inside: **Be Still <u>p.4</u>**





Brethren, my heart's desire and prayer to God for Israel is that they might be saved. — ROMANS 10:1

Are We

To

unsure

replaced

By Dr. James Emery White / ChurchAndCulture.org

One of the most pressing questions for Christians has remained unchanged for two millennia: "Are we living in the End Times?" Even the first followers of Jesus had it on their minds. When they asked Jesus how they would know, He told them with a great deal of specificity:

"... many will come in My name, claiming, 'I am the Messiah,' and will deceive many. You will hear of wars and rumors of wars...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. All these are the beginning of birth pains. Then you will be handed over to be persecuted and put to death, and you will be hated by all nations because of Me. At that time many will turn away from the faith and will betray and hate each other, and many false prophets will appear and deceive many people. Because of the increase of wickedness, the love of most will grow cold ... And this Gospel of the Kingdom will be preached in the whole world ... and then the end will come" (Matthew 24:5-14).

"Still God's Chosen People"

By Michael Gryboski ChristianPost.com

Slightly over half of Evangelicals say they believe that Jews are still God's Chosen People, according to a recent survey of approximately 1,000 Evangelical Protestant Americans. By contrast, 19% were unsure, 17% believe that Christians have replaced Jews as the Chosen

People, 10% believe that Jews were never God's Chosen People, and 2% held an "other" view.

Among the respondents, 59% of those who were 70 or older said they believe Jews were still the Chosen People, while only 44% of those aged 40 and under agreed.

The report measured priority status

Are We Living in the End Times? <u>continued from cover</u>

When you analyze that text, there are at least eight signs that Jesus tells us to look out for.

First: There will be false prophets and people who claim to be Christ or some type of "messiah" leader. Individuals will rise and teach what isn't true and will try to get people to follow them, but they won't really be of God.

Second: There will be wars and threats of wars. In other words, it will be an age of anxiety and fear of world conflict. There will also be the reality of conflict between nations.

Third: The number of natural disasters will increase.

Fourth: Christians will be persecuted for their faith. They will be ridiculed and discriminated against.

Fifth: A lot of people will turn away from their faith. They will renounce Jesus and say that they no longer believe in Him.

Sixth: There will be internal division and discord among Christians.

Seventh: Immorality and insensitivity toward immorality will reign throughout the land. We will engage ourselves in things that embarrass God, and when we do it or see it, we won't even blush.

Eighth: The final sign is that before it all ends, the Gospel will be proclaimed to everyone in the world.

So, are we in the End Times?

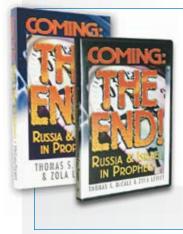
Right now, the online world is full of false teachers, Russia is provoking the world to conflict over Ukraine, there are many severe

weather events, Christians are being persecuted around the world, former self-professed Christians are fueling the rise of the "nones" [people with no religious affiliation], the last two years and all things COVID have divided Christians as never before, we've moved beyond gay marriage to affirming all things trans, and for the first time, the internet makes possible the global communication of any message.

I think the above fulfill all eight prophecies.

In truth, we Believers* don't know the exact time, only what the world will look and feel like when the end is near. But the description of the End Times sure does look and feel... like right now.

* "Believers" is short for "believers in Yeshua/Jesus as Messiah."



<u>Coming: The End! Russia</u> <u>& Israel in Prophecy</u>

book & CD (A reprinting of the classic book) by Zola Levitt and Dr. Thomas S. McCall

This study of a primary End Times prophecy is vital for all who believe the Scriptures. One chapter, "A Strategy for Unbelievers," even tells unbelievers how to cope with the Tribulation Period! This basic book of prophecy analyzes the world situation in surprising terms. Hal Lindsey called it "a must-read for everyone who wants to know where we are on God's timetable."

This and many other titles also available as eBooks.

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"Still God's Chosen People"

for Israel and the Jews, asking respondents who put Israel and the Jews high on a 5-point scale to rank multiple issues on their priority. These included: "Supporting Holocaust survivors," "Helping needy individuals and families in Israel," "Supporting pro-Israel politicians or political positions in the U.S.," "Helping Jews outside of Israel return to their homeland of Israel," "Helping people learn about the Jewish roots of Christianity," "Supporting medical services and first responders in Israel," "Helping preserve or excavate Biblical sites," and "Supporting Messianic Believers and businesses in Israel."

Among those issues, "Helping needy individuals and families in Israel" ranked

<u>continued from cover sidebar</u>

the highest with 27% putting that as top priority, while 16% placed "Helping people learn about the Jewish roots of Christianity" as a top priority.

Ron Sellers, president of Grey Matter Research, suggested that the survey indicates that many Evangelicals in the U.S. prefer to help Israel and the Jewish people in non-political ways.

The group Christians United for Israel had some issues with the report, noting the findings were "somewhat sensationalized." The organization added, "Just because one chooses one item as a top priority does not mean they ignore all other ways of supporting Israel."

Be Still By EKPEDEME WADE, MD (7) DTS.edu





Over the past two years, the diagnoses of anxiety disorders have increased significantly. Paradoxically, during a period when our fast-paced world slowed down, anxiety increased. The COVID pandemic, in certain aspects, forced us to be still.

Many of us, however, could not be still. In addition to the constant barrage of phone alerts, social media, television, school, and work that continually occupied our minds, we discovered various activities and new hobbies to busy ourselves.

Enjoying quiet and silence is challenging for most people. For

those who struggle with anxiety, bedtime is often arduous. Anxiety, worry, and fear intensify when the mind is still because there is nothing left to occupy it. As a result, it becomes difficult to fall asleep. It may seem like anxiety is worse at night, but anxiety is usually constant during the day. The busyness of life distracts us from our anxious thoughts. When there are no more diversions, anxiety symptoms magnify.

A noticeable increase in anxiety levels, coupled with the difficulties of slowing down, compelled me to focus on the practice of meditation with my clients. I find the discussion of meditation to be an uneasy one, particularly with Christians. Some Christians consider meditation to be an Eastern ritual, not a Christian activity. However, in contrast to Eastern meditation, which focuses on emptying the mind, Christian meditation focuses on filling the mind (Colossians 3:1–2; Philippians 4:8–9; Hebrews 3:1). In concert with our faith, Christian meditation can lead to a richer connection with God.

Meditate on God's Word

After Moses died, God spoke to Joshua, giving him instructions for the people and the land. God said, "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful" (Joshua 1:8).

God's instruction is simple: meditate on the Law. The key to Joshua's success in his task rested in being rooted in God's Word. Likewise, when we follow this directive and



meditate on God's Word, it remains embedded in our hearts and minds.

Meditating on the Word of God increases our understanding of Him and His precepts. It can also increase our level of proficiency regarding implementing His Word in our daily lives. When our mind is full of Scripture, our lips are filled with God's Word which, in turn, we impart on others.

There are various ways to meditate on the Word of God. For example, we can do this by reading a specific passage of Scripture several times, thinking through the passage, and then identifying practical applications of the Scripture.



Meditate in Silence

"The LORD said, 'Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.' Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave" (1 Kings 19:11–13).

God came to Elijah in a gentle whisper. Some commentators translate this as "in a moment in silence." God often speaks in whispers. We desire to hear God, yet the distractions of incessant noise create difficulty. To hear God requires a lessening of the noise. Decreasing the volume of external noise is just as important as decreasing the volume of internal noise. Continuous thoughts, planning, worry, and self-talk can also obstruct hearing God through meditation.

Benefits of Meditation

There are numerous health benefits associated with the practice of meditation. For example, meditation has been proven to lower blood pressure, enhance the immune system, and improve sleep. Additional benefits include:

- Stress reduction
- Improvements in attention
- Decreased anxiety and depression
- Reduction in pain (both physical and psychological)
- Improved memory.

A plethora of research has shown that structural and functional changes occur in the brain because of meditation. These structural and functional transformations lead to a decrease in anxiety and depression and an increase in empathy and cognitive health. Neuroscientific findings make a case for greater use of meditation in the Christian walk.

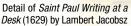
The Call to Meditate

Throughout the Bible there are examples of meditation as a Biblical principle.

- Psalm 1 instructs us to meditate on His Law, day and night (Psalm 1:2).
- Paul encourages the message of Christ to dwell in us (Colossians 3:16).
- The writer of Hebrews calls us to fix our eyes on Jesus (Hebrews 3:1).
- Our thoughts are to be consumed by whatever is good and worthy of praise (Philippians 4:8).

The Bible is clear in its instructions on meditation. Christian meditation can be performed in a variety of styles. It can incorporate prayer or Scripture reflection. It can focus on worship or silence. Meditation can incorporate God's promises, His majesty, or any of His wonderful qualities. In all of these methods, the benefit of meditation is unquestionable.











Life Masks Keep Holocaust Stories Alive

BY SAMANTHA CHOW (r) AZPBS.org



"Would you like to breathe out of your nose or your mouth?" Robert Sutz asked.

"Either is fine," replied Werner Salinger, a survivor of Nazi atrocities.

Sutz then reached for a plaster bandage, the same cloth material medical personnel

Some of the artist's completed life masks

use to make casts for broken bones. He dunked it in water and laid it over Salinger's lips. The Scottsdale artist continued applying the strips until only Salinger's bright blue eyes could be seen.

Forty-one minutes later, Sutz ran his fingers beneath the mold's hardened edges and peeled it away from Salinger's face, now preserved in a "life mask."

Over the past 30 years, about 200 other "Holocaust survivors, liberators, and righteous gentiles" — many of whom have since died — have sat in Sutz's chair and had their faces preserved.

"It was cold, but I don't mind cold, and it was wet," Salinger said, laughing. "It wasn't hurtful in any way."

Sutz will spend the next month or so painting Salinger's mask to look lifelike — hence the name "life mask."

Along with casting their faces, Sutz captures his subjects' stories on video and paints scenes they recall from the Holocaust.



Sutz removes the mask from Salinger's face

Salinger's story goes back to *Kristallnacht*—the Night of Broken Glass—in 1938. On Nov. 9 and 10, Nazis torched and vandalized thousands of Jewish synagogues, homes, schools, and businesses across Germany. About 100 people were killed and 30,000 Jewish men were arrested and sent to concentration camps.

"I remember very vividly the broken glass—I could see it from our apartment across the street—and the smoke from the burning synagogue was just a block away," said Salinger, 89. "It was a very vivid memory for me; I was 6 years old."

Roughly two months later, on January 12, 1939, his family fled to the U.S.

"I'm doing this really for my parents," Salinger said. "They would be very proud to know of my involvement today."

(continued on next page)

Sutz, who is 92, noted that his inspiration for creating life masks comes from his father, along with President Abraham Lincoln and film director Steven Spielberg.

His father, who was Jewish, was born in Bialystok, Poland, but moved to Chicago when he was 12. Years later, when Hitler began his rise to power, Sutz's father returned to Bialystok to warn his family and attempt to persuade them to move to the U.S., but they refused.

"They thought that Hitler was a crazy man and that people weren't going to pay attention to him," Sutz recalled.

So Sutz's father packed up and returned to the U.S. without them. The rest of his family later died in concentration camps.

Many years later, shortly after Sutz's 13th birthday, he visited an exhibit where a life mask of Abraham Lincoln was on display.

"I got the chills because I felt his presence. It was something that really excited me," Sutz recalled. "I told myself at an early age that I would like to learn how to make life masks."



Sutz sitting next to several of his oil paintings of the Holocaust

He eventually began making masks of family members, but it wasn't until the 1990s that Sutz found a deeper purpose for creating life masks.

He came across an article in the *Chicago Times* recruiting people to join the visual history project run by Spielberg's Shoah Foundation. Sutz was accepted into the group and went through a three-day training on how to interview Holocaust survivors.

Sutz then connected the dots and began making life masks of "Holocaust survivors, liberators, and righteous gentiles," as he puts it. Some of the first life masks in Sutz's Holocaust collection came from doing these interviews.

"It's a funny thing; I'm doing this now and Spielberg is unaware of what I'm doing, but he kind of introduced me to survivors," Sutz said.

For nearly 20 years, Sutz took the masks on a traveling exhibit across the country, but eventually it became too difficult. Now, about 200 masks are displayed in his art studio. He recently found a new home for his collection with the Arizona Jewish Historical Society, although it won't be on exhibit for at least a couple of years until the society builds a museum. The museum "would give people a place to go to learn about the Holocaust (and) learn about other atrocities, as well," stated Lawrence Bell, the society's director.

Sutz's life masks, along with some of his other Holocaust artwork, will be featured at the museum.

Sutz plans to keep creating life masks for as long as he can.

"I want to keep doing what I'm doing," he concluded. "I just hope I can stay well enough to do more."

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Christians: It's Time to Return to Israel



BY REV. JOHNNIE MOORE (r) JPost.com



Western Wall in Jerusalem

Have you ever felt Jerusalem?

At this point, I don't know how many times I've seen it. But every time, I also *feel* like it's the first time.

If you've been here, you know exactly what I'm saying. Seeing Jerusalem bathed in the sun's golden hue at sunset or at sunrise feels supernatural. It's jarring. This *feeling* is itself a reason why countless millions believe so profoundly in God. It's like this Holy City jumps off of Earth into one's heart. When it does, it demands something from you.

It demands belief.

I sometimes think: What if one of the reasons God made the sun was just to illuminate Jerusalem? What a gift from God to us to marvel at His beauty, painted in the sky, reflected on His Holy City.

That image — of golden Jerusalem — makes it clear as daylight as to why it has been the only place on planet Earth deemed "The Holy Land," for time immemorial.

And it's no wonder the world's three great monotheistic religions are jealous of it. Thankfully, because of the State of Israel, it is open to all. This has been rare in history as empire after empire tried to monopolize it for their own preferred worship.

Not Israel, though. Israel welcomes all.

The lasting impression Jerusalem leaves — and all of Israel with it — gets burned somewhere deep down in your soul. That image — that feeling — seems wedged in a place inside of you that God may have custom designed for it. It must be meant to remind you of how much you need a little more of the divine in your daily life.

But, despite my ode to the glorious city, the truth is that even I'd forgotten how mysteriously powerful it is. That is, until I stepped foot here again after a long, COVID-inflicted absence.

It has been too long since I could return. Now I can, and I didn't realize how (continued on next page)



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much I had missed being here. The land of our Patriarchs and Prophets has a magnetism to it. I'd forgotten how I missed stepping on soil trod by Jesus and

His Apostles. Maybe before this long absence. I'd become a bit accustomed to the place.

Now, I've already fallen in love with it — again.

It's the same place, yet it feels totally new.

"Absence," they say, "makes the heart grow fonder." Israel has always been a "second home" for Christians like me. It's a phrase we always threw around - our second home - but this time it really feels that way.



Tower of David Citadel and the Ottoman walls

I'm determined to do everything

in my power to encourage Christian pilgrims from all over the world to return again to Israel now. There's no need to wait any longer.

The terrible virus has stolen so much from us. We cannot let it steal from us our pilgrimages to this Holy Place. Whatever the inconveniences the virus leaves with us - from masks to tests to new travel procedures - it's worth navigating through it all to come here again. Actually, it'll help heal us all after a long, difficult season where we were sometimes far from one another.

For centuries, people traveled thousands of miles and underwent countless ordeals in order to possibly see Jerusalem for themselves. They fought off wild animals, hiked along craggy trails, and risked the threat of bandits and sudden and severe weather. They did all they could just to see this place for



The street market in the Old City of Jerusalem

themselves — to feel it.

We don't endure these challenges, even after a pandemic. Now, thanks to the modern State of Israel, one can pray in security, explore history conveniently, and stay in luxury. As COVID fades into the world's rear-view mirror, we need to look forward again and to look in the direction of God's Holy City, nestled in God's miracle nation.

So, go ahead. Gather your children and grandchildren. It's time for a pilgrimage.

It's time to feel the Bible. Get

ready to run through the gates of God's city and to raise your hands in worship as you float upon the Sea of Galilee. It's time to meditate adjacent to the Garden. It's time to rummage through history in the ruins of the City of David. It's time to pray at the Western Wall alongside those whose Hebrew Bible remains our ultimate guide. It's time to return — to Israel.

And don't let anything stop you. Come to revive — to heal — your tired soul.

Classic **Zola**



by **Zola Levitt** from 2005 17 years ago

In the <u>March 2022 Levitt Letter</u>, we looked at the Rapture of Believers to Heaven and the Tribulation Period on Earth. In April, we looked at Believers' seven years with Jesus in Heaven, including the Judgment Seat evaluation (2 Corinthians 5:10), where the Lord evaluates our earthly lives in preparation for the marriage supper of the Lamb.

Now back to Zola. — Editor

The Marriage

Now we are ready to marry the Lord. It's fascinating to compare these events with Israel's wedding traditions in Christ's time. Preceding the marriage supper, there was a seven-day honeymoon in a bridal chamber for the bride and groom. This pertains exactly to the seven years in Heaven and the Judgment Seat of Christ, leading up to marriage with Him. (The Jewish wedding and its Gospel implications are explained fully in the booklet, *A Christian Love Story*.)



John Sees the New Jerusalem, art from Die Bibel in Bildern (1860) by Julius Schnorr von Carolsfeld, engraved by A. Gaber

To Index

John covers the marriage scene for us in two glorious verses (Rev. 19:7–8). The white linen bridal gowns we shall wear fulfill a fascinating Bible type that reaches back to the Tabernacle of ancient Israel (Exodus 25–30). In the Tabernacle, plain white linen symbolized pure righteousness. The linen curtains around the entire Tabernacle — the tent, as it were — were pure white. Therefore, no one could enter through the sides or the rear because no one was perfectly righteous. The door of the Tabernacle was sewn with the colors of Christ — scarlet, purple, and blue threads, indicating sacrifice, royalty, and Heaven. The Israelites entered by the door, so symbolically, they were entering by means of the Messiah.

Jesus said, "I am the door: by Me if any man enter in, he shall be saved, and shall go in and out, and find pasture" (John 10:9). Messianic colors were worn by the priests, and also appeared in the hangings of various courts and in roof coverings.

But now, the Church shall wear white! "Fine linen, clean and white, for the fine linen is the righteousness of saints" (Rev. 19:8). That we now appear in pure white testifies to our final perfection. Paul compared earthly marriage to Christ's marrying the Church (Eph. 5:21–33). Ultimately, we will see the result of the Apostles' exhortation of the infant Church.

After we marry the Lord, we'll reign with Him in His Kingdom on Earth. This is exactly the way the bride returned with her groom after an Israeli marriage, to housing he had arranged for them — outside of his father's house. (Some teach that the wedding will be on Earth after we return; others have it in Heaven with the marriage supper on Earth — Rev. 19:7–8.)

The Return

Jesus' return to Earth is glorious in the Scriptures (Rev. 19:11–16). The Church initially comes as an army to stop the battle of Armageddon.

After that battle will come the judgment of those who lived during the

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Tribulation, and the rewarding of those who refused the mark of the antiChrist (Rev. 20:4–5).

John exults in our taking part in this first resurrection and reigning with Christ through the Kingdom Age (Rev. 20:6).

While still on Earth, Jesus taught more on this judgment, which serves as an immigration office into the Kingdom. He will judge every soul alive during the seven years of the Tribulation. All nations will be before Him, the Believers separated from the unbelievers as a shepherd divides his sheep from the goats. (See Matt. 25:31–34.)

The Believers will be surprised that they had so honored Jesus (Matt. 25:37–40). If the nations of the world, even during the Tribulation, express faith in Christ by caring for His brethren (the 144,000 of Israel who witness during that hard time), they will be saved. But the judgment is equal, and devastating, on those



The Last Judgment (ca. 1510), woodcut by Albrecht Dürer, The Metropolitan Museum of Art

who failed to honor the Lord during the reign of the antiChrist (Matt. 25:45–46).

The Old Testament saints are also gathered at the start of the Kingdom Age, so the Kingdom begins with rather a mixed crowd, who yet all share sincere belief in their Messiah and King (Romans 3:25).

Since the Believers of the Tribulation Period did not come to faith before the Rapture, they were not changed, but remain as before, marrying and giving in marriage, and giving birth to ordinary, fleshly sinners. In the end, some of these will disobey the Lord's commands, and Scripture poses certain penalties (e.g., Zech. 14:16–19).

These mischief-makers in the Kingdom, having multiplied, will be rallied by Satan in the very last battle at the end of the thousand

years (Rev. 20:7–9). This, Satan's last rebellion, is unsuccessful, and the Great White Throne of Judgment is set up for all who were confined with him, and the unbelievers of all ages (Rev. 20:11–15). The "second death" referred to is avoided by Believers, who are exonerated and do not have to appear in the Judgment.

In next month's final installment, we will look at the Kingdom and Eternity. — Editor 🔹

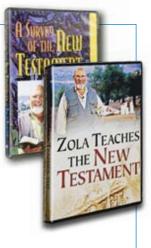


<u>A Survey of the New Testament</u> audio teaching CD

A concise overview of Scripture from the Gospels to Revelation. Zola's point of view is unique. One CD covers Matthew to Revelation with surprising clarity.

Zola Teaches The New Testament audio teaching CDs (6 CDs)

Noted for his Old Testament expertise, Zola was often called upon to teach the New Testament as well. In this series of six CDs, he gives a fresh, interesting survey of the entire New Testament before a live audience. A real collector's item, beautifully packaged.



Ask the Chaplain



The conditional, temporary covenant God made with the nation of Israel at Mount Sinai is known as the Old Covenant (Exodus 19). The outstanding feature of this covenant is the giving of the Law by God through Moses.

In the Old Covenant, God made a provision so the people could atone for their sins and continue in their relationship and fellowship with a holy God. To facilitate this, the Old Covenant provided a high priest and Levitical priests from the line of Aaron (the first high priest) to be intercessors between the Lord and His people (Exodus 28:1-43; 29:1-9; Leviticus 8:1-36; 9:1-24). The Old Covenant was ratified by the shedding of sacrificial blood. (See Exodus 24:5-8.) The continued shedding of innocent animal blood was required by the Old Covenant for the remission of sins (Leviticus 17:11; Hebrews 9:22). The

Dr. Todd Baker Zola Levitt Ministries Staff Theologian staff@levitt.com





Moses with the Two New Tables of Stone, illustrated in 1897 for Bible Pictures and What They Teach Us by Charles Foster

Old Covenant further stipulated that every year on the Day of Atonement, the high priest would take the blood of a goat into the Holy of Holies and sprinkle it upon the Ark of the Covenant to atone for the sins of Israel for that year.

The Old Covenant was largely a set of rules and regulations governing the moral, civil, and religious aspects in the life of Israel. The moral authority of the Law is universal and is still in force under the New Covenant, as nine of the Ten Commandments are repeated in the New Testament for Believers to obey.

To be completely blessed under the conditional terms of the Old Covenant, a person had to perfectly obey the Mosaic Law at all times. But imperfect sinners cannot do that. Thus God's wrath falls on everyone who disobeys the Law, as noted in Deuteronomy 27:26, "Cursed is everyone who does not continue to do everything written in the Book of the Law." (See also Galatians 3:10–12.) Scripture teaches that the ultimate purpose of the Old Covenant was not to bring final salvation, but to show that we are violators of the divine law and stand guilty and condemned before God (Romans 1–3). As such, we need a Redeemer to save us from the damnable penalty of the Law that we have all broken.

The Old Covenant was fulfilled by Jesus Christ. It has been replaced by the New Covenant, which Jesus enacted through His once-for-all atoning sacrifice on the Cross for sinful humanity. This salvation is the central theme of the New Testament Book of Hebrews. On our behalf, Christ has fulfilled all the moral and sacrificial demands made by the Old Covenant.

"Why, then, was the law given at all? It was added because of transgressions until the Seed to whom the promise referred had come. The law was given through angels and entrusted to a mediator."

- Galatians 3:19

Green Means "Go"

Recently, Israel re-opened its doors to tourists. Now, even those who have not been vaccinated for COVID are allowed to fly to Tel Aviv. That is a huge *green light* for Believers to return to the Holy Land once again.

When Dave and I interviewed to be the studio co-hosts for *Our Jewish Roots* (formerly *Zola Levitt Presents*), we thought that we would only be working in the television aspect of this ministry. We soon discovered that a wonderful part of our responsibility would include hosting tours to Israel.

Hosting tours to Greece and Israel and leading worship for these groups have been great honors for us. We have continually witnessed the impact of Zola Tours, not only on pilgrims who go to Israel but also on the people of Israel. The Holy Spirit flows through our words and actions to the Jewish and Arab people we meet in Yeshua's homeland.

We pilgrims have also had a major economic impact on Israel through the tourism industry. Before the pandemic, tourism to the Holy Land brought in billions of dollars annually. But when COVID halted travel, all those in the tourism industry were told by the government to find alternate work. For two years our Israeli tour family — and the Land of Israel — have experienced economic hardship.

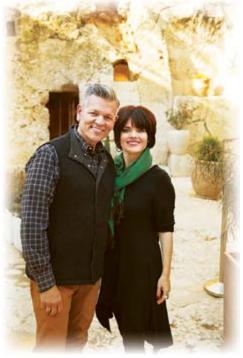
Isaiah 60:10 states, *"Foreigners will rebuild your walls."* Without taking that verse too far out of context, I believe that it can relate to Israel today following her financial distress over the past two years. We will soon have the opportunity to help rebuild the walls of Israel's economy by participating in a Zola Tour group to the Promised Land. Will you prayerfully consider joining us for our pilgrimage this fall or next spring? The information you need to start your adventure is available on page 36.

In March, we traveled with our production team—camera operators,

Kirsten Hart Studio co-host of *Our Jewish Roots*



producers, Israeli actors, Dr. Seif, and others — to the Galilee (around the northern part of the Sea of Galilee) to film new material. We secured authentic costumes and detailed props for a new Bible teaching series on the Apostle Peter that will debut this fall. I believe that the dramatic reenactments, interviews, and instruction will be a great blessing to our television viewers.



David and Kirsten Hart in Israel

With rampant inflation in the U.S. and Israel, our travel and production costs have increased significantly. And these production costs, along with this ministry's ongoing expenses, continue once the production crew returns to the U.S. Your faithful donations help make this on-location Bible teaching possible and enable us to continue spreading the Gospel of Yeshua not only in Israel but also throughout the world. Would you consider a financial gift to this outreach this month to help us to continue offering high quality content through television, www. levitt.com, print materials, and social media?

A Note from Mark

Debt Consolidation — **Usually a No-Go**

Dave Ramsey is a financial advisor whose specialty is helping folks avoid and recover from debt. Below is a summary of a timely article from his website.

Debt consolidation combines several debts into one monthly bill on a streamlined payoff plan. While it usually offers a lower combined monthly payment with an extended repayment term, debt consolidation:

- Doesn't always guarantee lower interest
- Often comes with initiation fees, balance transfer fees, closing costs, and annual fees
- Does not mean debt elimination
- Differs from debt settlement but both can scam you out of thousands of dollars.

In some cases, a new lender pays off your debts and then you're indebted to that lender. Otherwise, you borrow money or obtain a line of credit to pay off the loans yourself. Some loans are secured against your house or car (just say no!), while others are unsecured loans with higher interest rates.

There are four basic types of debt consolidation: 1) debt consolidation loan, 2) credit card balance transferusually with transfer fees and burdensome conditions, 3) home equity line of credit (HELOC - basically trading the portion of your home that you actually own for more debt), and 4) student loan consolidation.

There are good reasons to avoid debt consolidation. First, there's no quarantee that your interest rate will be lower, and a lower initial rate doesn't always remain low. Next, consolidating your bills means you'll be in debt longer. Finally, your debt can increase after debt consolidation if your behavior with money doesn't change.

Should I consolidate my debt? Unless it's student loans and you're following the list below, the answer is **no**. Debt consolidation doesn't fix problems. It just rearranges them.

Mark Levitt

since 1988

You should consider consolidating your student loans only if:

- There's no cost to do so
- The interest rate is fixed, not variable
- The interest rate is lower than your current one
- Your repayment period will be shorter than what you have
- You'll remain motivated to pay off your debt despite having just one student loan payment.

Debt settlement, which is different from debt consolidation, involves hiring a company for 20–25% of what you owe (ouch!) to negotiate a lump-sum payment with your creditors for less than what you owe. Your debts would be reported as settled, not as paid in full. Often, however, these companies just take your money and run — leaving you on the hook for late fees and additional interest. Debt settlement is a scam; stay away!

Romans 13:8 advises, "Owe no one anything except to love one another." Living beneath your means is the best way to avoid, recover from, and stay out of debt. --Mark







ZLM Bulletin Board



Henry Winkler as Fonzie in 1977

A Jewish Fonz?

"I love being a Jew," says Henry Winkler, the actor who's best known as "Fonzie" or "The Fonz," from the *Happy Days* television comedy (1974–1984). The menschy actor, now 76, recently filmed his Israeli TV debut in the comedy series *Chansi* on the Israeli network HOT. It concerns a young, observant American woman who makes *aliyah* (returns to Israel). Winkler is also a prolific author, penning a book about fly-fishing and also a bestselling series of books for children

about a boy with dyslexia, the *Hank Zipzer* series, inspired by his own challenges with dyslexia.

PLANNING FOR THE FUTURE

"Psychological Warfare" at Ben-Gurion?

Russian planes arriving at Israel's Ben-Gurion Airport on March 4 were greeted by a tarmac employee

who signaled pilots with a blue-and-yellow flag resembling the Ukrainian flag. While many Israelis are showing solidarity with Ukraine following the Russian invasion, the flag waver was suspended from his job following the incident.

Online Comment from a Jew Displaced From Gaza in 2005

I grew up in Gush Katif, a small coastal town in Israel that had been multiethnic for at least 700 years. When I was a kid, the government decided as part of the "peace process" that Jewish people weren't allowed to live there anymore. Soldiers pulled us from our beds in the home where we lived. At our synagogue where I had my Bar Mitzvah, everything was bulldozed or burned. A lot of suicides and divorces followed because entire extended families were broken up and moved all over. We went from a nice home my grandparents built to a crappy Tel Aviv apartment block.

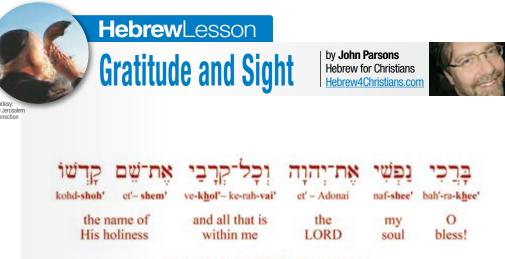
FREE ITEM

Pamphlet of the Month

Planning for the Future outlines nine different planning opportunities and offers tools that may enhance your future financial well-being through estate and financial plans. It also reviews tax benefits and touches on federal estate tax. Learn about wills. revocable living trusts, and gifts that provide income to you and/or loved ones, and more. To receive this pamphlet at no charge, email us at staff@levitt.com or write to our P.O. Box. **Request POM #8.**



To Index



"Bless the LORD, O my soul, and all that is within me bless His holy name." - Psalm 103:1

Gratitude is essential to the life of

faith. We read in the Torah: "... and you shall bless the Lord your God for the good land ..." (Deuteronomy 8:10, emphasis added). Whenever we derive benefit or enjoyment from something, we are to bless (i.e., thank, praise) God for His goodness. The Hebrew term for gratitude is hakarat tovah (הַכַּרַת טוֹבַה), a phrase that means "recognizing the good." The heart looks through the eye, and therefore how we see is ultimately a spiritual decision: "If your eye is single" (i.e., ἁπλοῦς, sincere, focused), Yeshua emphasized, "your whole body will be filled with light" (Matthew 6:22). When we see rightly, we are awakened to God's presence in the little things of life — those small miracles and "signs and wonders" that constantly surround us. The good eye of faith sees hundreds of reasons to bless God for the precious gift of life (1 Corinthians 10:31) — even in times of testing.

"Give thanks to the Lord for He is good; His love endures forever" (Psalm 136:1). Scripture instructs us to give thanks to the Lord at all times and in all circumstances (Colossians 3:17; Ephesians 5:20; 1 Thessalonians 5:18). Gratitude is foundational to our lives as followers of Yeshua. Indeed, there are really only two prayers we offer to God, namely "Help, Lord!" and "Thank you, Lord." Meister Eckhart once remarked that if the only prayer you said in your entire life was "Thank you," that would suffice. Genuine prayer ultimately resolves to an expression of thanks. We must praise the Bridge that carries us over into the presence and love of God that Bridge is Yeshua our Lord.

The "thank offering" mentioned in the Torah (zevach ha-todah, וַבָח הַתּוֹדֵד) also appears in the New Testament. In the Book of Hebrews, we are instructed to "continually offer up a sacrifice of thanks (זֵבַח תּוֹדָה) to God, that is, the fruit of lips that acknowledge His Name" (Hebrews 13:15). It is interesting to note that the Greek verb translated "offer up" (ἀναφέρω) is connected to the Hebrew verb for "to draw near" (karov) in the Torah. In other words, the "offering up of thanks" for the sacrifice of Yeshua functions as korban, a gift or sacrifice that draws us near to God. Thanking God for personal deliverance constitutes "right sacrifices" (זְבַחֵי־צֵדֵק) as we draw near in trust of His love (Psalm 4:5; Hebrews 7:19).

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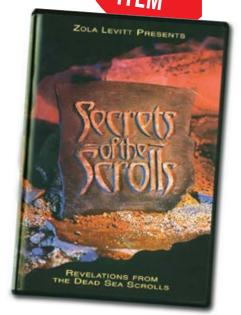
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ZLM Store

Secrets of the Scrolls

DVD Set (also available as an eBook Transcript) 7 half-hour TV programs on two DVDs

In 1947, a Bedouin boy in search of a lost goat threw a stone through the narrow opening of a cave. Hearing the sound of breaking pottery, he entered the cave and happened upon a 2,000-year-old treasure. He had discovered the Dead Sea Scrolls (DSS). *Secrets of the Scrolls* gives a historical account of these treasured manuscripts and presents some remarkable revelations. The authors of the Scrolls were intensely Messianic and appear to have documented the fulfillment of prophecy in the person of the Messiah. Terms such as "son of



FEATURED

God," "branch of David," "stripes or piercings," "being put to death," and "raising the dead" all strike a familiar chord. Quite possibly, these incredible Scrolls represent the first extra-Biblical revelation of Jesus Christ in history.

The Scrolls — A New Revelation We quickly produced this half-hour program when the DSS first became widely accessible for study. Zola quotes from the Associated Press news release and emphasizes the significance of access.

The Scrolls: Part 2 Within days of our first program's broadcast, Dr. James Tabor phoned Zola to initiate a series of interviews that would unveil one of the 20th century's most dramatic revelations. This program is the first of these interviews. A professor of Religious Studies at the University of North Carolina at Charlotte, Dr. Tabor delivers an incredible lesson.

The Scrolls: Part 3 During this interview, Dr. Tabor refers to several books about the DSS, including *The Complete Dead Sea Scrolls in English* by Vermes (Penguin Press), *The Dead Sea Scriptures* by Gaster (Anchor Doubleday), and *A Facsimile Edition of the Dead Sea Scrolls* (2 Volumes) by Robert H. Eisenman and James M. Robinson.

The Scrolls Special This program consolidates the first three programs and delivers their powerful message in only thirty minutes. Later discoveries in Scrolls research inspired the three following programs.

The Wilderness Group Michael Baigent, an English author, lectures in Qumran about the Scrolls. Dr. Tabor describes various approaches to excavation and how they pertain to the Scrolls. Dr. Robert Eisenman, a professor of Middle East religions at California State University at Long Beach, discusses the fascinating history of the Scrolls.

In Search of Answers Dr. Eisenman recaps his quest to gain access to the Scrolls. Dr. Tabor describes his archaeological team and how they map the caves in Qumran.

Prof. Michael Wise An in-depth interview with a professor of Aramaic, the language of Yeshua. University of Chicago professor Wise helped translate the fragments when they were first released and enthusiastically discusses The New Jerusalem text, telling how the future will be.

Please see "U.S. Tourist Accidentally Finds Ancient Jug" on p. 21.





Titlo



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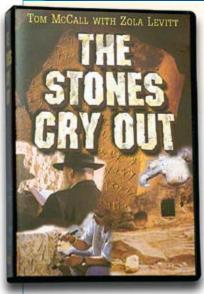






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The Stones Cry Out DVD Set Twelve 30-minute TV programs (3 DVDs)

FEATURED

ITEM

Archaeological discoveries continue to validate the Biblical record. To film "dig" sites and interview experts, Zola journeyed to Israel and Jordan. Just as our Lord said about this remarkable Land, *The Stones Cry Out*.

The Tunnel Zola walks the tunnel under the western edge of the Temple Mount. We get a journalist's perspective of the Palestinian uproar that erupted when the tunnel was opened to the public in 1996.

A Tale of Two Temples An unearthed marketplace shows the Roman destruction of the Temple. Mount Gerizim to the north hosts the excavation of a Samaritan temple patterned after the Jerusalem Temple.

Rulers in Stone Caesarea, on Israel's Mediterranean coast, has yielded first-century finds such as the first extra-Biblical reference to Pontius Pilate, and a full-size Temple replica. At Tel Dan, the "House of David" has been confirmed archaeologically.

The Jerusalem That Was Bible Lands Museum houses a model of Jerusalem as it would have looked in 586 B.C. In the City of David, we examine a four-room house, typical architecture for ancient Israelites.

Past and Future Destruction Ongoing excavations at Hazor have unearthed Canaanite idols and confirmation of the city burning as recorded in Joshua 11. The Valley of Armageddon holds prophetic archaeological significance.

Archaeology and the Scriptures In Jerusalem, Zola explains the history of the Citadel, also called "David's Tower." We talk with the Israel Antiquities Authority.

Cities of the Past Zippori was a thriving cultural center in Galilee that probably influenced Jesus as a boy in Nazareth. Ekron was one of five prominent Old Testament cities of the Philistines.

Shadows from the Past A chamber of tombs, near the Garden Tomb but dated to the time of the First Temple, helps us understand burial customs of that day. We visit the Qumran cave where the first Dead Sea Scroll was found.

A Tale of Three Cities In Biblical times, a business relationship existed between three Jordan Valley cities: Beit Shean, Rehovot (west of the Jordan River), and Pella (east of the Jordan River). We visit excavations in each city.

The Rose Red City The ancient Nabataeans were famous for their skill in rock carving. Petra, their capital southeast of the Dead Sea, is the "rose-red city" known for its magnificent buildings carved into the native rock.

A Man Crucified On display at the Rockefeller Museum in Jerusalem, a man's heel bone that was pierced by a nail is the first archaeological proof of Roman crucifixions in Israel.

Truth from the Stones Zola discusses how the artifacts shown throughout this series illuminate Scripture, and how Believers can be encouraged when *The Stones Cry Out*.

Please see "U.S. Tourist Accidentally Finds Ancient Jug" on <u>p. 21</u>.





U.S. Tourist Accidentally Finds Ancient Jug in the Judean Desert



ALLISRAEL.COM

An American tourist accidentally discovered an ancient and wellpreserved pottery vessel in Qumran, which is located in the Judean Desert near the Dead Sea.

Robbie Brown found the vessel in February as he and a friend decided to climb 328 feet to examine a cave known as Cave



Ancient clay jug discovered at Qumran

53. The ancient jug is believed to be around 5,000 years old and could potentially be the first discovered complete jug unearthed in the area from this remote time-period.

Brown and his friend alerted the Israel Antiquities Authority (IAA). Amir Ganor, the director of the IAA's robbery prevention unit, was astonished at Brown's discovery. Ganor said, "It's amazing. Only about two years ago, our archaeologists surveyed the cave as part of a survey of the Judean Desert caves. This has been done continuously for the past five years and was intended to document and locate all ancient finds in the desert caves. In a few caves, pottery sherds were found, providing evidence of the Early Bronze Age. This is perhaps the first complete vessel we have found from this period in the caves in the Judean Desert."

Ganor praised Brown for his professional handling of the discovery. "It's good that the person who entered the cave was Robbie, who participated in the excavation and is aware of the importance of the finds and their role in completing the archaeological puzzle of the Land of Israel." Brown is no stranger to archaeological discoveries in Israel. In 2017, he participated in an excavation in the same region, which resulted in the discovery of an ancient blank scroll, as well as ancient olive seeds and dates.

Qumran, in the Judean Desert, is an area full of caves. It became world famous when, by chance, Bedouin shepherds discovered the priceless Dead Sea Scrolls in 1946–47. Due to its remote location and dry air, the Judean Desert contains a high concentration of well-preserved ancient artifacts. Over the years, the Judean Desert region has attracted many professional archaeologists and amateur archaeology buffs like Brown.

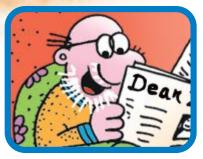
Archaeologists and historians believe that hundreds of Jews lived in the Qumran area in ancient times, based on the number of discovered buildings and Jewish ritual baths.

One more fascinating reason to experience Israel with us this fall. Discoveries happen daily! Each of our tours visits the Qumran site. — Kirsten.









Letters to ZLM Some letters have been edited for space. For ministry products and TV programs,

visit our web store and video archives.

Letters, emails, and comments from www.levitt.com and YouTube

Clarifications and Questions

From G.P.: [Regarding "Lincoln and the Jews" in the <u>February 2022 Levitt Letter</u>] Ulysses S. Grant reversed his position on the Jews. As president, he is said to have appointed more Jews to office than any previous president, and he became one of the greatest friends of the Jews in American history. This is according to the book *When General Grant Expelled the Jews* by Jonathan Sarna.

From L.M.: I have seldom disagreed with you about any subject in my 20+ years of following Zola and the ministry. I will, however, say that Kirsten Hart's article ["All You Need is Love," <u>February 2022 Levitt Letter</u>] raised a bit of hair on the back of my neck.



No credible Christian would ever take a stand against love — love of God, or our fellow man, or the supremacy or the teaching of love. I won't. But more frequently I see the misdefining of the word and the misguided (though well-meaning, I hope) use of and understanding of the word in teaching, articles, etc. Nowhere in Scripture do I find the love that Christians are supposed to have presented as unconditional. That is accepting, agreeing, partnering with, cooperating with, compromising with things and ideas that are categorically in opposition to the Word of God (2 Corinthians 6:14–17).

Far be it from me to lecture you on the finer points of word studies in the Bible. But when reading my Bible, with my concordance handy, I find *love* is almost always a verb, not a noun. Love is never presented as a feeling or an emotion, although it often *produces feeling and emotion*. The verb always denotes action in accordance and agreement with the commands of Jesus and the Word of God. Churches all over America are being taught to love God and love people unconditionally, without realizing that the greatest commandment rests on all the Law and the Prophets! In most churches these days, *love* means (and is taught as) finding common ground with movements like social justice, CRT, LGBTQ, political progressiveness, and ecumenical and other movements. To speak, act, or even think against them is considered unloving and un-Christlike. Love has become very emotion-based instead of obedience-based.

When reading Kirsten's article, I sensed the faintest traces of what I've been seeing and hearing for the last few years. Please tell me I'm wrong, and I'll apologize.

Dear L.M.: No need to apologize. A pristine exception to love being a verb rather than a noun is found in 1 Corinthians 13:4–8, "*Love is patient, love is kind....*" That said, I'm confident Kirsten hates sin and evil in keeping with Proverbs 8:13 and Psalm 97:10. — Mark

(continued on next page)

The Wisdom of Giving Now

From M.H.: This is the first time I have seen a financial advisor suggest to "give now" ["The Wisdom of Giving Now" in the <u>March 2022 Levitt Letter</u>, p. 20]. Normally they tell you multiple ways to save your funds for the long term. I believe that after setting aside what you need for your own care in the future, why not give it now? Why sit on a pile of money for 30, 40, or 50 years that neither you nor anyone else can benefit from? Thank you for reprinting Scott Burns' article.

Dear M.H.: You and Scott think alike. I couldn't agree more with his observation that you'll enjoy giving money to charities and people in need now, "which is something you can't do if you are dead." — Mark

ZLM Teaching

From A.S.: I have ordered many of *The Seven Feasts of Israel* booklets. They have been such a great blessing to me and to others that I have shared them with. Thank you so very much for all of your work for the Kingdom!

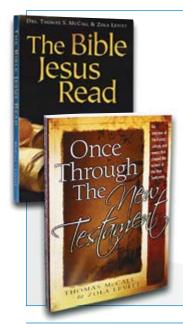
Dear A.S.: Zola's books are a treasure-trove of Bible teaching written with love and clarity. Please see the Mix or Match offer on page 18 under *Zola's Classic Study Booklet Library* for a super value that will enable to you to amplify ZLM's teaching far and wide. — Kirsten

From F.C.: I love *The Warrior King: Royal Lineage* [on YouTube], Dr. Seif, David, and Kirsten. Thanks for the Word of God reenactments in the land where the narratives occurred. God bless the ministry, and all of the guest appearances of archaeologists, tour guides, and actors who perform the stories of the Bible. I will continue to support you with my prayers and resources, above my local church tithes.

Dear F.C.: Speaking on behalf of our TV production crew, you are very welcome. We pour our hearts into every episode of *OJR*, and it thrills us to know that the programs mean so much to our viewers. Your prayers and contributions feed this ministry even better than your coveted atta-boys. —David



(continued on next page)



The Bible Jesus Read book

by Thomas McCall and Zola Levitt

A popular explanation of the Old Testament, featuring Scripture's "hidden plot." Relevant to all who want to understand the beginning of God's plan and the roots of the Church on Earth.



A most readable and clear survey of the New Testament. The theology is understandable and treated with thoroughness in this compact, but complete, study.

(These and most titles also available as eBooks.)

Prosperity Gospel?

From A.H.: Wow, are you ever wrong on this ["What is the Prosperity Gospel? — Faith Foundations with Dr. Todd Baker" on YouTube]. You are twisting the Word and slandering your brothers in Christ. Please study the Word on this, not some author.

From A.R.: It's good you are calling out false doctrines ["What is the Prosperity Gospel? — Faith Foundations with Dr. Todd Baker" on YouTube]. Wealth is nothing compared to the power of God. I can have everything this world can offer, but if I don't have the Lord, I'm nothing.

Dear A.R.: You sound a lot like Jesus in Matthew 16:26 and Mark 8:36! — Mark

Thanks and Appreciation

From T.H.: Thank you for all you do to sow seeds to those who follow the Way and to those who don't yet know Him. Anytime someone asks how I am so knowledgeable, I always tell them the Lord brought me to Zola Levitt Ministries and Hebrew4Christians.com. Those two ministries will help you dig deeper into who Adonai is and will help us Believers. I'm so thankful the Lord has allowed me to retain wisdom from Dr. Seif, the Bearded Bible Brothers, and others who work at your ministry and write for the *Levitt Letter*. There is something about the pure hearts of the Harts and their continued search for the roots of the faith that show that all gentile Believers must search more.

Dear T.H.: The older we get, the more we realize that we have so much to learn! We, too, learn weekly from Dr. Seif. This ministry, of course, is all about the meat as well as the milk of the Word. Thanks for your encouragement. —David and Kirsten

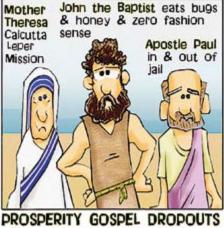
From D.W.: Thank you for allowing me to receive your publications. It is good to read something positive and encouraging about my beloved Israel. They offer so much to the world, yet the world seems to want to discredit everything they do. I pray often for Israel and Jerusalem. I share your materials with several here [in a correctional institution] who also enjoy and learn from them. Your efforts are much appreciated.

From D.A.: While I was seeking Jehovah and waiting on Him in prayer, He spoke to me and told me to support your ministry again. He told me that this ministry has been faithful to Him. I love hearing Dr. Jeffrey Seif. I see his heart full of compassion and love, along with his wisdom and gift of a teacher. I love to hear his teaching; I missed it for many years. I will be once again taking the time to listen to your TV program. Be encouraged; Jehovah appreciates your work of love for Him.

Dear D.A.: Don't fret about our programs that you missed for many years; you can find them all at <u>www.levitt.tv</u>. Many ZLMers love our work almost as much as we enjoy doing it! Welcome back. — David

From B.T.: I am a friend and companion of Israel, a God-fearer who seeks to worship Him in spirit and truth. I am striving to learn more about our Hebrew roots so I can know Him more. Thank you for your news magazine. We have a small Messianic community here [in a correctional institution] and you're a tremendous blessing to us.

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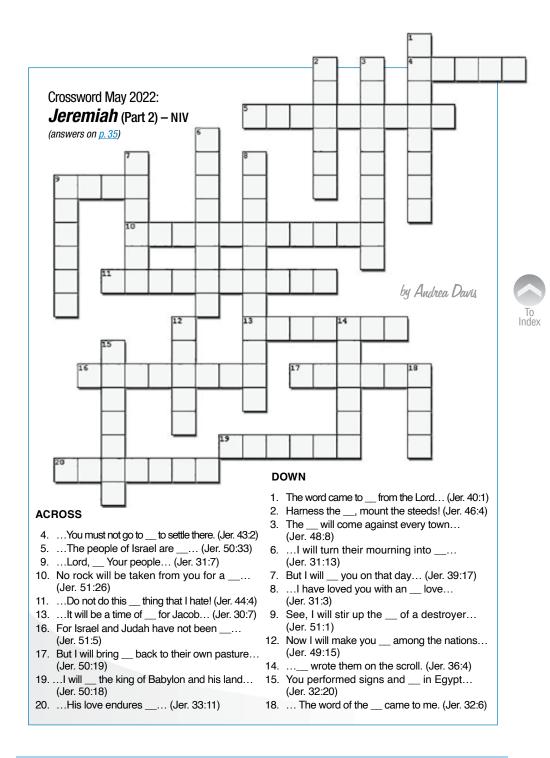


only if prosperity is measured by money alone.

The Back Pew - Jeff Larson

From P.H.: I'm sending a little amount for your ministry and prayers for Israel and your ministry. I went to Israel with Zola in 1996. It was a tour I will never forget. As our world is spinning out of control in our eyes, God has His eye on everything happening. Blessings to you who keep this ministry going.

Dear P.H.: We believe that God remains on the throne, and is in control. Thank you for your financial support and prayers. Touring Israel improves Believers' walk with the Lord. How fortunate that you went with Zola! — David



Science in Israel

New Israeli Technology Exposes Liars



BY JUDY SIEGEL-ITZKOVICH (r) Israel365News.com



Until now, the best, but not foolproof, method for finding out whether a person is lying

is with a polygraph. While a polygraph test relies on objective physiological responses, the collection and interpretation of its data are highly subjective. In addition, some people are skillful at lying without being detected.

Now, researchers at Tel Aviv University have found a better way to discover a lie — by measuring the movements of facial muscles.

"Many studies have shown that it's almost impossible for us to tell when someone is lying to us," noted Prof. Dino Levy. "Existing lie detectors are so unreliable that their results are not admissible as evidence in courts of law because just about anyone can learn how to control their pulse and deceive the machine. Consequently, there is a great need for a more accurate deception-identifying technology."

The new study was founded upon a groundbreaking innovation from Prof. Yael Hanein's laboratory at the Center of Nanoscience and Nanotechnology and School of Electrical Engineering in the Fleischman Faculty of Engineering. Stickers printed on soft surfaces contain electrodes that monitor and measure the activity of muscles and nerves. The technology, already commercialized by X-trodes Ltd., has many applications, including monitoring sleep at home and early diagnosis of neurological diseases.

Researchers attached the novel stickers with their special electrodes to two groups of facial muscles — the cheek muscles close to the lips and the muscles over the eyebrows. Participants were asked to sit in pairs facing one another, with one wearing headphones through which the words "line" or "tree" were transmitted.

When the wearer heard "line" but said "tree" or vice versa, he was obviously lying, and his partner's task was to try and detect the lie. Then the two subjects switched roles.

As expected, participants were unable to detect their partners' lies with any statistical significance. However, the electrical signals delivered by the electrodes (continued on next page)

To

attached to their face identified the lies at an unprecedented success rate of 73%.

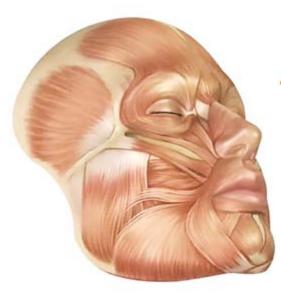
"Since this was an initial study, the lie itself was very simple. Usually when we lie in real life, we tell a longer tale which includes both deceptive and truthful components," Levy explained. "In our study, we had the advantage of knowing what the participants heard through the headsets and therefore also

"High-resolution cameras trained to identify movements of facial muscles will be able to tell truthful statements from lies." knowing when they were lying. Using advanced machine learning techniques, we trained our program to identify lies based on EMG (electromyography) signals coming from the electrodes. Applying this method, we achieved an accuracy of 73% — not perfect, but much better than any existing technology. Another interesting discovery was that people lie through different facial muscles; some lie with their cheek muscles and others with their eyebrows."

The researchers believe that their results can have dramatic implications in many spheres of our lives. In the future, the electrodes could become redundant, with video software trained to identify lies based on the actual movements of facial muscles. "In the bank, in police interrogations, at the airport, or in online job interviews," predicted Levy, "high-resolution cameras

trained to identify movements of facial muscles will be able to tell truthful statements from lies. Right now, our team's task is to complete the experimental stage, train our algorithms, and do away with the electrodes. Once the technology has been perfected, we expect it to have numerous, highly diverse applications."

Some libertarians may oppose the use of cameras to detect when people are dishonest on the premise that "people are entitled to lie," and some politicians may not like the idea. But since deception is present in all walks of life, from social interactions to matters of homeland security, knowing who is truthful and who is lying could be a matter of life and death.



Facial Muscles

 A group of muscles originating mainly from the bones of the skull and inserting onto the skin of the face, which produce facial expressions

Innervation by the Facial nerve

 43 muscles: Occipitofrontalis, orbicularis oculi, corrugator supercilii, procerus, nasalis, orbicularis oris, levator labii superioris, zygomaticus minor, buccinator, zygomaticus major, levator anguli oris, risorius, depressor anguli oris, depressor labii inferioris, mentalis, platysma

source: Screen shot from https://www.youtube.com/watch?v=RsCPlqikB9k



Medicine in Israel

Stopping the Craving for Sweets



credit:

BY PESACH BENSON (r) UnitedWithIsrael.org

An Israeli start-up, Sweet Victory Ltd., has created a line of botanical-infused chewing gums designed to stop sugar cravings.

The gum takes effect within two minutes by blocking the tongue's sugar receptors and lasts up to two hours. During that time, the sweet foods and drinks that normally excite the taste buds are instead experienced as bland or even sour, allowing what could be an unhealthy binge to pass.

"Most of us battle with sweet cravings," noted Gitit Lahav, a psychologist who co-founded Sweet Victory with Shimrit Lev, a professional nutritional instructor.



Sweet Victory gum

"Kicking the sugar 'habit' is a real struggle for most of us. This is what spurred us to seek a solution that would help consumers take better control over their nutritional choices," Lahav said.

Lahav and Lev turned to the ancient Indian botanical gymnema (Gymnema sylvestre), known among Indians for its positive effect on glucose metabolism. In India,

"These molecules fill the receptor locations on the taste buds and prevent activation by sugar molecules present in the food, thereby curbing the sugar craving." it is known as "gurmar," Hindi for "sugar destroyer."

"The atomic arrangement of bioactive gymnemic acid molecules is actually similar to that of glucose molecules," Lev explained. "These molecules fill the receptor locations on the taste buds and prevent activation by sugar molecules present in the food, thereby curbing the sugar craving." In India, gurmar leaves are chewed to elicit the effect.

Following sourcing of organic gymnema leaves in India, Sweet Victory manufactures the gum in a facility in Italy. It is available in peppermint, lemon, and ginger.

The gum has undergone a successful pilot study in Israel. One participant stated: "I chew the gum twice a day when I get the urge for something sweet, and I feel that the sweet I eat is tasteless. I even tried a chocolate mousse and it tasted sour! Most surprising is that I have no desire to eat."

"Most people crave something sweet at certain times of the day. Over time, it becomes an automatic instinct that makes the habit even harder to break," Lahav stated. "Chewing Sweet Victory gum at those challenging moments can slowly break bad habits and help build better, healthier habits."

Further clinical trials to determine its effect on blood sugar levels in persons with diabetes are forthcoming.

Sweet Victory is available in Panama, France, and Israel. It will soon be offered in the U.S.



Israeli Dietitians Turn Supplements Into Sweets

JNS.ORG

Dietitians at Sheba Medical Center in Israel have sweetened the offerings for some of their older patients who require food supplements.

At the height of the coronavirus pandemic, when no visitors were allowed in the hospital, Sheba dietitians observed that their

geriatric patients were extremely depressed, in poor nutritional condition, and barely eating.

"Our only option was to give them nutritional liquid supplements," said Meital Benjamin, a registered dietitian at Sheba Medical Center. "In one small bottle, they get a full meal's worth of nutrition—330 calories and 20 grams of protein."

Because getting geriatric patients to take their supplements is often challenging, a creative solution was needed to administer them in the most accessible way possible.

"The mental state of our patients at Sheba is of the utmost importance," said Dana Weiner, RD, director of the division of nutrition at Sheba. She initiated the project together with Sheba's Dr. Gilat Shenhav-Zaltzman.

"Patients must be able to help themselves mentally to feel better. Beyond all the other medical treatments our patients receive, if they do not have the physical energy needed, which the nutritional food supplements provide, they will not be able to get better."

A brand-new ice cream-making machine was donated specifically for



Meital Benjamin (left) and Ayelet Gur-Arie

this purpose. The liquid supplements are poured into the machine and 45 minutes later, a nutritional supplement-based ice-cream is ready for consumption. It provides a healthy comfort-food option for geriatric patients, and according to the staff and patients, it also tastes good.



Served between breakfast and lunch in special cups just like at an ice cream parlor, the supplement formulas come in four flavors: vanilla, chocolate, cocoa, and banana.

According to Benjamin, when taken in their standard liquid form, the formulas have an aftertaste due to the vitamins added. However, when served in frozen ice cream form, the formula tastes like real ice cream.

"The response has been amazing," noted Benjamin, who runs the process together with fellow dietitian Ayelet Gur-Arie. "It's much better than having to tell patients to 'drink this.' It's so good, all the patients have been asking for second helpings."

Rachel Sasson, 78, a patient at Sheba, commented, "The last thing I expected to receive while being at the hospital was ice cream. It's a real treat. It tastes wonderful."



Former U.S. Vice President Mike Pence in Hebron

Mufti Slams Pence for "Storming" Tomb of the Patriarchs

By Khaled Abu Toameh / JPost.com



The Palestinian mufti of Jerusalem, Sheikh Mohammad Hussein *(left)*, condemned a visit by former U.S. Vice President Mike Pence to the Tomb of the Patriarchs in Hebron.

Mohammad Ahmad Hussein in April 2014

Pence toured the city in March, visiting the Tomb of the Patriarchs, one of the holiest places in Judaism. The site includes a mosque called al-Haram al-Ibrahimi.

Accusing Pence of "storming" the site, the mufti claimed that the Ibrahimi Mosque is a place of prayer and worship for Muslims alone. The Palestinians regularly use the word *storm* to describe visits by Jews to the Temple Mount, the Tomb of the Patriarchs, and Joseph's Tomb in Nablus.

"What the U.S. vice president did is a provocative and dangerous act for which the [Israeli] occupation authorities bear the consequences," Hussein declared.

He also condemned the excavation and construction work carried out by the Israeli authorities in the courtyards of the Ibrahimi Mosque, which he said aims to build an elevator "to facilitate the extremist settlers' incursions into the mosque, in addition to changing the mosque's features."

The Palestinians are opposed to an Israeli project to build an elevator there to make the Biblical site wheelchair accessible. They claim that the project and other renovation work are designed to "Judaize" the site.

The mufti called on the Arab and Islamic countries and international institutions to take urgent action "to protect religious holy sites in the occupied Palestinian territories and prevent the takeover of the Ibrahimi Mosque and any changes to its Islamic features."

Latvia's \$44 Million Holocaust-Restitution Bill JNS.org

Latvia's parliament passed a bill to provide compensation for unrecovered Jewish property and funding for the country's Jewish community. The bill approved the spending of 40 million euros (\$44 million) over the course of 10 years. It is targeted to help Latvia's Jewish community institutions and cultural projects. The bill will also provide social and material assistance to Holocaust survivors. The funding is Latvia's "goodwill compensation" for unrecovered Jewish properties.

The legislation also states that the Latvian state is not responsible for the Holocaust that took place during the occupation of Latvia or the actions of the Soviet-occupying regime.

Negotiations regarding Latvia's Holo-(continued on next page)



caust restitution began in 2005 and involved the World Jewish Restitution Organization, Latvian Jewish representatives and government authorities, the United States, and Israel.

Latvia was occupied in June 1940 by the Soviet Red Army, and then a year later by the Nazis.

According to the The Associated Press (AP), roughly **95,000** Jewish people lived in Latvia before World War II. The Jewish community suffered during the Nazi occupation. When the Red Army retook Latvia in late 1944, an estimated 90% of the country's Jewish population had died.

Jewish community members were prevented from recovering properties they had owned in June 1940. Those properties were initially seized by the Soviet Union, then taken over by the Nazis, and then confiscated again by the Soviet Union before later becoming property of the Latvian state, the AP reported.

Latvia remained part of the Soviet Union until it gained independence in 1991.

The country's Jewish population currently stands at **9,500**, the AP noted.



The Saeima, the Parliament of the Republic of Latvia

Gal Gadot's Movie Causing Backlash By Jesse O'Neill / NYPost.com



Gal Gadot in the movie Death on the Nile

Death on the Nile, a film starring Israeli actress Gal Gadot, will not appear in several Middle Eastern countries because of Gadot's background with the Israel Defense Forces (IDF). The movie has been banned in Lebanon and Kuwait. It was also the subject of protests in Jordan, Egypt, and other countries, where some social media protesters used the hashtag #BanTheZionistMovie.

Gadot, the 37-year-old former Miss Israel, served in the IDF for two years, as is required of all young Israelis, before entering show business. She has been criticized for her outspoken support for Israel and has been accused of being a "propaganda" tool for the Israeli military.

The ban in Lebanon stems from a law that prohibits Lebanese citizens from associating with Israelis, while Kuwait banned it after a barrage of protests on social media.

To

Archaeology

Girl Finds Ancient Silver Coin Likely Minted in the Temple

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BY ROSSELLA TERCATIN (r) JPost.com



Liel Krutokop holds the coin she found in Jerusalem

A rare silver coin from the first century was recently found by Liel Krutokop, an 11-year-old girl volunteering in an archaeological project. The coin was likely minted by a priest who joined the Jewish rebels against the Romans. If so, it would be one of the very few remains from the Temple.

"This is a rare find, since out of many thousands of coins discovered to date in archaeological excavations, only about 30 coins are coins made of silver, from the period of the Great Revolt," said Dr. Robert Kool, head of the Coin Department at the Israel Antiquities Authority (IAA).

The coin, made of pure silver, weighs about half an ounce. On one side it features a cup and the inscription "Israeli shekel" and "second year" — referring to the second year of the revolt (AD 67–68). On the other side, an inscription reads "Holy Jerusalem" in ancient Hebrew script, and is accompanied by another word that, according to the experts, refers to the headquarters of the high priest in the Temple.

The coin was likely minted by a priest who joined the Jewish rebels against the Romans.

In the first century, coins were considered an important expression of sovereignty. This was especially true for silver coins, which were much more valuable than bronze ones. A bronze coin would purchase a couple of loaves of bread, whereas a silver coin could be used for much more expensive items, including military equipment.

"A currency is a sign of sovereignty," Kool said. "If you go into rebellion, you use one of the most obvious symbols of independence, and you mint coins. The inscription on the coin clearly expresses the rebels' aspirations," he added.

(continued on next page)

To Index "The choice to use ancient Hebrew script, which was no longer in use at the time, is not accidental. The use of this script came to express the longing of the people of the period for the days of David and Solomon and the days of a united Jewish kingdom — days when the people of Israel had full independence in the land."

Huge reserves of silver were kept in the Temple. Kool believes that the silver to mint the coin likely came from those reserves, considering the quality of its silver. "If so, we can cautiously say that this coin is, apparently, one of the only items we can hold today that originated in the Temple itself," he explained.



Made of pure silver, the coin was minted during the second year of the Great Revolt

The coin was found through the

Emek Tzurim Sifting Project, in which volunteers sift through the dirt excavated from the Pilgrimage Road. This street, "which connected the Siloam Pool in the south of the City of David to the Temple Mount in the north, was Jerusalem's main street during the Second Temple period, where thousands of pilgrims marched on their way to the Temple," said Ari Levy, an archaeologist who leads the excavation on behalf of the IAA.

"There is no doubt that there would have been extensive trading here. This is evidenced by the many weights and bronze coins we have found here," Levy added. "But to find a rebel coin made of pure silver is definitely very special and exciting."

Liel Krutokop, who came with her family from Petah Tikva to the sifting project, shared the excitement. "When I got to Emek Tzurim, I thought there must be simple coins in the buckets, but I did not think I would find a coin myself, and certainly not such a rare coin from pure silver," she said.

Please see the DVDs, *The Stones Cry Out*, offered on page 20.



Anti-Semitism

The Palestinian Authority's Twisted Ideal Mother

BY NAN JACQUES ZILBERDIK (r) PalWatch.org

A recent incident exemplified a twisted aspect of the ideal mother that the Palestinian Authority (PA) has encouraged and cultivated for decades.

Three young terrorists who had carried out several shooting attacks against Israelis and were planning an imminent additional attack were recently killed and (in PA terminology) "ascended to Heaven" as "Martyrs." The official PA daily, reporting from the funerals of the three men, listed the following under the headline "Behind every Martyr there is a mighty mother!":

"Standing upright like [Mount] Gerizim and [Mount] Ebal, they confront death in a manner that amazed everyone. Despite the pain and the tears, gusts of joy burst forth, as if they were laughter rising from the rubble."

"As is fitting for the mothers of the Martyrs, the mother of Martyr Adham Mabrouka accompanied her son who is called Al-Shishani to the wedding. She shed two rose tears and did not seclude herself in clothes of mourning. She marched at the front of the participants in the funeral and called out loudly: 'With spirit, with blood, we will redeem you Martyr.'"



"She made sounds of joy while making the sign of victory. With determination and resolution, she raised his rifle and shot a bullet of joy and pride, while saying, 'Today is

the wedding day of my beloved, give me blessings and well-wishes.'"

"She drew attention with her composure, her firm willpower, and



Mother of a Palestinian terrorist

her control over her sorrow, while bidding farewell to the flesh of her flesh with sounds of joy...."

[Official PA daily Al-Hayat Al-Jadida, Feb. 15, 2022]

This account is how the official PA daily described two of the three mothers acting at their sons' funerals — or as Palestinian Islamic belief has it, at their "weddings" to the 72 virgins in Paradise. With these descriptions, the PA indicates that this behavior is admirable, heroic, and expected — "as is fitting."

However, not all Palestinian mothers are able to live up to this twisted ideal. In an almost parenthetical note, the paper noted the third mother:

"The situation was different for the mother of Martyr Ashraf Mubaslat. She had no strength to sound calls and make sounds of joy, and her tears and sighs touched the hearts of millions. This is the sorrow of a mother who lost her only son...."

To remedy this less-than-ideal impression, the paper ended the funeral report by citing the three mothers allegedly stressing that "their sons are not more precious than the land of Palestine, and that they are now adorning themselves with pride and honor. Being called 'mother of a Martyr' was the greatest honor for them."





Jewish humor, etc.

A cheerful heart is good medicine – Proverbs 17:22

At Bubbe's House

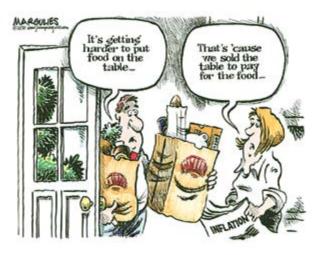
Little Shmuli and his family were invited to their grandparents for Friday night dinner. Everyone was seated around the table and Zadie was getting ready to recite *kiddush*. Just then, Shmuli reached for the challah and appetizers on the table and began eating.

"Shmuli, wait until Zadie says *kiddush* and *hamotzi*!" demanded his father.

"I don't have to," the five-yearold replied.

"Of course you do, Shmuli," his mother insisted forcefully. "We always wait until after *kiddush* and *hamotzi* at our house."

"That's at our house," Shmuli explained, "but this is Bubbe's house, and she knows how to cook."



Answer Key for May 2022 Crossword (p.25)

Across:		Down:
1. Egypt	13. Trouble	1. Jeremiah
2. Oppressed	16. Forsaken	2. Horses
9. Save	17. Israel	Destroyer
10. Cornerstone	19. Punish	6. Gladness
11. Detestable	20. Forever	7. Rescue
		Everlasting



9. Spirit

12. Small 14. Baruch

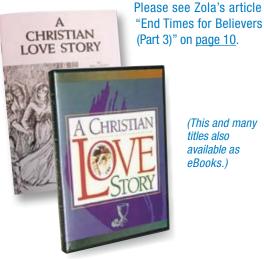
18 Lord

15. Wonders



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n in

usalem

Mount

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