



March 2011

Issue 29

## “epigenetics”

How exciting it is to live in these times!!!!!!

I guess this is another “*stream of consciousness letter*”. I hope its informative, as I am never quite sure whether I properly think through my introspective thoughts on G-d, faith, love and our existence. But this newsletter is a meld of two rather far-reaching and polar concepts, paradoxical even, perhaps intersecting somewhere, but not a “theory of everything”... (LOL).

This discussion springs from 1) an email to my wonderful older brother who commented on how my children have grown into fine adults (as have his, though late teen and early adult life was certainly touch-and-go) and 2) my mostly volunteer work which has been full of learning NEW things in science... particularly about EPIGENETICS. What an unbelievable testament to **“fearfully and wonderfully made”**. So fearfully and wonderfully made are we that here 4000 years+ after that comment, we know more than ever, that we know very little, much less than we thought we knew. Twenty years ago, DNA was G-d, and if one knew his DNA code, one would know everything (thats a little tongue in cheek BTW). But there is **epigenetics**, purely and simply, HOW NATURE FIGURED OUT TO MODIFY the hard-wired expression of the genes that our DNA encodes. So... DNA code doesn't always have the final word. This means that our environment impacts us in a significant way. What's more, it impacts our children, and even further... our grandchildren. More and more I understand that we and our children “turn out” via an unbelievably complicated mixture involving our DNA, our environment, and the modification of our gene expression called *epigenetics*.

Until last year, I didn't really grasp the concept of of epigenetics...but guess what... again, 4000 years ago, the words of holy writ (OT and TORAH) also clearly gives the idea of epigenetics in their text... **“and the sins of the father shall be visited on the children for the third and forth generation”**...

Epigenetics is a highly effective way to modify gene expression of the DNA semi-permanently!!! ... I modified my granddaughter's DNA expression while I was pregnant for my daughter. I was worried and underweight, in the middle of a divorce, so in effect, the mental and physical poverty I felt, increases my daughter's chance of acquiring type II diabetes. Similarly, the stress my mom felt while she was pregnant with me when my father in the airforce during WWII

# GOSPEL GLASS

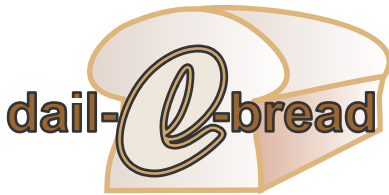


definitely had an epigenetic impact on my life, and my daughter's life...and her daughter's life as well. Disaster, abundance, disease and famine impacts several generations down the line.

So now the good news, and it is **good** news. FORWARDED is forearmed! – so there may be a counter-balance for these events which we have available through “cortical override”... that is where the mercy and grace of FAITH comes in. It seems to me that while EPIGENETICS can affect our DNA expression, that we have some control over our **diet**, our **civil life**, our **occupation**, and we also have our FAITH to affect our epigenetic outcome, perhaps the best override for the biology of epigenetics, and that is **LOVE PEACE LONGSUFFERING FORGIVENESS HEALING WHOLENESS** etc., which is available to anyone who dares ask for that input from the **eternal**.

Thanks to all of your for your business this month, and have a good day!

## Visit GospelGlass' dail-e-bread calendar for March 2011



"Man shall not live by bread alone but by every word that proceeds from the mouth of God"

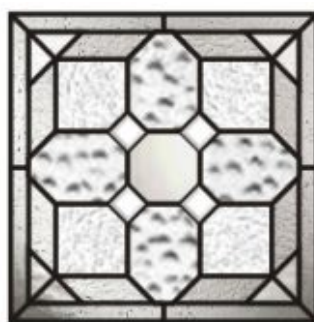
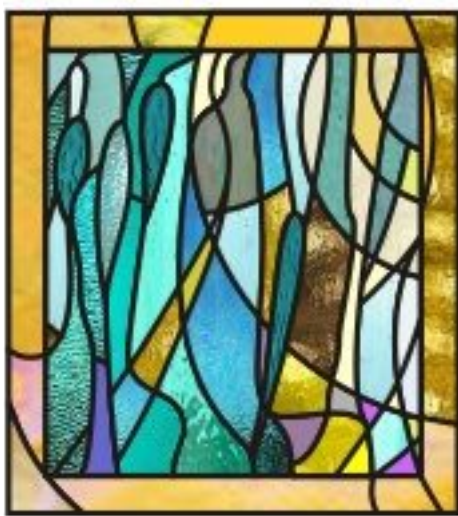
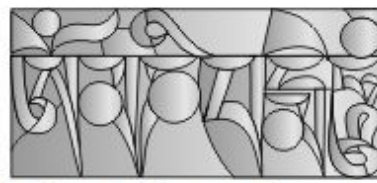
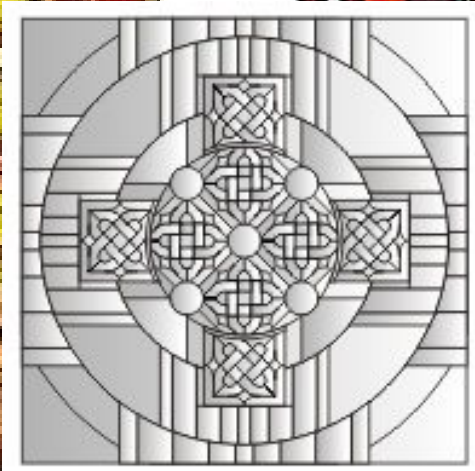
RENEW, is a wonderful concept and I enjoy March because there is hope in the air, and while I get anxious for spring to arrive and the days to get warm, I still am uplifted.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
I renew your days	renew a loyal spirit in me	will renew their strength	nations renew their strength	renew the face of the earth	renew them in our day

# GOSPEL GLASS

Patterns added in February

**M**  
ANNA



**M**