

Ofc Neriyel (20) explains how the tribe of Benjamin is like a wolf and why Benji food is the best food.

Sis Chauna gets us in the Benji spirit with a tropical smoothie.

FOT Adventures with Micah



BENTAMIN

When I was able to speak with Officer Neriyel about the tribe of Benjamin, my first question was: why the wolf? The officer began his answer by giving the history and definition of a group of people known as the Maroons.

The word maroon comes from the latin word for wolf, and this people fled to a land called Benin on the West Coast of Africa when they left Jerusalem in 70 A.D. As you already know, Most High calls the Maroons, the tribe of Benjamin.

First the Officer talked about Genesis 49:27. There Jacob blesses each of his sons before he passes away. To his son Benjamin he said, "Benjamin shall ravin as a wolf." The officer explained that when the Maroons were oppressed by Esau, they fled into the hard to reach mountains which were familiar to them and unknown to Esau. During the day, the tribe of Benjamin hid and used the land to keep them safe, taking goods and bringing them back to share with the tribesmen.

Officer Neriyel went on to explain why the wolf represents the tribe of Benjamin. The way Benjamin attacked their enemies was much like the wolf's warning growl. Everyday sent a growl from the Israelites as they hid from the other nation in the mountains, and everynight the wolves attacked! Soon the other nation gave up and wanted to be left alone. The two nations lived separately on the land of wood & water, or as Esau calls it, Jamaica. The officer adds that just like the howl of the wolf, the tribe of Benjamin is known to be loud and fearless in naming the enemy and voicing their attack. From Peter Tosh to Dennis Brown, Benjamin howls just like the animal that represents it.

While I had the Officer's attention, I just had to ask him a question that has been circling around in the body, especially after Benjamin won 1st, 2nd, and 3rd place at Atlanta's Feast of Tabernacle's 2019 cook off: Why is Benjamin food so good? I must say that his answer makes sense. The blessing Benjamin received in Deuteronomy 33 states that the tribe would, " dwell safely by him... dwelling between his shoulder." Benjamin was promised good land. While the tribe of Judah was seasoning leftovers and scraps during American slavery, Benjamin

lived off a very fertile land. Eating fresh foods with a slower pace of life allowed the tribe to develop a better cuisine with a wider range of healthier ingredients. So if you think Benji has the best food, you are in the spirit!



Sis Chauna the Chef is howling from the kitchen with this smooth **Tropical** smoothie!

Ingredients:

16 oz bag of frozen mago

- ½ banana
- 1 can coconut milk
- ½ cup of vanilla greek yogurt
- ½ cup of almond milk
- 3 tsp of raw sugar
- 3 tsp lemon juice
- ¼ tsp ginger or to taste
- 1/2 tsp cinnamon or to taste

Procedure:

- \triangleright add all ingredients to
- \triangleright a standard blender
- blend until smooth and creamy
- adjust sweetness,
- > tang (citrus) & spices
- > to your liking



Contributors: Ofc Nerivel (20) Ofc Benjamin Kani (10) Sis Chauna Sis Elizabeth



"How many sticks you got, MIcah? "Rueben asked as their boots made crunch sounds in the leaves. Micah didn't answer. He was too busy detangling a large stick from a pile. He looked closely at the different textures and leaves, and wondered what kind of tree it came from. "Most High made all of this, " he reminded himself out loud. "Yes, young prophet," Officer Tobias said, "and He made if for us to use. Leviticus 23:40 tells us to gather branches to prepare for the Feast of Tabernacles. Back then we used them to build tents, but tonight...," his voice became animated. All seven of the young boys began to grin, "we roast s'mores!" "Yay!" the boys shouted as they ran back up the hill, out of the wooded area, to the lot. The night was cool and crisp and clear, and Micah shivered as he watched the officer make a little tent with three of the medium sized sticks. "That tent is too small to sleep in," commented Micah. A couple of his friends laughed. "This tent is not for sleeping; its for burning," the officer replied. And just then, the officer lit the bundle, and bright orange and yellow flames danced and waved. "-- So.. Leviticus 23 tells is about how and why we keep this feast," Officer Tobias said as he handed each young man a stick with a marshmallow at the end.

"We keep a sabbath at the beginning and end of the feast, and we sleep in tents the whole time, for seven days." The boys were still listening intently. Some were picking at their marshmallows, others were swatting at insects, but all of them were silent.

"Officer, why do we have to live in tents?" Brother Elijah asked.

"That's a good question, little brother. Get me Leviticus 23, and start at verse 42," he answered.

Brother Elijah stood by the glowing fire, and held the bible close to his face as he read. "Ye shall dwell in booths seven days. All ye that are Israelite born shall dwell in booths."

"Booths are another word for tent," the officer explained, "and we will be staying in them for seven days-- Come on-".

Brother Elijah continued, "That your generations may know that I made the children of Israel to dwell in booths when I brought them out of the land of Egypt: I am the Lord your God."

"So we keep the feast to remind us of how Most High brought us into the wilderness."





The officer strained as he bent to pick up more sticks to put in the fire. Whooosh! Brightness jumped out of the dark, and even not so little Elijah jumped, causing the boys to laugh.

"Look! Look at your marshmallow!" Micah exclaimed. Elijah had been standing close to the fire to use the light it gave for reading, and his marshmallow and stick had been sitting directly in the heat. Now his marshmallow was dark on one side and light on the top. "You have a northern Kingdom marshmallow," Rueben said. Several of the young princes laughed and rushed closer to the fire with their stick sto roast their marshmallows.



Campfire Smores

Camping is camping

but we are TABERNAK"N!

Smores are a recipe that has been passed down through years of camping but we are TABERNAK'N. This classic recipe is a fan favorite and everyone's favorite childhood treat! There is no "right" way to make Smores. Anyway you like it, is the right way. You only need a few things. First, roast your (vegan) marshmallow over an open fire. Then place it atop a chocolate square. Lastly, sandwich it between two graham crackers and ENIOY!

