

Canadian-Caribbean Union 

# Messenger

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**THE NEW GENERAL CONFERENCE PRESIDENT: ANTONINO  
DiFRANCA SURROUNDED BY SOME OF THE CHILDREN  
ATTENDING THE WORLD ASSEMBLY IN HOLLAND.**



# SANCTIFICATION

## Part 9

### Sanctification Through Obedience

Many have a mistaken idea that obedience is a result of sanctification, but in reality it is the opposite.

“There is no genuine sanctification except through obedience to the truth... ‘The law of the Lord is perfect, converting the soul’. Through obedience comes sanctification of body, soul, and spirit. Sanctification is a progressive work, and an advance from one stage of perfection to another.” My Life Today, 250.

Here we find the difficulty. If there is no faithful obedience to the law of God, no sanctification can take place, since it is the fruit of obedience. Whatever we practise forms a habit very soon. If we practise sin, we soon become hardened in it and our sinful nature grows stronger. If we obey the law of God, then it becomes a habit and it is called sanctification. Our nature changes to holiness.

“The strongest evidence of man’s fall from a higher state is the fact that it costs so much to return. The way of return can be gained only by hard fighting, inch by inch, every hour... The purpose may be formed, the work begun; but its accomplishment will require toil, time, and perseverance, patience and sacrifice... The Christian life is a battle and a march. In this warfare there is no release; the effort must be continuous and persevering. It is by unceasing endeavor that we maintain the victory over temptations of Satan.” Test. Vol. 8, 313.

The Apostle Paul admonishes us to “work out your own salvation with fear and trembling.” Phil. 2:12. In this working out process we are told by Christ to take drastic measures for victory over sin. “If thy right eye offend thee pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell. And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not thy whole body should be cast into hell.” Matt. 5:29, 30.

The Apostle Paul also gives a rebuke to the church. “Ye have not yet resisted unto blood, striving against sin.” Heb. 12:4.

These Bible verses give us an idea of the Christian warfare in resisting the temptations of Satan and sin. Only those who are victorious in this battle and overcome sin, will be sanctified and made perfect.



"The more earnest our own efforts to attain to holiness of heart and life, the more acute will be our perception of sin and the more decided our disapproval of any deviation from the right." AA, 503.

Obedience to God requires self-denial and sacrifice. Our will must be submitted to the will of God. How we spend our time; what we eat and drink; how we treat our fellow man; what we see and hear--all this requires self-denial. Spending our free time in missionary work, Bible study, and in prayer are required for sanctification.

"Those who would gain the blessing of sanctification must first learn the meaning of self-sacrifice." AA, 560.

"Sanctification begins in self-sacrifice." AA, 600.

The perfect obedience to God's commandments is the condition for sanctification and for eternal life. Nothing less is acceptable before God. "By His perfect obedience, He has made it possible for every human being to obey God's commandments." COL, 312.

"Thus through the right use of our talents we may link ourselves by a golden chain to the higher world. This is true sanctification, for sanctification consists in the cheerful performance of daily duties in perfect obedience to the will of God." COL, 360.

In the above statement we learn that the right use of our talents are required. The man with one talent was cast to outer darkness for not using it for his Lord. The golden chain that links us to heaven is the right use of our talents. It is not enough that we stop doing evil--we must learn to do good. This is part of the obedience that will sanctify us. The rich young man came to Jesus with a question, "Good Master, what good thing shall I do, that I may have eternal life?" Matt. 19:16. When Jesus told him the good he should do, he went away sorrowful.

To all of us the Lord has told the good we ought to do, and our salvation, sanctification and eternal life depends on how we perform it.

Let us begin our sanctification by cheerful, willing service to our Master and sacrifice our own plans and desires until the image of Jesus is perfectly visible in us.

AMEN.



"Sis. White told us that a terrible storm of persecution was coming, like a windstorm, that would blow down every standing object. Not a Seventh-Day Adventist was to be seen. They, like the disciples, all forsook Christ and fled. All who had sought positions were never seen anymore. After the storm there was a calm. Then Seventh-Day Adventist arose like a flock of sheep, but without shepherds. They united in earnest prayer to God, who answered by helping them choose leaders of their number who had never sought position." Spirit of Prophecy Research pg. 3.



## CONDITIONAL SALVATION

*"I'm satisfied with just a cottage below, a little silver and a little gold. But in that city, where the ransomed will shine, I want a gold crown that's silver lined...."*

*"A tent or a cottage, O why should I care? They're building a palace for me over there..." Hymn #614, Church Hymnal*

These two songs have similar meanings and they made me think a little. How many can sing these songs with all honesty? Or is your happiness dependent on circumstances? Conditions that you expect the Lord to meet before you are fully satisfied with your Christian experience. You do not have to be rich to have satisfaction in life. Satisfaction can lead to a peaceful, joyous life of contentment. Wealth cannot buy it. The richest men in the world are not satisfied - they are spending their energies in obtaining more wealth. It seems the more people have, the more they want. The greatest athletes are not satisfied with one gold medal, they strive for more and more, often endangering their health with unhealthful drugs to achieve the long sought after goal. Once the goal is reached, it isn't enough; there is always a striving for more. There is the case of Alexander the Great. He had a thirst for conquering. He fought and fought until he had conquered the whole world. Then with nothing else to satisfy this hunger he was led to a life of immorality and finally drank himself to death at the early age of 32. He had nothing more to live for. He could not be satisfied with the victories that he had gained. He wanted more and since there was no more to get, he lost his self respect in drunkenness and revelling. People in the world seem to have this set ideal before them. They place certain conditions in their lives as to what will constitute their happiness, be it a raise, more time off, a bigger house etc. They seem unable to be happy and content with what they have.

### OUR CONDITIONS

There are also Christians who are dissatisfied with their condition in life and insist that a change must be made before they can properly serve the Lord with all their heart, mind and soul. Their happiness is dependent on circumstances and they are not satisfied with the condition in life that the Lord has placed them in. They are always laying conditions before the Lord. "Yes, Lord I will serve you BUT.... Right now I can't. IF you do this for me, I will." We expect the Lord to do something for us as a condition for our obedience. For example, on the tithe issue. "Well Lord, if you give me a raise then I will pay tithe, otherwise I can't afford to." Then the raise comes and the car engine ceases and the roof starts to leak. "No, sorry Lord, I can't pay tithe, I need a new roof and a new car. IF you get me a new car, then I can pay my tithe." Well the Lord takes you at your word and gives you a new car at a good price - you can afford it. But then, Oh my, you forgot the insurance would be a lot more on the new vehicle and suddenly your child needs braces on her teeth. "No, I am sorry Lord, I cannot pay my tithes with these new unexpected expenses, but IF you help my wife find some part-time employment then I will pay my tithes." Your wife goes out and finds employment. She rides the bus to and from work but is stressed out trying to juggle the schedule of work and children with no car. "No, I am sorry Lord, not now, IF you supply my wife with a second vehicle then maybe I can pay tithes - She won't have to pay bus fare and baby-sitting fees for the children after school while they wait for their mother to come and pick them up." And the story can go on and on. Paying tithes is only one example, but there are many other types of excuses people make when it comes to serving the Lord and it always seems to be in the practical areas of Christianity - diet, dress, attending prayer meeting, church canvassing, etc. They just can't now, because, .... But IF... then." We must be satisfied with what the Lord had given to us and be willing to serve Him NOW without making excuses and promises for the future. "Today if ye will hear his voice, Harden not your hearts, as in the provocation," Hebrews 3:7,8



Thomas had heard the wonderful news that Jesus was risen. Many of his fellow disciples had seen and spoken with Jesus, but Thomas refused to believe. He made conditions for his belief. He said, "Except I shall see in His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe." John 20:25 Where would Thomas be if he had not had the privilege of meeting Jesus face to face and instead had to rely on the testimony of his fellow disciples? He was privileged to meet Jesus, and Jesus gently reproved him saying, "Thomas, because thou has seen Me, and thou hast believed: blessed are they that have not seen, and yet have believed." John 20:29 "The faith of Thomas would have been more pleasing to Christ if he had been willing to believe upon the testimony of His brethren. Should the world now follow the example of Thomas, no one would believe unto salvation; for all who receive Christ must do so through the testimony of others. Many who are given to doubt excuse themselves by saying that if they had the evidence which Thomas had from his companions, they would believe. They do not realize that they have not only that evidence, but much more. Many who, like Thomas, wait for all cause of doubt to be removed, will never realize their desire. They gradually become confirmed in unbelief. Those who educate themselves to look on the dark side, and murmur and complain, know not what they do. They are sowing the seeds of doubt, and they will have a harvest of doubt to reap. At a time when faith and confidence are most essential, many will thus find themselves powerless to hope and believe." *Desire of Ages*, p. 807, 808.

No, we cannot put conditions on our service to Christ. We must be satisfied with what the Lord has given to us and be willing to serve Him right now.

Sister White wrote a long letter to a fellow sister in *Testimonies for the Church* Volume 2, pages 268-287. In this letter Sr. White was re-counting to this lady the wonderful workings of the Lord in her life. She was poor, but the Lord had not forsaken her. She had a strong faith in the Lord. She often was grieved when she saw the wealthy abusing the money that the Lord entrusted to them. Her words expressed her feelings, "Oh, if I only had the means handled by those who are unfaithful in their stewardship, I would feel it one of the greatest privileges to help the needy and to aid in the advancement of the cause of God!" (p. 276) "Oh, If I only had means, I would not squander it! I would set an example to those who are close and penurious. I would show them the great blessing there is to be received in doing good." (p. 277). This lady was not satisfied with her condition in life. She was wanting more and was giving the Lord conditions. She felt she could better serve the Lord IF..... This lady was faithful in giving what she could in offerings to the Lord. She was very faithful in her service to Her Master. After awhile the Lord decided to grant her, her desire. "God has seen fit to prove you by giving you talents of means. When your condition in life began to improve, you said: "***As soon as I can get me a home***, I will then donate to the cause of God." But when you had a home you saw so many improvements to make to have everything about you convenient and pleasant that you forgot the Lord and His claims upon you, and were less inclined to help the cause of God than in the days of your poverty and affliction." (p. 283) Her children ended up becoming "lovers of pleasure more than lovers of God." Sr. White then went on to give her counsels on how she can win her children back to the love of God. This lady was not correct in the conditions she laid out for her service to the Lord. She thought she could do a better service with money, but when put to the test she found out how wrong she was. We must be careful when we lay conditions before the Lord. He may grant us these conditions because we desire them so strongly that we will not be satisfied until the Lord grants them to us - and then they just may prove our ruin. "I saw that you should study every move. You should do nothing rashly. Let God be your counsellor." (p. 285)

## GEOGRAPHICAL CONDITIONS

I knew of one lady who had difficulties with some personal problems. Her worldly friends were just too much of a temptation for her. She struggled with smoking and social drinking with friends and told her father that she wanted to go to another country - be baptized and go to the mission school. Surely there she would meet



friends that would influence her in the other direction. While this sounded like a good idea, her father counselled her that she had better straighten out her life here first because Satan is just as powerful and present in that other country as he is here in North America. Needless so say this lady did not follow through with her original plans. Some, like this person, make their service to the Lord geographical. "IF only I lived in the country and not in this wicked city, Lord I could be more faithful." Or, "If I lived in another country that is more suitable to my lifestyle then I could serve you better." "IF I had a better job, Lord. These people at my job are just not as Christian as I would like. Please Lord, find me a better job, then I can serve you better."

"No greater evidence need be asked that a person is at a great distance from Jesus, and living in neglect of secret prayer, neglecting personal piety, than the fact that he thus talks doubts and unbelief because his surroundings are not favourable." *Testimonies for the Church*, Vol.2, p. 514. "Shall our zeal, our fervour, be kindled only when we are surrounded by those who are awake and zealous in the work and cause of God? Can we not stand in God, let our surroundings be ever so unpleasant and discouraging?" Ibid, p.516,517 Jesus grew up in one of the most wicked cities - Nazareth - and He turned out ok. Daniel remained faithful in the palace of a heathen king. Moses, in Pharaoh's palace. Joseph in Potiphar's house and then in prison.

I want to mention also the case of the converts who were won to the faith in Rome, especially those who were servants in Nero's palace. They could have easily just quit their jobs and found another job in more favourable surroundings, but these converts "remained in that household. They did not feel at liberty to abandon their post of duty because their surroundings were no longer congenial. The truth had found them there, and there they remained, by their changed life and character testifying to the transforming power of the new faith.

"Are any tempted to make their circumstances an excuse for failing to witness for Christ? Let them consider the situation of the disciples in Caesar's household - the depravity of the emperor, the profligacy of the court. We can hardly imagine circumstances more unfavourable to a religious life, and entailing greater sacrifice or opposition, than those in which these converts found themselves. Yet amidst difficulties and dangers they maintained their fidelity. Because of obstacles that seem insurmountable, the Christian may seek to excuse himself from obeying the truth as it is in Jesus; but he can offer no excuse that will bear investigation. Could he do this he would prove God unjust in that He had made for His children conditions of salvation with which they could not comply." *Acts of the Apostles*, pp. 466, 467

And there are many more examples in the Bible. We can do likewise, serving the Lord anywhere and everywhere that we are. The Lord is just as willing to give us strength to keep us from sin as He did those men mentioned in the Bible.

## CHRIST'S CONDITIONS

When it comes to conditions, we saw the danger of laying conditions before the Lord. Yet the Lord has conditions for us. Yes, it is true that He has unconditional love towards man. Romans 6:23 tells us that, "the gift of God is eternal life through Jesus Christ our Lord." Many Christians have stopped there saying that a gift has "no strings attached" it is given unconditionally, expecting nothing in return. They therefore make little effort to live a true, self-denying, Christian life.

This is what Sister White had to say to Br. A.T. Jones on the subject. "I was attending a meeting, and a large congregation were present. In my dream you were presenting the subject of faith and the imputed righteousness of Christ by faith. You repeated several times that works amounted to nothing, that there were no conditions. The matter was presented in the light that I knew minds would be confused, and would not receive the correct impression in reference to faith and works, and I decided to write to you. You state this matter too strongly. There are conditions to our receiving justification and sanctification, and the righteousness of Christ. I know your meaning, but you leave a wrong impression upon many minds. While good works will not save even one soul, yet it is impossible for even one soul to be saved without good works. God saves us under a law, that



we must ask if we would receive, seek if we would find, and knock if we would have the door opened unto us.....

"The young man came to Jesus with the question "Good Master, what shall I do, that I may inherit eternal life? (Mark 10:17). And Christ saith unto him, "Why callest thou me good? there is none good but one, that is, God: but if thou wilt enter into life, keep the commandments." He saith unto Him, "Which?" Jesus quoted several, and the young man said unto Him, "All these things have I kept from my youth up: what lack I yet?" Jesus said unto him, "If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me." Here are conditions, the Bible is full of conditions. "But when the young man heard that saying, he went away sorrowful: for he had great possessions." (Matt. 19:17, 20-22)" *Selected Messages*, Vol. 1, p. 377, 378

The Bible is full of Christ's conditions. First of all the forgiveness of our sins is conditional. Jesus said, "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." Matthew 6:14, 15. So our forgiveness is on accepted on the condition that we forgive others. Only then will we receive forgiveness. If we refuse to forgive, neither will we receive forgiveness. If we want to be in heaven with Jesus, it is not just and easy stroll to heaven. Paul wrote, "If we suffer, we shall also reign with him: if we deny him, he also will deny us." 2 Tim. 2:12. In suffering we shall be purified for salvation. We also must not deny our Lord by refusing to let our light shine. Paul also wrote, "They profess that they know God; but in works they deny him,..". Titus 1:16 Works are very much taken into account in the final judgement. And of course we all have read that "faith without works is dead." There are many other verses we can find if we look.

"The conditions of eternal life, under grace, are just what they were in Eden - perfect righteousness, harmony with God, perfect conformity to the principles of His law." *Mount of Blessing*, p. 76 "The words, "Ye are labourers together with God," mean much. No one can make conditions with God. We are servants of the living God, and all who shall be educated in our school, are to be trained to be workers." *Fundamentals on Christian Education*, p. 463

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"If our lives are filled with holy fragrance, if we honour God by having good thoughts toward others, and doing good deeds to bless others, it matters not whether we live in a cottage or a palace. Circumstances have but little to do with the experience of the soul. It is the spirit cherished which gives colouring to all our actions. A man at peace with God and his fellow men cannot be made miserable. Envy will not be in his heart; evil surmising will find no room there; hatred cannot exist. The heart in harmony with God is lifted above the annoyances and trials of this life. But a heart where the peace of Christ is not, is unhappy, full of discontent; the person sees defects in everything, and he would bring discord into the most heavenly music. A life of selfishness is a life of evil". *Testimonies for the Church*, Volume 5, p. 488

So let us be satisfied with our situation in life and not start placing conditions on our service for the Lord. That leads to envy and evil surmising because we may look at our brother who seems to be in a more favourable position to the serve the Lord, in our eyes, and we are in danger of saying, "Lord, if I am in a situation similar to this brother, then I can serve you better." That is a very dangerous trap. The Lord may not put us in that situation because He knows that it is for our own good and we can go one of two ways. We can become bitter or we can thank the Lord for His leading in our lives and trust Him to lead us. We must accept the conditions that Jesus gives to us. It is not safe to press the Lord to grant us our conditions because He just may decide to grant us our conditions to show us how wrong we are in not trusting to Him and His conditions and the end could be disastrous. It is my wish and prayer that we would accept the Lord's conditions for us now and through much prayer and heart searching accept the life that He has chosen for us..

Amen

By Wendy Eaton





# ADMONITIONS FOR WORKERS, LAY MEMBERS AND MINISTERS REGARDING COLONIZATION

## WHAT DOES GOD REQUIRE OF HIS WORKERS?

*"All men and women who are Christians in every sense of the word should be workers in the vineyard of the Lord. They should be wide-awake, zealously laboring for the salvation of their fellow men, and should imitate the example that the Saviour of the world has given them in His life of self-denial, sacrifice, and faithful, earnest labour." Test. Vol 3, p. 202*

*"Those who think that they have a work to do for the Master should not commence their efforts among the churches; they should go out into new fields and prove their gifts.....In this exercise of their gifts they will be learning and improving, and gaining confidence, courage, and faith, and will eventually have a valuable experience." Test. Vol. 3, p. 203*

*"If young men who commence to labour in this cause would have the missionary spirit, they would give evidence that God has indeed called them to the work. But when they do not go out into new places, but are content to go from church to church, they give evidence that the burden of the work is not upon them." Ibid.*

*"The Lord God of Israel is hungry for fruit. He calls upon His workers to branch out more than they are doing. He desires them to make the world their field of labour rather than to work only for our churches." Test. V. 7, p. 268*

## ADMONITION FOR WORKERS

*"I saw that the servants of God should not go over and over the same field of labor, but should be searching out souls in new places. Those who are already established in the truth should not demand so much of their labour; for they ought to be able to stand alone and strengthen others about them, while the messengers of God visit the dark and lonely places, setting the truth before those who are not now enlightened as to the present truth". Ev. p. 104.*

*"I must do my best in bearing to our people the message that the Lord has honest souls in all our cities, and that they must be sought out. The Lord is not pleased with the showing we have made. Many cities still remain practically untouched. Those who engage in the work of warning the inhabitants of our great cities, will obtain an education in winning souls to Christ.....How shall they be converted unless they have truth set before them diligently, line upon line, precept upon precept?...The workers must not spend their time in going over and over the ground among churches that are already confirmed in the truth, while on every hand are many who have never had the truth explained to them." Ev. p. 463*

*"Instead of our ministering brethren laboring among the churches, God designs that we should spread abroad and our missionary labor be extended over as much ground as we can possibly occupy to advantage, going in every direction to raise up new companies". Test. Vol. 3, p. 210*



*"I am instructed to point our ministers to the unworked cities, and to urge them by every possible means to open the way for the presentation of the truth.....Without delay, the sowing of the seed should begin in many, many places." Gospel Workers, p.353*

*"The minister who is wholly consecrated to God refuses to engage in business that would hinder him from giving himself fully to his sacred calling. He is not striving for earthly honor or riches; his one purpose is to tell others of the Saviour, who gave Himself to bring to human beings the riches of eternal life."*

*"Ministers cannot carry the burden of the work while at the same time they are carrying the burden of....other business enterprises, having their hearts on their earthly treasure. Their spiritual discernment is dimmed. They cannot appreciate the wants of the cause of God, and therefore cannot put forth well-directed efforts to meet its emergencies and to advance its interests. The want of a full consecration to the work on the part of the minister is soon felt through the field where he labors. If his own standard is low, he will not bring others to accept a higher one." Gospel Workers, p. 339-341*

#### ADMONITION FOR LAY MEMBERS

*The lay members of our churches can accomplish a work which, as yet, they have scarcely begun". Counsels for the Church, p. 61*

*"The Lord is willing to do a great work for all who truly believe in Him. If the lay members of the church will arouse to do the work that they can do, going on a warfare at their own charges, each seeing how much he can accomplish in winning souls to Jesus, we shall see many leaving the ranks of Satan to stand under the banner of Christ. If our people will act upon the light that is given in these few words of instruction [John 15:8], we shall surely see of the salvation of God. Wonderful revivals will follow. Sinners will be converted, and many souls will be added to the church. When we bring our hearts into unity with Christ, and our lives into harmony with His work, the Spirit that fell on the disciples on the Day of Pentecost will fall on us." Counsels for the Church, p. 66*

*"As churches are established, it should be set before them that it is even from among them that men must be taken to carry the truth to others and raise new churches; therefore they must all work, and cultivate to the utmost the talents that God has given them, and be training their minds to engage in the service of their Master". Test. Vol. 3, p. 205*

*"We should ever leave upon the minds of new disciples an impression of the importance of our mission. As able men are converted to the truth, they should not require laborers to keep their flagging faith alive; but these men should be impressed with the necessity of laboring in the vineyard. As long as churches rely upon laborers from abroad to strengthen and encourage their faith, they will not become strong in themselves. They should be instructed that their strength will increase in proportion to their personal efforts. The more closely the new testament plan is followed in missionary labor, the more successful will the efforts put forth". Test. Vol. 3, p. 210*

*"Many of the members of our large churches are doing comparatively nothing. They might accomplish a good work if, instead of crowding together, they would scatter into places that have*



*not yet been entered by the truth. Trees that are planted too thickly do not flourish. They are transplanted by the gardener, that they may have room to grow and become dwarfed and sickly". Test. Vol. 8, p. 244*

*"Among professing Christians of today there is a fearful lack of the sympathy that should be felt for souls unsaved. The Saviour was an untiring worker. He did not measure His work by hours. His time, His heart, His strength, were given to labor for the benefit of humanity... The man who loves God does not measure his work by the eight-hour system. He works at all hours and is never off duty. As he has opportunity he does good. Everywhere, at all times and in all places, he finds opportunity to work for God. He carries fragrance with him wherever he goes. A wholesome atmosphere surrounds his soul. The beauty of his well-ordered life and godly conversation inspires in others faith and hope and courage. It is heart missionaries that are needed. Spasmodic efforts will do little good. We must arrest the attention. We must be deeply in earnest". Test. Vol. 9, p. 45*

#### ADMONITIONS AGAINST COLONIZATION

*"It is not the purpose of God that His people should colonize or settle together in large communities. The disciples of Christ are His representatives upon the earth, and God designs that they shall be scattered all over the country, in the towns, cities, and villages, as lights amidst the darkness of the world. They are to be missionaries for God, by their faith and works testifying to the near approach of the coming Saviour. Counsels for the Church, p. 61*

*"Let those who have lived so long in places where there are large churches of believers go out into the harvest field to sow and reap for the Master. They will forget self in the desire to save souls. They will see so much work to do, so many fellow beings to help, that they will have not time to look for faults in others. They will have no time to work on the negative side.*

*Bringing so many believers together in one place tends to encourage evil surmising and evilspeaking. Many become absorbed in looking and listening for evil. They forget what a great sin they are committing. They forget that the words they speak can never be unsaid and that by their suspicions they are sowing seeds that will spring up to bear a harvest of evil. How great this harvest is no one will know until the last great day, when every thought, word and action will be brought into judgment". Test. Vol. 8 p.83*

*"When the disciples followed their inclination to remain in large numbers in Jerusalem, persecution was permitted to come upon them, and they were scattered to all parts of the inhabited world". Test. Vol. 8, p. 215*

*"True missionary workers will not colonize. God's people are to be pilgrims and strangers on the earth. The investment of large sums of money in the building up of the work in one place is not the order of God." Ibid.*

*"The principles of present truth are to become more widespread. There are those who are reasoning from a wrong point of view. Because it is more convenient to have the work centred in one place, they are in favor of crowding everything together in one locality. Great evil is the result. Places that should be helped are left destitute.*



*"Go work today in My vineyard. Get away from the places where you are not needed. Plant the standard of truth in towns and cities that have not heard the message. Prepare the way for My coming. Those in the highways and hedges are to hear the call."*

*"Notwithstanding frequent counsels to the contrary, men continue to plan for centralization of power, for the binding of many interests under one control."*

*"He (God) warned us against binding ourselves to fulfil certain agreements that would be presented by men laboring to control the movements of their brethren" Test. Vol. 8 pp 215-217*

*"Brethren who wish to change their location, who have the glory of God in view, and feel that individual responsibility rests upon them to do others good, to benefit and save souls for whom Christ withheld not His precious life, should move where they can be of real service and bless others with their labors and experience. Missionaries are wanted to go into towns and villages and raise the standard of truth, that God may have His witnesses scattered all over the land, that the light of truth may penetrate where it has not yet reached, and the standard of truth be raised where it is not yet known. The brethren should not flock together because it is more agreeable to them, but should seek to fulfil their high calling to do others good, to be instrumental in the salvation of at least one soul. But more may be saved than one". Test. Vol. 2, p. 115*

*"God designs that His people shall be the light of the world, the salt of the earth. The plan of gathering together in large numbers to compose a large church, has contracted their influence, and narrowed down their sphere of usefulness, and is literally putting their light under a bushel.....The plan of colonizing..and concentrating the influence of many in one locality, is removing the light from places where God would have it shine". Test. Vol. 2, p. 633*

## The Cyberspace Ministry

I am very happy to announce that the first official web site of the IMS has been completed. However, I need the list of churches and addresses, so that visitors will be able to find us. Contact me through e-mail or brother Timo Martin with the address of your church. Thanks in advance.

The web site is located at

<http://www.geocities.com/HotSprings/Spa/1270/church.html> . It includes links to all the web sites that I had made in the past (Free Bible Course and Reformation Study Course). Please, if you have access to the Internet, visit the web site and e-mail me with your ideas, comments and criticism (reasonable criticism always enhances my work...). If there are any messages that you would like me to post on the web site (example: reasons why you joined the church...), then I would be very happy to post them, just contact me through e-mail. My e-mail address is [mistik@globalserve.net](mailto:mistik@globalserve.net) or [sdarm@geocities.com](mailto:sdarm@geocities.com) . Also, if you have computer related problems, I might be able to help you. And most importantly, please pray for this Internet ministry. It can't be fully functional unless it is supported by your prayers. Maranatha, Radek Dobias, Toronto, Canada



# FLYING ROLL

"Then I turned and lifted up mine eyes, and looked, and behold a flying roll." Zech. 5:1.

Zechariah was born in Babylon and 16 years after the return from captivity he started his ministry. The work of the building of the temple had come to a stop. It was a time of great uncertainty and anxiety. Zechariah's work was to bring encouragement to the people. And, as a result, the building work was started again and soon completed. Yet, some of his prophecies were not fulfilled in that time because the conditions were not fulfilled by the people.

His message was, "And this shall come to pass, if ye will diligently obey the voice of the Lord your God." Zech. 6:15. Yet, all the prophecies will be fulfilled at later times, even in our days.

In his sixth vision he saw a flying roll which showed a curse upon those who refused to obey God. Sister White writes about it in the following way: "The Spirit who asked Zechariah, 'What seest thou', to which he answered, 'I see a flying roll', also caused an angel to fly in the midst of heaven, 'having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, Fear God, and give glory to Him (let no glory be given to erring, sinful men); for the hour of His judgment is come.' Many indeed will not understand, but will stumble at the words contained in the roll." SPT BO 7, p. 60.

While there is a great blessing and salvation to those who accept the warning message of God and obey it, at the same time there is a curse pronounced upon those who reject it, or neglect to obey it.

In his earlier visions Zechariah spoke about the change of raiment given to the High Priest, Joshua, and the Spirit of God offered to Zerubabel. Now a curse was pronounced upon them that did not heed these messages.

The third angel's message brings a terrible denunciation upon those who worship the beast and his image. Zechariah 5:4 shows the extent of this message. It reaches the evildoers and brings condemnation upon them. Jesus said, "And the gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." Matt. 24:14.

The True Witness also brings a terrible condemnation upon the Laodicean church who has been sleeping in a false security while lacking every essential qualification for salvation. After receiving the knowledge of the truth, their sin becomes unpardonable if they refuse to obey it. "For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins." Heb. 10:26. Everyone will receive the harvest according to the seed they have sown.

The seventh vision of Zechariah begins from verse five (of Zechariah 5) and shows the removal of the iniquity from the land. The woman signifies the church which in this vision was not free but held in the ephah with heavy weights of lead covering the mouth thereof. This apostate woman was not the only one but it was said, "This is their resemblance through all the earth." Zech. 5:6.

In Early Writings, p.88 we read, "Saith the angel, 'They are binding in bundles ready to burn.'" Yet



there will be a little remnant who will escape the snare. "Our soul is escaped as a bird out of the snare of the fowlers: the snare is broken, and we are escaped." Ps. 124:7.

Two women came out and "wind was in their wings". The winds symbolize war in prophesy. The war brought a great test to the church in 1914 and as a result the faithful ones were separated and the unfaithful ones ended up in Babylon. The spiritual Babylon today is made of churches which teach truth and error combined; by so doing creating another Babylon.

The prophet Zechariah asks a question, "Whither do these bear the ephah? The answer is, "To build it an house in the land of Shinar; and it shall be established, and set there upon her own base." Zech. 5:10-11. Daniel 1:2 tells us that the land of Shinar is in Babylon. Daniel 7:21 tells us it shall be established, it shall prevail. It was set there upon her own base, and not upon the solid foundation of Jesus Christ as we read in I Cor. 3:11. "For other foundation can no man lay than that is laid, which is Jesus Christ."

Dear friend, we have a choice: to accept the warning message of the flying roll, the three angel's messages or be condemned by it and carried away to Babylon. The true church of God will be shaken up again and everyone who has not obtained "the victory over every besetment, over pride, selfishness, love of the world, and over every wrong word and action" (EW 71) will be carried to Babylon, to confusion. Then the remnant church of God will be, "a glorious church, not having spot or wrinkle or any such thing; but that it should be holy and without blemish". Eph. 5:27.

May the Lord help that the blessing instead of curse will come upon us as we read the words of these warning messages.

AMEN

Timo Martin



**African Delegates to the General Conference**





# 1997 WORLD ASSEMBLY - HOLLAND

## AUGUST 6 - 9

For the 16<sup>th</sup> time our church held a World Assembly. This time, Martinikerk, Doesburg, Holland was chosen for the meeting place. The old building, dating back to the fifteenth century, with 20 metre high ceilings reminded us of the struggles that this church went through in those times. The motto of the conference was: "LOOKING UNTO JESUS" Heb. 12:2.

From many countries and from every continent our people gathered together with great expectations for a spiritual blessing, and with the anticipation that this may be our last World Assembly.

### Wednesday August 7:

Br. Andrade opened the conference and spoke of the three manifestations of God. The first one was at Sinai, the second at the temple He cleansed twice, and the third at Pentecost when the Holy Spirit was poured out upon the early church. Today we are also waiting for the manifestation of God in the latter rain.

Br. Stephen Odhiambo from Kenya continued with a message entitled, "Christ our Refuge." God provided cities of refuge in the time of Ancient Israel. They were cities where a person who had committed man slaughter could escape and be protected from the avengers. We also have a city of refuge where a guilty sinner can escape and be safe from the avenger. Our City of Refuge is Jesus Christ. With Him we are safe.

Our health meeting was held by Br. Hugo Arturo Lopez from Columbia. His presentation was entitled, "Health Reformer at the Turn of the Century." One of the major killers in our world is heart disease. This is caused, to a great extent, by too rich a diet. To eat more than the body needs is actually harmful to the health. Another problem in diet is monotony. We need a variety of foods to enjoy our eating. The digestive system does not function well if we do not enjoy the food, or if we are stressed out, sad or upset while we are eating. We have a wonderful health message and it is our duty to proclaim it to others.

At this time the newly elected officers of the General Conference were present to the congregation. A special appeal for prayer was made for them that they may fulfill their duties faithfully.

After dinner Br. Joel Barnedo spoke on the topic, "True Shepherds". His speech was based on Psalm 23. "The Lord is my Shepherd." He spoke of his own experiences. Once he was led by another shepherd - Satan. At that time he was lacking all the good things. He had no peace in his heart nor happiness until he finally came to know the good Shepherd, Jesus Christ. Then his life was changed completely. He retold the story of a six year old child who asked his mother why her hands were so rough, while the other mothers have smooth hands. She told her son a story of a time when he was a small baby and alone in a burning house. She ran inside to save him from the fire and in doing so her hands got burned and therefore they are full of scars. The hands of Jesus are also full of scars from the wounds which He received while saving us. Brother Barnedo spoke of his commitment to follow in his father's footsteps (who also was a minister of the gospel) and to lead people to the Good Shepherd.



## Thursday August 8:

The first speaker was Br. Branko Cholich. His topic was a question, "Why has the Latter Rain not Fallen?" The Lord is waiting to pour out the Latter Rain upon us but we must be ready to receive it. He spoke of the necessary preparation that must be done before it will fall. The church must be united and working for the saving of souls and then it will come upon us and will not be delayed any more.

Br. Pedro Ruiz from Guatemala then spoke on the topic, "Where are You?" God is seeking His lost children. He came to the Garden of Eden looking for Adam who tried to hide himself from the Lord. He is today seeking you and me and when he finds us there is joy in heaven among the angels.

After several musical pieces Br. Adam Mwanbene from Tanzania spoke on the topic, "The Threat of the Lion." In the jungle there is danger of lions to the traveller. Also Satan as a roaring lion is trying to attack and destroy us. We must be watching constantly for him lest we become his victims.

Lunch was served and then Br. Prospero Carhuatanta from Peru spoke about, "Righteousness by Faith in Connection with the Sanctuary and the Hour of Judgement." Our justification is done by the blood of Christ. Without blood there is no atonement for sins. Cain brought an offering which was not accepted because blood was not in it. Abel's offering was accepted and it was counted to him for righteousness. After justification our sanctification will begin.

Br. Idel Suarez presented a topic entitled, "Looking to Jesus." Where can we find Jesus? Many have been looking for Jesus. Some have found Him, others have not. The Wise Men from the East were looking for Him. Jesus' Parents were looking for Him for three days. The disciples were seeking Him and we read that some men from Greece were trying to find him. We can find Jesus at the cross. That is the place where joy and peace can fill our hearts. God is also looking for Jesus, in us, and also the world expects to see Jesus in us.

In the evening we were delighted with an organ concert.

## Friday August 9

Friday morning we began with the study of, "Fulfilment of Prophecy in the Ecumenical Movement" by Br. Norbert Gutknecht. The unity movements among the various churches are steadily progressing. There is the expectation that the year 2,000 will bring the Protestant and the Catholic churches into harmony and the result will be persecution of those who do not conform to their teachings, especially to Sunday observance. It has been said that, at that time, much blood will be shed and that some nations will be completely destroyed.

Br. Manuel Bances Mio from Peru presented a topic entitled, "A Voice in the Wilderness." Our work today is similar to the work of John the Baptist. He prepared the way for the Lord's first coming and we are to prepare the way for His second coming. Isaiah 40:4 describes this work. "Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain." We are to humble ourselves and become low like a valley and in due time the Lord will exalt us. This work requires a reformation in our personal lives. He also made an appeal that no photographs shall be taken on Sabbath.

In the evening the youth choir presented a cantata, "Declare His Glory." A 45 member choir led by youth leader, Br. Larry Watts delighted us with eight beautiful hymns which were based on Psalm 19.

The Sabbath opening service was brought to us by Br. Henry Dering from USA with a topic entitled, "Jesus Christ, the Way the Truth and the Life." All the churches claim that they have a way to heaven, yet only one church has the correct way. This way is narrow, leading upwards. He is also the truth which does not change.



Everything else in this world is constantly changing. Even the teachings of the fallen churches. Br. Dering then related a story about a man whose small airplane fell in to the sea near Bahamas and for 10 hours he was in the shark infested waters until help came to him. His life was saved but yet how much better it is to save us into eternal life. Jesus has promised to save us if we only go to Him.

### **Sabbath August 10**

After the Sabbath School Br. Antonino DiFranca held the Divine Service. He spoke on the topic, "Christ in Us." Jesus in us is our only safety. A stone on the water will sink, but if it is placed on a boat it will float and not sink. This boat to us is Jesus Christ. The difference between one with Christ and one without Christ is the same as one living and the other dead. There is true happiness only where Christ is.

After lunch the children presented a program with their happy songs.

Br. Gerhard Hunger then spoke about, "The Last Church in the Light of the Sanctuary." Every part, even the smallest details, in the sanctuary built by Moses had a significance which pointed to the New Testament Era. The sanctuary had four coverings with different colours and made from different materials. These coverings represented different characteristics of Christ. The alter of sacrifice pointed to the death of Christ. The Laver was a symbol of baptism. The pot of manna inside the ark represented the health reform. We all should study the sanctuary and learn the spiritual lessons in regard to it.

Br. Daniel Ortiz and Jose Vincente Giner conducted a meeting of experiences and reports from various mission fields around the world. Our church has grown to 20,070 members, which is an increase of 3,000 since the last World Assembly in Ecuador. We have 923 churches around the world and 1037 paid workers in 84 different countries. There is a great need of means in the countries where the work is new and a special appeal was made to each member to do their part in helping this great work to go forward.

The last message in our conference was given by Br. Siegmund Gutknecht. His topic was, "The Last Call." There will be a last call to each one and then there will be silence. After that the salvation is forever too late to them who did not respond to it. We are the ones to make this last call to the world.

Special songs, music, and poems were presented in every meeting.

With the hymn, "God Be With You Till We Meet Again" and a benediction our conference was closed. AMEN



**SOME OF THE 84 DELEGATES FOR THE GENERAL CONFERENCE**



# NEW OFFICERS OF THE GENERAL CONFERENCE

**President:** Br. Antonino DiFranca  
**First Vice President:** Br. Branco Cholich  
**Second Vice President:** Br. Manuel Bances Mio  
**Secretary:** Br. Gabriel Cabrera  
**Treasurer:** Br. Rudi Guldemeester  
**Health Leader:** Br. Hugo Arturo Lopez O  
**Leader of Publishing:** Sr. Barbara Watts  
**Leader of Ministerial Department:** Br. Siegmund Gutknecht  
**Leader of Evangelization Department:** Br. Gerhard Hunger  
**Youth Leader:** Br. Larry Watts  
**Leader of the Colporteur work:** Br. Joel Barnedo  
**Education Leader:** Sr. Raquel Orce

**Leader of the Good Samaritan Dept.:**  
Sr. Santina Mascera  
**Representative of Central America & Mexico**  
Br. Pablo Rodrigues

**Financial Committee:** Rudi Guldemeester,  
Norbert Gutknecht, Hans Recker

## 13 Members of the Committee:

Antonino DiFranca  
Gabriel Cabrera  
Rudi Guldemeester  
Branco Cholich  
Manuel Bances  
Siegmund Gutknecht  
Raquel Orce  
Hugo Lopez  
Pablo Rodrigues  
Joel Barnedo  
Mani Dazappa  
Prudent Katide  
Gerhard Hunger

## Executive Committee:

Antonino DiFranca  
Branco Cholich  
Manuel Bances  
Rudi Guldemeester  
Gabriel Cabrera  
Siegmund Gutknecht  
Hugo Lopez



SOME OF THE 84 DELEGATES FOR THE GENERAL CONFERENCE



# World

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# *August,*



# Assembly



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## ARE YOUR BURDENS AS HEAVY AS THESE?

Quite recently, I received a letter from a friend of mine (he is actually more of my dad's friend) in which he relates his problems, burdens and struggles. I translated portions of it and I would like to share it with you.

Many times we believe that we have burdens that are hard to bear. Often we ask the Lord: "Why me? Why do I have to go through this?" Or with Peter we cry in dissatisfaction: "Lord, what about him?" Humans have a tendency (I know I do...) To see others as being treated better than themselves. This article was written to show, that many times our burdens are relatively easy compared to the burdens of others. I hope Miroslav's letter will be an eye opener.

Let me give you some background about Miroslav first. He is about 30 years of age and was born in Czechoslovakia. His family are Roman Catholics. When he was about 20 years old, he visited the United States and Germany and unfortunately became involved with some bad people. Soon, he became a drug addict. Drugs ruined his mind, life and body. When he came back to Czechoslovakia, he tried to get rid of his addiction, but while in the hospital, he jumped off a three storey building. Results? Doctors told him: "You will never walk again." He was in his twenties at that time. However, God had hope for him as He has for every struggling child of His. Today, he walks and runs and attends services of a Sabbath-keeping church. Now here is a portion of his letter.

"They operated my spine three different times. The third operation was the most serious one. Parts of my spine were infected and they started to rot. So I went to the hospital, and they told me that drugs can't stop it, so I will have to have an operation. My own mother started to prepare for my funeral, because no one knew that I would survive this difficult operation. But thanks to God's mercy that was give to me, I survived and the Lord gave me chance so that I could praise His name in the future. Thank you Lord for Your Mercy!

"At that time, my faith was centred in Jesus Christ and I believed that I would survive. And it happened according to my faith. Just before the operation, I saw that the doctor was praying to God, and that gave me greater assurance, that I would see the light of day again... When I woke up again in the hospital room, I was so happy that I was alive and that the Lord Jesus had mercy on me, because in my life I did a lot of sins. I'm still struggling with sin in my life, and I ask Jesus that He would send and strengthen me with God's Spirit so that I would not return to sin but rather conquer sin through Jesus Christ our dear Saviour. Let God's holy name be praised...

"After the operation, they gave me lots of drugs. My arms were all green and blue from needles. I was really hungry and I ate a lot. I had a lot of time to think. As I was thinking, many times I cried all days and nights because of all that I did in the past, all of my sins. I also cried because of Jesus, what He had to suffer because of me on the cross, how horrible it must have been for Him. But he took it upon himself in order to fulfill the plan of salvation. Thank you Lord!!

"I also cried a lot because of my father and how he died. His conscience tortured him to death, because of the things he did in the past. ... After they let me out, I needed a cane to walk and other aids. Now I don't need anything, I can even do squats and I can even run a little bit. I had two bicycles, but someone stole the first one and I sold the second one. Recently, I bought a new one and when weather permits, I go for a ride. It helps me a lot.

"But sometimes I get horrible pain in my legs. The pain is so unbearable that I can't walk or even stand and I



fall to the ground. It happened to me once at a bus station. I went down and was screaming at the top of my lungs with pain, crying out for help. I was begging people to put me on a bus to the hospital, but all of them just passed by, and a few of them had a good laugh when they saw my suffering. The pain was unbearable. I started to crawl through the intersection and as I was crawling among the walking people the police came. They took me in the car, but instead of taking me to the hospital, they drove to the country, and threw me there on the ground and left me. Then two soldiers passed by. I asked them for help. Instead of helping me, they dragged me under a bridge, started to kick me, and then ran away. Finally, I managed to stop a car, and got a ride home. But my mother didn't open the door so I remained on the street crying for help...

"Another time I got this pain and my mother refused to let me in the apartment. I was screaming outside all night, until the police came. Then mother let me in. But the pain stopped meanwhile so I thought that I would get a bath to relax a bit. But my mother insisted that I go with the police. They dragged me naked out of the bathroom and beat me...

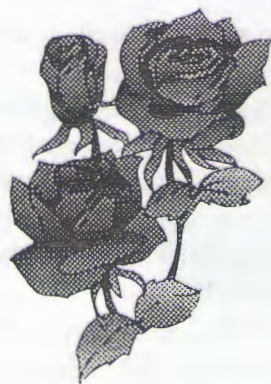
"Now I live in my friend's house. So far so good, we are both happy, and we both ask the Lord Jesus that it will stay that way...

"I really don't want to get into this, but to live with my mother is impossible. She hates everything, is always angry, dissatisfied and curses all the time. She hates when I pray and she doesn't want to be my witness so that I could get out of the Catholic Church. I went to the priest and he told me that I need a witness from the family, if I want to leave the Catholic Church. Nobody from my family wants to help me to get out of the Catholic Church. Mother said that it would be a great sin for her."

These are just a few samples from Miroslav's letter. I hope you see how difficult his life is, compared to our own. Please, remember him in your prayers. I would be very happy if you could find time and send him a postcard with some encouraging words. His address is:

Miroslav Minich  
Skolska 15/17  
972 17 Kanianka  
Slovak Republic

Thank you  
Radek Dobias.



**SOME OF THE 84 DELEGATES FOR THE GENERAL CONFERENCE**



## MIRACLES DON'T NECESSARILY BUILD FAITH

Faith is the greatest motivational force in life - even agnostics have had to bow before this humble truth. Faith is so strong it could move mountains; yet its strength cannot be weighed in the balance. Faith is a subject that goes deeper than the deepest sea, but even those who have experienced it could not give us its exact dimensions.

When we falter and begin to have skeptical thoughts, then it is that faith draws a bridge across the quicksands of doubt and suddenly those doubts turn into steadfast faith. Such was the faith of Abraham. It stopped at no difficulties and was not altered or lessened by any human appearances. First of all, it carried him, against all consideration of personal happiness, from his beautiful home into a land that he knew not. Later on, this same faith led him to accept the promise of God that his posterity would be as innumerable as the stars of heaven, although his body was old enough to refute such a promise. This same faith compelled him to obey and offer his cherished son in sacrifice, even though nature, reason and life itself cried out against this act. He accounted "That God was very able to raise him up even from the dead."

Seeing is believing. That is the view of many. Some say that they would believe in God if He were to reveal Himself in some miraculous way. Perhaps that is so, but would such belief lead to genuine faith?

Consider the Israelites: Korah, Dathan and Abiram. The Bible shows that they were eye witnesses of the awe-inspiring miracles from God. The 10 plagues upon Egypt, the escape of the nation of Israel through the Red Sea, and the annihilation of the Egyptian Pharaoh and His military force. (Please see Exodus 7:19 to 11:10; Exodus 12:29-32 and Psalm 136:15) Korah, Dathan and Abiram also heard the Lord speak from heaven at Mount Sinai. (Deuteronomy 4:11-12) Yet not long after these miracles occurred, the three men instigated a rebellion against God and His appointed servants. (Numbers 16:1-35 and Psalm 106:16-18)

About forty years later, a prophet named Balaam also witnessed a miracle. Even angelic intervention did not deter him from siding with God's enemies, the Moabites. That miracle notwithstanding, Balaam went ahead and took a stand against God and His people. (Numbers 22:1-35 and 2 Peter 2:15-16)

Balaam's lack of faith, however, pales alongside that of Judas Iscariot. Despite having been a close companion of Jesus and an eye witness to an extraordinary array of miracles, Judas betrayed Christ for 30 pieces of silver. (Matthew 26:14-16, 47-50; 27:3-5)

The Jewish religionists were aware of Jesus many miracles. After He resurrected Lazarus, they even admitted: "This man does many miracles". But did the sight of the now-living Lazarus soften their hearts and give them faith? No, indeed: instead, they schemed to kill both Jesus and Lazarus! (John 11:47-53; 12:10)

Even direct intervention by God failed to produce faith in those wicked men. While Jesus was in the temple precincts on one occasion, He prayed aloud. "Father, glorify your name." The Father replied in a voice out of heaven, "I both glorified it and will glorify it again." Yet, this miraculous event did not produce faith in the hearts of those present. Says the Bible: "But though he had done so many miracles before them, yet they believed not on him." (John 12:28-30,37 Compare Eph. 3:17) How can such lack of faith exist in the face of miracles? Rejection of Jesus by the Jewish and religious leaders seems especially puzzling when you consider that at the very time that He began His ministry, the Jews as a whole were "In expectation" of "the Christ" or the Messiah. (Luke 3:15)

However, the problem lay in what those expectations were. One Bible scholar is quoted as saying that the Jews were obsessed with the idea of a Messiah who would give them "temporal triumph" and "material greatness." Hence, they were not prepared for the humble non-political Jesus of Nazareth, who appeared in their midst as the true Messiah in 27 A.D.. The religious leaders also feared that Jesus' teachings would upset the existing state of affairs and jeopardize their prominent positions. (John 11:48). Their pre-conceived ideas and selfishness blinded them to the meaning of Jesus' miracles.

Jewish religious leaders and others later rejected the miraculous proof that Jesus' followers enjoyed divine favour. For example, when his apostles healed a man lame from birth, irate members of the Jewish Sanhedrin asked, "what shall we do with these men? Because, for a fact, a notable miracle has been done by them, one manifest to all the inhabitants of Jerusalem and we cannot deny it. But that it spread no further among the people, let us straitly



threaten them... not to speak at all nor teach in the name of Jesus." (Acts 3:1-8; 4:13-18) Clearly, this wonderful miracle had not built or produced faith in the hearts of those men.

Ambition, pride, and greed are factors that have moved many to shut the doors of their hearts. This appears to have been the case with Korah, Dathan, and Abiram, mentioned at the outset. Jealously, fear, and a host of other hurtful attitudes have hindered others. We're reminded, too, of the disobedient angels, the demons, who once had the privilege of looking on the very face of God. (Matthew 18:10) They do not doubt the existence of God. Indeed, "the demons believe and tremble" James 2:19. Yet, they have no faith in God.

Faith is more than mere belief. It is also more than a momentary emotional reaction to some miracle. "Faith is the substance of things hoped for, the evidence of things not seen." Hebrews 11:1 An individual having faith is convinced in his heart that everything God promises is as good as fulfilled. More over, the undeniable proof of unseen realities is so powerful that faith itself is said to be equivalent to that evidence. Yes, faith is based on evidence. And in times past, miracles played a role in the development of faith or the building of it.

More than belief in God's existence is needed. Paul urged, "And be not conformed to this world: but be ye transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Romans 12:2. This can be done by diligently studying the Scriptures with the aid of Christian publications, such as E.G. White's writings. Those who have discerned God's will and are doing it in faith are giving God acceptable service. Romans 12:1. Christ never used the power of working a miracle for creating a sensation, but to fix the eyes of the people on the goodness and mercy of God. So, when we ask the Lord for a miracle to be done, we must ask with right motive. James 4:1-3. Is it not the greatest miracle that Christ can do to change our sinful minds and characters to be like His mind of peace? Romans 8:5-8.

The apostle Thomas had difficulty exercising faith in Jesus' resurrection from the dead. "Unless I see in His hands the print of the nails and stick my finger into His side, I will certainly not believe," Thomas declared. When Jesus later revealed Himself to Thomas and Thomas responded favourably to this miracle, Jesus said, "Happy are those who do not see and yet believe." John 20:25-29

Today thousands of Reformers are walking by faith, not by sight." 2 Cor. 5:7. Although they did not see the miracles recorded in the Bible they firmly believe that these occurred. The Reformers exercise faith in God and His word with the help of His Spirit; they are very able to understand the Bible's teachings and its predominant theme. (Matthew 6:9,10 and 2 Tim. 3:16-17) With great benefit to themselves, these genuine Christians apply the Bible's wise counsel in life. (Psalm 119:105 and Isaiah 48: 17,18) They accept the irrefutable proof that Bible prophecies mark our time as "The last days" and they have faith that Christ's Second Coming is very near at hand. (2 Tim 3:1-5; Matt. 24:3-14; 2 Pet. 3:13) For them it is a joy to share the knowledge of God with others. (Proverbs 2:1-5) They know that it is only through a study of the Scriptures that those seeking God can truly find Him. (Acts 17:26-27) The scriptures urge - "Seek ye the Lord while He may be found, call ye upon Him while He is near:" Isaiah 55:6.

Like Abraham's faith is the pattern for Christian resignation to God's will and guidance. We are to obey God when He requires sacrifice as well as when His commands are a delight. If we cannot praise Him in calamity as well as in prosperity, we are as far from Christian piety as the one who loves only those that love him.

Abraham's faith was not something that he worked up through his emotions. His faith was something deeply intertwined with his everyday life. It was no more than you and I can have if we fully believe and have faith that God is able - able to bring good out of apparent tragedy and raise us up from our sorry plights to a higher plain of Christian piety and revelation. "Call ye upon Him while He is near." Isa. 55:6. Yes, we can do this, not by awaiting a modern day miracle from God, but by gaining true knowledge of His word; which is a thing of not only intellect but our experience in having our characters transformed by His grace. This is a necessity, for miracles alone do not necessarily build faith. Amen.

Xavior Chelliah





# Current Scene

## A Natural Cure for Depression

As was reported on a recent 20/20 program, the manufacturers of the drug, Prozac may just be out of business soon, because it is not the best thing for depression. Instead, as the Doctor, Medical Reporter and Nurse said, the best thing for depression is the herb, St. John's Wort. Something that God has provided in nature has again proved to be the best solution, and of course, it has no side-effects as drugs do. This highly beneficial herb, in oil form can also be used externally to heal wounds, and to relieve the pain of neuralgia and sciatica. It provides soothing relief from the pain of sunburn and other burns, and may be used liberally as a massage oil for muscular pain.

St. John's Wort oil also has many other internal uses. For many people the most noticeable benefit is a feeling of increased well-being, and reduced feelings of anxiety and depression. This is thought to be due to the fact that its active ingredient, hypericin, inhibits an enzyme which breaks down neurotransmitters in the brain. When St. John's Wort was taken to reduce the symptoms of Bell's Palsy (in a dosage of two capsules three times daily) there was relief from insomnia after only two days, and a considerable improvement in other symptoms after three weeks. The course of treatment for depression may take two to three weeks in order for the level of hypericin to reach adequate levels. In some cases the course of treatment may have to be repeated, depending on the severity of the condition.

"...And the leaves of the tree were for the healing of the nations..there shall be no more curse...They shall see His face...and His name shall be in their foreheads. And there shall be no night there:...they need no candle, neither light of the sun; for the Lord God giveth them light..." Rev. 22:2,3,4,5

## "Ask your Veterinarian to Protect Your Pet with an Avid Microchip"?

Now with a simple injection, a microchip can be implanted into your pet whereby it can be tracked through satellite technology world-wide. Through a 1-800 number you can ask for updates of where your pet is and have him tracked down as necessary. We know that it will take a miracle of the Lord for God's people to flee into the wilderness in the time of trouble and not be found through all of the infrared and other satellite-tracking technologies that are in place today.

Since 1994, we have the possibility of a cash-less society in Canada through bank card technology. If, in the time of trouble, God's people do not have a bank card,(or whatever scheme they are using to keep the righteous from buying and selling) then you will not be able to obtain food, clothing and shelter for your family. Rather than scare tactics, as the fallen churches use to intimidate people into believing, we can see "the handwriting on the wall" of the mark of the beast when these material things are in place to fulfill Bible prophecy. Of course, what has always been and will always be the most important aspect, is the fact that the Sabbath of the Lord has been trampled under foot of men, and that His law will yet be vindicated by those who "loved not their lives even unto death." Rev. 12:11 May the Lord help us to prove faithful to Him who made blind eyes to see, and understand that He can make seeing eyes blind.

## How To Raise Your Child's IQ

As was reported in a recent "Wellness Today Newsletter", the quickest and easiest way to raise your child's IQ is to play nice classical music like Bach, Beethoven or Mozart for him. According to recent research, once this type of music was played, elementary school-age children scored around 10% better on their IQ tests than when no music at all was played or the wrong kind of music was played. The next easiest way is to enroll him in



music lessons. The mixture of physical and intellectual action seems to be best suited for rapid increase in Intelligence Quotient. "...Instead, be filled with the Spirit. Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." Ephesians 5:16-20, NIV. The message and harmony of godly music is very soothing and helpful for children's spirits and minds, just as the Bible says.

## "Desire for order can make people vulnerable to cults, experts claim"

"Rancho Santa Fe--They were computer whizzes. They lived well, in a \$1.3 million mansion, and ran a thriving business that allowed them to pursue their own chosen, if bizarre, lifestyle.

"So how could 39 intelligent, seemingly rational people kill themselves, and in such an irrational, strange and desperate act as planned mass suicide?

"Psychologists and other experts say the answers are really fairly simple: People who are most vulnerable to cults are searchers, often intellectuals hunting for meaning in life in a stressful, chaotic world. They are looking for an orderly belief system that offers a modicum of control over life's uncertainties. And as members of a group, they become capable of committing acts that they couldn't imagine doing alone.

"Hugo Zee, a psychiatrist at the Emory University School of Medicine, said studies have shown that most cult members are on a desperate quest for meaning but that only one-third of them are 'psychologically distressed.'

"That minority tends to be 'somewhat unstable, confused about their identity, and oftentimes rather impulsive and prone to blame other people for any problems,' he said.

'But the fact that 90 percent of Americans profess belief in God suggests that most people need belief systems that offer structure and control in the form of rituals and prayers they hope will be answered', Zee said.

"What often drives an entire group to suicide, as it did in Guyana in 1978, are isolation and alienation from society. That can leave a person vulnerable to brainwashing techniques used by cult leaders that can sway even perfectly sane, totally rational individuals, he said.

'Two-thirds of these were probably average people,' he said. 'They can come under the sway of an ideology, particularly if that ideology is reinforced and it is made extremely difficult to get other points of view. These cults will minimize your contacts with the rest of the world, and information is funneled through the organization itself, so people begin to lose some of their moorings after awhile.'

"Many experts believe that bizarre acts such as mass suicide will increase as the new millennium draws nigh.

'Millennium madness' explains why many books on faith healing, near-death experiences and mysticism have hit best-seller lists in the past few years, said Gerald Celente, a longtime pollster and author of the new book *Trends 2000*. *Vancouver Sun, Mar. 29, 1997*

The only lasting order is founded upon the eternal truths of God's word. The Bible is also the only safeguard against deception. It is only the truth that has nothing to fear. These 39 that died in hopes of meeting "their spaceship", had not submitted their quest for truth to the evidence of God's word. That which deceived them was only the "Star Trek mentality" of looking for salvation through technology. How much more will Satan's lying signs and wonders mislead people, once he is allowed to unleash them? Once the supernatural power of Satan is unleashed upon planet earth there will be many crying, "Lo here", or "Lo there-Christ has come" but God's people will have to follow a firm, "Thus saith the Lord: be not dismayed at the signs of heaven; for the heathen are dismayed at them." Jeremiah 10:2. Yes, there may be many on every side that will be deceived by this lying sign or wonder of Satan, but God's people must stand unmoved, and clear-eyed when it comes to truth, righteousness and the fulfillment of prophecy. Only if we have an individual experience with Him Who is the way, the truth and the life will we be kept from deception.

Jerry Eaton, Vancouver, B.C.





# ***PROGRESS of the HEALTH WORK***

Whether it's cooking or lecturing, the members of the Health Department throughout the Canadian-Caribbean Union, dedicate themselves to the pursuit of excellence and professionalism. The growing mailing list, the seasoned visitors to events, and the positive feedback all attest to this fact," says Rose Powell, Union Health Leader.

On speaking to most of the local health leaders, she says all have one object to keep before the minds of the people, THE HEALTH REFORM. This is very much in line with the statement by Ellen White, "The only hope of better things is the education of the people in right principles...teach the people that restorative power is not in drugs, but in nature."

I am very happy to report that over the past year we have had many experiences in the different types of outreach programs. Below are some highlights.

## **TORONTO**

One of the most enjoyable and rewarding events of the year was the Health Show. The preparation was as exciting as was the show itself and there was a true sense of togetherness and commitment amongst the organizers and participants. The day started with two brothers going to the field and bringing back loads of fresh colorful vegetables to be a part of the day's exhibition. In the meantime, the sisters finished off tasty vegetarian dishes. What was unique about this show was that the people were able to freely move from table to table. Each table was being manned by knowledgeable health personnel. The program took on a professional look with each person wearing our official shirt with the logo "Road To Health." Amongst the many things on the tables included were herbs, sprouts, along with demonstrations how to prepare them. There were juice preparations, deliciously cooked vegetarian foods, grains, fresh vegetables, a massage area, and much, much more, intercepted by informative health talks including a quick cooking demonstration, and a speaker who spoke about how he believes he overcame cancer through a natural diet. Another important feature was a video presentation on raw foods and their healing properties. More than 50 persons were in attendance.

Sister Gloria Ferguson, one of our Toronto health leaders, gave an informative cooking demonstration and health lecture within her community. She reported that approximately 26 persons attended the session and another invitation was extended to her to have another class.

Brother Abel Conde gave a report how he had administered a natural remedy to a very ill individual. This individual later gave a beautiful testimony of how he was greatly helped.

A program that had a far reaching effect on the members was a video presentation on raw foods, followed by a program outlining the effects of free radicals on the body's system. "Free radicals", Rose Powell stated in her presentation, "are unstable and reactive molecules which run around freely in our system. If these free radicals are uncontrolled they can damage the cell wall and open a way for many diseases, including cancer. They usually come from three sources; 1) Our bodies (it is interesting to note that our own bodies form free radicals every day); 2) the environment (e.g. air pollution, radiation and pesticides); and 3) other free radicals. Fortunately, researchers have found two lines of defense; the first uses enzymes made in the body as it utilizes raw foods; and the second is a set of antioxidant rich vitamins such as A, C, E and the mineral Selenium. These build the immune system and the natural defense against diseases."



## HAMILTON

The Hamilton group has also demonstrated a commitment in bringing the health message to its community. Regularly, every year they have two cooking classes, one in the spring and one in the fall. A report of the spring class was published in a previous issue of this magazine. When asked about recent work, Sister Pederson reports the following; "We have had guest speakers as well as members like Brother Karl Chernuska. Topics on free radicals, healing herbs, juices, and many other valuable and informative subjects were presented. We have also used instructive video tapes. While demonstrations were being done, we spoke about the nutrients benefits contained in the foods we were preparing."

## VANCOUVER

While this group has had much success in their cooking class outreach ( a report has been published in a previous issue of this magazine), their literary work truly made tremendous impact on the Union. Sister Wendy Eaton's vegetarian cookbook compilation "Vegetarian Cooking, A World of Difference", is now being marketed in many bookstores in Canada and requests are coming in from many other places. They had indicated in their past report that "since there is less gospel interest here than in most other places in Canada we use much health literature in the house-to-house mission work. For the last several years we have written, compiled and edited a Health Correspondence Course that is now going out in photocopy form. We hope that the whole Course will soon be ready to go out like 'leaves of autumn in published form'."

## JAMAICA

Visitors who have come back from Jamaica have commented on the freshness of the environment, the slow pace of the people, the wonderful sandy beaches and the breath-taking mountain range. These factors are all conducive in promoting the health message and makes Jamaica a natural haven for health. Br. Moody, leader of the Health Work there tells us that, "we are now presenting cooking classes and health lectures. Information on healthful living are shared among the general membership from one week to another. Each time someone discovers something new by reading our periodicals or by practice we share it accordingly. We hope to start cooking classes again as soon as the physical security of our church buildings are improved."

## SANTO DOMINGO

While we have not had a formal report from this part of our Union, Br. Timo Martin who frequently receives word from the various countries indicated that the health message, especially in Santa Domingo, is developing steadily. He specifically pointed out that the restaurant and health consultation work has had positive results.

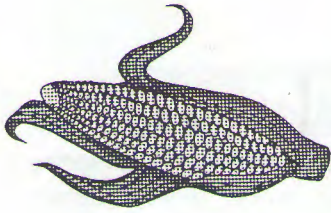
We give praise and glory to God for the health message and for using us as instruments in the expansion of this very important work as "the sick are to be restored through the cooperation of the human and divine." (H/H 65)

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"I saw the nominal church and nominal Adventist, like Judas, would betray us to the Catholics to obtain their influence to come against the truth. The saints then will be obscure people, little known to the Catholics; but the churches and nominal Adventists who know of our faith and customs ( for they hated us on account of the Sabbath, for they could not refute it ) will betray the saints and report them to the Catholics." Ellen White.

Dorchester, Maine,  
Ont.23, 1850





## WHOLE GRAINS

Whole grains (often referred to simply as "grains") are grasses with edible seeds, as well as seeds themselves. Within the mature grain are hundreds of little grain kernels. Kernels that are harvested, hulled, and sold in food stores as whole grains. In each kernel the fruit and seed, the beginning and end of the plant kingdom, are combined into a compact unit. Grains have been man's most important food for thousands of years.

When analyzed, whole grain shows a composition of minerals, proteins, and carbohydrates in a proportion well suited for human nutrition. Grain is best eaten whole or as freshly milled whole grain flour products. Bran, is only part of the greater whole and in and of itself is not a balanced food. The same is true of the germ.

When buying grains, your first impression, when looking in the bin, should be thousands of distinct, whole individuals looking back. Closer examination should reveal consistent milling. There should be no more than a few grains that have passed through the milling process with their hulls intact. Nor should there be very many immature grains, which show up greenish in colour. Also the number of broken or chipped grains should be minimal. These have lost their potency and will never sprout and are therefore a dead food. Stones, dirt, and nonhomogeneous-looking kernels should not be present in the bin. Also the grains should not look wrinkled or withered.

A final test of quality - one that you should do at home - is to pour a cup of the grain into a pot of water. The vast majority of the grains should sink to the bottom. Those that remain at the surface, doing the dead-man's float, lack vitality. Their number should be very low, no more than one or two percent of the total.

### AMARANTH

Amaranth is not, strictly speaking, a grain, as it is the seed of a broadleaf plant and not of a grass, but because of its high yield of nutritious edible seed, it is classified by use as a grain. Amaranth averages just over 16 percent protein, a percentage twice that of corn or rice and as high as that of either oats or the best hard spring wheat. Unlike the true cereal grains, amaranth is rich in the amino acid lysine, though low in leucine. The latter amino acid is abundant in most other plant proteins, making amaranth a good protein complement for either grain or beans.

Traditionally the seeds have been popped, milled and used to make flatbreads, prepared as a gruel, and mixed with honey to make confections. A few U.S. farmers are growing grain amaranth, and it is now available in health food stores in its whole form as well as an ingredient in prepared natural breakfast cereals and crackers.

### BARLEY

Most barley has a tight hull which requires extensive milling to be removed. "Pearl" or "pearled" barley, rounded and white, has most of its vitamins and minerals removed during milling. "Hulled" barley is not as extensively milled and cooks into a chewy whole food. When combined with beans, root vegetables and soy sauce, it makes a hearty, delicious soup. *Barley flakes*, which are quicker cooking than unflaked barley, are sometimes available. *Barley flour* gives bread a rich cake-like quality. If you buy barley flour, roast it lightly before using. Roasting greatly improves the flavour.



## BUCKWHEAT

Buckwheat is not truly a grain but is nutritionally on a par with grains. It is sold in stores as hulled whole groats, as coarse and fine grits (all of which when roasted are known as kasha), and as flour. Buckwheat's hardness makes it an ideal cold weather food. It is rich in Vitamin E and is a good blood building food. **Buckwheat flour** is a favourite ingredient for making pancakes. The best buckwheat flour is stone ground from unhulled buckwheat, and contains small dark flecks. These are small bit of the hull that remain after the coarser hulls are removed when the milled flour is sifted.

## CORN

Corn, known as maize to most of the world, is the only cereal grain native to the Americas. The five basic types of corn are: popcorn, sweet corn, dent corn, flint corn, and flour corn.

**Sweet corn** is known to most people as a delectable summer vegetable, but it can be dried for winter storage. Sweet corn is white or yellow or a combination of both. Many varieties are available.

**Dent corn** is the most widely grown corn in the U.S today. It gets its name from the dent in the crown of each mature kernel. This is the "whole yellow corn" commonly available in natural food stores and the grain from which most store-bought yellow cornmeal is milled. It can be cooked whole, or ground into flour or meal.

**Flint corn** is a very hard grain. It makes rich-tasting and sweet meal, ideal for cornbread and cornmeal mush, and is delicious cooked whole. The flint corn commonly available is yellow or amber.

**Flour corn** has a soft, white, starchy endosperm and grinds into a fine flour. It can be cooked whole.

**Cornmeal** is usually milled from yellow dent corn, but occasionally from flint or flour corn. Cornmeal is used for corn bread and cornmeal mush. Combined with wheat flour in your favourite bread recipe it will produce a slightly crumbly, crunchy, sweet loaf. The corn flour sold in stores is simply finely ground cornmeal.

## MILLET

Millet's use as a food goes back farther in history than perhaps that of any other cereal grain. It is botanically a more ancient grass than rice, barley, wheat or rye. The staple grain of the Hunza people in Asia, it is used most often in North America for bird seed. Modern nutritionalists claim that millet contains the most complete protein of all the grains and that it is also quite high in minerals. Millet is the only grain that is alkaline when cooked even when no salt is added. Millet is available most often in health food stores. **Millet Meal** must be freshly ground or it has a bitter taste. A cup or two in a batch of bread dough imparts a unique dry and crunchy texture and a richness of flavour.

## OATS

Oats were originally thought of as weeds encroaching on barley and wheat fields until people realized that the hearty grain could supplement the other foods in their diets. Oats are well suited to cold, damp climates.

After oats are hulled, the inner grains are scoured, which removes some of the bran. They are then steamed at temperatures in excess of 200 degrees F to eliminate fungus. The resulting product is the whole oat or groat.

The soft nature of oats has led to the development of unique methods of processing. "Steel-cut oats" are groats that have been coarsely cut with sharp steel blades. To make "rolled oats," the groats are flattened into flakes between rollers that resemble the wringers on top of old fashioned washing machines.



Oats contain the highest percentage of fat of any cultivated grain. Because of this, the populations of the cool, damp regions where they grow they have become a staple that imparts warmth and stamina. Oats also contain an antioxidant that delays rancidity. Therefore the groats can be ground into oat flour that is longer-lasting than whole wheat flour, in spite of its higher fat content.

**Oat Flour:** The flour yielded by oats is sweet and excellent for baking. It can be used as an extender of wheat flour. Oat flour is rarely available. You probably have to grind your own oat flour, but it is simple to blend with a regular blender. It can be used as the primary ingredient in traditional oat cakes or as an ingredient in moist, chewy wheaten bread, and you will be rewarded for your extra effort.

Oats are a delicious replacement for people who are allergic to wheat; they also offer a feeling of satiety to those who have eaten large amounts of protein in the past.

## QUINOA

What is this strange grain that holds so much promise? Quinoa is a small seed that looks like a cross between a sesame seed and millet. It is a disk-shaped seed with a band around its middle, and usually a pale yellow in colour. Some species may be white, pink, orange, red, purple or black.

Quinoa is high in protein. Some wheats come close to having the same amount of protein but barley, corn, and rice, generally have less than half the protein of quinoa. In addition, quinoa has a good balance of the various amino acids that make up protein. Like soybeans, it is exceptionally high in lysine, an amino acid not overly abundant in the vegetable kingdom. Quinoa also supplies methionine and cysteine, and is thus a good complement for legumes, which are often low in these amino acids. Moreover, quinoa is a relatively good source of phosphorus, calcium, iron, vitamin E, and several of the B vitamins. It is mainly available in health food stores.

## RICE

Rice is presently the staple crop for over one half of the world's population.

**White Rice:** In North America, more than 98 percent of the rice sold for direct consumption is milled, white rice. The percentage is similar in the rest of the world. To make white rice, brown rice has been milled and polished by a gradual abrasive action that strips away all the bran layers and some of the endosperm, including all the germ. This milling process, strips rice of 2 percent of its protein, 83 percent of its fat, 66 percent of its fibre, 17 percent of its calcium, 60 percent of its phosphorus, iron and potassium, and much of its thiamine, niacin, and riboflavin. The bran and germ by-product, a nutritional goldmine, is sold for cattle feed and the manufacture of vitamin concentrates.

**Brown Rice:** All whole grain rice is called "brown". Only the hull of the brown rice has been removed. Rice is a good source of vitamins, minerals, carbohydrates, and fibre. Traditionally, rice is eaten with a complementary legume and thus can be a reliable source of protein.

**Basmati Rice:** Basmati rice is an especially flavourful and light long grain rice grown primarily in the Punjab in central Pakistan. Although imported Basmati rice is generally polished white, rice, domestically grown, unpolished Basmati brown rice has recently been introduced into North American health food stores.

**Wild Rice:** Wild rice is not actually a rice, but is the seed of a wild aquatic grass that grows in shallow moving waters at the inlets and outlets of lakes in central North America. It is high in protein (14 percent) and relatively low in oil.

**Brown Rice Flour:** Brown rice flour is used in the preparation of Japanese-style pastries and can be added sparingly to wheat flour to give breads a moist, smooth texture.

## RYE



Like wheat, rye is threshed clean and does not need to undergo further hulling. Rye may be cooked whole and is delicious mixed with other grains. It may also be cracked like wheat and prepared as a breakfast cereal or side dish. Many health food stores carry rye flakes that may be toasted and added to a homemade granola recipe.

Of all the grains rye has the highest percentage of the essential amino acid lysine. As proportionally high as rye is in lysine, however, it is low in gluten. Rye flour is better used in unleavened baked goods or mixed with wheat flour if leavening is used. In this century, scientists have crossed rye with wheat to produce a grain, called triticale, that is high in both lysine and gluten.

**Rye Flour:** Used alone, rye flour makes a very sticky dough and a heavy, moist bread. Combined with wheat it results in a delicious bread that is less likely to mold in warm weather than whole wheat bread.

## SORGHUM

Although most Western cooks may not even know what it is, a recent United Nations survey on food consumption ranked sorghum as the third most important cereal in the world (after wheat and rice). It is an extremely hardy grain capable of withstanding drought and high temperatures. As the staple grain of Africa, sorghum is freshly ground and cooked as porridge. Sorghum is usually available only as the unrefined cooked syrup made from the sweet juice, squeezed from the stalks.

## WHEAT

Wheat is the world's most widely distributed grain mainly because of the popularity of bread. It is now available in almost every country.

Wheat is available in hard and soft varieties. The hard wheats contain higher levels of protein than the soft wheats, and the soft wheats contain higher levels of carbohydrates. Both hard and soft wheats are further classified as being spring or winter varieties. This refers to the season in which they are planted. Spring wheat is planted in the spring and harvested in the fall; winter wheat is planted in the fall and harvested in late spring or early summer when the warm weather allows it to grow and mature.

**Semolina** is a granular flour obtained from the endosperm of Durham wheat, a hard variety. Semolina contains a large amount of protein and is used for making pasta.

Do not think that baking with wheat flour is the only way to make use of wheat. The whole grains of any variety can be cooked, either alone or mixed with other grains to make a main dish. When cracked or coarsely ground, wheat makes a nutty-tasting breakfast porridge or side dish.

**Bulgar** wheat is cracked wheat that has been lightly cooked and parched (dried or roasted) prior to being cracked.

**Couscous** is a related product, which starts as Durham wheat, a grain whose hardness and high gluten content makes it ideal for pasta. Couscous has 100 percent of its bran and germ removed and differs in this regard from its whole wheat counterpart, bulgar. Couscous cannot be considered a whole grain. As an occasional change of pace to complement a natural foods meal, it can be delightful, but nutritionally it is a washout.

**Whole Wheat Flour:** Whole wheat flour is milled from either hard red spring, or hard red winter, wheats because of their higher gluten content. Because they do not rise as well as hard wheats, soft wheat varieties are used in making pastries or blended with harder varieties for bread baking.

**Whole Wheat Pastry Flour:** Pastry wheat is often not stone-ground, but rather milled in a hammer mill that reduces the soft white or soft red wheat to small, uniform particles. This flour is used for pie crusts, crackers, and cookies, and in any pastry recipe.





## Why Velma Could Turn off the Light

Velma was a young Puerto-Rican girl that lived in New York City. She enjoyed playing in front of her house and at the park down the street with her friends. Velma was very happy and easy-going by nature, just like her Grandmother, who lived at the other side of the park. Often Velma would go and visit her grandmother to talk with her. Velma loved to hear Grandma's stories about her childhood. Her Grandma would tell her about the time she went swimming in the ocean and saw a big shark. Her Grandma's brother, who was standing on the shore, shouted to her Grandma, "Don't be afraid, just come to me as calmly and quickly as you can." She made it safe to the shore which always inspired Velma-no matter how many times she heard it.

One day, Velma heard from her Mother that her Grandmother was very sick so she asked for permission to visit her grandmother after school. Her mother said, "Yes, but please don't stay too long. Your Grandmother needs her rest."

Velma hurried down the street after school to her Grandmother's house only to find her mother and the rest of her family there. "What happened?" Velma asked. "Why are you all here?"

"Grandma had a heart attack and we're waiting for the ambulance to come and take her to the hospital," her Mother said with tears in her eyes.

When the Para-medics came they said it was too late, her Grandma was already gone; she had died.

Velma cried and cried with the rest of the family. "Why had Jesus taken her Grandmother to heaven? She hadn't even had a chance to talk with her one last time to say good-bye."

After the funeral, all of her family said that her Grandmother was going to appear and speak to her one night since Velma was the closest to her Grandmother. This thought frightened Velma so much because she thought about ghosts and things like that. For months, she slept with the light on in her room.

Then one day a missionary came knocking at her door telling people about Jesus and His love. Velma's Father was interested in finding out more about the Bible so he had a few Bible studies with the missionary. At first, Velma was too shy to come out of the kitchen where she sat listening to them read the Bible. But then her curiosity got the better of her and she finally had to ask, "What does the Bible say happens when we die?"

Then the Missionary patiently explained that when a person dies they go into a deep, peaceful sleep (please see John 11:11-14 and 1 Corinthians 15:35-38 and 50-53) and those who have died in faith wait for the resurrection when Jesus comes back to this earth.

"Do you mean my Grandma is resting peacefully now?" Velma asked.

"Yes, that's exactly what the Bible says," the Missionary replied enthusiastically.

"If that's true, I don't have to fear my Grandma appearing to me in the darkness," Velma exclaimed. "My Grandma loved Jesus so much, I'm sure that she will rise to meet Jesus when He comes again also," she continued. (Please see Ecclesiastes 9: 5,6; Deuteronomy 18:12 and 1Thessalonians 4:13-17)

"Yes, and if you will love Jesus and obey His commandments, you can meet your Grandma and share many good talks with her for all eternity," the man of God explained. And from that time to this, Velma can sleep without the light on because Jesus' light is in her heart.

## LOST IN THE GRASSLANDS

"Mom! Dad! Come Look!" Steve raced down the trail all out of breath.

Quickly Mom, Dad, and Karen followed him up the hill. A little to one side of the trail a large rock lay half-hidden by dry grass. Steve stopped beside it and carefully pushed the grass apart. Motioning for



them to look in, he waited. Mom bent nearly to the ground before she could see into a narrow grass tunnel. Several inches back, the tunnel widened into a large nest containing six or seven small brown-speckled eggs.

"How did you find that?" Mom looked up into Steve's very pleased smile.

"I was just walking along the trail when I heard something move near that rock. A bird flew up, and I thought she might have a nest here, so I looked."

"In all my life I've never found a ground nest!" Mom said. "Nice find!"

By this time Dad and Karen had each peeked into the nest, so Steve let the grass fall back over the entrance. They left the area so the mother could return to her eggs.

Five minutes had not passed when the call was repeated! "Mom! Dad! Come look!" Steve's excitement brought them on the run.

"What did you find now?"

Steve stood very still and didn't answer the question with words. Instead he pointed to a patch of new spring grass just a few inches from his feet.

A sudden movement revealed a large green snake. One boy hadn't frightened the snake, but as the rest of the family came up, the snake decided to leave! Without a sound it slipped out of sight in the taller dry grass. The whole family watched until it disappeared under a rock.

"You certainly have an eye for finding things today!" Mom praised. "The snake was so much the colour of the grass that I didn't even see it until it moved."

"I know!" Steve replied. "I came very close to stepping on it!"

At the top of the hill the trail broke out onto a large plateau. The family could see for miles in every direction: Deer and antelope dotted the hills and valleys below them. "This view's worth the climb!" Dad decided.

Steve and Karen and their parents were camping in a wilderness area of the South Dakota National Grasslands for a week in the early spring. Tomorrow would be the last day, and there was still so much to see! After a brief rest, Dad asked, "Ready to hike again?"

"I'm ready for lunch!" Steve declared.

"Me too!" Karen agreed.

"See that ridge?" Dad pointed. "When we get there we'll eat."

Steve adjusted his day pack and started off toward the ridge.

"Always stay where we can see you," Dad called after him. "This is too large a land to get lost in!"

"OK, Dad," Steve called back.

Steve's natural explorer instinct kept him busy all the way to the ridge. By the time the rest of the family caught up, he was rested and ready for lunch. Dad slipped out of his day pack and opened it.

"Lunch?" he teased Steve.

"Yes!" Steve answered, for a moment pretending he was dying of extreme hunger. Dad handed him a sandwich.

Lunch over, Steve was ready to go again. He was getting tired of walking, though, and the trail back to camp seemed long and exhausting to him. "Do I have to walk all the way back?"

"Yes, you do." Dad laughed. "Are you tired?"

"A little," Steve confessed. Then forgetting the matter, he asked, "May I run ahead again?"

"Sure," Dad answered. "Just be sure you stay where we can see you, OK?"

"OK," Steve said, getting to his feet.

Steve was soon a long way in the lead again. Karen lingered behind, walking slowly and holding onto Mom's hand. She was too tired to chatter much. She just trudged along. Dad was a short distance behind them looking for rocks.



The trail wound down a ravine between a ridge on the left and a deep V-shaped valley full of thick brush on the right. Mom noticed Steve turn off the trail ahead and start up the side of the ridge.

"He knows to stay in sight," she thought. Just then Karen stopped to examine a large stone, and Mom stopped too. When she looked for Steve again there was no trace of him anywhere.

"He must have gone around the edge of the hill," Mom said to herself. But there was not a boy in sight around the hill. Now Mom was worried. She waited for Dad to catch up. "Do you know where Steve is?" she asked him.

"No, I figured he was with you," Dad answered.

"I last saw him heading up toward that ridge," Mom said. "Do you think we should look up there?"

"I'll climb up and see if I can find him," Dad said. "You look around here and below the trail. And pray!"

"I have been," Mom replied. "I hope we find him soon."

Mom and Karen watched Dad climb the hill; then they started down the trail, praying silently and calling, "Steve! Steve! Where are you!?"

They stopped to listen. Was someone calling? A sound came from the deep valley and the thick brush. They ran in the direction of the sound.

"Steve! Steve! Are you there?"

Down over the side of the steep hill, from a thicket, the call came again, "Mom! Mom!" Mom ran toward the sound. A moment later she held Steve in her arms.

"Oh, am I glad to see you!" Steve looked up. He brushed dust and a tear from his cheek. "I don't like being lost out here all alone!" He paused, then added, "Mom, I'm sorry I disobeyed you and Dad. When I knew I was lost, I prayed. And I asked God to forgive me for disobeying you. Then I asked Him to help me find you again. I know He did!"

Mom just hugged Steve closer. "I'm glad we found you. I was asking God to help us too."

Together Steve and Mom climbed the steep grade back up to the trail. Just as they caught their breath Dad appeared at the edge of the ridge.

"We found him," Mom called. Dad hurried down the hill. "I knew God would help us," Mom added.

"Yes, I did too," Dad said. "We must thank Him right now, right here on the trail."

After thanking God for finding Steve, they started down the trail. This time Steve didn't run ahead! "I'm so-o-o-o glad to be all together again!" he said over and over.

*Taken from "Children's Treasury of Faith." Available from IMS Publishers.*



**Our new Brother  
Evangelos Galiatsatos  
with Sis. Maria, Br. Jerry,  
Sharon and Richard**



# Acceptance of a dear Brother in Vancouver

"For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek. For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith." Romans 1:16,17

Br. Evangelos Galiatsatos is from Greece and has known the Seventh-day Adventist message since 1973. He was baptized into the Seventh-day Adventist message in 1975 and has been faithful to the light since that time. It was in the late 1980s that Br. Angelos, as we call him for short, (Evangelos means good news or gospel in Greek) started to ask questions about things going on in the Adventist church that he didn't like or agree with. He saw many things being manifested doctrinally and personally in the church that were not according to a "Thus saith the Lord". It was around this time, actually in 1991, just at the start of the Persian Gulf War, that our missionary was led to attend the large, nominal Adventist church where Br. Angelos was attending. Angelos had been asking for sometime to have a Bible study started in his home or anywhere that people could attend, but there seemed to be no interest. So when our missionary asked if he would like to study, he was very interested.

The Bible studies went along well for awhile, but there was mental illness that struck Angelos' daughter and this took all of his time and effort, because he desperately prayed for and wanted healing for his teen-age daughter. A period of years intervened with no contact from Angelos or his family. So we were very happy to see Br. Angelos come through the door of the Vancouver church again about 1 1/2 years ago. Praise the Lord that his daughter has been healed through totally natural means and is now doing very well and that Br. Angelos has decided to stand with and for God's people upon the commandments of God and the faith of Jesus.

In a simple, yet moving ceremony on July 19, the members of God's church in Vancouver were overjoyed to accept Br. Angelos into fellowship. For some time, Angelos has been a real support and strength for all of us here in Vancouver and we pray that he will prove faithful to Jesus wherever he goes. The rest of the Galiatsatos family is living in Ecuador, where Br. Angelos' wife's family is from, so he may move down there soon. Angelos has a real burden to share the truths of Reformation with his family in Ecuador as well as the Three Angel's Messages in Greece, his home country, so please pray for Br. Angelos to know where the Lord would have him to most be a blessing.

Thank-you. Br. Jerry Eaton, for the Vancouver church

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



## SHALL I BE THERE?

When Jesus comes the second time,  
With all the holy angel band,  
To take his ransomed people home,  
Shall I among the righteous stand?

When heaven and earth shall pass away  
And no more place be found for them,  
Shall I find refuge in that day  
In him who died to save lost man?

When the new earth, where saints shall reign,  
Shall from this old earth's ashes rise,  
Shall I with all the faithful gain  
A home in that blest paradise?

That day is near when Christ will come,  
When Michael's trump will wake the dead.  
Shall I with saints be gathered home?  
Will joy and gladness crown my head?

These questions I must now decide,  
Nor wait until some future time.  
Lord, help me now, in thee I'll hide  
Because tomorrow is not mine.