



MAY 2017

# ROOD REVIEW

## PREPARING FOR *Shavuot*

**LETTER FROM  
MICHAEL**

- PAGE 2

**AVIV  
FELLOWSHIPS**

- PAGE 3

**BIBLICAL  
WEIGHT LOSS**

- PAGE 4

**TCG SEASON 2  
SNEAK PEEK**

- PAGE 5

**SHAVUOT Q&A**

- PAGE 7

**HOW TO COUNT  
THE OMER**

- PAGE 8



# LETTER FROM *Michael*

Our journey in this life is to learn to love YeHoVaH with all our heart, soul, and strength and to love our neighbors. We demonstrate this love with our faith and how we live out our lives every day. This love is not a feeling; it is meaningful and effortful. It is the practice of loyalty to our Creator and generosity toward others.

The women of the Bible demonstrate this love in unique and beautiful ways.

Ruth shows us this love through her commitment. She joined herself to the people of Israel and made YHVH her God. Her love was a decision and, because of it, among her descendants was Yeshua.

The midwives, Shifra and Puah, in Exodus show this love in an act of defiance to the Pharaoh. Going against his order, they refused to kill the newborn Hebrew baby boys. Their love saved the lives of many.

Esther showed this love through her bravery. She risked her life to save the lives of her people who were in danger of extermination.

Tabitha and Lydia show this love through their kindness to others. Tabitha was a disciple who cared for the poor, and Lydia gave shelter to traveling disciples.

As we consider women of the Bible who modeled acts of faithful love, let us also think of the women in our lives who live out this love every day. The strength, faith, generosity, warmth, and hard work that the women of the Bible represent is apparent in the mothers, sisters, daughters, and wives that we know and love today. The love that we are all called to carry and act upon shines through women of faith, and we are all made stronger and richer in spirit because of it.

Shalom,



Michael Rood





# HOW TO START A FELLOWSHIP

## STEP #3 – AVOIDING THE “KIA” SYNDROME

**S**o you are probably wondering what “KIA” stands for right? “KIA” stands for “Know It All”. This disease is treatable and in some cases even curable; however, it can spread very quickly. Most professionals suggest that treatment be administered as soon as symptoms are present.

All joking aside, this is a very real threat to the health and sustainability of a successful fellowship or congregation. Someone once told me during a biblical discussion, “I know a lot about very little and very little about a whole lot!” This has stuck with me for years and has helped me to have an open mind in every conversation that I have.

The same should be true for your fellowship or congregation. As a leader or leadership team, it is your responsibility to maintain a high level of humility in your leadership style without compromising the integrity of your foundational beliefs. The truth is that we can all learn something from one another and just because you might not agree with someone else’s point

of view on something does not mean that they cannot teach you something new.

When it comes to learning and growing as a group, there are always going to be those who seem to be more knowledgeable on certain things than others, which is completely fine and normal, however, it is important to steer your group toward group discussion whenever you can as to not put all the weight on 1 or 2 people. If you do, you may unintentionally be forcing the rest of the group to submit to the ideals, concepts, and viewpoints of just a few people.

Although the teacher or leader will spearhead discussions, topics, and questions, it is important to allow everyone in the group to share an opinion or angle on the specific topic. Participation is key to the success of your group!

If you have been following the outline presented in this series of articles, you are most likely seeing some positive things happen in your group. Of course, there



will always be mountains to climb and battles to fight, but, you are building a solid foundation, which is great. With that in mind, do everything you can to keep the “KIA syndrome” from finding its way into your fellowship and you will be the better for it. Keep up the good work!

Shalom,

Matthew Hall  
Director – Aviv Fellowships

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# HEALTH HACKS

— with SCOTT LAIRD, ND

## THE WORLD'S FIRST (AND BEST) WEIGHT LOSS PLAN

You've probably never considered this before...in YeHoVaH's very first conversation with Adam and Eve after their creation (Genesis 1), He gives them dominion over the fish, birds, and animals (verse 28) — but He doesn't say to eat them. Instead, He prescribes a plant-based diet in the very next verse (verse 29). It's no wonder that, even today, if people will adhere to this original commandment for the nourishment of mankind, symptoms of disease simply disappear. It's also the world's best weight loss diet because weight comes off as a by-product without even "trying" to lose weight.

Because a primarily raw, plant-based diet contains loads of fiber and nutrients that fill your stomach and satisfy your body's needs at a cellular level, you can enjoy


limitless fresh vegetables, fruits, grains, and legumes without the hindrance of calorie counting or portion control and you are still able to lose weight. During this time the body is also ridding itself of the toxins stored in the excess fat. And that's not the best part...

"There is evidence that a plant-based diet causes an increased calorie burn after meals, meaning plant-based foods are being used more efficiently as fuel for the body, as opposed to being stored as fat," says dietary researcher Dr. Neal Barnard.

This happens because insulin sensitivity is increased, allowing nutrients to more rapidly enter the cells of the body to be converted to heat rather than fat. Juicing helps, too. Freshly extracted vegetable juices assist in detoxifying the

cells in the body, thereby regenerating metabolism. Fresh carrot, celery, parsley, and ginger juices are especially effective in curbing appetite and cravings by helping to maintain healthy blood sugar levels.

Never tried a plant-based diet? It's never too late to start. Even the most compromised metabolism has been known to respond favorably to a primarily raw, plant-based menu.



Scott Laird, ND  
Director of Biblical Health Development




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# Shavuot

## WHAT IS SHAVUOT?

Shavuot is one of the three mandatory pilgrim feasts that were given by YeHoVaH and detailed in Leviticus. The date of Shavuot was, and still is, set by counting 7 Sabbaths from the Feast of Firstfruits, which is an offering to the LORD required at the spring feast of Passover.

During the Feast of Unleavened Bread, a wave offering was given to YeHoVaH the day after the Sabbath. It was the first fruits from the harvest (Leviticus 23:10-11). This was to signify the giving back to the Almighty of the first fruits of the harvest, which He had provided for His people. It was also an acknowledgment that they knew from where the bounty came and it was a remembrance to whom thanksgiving should be given.

From the day of that offering, the Israelites were told to count seven Sabbaths (seven weeks, or 49 days), and include the day following the seventh Sabbath, making it a total of 50 days (Leviticus 23:15-16). Shavuot is also when the Ten Commandments were given from YeHoVaH to Moses and the people.

## WHEN IS SHAVUOT THIS YEAR?

Shavuot will begin sundown Saturday, June 3, 2017 and end sundown Sunday, June 4, 2017.

## RESOURCES THAT WILL HELP YOU LEARN MORE ABOUT SHAVUOT:



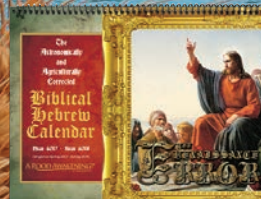
SHAVUOT 2013:  
THE MOUNTAIN  
WHICH CANNOT  
BE MOVED



LESSONS ON  
THE WAY  
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2017-18 CALENDAR

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**SHAVUOT**



# HOW TO COUNT THE OMER

The Omer is a reference to a biblical unit of measurement used for the grain offering on the Day of Firstfruits. “Counting of the Omer” is a 7-sabbath countdown between the anniversaries of the crossing of the Red Sea (Day of Firstfruits) and the giving of the Torah on Mount Sinai 50 days later (Shavuot or Pentecost) — the very same time period between the Messiah’s resurrection and the giving of the Holy Spirit (see page 7).

Use this calendar to count the omer in your house as a reminder to thank YeHoVaH daily for delivering you out of bondage!

<i>Day 16</i>	<i>Day 17</i>	<i>Day 18</i>	<i>Day 19</i>	<i>Day 20</i>	<i>Day 21</i>	<i>Day 22</i>	<i>Day 23</i>	<i>Day 24</i>	<i>Day 25</i>	<i>Day 26</i>	<i>Day 27</i>
MAY 1	MAY 2	MAY 3	MAY 4	MAY 5	MAY 6	MAY 7	MAY 8	MAY 9	MAY 10	MAY 11	MAY 12

<i>Day 28</i>	<i>Day 29</i>	<i>Day 30</i>	<i>Day 31</i>	<i>Day 32</i>	<i>Day 33</i>	<i>Day 34</i>	<i>Day 35</i>	<i>Day 36</i>	<i>Day 37</i>	<i>Day 38</i>	<i>Day 39</i>
MAY 13	MAY 14	MAY 15	MAY 16	MAY 17	MAY 18	MAY 19	MAY 20	MAY 21	MAY 22	MAY 23	MAY 24

<i>Day 40</i>	<i>Day 41</i>	<i>Day 42</i>	<i>Day 43</i>	<i>Day 44</i>	<i>Day 45</i>	<i>Day 46</i>	<i>Day 47</i>	<i>Day 48</i>	<i>Day 49</i>	<i>Day 50</i>
MAY 25	MAY 26	MAY 27	MAY 28	MAY 29	MAY 30	MAY 31	JUNE 1	JUNE 2	JUNE 3	JUNE 4