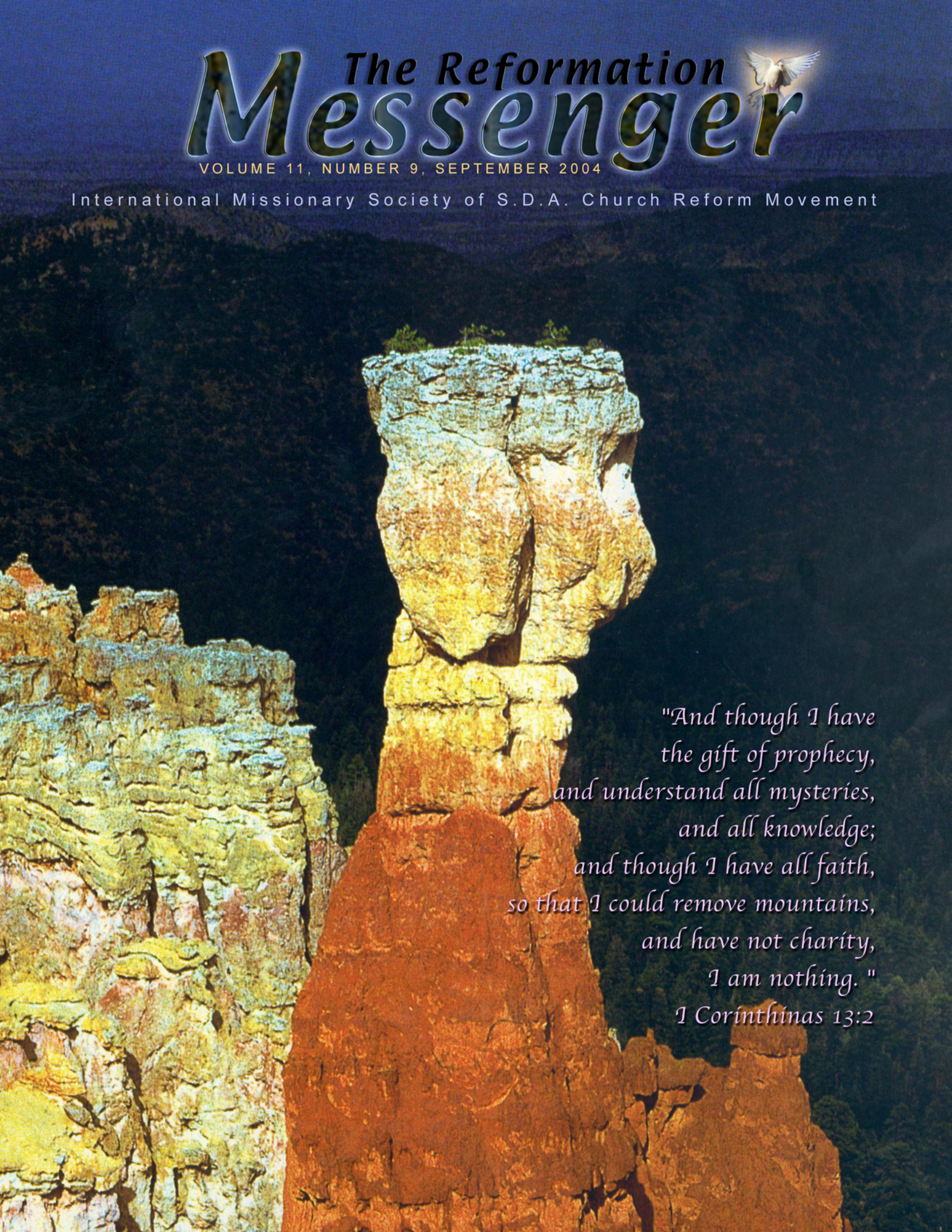


The Reformation Messenger



VOLUME 11, NUMBER 9, SEPTEMBER 2004

International Missionary Society of S.D.A. Church Reform Movement



*"And though I have
the gift of prophecy,
and understand all mysteries,
and all knowledge;
and though I have all faith,
so that I could remove mountains,
and have not charity,
I am nothing."
1 Corinthians 13:2*



We Believe

The all-wise, loving God created all things in the universe by His Son, Jesus Christ; He is its Owner and Sustainer.

He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh.

The Holy Spirit, Jesus' representative on earth, convicts of sin, guides into truth, and gives strength to overcome all unrighteousness.

The Bible is the record of God's dealings with mankind and the standard of all doctrine; the Ten Commandments are the transcript of His character and the foundation of all enduring reform.

His people, in harmony with God's word and under the direction of the Holy Spirit, call all men everywhere to be reconciled to God through faith in Jesus.

Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

Official Publication of the International Missionary Society of the Seventh Day Adventist Church Reform Movement, Canadian Field.

- Tel: 416-252-1197 Fax: 416-252-6625
- Email: timom@sympatico.ca
- Web: www.ims.truepath.com

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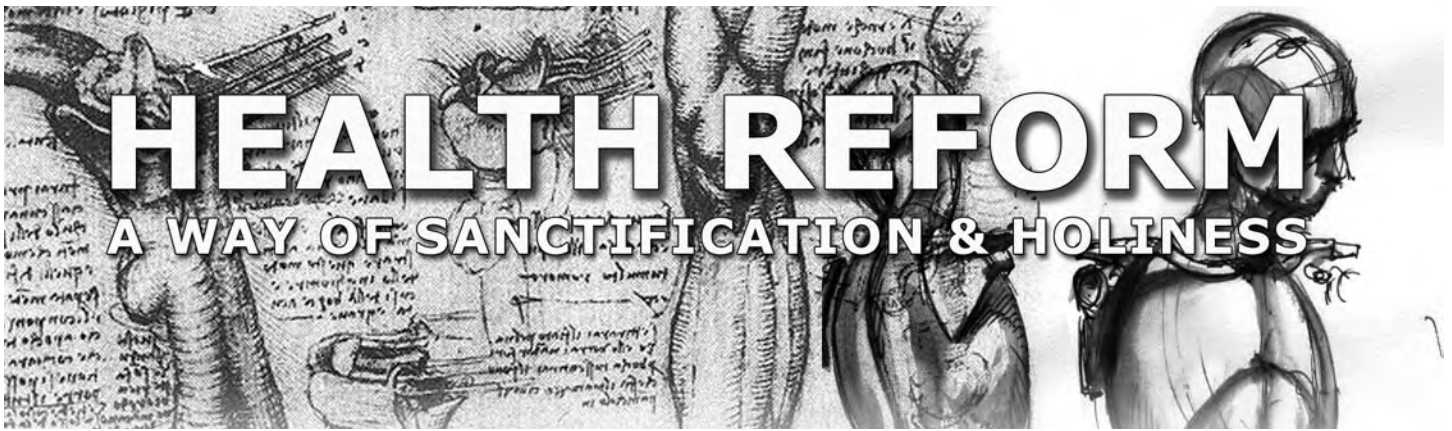
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CANADA



We have been continually taught and have studied about health reform, laws of health and how to keep these principles. But many are not aware of its realities, for they have not understood the way forward from these principles.

Many do not understand that this study in practice can transform us and fit us for the dreadful events that are coming soon.

“The health reform, I was shown, is a part of the third angel’s message, and is just as closely connected with it as are the arm and the hand with the human body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. God’s people are not prepared for the loud cry of the third angel.” 1T pg. 486. Many think that studying and teaching health principles is all that is needed without knowing the great promises contained in the health message.

For God requires His people to cleanse themselves from all uncleanness of the flesh and of the spirit perfecting holiness in the fear of Him. Let us all then remember that this is an individual work that God has left for us to do individually. If we are indifferent and excuse ourselves from it and instead we wait for God to do it for us, we’ll be very unfortunate in the day of the Lord’s anger. The loud cry of the third angel’s message will only fit those who have done what is required of them to do in this great work.

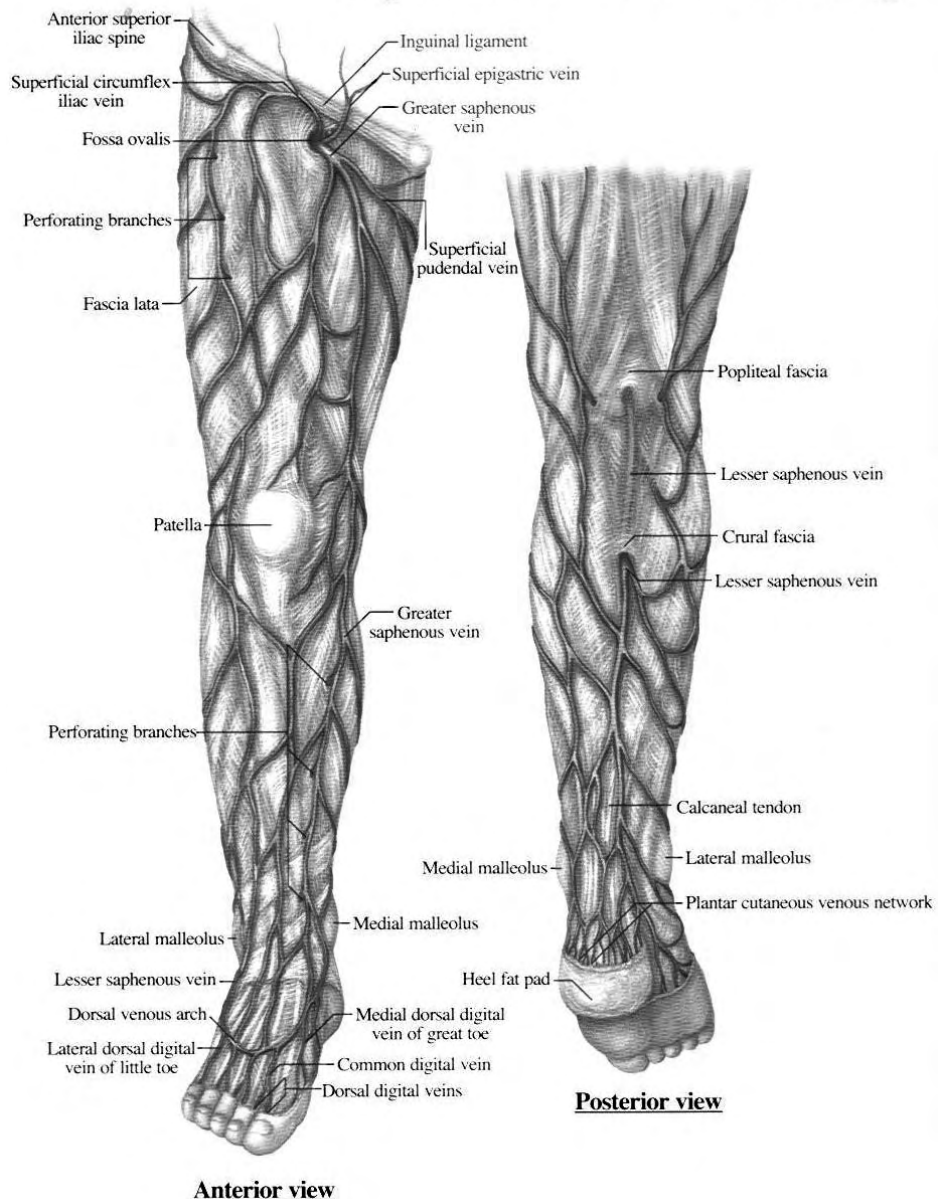
“And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory.” {Revelation 18:1}. There was no time when the world was to be filled with the other angel’s glory than now; This is the time when God’s people are to be intensely

enlightened in regard to their salvation and spiritual matters. It is at this time when we are under a nobler sanctification, which will fit us for glorification. Even if we are living in the enlightened period we cannot attain the required qualifications unless we

engage in this great work of health reform.

“Education in health principles was never more needed than now. Notwithstanding the wonderful progress in so many lines relating to the comforts and conveniences

Superficial Veins of the Leg



Posterior view

Anterior view

of life, even to sanitary matters and to the treatment of diseases, the decline in physical vigor and of endurance is alarming.” MH, pg. 125. “Many transgress the laws of health through ignorance, and they need instructions. But the greater number know better than they do. They need to be impressed with the importance of making their knowledge a guide of life.” MH, pg. 126. “My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee.” Hosea 4:6.

God has imparted the light to every one for our physical well being in relation to our spiritual life. We need to be reminded that our health does not depend on chance, but as a result of obeying the laws. In Jesus’ ministry we can prove this. “Behold thou art made whole: sin no more, lest a worse thing come unto thee.” John 5:14. The transgression of both laws results in disease and eventually death. So we can only escape from this situation by repenting and staying in touch with the Lord’s commands as He says; “And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.” Exodus 15:26

However, many are dying due to lack

of knowledge; it is now a duty of the informed brethren to inform others of better understanding their bodies as a living machinery.

Jesus commands “Go ye therefore and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you.” Mathew 28:19-20. “The physicians have many opportunities both of imparting a knowledge of health principles and of showing the importance of putting them in practice. By right instruction he can do much to correct evils that are working untold harm.” MH, pg. 126.

Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted.

It is the duty of every person for his sake and for the sake of humanity to inform himself in regard to the laws of life and conscientiously to obey them. “I am fearfully and wonderfully made.” Psalm 139:14.

In order to be transformed, God’s people must know themselves. “All need to be acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the interdependence of one upon another for

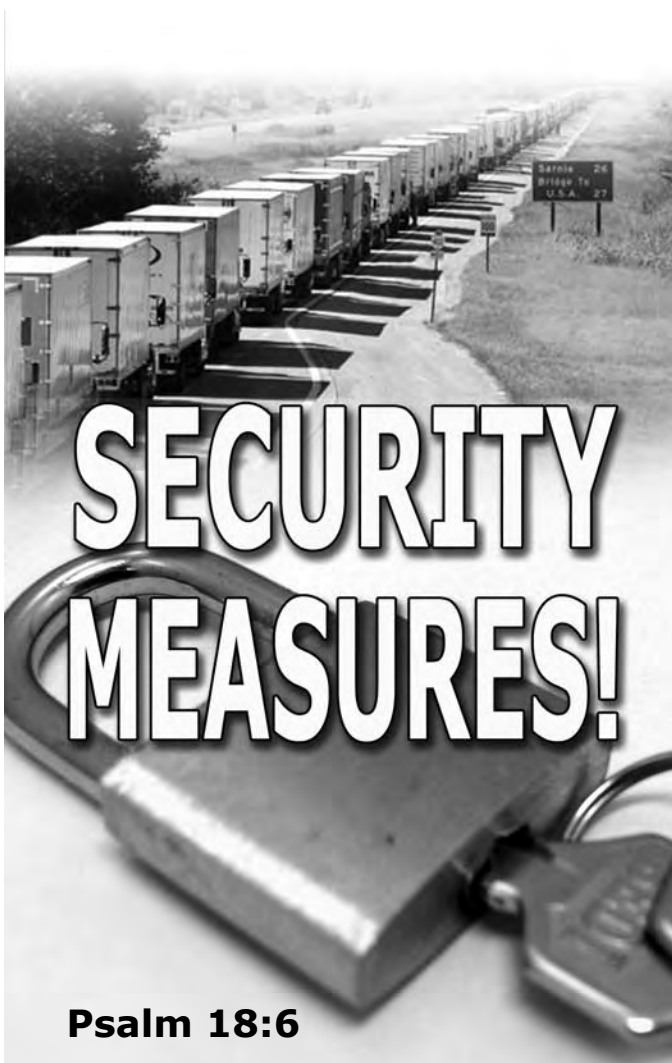
the health action of all. They should study the influence of the mind upon the body, and the body upon the

mind, and the laws by which they are governed.” MH, pg. 128.

If men and women were to understand themselves how they are made and how their body functions, they would far better know how to maintain their good health, in terms of diet and so many other aspects of health reform. They even need to understand their digestive system, the organs involved and why it is important not to interfere with their normal functions. For example, we learn that the digestion process starts in the mouth, we are told to masticate our food well for it to get mixed with the saliva which contains the alkaline that assists smooth digestion in the stomach. In the digestive tract, organs release enzymes which work when mixed with saliva from the mouth.

May God give us all wisdom in regard to the health principles which heaven can approve of.
Amen

George Onyancha
North Kisii Field, Kenya



Psalm 18:6

“In my distress I called upon the Lord, and cried unto my God; He heard my voice out of His temple, and my cry came before Him, even into His ears.”

There is much to be said and done about security today. Security is being imperiled and “ruffled” world-wide. But first, what do we mean by security? Well, it simply means... freedom! Freedom from what? Many things. Freedom from care. Have you ever heard the expression, “not a care in the world”? (Jer. 49:31)

It also means freedom from anxiety, doubt, financial cares or from needs or wants. Furthermore, it means freedom from crime, attack, sabotage, and espionage.

There are many more things, but for our interests these “things” can be carelessness in eternal things, and interests, as many accept worldly customs, and precepts, selfishness, pride, ambitions.

Many profess to be waiting for Christ, but not in their hearts. One example can be gleaned from Luke 12:45, in the parable containing warnings pertinent to Christ’s second coming, in which the servants were tested, “But and if that servant say in his heart, My Lord delayeth his coming; and shall begin to beat the menservants and maidens, and to eat and drink, and to be drunken.” Many fearing that their brethren stand higher than themselves, begin to mock, belittle, challenge, and attack their fellow brethren and their efforts.” (5T 102). So, it begins, that there are many, in their hearts, thereby that begin to backslide, and this begins with neglect of prayer, and watchfulness. Insecurity and doubt is the natural consequence.

But, let us return to the state of the world and its people. “The entire world is being rocked to sleep in carnal security. It’s closing in about them like a wall, as bands of iron.” (4T 228, DA 635)

We mentioned the “things” and some factors that arise in this lulling sleep of fancied, but imperfect security. Furthermore, the drowsy, yet hostile “world is being lulled into a state of fatal security.” (GC 562). Satan is lulling the world into this feeling of security, but there is no security as fearful souls frantically search for it.

“Israel was led into sin while in a condition of outward security.” (PP 459) People, today, are seeking an escape, a secure “hideout”. The youth are looking for a secure place among their peers and friends, to be firmly established, accepted, needed by them in their reputation or relationship. Others, in their struggles and race of life, as the Apostle Paul, are looking for a secure victory, a “crown”. Christians and believers want to be secure in their beliefs... the church... the truth... the leaders.

But, insecurity for many, or most still prevails. It’s endemic. It’s everywhere! We find those, today, who are taking astounding steps to make buildings secure against earthquakes and wind storms; others building walls of sandbags to secure a town from raging floods; others, yet building high-reaching walls topped with barbed wire, razor wire, and charged electrical wires; higher, and crueler.

Unfathomable security measures are being taken at airport terminals, railways, shipyards, government buildings, financial districts, and even schools, churches and hospitals.



I remember, as a child, having a security blanket to provide reassurance and a feeling of psychological security before I slept, or even in my travels. Each of my three children had to have a familiar item; a little doll or teddy bear, before their bedtime story, in order to go off into an undisturbed sleep. We all need some form of security. It's a characteristic trait and need. Have you, for example, ever known someone or something that gives you a sense of protection or a feeling of security? I'm sure, if you think about it, you have experienced this. It can be comforting; a comparative or symbolic security.

But, let's go a step further in seeing what the true atmosphere of the world is, today. Not a day passes that we do not hear mention of security in the news media; Security Council of the United Nations, Home Security, security guard, security risk, securities analyst, security thread (found in EURO paper currency), police security, lax security, or a nation, company, school that has instituted stricter security measures? We can go on and on.

The European Union, in addition, has proposed that a new special security force of guards to freely question, search, arrest or confiscate goods or arms secure all its borders. The USA National Guard is now securing its Canadian and Mexican borders.

Airport security measures are unfathomable in their sophistication and, of course, time consuming, and frustrating. "Security", as such, is in the air. We can breathe it and see it, as many walk the streets, before retiring, and on arising! Many experience this daily.

But, in heaven, borders and security will not be a problem. There'll be no language problems, or invasion of privacy in any form, either. If we have the love of Jesus in our hearts, we can overcome any anxiety, barrier, obstacle, or security problems that may plague us. The human heart that abides in Jesus has no boundaries or limits. "What language cannot convey, the heart can." (Botcheff)

The Apostle Paul tells us in Heb. 10:37, "For in just a very little while, He who is coming will come and will not delay." It's a time now of anxious, happy waiting. It's almost like waiting for the arrival

of a loved one at the airport, bus or rail station. We're brothers and sisters, a people looking forward and not backward... and fearlessly. It's a new trend, too: the Upward Look! Where are you looking? Whom are you waiting for?

To whom are you looking? To what are you looking? How are you looking? Through agonized, clinging, anxious, heart-reaching, compassionate, chilly, inward, defiant, or heavenly eyes? What do you see?

Everyone is welcome to walk with Jesus, to heaven. Now! Everyone comes, and all are invited, not only to Him but to "stay" with Him. Many come and go but few stay. "They are like swinging doors." (EGW) Likewise, "many are called, but few are chosen." (Matt. 22:14) What's your "direction"? Forward? Most importantly, what's your attitude... negative, or positive?

Not only LOOK forward, but GO forward? Press onward, all the way to the Gates. We know we are safe, then. "If we feel our dangers and know we are in danger all about us, we shall feel, naturally, the need of watchfulness and prayer as did the prophet Nehemiah, and like him we shall obtain that sure defense that will give us security in any peril. If we are careless, and indifferent we will become overwhelmed by Satan's devices." (3T 572)

In the Bible there are many interesting stories and parables, which were written as examples and warnings for us; (1 Cor. 10:11) as object lessons for us and our salvation. All are important, not just the parts, but all have a profound purpose for us.

One interesting story and a lesson in security for us is found in 2 Sam 16:5-16, in which Absalom, by plotting and rebellion claimed the throne of David. Many of his own soldiers whom he loved and trusted, left him. Only a few loyal ones stayed. His life was in danger. Leaving his palace and Jerusalem, now a fugitive, he traveled the sad trek over the brook, Kidron, toward the wilderness. Many of his people followed him, as if in a funeral procession. It was an unhappy hour for King David.

As King David approached Baharim, behold, there suddenly appeared a man out of the family of Saul, whose name was Shimei, a Benjamite. Strangely, he honored

David on the throne, but in the affliction of the King, he revealed his true character, cursing him in his humiliation, attacking him with abusive language, ugly words, and hurling stones at him. Shimei was a man of evil temper and in his attacks was revealing his own evil traits

His accusations were thrown at God actually. The Lord rejected Saul, not David." (2BC 672)

David's men wanted to kill Shimei outright, but David acted with wisdom and restrained his men in this very trying time, showing his faith in his response, "God would reward such suffering with good." (2 Sam 16:11) David needed divine support at this time, instead of peace with Saul's house.

With the subsequent turn of events, which brought deliverance to David and his faithful followers, "Shimei found it necessary to reverse his former vile behaviour, and in great humility and penance, pleaded for mercy." (2 Sam 19:16-23) David again restrained his men from killing Shimei and seeking revenge. David assured the trembling Benjamite, Shimei, that he would not be put to death. This is truly the spirit of Jesus Christ in David.

The Holy Spirit prevents one from killing. If we were in David's place, what would we have done? How would you have reacted? Would you have done otherwise? God's Spirit showed David what to do.

Shimei's fate was determined by his own response to Solomon's restrictions. "Before his death David instructed his son, Solomon, to see to it that Shimei receive the punishment due him. Solomon brought Shimei to Jerusalem and warned him, that he would be put to death if he left the city, a fair, merciful warning. But, there was little security, as well, outside of a walled town in ancient times. Things went very well for Shimei assuming a normal life again for three years. But, when his two slaves escaped or ran away, Shimei left the city to retrieve them. When Shimei returned, Solomon carried out his threatened penalty as promised. Shimei, therefore, was slain." (1 Kings 2:42-46).

We're also sinners like Shimei. It's important to listen. It's important if something happens to us. Come to Jesus Christ, and heed His warnings.

So, here is a valuable lesson for us, a stirring example. Shimei's accusations against David were utterly false, baseless, malignant slander. He was morally low, worthless, base, cowardly, and selfish, and looked upon others as of the same character as himself, and inspired by Satan he threw his hatred upon David, whom God had chastened." The spirit that leads man to triumph over, to revile, use abusive language, attack abusively, or distress one who is in affliction or weak, is the spirit of Satan." PP 736)

In Old Testament times there were six cities that symbolized security. If one sinned he would flee to one of these cities. If the sinner left, as Shimei, he would die, killed by the waiting enemy. Man's security, therefore, today against falling into sin, and against any rash and ambitious movements, is to keep the heart in harmony with Jesus Christ.

"Trust in the Lord and not human wisdom, which is useless to lean on." (8T 106)(Jam. 1:5,6)

Because of two slaves, Shimei lost his life. Slaves were considered at that time as animals. Strange that he gave his life for only two slaves. He broke his agreement and therefore, died, was killed. Here's another crowning lesson for us. There's many things we cannot leave behind, that is, things we dearly cherish, we just cannot abandon... it keeps us as common slaves; self-fulfillment, ambition, selfishness. (2Tim 3)

Sin is like a prison, we can say. It keeps us from a secure eternal life. If only one sin remains, it keeps us in prison. We leave the security of Jesus Christ. We are on our own. No

protection! Can you chance that risk? We must be wise; to leave the prison of slavery.

Keep going forward, grow, mature. Don't be held back or held down by these sins, these faults, these weaknesses, these habits, these traditions, these defective character traits, these prejudices, these doubts.

Do not do what Shimei did in our lives. Shimei left his security. Many leave the security of Jesus Christ, the church, the truth, the fellowship, the wise counseling. "Christ's righteousness is man's only security." (4BC 1166) "All of the great blessings you receive or privileges should not lull you into a feeling of security, complacency, or carelessness. All of the advantages you have and God has given you are to give you a passion, an ardor, that perceptibly warm feeling into the spirit, zeal into effort, and vigor into carrying out of His Holy will." (PP 360)

Through this story, we can come closer to Jesus Christ, and humbly rely on Him in faith. Never, never, leave the security of Jesus Christ, or turn

away from Jesus in any way. "God desires us to choose the security of heaven in place of the earthly. He can give encouragement to our highest aims, goals, real security to our choicest treasure. What does this mean? It means just this. He declares, "I will make a man more precious than fine gold." (Isa. 13:12) Think about it!

"How do we have a sense of true security? Keep our eyes fixed on Jesus Christ, and trust in His power." (MYP 107) "Christ's followers can rejoice in their heavenly treasure, an imperishable treasure in the security of heaven." (Col 3:74)

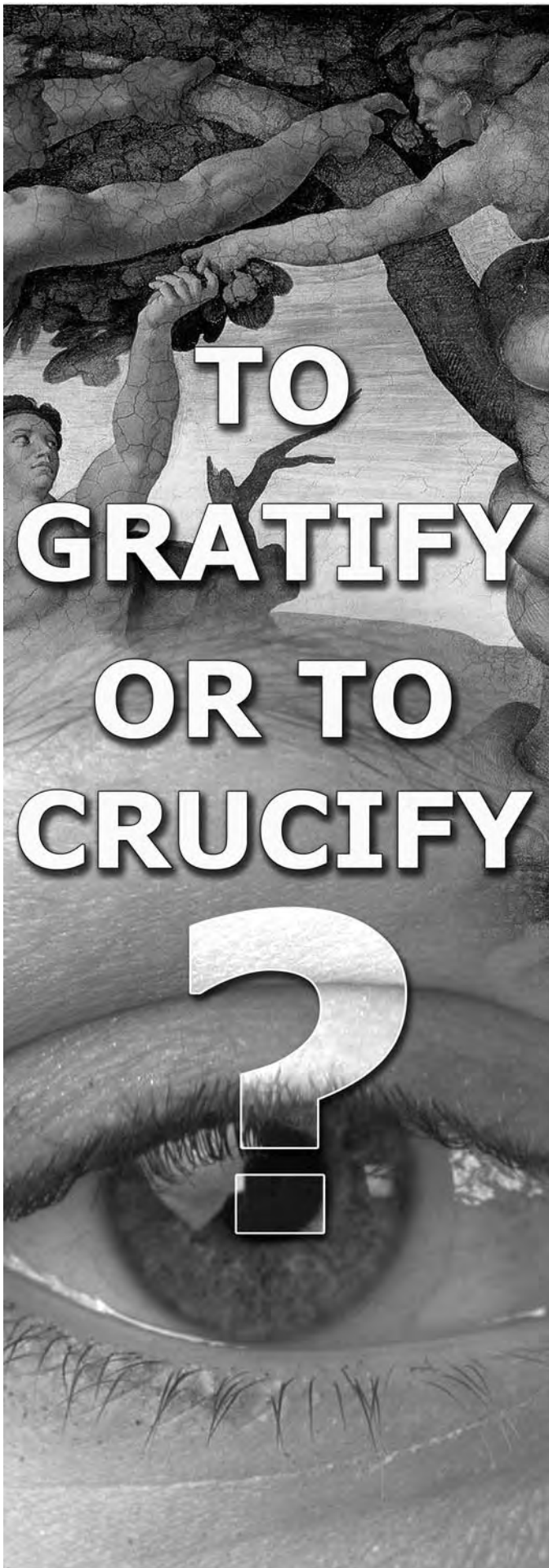
I close now with Heb 10:39; "But we are not those who shrink back and are destroyed, but of those who believe and are saved."

"Right thinking is the soul's only security." (MH 491) How is yours?

These are the stable, effective SECURITY MEASURES for our amazing lives! AMEN. John Theodorou, USA



Shimei And David



To gratify or to crucify is a life and death question to a Christian. On this question hang his salvation, his eternal life and his happiness in this life. Apostle Paul writes, “And they that are Christ’s have crucified the flesh with the affections and lusts.” Eph. 5:24.

The greatest enjoyment to the people in the world is to satisfy and gratify the lusts of their flesh. Therefore here begins the Christian’s battle and warfare against his own flesh and against the sinful desires of his mind. And this is where many try to compromise. They want the joy of the Lord and also the enjoyment of the worldly pleasures.

Also, James recognized that there is a war in the members of our body. “From whence come wars and fightings among you? Come they not hence, even of your lusts that war in your members.” James 4:1.

This is a war, which millions of Christians have lost. Instead of crucifying their lusts of the flesh they have decided to gratify them.

The beginning of this war may seem very small and even innocent. Eve had no intention to eat of the tree of knowledge, all she wanted was to look. But she did not realize that by looking, desire is aroused. And this is Satan’s master deception also today for Christians. Only take a look, he tells them. Therefore he has made the looking very easy and convenient by worldly literature, television, and Internet.

Paul recognized that, by looking at something will change us to the same image. “But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” 2 Cor. 3:18.

In the same way, by looking at the acts of sin and vanity, we change to the image of Satan. Therefore, depending on what we look at our war is gained or lost.

Appetite

To avoid gratifying perverted appetite is a terrible war to some Christians, and many will lose in this battle.

“The eating of food that does not make good blood is working against the laws of our physical organism, and is a violation of the law of God. The cause produces the effect. Suffering, disease, and death are the sure penalty of indulgence.” Evang. p. 266.

“It is the indulgence of appetite and passion which makes the truth of none effect upon the heart. It is impossible for the spirit and power of the truth to sanctify a man, soul, body, and spirit, when he is controlled by appetite and passion.” Test. Vol. 3, p. 570.

By gratifying a perverted appetite we are willfully giving up the battle, and joining the rebellious ranks of Satan.

On the other hand, if we want to control our appetite, we have the example of Jesus on how to do it; and it is by fasting. By fasting we strengthen our will power that all other indulgences can be overcome.

Lust of the Eyes

John writes about the lust of the eyes. This is another battle that we must overcome or all will be lost. And our eyes and ears are the avenues to our mind and soul. What we see and hear will influence our minds either to holiness or to corruption, depending on what we see and hear.

“He that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil; he shall dwell on high.” Isa. 33: 15,16.

“There are thousands upon thousands, millions upon millions, who are now making their decision for eternal life or eternal death. The man who is wholly absorbed in his counting room, the man who finds pleasure at the gaming table, the man who loves to indulge perverted appetite, the amusement lover, the frequenters of the theater, and the ballroom, put eternity out of their reckoning.” Test. Vol. 6, p. 407.

“Among the most dangerous resorts for pleasure is the theater. Instead of being a school of morality and virtue, as is so often claimed, it is the very hotbed of immorality. Vicious habits and sinful propensities are strengthened and confirmed by these entertainments. Low songs, lewd gestures, expressions, and attitudes, deprave the imagination and debase the morals. Every youth who habitually attends such exhibitions will be corrupted in principle. There is no influence in our land more powerful to poison the imagination, to destroy religious impressions, and to blunt the relish for the tranquil pleasures and sober realities of life than theatrical amusements. The love for these scenes increases with every indulgence, as the desire for intoxicating drink strengthens with its use. The only safe course is to shun the theater, the circus, and other questionable places of amusement.” Test. Vol. 4, p. 653.

Today the theater has come to the living rooms of the people and instead of visiting the theater once a month as was common practice before, now it is a daily practice and doing ten times more damage to the mind and heart. It is a habit that needs to be crucified with the help of God and to take more interest in Bible study and prayer.

Lust of the Flesh

Jesus said, “Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.” Matt. 26: 41.

“Remember Solomon. Among many nations there was no king like him, beloved of his God. But he fell. He was led from God and became corrupt through the indulgence of lustful passions. This is the

prevailing sin of this age, and its progress is fearful. Professed Sabbath keepers are not clean. There are those who profess to believe the truth who are corrupt at heart.” Test. Vol. 2, p. 306.

“What can I say to arouse our people? I tell you not a few ministers who stand before the people to explain the Scriptures are defiled. Their hearts are corrupt, their hands unclean... The church is corrupt because of her members who defile their bodies and pollute their souls.” Test. Vol. 5, p. 78,79.

“Cleanse the camp of this moral corruption, if it takes the highest men in highest positions. God will not be trifled with. Fornication is in our ranks, and I know it, for it has been shown to me to be strengthening and extending its pollution.” Rev. & Her. May 24, 1887.

“But very few feel it their religious duty to govern their passions. They have united themselves in marriage to the object of their choice, and therefore reason that marriage sanctifies the indulgence of their baser passions. These men and women will one day learn what lust is and behold the results of its gratification.” Solemn Appeal, p. 42.

“Even some who profess to be looking for His appearing are no more prepared for that event than Satan himself. They are not cleansing themselves from all pollution. They have so long served their lust that it is natural for their thoughts to be impure and their imaginations corrupt.” Adventist Home, p. 328.

“Sin and vice exists in Sabbath keeping families. Moral pollution has done more than every other evil to cause the race to degenerate... The marriage covenant is sacred, but what an amount of lust and crime it covers! Those who feel at liberty, because married, to degrade their bodies by beastly indulgence of the animal passion, will have degraded course perpetuated in their children.” Test. Vol. 2, p. 391.

“Chapter after chapter has been opened to me. I can select family after family in this house, every one of whom is as corrupt as hell itself.” Test. Vol. 2, p. 360.

To each one of us comes the question, to gratify or to crucify. This decision will

determine our eternal destiny.

“Who shall ascend into the hill of the Lord? Or who shall stand in His holy place? He that hath clean hands, and a pure heart; who hath not lifted up his soul into vanity, nor sworn deceitfully.” Ps. 24:3-4.



God wants us to have clean hands and a pure heart and this is the condition we must fulfill in order to have eternal life. In order to gain this purity we need the message of Christ's righteousness. Humanly we cannot win this battle, but ample provision has been made by God to overcome every sin and bad habit.

“None are so low, so corrupt and vile, that they cannot find in Jesus, who died for them, strength, purity and righteousness, if they will put away their sins, cease their course of iniquity, and turn with full purpose of heart to the living God. He is waiting to strip them of their garments, stained and polluted by sin, and to put upon them the white, bright robes of righteousness, and He bids them live and not die.” Test. Vol. 2, p. 453.

May the Lord help us to make the right decision and crucify the lusts and all sinful indulgences and be prepared for the soon coming Saviour. **Amen.**

Timo Martin, Canada

INTERNATIONAL YOUTH CONFERENCE

WHEN: DECEMBER 27, 2004 to JANUARY 2, 2005.

WHERE: SYDNEY, AUSTRALIA

The Australian Field would like to invite young people from around the world to attend a Youth Conference in the middle of our summer at the end of this year.

Spaces are limited in Sydney as our facilities can only accommodate approximately 60 young people. Therefore it is recommended that you reserve your space early.

Reservations must be received by September 1st, 2004.

Payments can be sent to:

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P.O. Box 54,
Toongabbie, NSW 2146
Australia

For detailed information:

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markus@justinternet.com.au
or call by telephone: Tel. (+61) 2-9670-2886



NEW BOOK ANNOUNCEMENT: *Get Involved!*

In Australia, we are compiling a new health book. It will be about individual experiences with natural healing. While there are many excellent health books currently available, most provide natural remedies for specific illnesses. This new book will be from a unique perspective, based solely on your personal experiences.

If you know someone who has been ill, whether yourself, a friend or relative, and found healing by using natural remedies, we would like to include your experience in the book. Please state the illness, methods that were used and the length of time it took to complete the healing process. It should be written as an experience in a couple of paragraphs. Provide not just the illness and remedy, but the entire experience involved.

We hope to print this book in September. If you could send your experiences by the end of August it will be greatly appreciated. We will then make the book available for everyone who wants one. If you miss this printing, you may still send your experiences for inclusion in a subsequent edition. Your experience could be a help and comfort to others!

Please forward experiences to:

International Missionary Society
P.O. Box 54
Toongabbie, NSW 2146
Australia

or as an e-mail to: jerryeaton@smartchat.net.au

Thank you - we pray that the Lord will use this book to be a blessing for many people.

Wendy Eaton

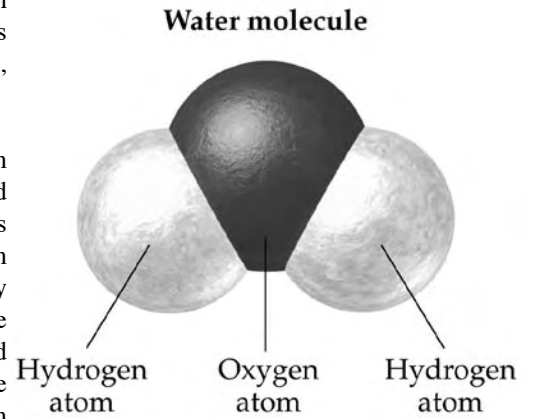




Most of us do not think about or are worried about air pollution. The Canadian Health Ministry is spending a large amount of money on protecting the environment from air pollution. Every citizen of this country should be aware of air pollution as the environment can be destroyed by it.

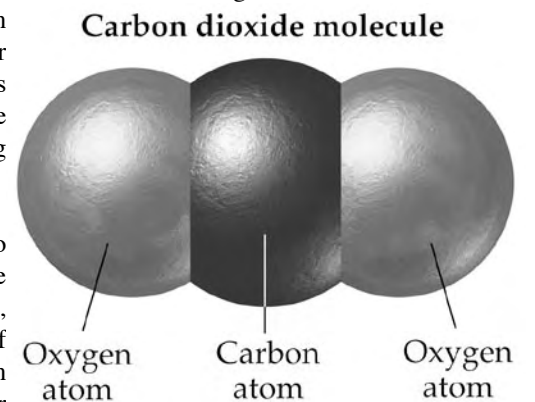
Air is the substance that we breathe. Air supplies us with oxygen which is essential for our bodies to live. Air is 99.9% nitrogen, oxygen, water vapour and inert gases. Human activities release substances into the air, some of which can cause problems for humans, plants, and animals.

There are several main types of pollution and well-known effects of this pollution which are commonly known. These include smog, acid rain, the greenhouse effect, and "holes" in the ozone layer. Each of these problems have very serious implications for our health and well-being, as well as for the whole environment.



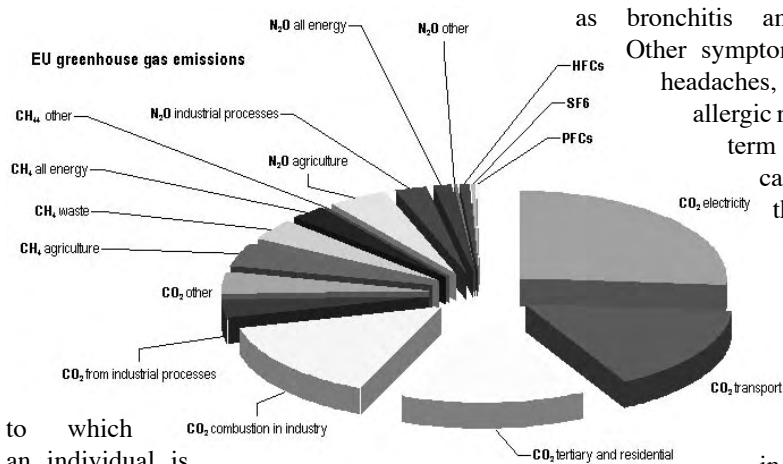
One type of pollution is the release of particles into the air from burning fuel for energy. Diesel smoke is a good example of this particulate matter. The particles are very small pieces of matter measuring about 2.5 microns or about .0001 inches. This type of pollution is sometimes referred to as "black carbon" pollution. The exhaust from burning fuel in automobiles, homes and industries is a major source of pollution in the air. Some authorities believe that even the burning of wood and charcoal in fireplaces and barbeques can release significant quantities of soot into the air.

Another type of pollution is the release of noxious gases, such as sulphur dioxide, carbon monoxide, nitrogen oxides, and chemical vapours. These can take part in further chemical reactions once they are in the atmosphere, forming smog and acid rain.



Pollution also needs to be considered inside our homes, offices, and schools. Some of these pollutants can be created by indoor activities such as smoking and cooking.

How can air pollution hurt our health? Air pollution affects our health in many ways with both short-term and long-term effects. Different groups of individuals are affected by air pollution in different ways. Some individuals are much more sensitive to pollutants than are others. Young children and elderly people often suffer more from the effects of air pollution. People with health problems such as asthma, heart and lung diseases may also suffer more when the air is polluted. The extent



to which an individual is affected by air pollution usually depends on the total exposure to the damaging effects of it, i.e. the duration of exposure and the concentration of chemicals must be taken into account.

Examples of short-term effects include irritation to the eyes, nose, and throat, plus upper respiratory infections such

as bronchitis and pneumonia. Other symptoms can include headaches, nausea, and allergic reactions. Short-term air pollution can aggravate the medical conditions of individuals with asthma and emphysema. In the great "smogdisaster" in London, UK in 1952, four thousand people died in a few days due to the high concentration of pollution.

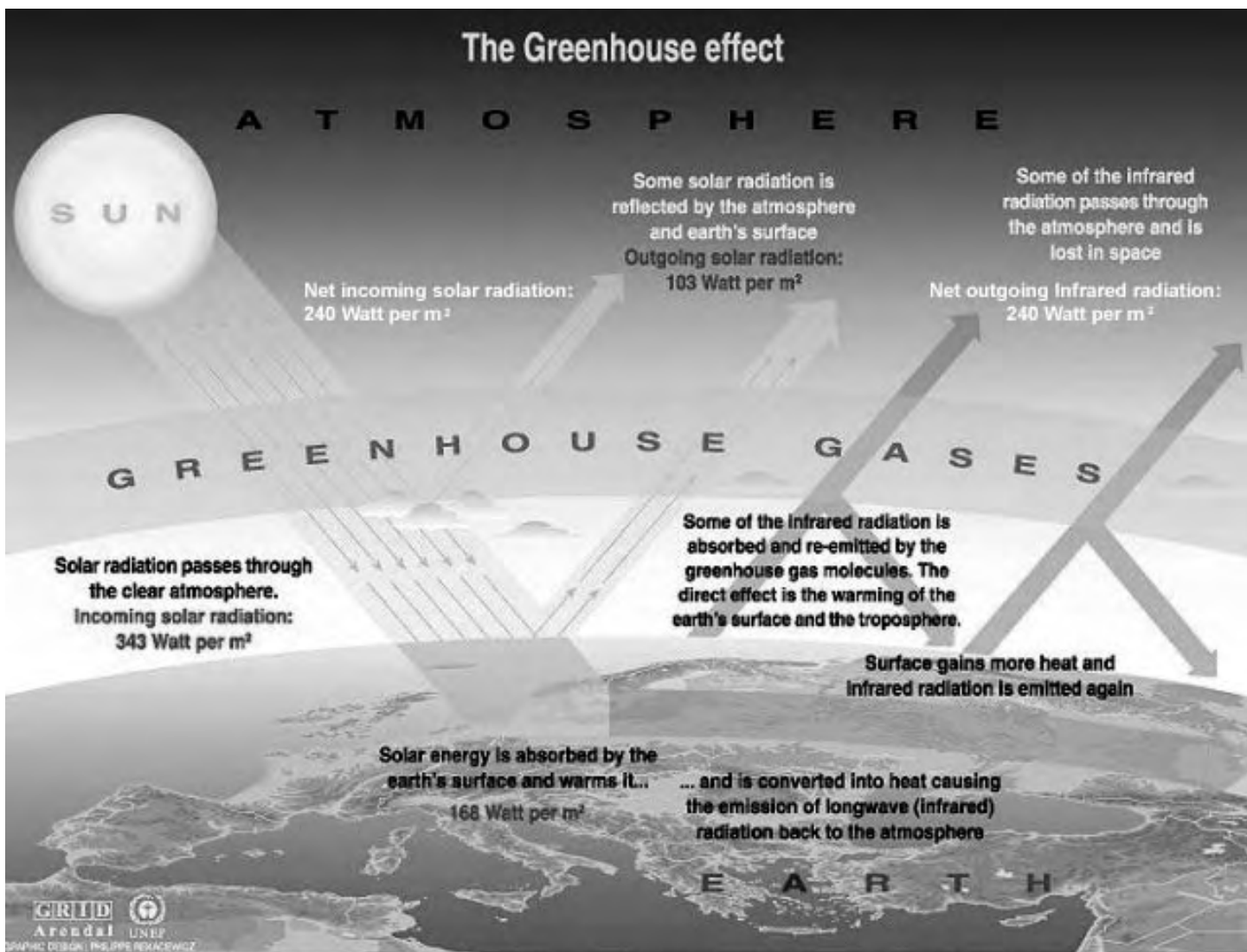
Long-term health effects can include chronic respiratory disease, lung cancer, heart disease and even damage to the brain, nerves, liver, or kidneys. Continual exposure to air pollution affects the lungs

of growing children and many aggravate or complicate medical conditions in the elderly. It is estimated that half a million people die prematurely each year in the United States as a result of smoking cigarettes.

Research into the health effects of air pollution is ongoing. Medical conditions arising from air pollution can be very expensive. Healthcare costs, lost productivity in the workplace, and human welfare impacts cost millions of dollars each year.

As a reformer, please wake up and think about air pollution and cooperate with air pollution reducing activities with your friends; protect yourself and other from various types of new diseases. Otherwise death and sickness will be prevalent in the world in these last days. **Amen**

Xavior Chelliah, Canada



Sources: Okanagan university college in Canada, Department of geography, University of Oxford, school of geography; United States Environmental Protection Agency (EPA), Washington; Climate change 1995, The science of climate change, contribution of working group 1 to the second assessment report of the intergovernmental panel on climate change, UNEP and WMO, Cambridge university press, 1996.



CANADIAN CONFERENCE

“COMMIT
THYSELF
UNTO THE
LORD”

On the shores of the Credit River in Mississauga, Canada, we gathered the evening of Friday July 30, 2004 to begin the annual Canadian conference. The motto, “Commit thy way unto the Lord”, which is an excerpt from Psalm 37:5 would serve to focus those present on a renewed relationship with Jesus in our daily lives.

Br. Gary Foster, the new president of the Canadian Field, led out the opening meeting of the conference and petitioned the Lord’s presence to lead us into His truth for us at this present time and to thank Him for the many wonderful things that He does for us every day. How wonderful and thankful we should be that God is here to help us. We are the disciples of today just as those that Jesus chose when he walked this earth. We should think of our Christian life and focus on what God is doing for us today. Br. Foster read the motto, “Commit thy way unto the Lord” and asked us to really think to ourselves what the word “commit” means!

Next Br. Mitov challenged us to look a little deeper at Psalm 37: 5, “Commit thy way unto the Lord”. This is both a promise and an invitation from God. Let us look at the context of this verse. David had written this when he was fleeing from Saul who at the time was trying to kill him. For David, being a king was not his ultimate goal but rather he looked forward to when the sinner would be without sin and be with his Lord. We have to look for the promises of God. Daniel was a good example of this in his life while in captivity in Babylon.

As evening was drawing on, Br. Kelly Shultz from Calgary, Alberta shared the Lord’s word with us. He gave us a brief snapshot of the work in Calgary and explained that, although there were currently only three members there, just like the early disciples, he was sure that the Lord would bless the work there and that from this humble beginning a great work would follow.

Once again our minds were focused on Psalm 37:5, “Commit thy way unto the Lord”. There are two paths that we can take in life; the way of righteousness and the way of wickedness. We read verse 1, 2 and 7-9 from Psalm 37 to give us some more context of the motto, found in verse 5. We live under a constant spiritual threat in Canada with all the wickedness and moral upheaval that is taking place in our society. Many people suffer from depression and anxiety. How can the great injustices of today continue? But God would not have us fret because of wickedness.

How do we survive wickedness in our society? In these verses of Psalm 37, God gives us instruction of how to do just that. He gives us four items of instruction:

1. In verse 3, it says, “trust in the Lord”. God wants us to really put our trust in Him and only Him!
2. In verse 4, it says, “delight yourself in the Lord”. God wants us to delight in Him and what He provides.
3. In verse 5, it says, “Commit thy way unto the Lord”. God wants us to commit to Him fully, without reservation.
4. In verse 7, it says, “rest in the Lord”. God wants us to find rest from the wickedness around us by looking to, and focusing on, Him.

Behind Br. Kelly, the sun set on a panorama of God’s creation, ushering in the beginning of the Sabbath rest and reminding us that in the Lord we really do find true rest for our spirit. We closed the first day of the conference as Br. Kelly led us to the throne of grace in prayer.



On a warm Sabbath morning, Br. John Radin welcomed members and visitors with Psalm 104: 33, "I will sing unto the Lord as long as I live: I will sing praise to my God while I have my being," and a reading from Psalm 118: 24, "This is the day which the Lord hath made; we will rejoice and be glad in it."

God's message of love is really all about. How in this one sermon by Jesus, He captured His entire truth and sowed a seed of profound impact within the hearer's minds as He does today when we study it.

For the sermon, Br. Foster spoke on Romans 8:28, "And we know that all things work together for good to them that love God, to them who are called according to His purpose." Look at the misery, the sadness, the depression, the wars and crime in our world. What has God done about it? In a crisis, two things happen to us; we can give up or we can trust God. One thing is certain; ultimately the truth will always prevail.



All 110 souls present enjoyed the missionary experiences shared by Br. Foster, Br. Kelly, Br. Augustus and Sis. Unger, which testifies to the work of the Holy Spirit amongst His people in spreading the gospel to a fallen world.

"For we can do nothing against the truth, but for the truth." II Corinthians 13: 8. Hundreds of years ago there was a man named Galileo who said that the sun was at the centre of our solar system. This was different than the commonly held belief at the time, which said the earth was at the centre. Galileo was persecuted and even excommunicated from the Catholic Church because he would not recant his belief. Only in the twentieth century did the Catholic Church admit that they were wrong. The truth will always win out in the end. There are three reasons why God allows things to happen: 1. To sift out the wrong hearted, 2. To test whom you are and teach, 3. To lead us to be students of the Bible.



The Sabbath School lessons were about health and The Great Physician, "When Christ healed disease, He warned many of the afflicted ones, "Sin no more lest a worse thing come upon thee." John 5:14. Thus He taught that they had brought disease upon themselves by transgressing the laws of God, and that health could be preserved only by obedience." The Ministry of Healing, pg. 113.

After a wonderful lunch provided by the sisters of Mississauga and Hamilton, we enjoyed a walk in God's wonderful nature. We strolled by the site of the Toronto area's first church, which became a powerful beacon of reformation light, its rays extending throughout Canada and beyond. This church was held at the time in Br. Timo Martin's home, which is now a park hugging the river that meanders through its terrain.



The earliteen and Youth discussed Jesus' Sermon on the Mount and how Jesus opened people's eyes then and indeed our own today to what

After the break we enjoyed many special songs as the Urizar family and the Hamilton Choir praised the Lord. Br. Lowe then asked us "What is the greatest miracle?" Jesus, who lived His life on earth as a lowly carpenter and preacher, has had more impact on the world civilizations than any king, politician, leader or potentate. We must trust in Jesus and only Jesus.

Errol Fletcher led out a meeting of thanks



with Psalm 92: 1, 2 “IT IS A GOOD THING TO GIVE THANKS UNTO THE LORD, AND TO SING PRAISES UNTO THY NAME, O MOST HIGH: To shew forth thy lovingkindness in the morning, and thy faithfulness every night”

Many people both young and old shared their personal testimonies of the Lord’s benevolence in their lives.

“O give thanks unto the LORD; for he is good: for his mercy endureth for ever. O give thanks unto the God of gods: for his mercy endureth for ever.” Psalm 136: 1,2

Br. Ivo Yonov, from Montreal asked us “How many miracles has God performed in our lives? Yet we cannot say that we have the faith of Jesus!” It has been over one hundred years since the birth of the Advent message. There are third and fourth generations of Adventists now and still the Lord has not come. It can only be because of a lack of faith. Faith demands action! There are two attitudes of faith. These are illustrated in the spies that went out to view the Promised Land. Ten didn’t trust God and always-viewed things as negative and two that had trust in God and viewed things as positive. There were ten



“grasshoppers” and two men. Joshua and Caleb looked from the opposite side than the others, with faith and one day entered the Promised Land while the others perished.

One of the most poignant moments of the conference came as the sun began to set in the western sky, a backdrop to Br. Timo Martin’s Sabbath closing service. For it was under this same sky, years ago, that Br. Martin and the small band of reformers closed their first Sabbath in this area. Over the years many a reformer from far and wide, even many of you now reading this report became a participant in those subsequent years of praising God at the close of His memorial of creation. Br. Martin focused our attention on the time in which we live. Soon the time of trouble will be upon us, “Jacob’s



trouble”. Soon the sealing of the 144,000 will be complete, will we be ready...will you? We were reminded that Esau caused the trouble but Jacob benefited from it. We already see signs of the shaking that God is doing to His church. We see the signs of the times fulfilling all around us with greater and greater speed. Will you be ready? The events of the last days are coming; we must take shelter in the ark of God just as Noah did in his time. We must draw closer together as a people.

As the sun broke on the last day of the conference, Br. Oscar Oviedo asked us “What is the Church?” Is it a structure, a dwelling a shelter? There are many differences within a house/church. There are different people, opinions and purposes. The

opposite is true of a body, which has many





organs and systems, but they must work together. The main component within the body that binds them all together is the blood. Similarly in God's church it is the blood that must bind us together! Which do we want the church to be? Do we want the church to be just a temple or a living body? We need to feel the redeeming power in us, the body of Christ!

Br. Foster then opened the closing meeting with: "Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you." Mathew 7:6

We need to understand what is holy! We know that the Lord tells us that these are holy: In Isaiah 6:3, we know the Lord is holy; The Sabbath, the Commandments are holy; marriage is holy; the Bible (2 Timothy 3:15), is holy; Tithe is holy; the church, God's people are to be a holy people; Jesus is the head of the church, He is holy. God wants us to be holy!

After some more wonderful special songs by various brothers and sisters we participated in a rare and special event, the ordination of an elder, Br. John Bescec from Toronto. Br. Foster examined and gave counsel to Br. Bescec and his entire family on what the sacred position would entail. He also counseled the local Toronto church to support him in carrying out his new duties. It was a solemn and joyous occasion for all.

"This is a true saying, if a man desire the office of a bishop, he desireth a good

work. A bishop then must be blameless, the husband of one wife, vigilant, sober, of good behaviour, given to hospitality, apt to teach; Not given to wine, no striker, not greedy of filthy lucre; but patient, not a brawler, not covetous; One that ruleth well his own house, having his children in subjection with all gravity;

(For if a man know not how to rule his own house, how shall he take care of the church of God?) Not a novice, lest being lifted up with pride he fall into the condemnation of the devil.

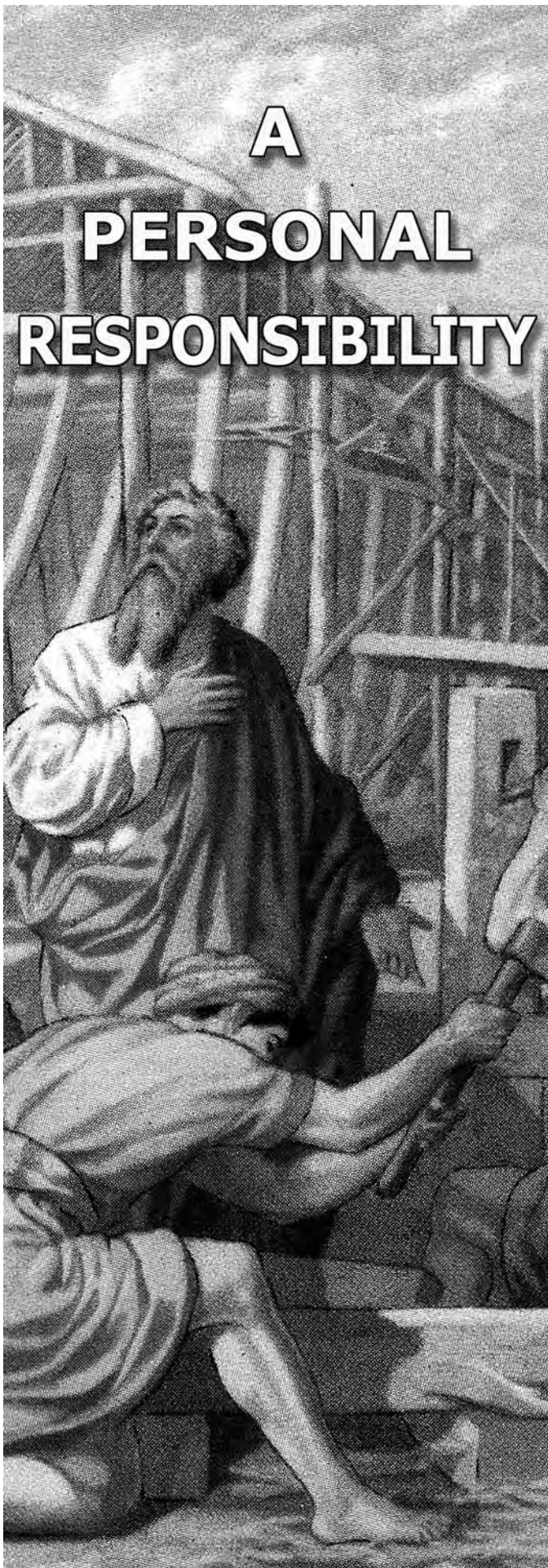
Moreover he must have a good report of them which are without; lest he fall into reproach and the snare of the devil." I Timothy 3: 1-7

Each of the speakers in the

conference said a special farewell to each soul present personally. With an undertone of sadness that separation brings, we greeted each other a final time with brotherly affection and ended the few precious days of fellowship. *Amen*



Ordination Of Br. Bescec By Br. Foster



A PERSONAL RESPONSIBILITY

“Though these three men, Noah, Daniel, and Job were in it, they should deliver but their own souls by their righteousness, saith the Lord God. They shall deliver neither son nor daughter; they shall but deliver their own souls by their righteousness.” Ezekiel 14:14, 20

In Noah’s time, we find that he was a faithful servant of God and he laboured in the knowledge of the true God, to stay the tide of moral evil. For one hundred and twenty years (120) before the flood, the Lord by the holy angel declared to Noah His purpose, and directed him to build an ark. “By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.” Hebrews 11:7.

As time went by, the period of probation was about to expire. Noah had faithfully followed the instructions which he had received from God. So Noah and his household entered the ark. By this, we see that Noah saved all of his household, whereby he was responsible.

The same work has been appointed to us, to work for our own souls before the time of probation ends. We must give an account of what we heard in the word of God, yet didn’t follow. “Our standing before God depends, not upon the amount of light we have received but how we have use of it. Thus even the heathen who choose the light as far as they can distinguish it, are in a more favorable condition, than those who have had great light and by their daily life contradict their profession.” (DA 210)

God has set before us life and death, blessing and curse; therefore we are to choose between life and death. We are to care for the salvation of our souls so that, in the near future we do not make the bitter lamentation, “The harvest is past, the summer is ended and we are not saved!” (Jeremiah 8:20)

SEARCH YOUR OWN HEART

“Examine yourselves whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?” (2 Corinthians 13:5). There is necessity for close self-examination, and to closely investigate the light in God’s word; am I sound, or am I rotten at heart? Am I renewed in Christ, am I still carnal within my heart? Rein yourself to the tribunal of God, and search for any iniquity, any idol, in order that you may not be deluded by Satan’s devices; that you may not be given up to the heedless, careless and vain spirit.

“Closely examine your own heart as in the light of eternity. Hide nothing from your examination. Pass judgment upon yourself, and then by faith claim the cleansing blood of Christ to remove the stains from your Christian character. Do not flatter or excuse yourself. Deal truly with your own soul. And then as you view yourself a sinner, fall, all broken at the foot of the cross.” (Maranatha 57)

Heaven is interested in our salvation; shall we be careless as though it were a small matter whether we are saved or lost? Shall we slight the sacrifice that has been made for you and me?

A book has been given to us to guide our feet through the perils of this dark world to heaven. It tells us how we can escape the wrath of God, and also tells us the sufferings of Christ for us, the great sacrifice that

has been made that we might be saved and enjoy the presence of God forever. That is how God reveals His love toward you and me, "For God so loved the world, that He gave His only begotten son, that whosoever believeth in Him should not perish but have everlasting life." John 3:16.

"Choose you this day whom ye will serve." (Joshua 24:15, 2nd Part). The great work from the mind should not be diverted to the consideration of our personal standing in the sight of God. Are our feet on the firm platform of God? Are we hiding ourselves in the only refuge? The storm is coming, relentless in its fury. Are we prepared to meet it? Are we heirs of God with Christ? Be responsible of this!

The character of Christ is to be our character. We are to be transformed by the renewing of our hearts. Here is our only safety.

YOUNG MEN'S DUTY TO SHOULDER

Our heavenly Father requires no more nor less than He has given us ability to do. He lays upon His servants no burdens that they will not be able to bear. He knoweth our frame; He remembereth that we are dust. All that He claims from us, we through divine grace can render.

"David offered to God a tribute of gratitude for the divine teaching and guidance he had received. "O God, thou has taught me from my youth," (Psalms 71 :

17) he declared. Those who in the history of the message have borne the burden and heat of the day, are to remember that the same Lord who taught them from their youth, inviting them, "Take my yoke upon you, and learn of me," (Matthew 11:29) and giving them the light of truth, is just as willing to teach young men and women today as He was to teach them." (2 SM 228)

"The young are naturally inclined to feel that not much responsibility, caretaking, or burden bearing is expected of them. But upon everyone rests the obligation to reach the Bible standard. The light that shines forth in privileges and opportunities, in the ministry of the word, in counsels, in warnings and reproofs will perfect character or will condemn the careless. This light is to be cherished by the young as well as those who are older. Who will now take their stand for God, determined to give His service the first place in their lives? Who will be burden bearers? (MYP 368)

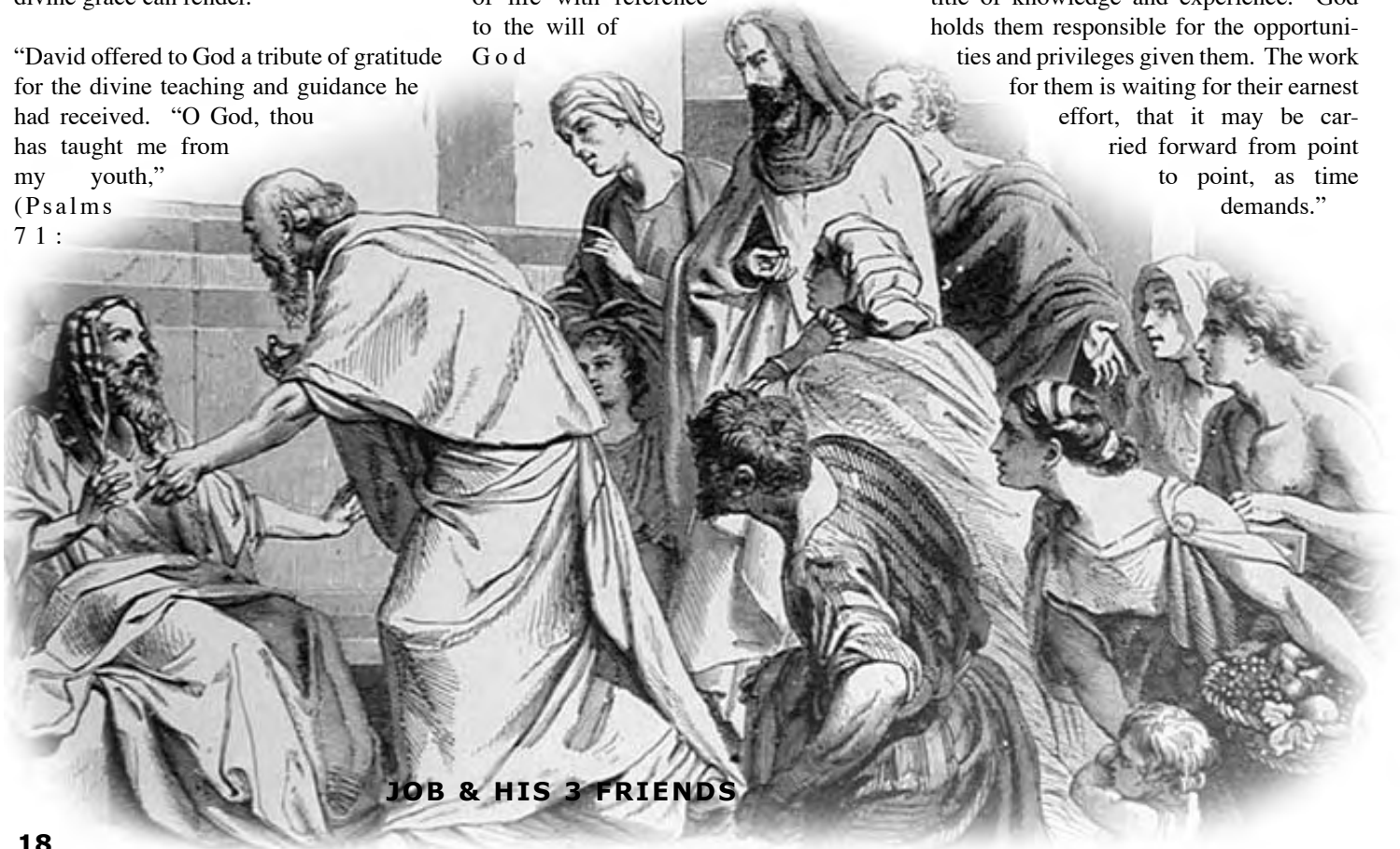
Youth, it's the time to establish good habits, to correct wrong ones already contracted, to gain and to hold the power of self-control, and to lay the plan, and accustom one's self to the practice of ordering all the acts of life with reference to the will of God

and the welfare of our fellow creature. You are not to be tossed here and there, by wrong habits, following bad company and habits, but be light shining in darkness.

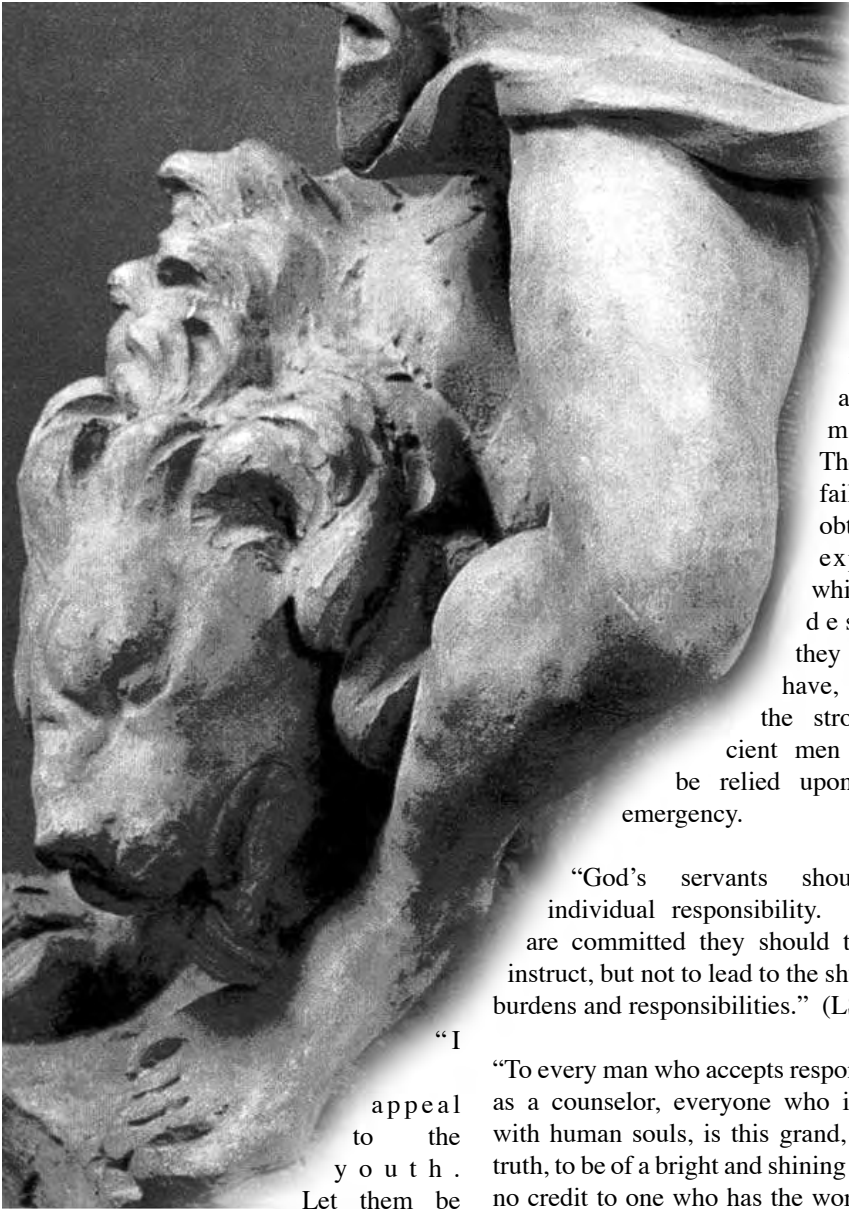
RIGHT USE OF TALENTS

"To every man God has given his work, 'according to his several ability.' God has the measure of our ability, and knows what to lay upon us. Of the one who is found faithful, the command is given, entrust him with greater responsibility. If he proves faithful to that trust, the word is given him again, trust him with still more. Thus through the grace of Christ he grows to the full measure of a man in Christ Jesus." (MYP 289)

"Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh when thou shalt say, I have no pleasure in them." (Ecclesiastes 12:1) Grave responsibilities rest upon the youth. God expects much from the young men and women who live in this generation of increased light and knowledge. He expects them to impart this light and knowledge. He desires to use them in dispelling the error and superstition that cloud the minds of many. They are to discipline themselves by gathering up every jot and tittle of knowledge and experience. God holds them responsible for the opportunities and privileges given them. The work for them is waiting for their earnest effort, that it may be carried forward from point to point, as time demands."



JOB & HIS 3 FRIENDS



something in the cause of God. (TM 371)

Those who shun this part of the labour are losing much. They are failing to obtain that experience which God designed they should have, to make the strong, efficient men that can be relied upon in any emergency.

“God’s servants should take individual responsibility. If errors are committed they should teach and instruct, but not to lead to the shunning of burdens and responsibilities.” (LS 194)

“I appeal to the youth.

Let them be responsible of themselves, not depending upon their parents. We are not placed where our fathers were; consequently our duties and responsibilities are not the same as theirs. We shall not be approved of God in looking to the example of our fathers to determine our duty instead of searching the word of truth for ourselves. Our responsibility is greater than was that of our ancestors. We are accountable of the light which they received, and which was handed down as an inheritance for us, and we are accountable also for the additional light which is now shining upon us from the word of God.” (GC Pg. 164)

MINISTERS WHO FAIL TO BEAR

Some ministers among us fail to bear all the responsibility that God would have them. They fail to make out and venture

must make his first duty to understand the work of God in regeneration of the soul. This change should take place before one accepts a position as a leader or ruler in connection with the sacred work of God.” (TM 371)

“They (Ministers) should not feel that their position of importance makes them men of infallible judgment. It will be altogether safe for men to consider that there is knowledge with the Most High. “The Lord has not placed anyone of His human agencies under the dictation and control of those who are themselves, but erring mortals. He has not placed upon men the power to say, You shall do this, and you shall not do that. But there is a power exercised in Battle Creek that God has not given, and He will judge those who assume this authority.” (TM 347)

Jesus invites us, “Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” (Matthew 11:28 – 29).

“Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine. For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears.” 2 Tim. 4:23. *Amen!*

Naom K. Rianga, Nairobi - Kenya



RIGHT CHOICES



Jesus wants us to be happy. He created Adam and Eve and placed them in the Garden of Eden. He then gave them instructions to follow if they wished to maintain their happy existence. This happiness did not last forever. Through some unwise choices, Eve found herself in rebellion against God's requirements. These were all choices she made. She knew God's will, but she chose to go against it. And what was the result? "Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee. And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;" Gen. 3:16, 17

Here is now introduced a new element that never existed before on earth. The element of sorrow. What is sorrow? It is, "distress caused by loss, affliction or disappointment." Did Adam and Eve lose anything? Yes, they did. They lost their innocence, they lost their home, they lost the ability to have direct communication with Jesus, and they lost their supreme happiness.

Since that time, mankind has been seeking for happiness in various ways. Everyone wants to be happy and many are choosing their own ways to find happiness, rather than asking God for His way. People are spending a lot of money trying to find happiness. They think that riches and material wealth can bring them happiness, so they bend all their energies into amassing great wealth, only to find that it increases their worry. Either they have less time to enjoy their wealth since they are working long hours, or they worry that someone would steal something.

Others are trying to find happiness in a spouse. If only they could be married then they would be supremely happy, they say. This is often the case with young people in the church as they approach the age of marriage. They get frustrated at the 'limited' availability of eligible spouses in the church and so feel they must take matters into their own hands and look outside of the church. Surely they can convert their new spouse. However, when we take matters into our own hands, making our own choices, rather than consulting God as to what His will is, it ends up in disaster, as we see in the case of Jacob. He made the choice to deceive his father in order to obtain the birthright. He made the wrong choice, and it brought him great sorrow that affected him for the rest of his life.

We need to trust in God to bring about circumstances for our best interest and happiness. He can provide a spouse any time – from inside the church. He often waits until the person will no longer make a spouse an idol – when they can be content to live with or without a spouse – then He will provide if He feels it is best for the person's salvation.

What many don't understand is that happiness is a choice. We can choose to let outward circumstances disturb our peace, or we can connect with Christ and choose to live life according to His plan and we will have inner peace and joy. The choices we make affect our happiness. We cannot blame anyone else if we choose to go against God's will and find we are not filled with joy. Choosing God's way will always result in the fullness of joy.

Solomon was one of those who thought happiness comes from wealth



and spouses. God blessed him with wealth because, in his younger years, he was not seeking wealth. Rather he was seeking wisdom. In his younger years he did not abuse his wealth, but gave generously for the building of the temple. In his later years he made many wrong choices. He did not choose to live his life according to God's will and became careless, taking many wives and wasting his wealth, building heathen temples for his wives. Solomon was not a happy man. At the end of his life he wrote in Ecclesiastes about his view of happiness.

"It is better to go to the house of mourning, than to go to the house of feasting; for that is the end of all men; and the living will lay it to his heart. Sorrow is better than laughter: for by the sadness of the countenance the heart is made better. The heart of the wise is in the house of mourning; but the heart of fools is in the house of mirth. It is better to hear the rebuke of the wise, than for a man to hear the song of fools. For as the crackling of thorns under a pot, so is the laughter of the fool: this also is vanity." Eccl. 7:2-6

Is he trying to tell us it is a sin to be happy? Are we expected to be filled with sorrow? This is how the world looks at Christianity – as a band of mourners, living a very unhappy existence. Solomon had experienced everything that his money could buy, but it did not buy him happiness. It was all vanity to him. He found no lasting joy in the things of the world. In these verses he is talking about frivolity. It

does not strengthen character. The laughter of the foolish is meaningless. No, it is not a sin to be happy.

There are two types of sorrow mentioned in the Bible. "For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death." 2 Cor. 7:10

GODLY SORROW

This sorrow is not the sorrow of having our sins discovered after making wrong choices and fearing punishment. It is genuine sorrow for sin, repentance of it, separation from it, and determination from here on out to resist, by the grace of Christ, the temptation that led to sin. This is the kind of sorrow King David experienced after his sin with Bathsheba. "And David said unto Nathan, I have sinned against the LORD. And Nathan said unto David, The LORD also hath put away thy sin; thou shalt not die." 2 Sam 12:13. Also after he numbered Israel. "And David's heart smote him after that he had numbered the people. And David said unto the LORD, I have sinned greatly in that I have done: and now, I beseech thee, O LORD, take away the iniquity of thy servant; for I have done very foolishly." 2 Sam 24:10.

In godly sorrow there is recognition of, and admission that one has wronged God and his fellow men. Adequate efforts are made to right the wrong, and a reorientation of the life is made, with the purpose of making the right decision in the future so as to not repeat the mistakes. This entire process is possible only by the grace of Christ through the Holy Spirit. True sorrow for sin is the result of recognizing one's accountability to God for his conduct.

We have a comparison between godly sorrow and the sorrow of the world in the lives of Peter and Judas. "And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me thrice. And he went out, and wept bitterly." Mat. 26:75.

And...

"Then Judas, which had betrayed him, when he saw that he was condemned, repented himself, and brought again the thirty pieces of silver to the chief priests and elders, Saying, I have sinned in that I have betrayed the innocent blood." Mat. 27:3,4.

Both felt bitter remorse, but with the one there was true sorrow for sin, which led to a new life in Christ; with the other there was only sorrow for the consequences, which led to utter despair and then suicide.

WORLDLY SORROW

Worldly sorrow is simply sorrow for the consequences of sin rather than for the sin itself. It is disturbed at being discredited before the world and their friends. If there were no consequences, the sinner would still choose to continue in the path they are walking.

The nation of Israel was not happy with the fact that they were told that their beloved city would be destroyed on account of their choice to sin. Therefore Jeremiah rebuked them, "Why criest thou for thine affliction? thy sorrow is incurable for the multitude of thine iniquity: because thy sins were increased, I have done these things unto thee." Jer. 30:15

In the time of the end, many who made wrong choices in life will suddenly confess when they realize they are lost. It is then too late. "Those professed Christians who come up to that last fearful conflict unprepared will, in their despair, confess their sins in words of burning anguish, while the wicked exult over their distress. These confessions are of the same character as was that of Esau or of Judas. Those who make them, lament the result of transgression, but not its guilt. They feel no true contrition, no abhorrence of evil. They acknowledge their sin, through fear of punishment; but, like Pharaoh of old, they would return to their defiance of Heaven should the judgments be removed." GC 620

Does alcohol bring sorrow? Many young people think it brings happiness. They want to go out and have a good time, they think they must consume alcohol in order to have complete happiness.

"Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes?" Pro. 23:29. Ask the alcoholic if he is happy. Is he content to have his whole existence consumed in the pursuit of his addiction? All his time and money are spent for the indulgence of this evil vice? The trouble is that many are strongly addicted when they realize they

need help and it is a difficult process to give up this habit.

The youth who see no danger are only fooling themselves. Making the wrong choices today, can lead to great unhappiness in the future.

PAUL'S CHOICE

Paul made a choice to follow Jesus, not worrying about consequences. He went through many difficult times. "Of the Jews five times received I forty stripes save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep; In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness." 2 Cor. 11:24-27

However he said that he took pleasure in infirmities? Was he in his right mind?

"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." 2 Cor 12:9, 10

Paul and Silas sang while in prison with their feet in stocks.

"And the multitude rose up together against them: and the magistrates rent off their clothes, and commanded to beat them. And when they had laid many stripes upon them, they cast them into prison, charging the jailor to keep them safely: Who, having received such a charge, thrust them into the inner prison, and made their feet fast in the stocks. And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them." Acts. 16:22-25. The jailer and his family were baptized because they saw Jesus living in the hearts of Paul and Silas. They had peace that he didn't have and he wanted it.

"Not that I speak in respect of want: for

I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me." Phil 4:11-13

Paul made a decision to follow Jesus, no matter what the consequences would be. Satan tried in many ways to disturb his happiness so that he would cut his connection with Jesus, however Paul refused to let go. He had made a choice to follow Jesus and in the eyes of the world he may have appeared to be foolish, "But God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty;" 1 Cor. 1:27. Paul was a happy man.

JESUS' CHOICE

Jesus made His choice to do His Father's will while He was living on this earth. In the Garden of Gethsemane, He prayed, "Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." Luke 22:42. Jesus submitted to His Father's will. "Christ's earthly life, so full of toil and sacrifice, was cheered by the thought that He would not have all His travail for nought. By giving His life for the life of men, He would win the world back to its loyalty. Although the baptism of blood must first be received, although the sins of the world were to weigh upon His innocent soul, yet, for the joy that was set before Him, He chose to endure the cross and despised the shame." 8T 209

TRIALS

"For unto you it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake;" Phil 1:29. Is God being fair when He permits His followers to suffer and be buffeted by the evil one? Would He not want to protect His followers? Who would want to serve a God that allows His followers to suffer? As parents we try to protect our children from suffering, would not God want that from us? God has a reason for it all. His love is seen in every experience He puts us through. A remnant will choose to follow the Lord because they can see God's will working through any suffering that they experience. They see the love of God in it all.

There are several reasons for trials. First of all there is personal cleansing and character development. Often our own sins have brought us the suffering and the Lord allows us to suffer to show us the plague spots in our character. At the beginning of her ministry, Sister White prayed that the Lord would keep her humble. She received assurance from the Lord that if there was danger of her becoming proud, He would afflict her with illness. Towards the latter end of her life, she was not sick as often. She had learned the lessons of humility.

Secondly there is suffering for the benefit of the salvation of others. In the Dark Ages, it is said that the blood of the martyrs was the seed of the Christian church. How were those martyrs acting while burning at the stake or being fed to wild beasts? They were often heard singing and praying. They died with smiles on their faces. They chose to follow Jesus' plan for their happiness.

Job's suffering, also, was not caused by a personal sin of his, but he suffered for the benefit of others. He trusted God and by choosing to serve Him had to suffer. But the joy of the Lord far outweighed the trials. He knew that, "The joy of the LORD is your strength." Neh 8:10. He had confidence in God. He said, "the LORD gave, and the LORD hath taken away; blessed be the name of the LORD." Job 1:21.

Remembering that the word "blessed" means "happy", we read, "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you." Mat. 5:11, 12 The apostles found this true joy in doing the will of God, regardless of the circumstances. "And they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for his name." Acts 5:41 "But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy. Yet if any man suffer as a Christian, let him not be ashamed; but let him glorify God on this behalf." 1 Peter 4:13, 16.

"In all ages Satan has persecuted the people of God. He has tortured them and put them to death, but in dying they became

conquerors. They revealed in their steadfast faith a mightier One than Satan. Satan could torture and kill the body, but he could not touch the life that was hid with Christ in God. He could incarcerate in prison walls, but he could not bind the spirit. They could look beyond the gloom to the glory, saying, 'I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.' 'Our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.' Romans 8:18; 2 Corinthians 4:17." MB 30

"And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;" Romans 5:3. Paul explains how God's plan of righteousness by faith brings peace and joy not only in times of prosperity but also in times of distress and trial. The hope of future glory and endurance of present troubles go together. The word patience here used is from a Greek word that does not suggest only a passive resistance to evil; a calm resignation to inevitable suffering. Rather it means an active virtue, a courageous perseverance and persistence that cannot be shaken by fear of evil or danger. A better translation would have been fortitude, or endurance. The result is patience and endurance.

"God has shown me that He gave His people a bitter cup to drink, to purify and cleanse them. It is a bitter draught, and they can make it still more bitter by murmuring, complaining, and repining. But those who receive it thus must have another draught, for the first does not have its designed effect upon the heart. And if the second does not effect the work, then they must have another, and another, until it does have its designed effect, or they will be left filthy, impure in heart. I saw that this bitter cup can be sweetened by patience, endurance, and prayer, and that it will have its designed effect upon the hearts of those who thus receive it, and God will

be honoured and glorified. It is no small thing to be a Christian and to be owned and approved of God." EW 47

TRUE JOY

"My brethren, count it all joy when ye fall into divers temptations;" James 1:2. This word "temptations" in Greek includes also, afflictions, poverty, persecution and calamity. It is a privilege and duty for the Christian to have an intelligent attitude towards the tests and trials that God allows in His permissive will. To the true Christians, trials bring no disappointments or discouragements. Christian joy is not based on external circumstances but on faith in God's providence and an intelligent understanding of His plan in dealing with men.

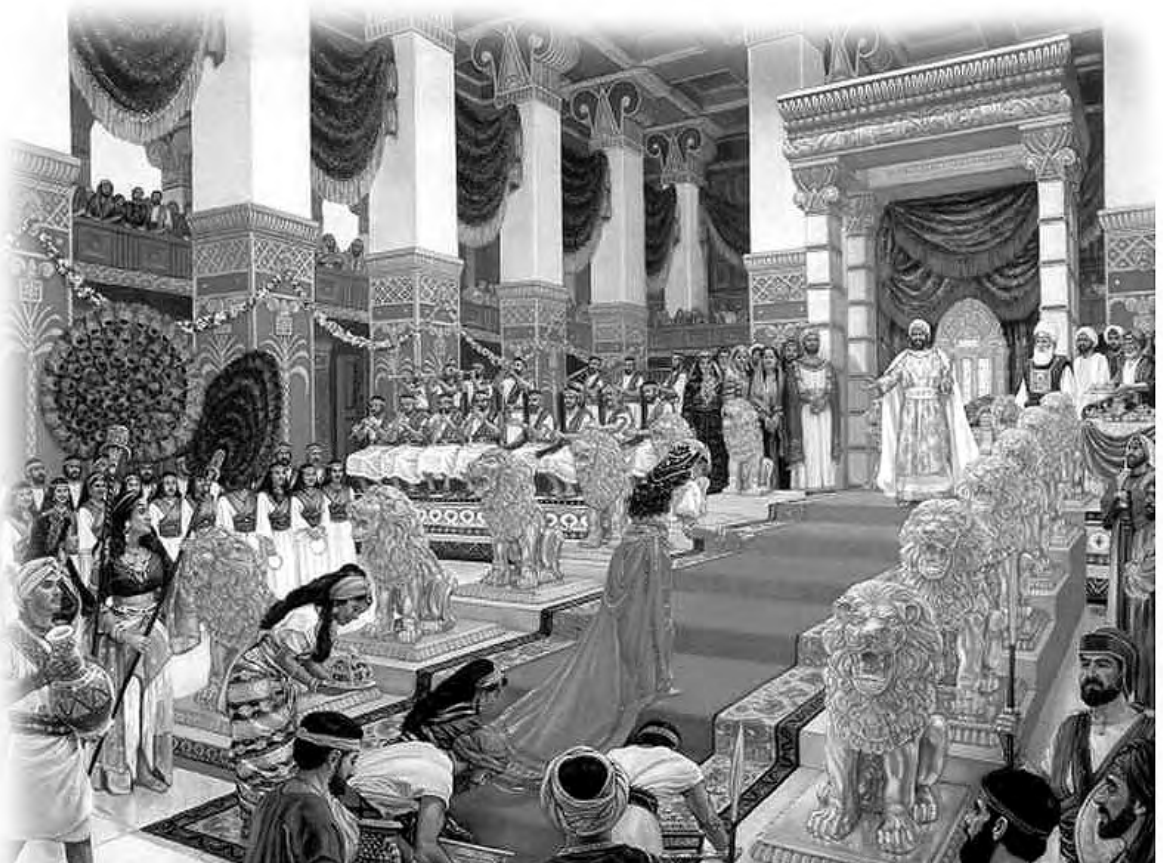
The Lord wants us to have joy. What is the difference between joy and happiness? Happiness is dependent on outward circumstances. Joy is an inner peace. We can experience joy even in sorrow – in the absence of happiness. Happiness is an emotion – it comes and it goes. Joy is a peaceful abiding trust in God that will not be changeable in any circumstance. Joy can be maintained only by the choice we make in surrendering ourselves to Jesus.

"It is our duty to be very jealous for the

glory of God and to bring no evil report, even by the sadness of the countenance or by ill-advised words, as if the requirements of God were a restriction upon our liberty. Even in this world of sorrow, disappointment, and sin the Lord desires us to be cheerful, and strong in His strength. The whole person is privileged to bear a decided testimony in every line. In features, in temper, in words, in character, we are to witness that the service of God is good. Thus we proclaim that 'the law of the Lord is perfect, converting the soul.' Psalm 19:7." 6T 365

"For ye had compassion of me in my bonds, and took joyfully the spoiling of your goods, knowing in yourselves that ye have in heaven a better and an enduring substance." Hebrews 10:34 They were happy when their goods were spoiled. Their material goods were not an idol for them.

"A union with Christ by living faith is enduring; every other union must perish. Christ first chose us, paying an infinite price for our redemption; and the true believer chooses Christ as first and last and best in everything. But this union costs us something. It is a union of utter dependence, to be entered into by a proud being. All who form this union must feel their



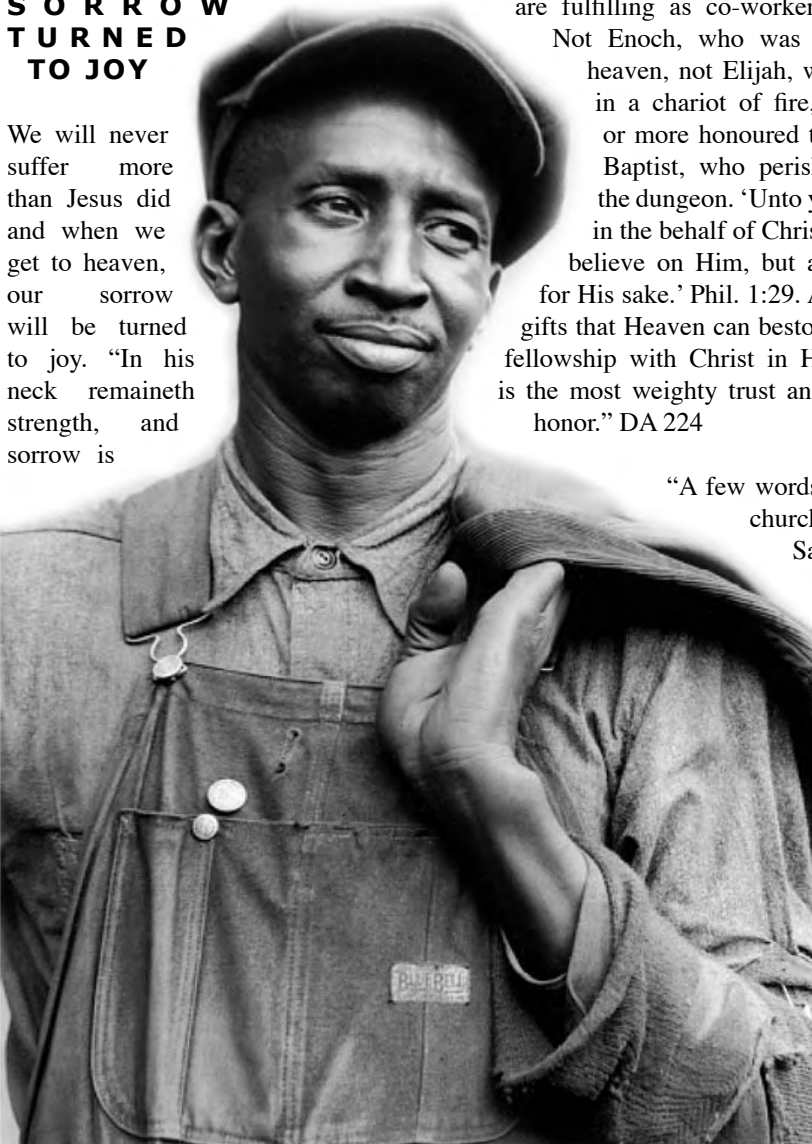
Solomon was one of those who thought happiness comes from wealth and spouses.

need of the atoning blood of Christ. They must have a change of heart. They must submit their own will to the will of God. There will be a struggle with outward and internal obstacles. *There must be a painful work of detachment as well as a work of attachment. Pride, selfishness, vanity, worldliness--sin in all its forms--must be overcome if we would enter into a union with Christ. The reason why many find the Christian life so deplorably hard, why they are so fickle, so variable, is that they try to attach themselves to Christ without first detaching themselves from these cherished idols.*

“After the union with Christ has been formed, it can be preserved only by earnest prayer and untiring effort. We must resist, we must deny, we must conquer self. Through the grace of Christ, by courage, by faith, by watchfulness, we may gain the victory.” 5T 231

**S O R R O W
T U R N E D
T O J O Y**

We will never suffer more than Jesus did and when we get to heaven, our sorrow will be turned to joy. “In his neck remaineth strength, and sorrow is



turned into joy before him.” Job 41:22

“Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy.” John 16: 20 To the youth, it may appear that their friends in the world are having more happiness, but in the end, they will receive their reward and their rejoicing will turn to sorrow, while it will be the opposite for the follower of Christ. Their sorrow will be turned into joy.

“And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.” Isaiah 35:10

“God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as co-workers with Him.

Not Enoch, who was translated to heaven, not Elijah, who ascended in a chariot of fire, was greater or more honoured than John the Baptist, who perished alone in the dungeon. ‘Unto you it is given in the behalf of Christ, not only to believe on Him, but also to suffer for His sake.’ Phil. 1:29. And of all the gifts that Heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and the highest honor.” DA 224

“A few words more to the church members.

Said Christ: ‘If any man will come after Me, let him deny himself, and take up his cross, and follow Me.’ We are not to make crosses for

ourselves, by wearing sackcloth, by pinching our bodies, or by denying ourselves wholesome, nourishing food. We are not to shut ourselves in monasteries, away from the world, and do no good to our fellow beings, thinking this is the cross of Christ; neither are we required to expose health and life unnecessarily, nor to go mourning up the hill of Christian life, feeling it a sin to be cheerful, contented, happy, and joyful. These are all self-made crosses, but not the cross of Christ.” 4T 626

“Those who look within for comfort will become weary and disappointed. A sense of our weakness and unworthiness should lead us with humility of heart to plead the atoning sacrifice of Christ. As we rely upon His merits we shall find rest and peace and joy. He saves to the uttermost all who come unto God by Him.” 5T 200

“Rejoice evermore.” 1 Thess. 5:16

It is not just choosing once. Each day we are making choices, some small, some big. Each small choice is either for Jesus or for Satan. Weigh carefully the choices you make in life. The small choices will mould your character. They will either lead to everlasting joy or everlasting contempt – the second death

When Jesus comes, even the wicked will acknowledge the fact that they are not in heaven because of the choices they made in life. It was not God’s fault at all. They themselves are to blame. “That at the name of Jesus every knee should bow,...And every tongue should confess that Jesus Christ is Lord.” Phil. 2:10,11.

May God help us to experience the true joy there is in serving the Lord, by choosing today to surrender our lives completely to the Lord, not worrying about the consequences because Jesus said, “I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.” Heb. 13:5,6. “Weeping may endure for a night, but joy cometh in the morning.” Psalm 30:5 **AMEN**

Wendy Eaton, Australia

the POWER OF SONG



CHILDRENS CORNER

Near the summit of a mountain was a small hamlet consisting of two log houses, two shanties, a rickety old barn and a small shed, surrounded by a few acres of cleared land. In one of these houses lived a family of seven, - father, mother, three boys, and two girls. They had recently moved there from the city. The mother's health was poor, and she longed to be out on the beautiful old mountain where she had spent most of her childhood.

The mother and her two little girls were Christians, and their voices were often lifted in praise to God as they sang from an old hymnbook, one of their most cherished possessions.

One morning the mother sent the two girls, Nina and Dot, on an errand to their older sister's house, five kilometres away. The older sister, Karen, was married and had a family of her own. The first three kilometres took them through dense woods, while the rest of the way led past houses through small clearings. Mother charged them to start on their return home in time to arrive before dark, as many wild beasts, - bears, catamounts, and occasionally a panther - were prowling around. These animals were hungry at this time of year; for they were getting ready to hibernate in some cosy cave or hole for the winter months.

The girls started off, merrily chasing each other along the way, and arrived at their sister's in good time, and had a jolly romp with the baby. They loved playing with their little niece, but did not see her often as they had always travelled with mother before and mother didn't always have much time. This is the first time they had travelled there on their own.

After dinner, Karen was so busy and the

children were so absorbed in their play that the time passed unheeded until the clock struck four. Then the girls hurriedly started for home, in the hope that they might arrive there before it grew very dark. Karen watched until they disappeared up the road, anxiously wishing someone was there to go with them, as darkness was approaching. They would have to keep up a swift pace if they were to arrive before dark.

Nina and Dot made good time until they entered the long stretch of woods, when Nina said, "O, I know where there is a large patch of wintergreen berries, right by the road. Let's pick some for mama." At first

Dot was

which lengthened rapidly. When about half of the distance through the woods was covered, Dot began to feel tired and afraid. Nina tried to cheer her, saying, "Over one more long hill, and we shall be home." But now they could only see the sun shining on the top of the trees on the hill.

In the past, they had often played, trying to scare each other by saying, "O, I see a bear or a wolf up the road!" and pretending to be afraid. So Dot decided to play the game now to try to pass the time. She said, "Let's scare each other." "You try to scare me." Nina agreed.

Pointing up the road Nina saw what she thought was a tree stump. "O, Look up the road at that black stump. I see a ---" She did not finish, for suddenly, that stump moved. It was not a stump after all. A large panther stepped towards them, looking at one girl and then the other. Then, as if seeing the girls for the first time, he crouched down, and, moved towards them.

The girls stopped and looked at each other. Then Dot began to cry, and said, in a half-smothered whisper. "O Nina, let's run!"

hesitant. She knew they had to keep going if they were going to make it before dark. Nina, however prevailed upon her. After all, they were quite familiar with the road and it really was not that far before they were home. And mama really would love those berries. It would make her so happy.

So they climbed over a few stones and logs, and, sure enough, the berries were plentiful. They picked and talked, sometimes playing hide-and-seek among the bushes. When they had finished picking the berries and were on their way again, the sun was sinking low in the west, and the trees were casting heavy shadows over the road,

But Nina thought of the long, dark, lonely road behind, and knew that running was useless. How the girls wished they had not stopped to pick those berries. They could have come during the daytime to pick them the next day. They had so much wanted to surprise mother. Then, thinking of what she had heard her father say about showing fear, she seized her little sister's hand and said, "No, let's pass it. God will help us." And she started up the road towards the animal.

When the children moved, the panther stopped, and straightened himself up. Then he crouched again, moving slowly, uneasily, towards them. When they had

nearly reached him, and Nina, who was nearest, saw his body almost rising for the spring, there flashed through her mind the memory of hearing it said that a wild beast would not attack any one who was singing. What should she sing? In vain she tried to recall some song, but her mind seemed a blank. In despair she looked up, and breathed a little prayer for help; then, catching a glimpse of the last rays of the setting sun touching the tops of the trees on the hill, she began the beautiful hymn, -

*“There is sunlight on the hilltop,
There is sunlight on the sea.”*

Her sister joined in, and although their voices were faint and trembling at first, by the time the children were opposite the panther, the words of the song rang out sweet and clear on the evening air.

The panther stopped, and straightened himself to his full height. His tail, which had been lashing and switching, became quiet as he seemed to listen. The girls passed on, hand in hand, never looking behind them. How sweet the words, -

*“O the sunlight! Beautiful sunlight!
O the sunlight in the heart!”*

As the children neared the top of the hill, the sound of the rumbling of a wagon reached their ears, so they knew that help was near, but still they sang. When they reached the top, the same time the wagon rattled up, and for the first time they turned and looked back, just in time to catch a last glimpse of the panther as he disappeared into the woods.

Mother had looked often and anxiously down the road, and each time was disappointed in not seeing the children coming. Finally she could wait no longer, and started out to meet them. When she was partway through the woods, she heard the words,

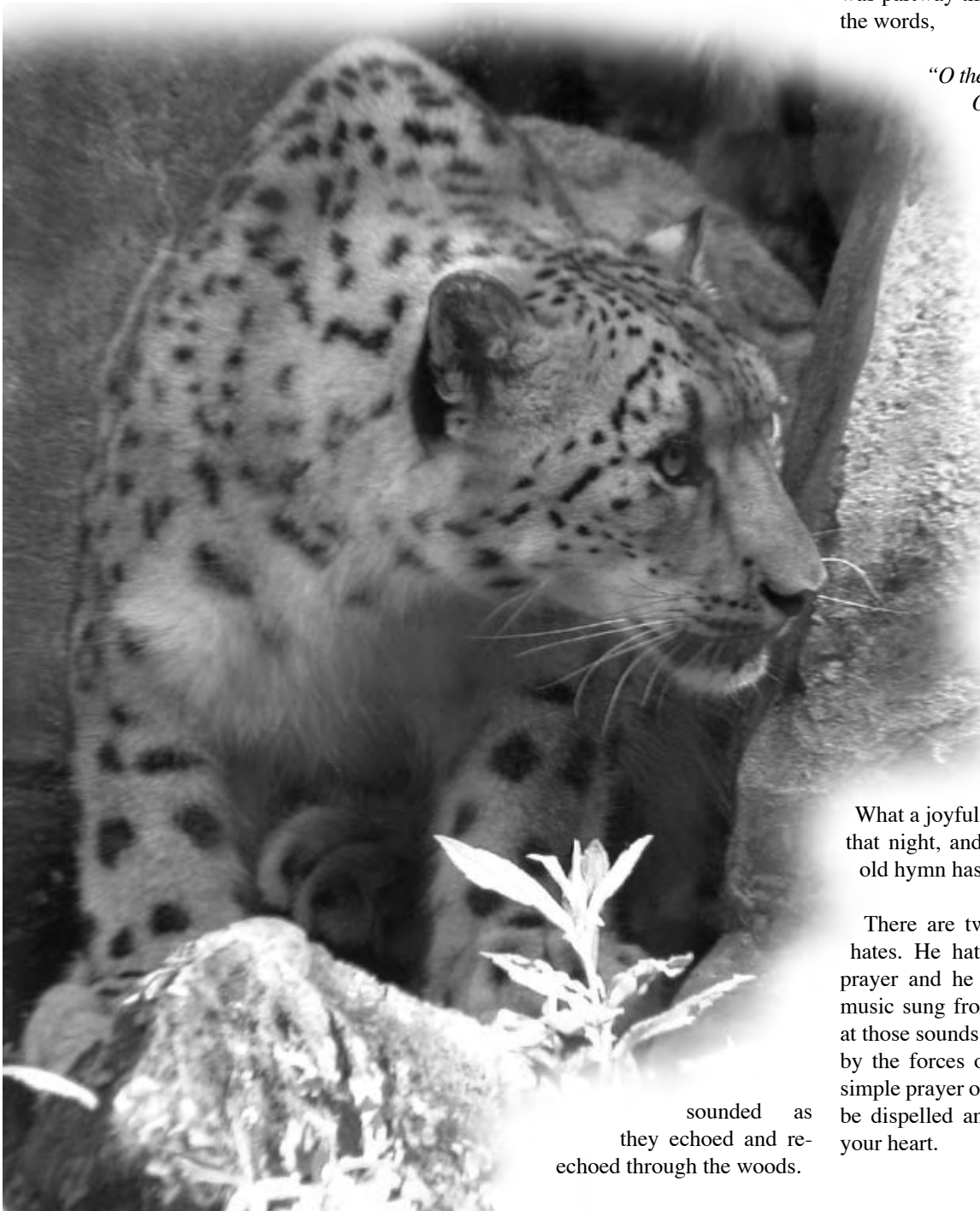
*“O the sunlight! Beautiful sunlight!
O the sunlight in the heart!
Jesus’ smile can banish
sadness;
It is sunlight in the heart.”*

At first a happy smile of relief passed over her face; but it faded as she listened. There was such an unearthly sweetness in the song, so strong and clear, that it seemed like angels’ music instead of her own little girls’. The song ceased, and the children appeared over the hill. She saw their white faces, and hurried toward them. When they saw her, how their little feet flew! But it was some time before they could tell her what had happened.

What a joyful season of worship they had that night, and what a meaning that dear old hymn has had to them ever since.

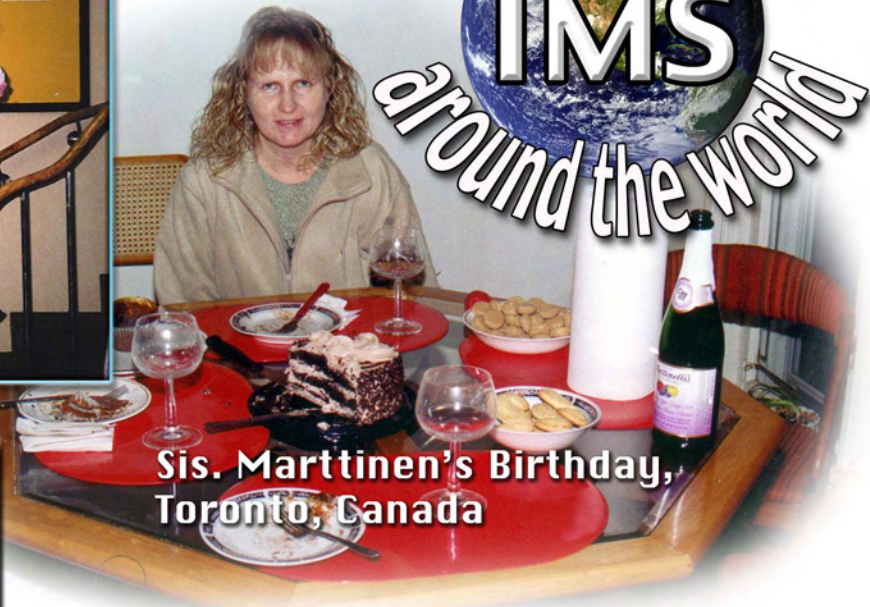
There are two things that Satan really hates. He hates the sound of a sincere prayer and he hates the sound of sacred music sung from a sincere heart. He flees at those sounds. When you feel surrounded by the forces of evil, all it will take is a simple prayer or song and the darkness will be dispelled and the light will shine into your heart.

sounded as
they echoed and re-
echoed through the woods.





The logo for IMS (International Messenger Society) features a globe of the Earth. The letters "IMS" are written in large, white, bold, sans-serif font across the top of the globe. Below the globe, the words "around the world" are written in a white, cursive font that curves around the bottom of the globe.





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