

S E P T E M B E R 2 0 1 3

The GOC Trumpet

Issue 1 Volume 1

*Have I not commanded you
Be strong and courageous.
Do not be afraid; do not
be discouraged, for the
Lord your God will be
with you wherever you go.*

JOSHUA 1:9



In the News

Barack Obama has decided the United States should launch military strikes against Syria after the American intelligence community claimed Damascus used chemical weapons against foreign-backed militants.

<http://www.presstv.ir/detail/2013/08/31/321478/obama-decides-us-should-attack-syria/>

Is the prophecy revealed in Jeremiah 49:23-27 at hand?

Upcoming Events!

**Blowing of Trumpets
September 14th Sundown**

Biblical Reference: Leviticus
23:23-25

Celebrated: A Feast unto The
Most High

Day of Atonement

September 23rd Sundown

Biblical Reference: Leviticus
23: 26-32

Celebrated: Afflicting our
souls with fasting and prayer

What's Inside!

Learn how to make the most recognized dish around the world an Issachar classic

Baking Soda! Learn everything there is to know about the abilities of this power powder.

Vitamin Watch! In this issue we discuss the importance of Vitamin A, and the natural sources of them.

Super Foods: Oatmeal Water. Check out what contagious diseases this simple recipe can prevent illnesses

Herb Central: Basil

Survivalist Corner: Gad's Endless food source.



Survivalist Guide

Ecclesiasticus 1:18

The fear of the Lord is a crown of wisdom, making peace and perfect health to flourish; both which are the gifts of God: and it enlargeth their rejoicing that love him.

Edible Pine Bark

How did the Native Americans survive off the land through cold and harsh winters? What did they eat and how did they stop themselves from getting sick? It's interesting to find that the Native Americans included the inner bark of Pines and other trees as an important part of their diet. Yeah, that's right, they ate trees. They would also make tea from pine tree needles, which are super high in Vitamin C: an antioxidant that is essential to ward off sickness in the wilderness. The inner bark of the Eastern White Pine is very nutritious, easy to harvest in large amounts and is a very significant source of food for you and your loved ones in an extended survival emergency. So, if you're ever in a survival situation and food is scarce, grab a fork and start eating trees!



Baking Soda

What do you know about baking soda aside from the fact that it is great for baking?

If your knowledge about baking soda is limited then you're not alone. Most people are unaware of the hundreds of simple uses of baking soda.

Aside from baking, baking soda can be used to cure cancer (all types), kidney disease, and alkalize the body, which will keep sicknesses away. Baking soda can also be used as toothpaste, deodorant, jewelry cleaner, to exfoliate skin, create alkaline water, clean fruits and vegetables, relieve heartburn, wash/deodorize clothes, and clean/deodorize your whole home (refrigerator, toilet, tub, garbage cans, cat litter, etc).



Sister Ahmanaha's Kitchen

The Burrito: An Issachar Original



One of the most well-known and loved Issacharite recipes has to be the delicious Burrito. While it did originate in Mexico, the genius idea of taking beans and rice and wrapping it in a flour tortilla didn't come up until as late as 1922. Don't forget wheat flour and chicken hadn't arrive in Mexico until 1590 with Hernan Cortes along with guns, smallpox, measles and plenty of swine. And let's not forget the meaning of Burrito, which translates from Spanish to "little donkey." (And no, it was not donkey meat they were referring to as a filling, rather the little helper who carried batches of these to sell to the pueblos!) So the next time you're biting into your "little donkey", don't forget one of the key scriptures that identifies the tribe of Issachar today:

Genesis 49:14

What you'll need:

- Flour tortillas
- 15 oz. can beans (black, kidney, medame, your choice!) OR uncooked beans
- 1 cup uncooked brown/white rice
- 2 tomatoes or 1tbl tomato paste
- 1-2 tsp. paprika
- 1 hot pepper or 1 tbsp. cayenne powder (more or less depending on preference)
- 1/2tsp cumin
- 1 Tsp. minced garlic fresh or powder
- Salt and pepper to taste

Optional Fillings:

- 1 red/yellow/ or green bell pepper sliced and sautéed
- Chicken/or beef {With just my husband and myself, we usually don't need any more than ¼ -½ kilo}
- 1 cup guacamole {mashed avocado, cilantro, lemon and salt}
- 1 cup sour cream
- 1 cup salsa
- Shredded cheddar cheese
- 1-2 diced tomatoes and lettuce

Burrito: An Issachar Original Directions

My quick method for “Spanish rice”:

1. Rinse rice thoroughly and shake off excess water.
2. Heat oil on low in rice pot and add rice.
3. Mix around a little and add 1 tbsp. tomato paste with a splash of water (if you don't have it it's not necessary but does give that “Spanish” rice color and flavor more, or just use 2 whole tomatoes).
4. Quickly add spices before anything burns: cumin, paprika, garlic, salt, pepper and pinch of cayenne.
5. Mix around until all is coated and then add 2 cups of water. (2 ½ cups for brown rice)
6. Bring to boil uncovered and then cover with tight lid and set on low simmer for 20 minutes (30-35 min for brown rice)

***DO NOT UNCOVER** after time is up, just turn off the flame for 10 min while you prepare beans or veggies. Fluff with a fork and get ready for some mixing!

The Beans:

If cooking beans from scratch I would cook double or triple the amount just to make the time worth it. I usually cook about triple the amount at the beginning of the week, put in a zip lock and freeze- saves SO much time and I have beans for days on end!

You'll want to soak beans overnight and then boil beans in water for about 3-4 hours depending on how old your beans are. Salt them only at the very end when it looks like they have 10-15 min away from being done.

Optional: I always dress my beans up for added taste: once beans are cooked sauté onions and 1 hot pepper, add beans with 2 tbsp. bean water, 1tbl paprika, ½ tsp. cumin, 1 tsp. sugar, 1tsp garlic and 1 tsp. oregano. Let simmer until water evaporates a little.

Now you can sauté some onions and peppers, include your favorite choice of meat, add your vegetables, cheese and a dollop of sour cream (or have a simple rice and bean burrito which is very common in most parts of Mexico) roll em' up, praise AHAYAH and enjoy!

Tortilla Tips:

Can't find flour tortillas? Two options!

One: Make some from scratch in minutes (best option if trying to avoid white flour)

Two: Look around for a Syrian shop and ask for Markouk or simply “bread” and make sure it's a very thin bread made of flour: works wonders for all wraps AND is very cheap!



Nature's Remedies

Ecclesiasticus 1:18

The fear of the Lord is a crown of wisdom, making peace and perfect health to flourish; both which are the gifts of God: and it enlargeth their rejoicing that love him.

Basil

Its Italian friend Oregano almost always overshadows Basil. We all know how wonderful Basil can taste on foods like pizza but you'd be surprised how this herb is not just good for your taste buds but for your overall well-being. In times of infirmity fresh Basil can offer a variety of health benefits. Basil should be an herb of choice for every home gardener. Here are 5 treatments you can make using Basil:



Healing

Basil sharpens memory, can be used as a nerve tonic, and can remove phlegm from your bronchial tubes.

Basil leaves can strengthen the stomach and induce profuse sweating.

The seeds can be used to rid the body of excess mucus.

Fevers

Basil leaves are used for quenching fevers, especially those related to malaria and other infectious, eruptive fevers common to tropical areas. Boiling leaves with some cardamom in about two quarts of water, then mixed with sugar and milk, brings down temperature. An extract of basil leaves in fresh water should be given every 2 to 3 hours; between doses you can give sips of cold water. This method is especially effective for reducing fevers in children.

Coughs

Basil is an important ingredient in cough syrups and expectorants. It can also relieve mucus in asthma and bronchitis.

Chewing on basil leaves can relieve colds and flu symptoms.

Nature's Remedies Cont.

Sore Throat

Water boiled with basil leaves can be taken as a tonic or used as a gargle when you have a sore throat.

Other Benefits

It can also protect from radiation poisoning and also heal up damages from it.

It can be given after surgery to help heal wounds quickly and also to protect them from infections.

It acts as a vaccine against pox if consumed regularly. It is beneficial in reducing labor pain, destroying rabies germs, treating gastroenteritis, cholera, whooping cough, measles, mumps, rheumatism, nausea, septic, urinary and genital infections, destroying worms in stomach and its dried leaves are mixed with food grains to use as an insect-repellant.

Respiratory Disorders

Boiling basil leaves with honey and ginger is useful for treating asthma, bronchitis, cough, cold, and influenza.

Boiling the leaves, cloves, and sea salt in some water will give rapid relief of influenza.

These combinations should be boiled in about two quarts of water until only half the water remains before they are taken.

Vitamin Watch

Are you suffering from any of the following symptoms? Digestive issues, dry eyes, rough or dry skin, night blindness, eye disease, infertility (in women), low resistance to infections (mainly respiratory or urinary), or poor growth (in children). If so, there's a great chance you're experiencing a deficiency in vitamin A.

Vitamin A, in proper doses, keeps the eyes, skin, teeth, hair, nails, bones, and the immune system healthy and resilient. Vitamin A deficiencies are usually a result of malnutrition, improper diet, and mal-absorption of food. To increase your vitamin A intake, consume fruits and vegetables that are orange, dark green, red, or yellow in pigment.



Carrots, cantaloupe, broccoli, sweet potatoes, pumpkin, squash, and spinach are great sources of vitamin A. Vitamin A has also been proven to combat a number of diseases including cancer, malaria, leukemia, glaucoma, cataracts, and many others.

Sister's Crafts Corner: Sewing Hand Stitching

Okay Ladies, I know the thought of hand stitching sounds about as much fun as sticking your head in an oven, but don't run away yet! Like Knitting and Crocheting, hand sewing can offer a great way to release stress, relax and even get a little arm workout. Now, the more important reasons why practicing a few stitches might come in handy: imagine yourself in a time/location with no outlets, let alone electricity, to hook up your sewing machine.

Or, if you're like me, no mall or local stores to rely on for any items that require some form of stitching. It's hard to realize how spoiled we are for our most essential necessities. Now I'm not gonna ask you to hand sew a matching winter set for your family... yet ;) But for now let's get our blood flowing and practice a few stitches that could really make a difference in our future.

So sisters, grab those socks your big toe has pushed its the way through, your hubby's torn shirts/pants you've been ignoring or even two pieces of hand towels you can transform into a small pouch and get that arm workout you've been putting off!

To begin, thread your needle and knot the thread. Next, determine which stitch to use from the list below. When you finish hand sewing, use the securing stitch to prevent your stitches from coming undone.

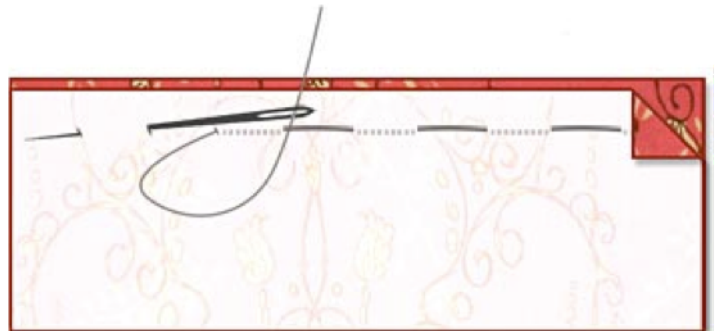
Basting Stitch

Basting stitches are sewn to temporarily sew fabric together. There are many reasons that taking the time to baste is beneficial to saving time in the long run.

Reasons for basting:

- Basting can hold slippery fabric together while sewing regular stitches.
- Basting is used to create temporary stitching such as the process of sewing in a zipper.
- Basting allows two layers of fabric to be held together and used worked as one layer of fabric. The basting stitches are easily removed to eliminate extra bulk.

Weave your needle in and out of the fabric creating the look of a dashed line. Stitch about 1/4-inch stitches with equal length spaces between



Running Stitch

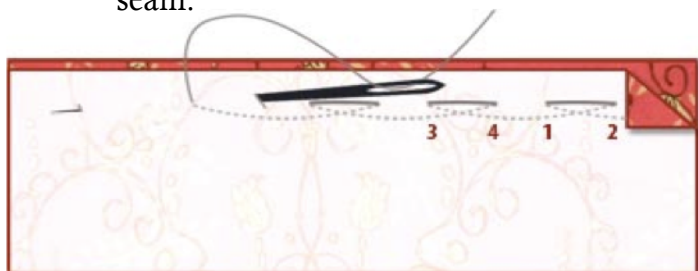
The running stitch is done in the same way as the basting stitch, but with short evenly spaced 1/16-inch to 1/8-inch stitches (depending on your fabric -- smaller stitch for lighter-weight fabric). This stitch is good for gathering or quickly mending a seam that has come apart.



Backstitch

The backstitch creates a very strong seam. It's used on heavy or dense fabrics and often to repair a seam. Begin at the right end.

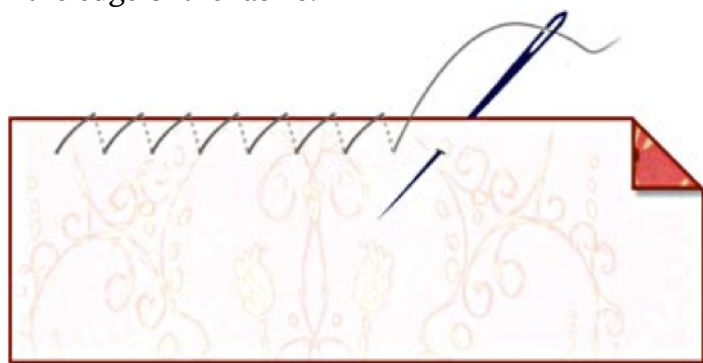
- Bring your needle up through the fabric at point 1.
- Insert your needle and go down through the fabric at point 2.
- Bring the needle up through the fabric point 3.
- Insert your needle and go down through the fabric at point 4.
- Repeat until you reach the end of your seam.



Overcast Stitch

The overcast stitch is used to finish cut edges on fabrics that tend to ravel, such as linens and gabardines.

To overcast by hand, start on one side of the edge you want to finish. Make a series of equal-spaced and diagonal stitches that loop around the edge of the fabric.



There are so many different ways you can hand stitch, so many in fact we couldn't fit them all here. You can find all these handy ideas and more here: <http://www.sew4home.com/tips-resources/sewing-tips-tricks/hand-sewing-basics>

About Our Organization

Here at the GOC we are doing our part to help to reunite the true children of Israel back to their true heritage under Christ and the Most High while being a light to the gentiles, which is Ahayah!

Ahayah Bahasham Yashaya Barakatham

The Gathering of Christ Church

PHONE: (215) 253-4448

E-MAIL: gatheringas1@aol.com

If you would like to become a part of our in-depth bible academy classes then send an email to the above address for more info.

We're on the Web!

See us at:

<http://www.youtube.com/user/GATHERING144>

<http://www.gatheringofchrist.org>

Prayer Requests

If you have any prayer requests please send them to:

gatheringas1@aol.com