

The Canadian-Caribbean Union

Messenger

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FAITHFUL ABRAHAM

My mind goes back to faithful Abraham who, in obedience to the divine command given him in a night vision at Beersheba, pursues his journey with Isaac by his side. He sees before him the mountain which God had told him He would signalize as the one upon which he was to sacrifice. He removes the wood from the shoulder of his servant and lays it upon Isaac, the one to be offered. He girds up his soul which God requires him to do. With a breaking heart and unnerved hand, he takes the fire, while Isaac inquires: Father here is the fire and the wood: but where is the offering? But oh, Abraham cannot tell him now! Father and son build the altar, and the terrible moment comes for Abraham to make known to Isaac that which has agonized his soul all that long journey, that Isaac himself is the victim. Isaac is not a lad; he is a full-grown young man. He could have refused to submit to his father's design had he chosen to do so. He does not accuse his father of insanity, nor does he even seek to change his purpose. He submits. He believes in the love of his father and that he would not make this terrible sacrifice of his only son if God had not bidden him do so. Isaac is bound by the trembling, loving hands of his pitying father because God has said it. The son submits to the sacrifice because he believes in the integrity of his father. But when everything is ready, when the faith of the father and the submission of the son are fully tested, the angel of God stays the uplifted hand of Abraham that is about to slay his son and tells him that it is enough. "Now I know that thou fearest God, seeing thou hast not withheld thy son, thine only son from Me."

This act of faith in Abraham is recorded for our benefit. It teaches us the great lesson of confidence in the requirements of God, however close and cutting they may be; and it teaches children perfect submission to their parents and to God. By Abraham's obedience we are taught that nothing is too precious for us to give to God.

Isaac was a figure of the Son of God, who was offered a sacrifice for the sins of the world. God would impress upon Abraham the gospel of salvation to man. In order to do this, and make the truth a reality to him as well as to test his faith, He required him to slay his darling Isaac. All the sorrow and agony that Abraham endured through that dark and fearful trial were for the purpose of deeply impressing upon his understanding the plan of redemption for fallen man. He was made to understand in his own experience how unutterable was the self-denial of the infinite God in giving His own Son to die to rescue man from utter ruin. To Abraham no mental torture could be equal to that which he endured in obeying the divine command to sacrifice his son.

God gave His Son to a life of humiliation, self-denial, poverty, toil, reproach and to the agonizing death of crucifixion. But there was no angel to bear the joyful message: "It is enough: You need not die. My well-beloved Son." Legions of angels were sorrowfully waiting, hoping that, as in the case of Isaac, God would at the last moment prevent His shameful death. But angels were not permitted to bear any such message to God's dear Son. The humiliation in the judgment hall and on the way to Calvary went on. He was mocked derided and spit upon. He endured the jeers, taunts and revilings of those who hated Him, until upon the cross He bowed His head and died.

Could God give us any greater proof of His love than in thus giving His Son to pass through this scene of suffering? And as the gift of God to man was a free gift, His love infinite, so His claims upon our confidence, our obedience, our whole heart, and the wealth of our affections are correspondingly infinite. He requires all that it is possible for man to give. The submission on our part must be proportionate to the gift of God; it must be complete and wanting in nothing. We are all debtors to God. He has claims upon us that we cannot meet without giving ourselves a full and willing sacrifice. He claims prompt and willing obedience, and nothing short of this will He accept. We have opportunity now to secure the love and favour of God. This year may be the last year in the lives of some who read this. Are there any among the youth who read this appeal who would choose the pleasures of the world before that peace which Christ gives the earnest seeker and the cheerful doers of His Will?

God is weighing our characters, our conduct, and our motives in the balances of the sanctuary. It will be a fearful thing to be pronounced wanting in love and obedience by our Redeemer, who died upon the cross to draw our hearts unto Him. God has bestowed upon us great and precious gifts. He has given us light and a knowledge of His will, so that we need not err or walk in darkness. To be weighed in the balance and found wanting in the day of final settlement and rewards will be a fearful thing, a terrible mistake which can never be corrected. Young friends, shall the book of God be searched in vain for your names?

God has appointed you a work to do for Him which will make you co-labourers with Him. All around you there are souls to save. There are those whom you can encourage and bless by your earnest efforts. You may turn souls from sin to righteousness. When you have a sense of your own accountability to God you will feel the need of faithfulness in prayer and faithfulness in watching against the temptations of Satan. You will, if you are indeed Christians, feel more like mourning over the moral darkness in the world than indulging in levity and pride of dress. You will be among those who are sighing and crying for the abominations that are done in the land. You will resist the temptations of Satan to indulge in vanity and in

trimmings and ornaments for display. The mind is narrowed and the intellect dwarfed that can be gratified with these frivolous things to the neglect of high responsibilities.

The youth in our day may be workers with Christ if they will; and in working, their faith will strengthen and their knowledge of the divine will, will increase. Every true purpose and every act of right doing will be recorded in the book of life. I wish I could arouse the youth to see and feel the sinfulness of living for their own gratification and dwarfing their intellects to the cheap, vain things of this life. If they would elevate their thoughts and words above the frivolous attractions of this world and make it their aim to glorify God, His peace, which passeth all understanding, would be theirs." *Testimonies for the Church, Volume 3, pp. 368-371*

INDIVIDUAL INDEPENDENCE

You may be dignified without vain self-confidence; you may be condescending and yielding without sacrificing self-respect or individual independence, and your life may be of great influence with those in the higher as well as the lower walks of life. Test, vol 3, p. 506.



*Baptism in Puerto Rico of Luis Rosado Rices,
Aida Mendes, Mirta Torres and Migelina
Montañes.*

Christ Righteousness

Part 5

To Know Thyself

This is the first step in reaching towards Christ Righteousness. To know thyself is the most practical and all comprising sentence in the moral system. The philosophers of the ancient times respected this sentence. It brings to us the responsibility of examining ourselves. THALES of MILESIA, who is called the father of philosophy started using this sentence about 600 years B.C. Since then it has become a common rule among philosophers and finally it was called a divine oracle. These wise men said that it is the most difficult task for a man to accomplish. Therefore very few will ever learn to know themselves. There is a great danger that we also may over estimate ourselves.

The Pharisee who thanked God that he is not like others and relating his own good deeds did greatly over estimate himself. The Loadicean angel who says, "I am rich and increased with goods, and have need of nothing;" Rev. 3:17 are also in a great deception by over estimating his own spiritual condition. Peter did not know himself when he said. "If I should die with Thee, I will not deny Thee in any wise." Mark 14:31. The Jews did not know themselves and Jesus had to tell them, "Ye are of your father the devil, and the lusts of your father ye will do." John 8:44. Adam and Eve did not know their own weakness even while they lived in a sinless condition.

When we start examining ourselves the first place to start is our heart. "The heart is deceitful above all things, and desperately wicked: who can know it? Jer. 17:9. we do not need Satan to deceive us because our own hearts will do it. Jesus said, "For from within, out of the heart, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, deceit, lasciviousness, and evil eye, blasphemy, pride, foolishness: All these things come from within, and defile the man. Mark 7:21-23 We are born into the world with an evil and deceitful heart.

The greatest deception that may come upon us is to think that we are saved while in reality we are in a lost condition, far from Christ. "No man can of himself understand his errors. The heart is deceitful above all things, and desperately wicked; who can know it? Jer. 17:9 The lips may express a poverty of soul that the heart does not acknowledge. While speaking to God of poverty of spirit, the heart may be swelling with the conceit of its own superior humility and exalted righteousness." COL. 159

"There is nothing so offensive to God and so dangerous to the human soul as pride and self sufficiency. Of all sins it is the most hopeless, the most incurable." COL. 154

The Bible brings out the value of human beings, "All flesh is grass, and all the goodness thereof is as the flower of the field: The grass withereth, the flower fadeth: because the spirit of the Lord bloweth upon it: surely the people is grass." Isaiah 40-6-7. "Behold, the nations are as a drop of a bucket, and are counted as the small dust of the balance: behold, he takes 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 and 17

Where then is the greatness of the human beings who today live but tomorrow may be gone. When we behold the Creator of all, Jesus, suffering upon the cross for the lost human race, do we still see reasons for human pride. The apostle Paul learned to know himself: "For I know that in me (that is in my flesh,) dwelleth no good thing:" Rom. 7:18 "But God forbid that I should glory save in the Cross of our Lord Jesus Christ." Gal. 6:14. Paul emptied himself from human glory and greatness. In him remained no selfishness nor spirit of self exaltation. Paul knew that he himself could not do any good. He writes. "For it is God which worketh in you both to will and do of his good pleasure." Phil. 2:13 "I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." John 15-5

To know ourselves leads us into humility. We will not be so quick to condemn others. We will not seek to remove the mote in our brother's eye while there is a beam in our own eye. "What is justification by faith? It is the work of God in laying the glory of man into the dust and doing for man that which it is not in his power to do for himself." T.M. 546. As we learn these things we see the danger of self-righteousness and we will not trust in ourselves anymore but realizing our unworthiness and our helpless condition we will cry to the Lord seeking his help.

When the burden of sin presses upon us leaving us without comfort and without strength to carry it, then the offer of Christ and his sacrifice become our only hope. Then we will hunger and thirst after his righteousness. And in the company of Jesus we learn to know ourselves better every day, and at the same time we learn to know better our mighty helper, Jesus Christ. We will decrease and He will increase. Then we have learned the first practical lesson of Christ Righteousness.

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The Canadian-Caribbean Union

New Year's Message

"Come ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world". These will be the words of the Savior to His faithful children when he comes for them, but until then we must undergo many situations and events that will soon develop rapidly.

The year 1995 is gone and the year 1996 has started. Many surprises and strange circumstances have occurred in this world which perhaps we never thought would occur, but so it is that another year has passed into eternity; another year for our planet, humanity, the church and for each one of us.

The swift fulfillment of the prophecies that we have witnessed should have an effect on our souls. Let us think for a moment, and recall in our minds the news that we heard throughout the past year and at the same time let us understand the personal meaning of these in a spiritual sense. We should ask, what does the United Europe mean to me? What do I understand by the "Euro" (the common European money)? Why has the Arab-Israeli "peace" been established? What evidence is there of the supersonic increase of racism, social injustice and xenophobia? Why is this planet and its inhabitants being destroyed systematically (Nuclear testing, ethnic extermination, etc.)? For what reason do epidemics deaths, famines, wars and catastrophes increase? Why do they insist on political and religious world unity? Why is the link between Rome and the United States growing successfully? What kind of relationship is established between East and West? What successful connection exists between Turkey, the Middle East and Europe?

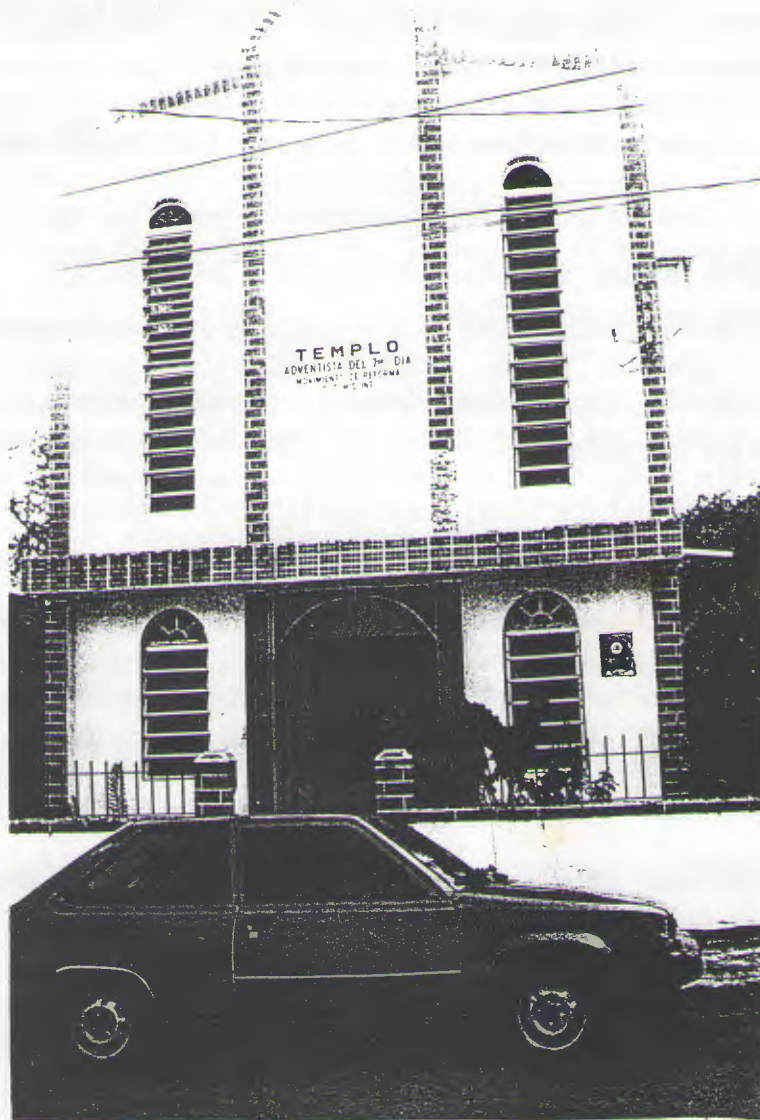
These questions prove that the end of the probation is approaching and at the same time there is a responsibility for the faithful Christian. "There remains then only a short time." Test. Treas. 369. "The end of the probationary time will come suddenly and unexpectedly." C.B. 1000. It is truly a serious time in which we are living and therefore, "We are to use the present opportunities to the utmost. We will not be given another time of probation when to prepare ourselves for heaven. This is our only and last opportunity to form our characters to be fit for the future home that the Lord has prepared to all who are obedient to His commandments." Letter 20, 1899.

We have the knowledge of the truth, we are in the church of God and we are on our way to the heavenly Canaan and this is why we must think today about..."That we will meet again each thought, word and action of our life. We will continue to be all eternity that into which we have formed ourselves during the time of probation." 2 Test. Treas. 167. We are to pray and think about this testimony and we must meditate on the verse stated in the beginning of this article. Let us go forward and reach a higher religious experience with the help of the Almighty. The fulfillment of our hope as Adventists is

here before us. "There cannot be stronger and more powerful motives for our actions. The great rewards of doing good, the joy of heaven, the company and love of God and His Son, the elevation and the growth of our faculties through the eternal ages, are they not powerful incentives and motivations that urge us to dedicate the service of the heart to our Creator and Saviour?" C.C. 21-22.

"We will have a new heaven and a new earth. John beheld a holy vision and said, "I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people, and God Himself shall be with them, and be their God." Rev. 21:3. O blessed and glorious expectation!" Letter 62, 1886. This is my fervent prayer and my deepest desire for all the members of the Canadian-Caribbean Union.

Your brother in faith R. Escobar



Our church in Puerto Rico

NEW YEAR'S MESSAGE

Another year has passed into eternity and God in his mercy has granted us entry into another year, 1996. The Advent pioneers did not dream of the world lasting this long, nevertheless we are still here. 1996 is the year 6000 according to the Hebrew calendar. Could it be that the words of Sister White in the Great Controversy should be fulfilled this year, that God permitted sin to rule for 6000 years? We do not know yet the events that will take place this coming year. According to the Spirit of Prophecy the last events will be rapid ones. We will see great falls, many will lose their faith and leave the ranks of Jesus. Others will become serious and break their ties to the world and prepare themselves for the coming crisis. We would like to make a special appeal to all brothers, sisters and friends in this Union to make this new year a year of Reformation.

1. Begin with your time. Lay aside sufficient time for worship and other religious exercises. Our time is very limited and therefore it must be used wisely.
2. Learn to pray without ceasing. It may take some practice but prayer has a mighty power that can move mountains.
3. Start regular Bible reading and testimony studies. God has not given us these precious books without reason. They have counsels that we need in these last days.
4. Change your eating habits and your diet to correspond with the divine plan. Even fasting can help us to overcome sins that seem to linger in us.
5. Clean your house from worldly literature. They create temptations to us and to our children. Satan has the right to enter into your home if his literature is kept in there.
6. Get involved in the missionary work. If you are lacking experience, then go with more experienced brothers or sisters who will teach you how to canvass and give Bible studies.
7. Be careful of whom you associate with. Wrong company can pull you down spiritually.
8. Start transferring your money into the Bank of Heaven. In the time of trouble, you may need to withdraw from the Lord's bank but if you have no deposits, how can you expect interest?
9. Learn a new language; the language of love, which is the language of heaven. Never speak unkind words, even when insulted or abused.
10. Learn all about Christ Righteousness. Do not rest until His white spotless garment covers you. Hunger and thirst for it; make it the priority in your life.

More can be added to this list, but with these ten resolutions fulfilled, the year 1996 will be the year of Personal Reformation. Then you will not be afraid of whatever this year may bring us, even if it be the coming of the Lord in the judgment.

May the Lord bless you all richly and grant his mercy to all of us.

A MIRACLE

The 21st of September 1995 was an unforgettable day in my life in British Columbia. I have seen with my own eyes and heard with my own ears of many severe accidents in my native country of Sri Lanka but it did not effect me very much because I have not been involved in one myself, whether small or large. Having my first real accident I now know first hand the experience of pain and trial involved in injuries.

That Thursday morning, the 21st of September, at 11:00 AM I was riding my bicycle to the grocery store to buy some food. On my return journey I was traveling along a busy road called King George Highway. I was riding along the sidewalk and as I was crossing a driveway into a shopping mall a car came charging out of the mall. The driver was not looking down the sidewalk and he appeared to be in a hurry. It was unexpected for me and I was thrown off my bike and onto the road, hitting my head very hard on the concrete road (I was not wearing a helmet). My knees and shoulder twisted painfully and I was unconscious for about 10 minutes. Blood was coming from the left side of my head near my eye. I was surrounded by some ladies and within about 40 minutes the fire engine and ambulance came. They insisted that I be taken to the nearest hospital for emergency treatment. The doctors said my head and legs may be severely injured; I was really frightened - but the doctors assured me that there was no major damage or fracture in my body. I trusted in the power of God who healed and protected me from that fearful event. This trust was not blind faith or human will, but real confident understanding that my God is real.

The RCMP officer came to my bed to see my condition and he told me that, "by the grace of God only did you escape, otherwise you would be dead on the spot because of the head-on collision."

One Watchtower lady named Rosemary (who witnessed the accident) called Br. Jerry Eaton over the telephone regarding my accident. Before the accident, in the morning, I was talking with this Watchtower lady and her friend regarding the Seventh-day Adventist Reform church, our beliefs and teachings and also we discussed the Sabbath. I should thank these ladies for their courtesy and kindness. Br. Eaton and his son Richard rushed down to the hospital when they heard about the accident. They held me in their arms and told me that I could not fall down from God's care. It was true.

I came home with the deep impression of the power of God and I read Psalm 91. There I was encouraged that God's merciful kindness is everlasting. He is always watching His children day and night. There will be temptations and trails and the usual human problems as well as darkness but He will send His rod and staff at the right time as He sees a need. My mother always reads those royal verses of Psalm 91 and she has instructed me to also read this same chapter when I am in distress or worried.

The next day Br. Eaton took me to the Insurance Company to give the accident particulars and also we went to the hospital to have some x-rays taken. Through the x-rays they found that there was no damage to my head or any other part of my body. IT IS A MIRACLE.

The next Sabbath I was determined to be at church although it was still quite painful for me to walk. The service was inspiring and I gave my testimony with tears of thanks. Our Lord has sent His angels to protect my life from a sure death and it has helped me to see the reality and possibility of death.

I decided then that I wanted to be inseparable from God. I went to bed that night and realized That He is with me and has always been with me because my life has been preserved

Thank God the pain is slowly going away (except for the head and back pain). Also I can walk freely through His power. I still have severe pain in my back which I have had for the past two years. It was aggravated by the accident. I am continually praying for this back pain and I hope that our Lord will touch my back because He is the creator of my whole body. In time I know that the Lord will also take the head pain away.

I really appreciate having true Christian friends like Brother Eaton and his family in my time of need. We all need to be true Christian helpers when we see our brothers are in need. That is why God has put us together in a family.

Once again I thank our Lord Jesus Christ for His real miracle which I experienced. This shows to me that the everlasting power and love of Jesus Christ is seen everywhere in the universe.

Xavior Chelliah

The Discipline of God

“As many as I love I rebuke and chasten:” Rev. 3:19.

“For whom the Lord loveth He chasteneth, and scourgeth every son whom He receiveth. If ye endure chastening, God dealeth with you as with sons; for what son is he whom the Father chasteneth not?” Heb 12: 7-8.

“It is by close testing trials that God disciplines His servants.” P.P. pg. 129.

“The Lord disciplines His servants that they may be prepared to fill the places appointed to them.” G.W. 1915, pg. 269.

“He disciplines His people that He may lead them in the right way.” Test. Vol. #5 : pg. 314



Members and visitors gathering at the meeting place before the Baptism in the Ukraine

HEALTH TIDBITS

Ellen G. White

"Only one lease of life is granted us; and the inquiry with everyone should be, "How can I invest my powers so that they may yield the greatest profit? How can I do most for the glory of God and the benefit of my fellow men?" For life is valuable only as it is used for the attainment of these ends." Counsels to Parents, Teachers and Students. p. 41

PROTEIN AND SUGAR COMBINATIONS

"Sugar is not good for the stomach. It causes fermentation and this clouds the brain and brings peevishness into the disposition." Counsels on Diet and Foods. p.327

"Far too much sugar is ordinarily used in food...Especially harmful are the custards and puddings in which milk, eggs and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided." Ministry of Healing p. 301

"Large quantities of milk and sugar eaten together are injurious. They impart impurities to the system.. Sugar clogs the system. It hinders the working of the living machine...These clog the system, irritate the digestive organs and affect the brain." Test. Vol. 2, p. 369

"And from the light given me, sugar when largely used, is more injurious than meat." Ibid, p. 370

FRUITS AND VEGETABLES

"It not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress and inability to put forth mental effort." Ministry of Healing p. 300

MILK PRODUCTS AND EGGS

"Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth." Test. Vol.7, p 135 (written in 1902 - has the animal creation degenerated since?)

"Butter is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether. Cheese is still more objectionable: it is wholly unfit for food." Ministry of Healing p.302 (she was speaking mainly about hard cheeses, but today soft cheeses are also not very good due to the decline in the quality of the dairy products)

"Animals from which milk is obtained are not always healthy.. The animal creation is diseased." Test. Vol. 2, p. 369 (written in 1869)

DRINKING WITH MEALS

"The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest, for the liquid must first be absorbed." Counsels to Parents, Teachers, and Students. p. 51

EATING HABITS (TIMES)

"Regularity in eating is of vital importance. There should be a specific time for each meal. At this time let every one eat what the system requires and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination... Ministry of Healing p.303

"Another pernicious habit is that of eating just before bedtime. The regular meals have been taken; but because there is a sense of faintness, more food is eaten. As a result of eating late suppers, the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is not properly accomplished...When we lie down to rest the stomach should have its work all done...At least five or six hours should intervene between the meals, and most persons who give the plan a trial will find that two meals a day are better than three." Ibid p. 304

EATING HABITS (SPEED)

"Food should be eaten slowly and thoroughly masticated. This is necessary in order that the saliva may be properly mixed with the food and the digestive fluids be called into action." Ministry of Healing p.305

"If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly. The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed, as on the length of time it remains in the mouth. Those who are excited, anxious, or in a hurry would do well not to eat until they have found rest or relief, for the vital powers, already severely taxed, cannot supply the necessary digestive fluids." Counsels to Parents, Teachers and Students p.51

WHITE FLOUR PRODUCTS

"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 whole wheat. It is a frequent cause of constipation and other unhealthful conditions." MH p.300

CONDIMENTS

"Condiments are injurious in their nature. Mustard, pepper spices, pickles, and other things of like character, irritate the stomach and make blood feverish and impure." Ibid p.325 (pickles and the like generally have vinegar, sugar and other chemicals, which is what makes them unhealthful, if you can find some without these elements then they would be fine)

"The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system." Ibid p.300 (They both contain aluminum. You may obtain baking soda without aluminum in health food stores)

"Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit, and the irritation that calls for so much drink at mealtime will largely disappear." Counsels on Diet and Foods, p.345

MEDICAL DRUGS

"People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use: this is because nature has sufficient vital force to expel the poison and to correct the condition that caused the disease. Health is recovered in spite of the drug. But, in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system, and work great harm at some later period..." Ibid, p. 126

EATING ON SABBATH

"To eat on the Sabbath the same amount of food eaten on a working day is entirely out of place. The Sabbath is the day set apart for the worship of God, and on it we are to be specially careful in regard to our diet. A clogged stomach means a clogged brain. Too often so large an amount of food is eaten on the Sabbath that the mind is rendered dull and stupid, incapable of appreciating spiritual things... The diet for the Sabbath should be selected with reference to the duties of the day on which the purest, holiest service is to be offered to God." Counsels on Health, p.577

"A misuse of the body shortens that period of time which God designs shall be used in His service. By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting to take physical exercise, by overworking mind or body, we unbalance the nervous system. Those who thus shorten their lives by disregarding nature's laws are guilty of robbery toward God. We have no right to neglect or misuse the body, the mind, or strength which should be used to offer God consecrated service." Counsels on Health, p.41

BRING EVERY THOUGHT INTO CAPTIVITY.

Many have difficulty controlling their thoughts. It is very common to engage in daydreaming; living in a fantasy world. Paul writes, "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" 2 Cor. 10:5

Humanly this is impossible as is loving our enemies, or being perfect as our Father in Heaven is perfect. Without Christ we can do nothing. But do not be discouraged, with God all things are possible.

"The quick and passionate temper no longer masters the man; for Jesus Christ has brought the thoughts into captivity to himself." Signs of the Times Sept., 26 1892.

"Jesus will attract the mind, purify the thoughts, and cleanse the heart from every secret sin." Christian Temperance, Pg. 136.

Forgive Me When I Whine

Today upon a bus I saw
A lovely girl with golden hair,
I envied her, she seemed so gay,
And wished I was so fair.
When suddenly she rose to leave
I saw her hobble down the aisle.
She had one leg and wore a crutch,
But as she passed, a smile!

Oh God, forgive me when I whine,
I have two legs, the world is mine.

I stopped to buy some sweets,
The lad who sold them had such charm,
I talked with him, he seemed so glad.
If I were late, won't be no harm,
And as I left he said to me
"Thank you, you've been so kind,
It's nice to talk to folks like you
You see, he said I'm blind.

Oh God, forgive me when I whine
I have two eyes the world is mine.

Later while walking down the street,
I saw a child with eyes so blue,
He stood and watched the others play.
It seemed he knew not what to do
I stopped a moment and then I said
"Why don't you join the others?"
He looked ahead without a word.
And then I knew he could not hear

Oh God, forgive me when I whine,
I have two ears the world is mine.
With feet to take me where I'd go.
With eyes to see the sunset glow
With ears to hear what I won't know

Oh God, forgive me when I whine
I'm blessed indeed, the world is mine.

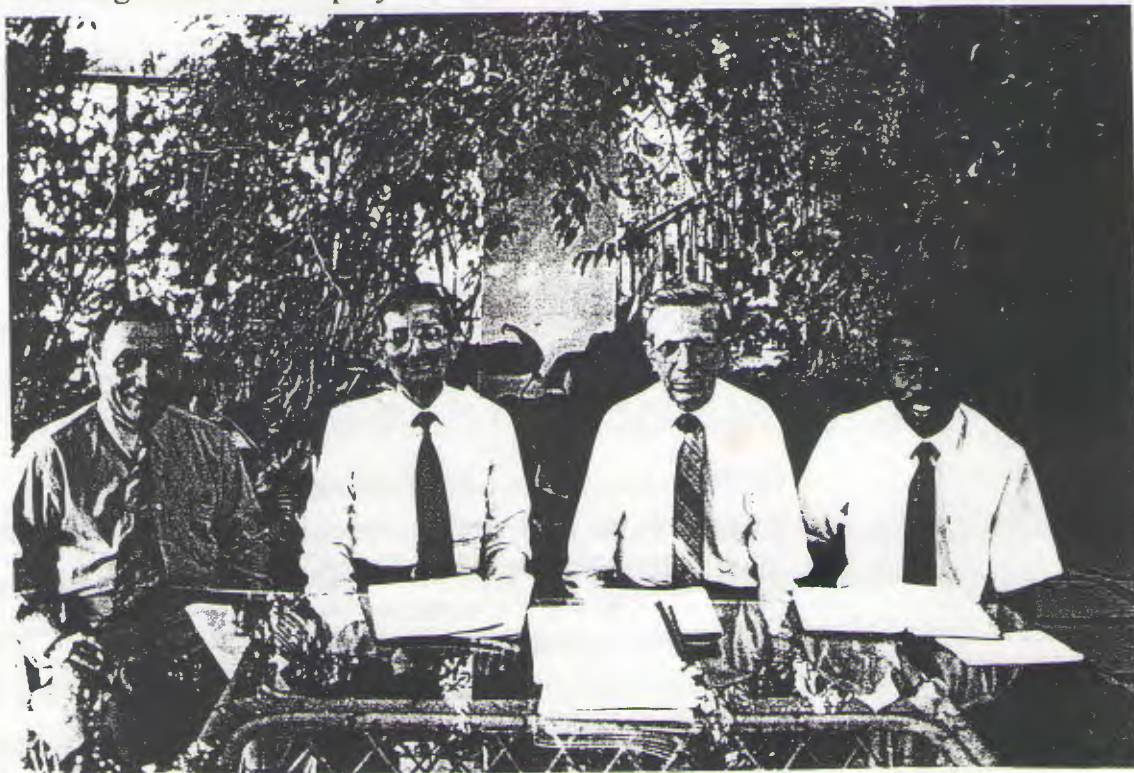
MONTREAL

The last Sabbath of the year, the Montreal church gathered together for a New Year's meeting. Many proposals were made individually and collectively. One brother expressed his desire to have the Fruit of the Spirit manifested in his life. One of the children proposed the need to pray for each other. It is wonderful to see the children recognizing the power of prayer. To be strong in faith was proposed by one person who is going through personal crises. In time of peace we all seem to be strong but in trials the faith is tested. One sister had the desire to be more understanding towards her children. The grown-ups often have no idea of the problems and temptations the children are facing today. In order to counsel and guide the children the parents need special help of the Holy Spirit.

One of the young sisters desired help to control her temper and to understand others better. Jesus said, "He that is without sin let him cast the first stone." When we realize that we are not yet perfect ourselves then we can tolerate the faults in others better. Character building was mentioned by one sister. In this we all agreed that the year 1996 should be especially dedicated to prepare our characters for eternity. To be Christlike is our passport to heaven.

One father expressed his desire to be able to draw closer to his children. This applies to all parents. In our modern society, children and parents are often strangers to one another. One young brother wished to be able to speak more of Jesus to his friends in school, and also to invite them to church.

Finally, the proposal was made to do more missionary work especially in Montreal. All promised their co-operation and help in this plan. If the Lord in His mercy grants to us another get-together like this in the end of this year, then we will discuss these proposals to find out how many were fulfilled and which ones were neglected. Let us pray for the work in Montreal.



*Brethren; Luis Rosado Rices, Raul Escobar,
Timo Martin and Ian Grant
giving the Reformation message on video.*

PUERTO RICO Mini-Conference

Friday Jan. 5th the members of Puerto Rico and visitors from other countries were gathered together for a three day conference.

Sabbath opening services was conducted by Clemente Guerrero from the Dominican Republic. His theme was from Psalm 138.

After this Br. Timo Martin spoke on the topic "Not by might nor by power but by my Spirit." Our greatest need is not numbers, money or buildings but the Holy Spirit. Each member of the church was called into thorough self examination. One Achan can defeat the missionary efforts done by others. Unity and cooperation are essential for it's success.

On Sabbath Br. Raul Escobar spoke about seven complaints that God had about His people, found in the book of Malachi. These apply to us today.

In the afternoon we joined in the praise and testimony meeting with Br. Timo Martin. Many experiences and special songs and music delighted the members and visitors who were present.

Later in the Evening Br. Ian Grant spoke about a "The three wonders of God's love." The first one is His justice. The second one is His truth and the third one is His mercy.

Early Sunday morning Br. Feliciano Pretel conducted the baptismal service. Four dear souls made their covenant with the Lord. Later Br. Ian Grant spoke on the topic "Three things that God cannot see" The first one is sin that He would not hate. The second one is a person that He does not love, and the third one is a person that He could not save.



At the baptismal site in Puerto Rico



God Chose

**God chose a virgin
As a mother to His Son,
God chose a manger
As a crib for His son.
God chose humble shepherds
To be the first worshipers of His Son,
God chose a star
To announce the birth of His Son.
God chose lowly Nazareth
To be home to His Son.
God also chose carpentry
As a career for his son.
God chose David
To be the forefather of his son,
God chose John the Baptist
As forerunner for his son.
God chose Israel
As a country for his son.
God chose Jerusalem
As death to his son.
God chose the third day
To resurrect his son.
God chose your heart
To be a temple for his son.**

Sofia Cabral