

The Canadian-Caribbean Union 

Messenger

Volume 4, Number 3

March 1997



*Looking back: A group of visitors and members
in the early stages of the Toronto Church*

Sanctification

Part 3

Sanctification through Health Reform

Many Christians do not see what Health Reform has to do with our sanctification. The common understanding is that the health reform does give us better health and a longer life but they fail to see the sanctifying influence of it.

The Spirit of Prophecy gives us the following counsel: "We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification." Test. Vol. 9, p.156.

"This is a work (health reform) that will have to be done before His people can stand before Him a perfected people.

The remnant people of God must be a converted people. The presentation of this message (health reform) is to result in the conversion and sanctification of souls." Test. Vol. 9, p. 154.

Jesus said, "The spirit indeed is willing but the flesh is weak." Matthew 26:41. And this weak flesh will cause a person to fall into manifold sins. Apostle Paul speaks of people "whose God is their belly". Phil. 3:19.

To gain victory over this weak flesh requires much self-denial and even drastic measures. Jesus spoke of plucking out the right eye and cutting off the right hand. So deep-rooted is sin in the human being that nothing less may be enough to uproot it.

Apostle Paul writes, "I keep under my body, and bring it into subjection." 1 Cor. 9:27. One of the best methods to accomplishing this is fasting. Jesus fasted 40 days in the wilderness, and by so doing gained victory over the appetite. He also said that devils are driven away by prayer and fasting.

"Every true Christian will have control of his appetite and passions. Unless he is free from the bondage and slavery of appetite, he cannot be a true, obedient servant of Christ. It is the indulgence of appetite and passion which makes the truth of none effect upon the heart. It is impossible for the spirit and power of the heart. It is impossible for the spirit and power of the truth to sanctify a man, soul, body, and spirit, when he is controlled by appetite and passion." Test. Vol. 3:570.

Sister White writes that millions of professed Christians are lost for the uncontrolled

appetite. "Through appetite, Satan controls the mind and the whole being." CDF 167.

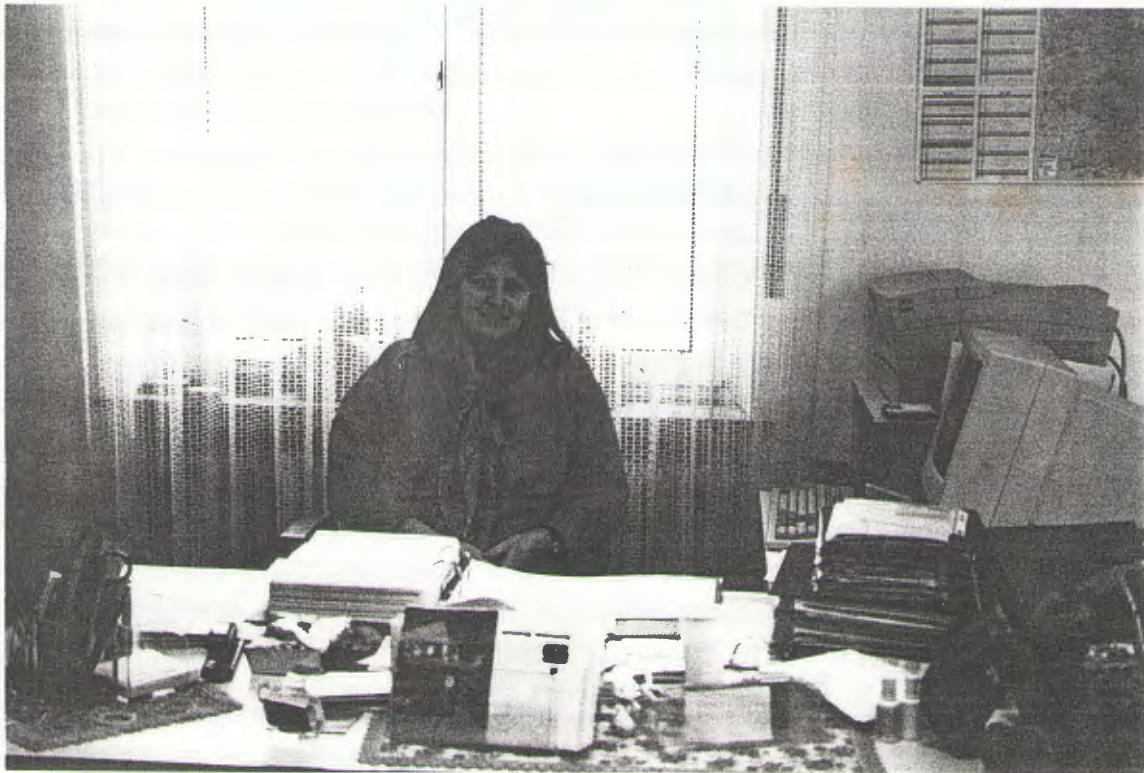
If we could only understand the danger of the indulgence of the appetite we would start a war against this body and soul-destroying idol. We would put out superhuman efforts, fasting and agonizing prayer in order to gain victory over this evil. Without this victory our sanctification cannot even begin. It is not only a vegetarian diet that is included in our health message, but a moderation in all habits and practises is needed. Proper mealtimes, and right amounts that we eat are also important.

"The sanctification is not merely a theory, an emotion, or a form of words, but a living, active principle, entering into the everyday life. It requires that our habits of eating, drinking, and dressing be such as to secure the preservation of physical, mental and moral health, that we may present to the Lord our bodies--not an offering corrupted by wrong habits, but--a living sacrifice, holy acceptable unto God." The Faith I Live By, p.116.

The sooner we begin this war against the cravings of our flesh and the appetites the more chance we have for the victory. Every indulgence strengthens the perverted desires of the flesh that finally our best decisions to stop will be as ropes of sand.

If it is your desire to be sanctified and ready for the Lord's coming, do not neglect even a smallest part of our health message which God in His mercy has given us.

AMEN.



*Myriam our French translator at
the G.C.*

HANDS OFF, BRETHREN!

"Hands off, brethren. Let every one work in his own sphere, with his own armor on, doing whatever he can do in his humble way. Strengthen his hands in the work. This is no time for Pharisaism to control. Let God work through whom He will. This message must go." Test.Vol. 5, p. 463

"And when He was come into the temple, the chief priests and the elders of the people came unto Him as He was teaching, and said, By what authority doest Thou these things? and who gave Thee this authority?" Matthew 21:23.

"Paul, an apostle, (not of men, neither by man, but of Jesus Christ, and God the Father, who raised Him from the dead.)" Galatians 1:1.

"And John answered and said, Master, we saw one casting out devils in Thy name; and we forbade him, because he followeth not with us. And Jesus said unto him, Forbid him not: for he that is not against us is for us." Luke 9:49-50.

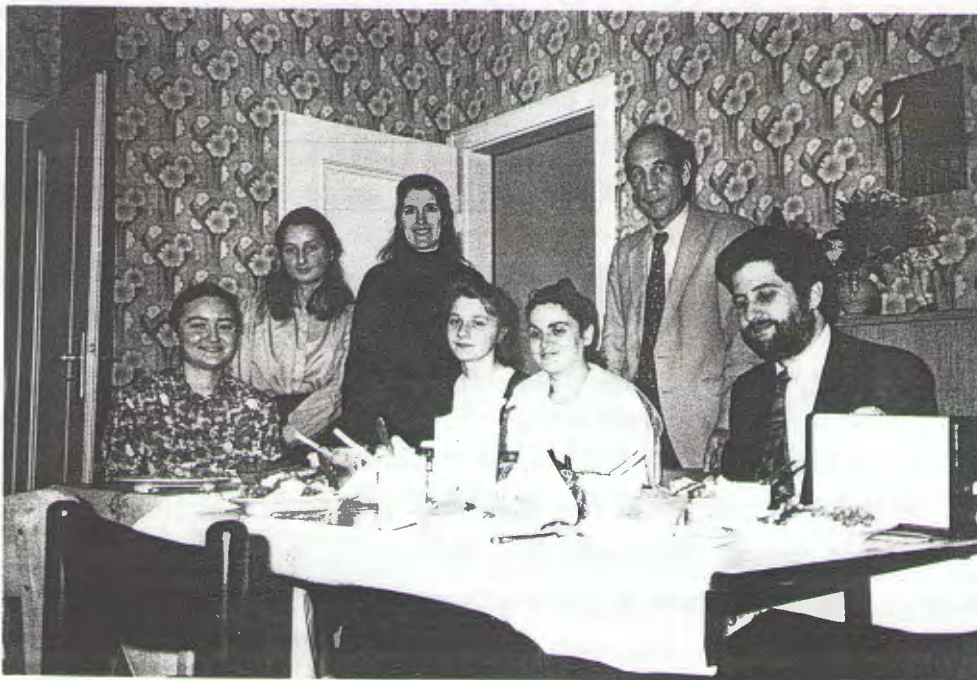
"Some of our leading men are inclined to indulge the spirit manifested by the apostle John when he said, 'Master, we saw one casting out devils in Thy name: and we forbade him, because he followeth not with us.'

"Organization and discipline are essential, but there is now a very great danger of a departure from the simplicity of the gospel of Christ. What we need is less dependence upon mere form and ceremony, and for more of the power of true godliness. If their life and character are exemplary, let all work who will, in any capacity. Although they may not conform exactly to your methods, not a word should be spoken to condemn or discourage them. When the Pharisees desired Jesus to silence the children who sang His praise, the Saviour said, 'If these should hold their peace, the stones would immediately cry out.' Prophecy must be fulfilled. So in these days, the work must be done. There are many departments of labour; let everyone act a part as best he can. The man with one talent is not to bury that in the earth. Those to whom larger trusts

and capabilities have been committed should not endeavour to silence others who are less able or experienced. Men with one talent may reach a class that those with two or five talents cannot approach. Great and small alike are chosen vessels to bear the water of life to thirsty souls. Let not those who preach the word lay their hands upon the humblest worker and say: 'You must work in this channel or not work at all.' Hands off, brethren. Let everyone work in his own sphere, with his own armor on, doing whatever he can do in his humble way. Strengthen his hands in the work. This is no time for Pharisaism to control. Let God work through whom He will. This message must go." Test. Vol. 5, p. 461-462.

"The fact that one does not in all things conform to our personal ideas or opinions will not justify us in forbidding him to labour for God... Every soul whom God has made willing is a channel through which Christ will reveal His pardoning love. How careful we should be lest we discourage one of God's light bearers, and thus intercept the rays that He would have shine to the world." DA 438.

"When light goes forth to lighten the earth, instead of coming up to the help of the Lord, they will want to bind about His work to meet their narrow ideas. Let me tell you that the Lord will work in this last work in a manner very much out of the common order of things, and in a way that will be contrary to any human planning. There will be those among us who will always want to control the work of God, to dictate even what movements shall be made when the work goes forward under the direction of the angel who joins the third angel in the message to be given to the world. God will use ways and means by which it will be seen that He is taking the reins **in His own hands.**" TM 300.



Supper time at the G.C.

Sin Against the Holy Spirit

If someone is doing the work of God, and is being led by His Spirit, and this work is called a work of human origin and even a mistake, this constitutes a sin against the Holy Spirit.

"What constitutes the sin against the Holy Ghost? It is willfully attributing to Satan the work of the Holy Spirit." Test. Vol. 5, p. 634.

"He casteth out devils through the prince of the devils. Christ told them plainly that in attributing the work of the Holy Spirit to Satan they were cutting themselves off from the fountain of blessing." DA 322.

"They were convinced that a divine power attended Christ, but in order to resist the truth, they attributed the work of the Holy Spirit to Satan. In doing this they deliberately chose deception; they yielded themselves to Satan, and henceforth they were controlled by his power." DA 323.

"They began this satanic work at Minneapolis. Afterward, when they saw and felt the demonstration of the Holy Spirit testifying that the message was of God, they hated it more, because it was a testimony against them. They would not humble their hearts to repent, to give God the glory, and vindicate the right. They went on their own spirit, filled with envy, jealousy and evil surmisings, as did the Jews. They opened their hearts to the enemy of God and man. Yet these men have been holding positions of trust, and have been molding the work after their own similitude, as far as they possibly could." Test. to Ministers, 80.

In 1888, the very church of God had leaders who were against Sister White and other reform-minded members. Sis. White said they had sinned against the Holy Spirit, yet then were elected as leaders in the church of God. When the split came in 1914 not one of them joined in the Reformation.

"We should be the last people on the earth to indulge in the slightest degree the spirit of persecution against those who are bearing the message of God to the world. This is the most terrible feature of unchristlikeness that has manifested itself among

us since the Minneapolis meeting. Sometime it will be seen in its true bearing, with all the burden of woe that has resulted from it." Gen. Conf. Bulletin, 1893, p.184.

"For a time, persons who have committed this sin may appear to be children of God; but when circumstances arise to develop character and show what manner of spirit they are of, it will be found that they are on the enemy's ground, standing under his black banner." Test. Vol. 5, p.634.

Those who are working in harmony with heaven will have peace and unity. Their work will be blessed by God.

Jewish leaders did not have this peace and joy in the Lord. They were filled with bitterness and anger and rose against the messengers of God. This is also the Laodicean condition, misery and wretchedness.

May God have mercy upon us that no one have the spirit of bitterness and dissatisfaction which is the spirit of Satan, but a spirit of God which is full of peace and love and mercy.

AMEN.



Sister Barbara & Larry Watts, Idel
Suarez and Sister Mascera

Branch Sabbath School

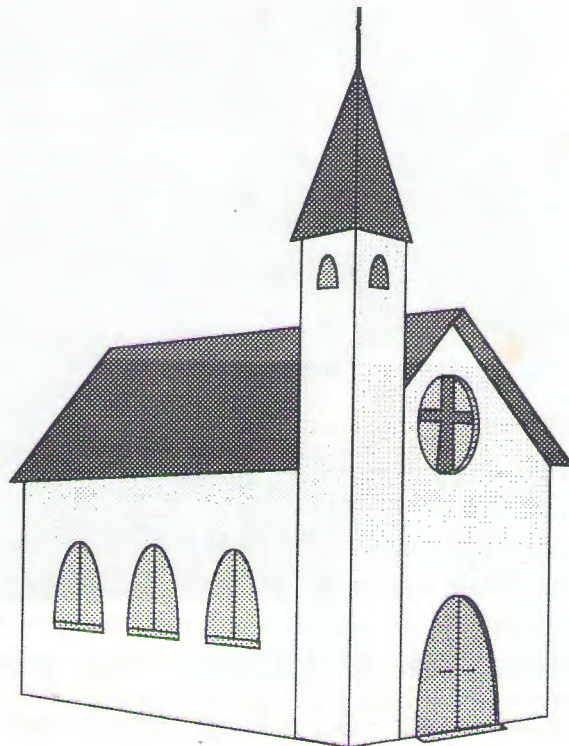
After one month trial the members involved in the Streetsville Branch Sabbath School decided to continue the meetings because of its great success. The number of visitors has increased. On February 15th, we were 36 people together and the baptismal class has grown to 17 students. Also, the officers of the church we are renting are so pleased with us that they decided to give all their facilities to us completely free of charge. Yet we decided to give them some donations since we do add to their utility and cleaning bill.

The children also are enthusiastic about this project and are preparing and presenting their programs to make meetings more interesting. It is encouraging for the members to see the Lord working so signally for this humble project.

Our wish is that this Branch Sabbath School may serve as an example for others to follow. We need to spread out, because our time is short, to save a few more souls before it is too late.

We ask for your support and special prayers for this project. We hope to have in the future many more good news to the readers of the Messenger of this missionary outreach in Streetsville.

Brethren in Streetsville



A MOMENT IN TIME

ELLEN G. WHITE

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

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

The human family have scarcely begun to live when they begin to die, and the world's incessant labor ends in nothingness unless a true knowledge in regard to eternal life is gained. The man who appreciates time as his working day will fit himself for a mansion and for a life that is immortal. It is well that he was born.

We are admonished to redeem the time. But time squandered can never be recovered. We cannot call back even one moment. The only way in which we can redeem our time is by making the most of that which remains, by being co-workers with God in His great plan of redemption.

In him who does this, a transformation of character takes place. He becomes a son of God, a member of the royal family, a child of the heavenly King. He is fitted to be the companion of the angels.

Now is our time to labor for the salvation of our fellow men. There are some who think that if they give money to the cause of Christ, this is all they are required to do; the precious time in which they might do personal service for Him passes unimproved. But it is the privilege

and duty of all who have health and strength to render to God active service. All are to labor in winning souls to Christ. Donations of money cannot take the place of this.

Every moment is freighted with eternal consequences. We are to stand as minute men, ready for service at a moment's notice. The opportunity that is now ours to speak to some needy souls the word of life may never offer again. God may say to that one, "This night thy soul shall be required of thee," and through our neglect he may not be ready. (Luke 12:20) In the great judgement day, how shall we render our account to God?

Life is too solemn to be absorbed in temporal and earthly matters, in a treadmill of care and anxiety for the things that are but an atom in comparison with the things of eternal interest. Yet God has called us to serve Him in the temporal affairs of life. Diligence in this work is as much a part of true religion as is devotion. The Bible gives no endorsement to idleness. It is the greatest curse that afflicts our world. Every man and woman who is truly converted will be a diligent worker.

Upon the right improvement of our time depends our success in acquiring knowledge and mental culture. The cultivation of the intellect need not be prevented by poverty, humble origin, or unfavorable surroundings. Only let the moments be treasured. A few moments here and a few moments there, that might be frittered away in aimless talk; the morning hours so often wasted in bed; the time spent in travelling on trams or

railway cars, or waiting at the station; the moments of waiting for meals, waiting for those who are tardy in keeping an appointment - if a book were kept at hand, and these fragments of time were improved in study, reading, or careful thought, what might not be accomplished. A resolute purpose, persistent industry, and careful economy of time, will enable men to acquire knowledge and mental discipline which will qualify them for almost any position of influence and usefulness. . . .

The life of Christ from His earliest years was a life of earnest activity. He lived not to please Himself. He was the Son of the infinite God, yet He worked at the carpenter's trade with His father Joseph. His trade was significant. He had come into the world as the character builder, and as such all His work was perfect. Into all His secular labor He brought the same perfection as into the characters he was transforming by His divine power. He is our pattern.

Parents should teach their children the value and right use of time. Teach them that to do something which will honor God and bless humanity is worth striving for. Even in their early years they can be missionaries for God.

Parents cannot commit a greater sin than to allow their children to have nothing to do. The children soon learn to love idleness, and they grow up shiftless, useless men and women. When they are old enough to earn their living, and find employment, they work in a lazy, droning way, yet expect to be paid as much as if they were faithful. There is a world-wide difference between this class of workers and those who realize that they must be faithful stewards.

Indolent, careless habits indulged in secular work will be brought into the religious life and will unfit one to do any efficient service for God. Many who through diligent labor might have been a blessing to the world, have been ruined through idleness. Lack of employment and of steadfast purpose opens the door to a thousand temptations. Evil companions and vicious habits deprave mind and soul, and the

result is ruin for this life and for the life to come.

Whatever the line of work in which we engage, the word of God teaches us to be "not slothful in business; fervent in spirit; serving the Lord." "Whatsoever thy hand findeth to do, do it with thy might," "knowing that of the Lord ye shall receive the reward of the inheritance; for ye serve the Lord Christ." Rom. 12:11; Eccl. 9:10; Col. 3:24." *Christ's Object Lessons*, pp. 342-346

"It is the work that we do or do not do that tells with tremendous power upon our lives and destinies. God requires us to improve every opportunity for usefulness that is offered us. Neglect to do this is perilous to our spiritual growth. We have a great work to do. Let us not pass in idleness the precious hours that God has given us in which to perfect characters for heaven. We must not be inactive or slothful in this work, for **we have not a moment to spend without a purpose or object.** God will help us to overcome our wrongs if we will pray and believe on Him. We can be more than conquerors through Him who has loved us. When the short life in this world is ended, and we see as we are seen and know as we are known, how short in duration and how small will the things of this world appear to us in comparison with the glory of the better world! Christ would never have left the royal courts and taken humanity, and become sin for the race, had He not seen that man might, with His help, become infinitely happy and obtain durable riches and a life that would run parallel with the life of God. He knew that without His help sinful man could not attain these things." *Testimonies for the Church*, Vol. 3, p. 540

Turnips and rutabagas

These age-old cousins of the cabbage have been around for hundreds of years and are still delivering loads of taste and economy.

Who's who?

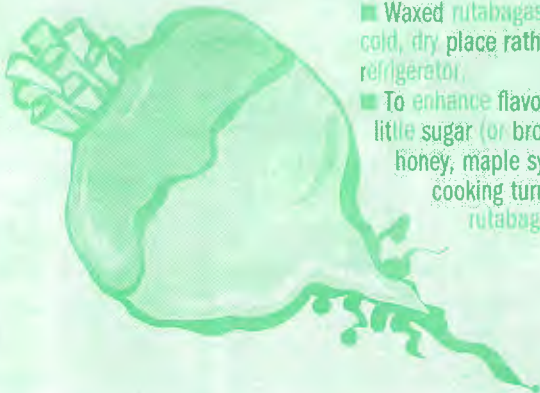
Many people call a turnip a rutabaga ... and vice versa. Here's the real deal!

Color: Turnips are either all white or a creamy white with purple, red, pink or green shades at the top. Rutabagas have a tan or yellow skin with a dark purple or reddish band at the top. The flesh is yellow, compared to turnip's white or opaque interior.

Size: Turnips are usually spherical in shape, ranging from golf-ball to baseball size. Rutabagas are generally larger, with a lumpy, irregular, roundish shape.

Taste: Many people say that rutabagas have a sweeter, more assertive flavor than turnips. You'll find both delicious, especially when you choose smaller, younger specimens.

Wax: Most rutabagas are sold with a thick layer of clear wax to prevent moisture loss and lengthen storage times.



Look for

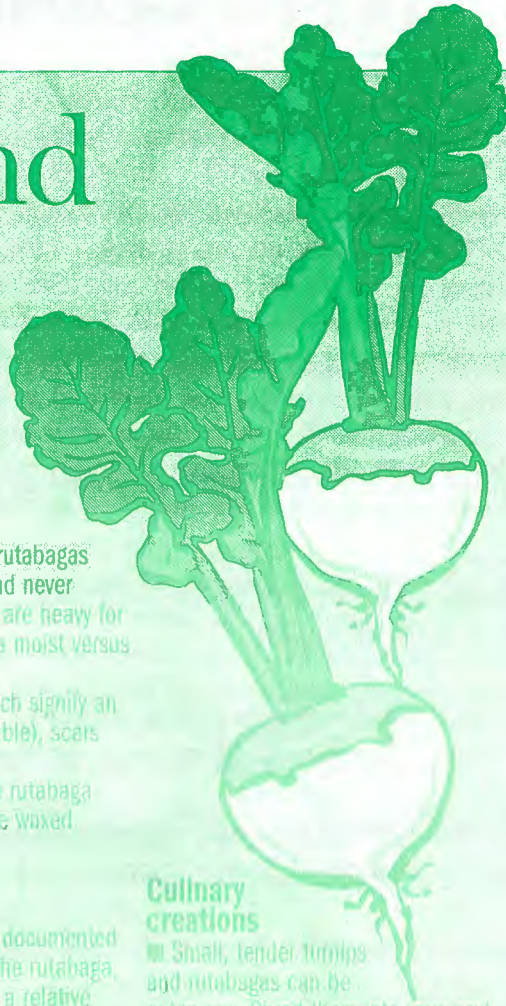
- Choose turnips or rutabagas that are firm, solid and never soggy. Pick ones that are heavy for their size, indicating a moist versus dry interior.
- Avoid wrinkles (which signify an old and woody vegetable), scars and bruises.
- Stay away from the rutabaga that has mould on the waxed surface.

Trivia

- Turnips have been documented since Roman times. The rutabaga, on the other hand, is a relative newcomer, surfacing in the 17th century. It's believed to be a hybrid of the turnip and kohlrabi.
- Rutabagas grow best in cold countries. You guessed it: Canada is a major grower.
- Other names for the rutabaga include yellow turnip, Canadian turnip, Swede and ... neeps!

Tips

- Waxed rutabagas store best in a cold, dry place rather than the refrigerator.
- To enhance flavor, toss in a little sugar (or brown sugar, honey, maple syrup) when cooking turnips and rutabagas.



Culinary creations

- Small, tender turnips and rutabagas can be eaten raw. Shred them into your next coleslaw or serve them in a crudité.
- Cut these winter roots into wedges; marinate with herbs, lemon juice and olive oil; then grill or roast in the oven.
- Mash with potatoes, apples or pears. Serve with butter and such herbs as chives, dill, caraway or basil.
- Cube or dice turnips or rutabaga, then boil until tender. Toss with yogurt or low-fat sour cream and garnish with scallions.

Nutrition TIP OF THE WEEK

If you're lucky enough to find young turnips with greens, don't toss the tops! They're chock-full of calcium and beta carotene.

GOD IS LOVE

"For God so loved the world that He gave His only begotten Son that whosoever believeth in Him shall not perish but have everlasting life." John 3:16.

We see in this verse how great God's love for man is. Even though we are sinners He loves us still. He gave us his only Son to die on the cross for our sins. God's nature is love and always will be.

Love covers many sins; it is patient and kind. Love is never selfish or rude and never gets irritated.

There is no one on this earth who loves us as much as God does. His love has no end to it.

When Jesus was on earth he showed love and compassion for those that were poor, rich, the sick and for the needy.

When His disciples wanted Him to send fire from heaven to consume the people of the city, he said, "The Son of Man has not come to destroy men's lives, but to save them.

When people hurt Him, spit on Him, laughed at Him, and were mean to Him He did nothing but continued loving them.

The best way to explain God is that He is love. God is love.

By Debbie Conde



*Some of the General Conference
workers & visitors*

WHO IS THE CRIME STOPPER?

In Sri Lanka, there is a small village called Mahakumbura, where I live with my family. Mahakumbura means "very big rice field." It is a Sinhalese word. One night at midnight in 1988 a shocking situation occurred. There were 3 popular families living near my family and in each family there was a "Head Man". In these families, the one person who is the leader is a recognized thief, the second man is a tailor, and the third person is a school teacher. On this particular night, there was a big fight started. The teacher's family and the tailor's family started wrestling, pushing, kicking, hitting and punching. During the fight the thief also became involved. He came to support the teacher. About 7-8 people were involved in this fight and at last the thief punched the tailor in the stomach. The tailor was knocked unconscious and was in a critical situation. His family members took him to the hospital where he passed away. The police came to the place where the fighting had been and arrested the thief and teacher. Every Monday, these 2 criminals were brought to the magistrate court with hands chained for questioning. Every Monday, the village people gathered to hear a summation of the previous weeks' testimony because they were very anxious to hear the outcome of the trial. After one year of hearings, the judge found out that it was the thief who killed the tailor on that day.

Many days have gone by, the seasons are changing and now the ~~teacher~~^{THIEF} is counting the days very sadly. Why? Because he is going to hang in prison. Day by day he is very weak and his wife and child are in a horrible situation. Into this unfortunate circumstance came one Sunday worshipping preacher who paid a visit to this thief in prison to talk about Jesus and salvation. This preacher also belongs to the thief's village. After systematic visits to the prison, this thief accepted the truth and Jesus and became a true Christian. He confessed his sins and day by day he was changing his bad attitude. One day the chief official in the jail told the thief that he was free to go home. The thief was very happy and his family members all became Christians. He changed his life style and became a business man. Yes, this former thief is now a very active layman in his church. What a marvellous God we serve.

March 20, 1996, the Tokyo subway system was in its early morning rush hour when it was struck by a poison gas attack. Several people died, and many others were seriously injured.

On April 19, 1996 Oklahoma City became the focal point of television viewers the world over. They watched in horror as rescue workers pulled battered bodies out of the wreckage of a federal building just demolished by a terrorist bomb. The death toll was 168.

In late June 1996, another such attack, near Dhahran, Saudi Arabia, killed 19 Americans and injured some 400 people.

These 4 events illustrate that crime is taking on new dimensions. "Normal" crime is increasingly being added to by brutal acts of terrorism. And all 4 events - each in its own particular way - show how vulnerable everyone has become to criminal attack. Whether you are at home, at work, in church, or on the street, crime can reach out to claim you as one of its victims. Every citizen wants a government that will actually put an end to crime. Some governments are more effective in crime prevention than others. But human government is losing its struggle against crime.

In Canada now, females are more often involved in violence than in the past. Violent criminal charges against adult females has risen from 6,370 in 1983 to 14,706 in 1993. Men however, still account for the majority of violent crimes. According to the Globe in 1996, 88.6 percent of adults and 76.3 percent of youths charged with violent crimes were male. Deaths by gunfire are increasing faster among American youths ages 10-19 than among any other group, says a report by the Children's Defence Fund.

Guns are now the second leading cause of death. Accidents, mostly vehicular, are the primary cause of death in America's youths under 20. A youth died every 92 minutes from gunfire in 1993 - an increase of 7 percent over the preceding year. The number of those using guns as their murder weapons has quadrupled in the same period. About 20,000 Americans kill themselves every year. The rate of suicide also increases with age, reflecting the stresses of poor health and diminished prospects. The suicide rate among those 75 years of age and older is 4 times greater than teenagers.

Canada jails more kids than any nation on earth except the United States. Canada jails 2 of every 1,000 youths across the country. And 15 of every 1,000 are on probation. There are almost 5,000 young people in jail

across Canada on any given day. B.C.'s youth prisons are the worst in the province. True, there are hard cases behind bars, but even the people who run the Young Offender Programs say more should be done for them. But of the 4,900 children in custody nationwide, only about 18 percent are serving time for violent offences - everything from minor assault to sexual assault and murder.

CANADA WIDE- Inmates incarcerated

Murder	25
Manslaughter	24
Arson	365
Robbery	2,167
Weapon Offences	52, 858
Break and Enter	13, 354
Car theft	1,486
Mischief	6,169
Escaping Custody	1,079
Narcotics	4,110
Breach of Probation	11,043

Fraud and vandalism is increasing in every city as is the cost of living. A United Nations survey revealed that the more highly developed countries spend an average of 2 to 3 percent of their annual budgets on crime control, while developing countries depend even more, an average of 9 to 14 percent. Increasing the size of the police force, private security forces and providing them with better equipment takes priority in some localities. But results are mixed. Closed-circuit television is used in some places to link police stations with commercial premises. Video cameras are used by police, banks, and stores as crime deterrents or as a tool for identifying law breakers.

Visitors to Sri Lanka and the Philippines note that homes are generally not left unattended and many people have watch dogs. Businessmen employ private security guards to protect their businesses. Anti-theft devices for cars sell well.

All governments are constantly developing new methods of combating crime. But it is not an easy task to stop crime in their countries. Every day the number of clever criminals is growing like mushrooms

Asia Week magazine quoted the head of an anti-crime group saying, "About 90% of suspects we arrest are either police or military men." Whether it is true or not, reports like this showing us clearly that it is very hard to abolish crime from every part of society. Corruption scandals involving high officials have rocked governments in many different parts of the world.

Governments come and governments go out but crime remains. Yet, there is a good time coming soon when crime will be no more!

The Bible foretold that in our day people would be "lovers of themselves, lovers of money, self-assuming, haughty, blasphemers, disobedient to parents, unthankful, disloyal, having no natural affection, not open to any agreement, slanderers, without self-control, fierce, without love of goodness." 2 Timothy 3:2-3 (NIV) Such types of people commit crimes.

Since people commit crimes, to the extent that they change for the better, crime is reduced. But it has never been easy for people to change for the better. Today it is harder than ever. We are living in the final, critical days of this earth's history. These times are caused by Satan, the devil, the greatest criminal of all. He is a Father of crime. He has "great anger, knowing he has a very short period of time." 2 Tim. 3:1; Rev. 12:12. (NIV)

This explains today's upsurge in crime. Satan knows that he and his system are soon to be destroyed. During this short time, he seeks in every way possible to foster in humans the bad traits mentioned in 2 Timothy chapter 3.

Accepting God's rule and administration, God's church today (SDA Reform Movement) have, to a great degree overcome the problem of crime within their soul-winning field. Daily we are meeting criminals, in our apartments, streets and work places. I am working in the crime-stopping field as a security patrol in the cities of the Vancouver area. It is my duty to identify criminals and I should hand these people over to the Royal Canadian Mounted Police. At the same time I am giving spiritual literature to many shady characters in order for them to change their life-style. Some criminals do not like me because I am a crime-stopper and soul-winner.

Some people are in slavery to the ugliness of crime. Now, maybe you are asking: "How to bring these people to the right track?" I am sure that our Lord Jesus Christ is the only One that can bring these criminals to the path of salvation. Some 200 years ago, people from along the coast of Equatorial Guinea were rounded up and shipped to America as slaves. Today, many are voluntarily becoming slaves - slaves of God. This form of slavery has brought them true freedom, setting them free from Babylonish doctrines and spiritualistic practices. It has also taught them how to live and to come experience what Jesus promised, "You will know the truth, and the truth shall set you free." John 8:32.

Crime in any form displays a lack of love for others. True Christians follow the example of Jesus, who said, "You must love the Lord your God with all your heart and with all your soul and with all your spirit," and, "you must love your neighbour as yourself." Matthew 22:37-39

The only government dedicated to ending crime by teaching people to obey all the Ten Commandments is the government of the God of heaven. Only as we each submit to and determine to obey this rule are we a part of that government. If you consider that each one of us daily has influence over approximately 1,000 other individuals, our message is going all around the world to many other people every day. All of those touched by Jesus will be determined not to let criminal tendencies take root in their hearts and prepared to make what ever personal effort is necessary to contribute to a crime-free world.

In addition, consider the overall condition of the human family today. Crime and violence are rampant. Drug abuse is epidemic, sexually transmitted diseases are pandemic. The dreaded disease AIDS is affecting millions of people. Tens of millions of people die of hunger or disease each year, while a small number have vast riches. Humans pollute and pillage the earth. Family life and moral values have broken down everywhere. Truly, life today reflects the ugly rulership of "the god of this world, Satan." The world he is master of is cold, ruthless and thoroughly corrupt. 2 Cor. 4:4

God has allowed enough time for humans to come to the peak of their scientific and material progress. But is it genuine progress when the bow and arrow have been replaced by machine guns, tanks, jet bombers and nuclear missiles? Is it progress when people can travel into space but cannot live together in peace on earth? Is it progress when you and I are afraid to walk the streets at night or even in the day time in some places?

What God has accomplished in our lives is but a foretaste of what he will do in the New Earth under the rulership of His heavenly government. Please imagine a world with no need for private security forces, police forces, judges, lawyers, or prisons. God will also crush Satan, ending his evil influence. (See Romans 16:20)

Yes, no more ugly crimes, no more assassinations, poison-gas attacks, or terrorists bombs. No more social injustices, which breed crime. The love of God will reign supreme since Jesus will sit enthroned in everyone's heart and sit enthroned before all of the watching universe. Rev. 20:11-15. Only He can truly put an end to crime and only we can show what a life truly dedicated to Christ can accomplish without taking part in or serving the crime of this world.

By Xavier Chelliah

**"Eternal life is worth persevering, untiring effort."
T5, p.570**

"The Christian's Life must be one of conflict and of sacrifice. The path of duty should be followed, not the path of inclination and choice." Test. Vol. 3, p. 538

FAITH

by Reina Conde

"But without faith it is impossible to please Him: for He that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him." Hebrews 11:6.

"Faith is the substance of things hoped for, the evidence of things not seen." Hebrews 11:1.

Faith is trust in Jesus, we receive eternal life in that very moment. God gives faith to those who ask him.

"And whoever liveth and believeth in me shall never die. Believeth thou this?" John 11:26.

"We are not to trust in our faith but in the promises of God. When we repent of our past transgressions of His law, and resolve to render obedience in the future we should believe that God for Christ's sake accepts us, and forgives our sins." MYP, E.G. White.

The Bible speaks about many people who had faith and we can learn from them.

Daniel's faith was strong. He knew that without faith he couldn't please God. There was not a shadow of doubt. He trusted God completely and absolutely.

Another example is the Roman centurion who believed that Jesus would heal his sick servant. Jesus said of him, "I have not found so great faith, no, not in Israel."

Abraham was justified by faith, he believed and trusted in the Lord and it was accounted unto him for righteousness.

I once read a story about a young fifteen year old girl named Marie Durand. She was imprisoned in the Tower of Constance in southern France. She spent thirty-eight years in that tower for refusing to recant her Protestant faith. On a stone tablet she wrote day after day one word, "Régister". By writing "resist" day after day, her determination to be true to her convictions was deepened. She was comforted by the promise, "Be thou faithful unto death, and I will give thee a crown of life." Rev. 2:10, last part.

She never became discouraged and after 38 years when she was released from prison, she helped to stir all of Protestant Europe with her moving story of loyalty to Christ and His truth.

Let not your heart be troubled: ye believe in God, believe also in me. John 14:1.

For by grace are ye saved through faith; and that not of yourselves: it is the gift of God." Ephesians 2:8.

GOD'S MYSTERIOUS WAYS

"Consider the work of God: for who can make that straight, which he hath made crooked? In the day of prosperity be joyful, but in the day of adversity consider: God also hath set the one over against the other, to the end that man should find nothing after him." Ecclesiastes 7:13, 14

This may sound odd to our way of thinking. Usually we think that God is here to straighten out our lives. Why would God now want to make things crooked? As we read through the Bible there are many experiences where God's people have had to suffer trials and tribulations and we see that it was all for a purpose. God works everything out for the best. He is trying to bring our lives into proper balance.

In the Christian world there are so many different winds of doctrine flying; so many different ideas of the standard of righteousness, but God has only one standard.

Even in God's church it is possible to be slightly off balance and often God has to make things crooked to bring things into the right balance. In the time of the 1888 General Conference of the Seventh-day Adventist Church in Minneapolis, the Christ Our Righteousness message was being brought to God's people. They had been off balance. They had been preaching the law, the law, the law, until Ellen G. White said their preaching was as dry as the "hills of Gilboa." The Lord allowed a crisis to try and bring things into balance. Unfortunately the great majority refused to be brought into balance by the Lord and finally in 1914 the Lord had to allow a separation between the true followers of the Lord and those who would not be led by His Spirit. This rift seemed a mystery at first to the followers of the Lord. It seemed wrong for them to be disfellowshipped for being faithful. Had God allowed a mistake to be made? Things seemed crooked. But it was another crisis that the Lord brought for the good of His church. He had to separate the wheat from the chaff to preserve the pure faith of the faithful followers.

In 1951 there was another crisis. Another rift was made in God's church. Why, we may wonder would God want to allow this division of God's people again? All of God's dealings with the church are for the purpose of preparing a pure people for the outpouring of the Latter Rain. This was just another time when God had to allow something drastic to keep His church pure. He had to separate the gold from the dross to preserve the pure gold. While there have been several attempts for unity in the past these have only served as means to take the eyes of God's people off from their duty before them of preaching the gospel to the world. Too much time has been wasted in trying to straighten out that which God "hath made crooked." We must accept what God has done in the past. God does not make mistakes. "They went out from us, but they were not of us; for if they had been of us, they would not doubt have continued with us: but they went out, that they might be made manifest that they were not all of us." 1 John 2:19. So we must accept God's ways even if we don't understand them. If we trust in Him through our future trials we will come forth as conquerors.

Man cannot foresee the future, nor can he altogether control circumstances in which he may be involved. But it is the Christian's privilege to trust God. We must submit to His will, believing that in God's hands all will work together for good.

In the near future there will be another separation amongst God's people. This is called the Mighty Shaking. Many who are only half converted today will be shaken out just prior to the Latter Rain. This again is all in God's plan - to purify His people and to fit them up for the great task of preaching in the time of the Latter Rain.

"Our plans are not always God's plans. He may see that it is best for us and for His cause to refuse our very best intentions, as He did in the case of David. But of one thing we may be assured. He will bless and use in the advancement of His cause those who sincerely devote themselves and all they have to His glory. If He sees it best not to grant their desires He will counterbalance the refusal by giving them tokens of His love and entrusting to them another service.

"In His loving care and interest for us, often He who understands us better than we understand ourselves refuses to permit us selfishly to seek the gratification of our own ambition. He does not permit us to pass by the

homely but sacred duties that lie next us. Often these duties afford the very training essential to prepare us for a higher work. Often our plans fail that God's plans for us may succeed.

"We are never called upon to make a real sacrifice for God. Many things He asks us to yield to Him, but in doing this we are but giving up that which hinders us in the heavenward way. Even when called upon to surrender those things which in themselves are good, we may be sure that God is thus working out for us some higher good." *Ministry of Healing*, p. 473, 474

There have come crises in God's church all throughout History. Mark the history of the 7 churches. We see a constant falling away and separation while a remnant stayed on the line of truth. God has always had a remnant to preserve His truth on earth. Trials also come in our personal lives for a purpose. We see many Biblical examples of people who went through difficulties and trials for their faith and they were proven to be precious stones, fit for the temple of God. If you go through difficult times, times that you just can't figure out, "Remember that your experience is not the first of the kind. You know the history of Joseph and of Daniel. The Lord did not prevent the plottings of wicked men; but He caused their devices to work for good to those who, amidst trial and conflict, preserved their faith and loyalty." *Testimonies for the Church*, Vol. 8, p. 123

"As many as I love, I rebuke and chasten: be zealous therefore, and repent." Revelation 3:19 God's people are made, "perfect through sufferings." Heb. 2:10

PAUL

"There is a lesson for us in this experience of Paul's, for it reveals God's way of working. The Lord can bring victory out of that which may seem to us discomfiture and defeat. We are in danger of forgetting God, of looking at the things which are seen, instead of beholding by the eye of faith the things which are unseen. When misfortune or calamity comes, we are ready to charge God with neglect or cruelty. If He sees fit to cut off our usefulness in some line, we mourn, not stopping to think that thus God may be working for our good. We need to learn that chastisement is a part of His great plan and that under the rod of affliction the Christian may sometimes do more for the Master than when engaged in active service." *Acts of the Apostles*, p. 481

"The apostle Paul, just before his martyrdom, exhorted Timothy: "Be thou partaker of the afflictions of the gospel according to the power of God." It is through much tribulation that we are to enter the kingdom of God. Our Saviour was tried in every possible way, and yet He triumphed in God continually. It is our privilege to be strong in the strength of God under all circumstances and to glory in the cross of Christ." *Testimonies for the Church*, Vol. 3, p. 67

JOHN

"In the experience of the apostle John under persecution, there is a lesson of wonderful strength and comfort for the Christian. God does not prevent the plottings of wicked men, but He causes their devices to work for good to those who in trial and conflict maintain their faith and loyalty. Often the gospel labourer carries on his work amid storms of persecution, bitter opposition, and unjust reproach. At such times let him remember that the experience to be gained in the furnace of trial and affliction is worth all the pain it costs. Thus God brings His children near to Him, that He may show them their weakness and His strength. He teaches them to lean on Him. Thus He prepares them to meet emergencies, to fill positions of trust, and to accomplish the great purpose for which their powers were given them." *Acts of the Apostles*, p. 56

JESUS

"The whole earthly life of Jesus was a manifestation of this principle. It was to bring the bread of life to His enemies that our Saviour left His home in heaven. Though calumny and persecution were heaped upon Him from the cradle to the grave, they called forth from him only the expression of forgiving love. Through the prophet Isaiah He says, "I gave my back to the smiters, and My cheeks to them that plucked off the hair: I hid not My face from shame and spitting." "He was oppressed, and He was afflicted, yet He opened not His mouth: He is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so He openeth not His mouth." Isaiah 50:6; 53:7. And from the cross of Calvary there come down through the ages His prayer for His murderers and the message of hope to the dying thief.

"The Father's presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil, for Christ is his defence. Nothing can touch him except by our Lord's permission, and "all things" that are permitted "work together for good to them that love God." Romans 8:28 " *Thought from the Mount of Blessing*, p. 71

JOB

The story of Job is one of the most famous in the Bible when it comes to understanding why we are tested and tried. Job was faithful all of his life and in the peak of his life, when he was extremely wealthy; when he had a wonderful family and many friends, he lost everything. Did Job complain or moan and groan? No, he simply said, "the Lord gave, and the Lord hath taken away; blessed be the name of the LORD ." Job 1:21 Even his wife and friends did not understand his suffering but Job trusted in God and refused to turn away. "Seemingly forsaken of heaven and earth, yet holding fast his faith in God and his consciousness of integrity, in anguish and perplexity he cried: "My soul is weary of my life:" Job 10:1" *Education* p. 155 "My kinfold have failed, and my familiar friends have forgotten me. . . All my inward friends abhorred me: and they whom I loved are turned against me." Job 19:14, 19. "Behold, I go forward, but he is not there; and backward, but I cannot perceive him: On the left hand, where he doth work, but I cannot behold him: he hideth himself on the right hand, that I cannot see him: But he knoweth the way that I take: when he hath tried me, I shall come forth as gold." Job 23:8-10. Job did not understand the way of God. It seemed a mystery to him but he knew that when the Lord had tried him, he would come forth as gold. He had full confidence in the Lord's leading as seen in his word, "Though he slay me, yet will I trust in him:" Job 13:15 "For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth: And though after my skin worms destroy this body, yet in my flesh shall I see God: Whom I shall see for myself, and mine eyes shall behold, and not another though my reins be consumed within me." Job 19:25-27.

MOSES

Moses received much training and education in the court of Pharaoh and he felt that he was ready to lead Israel out from bondage. This education was a help to him in many respects but, "the most valuable preparation for his lifework was that which he received while employed as a shepherd." *Ministry of Healing* p. 474. I am sure that Moses at first was wondering what he was doing leading sheep in the wilderness. How was he to fulfill God's plan for his life? Perhaps there was a mistake somewhere? But God made no mistake. After 40 years of leading sheep in the wilderness he was ready to be a shepherd to God's chosen nation.

There are many more examples in the Bible where we see God working out His mysterious ways. We must just accept God's ways as the best ways and not try to reason out His thoughts. "For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth so are my ways higher than your ways, and my thoughts than your thoughts." Isaiah 55:8

"The furnace fires are not to destroy, but to refine, ennoble, sanctify. Without trial we should not feel so much our need of God and His help; and we should become proud and self-sufficient. In the trials that come to you I see evidence that the Lord's eye is upon you and that He means to draw you to Himself. It is not the whole, but the wounded, who need a physician; it is those who are pressed almost beyond the point of endurance who need a helper." *Testimonies for the Church*, Vol. 8, p. 123.

"It is dangerous to contend with the providence of God and to be dissatisfied with almost everything, as though there had been a special arrangement of circumstances to tempt and destroy. The work of pruning and purifying to fit us for heaven is a great work and will cost us much suffering and trial, because our wills are not subjected to the will of Christ. We must go through the furnace till the fires have consumed the dross and we are purified and reflect the divine image. Those who follow their own inclinations and are governed by appearances are not good judges of what God is doing. They are filled with discontent. They see failure where there is indeed triumph, a great loss where there is gain; and, like Jacob, they are ready to exclaim, "All these things are against me," when the very things whereof they complain are all working together for good." *Testimonies for the Church*, Vol. 3, p. 66.

"So long as we are in the world, we shall meet with adverse influences. There will be provocations to test the temper; and it is by meeting these in a right spirit that the Christian graces are developed. If Christ dwells in us, we shall be patient, kind, and forbearing, cheerful amid frets and irritations. Day by day and year by year we shall conquer self, and grow into a noble heroism. This is our allotted task; but it cannot be accomplished without help from Jesus, resolute decision, unwavering purpose, continual watchfulness, and unceasing prayer. Each one has a personal battle to fight. Not even God can make our characters noble or our lives useful, unless we become co-workers with Him. Those who decline the struggle lose the strength and joy of victory." *Ibid*, p. 487.

"All that has perplexed us in the providences of God will in the world to come be made plain. The things hard to be understood will then find explanation. The mysteries of grace will unfold before us. Where our finite minds discovered only confusion and broken promises, we shall see the most perfect and beautiful harmony. We shall know that infinite love ordered the experiences that seemed most trying. As we realize the tender care of Him who makes all things work together for our good, we shall rejoice with joy unspeakable and full of glory." *Testimonies for the Church*, Vol 9, p. 286 "In the future life the mysteries that here have annoyed and disappointed us will be made plain. We shall see that our seemingly unanswered prayers and disappointed hopes have been among our greatest blessings." *Ministry of Healing*, p. 474

If we are truly to be overcomers in the end we are to "talk of the promises; talk of Jesus' willingness to bless. He does not forget us for one brief moment. When, notwithstanding disagreeable circumstances, we rest confidently in His life, and shut ourselves in with Him, the sense of His presence will inspire a deep tranquil joy. Of Himself Christ said: "I do nothing of Myself; but as My Father hath taught Me, I speak these things. And he that sent Me is with Me: the Father hath not left Me alone; for I do always those things that please Him." John 8:28, 29" *Ibid*, p. 488

Trials come in our personal lives; crises come to God's church. These all serve the purpose of God and we must never question the wisdom of God. We must believe and have complete trust that He has ultimate control over the affairs of our lives (as we submit to Him) and over His church. It is sin to doubt God and to be despondent, even if things don't go along as we wish. It is not good for the Christian life to be free from cares and trials. Solomon encourages us to consider thoughtfully the daily happenings of our life to see God's purposes. "Ponder the way of thy feet, and let all thy ways be established." Proverbs 4:26 When you have overcome He has promised to "go before thee, and make the crooked places straight." Isaiah 43:2

"Behold, he taketh away, who can hinder him? who will say unto him, What doest thou?" Job 9:12 "If he cut off, and shut up, or gather together, then who can hinder him?" Job 11:10. "Behold he breaketh down, and it cannot be built again: he shutteth up a man, and there can be no opening." Job 12:14 "And we know that all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28

Wendy Eaton



Brother Cabrera at work

Health: A Treasure Sometimes Hidden

Health is an inestimable blessing, isn't it? And far more than just being the absence of disease, health is the optimal functioning of body, mind and soul. How many health practitioners are finally coming to the realization that anyone has to have faith to have true health. Now of course, we must be very careful to have faith in He who is the way, the truth and the life - shunning all false paths of spiritistic folly. And to share this blessing with others, like love, just makes our joy and peace more healthy and real.

There are so many today that are concerned about their health and rightly so, because we are living in an increasingly poisoned and polluted world. You and I have a great responsibility to reach out and instruct those that are ignorantly opposing themselves. We must not hide our light under a bushel in this regard, or else our treasure would be hidden and of no use to anyone.

"Lead the people to study the manifestation of God's love and wisdom in the works of nature. Lead them to study that marvelous organism, the human system, and the laws by which it is governed. Those who perceive the evidences of God's love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it, as it really is, as an inestimable blessing.

"Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work. Of this work there is great need, and the world is open for it.

"Everywhere there is a tendency to substitute the work of organizations for individual effort. Human wisdom tends to consolidation, to centralization, to the building up of great churches and institutions. Multitudes leave to institutions and organizations the work of benevolence; they excuse themselves from contact with the world, and their hearts grow cold. They become self-absorbed and unimpressible. Love for God and man dies out of the soul.

"Christ commits to His followers an individual work-a work that cannot be done by proxy. Ministry to the sick and the poor, the giving of the gospel to the lost, is not to be left to committees or organized charities. Individual responsibility, individual effort, personal sacrifice, is the requirement of the gospel."
MH 147

In the last year we have had two Vegetarian Cooking Classes in the Vancouver local church with much follow up in personal health counsel. Also, since there is less gospel interest here than in most other places in Canada, we use much health literature in the house-to-house mission work. For the last several years we have written, compiled and edited a Health Correspondence Course that is now going out in photo-copy form. The first lesson has been developed and is available as a pamphlet to introduce our work at the doors. We hope that the whole Health Correspondence Course will soon be ready to go out like the "leaves of autumn" in published form.

We envision many things for the future of our health work in Canada: more outreach in the form of street ministry-perhaps with a van going to downtown areas and work-sites to sell healthy sandwiches, drinks and desserts; developing more of a market for the Vegetarian Cookbook-perhaps even to feature

its recipes at a health-food restaurant; and, helping others find the practical things to do for their physical, mental and spiritual health through a health-food store ministry. Always in the past, we have been hampered by a lack of funds for these worthy projects-won't you stand with us in prayer for these goals? (We may be seeing the Lord answer prayer already in that several of the regular visitors to our church are so impressed with the tofu ice cream in the Vegetarian Cookbook, that they want to produce, promote and market it for us here.) There are so many things that we as individuals can and should do for our neighbors regardless of what happens in the church: inquire as to the interest in simple hot and cold or compress therapies for the sick or infirm; offer to give simple counsel for those who are ill in different ways, e.g., tell of what has worked for you in the past to overcome things like inflammation, colds, flu and aches; perhaps even offer to buy the necessary items at the health-food store for those who cannot get out or afford the remedy.

There is no doubt that we have to do more as a people in sharing this entering wedge of the gospel. In some places of North America, there is so much religious confusion that the health message may be the sole means of gaining the people's confidence that we are trying to be a positive blessing to them. How many are looking to regain or maintain their health today? The number must be in the hundreds of millions world-wide. How many have lost this treasure of their health, but a gracious God can, through you and I, point them to "the things which belong unto their peace." May the Lord help us to do this so that the treasure may no longer be hidden.

By Jerry Eaton



Dinnertime in Germany

FIGHT HEART DISEASE WITH FOOD

Scientific research has demonstrated that consuming more of the following foods will help fight heart and blood vessel disease:

- SOY PROTEIN (soy milk, tofu, soy burgers, soy protein powder) because it lowers LDL ("bad") cholesterol and triglycerides without decreasing HDL ("good") cholesterol.
- GARLIC and ONIONS not only lower cholesterol but decrease blood pressure and blood clotting.
- CARROTS. Two carrots every day supply enough carotenoids to cut the risk of stroke in half among men who have signs of heart disease. One study also shows that women who ate five or more servings of carrots a week had a stroke rate 68 percent lower than those who ate no more than one serving.
- APPLES are high in bioflavonoids, antioxidants which also reduce LDL cholesterol and discourage it from sticking to the artery walls. They are also high in pectin, which is a soluble fibre with cholesterol reducing effects.
- BROCCOLI is rich in fibre, vitamin C and carotenoids, all of which play a major role in reversing heart disease and cancer.
- NUTS are high in linolenic acid and vitamin E, both of which are important in heart disease prevention.
- CANTALOUPE is a rich source of the antioxidant vitamins, especially vitamin C and carotenoids.
- LIMA BEANS, along with other legumes (navy, kidney, garbanzo), are a good source of folic acid, a deficiency of which could account for 40 per cent of heart attacks and strokes. Lima beans are also high in fibre, containing 10 grams per cup.
- OAT BRAN (only two ounces daily) decreases cholesterol an average of 16 per cent.
- CAYENNE and other hot peppers are high in compounds that dilate arteries and improve circulation anywhere in the body.

**SDA Church Reform Movement
International Missionary Society
Canadian-Caribbean Union
3897 Bloor Street West, Toronto, Ontario M9B 1L6
Canada
Tel: (416)239-3700
e-mail: TMartin@neocom.ca
Fax: (416)252-6625**

WHAT LOVE IS NOT

**Pray tell, hath thou seen Love come by this way.
I hear He comes this way each day.
My name is Hate and I lie await to show to Love
that this land is mine, and I know its but a matter
of time to let my light and not His shine.**

**Sir, hath thou not seen, hath thou not heard,
that Love fainteth not and weary not and not a
stranger within this land is He!**

**But He too hath a home that mightily stands.
He beareth all things, hopeth all things and endureth all things.
But thou oh Hate seeketh thy own, Love all
evil, Rejoiceth in wrong and so easily provoked.
You then are what Love is not.**

**But doth not the world speak for itself,
Hath crowned me king and Lord of all.
Thou hath only to look around and my glory to behold,
Compared to Love I stand victorious over every soul.**

**My friend, judge nothing before the time until
Love comes your way. He brings to light the
hidden things of darkness. He will make manifest
the counsels of the heart,
And then and only then shall every man know what Love is not.**

**Alas dear Hate, go thy way before the night is spent,
As Love is fast approaching this way.
He has a job to do, to undo the wrongs that you
Have done and show the world what Love is not.
And when that which is perfect is come,
Then that which is in part shall be surely put to naught.**

Begone! Begone! Begone with you thou wretched Hate.

By Rose Powell