

Preston G. Haag Jr. His Provisions

From: "Pastor Preston Harvest Centers" <preston@jesuspaid.com>
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Sent: Tuesday, September 15, 2009 9:28 PM
Subject: God's Blessings can overtake us in our time of need



Hot Links:

- [The Ministry Website](#)
- [Directions](#)



**This Friday Night
at 8PM**

Dick McBain



**It is time to Fashion
our Life toward
Eternal Rewards**

Come and hear a call to all believers to turn our focus toward our eternal reward and away from the fleeting thrills of this world. The Lord says that the flesh desires the very things that the moths eat, the rust destroys and the thief's steal.



Founded on His Truth

Sunday at 6:00 PM (New Time)

**Restoration is coming for God's People
and Punishment for the UnGodly**

Pastor Preston



Amos 9:13: ¹³Behold, the days are coming, says the Lord, that the plowman shall overtake the reaper, and the treader of grapes him who sows the seed; and the mountains shall drop sweet wine and all the hills shall melt [that is, everything heretofore barren and unfruitful shall overflow with spiritual blessing].

Have you ever toil and your labor has not yielded Godly fruit? At times have you wanted to give up because your spirit is growing weary? There is good news in God's Word for Heaven's children who choose to walk in the Lord's ways. God wants His people to keep the faith and continue to sow good and then with the seed in the good soil, the Lord will bring the increase. The Word says that the harvest will still be producing with others are ready to plant for the next season. The land will provide the new wine necessary for to bring healing and His goodness will overtake us with every spiritual blessing. Amen for those who walk in His ways and woe to them that choose rebellion over righteousness. Let us be renewed this hour to become followers of Christ Jesus. Amen

Healthy Herb Tips

Headaches - try a lavender massage: Lavender's sedative properties may help relieve headaches. Mix 1 drop of Lavender essential oil in 1 teaspoon of olive, soy, or sesame oil. Massage into the area around your temples, the base of your skull, and your hairline with your fingertips. You can even try adding a few drops of lavender oil into a nice warm bath.

Heartburn Relief: A burning sensation in the chest may be heartburn, a backward flow of sour or bitter acid from the stomach to the throat or mouth (acid reflux). Occasional heartburn is not serious, but repeated occurrences may severely irritate the esophagus and result in bleeding and swallowing difficulty. To get relief, smokers should quit smoking. If you are overweight, diet, but be certain to eat three smaller meals daily with the last meal 2 to 3 hours before bedtime. Decrease chocolate, fat consumption and alcohol consumption if you drink; be aware of medicines that aggravate the condition. Ask your pharmacist about medications that provide relief for the occasional sufferer. Severe pain deserves medical attention.

Sciatic Nerve Relief: The sciatic nerve which runs from lower back to the foot responds to pressure with intense pain in the lower back, sometimes with pain in the buttocks and on the outside of the leg. Treatments include bed rest, heat and massage. Mix TWO drops of juniper, mustard, or pepper essential oils with ONE tablespoon of soy or grapeseed oil. Rub

Dick will be sharing his message from his own life journey through his youth, decorated Viet Nam combat and his trials during Executive leadership. His message will be filled with God's supernatural miracles of life preservation, deliverance and strength. Many will learn different ways that the Lord answers His children and will be encouraged that even in the most difficult circumstances the Lord is with us.

Dick McBain is a leader in the Full Gospel Businessmen's Fellowship International. Come and bring a friend who needs answers and the knowledge of God's healing provisions during impossible circumstances. Amen

Praise Reports

Blessed through the Praise Reports

I am from another state, however the praise reports give me encouragement that my circumstances will change by the power of the blood for His glory. Amen

Best Hidden Secret

I was so blessed coming week after week. The quality of the speakers and the sincerity of the Word makes this the best hidden secret. More people would come if they new the love that flows through the people. Amen

Word of Knowledge

I had been in pain when a phone call came from a friend. The person told me that I was suffering from a kidney stones. I was encouraged to know why I was suffering so much. The doctor had told me it was an infection. Later that day I began to pass the kidney stone. The Word of the Lord was correct and I thank God that the pain is less than

gently on the affected area. Wrap up warmly after, dressing warm and keeping the sciatic nerve warm as well.

Sources: <http://healthy.lifetips.com/>

**when I passed a kidney stone
in the past. Amen**

**Mail your gifts to: Harvest
Centers P.O. Box 877
Newnan, GA 30264**

Super Foods-Healthy Snacks

Beans: Whether you are eating kidney beans, black beans, or pinto beans – just make sure you eat your beans! Beans are wonderful because they are loaded with antioxidants and fiber. The antioxidants help you fight off diseases like cancer while the fiber makes you feel fuller, faster and longer. Try incorporating beans in your dips and spreads for a perfect healthy snack!

Blueberries: Blueberries are super because they are jam-packed with antioxidants, and they are a great source of vitamin C and potassium! Not only do blueberries help you prevent heart disease, they also act as an anti-inflammatory. When you shopping for blueberries or any berry for that matter, just keep in mind that the darker the berry, the more antioxidants it contains. Try snacking on frozen blueberries at work – they are just as good and good for you as fresh ones!

Broccoli: Did you know that broccoli has more vitamin C than oranges? Well now you know! Not only is it one of the best sources for vitamin C, broccoli is also a great source of folate, potassium, calcium, antioxidants, and vitamin K. So, whenever you decide to nibble on this green super food, you will be fighting cancer, building stronger bones, and reducing your risk for heart disease all at the same time!

Sources: <http://www.healthy-snack-ideas.com/super-foods.html>

Visit the Nutrition page at Sea Minerals Water for articles for healthy living.

The Ocean is a gift from God and a source for life-giving nutrition for people, pets and plants. There are many nutrition reports, studies and materials available to share with others for healthy living. For more information of how Sea Minerals could benefit your life go to www.seamineralwater.com/Nutrition/tabid/54/Default.aspx



Upcoming Harvest Centers

Guest Speakers

Aug 28th Dick McBain
Sep 4th Preston Haag
Sep 11th Linda Harrington
Sep 18th
Sep 25th

Each week, *Harvest Centers celebrates the King. Holy Ghost works with us to heal the sick. Our Email Newsletter is forwarded to announce the coming speakers/events and to recognize the praises that go to Jesus for the work He has done in His Saints.* If you have been forwarded this E-mail and you would like to subscribe or unsubscribe to the Ministry E-mail List, click here. [Subscribe or Unsubscribe](#). Please put in the subject line, please add me or please take me off the distribution list.

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