

*CHICK MONTGOMERY*  
*5912 Wheelhouse Lane*  
*Agoura Hills, CA 91301*

August 3, 1994

Dear Fellow Traveller,

About 70 of us will soon be sharing the experience of touring the land of the Master. We have only ten days there, and I want all of us to be fully awake and alert to enjoy the experience to the fullest, and that's why I'm sending this information to the entire tour list, kindly provided by Berkeley.

It's a fact that "jet lag" can seriously debilitate you for up to two weeks on eastbound flights involving time zone shifts of 7 hours or more, precisely the kind of trip we are all about to make. The U.S. Sandia Labs program (summarized on the back of this letter) combines diet, sleep, activity, social cues, and the punctuated use of methylated xanthines (found in coffee and tea) to adjust the body's numerous clocks quickly to the new time zone.

Anti-Jet-Lag: Start preparing yourself immediately, by doing the following:

1. Start eating high protein breakfasts and lunches, and high carbohydrate dinners.
2. Temporarily discontinue use of coffee, tea, chocolate, colas and other caffeine.
3. Read and follow the enclosed specific day-by-day instructions. (over)

Song: Also enclosed is a simple song I wrote for the occasion of Jesus' 2000th Birthday, which I hope we will sing along with other songs being coordinated by Barbara Hester. Learn it if you have time, and perhaps figure out a harmony suitable to your range.

Contemporary Jerusalem Map: Also enclosed is a map of Jerusalem, (on the back of the song sheet,) showing the route of our walking tours there.

Maps of Jesus' Travels: Also enclosed is a set of 6 charts based on descriptions of Jesus' journeys and morontia appearances in *The URANTIA Book*.

I grow more and more excited each day as the time draws nearer when we will set foot in this ancient land, the land of the Master, of Machiventa and Abraham, of the ancient patriarchs and prophets, a land traditionally torn by strife, and today apparently on the eve of a new era of peace! How blessed we are to be coming together at this time, in this place.

I look forward to seeing you, old friends, and meeting you new ones, remembering that "a stranger is a brother you haven't met yet." I know that within a few days, we will all be family, a very special family of spiritual brothers and sisters sharing a very special experience. God bless you all. See you so very soon!

Chick 

# Anti-Jetlag Program

## For August 1994 flight from USA to ISRAEL

### DEFINITIONS:

Daily diet: Every day! High-protein breakfasts, high-protein lunches, and high-carbohydrate dinners.

High Protein: Meat, fish, poultry, eggs, milk, beans, etc. Promotes steady, long-lasting energy.

High Carbohydrate: Bread, pasta, fruit, vegetables, sugar, etc. Promotes energy surge followed by sleepiness.

FEAST-FAST program: Alternating days of light & heavy eating to prepare the body for a major circadian shift.

FEAST Day: Eat all you want. 2000-3000 calories per day is ideal. (Protein breakfast & lunch, carbo dinner.)

FAST Day: Eat sparingly: 600-800 calories per day is ideal. (Again, protein breakfast and lunch, carbo dinner.)

Methylated Xanthines: Caffeine and related substances found in coffee, tea, chocolate, and cola drinks. They have the effect of pushing body clocks back if taken in the morning, and forward if taken in the evening. Punctual use of these substances as scheduled is a central feature of the program of resetting body clocks to counteract jet lag.

Mon, Aug 8: Discontinue intake of caffeine and other methylated xanthines for the next three days. Today is a **FEAST** day. Get to bed early.

Tue, Aug 9: Get up early. Today is a **FAST** day. Get to bed early.

Wed, Aug 10: Get up early. Today is a **FEAST** day. Get to bed early.

Thu, Aug 11: The morning of your flight: Get up early. Today is a **FAST** day.  
Prepare some protein snacks to take on the plane with you, in case protein isn't available.  
Drink plenty of water while on flight to combat in-flight dehydration.  
Stay active all day, reading, writing and/or talking while on flight. **DON'T NAP!**  
Skip dinner, or have a light snack at about 5:30 origin time.  
At 6:00 p.m. origin time, drink 1 or 2 cups of black coffee (or strong tea).  
... and then ...  
**RESET YOUR WATCH TO DESTINATION TIME.** (PST+10, MST+9, CST+8, EST+7)  
Immediately go to sleep! (Yes, after all that coffee! and even though it's early evening hometown time!) At least close your eyes and rest.  
Suggestions: Get pillows and blankets. Turn off light, and close window shade. Use eye shades and/or ear plugs. Think warmth and heaviness. Meditate. (If changing planes, do your best to simulate sleep and rest; don't socialize. Nap.)

Fri, Aug 12: Still on the plane: Don't oversleep. 1/2 hour before breakfast destination time, get active! Stretch, wash your face, exercise, socialize, read and/or write.  
Have a big breakfast with 1 or 2 cups of black coffee, between 6 and 7:30 destination time.  
This is a **FEAST** day. Remain active! Don't nap today!

Get to bed at a reasonable hour, destination time. This will take discipline because you'll be excited meeting everyone at the hotel, and it will be the middle of the day origin time. You'll be tempted to stay up until 2:00 a.m. or later. Don't do it. Remind others to get to bed too.

Sat, Aug 13: Don't oversleep. Get up for breakfast. Discontinue **FEAST-FAST** program; eat moderately. Continue protein breakfasts, protein lunches, and carbohydrate dinners. Get to bed at around midnight. Conform to destination time schedules. Don't revert to hometown timetables. Resume your regular caffeine intake until three days before your scheduled return to the USA. (The westbound jet-lag program is altogether different, and I'll share it with you in Israel.)

# HOSANNA!

Words and Music by Chick Montgomery

To be sung every thousand years in Bethlehem

August 21, 1994 - August 21, 2994 - August 21, 3994 - etc.

F C7 F C7  
Oh! Ho - san - na! The Lord is born to - day! Two\*

F C7 Gm C7  
thou - sand years a - go this ve - ry town, this ve - ry day! He showed the

F C7 F7 Bb  
way to Hea - ven; it is the way of Love, for

Bb F C7 F  
ev - ery one you meet on earth and for the Lord a - bove! Oh - oh - oh

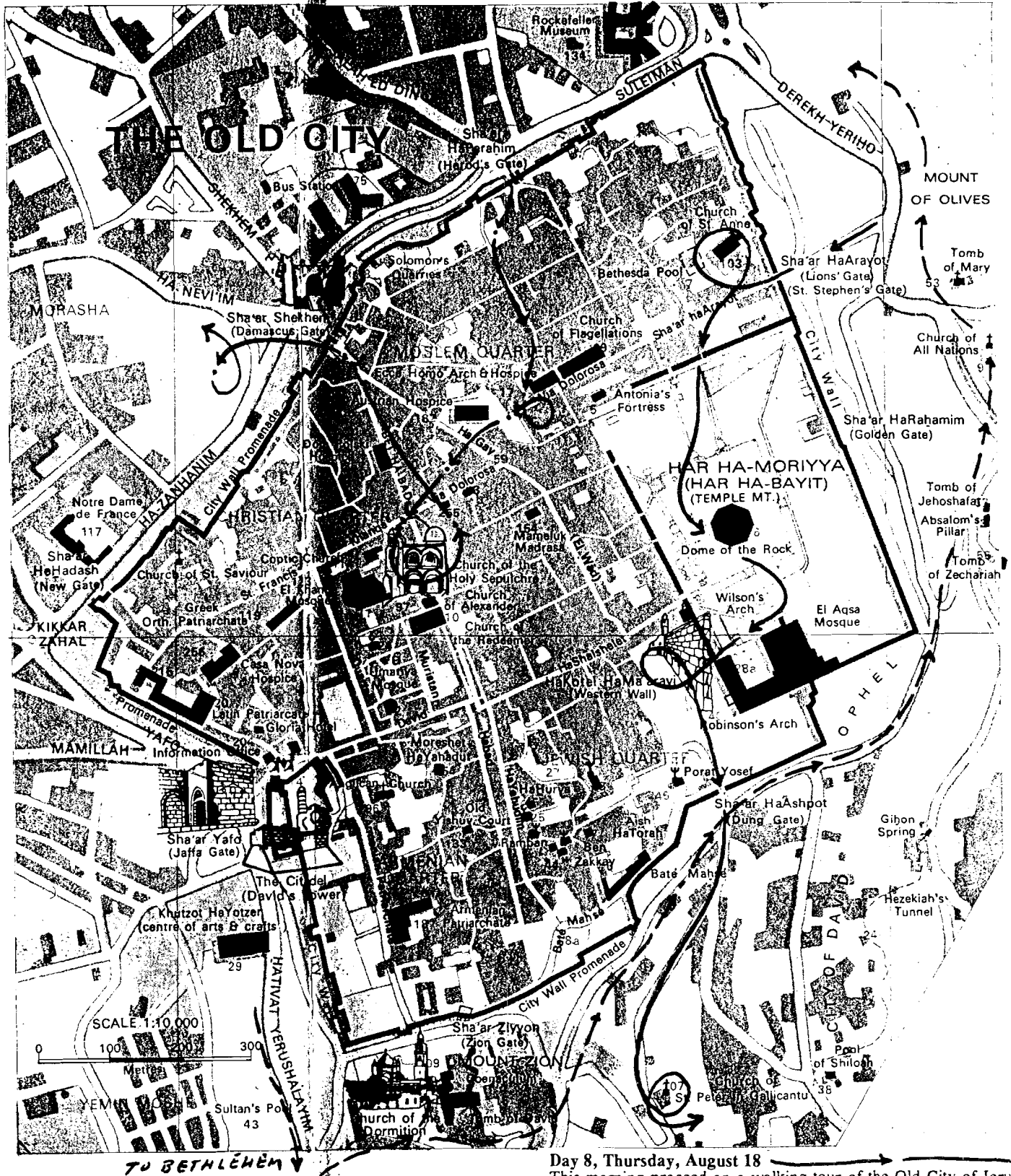
F (Refrain) F F7 Bb  
Oh! Ho - san - na! Oh! Ho - san - na!

Gm C7 F C7 F  
Oh! Ho - san - na to the Lord a - bove! (Oh - oh - oh)

2 Oh! Hosanna! From Heaven He came down!  
Two\* thousand years ago, this very day, this very town.  
And He remains beside us, His Spirit guides us still  
In seeking truth in walking in the Father's holy will. (Refrain)

3 Oh! Hosanna! The Lord is born I know!  
This very day, this very town, two\* thousand years ago.  
And He'll return, I know it. Yes, He will come again  
To shed the light of love abroad within the hearts of men. (Refrain)

\* Increase by one each millenium.



**Day 11, Sunday, August 21** —————→

This morning drive to Bethlehem for church services. Then visit the Church of the Nativity and see the manger where Jesus was born and Shepherd's field. Time to shop for wood carvings before driving to Mt. Zion to see the Upper Room, traditional site of the Last Supper. Visit the Church of All Nations on the Rock of Agony before continuing to Mt. Olivet to the Garden of Gethsemane and walk along the ancient olive trees, viewing the Kidron Valley. Visit the Chapel of the Ascension and the Church of Pater Noster enroute to your hotel.

**Day 8, Thursday, August 18** —————→

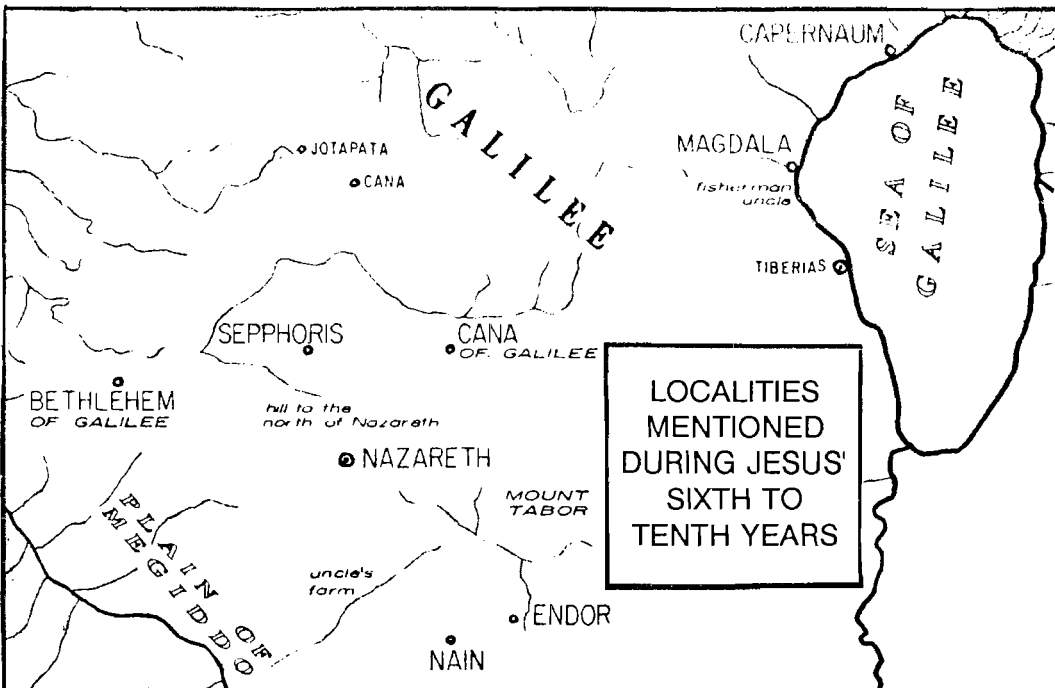
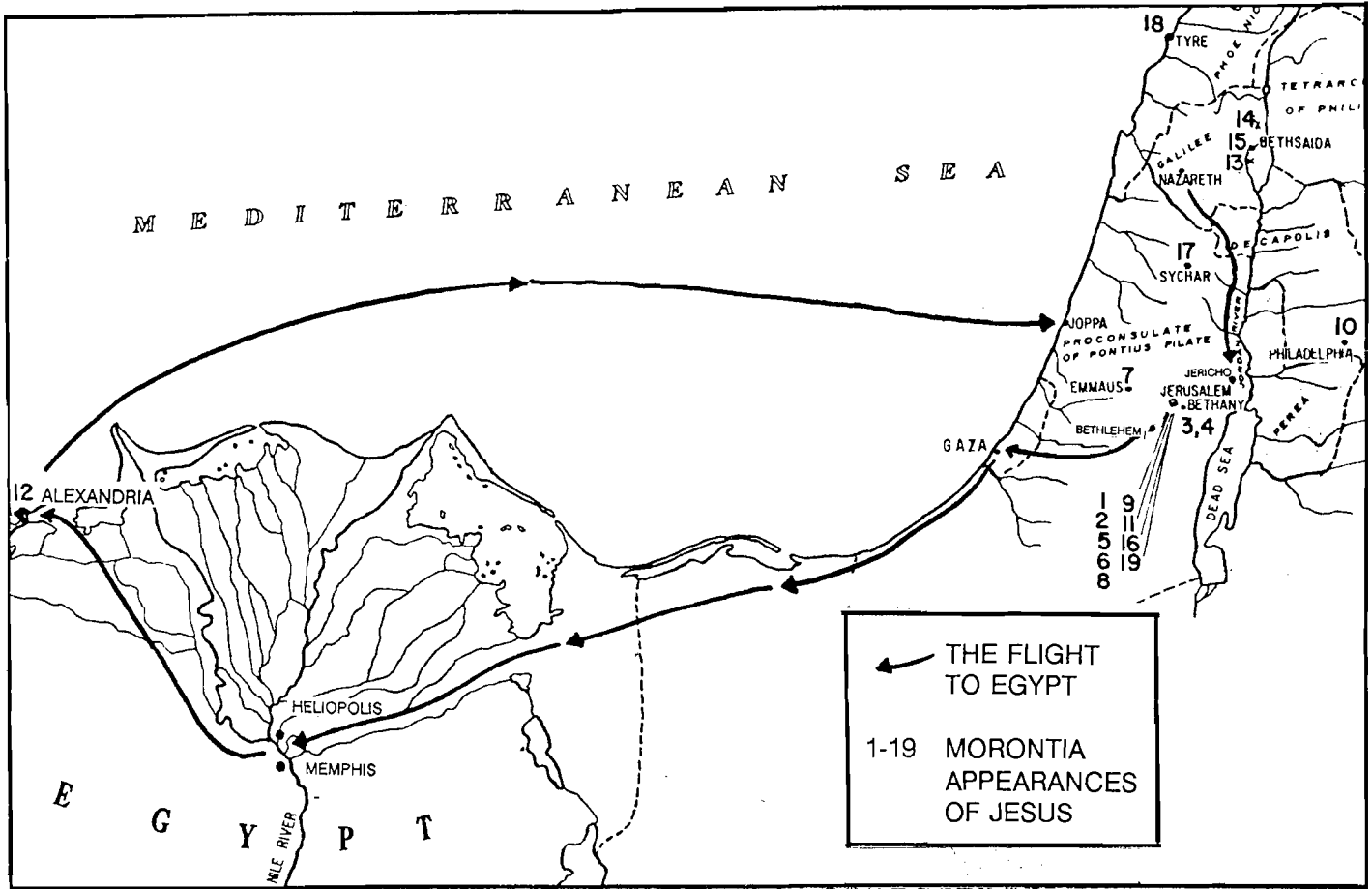
This morning proceed on a walking tour of the Old City of Jerusalem. Enter St. Stephen's Gate. Visit St. Anne's Church and the Pool of Bethesda where Jesus healed the crippled man. Continue to the Temple Area. See the Dome of the Rock, the El Aqsa Mosque and the Wailing Wall. Exit via the Dung Gate to St. Peter's in Gallicantu. View the Valley of Gehenna and the Pool of Siloam.

—————→

This afternoon enter Herod's gate to the Roman Praetorium, beneath the Sister of Zion Convent, and the Ecce Homo Arch. Follow in the footsteps of Jesus as you walk the Via Dolorosa, the traditional way of the Cross to the Church of the Holy Sepulchre. Leave the Old City through the Damascus Gate. End your inspiring visit at the Garden Tomb, believed by many to be Golgotha.

# Chart I

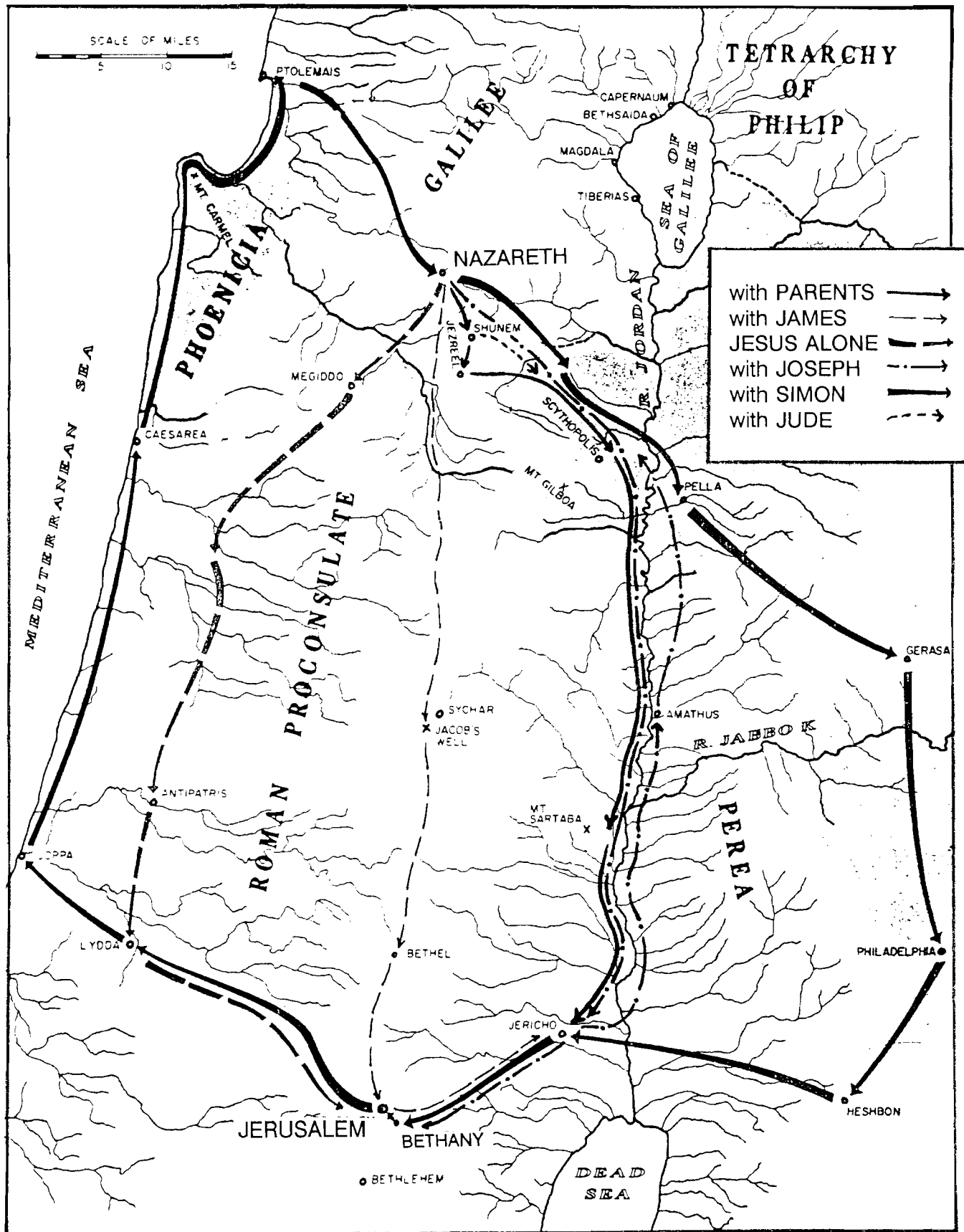
## EARLY YEARS AND FINAL APPEARANCES

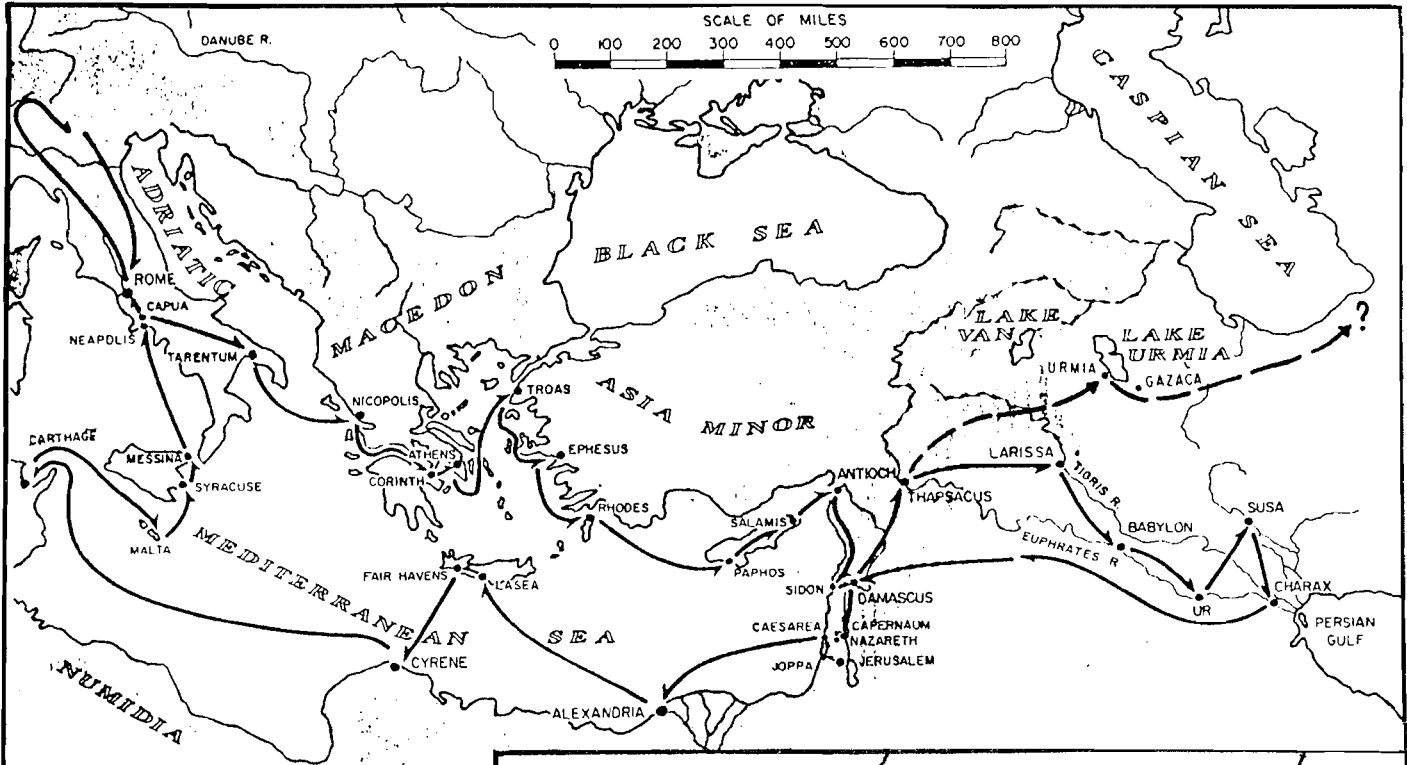


This series of 6 charts was prepared by reducing and combining a 17-map set originally published November, 1959 by URANTIA Foundation, Chicago.

by  
Chick Montgomery  
August, 1994

# Chart II - JESUS' TRIPS TO THE PASSOVER





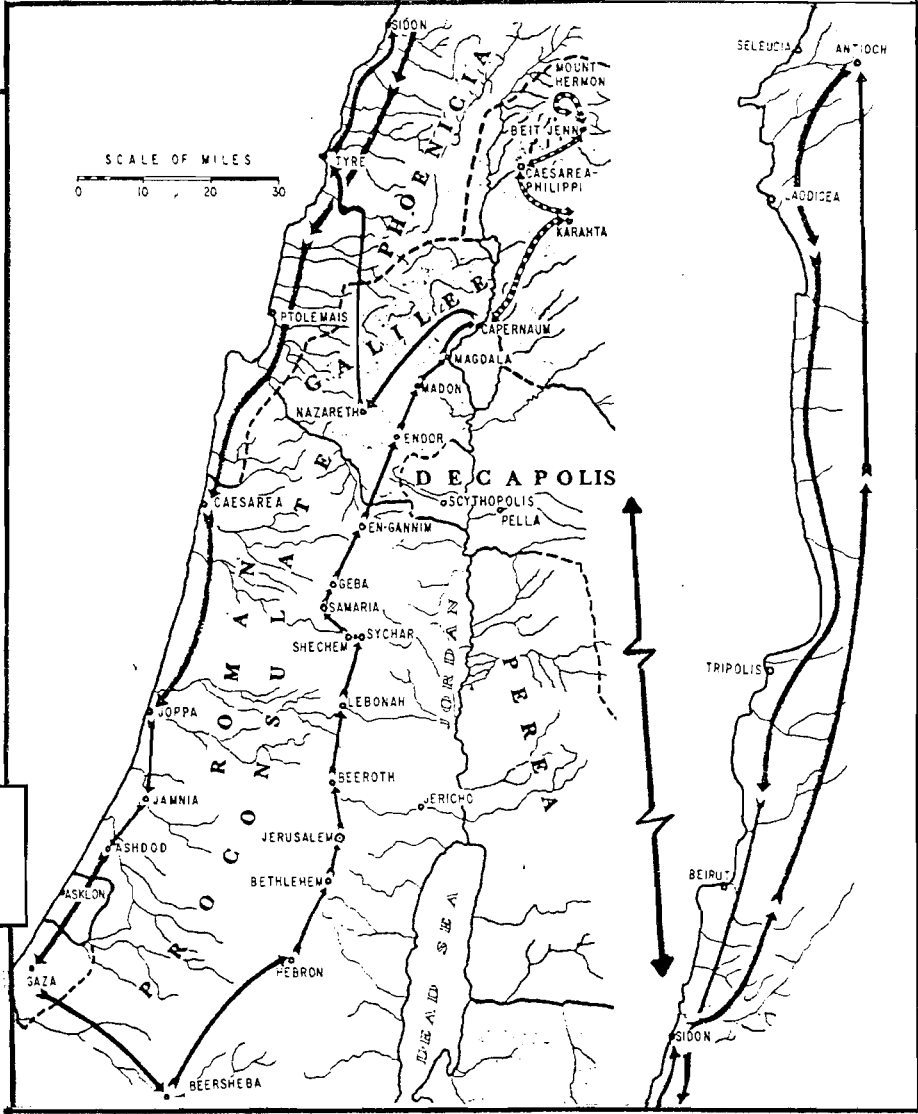
THE TOUR OF THE ROMAN WORLD AS A TUTOR

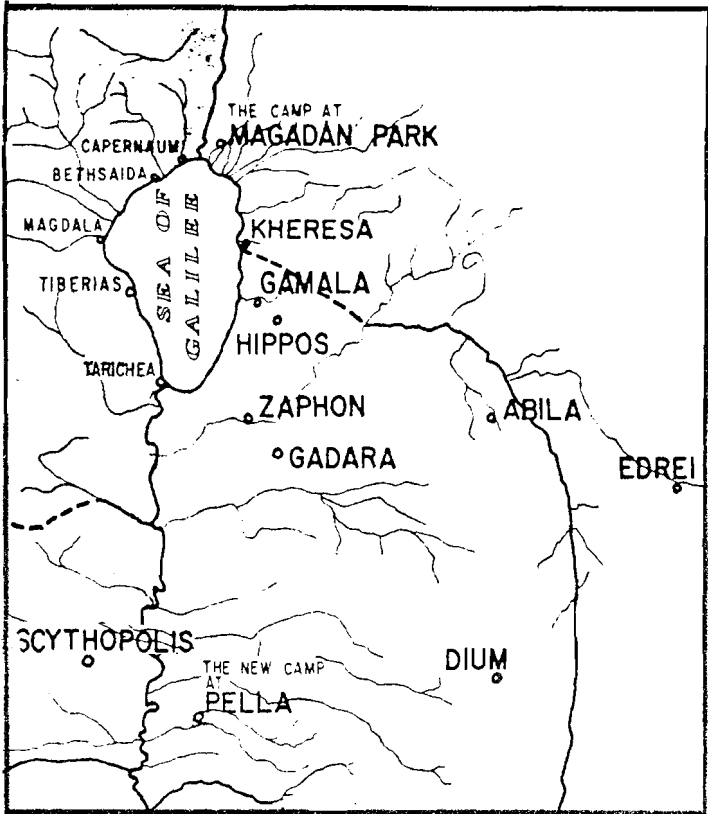
THE TRIP TO THE CASPIAN AS CARAVAN LEADER

**Chart III**

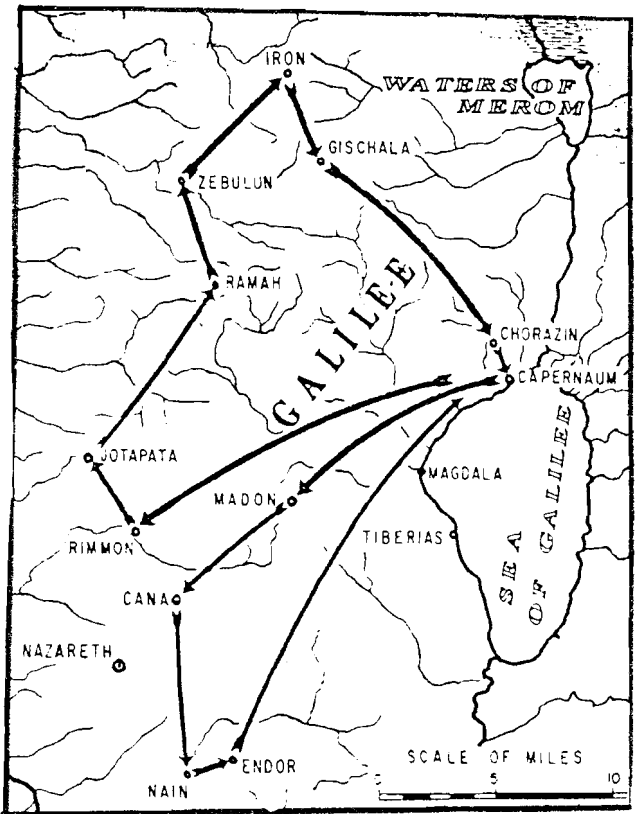
**JESUS' PRE-MINISTRY JOURNEYS**

THE 31st YEAR: SOLITARY WANDERINGS



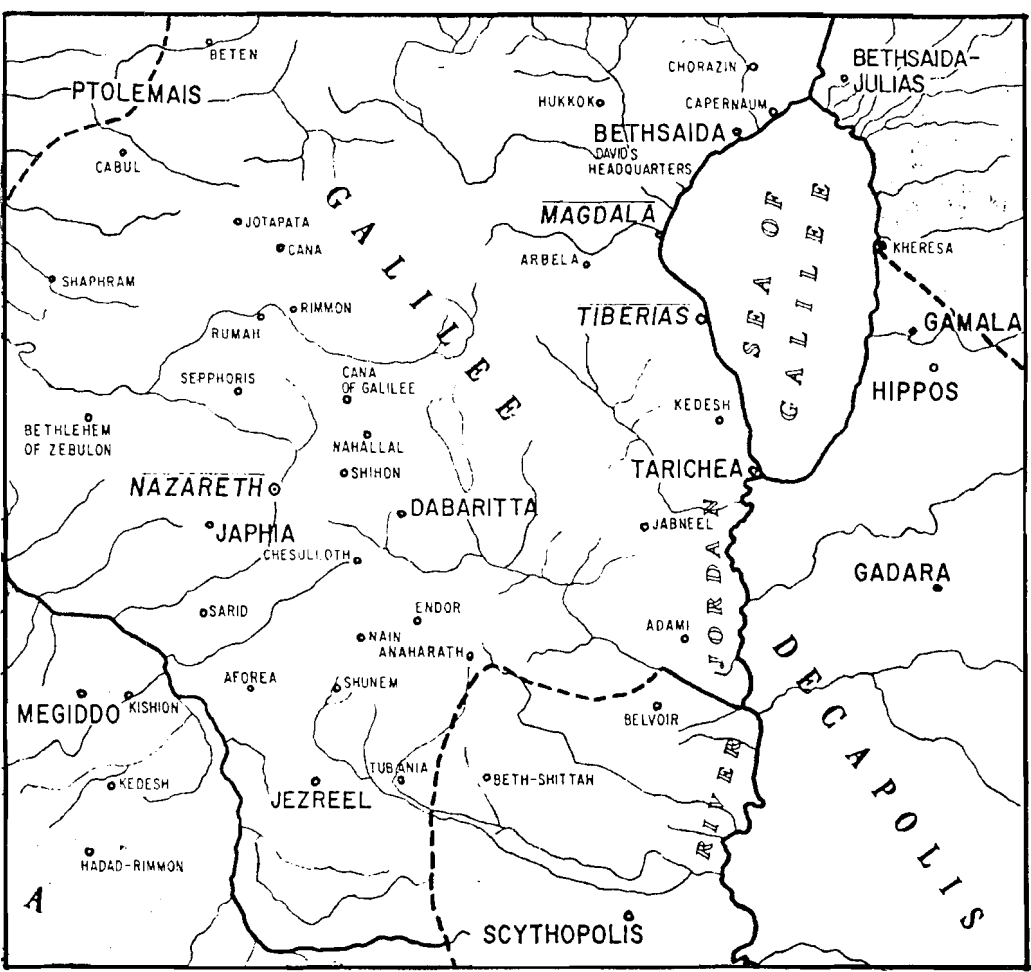


THE TOUR OF THE DECAPOLIS



FIRST PREACHING TOUR IN GALILEE

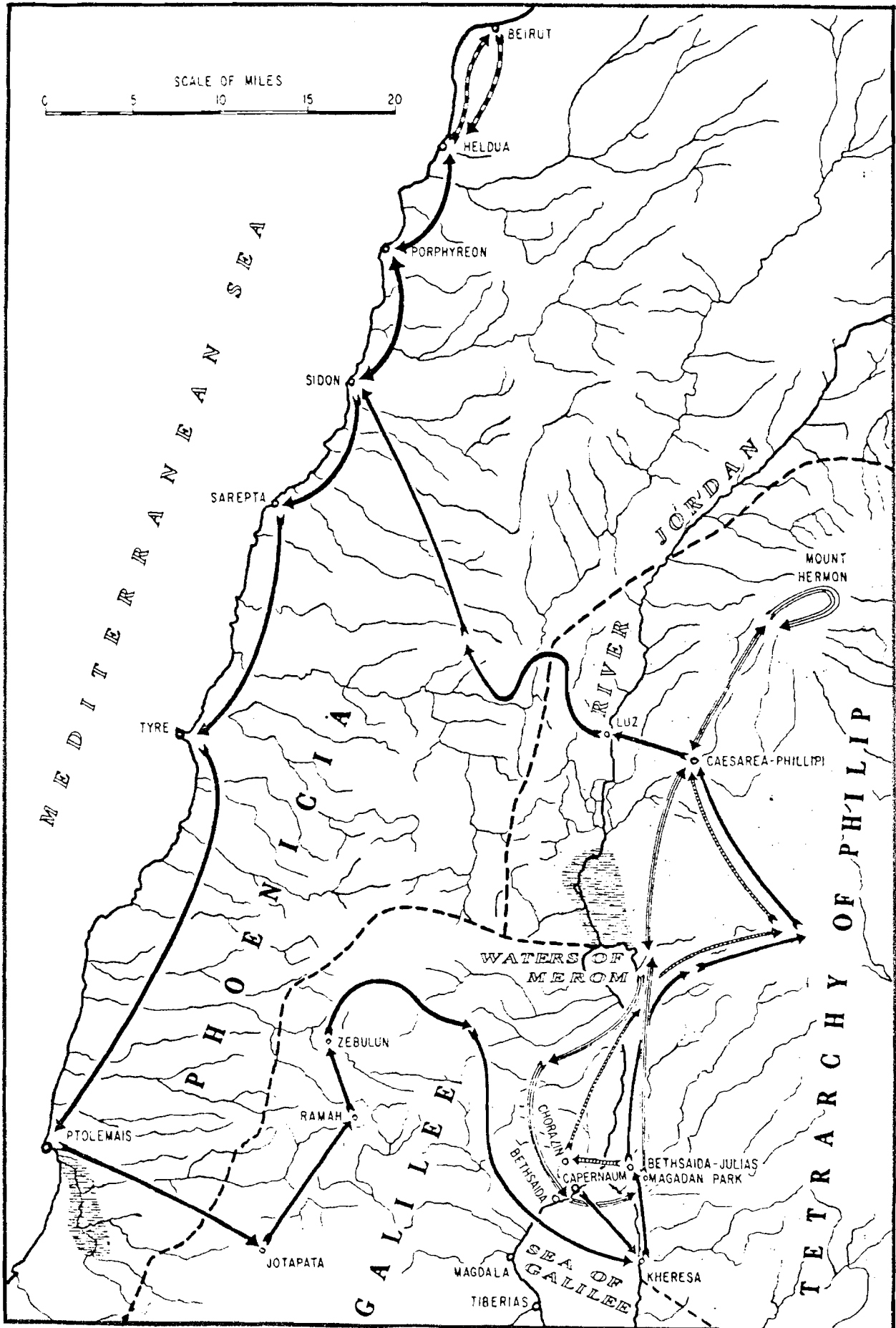
THE SECOND AND THIRD PREACHING TOURS



**Chart IV**  
**JESUS' EARLY MINISTRY**



# Chart V - THE FLIGHT FROM CAPERNAUM



# Chart VI - THE PEREAN MISSION

