

The Reformation 

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Children Praise Jesus



EDITORIAL

Another year is drawing to its close, and the Lord has not come yet. The Advent pioneers and also the Reformers who stood faithful for the truth in the time of crisis have been laid to rest. The new generation who have taken the torch of truth, to carry it forward are asking, "How long Lord, how long will it be yet?"

Many signs of the times have been fulfilled during this year. We have seen the Papacy becoming more popular and closer in friendship to the Protestant churches. The Pope has made a proposal to apologize to the Protestants for the inquisition and persecution during the middle ages. Several statements have been made about the Sunday sacredness and laws requiring its observance. Also, miracles and wonders that are taking place in the fallen churches are a sign of the end. Numerous accidents and calamities in nature speak a clear language that the end is very near.

The only important work now is our personal preparation and warning the world of the coming doom. As the church of God we are to draw closer to one another. The early rain was poured out upon the believers after they had reached perfect unity amongst themselves.

Those who have spiritual eyesight to see these signs that are taking place in our world are requested to write articles to the Reformation Messenger to arouse our people. All who are able to support the Messenger financially are greatly appreciated since we are sending this magazine to many of our people free of charge. The subscription is \$15.00 US dollars per year which hardly pays for the postage.

We want to especially thank all who wrote articles to the Messenger during this year and also the readers who have received a blessing from reading them, and not to forget those who sacrificed their time by working in the print shop.

Let us hope and pray that the coming year will be blessed with busy activity for the Lord, and that we all prepare to live as it were the last year for us, which it well could be.

With sincere Christian greetings to all the readers of the Messenger,

The Editors

Index

Editorial	2
Shaking	3
The Will	6
The Faith	10
Workshop for a Better Life	13
A Four Letter Word	15
Overeating	18
Baptism	20
The Rise of Alternative Medicine	21
Current Scene	23
Where To Find Friends	26
Poem--Time Lost	28

SHAKING



"For, lo, I will command, and I will sift the house of Israel among all nations, like a corn is sifted in a sieve, yet shall not the least grain fall upon the earth." Amos 9:9.

Since the beginning, God has been shaking His church. This has caused sorrow and bitterness to both parties—to those who are shaken out and to those who remain. Yet this has been necessary that the unfaithful members would not be stumbling block to those who try to obey God. While the shaking continues many leave the church while others take their places. But time to time the Lord does a thorough shaking when only a very small remnant remains.

This kind of thorough shaking took place in the time of Noah. Only eight souls remained. In the time of Abraham only two families remained true to God and had to be separated from the unfaithful. On the day of Pentecost, 120 souls received the early rain. The kingdom of God truly has been like a mustard seed. The seed grows to a tree but the next shaking again reduces it to the size of the smallest of the seeds.

In the time of the Millerites who preached the message of 1844, thousands joined the movement. Yet after the disappointment only one of every thousand remained in the church which was the beginning of the Seventh-Day Adventist Church.

When the shaking and separation comes to the church the majority always keeps the name and the property and the minority group must start new from the beginning with a new name. "And ye shall leave your name for a curse unto My chosen: for the Lord God shall slay thee and call His servants by another name." Isa. 65:15.

Those who are shaken out do not realize it. The blindness that falls upon the unfaithful, lukewarm Christian normally only makes him bitter and angry towards his former brethren.

Shaking is Necessary

"God is sifting His people. He will have a clean and holy church. We cannot read the heart of man. But the Lord has provided means to keep the church pure... the sieve is moving. Let us not say: Stay Thy hand, O God. The church must be purged, and it will be." Test. Vol. 1, p. 99-100.

"We expect fierce conflicts with the powers of darkness. We believe the shaking time has come. My cry is, 'Stay not Thy hand, O God. Let everything be shaken that can be. Let us know who is upon the sure foundation, who is on the Lord's side.'" The Early Years, Vol.1, p. 441.

It is the Achans who are holding back the progress of the work. Ten faithful members can do more than 100 half-converted members.

Who Will Be Shaken Out

"Every soul is to be tested. Every defect in the character, unless it is overcome by the help of God's Spirit will become a sure means of destruction." Test. Vol. 5, p. 573.

"The mighty shaking has commenced and will go on, and all will be shaken out who are not willing to take a bold and unyielding stand for the truth and to sacrifice for God and His cause." EW, p. 50.

"The warnings that worldly conformity has silenced or withheld must be given under the fiercest opposition from the enemies of the faith. And at that time the superficial, conservative class, whose influence has steadily retarded the progress of the work, will renounce the faith." Test. Vol. 5, p. 463.

"The Lord is soon to come. There must be a refining, winnowing process in every church, for there are among us wicked men who do not love the truth or honour God." RH, March 19, 1895.

The foolish virgins will be separated from the wise. The chaff will be separated from the grain. Tares and wheat will be separated from each other.

What Causes the Shaking

"God will arouse His people; if other means fail, heresies will come among them, which will sift them, separating the chaff from the wheat." Test. Vol. 5, p. 707.

"Prosperity multiplies a mass of professors. Adversity purges them out of the church." Test. Vol. 4, p. 89.

"I asked the meaning of the shaking I had seen, and was shown that it would be caused by the straight testimony called forth by the counsel of the True Witness to the Laodiceans. This will have its effect upon the heart of the receiver, and will lead him to exalt the standard and pour forth the straight truth. Some will not bear this straight testimony. They will rise up against it, and this will cause a shaking among God's people." Test. Vol. 1, p. 181.

"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 any more. After the storm there was a calm. Then Seventh-Day Adventists 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, p. 3. This testimony, Sister White said refers to the whole worldwide church.

False teaching will come among us causing a shaking; and also adversity and persecution will purify the church. The counsel of the True Witness to the Laodiceans will divide the church. Those who buy the gold tried in the fire, the white raiment and the eye salve will be separated from the lukewarm professors of the religion who do not feel the need of these heavenly treasures.

Travelling the Narrow Way

In this vision Sister White was shown a series of crises which brought shaking among the people of God.

In the book, Life Sketches, pp. 190-193 she was shown a large company travelling together. As the road grew narrower, they loosed the loaded wagons from the horses and travelled on with little luggage on horseback. Soon they had to cut the luggage from the horses and later they left the horses and travelled on foot. Eventually they took their shoes and stockings off and journeyed on with bare feet. "At every change, some were left behind, and those only remained who had accustomed themselves to endure hardships. The privations of the way only made these more eager to press on to the end." Life Sketches, p. 191.

This prophecy has been partly fulfilled. In 1914 the people of God lost the loaded wagons; they lost churches, schools, hospitals and the company of travellers became smaller. In 1951, again the company was reduced and much goods were lost. But this is not yet the end of the prophecy. More members will be lost in the near future and finally the Sunday law will do the last shaking before the latter rain.

"The time is not far distant when the test will come to every soul. The mark of the beast will be urged upon us... In this time the gold will be separated from the dross in the church. True godliness will be clearly distinguished from the appearance and tinsel of it. Many a star that we have admired for its brilliancy will then go out in darkness. Chaff like a cloud will be borne away on the wind, even from the places where we can see only floors of rich wheat." Test. Vol. 5, p. 81.

Even from this Reform Movement many will be shaken out. The early rain was given to 120 souls on the day of Pentecost. Will the latter rain be given to much more? Only God knows.

Thorough Shaking

"God has His fan in His hand, and He will thoroughly purge His floor. In the coming day

He will discern 'between him that serveth God and him that serveth Him not.'" Test. Vol. 5, p. 227.

"The shaking of God blows away multitudes like dry leaves." Test. Vol. 4, p. 89.

"I asked the angel if there were none left. He bade me to look in the opposite direction, and I saw a little company travelling a narrow pathway." EW, p. 88.

"God's people will be sifted, even as corn is sifted in a sieve, until all chaff is separated from the pure kernel of grain." Test. Vol. 1, p. 431.

Then the church will be "a glorious church, not having spot, or wrinkle, or any such thing; but

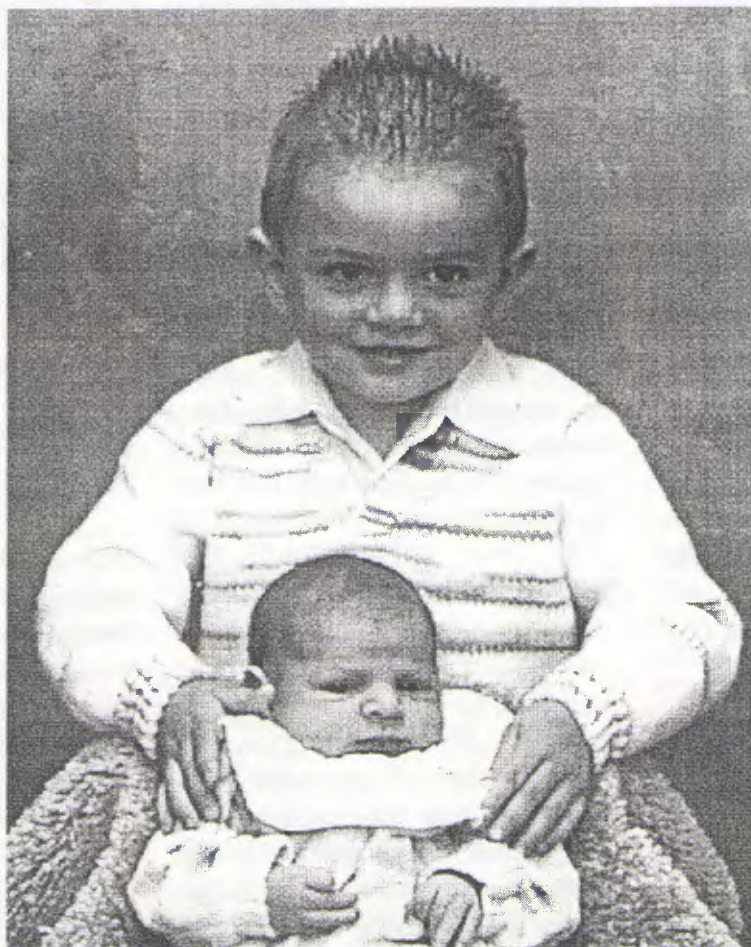
that it should be holy and without blemish." Eph. 5:27.

"Who is she that looketh forth as the morning, fair as the moon, clear as the sun, and terrible as an army with banners." Song of Solomon 6:10.

This glorious church will finish the work of God on this earth. To them the latter rain will be poured out and by their labours thousands will be converted and the mustard seed will grow to a mighty tree. May God help each one of us to have a part in this great finishing work.

AMEN

Timo Martin



James and Tiffany



The will

“For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.”

1 Timothy 6:10

Today, we live in a world that is extremely fast paced, especially in the Western World. Compared to 100 years ago, mankind has come a long way in terms of technology. Much more has been discovered in this century than seemingly in the past millenium. With this increase in technology we have created a faster pace of lifestyle with our rapid transportation and modern appliances. Many enjoy this fast pace, while others are getting burned out rather quickly. How much more today, than ever before, does mankind need the Sabbath rest – to slow down and get away from all the rush.

What is the purpose of this fast pace? Is it simply to increase the technology so that man can live a more comfortable life? It is true that this technology has increase comfort in many ways, in the case of travel, many home appliances, and all kinds of energy at man’s disposal.

But this isn’t the only reason that man has created this fast pace for himself. Not simply for the creature comforts, but we see more and more the desire for wealth in mankind. No longer are they satisfied with

the simple basic necessities of life. The more they have, the more they seem to want. No longer is 1 million dollars enough for a year for a major sports figure – not if his fellow players make 2 million. No longer is a comfortable job adequate – we see more and more families where both husband and wife work, (to the detriment of the children) simply to get ahead in life. Even in so-called Christianity is this desire for wealth seen. My son Richard told one sincere Christian lady that “the Lord often keeps our family in the land of just enough”. Well this lady answered by saying that she believes that the Lord doesn’t want that for her, the Lord wants to give her more than just enough. And yes, this is a true reflection of society. No longer is it satisfying to have “just enough”. J. Paul Getty, one of the richest men who ever lived, was asked, in the height of his wealth, what he wanted most in life. He simply answered, “More money!” What a tragic life he led.

In this mad rush for wealth, there is seen the desire of “making the most amount of money with the least amount of work”. Witness the sale of lottery tickets. How many are trying to win that million by simply just spending one dollar. Sure, some do win, but how many lose? I know of one man here in Vancouver who decided

to risk it all on one lottery. He took ten thousand dollars out against his house and spent it on lottery tickets. Yes, you guessed it. He didn’t win even one dollar. There is also the Stock Market where people are daily risking their all to try to double their money with very little work. But the Bible tells us “..that if any would not work, neither should he eat.” 2 Thessalonians 3:10. There is a true blessing in working for our wages, but many do not want to find this blessing. They think these quick winnings will bring them happiness. How few really do. The happiness is not lasting. Even if they do find happiness for awhile, what is it worth compared to what Jesus is waiting to give us?

“Many look upon labor as drudgery, and they try to obtain a livelihood by scheming rather than by honest toil. This desire to get a living without work opens the door to wretchedness and vice and crime almost without limit.” *Ministry of Healing*, p. 189.

Now I want to get into another method where people get money with relatively little work on their part and that is an inheritance. How many young people dream of the day when they will inherit the wealth of their relatives. While they do not wish their early death, they do dream of ways to spend the wealth once it is theirs. For the true Christian, to be dreaming

thus would be sin. This kind of dream is a covetous dream. A dream of earthly matters and John counsels us to "Love not the world, neither the things in the world...." 1 John 2:15.

Unfortunately, on the other hand, we have seen it happen in this world that this way of thinking has led some to find a way to end the life of their relatives – even parents and spouses – to get their hands on this wealth that they have coming.

What should we think of first and foremost when we receive an inheritance? If we do receive an inheritance, it will probably be from a relative not in the faith because those in the faith will follow the counsels given to us in this regard. If we are truly connected to the Lord our first thought will be of Him and His work when we have an excess from an unexpected source.

WILL TO THE LORD

There are strong counsels in the Spirit of prophecy regarding the willing of your means to your children. Unless some are in dire straits, it is sin. Especially if your children are unbelieving children and you know they will not use the money wisely. You are held responsible for the use they make of this money, because the Lord gave you this talent of means, not your children. If your children are in the faith, but well off, it can prove a snare to them, because the Lord did not give them this extra means as a talent. The

Lord has give to each his own. The Lord will require you to give an account for your means during your life and also after you are gone.

"I was also shown the inconsistency of those who profess to believe the truth withholding their means from the cause of God, that they may leave it for their children...They have one object before them, and that is to save property to leave for their children. This idea is so prominent, so interwoven with all their actions, that their children learn to look forward to the time when this property will be theirs.

"Children of aged parents who profess to believe the truth should, in the fear of God, advise and entreat their parents to be true to their profession of faith, and take a course in regard to their means which God can approve. Parents should lay up for themselves treasures in heaven by appropriating their means themselves to the advancement of the cause of God. They should not rob themselves of heavenly treasure by leaving a surplus of means to those who have enough; for by so doing they not only deprive themselves of the precious privilege of laying up a treasure in the heavens that faileth not, but they rob the treasury of God.

"I stated at the camp meeting that when property is willed principally to children, while none is appropriated to the cause of God, or, if any, a

meager pittance unworthy to be mentioned, this property would frequently prove a curse to the children who inherit it. It would be a source of temptation and would open a door through which they would be in danger of falling into many dangerous and hurtful lusts.....

"Parents should exercise the right that God has given them. He entrusted to them the talents He would have them use to His glory. The children were not to become responsible for the talents of the father....If they have children who are afflicted or are struggling in poverty, and who will make a judicious use of means, they should be considered. But if they have unbelieving children who have an abundance of this world, and who are serving the world, they commit a sin against the Master, who has made them His stewards, by placing means in their hands merely because they are their children.....

"Fathers who selfishly retain their means to enrich their children, and who do not see the wants of the cause of God and relieve them, make a terrible mistake. The children whom they think to bless with their means are cursed with it...

"If parents, while they live, would assist their children to help themselves, it would be better than to leave them a large amount at death." *Testimonies for the Church*, Vol. 3, pp. 119 – 122

"The cause of Christ is robbed, not by a mere passing thought,

not by an unpremeditated act. No. By your own deliberate act you made your will, placing property at the disposal of unbelievers. After having robbed God during your lifetime, you continue to rob Him after your death, and you do this with the full consent of all your powers of mind, in a document called your will. What do you think will be your Master's will toward you for thus appropriating His goods? What will you say when an account is demanded of your stewardship?" Ibid, Vol. 1, p. 156

DON'T DELAY

It is very important that those who have property and means do make a will. Do not wait until you are elderly because "It often happens that an active businessman is cut down without a moment's warning and on examination of his business is found to be in a most perplexing condition. In the effort to settle his estate the lawyers' fees eat up a large share, if not all, of the property, while his wife and children and the cause of Christ is robbed....

"This precaution should be taken by our brethren. They should know their financial standing and should not allow their business to become entangled. They should arrange their property in such a manner that they may leave it at any time...

"Wills should be made in a manner to stand the test of law. After they are drawn they may

remain for years and do no harm, if donations continue to be made from time to time as the cause has need. Death will not come one day sooner, brethren, because you have made your will." Ibid, Vol. 4, p. 482.

COVETOUSNESS

Some have fallen into a snare with respect to their will. While they do decide to will their money to the cause of God, they are not very generous during their lifetime. They choose not to pay very much to the church treasury while alive – keeping most of their money for themselves, justifying their actions by saying that they are going to will their property to the church when they die. That is all wrong. They did not sacrifice while they were alive. They lived lavishly for themselves and later, when they passed on to the grave and were no longer affected by the sacrifice of their money, did they give to the Lord. This is not acceptable.

"Dying charity is a poor substitute for living benevolence." Ibid, Vol., 5, p. 155.

"Many people selfishly retain their means, and soothe their conscience with a plan for doing some great thing for the cause of God after their death. They make a will donating a large sum to the church and its various interests, and then settle down with a feeling that they have done all that is required of them. Wherein have

they denied self by this act? They have, on the contrary, exhibited the true essence of selfishness. When they have no longer any use for their money they propose to give it to God. But they will retain it as long as they can, till they are compelled to relinquish it by a messenger that cannot be turned aside." Ibid, Vol., 4, p. 81.

"Dying legacies are a miserable substitute for living benevolence. The servants of God should be making their wills every day in good works and liberal offerings to God." Ibid, p. 481.

"The Lord would have His followers dispense of their means while they can do it themselves." Ibid, p. 479.

ROBBING GOD

Our best friend is Jesus. Those that do not freely give to Him forget that "He did not withhold His own life from them, but for their sakes became poor, that through His poverty they might be made rich. He deserves the whole heart, the property, all that they have and are. But many professed Christians put off the claims of Jesus in life and insult Him by giving Him a mere pittance at death.... After having defrauded the cause of God through life they perpetuate the fraud after death....

"Those who make their wills should not feel that when this is done they have no further duty; but they should be constantly at work, using the talents entrusted to them, for the upbuilding of

the Lord's cause...." Ibid, p. 481, 483

You are robbing God if, first of all, you can barely give your 20% today ("Many of them do not give one twentieth of their income to God, and many give far less than that." *Testimonies for the Church*, Vol., 4, p. 474) AND also you are robbing if you will your money to in such a way so that it will not be used in the proper manner. Your money is your responsibility, even after death.

If the Lord has given you a talent of means and you decide to use it selfishly – on yourself and not for the Lord, He may remove this talent of means. "There are many who urge that they cannot do more for God's cause than they now do; but they do not give according to their ability. The Lord sometimes opens the eyes blinded by selfishness by simply reducing their income to the amount they are willing to give. Horses are found dead in the field or stable houses or barns are destroyed by fire, or

crops fail. In many cases God tests man with blessings, and if unfaithfulness is manifested in rendering to Him tithes and offerings, His blessing is withdrawn." Ibid, p. 484.

The Lord blesses some with means, not that we have a mixture of rich and poor people in the church, but for the support of His cause. Money doesn't fall from the skies,. It comes from the pockets of faithful members. "God has devised plans that all may work intelligently in the distribution of their means. He does not propose to sustain His work by miracles." Ibid, p. 483. So if we get extra money, in whatever way, we shouldn't start thinking of a new car (unless our old one is ready to fall apart), a bigger house, or new clothing, but we should think "now I can give more to the cause of God."

Those who are looking for those "get rich quick" schemes, or who are running around trying to make more and more money are living for the things of this

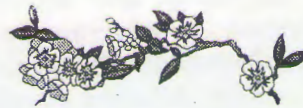
world. They are not satisfied with what God has given them and they certainly don't trust Him to take care of their needs in the simple ways that He has outlined – an honest days work and faithfulness in tithes and offerings.

We must do our duty and put our trust in God. All that we have is not our own. It has been lent to us and the Lord is going to call us into account for how efficient our stewardship has been of the gifts that He has given to us.

It is my wish and prayer that we will all prove faithful in the end, placing our treasures in heaven, "Where neither moth nor rust doth corrupt, and where thieves do not break through nor steal." Matthew 6:20.

"But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness."
2 Timothy 6:11

Wendy Eaton



"Self is difficult to conquer. Human depravity in every form is not easily brought into subjection to the Spirit of Christ. But all should be impressed with the fact that unless this victory is gained through Christ, there is no hope for them. The victory can be gained; for nothing is impossible with God. By His assisting grace, all evil temper, all human depravity, may be overcome. Every Christian must learn of Christ, 'who, when He was reviled, reviled not again'."
4T 349.



The Faith

What is faith Everyone must know how to answer this question, but sometimes we are confused about faith. We read Hebrews 11:1, "Now faith is the substance of things hoped for, the evidence of things not seen." "Faith in Christ is not the work of nature, but the work of God on human minds, wrought in the very soul by the Holy Spirit, who reveals Christ, as Christ revealed the Father. Faith is the substance things hoped for, the evidence of things not seen. With its justifying, sanctifying power, it is above what men call science. It is the science of eternal realities. Human science is often deceptive and misleading, but this heavenly science never misleads. It is so simple that a child can understand it, and yet the most learned men cannot explain it. It is inexplicable and immeasurable, beyond all human expression." *Our High Calling*, p.117.

Here we see that faith is so simple that a child can understand it. It is the science of eternal realities and only Jesus can explain it to us. Faith must be experienced individually, for example: we must understand how we can be changed, and how we can inherit eternal life. This understanding is only possible through faith, "The only faith that will benefit us is that which embraces Him as a personal Saviour; which appropriates His merits to ourselves." *Desire of Ages* p. 347.

Here it says that we can have faith and believe in Jesus Christ as a Saviour of the whole world, but this is faith is of no value. With only this faith we will lose eternal life. Only if we believe, and take

Jesus as our personal Saviour, will it be of any value. Only that personal faith can help us, save us and give us peace with God. This faith can justify us which means it cleanses us from our sins. "Therefore being justified by faith, we have peace with God through our Lord Jesus Christ." Romans 5:1.

"Justification by faith is a mystery to many. A sinner is justified by God when he repents of his sins. He sees Jesus upon the cross of Calvary. . . . He looks to the atoning Sacrifice as his only hope, through repentance toward God – because the laws of His government have been broken – and faith toward our Lord Jesus Christ as the one who can save and cleanse the sinner from every transgression.

"The mediatorial work of Christ commenced with the commencement of human guilt and suffering and misery, as soon as man became a transgressor. The law was not abolished to save man and bring him into union with God. But Christ assumed the office of his surety and deliverer in becoming *sin for man*, that man might become the righteousness of God in and through Him who was one with the Father. Sinners can be justified by God only when He pardons their sins, remits the punishment they deserve, and treats them as though they were really just and had not sinned, receiving them into divine favor and treating them as if they were righteous. They are justified alone through the imputed righteousness of Christ. The Faith accepts the Son, and through the atoning

sacrifice of His Son accepts the sinner . . .

"There are thousands who believe in the gospel and in Jesus Christ as the world's Redeemer, but they are not saved by that faith. . . . They do not repent and have that faith that lays hold upon Christ as their sin-pardoning Saviour; their belief is not unto repentance. . . .

"The faith that justifies always produces first true repentance, and then good works, which are the fruit of that faith. There is no saving faith that does not produce good fruit. God gave Christ to our world to become the sinner's substitute. The moment true faith in the merits of the costly atoning sacrifice is exercised, claiming Christ as a personal Saviour, that moment the sinner is justified before God, because he is pardoned." *Our High Calling*, p. 52.

We can sing the song, "My Faith Looks Up to Thee," or you can read the song because every word has a message. Let our faith look up to the Lamb of Calvary all the time.

"My faith looks up to Thee,
Thou man of Calvary,
Saviour divine;
Now hear me while I pray,
Take all my guilt away,
Oh let me from this day,
Be wholly Thine.

May Thy rich grace impart
Strength to my fainting heart,
My zeal inspire;
As Thou hast died for me,
O may my love to Thee
Pure, warm and changeless be,
A living fire.

While life's dark maze I tread,
 And griefs around me spread,
 Be thou my Guide;
 Bid darkness turn to day,
 Wipe sorrow's tears away.
 Nor let me ever stray
 From Thee aside.

We see that we can't change our selves. We can't clean ourselves from sins, only Jesus can do it through our faith. We have to overcome our sinful habits by fighting the fight of faith and this fight will continue for our whole life as long as we live. There are two steps in our faith. The first is justification, the second is sanctification.

"When we look to Calvary it is not to quiet your soul in the nonperformance of duty, not to compose yourself to sleep, but to create faith in Jesus, faith that will work, purifying the soul from the slime of selfishness. When we lay hold of Christ by faith, our work has just begun. Every man has corrupt and sinful habits that must be overcome by vigorous warfare. Every soul is required to fight the fight of faith. If one is a follower of Christ, he cannot be sharp in deal; he cannot be hardhearted, devoid of sympathy. He cannot be coarse in his speech. He cannot be full of pomposity and self-esteem. He cannot be overbearing, nor can he use harsh words, and censure and condemn.

"The labour of love springs from the work of faith. Bible religion means constant work. . . . We are to be zealous of good works; be careful to maintain good works. And the true Witness says, "I know thy works." While it is true that our busy activities will not in themselves ensure salvation, it is also true that faith, which unites us

to Christ, will stir the soul to activity.

"The true Christian abounds in good works; he brings forth much fruit. He feeds the hungry, clothes the naked, visits the sick, and ministers to the afflicted. Christians take a heartfelt interest in the children that are about them, who, through the subtle temptations of the enemy, are ready to perish. Fathers and mothers, if you have guarded your own children from the wiles of the foe, look about you to save the souls of the children who have not such care There are youth all around us to whom the members of the church owe a duty; for Christ has died for them. . . . They are precious in the sight of God, and He desires their eternal happiness. . . . Christ calls for voluntary cooperation on the part of His agents in doing earnest, consistent work for the salvation of souls.

"A religion which shines out in good works emits a clear, sure, safe light." Ibid, p. 121.

If we let our faith work in us we will be changed; we will be new creatures. But sometimes we are misguided by feelings. We think this is faith, but it is not. Most of the time our feelings are deceiving us. "Feeling and faith are so distinct from each other as the east is from the west. Faith is not dependent on feeling. Daily we should dedicate ourselves to God." Ibid, p. 120.

"Many pass long years in darkness and doubt because they do not feel as they desire. But feeling has nothing to do with faith. That faith which works by love and purifies the soul is not a matter of impulse. It ventures out upon the promises of God, firmly believing that what He has said, He is able also to

perform. Our souls may be trained to believe, taught to rely upon the Word of God. That Word declares that "the just shall live by faith," (Rom. 1:17) not by feeling.

"Let us put away everything like distrust and want of faith in Jesus. Let us commence a life of simple, childlike trust, not relying upon feeling, but upon faith. Do not dishonour Jesus by doubting His precious promises. He wants us to believe in Him with unwavering faith.

"There is a class who say, 'I believe, I believe,' and lay claim to all the promises which are given on condition of obedience; but they do not the works of Christ. God is not honoured by any such faith. It is spurious. Another class are trying to keep all the commandments of God, but many of them do not come up to their exalted privilege in claiming the promises that were given for them. God's promises are for those who keep His commandments, and do those things that are pleasing in His sight.

"I find that I have to fight the good fight of faith every day. I have to exercise all my faith, and not rely upon feeling; I have to act as though I knew the Lord heard me, and would answer me and bless me. Faith is not a happy flight of feeling; it is simply taking God at His word – believing that He will fulfill His promises because He said He would.

"Hope in God, trust in Him, and rest in His promises, whether you feel happy or not. A good emotion is no evidence that you are a child of God, neither are disturbed, troubled, perplexing feelings an evidence that you are not a child of God. Come to the Scriptures and intelligently take God at His word.

Comply with the conditions and believe He will accept you as His child. Be not faithless, but believing." Ibid, p. 119

We see we have to fight the good fight of faith every day. I have to exercise all my faith and not rely on feeling. Yes, we say we believe and we may cling to all His promises but we can be lost. We have to be careful that our faith has not become presumption. Presumption is Satan's counterfeit of faith. "But faith is in no sense allied to presumption. Only he who has true faith is secure against presumption. For presumption is Satan's counterfeit of faith. Faith claims God's promises, and brings forth fruit in obedience. Presumption also claims the promises, but uses them as Satan did, to excuse transgression. Faith would have led our first parents to trust the love of God, and to obey His commands. Presumption led them to transgress His law, believing that His great love would save them from the consequence of their sin. It is not faith that claims the favor of Heaven without complying with the conditions on which mercy is to be granted. Genuine faith has its foundation in the promises and provisions of the Scriptures." *Desire of Ages*, P. 126.

Now let us examine our faith and see if we have true faith, which relies on God and Jesus Christ as our personal Saviour. With true faith we can overcome the world. Paul encourages us to "Fight the good fight of faith." 1 Timothy 6:12.

When souls are converted, their salvation is not yet accomplished. They then have the race to run; the arduous struggle is before them to fight the good fight of faith. The battle is lifelong, and must be carried forward with determined energy proportionate to the value of the object they are in pursuit of, which is eternal life.

"We are daily working out our destiny. We have a crown of eternal life to win; a hell to shun." *Our High Calling*, p. 163

Our goal is to inherit eternal life. Step by step we have to climb the ladder because if we have this true faith, we can't even understand the Word of God.

There is a song called, "Faith of our Fathers." We are encouraged to look and see what kind of faith our fathers had. Let God help you to have a true faith, which lays holds on eternal life.

Faith of our fathers! Living still
In spite of dungeon, fire, and sword,
O how our hearts beat high with joy.
When-e'er we hear that glorious word.

Faith of our fathers! Holy faith!
We will be true to thee till death.

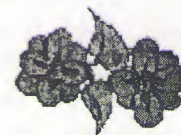
Our fathers, chained in prisons dark,
Were still in heart and conscience free;

How sweet would be their children's fate,
If they like them, could die for Thee!
Faith of our Fathers! Holy faith!
We will be true to thee till death.

Faith of our fathers! We will love
Both friend and foe in all our strife,

And preach Thee, too, as love knows how,
By kindly words and virtuous life.
Faith of our fathers! Holy faith!
We will be true to thee till death.

God Bless
Sister Nada Stefanovic, Australia



Ready for missionary work in Streetsville

WORKSHOP FOR A BETTER LIFE FROM THE GERMAN UNION

Report from the health seminar given at Tallin, Estonia, by Dr. Martin Jeltsch, Naturopath.

On Monday, September 21 we were ready to set out for our well planned journey. Driving by car we went through Denmark, Sweden, and Finland to Estonia. (We made some visits to believers and relatives, as this trip was also our yearly holiday). On Sunday, Sept. 29 we had our first meeting in Tallin at 4 pm, and a second meeting at 8 pm. Days before our believers there were giving out invitations, and at 3 pm the first visitors arrived. This church, which Br. Gutknecht bought soon after the collapse of communism was full by 4 pm. Every evening between 40 and 50 visitors were present. The interest was so great, that some of the believers had to sit in the hall and the kitchen.

The lectures were based on the eight natural healing factors we had laid down in my new work-book on health. An old sister who still knew German, translated the work-book into Estonian, so that at the end of the seminar each visitor received a copy of the lessons. In that country everything must be translated into the Estonian and Russian language. The lectures also had to be translated into these two languages. Thus we had to call our dear brother Gennadi Salosnyj from the

Ukraine for the Russian part, and our dear sister Julia from Tallin translated into Estonian. Also, sister Kate Haug who traveled with us from Germany, graced each beginning of the meetings with a beautiful hymn. All lectures were closed with prayer.

On Wednesday, Brother Norbert Gutknecht arrived by plane to help with the lectures. We also gave instructions in hydrotherapy, herbal and onion applications with many other simple treatments. The members of the audience had much interest and asked many questions about natural remedies. We brought our grain mill from Germany donating it to the church, and demonstrated to our believers how to make noodles and other dishes from freshly milled wheat.

In Estonia one can buy almost anything just like in the West, but money is in short supply in this country. And this missionary trip would not have been possible, were it not for the generous help from our dear believers, to whom we appealed in "*The Sabbath Watchman*" many months ago. There is great need of the most basic things in Estonia. To begin with when we arrived, we right away headed to town to get an ironing board, stirring spoon and groceries for our stay. That you may know where your donations went, I give here a

list of items we purchased, given in DM:

1000.00 for a bookbinding machine
400. 00 for invitations, copies, and postage
100. 00 for ironing board, waffle iron
120.00 for a new toilet
1500.00 for translating into Estonian and Russian
370.00 for translator, cook and helpers
225.00 for food, also for Sunday evening
500.00 for repairs on roof and toilet
800.00 for a down payment for a new van or minibus
10.000 is still with me to be sent as soon as a new vehicle is bought.

One brother has been commissioned to look for a new vehicle, as soon as he finds one he will call me and the money will be there within three days. For security reasons we did not take the money with us. And though we were looking for a small bus we could not find one while we were there.

We were very happy with your generous donations. We received altogether 15.000 DM. To go to a country like Estonia and others in Eastern Europe and not bring something to the believers would be out of harmony with Christian principles. It is true the people

are not suffering from hunger, but if we had to live in such conditions as they have to, we would be complaining and protesting.

With your donations we could fill some of the gaps. We ended the seminar with a delicious meal. Not with cake and whipping cream, but after the principles I have been teaching. We bought bananas, apples, grapes, nuts and raisins for 50 persons. On Sunday morning we began to make waffles with the new waffle iron from wheat, barley, corn and oats, for fat we used ground nuts. We made 140 waffles and were at it until 6pm.

There was not one apple, not even one grape leftover, everyone enjoyed the food so much. And I was told if we would have had twice as much fruit, there would have not been one grape left either. The people there do not have the means to buy fruit, so for them this was something very special.

Often we had talks till late at night and treated patients as well. All welcomed us everywhere very warmly, and we would have even appeared

on the local TV station, but we just did not have the time for it.

Our church in Estonia had 500 members before the war, today there are only about 25.

To show how communism has negatively affected this country: we could not leave our car on the street unattended like here in Germany. When going shopping, one of us always had to stay with the car.

In the garage of the church building they have a 20 year old car which takes a lot of gas and needs constant repair. So I decided to get them a new one. The church is located at the edge of the city, and it is quite difficult for the believers to get around.

I hope that soon we get the news that the right vehicle has been found, and the whole matter be brought to completion.

At the farewell they invited us to come again soon. This mission was for me and my wife Birgitta and our sister Kate Haug a great joy, and if circumstances allow we shall visit this country again.

Once again, thank you for your wonderful support, and may God bless you all.

Your brother in Christ, Martin Jeltsch.

Note: This letter was sent to every person who donated to this cause. They all also received a card from Tallin, while the seminar was being held. Br. Jeltsch could only write a few of them, so sister Haug was writing for him and was busy writing one night until 2 am. Donations came from as far away as Australia. The entire trip was being financed by believers only. Br. Jeltsch also brought clothing to Estonia - as much as could be put in the car beside personal luggage. Any one who would like to contribute a donation even now is welcome to do so, sending it to the address below. Thank you and God bless you.

Martin Jeltsch,
Leckinger Strasse 127,
58640 Iserlohn, Germany

IMS Publishing
54 Newcastle St.
Toronto, Ontario, M8Y 1A3
Canada
Tel:(416) 252-1197 or (416) 235-0667
E-mail:tmartin@netcom.ca
Web sites:
<http://members.truepath.com/ims/health.html>
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A Four Letter Word



Today I want to speak about a four letter word. In English a four letter word is a dirty word, and this word, as it happens with most dirty words, is used very freely and has been deprived of its real meaning. Our word for today is LOVE. This word is often used but it has lost its real sense.

Much has been written about love, but man still looks for love, he experiments and makes mistakes. Many crimes have been committed in the name of love, and much exploitation takes place in its name. Love in this world is something very fragile, with the slightest pressure it cracks, changes form or dies out, when it doesn't turn into revenge and hate.

We usually love people who are similar to us, who think in the same way we do, who get excited over the same things and have the same taste and weaknesses. This love is a kind of narcissism, we love in others what we like about ourselves. But as soon as the other person changes, starts to differ from us, we get disappointed, we don't love him or her as much and can even consider him or her a traitor, independent of the fact that maybe this change is for their own good. Why? Because we don't want to be left alone, we don't want to lose his/her approval or because we don't want to be placed in a situation in which we have to review our values.

There is still another way of love and that is the feeling we have for somebody we admire, someone who has virtues—or at least we think he has—that we don't have and would like to achieve. We love a model, an idol, but if this idol makes a mistake, shows a weakness, reveals his/her own nature, then our love collapses together with the idol's clay feet. We also love people who aren't like us, whom we don't admire, but who give us something, they give us attention, admiration, protection, and in exchange we give them tenderness and patience. This is the most obvious kind of selfish love, but if that person, for a reason we can't quite understand, can't offer us his love and attention any more, that is the end of him or

her, after all we never thought much of him or her.

There is still another form of love, which opposite to this one seems very altruistic, and that is when we love a weak person, someone who for some reason or other, permanently or temporarily, finds himself in a situation of disadvantage. He can't offer us anything, on the contrary, he needs us and in a certain way, he depends on our love. In this case we open ourselves, we give and enjoy it, we love to feel useful, kind and generous, but again, we don't want this person to expect from us more than we are willing to offer (which generally is nothing but our left-overs). Neither do we want this person to become totally independent and not to need us anymore, depriving us of the opportunity to feel kind, generous, and capable of loving. All these points of view may appear rather pessimistic, but I am sure we all have been some time or other in our lives, not to say that we constantly are, either on the one side of this transactional act, which is called love.

Everything works out as long as our expectations are satisfied, otherwise love is in danger of losing its balance. We all say we love. Parents love their children, couples love each other and so do friends, and I wonder, if there is so much love in this world that each one is a generator of love, why, when I look around me, I see so much unhappiness?

So what is love, actually? The Scriptures tell us that GOD IS LOVE. Here there is an identification of God with love. But what does it mean? How does love express itself? Let us read John 3:16. "For God so loved the world that He gave..." This is what love is, it is expressed with one verb: TO GIVE. To love is to give. God gave us a beautiful planet to live in, an earth full of flowers, trees, flowing waters. He gives us health, a home, friends, but the highest expression of His love is when He gave His only begotten Son in Calvary. Jesus is the incarnation of God's love and this love walked in person upon the earth, blessing everyone that

came in contact with Him, until He died on a cross for our sins.

“For God so loved the world that He gave...” So now we have the clue and we can make up our mind to love, that is to give, and we begin by giving our children all they ask for, we fill the house with toys, books, clothes, and as a result we see that the child instead of being happy and grateful becomes capricious and demanding. We give our husbands attention, the best of our talents in cooking, housekeeping, patience in waiting for him or enduring his bad temper, we treasure every word he says, and as a result we see that when a more independent looking woman, maybe with not even half of our virtues comes within sight, his attention goes elsewhere.

We give our wives a nice house, all our salary for her to manage, our attention and faithfulness and as a result she is most of the time cold and indifferent, and seems to get bored in our company.

“For God so loved the world that He gave...” We give our son, who may be since he was a child, dreamt of being a globe trotter and roam around the world learning from experience with different cultures, we give him our business, the one that we founded with so much effort and sacrifice, a flourishing enterprise, in a moment of crisis, and as a result he feels frustrated, burdened, unhappy.

“For God so loved the world that He gave...” Why is it that our giving most of the time ends up in disappointment? Because we give with expectations, because behind our giving there is a selfish motive, because we want recognition, gratefulness, or at least love in return. But Paul in 2 Corinthians 12:15 says, “Though the more abundantly I love you, the less I am loved.” In 1 Corinthians 13 he says, “Love suffers long” (v.4) and in verse 8, “love never fails”. No matter what can be done to love it is still there, real love, that love that has its origin in heaven, that love that cannot be generated in a man's heart but that is a gift of God is the one Solomon says, “is strong as death”. Songs 8:6, and “many waters cannot quench it” (v.7).

Real love doesn't suffer from the things that are done to it because it “does not seek its own”, but it cries as Jesus did in Jerusalem because of the loss of others. The love described in 1 Corinthians 13 which “bears all things” is the one incarnated in Jesus, who bore the cross for the joy that was set before Him (Heb. 12:2). For that love to grow in our hearts we have to concentrate on it, we have to ask God to give us a revelation of His Son dying for us personally, a revelation of Jesus' life, taking away not the sin of the world but our sins. We have to ask God to give us a revelation of our names engraved on the palms of His hands, that we may see those sins that we committed and that pierced His hands with nails so that we may understand just a little bit of His immense love.

The Lord, in His grace, revealed me my sins that put Jesus on the cross, and I know that I crucified Him, that even if nobody else did or would acknowledge that he did, my sins were enough in quality and quantity to put Him on the cross. This revelation from God, which was gradual but steady, was the most painful experience I have ever had in my life and it crippled me. I would spend sleepless nights like David, wetting my bed with tears, or like Job I was terrified by my dreams, I had become skin and bones and my constant prayer was, “Look at me through the eyes of your mercy and not of your righteousness”. Time went by and forgiveness didn't seem to come; meditating upon the plagues I felt them falling on me and I was terrified. The breaking of the day would find me sitting on my bed with sweating hands and trembling knees. I saw no hope of salvation for me, I went around the world carrying my sins and depositing some of them at the feet of men, I received many words of consolation here and there, but still my nights were sleepless, I wondered how Christ had walked upon this earth carrying the sins of all humanity when I was absolutely broken by just the weight of my own sins.

But do you know why forgiveness delayed? Which was my greatest sin? What was it that made me go through such a Calvary? The fact that when my sins were revealed to me I didn't say like Luther, “the blood of Jesus cleaned me from all my sins”. I absolutely didn't believe that I could be accepted by Him, even less cleaned,

so big was my pride and self-righteousness. After more than a year of carrying the burden, I landed on my bed and thought I won't get out of here until I am forgiven because any sinful person is a walking danger and I don't want to harm anybody anymore. I'll rather die than be an instrument of wickedness, and it was then that a voice told me in my dreams: "The blood of Jesus hasn't coagulated in 2000 years". It was then that God revealed to me that **He** so much loved **me** that He gave His only begotten Son that if I believed in Him I would not perish but have everlasting life. Together with that revelation of His immense love for me personally, He gave me the gift of faith. My hard and arrogant heart had finally accepted His love, because "God so much loved the world that He gave..."

Since then I cannot compare myself to anybody, only to Christ, and my thirst for His love in my heart increases daily. I don't try to love anything or anybody on my own. I know I can't, I know that any love that comes from me is a real four letter word, is a real insult to divine love. I don't

try to imitate Jesus because Paul tells us, "Let love be without hypocrisy" (Romans 12:9), and I can only generate fake love. When I see myself still doing selfish acts, speaking self-righteousness, still craving for attention, I suffer. Jesus' love and life is always present before my eyes, it is imprinted on my mind and the longing increases that it may come to dwell in my heart. I don't impose myself self-made sacrifices, like fasting once a week or spending a night in prayer, but after I have gone for a few days with a pain in my heart seeing my sinful nature or the indifference of the people around me, the Lord wakes me up at 2 or 3 in the morning and guides me into the study of His word. He offers me a pearl or an emerald from His hidden treasure, or He gives strength to fast without pain, and in all this I see no self-denial, but once again the outpouring of His love and grace. May He make us understand His banner over us that is love (Song 2:4) and surrender to it more and more every day until we are complete prisoners of His insurmountable love. AMEN

Teresa Corti -Hungary



Western Field Conference weekend of July 17-19, 1998
The man in the back with the cowboy hat is Patrick;
he was baptized right after this picture was taken.



Overeating

Written by:

Reyna Esther Conde Guevara

Mankind is plagued by many infirmities and diseases for which there seems to be no cure. Headaches, stomachaches, and colds are very common in the world today. Everybody seems to be sick in some way or another. Today, sickness is a natural and expected part of life. Babies are born with diseases, children live in the hospitals and grown-ups visit their doctor on a regular basis.

The “stomach” is a god to many people. They feed it, coax it, pamper it and give it far more attention than it needs and deserves. When the stomach makes a command, people rush to do its bidding. Mankind is under the clutches of the stomach – a god that will eventually destroy.

What is it that makes humanity so sick ? Why is the world suffering from constant pain and innumerable maladies ? Often illness begins in the mouth and develops in the stomach. Asthma, cancer, diabetes, epilepsy, flu, gout, insomnia and many other diseases originate in the stomach. The birth of these diseases is slow and little by little they begin to grow until they are huge, enormous, mature monsters that cannot be controlled. Day by day and hour by hour people feed these beasts until they refuse to be brought under subjection. By eating in the morning, between meals and late at night men sow the seeds that will ripen and grow until the mature fruit of disease is produced. The harvest will indeed be brutal.

Overeating is a world wide problem. People live for food. They spend their days in non-stop eating and drinking. Children are brought up on snacks and are trained to ask for goodies at every hour of the day.

“Nearly all the members of the human family eat more than the system requires. This excess decays and becomes a putrid mass... if more food, even of a simple quality, is placed in the stomach than the living machinery requires, this surplus becomes a burden, the system makes desperate efforts to dispose of it, and this extra work causes a tired feeling. Some who are continually eating call this all gone feeling hunger, but is caused by the overworked condition of the abused digestive organs.” HL 685

“Indulging in eating too frequently, and of too large quantities, overtaxes the digestive organs and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds follow.” HL 405

“Overeating has a worse effect upon the system than overworking.” HL 405

“The brain nerve energy is benumbed and almost paralyzed by overeating.” HL 689

“Indulgence of appetite is the greatest cause of physical and mental debility and lies at the foundation of feebleness which is apparent everywhere.” 3T 487

“We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this, the food should be simpler, and less should be eaten, in order that the mind may be clear and vigorous to understand spiritual things. Overeating fogs the brain. The more precious words may be heard and not appreciated, because the mind is confused by an improper diet. By overeating on the Sabbath, many have done more than they think to dishonor God” 6T 357

Overeating poisons the blood and slows down the circulation system by making the blood thick and impure. It is the foundation for constipation that is the building block for every disease and sickness. If the mother overeats and is intemperate she will hand this down to her children and the cycle will continue until somebody decides to stop it.

Through the indulgence of appetite sin entered the world and it shall be in the same state at the coming of the Son of man. ‘But as the days of Noe were, so shall also the coming of the son of man be. For as in the days that were before the flood they were eating drinking, marrying and giving in marriage, until the day that Noe entered into the ark’ Matt. 24:37-38

Overeating leads man into the path of sin, iniquity and moral degradation. It produces forgetfulness, loss of memory and it will blunt the keener and holier emotions. Overeating stupefies the conscience and darkens the mind. Too much thought about food causes the mind to become self-centered and hinders us from discerning between the truth and error, right and wrong. If our minds are beclouded by erroneous eating, we will be overcome easily by the temptations of Satan. When the stomach is crowded with a mass of unwholesome food it will decompose and putrefy and will disqualify us for the plans God has set for us.

“Indulgence of appetite is the cause of dissension, strife, discord, and many other evils. Impatient words are spoken and unkind deeds are done, dishonest practices are followed, and passion is manifested – and all because the nerves of the brain are diseased by the abuse heaped up on the stomach.” MS 93 Although the world is in a sick and dying condition a remedy can be found in the true physician of Israel who healeth all our diseases.



**IT IS TIME TO RENEW YOUR
REFORMATION MESSENGER
SUBSCRIPTION
FOR 1999**

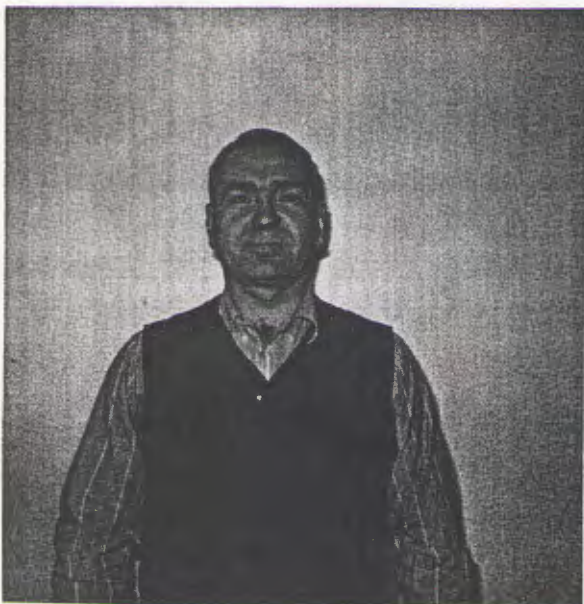
Baptism

With great joy we witnessed the baptism of Sophia Cabral on October 25, 1998 in Toronto. She has visited our church for several years in Montreal, where her parents and her sister are already members. Brother Ian Grant conducted the service. Sister Sophia will be a great blessing to our church in Montreal where she has delighted the church with her poems and singing. The Lord is pleased to see the young people taking their stand for the truth. Let us all pray for Sophia that she will be strong to the end.

AMEN



New Brunswick



A new beginning has started in another province of Canada. Our dear brother, Conrad Bossé was accepted into membership on October 19, 1998. Brother Conrad joined the Adventist Church in 1989 and in January 1998 he came in touch with the Reform Movement and after visiting our conference in August he made a decision to join with the remnant church of God. He has a great desire to win souls to the Lord in New Brunswick. Let us pray for this new beginning that others soon will take their stand with him.

The Rise of Alternative Medicine



Reprinted from Country Health, Jan/Feb. 1998

The evidence is overwhelming. Public support for complementary and alternative health care is growing. A recent Canadian Angus Reid poll found 42% of adults now embrace some form of these medical therapies, double the number from a decade ago.

The growth in herbal remedies has been dramatic. There is scientific support for many herbal remedies such as St. John's Wort and Ginkgo Biloba. Acupuncture is endorsed by the US scientific community. Harvard University is one major and respected institution offering courses in complementary medicine for graduating doctors. Germany has passed a law for medical schools to teach herbal medicine to their medical students.

American health insurers plan to offer complementary health care to their members. Over 70% of Canadians feel health plans should cover alternative health practices.

These sweeping and positive changes are being ushered in by thoughtful, dedicated, and highly trained professionals such as Dr. Joseph Pizzorno, who is president and co-founder of Bastyr College, a naturopathic college in Seattle. He is recognized as a world authority on natural

medicine and the author of several important books.

The doctor explained that the King County Clinic is the first publicly funded natural medicine clinic in the United States. Its success rate so far, he said, will spur other communities to follow the lead of King County and integrate natural medicine into health care reform.

When Dr. Pizzorno and his colleagues presented their plan to offer the best possible opportunity for people to achieve quality health care and wellness at the most affordable cost, they didn't find it a hard sell to the council. They found out that 10 out of the 13 council members had been using complementary medicine and they hadn't even told each other about it!

"What exactly is natural medicine?" Dr. Pizzorno asked. "This form of medicine is a centuries old paradigm of healing which promotes healing rather than dealing with symptoms."

"The current medical approach used by conventional doctors is interested in one thing. Kill the disease! But this approach has a limited rate of success. For instance, chronic ear infections in children have spawned an eight billion-dollar medical industry. Antibiotics, the first line of defense, have made no dent in the frequency of these infections, and they don't

decrease the duration of the infections."

What is crucial, according to Dr. Pizzorno, is to understand the immune system and what it does. *People must learn to recognize when their immune systems aren't working properly. A natural approach supports and strengthens the body's defenses.* This involves use of supplements such as Vitamins C and A, the mineral zinc, the use of herbs like echinacea, and the elimination of sugar. This approach, along with controlling food sensitivities, re-establishing normal bowel flora, and improving digestion, will do more to eliminate infections than any antibiotics can do.

Signs of a dysfunctional immune system include chronic infections, frequent acute infections, persistent viral infections, unexplained fatigue, and slow wound healing.

Obviously, it's important to avoid exposure to infections and to strengthen mucous membranes. Infections must break through mucous membranes. This in turn activates white blood cells, our fighter cells, and when the non-specific immune system responds, damaged pathogens are released into the body.

What damages the immune system? **White sugar is like poison to our bodies.** Two hours after eating sugar the immune system is seriously compromised. Sugar can be found everywhere in the average North American diet, from breads, cakes and cookies to fruit juices.

The King County Clinic offers natural remedies for low-income individuals in the area. They follow an established protocol and keep detailed records of patient outcome. Some of the conditions they have treated are: anxiety, asthma, insomnia, irritable bowel syndrome, allergies, and chronic fatigue, to name just a few.

One of the concerns was that these low income, primarily middle-aged patients wouldn't make the necessary lifestyle changes to assure successful treatment. Yet time after time, patient after patient, success stories abound.

"We have treated many women with menopausal problems – hot flashes, mood swings, osteoarthritis, weight gain. In some cases there was a family history of breast cancer, so the use of hormone therapy was not advised. We looked at their diets; we encouraged the use of soy products, conducted cooking classes, prescribed glucosamine sulphate and performed acupuncture. The hot flashes and mood swings were almost totally resolved. Joint pain was substantially diminished. Patients lost an average of five pounds easily." Dr. Pizzorno related story after story which showed positive outcomes for conditions with which orthodox medicine has limited success, if any at all.

"A man with chronic back pain underwent acupuncture and went back to work. A woman with chronic

sinusitis, who underwent surgery with only minimal improvement, got relief with natural treatments. Another woman with chronic fatigue syndrome, who was not being helped with antidepressants, began to recover with botanical medicine in conjunction with orthodox medical treatment."

Many King County physicians were at first cautious about recommending the natural medicine clinic in their area but couldn't ignore the results the clinic was achieving. As one doctor told Dr. Pizzorno, "I was skeptical at first, but then I got angry. I spend hundreds of dollars of my own money every year on journals and conferences and I have never been exposed to this information."

Other doctors now say that using supplements has added an exciting new dimension to their practice.

"Patient demand is what's driving the changes in health care," Dr. Pizzorno explained. "In a study in Holland, 3,782 patients were shown to be more satisfied with alternative medical treatments for 16 of 23 complaints."

Early resistance to disease can result in effective cancer prevention, the ultimate assault on the immune system. By regenerating the thymus gland, a gland located just beneath our chest bone, it can optimize the release of immune chemicals. To help the thymus gland, research has shown that the following are effective: zinc, anti-oxidant vitamins (A, C & E), echinacea, Korean Red Ginseng and Siberian Ginseng.

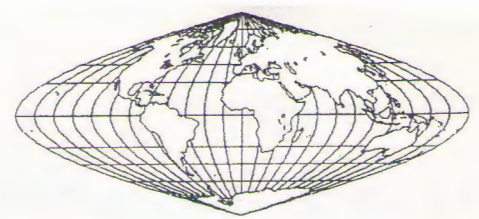
Bastyr College has undertaken an extensive research project on echinacea. **By giving healthy people echinacea, it increases white blood cell count by 250%.** It stimulates white blood cells to work better. But this effect decreases after 48 hours. Dr. Pizzorno recommends that if you use echinacea, take it at the first sign of a cold and cycle on and off on a long-term basis when exposed to infections.

Licorice root is another herb which increases antiviral activity and increases the production of interferon in the body. It helps heal mucous membranes because of its tonifying effect. Tea tree oil is also another powerful antifungal agent. Golden Seal, used by native Indians for centuries, is a powerful antibiotic, which doesn't disturb intestinal flora.

One can reverse atherosclerosis with Ginkgo Biloba. Research has shown it improves memory, balance, mood, and brain function in general. Combined with a low fat diet, the clinic has experienced great results.

Multiple sclerosis does not exist on the equator and increases the further north and south one goes. It has been found that patients with MS have low Vitamin D content. Sunshine is a large part of the nature cure and should be studied further.

After listening to Dr. Pizzorno, it's impossible not to become excited about the positive changes on the horizon. **Natural medicine is coming of age and we are on the verge of an exciting new health care reality, one that will benefit patients and doctors alike.**



Current Scene

World's top economies unite, from USA TODAY and U.S. News and World Report Sept. 15, 1998

"The contagion [of economic turmoil] has spread to 40 percent of the world economy....

"The statement came hours after a speech by President Clinton in New York warning that the world economic turmoil poses 'great risks' for the USA's prosperity and security.

"This is the biggest financial challenge facing the world in a half-century," Clinton told the Council on Foreign Relations.

"President Clinton and the financial leaders of the major industrial nations declared Monday that they are ready to work closely together to deal with the world economic crisis.

"In an unusual statement released in the seven capitals, finance ministers and central bank chiefs from the Group of Seven nations pledged to spur global growth and help restore stability to shaken world financial markets.

"This dynamic is prompting calls for a 'new world order' for the global economy. No one, outside of Russia perhaps, is suggesting a return to the failed socialist models of the past. But a growing number of experts, including billionaire trader George Soros, are beginning to talk about something akin to a new world order - a set of new institutions that would save global capitalism from itself by taming its excesses.

"Testifying before Congress last week Soros said that 'the global capitalist

system...is coming apart at the seams.' To avert further damage, he called for the creation of a global equivalent to the U.S. Federal Reserve Board 'to establish some kind of international supervision over the national supervisory authorities.'

"Similarly, respected Wall Street economist Henry Kaufman has suggested the creation of a board of Overseers of Major Institutions and markets. Such an international entity, he said, would work alongside a reorganized IMF and its sister institution, the World Bank, 'to overcome the inadequacies of current national and international structures for supervising and regulating financial institutions and markets.'

"Many people now believe that the role played by the IMF in this global financial market worsens matters by creating what economists call 'a moral hazard'. Until recently, when countries fell into economic chaos, foreign banks and bond investors could almost always count on an IMF bailout package that would leave them whole. In effect, while the IMF punishes ordinary citizens by imposing various austerity measures, it protects even the most foolhardy foreign speculators from the consequences of their own mistakes. As a result, critics argue, the agency winds up encouraging more overinvestment and the speculative booms and bust that go with it."

The International Monetary Fund and World Bank, administered by the U.S. and Papacy respectively, are now called "sister institutions" by the media - interesting, isn't it? Is this not the financial aspect of the Protestant hand stretching across the water to clasp the hand of the Papacy...? T5 451 Now that hand is quite empty

spiritually and morally, but rich and increased with goods of this world to buy influence and power. It seems likely that the Papacy and perhaps even the U.S. itself will bring the world to the brink of anarchy and ruin financially in order to do anything in 'the name of the emergency.' This financial emergency which the world is coming to could culminate with the "image to the beast" exalting the Papacy by means of the National Sunday Law. When man is in distress he will grasp for God; unfortunately, most will be satisfied with the god of forces, the god of the Papacy. Daniel 11:38 In this great drama that we are seeing played out in the financial world today, we see the wisdom and skill with which the Papacy is playing his hand. It is obvious that the Papacy is much more skilled, and is thinking several moves ahead of the U.S. and their International Monetary Fund.

"The Roman Catholic Church, with all its ramifications throughout the world, forms one vast organization under the control, and designed to serve the interests, of the papal see...History testifies of her artful and persistent efforts to insinuate herself into the affairs of nations; and having gained a foothold, to further her own aims, even at the ruin of princes and people." GC pg. 580 Now the Papacy has the kind of power through the World Bank and their connection with the U.S. to manipulate or even destroy currencies, markets and ultimately laws and governments.

It is becoming more apparent that one world economy is emerging from these difficulties; that one united economy means basically one world government and that one world church is rapidly forming under the Papacy

as well. *Everything is right on schedule for geopolitical domination by the year 2000, just as the Pope is quoted as planning for in The Keys of this Blood, by Malachi Martin, the Vatican insider.*

Christian Coalition gains momentum,

Clinton scandal puts new emphasis on moral values, from USA TODAY, Sept. 18, 1998

"The Christian Coalition has a mission this campaign season: to turn what was once considered a sleepy, status quo election into a rousing referendum on moral values.

"It has a better chance this year than most, given what executive director Randy Tate calls the 'supercharged' political climate created by President Clinton's problems.

"It's clear that morality is a key issue," he says, and cites a recent bipartisan poll showing declining moral values to be 'the NO. 1 issue of concern to Americans today.'

"Activists at the Thursday - to - Sunday 'Road to Victory' conference lobbied lawmakers on several causes, topped by a ban on certain late-term abortions. The speech lineup featured presidential prospects and other movement leaders, more than half of whom have called on Clinton to resign.

"A straw poll rating the popularity of White House hopefuls, normally a highlight of the gathering, was canceled to avoid distracting attention from the Clinton-Monica Lewinsky scandal.

"'We have a crisis here,' Tate says. 'It's not in our interest to divert attention away from the issues of the day.'

"The group hopes to register tens of thousands of new Christian voters Sept. 27 at churches across the country, Tate told a National Press Club audience this week.

"On Nov. 1, he said, the coalition will distribute 45 million voter guides that rate lawmakers' votes on issues such as abortion, and a constitutional amendment permitting school prayer.

"At this point, Tate says, there is no plan to include 'Clinton issues' such as independent counsel Ken Starr's report on Clinton's relationship with Lewinsky.

"The voter guides are central to much of the controversy surrounding the Christian Coalition. Critics say they are slanted in favor of Republican candidates and often distort the issue positions of other candidates.

"Citizens United for the Separation of Church and State is circulating a memorandum it hopes will discourage churches from distributing the guides. Because the guides are partisan, churches risk losing their tax-exempt status, says the group's director, Barry Lynn.

"Tate, a former one-term congressman from Washington state, shrugs off talk of decline. He points to 1997 victories by cultural conservatives in Virginia and Staten Island; the defeat of gay rights initiatives in Washington and Maine and a gambling expansion proposal in Oklahoma; and the first vote in 27 years on a school prayer amendment on the Constitution.

"'We are coming off one of the strongest years this organization has ever had,' he says.

"Some of his political opponents acknowledge the group remains the powerhouse of 'religious conservatives'. 'Anyone who underestimates them would be mistaken,' says Mike Lux, vice president of People for the

American Way. "They haven't lost any of their edge."

Just as President Clinton's moral failures have become the subject of much speculation about "what is good for the country" as compared to what is right, moral or even decent so we see a moral vacuum that has been created that the Christian Coalition is trying to fill. Of course, moral and spiritual vacuums can never be filled in merely political ways, but how many of the politicians on the political right are trying to say that any of those who oppose them are actually anti-American or even anti-God? This spirit will only intensify and whether it comes from the political right or the left, either side has shown themselves capable of trampling on the rights of conscience and usurping the prerogatives of God.

In gender and spirit, vive la difference, from the *Vancouver Sun*, Sept. 19, 1998

"Unisex ideology reigns. The belief that women and men are essentially the same-interchangeable at work and home has hardened into a cliché.

"But many women are realizing they don't want to be imitation men. And men resent being seen as defective when they don't act like women. Some men and women want to get beyond the bland mono-sex culture that has emerged as an unfortunate side effect of the well-meaning push for equality between the genders.

"Surprisingly, perhaps, this movement toward honouring the 'otherness' of men and women also has implications for another kind of relationship: the one with the divine.

"European intellectuals - who have not completely replaced their romantic inclinations with the cultivated nonchalance women and men display toward each other in Vancouver coffee bars, colleges and

office towers – are – leaders in the move to a culture that can again say, vive la difference.

“The temptation of unisexuality, of the neuter, or of androgyny, is the great temptation of our time....humanity is cherishing the dream of a kind of blotting out, or erasure, of the great sexual divide.

“French feminist Luce Irigaray, in *Toward a Culture of Difference* (Cornell, 1998), says both women and men lose when they see themselves as mirror equivalents. The male and female bodies create deeply different people, she says. While motherhood, for example, should not be deemed the only way of understanding women’s complexity, Irigaray says its uniqueness should be held in high esteem.

“The late Austrian thinker Ivan Illich came up with his radical analysis of the problem in the book *Gender* (Heydey, 1983). Industrial society, he said, relies on men and women being seen as made for the same work, as perceiving the same reality and having basically the same needs. But it’s troubling that industrial society has made men and women into competitors, Illich said, no longer able to see each other as complementary.

“This revived interest in appreciating the otherness of men and women comes in part out of new scientific research, reported in a spate of new books such as Deborah Blum’s *Sex on the Brain: Biological Differences Between Men and Women* (Penguin Canada, 1997).

Blum reports that aggression, for instance, is more natural in men, as is tolerance for loud sounds. Meanwhile, an acute sense of smell and touch is much more common in women. Biological differences also lead to

boys and girls having innately different emotional crises as they struggle through school.

“How can we move toward a culture where we truly appreciate gender difference?

“‘We could start by valuing some of the qualities, not just the privileges, of the other sex,’ says Canadian feminist Jacqueline Swartz. We could value men’s tendency to be generous, she says for example. ‘And why not rescue virtues like gallantry from the scrap heap?’

“At the same time, Swartz says a culture of difference would help both genders hone the ethical art of attentiveness, of really listening to each other.

“Canadian philosopher-theologian Daniel Bogert-O’Brien has coupled the gender work of Irigaray, Illich and others with ancient Jewish and Christian scripture. He believes it can help in the elusive task of envisioning God.

“Just as relations between men and women have been neutered in recent decades in the name of equality, Vancouver-raised Bogert-O’Brien is concerned a similar trend in spirituality—particularly in New Age thought—has diminished divinity.

“The trend to equating humans with the divine was a reaction to a hierarchical belief system that made God into a remote patriarch, a manipulative ‘God as machine’ pulling the strings on human puppet-actors. The attempt to bring God down to Earth was needed to emphasize how God is present in all living things. But in its extreme pantheistic forms, it comes close to narcissism: declaring ‘I am God.’

“Bogert-O’Brien wants to reassert the religious paradox that God is also...more than a big version of ourselves.

“Bogert-O’Brien says it is a sacred act to rejoice in not only the

difference between men and women, but in the difference between humans and God. Such an approach, he says, returns to the divine an air of mystery and awe.

“When men and women celebrate each other as different, and humans treat God as a power out of and above themselves, he says, it leads to a greater effort to be attentive, greater excitement in the relationship and greater room to be wonderfully surprised.”

The problem of unisex has finally come full circle in our society – many are tired of the confusion and great increase of crime that Sr. White warned about as the fruit of such relations between the sexes. T1 460 Surprisingly, though many of those urging a return to the supposedly antiquated forms of society are the feminists themselves.

The easy and superficial “new” spirituality has sought to bring God down to a human level, but how does this spirituality relate to the cross of Calvary, when God came down to a human level through His only Son? He will judge those who have been satisfied with only a superficial, pseudo-spirituality and show that He has always been the personal, loving God that they have rejected in exalting only philosophy and not the Bible. (How sad that it has taken philosophers so long to state the obvious—men and women are different).

The fruit of true spirituality will always be manifested by obedience—whether to personal standards of piety like dress reform or the testing truths for this time: the law of God and the **faith of Jesus.**

By Jerry Eaton



WHERE TO FIND FRIENDS

John was bitterly cold as he walked down the street. The temperature must have plunged 20 degrees in the last hour as a storm was brewing. John dug his hands into the pockets of his thin jacket, too thin for this unexpected cold. When the most biting gusts of wind swept over him, he scrunched his shoulders together and bent his face low against his chest. Through his watery eyes he could see leaves and pages of old newspapers tumbling across the street.

There was a stoplight on Seventh Street about 4 blocks from John's house. Every corner after that was patrolled by stoplights and, occasionally, a policeman. As John walked along, the old brick office buildings, the glass-fronted stores and bars, and the skyscrapers all seemed to huddle close together on the street as if they, too, felt the freezing wind.

The closer John came to the modern department stores, the larger grew the crowds of shivering people all around him, especially at street corners. "Thousands of people all around, and I don't even have one friend," thought John. This last month, October, had been even worse than the first month of school.

The new school year was supposed to have ended his loneliness. Surely he would find replacements for Bill and

Paul who had moved away in June. But the school year that had started out so hopefully seemed to be nothing but another series of crowds in which he was alone. Already he thought of the months ahead with gloom. Whenever he saw others in small groups, laughing with friends or even getting caught fooling around in class with their buddies, he felt another step further from anyone his age.

The traffic light changed to green, and John surged forward with the crowd. For awhile he wandered aimlessly, pushing through a revolving door into a warm store when he couldn't stand the cold any more.

"It took an awful long time to make friends with Bill," he thought. His thoughts were interrupted by the sound of laughter. John turned to see three young women discussing a bus schedule. Then a well-dressed man in a hurry bumped into him, not even bothering to say excuse-me.

Getting tired of people, John headed down Twelfth Avenue, away from the more popular downtown section. The wind was at his back now and there were fewer people on the street.

John could see an old man a block away. The man wore baggy, dark green work pants and a light jacket zipped to the neck. A crutch propped

against the store window showed that this man sitting on the sidewalk was crippled in some way. As he drew nearer, John saw that one of his pant legs was empty. The old man's eyes were glazed and his ears and nose bright red. He looked as though he had not shaved in a week.

"Pencils," the man mumbled, and John thought he heard him mention something about the rent being due. The man's fingers were white as they clenched a bundle of new pencils that he was selling. The tin cup in his other hand must have made his other fingers even more numb.

While John stopped to search his pockets for a little money, a young man with a backpack walked up. His hair blew over his face and his beard was frosted white around the mouth.

"Kind of cold place to sit, isn't it, mister?" he asked.

"Pencils," said the man, not even looking up.

"Look at your hands!" the bearded man pulled off his backpack in alarm. "Here, we'd better get you inside." The old man was heavy and stiff from the cold. The bearded man nearly fell trying to support his weight. John reached over shyly and steadied the old man while the other man caught his balance. Then he backed away while the young man put the older man's arms around his

shoulder and eased him into the store.

Peeking inside, John could see that the bearded man was trying to ask the older one some questions. Then the young man picked up a phone book and thumbed through the pages. John turned and headed for home.

"It's lucky for that old man that someone came along to help," thought John. He felt happy and sad at the same time. He could not help but feel sorry for the old man, but at least it was a welcome sight to see someone do a good deed.

John wondered who the bearded man was. "That's the kind of guy I would like to have as a friend," he said. "But then a guy like that probably doesn't need any friends. He could make them wherever he went." The whole thing seemed unfair to John. Why was it that the people you want as friends were the ones you couldn't get as friends?

John passed an old white church with a large message board outside it. This was the first time he could remember there not being some interesting saying on the board. He now remembered one he had read a long time ago: "Need a friend? Be a friend!"

Those guys back there had it all backwards," he smiled. "The bearded man was *being* a friend even though it was the old man who *needed* a friend. The bearded man wasn't likely to get anything from the old man, yet he helped him anyway."

"Maybe that's what the message board meant," he thought suddenly. "Maybe my trouble is that I'm wanting only friends that already have friends, friends who will do *me* some good. Just a few minutes ago it was the bearded guy I wanted for a friend. I suppose you can't expect to find friends when you don't act like one. Really, I'll bet it's easy to find friends. But everyone is so busy wanting only certain friends they forget about being a friend."

John was glad the wind was behind him as he walked toward home. The cold wind on his forehead had been giving him a headache. He glanced back one more time and saw the backpack and the crutch still outside the entrance to the store.

By the next weekend the cold snap had broken and John had gone out to visit a new friend that he had found. From his friend's house he decided to call his mother by telephone. "Wouldn't you know it, now I'm wearing a jacket that is too heavy," thought John. He could hear the faint ringing as he held the phone to his ear.

"Hello?"

"Hi, Mom. It's John. I'm over at a house on Eighth Street across from the park."

"Really!" she exclaimed. "On such a nice day I would have thought you would be outside. There won't be many more of these days this year."

"I know. We're going outside in a minute. There's a

guy here that I met last week that's never ridden a city bus before. His name is Dan. I told him it was simple to do but he could go with me once and I could show him all the tricks. I just thought I should let you know so you aren't wondering where I am."

"Thanks. It sounds fine to me. It's good to know you are finding some friends."

"Yeah," he grinned at Dan. "It took me awhile to find out where they all were hiding. Well, I'll be back by supertime. Bye!"

So Dan took his crutch and John patiently spent the afternoon showing his new friend how to ride the buses. The two were good friends for a long time. Dan was encouraged by John's youthful friendship and help, he and managed to live a better life. He never needed to sell pencils on a cold winter day anymore. John helped him very much by running errands for him and sharing some of his food with him when times got tough. John has since made several more friends like Dan, and has never been happier in his life. He is truly blessed by being a blessing for others. How found the true way to make friends.

"If you do good to those who do good to you, what credit is that to you? For even sinners do the same." Luke 6:33.

You've heard me ask for friends, Lord. Is it friends that I want or popularity? Help me to make the first move to be a friend.

TIME LOST

*Time that is carelessly lost,
No-one can ever know the cost.*

*As we go along in life's busy way
Taking our ease in our work and our play;
We seem not to have a burden or care
Or a hope in our heart that we bother to share.*

*So we reach out to every selfish deed;
Without any worry that we deprive someone else's need.
But the Lord, my Saviour, had compassion on me
For He came and He died on Calvary's tree.*

*So take heed and take warning, Dear Friend
For surely we are approaching this wicked world's end;
All over the earth people live and they die
Not knowing the hope that lies beyond the blue sky.*

*Why not reach out and do our part?
Sharing the love that came from God's heart;
For He took the time in His busy life
To wipe away the tears of anguish and strife.*

*For surely the time that is carelessly lost
We shall someday fully realize the cost.*