

The Canadian-Caribbean Union 

Messenger

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EDITORIAL

One month has passed of 1996 and already we see progress in the Canadian-Caribbean Union. In Toronto after many years of planning, an outreach to the Spanish Community has started. Each Sunday evening, meetings are conducted in Spanish and the response has been very favorable. These meetings are geared more toward the visitors than to the members, and we hope that eventually they will result in the conversion of the new souls. English speaking visitors have received translation and others are encouraged to participate.

Montreal has been taken care of by the Toronto church members since our worker Br. Styner left that field last July. The members and visitors there are thankful for our sacrifice realizing the far distance and the icy road conditions in the winter time.

In the Dominican Republic the restaurant is still doing well but they do need more equipment. One of them is a large freezer which would help them to buy food in larger quantities and save money accordingly.

Puerto Rico is sending a young man, George Williams to Canada to do missionary work on a trial basis. Let us pray for him that his labors in Canada will be successful. Our field leader, Brother Martin will be visiting Vancouver in February. Our field is very large and because of the great distances, the connections and regular visits are hard to maintain. In the next messenger, we will hopefully have more information on Vancouver as well as Haiti and Cuba where Brother Raul has been visiting lately.

Brothers and Sisters in the Canadian-Caribbean Union, let us work in harmony and co-operate with others in these projects. Unity is strength while division is weakness, and our God will bless us.

THE EDITORS

Christ Our Righteousness

Part 6

Self-Righteousness:

"But we are all as an unclean thing, and all our righteousnesses are as filthy rags; Isa 64:6

One of the greatest deceptions in Christian life is self-righteousness. Outwardly it looks similar to Christ Righteousness; as counterfeit money which looks similar to real money, yet it is worthless.

There are mushrooms that are poisonous but look very close to the edible ones. Failure to distinguish between them can be fatal, even so in religion the false righteousness will bring spiritual death upon us.

Self-righteousness is also outwardly right doing. It can be fanatical in the obedience of the laws, rules and ceremonies. The Pharisees looked down on others who were not as good as they were. "The Pharisee stood and prayed thus with himself, God, I thank Thee that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all I possess." Luke 18:11-12.

*Often seemingly noble deeds are done by self-righteous people. They may donate money for hospitals, schools and churches; but the motive can be self-glory, the praise of others. The human pride spoils their good works. **EVEN OUR OUTWARD** humility can make us feel proud of ourselves.*

"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 conceit of its own superior humility and exalted righteousness." C.O.L. 159

When Satan cannot lead us into open sins anymore, he changes his approach to lead us into spiritual pride and into self satisfied feeling. This is exactly what happened to the Loadicean angel. They feel themselves rich and increased with goods. They cannot see their spiritual need. Therefore in their self-righteous condition they are all really wretched, miserable, poor, blind and naked. There can be no worse spiritual condition than this. What makes it even worse is that the self-righteous person cannot see his true condition because of his blindness. For this reason he is not seeking a remedy for his sickness either. Outwardly all looks in order. Humanly looking they seem as true reformers, zealous for the Lord, but inwardly they are like whited sepulchers, full of defilement. Jesus spake of a house that was swept and garnished but at the same time was empty. The Spirit of God did not dwell there. Sister White comments on it the following manner.

"The garnished house represents the self-righteous soul. Satan is driven out by Christ. But he returns, in hope of finding entrance. He finds the house empty, swept, and garnished. Only self-righteousness is abiding there. Then goeth he, and taketh to him seven other spirits more wicked than himself; and they enter in, and dwell there: and the last state of that man is worse than the first. Self righteousness is a curse, a human embellishment, which Satan uses for his glory." Rev. Her. Dec. 12, 1899

We can keep Sabbath very strictly as the Pharisees did. We can pay tithes very accurately from all our income. We can visit the church meetings regularly. We can read the Bible and pray but at the same time be without Christ, without His Spirit, and without the power of God. The letter of the law we can keep blamelessly but we will fail utterly in keeping the spirit of the law. There can be individuals and even church organizations who keep the letter of the law to the detail but have neglected the spirit of the law and therefore they are like the Pharisees whom Jesus called the children of the Devil. This is the reason why Sister White spoke about two groups of the people who look alike outwardly.

"Many apparently good things will need to be carefully considered with much prayer, for they are spacious devices of the enemy to lead souls in a path which lies so close to the paths of truth that it will be scarcely distinguishable from it." Evan. 590

"I saw two companies, one bowed down before the throne, deeply interested, while the other stood uninterested and careless." E.W. 54. These two companies were both praying for the Holy Spirit. One of these companies received the Holy Ghost in which was much light, power, and much love, joy and peace. The other company also received a spirit and power but not from God.

"I saw them look up to the throne, and pray." Father, give us Thy Spirit. Satan would then breathe upon them an unholy influence, in it there were light and much power, but no sweet love, joy and peace." E.W. 56

Jesus said of the self-righteous people. "Verily I say unto you, That the publicans and the harlots go into the kingdom of God before you." Math. 21:31. Self-righteousness is deceptive security of salvation. It is also spiritual sickness that is most incurable because of the blindness that it causes.

We are very careful as we leave our house that we look presentable in appearance. We dress properly, comb our hair wash our faces but yet many Christians dare to enter into public places to mingle with people in filthy rags. They give such poor picture of religion that many turn away from it. They do not make their religion attractive. Their attitudes their complains, their unhappiness gives a wrong picture of God whose children have to be so miserable. Let us show to the world the pure white linen of Christ Righteousness and multitudes will be converted to our religion as they see the beauty of Christ in us.

CURRENT EVENTS

PAPAL VISIT

"And I saw one of his heads as it were wounded to death and his deadly wound was healed: and all the world wondered after the beast" Rev 13:3

Do you wonder what the beast of Revelation 13 is up to? Sometimes I wonder; for example, when President Bill Clinton came to "welcome the Pope on the tarmac at 3 P.M., then travel with him to Sacred Heart Cathedral for a half-hour private talk before an evening prayer service." Toronto Star, October 4, 1995 p. A3 This was during the Pope's visit to the USA in October of last year and I wonder what they spoke about. What is their agenda? How soon will they fulfill the remaining prophecies of Revelation 13?

But the world is wondering after him in a different way. When the Pope made his trip to Denver, Colorado a few years ago, "a young woman who found herself, along with the thousands around her in a stadium in Denver, cheering and applauding him: "I don't react that way to rock groups. What is it that he has?" Readers Digest, October 1995, (Canadian Edition) p.86 John Paul II has such an impact on the world that it is said that he will go down in history as the greatest of modern popes. Billy Graham, who is the foremost Evangelical preacher in the world considers the Pope as "the strong conscience of the whole Christian world." Ibid, p.90 Why, we may wonder, the whole *Christian* world and not just the whole *Catholic* world? Could it be that most of Christianity is sold out to Catholicism today? Few Popes have spoken as often and as forcefully as has John Paul II. Perhaps he is preparing the world for some sort of spiritual unification.

On his visit to the US in October he held an open air mass in Central Park, New York. He attracted one of the largest crowds of his career. "At least 130,000 people crowded into the amphitheater for the mass, but the Vatican estimates another 100,000 people were outside, watching on close-circuit television." Toronto Star, October 8, 1995 p. A3. And the American people still love him. "The Pope, who visits Baltimore today on the last leg of his American tour, has so far run into little open dissent." Ibid p. A3 In Oriole Stadium in Baltimore, "The Stadium had not rocked to such cheers since Cal Ripken broke Lou Gehrig's 56-year-old record of playing in 2,130 straight games. "This is Number 1" said Walter Gentile, an Oriole usher. Ripken's record-breaking game last month? "That's Number 2." Ibid, October 9, 1995 p. A3. And is not the USA supposed to be the leading Protestant nation in the world? Did she not open her doors to those who were fleeing Papal persecution hundreds of years ago?

And whom did the Pope come to meet? Was it only Christian people of various faiths? "The Pope was scheduled to deliver a major address at the UN today in honor of that organization's 50th anniversary. Hinting at the significance he has given to this trip, the Pontiff made clear he would deliver a similarly stern lecture to representatives of other *governments* at the UN "Ibid, October 5, 1995, p. AS (emphasis ours). He is truly fulfilling prophecy in uniting religion with governments of the world.

John Paul II also seems to have a strange power over the people. "Experts call it the Catholic paradox Seldom has there been a Pope more popular with Catholics, yet one with whom they disagree more on the divisive issues of divorce, birth control, ordaining women and the need for celibate male priests" Ibid, October 4, 1995, p. A3 Strange, they don't like the message but they love the man.

He has even succeeded in "...the establishment of diplomatic relations between the Holy See and Israel..." Readers Digest, October 1995 p.89 (Canadian Edition). Will Israel support a universal Sunday law? According to prophecy they will and we see them making political ties with Rome. Perhaps the next step is for Israel to make spiritual ties with the Pope.

The Papacy has an agenda and one of their major goals is, "to reach out to the world and seek contacts with *other faiths*; and to proclaim the sanctity of the individual." Ibid p.89 (emphasis ours). The Pope is looking forward to the year 2,000, at which time "...he dreams of having a summit of all monotheistic religions at Mount Sinai..." Ibid p.90 Soon, very soon, the prophecies of Revelation 13 will reach their fulfillment and the Lord will come.

*"Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh." Mat 24:44
"Now learn a parable of the fig tree; When his branch is yet tender, and putteth forth leaves, ye know that summer is nigh: So likewise ye, when ye shall see all these things, know that it is near, even at the doors." Mat 24:32-33*

FRENCH TESTING

"And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, nor on the sea, nor on any tree. And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, Saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads." Rev. 7:1-3

By the grace of God we have peace in our country today. There are a few more souls that still need to be warned of the soon coming Messiah. Thinking back to the previous two World Wars though, most of the trouble began in Europe. There has never been true unity amongst them since the Roman empire fell apart, but yet they are at peace today, (except for the former Yugoslavia) but for how long?

What is the nation of France up to these days? Many of us perhaps have heard of the nuclear testing that they are conducting in the South Pacific. While the two Superpowers (USA and Russia) have been trying to reduce their weaponry together by treaties and pacts, here is a country openly "...breaking a 1992 moratorium on nuclear tests..." The previous (3rd) bomb had an explosion bigger than the bomb that fell on Hiroshima. And why are they doing this? Let France answer: "to check its nuclear arsenal..." and, "to guarantee in the future the security and reliability of our arms." There is one more reason they say and that is to, "...develop computer testing that render future detonations unnecessary." The last reason perhaps is a positive one but why destroy, to find means to avoid destruction?. What would happen if all nations with nuclear weapons decided to do as France is doing? What impact will it have on the environment? These are questions to ask ourselves. The French government say they have to conduct up to 8 more tests by next May and in 1996 they will sign a treaty against further testing "...but it will come too late."

How does the world view all of this? Are they just ignoring France and her actions? "Governmental and environmental groups world-wide have roundly condemned France..." France has also been, "...harshly criticized by European neighbors, South Pacific governments and the environmental group Greenpeace..."

Why has nobody stopped them? Perhaps they will try to at one point. A few environmentalists have tried but to no avail. We see many nations of the world at present, angry with this one nation who is conducting these tests and they just sit and watch and talk. Other nations of less importance in the world have received economic sanctions when they did acts that were disapproved by other nations. Why not France? What would be the impact on the world if this happened? France is an important country and perhaps an action like this would lead to another world war. We can only speculate. But it seems so clear that something is holding back the winds of war in this case.

There are many smaller wars and civil wars occurring in the world today but nothing on a global scale. How long will this be? We must prepare today for we know not when this peace and security will end. If we open our eyes we can see many signs of the times fulfilling. We need to just count our blessings and thank God for the peace we have now.

"And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21:28

(All quotes in this section taken from The Vancouver Sun, October 28, 1995)



Students of our
Missionary school
in Hungary



Baptism in Ghana



Brother Thomas D'Haiti leaving
Toronto for Haiti. He will be
conducting evangelistic meetings
during the month of February there.

FLATTERY

VS.

ENCOURAGEMENT

We all like to hear words of encouragement now and then. We see Jesus giving praise to the two men who used their talents wisely. He said, "well done thou good and faithful servant." I am sure that we have all received some praise for a job well done, or perhaps for some victory we gained over sin, at one point in our lives. It makes us feel good all over. Many times it motivates us to do those good deeds over and over again so that we can receive that flattery and feel good all over again. When we have met a particularly gifted person it is easy to get into the habit of speaking well of that person and praising the person for their talents instead of giving honor and glory to God.

Flattery is a tool of the devil though as pointed out in the Spirit of Prophecy. We will discuss those points later in the article. First let us define what is the difference between flattery and encouragement.

According to the dictionary, to Flatter is: "To shower praise or attention upon, to gratify the recipient's vanity or to ingratiate oneself;" or "To portray too favorably." How can we "portray too favorably"? Where do our talents come from? From the Lord, we answer. Then I ask, who really deserves to be praised? Our praises to our fellow men must be mingled with praise to God.

To encourage means: "to inspire with courage, spirit or hope."

How did Paul praise the believers to whom he wrote letters? "We give thanks to God and the Father of our Lord Jesus Christ, praying always for you, Since we heard of your faith in Christ Jesus, and of the love which ye have to all the saints." Col. 1:3,4 "I thank my God always on your behalf, for the grace of God which is given you by Jesus Christ." 1 OCR. 1:4 Several of his letters have similar words in the introduction: He thanked God for the work that He was doing among the believers. He did not praise the believers. How often we fail and praise the believer instead of giving honor and glory to God for the work He has done through the believer.

Flattery leads a person to think that there is something good in himself. Some virtue which makes him a little better than his brethren. This evil has caused the downfall of many faithful souls in the past. There is nothing good in man, nothing worthwhile without Christ.

What happened to Moses when he received a lot of flattery and praise? He thought that in his own strength he could free his people. This led him to murder a man, which resulted in him having to flee for his life, and spending the next 40 years in the wilderness tending sheep. "Moses had been taught to expect flattery and praise because of his superior abilities; now he was to learn a different lesson. As a shepherd of sheep, Moses learned to care for the afflicted, to nurse the sick, to seek patiently after the straying, to bear long with the unruly, to supply with loving solicitude the wants of the young lambs and the necessities of the old and feeble. In this experience he was drawn nearer to the Chief Shepherd. He became united to, submerged in, the Holy One of Israel." CT p.407

In Christ's ministry, when He chose the 12 disciples He, "...passed by the dignitaries of the Jewish nation, and chose lowly, unlearned fishermen. He chose men who had not been spoiled by praise or flattery, men who were not filled with self-sufficiency." ST June 7,1905

Then there is the classic case of King Solomon. He was a very humble man at the outset of his reign. During his reign he was blessed with great wisdom and great riches. "Had Solomon continued in humility of mind to turn the attention of men from himself to the One who had given him wisdom and riches and honor, what a history might have been his! But while the pen of inspiration records his virtues, it also bears faithful witness to his downfall. Raised to the pinnacle of greatness and surrounded with the gifts of fortune, Solomon became dizzy, lost his balance, and fell. Constantly extolled by men of the world, he was at length unable to withstand the flattery offered him. The wisdom entrusted to him that he might glorify the Giver, filled him with pride. He finally permitted men to speak of him as the one most worthy of praise for the matchless splendor of the building planned and erected for the honor of "the name of the Lord God of Israel." PK p.68

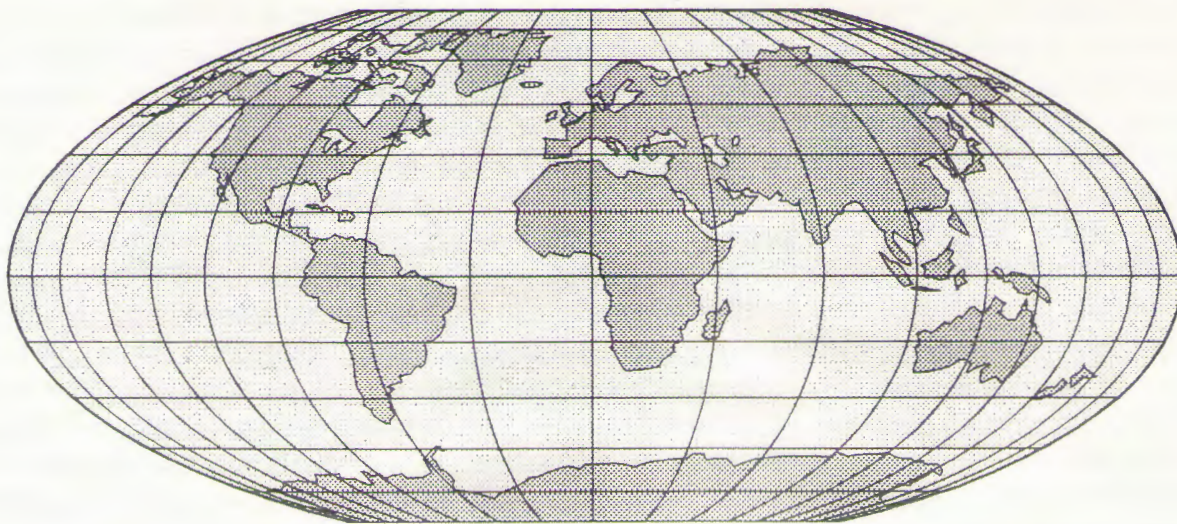
"We need to shun everything that would encourage pride and self-sufficiency; therefore we should beware of giving or receiving flattery or praise. It is Satan's work to flatter. He deals in flattery as well as in accusing and condemnation. Thus he seeks to work the ruin of the soul. Those who give praise to men are used by Satan as his agents. Let the workers for Christ direct every word of praise away from themselves. Let self be put out of sight. Christ alone is to be exalted." COL. p.161

"Praise and flattery of one another is forbidden in the Scriptures. It is an offense to God, and is an injury both to him who gives and him who receives praise. It is a snare to them; for it separates the soul from God.... Let every tribute of praise that flows from the heart be offered to the Lord God of hosts. Praise him that he has given Jesus to be our righteousness, that he is weaving for us a garment in the loom of heaven, that we may be clothed, not unclothed, but clothed upon with the righteousness of Christ." RH March 15, 1992

"Do not receive flattery, even in your religious life. Flattery is an art by which Satan lieth in wait to deceive and to puff up the human agent with high thoughts of himself. "Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ." Flattery has been the food upon which many of our youth have been nourished; and those who have praised and flattered have supposed that they were doing right; but they have been doing wrong. Praise, flattery, and indulgence have done more toward leading precious souls into false paths, than any other art that Satan has devised." YI, May 24, 1894

"Love for one another is not to be manifested by praise and flattery, but by true fidelity. The love of Christ will lead us to watch for souls; and if we see one in danger, we shall tell him so plainly and kindly, even at the risk of his displeasure. The religion of Christ is not to be controlled by impulse. We need to pray much, and lean wholly upon God. We need to hold the truth with firmness, and in all righteousness; but while we speak the truth with fidelity, we should speak it in love, as it is in Jesus." ST April 23, 1894

While it is right and good to encourage our fellow believers, it is not well to flatter them. Even if the person is not present, the words will eventually get back to him. We must serve Jesus because we love Him and He died for us, not because of the flattering words we may hear from our brothers and sisters. Yet we are also counseled to: "Cultivate the habit of speaking well of others. Dwell upon the good qualities of those with whom you associate, and see as little as possible of their errors and failings. When tempted to complain of what someone has said or done, praise something in that person's life or character. Cultivate thankfulness." MH p.492 Does it sound like a bit of a contradiction?? Perhaps, but we have to learn the proper way to praise others. The conclusion to the paragraph quoted above says, "Praise God for His wonderful love in giving Christ to die for us...." Ibid. Paul learned the proper way to praise the believers as we mentioned earlier. He praised God for the faith that the Holy Spirit had begotten in the believers. Our praise must come in the form of encouragement and not in the form of flattery. Let us all unite together and encourage each other along the upward way and praise God for the faith which leads to good works we see among our brothers and sisters. Amen. By Wendy Eaton.



FIJI - UPDATE

"As cold waters to a thirsty soul, so is good news from a far country." Proverbs 25:25

Last fall we printed an article about the Island of Fiji. There has been much good news from the South Pacific Island and I just wanted to share the good news with you. The latest news was that Br. Andrade was planning a visit to the Island last fall. He did go and found some interested souls whom Sr. Frances has contacted. He studied extensively with them. Every night they got together for Bible Studies and he saw that they would soon be ready for baptism so he returned in early October to accept 4 members into fellowship. (Two couples). One couple is the sister and brother-in-law of sister Frances and the other couple are friends. They have about 15 people together every Sabbath with all the children.

I would like to quote a few excerpts from Sr. Frances' letters.

"We are really enjoying ourselves on Sabbaths now since we are not worshipping alone. Kitty and her husband have joined us and also another couple. There are about 5 adults and 11 children. It is so good to share together the Reform message; it is something new to them here. I also learned a lot of new things when Bro. Andrade was here. He is coming back on October 2nd (next week). All the materials that you gave me have been given to the 2 families (it has been photocopied). We still need a lot more materials. We have ordered our new Sabbath School Lessons (for next year) and I am trying to get hold of the new list of publications so we can order some books." September 26, 1995

"Kitty and her husband were baptized last Sabbath while Br. H. Andrade was here. Another couple also got baptized, Patrick and his wife Josephine. I'm so glad that we have a little group here. Hopefully more people will come. Br. Andrade spent a week with us; teaching us how to run a Bible study program to those who are interested. And also we met every night for Bible Studies (questions and answers). We really need someone here to stay with us and guide us. Hopefully Brother Andrade will send another brother here to be with us for a long time.

We had feet washing and Lord's Supper last week. It was very touching. We really missed Bro. Andrade, he has been very good to us." Oct. 10, 1995

"By the way Kitty and Isoa have been baptized by Bro. Andrade so is Patrick and his wife. We are so happy here. We are trying very hard to get more members so that we can register. Here in Fiji, very soon it's going to be a law not to bring any more religion into the country. While the door is still open, we are trying to register as best as we can. October 27, 1995

In telling of his visit to Fiji in the *World Report* Br. Andrade says, "Next I traveled to the Pacific Island of Fiji, where a dear sister has been alone for the past seven years. She was accepted as a member of the Reformation in Canada and longed for the day when she could meet with brothers and sisters of the same faith. On this island, as in many countries, there are a large number of Adventist groups; some believe one thing; and others, another. Both Br. Henry Dering and I tried to help them, with the result that various individuals finally took their stand.

In October, four souls were baptized in a beautiful river. The little group of believers has been organized, and soon Br. Idel Suarez will travel there for a seminar. The believers appreciate your prayers." November/December 1995 *World Report*

The Vancouver Church is about to lose one of its members. Sr. Frances was accepted into fellowship here by Br. Dering in May of 1989 but praise the Lord that we are just transferring her membership to her own church on her home island of Fiji. They also are in need of books. Not that they are too poor to obtain them. They are just not available. We have sent them quite a few Spirit of Prophecy books from our church here in Vancouver. They have helped financially for these books which they treasure. They are currently looking for a set of Testimonies. The new ones are too expensive so they told me not to buy a new set but if you know of a used set available for a reasonable price they would more than gladly help out in paying for the books. They really want these books badly. So your help would be appreciated.

For 6 1/2 years Sr. Frances has stood alone for the truth in her country. She loves the Lord and has a missionary spirit. The Lord has blessed her faithfulness in witnessing to the people in her country. She was not afraid to stand alone because she knew that the Lord was with her. Her favorite Bible verse is Philippians 4:13. "I can do all things through Christ which strengtheneth me", and this verse has given her strength through all these years.

The call is coming from all over the world for more laborers to enter the field of labor. The harvest is ripe but the laborers are few. Also here in Canada we have many cities that have not been reached with this last saving message that is to be preached to the world. You don't have to be a full time missionary to go to a new area and start a church. "It is not the purpose of God that His people should colonize or settle together in large communities... God designs that they shall be scattered all over the country, in towns, cities, and villages, as lights amidst the darkness of the world." Test. Vol.8 p.244

"My brother, my sister, unless you are absolutely needed in carrying forward the work in such a place, it would be wise for you to go to some place where the truth has not yet been proclaimed, and there strive to give proof of your ability to work for the Master." Ibid p.82

"The lay members of our churches can accomplish a work which, as yet, they have scarcely begun. None should move into new places merely for the sake of worldly advantage; but where there is an opening to obtain a livelihood, let families that are well grounded in the truth enter, one or two families in a place, to work as missionaries. They should feel a love for souls, a burden of labor for them, and should make it a study how to bring them into the truth. They can distribute our publications, hold meetings in their homes, become acquainted with their neighbors, and invite them to come to these meetings. Thus they can let their light shine in good works." Ibid p.245.

There are many isolated believers world wide who are crying out for help. If we are unable to go to another country then perhaps we can enter a new area within our own country. If the Lord does not open up the way for us to move then we can certainly help with our prayers and offerings. So let us do our part in sacrificing for the Lord, whom we love so much today. AMEN

Wendy Eaton

Folic acid

Everyone is talking about folic acid's important role in prenatal health. But this B vitamin is a crucial nutrient for everyone.

Who's who?

■ Folate was isolated and identified in the early 1940s. It is a B vitamin that occurs in the form of folate and folic acid. Both terms basically refer to the same vitamin, but chemically, they are slightly different.

■ Folic acid is the more simple, synthetic form of the vitamin found in supplements.

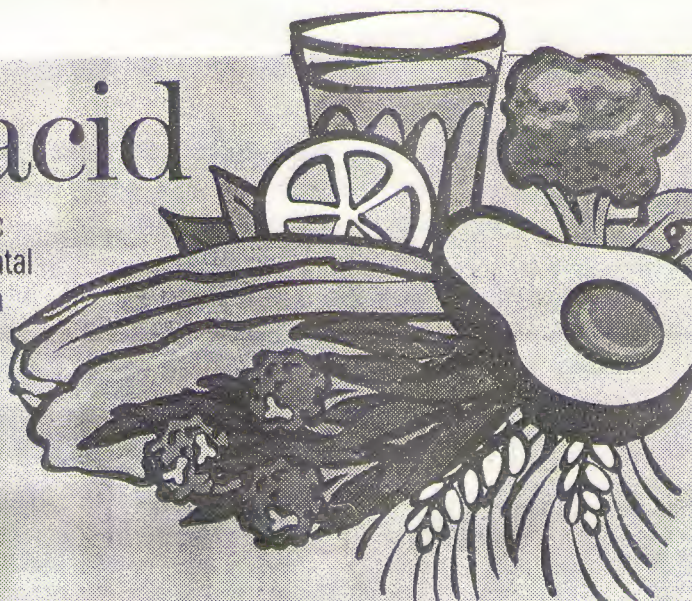
■ Folate is the more complex and natural form of the vitamin that is found in foods. The name folate is derived from the word foliage — this makes sense, considering that leafy greens are one of the best sources of this vitamin.

Folate's function

■ Folate plays an important role in making new cells, since it functions in the synthesis of the genetic material DNA and RNA. These substances carry and transmit the genetic material that acts as a blueprint in cell production.

■ Think of it as the replenishing and rejuvenating vitamin. It plays a role whenever there is cell growth.

■ Studies indicate that folate may protect women against cervical cancer.



The pregnancy vitamin

■ Folate is crucial for healthy fetal development. Any woman who is trying to get pregnant should increase folate intake, either from food sources or supplements.

■ Folate is now recognized as a potent factor in preventing neural tube defects (including spina bifida and anencephaly). Since neural tube defects happen in the first two weeks of pregnancy (long before most women know that conception has taken place) women shouldn't wait until they become pregnant to begin consuming high levels of folic acid.

■ In fact, it's a good idea to start building folate stores at least a month before becoming pregnant.

■ Besides the issue of birth defects, pregnancy demands larger amounts of folate in the body. Folate deficiency is common among pregnant women in Third World countries.

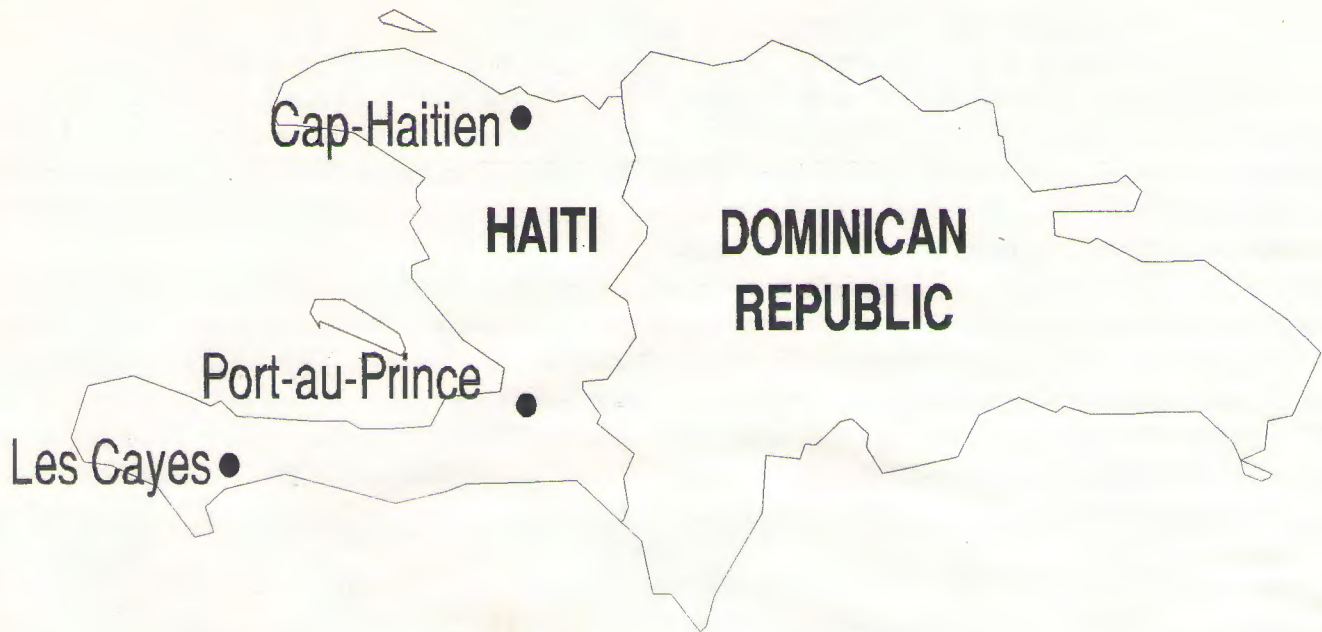
Best food sources

■ There are many rich sources of folate found in foods. It's not always necessary to rely on supplements.

■ Orange juice is an excellent source. Other good sources are leafy greens (such as kale, endive, beet greens, turnip greens, spinach, romaine lettuce, rapini, Chinese greens, etc.), green peas, canned corn, peanut butter, lentils, wheat germ, wheat bran, pinto and black beans, whole grains, broccoli, oranges and other citrus fruits, avocados, plantains, cantaloupe, asparagus, sunflower seeds,

Nutrition TIP OF THE WEEK

Medications such as Aspirin and oral contraceptives can interfere with the body's ability to use folic acid.



HAITI

Haiti is part of the Canadian-Caribbean Union, located on the same island with the Dominican Republic. It is a French speaking country and very poor financially. We have three groups of believers in the mountains and one in the capital city. Our church is conducting a school for the children because the government is not providing them adequately, and as a result the population is 80% illiterate. Out of many applicants to our school only 300 were accepted. The school fee required for each student is 25 cents per month which most of the parents are not able to pay. In the school they are lacking writing paper, pencils and Bibles, therefore they are appealing for outside help to provide them. Our church could apply for a charitable organization status which would require about \$4000.00 in the Haitian bank for that purpose and then we could receive a license to import goods into Haiti without customs fee.

There has been much ~~in~~ interest in that country in the past recent years. In 1993 our missionary worker in Haiti was killed. Another Brother, Brother Thomas D'Haiti was conducting public meetings and Catholics complained about him to the police which then consequently arrested him, accusing him of Anti-government activities. Fortunately one of the police sergeants had visited his meetings and spoke in his favor and was able to free him. Brother Thomas since then has moved to New York City with his wife. But in February of 1996 he visited Toronto and from here he left to Haiti to conduct evangelistic meetings and in the end of the month Brother Raul Escobar will join him to conduct baptisms. They have need of meeting places in Haiti. Donated land has been given for the building but they are lacking funds to proceed with the construction.

Brother Thomas promised to send us a video tape about Haiti when he returns. Let us pray for the work in that country and answer our own prayers by generous donations.

"Children's Treasury of Faith"

We envision a collection of true stories by and for children and parents of younger children. These stories could be accounts of specially answered prayer; for example, interventions of angels, the healing of the sick in families or simply how children know and have great faith. We're all children at heart after all, so if you do know of a true story about children and faith, please send it in, even if you only heard it from a parent or child.

Isn't it sad that so many children lose their way because of the ways of this dark world? Maybe if we could put a book into the hands of the youth showing the depth and simplicity of a living faith there would be less young people losing their way. (I remember when I was a young boy, a simple plaque that my Grandmother got me said, "God is Love" and because my grandmother was a woman of great faith the Lord answered her prayers and I responded to the God of love.)

We need something to help children to find their way to the "whole counsel of God" so if you have a story that includes some doctrinal aspects that's fine.

Please send your story as soon as possible, type-written if possible, to:

Thank-you

Jerry Eaton
1397580-B Ave,
Surrey, BC, V3W 6P7
Ph. (604)591-3111



Brother Gerald Eaton and his wife Wendy with their children Richard and Sharon. They were visited by Brother Timo Martin in February. This picture was taken outside of Vancouver over looking the Pacific ocean.



Sister Maurine Gerald working for the new Messenger



Happiness Is ...

*Happiness is mine every new day.
Starting with a prayer,
Reading my true, precious Bible,
God will guide me all the way.*

*I do not want life without Him!
Alone I cannot be happy.
Fears and troubles will come,
And life will grow so very dim!*

*With Jesus I often can sing a song.
His arm of love is around me.
He gladly takes my burdens away.
Also He teaches me right from wrong!*

*Yes, my Savior gives me my smile.
My tears He wipes away.
He turns my footsteps around,
And makes living worth the while!*

Carol Unruh



Seek Ye First

*Are we cumbered about with much serving,
frantically working all day,
Searching in vain, for attainment,
Even neglecting to pray?*

*Comparing ourselves among ourselves
The Book says, "Its not wise."
Why not compare ourselves with the Bible?
Dwell more on heavenly prize!*

*Measuring ourselves by ourselves
And always to the one ahead.
Why not measure ourselves to the lesser,
To he who has little, struggles daily, only for bread?*

*"Seek ye first the kingdom of God
And all else shall be given."
No, not to the extent of a rich man
But sufficient to make it to heaven!*

Tim Koehn