



WE BELIEVE: The all-wise loving God created all things in the universe by His Soon, Jesus Christ. He

is the Owner and Sustainer. He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh. The Holy Spirit, Jesus' representative on earth convicts of sin, guides into truth, and gives strength to overcome all

unrighteousness. The Bible is the record of God's dealings with mankind and the standard of all doctrine, the Ten Commandments are the transcript of His character and the foundation of all enduring reform. His people, in harmony with God's word and under the direction of the Holy Spirit call all men everywhere to be reconciled to God through faith in Jesus. Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

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"As we behold the restless ocean and the sea and waves roaring, we think of the mighty power of God with whom we have to do. And all who accept of Jesus Christ are brought into close relationship with God." –*Manuscript Releases*, vol. 20, p. 323

"Christ came to teach human beings what God desires them to know. In the heavens above, in the earth, in the broad waters of the ocean, we see the handiwork of God. All created things testify to His power, His wisdom, His love. But not from the stars or the ocean or the cataract can we learn of the personality of God as it is revealed in Christ." –Counsels For the Church, p. 75

"It is the love of Christ that makes our heaven. But when we seek to tell of this love, language fails us. We think of His life on earth, of His sacrifice for us; we think of His work in heaven as our advocate, of the mansions He is preparing for those who love Him; and we can but exclaim, 'O the heights and depths of the love of Christ!' As we linger beneath the cross, we gain a faint conception of the love of God, and we say, 'Herein is love, not that we loved God, but that He loved us, and sent his Son to be the propitiation for our sins.' But in our contemplation of Christ, we are only lingering round the edge of a love that is measureless. His love is like a vast ocean, without bottom or shore." *–Lift Him Up*, p. 248

"Having undertaken the work of man's redemption, the Father would spare nothing, however dear, which was essential for the completion of His work. He would make opportunities for men; He would pour upon them His blessings; He would heap favor upon favor, gift upon gift, until the whole treasury of heaven was open to those whom He came to save. Having collected all the riches of the universe, and laid open all the resources of His divine nature, God gave them all for the use of man. They were His free gift. What an ocean of love is circulating, like a divine atmosphere, around the world! What manner of love is this, that the eternal God should adopt human nature in the person of His Son, and carry the same into the highest heaven!" –That I May know Him, p. 19

"Christ came to this world and stood before men with the hoarded love of eternity. The whole ocean of divine love was flowing forth from its great center. The Father, the Son, and the Holy Spirit were working in behalf of man. Every power in the heavenly universe was put into activity to carry forward the plan of redemption. The cross of Calvary was erected, and while we were yet sinners, Christ died for us. The Just suffered for the unjust, that He might become the justifier of all who believe in Him. He took human nature upon Himself, that He might be a partaker with us in all our temptations. He clothed His divinity with humanity, that by enduring the agony of the cross, He might make His soul an offering for sin." –The Review and Herald, January 7, 1902

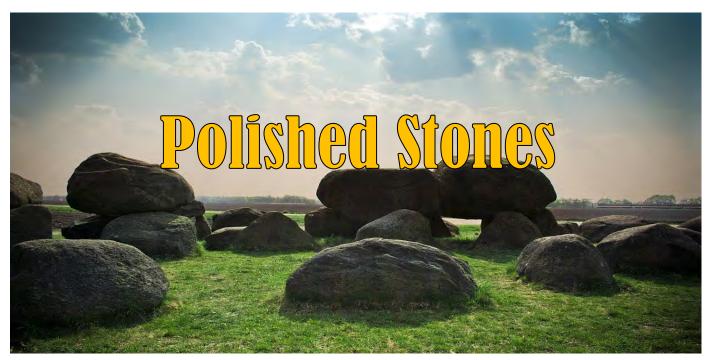
"We have an inexhaustible storehouse, an ocean of love in the God of our salvation. He has placed in the hands of Christ all the treasures of the heavenly resources and says, 'All these are for man, in order to convince fallen, sinful man of My love, . . . and that for his happiness I am working and will work.' The happiness of man is to know God and Jesus Christ whom He hath sent. It was to make this vast treasure house of all good available that the Word became flesh and dwelt among us. He sprinkled every gift with His own blood.... The gift to our world in sending Jesus is an exhibition of His grace which God Himself cannot surpass.... But one thing is impossible with God--the power of eclipsing the greatness of His gift in showing His love for fallen man." – That I May Know Him, p. 338

"The Lord has instructed us to call God our Father, to regard Him as the fountain of paternal affection, the source of the love that has been flowing from century to century through the channel of the human heart. All the pity, compassion, and love which have been manifested in the earth have emanated from the throne of God, and, compared to the love that dwells in His heart, are as a fountain to an ocean. His love is perpetually flowing forth to make the weak strong, to make the fainthearted firm, and give moral courage to the wavering. God works through Christ, and man may come unto the Father in the name of the Son. Our science and our song is 'Hear what the Lord hath done for my soul.'" –The Signs of the Times, March 5, 1896

I saw that we must be more like Jesus. Everything in heaven is in perfect order, and the events of the judgment will come in perfect order. . . . 'Press together, press together, press together, press together, press together, press together, lest the sheep be scattered. Love one another as I have loved you. Swim, swim, swim, plunge deep, deep, deep in the ocean of God's love. Come into a nearness with God.' I saw that we must overcome perfectly and get the victory over the powers of darkness. "—Manuscript Releases, vol. 12, p. 251

Ellen G. White

NOVEMBER 2021



In our life we begin as a rough stone, without shape, useless and worthless. Some stones will be taken by the artist to his studio where he will start shaping them, and working on them, giving them ten thousand blows with the hammer and chisel, and polishing them for many days. Finally there are pieces of art and images of important people appear in the rough stones.

People will admire the beautiful images. The other stones that the artist passed by will remain in the field and gather moss. Their life is peaceful, no hammer blows, no polishing.

Which one of these stones do you want to be—a stone on the artist's bench, or the one gathering moss?

Who is the artist? Jesus; He is the Master artist. He puts His own image on the stones, but it takes time and effort. Naturally, people are in the image of Satan—selfish, covetous, jealous, envious, dishonest, impatient, world-loving and pleasure-loving. With these characteristics we are born into this world. What is the difference in the value of these stones? The rough stones in the field have no value; farmers usually throw them out.

We read in Isaiah, "Behold, the nations are as a drop of a bucket, and are counted as the small dust of the balance: behold He taketh up the isles as a very little thing. All nations before Him are as nothing: and they are counted to Him less than nothing, and vanity." Isaiah 40:15, 17

But, the stones which contain the image of Jesus are very precious. "And He shall sit as a refiner and purifier of sliver: and He shall purify the sons of Levi, and purge them as gold and silver, that they may offer unto the LORD an offering in righteousness." Malachi 3:3

"Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before Him for them that feared the LORD, and that thought upon His name. And they shall be Mine, saith the LORD of hosts, in that day when I make up My jewels; and I will spare them, as a man spareth his own son that serveth him." Malachi 3:16–17

These stones God will keep for eternity, and the other stones will be cast into the lake of fire. Even many of the angels in heaven decided not to serve God anymore, and lived their own lives instead. These angels became demons and they also will be cast into the lake of fire. But, the precious stones like Enoch, and Elijah, God will save for eternity. Also in the last days, there will be 144,000 precious stones, who will have eternal life.

What is special about these precious stones that God saves? "And in their mouth was found no guile: for they are without fault before the throne of God." Revelation 14:5. All others lived a wasted life, with no value or good purpose. Many children will also be lost, because their parents did not take time to teach them of Jesus.

Sister White writes that the first three years in a child's life are the most important years to teach them. "The Foundation is Laid in the First Three Years. Mothers, be sure that you properly discipline your children during the first three years of their lives. Do not allow them to form their wishes and desires. The mother must be mind for her child. The first three years is the time in which to bend the tiny twig. Mothers should understand the importance attaching to this period. It is then

that the foundation is laid.

"If these first lessons have been defective, as they very often are, for Christ's sake, for the sake of your children's future and eternal good, seek to repair the wrong you have done. If you have waited until your children were three years old to begin to teach them self-control and obedience, seek to do it now, even though it will be much harder." –Child Guidance, p. 194

Many parents neglect the first years in their children's lives; in the later years, children will start planning their own lives, and parents have lost the opportunity to bring their children to salvation. Children will one day curse their parents for neglecting to teach them to serve God in their early years, and they become selfish from the example of their parents.

Many professing Christians are like the fig tree, full of leaves but no fruit in it. "Now in the morning as He returned into the city, He was hungered. And when He saw a fig tree in the way, He came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward for ever. And presently the fig tree withered away. And when the disciples saw it, they marvelled, saying, How soon is the fig tree withered away!" Matthew 21:18–20

Another servant was also cast out. "And He said unto His disciples, There was a certain rich man, which had a steward; and the same was accused unto him that he had wasted his goods. And he called him, and said unto him, How is it that I hear this of thee? give an account of thy stewardship; for thou mayest be no longer steward." Luke 16:1–2. All our goods and money belong to God, and we must give an account to God as to how we spend it.

Another neglected duty we find in Matthew 20:3, "And He went out about the third hour, and saw others standing idle in the marketplace." Many professing Christians will be lost in the end by not fulfilling their duty faithfully. They will hear the terrible words—too late. Now they want their salvation as the people in the time of Noah—millions wanted to enter into the ark, but it was too late, the door was closed.

Professing Christians waste their time, their money, and their opportunities. Paul said in 1 Corinthians 7:29, "The time is short." In Jeremiah 8:20 we read, "The harvest is past, the summer is ended, and we are not saved." We read in Mark 13:33, 26, "Take ye heed, watch and pray: for ye know not when the time is. Lest coming suddenly He find you sleeping."

"It is the work that we do or do not that tells with tremendous power upon our lives and destinies. God requires us to improve every opportunity for usefulness that is offered us. Neglect to do this is perilous to our spiritual growth. We have a great work to do. Let us not pass in idleness the precious hours that God has given us in which to perfect characters for heaven. We must not be inactive or slothful in this work, for we have not a moment to spend without a purpose or object." – *Testimonies for the Church*, vol. 3, p. 540

"Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time.

"The value of time is beyond computation. Christ regarded every moment as precious, and it is thus that we should regard it. Life is too short to be trifled away. We have but a few days of probation in which to prepare for eternity. We have no time to waste, no time to devote to selfish pleasure, no time for the indulgence of sin. It is now that we are to form characters for the future, immortal life. It is now that we are to prepare for the searching judgment." –Christ's Object Lessons, p. 342

A girl was working very hard late at night. Someone asked her why she worked so hard, and she said, "My candle is almost gone, and I haven't got another." Is this not our life? We have only one life, and when it is gone, we have no more time, no more opportunity.

Judas lived a wasted life. He could have continued with the other disciples, he could have been saved, and have eternal life, but he wasted it all.

Many will make wrong decisions because of selfishness, just like Judas. God hates selfishness. Sister White writes that selfishness is a principle of Satan (*Testimonies for the Church*, vol. 7, p. 176).

"I saw that the Israel of God must arise and renew their strength in God by renewing and keeping their covenant with Him. Covetousness, selfishness, love of money, and love of the world, are all through the ranks of Sabbathkeepers. These evils are destroying the spirit of sacrifice among God's people. Those that have this covetousness in their hearts are not aware of it. It has gained upon them imperceptibly, and unless it is rooted out, their destruction will be as sure as was Achan's. Many have taken the sacrifice from God's altar. They love the world, love its gain and increase, and, unless there is an entire change in them, they will perish with the world. God has lent them means; it is not their own,

but God has made them His stewards. And because of this, they call it their own and hoard it up. But, oh, how quick, when the prospering hand is removed from them, it is all snatched away in a moment!" *–Ibid.*, vol. 1, p. 140

A selfish person will not be in heaven. Mismanaging money or time will close heaven to us. In the world, we have seven billion people, and they all could be saved. There are two and a half billion Christians in the world; they all could be saved. But, many are making wrong decisions in life, and are lost eternally.

We sing in a hymn, "Work for the night is coming; Work through the morning hours; Work while the dew is sparkling; Work 'mid springing flowers; Work while the day grow brighter, Under the glowing sun; Work for the night is coming, When man's work is done."

Be not an idle and useless stone in the field, but be a stone in the spiritual building of God, where Jesus is the cornerstone, fulfilling the purpose of life. Amen.

Timo Martin

"Nothing can happen in any part of the universe without the knowledge of Him who is omnipresent. Not a single event of human life is unknown to our Maker. While Satan is constantly devising evil, the Lord our God overrules all, so that it will not harm His obedient, trusting children. The same power that controls the boisterous waves of the ocean can hold in check all the power of rebellion and of crime. God says to one as to the other, 'Thus far shalt thou go, and no farther.'" – The Faith I Live by, p. 61

"Shall we refuse obedience to the Source of all power, whose law even the sea and the waves obey? Shall I fear to trust myself to the protection of Him who has said that not a sparrow falleth to the ground without the notice of our heavenly Father?" –Testimonies for the Church, vol. 4, p. 288

"In every precept that Christ taught, He was expounding His own life. God's holy law was magnified in this Living Representative. He was the revealer of the infinite mind. He uttered no uncertain sentiments or opinions, but pure and holy truth. 'Every one that is of the truth,' He said, 'heareth My voice.' He has built no walls so high that the nations of the earth cannot be benefited by His light-bearers, His representatives. He invites men to take a close view of God in Himself, in the infinite love therein expressed. 'For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.' He so loved the world that He could give nothing less. Having undertaken the work of man's redemption, the Father would spare nothing, however dear, which was essential for the completion of His work. He would make opportunities for men; He would pour upon them His blessings; He would heap favor upon favor, gift upon gift, until the whole treasury of heaven was open to those whom He came to save. Having collected all the riches of the universe, and laid open all the resources of His divine nature, God gave them all for the use of man. They were His free gift. What an ocean of love is circulating, like a divine atmosphere, around the world! What manner of love is this, that the eternal God should adopt human nature in the person of His Son, and carry the same into the highest heaven! -The Youth's Instructor, July 29, 1897



When someone says, "I will. . ." you often trust that they will do as they said.

What does the word "will" mean? There are several different ways that the word "will" can be used in the English language. For this article I will use the word will as a modal (helping) verb. People often use the word "will" in this sense in order to make promises or threats about what is going to happen in the future. It is used to indicate a person's intention to do something.

When you are in a helpful mood, you say, "I will help you." When you are angry, you may say, "I will kill you."

Have you ever had someone say to you, "I will. . . . ?" For example: "I will come visit you tomorrow," "I will buy that for you," "I will help you clean your house," etc. and then not follow through? I am sure most of us have experienced this. Sometimes people offer an excuse; but, sometimes nothing is said and the incident is ignored.

Have you yourself ever said, "I will. . . ." and not followed through? It is not very good on your character to be saying, "I will. . . ." many times and not follow through. If you do not follow through enough, people stop believing in you. Next time, you will have to say "I promise I will this time" for them to believe you, and still sometimes people break promises. When you say, "I will . . ." people expect you to follow through with what you stated that you will do.

Have you ever said "I will . . . " to God, and not followed through?

"I will be baptized at the next conference," but you change your mind at the last minute.

"I will go into full-time missionary work," but then you get a job with a good paying salary.

You are asked to preach a sermon, or give a Bible study. You say, "I will," but then you get nervous or get too busy during the week and do not follow through.

The most well-known place in the Bible that we know of where some people said, "I will . . ." but did not follow through was with Ancient Israel in the wilderness. After receiving the laws and commandments, they said, "All that the LORD hath spoken we will do." Exodus 19:8. And what happened days later? Moses was in the mountain with God, and they were dancing around the golden calf. Clearly, they did not keep their word.

Have you ever been at a conference and heard a touching sermon, and felt compelled to say, "I will . . ." the way the Israelites did? "All that the Lord has spoken, we will do." Those who have heard Brother Joel Barnedo, the General Conference Canvassing leader, give a motivational sermon about missionary work, often feel convicted and compelled to be more active in volunteer missionary work. We have thoughts of, "I will . . . " But then we get busy with the cares of this life, or we feel timid and afraid, and we do not follow through.

How good is your word? We have a saying in English that "He is a man of his word" (or woman). Meaning, what he says, he will follow through with. You can count on him. He is a man who can be expected to follow through with his promises or intentions; a truthful, trustworthy, or reliable person.

Are you this type of person? Or do you often say, "I will . . ." and not follow through with your word?

Jesus said, "For by thy words thou shalt be justified,

and by thy words thou shalt be condemned." Matthew 12:37. We often quote this verse for its obvious meaning. If we speak pleasant words we are justified, or if we speak evil words we are condemned. Our words are a reflection of our character. "For of the abundance of the heart his mouth speaketh." Luke 6:45. However, I would also like to apply this verse to the meaning of "our word." How good is our word? Do we follow through with what we say "we will do"? Or are we constantly changing our minds, so that people cannot trust us any longer? Can we be lost by not being true to our word? Can Jesus trust us? Have we made promises to Him, and not followed through? We may not have outright lied, but perhaps we got busy, or we got scared and did not follow through with our word. Our words can condemn us if we are not true to our word; the truth is, then we are liars. Be careful when you say, "I will. . ." Think before you speak.

Jesus told a parable of a man with two sons. He told them to go work in his field. The first one flat out said no (although he repented later and went). The second son, "answered and said, I go, sir: and went not." Matthew 21:30. He clearly was not a man of his word.

But, we serve a God who is always true to His word. You can read hundreds of Bible verses where God says, "I will". If He says, "I will" you can guarantee 100 % that He will. We serve a "God, that cannot lie." Titus 1:2. This gives us hope.

We will now read a few of the precious verses in the Bible where the Lord promised, "I will . . ."

"And *I will* give them one heart, and *I will* put a new spirit within you; and *I will* take the stony heart out of their flesh, and *will* give them an heart of flesh." Ezekiel 11:19

The sinner struggling to overcome sin often can get overwhelmed when they see the sinfulness of their condition, but if read the promises of God, He said *He will* take out the stony heart and will give them a heart of flesh. Oh, that all would claim this promise and pray, daily, that God would make this a reality in their lives. How much more peace and happiness would exist, in the family, the church and the world.

"Be not discouraged because your heart seems hard. Every obstacle, every internal foe, only increases your need of Christ. He came to take away the heart of stone, and give you a heart of flesh. Look to Him for special grace to overcome your peculiar faults." –Messages to Young People, p. 112

"In like manner you are a sinner. You cannot atone for your past sins; you cannot change your heart and make yourself holy. But God promises to do all this for you through Christ. You believe that promise. You confess your sins and give yourself to God. You will to serve Him. Just as surely as you do this, God will fulfill His word to you." –Steps to Christ, p. 51

"He will turn again, He will have compassion upon us; He will subdue our iniquities; and Thou wilt cast all their sins into the depths of the sea." Micah 7:19

When Jesus spoke of His upcoming death, He made sure to give His disciples hope also. He did tell them He would be leaving them, but He left them with a sure promise. "And if I go and prepare a place for you, *I will* come again, and receive you unto Myself; that where I am, there ye may be also." John 14:3

"Praise the Lord, oh, my soul! He says He has gone to prepare mansions for me: . . . Thank God! It is these mansions that I am looking to. It is not the earthly mansions here, for they are to be shaken down by the mighty earthquake erelong; but it is those heavenly mansions that Christ has gone to prepare for the faithful. We have no home here. We are only pilgrims and strangers here, passing to a better country, even an heavenly. . . . May God help us to win the boon of eternal life." – *In Heavenly Places*, p. 354

The Lord said, "And *I will* put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise His heel." Genesis 3:15

This is a beautiful promise that God made to Adam and Eve after they fell into sin. This promise gives us hope also. God said *He will* put enmity between the woman and Satan. Do we also put enmity between good and evil in our lives? We must. Many professed Christians will not put on this enmity. They like to retain sin, and believe they will be in heaven. They try to follow Jesus without letting go of the world. There must be an enmity—a division and separation between the true Christian and the world. "The reason why many find the Christian life so deplorably hard, why they are so fickle, so variable, is, they try to attach themselves to Christ without detaching themselves from these cherished idols." *–The Faith I Live By*, p. 221. They will not be saved unless they let go of the world.

In reality, the requests from the Lord are not difficult. He says: "Then shall ye call upon Me, and ye shall go and pray unto Me, and I will hearken unto you." Jeremi-

ah 29:12. "Call unto Me, and *I will* answer thee, and show thee great and mighty things, which thou knowest not." Jeremiah 33:3

All the Lord is asking here is to pray and call on Him. Then He says He will hearken unto us and He will do great things for us. That is not challenging. Just get on your knees and call to Him. The King of the Universe has time to listen to you. Do you have time to call on Him? "What a source to which we can look in all times of trouble The Lord is kind and patient and of tender compassion. He has heaven and earth at His command, and He knows just what we need even before we present our necessities and desires before Him." –My Life Today, p. 10. Make a promise to the Lord, "I will pray more often." And keep your promise.

"If ye shall ask any thing in My name, *I will* do it." John 14:14. How simple. Ask in the name of the Lord (according to His will), and He says *He will* do it.

"Incline your ear, and come unto Me: hear, and your soul shall live; and *I will* make an everlasting covenant with you, even the sure mercies of David." Isaiah 55:3. Again, this does not sound too challenging. Incline your ear—in other words, listen to Me. Come to Me . . . And you will live. *He will* make an everlasting covenant with you.

"Come unto Me, all ye that labour and are heavy laden, and *I will* give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light." Matthew 11:28–30

Here Jesus is simply saying, "Come.." There is a section in the book, *Faith and Works*, on page 64, entitled, "The Simplicity of Being Saved." It begins with. "He who will lay hold of Christ's righteousness need not wait one moment that he himself may blot out his own sins. He need not wait until he has made a suitable repentance before he may take hold upon Christ's righteousness.



We do not understand the matter of salvation. It is just as simple as ABC. But we don't understand." May God help us to understand.

"Behold, I stand at the door, and knock: if any man hear My voice, and open the door, *I will* come in to him, and *will* sup with him, and he with Me." Revelation 3:20. Just

open the door when Jesus knocks, and He will enter.

"And it shall come to pass, that before they call, I will answer; and while they are yet speaking, *I will* hear." Isaiah 65:24. "Our God is a very present help in time of need. He is acquainted with the most secret thoughts of our hearts, with all the intents and purposes of our souls. When we are in perplexity, even before we open to Him our distresses, He is making arrangements for our deliverance." *–The Upward Look*, p. 46. This is a wonderful promise. God is just waiting for you to ask. He has all your problems figured out before you pray. Just call on Him. He is not too busy to answer you.

Do you want financial stability? The Lord promises: "Bring ye all the tithes into the storehouse, that there may be meat in Mine house, and prove Me now herewith, saith the LORD of hosts, if *I will* not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Malachi 3:10. His promises are endless. They cover every facet of our lives.

Sometimes, God says, "if you. . ." and then counters with, "then I will." Is that fair? Is not salvation and God's love unconditional? We read, "The gift of God is eternal life through Jesus Christ our Lord." Romans 6:23. "A man is not justified by the works of the law." Galatians 2:16. Then why does it seem that in some places there are conditions?

"And it shall come to pass, *if* thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all His commandments which I command thee this day, that the LORD thy *God will* set thee on high above all nations of the earth." Deuteronomy 28:1

Was this an unreasonable request on the part of God? If they obey, they will be blessed. No, it was not. While it requires the help from the Lord to be able to obey, we need to have a willing heart. We must want to leave off the things of the world. Then the Lord can do mighty works in and through us. A divided heart is a weak heart; it is a heart that is on the side of the enemy. The Lord will strengthen those who desire to serve Him. All we need to do is open our heart and say "yes" to the Lord, "I will follow you and I am willing to obey. Help me."

"And said, *If* thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, *I will* put none of these diseases upon thee, which I have brought upon the Egyptians:

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for I am the LORD that healeth thee." Exodus 15:26

Again, what is God asking before He promises to bless the Israelites? He gave them dietary and hygiene laws which, if kept, would keep them healthy. Even the keeping of the Ten Commandments promotes health and happiness. Thus, He promised to keep them from illness. If they did their part, He would do His. "The work of gaining salvation is one of copartnership, a joint operation. There is to be co-operation between God and the repentant sinner. This is necessary for the formation of right principles in the character. Man is to make earnest efforts to overcome that which hinders him from attaining to perfection. But he is wholly dependent upon God for success. Human effort of itself is not sufficient. Without the aid of divine power it avails nothing. God works and man works. Resistance of temptation must come from man, who must draw his power from God. On the one side there is infinite wisdom, compassion, and power; on the other, weakness, sinfulness, absolute helplessness." -The Acts of the Apostles, p. 482

You can read many, many verses where God makes promises based upon man's obedience. Here are a few more. "But if thou shalt indeed obey His voice, and do all that I speak; then *I will* be an enemy unto thine enemies, and an adversary unto thine adversaries." Exodus 23:22. "And if thou wilt walk in My ways, to keep My statutes and My commandments, as thy father David did walk, then *I will* lengthen thy days." 1 Kings 3:14. "If My people, which are called by My name, shall humble themselves, and pray, and seek My face, and turn from their wicked ways; then *will I* hear from heaven, and will forgive their sin, and *will* heal their land." 2 Chronicles 7:14. "He that overcometh shall inherit all things; and *I will* be his God, and he shall be My son." Revelation 21:7

We must be careful, though, because Satan also makes promises. "Again, the devil taketh Him up into an exceeding high mountain, and showeth Him all the kingdoms of the world, and the glory of them; And saith unto Him, All these things *will I* give thee, if Thou wilt fall down and worship me." Matthew 4:8–9. We cannot trust his promises. He promises the world (wealth and fame), but he does not promise peace, happiness and everlasting life. Make sure to recognize and reject any promises Satan comes to you with.

Although we read many beautiful promises in the word of God, there is also the other side. He states in many places that *He will* punish the wicked. But He is patient and first tries to discipline His children. "Despise not the chastening of the LORD; neither be weary of His correc-

tion: For whom the LORD loveth He correcteth; even as a father the son in whom he delighteth. Proverbs 3:11–12. The Lord bears long with the creatures He lovingly created. He loves everyone as His cherished children. But, when they rebel and turn away from Him they reap the results of their decision.

In the time of Noah we read, "And the LORD said, *I will* destroy man whom I have created from the face of the earth." Genesis 6:7. He gave them 120 years to repent. For 120 years they heard Noah preach, and watched him build the ark. But they would not enter. They made their own choice to separate from God and His people and they paid for it with their lives—temporal and eternal.

In the time of Jeremiah, the people had very much departed from the Lord. He still loved them and first He sent them reproofs, and when those went unheeded, He took stronger measures and sent them into a foreign land to reflect upon their actions. "But if they will not obey, *I will* utterly pluck up and destroy that nation, saith the LORD." Jeremiah 12:17. "And it shall come to pass at that day, that *I will* break the bow of Israel in the valley of Jezreel." Hosea 1:5. Yet, in their exile, the Lord was still with them and He brought them back to their homeland 70 years later.

The heathen were not exempted from the threatenings from the Lord. They all had opportunity to hear the word of the Lord and repent, and when they had gone beyond the limit of God's mercy, they had to face the displeasure of the Lord. "And I *will* execute vengeance in anger and fury upon the heathen, such as they have not heard." Micah 5:15

"I will recompense their iniquity and their sin double; because they have defiled My land, they have filled Mine inheritance with the carcases of their detestable and abominable things." Jeremiah 16:18. After the Lord has borne long with His people, and they refused to repent, He finally gave up. It is a fearful thought to know that the Lord will not hear. "And when Saul inquired of the LORD, the LORD answered him not, neither by dreams, nor by Urim, nor by prophets." 1 Samuel 28:6. "Then shall they call upon Me, but I will not answer; they shall seek Me early, but they shall not find Me." Proverbs 1:28. "If I regard iniquity in my heart, the Lord will not hear me." Psalm 66:18. How fearful to think that the Lord will not answer us. But do not worry. Do you feel guilty when you sin? Then the Holy Spirit is working in your life, convicting you of your wrongdoing. It is when you reach a condition that you can do sin and wrong and not feel any guilt, that you are in danger.

The Lord also takes Sabbath observance very seriously. How easily we sometimes start to speak of things out of harmony with the Sabbath. "But if ye will not hearken unto Me to hallow the sabbath day, and not to bear a burden, even entering in at the gates of Jerusalem on the Sabbath day; then *will I* kindle a fire in the gates thereof, and it shall devour the palaces of Jerusalem, and it shall not be quenched." Jeremiah 17:27

To the church in Laodicea the Lord says, "So then because thou art lukewarm, and neither cold nor hot, *I will* spue thee out of My mouth." Revelation 3:16. This is the time period in which we are living. There are many professed Christians in the Protestant world and even in God's church who are lukewarm and believing that they are not bad, and that they will be in heaven. Yet they do not want to keep all the precepts of Jehovah. Only some. We need to each individually search our own hearts to make sure we are fully on the Lord's side, having left off any practices, thoughts, or desires for the world. "Remember Lot's Wife." Luke 17:32. She left Sodom physically, but not in thought and emotion. We must leave all for Jesus. We must serve Him in mind, body, and spirit.

However, even if we repent of our sins, sometimes there may still be consequences for our sins. I am sure Adam and Eve repented with deep sorrow, but the Lord still said to them, "Unto the woman He said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee." Genesis 3:16. Yet, the Lord will be with us in every sorrow that we face in this life. We have made mistakes, but the Lord is more than willing to forgive us and walk with us, through every trial we may face, even if it is a consequence of our sin.

Now that we have read so many beautiful promises from God, and fearful threatenings, what should we say to God? I hope we can all say, "I will follow Thee wherever You lead." This way we can benefit from the promises and avoid the threatenings.

In Psalm 119, we read of many times when David said, "I will." I will quote several and let us reflect on them and be willing to also say like He did to the Lord, "I will."

- "I will praise Thee with uprightness of heart, when I shall have learned Thy righteous judgments." (v.7). (We will be singing praises to the Lord at all times.)
- "I will keep Thy statutes." (v.8) (We will obey the Lord without question)

- "I will meditate in Thy precepts, and have respect unto Thy ways." (v.15) (We will pray without ceasing; mediating on the Lord and His precepts continually)
- "And *I will* walk at liberty: for I seek Thy precepts." (v. 45) (We will walk in freedom. Our conscience will be free when we obey the Lord.)
- "I will speak of Thy testimonies also before kings, and will not be ashamed." (v. 46) (We will not fear to share our faith, even before kings)
- "And *I will* delight myself in Thy commandments, which I have loved." (v.47) (It will be a joy for us to keep the commandments)
- "At midnight *I will* rise to give thanks unto Thee because of Thy righteous judgments." (v.62) (If we have trouble sleeping, we will give thanks to the Lord in the middle of the night)
- "I will keep Thy precepts with my whole heart." (v.69) (We will obey, not just with outward actions, but with the heart)
- "I will never forget Thy precepts: for with them Thou hast quickened me." (v.93) (Wherever we are, we will always remember the Lord)
- "I will consider Thy testimonies." (v.95) (We will also have respect to the testimonies and Spirit of Prophecy)

Trust in the Lord and you will not be disappointed. Sometimes life is an adventure when we willingly follow the Lord. We do not know what tomorrow holds. Sometimes life can be full of sorrow and trouble, but it is all in the Lord's plan. He will never leave you nor forsake you. Let us say like the prophet Habakkuk: "Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation." Habakkuk 3:17-18. And why could he say this? He had full confidence in the leading of the Lord. "The LORD God is my strength, and He will make my feet like hinds' feet, and He will make me to walk upon mine High places." Habakkuk 3:19. Yes, if we will follow the

Lord at all times, one day we will walk upon high places—heavenly places. That is the Lord's promise. Let us tell the Lord, "I will . . ." and be true to our word in return for all the great promises He made to us. Amen

Wendy Eaton

(emphases in Bible verses supplied by author)



11

NOVEMBER 2021



"In times like these, you need a Saviour, In times like these, you need an Anchor; Be very sure, be very sure Your Anchor holds and grips the solid Rock."

This was the theme of the Canadian Field Conference held on September 17–19, 2021.

After two years, it was a blessing to finally be able to have a conference once more. Due to the pandemic, the conference was cancelled in 2020. This year, we were blessed to be able to have about 47 members in the church building, while the majority had to attend virtually due to Covid restrictions, which still are in effect.

On Friday evening, after a warm welcome by Jason Climaco, Nicholas Anca, the new Canadian Field president shared with us the opening meeting.

He encouraged us to remember that this conference is not about the speakers, or leaders, but it is about Jesus. Every week as we attend church, this must be our main reason for attending.

Let us fix our eyes on Jesus. In times like these we need Him more than ever. The apostle Paul said that, "we wrestle not against flesh and blood, but against principalities and powers." Ephesians 6:12. How can we fight unless Jesus fights for us?

After Br. Anca's own baptism, a woman came up to him and told him that the fight has just started. When we leave the world and say yes to Jesus, there is a fight. We need a Saviour in this battle.

Brother Anca then went on to speak of the temptations of Jesus in the wilderness. To be tempted is not sin. Jesus was tempted in all points as we are but He did not sin. After His baptism He was led into the wilderness to be tempted by the devil. He is our Elder Brother; He took upon Himself humanity to give us a perfect example.

One of the greatest enemies man has to face is the temptation regarding appetite. You do not know how strong the battle is until you are hungry and someone offers you something to eat that is not good for you. Jesus resisted this temptation and will give everyone strength to resist. The devil tempted Eve on the point of appetite and she fell. He told her that God is holding her back. In order to overcome we must know the Scriptures for ourselves. Jesus' answer to the devil was, "Man shall not live by bread alone. . ." Matthew 4:4. Jesus said, "I am the bread of life." John 6:35. Let us feed on His word, making time every day, busy as we are, to spend time with Jesus. In times like these, we need to study the Bible more than ever.

Since the devil failed in his first temptation against Jesus, he took Him to the top of the temple and told Him to cast Himself off and the angels would save Him. What was Jesus' answer? "Thou shalt not tempt the Lord." Matthew 4:7

As we keep reading in Matthew chapter 4, after the second failure, the devil came with a third temptation (v. 8). He took Jesus to a high mountain, and showed Him all the pleasures of this world. Then he said, "All these things will I give Thee, if Thou wilt fall down and worship me." (v. 9). Again Jesus resisted and the devil left.

The devil will also leave you alone when you meet him with, "it is written." It is important to know how to gain the victory in this battle because sometimes we get discouraged. Satan has some special temptation for everyone. But the devil is a defeated foe. He was defeated in heaven and on the earth. Let us boldly take our stand on the side of Jesus.

Brother Elder Hernandez, the Canadian Field Missionary Leader, continued by giving us some words of encouragement. He began by quoting 2 Timothy 3:1. "This know also, that in the last days perilous times shall come." He began by telling of the experience when his youngest son fell and broke his arm. He was taken to the hospital and an x-ray was taken. The x-ray showed clearly how the bone was broken. Brother Hernandez compared the verses in 2 Timothy 3:2-4 to an x-ray. They are an x-ray of society today. "For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God." This is what a godless world is like. People love themselves, and self-love is at the root of all evil. Each one of us needs to reflect on the type of life we are living now. Think of our attitudes towards church and our spiritual life. How much time do you spend reading your Bible and praying? Often we get so busy with life that these get pushed to the side.

In Psalm 27:7 David prayed, "Hear, O LORD, when I cry with my voice: have mercy also upon me, and answer me." David was asking the Lord for help. Not just to listen and do nothing. The word "hear" is an action word. To us also, to hear means to pay attention to what is heard and do something—obey. In 2 Timothy 3:1–5 the people are not listening to the voice of the Lord. They are not paying attention, nor obeying. They are living in their comfort zone.

At this conference the Lord is speaking. Do we hear His voice? It is now time to come to the Lord and listen to what He is telling us. If we come to Him, He will receive us. He died for us and there is not one sin He cannot forgive. We need to reflect on our lives and think of what needs to be fixed. Listen to the voice of the Lord and obey in love.

Sabbath morning brought us together once more. After a lively Sabbath School, Brother Joel Barnedo spoke the Divine Service. He began by reading Psalm 62:8. "Trust in Him at all times; ye people, pour out your heart be-

fore Him: God is a refuge for us." We all get disappointed at times and expect better from other people. Perhaps someone failed to greet you in church, or you trained your children to be missionaries and suddenly they have left the church. Jesus was disappointed when those closest to Him forsook Him. James and John were disappointed when the Samaritans did not accept Jesus' presence among them and reacted quite strongly. They asked Jesus if He would bring fire from heaven to destroy them. Jesus rebuked them and said He did not come to destroy men's lives, but to save them.

David also faced a lot of disappointments. After killing Goliath and winning many battles for King Saul, Saul was not happy. He was jealous and threw a spear at David. David had to flee for his life and from the king. Even when he became king, David faced disappointments. Absalom, his son, tried to take over his kingdom.

Where can we find peace and security today? Some find comfort and security in a large home. Some find comfort in their career. Some youth think they will have peace in trying new and exciting things. In the height of success, though, things can change. There is no security in the world. People lose their jobs, people get life threatening illnesses. Now where is the security? Material security comes and goes.

We need to trust in the Lord at all times. In the end of time, true Christians will lose everything but it will not affect their righteous character as they have learned to trust in Jesus.

Although David sinned with Bathsheba, he found forgiveness when he repented from the bottom of his heart. Peter denied Jesus and found no peace. He was tormented, yet he found forgiveness also when he repented.

In times like these, we will find rest from our disappointments only in Jesus. Look and live. Our comfort is only in Jesus. When Jesus is in your heart, you will have peace and security.

Brother Morris Lowe began his afternoon meeting by reading from 1 Timothy 4:1. "In the latter times some shall depart from the faith." Here the Holy Spirit is speaking expressly. In the last days many will depart from the faith and give heed to doctrines of devils.

Noah preached for 120 years, telling people to repent and accept the mercy and salvation that God is offering. Not even one person outside of his family entered the ark. The people laughed and blasphemed God, and they all perished.

The majority of the Christian world today believe that the Ten Commandments have been abolished. This is a doctrine from the devil. Clearly the Bible states in 1 John 3:4 that sin is the transgression of the law, and the law of God includes all Ten Commandments—even the fourth. After Jesus died the disciples continued keeping the Sabbath.

In these last days God has a final message of warning. It is a message of judgement and mercy also. We are living in the last days now and must proclaim the Three Angel's Messages—with the third one having a terrible warning against those who receive the Mark of the Beast. Not all will worship the beast. There will be a faithful remnant. The remnant will teach the true doctrines of the Bible. May God help us to be a part of the remnant and fearlessly give a warning to the world of the times in which we are living.

Brother Joel Barnedo led out in the blessed service of ordaining Brother Nicholas Anca into the ministry. Brother Anca has been in missionary work for approximately 20 years. He attended mission school for three years in Hungary. Currently he has been working in Canada since December 2010. After giving some timely counsel regarding the duties of pastors and elders, the other pastors present laid their hands on Brother Anca and ordained him into the ministry. Let us pray that the Lord will continue to bless the work of Brother Anca.

Following the ordination was the presentation of Sister Anita Anjelic for baptism. The baptismal questions were asked, and the church was satisfied that Sister Anita has been led by the Holy Spirit in her life and is ready to be a pillar in His church. The baptism took place on Sunday.

One more service closed out our Sabbath day and that service was led by the newly ordained pastor, Brother Nicholas Anca. He began with reading Matthew 16:3. "And in the morning, It will be foul weather to day: for the sky is red and lowering. O ye hypocrites, ye can discern the face of the sky; but can ye not discern the signs of the times?" Jesus was concerned (Luke 18:8) that when He comes, will He find faith on the earth. Faith is trusting in God in difficult times.

Brother Anca then turned to Matthew 24 where the most well-known signs of the times are recorded. The disciples asked for signs of the end of the world and this was Jesus' response. We must all understand this chapter. He spoke of the various signs such as wars and rumours of wars, earthquakes, famines, pestilences, and false christs, yet many today do not believe. "Knowing

this first, that there shall come in the last days scoffers, walking after their own lusts." 2 Peter 3:3. Only one sign left to be fulfilled and that is found in v. 14 "This gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." This, though, is rapidly being fulfilled with modern technology, and on-line services. We see all these signs happening today. We are near the end, but many people still do not believe Jesus is coming soon. "Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh." Matthew 24:44. Jesus may come when we least expect it. Sadly, many refuse to believe and die without hope.

As we see the signs, we are to make earnest preparation to meet our Lord. In the end of time we will have no protection from this world. Our only protection is in God. The only solution to world problems is Jesus. "And every man that hath this hope in him purifieth himself, even as He is pure." 1 John 3:3. May the Lord help us to be ready as we allow the Holy Spirit to sanctify our lives.

On Sunday morning we gathered at the shores of Lake Ontario. The sun was shining, as we witnessed Sister Anita make her covenant with the Lord through bap-

tism. All heaven rejoiced as her old nature was buried in the waters of the lake and a new Anita was born. It was a beautiful ceremony which many members came to witness.

Afterwards Sister Anita was given the right hand of fellowship and welcomed into the family of God by Brother Morris Lowe. Jesus called His disciples and gave them a work to do. His first commission to them was for them to focus on the lost sheep of the house of Israel. There were not many years left before the city of Jerusalem would be destroyed; the time of mercy will have ended for Israel. First, feed the children, and then go to the rest of the world. "Go ye there-



fore, and teach all nations." Matthew 28:19. We also have been given a commission, and that is to go to the rest of the world. There will be a time when people will be seeking for the word of God and salvation but it will be too late. Baptism is a sign of entrance into His kingdom. They have left off with the world and all their idols. We are to obey the command to come out from the world and be separate.

Brother Joel Barnedo gave the final service for the closing of the conference. He spoke of spiritual death. Life is comfortable. For many in western countries, they have never been brought into captivity or hardship. They did not take their time seriously. They are at ease despite their moral decay.

Sometimes God sends a change. Pharoah only acknowledged the power of God when His son died. King Saul wanted to destroy his successor, who was anointed by God. Then one day he realized he was a fool, but it was too late.

We need to recognize the time in which we are living. Make a decision for God when you are young. Life is short. God brings us trials and hardships to separate the gold from the dross. Frequent unsettled events in our

lives will keep us from adhering to the world. Our life can become like stagnant water if we do not move.

There is blessing in change. It develops character. After Moses killed the Egyptian he had to flee from Egypt. He thought he would save Israel by force. What he learned in Pharaoh's court was useful, but it was not enough. He needed a change.

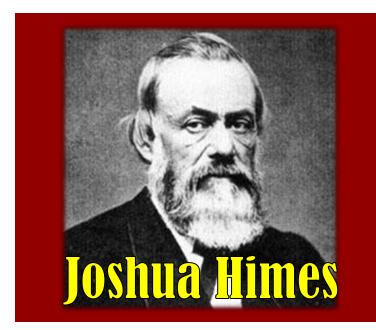
A good vineyard needs constant pruning. We need more room for the Holy Spirit in our lives. Let Him do His work within us and trust that all that is happening is for our character development, in preparation for salvation.

This concluded our Field Conference. Each one present, on-line or in person, was truly blessed, and it is our prayer that as we share a summary of the messages from the conference, you also will be blessed.

Truly we are living in a time of great turmoil in our world. But we need to have courage and trust in the Lord at all times. "In times like these, I have a Saviour . . . I'm very sure, I'm very sure, My anchor holds and grips the solid Rock."

Canadian Field Secretary





Joshua Himes was born on May 19, 1805 in Wickford, Rhode Island, USA. His father (Stuckeley Himes) was a successful merchantman and West Indies Trader and his mother (Elizabeth Vaughn Himes) came from one of the wealthiest families in the region. Joshua spent his early years living in the finest house in Wickford. His parents belonged to the Episcopal church and provided a Christian education for Joshua at the knee of Rev. Lemuel Burge and the prominent Episcopal Bishop Griswold. His parents had planned to send him to Browns University to study theology and become an Episcopal priest.

When Joshua was 12, his father's business partners betrayed him, leaving Stuckeley with a large debt. He could no longer pay for the education of Joshua so he sent him out to work. He became an apprentice to a cabinet maker in New Bedford, Massachusetts.

In November 1825, at the age of 20 he married, Mary Thompson Handy. They eventually had nine boys. Having been baptized into the First Christian Church at the age of 18, at the age of 22 he was ordained into the ministry.

Over the next few years he preached in several different locations before becoming pastor of the First Christian Church in Boston in 1830. There he rose to prominence, reviving a church that was near death. There were seven families in the church when he arrived and in two years, he had the chapel filled. Joshua also became active in the educational, temperance, peace, and abolitionist reform movements of the day.

Joshua was very progressive and active, and consequently a number of the congregation felt that he moved too fast for the majority of the group. As a result, he and his close friends withdrew and formed the Second Christian church. They elected him as their pastor. From a

little handful numbering less than fifty, this congregation grew under the leadership of the youthful pastor until the Chardon Street Chapel, with a capacity of about five hundred, was built for their church home.

In 1839 Himes went to listen to William Miller in Exeter, New Hampshire, on a recommendation from a friend and was so impressed by what he heard that he invited Miller to speak at the Chardon Street Chapel in Boston. He invited Miller to stay at his home while in Boston. Prior to this, Miller had not preached in any big cities. The two men became close friends.

Miller preached twice daily when he was in Boston and the interest was so great that hundreds were turned away at the door. After these lectures, Himes became convinced of the imminent return of Christ, and sought opportunities for Miller to preach. He joined Miller in preaching the Advent message and was a prime mover in opening doors to other Christian churches in large cities. Joshua eventually became an Adventist minister himself, leaving the Chardon Street Chapel.

Joshua Himes was also a writer and editor. In 1840 he published and edited the first Millerite newspaper, The Signs of the Times. In it he published the lectures of William Miller to spread the message of the Adventist Movement. He also published hundreds of pamphlets as well as the second and third editions of Miller's lectures. Joshua also published the first Millerite prophetic chart, designed by Charles Fitch and Apollos Hale in 1842. Then on November 17, 1842 he began to print another newspaper, The Midnight Cry, in New York. The first volume of 26 issues was printed daily. He printed 10 000 for each issue. After the 26 days he began to publish it weekly. Himes' promotional work brought Millerism to the attention of the world stretching into Canada and England. It was from these published writings that Joseph Bates and Charles Fitch were convinced of the Advent Message.

Joshua was very enthusiastic organizing extensive lecture tours for Miller and himself as far west as Cincinnati, and he began organizing general conferences and camp meetings. These became so popular that before long, Joshua Himes purchased the largest tent in America at that time, seating 6,000 people.

Like Miller, Himes at first opposed the setting of October 22, 1844, as the exact date for the return of Christ, but he accepted it shortly before the date arrived. The date passed without incident, and Himes and Miller were the subjects of intense scrutiny and accusations. Himes published his defense, first in the *Boston Post*, then in period-

icals like *The Liberator*, refuting some of the more serious accusations made against him, the movement, and its impact on followers.

After the Great Disappointment, Joshua made a great effort to (without success) try to reorganize the disappointed Adventists around the original Advent faith at a conference at the Albany Conference in April 1845. He and Miller convened the meeting inviting all members of the faith. From this meeting the believers were divided into several branches. Miller, Himes and Josiah Litch joined the Albany Conference while still believing Jesus was soon to come, but they did not set a date. Several groups abandoned their hope of Jesus', soon coming. Another group believed the date was correct but the event was in error. This group became the Seventh-day Adventist Church as we know it today.

Himes never accepted the Seventh-day Adventist's belief on the Sabbath and Sanctuary and in 1863 he joined the Advent Christian Church, becoming a prominent leader. He then moved his family west to Buchanan, Michigan. He did though, continue to look for Christ's return all his long life.

In 1879, when Joshua Himes was 75, he was living in Elk Point, South Dakota and through an unfortunate misunderstanding, he left the Advent Christian Church and returned to the church of his birth, the Episcopal Church. Here he fulfilled his father's dream by becoming an ordained Episcopal priest. He spent his declining years in the ministry of that church, but he never lost his hope and love for Christ's coming.

In the final year of his life, with his health declining, he went to the Battle Creek Sanitarium where he remained for a long course of treatment for cancer. He received much help temporarily from the treatment, and greatly enjoyed associating with old friends of the advent movement with whom he had a bond of interest and friendship. They never forgot his energetic leadership in the years prior to 1844.

While there, he was invited to attend the regular Seventh -day Adventist camp meeting. Toward the end of the meetings, he was invited to speak and although he was ninety years of age, and afflicted with a dreadful malady which was to carry him to his grave, he spoke with his old-time fire and vigor. There stood the old warrior as he stood under that huge canvas, addressing that great congregation as when he was a central figure in the 1844 movement.

His last words to Doctor Kress at the sanitarium were, "God accomplished the purpose of the message He gave to us; and when our work was done, the Seventh-day Adventists were raised up to carry the work forward to completion—in calling the people in all the world to move forward into the eternal land of promise."

On the train home from Michigan, he happened to meet J.N. Loughborough; Loughborough stated that some of the last words Joshua Himes spoke to him were that he was thankful he had never opposed the work of Mrs. E.G. White even though many first day Adventists of the former movement had made special attacks upon her work.

At that time Ellen G. White was in Australia and Joshua Himes had sent her a donation. This was her letter to him in appreciation. "Elder J. V. Himes: My Brother in Christ Jesus: I received your donation of forty dollars. In the name of our Redeemer I thank you. Be assured we shall invest this money in the best possible way to accomplish the most good for the salvation of souls. . . . The spirited participation evidenced by your donation for this field has rejoiced my heart; for it testifies that you have not lost the missionary spirit which prompted you first to give yourself to the work, and then to give your means to the Lord, to proclaim the first and second angels' messages in their time and order to the world. This is a great gratification to me; for it bears an honorable testimony that your heart is still in the work; I see the proof of your love to the Lord Jesus Christ in your freewill offering for this 'region beyond.' . . . Letter 31a, 1895, pp. 1,2. (To Elder Joshua V. Himes, Jan. 17, 1895.)" -Manuscript Releases, vol. 3, p. 256

In spite of the best of care he had received in Michigan, his cancer proved incurable, and on July 27, 1895, he was laid to rest at his home at Elk Point, South Dakota. Uriah Smith, in writing an obituary, correctly stated: "All through that movement [1844 movement] he was the leading and most aggressive human instrumentality, pushing on the cause of publishing, preaching, and organizing the various enterprises connected with that work. Mr. Miller acknowledged and appreciated his great services, and Seventh-day Adventists have always respected and honored him for the noble part he acted in that great prophetic religious awakening."

Joshua Himes was buried in a cemetery in Sioux Falls, South Dakota, in a spot he specifically selected. True to his Adventist roots, he wanted to be buried high on a hill, so as to be among the first to hear it when the Angel Gabriel blows his trumpet at Christ's Second Coming.

ANSWERED PRAYER



I asked for bread: God gave me a stone instead.
Yet while I pillowed there my weary head,
The angels made a ladder of my dreams,
Which upward to celestial mountains led.
And when I woke, beneath the morning's beams,
Around my resting place fresh manna lay;
And, praising God, I went my way
For I was fed.

I asked for strength: for with the noontide heat
I fainted, while the reapers, singing sweet,
Went forward with ripe sheaves I could not bear.
Then came the Master with His bloodstained feet,
And lifted me with sympathetic care;
Then on His arm I leaned till all was done;
And I stood with the rest at set of sun,
My task complete.





I asked for light: around me close the night,
Nor guiding star met my bewildered sight;
For storm clouds gathered in a tempest near.
Yet, in the lightning's blazing, roaring flight,
I saw the way before me straight and clear.
What though His leading pillar was of fire,
And not the sunbeam of my heart's desire,
My path was bright.

God answers prayer: sometimes, when hearts are weak,
He gives the very gifts believers seek;
But often faith must learn a deeper rest,
And trust God's silence when He does not speak;
For He, whose name is Love, will send the best.
Stars may burn out, nor mountain walls endure,
But God is true; His promises are sure
To those who seek.



Taken from *The Review and Herald*, July 22, 1902 No author recorded.



"I am poor and needy; yet the Lord thinketh upon me; Thou art my help and My deliverer; make no tarrying, O my God. Psalm 40:17

"As the shepherd leads his flock over the rocky hills, through forest and wild ravines, to grassy nooks by the riverside; as he watches them on the mountains through the lonely night, shielding from robbers, caring tenderly for the sickly and feeble, his life comes to be one with theirs. A strong and tender attachment unites him to the objects of his care. However large the flock, the shepherd knows every sheep. Every one has its name, and responds to the name at the shepherd's call.

"As an earthly shepherd knows his sheep, so does the divine Shepherd know His flock that are scattered throughout the world. 'Ye My flock, the flock of My pasture, are men, and I am your God, saith the Lord God.' Jesus says, 'I have called thee by thy name; thou art Mine.' 'I have graven thee upon the palms of My hands.' Ezekiel 34:31; Isaiah 43:1; 49:16.

"Jesus knows us individually, and is touched with the feeling of our infirmities. He knows us all by name. He knows the very house in which we live, the name of each occupant. He has at times given directions to His servants to go to a certain street in a certain city, to such a house, to find one of His sheep.

"Every soul is as fully known to Jesus as if he were the only one for whom the Saviour died. The distress of every one touches His heart. The cry for aid reaches His ear. He came to draw all men unto Himself. He bids them, 'Follow Me' and His Spirit moves upon their hearts to draw them to come to Him. Many refuse to be drawn. Jesus knows who they are. He also knows who gladly hear His call, and are ready to come under His pastoral care. He says, 'My sheep hear My voice, and I know them, and they follow Me.' He cares for each one as if there were not another on the face of the earth." – *The Desire of Ages*, p. 480

«Addressed to Me Personally»

"Do not let your great need discourage you. The Saviour of sinners, the Friend of the friendless, with compassion infinitely greater than that of a tender mother for a loved and afflicted child, is inviting, 'Look unto Me, and be ye saved' (Isaiah 45:22). 'He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed.' (Isaiah 53:5).

"There is danger of not making Christ's teachings a personal matter, of not receiving them as though they were addressed to us personally. In His words of instruction Jesus means me. I may appropriate to myself His merits, His death, His cleansing blood, as fully as though there were not another sinner in the world for whom Christ died. . . .

"There are toils and conflicts and self-denials for us all. Not one will escape them. We must tread the path where Jesus leads the way. It may be in tears, in trials, in bereavements, in sorrow for sins, or in seeking for the mastery over depraved desires, unbalanced characters, and unholy tempers. It requires earnest effort to present ourselves a living sacrifice, holy and acceptable to God. It takes the entire being. There is no chamber of the mind where Satan can hold sway and carry out his devices. Self must be crucified. Consecration, submission, and sacrifices must be made that will seem like taking the very lifeblood from the heart.

"Will it make you sad to be buffeted, despised, derided, maligned of the world? It ought not, for Jesus told us just how it would be. 'If the world hate you,' He says, 'ye know that it hated Me before it hated you' (John 15:18). The apostle Paul, the great hero of faith, testifies: 'For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.' (Romans 8:18). 'For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.' (2 Corinthians 4:17). "—That I May Know Him, p. 280

Ellen G. White



This month we will continue to learn about wheat species and varieties. We will now focus on free-threshing wheats. As we learned in the September issue, hulled wheats were the first cultivated wheats. The seed was difficult to remove from the plant, and needed extra flailing or soaking so that the seed could be used. Freethreshing wheats were spontaneous mutations of hulled wheats. These spontaneous mutations were then domesticated and cultivated, as they were easier to harvest. Two processes occurred to create domestic wheat. First, the spikelets of hulled grain needed to be "nonbrittle", i.e. it would not fall off the plant before harvesting. Remember, the seeds of wild wheat would fall off the wild plants so that they would germinate and produce the following year's crop. However, to be used as a food source, the seeds would have to remain on the plant until it could be harvested. Therefore, domestic versions of the wheat species contained a non-brittle spike. The other process that occurred was the development of a free-threshing species, to be able to more readily remove the hull of the seed to expose the healthy edible portion of the seed for eating. These wheats became known as "free-threshing" wheats. Because the wheat could no longer germinate from the previous year's crop, wheat used for food would have to be planted yearly. Thus, current domesticated wheat crops are an annual grass, and each crop must be newly planted.

Free-threshing wheats were first grown as a domestic crop in Asia, North Africa and Europe. Remnants of these wheats have been found in Roman burial sites from 100 BC. In the late 15th century to the 16th century, wheat was introduced to North America via the Spanish missions. However, North America did not become a

major exporter of grain until the 1870s.

A whole grain contains all three parts of the grain—bran, germ, and endosperm. The bran is the edible portion of the outer skin of the grain. It contains important antioxidants, B vitamins and fibre. The germ is the portion which can grow into a new plant; it contains many B vitamins, some protein, minerals, and healthy fats. The largest part of the grain, the endosperm is the germ's food supply; it provides energy so that the plant can grow. It is mostly made up of starchy carbohydrates, protein, and a small amount of vitamins and minerals.

Most of the free-threshing grains, when they are are milled, the germ and the bran is removed, and only the endosperm remains. The final product is known as a "refined" grain. This refining process removes at least 25% of the grain's protein, and 75% of other nutrients, including 17 key nutrients, such as fibre, fats, B vitamins and minerals. Some food processors add back some of the vitamins and minerals into the refined wheat product, known as enriched grains. But, overall, refined grains are much less healthy than whole grains.

Whole free-threshing grains are often hard to find on grocery shelves, however with the increased interest in whole grains, food producers are increasing the amount of whole grain products in stores. Currently much less than half of all grains in a grocery store are actually whole grain. Most of the grain products in stores are made with refined wheat.

COMMON WHEAT

The main free-threshing wheat species grown is common wheat (*Triticum aestivum*) or "bread wheat." About

95% of all wheat grown worldwide is common wheat. It is the most widely cultivated crop in the world. Two of the six chromosomes of common wheat is derived from wild einkorn, one of the first hulled wheats used by mankind for food. However, common wheat itself does not grow in the wild. Over 200 varieties within the common wheat species have been identified, with 100 varieties being cultivated for food. Most common wheat used for food is processed-milled to remove the bran and germ, to produce a flour that provides for soft breads and pastas, as is commonly preferred nowadays. Products made from hulled wheat varieties produce more textured and stronger tasting foods. The milling process also provides for a longer shelf life for the wheat, as the fats contained in the germ, which could become rancid, are removed. The greatest portion of common wheat is made into flour to produce bread. Worldwide, common wheat has replaced many of the other wheat grains, barley and rye that were commonly used in breadmaking in the past.

Varieties are further identified as red or white which identifies the colour of the kernel. The taste of wheat is dependent on the colour, with red wheats more astringent tasting than white wheats. Varieties can be identified as hard or soft, which refers to the protein content of the wheat, anywhere from 10–15%. Hard wheat contains more protein in the form of gluten, whereas soft wheat varieties have less protein and a higher carbohydrate or starch content.

Wheat is also classified by its growing season—spring or winter. Spring wheat is planted in the spring and harvested in the fall. These crops are grown in the more northern climates. Winter wheat is planted in the fall and harvested the next summer, and is grown in milder climates. Most common wheat is made into flour, and used in baking, specifically in making bread. Thus, com-

mon wheat is typically a refined grain, in which the germ and the bran are removed, making for a very versatile flour, however low in nutrients.

The final classification is the quality of gluten in the wheat variety. A strong elastic gluten allows dough to trap carbon dioxide, and is used for leavened breads. The gluten in other wheat varieties are strong but less elastic. Hard winter wheat varieties contain more protein in the form of gluten and are used in making risen breads baked with yeast. They are also blended with soft spring wheats to make "all-purpose flour" used in a variety of baking products. Soft wheat varieties have less protein and more carbohydrates in

the form of starch. The soft varieties produce a very soft flour most commonly used in cake flour.

To increase the nutritional content of common wheat flours, whole grain flour and whole grain food products made from whole grain flour are also available. This flour is made by grinding or mashing the whole grain of wheat. Whole-wheat flour is used in baking bread and other baked goods, and many whole grain breads can now be found in grocery stores. Look for the word "whole wheat" or "whole grain" when buying grain products. Sometimes whole-wheat flour is mixed with more refined flours to add nutrients that have been lost in the milling process. Often the whole grain of wheat is referred to as the wheatberry. Cereals made from puffed wheatberries are a tasty whole-grain breakfast meal. Wheatberries, once soaked, can be added to salads or into baked bread. When wheatberries are milled, it produces whole-wheat flour.

Graham flour, a type of coarse-ground whole wheat flour, made from the whole grain, is named after Sylvester Graham. He was an early advocate for dietary reform in the 1800s; he believed that the milling of flour using the whole grain was a remedy for the poor health of his fellow Americans brought on by the changes in diet during the Industrial Revolution and the processing of refined grains. Graham flour can readily be found in some grocery stores and in health food stores.

DURUM WHEAT

Eight varieties of durum wheat (*T. Durum*) are grown for food; it is the second-most cultivated wheat crop and is also a free-threshing wheat. It is grown predominantly in the Middle East, although it is also planted widely in the United States. It is planted in the spring and harvested in the fall, and is well adapted to the hot and dry conditions around the Mediterranean. Durum wheat is





also known as paasta wheat or macaroni wheat. It encompasses approximately 5–8% of all wheat grown. It was developed from artificially selecting domestic emmer wheat strains from Central Europe and the Near East that had become free-threshing.

"Durum" means "hard" in Latin; flour made from durum wheat, known as semolina, is coarser and darker, more golden in colour than common wheat. Semolina is a refined flour, and as such only contains the endosperm of the grain kernel. Semolina is very high in calories, with 601 calories per serving; it contains 122 g of carbohydrates per serving, and only 2.5 g of fibre. All refined flours can cause a blood sugar spike, as the carbohydrates break down into glucose very quickly. Pasta contains a lower glycemic index, meaning it is digested more slowly than other refined carbohydrates. This is because of the way that the carbohydrates and proteins are bound to each other in pasta. The result is a more gradual release of glucose into your body. Cold pasta also contains resistant starch, which acts similarly to fibre.

Semolina has the highest protein of all wheat varieties, with a content of 6 grams per serving. Because of its high protein content in the form of gluten, it is ideal in producing specific food products. The high gluten content ensures that products made from durum wheat flour retain their shape during cooking. When semolina is mixed with water, it makes a stiff dough which can be stretched into long pieces without breaking; and is ideal in creating various pasta products of differing shapes and sizes, which, when cooked, will not fall apart.

Semolina is most popular in Italy for pasta making. Pasta products are very popular, ranging from spaghetti,

penne, lasagna, ravioli, and linguini, to name a few. Traditionally, Italian pasta has been made from semolina. The terms used are "semolina flour", or "durum semolina." The bottom line is that semolina is just another name for a refined wheat grain. Using refined grains in pasta allows the pasta to be softer because the harder parts of the grain have been removed. This pasta is also known as "white pasta".

Much of semolina is enriched, to add back nutrients that are lost in the refining process. Thus, enriched semolina is high in B vitamins, including folate and thiamine, which support brain health. Semolina contains selenium, a mineral that aids in prevention of heart dis-

ease and boosts the immune system. The enriched form of semolina is high in iron and magnesium.

Semolina is also the ingredient that makes up couscous. Many people think that couscous is a grain; however, it is made up of refined durum wheat. Semolina is also used to make halva, puddings, and porridges such as Cream of Wheat, also known as farina. Farina has been fortified with iron, and is a good source of iron for vegetarians. It can be used in stews and soups as a thickener.

Bulgur is a whole-grain food made from durum wheat. The wheat kernel is parboiled to soften it for cooking. It has a light, nutty flavour and is used in many Middle-Eastern foods. Bulgur does not need to be cooked, only

soaked when used in cooking. It is used in stews, cereals, porridges, and as the main ingredient in tabbouleh salads. It is also used as a side dish in the



place of rice or couscous.

Whole-grain pasta and couscous products are also available. All grains start off as whole grains, containing the three components of a grain—the bran, germ, and endosperm. In order for a product to be labeled whole grain, the "whole grain" part of the food must have the same proportions of bran, germ, and endosperm as the harvested kernel contains before it is processed. Whole-grain durum wheat flour is not as highly processed as the refined flour, which is used in regular durum wheat food products. Most of the bran and germ remain intact,

giving it a heartier flavor and texture, and retains many of the nutrients of the grain.

However, in order to produce whole-grain flour for pasta and couscous, the grain must be pulverized to make smaller particles; thus, the flour, although still containing the three parts of the grain, does not contain intact kernels of grain. This can increase the risk of a rise in blood sugar when consumed, as smaller particles are digested more quickly. Using intact whole grain products is always more beneficial. However, whole grain durum flour is still healthier than refined durum flour.

To identify whole grain pasta, the first ingredient should be "whole-wheat flour." The bran and germ of the grain contains fibre. A serving of whole grain pasta (100 grams or 3 ounces) contains more fibre than refined pasta flour, 6 grams compared to 2.5 grams. Fibre, as we have learned, helps to regulate the digestive system, can lower cholesterol levels, and can help lower blood sugar levels. It also provides an increased sense of fullness, which helps to curb appetite. Because of the fibre content, whole-grain pasta is also lower in calories. Wholegrain pasta also contains more minerals, including potassium, magnesium, copper and phosphorus. However, because of its high carbohydrate content, durum flour food products should be an occasional treat versus a daily meal entrée. Eating pasta or couscous with adequate protein and non-starchy vegetables will help slow down the release of sugar and decrease the impact on blood sugar levels.

CLUB WHEAT

The third main free-threshing wheat is known as club wheat (*Triticum compactum*). It is a species of soft white wheat adapted to dry growing conditions. It is a purely domestic wheat variety and is not found in the wild.

Five varieties of club wheat are grown and are selectively bred to produce less protein. Club wheat began to be domesticated along with other wheat varieties. It is considered to be the oldest wheat species cultivated in Europe, and was the main wheat grown in that part of the world until the 1940s when other wheat species were introduced. Club wheat was formally introduced to North America in the 1960s. However, analysis of old adobe buildings in western United States show that club wheat was present in California in the 1780s, likely introduced by the Spaniards as they traveled into Mexico, long before common wheat was grown in North America.

Club wheat is very similar to common wheat and

is often considered a subspecies of common wheat. It is a soft wheat, with less protein content, and is mainly combined with soft white common wheat, and used in baking softer cakes, crackers, cookies, and pastries.

Wheat is a versatile product and is used as a staple food in diets around the world. However, much of the wheat products are refined, and unless enriched, lack any substantial nutritional content. Whole-grain wheats provide a higher level of nutrition, with many health benefits ranging from heart health, to digestive health, immune system health, and brain health. Whole grains should encompass one-quarter of our diet; choose grains wisely to ensure that the grain products you consume can provide the nutitional health needs of your body.

"For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat." –*The Ministry of Healing*, p. 300

Just as bread is used to sustain our physical bodies, we must ensure that our souls are fed with the Bread of Life. Read the Word of God daily, to sustain your spiritual life. We are to have a connection to the Living Bread, Jesus Christ. Whereas we can never be satisfied with common bread, our souls are satisfied with the bread of life. "And Jesus said unto them, I am the bread of life: he that cometh to Me shall never hunger." John 6:35. "Our life is to be bound up with the life of Christ; we are to draw constantly from Him, partaking of Him, the living Bread that came down from heaven, drawing from a fountain ever fresh, ever giving forth its abundant treasures." –Christ's Object Lessons, p. 129

Helen Marttinen



CHILDREN'S CORNER:

The Care and Love of God



Peter had been raised in a Christian home. His parents taught him to love the Lord and he attended church every Sabbath with his parents and his sister. He was very active in the children's class and always had a heart to help those who were new to the class, or who were very shy and quiet. If he saw a new visitor in church, he always went up to them and greeted them and had a friendly conversation. He was extremely social and outgoing, and was always looking for ways to help other people. He learned these lessons from his parents, who were missionaries, and from the stories in the Bible, that he loved to read.

Peter's love for others extended beyond people, to all of God's creatures. He loved animals. He had a pet cat, and pet hamster in a cage. Once in a while he found injured birds and animals that he brought home to care for, and if they were too sick, he took them to a wild animal shelter where they would nurse wild animals back to health.

Peter loved to sit in the backyard and watch the squirrels and chipmunks running around looking for food. He enjoyed seeing the birds flying and looked forward to the day when he could be in heaven and fly like the birds. They looked so free and happy flying around. Every morning he woke up early and, before leaving for school, he put out some seeds to help the birds and animals in their search for food, and he gave them fresh water. One morning a neighbour brought Peter a baby squirrel in a cardboard box. He had found the squirrel under a large oak tree in his backyard. He knew of Peter's love for animals and that he sometimes cared for injured birds and animals. The poor squirrel was cold and barely breathing. Its body was only about 12 cm long with a tail about the same length. Since it did not even have any fur on its body or tail, they knew it was a baby that had recently been born.

Peter brought the tiny squirrel into the house and held it for a few minutes to try to warm it up. He then wrapped it in a warm blanket while he connected his incubator that he had for just such animals who needed



to be warmed. He filled the bottom of the large wooden box with crushed newspaper. Then, wrapping a hot water bottle in a wool blanket, he placed it in the middle of the box. A nest of cotton was placed on top of the blanket, and into this nest went the tiny squirrel. He wondered if it would live.

Peter knew he had to feed the poor squirrel soon so he got some canned milk that his mother had in the kitchen cupboard for him to use for these animals in need. Using an eyedropper, he tried to get a few drops into the squirrel's tiny mouth. Getting six drops into its tummy this way was a bit challenging. Peter then found one of his sister's doll bottles, and it worked much better. The little squirrel quickly learned to drink from it, and for the next two days Peter fed the squirrel every three hours. He named the little squirrel, "Daisy."

Like all baby squirrels, Daisy had been born blind. It was two weeks before her eyes opened. Her fur began to grow a week later. After two weeks her body and tail were completely covered with a nice grey furry coat.

As Daisy grew larger Peter fed her orange juice or grape juice in between milk feedings, until she was about two months old. Then she began to eat solid food. Peter had researched foods that squirrels like to eat and had fed some in the past, so he knew what to feed her. She liked oranges, watermelon, cantaloupe, avocado, rose petals, dandelion leaves, and leaves from the tips of branches. Some of the food was taken from the backyard and was carefully washed before being fed to Daisy.

This story shows us how Jesus takes care of His children. Jesus loves everyone that He created, and is very happy with those who have accepted Him as their Saviour. Just like Daisy, each of us were helpless and without a way we could spiritually live to please God. But God knew how lost we were and did not just leave us to die. He sent His Son, Jesus, to save us. He came into the world to rescue us. As sinners, there is no hope for us, except by the love and grace of the Son of God. He took our humanity and lived on this earth, being tempted just like we are, but He did not sin. His love for us was so great that He took the punishment for our sins on the cross. All that we have to do is admit that we are helpless sinners, repent of our sins, and ask Jesus to help us to turn away from them and help us to be good Christians, obeying God through love. Jesus will nurture us and help us.

Daisy would have died if someone had not taken such

good care of her and given her the food that was just right for her. And so, God has given us the Bible, which is the best food that we can have. It helps our Christian life grow so that we can please Him. Daisy could not have grown if she had not eaten the food that was given to her. And we cannot grow in the things of God if we do not read the Bible and use what we have learned from Him.

Daisy lived in Peter's house for two years. He kept a branch for her to exercise on, and she learned to follow orders. Squirrels can be trained indoors so that when the time comes for them to be released outside, they are ready for life in the open. The day finally came when Daisy was released among the trees in Peter's backyard. Daisy went scampering off to explore her new environment, but she never forgot the one who saved her life. Often when Peter would sit outside enjoying watching the wild animals, Daisy would come up and say hello and climb up his arm to his shoulder. When winter came, Peter was concerned about Daisy, but the next spring, Daisy was still there and greeting Peter whenever she saw him in the backyard. Daisy lived for three more years and raised several families of her own.

Daisy was cared for by Peter until she could take care of herself, but she always remembered the one who saved her. Jesus has promised to be with us and take care of us while we are on this earth. We are needing His daily care. One day He will come again and take us to be with Him in Heaven. We will be free from sin, and sorrow. We will be given the universe in which to roam free, but we will never forget the One who protected us while living on this earth. The One who gave His life in payment for our sins. The One who helped us to overcome sin and learn to live a righteous life. The One who is preparing a mansion for us in heaven. We will be eternally grateful.

Let us thank Him and praise Him now on this earth because of His daily help, and the promise He has made to set us free from this earth, to go to heaven one day. We may be sick and weak like the squirrel, but as we feed on the food that Jesus provides in the Bible, we will grow stronger every day until one day, when Jesus comes we will be ready to go with Him to heaven.

The Apostle Paul had full confidence in the care and leading of Jesus when he wrote, "I know whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day". 2 Timothy 1:12

Sister Anita
is
welcomed into
the
family of God
at the
Canadian Field
Conference.
2021.





Ordination
of Elder
Nicholas
Anca
into the
ministry.



Canadian Field Delegates, September 2021

Peru



