Autumn 2021

THE DEAF MESSENGER

"But the angel said to them, "Listen! Do not fear. For I bring you good news of great joy, which will be to all people. For unto you is born this day in the City of David a Savior, who is Christ the Lord. And this will be a sign to you: You will find the Baby wrapped in strips of cloth, lying in a manger" (Luke 2:10-12, MEV).

Shepherds in the Field

By Brennan Jarnes and Nohelani Jarnes

PROVONSHA/REVIEW HERALD

Most of us are very familiar with the nativity story as given in Luke 2:1-21. In fact, Luke is the only gospel that includes shepherds in the story of Christ's birth (Matthew talks about the Wise Men; Mark and John do not include the story of Christ's birth). But let's stop and think for a moment: who were the shepherds?

The shepherds were the first to be told of Christ's birth, and are obviously very important to the story. At the time of Jesus' birth, being a shepherd meant that you were the bottom of the social order. Nobody would want to hang out with you. People looked down at this kind of job. It was also a difficult and demanding job. Shepherds had to keep a careful eye on the sheep at all times, and stayed up throughout the night. Because being a shepherd was the lowliest of positions, the youngest boy in the family would get stuck with the job (so the reason why David was a shepherd).

The shepherds also had to be physicians for their sheep. They would have to fix whatever was wrong for their sheep.

While the shepherds were the people that no one wanted to be around, they were the ones that the angels came to and announced Jesus' birth. The Bible tells us of the story in Luke 2:8-14: "That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. Verse 9: Suddenly, an angel of the Lord appeared among them, and the radiance [shining] of the Lord's glory surrounded them. They were terrified, Verse 10: But the angel reassured them. "Don't be afraid!" he said. "I bring you good news that will bring great joy to all people. Verse 11: The Savior—yes, the Messiah, the Lord—has been born today in Bethlehem, the city of David! Verse 12: And you will recognize him by this sign: You will find a baby wrapped snugly in strips of cloth, lying in a manger" (NLT). The shepherds were so excited that they ran to find the baby that the angels told them about!

The scrolls in Bible times told the people that there would be a Messiah coming to save the people from their sins, but it seems that only a few were ready or watching for Christ to come. The only ones who ran to meet Christ were the shepherds in the field and later the wise men who also had been waiting. Very few were ready to meet Christ.

What about you, friend? Are you ready to meet Christ? The Bible says that Christ is coming a second time to take those who love Him home with Him to Heaven. Jesus is preparing a special place just for you!

"Don't let your hearts be troubled. Trust in God, and trust also in me. There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare a place for you? When everything is ready, I will come and get you, so that you will always be with me where I am. And you know the way to where I am going" John 14:1-4, NLT.

Are you going to be like the shepherds and ready to meet Christ? Let's get ready now to meet Him and not wait!

Nohelani Jarnes is a videophone relay operator and lives in Puyallup, Washington. Brennan Jarnes is a son of Nohelani.

The Gift

By Arthur Griffith

KITTIKORNPHONGO/ISTOCK

Mama and Daddy loved their little boy very much. As Christmas was coming, the little boy begged them, "Please get me a bicycle. I want one so much."

Christmas morning, there it was, brand new, and shiny. The little boy was so happy and hugged mama and daddy and went out to ride his new bicycle.

Out on the street he met the neighbor boy who was riding his bicycle, too. But the neighbor's boy's bicycle was old and worn out. The little boy showed off his new bicycle, and the neighbor's boy was jealous. He said, "But my bicycle has a bell on it." And he rang the bell. The little boy liked the pretty sound, and said, "I wish my bicycle had a bell." Then the neighbor's boy said slyly, "I will trade with you." The little boy wanted the bell very much now, so without thinking twice, he said, "Ok, I will trade."

When the little boy got home, his mother asked, "What happened to your new bicycle?" The little boy said, "Oh, I traded it for this bicycle, that has a bell on it." And he rang the bell.

His parents felt bad because their son didn't trust

them enough to believe that what they gave him was better than an old worn-out bicycle, even if it had a bell on it. But they hope that when he was older, he would understand.

Long, long ago, God had a wonderful idea. He decided to do it. So he made a new planet, perfectly designed, with many protective things—like the radiation shield, the self-regenerating atmosphere, the perfect watering system and the thermostatic temperature control, with underground water and above ground air keeping the temperature comfortable all over the world. He spent six days doing this and near the end of the sixth day He made a perfect man and woman on this new, perfect world. And the sixth day ended.

On the seventh day, God appeared, and smiled to the man and woman, and said, “I am giving you one more perfect gift. I am blessing this seventh day of the creation week, and every weekend, I will come and visit you, so we can always be close friends. The man and the woman were very happy for that.

But one day, when the woman was wandering in the beautiful garden alone (she should have stayed close to her husband) she saw an unusual sight. A beautiful flying serpent was in the tree in the middle of the garden that God had told them they should not eat fruit from. The serpent was eating the fruit.

The woman wondered if the fruit was poisonous. What would happen to the serpent? She came closer. Then, believe it or not, the serpent began talking to her. It asked, “Did God really say you can’t eat the fruit from all the trees in the garden?”

And the woman answered, “Oh, we can eat fruit from any tree in the garden except that one. God said that if we ate from it, we would surely die.”

“Ha, Ha,” the serpent laughed, “That is not so. I am eating it and I am not dead. You won’t die either. See, the fruit has made me wiser, and given me new powers. I can talk now. God doesn’t want you to eat this fruit because if you do, you will become gods, and know so much He can’t fool you anymore.”

The woman thought about that. She thought it would be wonderful to be a god and know so much, and do things she could not do now.

She thought about it and then she decided to take it. It was soft and beautiful, and smelled delicious. “Eat it,”

the serpent encouraged. "You are holding it, and God said not to touch it. It hasn't hurt you, has it?" That sounded convincing, so the woman took a big bite. She seemed to feel new power surging through her body and imagined she was becoming a god. Excitedly, she gathered more of the fruit, and rushed to her husband, saying, "This fruit has given me a new feeling. Try it."

Alarmed, he asked, "Where did you get that? Did you take it from that tree God told us not to touch or eat of?" "Yes," she answered, "But it hasn't hurt me." In an agony of sorrow, the man thought, "I will lose her, and what is life worth without her? I will go with her." Quickly he seized the fruit and ate.

God was very sad because the man and woman didn't trust Him enough to believe He had given them all the gifts that were really good for them. But He still loved them. He found them hiding in the garden and told them that because they had disobeyed, they would have to die. His law demanded death to anyone who disobeyed it. That law could not be changed or the universe would collapse in confusion. But He would still give them another chance. He was Creator, so His one life could be a substitute for all lawbreakers He had created. He would die instead of them. The man and woman were heartbroken, but they accepted His promise.

Generations passed, and each one became more wicked and rebellious than the one before it. Finally God said, "Things have gone too far. Soon there won't be anyone left who is willing to let me save him. I will start over while I still have someone left.

So God looked over the world, and saw one family that would accept His plan.

"Noah," God said, "I am going to wash this world clean by a great flood of water. I want you to build a huge boat, to carry you and your family and whoever will come into it over to the new beginning. You will take the best animals also, and I will give you all the plans. While you and your family are building it, you must give the warning to everyone you can, but I know they won't listen."

So Noah started working on the plans God gave him. His sons and some hired carpenters helped, and while he worked he preached about the flood that was

coming. But everyone laughed.

It took them 120 years to build the big boat. And the flood came, just as God had said. After the flood, the three sons and their wives had children, and those children had children, but each generation was more wicked and rebellious than the one before it.

Ham was the “black sheep” of Noah’s family. He may have married one of the “daughters of men”—from Cain’s country, and been influenced by her. One of his great-grandsons was Nimrod, a leading rebel against God. Nimrod married a beautiful but immoral young woman named Semiramis. He became a powerful chief, a leader of his people, skilled in horsemanship and hunting. He trained an army of horsemen, and went on raiding against other people. One day he said to his wife, “The people cannot forget God. We must give them a new religion. Then they will forget.” So they planned how to teach their followers. The new god would be the sun. The new worship day would be not the seventh day but the first day. It would be called “Sun day.” It still is. It would belong to Nimrod. The next day would be “Moon day.” Semiramis claimed it. (Monday). This is how the pagan religion of sun worship began. This also is when the ancient idea of the divinity of kings began. Hirohito of Japan was worshiped as a god as recently as the last world war.

Nimrod was finally captured by his enemies and put to death, but then Semiramis spread the story that he had become a spirit god, and gone to live in the sun. The new false religion continued to spread, by teaching and by forcing it on captured peoples. But as the centuries passed, a few people here and there kept the true faith alive, at risk of their own lives. Their numbers continued to shrink, and finally God said, “I must step in before my people are all gone and Satan claims the earth as wholly his.” In those days the center of civilization was in the fertile valley of the Euphrates and Tigris rivers. In the land of the Chaldeans, God told Terah to move his family north, where they built the city of Haran.

One member of this family was Abraham (formerly Abram). God spoke to him directly, telling him to move out to the country to a place God would lead him. Abraham obeyed and took

his family out. God promised to make him a great nation and bless the whole world through his descendants, and especially through one special Descendant, to be born from his line. The Hebrew nation began. But God showed Abraham in a dream that his descendants would spend a couple of centuries as slaves in Egypt, and then He would bring them out and give them a land of their own. If they would serve and obey Him, He would be their special helper and defender. He would make them the keepers of His holy Ten Commandments, written in stone by His own finger. They often rebelled against Him, but He forgave them and took them back when they repented. They were His special people. He wanted to make a "kingdom of priests, an holy nation"—His missionaries to the whole world. But they failed, and worse still, when Jesus came they crucified Him. Three and half years after that, God removed their special status as His chosen people and gave it to the followers of Jesus.

The Jews hated and persecuted these followers of Jesus, but they faithfully gave the message, and their numbers grew rapidly. All this time, they kept the holy law of Ten Commandments and rested on the holy Sabbath day, the day God gave to the first man and woman.

Without God's special protection, the Hebrew nation soon suffered terrible times. Their city was destroyed in A.D. 70 by the Romans, and they were scattered all over the world.

Then Satan tried to use the Romans to do what He had not been able to do through the Jews, and the persecution increased, but this too failed. There were chosen people all of the world and even in the office of the Roman emperor. The emperor claimed worship for himself, even as Nimrod did.

Satan realized that his plan was not working. The more he killed the Christians, the more people became Christians. So he decided on a different plan. He would stop attacking the Christians and started working inside of the Christians.

So the persecutions stopped, and now many half-converted sun-worshipers came into the church. They brought their old customs and habits with them, including Sunday. After a couple hundred years had passed, most Christians have not kept the God's Sabbath. Nearly, but not completely. Now the church

itself persecuted those who kept the pure teachings of Jesus.

Hidden away in Alpine valleys, the true Christians worshiped the God of creation according to His word, and slipping out quietly, spread His word abroad in the handwritten copies to those who would hear. Often these messengers were captured and died.

More than a thousand years later finally God said, “It is time for the world to be ready for my return. I will wake the world up and give them inventions to speed the gospel work.” So He raised up an inventor who gave the world printing, so people could read the Bible for themselves. The powerful church fought back against the Bible, but the Bible won. So, little by little God pulled the people away from the pagan teachings that had crept into the church. Finally it came time to call them back to Himself fully with the Sabbath truth. Now the inventions for speed came rapidly. Steam-boats, steam-trains, telegraph, telephone, radio, automobiles, airplanes, high-speed printing presses, television, and satellites that could spread the Word all around the world almost at the same time. The King’s coming must be announced to all. So He caused the fall of governments that had been holding their people in slavery and ignorance, permitting the Word once more to be preached among them. That Word calls the peoples of the world to “Worship Him that made heaven and earth, the sea, and the fountains of water.” Revelation 14:7. It is a call back to the true Sabbath, the Sabbath of Creation.

Late Arthur Griffith was a Deaf pastor to the Deaf and lived in Oregon for many years.

The Day the World Ended

By Harold Harker

ANDY HOLMES/UPSPLASH

This is the stories of Pompeii and Herculaneum, two towns that had everything and then were suddenly destroyed.

Rich people built their home there. The volcanic soil was very good and fertile and made for the very best crops. There was lots of entertainment where there were many theaters in their town. The amphitheater—their sports arena and training ground—were there for enjoyment and exercise. People enjoyed their life to the full because of cheap slaves who did the hard work.

Warning signs were there that this life could not go on forever. There was nothing bad thing happened for more than 700 years. So, why worry?

Almost 2,000 years ago, people living in the towns of Pompeii and Herculaneum (in Italy) had rich lifestyles and felt that life was good. They had nice homes decorated with painting and frescoes, and their floors were decorated. They had plumbing that showed an advanced civilization. The plumbing brought water from aqueducts right into their homes. The main street of Pompeii was called Via dell'Abbondanza, meaning "Street of Abundance

(plenty)."

Pompeii and Herculaneum were two of several towns that were located at the base of the volcano, Mount Vesuvius. The past eruptions had given the area good soil, so crops were plenty. The towns served as centers of trade and vacation destinations for residents of Rome.

Living near a volcano may have caused some people to be worried. But according to modern volcanologists Mount Vesuvius had been inactive for hundreds of years before A.D. 79. This would have caused the people of the towns a sense of security.

They developed pleasure lifestyles. Many of them spent hours each afternoon at public baths. They were in most Roman towns. The baths were a social place where people could discuss business, philosophy, and politics. Men public baths had under-floor heating.

Water for Pompeii originally came from wells or rainwater stored in cisterns (water storage tank). But from the time of Caesar Augustus (27 B.C. to A.D. 14), an aqueduct delivered water to the city. Some 90 houses belonging to the richest residents in Pompeii were connected to the water supply and had fountains, pools, and, in some cases, private baths. It is in these homes that the mosaic floors are found. The mosaic of Alexander the Great defeating Darius of Persia is a good example of the richness of the art and decorations found in Pompeii.

But Herculaneum's and Pompeii's lives of luxury and easy life would be destroyed. Signs were showing that all was not good. On February 5, A.D. 62, a powerful earthquake hit the area. Pompeii suffered much from it. But, earthquakes were not unusual.

Beginning on August 20, 79, a long series of quaking happened over four days. But people of these towns didn't pay attention to warnings. People of Herculaneum and the rich city of Pompeii failed to realize their time was coming to an end.

On August 24, 79, about 16,000 people died from the great eruption. A report comes to us from Pliny the Younger, who was a Roman administrator and poet. The first explosion sent a deadly cloud of stones, ash, and fumes 18 miles into the atmosphere. This caused molten rocks and pumice to cover the area at a rate of

1.5 million tons per second!

Some authors describe the scenes in Pompeii and Herculaneum as "apocalyptic," similar to the end of the world. It is estimated that the eruption of Mount Vesuvius sent 100,000 times more heat energy than the atomic bomb that was dropped on Hiroshima. Great flows of superheated gases with pumice came down on the towns in its path. It is one of the greatest volcanic eruptions of all time! A minor tsunami (tidal wave) happened after the eruptions, causing more destruction.

Scientists found places where many people and animals died. They are now decayed, so that all that's left are empty spaces made up of hardened volcanic rock. More than 1,000 plaster casts have been made of those who suffocated or were burned up.

Many residents fled with the increasing signs of volcanic activity, but many stayed to their deaths. If only they had paid attention to the warning signs!

The towns of Herculaneum, Pompeii, and others within the close vicinity of Mount Vesuvius were buried and lost for hundreds of years.

In the late 1500s, workmen who were digging an aqueduct near Pompeii discovered some marble slabs and frescoed walls, but no further excavations (digging) were made at that time. In 1709 Austria's Prince d'Elbeuf found pieces of marble at Herculaneum. He believed he had discovered an ancient temple, so he bought the site and began some excavations. These continued through the mid-eighteenth century, but were given up in 1748 when the nearby town of Pompeii was discovered. It was much easier to excavate. Herculaneum was smaller than Pompeii. Herculaneum was buried under ash and pumice to a depth of 65 feet.) In 1763, an inscription (writing) was found that positively identified the site as Pompeii. Still, excavations continued only occasionally.

In 1863, excavations became more professional under Giuseppe Fiorelli, who started a new system that helped protecting everything that was discovered. He invented a way of injecting plaster into spaces left by the decomposed bodies to re-create the forms of Vesuvius's victims.

Pompeii has been a tourist destination for 250

years. Today, approximately 2.5 million people visit the site every year.

Today, the problems of our old world seem to be increasing a lot: not enough drinkable water, global sea levels rising, the melting of the polar ice caps, the much lower harvest of fish due to overfishing, and the list goes on.

Many people may not believe in global warming, but we all can agree that around the world, floods, earthquakes, and fires seem to be happening more often than before. Seasons are changing and becoming not predictable. There are crowds of demonstrators who seem to be continually protesting in many places around the world.

Refugees are growing in record numbers in Africa, Asia, and Europe. If one country is not affected by war, it becomes a place for those people trying to leave the terrible problems and troubles where hundreds of thousand people died or their homes are destroyed. Some whole towns and cities are left in ruins.

Some words spoken by Jesus come to mind: “You will hear of wars and rumors of wars, but see to it that you are not alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places” (Matthew 24:6, 7).

At Pompeii and Herculaneum, we see how so many died. Their world ended on that terrible day. But we are not the same as the victims of Mount Vesuvius, who might not know the warning signs, Jesus has told us what to look for, what the signs will be of His coming and of the end of the world.

We can ignore the signs happening around us right now as if nothing will happen, but it is difficult to ignore that something big is about to happen. For Pompeii and Herculaneum, their world ended on August 24, 79. But for those who have accepted God’s saving grace, Jesus’ soon return will not be the end of the world, but the beginning of something beautiful—and eternal.

Adapted from Signs of the Times, February 2014.

Giving Love

By Victor Parachin

BETON STUDIO/ISTOCK

Bianka Rothschild lives in a 182-family condominium in San Diego, California. Whenever she learns that someone in her complex is ill, she sends a cheery get-well card, signed "The Sunshine Lady." When someone asked her why, she explains, "I was born in Poland. In 1939, the Germans marched into our home and told us to leave!"

The family was forced into the Warsaw ghetto, and by 1945, only Bianka was alive. Then she was sent to a concentration camp. The one item she still had was a tiny prayer book she secretly brought into the camp.

One night Rothschild read, "We have a right to the joy of giving, so others may receive. We can give material things, moral support, a friendly ear, and best of all, we can give love."

"When I settle here," she says, "I found a way to follow that advice. In a complex with 182 families, you have lots of nice people who sometimes need a ray of sunshine."

Adapted from Signs of the Times, January 1998.

The Antiasthma Diet

By Sue Radd

Asthma is a disease of inflammation in the airways, and what you eat can increase or decrease the problem.

The Western diet regularly includes red meat, fast food, and processed snack foods. It will increase a person's risk of developing asthma. And if you already have the disease, the Western diet can make it worse.

These same foods can also increase the risk of obesity (overweight). Obesity itself can increase the risk of getting asthma. Studies show that as the number and size of fat cells increase, the inflammation (disease process) in the body also increases. And corticosteroid drugs that are prescribed to lower inflammation are less helpful in obese people.

So what should you eat?

Persons with asthma need even more antioxidant-rich foods than healthy people in order to reduce the inflammation in their lungs. They can benefit from having the following in their diets:

Omega-3. Include flaxseed, chia seeds, and soybeans in the daily menu.

Soluble fiber. Cook foods such as dry beans, peas, lentils, barley, oats, eggplant, and okra to get at least 10 grams of this type of fiber daily. Soluble fiber is fermented in the intestine to produce short-chain fatty acids, which switch on anti-inflammatory pathways beneficial for asthma.

Fruits and vegetables. Eat at least two fruits and five vegetables each day. These foods have antioxidants that can help prevent an asthma attack. Eating a diet low in antioxidants for just 10 days worsens inflammation in the lungs, decreases lung function, and increases asthma symptoms!

What to avoid. Stay away from saturated (trans) fats and refined omega-6 vegetable oils. Foods with these elements include fatty meats, full cream dairy, butter, takeout meals, cookies, doughnuts, pastries, pies, and many refined vegetable oils such as sunflower and soybean oil.

A single meal can make a difference.

Research shows that a fast-food meal reduces the effectiveness of an anti-asthma bronchodilator medication within hours of eating.

A healthy diet is important for both preventing and better controlling asthma, and it can provide immediate and long-lasting benefits.

Dr. Sue Radd, PhD is the award-winning author of The Breakfast Book and coauthor of Eat to Live.

Zucchini-Spinach Lasagna

- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 16 ounce can stewed tomatoes, drained
- 2 zucchini, sliced
- 8 ounce can tomato sauce
- 1 teaspoon salt
- 1/4 teaspoon sweet basil
- 1/4 teaspoon oregano
- 1 teaspoon Garlic and Herb seasoning (for the flavor)
- 9 lasagna noodles (sesame or spinach)
  (can use it for gluten-free noodles)
- 1 cup cooked spinach
- Cashew pimento cheese sauce, uncooked

- Simmer onion, green pepper in a small amount of water until tender. Add next 6 ingredients and simmer for 10 minutes. Alternate layers of tomato sauce, noodles, (cooked or uncooked), spinach, melty cheese.

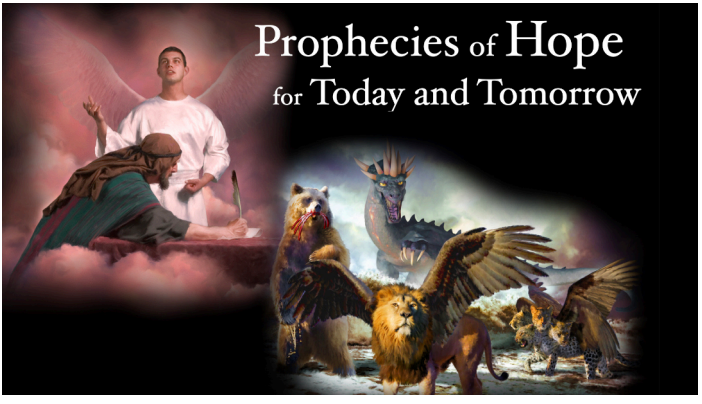
- 2 cups water
- 1/4 cup cashews
- 3 tablespoons diced pimentos
- 1 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 3 tablespoons cornstarch Rotel, optional

- Put all ingredients into a blender except Rotel. Blend well.
- Pour into a pan & cook over medium heat until thick.
- Adding Rotel will make a nice mild “Nacho” style dip.

- Then pour over the lasagna dish

RODRIGOBARK/ISTOCK

Prophecies of Hope for Today and Tomorrow



Are you worried about what is happening around the world? Pandemics, earthquakes, riots, wars, government corruptions, crazy weathers, wild fires, droughts, dying animals and fishes, rising crimes, poverty, racial problems, roller coaster economy, broken-down family values, rising suicides, depression and many other human problems. Is there any hope for you and all of us? Yes, there is! An ASL Bible series—Prophecies of Hope for Today and Tomorrow—is available. May God give you hope and peace in your heart when you watch the series. Watch the 22 presentations in: **https://3adm.org/video.php?a=78**

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