

The Canadian-Caribbean Union



Messenger

July 1995
Volume 2, Number 7



A Group at The Canadian Field Conference

In this Issue

Editorial

Canadian Field Conference Report

The Health Fair Report

Health Corner

Fiji

The annual subscription rate for the Canadian - Caribbean Union Messenger is \$10.00.



*The wedding of Brother George Gowie to Sister Susan Thorpe
in Jamaica*

EDITORIAL

The Canadian - Caribbean Union has done it again, another step forward. In Santo Domingo a vegetarian restaurant was established with financial help from Canada. The upstairs of the mission house was converted into a restaurant with the help of all the local church members. If this venture proves to be a successful project, other areas should consider to do the same. It is an important part of the health work.

Also the Health Fair in Toronto shows the awareness in this important branch of our message. Still following along the same trend, some 3,000 health magazines were printed by the IMS Publishers this month to promote the health work. The Road to Health magazine is now available at a much lower cost than before. We are appealing to all members to make a special effort to get those papers in the hands of the people. Another health book 'Tree of Life' written by Raul Escobar is now getting ready soon to be printed. This is in accordance with the counsel given by the Spirit of Prophecy that the finishing work of God on earth will be done mostly by medical missionary work.

Each member is invited to participate in this. It requires learning and studying our health message until we all become acquainted with it, practice it in our daily lives and finally teach it to others. We can never fully comprehend the extend of the blessings gained by faithful obedience to our dietary rules, natural remedies and temperance in all our living habits.

We almost forgot to mention the new vegetarian cookbook which will also be printed before the end of the year. "Beloved , I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John : 2.

The Editors

The Canadian Field Conference

Friday, July 7, 1995, at 7:00 p.m. Brother Timo Martin, the vice-president of the Canadian Field, opened the annual Canadian Field Conference. Our opening hymn, and the motto of the conference was 'Onward Christian Soldiers'. The scripture readings were taken from Psalm 148:1-5 and Psalm 150:6 and brother Timo Martin led us to the throne of God in prayer. Brother Martin spoke about the many reasons that we have to thank the Lord for. The Lord has been very good to us and conferences are times where we are especially to praise our God. When we go from this conference, we can leave with a blessing and say that it was good to be here. The Lord, our Leader, has promised us a victory. Let us take up the challenge of our conference motto - "ONWARD CHRISTIAN SOLDIERS."

The first service of the conference was presented by brother Cholich. A brief summary of the American Union Conference in Kentucky was given. The overall impression of the Kentucky conference was that it had been a very good conference.

"Onward Christian Soldiers"; Everyone who is engaged in the battle for salvation has to be well prepared and able to go harmoniously onward. God calls His people. We have to overcome this world. All things have been inherited from our ancestors and there is a lot which we have to overcome. Jesus graduated as a doctor of Law and Theology at the age of twelve. At which age do you want to graduate in this life? "Examine yourself", says the apostle Paul. Once this is done we realize that we all need help.

The teachers in the time of Jesus did not agree with His behaviour. They said, "This fellow accepts sinners and eats with them. It cannot be worse than this!" But Jesus said, "I came for sinners!" Healthy people do not need a physician. Christ promised a hospital without payment. He never accepts healthy people into His hospital. If you are a righteous person then you do not need Jesus. But that righteousness cannot help you. Our righteousness is nothing but a filthy garment.

We have to fight the good fight of faith - to go and preach the gospel. We can do that only if we are prepared.

Isaiah 1:6 represents the nation of Israel. An examination was made and nothing was healthy; nothing was good. The nation was in a state of spiritual sickness. A nation chosen and lead by God, given the best laws in existence in the universe, brought forth wild grapes. Was this the fruit of a good nation?

The church of God in our day is composed of sinners. More people are sick today therefore greater is the concern. When the whole nation is involved in spiritual sickness it is time to sound the alarm (Joel 2:1). Everyone is sick and dying! This is a prophecy for us today. We are the ones facing the day of the Lord. A day where everything will be tested - when we least expect it. This alarm is sounding for all of us. When the door of mercy is closed no one can be converted then. This is the moment which we will all face.

The diagnosis: all are sick (Isaiah 1:6). The treatment: stop doing evil (Isaiah 1:16,17). Go home with the following recommendation: be obedient - you will be healed then.

The service was closed with the hymn "Faith is the Victory" and a prayer by brother Cholich.

Special song: Wendy Eaton

Brother Nephthalie Acevedo held the Sabbath opening service. It was opened with the hymn "Have Thine Own Way Lord" and the prayer of John Bescec. The subject was: Time and Man.

We are living in a time where everything is in motion. The watch and the clock have enslaved us all. In the jungle, natives do not use or even need watches. Time is of no concern to them. For us on the other hand, 24 hours a day are too short.

God has no beginning nor end. But for us, we are limited by the fact of time. Man likes to stretch the time and to slow the movement of the clock because he knows that his time on the earth is short.

The principle of God and of the Law is Love. Seek the benefit of others first before your own. Romans 13:8-10 - Love is the fulfilling of the law. First place is to be given to God; Second place is for your neighbour, and our place is last.

The moment man committed sin he had no more rights on this earth. Man however believes he still has rights to everything, including time. The fourth commandment addresses time. Six days are given to do your work but you are still not the owner of the time. God has prepared the Sabbath to take away the selfishness of time. Here is one day where you have to forget your business, your studies and all secular activities. The Sabbath is to take man's interest from himself and to put it upon God and your neighbour. We must give a full 24 hours to the Lord on the Sabbath. Remember, only those that have the character of Christ comprise the family of God in heaven.

The service was closed with the hymn "Holy Sabbath Day of Rest" and with the prayer of brother Acevedo.

After a joyous welcoming in of the new Sabbath day we all departed to our respective homes for a nights rest.

On Sabbath morning brother Larry Watts led out in the teacher's meeting.

Brother Len Ferguson then led out in the Sabbath School. Sister Maurine Gerald read the report from the previous conference. Brother Jerry Eaton held the Mission Period. He said

that everyone has problems and that is why we are here. God has to get us out of our comfort zones. Ministers and workers, along with missionary minded families are to go and work in new areas. How often do we reach out to others outside our comfort zone? May God help us to get out of this comfort zone.

The children, primaries, juniors and earliteens then separated for their classes. The review lesson, "He carried our Sins and Sorrows" was brought to the congregation by brother Morris Lowe. The youth then separated for their class. The day's lesson, "Afflicted For the People" was held in four classes, brothers Kanakaraj and Bescec, with sister Eaton, teaching the English classes and brother Porras, teaching the Spanish class.

An estimated 106 people attended the morning's Sabbath School.

The Sabbath Service was held by brother Porras with brother Timo Martin translating and brother Jerry Eaton opening in prayer. Many greetings were brought by brother Porras from the country of Colombia. The subject of the service was: "The difference between two characters". Under the rule of king Saul, Saul neglected to fulfill the will of God and therefore the Lord wanted to replace him. The Bible tells us what transpired. David took some men and fled from Saul's presence.

We then come across a man named Nabal. Nabal was a rich man having many animals, servants and much land. He had an abundance of provisions. The servants of Nabal and the servants of David came to create good friendships. Nabal knew all about David, from his anointing to his flight from Saul. However, one day, when David sent certain of his men to get provisions from Nabal, Nabal turned away rudely the ambassadors of David. Nabal's words made David sound as if he were a servant or a slave. Nabal had forgotten all the benefits he had received from David and the presence of his men.

David could not accept this rejection and could not understand why he was treated such. Abigail, meanwhile had heard from Nabal's servants what had happened. Abigail immediately understood that they were now in danger because David was coming with 400 of his men.

Nabal and Abigail, two people having names with totally different meanings: Nabal, signifying folly and Abigail, signifying the fountain of delight. These two individuals had two completely different characters.

Abigail now brought to David what he had been asking for. This was the only solution to the problem. Abigail had also to humble herself before one who was going to destroy her. She took upon herself the responsibility of her husband's actions. It required faith to believe that this man fleeing as a fugitive would one day be a king. Nabal knew this but didn't believe it, yet Abigail was sure.

Abigail was an example of faith, humility and meekness. We find mercy in her plea. Nabal, on the other hand, how did he react? Nabal was having a feast and Abigail was unable to tell him what had happened because he was drunk. In the morning, when he had sobered up, Abigail explained to him what had happened. Nabal's heart died within him and he became as a stone. Ten more days of mercy were given to him by the Lord and then he died, not by the sword of David, but by the sword of the Lord. Consequences of mistakes can affect you in this life and in the future life.

In Luke 23:32-48 we can read about the mocking of Jesus on the cross. A comparison can be made to the mocking of David. Here, one needed faith to believe in Christ - a man hanging on the cross to be the Saviour. Two different characters are found at Calvary. Of the two thieves on the cross, only one made use of the opportunity. One died with no hope and the other repented and had hope. One thief asked not only to be forgiven but to be remembered. Abigail was also not forgotten by David. There is a parallel between these two experiences.

The question is, how is the condition of your heart today? Is it a heart that cannot be touched? The invitation of heaven is put before us. Today we know that Jesus is in heaven interceding for us. Let us not let time pass us by.

We closed in prayer with Brother Raul Escobar.

All were then invited to partake of the Lord's bounties in the lunch that had been prepared downstairs. Thankfully the weather was good so people were able to eat outside as well, seeing that the downstairs had overflowed its capacity.

After lunch, the children's program was opened by the Canadian Field Youth Leader, Kathy Garcia. The meeting was then turned over to Rose Powell who presented something that the earliteens had prepared. The program had changed from the traditional songs of praise and memory verses to the acting out of a play of king Nebuchadnezzar and his dream. Along with the theatrics, the participants were provided with wardrobes that portrayed the respective parts they were playing. This portion was then followed by other youth who went on to further explain the fulfillment of king Nebuchadnezzar's dream.

Sister Natalie Powell then closed off the children's program by having the younger children praising the Lord through songs of praise.

Brother Timo Martin then held the Testimony Meeting. Prior to the testimonies being given brother Larry Watts held a parent dedication. Brother Watts said that he does not believe in baby dedication as a baby is unable to make decisions on its own. The parents on the other hand are the ones that are committing themselves to bringing up the child to the Lord.

The testimony meeting was a great success as it had been in years past. There were so many

individuals raising their hands to give their experiences and to praise the Lord that not all did get the opportunity to speak. Along with the special songs that were presented throughout, the testimony meeting was a great blessing.

The testimony meeting was followed by over half an hour of praise through song in a Cantata that the Toronto youth had prepared.

Following the Cantata, dinner was served downstairs. The time for physical refreshment had once again arrived and all were able to partake of the Lord's bounties once again.

After dinner, brother Larry Watts was to speak in the next service. Brother Timo Martin introduced brother Watts and gave a brief testimony about being able to be a part of the closing work. Brother Martin gave a special appeal for each person to count their talents. Whatever our talents may be, let us use them for the Lord. There is no greater fulfillment than to work earnestly for saving souls.

Brother Larry Watts then began his service by bringing greetings from Africa, Indonesia, Sri Lanka, India, the United States and the rest of the countries that he had visited in his recent journeys. When coming to Canada, he said, it is like coming home. However, he has come to the point in his Christian experience that he really doesn't feel truly at home anywhere.

Brother Watts asked the question, "How many would like to improve their spiritual life?" The challenge he put forward was to dedicate 4% of our time to the Lord. Four percent of 24 hours in a day is approximately one hour a day. The first thing to do was to feed our soul. Onward Christian Soldiers means going forward only with the help of the Lord.

We need a closer relationship with the Lord. Ephesians 6:10-18 tells us about the equipment of a soldier. The most important thing that a soldier has is his feet. Feet shod with the gospel of peace.

When we encounter hardships we want to toss everything down and quit. But we have to endure. The opposite of endurance is faithlessness or unbelief. The apostle Paul is an example for enduring all things for Jesus. Love endures all things and never fails.

All of us have been offended and have been an offence. Many times it is our own good works that hinder others. We live in the age of self-sufficiency (self-righteousness). We must remember that whatever we do we must give the glory to God. We violate the law when we do not give the glory to God.

Many times we have to give up our own ideas. Works, motives, ideas - all must be sanctified. The root of bitterness must be cut off. The battle over sinfulness and sin has been won by Christ. The fight that we are to fight is the battle of faith. One who endures in this battle will

endure to the end. To endure we need to go to Jesus and spend time with Him.

The age we are living in robs us of our time. Satan wants to rob us of our faith.

We need to be quickened by the Holy Spirit. We cannot give to others what we do not ourselves have. To be revived with the Spirit we need to spend time on our knees everyday. We need to be revived to be able to go forward. "Onward Christian Soldiers". Prioritize to have a relationship of faith with Jesus Christ.

Brother Watts spoke of his second trip to Africa where 18 more souls were baptized. The country he had visited had kept the Sabbath for hundreds of years. But when "white man" came he introduced Sunday and the white man was known there as the "Sunday man". Brother Watts went on to say that very little time was available because the push was to go on. In this hurry he didn't take time to spend with God and instead went on in his own strength. In Zaire he contracted malaria. In the hour of darkness God spoke to him - you have attempted to go on in your own strength.

Our hearts must be yielded to the will of God. God wants us to give Him ourselves and all praise and glory now and forever. The battle over sin has been won by Jesus Christ. Now let us fight for the good fight of faith.

Brother Raul Escobar then held the Sabbath closing service. He spoke of the Canadian-Caribbean Union with its great distances, many languages and cultures. He spoke of Cuba and the difficulty of spreading the gospel there, of Haiti, and how one of our ministers had been shot there. In Puerto Rico 18 souls were won for the Lord and baptized. The work was increasing and we were going forward. In Exodus 14:15 the order of the Lord is to move forward.

To move forward we must submit ourselves to Christ. Our heart is to be united to his heart. Our will with His will. Our mind with His mind. Even our thoughts are to be brought into subjection to Christ. Real unity will come when Jesus lives in our hearts.

We have the sea in front of us and the Egyptians in the back but the Lord tells us to go forward. God will move the hearts of the people with our personal contact with them. Joseph didn't go to Egypt of his own free will but he used the opportunity. We must understand that if we find ourselves in certain places, the Lord wants to use us. We have to have that connection with the Lord to understand what we are to do.

Brother Escobar went on to speak of the Lord's leadings in his life throughout his various travels in Cuba, the Dominican Republic and Puerto Rico. How the Lord was opening ways for the message through health lectures and the health work. He closed with a serious warning from the Desire of Ages, where it says that if we do not do missionary work in some form, we

will be counted with the wicked. We then closed the Sabbath with the hymn "Abide with me, 'Tis Eventide" and the prayer of brother Escobar.

The following morning, brother Jerry Eaton held the service entitled "Does Your Freedom Taste of Reality". The story was given of a soldier walking through a dark cave, stumbling and groping along. He had forgotten all about his headlamp. All he had to do was reach up and turn it on. How about us? Do we forget to reach up?

We need the light to be able to discern reality from the false. Why do we get tempted? Because we get above ourselves. We are given the example of Israel and their 40 years in the wilderness - always blaming Moses and the Lord. The best tool in Satan's toolbox is discouragement. One thing we have to remember is that the darkest hour is right before the dawn. The greatest blessings come out of the most entangled circumstances. True faith looks over the most forbidding circumstances as opportunities.

With the experience of the fiery serpents in the wilderness, the Israelites had to look in faith and live. We also have to remember to let go and look to the Lord. If we use anything as a crutch, the Lord will remove it so that we do not lean on it but instead learn to lean on Him.

Brother Larry Watts led out in the next special service. One brother was to receive the right hand of fellowship and one sister was to undergo the ordinance of baptism. Both candidates were on the verge of taking their final step in joining God's final church.

After the questioning of the candidates, giving each the opportunity to express their beliefs and convictions we all then proceeded to the baptismal sight. Brother Watts then spoke of the great joy that there is in heaven over one sinner that repents. The greatest evidence of God is how people are changed through a new birth into a new life.

After the baptism the service continued back at the church where sister Rebekah and brother Edward were formally accepted into the church. Brother Edward, at the young age of 82 years, and the first French-Canadian to join the reform church in Canada, along with sister Rebekah Garcia, in the teen years of her life, were added to the Lord's people.

As all conferences must, this one came to a close as well. Each speaker was given the opportunity to share their parting words. Many touching words were said and all were encouraged by the blessings received throughout the conference. The closing hymn was then sung, "God be with You" and we closed in prayer with brother Escobar and the closing benediction.

We then all assembled for the conference picture, shared in a closing meal and each went our

own ways and being able to truly say that it was a rich experience to be present at this conference.

Conferences would not be as uplifting if there were no music and songs of praise ascending to the Lord. This conference thankfully was full of songs and instrumental music. From the many beautiful songs brought by the Toronto Church Choir, the youth cantata, and all other participants, all present were richly blessed. May we all be able to carry these songs of praise in our hearts for the year to come.

Amen.

John Bescec



Baptism and acceptance of Sister Rebekah Garcia and Brother Edward.

S.D.A Church Reform Movement
International Missionary Society
Canada-Caribbean Union
3897 Bloor St. W.,
Toronto, Ontario M9B 1L6, Canada
Tel: (416)239-3700

HEALTH FAIR

Health Reform is the right arm of our message therefore Sunday, July 16th, the Toronto Church organized a health fair. At noon time, Sister Rose Powell, the organizer of this fair, spoke on the importance of our health and well being, in her introduction.

Brother Bob Johnson was the first introduced speaker, who lectured on and demonstrated the importance of exercise in our daily live. He stated that exercise for the cardiovascular is of vital importance to our physical well being. Brother Bob, suggested that we could join a good fitness club with experience instructors. He recommended that all should exercise, especially those who do sedentary work. They need to follow a good exercise routine.

Sister Rose Powell, then continued with a health lecture using slides to illustrate various foods and their nutritional values. She explained the difference between saturated and unsaturated fats. Even natural foods must be used in moderation, since they contain much fat and sugar. For example, avocado has 82% fat. Whole milk should be avoided for its fat content. Eggs are very high in cholesterol and therefore may not be the best for health. Even nut butters should be used in moderation. A video was also shown, illustrating an individual having a heart attack and what had caused it. A doctor noticed that the blood sample which was taken from the patient had a thick yellow film, floating on the top of the serum. It did not move and it stuck to the sides of the test tube. When the doctor asked the man what he had had for dinner, he replied that he had eaten a cheeseburger and a milkshake. These foods that are high in fat content caused his heart attack. In the same video, a live operation of open heart surgery was shown. It showed a surgeon removing fat tissue from the arteries of the patient's heart.

Brother Abel Conde was next. He presented to us the use of hydrotherapy. He told the story of a man named, Vicente Priessaitz, who fell off a horse and was badly bruised. He immersed himself in water to alleviate his pain and discovered that it was very soothing and healing to the body. Brother Abel also demonstrated cold water fomentation. It is the best technique for nursing and energizing the body. Brother Abel and Brother Bob stated the importance of drinking at least eight (8), eight ounce glasses of water per day.

After we were treated to a lecture by Betsy Watanabe, who is a Herbalist and an Iridologist. She presented a study of the eyes which reveal diseases in the internal organs. She spoke about various herbs, which are beneficial for different types of ailments. Betsy also mentioned the importance of cleansing the system of it's many impurities, which in most cases are responsible for a lot of our ailments and health problems. In the end she held a name draw for some herbs which she wanted to give away.

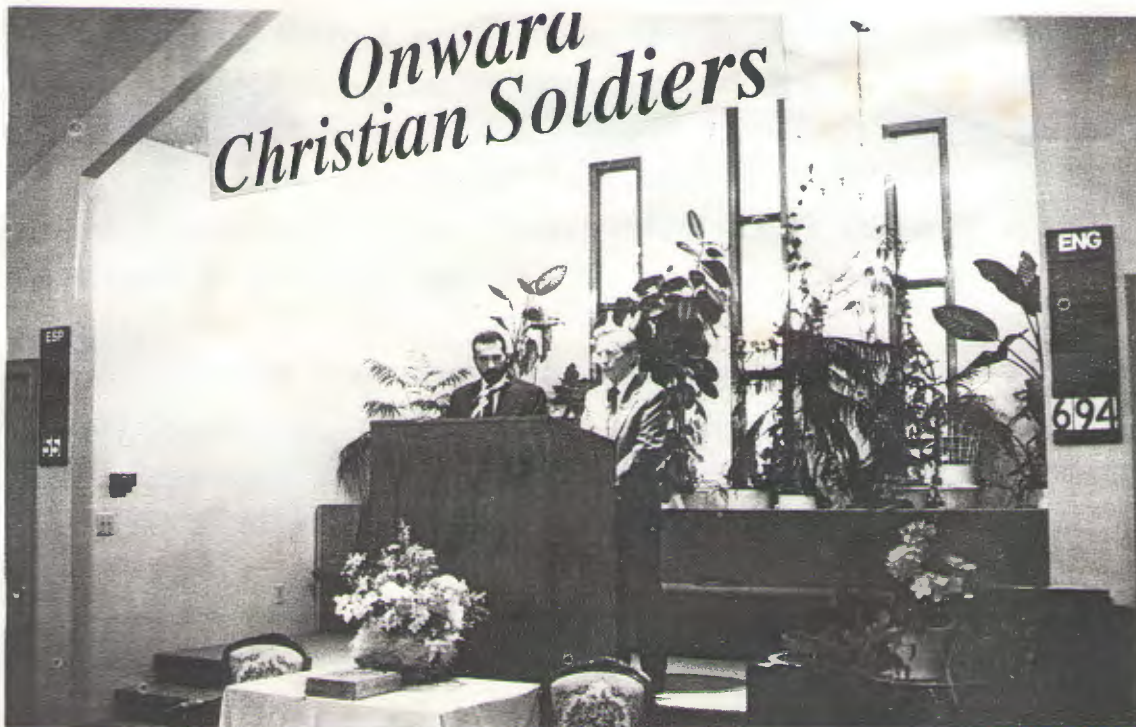
Brother Ed Unger demonstrated how to make juices of different fruits and vegetables and their beneficial properties; for instance a potato has an equal amount of vitamin "C" as an orange. Red beets are cleansers and should be used cautiously. He also stated that juices can be used to eliminate toxins from the body as well as to build up and strengthen the body.

Brother Lloyd Magee also gave a demonstration on how to make Soya milk and explained the dangers of using animal milk. He stated that the new procedure of milking a cow with machines, causes health problems to the animals as well as the humans, who consume it. The machines suck milk from the cows and if the suction caps are not removed by the time the milk has been drained from the cow, it will keep sucking and draws blood from the cow. This blood is then deposited into the milk. It is not visible to the eye on purchase of the milk, because the blood has already settled and becomes part of the milk. Other reports such as the injection of antibiotics into the cows which are excreted into the milk and other polluted matter that enters into the milk which human beings are consuming without their knowledge.

There were also displays of health books, different types of ingredients for cooking, and herbs; their properties and uses, as an alternatives to medicine.

At the end of the Health Fair, a vegetarian pizza was brought out to show the audience that a pizza can be made with tofu instead of cheese and have a variety of vegetables on the pizza to make it palatable.

The Fair was closed with a few remarks by Brother Timo Martin, about the importance of a right mental attitude and a trust in God. Without this the stress of modern life can lead people to depression and even to suicide. Faith in God will bring peace and joy to the soul, even in stressful situations.



KNOW

YOUR

LETTUCE



Lettuce Nutrients
per 3.5 ounces of lettuce.

Type	Vit A (I U)	Vit C (mg)	Calcium (mg)	Iron (mg)
Butterhead				
Boston or Bibb	970	8	35	0.3
Iceberg	330	4	19	0.5
Leaf	1900	18	68	1.4
Romaine	2600	24	36	1.1



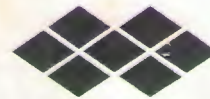
ICEBERG



BUTTERHEAD.



ROMAINE



MONTREAL

July 20 - 22, several members and young people from Toronto spent a weekend at the Montreal church. The program included Bible studies, instruction in missionary work and canvassing. Sabbath afternoon we spent in nature beside a lake. In the evening the young people held a special program of song and music.

FIJI

"And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." Mat. 24:14

The gospel is to go to every kindred, nation and tongue. All people on this earth will hear the gospel message before Jesus returns and will have made their decision for or against Him. Rapidly this message is being preached to the ends of the earth and people are taking sides.

Some of you, perhaps, may have heard me mention the nation of Fiji and our dear sister living there. The Canada-Caribbean Union, though large in geographical area, has a wider scope than you may realize. It does include one sister on the island of Fiji. She is a member of the Vancouver church and was introduced to the Reformation Message while visiting this country 6 years ago. How has she fared since returning to her home in Fiji? She has been faithfully standing for the truth all alone. She has a few relatives who are also interested in the Reformation message. Some of her relatives have rejected the truths that they once knew. Her family grew up in the S.D.A. church but has seen the errors in its teachings and have left. Some to greater light, some to darkness.

Though her life is not easy, because of her unbelieving husband, she has stood firm for the truth. She is doing as much missionary work as she can in her situation (she also has two young children to care for). I am constantly receiving "Bible Correspondence Course" cards from Fiji. I promptly send them the whole course telling them that they can have more literature upon request. I have had several requests for more. There is also one S.D.A. church near her that is upholding all the truth and she has heard that pretty soon the church will be disfellowshipped. The members are so faithful. They are also very active in missionary work. One of the members suggested that a minister from our church visit and hold public meetings. They would be willing to advertise in the newspapers and invite the public also. This request (along with others in the recent past) has been forwarded to the General Conference and they have made a decision that Br. Andrade would visit the island as soon as possible.

We ask your prayers for our dear sister (Frances Chute) in Fiji. Our wish and desire is that soon she will no longer be a member of our Vancouver local church but will be a member in the church in Fiji (when it is organized). We know that Satan will also start to work to oppose the work of God but he is powerless against the mighty power of God. "If Satan sees he is in danger of losing one soul, he will exert himself to the utmost to keep that one. And when the individual is aroused to his danger, and, with distress and fervour, looks to Jesus for strength, Satan fears he shall lose a captive, and he calls a reinforcement of his angels to hedge in the poor soul, and form a wall of darkness around him, that

heaven's light may not reach him. But if the one in danger perseveres, and in helplessness and weakness casts himself upon the merits of the blood of Christ, Jesus listens to the earnest prayer of faith, and sends a reinforcement of those angels which excel in strength to deliver them. Satan cannot endure to have his powerful rival appealed to, for he fears and trembles before his strength and majesty. At the sound of fervent prayer, Satan's whole host trembles. He continues to call legions of his evil angels to accomplish his object. And when angels all-powerful, clothed with the armory of heaven, come to the help of the fainting, pursued soul, Satan and his host fall back, well knowing that their battle is lost." Test, Vol. 1 p. 345

Let us pray for these dear souls that they can, with the power of God, resist the onslaughts that Satan has prepared against them. **AMEN**

One of the members from the faithful S.D.A. church requested that members from over here write to him. He has already met Br. Andrade. He is a school teacher and is a very faithful brother along with his family.

His name and address is:
Manasa Vakasoqo
P.O. Box 615
Suva
Fiji



*Our dear Sister Frances Chute and her children in
the Fiji Islands*