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James White



NEW YEAR'S MESSAGE

Another year has passed into eternity and the Lord in His mercy has granted us life to enter into a new year, 1998. Years ago we could not imagine that the world would last this long. We have been waiting for a long time for the Lord to come, but perhaps the Lord has been waiting for us to get ready, and has delayed His coming for that reason.

But now the signs of the times are fulfilling so rapidly all around us that it cannot be long until our expectations will be fulfilled. The end is near. Catholicism and Protestantism are coming closer to each other and making plans for the last showdown which will bring the time of trouble upon the remnant flock of Jesus. The United States president has made remarks about the Sunday laws soon to be enacted.

Our time of probation as the people of God will close before the time of trouble. Jesus said, "Therefore, be ye also ready: for in such an hour as ye think not, the Son of man cometh." Matt. 24:44.

It will be during a time of peace when our judgment and sealing will take place. "Then shall two be in the field; the one shall be taken, and the other left. Two women shall be grinding at the mill; the one shall be taken, and the other left." Matt. 24:40-41. While people are engaged in everyday activities, suddenly their eternal destinies will be decided. Everyone will continue to "sleep" beyond this event until the cry is heard, "Behold, the bridegroom cometh; go ye out to meet him." At that time they all, the foolish and the wise virgins, will wake up, but it will be too late for the foolish virgins. There will no longer be any oil available to them.

There is no event in prophecy, nor a

sign of the times that need to be fulfilled before our judgment. It may be that the judgment could very well take place during this year. And if it does, what will happen to those who are not ready?

"Those who receive the seal of the living God and are protected in the time of trouble must reflect the image of Jesus fully... I saw that none could share the 'refreshing' unless they obtain victory over every besetment, over pride, selfishness, love of the world, and every wrong word and action." EW 71.

This is the time to make serious New Year's resolutions. Otherwise there is a danger that we may repeat the history of the previous years. And, if this year will be our last year of probation, can we afford to take chances trusting that the time will continue a few more years, while it may not?

The first good resolution we find in 1 John 2:15. "Love not the world, neither the things that are in the world." This includes all worldly entertainment, television, videos, worldly literature, fashions, and all luxury items.

The second resolution we find in Luke 2:37. "Which departed not from the temple, but served God with fastings and prayers." According to this we are to attend all the meetings at the church whenever possible and seek the Lord in fasting and prayer. Jesus did this, "Who in the days of His flesh, when He offered up prayers and supplications with strong crying and tears unto Him that was able to save Him from death." Heb. 5:7.

"I saw some with strong faith and agonizing cries pleading with God. Their countenances were pale and

marked with deep anxiety, expressive of their internal struggle. Firmness and great earnestness was expressed in the countenances: large drops of perspiration fell from their foreheads... Some I saw did not participate in this work of agonizing and pleading. They seemed indifferent and careless. They were not resisting the darkness around them, and it shut them in like a thick cloud... And I lost sight of them." EW 269-70.

The third resolution we find in Matt. 20:6-7. "Why stand ye here all the day idle?... Go ye also into the vineyard." Sister White writes that many would save their souls by doing missionary work. Test. Vol. 5, 390. She also writes that many do not do even one hundredth part of what they could do. Remember the servant with one talent whose only sin was not using his talent and he was cast into the outer darkness. The church leaders have a sacred duty to find employment for every talent in their congregations.

The fourth resolution we find in 1 Cor. 10:31. "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." The importance of health reform is vital for our salvation. We can be lost by wrong habits of eating and drinking.

Sister White writes, "The light God has given on health reform is for our salvation and the salvation of the world." CH 446. Those who do not overcome appetite will not overcome other sins either.

The fifth resolution we find in Deut. 17:18-19. "A copy of the law in a book... and it shall be with him, and he shall read therein all the days of his life: that he may learn to fear the Lord his God, to keep all the words of this law and these statutes, to do them." Hosea said, "My people are destroyed for the lack of knowledge." Hos. 4:6. Daily Bible reading is necessary for all who plan to make it to heaven.

Without a thorough knowledge of the Bible, we are not able to detect the false teachings existing in the religious world.

The sixth resolution we find in Prov. 23:7. "For as he thinketh in his heart, so is he." Our thoughts are the fountains from which proceed our words and actions. In the days of Noah the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually." Gen. 6:5. This condition of men's evil thoughts brought the destruction upon the world.

Apostle Paul gives us a counsel, "Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think of these things." Phil. 4:8.

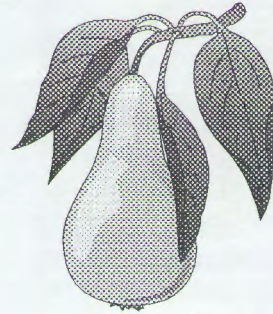
The seventh resolution we find in John 13:34. "A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another." If we learn to love one another as Jesus loved us, there would be happy homes where the members of the family would love to stay. There would be churches where the mighty power of love would convert sinners and bring unity as in the days of Pentecost in the early church.

These seven resolutions are only a beginning. Much more can be added to the list, but if we put these into practice, our year 1998 will be different from the past.

May God help each one of us to perfect our characters while the time is still lingering. Let us keep our eyes firmly fixed to the Saviour, our Lord Jesus Christ.

AMEN

PEARS



First cultivated some 4,000 years ago, the pear is still as popular as ever!

How to pick them

Choose pears that are firm and avoid those that are ripe, for they are likely to be bruised. Pears, like bananas, are a plan-ahead fruit, best bought unripe and brought home for ripening.

How to store them

- You can store unripe pears in the fridge. The cold will slow, but not stop, the ripening process. When you're ready to eat them, let them ripen at room temperature. It's a good idea to put half your purchase in the fridge and the other half at room temperature to stagger ripening.
- When storing at room temperature, remember to rotate the fruit daily.
- Ripening takes from 3-7 days (to speed it up put pears in a brown paper bag with a banana).
- You know it is ripe when it will give slightly to pressure at the stem end. Don't wait until the whole fruit is soft or you'll have a mealy pear.
- Store ripe pears in the refrigerator crisper for 2-3 days.

Types of pears

- Throughout the world, the Bartlett is the most common pear. It is bell-shaped and the green skin turns to yellow when ripe. There is also a red variety that turns crimson when ripe. Exceptionally sweet and buttery soft.

- The Anjou pear is oval and stubby. It is the most abundant and inexpensive winter pear. It is aromatic and not quite as sweet as the Bartlett.
- The Bosc pear has a slender shape and elongated neck. It has a russet hue on golden skin. The texture is more crunchy than other pears and it holds its shape well in baking or poaching.
- The Comice is a plump, neckless pear with a green skin that turns golden when ripe.

Asian Pear

It looks and tastes like a cross between an apple and a pear. The texture is crisp and firm like an apple but the flavour is more pear-like: sweet and juicy. When it is ripe it emits a sweet aroma, but the texture remains firm. This pear stores well even when ripe. It will keep for a week at room temperature and for months in the fridge.

Fibre Up!

Eat the skin! If you do, you'll get five grams of dietary fibre in a single pear. Pears contain pectin, a soluble fibre, that helps control blood cholesterol levels. They also contain cellulose, an insoluble fibre, that promotes normal bowel function.

Boron boon

Pears are a good source of boron, a trace mineral that helps the body retain calcium and magnesium, two bone strengthening minerals. Recent studies suggest that boron can boost estrogen levels in post menopausal women.



SELFISH OBEDIENCE

A famous preacher tells the story of a monk who saw an Arabian woman. She was walking down a street in Damascus with a pan of fire in one hand and a pitcher of water in the other. When the monk asked her what she planned to do with these things, she replied that she intended to burn up Paradise and put out the fires of hell so that man could do good for the love of God alone.

While we can't agree with this woman's theology we should be interested in her reasonings - our motives for serving God. Every Christian needs to examine the motives that stimulate his spiritual life. We must seriously ask ourselves the question, "Would we serve God if there was no heaven to win?"

Selfish obedience is serving the Lord only for the good that He has promised in return. In Ancient Israel we see how God gave them many laws in the wilderness. One set of laws were the "Blessing and Curse" laws. They were promised blessings if they obeyed and curses if they disobeyed. They had just come out of Egyptian bondage and could understand nothing else. They had forgotten much about the true God and had only been serving their slave masters for most of their lives. In serving their masters this was all they understood. If they obeyed their masters, then life went much better for them; if they disobeyed they were cruelly treated and whipped. They did not love their masters and had no concept of heart service. God met them where they were and gave these laws in the Old Covenant hoping that some day they would learn to serve Him out of love in the New Covenant. Jesus wants to write His laws in our hearts and minds. "Whereof the Holy Ghost also is a witness to us: for after that he had said before, This is the covenant that I will make with them after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them:" Hebrews 10:15,16. This is the New Covenant that He wants to teach to His people. Heart service. Not selfish obedience - only serving God to receive the blessings.

In the year 1844, during the summer time, the world saw a great religious awakening. In the United States alone it is estimated that some 50,000 people left their churches and joined with the Millerites in proclaiming the soon return of Jesus at the end of the 2,300 days (Oct. 22, 1844). Many heartfelt confessions were heard. Former enemies confessed their wrongs and became sincere brothers, united in the proclamation of the Midnight Cry. Never has the world witnessed such a religious revival. But what happened on Oct. 23, 1844 and the weeks that followed? We find maybe 50 - 100 true Advent believers in the United States still holding on to the promise that Jesus would soon return. They were earnestly searching the scriptures for their error. What happened to the others - some 49,900 believers? Some gave up the faith fearing ridicule from their friends; some were relieved that Jesus had not really come and went on merrily with their worldly ways. Ask yourself, honestly - which group would you have been in on Oct. 23, 1844? Do you serve God for the reward? or because you love Him? Would you serve Him if heaven was not in the picture? Do you see that the laws He has given us, whether they are the 10 commandments or the health laws are truly for our benefit? Would we keep them if God did not exist just because they are the better way to live?

MARRIAGE

"Husbands, love your wives, even as Christ also loved the church, and gave himself for it."
Ephesians 5:25

Of course, wives should love their husbands also. Often when life gets busy in marriages it is possible to start taking the other spouse for granted. They will always be there, you figure. Then why do over 50% of marriages fail in the Western World? Many will not tolerate being taken for granted; and many will refuse to change once this is pointed out.

Say for example: A husband is always coming home late from work and never calls his wife. He simply figures that she will be there waiting for him and can simply re-heat dinner. After awhile the wife may not appreciate this. She has dinner ready and waiting and, while she has many other chores that need to be done, they lie undone as she patiently waits for her husband. After awhile, she begins to get angry as he comes home late. He does not look forward to coming home to face her wrath, coldness and sadness. If he does not really love her, he will not care but will consistently repeat his behaviour. A simple phone call could solve this problem and he may start to do this, but with bitterness in his heart, just to avoid her moods when he comes

home, or to keep his marriage intact. Here we see selfish obedience. He complies because he is really thinking of himself and his own peace and happiness instead of the happiness of his wife. If he really realized that he has hurt her and that she loves him with all her heart; takes care of the house, the children etc. he would feel more compelled to comply with the phone call home because he loves her. It would cause him such pain to know that he was hurting the woman he loved.

The same should be in our service to Christ. When we sin and repent, it should not be the repentance of Cain where we see the punishment and cry, "My punishment is greater than I can bear." Genesis 4:13. Instead we will cry to the Lord as did David after his sin with Bathsheba by saying, "Against thee, thee only, have I sinned, and done this evil in thy sight: . ." Psalm 51:4 We will see that our sin caused our Redeemer to suffer and therefore we do not want to cause Him any more suffering. He has died to save us.

CHILDREN:

"Children, obey your parents in the Lord: for this is right." Ephesians 6:1

Often, if a child is not restrained while quite young as soon as a negative character trait appears in a mild form, this character trait can develop into something quite rebellious. It will be much more difficult to restrain a child when this mild rebellion - whether a simple negative attitude - turns into a large form of rebellion. At this point when the rebellion becomes large, parents step in and apply some sort of discipline. Sometimes the discipline will help but if not, the parents are perplexed. Something should have been done sooner. Rebellious character traits do not appear overnight. If the child has a strong will to do something, he may not do it if the punishment is severe enough, but this is not willful obedience - it is selfish obedience. Then as the child is punished they still do not see their error but rather pity themselves for the punishment received. They perceive themselves as the victim. If this child had been taught to obey from the very beginning because of love, things would be different. If they could see that they are hurting their parents, and more importantly, hurting Jesus it would melt their hearts. Sister White, when disciplining her children, never had to raise a hand and physically discipline them. When they were in the wrong and she felt angry, she walked away first and prayed for God's help in the discipline. Then she took her child and had a serious talk with them. She said, "I never lifted a hand to my children, before I talked with them; and if they broke down, and if they saw their mistake (and they always did when I brought it before them and prayed with them), and if they were subdued (and they always were when I did this), then I had them under my control. I never found them otherwise. When I prayed with them, they would break all to pieces, and they would throw their arms around my neck and cry. . ."
"Child Guidance, p. 254

How do we teach our children to react this way? To serve their parents and God out of love? The only way is to be constantly talking to them about the love of God. We must not keep talking to them constantly only about all the "rules" they must keep in order to meet our approval. Yes, all may be well if they keep these rules but they may not be keeping them through love. Moses instructed the children of Israel to teach their children "when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up. And thou shalt write them upon the door posts of thine house, and upon thy gates:" Deut. 11:19,20 It is not enough to be told once about the love of God - or to only hear it on the Sabbath. Children need daily to hear of God's love and it will melt their hearts. Then, when the child is disciplined and sees how they have caused their parents to suffer they understand that the rules are for their own benefit and their parents still love them no matter how badly they have behaved. They will love their parents and feel guilty for the pain they have caused them. This will cause them to avoid behaviour that will hurt their dear parents. It is our duty as parents to instruct our children in the love of God. This is not an automatic response.

HELPING OTHERS

Any time we seek to help our brothers and sisters who are failing we must use this method of the love of Christ. It will not help to come down heavily on an erring soul, pointing out his sins and telling him he will end up burning in the fires of hell if he doesn't shape up his life. "No one has ever been reclaimed from a wrong position by censure and reproach, but many have been driven from the truth and have steeled their hearts against conviction. A tender spirit, a gentle and winning deportment, may save the erring and hide a multitude of sins. God requires us to have that charity that 'suffereth long, and is kind.' " *Testimonies for the Church, Vol.*

I am reminded of a sister in the faith that I knew some 20 years ago. As she and her husband accepted the truth and were baptized, they were very zealous in their desire to share the message. This sister went to her neighbour and told her of her newfound faith. She proceeded to tell her neighbour about the Sabbath, Health Reform, Dress Reform and all the other "rules" of the church. She really cared for her neighbour and wanted this neighbour to be saved so she figured she had better tell her everything that she had to do to be saved. This neighbour became rather discouraged and simply said, "You mean I have to do ALL that to be saved? You mean I will burn in hell fire if I don't?" Unfortunately this neighbour never accepted the truth. We cannot frighten people into service for the Lord or they will be simply serving through fear - selfish obedience. Their religion will consist of Fire Insurance - to avoid the fires of hell. "It requires much forethought and wisdom from God to labour successfully for the salvation of sinners. If the soul of the labourer is filled with the grace of God, his teaching will not irritate his hearers, but melt its way to their hearts and open them for the reception of the truth." *Testimonies for the Church*, Vol. 4, p. 263. This sister should have told her neighbour of the love of God first and then as the love of God melts the sinners heart, he will be led to utter, "What must I do to be saved?" Never should we come to those who do not know Christ and start telling them of the rules they must keep in order to be saved - to avoid hell fire.

Sister White gave counsel to some leaders who failed to properly deal with the erring ones. "You have been constantly dependent upon His compassion and love. Yet have you not failed to manifest toward others the spirit which Christ has exercised toward you? Have you felt a burden for the one whom you saw venturing into forbidden paths? Have you kindly admonished him? Have you wept for him and prayed with him and for him? Have you shown by words and tenderness and kindly acts that you love him and desire to save him? As you have associated with those who were faltering and staggering under the load of their own infirmities of disposition and faulty habits, have you left them to fight the battles alone when you might have given them help?" *Testimonies for the Church*, Vol. 5, p. 610 We too must lovingly help our brothers.

Also, while ministers prepare sermons they have to be careful that they are not preaching too many rules without mentioning Christ. In 1888 there was a crisis in the church of God. They were preaching fire and brimstone messages on the law, the law, the law "until they were as dry as the hills of Gilboa." Keep the law or burn was the gist of their messages. Elders Jones and Waggoner brought a startling message. Salvation through Christ. Not very many listened to these men but Sister White said that the message was from God. Does this make the law non-essential? Paul says, "Do we then make the law void, through faith? God forbid: yea, we establish the law." Romans 3:31 Our messages must be centred on Christ and His righteousness. Once a person realizes what they are without Christ they will see how much Jesus loves them, they will be led to true repentance and seek to serve the Lord through love.

The story is told of a slave who was very bitter. He was being sold on the slave market and kept muttering under his breath, "I will not work. . . I will not work." One fine gentleman decided to purchase him. The bidding was high since this man was well built and young, but this gentleman refused to give up and finally the slave was sold to him when no one could top his bid. As they left the market the slave said, "Why did you buy me? I said I will not work." The kindly gentleman answered, "Oh I don't expect you to work. I have bought you your freedom, you may go now wherever you please." The slave was so taken aback and his eyes were filled with tears at the kindness of this man that he threw himself at the man's feet and said, "I can never leave you now, I want to repay you for your kindness. I want to serve you for the rest of my life." The kindly man took him in, not as a slave, but as he would his own son. A very faithful son he proved to be. This is what Jesus did for us. This is what we are to tell the people we are trying to help. Once they understand this, how happily will they choose to serve the Lord. If the man had forced the slave to work, and keep all the rules, the slave probably would have done so but only through fear of punishment. Now he served his adopted father through love. We must not give the wrong image of Jesus to people. He is not a hard, exacting taskmaster but rather He is like that kindly gentleman.

SELFISH OBEDIENCE

We must not serve God for selfish reasons. It will never work. The Pharisees in the day of Christ were doing this and Jesus called them "Hypocrites - Whited sepulchres," He pronounced many "Woes" upon them,

the religious leaders of the nation. They were not fit to lead His people but yet many innocent people looked up to them. I had a friend that I studied the Bible with who told me that, "Jesus had no choice but to save the religious leaders of His day because they kept the laws to the letter." Yes, while they kept the law to the letter, their hearts were far from Him. Their service was purely selfish. Jesus is looking for the heart. He says, "My son, Give me thine Heart." Prov. 23:26. After we give Him our heart He will mold it and fashion it according to His will.

Many serve God through fear of death. The thought of eternal death is horrifying so they go to church and serve God to the best of their ability, to the tiniest detail. These people want to make sure that everything is done exactly right for fear of punishment and this often leads to fanaticism because it was not really love for God that has inspired them. Their motives are terribly selfish. They feel that if they do everything exactly right and even carry things to extremes God will have no choice but to save them. God does have a choice. He wants our hearts. If we do not give Him our hearts, He cannot save us. He wants loving obedience as opposed to selfish obedience. People who have this fear may also go to the opposite extreme of doing only the bare minimum. "God must save me if I come to church and pay my tithes every week." Often they show up late and their conversations are worldly, "But Lord," they cry, "I was in church every week, I sacrificed a lot of time and money for you." But sadly it was not for love. Selfish obedience.

I once knew a brother in the faith who had some difficulties in getting along with his brethren on occasion. He was asked why he came to our church and accepted our faith. His answer was simply, "because your church helped me more than my other church did." Is this selfish obedience? Yet many come to the church looking for what the church can give to them instead of what they can give to the church.

In reality there could not be true repentance unless we really loved God and understood how hideous sin really is. We may ask forgiveness because we will not go to heaven if we don't, but is this the true repentance that God wants? that He will forgive? I think He will only forgive those that really love Him and feel guilty and sad for what they have done to Him. I think you can feel sorrowful that you did something that may keep you out of heaven and you may even cry because you don't want to die, but is this true repentance? There is nothing in our religious experience with God that amounts to anything if it is not inspired by love.

THE LOVE OF GOD

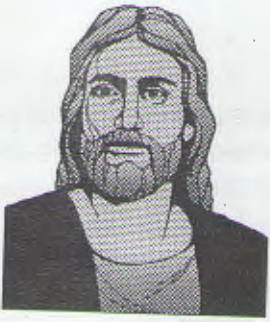
In this life we can do pretty well what we want to do as long as we don't break the civil law, and most times we will not suffer any direct consequences. We are the rulers of our present life. But to give up our will and freedom because we think God is so awesome; He created us, provided for us, gave His Son to die for us to redeem us when we followed after Satan in the past. He gave us His word through the prophets, and gave us His word through Jesus. He listens to our prayers no matter how simple they are. He is omnipotent, full of wisdom, faithful, loving, compassionate and just. We should just keep our eyes on him and learn of him and the Holy Spirit will fill us with love for Him and we will be drawn to Him and it will become an automatic thing to obey Him because we love Him. It would cause us too much suffering to hurt someone we love so dearly.

It is only true LOVE that breaks down all this selfish obedience. If we care more for others and God, we will forget ourselves and try to please them.

Is this love something that is naturally in us? Is it something that we can put on and off like a garment? No. Some people fall in love with Jesus in an instant, others may take years. How is this brought about in our minds? "But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the spirit of the Lord." 2 Cor. 3:18 Whoever you spend more time with is who you become. If you spend more time with novels, you become like those novels. If you spend more time watching worldly TV shows you become like those TV shows. But if you spend more time with Jesus, reading His word, you will become like Him. The change may be slow and imperceptible at first but the Holy Spirit will be working in our hearts to change and mold our motives to pure and high motives. We will be led to understand more fully the love that God has for us.

So it is my wish and prayer that we would examine our lives to see if we are serving God through selfishness or because we really love Him. AMEN.

Wendy Eaton



A TRUE FRIEND

What attributes do you think a person has to have to be worthy of being called a friend? A real friend! I am sure we all have our own ideas about it and they may all be very similar.

I believe,

A true friend is a person with whom you dare to be yourself.

Your soul can be naked with him.

He seems to ask of you to put on nothing, only to be what you are.

When you are with him you feel as a prisoner feels who has been declared innocent.

With him you can breathe freely.

You do not have to be on your guard.

You can say whatever you think, as long as it is genuinely you. He understands.

He understands those contradictions in your nature that lead others to misjudge you.

You can avow your little vanities, your weaknesses and absurdities, and in opening them up to him, they are lost, dissolved on the wide ocean of his loyalty. He understands.

He likes you just the way you are.

You can weep with him, laugh with him and pray with him.

But most of all you can be still with him.

Through it all, and underneath, he sees you, he knows you, and he loves you.

A friend like this may come along only once in a lifetime. Some may have been fortunate enough to have found him, others may still be looking. I would like to tell you about mine.

I didn't love Him at first, but I was attracted to Him. I was not attracted to Him because of His outward appearance, because He was not an exceptionally handsome man. I was not attracted to His money either, because He didn't have any. Nor was I attracted to His status, because He never went to school, college or university. His loving mother was His only teacher He ever had. He was born in a little village to become the son of a peasant woman.

He never held an office, He never wrote a book.

He never visited a big city, and never travelled more than 200 miles from where He was born.

He had no credentials but himself.

He did nothing of the things that would normally be associated with greatness.

I was attracted to the beauty of His character--A beauty which obviously came from within which no one was able to take away from Him although they've tried oftentimes.

He kept his soul unpolluted and pure, full of goodness and compassion, for the suffering, the lonely, the erring, and He developed a heartfelt respect for the feelings of others.

In His heart was nothing but the purest love for the people around Him, and this love made it so easy for Him to understand them, their feelings, their emotions, their reasonings and their actions.

His sincere kindness was heard in His voice, and seen in everything He did. Little children felt comfortable in His presence, because He radiated an indescribable peace - and calmness. And this is so attractive to me.

The more I got to know Him, the more I grew to love Him. I wished I could be more like Him. He developed a character which was assigned by God for mankind. A character which was true to its purpose and firm in determination, which could not be changed or conquered by anyone from earth or hell.

But the more He was loved and welcomed by some people, the more He was hated and despised by others.

When He was only 33 years old He was killed. He was killed for something that He didn't even do. I did it, I was the one who was guilty of it; and He knew about it, but not a word of blame or condemnation came out of His mouth. And I thought: "What greater friend can you have than the one who is willing to give His life for you? And this made me love Him even more.

His name is Jesus Christ.

The whole world knows about Him. The world celebrates His birth at Christmas. At Easter we think about His death, His sacrifice for mankind, and even the weekly cycle itself testifies to the Creator who made it.

Every time we write a cheque or sign a document, write a letter or just fill in a receipt, we put a date on top. Every time, this date points back to the time when Jesus Christ was born. This year it is 1998 years after Christ. AD - which stands for Anno Domini, which is translated: "the year of our Lord." So we get reminded of Him every day, whether we like it or not. When we look at it this way, we could nearly say that our lives revolve around Him.

Every year at Christmas time, He is presented as a little baby in the cradle, and for some people He never grew up. For them, every year He is just that, a helpless little baby.

This was but the smallest part of His life. There is so much more to Him than that. Everything you have, everything you are, all the goodness that you can find within yourself came from Him. He is the Creator of the universe, the Giver of time, the Sustainer of all life. He is the greatest Teacher that ever walked on the face of the earth. All the things that He taught while He lived here on earth have become my greatest treasures.

The most accurate and most interesting history book available to us from ancient times recorded not only His birth, His life, His love, His death, His resurrection and His Ascension into heaven, but also the promise that He made himself, that He will stay with us, in His spirit, until the end of the world; and just before He ascended into heaven He said: "I'll go and prepare a place for you. And then I will come again to receive you to myself, that you will be where I am." What else would you expect of a true friend, than to show His loyalty until the end?

The whole world knows about Him, but sometimes I wonder, how few people do really know Him? And even more importantly: How many of the few take hold of the opportunity to accept Him as a once-in-a-lifetime friend?

He is the one who knows you best. He understands those contradictions in your nature that lead others to misjudge you, because He is your maker. You can avow your little vanities, your weaknesses and absurdities, and by opening them up to Him, they are lost, dissolved on the wide ocean of His loyalty. When you come to Him you will feel as a prisoner feels who has been declared innocent. With Him you can breathe freely. He understands. You don't have to be strong with Him, you don't have to pretend with Him, you don't have to keep up appearances, because underneath it all He sees you, the real you. He knows you - and He loves you.

Sonja Baumung, Australia

"And when I see the Blood..."

Exodus 12:23

It was truly a horrible experience for the Egyptian people! But who was to blame? Had not God announced through Moses His servant what He was about to do? Yes, He had.

The people of Israel did not hesitate to obey the divine instructions God gave through Moses. They quickly gathered their belongings and prepared themselves for the Passover because on that day Israel was to be set free from the Egyptians by the mighty hand of God. Exodus 12:7,9-10, 13, 23.

"Before the execution of this sentence the Lord through Moses gave direction to the children of Israel concerning their departure from Egypt, and especially for their preservation from the coming judgment. Each family, alone or in connection with others, was to slay a lamb or a kid 'without blemish', and with a bunch of hyssop sprinkle its blood on 'the two side posts and on the upper doorpost' of the house, that the destroying angel, coming at midnight, might not enter that dwelling. They were to eat the flesh roasted, with unleavened bread and bitter herbs, at night, as Moses said, 'with your loins girded, your shoes on your feet, and your staff in your hand: and ye shall eat it in haste: it is the Lord's Passover.'

"The Lord declared: 'I will pass through the Land of Egypt this night, and will smite all the first-born in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgment... and the blood shall be to you for a token upon the houses where ye are: and when I see the blood, I will pass over you, and the plague shall not be upon you to destroy you, when I smite the land of Egypt.'

"The Passover was to be both commemorative and typical, not only pointing back to the deliverance from Egypt, but forward to the greater deliverance which Christ was to accomplish in freeing His people from the bondage of sin. The sacrificial lamb represents 'the Lamb of God,' in whom is our only hope of salvation. Says the apostle, 'Christ our Passover is sacrificed for us.' 1 Cor. 5:7. It was not enough that the paschal lamb be slain; its blood must be sprinkled upon the doorpost; so the merits of Christ's blood must be applied to the soul. We must believe, not only that He died for

the world, but that He died for us individually. We must appropriate to ourselves the virtue of the atoning sacrifice." PP, 276, 277.

It is awesome to see how just by sprinkling the blood of the lamb onto the two side posts and onto the upper door post of the houses the Angel of death would not enter their homes nor harm them. Do you know that this same story is going to be repeated again? First, let us go to 1 Thess. 5:2-3. *"For yourselves know perfectly that the day of the Lord so cometh as a thief in the night... and they shall not escape."* Does this not describe also how the Angel of death was about to pass over the land of Egypt? Let us see what Jesus said about the Passover. Luke 22:19. *"And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me."* He followed the observance of Passover as it was given to old Israel in Exodus 12:20, 24. *"Ye shall eat nothing leavened; in all your habitations shall ye eat unleavened bread."* *"And you shall observe this thing for an ordinance to thee and to thy sons for ever."* What about the blood on the upper door post? Let us go now to Revelation 7:3 and 14:4. *"Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads."* *"...These were redeemed from among men, being the first fruits unto God and to the Lamb."* You may be asking yourself, where is the blood mentioned in these texts? Please note the word "redeemed". We are redeemed through the *blood* of Christ.

This world is Egypt and Christ's coming is very near. Let us make a decision today to pray more earnestly than ever before, for the day of atonement is at hand.

"By obedience the people were to give evidence of their faith. So all who hope to be saved by the merits of the blood of Christ should realize that they themselves have something to do in securing their salvation." PP, 279. Secure yours today!

Your Brother in the Faith,
George A. Williams

Don't Give the Devil a Chance

Satan wants you to sin. He wants to make you his slave. To succeed he uses your weaknesses against you. But, you have a promise in the Bible that says, "If God is for us, who can be against us."

When Jesus was tempted, He ordered Satan away by saying, "Away with you Satan! For it is written..." Matt. 4:10, Here Jesus quoted God's word, the Bible. When Satan tempts you, you also can use God's word against him. The Bible is called the sword of the spirit which you need to fight your enemy when he comes to tempt you to do wrong. The Lord in His love and mercy has given you His Holy Word which tells you what to do. It gives comfort and encouragement. Keep your sword handy and use it often. Memorize verses from God's Word so you will never be caught without your sword. The only way in which you can fight Satan is by not giving him a chance in the first place. By resisting him he will flee from you (Eph. 4:7).

Don't give the devil a chance
Resist him and he will flee
Don't give the devil a chance
Say "no" and you shall be free.

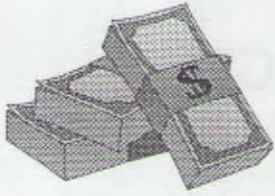
Reyna Esther Conde Guevara



BAPTISM OF SISTER TINA CABRAL



*Some of the young people
in Montreal*



Current Scene

Cyber-dollars-Getting Closer to a Cashless Society

For those who still wonder how (and why) a cashless society would come, the latest thing points the way clearly: counterfeiting using laser printers. Recently, there has been a spate of small-time counterfeiters caught printing money off their computer's colour laser printer in their own home. Now the banks are also talking about making a more paper-less society through personal electronic transfers of cash-using debit cards encoded with money information. In the October 1997 edition of the *Reader's Digest* (Canadian edition) we quote: "Eliminating cash would free the world of the single biggest form of tax fraud. It could also wipe out bribery, kidnapping, extortion and even robbery. All these depend on the existence of cash as an anonymous and untraceable means of payment.

"Yet the cashless economy could also be a world where networked computer data bases keep track of every bus you ride...every video you rent. The possibilities are chilling to anyone who cares about privacy."

Chilling indeed, for God's people to be kept track of, and for the authorities to try and force us to come into apostasy under threat of "not being able to buy or sell" is exactly where all this is going. May God grant us the faith to stand against opposition, overcoming by His grace. Are you ready for this?

UFOs - Are They Real?

Most reports of UFO sightings and abductions in the 50 years since 1947 have been by single individuals, and the skeptics have scoffed. However, something far more public happened in the sky over Phoenix, Arizona, on March 13, 1997. An object variously described as a spinning top, a triangle, and a boomerang (V shaped), cruised high over the city for more than 100 minutes. According to a report in *USA Today*, "thousands of people saw it, dozens videotaped it," and an analysis of the videotapes suggests that it was more than a mile long! Air traffic controllers at Sky Harbor International Airport saw it, but nothing showed up on their radar screens. Ufologists claim that "this is the real thing." To date, the United States government has refused to investigate (or at least to admit having investigated) the Phoenix incident.

So, are UFOs real?

As we approach the end of the millennium, that question is more than an academic exercise, at least to some minds. Recently, as just about everyone knows, 39 people decided to depart this life and "join" a UFO that was allegedly tailing the Hale-Bopp comet.

A more fundamental question, though, is whether intelligent life exists outside of our planet. To UFO enthusiasts, the answer is Yes. If this is correct, and if UFOs are both real and operated by non-humans, then the next burning question is whether these aliens are hostile or friendly.

Fortunately, the Bible provides us with a very positive answer to the question of whether intelligent life exists elsewhere in the universe: It does.

"There was war in heaven. Michael and his angels fought against the dragon, and the dragon and his angels fought back. But he was not strong enough, and they lost their place in heaven. The great dragon was hurled down-that old serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him." Rev. 12:7-9

Who's operating the UFOs? Science Fiction, *Star Wars*, *the X-files*, etc.-would have them operated by aliens from a distant galaxy who have evolved to a much higher level than we earth-bound humans. First though, we must say that there *will be* an invasion of planet earth someday by non-

humans. Before He left this earth, Jesus promised to return and to bring His angels-the non-humans with Him. 1 Thess. 4:13-18 However, the question of whether Jesus and His angels will be hostile or friendly depends on who you are and whose side you're on. The Bible says that God's people will rejoice, while those who have rejected God, will be so terrified that they will cry for the rocks and the mountains to fall on them. Rev. 6:12-17

The description of Christ's second coming is more relevant to the discussion of the UFOs than may be apparent at first glance. For if UFOs are ever truly documented over our world, then they will be operated by aliens who are either loyal to God or Satan. And since God has already given us a detailed account of His next invasion of planet Earth, we should refuse to trust any alien invasion that does not match the description He gave.

Indeed, Jesus Himself gave us a warning that can help us to evaluate any future alien invasion of our planet other than His own. "False christs and false prophets will appear and perform great signs and miracles," He said. "So if anyone tells you, 'There he is, out in the desert,' do not go out; or 'Here he is, in the inner rooms,' do not believe it...For as lightning that comes from the east is visible even in the west, so will the coming of the Son of Man be."

If UFOs ever do appear in the sky over our planet, those of us who believe the Bible should refuse to accept them as friendly. To the contrary, we should be suspicious that they are operated, not by aliens from a distant galaxy, but by demons who have been tormenting planet Earth and tormenting human beings ever since they were cast out of heaven thousands of years ago.

Human Clones?

From *Time* magazine, June 16, 1997: "The surprise announcement in February that a sheep had been cloned from the mammary cell of an adult ewe immediately raised the question of whether the same technique could be used to clone people. While the possibility of cloning opens up a new and exciting line of scientific study, it also seems to violate ancient taboos. To help sort out the issues-and to get the jump on a conservative Congress-President Clinton took two swift steps: he called for a moratorium on the use of U.S. government funds for human-cloning research, and he asked his National Bioethics Advisory Commission to let him know within 90 days whether the new technology should be even more tightly controlled.

"But in the U.S. today, research like this is a hot-button issue. The use of federal funds for research on human embryos is already prohibited, although that ban does not extend to work done in privately funded research labs."

"But as the days of Noe were, so shall also the coming of the Son of Man be." Matthew 24:37. Jesus compared our day with the days before the Flood. And what was their special sin before the Flood? The pen of inspiration answers: "But if there was one sin above another which called for the destruction of the race by the flood, it was the base crime of amalgamation of man and beast which defaced the image of God, and caused confusion everywhere. God purposed to destroy by a flood that powerful, long-lived race that had corrupted their ways before him." 3SG 64.

Is a human still a human if he has been cloned in a laboratory? What kind of manipulation of human genes could go on in a laboratory? The Geneticists today have already succeeded in combining plant and animal genes-splicing fish genes onto tomatoes, etc.-so the next logical step would be to experiment with combining animal and man. After all, isn't this what science fiction and pagan myth has been uplifting for years?

As mankind departs more and more from the God of heaven, there is less and less respect for life in general and human life in particular. What kind of life would it be to know that you had survived an operation but had a baboon's heart, or had a whale's genes spliced onto your own? No one knows-but certainly it would "cause confusion everywhere". Surely, we must pray: Come quickly, Lord Jesus,-before there will be none left righteous, or perhaps less human on the earth.

By Jerry Eaton

EXCITOTOXINS

"Excitotoxins are defined as amino acids such as cysteine, aspartate and glutamate which, when applied in concentrated form to neurons will cause them to become overstimulated and die.

"Glutamate is an important neurotransmitter, a chemical which allows neurons (cells) in the brain to communicate between each other. Normally, excess glutamate is pumped back in the glial cells surrounding the neurons. However, when cells are exposed to excessive amounts of glutamate, the neuron cells die." ¹

"In research, glutamate is known to disturb neural pathways. "So you can have permanent nuclei lesions in the brain," says neurosurgeon Russell Blaylock. "It also affects how the brain develops if the brain essentially is miswired because of these compounds.

"That means glutamate could cause a variety of behavioural problems in children - or aggravate autism, learning disabilities, attention deficit disorder and violent outbursts.

"In America, the annual consumption of the three most common excitotoxins (aspartame, Monosodium Glutamate, and hydrolyzed proteins) is estimated to be 160 million pounds - 10 times the annual consumption of a popular herb like oregano.

"The amino acids glutamic acid and glutamine are converted to glutamate in the body. These amino acids are normally bound up in protein molecules in food. The proteins are slowly broken down into amino acids and absorbed. This slow process causes glutamate to be produced gradually. In MSG, the glutamate is not bound in a protein molecule. Similarly, some products such as hydrolyzed vegetable protein (HVP) have large amount of free (unbound) glutamic acid in them (even before MSG is added to it.)

"Tests have shown that tomatoes and mushrooms contain a very small amount of "free" glutamic acid (despite what the Glutamate Association claims). It is not a highly concentrated excitotoxic product like HVP and presents no problems when eaten in reasonable amounts except for individuals highly sensitive to MSG." ¹

These ingredients always contain excitotoxins: glutamate (usually MSG), aspartame, autolyzed yeast, or yeast extract, caseinate ingredient names containing "Hydrolyzed" L-cysteine. The following FREQUENTLY indicate the presence of excitotoxins: broth, flavours, flavouring, protein, seasonings, spices." ² Beware if the ingredient list says only "spices" without listing the various spices in the product.

MONOSODIUM GLUTAMATE

By far the most commonly used excitotoxin is Monosodium Glutamate (MSG). This has caused controversy for many years and has prompted much research and government testing. The FDA (Food and Drug Administration - USA) has placed MSG on their GRAS list (Generally Recognized As Safe). How safe is safe? They also classed Thalidomide, which caused widespread birth defects, as safe. From the reports in the above statements, research has shown that excitotoxins are far from safe.

In Asia, MSG has been used as a flavour enhancer for at least 2,000 years in a broth made from certain types of seaweed. Today MSG is made by a fermenting process using starch, sugar beets, sugar cane and molasses. It is the food additive that is one of the most widely consumed products in the world. It is sold in grocery stores along with other spices and seasonings but it is really neither. It is "a flavour enhancer", a chemical which modifies or alters undesirable flavours while falsely enhancing others, yet MSG does not add a strong flavour of its own. It increases the sensitivity of the taste buds and taste receptors in the mouth by stimulating impulses from the brain. It fools the body into thinking that tasteless food has a desirable flavour." ³

"L-Glutamine is an amino acid, found in all protein-containing foods. Amino acids are the building blocks of proteins. This amino acid is one of the most abundant and important components of proteins. Glutamine occurs naturally in protein-containing foods such as cheese, milk, mushrooms, meat, fish, and many vegetables. Glutamine is also produced by the human body and is vital for metabolism and brain function.

"Monosodium Glutamate, or MSG, is the sodium salt of glutamate. When MSG is added to foods, it provides a similar flavouring function as the glutamate that occurs naturally in food.. ." ⁴

L-Glutamine is the amino acid in proteins that is naturally occurring and is good for you. Glutamate is the man-made, isolated form that wreaks havoc on the neuro-transmitters. Beware when a product label says, "Glutamate."

"Who is at risk from MSG ingestion? This is hard to say, anybody can be at potential risk, but if you suffer from various neurological illnesses you are likely to be at increased risk to acute toxicity. Even if you are not at risk of acute toxicity, there is a risk of chronic toxicity. Chronic toxicity may occur when MSG, or other excitotoxins are ingested on a regular basis. Tolerance to excitotoxins may vary considerably from person to person, and in one person from minute to minute. Hypoglycemia in the brain is a major cause for concern since the brain requires lots of energy to use its protective mechanisms.

"When a neuron is exposed to a massive dose of MSG, the cell immediately begins to swell and dies within one hour. At two hours the macrophages begin to clear the remains of the dead neuron away. When a lower dose of MSG is used, nothing appears to happen immediately. But after the second hour the neuron suddenly undergoes rapid death. This delayed death of neurons is characteristic of MSG, aspartame and other excitotoxins. There is some evidence that subtoxic doses of excitotoxins can alter the cell's physiology." 5

"The blood level of glutamate is normally lower than that of other amino acids. That is why the extra intake of free glutamate and its rapid absorption can so easily take the body out of balance. Glutamate is a remarkably potent, rapidly acting nerve toxin in laboratory cell cultures . . . As we ingest excess amounts of this amino acid it is rapidly absorbed and the body is forced to handle the excess amount. Under normal circumstances the body, and especially the brain, can handle the removal of the amino acid. However, when we get an excess in our diets, as we do when we eat MSG, our nerve cells cannot tolerate this condition. The build up becomes toxic causing a wide variety of symptoms. This problem of excess glutamate becoming toxic is not unheard of in the medical community. Excess glutamate toxicity has been seen in diseases like Huntington's disease and is suspected in other illnesses. The effects of glutamate on the neurotransmitters in the brain is also an area of possible toxicity. Constant over production of certain neurotransmitters leads to imbalances in the brain, leading to neurological disorders.

"There are many symptoms and each individual reacts differently, but most people experience dizziness, asthma, nausea, flushing, shaking, tingling around the face, headache, depression, weakness, and fatigue, from 20 minutes to 2 days after ingesting the compound." 3

"Headache was the most frequently occurring symptom." 4A

"Surprisingly, MSG is found in many American foods - including almost all fast foods and is commonly used in restaurants. . . It is usually added to foods such as condiments, soups, tuna, TV dinners, hot dogs, dressings, sauces, and other pre-packaged foods." 3

"Today, hundreds of thousands of metric tons of MSG are produced and added to food every year. MSG is listed on the label only if it is a "separate" ingredient in the food. In most cases, MSG is hidden by including it as a part of other ingredients on the label. It can make up as much as 60% of these other ingredients." 1

HYDROLYZED VEGETABLE PROTEIN (HVP)

"Hydrolyzed proteins . . . are added to foods to serve various functions. They can be used as leavening agents, stabilizers . . . thickeners, flavouring, flavour enhancers, and as a nutrient (protein source), to name a few uses.

"Since the law does not require flavours to be identified by their common or usual names, some . . . have made a practice of declaring protein hydrolysates as "flavouring " or "natural flavours" even when they are used as flavour enhancers." 9

"Hydrolyzed proteins used for flavour-related purposes are prepared by using food grade acid or enzymes to chemically digest proteins from soy meal, wheat germ, corn gluten, edible strains of yeast, or other food sources.

This process, known as hydrolysis, breaks proteins down into their component amino acids. Glutamate is predominantly naturally occurring in these protein sources, and when proteins are broken down, glutamine is converted into glutamate-which usually means its isolated and concentrated form.

" . . . a food label that declares 'No MSG Added' is false and misleading under section 403 (a) (1) of the Federal Food, Drug and Cosmetics Act when the label also lists any hydrolyzed protein as an ingredient since it contains MSG." 7

"Hydrolyzed proteins, of protein hydrolysates, are acid-treated or enzymatically-treated proteins from certain food sources. They contain salts of free amino acids, including glutamates, at levels of 5 to 20 percent. Hydrolyzed proteins are used in place of MSG as flavours and flavour enhancers in many foods, such as canned vegetables . . ." 4A

Recently, my husband spoke with a company that sells HVP in the health food stores, asking for their list of ingredients. Along with the list they faxed us some information. One sentence that caught my eye is, "This product contains naturally occurring MSG which forms during the manufacturing process." You can make what you want of that statement but to me it says that this was not naturally in the food before it was manufactured (or processed) therefore it is not really the naturally occurring amino acid, l-glutamine.

ASPARTAME/NUTRASWEET

"Aspartate - also an excitotoxin - is found in the chemical aspartame, a sweetener more commonly known by the brand name "Nutrasweet." 2

"Aspartame contains 40% aspartate, an excitotoxin which has been shown to act in a similar fashion to glutamate and produce similar acute reactions." 1

"Aspartame/Nutrasweet is not very sweet in itself, that may be why Equal puts Dextrose (sugar) and maltodextrin as the first ingredients, so that it tastes sweet. Aspartame/Nutrasweet is a brain drug that stimulates your brain so you *think* that the food you're eating *tastes* sweet. If you pay attention you'll notice that when using Aspartame/Nutrasweet, everything you eat at the same time *also* tastes sweet! This may be why Aspartame/Nutrasweet causes you to crave carbohydrates. Hence, you won't lose weight using it.

"Aspartame/Nutrasweet breaks down to its poison constituents at 86 degrees. Remember your stomach is at 98.6 degrees! Therefore you should never use Aspartame/Nutrasweet in hot beverages or cooked foods such as Jello. . . .There is mounting evidence that the "Burning Mouth Syndrome" experienced by the Desert Storm troops was actually Methanol poisoning from the Diet Coke they drank lots of, after being exposed to desert temperatures.

"Aspartame/Nutrasweet . . . is an excitotoxin in the brain and excites neurons to death, ie. it kills brain cells and causes other nerve damage.

"Aspartame/Nutrasweet's breakdown products attack the bodies tissues and create Formaldehyde which builds up in the tissues forever." 8

These quotes were taken from the Internet on the following web pages:

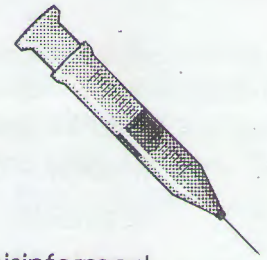
- 1 - <http://www.hol.gr/nuclear/mg-msg.htm>
- 2 - <http://www.desototelecom.com/msg.html>
- 4 - <http://ifcinfo.health.org/brochure/msg.htm>
- 4A - <http://vm.cfsan.fda.gov/~lrd/msg.txt>
- 5 - <http://www.vegan-straight-edge.org.uk/soyfood.htm>
- 6 - http://www.social.com/health/ific/food_additives/ir-msg.html
- 7 - <http://www.tiac.net/users/mgold/msg/msg-labels.txt>
- 8 - http://www.imagin.net/~abredon/links_aspartame.htm
- 9 - <http://www.fda.gov/fdac/special/foodlabel/ingred.html>

These quotes were taken from:

3 - *Herbal Insights*, August 1993 Issue, under the article entitled, "MSG and Your Health."



VACCINATIONS & HEALTH



For too long, dangerous vaccine drugs have been imposed on a misinformed, fearful public by the power-hungry establishment and the corporate greed of the drug industry.

The truth about vaccines is getting out. Some of the chemicals used in the production of vaccines, such as formaldehyde, mercury, and aluminum are extremely toxic and are known carcinogens. What effect does this virulent onslaught have on a healthy baby who is scheduled to be vaccinated 14 times by the age of 18 months?

A study published in the New England Journal of Medicine found that between 1983 and 1985, there were more than a dozen outbreaks of measles in Texas among junior and senior high school students. Ninety-five percent of the students had received the measles vaccine, as confirmed by the school immunization records.

Outbreaks of measles among previously vaccinated populations were clearly an embarrassment to health officials who had promised that one shot gave protection for life. They responded by recommending two shots! Of course, there is no evidence that two shots will work any better than one. On the contrary, a study published in Pediatrics titled "Risk Factors for Measles Vaccine Failure Among Immunized Students" found that 6.5 percent of students who became sick with measles had been vaccinated twice.

Medical evidence supports that the measles vaccine can actually make children more susceptible to the disease. The vaccine antigen somehow desensitizes or weakens the child's natural immune response--especially if the same antigen is introduced into the body a second or third time.

Health hazards from vaccinations can include cancer, multiple sclerosis, autism, leukemia, lupus, mental retardation, blindness, asthma, epilepsy, cerebral palsy, encephalitis, paralysis, crib deaths, damage to and/or failure of kidneys, liver, heart, and other body organs, arthritis, meningitis, allergies, hyperactivity, chronic ear infections, learning disabilities and death.

This article makes us aware of the dangers that vaccines can cause. Many times diseases come upon us as a warning from God for our carelessness and because we have departed from the truth. Let us always turn to our Great Physician who can heal us physically as well as spiritually.

Reyna Esther Conde Guevara

Health

Health is very important that everyone should have and God wants us to be healthy. Therefore, He wants us to eat good wholesome foods like fruits and vegetables, and drink pure water, which will give us a healthy body. We should avoid all harmful foods like chips, candy, ice cream, which are junk foods.

Also, we should study the books on healthy diets which would teach us the value of different foods. Following a proper diet will give us longer healthier lives.

Edwin Alfaro, 11 years old

Top 10 Fruits and Vegetables

These ten fruits and vegetables are good antioxidants and may lower your risk of developing cancer.

1. Blueberries
2. Kale
3. Strawberries
4. Spinach
5. Brussels Sprouts
6. Plums
7. Broccoli
8. Beets
9. Oranges
10. Red Grapes



Following close behind are: red bell peppers, pink grapefruit, onions, white grapes, corn, eggplant, cauliflower, potatoes, cabbage, leaf lettuce, bananas, apples, green beans, carrots, tomatoes and pears.

IMS Publishing
54 Newcastle St.
Toronto, Ontario, M8Y 1A3
CANADA
Tel: (416) 252-1197
E-mail: tmartin@netcom.ca
Fax: (416) 252-6625

Green Beans



Types of Beans

- Snap beans (a.k.a. string beans or green beans) are the popular of the edible pod variety. They are a type of immature kidney bean, so called because they snap when bent.
- Haricot verts are the French cultivated snap bean. These beans are more dainty and slender than snap beans and best when very young, no more than 7.6 centimetres long.
- Wax beans come in two varieties: yellow and purple. The yellow variety has a mild, slightly buttery taste and the purple variety turns green when cooked.
- Chinese long green beans (a.k.a. yard-long or asparagus beans) are indigenous to the Orient and can measure up to 46 cms in length. They have a slightly crunchier, tougher texture than string beans and a milder flavour. They are a close relative of the black-eyed pea.

Bean Trivia

- In the old days, the seams of bean pods were woody and stringy, hence the nickname string beans. But geneticists have managed to breed the strings out, making for an even more palatable bean.
- One cup of boiled green beans has only 44 calories, no fat and 2 grams of protein.
- Green beans have six times more beta carotene than yellow wax beans. All bean pod varieties are high in folate and vitamins A and C.

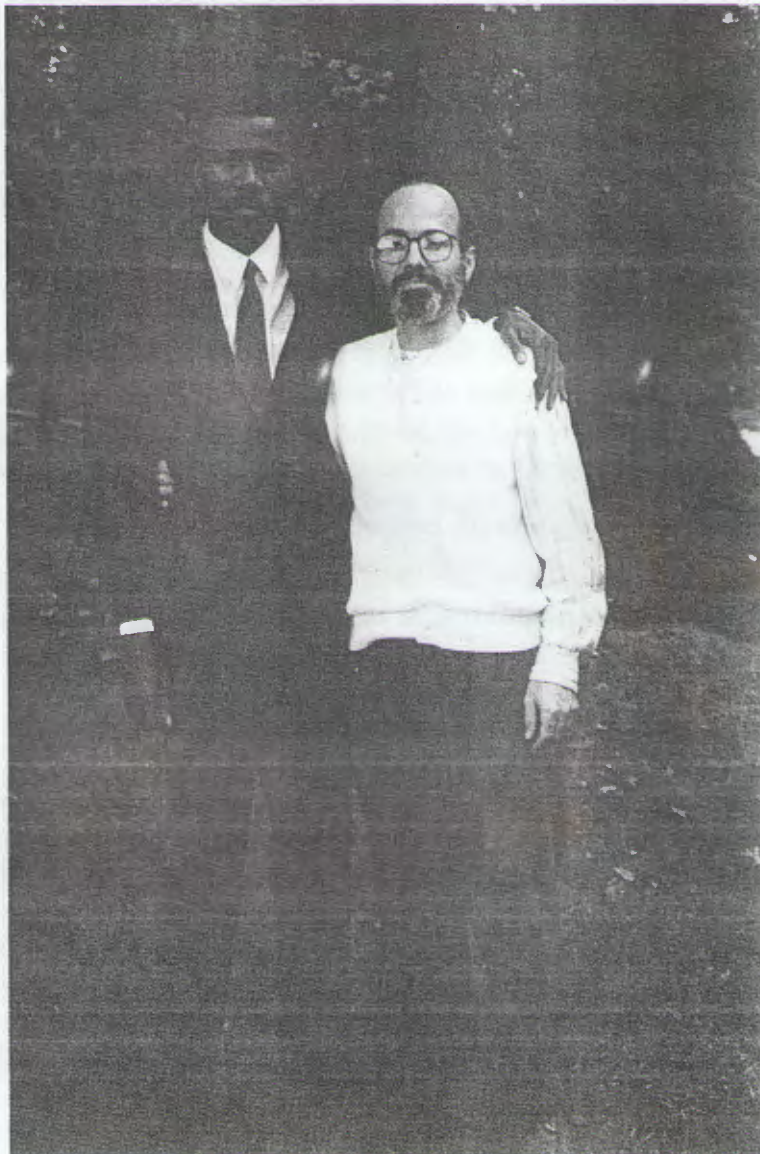
Shopping Tips

- Look for beans that have a vivid, fresh colour and a velvety feel. Avoid those with rusty spots or scars.

- Snap beans should, as the name implies, snap when bent in half. If they don't they aren't fresh.
- When choosing Chinese long green beans look for thinner beans with underdeveloped seeds.
- Avoid any bean that is floppy and limp. If the seeds are visible through the pod, pass those beans up.

Quick Ways

- Steam green beans then drizzle with a little olive oil or butter, then sprinkle with toasted almonds, peanuts, pecans, pine nuts or cashews.



BROTHER IAN GRANT WITH OUR NEW BROTHER
IN MONTREAL, RICHARD LAPENSÉE

STREETSVILLE CHURCH ORGANIZED

After almost a year of functioning as a branch Sabbath School, on Dec. 6, 1997, the Streetsville church was officially organized. The 26 members accepted the challenge to carry out the duties of the newly organized church. Our prayer is that the Lord will help the work in Streetsville to grow in order that new souls can be brought to the knowledge of the truth and be accepted into the fellowship. Incentives such as this are an encouragement for the establishment of additional churches in the future.

During the year 1997, four new members were baptized into the Streetsville church and many visitors have attended the meetings. Also several Bible studies are being conducted.

May the Lord richly bless the church and its members in Streetsville.

AMEN.



*A group of believers visiting
the conference in Holland*

BAPTISM IN MONTREAL

It was with much rejoicing and thanksgiving that the believers in Montreal gathered together on Sunday morning, December 7th to witness the public expression of five dear souls' wish to unite with the people of God. We gathered at the local YMCA swimming pool. The congregation sang hymns of praise while Br. Ian Grant led the candidates to the water. After a prayer at the poolside, he entered the water and the candidates followed one at a time. We'd like to introduce Montreal's newest church members. They were baptized in the following order:

Brother Edouard Raymond
Brother David Orellana Olmos
Brother Johnny Orellana Olmos
Sister Tina Cabral
Brother Antonio Cabral

We ask everyone to keep these new members in their prayers as they embark on their journey to the heavenly Canaan. May the Lord bless them with a special blessing and keep them in the hollow of his Hand until the end.

AMEN

Testimonies of the newly baptised members

Dear Brethren, Maranatha!

It is a great joy to have this opportunity to express my heart felt thanks for all of your prayers, and your perseverance in my behalf. Praise the Lord!

On December the 7th I was buried in the waters of Baptism. As I came out of the water, I became a member of a large spiritual family. What a blessing! This Welcome Home has been long over due. I personally thank God that He has been so patient with me.

Now I look forward to being an active servant for the Lord and for His church. It is my desire to be all that He wants me to be with His help. I want my Lord and Saviour Jesus Christ to fill me with *Agape Love* for His children in the faith, and those who are lost in the world.

Please pray for me, my family, brother Edward, and all the Montreal brethren. Do not think that the war is over it has only intensified. We all know that the more souls are added to the body of Christ the more Satan will fight.

May the Lord keep each of us, and may we let His love abide with us that we may be truly His disciples? Amen.

Your new brother in Christ Jesus;

Tony Cabral

11/12/97

The year 1997 was not a good one for me. There were many trials and it was a time of much uncertainty for me. I at times wondered if God had given up on me. Nevertheless, He is faithful and longsuffering, and He waited patiently (at times) for me to find my way back home. I am grateful for Br. Ian Grant. He believed enough in us to make us stop and consider joining this church. As for me, the Lord was calling me to come back home, and on December 7th, I stopped fighting Him and renewed my commitment to follow Jesus no matter what the cost. Praise God!

Tina Cabral

I am very happy that I have been baptized for Jesus. The Lord has always kept me with love and never left me. I want to be with any brothers and sisters always and continue in the Lord's work.

God bless you all.

Your brother in Christ,

Johnny Orellana Olmos

I am happy that the Lord has permitted me to be baptized and I feel as a new person since then.

Your brother in Christ,

David Olmos

Dear Brethren;

I am writing these few lines to let you know that I have never, never, been touched like that before.

God has really touched my heart by His son Jesus that I might give Him my whole life. It was a very emotional moment for me when in the water I felt that I was ready to die for Christ, and if need be I am ready to live my life for Him and for His church.

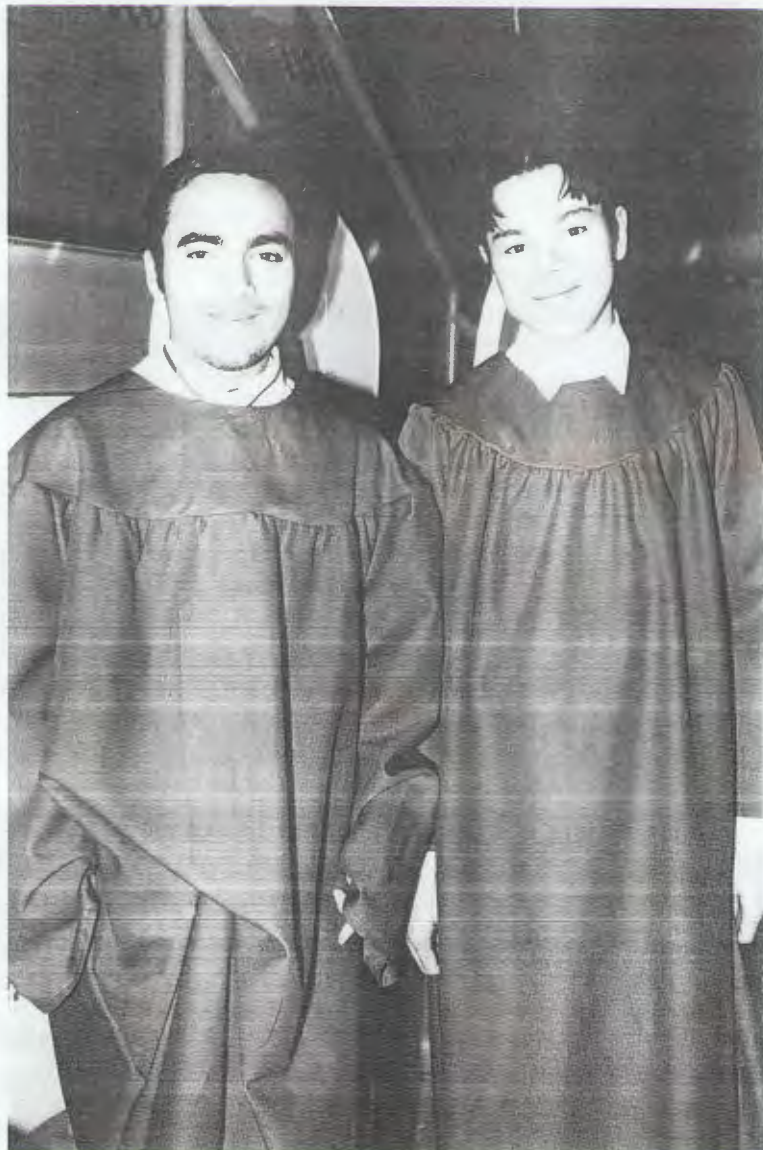
On the 9th of December for family worship time in the Cabral's family, they asked me to pray. I prayed the Lord's prayer, "Our Father which art in heaven . . . "

This prayer is so dear to my heart. I long to see Him face to face, and it will not be very long now! Praise the Lord! Amen!

Your brother in Christ Jesus
Edouard Raymond
December 10, 1997



BAPTISM IN MONTREAL



SPEAK TO STRANGERS



"Who was that quiet-appearing young lady that came into church quite late, last Sabbath?" I asked a friend of mine who was an active member in the church which I had recently joined.

"Was she the one who wore a striped shawl and a dark dress?" asked my friend. "If so, it was Annie Linton, who is a seamstress in Brown's shop."

"I did not notice her clothing in particular," I answered, "but her face attracted me; I would recognize it among a thousand faces. How could you pass by a stranger and barely notice her, Mrs. Greyson? I expected that you would ask her to stay for the lunch and the afternoon meeting, but you did not once look at her."

"I did not even think of it, and if I had, probably she would not have accepted the invitation, since she is a stranger in town, and probably won't stay here very long," my friend replied quickly, defending herself.

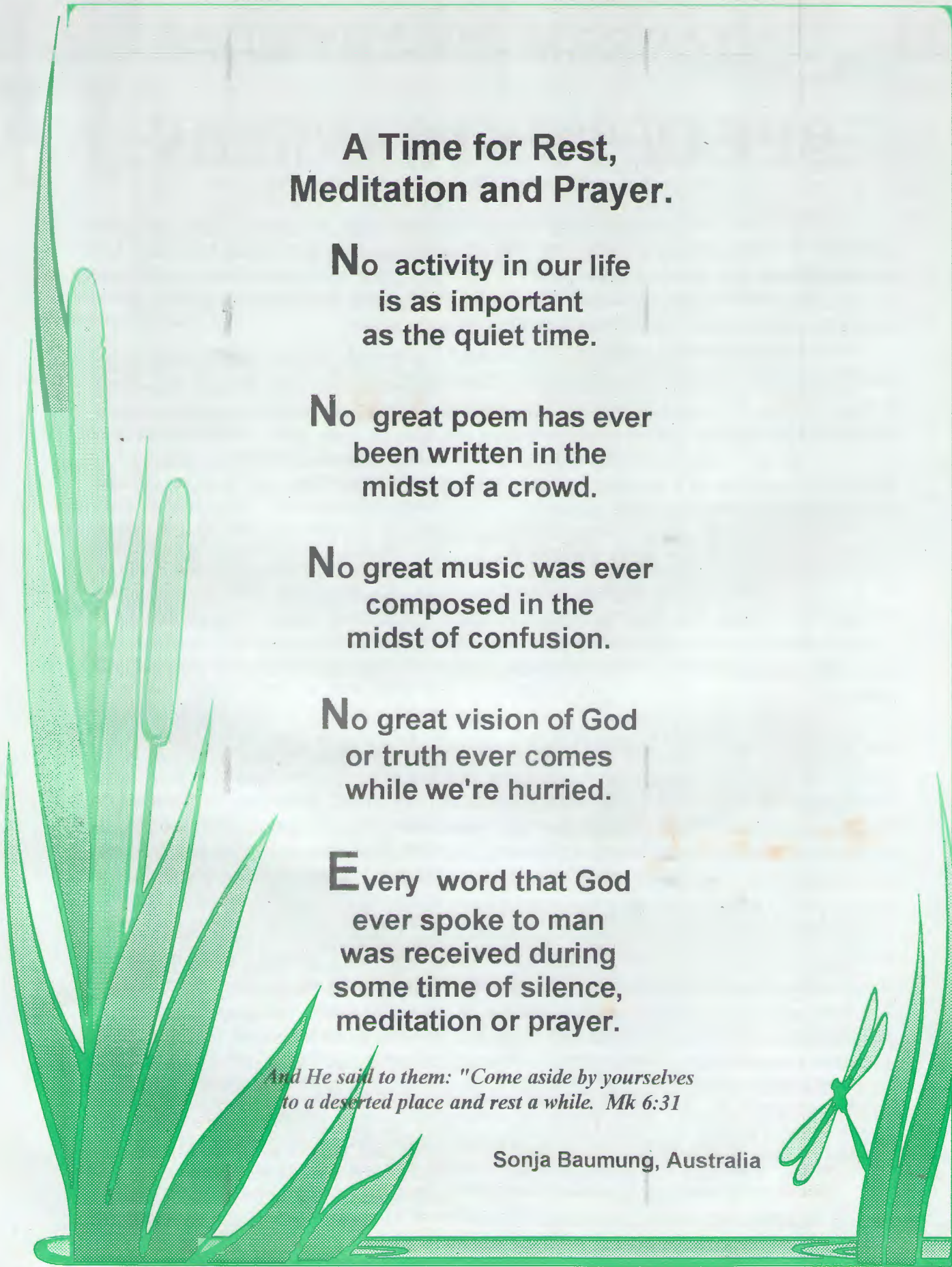
I said nothing more, for Mrs. Greyson was really an excellent Christian woman, with this one fault, - carelessness, - which sometimes caused her to make grave mistakes.

But I could not help thinking about the strange lady. Her large dark eyes and finely shaped face showed that she was quite intelligent. She seemed deeply spiritual and filled with religious impression if not a Christian already. It seemed to me that she didn't want to leave the church and was sort of waiting for someone to invite her to stay for the afternoon meeting.

The next Sabbath she came again and sat in the same seat, - just in front of mine. She bowed her head very reverently during the prayer, and once during the sermon I saw her lip quiver with emotion, and a tear came into her eye. The services closed, and she remained in the church for a little while once again. My friend, good Mrs. Greyson, again forgot to speak to the lady. Finally this lady passed out of the church slowly, and did not come again. I thought she must have left town, since I had not seen her for several days; but one Sabbath, as I attended another church, I saw her again. She seemed a little more comfortable, I thought, and there was a quiet smile on her face. After the service was over, I saw many people smile at Annie and talk with her. I then understood the secret of the changed look on her face. After talking to a few people myself, I learned that she had joined this church, and was very active in her support for the church work. I also learned that she had just become a Christian before coming to our village and had a very interesting testimony to share of the Lord's leading in her life. She had found a home in this church and I am sure that the coldness of the people in our church had something to do with it.

Several years have passed since this incident occurred, but I have never forgotten it. Many a stranger's hand I have shaken as I thought of Annie Linton's sweet face. I was young in my Christian experience then, and that lesson was a very valuable one for me. Now I always make an effort to speak to the strangers that come in our church.

Speak to the stranger, Christian friend, with the assurance that no evil will grow out of it. It is better sometimes to step over the rules of etiquette than to chill some warm stream of God's new-given love by coldness and indifference.



**A Time for Rest,
Meditation and Prayer.**

No activity in our life
is as important
as the quiet time.

No great poem has ever
been written in the
midst of a crowd.

No great music was ever
composed in the
midst of confusion.

No great vision of God
or truth ever comes
while we're hurried.

Every word that God
ever spoke to man
was received during
some time of silence,
meditation or prayer.

*And He said to them: "Come aside by yourselves
to a deserted place and rest a while. Mk 6:31*

Sonja Baumung, Australia