand-made SOAP

by Tammie Burak & Sonica Veith

WATCH A SOAP MAKING TUTORIAL BY SONICA VEITH.

If you've ever made soap from scratch, you'll understand the allure of the mysterious transformation that happens when oil and water are mixed with lye. It's somehow very satisfying to take your first bar of soap to the faucet and lather it up into a mound of frothy white foam in your palms. The fact that you've made the soap from quality ingredients you chose yourself, with nothing unwanted added, only enhances the experience.

And soap making is easy. You only need a few basic ingredients and simple tools to make a beautiful bar of pure, health-giving soap. You can likely find most of what you need in your kitchen or

at your local grocery or hardware store. Aside from the added safety precautions necessary for working with lye, making soap is really not that different from making cake. Both activities require some pouring, some mixing and some waiting. And just like making a beautiful cake, you'll want to enjoy some of your soap yourself and share some with someone special. Making soap is simple and rewarding.

Once you've tried a first basic batch, you'll want to be more creative. You can add natural scents, colourants, healing botanicals and texturizing elements. With simple techniques, you can add swirl patterns or whipped

toppings. Or craft a batch with a specific purpose – to treat eczema or acne, for shampooing, shaving or for exfoliating. There's no end to the creative possibilities.

HISTORY

It's hard to imagine life before soap. These days hand soap, in one form or another, is in every home and public washroom facility. But it wasn't always like that.



Soap making likely began more than 2000 years before Christ, but those early soap-like products made from ashes and animal fat were used for cleaning fabric, not for personal hygiene. Among the earliest recorded sources addressing personal hygiene are the writings of Moses. Around 1450 BC, he wrote laws about personal and camp cleanliness for the Israelites encamped in the wilderness enroute to the Promised Land. While soap is not mentioned by Moses, the health laws given in the Book of Leviticus demonstrate a concern for cleanliness, both spiritual and physical, that is repeated throughout the Bible. But it wasn't until many years later that soap for personal washing came into common usage. By the time the prophets Jeremiah and Malachi came on the scene, those they ministered to were so familiar with the idea of using soap for personal cleansing that these prophets could use the term "soap," or something like it, to represent spiritual cleansing.

The prophet Jeremiah, who ministered between 627 – 586 BC, wrote:

For though thou wash thee with nitre, and take thee much soap, yet thine iniquity is marked before me, saith the Lord God. Jeremiah 2:22

And Malachi, around 430 BC, wrote:

But who may abide the day of his coming? and who shall stand when he appeareth? for he is like a refiner's fire, and like fullers' soap. Malachi 3:2

It's clear from these references, that people in Bible times were familiar with the idea of using soap for personal cleansing. But the use of soap for personal hygiene was not widespread until much more recent times when people began to understand the importance of personal cleanliness to prevent the spread of disease. A better understanding of the chemistry involved in making soap and commercial lye production took the guesswork out of soap making, resulting in milder soaps for personal use. It also paved the way for commercial production which began in the late 19th century.

HOW SOAP WORKS

From the very beginning of soap's history until now, the chemistry involved has remained the same. Soap is made from combining water, oil and a strong alkali. Water and oil don't normally mix but when a strong alkali, like lye, is added it reacts with the oil and the molecules recombine to form soap. This process is called saponification and when soap is made properly, the lye is neutralized by the oil, making a safe and gentle soap.

Hand washing with water alone can remove many germs, but soap increases the effectiveness of water because of its molecular structure. The molecules of soap attract both oil and water. Soap works because when we lather our hands with it, the soap pulls oil-trapped germs from our skin, which can then be rinsed down the drain with water.



WATCH SONICA VEITH'S TUTORIAL ON
INTRODUCTION TO SOAP MAKING

MODERN SOAP MAKING

I remember a hard bar of soap that my grandma always had for scrubbing stains before putting her laundry into the wash tub. When you used it, it left your skin feeling stripped and dry. But Grandma never used a recipe and was never quite sure how much lye or fat to use. The soap was good for getting stains out of linens but it was harsh. Today's hand made soaps have little resemblance to Grandma's old-fashioned laundry bar.

SUPERFATTING

Making soap in small batches has become an art in recent times. Recipes have been perfected for making gentle soaps that are not only great at cleansing the skin but also have emollient properties that help restore your skin's moisture. Recipes for producing the gentlest soaps rely on high quality fats and a technique called superfatting. Superfatting is adding more fat than is necessary to combine with the lye, leaving extra fat in the bar for moisturizing. And superfatting points to an important advantage of making your own soap - choosing what to include and what to leave out of your soap.

One of the benefits of making your own soap is that you control

what goes into it. Because skin is porous, it absorbs what is put onto it, to varying degrees. This is why it makes sense to be thoughtful about what we put onto our skin. When you make your own soap, use the best quality ingredients that you can easily get and afford. For example, you can choose pure essential oils over chemical fragrances, and natural colourants like clays and plant powders over dyes.

ESSENTIAL OILS

Essential oils are made from plants, often using a water-based steam distillation process.

Fragrances, on the other hand, are synthetically produced and are more often associated with seizing, the unwanted, too-rapid hardening of the soap. So, although there may be many more scents to choose from in synthetic fragrances than in essential oils, avoiding harmful chemicals and bad batches of soap are good reasons to choose essential oils over fragrance oils.

NATURAL COLOURANTS

Adding colour to your hand made soap is exciting and will make it even more appealing. Many foods can be used as natural colour-

rants to produce solid colours or interesting patterns. You'll need to do some research and experimentation to find the colour you're looking for, though, since plant-sourced colourants often change colour when exposed to lye. Here are some examples of natural colourants and the colours you can expect.

SHADES OF GREEN

alfalfa • chlorophyll • henna
• kelp sage • spearmint •
spinach • spirulina
wheat grass juice

SHADES OF YELLOW OR ORANGE

annatto • beet root powder
calendula • carrots • chamomile
paprika • safflower petals
saffron • turmeric

SHADES OF BROWN

carob or cocoa powder
• cinnamon •
ground rose hips



SHADES OF RED OR PURPLE

- madder root •
- Moroccan red clay
- red sandalwood

SHADES OF BLUE

- indigo powder •
(stains easily)
- woad powder •
(can stain)

GET STARTED

Use the list below to ensure that you have what you need before you start. You probably already have most of these items in your kitchen. Otherwise, you can buy them inexpensively wherever you shop for kitchen supplies.

Easy-to-use silicon soap molds can be purchased from soap making supply companies, but you can also find good substitutes at home. Milk cartons, shoe or cereal boxes lined with parchment paper all make acceptable soap molds with no extra cost. Do not use containers made from reactive metals like aluminum or tin since dangerous gas can be produced when you pour in the fresh soap.

Collect the items in the list and store them apart from regular kitchen items that you use for food preparation to avoid contaminating your food.

CONTINUED ON NEXT PAGE

SOAP-MAKING *with Sonica*



\$20.00*



Join Sonica Veith in these fun, informative step-by-step demonstrations of making soaps and lotions. Homemade soaps and lotions made from pure, natural and nourishing ingredients are not only better for your health, they're also less expensive than commercially prepared products. And, they're fun to make! Even if you've never tried soapmaking before, you're sure to be inspired as Sonica demonstrates the beauty and simplicity of soap- and lotion-making.

To order visit: amazingdiscoveries.org or call 1-866-572-9457

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EQUIPMENT NEEDED

- Heat-safe container for mixing the lye
- More containers for weighing ingredients
- Pot
- Stick blender
- Digital kitchen scale
- Soap molds
- Measuring spoons
- Mixing spoons
- 2 cooking thermometers

INGREDIENTS AND WHERE TO BUY THEM

Purchase basic oils like olive and coconut oil at the supermarket. Specialty and essential oils can be ordered online from soap making supply companies or local craft or health

food stores. Oil prices vary greatly depending upon the supplier and the quality of the product, so shop around and remember to take shipping costs into consideration if you're ordering online. You may be able to buy lye at your local hardware store but check the label to be sure that it's 100% lye.

SAFETY MEASURES

In addition to the basic soap-making equipment and ingredients needed, you will also need some basic safety equipment. Because lye is caustic and can burn skin and clothing, take proper precautions.

CLOTHING

Goggles • Gloves • Long sleeved shirt • Long pants • Apron

OTHER SAFETY CONSIDERATIONS

Work in a well-ventilated room with windows open or a fan going, or mix the lye and water outside. Breathing the fumes can harm your lungs. Keep vinegar in a spray bottle close at hand. Vinegar will neutralize any spilled lye.

MINIMIZE DISTRACTIONS

- Switch off your cell phone
- Keep children out of the room
- Keep pets out of the room

SOAP



MOISTURIZING IVORY SOAP

RECIPE

INGREDIENTS

2 OZ CASTOR OIL
 14 OZ COCONUT OIL
 14 OZ OLIVE OIL
 14 OZ PALM OIL
 6.2 OZ LYE
 14.6 OZ DISTILLED WATER
 1 T CAROB POWDER
 1 T SPIRULINA
 1 T TURMERIC
 ESSENTIAL OILS:
 1 T BAY
 ¼ T LEMONGRASS
 1 T ROSEMARY
 1 T TEA TREE

INSTRUCTIONS

- Weigh oils into a pot and heat on low to melt the hard fats.
- Measure the essential oils into a separate container and set aside.
- Weigh the water into a heat-safe container. Set aside.
- Put gloves and goggles on. In a separate container, weigh the lye.
- Mix the lye into the water.

CAUTION: *Always add the lye to water. Never pour water into lye as it could explode.*

- Stir a few times. As the lye reacts with the water, the mixture will heat and produce fumes. Step away from the lye mixture to avoid breathing the fumes. Stir again until all the lye is dissolved. Leave the mixture for a few minutes until it is no longer producing fumes. When the mixture looks clear, set it aside to cool and place a thermometer into it.
- Check the melted oils with a thermometer. When the oil mixture and lye solution are the same temperature, they're ready to mix together.
- Slowly pour the lye into the oil and, with the stick blender in the "off" position, gently stir the two mixtures together. Once the two mixtures are incorporated, use the stick blender to pulse by varying between "off" and "on" settings until the mixture has a creamy look and texture.
- With the stick blender in the "off" setting, lift it from time to time and observe how the drops fall upon the surface of the mixture. When the soap thickens to the point that it lies on the surface momentarily but then quickly sinks back into the mixture, it is at the "light trace" stage. Add the essential oils and, with the stick blender in the "off" position, stir them in. Turn the stick blender on and mix the soap until it has

the consistency of thick pudding. Pour the soap into the molds.

- Optional: Leave the soap to firm up a bit (about five minutes). Use a spatula to shape the top or sprinkle it with decorative elements like dried flowers.
- Let the soap cure until it is hard to the touch (about 24-48 hours). Once hard, remove the soap and cut it into bars or slices using a knife or soap cutter. Space the bars out on parchment paper for good air circulation and place on a shelf where they can cure undisturbed for 6 to 8 weeks. The longer the soap cures, the harder and milder it will become.

Don't be afraid to try a bar of soap after about four weeks. It will be softer than soap cured over a longer period but it will not be caustic. Soft soap will not last as long as harder soap because it washes away more quickly, so if you can be patient, the results are worth the wait.

Happy soap making!

DIRECTIONS

Follow instructions for making Ivory Soap until oils and lye are combined.

At light trace:

- Pour about 1/3 of the mixture into a bowl and set aside.
- Stir the charcoal/olive oil mixture into the remaining 2/3 soap mixture. Using stick blender, mix the charcoal into the soap mixture until light trace stage.



WATCH SONICA'S DEMONSTRATION IN THE VIDEO SOAP MAKING WITH SONICA.

- Stir in lavender oil. Use stick blender until trace stage.
- Pour about half the charcoal soap mixture into a soap mold. Pouring over the back of a spoon to prevent mixing, layer the reserved uncoloured mixture on top of the charcoal mixture.
- Slowly pour the remaining charcoal soap mixture on top and smooth with a spatula.
- For flame pattern: Use a bent wire pushed through a drinking straw to plunge and pull up into the soap. For swirl pattern: Use a butter knife to draw s-shaped lines through the soap. Smooth the top or pattern with a spatula or spoon.
- Place the soap mold into a cooler bag and wrap with a blanket to cure for 24 hours or until it is hard to touch. Once hard, remove soap from the mold and cut it. Space the bars out on parchment paper for good air circulation and place on a shelf where they can cure undisturbed for 6 to 8 weeks.



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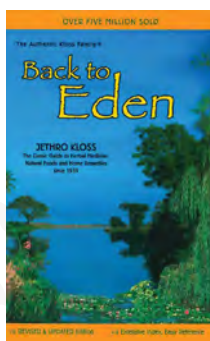
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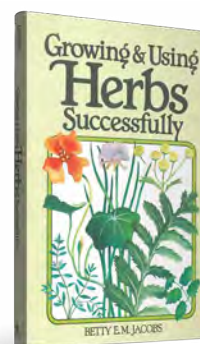
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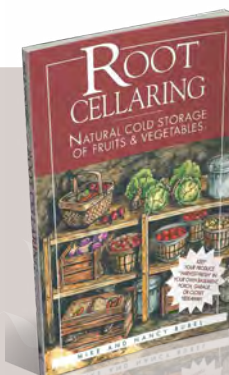
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CHARCOAL FACIAL SOAP

SOAPS

INGREDIENTS

4 OZ AVOCADO OIL
2 OZ CASTOR OIL
8 OZ COCONUT OIL
13 OZ OLIVE OIL
3.5 OZ SHEA BUTTER
4.2 OZ LYE
10.07 OZ DISTILLED WATER
2 T CHARCOAL, MIXED WITH
A SMALL AMOUNT OF THE
OLIVE OIL
2 T LAVENDER ESSENTIAL OIL



CAROB AND VANILLA CAKE

INGREDIENTS

4 OZ AVOCADO OIL
2 OZ CASTOR OIL
14 OZ COCONUT OI
8 OZ OLIVE OIL
10 OZ PALM OIL
2 OZ ALMOND OIL
5.75 OZ LYE
13.2 OZ DISTILLED WATER
1-2 T CAROB POWDER
½ TITANIUM DIOXIDE
2 T BENTONITE CLAY
2 T HIMALAYAN SALT
3 T VANILLA ESSENTIAL OIL



TURMERIC AND OATMEAL
FACIAL SOAP

INGREDIENTS

1.6 OZ CASTOR OIL
8 OZ COCONUT OIL
12.8 OZ OLIVE OIL
1.6 OZ PALM OIL
4.8 OZ SHEA BUTTER
3.2 OZ ALMOND OIL
4.4 OZ LYE
5.25 OZ DISTILLED WATER
2 T TURMERIC
2 OZ OATMEAL
2 T GRAPEFRUIT ESSENTIAL OIL
½ T TEA TREE ESSENTIAL OIL

RECIPES





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