



IOG SCROLL

the Israel of God® 4957 Redan Rd Stone Mountain, Ga. 30088

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"IOG Scroll" Newsletter Editor
Sister Kizzy

GETTING OVER THE WINTER BLUES

By Sis. DeeDee



October - January marks the time that the world locks down their cities to celebrate their holidays. During these months it can be a trying time of your faith but with a little preparation and these tips, you might just have the remedy to get over those Winter Blues.

- * Start making plans for the upcoming Lord's feast (ie. try out new recipes).
- * Get more acquainted with your brothers and sisters by hanging out together.
- * Plan to play your favorite music on a CD in your car to help avoid holiday commercials and music.

- * Prepare for the days when they close down the cities. Rent plenty of movies and buy any food items in advance.
- * On those days, plan activities to keep you and your family busy- play games, watch movies, have bible storytelling time.

Have fun this winter and remember, "Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity." Psalm 37:1



THE HISTORY OF HALLOWEEN



Halloween is an annual celebration, but just what is it actually a celebration of? And did this peculiar custom originate? Is it, as some claim, a

kind of demon worship? Or is it just a harmless vestige of some ancient pagan ritual?

The word itself, "Halloween," actually has its origins in the Catholic Church. It comes from a contracted corruption of All Hallows Eve. November 1, "All Hollows Day" (or "All Saints Day"), is a Catholic day of observance in honor of saints. But, in the 5th century BC, in Celtic Ireland, summer officially ended on October 31. The holiday was called Samhain (sow-en), the Celtic New year.

One story says that, on that day, the disembodied spirits of all those who had died throughout the preceding year would come back in search of living bodies to possess for the next year. It was believed to be their only hope for the afterlife. The Celts believed all laws of space and time were suspended during this time, allowing the spirit world to intermingle with the living.

Naturally, the still-living did not want to be possessed. So

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THE HISTORY OF HALLOWEEN

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on the night of October 31, villagers would extinguish the fires in their homes, to make them cold and undesirable. They would then dress up in all manner of ghoulish costumes and noisily paraded around the neighborhood, being as destructive as possible in order to frighten away spirits looking for bodies to possess.

Probably a better explanation of why the Celts extinguished their fires was not to discourage spirit possession, but so that all the Celtic tribes could relight their fires from a common source, the Druidic fire that was kept burning in the Middle of Ireland, at Usinach.

Some accounts tell of how the Celts would burn someone at the stake who was thought to have already been possessed, as sort of a lesson to the spirits. Other accounts of Celtic history debunk these stories as myth.



The Romans adopted the Celtic practices as their own. But in the first century AD, Samhain was assimilated into celebrations of some of the other Roman traditions that took place in October, such as their day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple, which might explain the origin of our modern tradition of bobbing for apples on Halloween.



The thrust of the practices also changed over time to become more ritualized. As belief in spirit possession waned, the practice of dressing up like hobgoblins, ghosts, and witches took on a more ceremonial role.

The custom of Halloween was brought to America in the 1840's by Irish immigrants fleeing their country's potato famine. At that time, the favorite pranks in New England included tipping over outhouses and unhooking fence gates.

The custom of trick-or-treating is thought to have originated not with the Irish Celts, but with a ninth-century European custom called souling. On November 2, All Souls Day, early Christians would walk from village to village begging for "soul cakes," made out of square pieces of bread with currants. The more soul cakes the beggars would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors. At the time, it was believed that the dead remained in limbo for a time after death, and that prayer, even by strangers, could expedite a soul's passage to heaven.

The Jack-o-lantern custom probably comes from Irish folklore. As the tale is told, a man named Jack, who

was notorious as a drunkard and trickster, tricked Satan into climbing a tree. Jack then carved an image of a cross in the tree's trunk, trapping the devil up the tree. Jack made a deal with the devil that, if he would never tempt him again, he would promise to let him down the tree. According to the folk tale, after Jack died, he was denied entrance to Heaven because of his evil ways, but he was also denied access to Hell because he had tricked the devil. Instead, the devil gave him a single ember to light his way through the frigid darkness. The ember was placed inside a hollowed-out turnip to keep it glowing longer.

The Irish used turnips as their "Jack's lanterns" originally. But when the immigrants came to America, they found that pumpkins were far more plentiful than turnips. So the Jack-O-Lantern in America was a hollowed-out pumpkin, lit with an ember.



So, although some cults may have adopted Halloween as their favorite "holiday," the day itself did not grow out of evil practices. It grew out of the rituals of Celts celebrating a new year, and out of Medieval prayer rituals of Europeans. In today's society, man has glorified practices that are not found in the Bible and all in all, Halloween is one of them.

The next IOG Scroll is coming out on January 1, 2011. The deadline for submissions is December 18. Be sure to get your articles, editorials, and special announcements in on time!!

CAN YOU HEAR ME NOW?

Mobile Phone Radiation

We have always heard that talking on cell phones for long periods of time could cause brain damage, but people have never considered it a real threat until now. An article recently published, put in perspective the increasing dangers of long term cell phone usage.

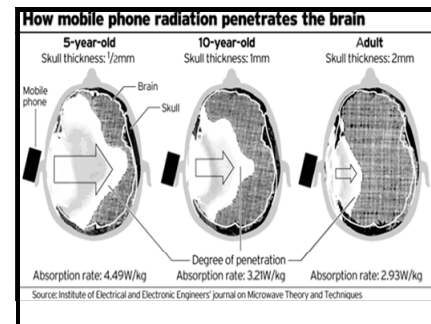
Information on radioactive waves from wireless devices was often not given. It did not specify a certain amount of usage. It did not explain how many waves happened per call. In this case, radioactive waves would not be an aspect you consider before buying a cell phone. Is this not a precaution needed to be taken before buying the phone? Researchers conducted an Interphone Study in 1999 to determine the risk of developing a brain tumor. They found deeply-rooted evidence proving that cell phones

come with risks that are potentially fatal. It proved that direct contact in the inner ear could not only cause ear damage, but could also travel to the brain and possibly develop brain tumors.

Since the Interphone Study, more research has been done to further investigate the effects of cell phones. It is shown that the more exposure to radiation, the more likelihood that brain damage can occur. Children are also more susceptible to brain damage because of the areas still developing in the brain. Some researchers believe cell phone radiation could contribute to other health issues such as cancer. It could also weaken and compromise the immune system, depending on the part of the brain it affects.

Cell phone radiation was not significant in most peoples' lives

but when given a second look, the process begins to intrigue and notify people with the proper information needed to judge the risk that are taken when talking on a cell phone. Studies prove the damaging effects. So is it really safe to use cell phones knowingly increasing the chances of brain damage or is it a risk we have to take?



Submitted by: The Health and Wellness Committee

ON ONE ACCORD



“...Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD....Blessed is the man that trusteth in the LORD, and whose hope the LORD is.” – **Jeremiah 17: 5-7**

“...It is better to trust in the LORD than to put confidence in man.” –

Psalms 118: 8

“...The fear of man bringeth a snare; but whoso putteth his trust in the LORD shall be safe.” – **Prov. 29: 25**

“...For the LORD God is a sun and

shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly. O LORD of hosts, blessed is the man that trusteth in thee.” – **Psalms 84: 11-12**

The enemy does not care **what** or **who** he uses to distract us from the path of righteousness (see 1 Pet 5:8, 2 Cor. 11: 13-15). With the increase of temptations and material wealth gained by many famous people today, it is easy to fall into the trap of reverencing the creation more than the Creator. Although those “distractions” are consistently present, we must keep our focus on meditating “...in his law day and night.” With the “Earnest of the Spirit”, we have been given access into the mind of Christ to see how

to please God and, if we hold fast until the end, will inherit the promises made to Abraham ... HALLELUJAH!

Remember, it is the WORD OF GOD that cleanses us, sanctifies us, and encourages us in times of trial and tribulation. I encourage you to continue to be good ambassadors for Christ. There are many who are searching for His truth even more now than ever (see Deut. 4: 5-6). Continue to walk in the vocation in which you were called, increase your faith, and exhibit the two Great Commandments in word and deed (Romans 10:17)! IT'S NOT ABOUT US, BUT IT'S ABOUT JESUS!

Peace in Jesus name,

Bro. Deuel, Pastor

The Church Office is open 1 hour before and 2 hours after every Sabbath Class.

Please see our Church Office Manager for all of your office needs!!

EVENT RECAPS

OLD SCHOOL VS. NEW SCHOOL BASKETBALL GAME *JULY 11, 2010*

All of the brothers came together for this year's basketball game. Everyone had a great time and the Old School team took home the victory.



IOG TALENT SHOW *AUGUST 29, 2010*

The IOG's first Talent Show was a big success. There were lots of great acts, vendors, and a fashion show.



THE 8TH DAY OF THE FEAST *JUNE 12, 2010*

The congregation joined once again to celebrate the Lord's 8th Day Feast. As always, a good time was had by all.





The BK (Bible Kids) Zone

Super Heroes and Princesses of the Bible



Hey, did you know there were several Super Heroes in the bible?

Well, long before Spiderman, Batman, and Superman, there were three great Super men who saved their people from danger. These Super men were Moses, Joseph and John the Baptist.

Take a look at how they saved the day.
Joseph: One of the twelve sons of Jacob, who turned his bad situation into something good, after being chosen by Pharaoh to be second in command of Egypt. Joseph helped save thousands of people, including his family, from hunger.

Moses: After being sent away from his home, Moses grew up and returned to lead a historical exodus (exit) of his people from Egypt into the wilderness.

John the Baptist: He baptized (cleansed) many people in the new testament for the remission (ending) of any sins. He even had the magnificent chance to baptize King Jesus!!!

Are you a hero too? One brave young boy can win a Spiderman gift pack...by submitting a drawing of one of the Bible Super Heroes above, and writing 5 sentences of how your Super Hero has encouraged you to be the best you can be. The winner's artwork will be featured in the next issue of the BK Zone!

Move over Princess Tiana!

*Little princesses what's the next highest title in royal rank?
 Yes you guessed it, a Queen!*

Did you know long before there was "Princess and the Frog", there was the Old Testament's Queen Hadassah (Esther) from Persia.

In the movie, Princess Tiana's wish was to one day open up her very own restaurant. Just like Princess Tiana, Queen Hadassah had a wish also.

Queen Hadassah, also known as Queen Esther, wished to save her people from danger.

With a recipe of faith and prayer, Queen Esther's wish came true. By keeping her husband, the King, from making a huge mistake, she was able to save her people from danger.

One precious young girl can win a Disney Princess gift pack...by submitting a drawing of Queen Esther and writing 5 sentences of how she has encouraged you to believe in your dreams.



The winner's artwork will be featured in the next issue of the BK Zone!

SPECIAL ANNOUNCEMENTS

Happy Birthday

- To Sis. Tamika on October 5.
- To Sis. Sid on October 8.
- To Bro. Deuel on December 3.
- To Sis. DeeDee on December 7.
- To Bro. Mahaleel on December 7.
- To Sis. Raniah on December 14.
- To Sis. Tyra on December 17.
- To Erin Goode who turns 4 on December 21.
- To Sis Engedi on December 28.

Congratulations



Deondria Boyer (left) had the winning design in the youth age group in Dekalb County's Design a Library Card Contest.

The 12 year old, 7th grader at Tucker Middle School, says that her design emphasizes how reading can broaden your knowledge of the world. "I got to thinking about what happens when you read. It truly can take you anywhere."

Congratulations Deondria!

RECIPE

BLACK BEAN CHILI

INGREDIENTS

- 2 cloves garlic, minced
- 1 small onion, diced
- 2 small sweet potatoes, peeled and chopped
- 2 medium carrots, sliced
- 1/2 red bell pepper, chopped (optional)
- 2 tbsp olive oil
- 1 15 ounce can black beans
- 1 15 ounce can diced tomatoes or tomato sauce
- 1/2 cup vegetable broth
- 1 tbsp chili powder
- 1 tsp cumin
- 1/2 tsp cayenne (or to taste)
- 1/2 tsp garlic powder
- 1/2 tsp sea salt



Preparation:

Sauté onions and garlic in olive oil for a minute or two, then add sweet potatoes, carrots and bell pepper until onions are soft, about 5-6 minutes.

Reduce heat to medium low, and add remaining ingredients, stirring to combine well. Simmer, partially covered and stirring occasionally, for 20-25 minutes, until flavors have mingled and vegetables are cooked.

Makes 5 servings of homemade black bean chili.

Submitted by: The Health and Wellness Committee

UPCOMING EVENTS

October

- **24 – The Caribbean Connection Annual Fish Fry Fundraiser**

12:00 p.m.-6:00 p.m. at the Israel of God

- **31 – Annual Clothing Drive and Food Giveaway**

10:00 a.m.-6:00 p.m. at the Israel of God

See Bro. Deuel for more information.

Calling all virtuous women!

Calling all virtuous women!

You are cordially invited to the 2nd Annual IOG Women's Retreat!

When: March 5-9, 2011

Where: Brasstown Valley Resort in Young Harris, GA (outside the Blue Ridge Mountains)

Cost: \$150.00 per person

Please contact Sis. Melissa for further details.

VIEWPOINTS

SELF-EXAMINATION

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

2 Corinthians 13:5

I call to remembrance my song in the night: I commune with mine own heart: and my spirit made diligent search.

Psalms 77:6

Examine me, O LORD, and prove me; try my reins and my heart.

Psalms 26:2

For if we would judge ourselves, we should not be judged.

1 Corinthians 11:31

But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.

Galatians 6:4

SABBATH LESSONS



CD's - \$10.00
DVD's - \$15.00



See Duplications for yours today!!

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