



About Us

Dear Friend,

Welcome to the first issue of Father of Love Fellowship's newsletter. The fact that you have this in your hand means a lot to us. It means you have already graced us with your fellowship, whether in person, online, or both. Thank you for your presence and support.

Our aim is to deliver a newsletter to you every quarter. We hope that you will find the information here relevant in staying abreast of the activities and developments of Father of Love Fellowship.

So who are we? Well, we are a community for those who have found fellowship with our loving Father and His only-begotten Son, Jesus Christ. That is just the tip of the iceberg. To learn more, you are welcome to click on the links below. Again, welcome to our fellowship!

Website: www.fatheroflove.info

Youtube: www.youtube.com/@FatherofLoveFellowship

Upcoming Events



● 7th Month Movement:

- Trumpets: Sept. 17
- Atonement: Sept. 26
- Tabernacles: Oct. 1-8 (see picture invitation).

- Location:
Maple Ridge Creek
7 Split Rock Trail
Morganton, GA 30560

● **Pastor Adrian Eben's Speaking Tour:**

- Bible Training in Morganton, GA from Oct 21-27, and again from Oct 29-31 at:

Maple Ridge Creek
7 Split Rock Trail
Morganton, GA 30560

Sabbath Oct 28th in Huntsville, AL

Location: TBA

- **Pastor Adrian Eben's Speaking Tour cont'd:**

- Nov. 3rd-5th Mena, Arkansas
- Nov. 11th, 12th North side of Phoenix, Arizona
- Nov. 17th, 18th San Jose, CA

Projects

Our latest project is the Comprehensive Gospel Series in short videos. You can check them out on our YouTube Channel or by clicking here: [The Gospel Series](#)

Publications

We have recently released a number of publications from pastor Adrian's newest book, the [Mirror Principle](#), to several new booklets: one from Danutasn Brown and Kevin Mullins: [Do Angels of God Kill?](#) and one from Sean Sutton: [Christ in the Sabbath](#).

Articles: Marie Kramlich responded to a video about a [former super model who describes her identity crisis](#) and Danutasn Brown included highlights from an article written in the late 1890s and his own comments titled: [Do Paul's Teachings Oppress Women](#).

Missionary Highlight

Father of Love Fellowship supports missionaries in various countries across the world and this quarter we want to feature a brief look into the work in the Spanish speaking world.



Daniel Bernhardt

Daniel Bernhardt is from Argentina, and together with his wife, Marlise Schneider de Bernhardt, have two children: Lukas (11) and Sarah (9). Daniel is the managing director for Father of Love Fellowship, working closely together with Ben on the plans, activities and administrative tasks related to bringing to this world the precious truths of our Heavenly Father and His beloved Son. He, together with Carlos Hernandez, have a Ministry in Spanish called "Que te conozcan", which means "That they may know Thee", from John 17:3. They have extensively covered the topics of Bible interpretation, our Identity as sons and daughters of God, the Godhead, the Covenants and the character of God. <https://www.youtube.com/@Queteconozcan>

Marlise loves to do music, which can be enjoyed in her Agape Piece Channel:

<https://www.youtube.com/@agapepiece2562>

Marlise and Daniel like to write, and their writings can be found at the [Maranatha Media website](#). They homeschool their children, enjoy studying the word of God, and having friends from all over the world.

Meet the Staff

Director: Daniel Bernhardt

Pastor: Ben Kramlich

Associate Pastor, Literature Evangelist:
Malcolm Reedy

Literature Evangelist, Medical Missionary:
Obadiah Wright

Bible Worker, Media Productions Coordinator:
Kirk Van Buren

Literature Evangelist, Medical Missionary:

Bible Worker and Writer: Sean Sutton

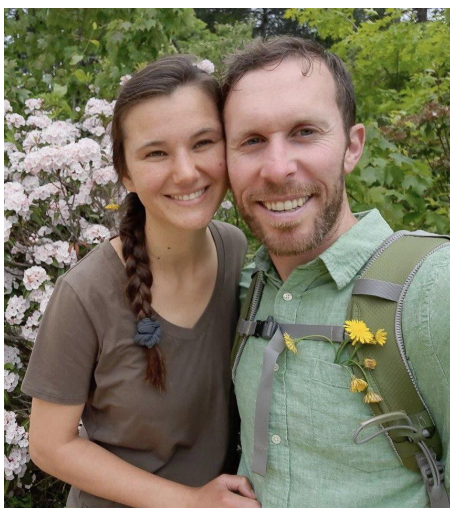
Homemaker, Music and Children's Ministry Coordinator: Marie Kramlich

Homemaker, Bible Work, Graphics and Editing, Children's Ministry: Sabrina Reedy

Volunteer Support:

- Deedra Van Buren
- Dannah Sutton
- Beth Rollins
- Charienna Perdomo

Staff Highlight



Pastor Ben Kramlich

Ben grew up in Wisconsin in a quiet home in the country. He became an atheist from a young age due to what he learned in public school. He studied biology and wildlife ecology at college, briefly attended graduate school at Mississippi State University, and dropped out. He started his own company in 2011 and it was around this time that he accepted Jesus Christ and began studying the Bible for the first time.

From a young age he has had a deep desire to understand the world around him, to know the truth, and to make a positive difference in the world. Little did he know that God would give him the desires of his heart and so much more.

He accepted Jesus Christ in 2012, and in 2016 he sold his business and immersed himself in the study of the Bible. His life has been transformed as a result. Also in 2016 he met pastor Adrian Ebens and has trained and mentored under him, which has led him on missionary tours all over the world. It was on one of these tours that he met his future wife, Marie, in the fall of 2017 and they married in December of 2020.

Ben enjoys studying the Bible, history, ecology, agriculture, horticulture, nature, and current events. He loves to explore nature, garden, and cook with his beloved bride, Marie.

Health

Marie Kramlich

Should vegans be concerned about omega 3's?

Information regarding omega 3's can be confusing and also highly alarming – for good reason. Adequate consumption and proper assimilation of these fatty acids will provide remarkable health benefits. There are 3 main types of omega 3 fatty acids, namely:

- [Alpha Linolenic Acids \(ALAs\)](#) - found in plant foods (flax & chia, etc.)

- Eicosapentaenoic Acid (EPA) & Docosahexaenoic Acid (DHA) - found in fish that consume algae or fish that eat other fish which directly consume it.

All three forms are utilized by the body. EPA and DHA are directly available in fish oil and in the vegan version, which is where the fish get it from; algal oil. Here's where things get really interesting. ALA can actually be converted into EPA and DHA. It is a widely held belief in the nutrition world that the conversion in humans of ALA to EPA and DHA is quite poor: 1% in infants and less than 1% in adults. This however is far from the full story. The percentage of ALA that converts to EPA and DHA hinges upon our diets.

The same enzyme that converts ALA to EPA and DHA is used in the conversion of omega 6 fatty acids to useful forms. The typical Western diet as well as plant based diets contains a much greater proportion of 6's to 3's. Omega 6's are largely obtained from seed oils (grapeseed, sesame, sunflower, corn, soybean, canola, etc.) and animal products. Excess omega 6's lodge in the cell membranes of humans and animals. This forms the precursor to a large proportion of inflammatory agents in the body.

Eliminate the excess omega 6's and increase your intake of high omega 3 containing plants like flax and chia seeds and the enzyme will no longer be tied up in the conversion of omega 6's and will make plenty of DHA and EPA, which are essential for heart and brain health (cognitive function), insulin sensitivity, and are a part of the membrane of every cell in your body.

An omega 3 rich diet promotes remarkable growth of butyrate in the colon, increased cell membrane fluidity, which results in improved cellular communication, and increased anti-inflammatory markers in your body. Here is how you can turn the tables of the 3:6 ratio in your body:

- 1 cup whole flax seeds has an omega 3:6 ratio of 3.73 (1 cup contains almost 20,000 mg of omega 3)
- 1 cup of whole chia seeds has an omega 3:6 ratio of 3.06
- 1 cup chopped walnuts (117 g) has an omega 3:6 ratio of approximately 0.20 (best 3:6 ratio in any nut)

Here is a good place to start:

1. Add greens ($\frac{3}{4}$ of the blender – PACK it in)
2. Add 1 – 2 C frozen fruit that has been thawed on the stove + 3 ripe bananas
3. Add filtered water to the level of the greens
4. Blend well
5. Add $\frac{1}{2}$ C – $\frac{3}{4}$ C chia/ flax
6. Blend well

(check out www.goodbyelupus.com for more information)

Sources:

(<https://pubmed.ncbi.nlm.nih.gov/19664246/>) .

<https://www.myfooddata.com/articles/high-omega-3-foods.php>

<https://vegfaqs.com/omega-3-to-6-fat-ratios-oils/>

Bible Insight

Proverbs 12:28 KJV

In the way of righteousness is life; and in the pathway thereof there is no death.

What is the way of Righteousness?

John 14:6 KJV

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Jesus is the way of righteousness, and righteousness is love because God is Love. Therefore, in Jesus and His Father there is no death.

Contact Details

Website: www.FatherofLove.info

Youtube: www.youtube.com/@FatherofLoveFellowship

Email: fatheroflovefellowship@gmail.com

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Donation Details:

- *Paypal:* fatheroflovefellowship@gmail.com
- *Zelle:* fatheroflovefellowship@gmail.com
- Cash or Check – Mail to:

Father of Love Fellowship
145 Savannah Shores Drives
Delano, TN 37325

- To go straight to our PayPal donation page, please click [here](#).

Father of Love Fellowship shares the truth about who the God of the Bible and His Son, Jesus Christ, are, for this is life eternal (John 17:3). It's common knowledge that God is love, but what does that actually mean? We share this message in print, sermons, booklets, and books. We fund a number of missionaries and translators across the world as well. To support our work, visit our website: www.fatheroflove.info or click [here](#).

He whose heart is aglow with the love of Christ will regard it as not only a duty, but a pleasure, to aid in the advancement of the highest, holiest work committed to man—the work of presenting to the world the riches of goodness, mercy, and truth.

Acts of the Apostles 338.3