



October 2004

## Hello Everybody-

It almost seems strange to be writing this right now. Most of my time and plans have been taken up in some way with the process and preparation for getting married. However, life still goes on and in many ways, gets better in the midst of everything. One goal in building health is to be able to take on more issues and do them justice. It's a great feeling when everything comes together!

You're all invited. The wedding will take place at 3 PM in the PBC Chapel at City Bible Church, 9200 NE Fremont, Portland, OR 97220. If you'd like a formal invitation email me back but it's OK just to show up.

We're having quite an issue right now trying to find someone who can make a non-toxic wedding cake. We were dealing last week with a woman whose cake was vegan but also loaded with white sugar (similar to white arsenic but since it doesn't act as fast people think it's all right). One small piece and I felt awful the next day. She was evasive to talk to and didn't give us straight answers as to what was really in the confection. This week's conversation shows more promise.

It may seem like a small issue but it really goes to the heart of the matter of whether one can actually make this diet work or not. Will we go after what's good for us and builds us up, even in the face of all the social and religious tradition that surrounds us? If we can't conquer the cake on a one-time event like marriage, how will we ever stand up to the coffee demon that ever stalks our church fellowships?

This week I decided to go for broke and do a few days of fasting. I find I really haven't been doing much in that line for a while. In years past I'd fast every Wednesday up until about 4 PM and then have a few bananas to make sure I was in good shape for the drive home. It seemed kind of natural to get in a three day fast every few months too. Last few years on the Hallelujah diet however, there is so little eaten in the early part of every day that Wednesdays have been pretty much business as usual. The three day fasts haven't happened for a while either.

Things kind of came to a head over the weekend as my church entered into a fasting season especially looking at the election and all the issues thereof. I realized I was looking at some things I'd do well to hear from God on and physically it could help with more breakthroughs too. So I'm going for it this week. I've been looking through some of the books that talk about it, both as a prayer aid and as a physical cleanser and I just decided I'd better do it.

I think we'll try to go with the vegan pizza again at the meeting. That always seems to get slicked up pretty good. It'll be a bit of a challenge getting the crust ready in time but should be possible. We're also going through the different diseases that are on the Healing for Life series. Come if you can...

-GAH-

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Hey Everyone-

It must have been getting a bit late for me the other night, as I see I gave all the wedding information but the date.

So here's the whole package:

The date is Saturday, the 30th of October. You're all invited. The wedding will take place at 3 PM in the PBC Chapel at City Bible Church, 9200 NE Fremont, Portland, OR 97220. We're going to follow it with a dinner for whoever wants to stay. While we will not promise everything there to conform to 100% of the Hallelujah Diet, we're going to give it a good try and I can definitely promise you a salad bar. If you'd like a formal invitation just email me back. It's OK just to show up, but it would help to know how many we're feeding so try to keep me posted on that. Email would be fine.

One thing I should mention too because of its nearness to our wedding date, the November 12th diet meeting will be on a TBA basis. Watch for the emails and we'll keep you posted. The Bible says that it takes a full year for a man to 'cheer up' his wife, I guess that's after the ceremony and she see's what she's really wound up with. It does seem wise to me not to plan too close this side of the honeymoon.

Cheers-

-Gary-