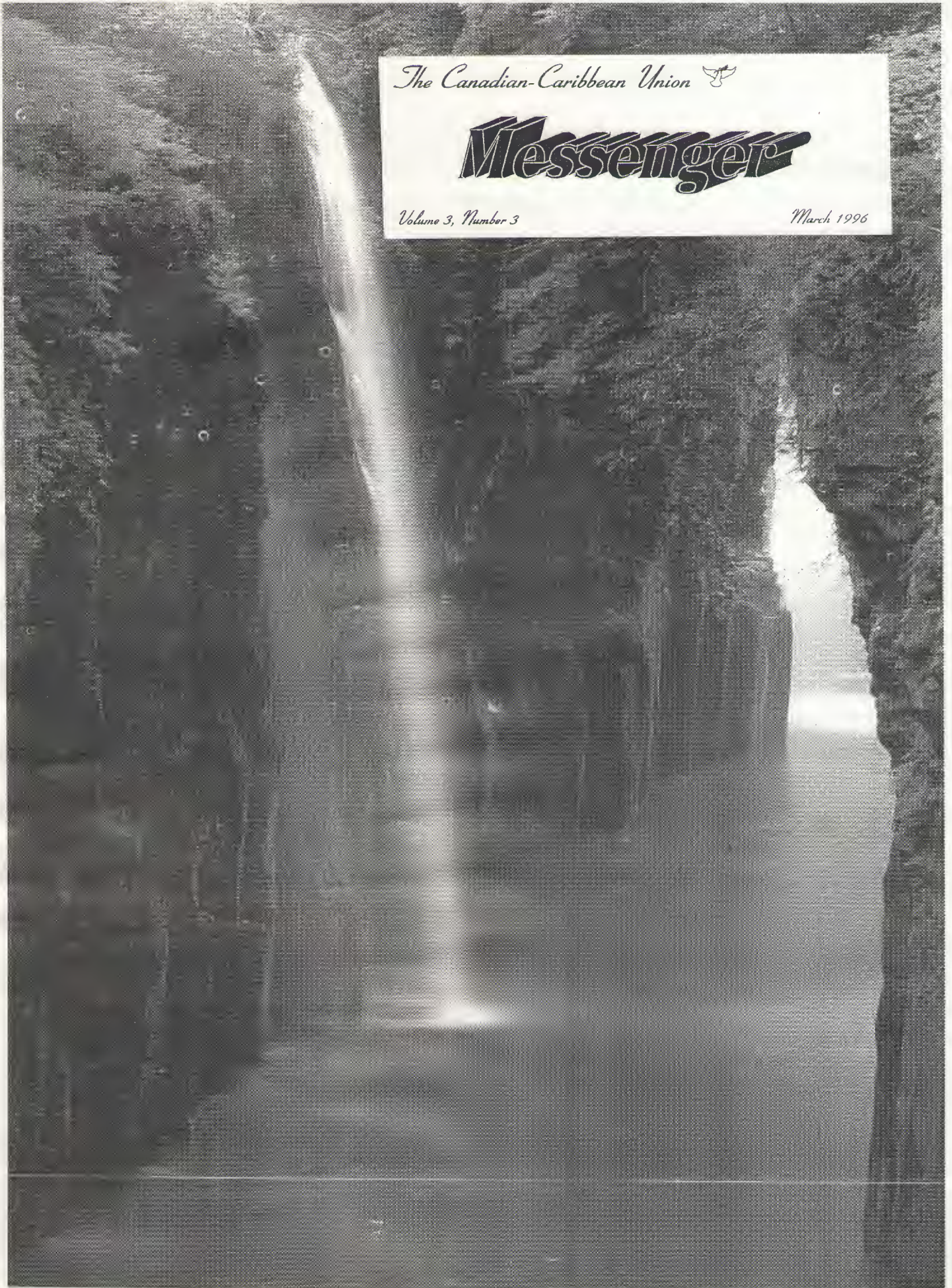


*The Canadian-Caribbean Union* 

# *Messenger*

*Volume 3, Number 3*

*March 1996*



# CHRIST RIGHTEOUSNESS

## Part 7

### What is Christ Righteousness

*"The Righteousness of Christ, as a pure white pearl, has no defect, no stain, no guilt. This righteous may be ours. Salvation, with its blood-bought, inestimable treasures, is the pearl of great price." The Faith I live By. Pg. 111.*

*Christ Righteousness is not only a theory but a living principle and an experience in the life of the Christian. "And amid all the corruption of the world he is true and loyal to God. The sweet influence of Christ Righteousness surrounds him." In Heavenly Places Pg. 240.*

*"The bright beams of the Sun of Righteousness will shine into the chambers of the mind and heart." Ibid. Pg. 288. "The sweetest melodies that come from the human lips, - Justification by Faith, and the righteousness of Christ." Rev. & Herald. April 4/1895.*

*The sweet influence of Christ righteousness makes us happy and joyful even in the midst of trial and difficulties. Through this righteousness we are not confused. We see the way clear before us and even in adversities we see the hand of God still leading us. As heavenly music falls upon the human ear, lifting the soul up from despondency and depression into Heaven's atmosphere.*

*"Righteousness is holiness, likeness to God, and "God is love." 1 John 4:6. It is conformity to the love of God, for "All Thy commandments are righteousness" (Ps. 119:172), and "love is the fulfilling of the law" (Rom. 13:10). Righteousness is love, and love is the light and the Life of God. The Righteousness of God is embodied in Christ. We receive righteousness by receiving Him." Mount of Blessings Pg. 18.*

*Righteousness is love, and it is also conformity to the Law of God. Love brings obedience and love makes our faith a living principle. "And to know the love of Christ which passeth knowledge, that we might be filled with all the goodness of God." Eph. 3:19.*

*Divine love defies all knowledge and logic. It cannot be explained and the end result of it is that we will be filled with all the fullness of God. Instead of relating all the attributes of God, Paul covers them all by mentioning, "that we will be filled with all the fullness of God." This is the inestimable gift of God.*

*It is a terrible loss to a professed Christian to fail to receive this gift. Without it our religion is dry, formal and a useless exercise. "The righteousness of Christ alone can give you power to stem the tide of evil that is sweeping over the world." P.K. Pg. 175.*

*The mighty power of God is given to us in this gift. By it we can resist the strongest temptations and remain faithful. "To him that overcometh will I grant to sit with Me in My throne, even as I also overcame, and am set down with My Father in His throne." Rev. 3:21. The same power that enabled Christ to overcome will*

be included in this fullness of God that will be given us. Then we will be able to overcome sin even as Christ also overcame. Jesus was tempted in all points like as we are, yet without sin. (Heb. 4:15).

His righteousness included praying for the forgiveness of His murderers. He carried His cross without murmuring. He humbled Himself to wash the feet of His disciples. His righteousness included a life of prayer, sometimes the whole night, "with strong crying and tears" Heb 5:7. He forgave the greatest abuse and injustice done to Him. He loved the souls, defiled by sin whom others had forsaken. He gave His life for others sacrificing all to redeem the lost sinners.

All this and more is Christ Righteousness. The Apostle Paul could not resist the beauty of Christ's lovely character. He was willing to sacrifice all in order to buy the field with the hidden treasure. "But what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ." Phil 3: 7-8. The desire of Paul was to be Christ-like

John also was drawn to the character of Christ and to it's unparalleled beauty. He writes "We beheld His glory the glory as of the only begotten of the Father, full of grace and truth" John 1:14. By beholding Christ John changed from the son of thunder into the disciple of love.

Paul writes of the same change "But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory even as by the Spirit of the Lord." 1 Cor. 3:18.

The glory of Jesus was His humility, His loving character, His compassion and His self sacrifice. By beholding Christ we also will be changed to the same image, until no difference can be seen between us and Christ. So perfect will be the transformation.

Mary Magdalene did not understand how Jesus could forgive all her sins, then she beheld the cross and understood that Jesus took her place upon it, that she can go free. She realized the price Jesus had to pay for her forgiveness. This won her heart and she became one of His most loyal followers.

This is the theme that we can never fully understand. If we keep the scenes of Calvary before our eyes daily, then this world will lose it's attractiveness to us. All what the world offers seem to us as vain and empty.

The marvelous truth is that all what we learn of Christ and His character is being offered to us in one gift- the righteousness of Christ, the goodly pearl, for which the merchant man was willing to sell all that he had in order to purchase it. The price seems high but what we get is a million times more valuable.

May the Lord help that this robe of righteousness will not be a robe unworn, nor the fountain of life untouched but that we all like the Apostle Paul are willing to pay the price and receive the fullness of God to ourselves.

# UNITY IN DIVERSITY

ELLEN G. WHITE

*"For ye are all the children of God by faith in Christ Jesus." Galatians 3:26*

We seldom find two persons exactly alike. Among human beings as well as among the things of the natural world, there is diversity. MS p. 99, 1902

The connection of the branches with one another and with the Vine constitutes them a unity, but this does not mean uniformity in everything. Unity in diversity is a principle that pervades the whole creation. While there is an individuality and variety in nature, there is a oneness in their diversity; for all things receive their usefulness and beauty from the same source. The great Master Artist writes his name on all his created works, from the loftiest cedar of Lebanon to the hyssop upon the wall. They all declare his handiwork, from the lofty mountain and the grand ocean to the tiniest shell upon the seashore. RH Nov.9, 1897

Unity in diversity among God's children - the manifestation of love and forbearance in spite of difference of disposition - this is the testimony that God sent His Son into the world to save sinners. MS p. 99, 1902

The unity that exists between Christ and His disciples does not destroy the personality of either. In mind, in purpose, in character, they are one, but not in person. By partaking of the Spirit of God, conforming to the law of God, man becomes a partaker of the divine nature. Christ brings His disciples into a living union with Himself and with the Father. Through the working of the Holy Spirit upon the human mind, man is made complete in Christ Jesus. Unity with Christ establishes a bond of unity with one another. This unity is the most convincing proof to the world of the majesty and virtue of Christ, and of His power to take away sin. MS p. 111, 1903

Men of varied gifts are needed. In the building of the tabernacle, different lines of work were assigned to different ones; but all worked under the supervision of God. The Lord gives men talents that will enable them to carry forward special lines of work. Each one is to be allowed to do the work for which he is fitted. It is the Lord's purpose that there shall be unity in diversity. He endows men with different degrees of capability, and then places them where they can do the work for which they are best adapted. The trust given to each worker is proportioned to his ability. RH June 30, 1904

One worker may be a ready speaker; another a ready writer; another may have the gift of sincere, earnest, fervent prayer; another the gift of singing; another may have special power to explain the word of God with clearness. And each gift is to become a power for God because He works with the laborer. To one God gives the word of wisdom, to another knowledge, to another faith; but all are to work under the same Head. The diversity of gifts leads to a diversity of operations, but "it is the same God which worketh all in all." 1 Corinthians 12:6

The Lord desires His chosen servants to learn how to unite together in harmonious effort. It may seem to some that the contrast between their gifts and the gifts of a fellow laborer is too great to allow them to unite in harmonious effort; but when they remember that there are varied minds to be reached, and that some will reject the truth as it is presented by one laborer, only to open their hearts to God's truth as it is presented in a different manner by another laborer, they will hopefully endeavour to labor together in unity. Their talents, however diverse, may all be under the control of the same Spirit. In every word and act, kindness and love will be revealed; and as each worker fills his appointed place faithfully, the prayer of Christ for the unity of His followers will be answered, and the world will know that these are His disciples.

In loving sympathy and confidence God's workers are to unite with one another. He who says or does anything that tends to separate the members of Christ's church is counterworking the Lord's purpose. Wrangling and dissension in the church, the encouragement of suspicion and unbelief, are dishonouring to

Christ. God desires His servants to cultivate Christian affection for one another. True religion unites hearts not only with Christ, but with one another in a most tender union. When we know what it means to be thus united with Christ and with our brethren, a fragrant influence will attend our work wherever we go. T9 p. 144, 145

The strength of God's people lies in their union with Him through his only begotten Son, and their union with one another. There are not two leaves of a tree precisely alike; neither do all minds run in the same direction. But while this is so, there may be unity in diversity. Christ is our root, and all who are grafted into this root will bear the fruit which Christ bore. They will reveal the fragrance of his character in the talent of speech, in the cultivation of hospitality, of kindness, of Christian courtesy and heavenly politeness. Look at the flowers in a carpet, and notice the different coloured threads. All are not pink, all are not green, all are not blue. A variety of colours are woven together to perfect the pattern. So it is in the design of God. He has a purpose in placing us where we must learn to live as individuals. We are not all fitted to do the same kind of work, but each man's work is designed by God to help make up his plan. RH August 4, 1899

The powers of darkness stand a poor chance against believers who love one another as Christ has loved them, who refuse to create alienation and strife, who stand together, who are kind, courteous, and tender-hearted, cherishing the faith that works by love and purifies the soul. We must have the Spirit of Christ, or we are none of His." MS p. 103, 1902

We are not to feel that we must speak the very same things, giving the same representation in the same words, and yet there is to be unity in diversity. All the different testimonies unite to form one whole, as the books of the Bible are brought together, and bound under one cover. But should Matthew, Mark, Luke, and John go off on some tangent, contradicting each other's testimony, then there would be confusion. In all the presentation of truth by different minds, there is to be unity in diversity. One must not labour to have everything that comes from his mind entirely different from that which comes from another man's mind. But he is to follow in the line where the Spirit of the Lord shall direct, then there will be different figures and different ways of presentation, that will interest and educate different minds. MR vol. 8 p. 67

Give other men a chance to get hold with you. Let each be a help to the other. Hold up one another's hands. You cannot expect that all will work in exactly the same way in which you work. It is the Lord's plan that there shall be unity in diversity. There is no man who can be a criterion for all other men. Our varied trusts are proportioned to our varied capabilities. I have been distinctly instructed that God endows men with different degrees of capability, then places them where they can do the work for which they are fitted. Each worker is to give his fellow workers the respect he wishes to have shown to himself. MR Vol. 6 p. 106

A life consecrated to the service of God will be developed and beautified in its individuality. No person can sink his individuality in that of another, but we are all, as individuals, to be grafted into the one parent stock, and there is to be unity in diversity. MR Vol. 18 p. 4

In unity there is strength; in division there is weakness.

The closer our union with Christ, the closer will be our union with one another. Variance and disaffection, selfishness and conceit, are striving for supremacy. These are the fruits of a divided heart, open to the suggestions of the enemy of souls. Satan exults when he can sow seeds of dissension. SDG p. 286

Brethren and sisters, we have no time to dwell on little differences. For Christ's sake, to your knees in prayer! Go to God, and ask Him to give you a clean heart. Ask Him to help you to stand where He wants you to be. Labour in harmony with one another, even though you are not alike. GC Bulletin Mar. 30, 1903

In unity there is a life, a power, that can be obtained in no other way. CDG p. 286

# NATURAL HEALING

"There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying..." Test. Vol. 5, p. 443

## **Why Do People Get Sick?**

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of laws of health..." MH p. 234

"Our most common and serious diseases are caused by wrong eating and drinking. This has been proven by numerous scientific experiments in recent years. Food is a substance which when absorbed by the blood stream will nourish, repair, and furnish life force and heat to the body, but if in its preparation and refining, the life-giving elements are taken away, it cannot furnish life force, but it will clog the functional activity of the body and will result in many disorders. Many diseases are nature's efforts to free our system from poisons and congestions resulting from wrong eating and drinking. But always when we assist nature to expel impurities and re-establish right conditions in the system, we can overcome diseases." Back to Eden, By Jethro Kloss p. 80

"Thus disease, as we know it, is a self-defensive effort of the body to restore the impaired health." How to Get Well, By Paavo Airola p. 19

\*\*\*\*\*

"Health is an inestimable blessing, and one which is more closely related to conscience and religion than many realize. It has a great deal to do with one's capability..... Our workers should use their knowledge of the laws of life and health. They should study from cause to effect. Read the best authors on these subjects, and obey religiously that which your reason tells you is truth." CH p. 566

\*\*\*\*\*

## **Toxic Effect of Drugs**

"Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God's physicians - pure air, pure water, proper exercise, a clear conscience." CH p. 261

"The physician who endeavours to enlighten his patients as to the nature and causes of their maladies, and to teach them how to avoid disease, may have uphill work; but if he is a conscientious reformer, he will talk plainly of the ruinous effects of self-indulgence in eating, drinking, and dressing, of the overtaxation of the vital forces that has brought his patients where they are. He will not increase the evil by administering drugs till exhausted nature gives up the struggle, but will teach the patients how to form correct habits and to aid nature in her work of restoration by a wise use of her simple remedies." CH p.451, 452

"By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both souls and body. Many of the popular nostrums called

patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society." MH p.126, 127

"All medical drugs are toxic, more or less. All drugs can cause harmful side effects. It is estimated (very conservatively) that at least 10 percent of all patients suffer from drug-caused diseases. Even such an "innocent" drug as aspirin, consumed in the US at a rate of 30 tons a day, has caused many deaths and millions of serious injuries. Most drugs also interfere with normal enzyme and vitamin action in the body, causing derangement in metabolism and vital body process. Drugs destroy vital vitamins and minerals and/or prevent their absorption. Many drugs damage the liver, kidneys and cause serious diseases, including impotence, infertility, birth defects and cancer. Of course, there are situations in which drugs are necessary and can be life-saving. But drugs should be used only in absolute emergencies, and only if ordered by a competent doctor." How to Get Well, By Paavo Airola, p. 175,176

### **Types of Natural Remedies**

**1) Water:** "Water treatments are not appreciated as they should be, and to apply them skilfully requires work that many are unwilling to perform ... There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in home treatments..." MH p. 237

"...if those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented. But many, instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there..." CH p. 62

"There are very few agents that possess as many remedial properties as water..." Back to Eden, By Jethro Kloss, p. 121

There are different ways of using water as a remedy such as: Hot and Cold showers, Sitz baths (hot as well as cold and alternating hot and cold), Cold Showers, Sauna, Mineral Baths, Compresses, Fomentations, Poultices etc.

**2) Herbs**

**3) Mega Vitamin Therapy**

**4) Fasting**

**5) Enemas**

**6) Massage**

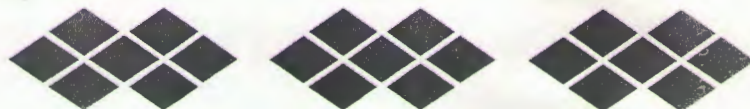
In the next issue we will go into more detail about some of these natural remedies.

In the Bible there are some instances where natural remedies were used. Christ healed a blind man using clay and water (John 9:1,6,7), and Namaan was healed by washing in the Jordan. These cures could be wrought by the divine power of the Great Healer only, yet He wanted to make use of the simple agencies of nature. Thus He sanctioned the use of simple natural remedies. Isaiah also used a natural remedy to heal Hezekiah (Isaiah 38: 21). "And we should teach others how to preserve and to recover health. For the sick we should use the remedies God has provided in nature, and we should point them to Him who alone can restore." DA p. 824

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her

work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind." MH p. 127

"God's miracles do not always bear the outward semblance of miracles. Often they are brought about in a way which looks like the natural course of events. When we pray for the sick, we also work for them. We answer our own prayers by using the remedies within our reach...God has given us intelligence, and He desires us to make the most of His health-giving blessings...Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body. God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We are not to fail of doing our part...We cannot disregard the laws of nature without disregarding the laws of God. We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which aptly and opportunely applied, will bring about a miraculous result. Therefore, pray, believe, and work." Letter 66, 1901, E. G. White



*Our sister conducting a Bible class to a group of neighborhood children in the Dominican Republic. This is the type of work that should be done in other areas also.*



# NEWS NOTES

It is interesting to see how modern medicine is finally discovering as true what was written by Ellen G. White by inspiration almost 100 years ago. In her time she was scoffed at for advocating a vegetarian diet. She wrote that, "The common use of the flesh of dead animals has had a deteriorating influence upon the morals, as well as the physical constitution. Ill health in a variety of forms, if effect could be traced to the cause, would reveal the sure result of flesh eating." CDF 383 Yet lately the general public is starting to see and realize that perhaps consuming an excess of flesh food is not the best, and they have decided to cut back. Amazing discoveries have been made by scientists in regard to this question. Recently I read some more *amazing* scientific discoveries.

"A recent study suggests that when substituted for animal protein in the diet, soy protein (tofu, meat extenders, soy milk) significantly lowers cholesterol in people with moderately high to high cholesterol. Forty-three grams of soy protein daily for at least a month, for example, was found to have cut cholesterol levels by an average of 9.3 percent; for people with levels over 335, the reduction was nearly 20 percent.

"Even a ten- to 20- percent reduction in blood-cholesterol levels results in a 20-30 percent reduction in risk of coronary disease," says study leader Dr. James W. Anderson of Veterans Affairs Medical Centre in Lexington, Ky." This could have a huge impact on public health."

Responding to the study - a so-called meta-analysis, which reviews many studies on the subject, - the American Heart Association's Dr. Ronald Krauss says, "The use of soy protein in moderation is entirely consistent with AHA dietary guide-lines," but "no single report can be conclusive." Dr. Charles Hennekens is also cautious. "I wouldn't want people to continue eating a high-calorie, high-fat diet and think it's all right if they just substitute soy for animal protein."

Other researchers praised the new analysis and noted that beyond soy-beans' healthful effects on cholesterol, they have also shown potential in studies for helping prevent cancer and osteoporosis." Reader's Digest, (Canadian Edition), March 1996, p. 61

Praise God for sending us the health message so long ago, that we have been able to enjoy good health. We should take heed to all that we have read in the inspired writings of Ellen White concerning health. Perhaps there is something we may not fully understand but it will be shown by modern science in the future to have been the best possible course. We can only prosper if we trust and obey God's directions even in the seemingly small areas we sometimes take for granted. We can accept and practice all that we read, trusting that our heavenly Father, who fashioned our human frame, knows best how to maintain it.

*"Beloved, I wish above all things that thou mayest prosper and be in health..." 3 John 2*

## **Haiti**

**The work in Haiti is being established again with 47 new souls that were baptized into the church at the end of February. Haiti is a very poor country especially after the political turmoil. They need prayers and financial assistance.**

# ***"I WAS WOUNDED IN THE HOUSE O MY FRIENDS."***

***ZECH. 13:6***

***"He came to His own, and His own received Him not." John 1:13***

The greatest love story ever told is between Christ and His people; yet it is so one sided. It is a story of that did not find response among the people He came to save neither among His closest friends. When many of His disciples left Him and walked no more with Him He came to the 12 and asked "Will you also go away." Jesus felt keenly the rejection. "With a yearning heart, Jesus saw those who had been his disciples departing from Him, the Life and the Light of men. The consciousness that His compassion was unappreciated, His love unrequited, His mercy slighted, His salvation rejected, filled Him with sorrow that was inexpressible. It was such developments as these that made Him a man of sorrows and acquainted with grief."

D.A. 393

Jesus could have stayed in Heaven and enjoyed His Fathers love and the love of the angels but He decided to come down to this world leaving everything behind and prepared a gift of love which included His blood and His life. There was nothing more that He could have given, and when this gift of love was rejected and His love spurned it caused sorrow that we can never fully understand. As Jesus was agonizing in prayer in the garden of Gethsemane all alone. He yearned sympathy and appreciation of His closest disciples, but in vain. His request that they would watch and pray with Him at that crucial moment was ignored by them.

"Terrible was the temptation to let the human race bear the consequences of its own guilt, while He stood innocent before God. If He could only know that His disciples understood and appreciated this, He would be strengthened. Rising with painful effort, He staggered to the place where He had left His companions but He "findeth them asleep." D.A. 688

He was betrayed by one of His disciples with whom He had walked three and half years and that with a pretended kiss of love. Had that been a kiss of true love it would have strengthened Him as He was facing the condemnation and death the following day.

With amazement the angles beheld these scenes with a longing to relieve the sorrow and pain of this beloved Master, but they were not permitted. The humans could have done it. To them it was permitted but they decided to look after themselves and left their Master alone.

"Then Jesus cried with a loud voice, My God, My God, why hast Thou forsaken me?"

Now the cup His suffering was full. EVEN His Father seemed to have rejected Him. In this dreadful hour He was not to be comforted with the Father's presence.

"No eye could pierce the gloom that surrounded the Cross, and none could penetrate the deeper gloom that enshrouded the suffering soul of Christ. The angry lightnings seemed to be hurled at Him as He hung upon the cross."

D.A. 754

"Poor, weak, miserable man spat in the face of the King of glory, while a shout of brutal triumph arose from the mob at the degrading insult. They marred the face which filled all heaven with admiration." EW 179

"He is despised and rejected of men, a man of sorrows, and acquainted with grief: and we hid as it were our faces from him, he was despised, and we esteemed Him not." ISA 53:3

Jesus was wounded in the house of His friends, friends whom He loved unto death. Often His children must go through similar experiences when death seems preferable to life. But when these sorrows overwhelm us then remember the comforting words.

"Yet will I not forget thee. Behold I have graven thee upon the palms of My hands;" ISA 49:15-16

The marks of the nails in the hands of Jesus are the guarantee of His loving care and compassion toward His children.

"These who are called to suffer for Christ's sake, who have to endure misapprehension and distrust, even in their own home, may find comfort in the thought that Jesus has endured the same. He is moved with compassion for them. They are His "little ones", dear to the heart of God, bound to Him by the most tender and abiding ties," D.A. 327

Your friends may wound you and leave you alone. Those whom you loved and trusted may turn to be your enemies. But these maybe the times when something beautiful is created in your soul. These may be the times when you and Christ will draw close to each other in common understanding and a friendship is created that will never be broken.

# Tater tips

It's hard not to think of the tried and true tater

Here are some tips to make spuds more special in your household.



## Healthy & wholesome

Potatoes are high in complex carbohydrates. They are very high in potassium, high in vitamin C and a source of folacin, iron, thiamine, vitamin B6 and dietary fibre.

## Who's who

The key to potato success is using the right variety for the desired cooking style.

■ Long-shaped potatoes or Russets have a dry, mealy, fluffy texture that is perfect for: baking, deep-frying, microcooking and mashed potatoes. They fall apart easily and disintegrate when boiled, but that can be advantageous when thickening a soup.

■ Round shaped potatoes (red and white) are best for boiling,

microcooking and salads. They hold their shape in water.

■ Yukon Gold potatoes are unique: They're all-purpose.

■ New potatoes are those grown in the current growing season. They have thin, flavorful skins and are ideal for boiling or steaming.

## Storage

■ Potatoes should be stored in a cool, dry place out of direct sunlight. They keep for up to 10 days at room temperature, but will last for weeks and even months at cooler temperatures (7C-10C). Store in a paper, burlap or perforated plastic bag.

■ New potatoes are the only potatoes that should be stored in the refrigerator and used within one week.

## Dos & don'ts

■ Don't store potatoes and onions together. The gases given off by onions accelerate decay of potatoes and vice versa.

■ Do store an apple with your potatoes. It will help stop sprouting.

■ Don't wrap potatoes in tin foil, unless barbecuing, as this gives you steamed, not baked potatoes.

■ Always prick whole potatoes with a fork before baking whole in the oven or microwave oven.

■ Don't eat potatoes that have green-tinged skins; they contain a naturally occurring toxin called solanine.

■ Don't throw away potato cooking water. It's full of nutrients and can make a good base for soups and sauces.

## Fat facts

■ Potato chips can consist of as much as 61 per cent fat.

■ One ounce of potato chips can contain the fat equivalent of two and a half pats of margarine.



## Nutrition TIP OF THE WEEK

Plain potatoes are not fattening - but usually the toppings that go on spuds are. One naked medium potato contains only 109 calories.



# BETHEL THEOLOGICAL INSTITUTE

Affiliate of  
INTERNATIONAL MISSIONARY SOCIETY  
SEVENTH-DAY ADVENTIST REFORM MOVEMENT

2730 ALBERTIRSA • KÖZTARSASAG U. 133-135 • HUNGARY • TELEPHONE/FAX 53-371-805

January 22, 1996

## Cordial Invitation to Submit Applications to Attend Bethel Theological Institute

*"All power is given unto Me in heaven and in earth.*

*"Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world." Matthew 28:18-20.*

In His missionary commission, Jesus showed His disciples not only the extent but also the substance of their mission. The gospel should be represented not as a lifeless theory but as a living power that changes the life.

Today we are facing the last scenes of world history. Everything is being propelled with giant steps toward the end. We don't know how much more time of mercy will be given to God's church, but the words of the apostle Paul in Ephesians 5:14-16—"Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light. See then that ye walk circumspectly, not as

fools, but as wise, Redeeming the time, because the days are evil"—should cause us to tremble at the thought of our responsibility in knowing the truth. Upon the church and every individual rests a heavy responsibility to warn a world headed for destruction. God has opened doors worldwide, and from near and far come calls for help. The church with willing service should extend the last invitation to the world: "Come, for all things are now ready."

The Lord wants the proclamation of this message to be the highest and greatest work before the sun of grace sets forever.

Shortly before her death in 1915, Sister White gave the following appeal: "There must be no belittling of the gospel ministry.... Those who belittle the ministry are belittling Christ. The highest of all work is ministry in its various lines, and it should be kept before the youth that there is no work more blessed of God than that of the gospel minister...."

"The standard-bearers are falling, and young men must be prepared to take the places left vacant, that the message may still be proclaimed. The aggressive warfare is to be extended. Those who have youth and strength

are to go into the dark places of the earth, to call perishing souls to repentance." —*Gospel Workers*, pp. 63, 104.

The first class of Bethel Theological Institute will soon finish. Looking back, we have all reason to give thanks and praise for what the Lord has done for us in His love. In every respect God has richly blessed the important work of educating the youth. The beginning was certainly difficult, because we at first had no lodging for 30 people, and for half a year meager accommodations were utilized. Thus, today we appreciate all the more our beautiful new school building with all its comforts.

At this point, next to God I also want to thank the General Conference, the Hungarian brothers and sisters, the teachers, and the students for their wonderful cooperation in making it possible for us to achieve our designated goals. We had to work as in the time of Nehemiah, but the very fact that each of us had to put his hand to the work united us in a happy relationship. Through this cooperation a small bit of Reformation history was written, especially in the Balkans. The most wonderful part is that souls have already been won, and others have expressed the desire to be baptized soon.

Bethel Theological Institute would like to soon grant to other believers the privilege of completing a course of study. Any of our young people who would like to participate in studying at the missionary school are asked to complete the following requirements:

1. If you are a member of the church and at least 18 years of age, secure a recom-

mendation from your church leader and field leader for you to attend the missionary school. We can accept only students who:

- Are faithful church members
- Are physically and mentally healthy
- Have the desire to be messengers in Christ's stead

2. Since instruction is in the English language, we ask each person who cannot understand or speak English to take an English language course of at least six months so you can basically understand the language and when classes start we can teach other subjects besides English. If someone lives in a place where there is no possibility to obtain language instruction, he can request that we send him English language instruction materials, and then he can learn the language to a certain level.

3. Submit your application in plenty of time along with two photos. If you already know English, write a resumé in English, including a statement why you wish to attend the missionary school. These items should be mailed to:

Bethel Theological Institute  
Köztársaság u. 133-135  
H-2730 Albertirsa  
Hungary

4. After we review your application, if it is possible to accept you for our next class, we will send you a definite acceptance if you already know English; if you do not, a provisional acceptance with the request that you learn basic English will be forwarded to you. Before instruction

begins, your English ability will be tested in writing; if you pass the language test, we will be able to send you a definite acceptance.

5. As soon as number 4 above is fulfilled, we will send you an invitation with which you can secure a visa in your country to attend the school. If there is no Hungarian Consulate in your country, find out which embassy or consulate represents Hungary. Should you need more information, let us know so we can help.

By God's grace, the next course of study is expected to begin April 2, 1997. Until then, every applicant has plenty of time to make the required preparation.

Furthermore, we earnestly request the parents and the prospective students to begin setting aside money now so the students can pay in advance at least the first three months of the modest fees. The student will be in a boarding school setting, and his food and lodging will be provided. We have kept the school fees as low as possible: DM 200.- per month. Brothers or sisters who come from very poor circumstances but have a burning desire to serve God and preach the gospel of the cross can earn their school fees through distribution of literature and work in the garden.

Churches and mission fields which urgently need new blood should also contribute financially so their young people have the privilege to attend a school.

Because of new teaching staff, we offer a specific instructional program containing the following primary sub-

jects:

- Bible instruction—Old and New Testaments
- The prophetic word, especially Daniel and the Revelation
- History of redemption, doctrine
- Personal evangelism
- Pastoral duties
- Leadership responsibilities
- Speech
- Adventist and Reformation church history
- Book evangelism
- Health
- Music and singing
- Administration and organization
- English

We believe we live in the evening of world history and the door of grace will soon close forever. And since, according to the Spirit of Prophecy, it is the youth who have an especially important role to play in the closing work, in the name of our Lord I want to ask them to make a decision for God and His work and send us their application as soon as possible.

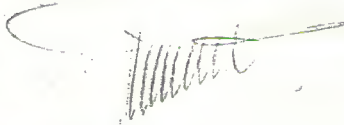
To obtain a visa for Hungary often takes a long time and the number of places at the school are limited, so we ask you to apply quickly, at the latest by July 1, 1996, so everything can be done in time.

In the hope that the Lord will give us this grace and we can begin a new course of instruction, we commit everything into God's guiding hands.

"My times are in Thy hand."  
Psalm 31:15. Time lived with God is not lost. Years sown by Him will grow in eternity.

Bound to you in the love of Jesus, with heartfelt greetings, your fellow pilgrim to the eternal home,



  
S. Gutknecht

# CHILDREN'S CORNER:

## A MOUSE FOR LUNCH

Have you ever had a mouse for lunch? Probably not but Susan almost did one day. Susan was a young, cheerful girl who often ate lunch at school. Her mother neatly packed her a sandwich, a few cookies and an apple.

One day as Susan went to eat her lunch she was shocked to find a mouse in her lunch box. As she opened the lid, the little creature scampered out and ran away. To her dismay, the little mouse had eaten big holes in her sandwiches and cookies. There was no way she would eat the rest. Who put that mouse in her lunch box? she wanted to know.

"I'll get even with him," Susan said. She was sure it was one of the boys who teased her almost every day.

Susan asked each of her girl friends if they knew who put the mouse in her lunch, because she wanted to get even with him. Jill, Mary, and Rachel each did not know.

She went to ask some of the boys. She asked John, Bill and George. But none of them knew either.

Then Susan sat down at her desk. She was really upset and very hungry.

Suddenly she felt a tap on her shoulder. There were her three girl friends. "Let's have lunch", Jill said. "We each want to share some of our lunch with you." Susan was sure that this was the very best lunch she had ever had. And she was sure these were the best friends she ever had.

"Did you find out who put the mouse in your lunch box?" Mary asked.

"No," said Susan. "No one will tell me."

"That's because you're asking the wrong question," said Rachel. Then she whispered something into Susan's ear. Susan smiled.

Susan was almost through eating her lunch when she saw three boys. They were on the other side of the lunch room watching her and one of them was laughing.

"That's Peter. I think he did it!" Susan whispered. "I'm going to ask him."

"Remember to ask the right question," said Rachel.

Susan walked over to the three boys. They looked surprised. They really didn't think that she would have the courage to come over. "Do you know who put the mouse in my lunch box?" she asked sweetly. "I want to PRAY for him."

Peter gulped. The other two boys laughed. They looked at Peter. But he wasn't laughing. He looked down at the floor. His friends waited to see what he would do. Suddenly Peter ran out of the lunch room.

Susan put her lunch box on the shelf and went back to her classroom. She kept thinking of the way Peter looked. She really felt sorry for him.

After school Susan picked up her lunch box. She then remembered that she had not thrown the scraps in the garbage. She opened her lunchbox. The first thing she saw was a piece of paper with some writing on it. Susan opened the piece of paper. It said, "I'm really sorry. Please forgive me and please pray for me and my family. My mother is sick and my father just lost his job. (signed) Peter." What do you think Susan did at that very moment? What would you have done?

# The Canadian - Caribbean Union Conference

*The Canadian-Caribbean Union Conference combined with the Canadian Field Conference will be held in Toronto June 27th to 30th.*

*Three times a year the people of Israel were called to come to Jerusalem for their feast days; special seasons of spiritual blessings. We also are called to our annual conferences for the same purpose. We expect many visitors from other countries, especially those included in this Union. Let us all - young and old plan to attend this conference and prepare ourselves to receive great blessings from the Lord. Our time is running out, therefore we do not know how many more conferences we will have like this before the Lord's coming; or will this be the last one.*

*Those who need accommodations, please contact the Union Secretary Timo Martin.*

*(416) 252-1197*

*(416) 235-0667*

*(416) 239-3700.*

# WINNING AND LOSING

WOULD YOU WIN AN ARGUMENT,  
IF YOU LOST YOUR BEST FRIEND?

WOULD YOU WIN A RACE,  
IF YOU LOST YOUR SENSE OF FAIRNESS?

WOULD YOU WIN SOMEONE'S OBEDIENCE,  
IF YOU LOST THEIR LOVE?

WOULD YOU WIN A PROMOTION,  
IF YOU LOST YOUR JOB?

WOULD YOU WIN A BATTLE,  
IF YOU LOST THE WAR?

WOULD YOU WIN A MILLION DOLLARS,  
IF YOU LOST YOUR GOOD NAME?

WOULD YOU WIN THE WHOLE WORLD,  
IF YOU LOST YOUR FRIENDSHIP WITH JESUS?

WINNING SOMETHING SMALL  
MAY BE LOSING SOMETHING GREAT.

WINNING SOMETHING GREAT  
MAY BE LOSING SOMETHING EVEN GREATER.

READ MATTHEW 16:26