

*Canadian-Caribbean Union*



# Messenger

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*Br. Idel Suarez, Sis. Sylvia Davis, Sis. Karola Kraenzmer, Br. M. Bances and Br. Timo Martin in front of the statue of of the Waldensian leader, Henri Arnaud*

# SANCTIFICATION

## Part 7

### False Sanctification

Same as in everything, there can be true and false sanctification. False sanctification resembles the genuine as a piece of glass resembles a diamond or as counterfeit money resembles real money. The sad thing is that people who have false sanctification do not know it themselves.

“Satan claimed to be sanctified, and exalted himself above God,” R & H, Sept. 3, 1901.

Satan was very intelligent and lived in the very presence of God, yet he was deceived by his own heart to think of himself being sanctified even above God Himself while the opposite was true. He became the greatest sinner and most evil being in the whole universe.

The Laodicean angel thinks of himself as being rich and increased with goods and having need of nothing. Yet this is a great self-deception. Instead of being holy and sanctified, the True Witness reveals his true character to be the opposite, and lacking the eyesight to see it. A person who does not recognize his sickness will not seek help from the doctor.

The Jewish people thought that sanctification meant paying tithes from mint and cummin, keeping the Sabbath strictly and giving money to the poor and obeying other external commandments yet failing greatly in love, mercy and justice. Some do go even to fanaticism in some points, thinking that it is sanctification. At the same time, condemning others who do not come up to their standard.

“As the end draws near, the enemy will work with all his power to bring in fanaticism among us.”  
GW 316.

“Fanaticism, once started and left unchecked, is as hard to quench as a fire which has obtained hold of a building.” 2 Sel. Mess., 35.

False sanctification gives a false sense of security to its possessor. The foolish virgins were sleeping peacefully, trusting that all was well with them. They did not know their lost condition, their lack of oil. “A pleasant, self-satisfied feeling is not an evidence of sanctification.” 5BC, 1146.

“We are never to rest in a satisfied condition and cease to make advancement, saying, ‘I am saved’.”  
R & H, June 17, 1890.

How can we tell the difference between true and false sanctification?

“There is a genuine and a false sanctification, and we can tell one from the other only by the rule

Christ has given: 'By their fruits ye shall know them'." R & H, Nov. 24, 1885.

Love, joy and peace are the good fruit while bitterness, unhappiness, jealousy and covetousness are the evil fruit.

In true sanctification there is joy even in trials and affliction. True sanctification we find in the words of Apostle Paul, "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." 2 Cor. 12:10.

The more we are hated, persecuted and rejected the more we enjoy it. The grace of God is given to us in proportion to our sufferings for truth's sake. On the other hand, false sanctification makes us wretched and miserable. There is no joy in the Lord, neither peace in the heart. Yet most of the professed Christians are satisfied with counterfeit, false sanctification and being even proud of their religious achievement.

"The greatest sins are brought in through those who profess to be sanctified, and claim they cannot sin." Test. Vol. 5, 139.

There is not power to resist temptation in false sanctification. There is no sweet love nor harmony in it. It is worthless in every way and bring upon us the displeasure of God.

May the Lord help us to see the difference and open our eyes to see our own condition.

AMEN.



*A group of believers attending the  
South German Field Conference*

## DO YOU KNOW HIM??

**“And this is life eternal, that they might know thee the only true God,  
and Jesus Christ, whom thou hast sent.” John 17:3**

Ian Grant, Montreal

During the time of Michelangelo, a young artist sculpted a statue of an angel. It took him a long time to complete the work to his satisfaction. He wanted it to be perfect. He heard that Michelangelo was coming to see it. He hid himself nearby so that he might hear what the Master would say about his statue. Michelangelo looked at it for a long time. With breathless suspense the young artist waited for the great man's verdict. Michelangelo looked at it and with a face filled with sorrow he said, "It lacks only one thing." The young sculptor was crestfallen. He went home and became so depressed and nearly brokenhearted that he could neither eat nor sleep until a friend of his, deeply concerned for him, decided to go and see Michelangelo to inquire what it was that the statue lacked. Michelangelo told the friend, "Tell the artist that it only lacks one thing, life. With life it would be as perfect as God Himself could make it".

If we do not know Christ by experimental knowledge, our greatest works, though marvelous they may appear in the eyes of men would receive a similar verdict from the Great Master, "One thing thou lackest" When someone asked "what is it Lord?" He would reply, "your whole religion lacks life". Millions today are making the same experience, their religion has only a form of godliness, but it is void inside it has no power to save. It is a whited sepulchre religion. Inside is full of envyings, hatred and strife, just to name a few. From the heart that is

filled with "dead man's bones" these professed Christians pride themselves of their great knowledge of the scriptures. They boast about the great light they have. You probably have heard the saying "we have the truth, we have the truth" it is a song most people are singing today; perhaps you are also in that choir, and there is nothing wrong in that, it is a blessed and wonderful thing to have the truth, but it is very dangerous when you do not live it.

### A GREAT SURPRISE

"In the night season I was in a company of people whose hearts were filled with vanity and conceit. Christ was hid from their eyes. Suddenly in loud, clear accents, the words were heard, "Jesus is coming to take to Himself those who on this earth have loved and served Him, to be with Him in His kingdom forever". Many of those in the company went forth in their costly apparel to meet Him. They kept looking at their dress. But when they saw His glory, and realized that their estimation of one another had been largely measured by outward appearance, they knew that they were without the robe of Christ's righteousness, and that the blood of souls was on their garments." 1SM 81

"When Christ took His chosen ones, they were left; for they were not ready. In their lives self had been given the first place, and when the Saviour came, they were not prepared to meet Him. "I awoke with the picture of their

agonized countenances stamped on my mind. I cannot efface the impression. I wish I could describe the scene as it was presented to me. Oh, how sad was the disappointment of those who had not learned by experience the meaning of the words, "Ye are dead, and your life is hid with Christ in God"[ Col. 3: 3 ]  
ISM 81

## POOR BUT POWERFUL

To continue boasting of riches and the increased of goods and in need of nothing only shows great blindness, because of this attitude Jesus said this class "knowest not". They are in complete ignorance. Proverb 30;12 talks about "a generation that are pure in there own eyes, an yet is not washed from their filthiness".

There is an interesting story which has come down from medieval times about the great scholar, Thomas Aquinas, who went to the City of Rome to pay his respects to the then pope. In the course of his visit, the pope proudly showed him all the wonders of the papal palace, and took him to his treasury and showed him chests of silver and gold received from every part of the world. With something of a smile on his face he said, "You see, Thomas, we cannot say with Peter, "Silver and gold have I none". Looking the pope in the eyes, Thomas Aquinas fearlessly replied, "no, and neither can we say, In the Name of Jesus Christ of Nazareth, rise up and walk".

We are living in the last church period, where we can see that riches had come but power had gone. How different was the Christian church when it started? Peter and the Apostles were poor but they were powerful.

## IMPORTANT TO KNOW HIM

"This is life eternal, that they might Know thee the only true God and Jesus Christ, whom thou hast sent".[ Jn. 17:3 ] "Ye neither Know me, nor my Father: if ye had Known me, ye should have Known my Father also." Jn 8:19 "He was in the world, and the world was made by Him, and the world Knew Him not." Jn. 1:10. "They that dwell at Jerusalem, and their rulers, because they Knew Him not, nor yet the voices of the prophets which are read every Sabbath day, they have fulfilled them in condemning Him." Ac.13:27. "Whosoever abideth in Him sinneth not: whosoever hath not seen Him, neither Known Him." 1 Jn 3:6. "If thou knewest the gift of God and who it is that saith to thee, Give me to drink; thou wouldest have asked of Him and He would have given thee living water." Jn 4:10

Jesus spoke these words almost two thousand years ago to the people. Today if someone would ask you the question "Do you Know Jesus?" What would your answer be? Would you respond by telling about your position in the church? Or would you make reference to all the good you are doing in the church? Or about Sabbath keeping? What really would your answer be?

Saul of Tarsus said much about himself, in Philippians 3, who he was, a Hebrew of the Hebrews of the stock of Israel, of the tribe of Benjamin, touching the law, a Pharisee. He also mentioned some of the things he did, "touching the righteousness which is in the law, blameless". He said, "If any other man thinketh that he hath whereof he might trust in the flesh, I more". But when Saul heard the voice of Jesus on the Damascus road, he was trembling with fear. His question reveals his ignorance when he asked "Who art thou, Lord?" This great religious man did not know the Saviour. How then could he be saved? He

did not know the Bread of Life, how then could he live?

Today the same fatal mistake is being repeated. We read that : "There are many professing Christians who know not Christ by an experimental knowledge. Oh, how my heart aches for these poor, deceived, unprepared souls! As I stand before congregations, and see the self-sufficient, self-righteous ones, and know that they are not preparing themselves to do acceptable work for Christ, and to meet Him in peace, I am so burdened that I cannot sleep I ask myself, What can I say to these souls that will arouse them to a sense of their true condition? Self is the all-absorbing theme of their life. I long to reveal Christ so plainly that they will behold Him, and cease to center their attention on self." ..... 1SM 81 .

## HOW CAN I KNOW HIM?

Over the ages millions have been asking this same question. Some have searched extensively with the desire to find a true portrait of the physical features of Jesus, to know the human form in which He walked among men. But their wishes have never been granted. As a consequence people have and will continue to visualize him differently. To some he will remain the gentle Jesus meek and mild, surrounded by children and lambs, others will see Him as a shepherd with a staff in His hand, walking over the hills of Palestine towards Jerusalem. Yet there are some people who are still not satisfied with these portraits. They hunger and thirst for better pictures.

The answer to the above question is so simple that a child can learn it, while it is far hidden from the wise and prudent. For this we look again at Ph. 3 :7-10 "But what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but for

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, and be found in Him, not having my own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith: **THAT I MAY KNOW HIM!** What a change! "If any man be in Christ...." Even a blood-thirsty persecutor becomes the tender hearted Brother Paul, he became a new creature, old things were passed away, all things had become new. And not just Paul, but also Peter the profane fisherman becomes a man whose very shadow heals [Ac 5:15]. The restless demonia becomes a quiet disciple [Mk.5:15] John the vindictive Jew becomes the Apostle of love [1Jn 4:7] even the woman of Samaria with an ugly reputation becomes an evangel of truth [Jn. 4:29 ] and the cold-hearted Philippian jailer becomes a sympathetic friend [Ac. 16: 33].

The most humbling lesson that man has to learn is the nothingness of human efforts to be saved.

"Only as we see our utter helplessness and renounce all self-trust, shall we lay hold on divine power." Vol 8: 316 This is justification by faith. It is not holding on but letting go. It is the work of God in laying the glory of man in the dust, and doing for man that which it is not in his power to do for himself. These all (in previous paragraph) had well learned this lesson of how to know Jesus. If we would know him as they did, we must let go of self and receive God into our hearts. We must cease to struggle and totally submit ourselves to Him.

Some of Paul's last words were "**I KNOW WHOM I HAVE BELIEVED**" and am persuaded that He is able to keep that which I have committed unto Him against that day".

This faithful servant had a blessed hope of eternal life because he knew Jesus. Do you Know Him?

## RESULTS OF KNOWING HIM

A story is being told of a public event at which a famous, well known artist was to recite the 23rd Psalm. The audience was breathless with anticipation. A hush fell on the crowd as the artist began his recital. It was sheer poetry, it was perfection. Every word and syllable had its intonation done to perfection. When the artist was finished, the people applauded and gave the artist a standing ovation. It took the Master of Ceremonies a long time to quiet the audience down. Next, an old man got up on the stage. He was simply dressed, the audience buzzed with disappointment, nobody wanted to hear him after what they had just

witnessed. However, with a quiet voice, he also began to recite the 23rd Psalm. The audience quietened down and began to listen. As the recital progressed, the auditorium was so quiet that you could hear a pin drop. By the time he was finished, people were crying. This time they were truly touched. The Master of Ceremonies was very puzzled at what had happened and he asked the well know artist as to what made the difference. The artist said, I know the Psalm but the old man knows the Shepherd.

Like the old man, we also are ordinary people with an extraordinary work. If *we know the Shepherd* our work will be effective and the results great. May we use the short time left of probation to know Him. "...**this is life eternal, that they might know.....Jesus Christ, whom thou hast sent**". Amen

**"Professed Christians reject the Lord's plan of raising means for his work; and to what do they resort to supply the lack? God sees the wickedness of the methods they adopt. Places of worship are defiled by all manner of idolatrous dissipation, that a little money may be won from selfish pleasure-lovers to pay church debts or to sustain the work of the church. Many of these persons would not of their own accord pay one shilling for religious purposes. Where, in God's directions for the support of his work, do we find any mention of bazaars, concerts, fancy fairs, and similar entertainments? Must the Lord's cause be dependent upon the very things he has forbidden in his word--upon those things that turn the mind away from God, from sobriety, from piety and holiness? And what impression is made upon the minds of unbelievers? The holy standard of the word of God is lowered into the dust. Contempt is cast upon God and upon the Christian name. The most corrupt principles are strengthened by this unscriptural way of raising means. And this is as Satan would have it. Men are repeating the sin of Nadab and Abihu. They are using common instead of sacred fire in the service of God. The Lord accepts no such offerings. All these methods for bringing money into his treasury are an abomination to him. It is a spurious devotion that prompts all such devising. O what blindness, what infatuation, is upon many who claim to be Christians! Church members are doing as did the inhabitants of the world in the days of Noah, when the imagination of their hearts was only evil continually. All who fear God abhor such practises as a misrepresentation of the religion of Jesus Christ. Review and Herald, December 8, 1896.**

# THE BATTLE OF LIFE

We are living in a great time of peace today. There is peace amongst the major countries in the world, the most powerful countries are seemingly getting along better than they ever have before. The two super-powers, the USA and the Soviet Union are co-operating peacefully. No longer is there tension between NATO and the Warsaw Pact (now defunct), keeping the people on planet Earth on the edge of their seats wondering which madman will push the first button towards our annihilation. Peace at last. This world is becoming a better place, is it not? Even among the seemingly last hold-outs of communism there is being peace created among the Western nations, (ie. China and Vietnam). Our young people have a bright future to look forward to - no more fear of war. But our Bibles tell us something different. "For when they shall say, Peace and safety; then sudden destruction cometh upon them, ..." 2 Thess. 5:3. This verse provides a serious omen for the future. Just how close are we living to the end of time, we may ask? How soon is this sudden destruction to come? Only God can answer that one and this is something we need not worry ourselves about. Our main concern is our connection with Jesus so we will be prepared, by His grace, for the "sudden destruction." We must have our eyes open to see the signs of the times fulfilling before us. Yet this peace that this world is claiming is only a facade. There is no real peace on the planet. There are over 50 wars raging in the world today - most of them civil wars and in such minor countries that the world barely takes notice. But yet there are people dying in battle. There are people starving from famine created by war efforts. There are children raised to carry weapons. Their main education is, how to kill the enemy. What a life for these people. We can thank God that we live in a country of peace today - although our peace may be short-lived by the looks of things.

However there is a different battle raging behind the scenes of which many are unaware. That is the battle for our souls. Many who do not claim to be Christians are living happily, without any thought of the future and their eternal salvation. They are just eating, and drinking and making merry. Even many Christians are enjoying a life of ease and pleasure, thinking and teaching that if you have problems and difficulties in life then your faith is not strong. I have spoken to Christians who say that, "God does not want me to be poor or, in the land of "just-enough" (as we say in our family). God wants me to go and become rich or to just have a comfortable living." Then they use much of their energies in gaining wealth to enjoy a comfortable living, but they have little time for God in their pursuit of this comfort.

Life is a battle whether we like it or not. We are engaged in a spiritual warfare for our souls and from this battle we will never be released until the Lord will come. Even if we choose not to participate in this warfare and want to withdraw from it, we have no choice. This earth is one big battle field and the battle will rage even more fierce until Jesus comes to put an end to it all. ***"While those who yield to the influence of the Holy Spirit begin war with themselves, those who cling to sin war against the truth and its representatives."*** *Desire of Ages*, p. 306. So you are on one side or the other. In this second class just mentioned we see not only worldly, evil men who are bitterly fighting against the truth represented, but also some that say they are Christians in fallen churches. When they are brought the essential truths of the Bible, especially the Law of God contained in the 10 commandments and our duty to keep them, many don't like to hear this and either war against the truths and its representatives openly or simply fight internally to keep their conscience quiet. Their current church friends and relations are too dear to sacrifice to accept this unpopular truth. However we also see a third class mentioned in this statement. That class is some church members of our church who have fallen into sin or who have left the church. These church members, who have fallen into sin, often try to avoid any contact with church members on more than a casual level. I have seen it over and over again. They fear that you will point out their sin, which they know exists, but they do not want to face it. They, in the end, do end up warring against the truth and its representatives. It is very difficult for a person to stay friendly with church members once they have left fellowship with Christ. Many end up leaving the church in bitterness. Their conscience bothers them too much until they get to the point that their conscience is totally hardened and through Satanic inspiration they reject anyone and anything that has to do with truth. Satan hates anything that has to do with the pure truth, God's family, and once a person decides to enter Satan's camp he will undoubtedly have the same thoughts and ideas as the leader he has chosen to follow. There is no other way. You cannot sit on the fence, there are no grey areas with the truth. You are either on the Lord's side warring against self or on the devil's side warring against the truth and its representatives.



## THE WRONG BATTLE

*"For it was not an enemy that reproached me; then I could have borne it: neither was it he that hated me that did magnify himself against me; then I would have hid myself from him: But it was thou, a man mine equal, my guide, and mine acquaintance. We took sweet counsel together, and walked unto the house of God in company. . . . The words of his mouth were smoother than butter, but war was in his heart: his words were softer than oil, yet were they drawn swords." Psalm 55:12-14, 21*

Today we may be a church member but if we are not fighting the battle against self and making new victories in Christ, overcoming sin and being led by the Holy Spirit, we will find ourselves warring against our brothers. If we see someone in the church who has become critical against his brothers and making many false accusations we have to wonder who has he chosen as his leader? They may even be pointing out legitimate sins in another brother, of which he is familiar, but this is not the Lord's way. Jesus said to Mary, "Neither do I condemn thee: go, and sin no more." John 8:4 And this must be our attitude toward them also. Jesus is our true example. I fear for some of those self deceived souls. Some will come to the Lord in the end, thinking that they have been good church members, saying, "...Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?" Mat. 7:22 And Jesus will say, "I never knew you: depart from me, ye that work iniquity." Mat. 7:23. Oh what a sad time that will be in the soul of a person. Yet they need not be deceived in such a manner. Jesus is trying to speak to each and everyone today. It is time to turn the weapons of warfare against ourselves. It is time to start warring against ourselves; our human weaknesses, faults and errors of which each one of us is very familiar.

Sister White had some counsels to certain people who were warring against the wrong people. This is a mistake often seen in Christian circles. Every church claims to be the church of God today and some Christians have no tolerance for other Christians because they belong to a different church. Christians against Christians. How many battles have been fought in the name of Christ? What shame it brings to Christianity. Even in God's church throughout history, Satan has tried to bring internal strife within the family of God. How many churches have once been the church of God through the ages but, because of this unlawful warfare, there has been a separation? Sometimes God separates the evil ones from the church, who have been the cause of the warfare. Other times, when the church started to corrupt its teachings, the faithful ones separated. 1951 was the last time God's church saw a major separation. At that time God had to separate the troublers from His church. Since then there have been individuals leaving and some of them have started to fight against God's church. "This class, I saw, gained no experience for themselves in regard to warfare against sin and Satan. They were more inclined to fight against the faithful soldiers of Christ than against Satan and his host. Had they girded on the armour and pressed into the battle, they would have gained a valuable experience which it was their privilege to have. But they had no courage to contend for the right, to venture something in the warfare, and to learn how to attack Satan and take his strongholds. Some have no idea of running any risk or venturing anything themselves. But somebody must venture; someone must run risks in this cause. Those who will not venture and expose themselves to censure will stand all prepared to watch those who do bear responsibilities, and will be ready, if there is a semblance of chance, to find fault with them and injure them if they can. This has been the experience of Brother and Sister White in their labours. Satan and his host have been arrayed against them, but these were not all; when those who should have stood by them in the warfare have seen them overburdened and pressed beyond measure, they have stood prepared to join Satan in his work to discourage and weaken them, and, if possible, drive them away from the field." *Testimonies for the Church*, Vol. 3, p. 316

Also in Sister White's day there was a problem in the church in New York in 1857, where they were fighting the wrong people. "There have been so many church trials among the brethren in the State of New York, that God has not had the least to do with, that the church have lost their strength, and they know not how to regain it. Love for one another has disappeared, and a faultfinding, accusing spirit has prevailed. It has been considered a virtue to hunt up everything about one another that looked wrong, and make it appear fully as bad as it really was. The bowels of compassion that yearn in love and pity toward brethren, have not existed. The religion of some has consisted in faultfinding, picking at everything bearing the appearance of wrong, until the noble feelings of the souls are withered. The mind should be elevated to dwell upon eternal scenes, heaven, its treasure, its glories, and should take sweet and holy satisfaction in the truths of the Bible. It should love to feed upon the precious promises that

God's word affords, draw comfort from them, and be lifted above the trifles to weighty, eternal things." *Testimonies for the Church*, Vol. 1, p. 164

"Those whose hearts are filled with love of self will store away evil thoughts of their brethren and will talk against God's instrumentalities." *Testimonies for the Church*, Vol. 5, p. 488. We must begin fighting the battle against self or we will find ourselves fighting the wrong battle.

"Here the curtain that separates us from the unseen world is lifted, and we behold the conflict that is waged over every soul who believes in Christ. All heaven is interested in the people who are walking in the ways of the Lord, and keeping his charge. Shall not the great love and care manifested by the world's Redeemer and all the heavenly host in our behalf arouse us to love and good works in behalf of our fellow-men? For the redemption of the human souls the Majesty of heaven yielded up his life, and all the agencies of heaven are engaged in tireless ministry. In view of what heaven is doing to save the lost, how can those who are partakers of the riches of the grace of Christ withdraw their interest and their sympathies from their fellow-men? How can they indulge in pride of rank or caste, and depose the unfortunate and the poor?" *Review and Herald*, June 20, 1893

## THE RIGHT BATTLE

As we read above, we are either warring against self OR warring against the truth. Since we don't want to find ourselves warring against the truth we must make sure we are fighting the war against self. We are on one side or the other. There is no middle ground in this battle.

We have been provided a strong weapon to use in this battle, "For the word of God is quick, and powerful, and sharper than any two-edged sword," Heb. 4:12. "God's word is the spiritual food by which the Christian must grow strong in spirit and in intellect, that he may do battle for truth and righteousness. The Bible teaches that every besetting sin must be put away, that the warfare against evil must be waged until every wrong is overcome. The human agent must place himself as a willing student in the school of Christ. As he accepts the grace freely offered him, the presence of the Saviour in the thoughts and in the heart will give him decision of purpose to lay aside every weight, that the heart may be filled with all the fullness of God." *Counsels to Parents, Teachers, and Students*, p. 448, 449

"Paul knew that this warfare against evil would not end so long as life should last. Ever he realized the need of putting a strict guard upon himself, that earthly desires might not overcome spiritual zeal. With all his power he continued to strive against natural inclinations. Ever he kept before him the ideal to be attained, and this ideal he strove to reach by willing obedience to the law of God. His words, his practices, his passions - all were brought under the control of the Spirit of God." *Acts of the Apostles*, p. 314, 315

"The warfare between good and evil has not grown less fierce than it was in the days of the Saviour. The path to heaven is no smoother now than it was then. All our sins must be put away. Every darling indulgence that hinders our spiritual progress must be cut off. The right eye or the right hand must be sacrificed, if it causes us to offend. Are we willing to renounce our own wisdom, and to receive the kingdom of heaven as a little child?" Are we willing to sacrifice the approbation of men? The prize of eternal life is of infinite value. Are we willing to welcome the Holy Spirit's aid, and co-operate with it, putting forth efforts and making sacrifices proportionate to the value of the object to be obtained?" *Messages to Young People*, p. 56

Yet there is still hope if we have not been fighting in the right battle. Jesus does not cast us off, but instead He is calling us to return to His side and start to fight the battle against self. This fight we do not have to fight alone. As long as we ally ourselves to Christ He has promised all the power that heaven can offer. He says, "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." Mat. 11:29. So we are to yoke up with Christ. He is calling us to return. "There are those who listen to the truth, and are convinced that they have been living in opposition to Christ. They are condemned, and they repent of their transgressions. Relying upon the merits of Christ, exercising true faith in Him, they receive pardon for sin. As they cease to do evil and learn to do well, they grow in grace and in the knowledge of God. They see that they must sacrifice in order to separate from the world; and, after counting the cost, they look upon all as loss if they may but win Christ. They have enlisted in Christ's army. The warfare is before them, and they enter it bravely and cheerfully, fighting against their natural inclinations and selfish desire, bringing the will into subjection to the will of Christ. Daily, they seek the Lord for grace to obey Him, and they are strengthened and helped. This is true conversion. . .

Worldly pleasure was his delight, now his idol is dethroned, and God reigns supreme. The sins once loved he now hates. Firmly and resolutely he follows in the path of holiness." *Messages to Young People*, p. 73, 74

## BATTLE AGAINST SPIRITUAL DARKNESS

**"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of darkness of this world, against spiritual wickedness in high places." Eph. 6:12.**

This battle is not one that we choose to engage in willingly, but because we have chosen to battle against self, the powers of darkness will inevitably choose to war against us (God's elect - the truth and its representatives). Jesus said, "The servant is not greater than his Lord. If they have persecuted me, they will also persecute you." John 15:20

In opening before the disciples the future that awaited them after He ascended to heaven, Jesus saw the broader field to which the disciples were to be witnesses for Him. "His prophetic glance takes in the experience of His servants through all the ages till He shall come the second time. He shows His followers the conflicts they must meet; He reveals the character and plan of the battle. He lays open before them the perils they must encounter, the self-denial that will be required. He desires them to count the cost, that they may not be taken unawares by the enemy. Their warfare is not waged against flesh and blood, but "against the principalities, against the powers, against the rulers of darkness, against spiritual wickedness in high places." Eph. 6:12. They are to contend with supernatural forces, but they are assured of supernatural help. All the intelligences of heaven are in this army, and the Captain of the Lord's host, comes down to direct the battle. Our infirmities may be many, our sins and mistakes grievous; but the grace of God is for all who seek it with contrition. The power of Omnipotence is enlisted in behalf of those who trust in God." *Desire of Ages*, p. 352

"In life's conflict we must meet evil agencies that have arrayed themselves against the right. Our hope is not in man, but in the living God. With full assurance of faith we may expect that He will unite His omnipotence with the efforts of human instrumentalities, for the glory of His name. Clad with the armour of His righteousness, we may gain the victory over every foe." *Prophets and Kings*, p. 111

"Not without a struggle does Satan allow the kingdom of God to be built up in the earth. The forces of evil are engaged in unceasing warfare against the agencies appointed for the spread of the gospel, and those powers of darkness are especially active when the truth is proclaimed before men of repute and sterling integrity." *Acts of the Apostles*, p. 167

"God has provided abundant means for successful warfare against the evil that is in the world. The Bible is the armory where we may equip for the struggle." *Acts of the Apostles*, p. 502

Unfortunately some shrink away from the battle before them for fear of defeat or failure. "There are others who seem never to have a position where they can stand firmly and surely, ready to battle if need be when God calls for faithful soldiers to be found at the post of duty. There are those who will not make a charge upon the enemy when required of God to do so. They will do nothing until others have fought the battle and gained the victory for them, and then they are ready to share the spoils. How much can God count upon such soldiers? They are accounted as cowards in His cause." *Testimonies for the Church*, Vol. 3, p. 316

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"Battles are to be fought every day. A great warfare is going on over every soul, between the prince of darkness and the Prince of life. There is a great battle to be fought, . . . but you are not to do the main fighting here. As God's agent you are to yield yourselves to Him, that He may plan and direct and fight the battle for you, with your co-operation. The Prince of life is at the head of His work. He is to be with you in your daily battle with self, that you may be true to principle; that passion, when warring for the mastery, may be subdued by the grace of Christ; that you come off more than conqueror through Him that hath loved us. Jesus has been over the ground. He knows the power of every temptation. He knows just how to meet every emergency, and how to guide you through every path of danger." *Review and Herald*, July 19, 1892.

"A battle is continually going on between the forces of good and the forces of evil, between the angels of God and the fallen angels. We are beset before and behind, on the right hand and on the left. The conflict that we are passing through is the last that we shall have in this world. We are now in the midst of it. Two parties are striving for the supremacy. In this conflict we cannot be neutral. We must stand either on one side or on the other.

If we take our position on the side of Christ, if we acknowledge Him before the world in word and work, we are bearing a living testimony as to whom we have chosen to serve and honour. In this important period of earth's history, we cannot afford to leave anyone in uncertainty as to whose side we are on." *The Adventist Apocalypse*, Chapter 337, paragraph 1.

"The world is against us, the popular churches are against us, the laws of the land will soon be against us. If there was ever a time when the people of God should press together, it is now. God has committed to us the special truths for this time to make known to the world. The last message of mercy is now going forth. We are dealing with men and women who are judgment bound. How careful should we be in every word and act to follow closely the Pattern, that our example may lead men to Christ. With what care should we seek to present the truth that others by beholding its beauty and simplicity may be led to receive it. If our characters testify of its sanctifying power, we should be a continual light to others - living epistles, known and read of all men. We cannot afford now to give place to Satan by cherishing disunion, discord, and strife." *Testimonies for the Church*, Vol. 5, p. 236

If it is your plan to just breeze into heaven without too much difficulty on your part, you are greatly mistaken. The road to heaven is a strait and narrow road; a road that is filled with trials and self-denial all along the way; a road where we will meet opposition from the prince of darkness at every turn. Perhaps there appears to be outward peace in many places in our world today but we can't be fooled by this outward peace. It will not last long and we can't trust in that peace. There is in reality many battles raging around the world, but the greatest battle we must fight is against self and only by the grace of God can we overcome. We must not turn our weapons of warfare against our brothers but against ourselves and we must be prepared for the powers of darkness as they war against us and God's church. So it is my wish and prayer that we will not be found fighting the wrong battle but that we would unite in bravely and unitedly fighting the right battle as faithful soldiers of the cross. Then we can come off as victors and share in the eternal reward that Jesus has gone to prepare for us. A reward that all may share in, that decide to join forces with Christ. Amen. Wendy Eaton



*Our minister, Br. Neptali Azeveda from Venezuela*

# GOD'S PROMISES VS. SATAN'S PROMISES

*"Strait is the gate, and narrow is the way which leadeth unto life." Matthew 1:14*

"In the time of Christ the people of Palestine lived in walled towns, which were mostly situated upon hills or mountains. The gates, which were closed at sunset, were approached by steep, rocky roads, and the traveller journeying homeward at the close of the day often had to press his way in eager haste up the difficult ascent in order to reach the gate before night-fall. The loiterer was left without.

The narrow, upward road leading to home and rest furnished Jesus with an impressive figure of the Christian way. The path which I have set before you, He said, is narrow; the gate is difficult of entrance; for the golden rule excludes all pride and self-seeking. There is, indeed, a wider road; but its end is destruction. If you would climb the path of spiritual life, you must constantly ascend; for it is an upward way. You must go with the few; for the multitude will choose the downward path." *Thought from the Mount of Blessing*, p. 138

## SATAN'S WAY

"In the road to death the whole race may go, with all their worldliness, all their selfishness, all their pride, dishonesty, and moral debasement. There is room for every man's opinions and doctrines, space to follow his inclinations, to do whatever his self-love may dictate. In order to go in the path that leads to destruction, there is no need of searching for the way; for the gate is wide, and the way is broad, and the feet naturally turn into the path that ends in death." *Ibid*, p. 138

People choose Satan's promises because the world has taught people that we are supposed to have fun. We are fun seekers. We think that life is lacking something if we are not having fun. Our lives are not lacking fun, they are lacking God. Fun does not equal happiness. Happiness is being reconciled with God and the filling of the Holy Spirit. Much of it is the influence of our upbringing. "Train up a child in the way he should go: and when he is old, he will not depart from it." Proverbs 22:6 One hundred years ago, when life was much more primitive on planet Earth here in North America, you didn't find people despondent and suicidal because they were not having enough fun in life. Life was a lot of work then, and today, we have replaced much of that work with modern conveniences, giving man much more leisure time. This has become more of a curse than a blessing. There is much more hopelessness in the world today than there was back then. Sodom and Gomorrah were destroyed because their idleness led them to so many gross sins. Man complains that he cannot be happy unless he has a certain amount of leisure time - time for himself. That is what they are taught from their youth. How much better to teach children to enjoy work; to find enjoyment in useful activities instead of only play. It all starts with parents, perhaps taking their children to the circus, buying them all kind of fun toys, teaching them all kinds of fun games, and letting them watch hilarious cartoons. They give them treats which are not healthy for them, to please them. So many people are raised to believe that life should be filled with pleasures and fun and they are taught how to seek them out. Very rarely are children taught to seek God. Little children should be prayed with, read Bible stories, and taken on nature walks to see the beauty of God's handiwork. They should be taught useful duties and most importantly to find pleasure in these duties. They should not be taught to cultivate selfish, pleasure seeking habits as this will undoubtedly lead them further and further away from God. Then, of course they get many of their attitudes from us. If they see us grumble and complain when we cook dinner, clean the house or do other seemingly menial duties they will be taught that these are not fun things and are things to be detested, but if we sing as we work we will teach them that work can, and should be, a pleasure.

Satan promises freedom from peace, happiness, and righteousness. You can be as miserable as you want with Satan. He will show you all the empty pleasures which will make you laugh, movies, TV, parties, good food, drinking -- all of which will make you feel empty and dissatisfied and thirsty for more. You will be free to seek more and more fun without ever being satisfied. He will give you freedom from heaven and eternal life, he will make you free to sin and sin until you are tormented with guilt and fear with no prospects for the future. He will make you free to die the second death. He will make you free from existence. He promises death.

" . . . All along the road that leads to death there are pains and penalties, there are sorrows and disappointments, there are warnings not to go on. God's love has made it hard for the heedless and headstrong to

destroy themselves. It is true that Satan's path is made to appear attractive, but it is all a deception; in the way of evil there is bitter remorse and cankering care. We may think it pleasant to follow pride and worldly ambition, but the end is pain and sorrow. Selfish plans may present flattering promises and hold out the hope of enjoyment, but we shall find that our happiness is poisoned and our life embittered by hopes that center on self. In the downward road the gateway may be bright with flowers, but thorns are in the path. The light of hope which shines from its entrance fades into the darkness of despair, and the soul who follows that path descends into the shadows of unending night. " Ibid, p. 139

"The encounter with the demoniacs of Gergesa had a lesson for the disciples. It showed the depths of degradation to which Satan is seeking to drag the whole human race, and the mission of Christ to set men free from his power. Those wretched beings, dwelling in the place of graves, possessed by demons, in bondage to uncontrolled passions and loathsome lusts, represent what humanity would become if given up to satanic jurisdiction. Satan's influence is constantly exerted upon men to distract the sense, control the mind for evil, and incite to violence and crime. He weakens the body, darkens the intellect, and debases the soul. Whenever men reject the Saviour's invitation, they are yielding themselves to Satan. Multitudes in every department in life, in the home, in business, and even in the church, are doing this today. It is because of this that violence and crime have overspread the earth, and moral darkness, like the pall of death, enshrouds the habitations of men. Through his specious temptations Satan leads men to worse and worse evils, till utter depravity and ruin are the result. The only safeguard against his power is found in the presence of Jesus. Before men and angels Satan has been revealed as man's enemy and destroyer; Christ, as man's friend and deliverer. His Spirit will develop in man all that will ennoble the character and dignify the nature." *Desire of Ages*, p. 341

## GOD'S WAY

*"Think not that I am come to send peace on earth: I came not to send peace, but a sword." Matthew 10:34. "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake." Matthew 5:11 "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed." 2 Cor. 4:8,9 "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." 2 Cor. 12:10.*

From reading these verses it does not sound like a very quiet and peaceful way for the followers of Christ to travel. Perhaps some have thought that once you become a Christian then everything will go well in life. How terribly disappointed many have been. Satan attacks with greater fury those that take their stand on the side of Christ. Yet, we are not left alone. Like in 2 Corinthians 4:8,9, we see how the devil tries to cast us down and destroy us but by the grace of God we are preserved. Through all the storms of life, "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.." Psalm 91:1. We have a sure Comforter and Guide along life's journey.

"But the way to life is narrow and the entrance strait. If you cling to any besetting sin you will find the way too narrow for you to enter. Your own ways, your own will, your evil habits and practices, must be given up if you would keep the way of the Lord. He who would serve Christ cannot follow the world's opinions or meet the world's standard. Heaven's path is too narrow for rank and riches to ride in state, too narrow for the play of self-centered ambition, too steep and rugged for the lover of ease to climb. Toil, patience, self-sacrifice, reproach, poverty, the contradiction of sinners against Himself, was the portion of Christ, and it must be our portion, if we ever enter the Paradise of God. . . .

The road may be rough and the ascent steep; there may be pitfalls upon the right hand and upon the left; we may have to endure toil in our journey; when weary, when longing for rest, we may have to toil on; when faint, we may have to fight; when discouraged, we must still hope; but with Christ as our guide we shall not fail of reaching the desired haven at last. Christ Himself has trodden the rough way before us and has smoothed the path for our feet."

"The way of transgressors is hard," but wisdom's "ways are ways of pleasantness and all her paths are peace." Proverbs 13:15; 3:17. Every act of obedience to Christ, every act of self-denial for His sake, every trial well endured, every victory gained over temptation, is a step in the march to the glory of final victory. If we take

Christ for our guide, He will lead us safely. The veriest sinner need not miss the way. Not one trembling seeker need fail of walking in pure and holy light. Though the path is so narrow, so holy that sin cannot be tolerated therein, yet access has been secured for all, and not one doubting, trembling soul need say, "God cares nought for me."

And all the way up the steep road leading to eternal life are well-springs of joy to refresh the weary. Those who walk in wisdom's ways are, even in tribulation, exceeding joyful; for He whom their soul loveth, walks, invisible, beside them. At each upward step they discern more distinctly the touch on His hand; at every step brighter gleamings of glory from the Unseen fall upon their path; and their songs of praise, reaching ever a higher note, ascend to join the songs of angels before the throne. "The path of the righteous is as the light of dawn, that shineth more and more unto a perfect day." Proverbs 4:18. "*Thoughts from the Mount of Blessing* pp. 138-141

God promises you something else. He gives you a way of life that will be to you peace and joy. All you have to do is follow the rules, the recipe. He promises to free you from the longing for entertainments that cannot be filled. He will satisfy your thirst with goodness and the Holy Spirit. He will free you from sin and guide you into righteousness. He will free you from the bondage of Satan and give you eternal life in a home free from sorrow, suffering and pain. You will live forever with Him, the angels and others who have been freed from the bondage of sin. You will learn more about the love of God for the sinner and you will ever be learning new things in complete peace.

There are also other blessings that the righteous enjoy while following God's plan for their lives. They enjoy better health and strength by living healthy moral lives. They don't suffer the effects of intemperance, crime, and evil habits. There are some rewards of right living felt in this life.

Satan says, take it easy, have fun don't worry . . . then misery and destruction, while God promises a life of hard work, a cross to bear . . . then happiness, joy and eternal life. The cross bearing is joyful and we are at peace and full of happiness when we know we are doing God's will. We are more happy and having more *real* fun and satisfaction from bearing the cross than ever possible while relaxing in Satan's easy chair. Just compare Martin Luther with one of the Popes living in his day. Who do you think came to the end of their life satisfied? The working man or the man that sat around and had servants serving him day after day and many subjects doing his bidding. I think we know the answer to that.

Often doing God's will goes against our natural tendencies, but in the end we are truly blessed. I have occasionally gone against my will to do the right thing and found out that after all it wasn't that bad. I had not really wanted to do the duty the Lord placed before me but after I did it, I felt good. I am sure that some of you readers may have had the same experience. When there was a call to go church canvassing, pick up someone for church or do some other missionary endeavour and, at first we really didn't feel like going, but we went anyway and found afterwards that we were happy that we went. There is no real happiness in having our own way. Satan tricks people and lets them think that Christianity is hard because you can't do anything, but his way is free and you can do whatever you want and have fun. Well, in reality, submission to God's will brings joy and peace (of course God would know what would make us happy) and Satan's fun way only brings misery and sorrow. Satan's master deception is to make the service to God appear as a burden while he offers freedom, when in reality it is the opposite. The Bible is full of God's promises of peace, happiness, joy, protection, comfort etc. to those who choose to follow Him. So don't be fooled by Satan's promises. They are really only empty promises, while God's promises stand on His Word and He has given His life to show His love for us if we decide to follow Him. He has promised eternal life to those who trust Him enough to give themselves to His service. We can be happy in our toil for Him. We can be happy and free indeed.

"Those who take Christ at His word, and surrender their souls to His keeping, their lives to His ordering, will find peace and quietude. Nothing of the world can make them sad when Jesus makes them glad by His presence. . . . Our lives may seem a tangle; but as we commit ourselves to the wise Master Worker, He will bring out the pattern of life and character that will be to His own glory. . . . As we walk with Jesus in this life, we may be filled with His love, satisfied with His presence." *Desire of Ages*, p. 331

By Lynne Martinen and Wendy Eaton

# How Will the Mark of the Beast Come? Could it be as close as That?

We are living in the final days of this earth's history. As Christians we are struggling to survive these "critical times hard to deal with." ( See 2 Timothy 3:1-5 ) True Christians are only temporary residents in the world that is vastly controlled by Satan. We see his corrupt personality as a murderer, liar and a slanderer in his followers. John 8:44; 1 Peter 2:11, 12; Rev. 12:10.

We are surrounded by violence, deceit, fraud, corruption, and crass immorality. The fast fulfilling signs of the times declare that the coming of Christ is near at hand. The days in which we live are solemn and important. Plagues and judgments are already falling upon the despisers of the grace of God. The calamities by land and sea, the unsettled state of society, the alarms of war, are portentous. They forecast approaching events of the greatest magnitude.

The agencies of evil are combining their political forces and consolidating. They are strengthening for the last great crisis. Great changes are soon to take place in our world, and the final movements will be rapid ones.

Millions of Christians regularly use the Lord's Prayer, in which they pray for God's kingdom to come. These people are assiduously supporting every form of political expression, to the exclusion of that theocratic rule.

Centuries ago "princes" of the Roman Catholic church, such as Cardinal Richelieu, Cardinal Mazarin, and Cardinal Wolsey acted also as secular statesmen, ministers of the government. We can see at present, religious leaders of all Christian denominations (except in God's Church - the SDA Reform Movement), participating with keen interest in the politics of this present evil world.

Sixty years ago, Pope Pius XII made his concordats with the leader of the Nazi party, Hitler (1933) and Fascist Franco (1941) as well as for the Pope's exchange of diplomatic representatives with the aggressor nation, Japan in 1942, just a few months after, the infamous Pearl Harbour attack. The Pope failed to heed James warning, "Adulteresses, do you not know that the friendship with the world is enmity with God? Whoever, therefore, wants to be a friend of the world is constituting himself an enemy of God." James 4:4 (NIV)

What is the situation today? The papacy is still involved in politics, both through its clergy and through its laity representatives. Recent popes have put their stamp of approval on the United Nations by addressing that man-made counterfeit for world peace.

The recent issue of the Vatican News paper *L'Osservatore Romano*, announced that 7 new U.N. diplomats, "ambassadors to the Holy See," presenting their credentials to the "Holy Father". Could we imagine Jesus and Peter being involved in such diplomatic exchanges? Jesus refused to be made king by the Jews and said that His kingdom was not of this world." John 6:15 - 18:36 (NIV)

Are Protestant leaders any better than their Catholic counterparts? In the United States, many conservative Protestant religions, and Mormons as well, are identified with a certain political orientation.

The Christian coalition is deeply involved in U.S. politics. Other Protestants clearly identify with a different political stance.

In the history of civilization when these two forces of religion and politics have joined together in political intrigue, war has always been the result.

In the 20th century, religion has been called into question and exposed more than ever before in human history. Astronomers have scanned the universe with their giant telescopes and astronauts have criss-crossed space, and as a Soviet Cosmonaut expressed it, They have seen "no God or angels". Biologists and Paleontologists claim to have reconstructed life's long evolutionary chain from amoeba to man without finding the tiniest link of creative intervention anywhere along that chain.

However, secular wisdom and materialistic philosophy have failed to blot out religions' sentiment from this planet, and atheistic political power and philosophies have been no more successful. In lands that were formerly communist, people are again rallying to their old temples, kneeling down in devout worship as their ancestors did before them.

Religious sentiment is still aflame in other parts of the world. Every year the city of Mecca, in Saudi Arabia hosts millions of Muslim pilgrims from throughout the earth. St. Peter's Square in the Vatican is frequently crowded beyond capacity by Catholic believers seeking a glimpse of the Pope and hoping to receive his blessing. Millions of



Hindu devotees continue to stream to the hundreds of places of pilgrimage on the banks of "Holy" rivers in India. Pious Jews flock to the wailing wall in Jerusalem to pray and leave their written prayers in the crevices of the wall.

Yes, it seems to be impossible to eradicate religion from mankind. Statistically, 5 out of every 6 individuals on earth are more or less associated with some religion. According to the recent figures, there are about 4.9 billion adherents of established religion in the world, while there are only some 842 million people that adhere to new religions.

In order to find out how the stage is being set for the mark of the beast, let us see some prophecies. Can you visualize a woman who has reigned as a queen over the nations, influencing the lives of billions of people all through history? A wealthy woman who is gorgeously arrayed in purple and scarlet, richly adorned with gold, precious stones and pearls? On her forehead is written a long name, a mystery, "BABYLON THE GREAT, THE MOTHER OF THE HARLOTS AND OF THE DISGUSTING THINGS OF EARTH." (NIV). She is unmistakably marked by her tough promiscuous life, having committed "fornication" with the rulers of the world. Her sins have piled up to heaven, she is riding a monstrous, 7 headed, 10 horned, scarlet coloured wild beast. (See Rev. 17:1-6 and 18:5) If you can visualize this particular woman, you have an idea of the principal character in the prophetic drama that Jesus gave to the Apostle John in vision through an angel. He clearly describes it in Revelation 17 and 18. In these chapters we will be able to follow the sequences of events from the exposing of the identity of this mysterious woman to her fatal end.

A clue to understanding her identity is found in the 2 things on which the harlot queen symbolically sits. In Revelation 17 and 18 she is described as "the great city reigns over the kings of the earth." This allows her to sit on "many waters", which means "people and crowds and nations and tongues." As shown in Rev. 17:15, also according to verse 3. In the same chapter, she is also seen sitting on a 7 headed wild beast - a beast being commonly used in the Bible as symbolic of worldly, political powers or organizations. This indicates that the harlot, Babylon the Great, is the embodiment of an exalted empire, one that dominates other authorities and their subjects. This can only be the empire of the world's very powerful, established and apostate religions.

The influence of religious leaders on matters of state policy and politics is a well known part of history. The World Book Encyclopedia states that after the fall of the Western Roman Empire in the 5th century, the Pope had more authority than any other person in Europe. The Pope exercised political as well as spiritual authority. The Vatican's continued involvement with the political authorities is very clearly seen by the constant announcement in the Vatican paper of foreign diplomats, presenting their credentials to the sovereign Pope. Evidently the Vatican has a network of loyal Catholics who can keep the Pope informed on political and diplomatic developments world-wide.

The Bible prophecy and the world-shaking event of 1844 unmistakably indicates that Jesus is coming to this earth. Matthew 24:3. This means that the end of the beastly world system is quickly drawing near as is the 10 horned, "scarlet coloured wild beast" on which the harlot is now riding comfortably (Rev. 17:3). This beast evidently represents all the nations on earth. Through the United Nations, (which is largely controlled by the U.S.) the foretold end will come very quickly because they are rapidly communicating to all the ends of the earth and are constantly drawing more into the circle of the Pope's influence.

Rev. 17:16-17: This prophecy shows that shortly before the political wild beast goes off into destruction, it will begin to hate its rider and turn against her. Why? Rulers and government will evidently feel that their power and authority are being threatened by organized religion operating within their boundaries. Suddenly urged by an impelling force, they will carry out God's "thought", His decision, by executing His judgment on the adulterous, blood stained world empire of false religion. Compare Jeremiah 7:8 - 11:34

Yes, the prophecy shows us that just before the harlot is destroyed, she will still be saying her in heart, "I sit a queen, and I am no widow, and I shall never see mourning (Rev. 18:7) However her destruction will come as a surprise to her billions of subjects. It will be one of the most unexpected and catastrophic events in human history.

By Xavior Chelliah





*Sister Stambolija standing beside the grave of her husband*



*Visitors attending the cooking class*

# ASLEEP IN JESUS

"Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them." Rev. 14:13.

Our dear Brother Nicola Radin passed away suddenly on June 3, 1997 at the age of 83. He was born in Yugoslavia on December 15, 1913. At the age of six months his mother passed away and his father was called to military service. He started out as a shoemaker by profession, but later in life he was involved in other jobs. He was always a hard worker to the end of his life.

In 1936, he married his wife Velinka, with whom he had four children, Shiva, George, John and Darlene. Soon afterwards, he joined the Seventh-Day Adventist Church Reform Movement in which he remained to the end of his life. He was active in the church and often preached sermons. Even the last Sabbath of his life he spoke a sermon titled, "Path to Calvary". In 1961, he moved to Canada where his children and grandchildren also live.

The loss of his presence will be felt for a long time, yet we have a hope to see our dear Brother Nicola again. He kept his faith to the end. May his life be an inspiration to all of us to follow his example of faithful service to our Lord, Jesus Christ.

AMEN.



Br. Nikola Radin with his wife, Velinka

# **SOUTH GERMAN FIELD CONFERENCE, JUNE 13-15**

**In the beautiful city of Weinsberg surrounded by hills, covered with grape vines, we had our annual Conference. Some 300 members, visitors and children came together to the spiritual feast. The motto of the conference was, "By grace ye are saved". Eph. 2:8.**

**By the sound of trumpet and piano the beginning of the conference was announced and Brother Adolf Gessner spoke the opening words, calling each one to thank God for this conference and quoting the words of David that we are to thank God at all times.**

**Brother F. Herbolsheimer continued with a topic, "Self Knowledge". To know ourselves is one of the first steps in sanctification. In order to know what we are, we must learn to know God, especially His law as a mirror that reveals to us our true condition. This knowledge is truth to us.**

**Br. S. Schmidt spoke of the "Love of God". Love to God is the only true motive for our service to Him. As the air we breathe surrounds the world, so the love of God is seen everywhere. This love is not just a theory, it must be put to practise. Peter claimed to love Jesus, but yet denied Him and we often do the same. True love is a gift of God to us.**

**Sabbath morning our conference continued with the Sabbath School, which was led by Brother W. Schulz and afterwards Br. O. Welker spoke on the topic, "By faith Ye are Saved". Man has broken the law of God and the law condemns him to death. There is nothing he can do alone to save himself from this fate. Also, the nature of man changed as we find in Romans 7, that even with his best effort he can only do evil. Yet there is a way unto salvation. Jesus, the Lamb of God was sacrificed for our sins. The penalty has been paid. One prayer God always wants to answer, which is the forgiveness for our sins. Other speeches on the same topic continued with special songs and music.**

**Afterwards, Brother D. Wegenast spoke on the topic, "We are not to be saved alone". We must preach the message of salvation to others, also. The Gospel commission in Matthew 28:19-20 belongs to us today. We are to witness to others by our Christian life and Christlike behaviour.**

On the same topic, Br. I. Hirschener continued. A man whom Jesus had healed received the commission of Jesus, "Go and tell your family the great things the Lord has done to you". We are to do the same among our friends, neighbours and relatives.

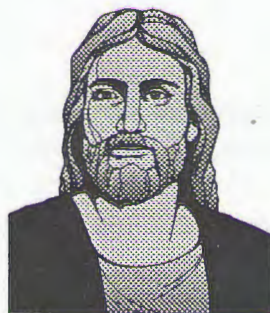
Later, Br. H. Frauenberger presented to us a lecture illustrated by pictures on screen on the topic, "God, Redemption and I". In the painting by Michaelangelo, the finger of God and the finger of man do not quite touch each other. But, this gap can be bridged by faith. The love of Christ toward man is so strong that nothing else except man's own choice can break the connection.

In the evening meeting, Br. R. Tipolt spoke on the topic, "Jesus, our Light". Jesus is the light of the world. He brought the everlasting righteousness to us. In His light our confusion and problems disappear. Brother A. Gessner added a few words about sunlight which makes the flowers beautiful and adds colours to them. Our Sun of Righteousness, Jesus also makes us beautiful in character and makes us to grow. He can heal our spiritual sicknesses and prepare us for heaven.

Sunday morning, Br. Timo Martin spoke on the topic, "Whom Should I Thank for my Salvation". Should I thank myself, since I went to church, I read the Bible, I paid tithes, I did missionary work, or should I thank the minister or the teacher who told me about salvation, or maybe I should thank the angels who helped me on the way. David said to thank the Lord, He is worthy of praise. When good news is brought to us through the telephone, we do not thank the telephone, but the one who spoke the message, and that is the Lord. Others are only mediums to convey His message to us. Out of 10 lepers, only one returned to thank Jesus for His healing. We all receive the Lord's bountiful blessings, but only few do thank Him for them.

To conclude the conference, Br. H. Frauenberger continued his presentation with picture illustrations and Br. A. Gessner spoke a few words of encouragement and appealed to each one to be more like Jesus every day.

AMEN.



# Current Scene

## Home-schooling-an idea whose time has come, but a word of caution

A great ground swell of support for home-schooling has developed in the world and in the worldly churches over the past few years. Of course, this is an idea that was written about many years ago in the Bible and Spirit of Prophecy; now there are many embracing this idea because of the failure of the public school system to provide a safe, learning environment. But there are also those who are bent on using this ground swell of support for their own political agenda. Under the title, Basic Training for Home School Lobbyists, a recent Home School Court Report magazine has urged that "If you are a home school student or parent who wants to protect your educational freedoms, you should consider participating in CAP'S (Congressional Action Program) Basic Training for Home School Lobbyists." What seems to come across consistently in this magazine, which seems innocuous at first glance, is the idea of an army of home-schooled young people that will change America by force of political will - a counterfeit of the army of young people, rightly trained, going forward and sharing the gospel in its pure form, which Sister White saw in vision. Yes, we are to make a definite difference in society by being salt and light, but to think that we can change society by changing the laws, is trying to legislate morality - in other words, to make it against the law to sin. Fallen human nature is going to find a way to sin regardless of what the laws of the land say, and the only bulwark against sin is the gospel of Christ. Jesus showed us that "those who take the sword, will perish by the sword." This sword is also the power of politics - power derived from people. Our power must be derived from God; and if He sees fit for us to have power in this world, then He will call us to it, just like He did for Daniel and Joseph. We don't have to waste time in taking ourselves away from the preaching of the gospel, which will make the necessary changes in fallen human nature, in order to force our own political will on others, no matter how right that will may be.

## How Biblical are the Family Values of the Christian Coalition?

When heavy-weights of the New Right, like Rush Limbaugh, the famous radio Talk Show Host and others of conservative politics say that "Citizen service is a repudiation of the principles upon which our country was based. We are all here for ourselves" and similar things over President Clinton's volunteerism summit, this gives us an idea that the "Family Values" of the new right are really all about serving fallen human nature rather than the God of the Bible. In a recent U.S. NEWS AND WORLD REPORT article we read, "Born in opposition - first to communism and then to the welfare state - conservatives have had little practice doing anything except opposing things.....But conservatives could loathe Clinton without casting aside the idea of civic responsibility." It seems that the New Right is really the same old sham of confederacy - that negative force which can effectually harp on the wrongs of others but not do anything to accomplish true change in society or themselves.

"Let us return to the true values of the family" - this is what we often hear said by conservatives. But what are human values without God in the picture? How can we say that we are returning to family values, if we don't accept the gospel of Christ; the gospel which sets us free from the demon of selfishness, lust and greed?

With all the preaching about "Family Values" on the part of politicians you would think that they were Christians - but unfortunately, for the most part, they are not. When people "have a form of godliness, but deny the power thereof," (2 Tim. 3:1-5) we know that we have fully come to the time of the end. This movement may well be used of Satan to unite everyone behind a national Sunday Law - if it isn't exposed for what it truly is, first. We know that Satan is preparing his lying signs and wonders, which will deceive the whole world into thinking that they must embrace godliness - unfortunately they will accept the husk but reject the heart of the gospel - obedience to the Ten Commandments through faith in Christ.

## Israel: Fulfilling Bible prophecy?

Under the headline, Israel's allies in the Christian heartland, Dispensationalists say the Church should support Zionism for biblical reasons, a recent B.C. REPORT magazine article leaves open the question of Israel fulfilling Bible prophecy. Rather than take a definite stance, the article quotes "experts" on both sides of the question.

We quote from the article: "Since the first few centuries after Jesus, most Christian theologians have interpreted the promises to Israel as applying in a "spiritual sense" to the Church. But following the Reformation...scholars began attempting to interpret Scripture as it would have been understood by its original readers. This impulse helped power the rise at the turn of the century of "dispensationalism", a school of thought which contends that the prophecies about Israel are yet to be fulfilled. The formation of Israel in 1948 was seen as God's first major step toward fulfilling His promises and confirmation that the End Times are at hand.

"Since 1948, dispensationalism has spread throughout North America and its proponents are today a significant minority in theological circles. Dispensationalism brought with it in some places - particularly in the southern U.S. - a strong pro-Israel stance because opposition to the original Chosen People was seen as opposition to God's program...this movement within the conservative heartland of the U.S. has amounted to a political Godsend for pro-Zionist Jewish lobbies centred in major American cities.

"Prof. Wellum notes that Canadian Christians are less inclined than their American brethren to focus on prophecy. Consequently there is less controversy, but also less attention to the doctrine of the Second Coming. And "after all these years and all the troubles the Jews have experienced," concludes Prof. Radant, "people look around and say, 'Wow, are the Jews still here? Maybe God does have a plan for these people.'"

Rather than understand the clarity of Christ's Second Coming for His people who serve Him in "spirit and truth" (John 4 :24), and rejecting all those who have put their trust in wealth, power, and the arms of a police state like Israel, nominal Christianity is becoming more and more confused as to who the true Chosen are. It is only those who are "willing to live by every word that proceeds from the mouth of God" that are Israel (overcomers) and as such are heirs together with Jesus of all the promises made to Abraham. Gal. 3:26-29. Of course, all the promises made to ancient Israel were upon the condition of obedience and we must not allow the lukewarmness and lack of understanding or commitment in those around us to make us lose our focus. Christ is going to come for His pure bride, (Eph. 5: 26-32) and only those who have purified their souls through obedience to the truth will be of the true "Israel". (Romans 9:6)

By Jerry Eaton

"We are not to imitate the churches by instituting bazaars and various God-forbidden expedients to bring in a little means. We see no direction in the word for fancy fairs, concerts, and other objectionable practises for raising funds to advance His work. The curse of God is upon all this kind of work. It is polluting and degrading the work of God, defiling his holy temple." Living by Principle—Unpublished Testimony

## A KIND WORD

William and Henry were clerks in a large wholesale establishment. They met one morning on their way to the store and proceeded together. After talking awhile on various subjects, the following dialogue took place:—

"By the way, William," said Henry, "I understand you were last evening at \_\_\_\_\_'s," naming a fashionable billiard saloon.

"A mistake, Henry. I was never in a billiard saloon."

"Well, I thought it very strange when I heard it."

"Why so?"

"Why?" said Henry in astonishment. "Why, because you are a religious young man and a church member."

"Do you ever visit such places, Henry?"

"Oh, yes; but that is quite a different matter. I don't profess to be a Christian, you know."

"You would think it wrong for me to be there?"

"Of course I should."

"And right for you?"

"Well, yes; there's no harm in my being there."

"Why not?"

"Why, because - because I do not profess to be bound by the same obligations that you are."

"And who has released you from those same obligations and imposed them upon me?"

"Oh, well, now, there's no use in talking, William; you know that Christians do not and ought not to be engaging in what they consider pernicious amusements."

"I certainly do know that they ought not; but I wish to know why it is wrong for them and right for others."

"You know the fact that it is so."

"No, I do not know that it is; and I wish to call your attention to the truth that the obligation to refrain from evil rests upon every rational human being in a Christian land, for God has commanded all men to love and obey him; also, the fact that the difference between the Christian and the sinner is that one acknowledges the obligations, while the other denies it; but He has absolutely commanded you and me to love and obey Him. I have the right, if you have, to engage in any kind of amusement, and to follow my inclinations in all things; and it is your duty, equally with mine, to honour our Master's law by shunning every wicked way. Think of this, friend Henry, I entreat you, and acknowledge the responsibility which you cannot remove; and from which after accepting, you will not desire to be released."

They arrived at the store, and each went to his own department. These young men had entered the employment of A.B. & Sons at the same time, about two years before the above conversation occurred. William had gained the confidence of his employers, and had risen in position. The senior partner intended to retire from business, and was looking about for a Christian young man of ability and energy to propose as a partner for his sons; and had lately been thinking of William as a suitable person. He had observed him closely, and thought he saw in him the habits and qualifications necessary to make a successful business man.

He had also been watching Henry's course. He had heard of him at places where a young man who aspires to positions of truth and honour will never be seen, and was about to propose his discharge to the other members of the firm. He knew that a clerk whose style of living requires more money than his salary gives him will be very likely, indeed almost sure, to resort to dishonest practices to make up the deficiency. Instances of this kind are every day occurring in our cities; and as long as we meet, as we may every morning and evening in the Broadway stages, dainty looking young men, dressed in finer and fresher broadcloth than



their employers wear, with heavy gold chains, fine chronometers, and diamond pins and rings, we may expect to hear of a great many more.

That morning's conversation made a deep impression upon Henry's mind. The subject had never been presented to him in that light before. He had imagined, as young persons are apt to suppose, that no moral responsibility rested upon him till he assumed it publicly by uniting with the church. Henry did not mean to die a sinner. Oh, no; he fully intended, after he had enjoyed what he considered the pleasures of youth, to settle down into Christian manhood. After this talk with William he could not get rid of the idea of accountability to God. His wicked amusements and extravagant habits appeared to him as they never had done before, and he began to see their inevitable tendency. The result was an entire change in his aims and conduct. This was so marked that it very soon became known to all of his associates, and, of course, to his employers.

He remained in that house; gradually rising to the highest clerkship, and, finally, becoming the junior partner of the firm of which William had for some time been a member. His happiness and prosperity he always attributed to the word kindly spoken at the right time by his fellow clerk. He has been successful not only as a merchant, but as a Christian, exerting a powerful influence for good upon all about him, but particularly upon the young men employed in his house.

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When we have a wrong concept of baptism and belonging to the church we become like Henry used to be. We feel that there is a different standard for church members and non-members. Many youth have delayed baptism because they felt they wanted to enjoy life a little before being baptised and having to live by a certain standard. They felt that it was perfectly acceptable to live a certain lifestyle as long as you remained unbaptised, but as soon as baptism day arrived, you must put off those "fun" things that they felt youth should enjoy. This is a dangerous position to hold. Many of these youth who have thought to delay their baptism for this reason never made it to that day. They became lost in the world. If we love the Lord, baptism will not be a burden or be looked upon as a cross too heavy to bear. No, rather it will be the natural extension of a life that is already hid in Christ. The person will already have changed and have found the joy of serving the Lord and baptism day will ratify their decision to serve their ever-loving Master.

We had a man visiting our church who had quite a temper. When he saw wrong in a member he was more than willing to point it out, even though he was equally as guilty, but he always added, "But I am not a church member so it is okay for me, you have a different standard that you have to live by because you are a member." This excuse will not be sufficient on the judgement day. God judges a person, not by his church membership or his profession of faith, but by his life. Also a man is judged by his knowledge; what he knew to do but did not do - that will be held against him whether he is baptised or not. There is only one standard of right whether you are a church member or not. If you really love the Lord, then what is holding you back? If there is something in the world that you are not willing to change yet, then it is still sin, whether you are a member or not. What will you answer to God when he asks you why you did not follow His example in baptism? "Another obligation, too often lightly regarded, ... is the obligation of church relationship. Very close and sacred is the relation between Christ and His church - He the bridegroom, and the church the bride; He the head, and the church the body. Connection with Christ, then, involves connection with His church." Education p. 268.

There is also another danger and that is, setting up a different a standard for church leaders, Bible workers, ministers etc. as opposed to regular lay members. Perhaps you may say, that you can watch so much TV and it is fine, but not for the minister, that would be wrong. Or maybe you feel you can eat certain foods still, but oh, the minister he has to set an example and he can't eat any dairy products, etc. We are all brethren in Christ and while it is true the ministers and leaders do have to set an example for the members, what is sin for the minister is surely sin for the members also. We cannot set up different standards - the Bible has only one standard and that standard is for everyone. So let us seek to unite upon the platform of truth and encourage one another as we all reach for that perfect standard set up by Christ.

# Samuel in His Early Years

Samuel had been dedicated to the Lord before he was even born. He was brought to the temple when he was three, to live with the high priest, Eli. Every time Hannah (Samuel's mother) came to Shiloh, she would bring a new coat with her for him.

One time while he was in bed, he heard a voice say his name. Thinking that it was Eli, the high priest, he got up and went to him, saying, "here am I". Eli, very astonished told him that he hadn't called him and to go back to bed. So, very meekly he did. A second time he heard the voice calling him. Thinking that this time it must be Eli, he asked Eli what he wanted him for, and again Eli said that he hadn't called him and to go back to bed. Very puzzled, Samuel went, and a third time he heard, "Samuel, Samuel". This time, sure that Eli had called him, he went over to him. He said for the third time, "here am I". Eli now knew that someone had surely called the little boy. If it wasn't him, it must be God. So, this time he told Samuel that if he hears that voice calling him again, to say, "Speak Lord, for thy servant heareth". This time when Samuel heard the voice calling him, he said the words that Eli had told him to say. Then, God told him everything that would happen to Eli and his two sons, Hophni and Phinehas. Eli was going to die because he hadn't corrected his sons when they did evil, and his two sons would die because they were very wicked.

For the rest of the night, Samuel couldn't sleep. In the morning Eli asked him what God had said to him. Samuel told him everything that the Lord had told him about Eli and his sons. Later, Samuel become the friend of God. I hope that everyone of us can become His friend the way Samuel was.

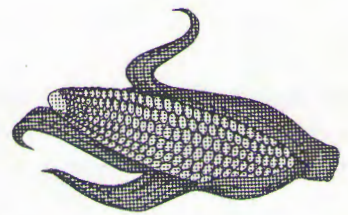
AMEN.

Debbie Conde



SDA Church Reform Movement  
International Missionary Society  
Canadian-Caribbean Union  
54 Newcastle St., Toronto, ON, M8Y 1A3  
CANADA  
Tel: (416)252-1197  
e-mail: [tmartin@torhookup.net](mailto:tmartin@torhookup.net)  
Fax: (416)252-6625

# VEGETABLE OILS



Vegetable oils play an important role in natural food dishes. Light and flavourful, they are indispensable for sauteing, baking and frying foods. They are also an important ingredient in salad dressings, spreads, and dips. Vegetable oils contribute taste, palatability, and versatility to foods. They also include nutrients that are important for our health such as, essential fatty acids, vitamins A and E, and lecithin.

Vegetable oils are almost 100 % fat and are nature's most concentrated source of energy. Fats contain twice the caloric energy that proteins and carbohydrates do, so those who live in cold climates should eat more of them to generate greater warmth. Excess calories are stored as body fat, which holds the vital organs in place, protecting them from the shocks of normal activity, and also insulates the body from external temperature changes.

The benefits of using vegetable oils far outweigh their dangers, especially for vegetarians who do not consume large amounts of animal fats. Those who have a diet too high in fat should limit vegetable oil in their diet. Used appropriately and in the correct proportion, vegetable oils are important for year-round maintenance of health.

## UNREFINED VS. REFINED OILS

With the unrefined oils the raw seeds arrive at the refinery and are cleaned to remove stems, stones, and other foreign material. The seeds are then shelled or hulled to make the oil-bearing part more accessible. Afterwards they are cooked in steam-jacketed kettles. The cooking helps to break down the plant tissue, enabling the seed to yield its oil more readily. The cooked seeds are then sent to the expeller where they are pressed at 140 to 160 degrees F. At this point the seed has undergone only cleaning, hulling, cooking, and pressing. This oil, called "pressed," is the natural product we wish to obtain. It is filtered to remove any seed meal and sent to the bottlers. On the bottle it will be labelled "expeller-pressed" or "mechanically pressed," and "unrefined." These oils are most often found in health food stores.

In the refining process the shelf life is improved while at the same time the colour, taste, and odour, is removed, producing the bland product many consumers have been conditioned to prefer. In contrast to simple extraction of natural oils, this process consists of several different operations, including degumming, the removal of fatty acids, bleaching, and deodorization. In the degumming process the lecithin in natural oils is removed (this process is the source of most commercial lecithin). In the next step the fatty acids are removed along with much of the Vitamin E. Next it is bleached. The oil is mixed with bleaching clay. This mixture is agitated under a vacuum for 20 minutes at 180 to 200 degrees F and then filtered. In the final deodorizing process, steam is blown through the oils under a high vacuum for 10 - 12 hours. Temperatures may reach 450 - 470 degrees F. After all this, any remaining odour, flavour or pigment is removed, leaving a bland finished product that tastes the same no matter what source it originally came from. Most grocery store oils are refined oils.

## LINOLEIC ACID

Fats and oils are composed of fatty acids. Linoleic acid is the most important fatty acid. It is found abundantly in plants. The percentage of Linoleic acid is used as an indicator of the degree of unsaturation of a fat, with more Linoleic acid generally there is greater unsaturation. Linoleic acid and other polyunsaturated fatty acids are essential for the maintenance of human health though the body cannot manufacture them.

## COCONUT OIL

Coconut oil is colourless and almost tasteless. It has 3% linoleic acid and is 91 % saturated; twice as saturated as lard. This saturation helps to keep it solid at room temperature but gives extreme stability in frying and storing. It is used mostly in cosmetics rather than in food preparation.

## CORN OIL

Corn oil, one of the most popular oils, has long been used in North America. Natural corn oil's rich corn flavour and aroma add a buttery flavour to foods. Corn oil is not suitable for deep-frying since it foams easily, but it is delightful for baking, salads, sauteing and, of course, for popcorn. Although corn oil is highly unsaturated (90%)

and high in linoleic acid (59%) it is very stable due to its relatively high vitamin E content, which acts to prevent oxidation. Some people don't like it because they prefer not to have the strong taste of corn in their foods. On the other hand, corn oil's buttery richness is just the spark that many dishes need.

## OLIVE OIL

Olive oil is unique in that it is the only oil normally available that is truly cold-pressed. All other oils labeled "cold-pressed" are not truly cold-pressed and reputable suppliers refuse to use the term on their labels. This oil is produced almost exclusively from the fruit of olives grown around the Mediterranean. Because olive oil comes from the soft, fleshy pulp of the fruit rather than the seed or nut, it needs no pre-cooking or high pressure extraction. Olives are crushed in a mill which breaks the pulp but not the pits. High temperatures are not needed to extract the seeds. The oil is then separated from the olive water and receives no further treatment other than filtering to remove the pulp. This oil is then labeled, "virgin olive oil." Virgin olive oils come in three grades: "Extra virgin" which has perfect flavour and aroma; "fine virgin" has the same flavour as the "extra" but a high acidity; "plain" virgin oil, the grade most often sold in North America. It is imperfect in flavour and has the highest acidity. Olive oil labeled "pure" is still 100% olive oil, but not virgin. Pure grades are extracted from second pressing, which require higher temperatures, pressure, and hot water treatments or solvent-extraction. Pure grades are usually blended with virgin oil (5-20%) for better flavour. Olive oil varies according to the season of the harvest and type of olive used. Pure olive oil has excellent stability and can sometimes be stored without refrigeration for over a year, but virgin oils degrade more quickly. Virgin olive oils are excellent uncooked to dress a salad; also, their fragrance and taste enhance any lightly pan-fried dish. It is a heavy oil and may be too heavy for every-day use.

## PALM KERNEL OIL

Palm kernel oil is often used in Carob candies and other natural confections. It is similar to coconut oil, being 85% saturated, thus making it hard at room temperature. It has 2% linoleic acid. This is what makes it suitable for these candies. Since their main ingredient is palm kernel oil, carob candies are mostly saturated fat.

## PEANUT OIL

Peanut oil is just a by-product of the peanut industry. The poorer nuts are pressed or processed into oil. Natural peanut oil is fairly high in saturated fat (about 20%) and has 30% linoleic acid. When used in making natural potato and corn chips, this gives it a better stability and a longer shelf life than natural safflower oil, but it is not as good as the refined safflower oil. Peanut oil is excellent for use in deep-frying, sauteing, making peanut butter cookies, and sometimes in Chinese-type stir fry vegetables. Many people find it too heavy to use it every day.

## SAFFLOWER OIL

Safflower oil is by far the most popular oil among natural food shoppers, largely due to its mild flavour, reasonable price, and reputation for being high in polyunsaturates. This, however, means that it is more prone to oxidation and rancidity.

It is the least flavourful of the natural oils and this lack of a strong taste is probably why it is popular since people have been used to the bland commercial oils for so long.

Safflower oil has probably the highest percentage of unsaturated fats of all the oils (94%) and highest in linoleic acid (78%). Since the unsaturated fats become rancid more quickly than saturated fats (due to oxidation) one drawback of this oil is the short shelf life. Safflower oil is best stored in the refrigerator to retard rancidity. It can be used for deep-frying, though its flavour does not remain stable under the high temperatures. Natural potato or corn chips contain 50% oil and it is usually safflower. Processed natural foods usually use safflower oil because it is the least expensive.

## SUNFLOWER OIL

Sunflower oil is one of the few oils that can be produced in cold climates and is made in Canada as well as several other colder countries. Sunflower oil is similar to safflower, being 92% unsaturated and has 72% linoleic acid. Its flavour is a little stronger but pleasant. Sunflower oil also has better resistance to oxidation than safflower oil.

Because of their high degree of unsaturation, safflower, soybean and sunflower, although good oils, cannot be considered the best. They are fine to use when lighter oil is called for. Safflower and sunflower have a mild taste which doesn't overpower the other flavours.

### SESAME OIL

Two basic types of sesame oil are available: light and dark. The dark oil is made from seeds that have been roasted prior to pressing and has a toasted, smoky flavour. It is commonly used in Chinese food. The light oil has a nutty taste and has a wide variety of uses. It is 87% unsaturated and 42% linoleic acid. It is very stable and has a strong resistance to oxidization. It is a good choice for deep-frying, salads, and sauteing. Sesame oil is very expensive though, because most of the seeds are imported from Central America and pressed in small amounts.

Sesame oil is probably the best all-round oil because it works well in all types of cooking. It is flavourful yet subtle, however the price may be a little high. Sesame oil must not be stored in the refrigerator for long periods or else moisture may condense on the inside of the bottle and react with the oil, giving it a cheesy smell. It is better to buy small quantities and store in a cool place other than the refrigerator.

### SOYBEAN OIL

Soybean oil has the strongest flavour of all vegetable oils so it is mainly used in baking where taste is not so apparent. It is susceptible to oxidation. Soybean oil has such a strong taste which some describe as fishy or painty so it is not so popular. The flavour of soybean oil does not remain stable over high heat. It contains 50% linoleic acid.

### CANOLA OIL

Canola oil is fairly new on the oil scene. It is, however, one of the better oils to choose from. It is high in monounsaturated fats. These fats are very beneficial. Canola oil is also extremely stable under high heat so is one of the best for frying. It can be heated above 400 F without any danger of breakdown. This oil is healthier in cooking than those high in polyunsaturated fats, such as corn, sunflower and safflower. Canola oil has a very mild flavour making it preferable to use if you don't want the food overpowered by the flavour of the oil.

Vegetable oils are almost 100% fat. Since fats contain twice the calories of carbohydrates, cooking with oil imparts a strengthening quality to food, making a simple dish more hearty. Oils are also a source of warmth during the colder months. In the winter, stir-fried vegetables and pan-fried dishes help fuel inner fires. In the warmer seasons, raw oil has a refreshing effect. It subtly flavours salad and low-fat dishes while replenishing the body's natural stores of oil, which may be depleted as a result of exposure to sun, wind and water.

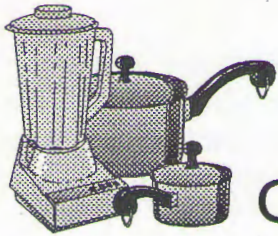
In all seasons, simply brushing the pan with oil and sauteing over low-to-medium heat enhances flavours of vegetables, tempeh, tofu, noodles, and grains. This requires only a small amount of oil. To continue cooking, add water, cover the pot, and simmer until the water is absorbed and the foods are cooked.

Purchase oil in small quantities. Four to six months is the estimated "shelf life" of unrefined oils, but it's best to use them before this, if possible. Unless there is a quick turnover at the health food store where you buy them, avoid buying oils that are sold in bulk.

Store oils in a dark container, in a cool place away from heat, preferably in the refrigerator. Keep tightly capped.

Choosing a vegetable oil is not so difficult. From all the good oils in the health food store, pick one that is lighter or heavier to best impart the qualities your food requires, and avoid extremes. Don't limit yourself to only the best, for it may not be the best in all instances. Experiment and enjoy all the flavours.

*Information taken from Diet for a Poisoned Planet by David Steinman and Shopper's Guide to Natural Foods. From the Editors of East West Journal.*



## COOKING CLASSES AT THE HAMILTON, ONTARIO CHURCH

As we have done for the past many years we again began planning our annual spring cooking demonstration approximately eight weeks before the actual classes were to take place. The committee met to discuss which dates would be most suitable for both us who were running the classes as well as the guests expected to attend. It was decided our best dates were Sunday, April 6 and 13.

We also needed someone to make our sign which was to be placed on our church property near the road several weeks before the actual classes to be held. In the past, Br. Unger or Br. Pedersen looked after that part. This time one of our Bible Students, Marcel, volunteered to make it, which we also very much appreciated.

Our "Invitation Flyers" were made and some were mailed out to previous attendants, while others were hand-delivered to health-food stores and other locations where health-minded people might stop by and see our invitations. All our church members were willing to do their share in this preparation. The cooking committee worked hard on deciding on the menu to be presented and once that was done, the various recipes had to be tested and tried and some were adjusted so the best possible would be presented to our visitors. All the recipes were also printed and copies were made for everyone who would come.

We asked Sis. Rose Powell and Sis. Gloria Ferguson of the Toronto, Bloor Street Church to be our guest speakers--one at each class--which they accepted, and we thank them for their help. Sis. Rose spoke about her own experience with more healthful foods and how her changing her diet had dramatically improved her health. Sis. Gloria's subject was. "Why I am a Vegetarian". Both were very much appreciated.

Besides doing our manual work in the preparation of these cooking classes, we all prayed to God to bless our work and to impress the people to come and help us to be His representatives.

The days of our planned presentations came quickly and for those who have held any kind of public meetings will remember the anticipation that comes along with it, wondering how many will attend and, of course, we always hope for more rather than less. Well, we were not disappointed. Many came. Some of us have said and even if one or two would come, our cooking class would be held just the same. Heaven rejoices over each and every soul who accepts Jesus, so who are we to be disappointed should there be few coming to us.

The classes went well. We were also blessed to have Br. Karl there and speak to several interested visitors on herbs and answer their many questions. Our publications were also on display, as well as many brochures on various subjects and our correspondence course cards.

At this time we wish to mention that one of our regular visitors, Teresa, who attended on April 6 volunteered to bring a large pot of Cabbage or Sauerkraut Soup for everyone to sample. This we accepted and thank her for it. It was very good, too. Also a thank you to Teresa's husband, Willy, who shared with us all some very interesting information of calcium. Some of the dishes demonstrated were:

Fresh Fruit Cake with Carob-Peanut Butter Frosting, Scalloped Potatoes, Speedy Tomato Bean Soup, Baked Spinach, Black Mung Bean Daal and Rice, Tofu Cheese Cake, Cream of Potato Soup, and more.

Of course, after all the cooking had been done, everyone got to sample the foods and we had the opportunity to speak with several visitors about our spiritual as well as our physical way of life.

At this time we wish to give a special thanks to Milena and Barbara who stepped in to take Sis. Unger's place who was unable to attend as Br. Unger was not well. In order not to forget anyone, we will not mention any more names, but thank all who helped to make this work possible; that includes our husbands who often work behind the scenes. Also, thank you to those who helped us clean up and do the dishes. That is certainly as important as all the other work.

We pray that our efforts may, with God's added blessings have been some help and will continue to be so.

On behalf of the Hamilton, Ontario Church  
Franziska S. Pedersen, Secretary



*Sis. Franziska demonstrating at the cooking class*

## *Thy Will be Done!*

*My God, my Father, while I stray  
Far from home, in life's rough way,  
Oh! Teach me from my heart to say,  
Thy will be done!*

*If thou shouldest call me to resign  
What most I prize--it ne'er was mine--  
I only yield thee what was thine:  
Thy will be done!*

*Renew my soul from day to day;  
Blend it with thine, and take away  
All that now makes it hard to say  
Thy will be done!*

*Then, when on earth I breathe no more  
The prayer, oft mixed with tears before,  
I'll sing upon the happier shore,  
Thy will be done!*

