



IOG SCROLL

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

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"IOG Scroll" Newsletter Editor
Sister Kizzy

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BLACK HISTORY MONTH WEBCAST

The month of February has been designated Black History Month. The world tells us that Black History Month is set aside to recognize the contributions that black people have made to this country and to the world.

When we talk about the contributors, we name people like Harriet Tubman, Booker T. Washington, Jean Baptist Point Du Sable, Paul Lawrence Dumber, W.E.B. Du-bois, Sojourner Truth and a host of others that have been recognized in the month of February.

What we want to point out in the series is that every group of people on the planet is called after a country on a continent. For example, Mexicans are from Mexico. Chinese are from China. Sudanese are from Sudan. Nigerian origin is from the country on the African continent called Niger.



When it comes down to Black-Americans or African-Americans, we are referred to as just black folks. Each group of people has their own country.

Where is the country called black on the continent of Africa? We say we are African-Americans, but where in African did we come from. Africa is a big continent with 47 countries on the continent, and counting the African Islands the total is 53. Which one is your origin? You can't just go back to your native land while there are tribal wars and ethic cleansing taking place in Africa. Even black on black crime

in Africa is on a higher scale of destruction and is far worse than we would ever imagine it to be in our own black communities.

Furthermore, we have a history that has not been told to us. Our mothers, our fathers, teachers, and our pastors have not shown us how our



ancestors proliferated and was sold throughout the Mediterranean lands of Asia and Africa and settled here in a land called America, which is not our own. Let the truth be told to All That have an ear to hear. Your history is no longer a mystery.

What we would like to do is take you on a journey in our six part series, titled, Black History told by the prophets of the bible. We ask that you follow along with us and consider the whole matter as we get you ready for the 2012 month of February.

Part 1 through part 6 is as follows:

**Color
Slavery
Spiritual Death and Resurrection
The Priest of God
The Adoption
When we Were Kings.**

Join us each Saturday of February at 11 am and 2:30pm.

<http://theisraelofgod.com/sabbathdaylive2.html>

HEALTH MINUTE

Unhealthy Health Drinks

Today, the most toxic “Health” drinks are water enhanced drinks which include little or no nutritional value and which are very pricey consumer products. For example, Kraft Foods’ MiO Liquid Water Enhancer aimed at young consumers seeking “cool” new ways to stand out among their peers. This “enhanced” drink allows the consumer to squeeze colored flavor drops into the bottled water and watch the mesmerizing colors diffuse slowly into the clear water. The average cost per 8 oz bottle is \$3.99. A very pricey bottle of colored water!



Leave it to the food and beverage industry to find a way to turn a bottle of water into a mixture of toxic chemicals and profits for their bottom line! The food and beverage companies have flooded the market with fortified (supposedly) water beverages that contain everything from vitamins and minerals to electrolytes, oxygen, fiber, and even protein. A simple stroll down your local supermarket beverage aisles will provide the average consumer with rows of beverage choices, including, but, not limited to energy drinks, vitamin waters, fitness waters, and sports/electrolyte concoctions in every imaginable color and flavor.

If you’re not a label reader, after this article you will become one. Your health depends on this simple task. By reviewing the label on any “enhanced beverage, you’ll discover they’re spiking your water with a lot of unsavory ingredients, many capable of wreaking havoc on your metabolism, hormones, and other physiological processes.

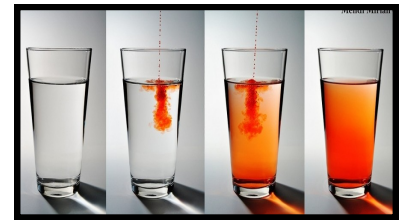
Here is the ingredient list for the Mango Peach variety of MiO: *Water, Malic Acid, Propylene Glycol, Citric Acid, "natural flavor," Sucralose, Acesulfame potassium, Potassium citrate, Polysorbate 60, Yellow 5, Yellow 6, Red 40, Potassium Sorbate (preservative).*

Basically, this is a scary mixture of 2 artificial sweeteners, 3 dyes, one preservative, and propylene glycol. The ingredient “propylene glycol” is a solvent that can potentially result in cell mutations and skin, liver, and kidney damage, if ingested in high enough amounts. The Environmental Working Group (EWG) rates propylene glycol as a moderate hazard.

Artificial sweeteners are bad news for your health and are unnecessary food additives. Do your research and you will find that there are many safe natural sweetener alternatives available to you by the food and beverage industries. Food dyes have been connected to a variety of health problems, including allergic reactions, hyperactivity, decreased IQ in children,

and numerous forms of cancer. Remember MiO contains a total of three food dyes.

Enhanced waters have become an enormously lucrative business as people have begun to abandon soda pop for what they believe are better alternatives. Are these beverages really better for you than soda? Not by a long shot.



So far this article has focused on MiO as the big villain. However, it’s not the only one. For example, “Propel Fitness Water” includes the following list of ingredients: Water, **Sucrose Syrup**, Natural Grape Flavor with Other **Natural Flavors**, Sodium Citrate, Vitamin C (Ascorbic Acid), **Sucralose**, Niacinamide (Vitamin B3), Calcium Disodium EDTA (Protects Freshness), Calcium Pantothenate (Vitamin B5), Vitamin E Acetate, Pyridoxin Hydrochloride (Vitamin B6), Ascesulfame Potassium, Vitamin B12.

You will note that this brand of enhanced water includes some of the ingredients included in the MiO bottled drink. After reading this article, please stick with a plain bottle of water!

Submitted by: Bro Hugh Edwards

The next IOG Scroll is coming out on April 7, 2012. The deadline for submissions is March 24.

Be sure to get your articles, editorials, and special announcements in on time!!

ON ONE ACCORD



"...Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron..."
 – **1 Timothy 4: 1-2**

"...Every way of a man is right in his own eyes: but the LORD pondereth the hearts." – **Prov. 21:2**

Do you seek the counsel of the Lord for an answer to a personal situation? Have you had the faith in God's Word to believe that He is in control of things in our lives even though it seems he is far away?

As it states in Hebrews, without true faith, it is impossible to please Him. Our faith needs to continually increase in these last days. There are many false prophets in the world that seem to teach about God, but in actuality, they teach you depend on yourself rather than God's Word.

The Lord is exposing these false prophets now, and the only way we are able to identify them is through diligent study and embedding His Word within our hearts (minds). The job of the Holy Spirit is to "...guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak." If you haven't studied, how can you know if God is speaking (**Romans 10: 14-17**)? When I have asked several people if they know the Word, many will state that they do. However, after a series of questions, they clearly show that the Spirit of God is not in them...questions are answered with their own understanding rather than that of the Lord.

True servants and followers of Christ speak His words and His thoughts (**Proverbs 3:5**). Our minds are continually set on mischief and deceit (**Jeremiah 17: 5-10, Mark 7: 15-23**). To counteract this spirit of error, we have to set aside time to read, study, and prove (through love) His Word through word and deed (1 John 3: 18-19).

It is the WORD OF GOD that sanctifies us from the world's

traditions and beliefs. 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 (**Deuteronomy. 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!

"... Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. And of some have compassion, making a difference: And others save with fear, pulling them out of the fire; hating even the garment spotted by the flesh." – **Jude 1: 21-23**

Peace in Jesus name,

Bro. Deuel, Pastor
 The Israel of God, Atlanta



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

FEAST OF TABERNACLES OCTOBER 12, 19, 2011



BROTHER'S FELLOWSHIP WALK OCTOBER 23, 2011





The BK (Bible Kids) Zone

Make a Joyful Noise

Hey Kids there are many musical instruments found in the bible! Musical Instruments are a great way for us to make music. Let's explore some of the musical instruments that are found throughout the bible; so that we can make a joyful noise before the Lord!!



The **Frame Drum**- a large, thin drum, generally associated with female players, primarily used in celebrations and for dancing. The frame-drum was held with the left hand and was played by striking the head of the drum with the alternating thumb and forefingers of the right hand in various rhythmic patterns.

Biblical person famous for playing this instrument: Miriam (Moses and Aaron's sister) in Exodus 5:20

The **Reed Pipe**- a popular instrument of the people and that was used in celebrations. Its unique ability to transmit emotion also made it a staple sound at funerals.

Biblical scripture that talk about the reed pipe: 1 Samuel 10:5



Finger Cymbals-used for praise and worship

Biblical person famous for being around at the use of finger cymbals: King David in 2 Samuel 6:5

The **Shofar**- a non-musical signaling device made from the hollow horn of an animal and in some cases, specifically the horn of a ram. The shofar is played by buzzing the lips on the small end of an animal horn that has been cut, pierced and smoothed. As the range of an average size shofar consists of only



a few playable tones, the *calls* that were used consisted of varying sequences of long and short tones.

Biblical book that mentions the Shofar: Jeremiah 4:19



Mentioned briefly in the book of Exodus; the **bells**

(made of gold) were bell-like or clamshell ornaments sewn on the hem of the priestly robe of Aaron between decorative pomegranates. Inside the bell was most likely a clapper or small pebble that would strike the bell casing creating a tinkling sound that could be heard when the bell was shaken or excited. Although considered as a percussion instrument and an instrumental sound effect today (e.g., *jingle bells*), the gold bells of the Hebrew texts refer specifically to one and only one non-musical usage; to act as some type of warning signal that was used to prevent the accidental death of Aaron or his sons (i.e., *the priests*) when entering or leaving the chamber of the Most High.

The **Trumpets**- A pair of non-musical metal signaling devices used by the Levite priests to signal the breaking of camp and assembly and will also be used for other functions later on.



Biblical first mention of the Trumpet: Numbers 10:1-2

You can learn more about these biblical music instruments and more at the library and from the encyclopedia!

****Pictures and some information used for this article can be found at www.musicofthebible.com**

RECIPE

SLOW COOKER VEGETARIAN LASAGNA



Ingredients

- 1 large egg
- 1 15- to 16-ounce container part-skim ricotta
- 1 5-ounce package baby spinach, coarsely chopped
- 3 large or 4 small portobello mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 1 28-ounce can crushed tomatoes
- 1 28-ounce can diced tomatoes
- 3 cloves garlic, minced
- Pinch of crushed red pepper (optional)
- 15 whole-wheat lasagna noodles (about 12 ounces), uncooked
- 3 cups shredded part-skim mozzarella, divided

Preparation

1. Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl.
2. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl.
3. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator.
4. Put the lid on the slow cooker and cook on high for 2 hours or on low for 4 hours. Turn off the slow cooker, sprinkle the reserved mozzarella cheese over the lasagna, cover, and let stand for 10 minutes to melt the cheese.

SABBATH LESSONS



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



See Duplications for yours today!!

UPCOMING EVENTS

January

- **28 - Kitchen Fundraiser**
8:00 p.m. at Kathmandu South Asian
Restaurant

\$35-Single \$50-Couple

See Sis. Sarai for more information.

February

- **18 - Quiet Storm Karaoke Night**
Pro Way Hair School

See Sis. Gail for more information.

**Please stay tuned to the weekly
announcements for any changes.**

SPECIAL ANNOUNCEMENTS

Happy Birthday

- To Kadien Hill on January 18.
- To Leanna Paulk who turns 5 on
January 20.
- To Dejah who turns 18 on January 23.
- To Kalim Hill on January 28.
- To Jakkobi who turns 4 on January 28.
- To Sis. Sarai on January 28.
- To Marc Pongnon on February 9.
- To Correntheus Hicks on February 23.
- To Niajah Hill on March 8.
- To Sis. Shoshanna on March 13.

Happy Anniversary

- To Bro. Deuel and Sis. Melissa Hill
celebrating 14 years on February 14.
- To Bro. Shafiq and Sis. Errikka Hanna
celebrating 2 years on March 20.

VIEWPOINTS

PATIENCE

Better is the end of a thing than the beginning
thereof: and the patient in spirit is better than
the proud in spirit.

Ecclesiastes 7:8

In your patience possess ye your souls.

Luke 21:19

And let us not be weary in well doing: for in due
season we shall reap, if we faint not.

Galatians 6:9

That ye be not slothful, but followers of them
who through faith and patience inherit the
promises.

Hebrews 6:12

Knowing this, that the trying of your faith
worketh patience. ⁴But let patience have her
perfect work, that ye may be perfect and en-
tire, wanting nothing.

James 1:3-4

Here is the patience of the saints: here are they
that keep the commandments of God, and the
faith of Jesus.

Revelation 14:12

the Israel of God®
4957 Redan Road
Stone Mountain, 30088



Phone: (404) 298-9393

Fax: (678) 620-2224

Email: iogatlantaoffice@yahoo.com

Website: www.theisraelofgodatl.com

Your comments, suggestions, pictures, or editorials for
the newsletter can be sent to iognewsletter@gmail.com

BUFFALO, NEW YORK

372 Fougeron Street
Buffalo, NY 14211
Phone: (716) 897-2270
Fax: (716) 897-1013
<http://www.theisraelofgodbuffalo.com>
Contact Person: Bro. Harold Walker

CHICAGO, ILLINOIS - Headquarters

2515 E. 75th Street
Chicago, Illinois 60649
Phone: (773) 374-6413 or 1 800 96-BIBLE
Fax: (773) 374-9798
<http://www.theisraelofgod.com>
email: theisrael@earthlink.net
Contact Person: Bro. Henry Buie

DALLAS, TEXAS

2903 Martin Luther King Jr. Blvd.
Dallas, Texas 75215
Phone: (214) 421-0600
Fax: (214) 421-0615
<http://www.theisraelofgoddallas.com>
Contact Person: Bro. Mike Murray

KALAMAZOO, MICHIGAN

625 Stassen Ave.
Kalamazoo, MI 49004
Phone: (269) 381-1926
<http://www.theisraelofgodkalamazoo.com>
Contact Person: Bro. Jacmauzs Jaraudakarr

MEMPHIS, TENNESSEE

4485 Elvis Presley Blvd.
Memphis, TN 38111
Phone: (901) 332-6221
Fax: (901) 332-2925
<http://www.theisraelofgodmemphis.com>
Contact Person: Bro. Harold Robinson

MINNEAPOLIS, MINNESOTA

1537 Glenwood Ave. North
Minneapolis, Minnesota 55405
Phone: (612) 522-0619
Fax (612) 374-1241
<http://www.theisraelofgodminneapolis.com>
Contact Person: Bro. Tony Johnson