



*The Reformation*  
**Messenger**  
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**Also included, three conference reports  
from North American Conferences**

**WE BELIEVE:** The all-wise loving God created all things in the universe by His Son, Jesus Christ. He is the 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.

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# Camp Meetings

“Anciently the Lord instructed His people to assemble three times a year for His worship. To these holy convocations the children of Israel came, bringing to the house of God their tithes, their sin offerings, and their offerings of gratitude. They met to recount God’s mercies, to make known His wonderful works, and to offer praise and thanksgiving to His name. And they were to unite in the sacrificial service which pointed to Christ as the Lamb of God that taketh away the sin of the world. Thus they were to be preserved from the corrupting power of worldliness and idolatry. Faith and love and gratitude were to be kept alive in their hearts, and through their association together in this sacred service they were to be bound closer to God and to one another.

“In the days of Christ these feasts were attended by vast multitudes of people from all lands; and had they been kept as God intended, in the spirit of true worship, the light of truth might through them have been given to all the nations of the world.

“With those who lived at a distance from the tabernacle, more than a month of every year must have been occupied in attendance upon these holy convocations. The Lord saw that these gatherings were necessary for the spiritual life of His people. They needed to turn away from their worldly cares, to commune with God, and to contemplate unseen realities.

“If the children of Israel needed the benefit of these holy convocations in their time, how much more do we need them in these last days of peril and conflict! And if the people of the world then needed the light which God had committed to His church, how much more do they need it now! .

“Go to the camp meeting, even though you have to make a sacrifice to do so. Go with a will to work. And make every effort to induce your friends to go, not in your place, but to go with you, to stand on the Lord’s side and obey His commandments. Help those who are interested to attend, if necessary providing them with food and lodging. Angels who are commissioned to minister to those who are heirs of salvation will accompany you. God will do great things for His people. He will bless every effort to honor His cause and advance His work. . . .

“None of us should go to the camp meeting depending on the ministers or the Bible workers to make the meeting a blessing to us. God does not want His people to hang their weight on the minister. He does not want them to be weak-

ened by depending on human beings for help. They are not to lean, like helpless children, upon someone else as a prop. As a steward of the grace of God, every church member should feel personal responsibility to have life and root in himself. Each one should feel that in a measure the success of the meeting depends upon him. Do not say: ‘I am not responsible. I shall have nothing to do in this meeting.’ If you feel thus, you are giving Satan opportunity to work through you. He will crowd your mind with his thoughts, giving you something to do in his lines. Instead of gathering with Christ, you will scatter abroad.

“The success of the meeting depends on the presence and power of the Holy Spirit. For the outpouring of the Spirit every lover of the cause of truth should pray.” —*Testimonies for the Church*, vol. 6, p. 39–42

“When the grace of God reigns within, the soul will be surrounded with an atmosphere of faith and courage and Christ-like love, an atmosphere invigorating to the spiritual life of all who inhale it. Then we can go to the camp-meeting, not merely to receive, but to impart. Everyone who is a partaker of Christ’s pardoning love, everyone who has been enlightened by the Spirit of God and converted to the truth, will feel that for these precious blessings he owes a debt to every soul with whom he comes in contact.” —*Ibid*, p. 43

“In our camp meeting services there should be singing and instrumental music. Musical instruments were used in religious services in ancient times. The worshipers praise God upon the harp and cymbal, and music should have its place in our services. It will add to the interest. And every day a praise meeting should be held, a simple service of thanksgiving to God. There would be much more power in our camp meetings if we had a true sense of the goodness, mercy, and long-suffering of God, and if more praise flowed forth from our lips to the honor and glory of His name. We need to cultivate more fervor of soul. The Lord says: ‘Whoso offereth praise glorifieth Me.’ Psalm 50:23.” —*Ibid*, p. 62

“Christ crucified—talk it, pray it, sing it, and it will break and win hearts. This is the power and wisdom of God to gather souls for Christ. Formal, set phrases, the presentation of merely argumentative subjects, is productive of little good. The melting love of God in the hearts of the workers will be recognized by those for whom they labor. Souls are thirsting for the waters of life. Do not be empty cisterns. If you reveal the love of Christ to them, you may lead the hungering, thirsting ones to Jesus, and He will give them the bread of life and the water of salvation.” —*Ibid*, p. 67

In this issue, you will find reports from three conferences (camp meetings) in North America. A brief summary is written to share a portion of the blessing for those who were unable to attend. In the future we welcome any conference reports that you wish to share as we would like to share the blessings you received with our readers who were unable to attend.



# Hold On A Little Longer

When the ship called *Bohemian* sank, there was a mother with a little girl holding on to a piece of timber. After some time the mother said, "I can't hold on any longer, I must let go and drown." The little girl replied, "Hold on a little longer, mother, Jesus will save us." This encouraged her to hold on until the rescue boat arrived to save them.

"Behold, I come quickly: hold that fast which thou hast, that no man take thy crown." Revelation 3:11. We are nearing the end, and soon our time to prepare for eternity will be over. While we are holding fast to our faith, we are to help others also to hold fast. Satan is now very active, knowing that his time is short. He is doing his utmost, trying to destroy the unity in the church. And we must do our utmost to hold on to the unity and love in our church. Our religion is to a great extent learning how to live in peace with one another. The sermon of Jesus on the mount gives us instructions on how to treat others.

Most of the Ten Commandments deal with our relationship to our fellow men. God did not make man to live alone. We are created as social beings, living with others in harmony. But sin has separated people. We are separated in different nations, and in different classes. Sin brings divorces to the families. It has brought distrust, enmity, suspicion, and separation between people.

But, our religion calls for love to our fellowmen, even to our enemies. People who get on our nerves and bother

us, we are to love and care for them.

"God wants His people to be united in the closest bonds of Christian fellowship, confidence in our brethren is essential to the prosperity of the church." – *Testimonies for the Church*, vol. 3, p. 446

Jesus prayed especially in a solemn, most touching prayer, "That they all may be one; as Thou, Father, art in Me, and I in Thee, that they also may be one in Us: that the world may believe that Thou hast sent Me." John 17:21

"Troublous times are before us, but let us stand together in Christian fellowship." – *Testimonies for the Church*, vol. 8, p. 38

If we want to hold on to our faith we need the support of others, and we need to support them. We need to visit one another and talk to one another. "Then they that feared the Lord spake often one to another: and the Lord hearkened, and heard it, and a book of remembrance was written before Him for them that feared the Lord, and that thought upon His name." Malachi 3:16

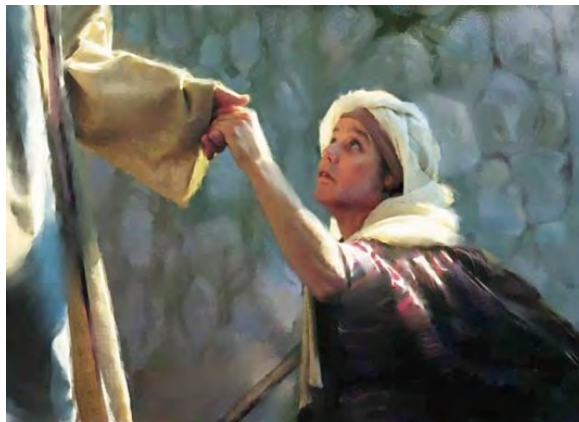
"Believers are to associate together in Christian fellowship, regarding one another as brothers and sisters in the Lord. They are to love one another as Christ loved them." – *Medical Ministry*, p. 316

"Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world."

James 1:27

“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?” Isaiah 58:6–7. Eight requirements are mentioned here and all of them have to do with helping others.

Jesus also mentioned that the conditions for eternal life are in helping others. “Then shall the King say unto them on His right hand, Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungry, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: Naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison, and ye came unto Me.” Matthew 25:34–36



Paul writes to us also, “Let every one of us please his neighbour for his good to edification.” Romans 15:2

We must be very tender hearted and tolerant towards others. Their salvation must be very important to us. We need to encourage them to hold fast to the end, because we are our brothers’ keepers.

“We know that we have passed from death unto life, because we love the brethren. He that loveth not his brother abideth in death.” 1 John 3:14

It is very easy to say, “I love you.” But to show it in action is much harder. The greatest love for others is this: “Greater love hath no man than this, that a man lay

down his life for his friends.” John 15:13

If we are willing to die for our friends, would we not be willing to live for them, and make our lives a living sacrifice for them? “‘Press together; press together,’ are the words of our Divine Instructor. Unity is strength, disunion is weakness and defeat.” –*Testimonies for the Church*, vol. 6, p. 293

Press together means more than just being together, it means that a special effort is made for it. “In unity there is a life, a power that can be obtained in no other way. There will be a vast power in the church when the energies of the members are united under the control of the Spirit. Then will God be able to work mightily through His people for the conversion of sinners.” – *Testimonies for the Church*, vol. 7, p. 237

Make it your life purpose to help others. Put sunshine into the lives of the discouraged ones.

Job writes, “Because I delivered the poor that cried, and the fatherless, and him that had none to help him. The blessing of him that was ready to perish came upon me: and I caused the widow’s heart to sing for joy. I was eyes to the blind, and feet was I to the lame. I was father to the poor: and the cause which I knew not I searched out.” Job 29:12–13, 15–16

Let your prayer be, Lord, make me a blessing. Only a cheerful happy person can make others happy. Let us use this little time that we have left to help others hold on a little longer, because soon it will be too late. In serving others, you save yourself. Amen.

**Timo Martin**

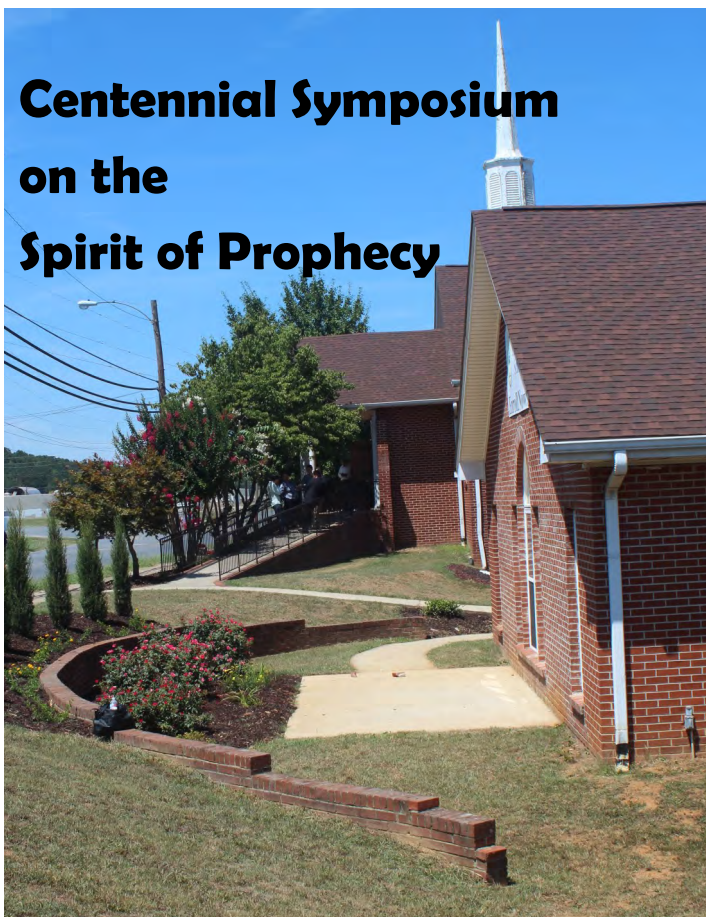
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**Drawings, Announcements , Reports, Articles, Poems, Photos, Personal Testimonies and Experiences.**

# Centennial Symposium on the Spirit of Prophecy



After man fell into sin, God provided a remedy by agreeing to send His Son to die as a ransom for mankind. The first prophecy was given to God's people in Genesis 3:15, "And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel." And ever after the Spirit of Prophecy has been manifested amongst God's people. The gift of prophecy has always been in the church of God. As we near the end of time, the Spirit of Prophecy is still active, most recently through the ministry of Ellen G. White.

From July 30, 2015 to August 2, 2015, in Cedartown, Georgia, at the General Conference Headquarters, a symposium on the Spirit of Prophecy was held, with the focus being the life and ministry of Ellen G. White.

Brother Idel Suarez introduced the Symposium on Thursday morning by giving a brief sketch of the life of Ellen G. White. Ellen Harmon was born on November 26, 1927 in Gorham, Maine into a family of eight children. As a child she had a traumatic experience. She was leaving school with her twin sister, Elizabeth, when an older student threw a rock at her breaking her nose. She withdrew from school as her hand would shake when she tried to write. The teacher sent her home. In 1840 she was converted and in December of 1844 she had her first vision. On August 30, 1846 she married James White. A few months later she asked her husband to rebaptize her; she was already a messenger for Lord.

During her 70 years she wrote 25 million words. Twenty-six books were published in her lifetime. Today over 115 books

are available, of which she is the author. She had four children, two which died prematurely. Henry passed away at the age of 16 and she lost the youngest when he was just a few months old. She lived in three different continents, Europe, Australia, and the United States of America. In her lifetime she had many struggles and was widowed at the age of 53.

Several other presentations were given regarding the family and home life of Ellen G. White. Her father was a hat maker and she helped him so that she could earn some money to give to missionary work.

Ellen White was inspired to make some prophetic predictions, such as the burning of the Battle Creek Sanitarium and publishing house. She also prophesied this reform movement. Sister Raquel Orce shared many of the scientific and medical discoveries that she wrote about, long before they had been discovered by modern day scientists. There were approximately 145 such predictions in her writings.

During the symposium, various speakers presented topics related to the Spirit of Prophecy throughout history.

Brother Parmenas Shirima spoke of the nature of inspiration. Ellen White was inspired by God. Inspiration means, "God's method of influencing and directing the minds of men in the process of making them channels of divine revelation." God used different methods to inspire His servants, such as visions, dreams, and a spirit of understanding, to give an insight into the mysteries of God. Others were guided to record events and historical incidents. While inspired, their human personality was not blotted out. An important aspect of inspiration was also predictive prophecy. This is the greatest attestation of divine inspiration. As God's church we must be inspired and do His will.

Brother Larry Watts presented the subject of Hermeneutical Principles of the Spirit of Prophecy. We need to seek to understand what the words are saying. It may sound simple but it is not as easy as it sounds. For example, regarding the Sermon on the Mount, we need to go to the mountain with Jesus and sit on the mountainside and try to understand what He is saying in context at that time. Similarly with the writings of Ellen G. White, we need to understand what is being said in the context of the time.

One accusation that is brought against the writings of Ellen G. White is the accusation of plagiarism. Brother Douglas Francis gave a presentation defending the Spirit of Prophecy. While it is true that she did borrow from other authors, the copyright laws were different in that time than they are today. Often she experienced inadequacy in putting divine thoughts into human language and when she found in the writings of another a correct representation of that idea, she used their writings. And also, in books like *The Great Controversy*, she used historical events which were not revealed in vision but she felt they would help in understanding the concepts for the readers. She also used some doctrinal writings of fellow workers who worked jointly with her in developing

doctrines.

Brother Addin Ajucum and his wife Lorena gave a historical account of the development of the writing of the nine volumes of *The Testimonies for the Church*. These were originally many pamphlets and testimonies written to specific people and churches which were combined to form volumes as a help to all members in the church. The development of *The Great Controversy* was presented by Brother Prudent Katide and Brother Parmenas Shirima shared the history behind the writing of *The Desire of Ages*, which was written when she was in Australia.

Brother Joel Barnedo gave an account of the history of the Spirit of Prophecy in the Bible. The Spirit of Prophecy has ever been present in God's church.

Many other interesting subjects were presented such as, whether the writings of Ellen G. White are Homiletic, The relationship between the Bible and the Spirit of Prophecy, The Great Visions of Ellen G. White, her messages to young people, the Sabbath truth in her life, her dreams before being called, miracles in her life, her health, her world, and her family.

New light was not given through the Spirit of Prophecy that contradicted the Bible. Ever throughout her ministry, Ellen White exalted the Bible and pointed to the Bible as the most important rule of the Christian's life. The Spirit of Prophecy was given to help people understand biblical truth. The Bible is the rule of faith and practice. It is the inspired word of God. If people cling to Bible and follow its rule of

practice they will not be lost. In it we find comfort guidance and counsel. It is suited for all human needs, whether rich or poor, and for all ages. The truth of God is found in Bible. It speaks of the will of God, it is our highest education book. Ellen White never centred attention on herself but on the Lord and the scriptures.

Friday morning had the angels of heaven singing as three young people made their covenant with the Lord in baptism. Sister Joanne Francis (daughter of Brother Douglas Francis) along with the two eldest children of Brother Pablo Hunger, Damaris and Cadmiel, gave their lives to the service of the Lord. These three young people have grown up in the faith and have made their decision to continue on in the service of the Lord. Baptism is a very importance ordinance and is necessary for salvation. Jesus says, he who believes and is baptized will be saved (Mark 16:16). The Lord needs young peo-

ple with their youthful energy to carry on His work. Let us pray for these youth that they can remain as pillars in the house of God.

Ellen G. White was timid and, due to the experiences of others, she feared pride. Brother Larry Watts shared with us how she discussed her concerns with the angels. The angel said that if she was in danger of becoming proud she would be afflicted with sickness. There are many times in her life when she was quite sick, but the Lord preserved her in many ways. She had regular headaches after her accident, she had tuberculosis at one time, she had a stroke, she slipped and fell on some ice and sprained an ankle, needing to use crutches for six weeks. After this, rheumatism set in on both her ankles and it afflicted her until her death. When she was in Australia she was sick for 11 months with what she called malaria. She had fever and was in constant pain. Ellen White stated that this was the worst suffering in her life. There was little she could do and at first did not feel she could bear the inactivity. She fretted over it. However, the Lord was very near to her. She did not complain but took comfort in the sweet presence of Jesus. In all of this there was a cheerful

side because she felt the sacred presence of Jesus close to her heart. She said that these months of suffering were some of the happiest months in her life due to the presence of Jesus. She was ever thankful for that experience as it brought her closer to her Lord and Saviour. She experienced other illnesses at various times. Many times the doctors gave her up to death and many people witnessed miraculous changes in her health.

One thing to note is that she never used her physical afflictions as a means of gaining the pity of others. When people saw her determination to do her work during suffering they took courage. Through her suffering she saw the affliction and the love of God. It all helped her to see what Jesus went through.

Ellen G. White was faithful until her death. She passed away while living in Elmshaven, California on July 16, 1915. The Spirit of the Lord continues to work through the Church of God, and may we all do our part in the work of the Lord. We can take courage from the life and ministry of those that have gone before us. We have a message for the world. Jesus is the Saviour of the world. He is not the Saviour of only a certain group of people. The whole world is in need of Christ. And the Spirit of God will lead those together into one family (church), who are willing to follow the Lord, wherever He leads them. Amen.





# BLESS THE LORD

**“Bless the LORD, O my soul: and all that is within me, bless His holy name.” Psalm 103:1**

All people in the world have an inborn desire to be happy. During the course of their lives, people go in many different directions in pursuit of this happiness. Some seek happiness in money, they store as much as they can in their bank accounts. Others spend their money and surround themselves with luxurious material wealth and travel the world in pursuit of happiness. Some just want to be famous, to make a name for themselves, whether it be in Hollywood, or in politics, or some other source of fame. Or perhaps, to some, happiness is being successful in their jobs as they aspire for the highest position in their workplace. There is nothing wrong with aspiring for success if Christ is centered within and it is for the purpose of bringing honour and glory to God and not to self. “Thus saith the LORD, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: But let him that glorieth glory in this, that he understandeth and knoweth Me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD.” Jeremiah 9:23–24. “But he that glorieth, let him glory in the Lord.” 2 Corinthians 10:17

People do reach these goals in their lives that they lay out for themselves. They bend all their energies to

reach these goals and some succeed and appear supremely happy. But, then what?

Alexander the great thought he would be extremely happy once he conquered the then-known world, and he accomplished the task he set out to do. But, then what? He had nothing else to live for and sadly his life came to a screeching halt after excessively partaking in heavy alcoholic beverages that snuffed out his life. Life is a vapour. A strong and mighty general—killing hundreds, if not thousands, of people in his quest for fame, but how easily his life came to an end.

There are others who have no aspirations. They simply want to sit back and do nothing. They enjoy their entertainments—socializing, TV and Internet, and do little that is of value in their lives. They think that there is happiness in bearing no burdens, but leaving the burden bearing to others. There is no true lasting happiness in a world without Christ. It is all a lie from the devil.

So we go and preach the gospel, encouraging people to come to our church to find true happiness and peace. Is there peace and happiness in the church? Many religious people say the same about their church. If you go into any church, you will not find 100% happy people.



Why? They think religion will bring them happiness, but it will not. Only Christ can bring happiness, not religion and rules. "He who is trying to reach heaven by his own works in keeping the law is attempting an impossibility." —*The Desire of Ages*, p. 172

Satan has deceived most of the world as to the true source of happiness. There is so much evil, to the point that there are people who find happiness and contentment in seeing others suffer. When they see someone get hurt they laugh. There are evil people in every country of this world that love to either see people die and suffer, or they love to kill. They seem to take a great delight in hurting others. Then there are others who take great delight in deception in order to make advancements in life. They are thrilled when they can gain advantage over a fellow employee or when they can cheat the government on their taxes and get away with it. It makes them very happy, as though they did a good thing. There are many types of dishonest practices that seem to make people very happy. It happens even in religious circles which is a very sad state of affairs. Oh, Satan does smile. Yes he does. "As I beheld him [Satan], his chin was resting upon his left hand. He appeared to be in deep thought. A smile was upon his countenance, which made me tremble, it was so full of evil and satanic slyness. This smile is the one he wears just before he makes sure of his victim, and as he fastens the victim in his snare, this smile grows horrible." —*Early Writings*, p. 152. He has turned this world upside down and many follow him. He smiles.

One of the reasons Jesus came to this earth was to show people the way of true happiness. The Jewish religion in the days of Christ provided little happiness. Their religion was weighed down with so many traditions and rules that it brought little happiness to the people who attempted to adhere to all the requirements laid out. They simply "followed the rules" for fear of death—eternal death.

The religious leaders indicated that wealth and honour equated to happiness. The poor sinner was an outcast and heaven frowned upon such. They had no hope of salvation and no happiness to be had on this earth.

Jesus came to show something different. He preached a sermon on the mountainside which lasted an entire day. There must have been much more to the sermon than we have recorded in three chapters of the Bible (Matthew chapters 5–7). We can read and contemplate on the entire sermon as recorded in one hour, but Jesus spoke for an entire day. According to Matthew's record, He began the sermon with the word "Blessed."

One definition of the word "blessed" is "blissfully happy or contented." It is an adjective that describes the state of being of a person. This is what Jesus is wanting for His followers. He wants all of us to be blissfully happy. Are you? If not, then ask yourself, why not? What is lacking?

In the Sermon on the Mount, not one word is mentioned about wealth, fame, or fortune bringing blissful happiness to a person. In fact, Jesus told them you will be blessed (blissfully happy) if you are:

Poor in Spirit; if you mourn; if you are meek; if you hunger and thirst after righteousness (not the things of this world); are merciful (always giving to others and doing things for others—sacrificing your own ease and comfort); are pure in heart (doing right under all circumstances); you are peacemakers (even willing to concede when you know you are right in order to make peace—but not sacrificing principle and truth); if you are persecuted for righteousness sake; or if men will revile, persecute and say all manner of evil against you falsely. (Matthew 5:3–11).

These are the people Jesus said who are blissfully happy. Quite the opposite from what the religious leaders in that day said and what the world has always said.

In the Old Testament we also find places where happiness is to be found. One such verse is, "Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile." Psalm 32:1–2. The happy person has all his sins forgiven; and to have our sins forgiven, we need to repent to God, and to repent to the person we sinned against. This is true happiness; freedom *from* sin . . . not freedom *to* sin, as the world says.

We have much to be thankful to the Lord for, for all the benefits and blessings He has bestowed upon us—blessings we do not deserve.

From the word "blessed" we also have different variations of the word. If blessed is an adjective to describe a person who is blissfully happy, could we say that blessings (noun) are gifts that God gives us to make us blissfully happy? Or that we give to others? And the word "bless" (verb) is the action of trying to do things to make someone blissfully happy? We could.

All the way from the beginning God has promised to bless (make happy) His people. "I will bless thee." Exodus 20:24. To Abraham He said, "I will bless them that bless thee." Genesis 12:3. In other words, I will make

happy those who make you happy when you are living as a stranger in a strange land.

After he deceived his brother Jacob found much to make him unhappy. He was deceived many times by his father-in-law, regarding his family and his wages. Having so many wives brought grief to his life and then the threat of his brother's anger upon his return home, brought him great distress. Then one night he wrestled with an Angel and in the morning he finally said, "I will not let Thee go, except Thou bless me." Genesis 32:26. He was looking for the happiness that had eluded him for so many years. He wanted that happiness back.

In Malachi 3:10 great blessings (happiness) are promised to those who faithfully pay their tithes and offerings. "God loveth a cheerful giver." 2 Corinthians 9:7. Happy is the man whom the Lord loves and is pleased with.

When we pray we should (although some forget) thank the Lord for all His mercies, benefits and blessings which He has bestowed upon us. And then He bids us ask for blessings. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask Him?" Matthew 7:7-11

Jesus delights to bestow blessings upon His children and He invites us to ask them of Him. So we pray and we ask. For some, all that their prayers include is the request for blessings, even if they are good blessings. Others ask selfish blessings for themselves only; what they *think* will make them happy. Sincere prayers ask for blessings for themselves so that they can be a greater blessing for others.

People generally ask the Lord to bless their food at every meal (that it will be of a healthful nature and provide health and strength to keep them blissfully happy). They ask the Lord to bless them in their work or their

studies. They pray and ask the Lord to bless other people, for example: they pray for the preacher when he preaches, for family members, sick people, visitors that come to church, backslidden ones, those in the valley of decision, and so on. When we ask the Lord to bless us and to bless these people, is it for the purpose of happiness for ourselves and for others? Yes, as we seek to bless others we find ourselves truly happy.

Then in the Bible we find references, many in the Psalms, where the writer is stating that we should bless the Lord. "I will bless the LORD at all times." Psalm 34:1. "I will bless the LORD, Who hath given me counsel: my reins also instruct me in the night seasons." Psalm 16:7. "I bless the LORD." Psalm 26:12

Here are three verses where David says he will bless the Lord. How can we, sinful human beings, give any-

thing to God that would benefit Him? "We are all as an unclean thing, and all our righteousnesses [are] as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away." Isaiah 64:6. "The heart is deceitful above all things, and desperately wicked: who can know it?" Jeremiah 17:9. Of what value and benefit is this to God? Does it bring Him happiness to see it? "And it repented the LORD that He had made man on the earth, and it grieved Him at His heart." Genesis 6:6. The Lord is not blissfully happy with the



evil state of the heart of man. But being the God of love He is, He decided to do something about it; to bring things back to the way they should be. He sent His Son to this earth to bring mankind back into harmony with the heavenly universe—to a state of mutual blissful happiness.

"It is the work of the angels to come close to the tried, the suffering, the tempted. They labor untiringly in behalf of those for whom Christ died. When sinners are led to give themselves to the Saviour, angels bear the tidings heavenward, and there is great rejoicing among the heavenly host. 'Joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.' Luke 15:7. A report is borne to heaven of every successful effort on

our part to dispel the darkness and to spread abroad the knowledge of Christ. As the deed is recounted before the Father, joy thrills through all the heavenly host.” —*The Acts of the Apostles*, p. 153. This is what brings happiness to the heavenly beings.

And so, in those three Psalms quoted above, David continues on telling us how we can “bless the Lord”. Basically, how we can bring happiness to the Lord. We now read the verses in context. “His praise shall continually be in my mouth.” Psalm 34:1 “I have set the LORD always before me: because He is at my right hand, I shall not be moved.” Psalm 16:8. “But as for me, I will walk in mine integrity: redeem me, and be merciful unto me. My foot standeth in an even place: in the congregations will I bless the LORD.” Psalm 26:12

God is very happy when we praise Him continually. As a parent you are happy when your child praises and thanks you for all that you have done for them in their lives and for what you have given to them. It also makes the Lord happy when we thank Him.

To bless the Lord means to do something that makes the Lord blissfully happy. We can bless the Lord by continually praising Him all day long; by setting the Lord always before us, in every decision we make and by standing in an even place, in the congregation (regular church attendance). We need to cultivate the habit of thinking good thoughts, of avoiding evil company, of delighting in attendance of public worship; then we shall be able to bless Jehovah (make Him happy) in the congregation of the righteous.

There are many ways we can bless the Lord in our lives. Ask yourself before you do anything, before you make any decisions, “Am I making the Lord happy by doing this? Or is the devil the one smiling?”

I will bless the Lord at all times (make Him happy), not just when it is convenient for me. Our happiness will not be found in serving and doing things for ourselves only. Our true happiness will come when we bless the Lord; seek to live a life that makes the Lord happy. And we make the Lord happy by feeding the hungry, giving a drink to the thirsty, by clothing the naked, visiting the

sick, visiting those in prison and taking in strangers (Matthew 5:35–36). “And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me.” Matthew 25:40. The Lord is happy, the recipients of our good deeds are happy, and the giver is happy. They are all supremely happy. No words can describe the happiness found in helping the unfortunate. The Lord is also very happy to hear our simple songs and praises that we sing to Him. He loves to receive glory, honour, and appreciation from His created beings. This is how we make the Lord happy.

Does that mean we will be always happy, and never sad or downcast? We are human and all go through times of sadness at times; for example, if a loved one dies we will shed many tears. Our calm and peaceful trust, though, is in the Lord. If our trust in Him is secure, we will not be moved. We may have periods of sadness, but not despair. “I will praise the Lord at all times and not wait for a happy flight of feeling. Then praise the Lord, for He is good, and His mercies will attend me morning, noon, and night. A happy flight of feeling is not evidence; His Word is my assurance.” —*That I May Know Him*, p. 266

It is my prayer that we will all live our lives with the purpose of blessing the Lord; of making Him happy. We should do what makes Him happy, say what makes Him happy, think what makes Him happy. We will harbour no feelings that do not make Jesus happy—such as resentment and covetousness. “As much as lieth in you, live peaceably with all men.” Romans 12:18

And in the end we will find that we ourselves are blissfully happy. “O Bless our God, ye people, and make the voice of His praise to be heard.” Psalm 66:8. “Thus I will bless Thee while I live.” Psalm 63:4

Amen

**Wendy Eaton**



# Canadian Field



## Conference 2015

On Friday, July 31, 2015, the Canadian Field Conference opened on a warm summer evening in Toronto, Canada. The president of the Canadian Field, Brother Morris Lowe held the opening meeting. He welcomed people from near and far to study the conference theme, "The Messiah in His Sanctuary".

He then continued by giving a presentation on the subject of, "The Great Controversy in the Sanctuary". The Sanctuary concerns every living soul on earth, whether you are a believer or not. It opens to view the great war between heaven and Satan. "Now of the things which we have spoken this is the sum: We have such an High Priest, who is set on the right hand of the throne of the Majesty in the heavens; A minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man." Hebrews 8:1-2

In the earthly Sanctuary we can learn about what is going on in the heavenly Sanctuary, because the earthly Sanctuary is a direct copy of the heavenly Sanctuary. Everything about the Sanctuary has to do with Christ's work; if we understand the Sanctuary we will somewhat of an understand the plan of salvation.

He then continued by explaining how the structure and the some of furniture in the sanctuary all pointed to Jesus and the way that the sinner can find salvation through Christ. The Sanctuary had only one entrance door; there is only one way to salvation and that is through Jesus. There is no other way, no other door, only Christ. If anyone proclaims another way the Bible says that they are a thief and a robber.

We surrender first and then we get baptized, as is shown in the sanctuary. The sacrificial altar is the first step, and then the laver. The laver represents baptism, which must take place before a person enters the sanctuary.

Within the holy place are three pieces of furniture. Jesus Christ is the light of the world, just as the candlestick illuminated the Sanctuary. We are also called to be a light to the world. Three bare record in Heaven—God the Father,



the Son Jesus, and the Holy Spirit. The Bible says that the candlestick also represents the Holy Spirit.

The table of shewbread represents the body of Christ that He gave for the world. Only those who have passed through baptism first, may partake in the Holy Communion.

In the most holy place, the ark of covenant is seen and it represents Jesus Christ. In the ark is God's immutable law. Above the ark was the Shekinah glory, or God's presence, on the mercy seat.

The controversy in the Sanctuary started with Lucifer in Heaven. He wanted to be above God. At that time, Lucifer was the covering cherub. He stood in the very presence of God as others came to worship before God. It is astonishing to think that this being, who was in the very presence of God, wanted all to worship him instead of God. He was especially jealous of Jesus, the Son. The controversy that started in heaven continues to this day. The goal of the Sanctuary and its services is for human beings to be reconciled to God.

Brother Elder Hernandez continued by giving a presentation on "The Feasts in the Sanctuary". We know that Jesus is performing His work in heaven as our High Priest. In ancient Israel they had seven feasts in the Hebrew calendar, which were guided by the moon. This is different from the calendar that we use today which is governed by the sun.

Brother Elder traced the Feasts of the ceremonial law and their parallel to Christ's work in His life and His work in the Sanctuary.

The Passover represents Jesus' crucifixion, which is also represented by the sacrifice in the Sanctuary service. The feast of Unleavened Bread represents Christ in the tomb; and in the Sanctuary service, it is shown in the Laver. Sin needs to be washed and removed from our life.

The feast of First Fruits represents Jesus' resurrection, the first fruit of God.

The next feast was the Feast of Weeks, which was representative of the Day of Pentecost when the Holy Spirit was poured out in its fullness and a great harvest of souls were added to God's church. This will happen again soon when the Lord will provide a harvest during the Latter Rain.

The Feast of Trumpets, which preceded the Day of Atonement, represented the First Angel's Message, preached by William Miller. He preached that the Day of Judgment is at hand. Jesus went into the Most Holy in the Sanctuary in Heaven. The judgment began in 1844 and is still going on today.

The Day of Atonement is a day when we must be ready; a day when Jesus will stand up because His work as our High Priest is finished and His work as a mediator is done. And finally, the Feast of Tabernacles represents the acceptance of Jesus' sacrifice at the moment when Jesus Christ comes for us.

On Sabbath Morning, Brother Henry Dering held the divine service entitled "Jesus in the Sanctuary". We are living in the last days of this world and many events that we witness attest to this. There are signs in politics, corruptions in society, and signs amongst the nations. All these attest to the implementation of a Sunday law and the soon coming of Jesus.

Some years ago a man named Charles Finney was sitting in a law office. A voice called out to him, "what are you going to do with your life?" Finney recalled the Bible verse, Hebrews 9:27, "And as it is appointed unto men once to die, but after this the judgment." A profound change occurred in his life as he thought about this verse and its implications for his life. Each one of us will give an account of our own life. All what we do will be reviewed before the universe.

Brother Dering explained the three phases of the judgment. The first phase, which is going on now, is the investigative judgment. The investigative judgment started in 1844. For 171 years it has been going on. God is giving us mercy right now so that we might be ready when our name is called. There will be no false findings in this judgment, all will be accurate. Anyone who accepts Jesus, his or her name is put in the book of life in heaven; but your name may be blotted out if you go backwards. A relationship with Jesus will ensure that our name will remain in

the book of life when our name comes up in the investigative judgment that is going on in the Sanctuary in Heaven. We need to repent of our sins to be saved. Each of our names will be called in this investigative judgment. Every sin that we commit is faithfully entered in the Book of Sin. If we repent, God will forgive us and Jesus will blot out that sin. "For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil." Ecclesiastes 12:14

In the afternoon, the youth and children from across the Canadian Field presented many wonderful songs and readings in keeping with the Sanctuary theme of the conference. The youth also had a panel presentation, where several ones were asked how they would witness to their friends regarding different Sanctuary topics.

Brother Nicolas Anca spoke about the topic, "The Sanctuary in Detail".

The Sanctuary in heaven is the original; the one on earth is a copy. We have sinned and therefore need a high priest. Jesus our Saviour is our high priest.

In the Courtyard, the animal was slain in our place. This is the justification process. We then enter the Holy Place, where intercession is being made for us, this is the process of Sanctification. And finally we will enter the most holy place, where the judgment takes place and, if we are found worthy, we will be glorified. We need all these three steps to be saved.

Jesus said, "I am the door." John 10:9. If you enter in you will be saved. No other is name given whereby you may be saved.

Brother Anca then presented in detail all the elements of the sanctuary. It is a progression; some go to laver—baptism—and stay there. But you must not remain there; you need to enter into the Holy and then into the Most Holy Place.

The Holy Place teaches us three things. Bread—man shall not live by bread alone. We cannot grow without studying the word of God. The golden altar represents a life of prayer. Incense is added to the prayers of the saints. And the golden candlestick indicates the need of missionary work. After this we then go to God in the Most Holy Place, through the veil which is Jesus Christ. The ark of covenant in the Most Holy Place contained three articles—the Law of God which was broken and was the reason for all the sacrificial service, the Pot of Manna representing health reform, and Aaron's Rod, signifying the organization of God's church.

There was a daily ministry which indicated our daily need of the presence of Christ. Each morning and evening, a lamb was sacrificed for sins. Then there was the yearly

ministry on the Day of Atonement. All sins were cleansed from the records. Only those who confess and repent can obtain atonement on this antitypical Day of Atonement also.

In the evening Brother Dering dedicated baby Joshua, son of Raquel and Elder Hernandez.

Following this service, it was time for everyone to give their thanks to the Lord. Brother Timo Martin led a testimony and praise meeting in which many people gave their thanks to God in word and song.

For the Sabbath closing service Brother Jerry Eaton spoke of, "The Health Message in the Sanctuary". The health message is entwined in the different components of the Sanctuary.

"But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of Him who hath called you out of darkness into His marvellous light." 1 Peter 2:9

We are all called priests in the New Testament. The dress of the priest was symbolic of the righteousness of Christ, so we must also wear that dress.

Brother Eaton traced the origin of Sister White's visions on health reform from 1854 until the end of her life.

With each successive message the light was progressive and encompasses our entire health from physical, mental, spiritual, dress, and diet. By 1909 Sister White called for all of God's people to be vegetarian.

Jesus had a health message. Jesus used natural remedies in healing, such as the blind man in John 9, whom He healed with clay and spit. There are many examples of natural healing and health principles in the Bible.

On Sunday morning, on the peaceful, sun-bathed shores of Lake Ontario, with the melodies of nature surrounding us, we gathered to witness the baptism of eight souls. All heaven rejoiced with us as the universe witnessed the covenant with God made by these dear souls. Arriving back at church, the new brothers and sisters were welcomed into the family of God. (picture on back page).

"Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you. And will be a Father unto you, and ye shall be My sons and daughters, saith the Lord Almighty."



2 Corinthians 6:17–18

Brother Oscar Oviedo then presented the topic, “Our Principles of Faith in the Sanctuary”. He paralleled creation and redemption with our own lives. At first we are spiritually without form and void and God must create us into a Christian and redeem us. God leads us from creation to our spiritual home. Throughout the Sanctuary all of our Principles of Faith are connected. The word of God leads us, just as it did for Ancient Israel in the Sanctuary and its services. Throughout the Sanctuary we find the Godhead. In the Sanctuary are six pieces of furniture, as has been discussed, however, the seventh element must not be left out and that is the priest. Without the priest the services could not be conducted. Every element in the sanctuary pointed to Jesus who is our high priest.

Brother Renso Suarez continued by sharing the topic of “The Sanctuary and Bible History”. He sought to expose the attack that Satan has carried out against God’s Holy Sanctuary since the origin of sin to our present day. He showed that the enemy did not stop at the heavenly Sanctuary but sought to destroy the Sanctuary here on earth as well. What all this led to was the conclusion that we, as faithful Adventists, must complete our duty in protecting

the key elements found in the Most Holy place: The Rod of Aaron, the Manna, and God’s Holy Law.

All too soon it came time for the farewell meeting. Brother Morris Lowe reviewed the wonderful messages heard surrounding the Messiah in His Sanctuary. The final official act of the Sanctuary will be the placement of all sin upon the scapegoat, Satan. Satan will have to pay for all his sins, as well as the sins of the redeemed. After 1,000 years in prison he will be destroyed, along with all the sin in the universe. The controversy will then be ended.

One day soon, Jesus will stand up from His priestly duties, the judgment being complete, and pronounce the words, “it is finished”. Then the command will be given for the angels to pour out the seven last plagues upon the earth. Let us pray that we will be saved.

“He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before My Father, and before His angels.” Revelation 3:5. Amen.

*The Canadian Field Secretary*



## Using Processed Foods Wisely, Part 1

With last month's article, we learned about food preservation and food processing. Its initial aim was to provide healthy, safe food, all year round, at a cost that was affordable for most people. However, we also learned that food processing methods have their drawbacks, including a negative effect on our health. At the end of last month's article, several questions were posed: How can we live in a world that provides us with food that contributes to a more comfortable life, without compromising our health? Do we need to consume processed foods? And, when necessary, how do we choose the processed foods that are least likely to damage our health? We will answer these questions in the next two articles.

After food processing took flight, what happened over the years? No longer was food processing just for preserving food, but it started to become its own industry, producing many products that became household items after a time.

### **LABELLING OF PROCESSED FOODS**

To ensure that consumers knew what they were getting in their food, countries passed legislation ensuring that any processed food needed to be labeled. This article will use the legislation for the labelling of food products in Canada as an example. Many countries have similar regulations on processed foods.

Nutrition labels on food are necessary because manufacturers began combining ingredients to produce ready-prepared meals for convenience and ease of preparation. We no longer make the food ourselves, so how do we know what the food contains?

The purpose of food labelling is twofold. Labelling promotes a product and it communicates information about a product from the seller to the buyer. It is one of the primary means by which consumers differentiate between individual foods and brands to make informed purchasing choices. Labelling includes basic product information, health, safety, and nutrition information, and it acts as a vehicle for food marketing, promotion and advertising.

Health Canada is responsible for establishing standards for the safety and nutritional quality of all foods sold in Canada. Their mandate is enforced by the *Food and Drugs Act* (FDA), to protect Canadians from health hazards and fraud in the sale of foods, drugs, cosmetics, etc. This Act prohibits the labelling, packaging, selling or advertising of any food in a manner that is false, misleading, or deceptive to consumers or is likely to create an erroneous message regarding the character, value, quantity, composition, merit or safety of the product. It prohibits health claims that might suggest that the food is a treatment, preventative, or a cure for specified diseases or health conditions unless it is provided for in the regulations.

The *Food and Drug Regulations* (FDR) regulate food products to help protect the health and safety of Canadians, and is enforced by the Canadian Food Inspection Agency. This regulation determines which foods must be labeled and what must be included on a food's nutrition label. In Canada the labelling of all packaged foods include: requirements for the ingredient list, nutrition labelling, durable life dates, nutrient content claims, health claims and foods for special dietary use,



for example, Kosher foods, gluten-free, vegan. This labelling must be on all food products whether the products are made in Canada or imported from other countries. On January 1, 2003, regulations made nutrition labelling mandatory on most food labels, and updated requirements for nutrient content claims.

Learning how to read and interpret the labels on processed foods allows us to be informed about the nutritional content of the food we are eating.

**NUTRITION FACTS TABLE**

The Nutrition Facts Table is mandatory on most packaged products with very few exceptions. It provides information on, serving size, calories per serving, and a

list of the content for the 13 core nutrients: fat, saturated fats, trans fats, cholesterol, sodium, carbohydrates, fibre, sugar, protein, vitamin A, vitamin C, calcium, and iron. Companies can also voluntarily provide information on other nutrients, such as folate, potassium, riboflavin, and other vitamins and minerals. The Nu-

**Nutrition Facts**  
 Serving Size 1 slice (47g)  
 Servings Per Container 6

**Amount Per Serving**  
 Calories 160    Calories from Fat 90

	% Daily Value*
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Quick Guide to % Daily Value:**  
 5% or less is low  
 20% or more is high

trition Facts Table also provides the percentage daily value of each nutrient, which helps determine if the food product contains a little or a lot of a certain nutrient.

A simplified version of the Nutrition Facts Table may be used if the product does not contain certain nutrients. Consumers can use this information to determine a food's nutritional value and compare it to other products to make healthy food choices.

The Nutrition Facts Table must be displayed on a blank surface where information can easily be seen and read by consumers. Due to its strict size requirements it is commonly found on the back or side of a food product.

**NUTRITION FACTS TABLE CONTENTS:**

**SERVING SIZE/CALORIES PER SERVING SIZE**

The serving size is at the top of the Nutrition Facts Table for a reason: The nutritional information on the rest

of the label applies to one serving. The FDA sets serving sizes for all foods—they are measurements, not recommendations.

Total calories are calculated per serving, as are total calories per serving from fat. Be sure to look at the servings per container. A bag of potato chips might say it has 150 calories per serving, but the entire bag might be three servings, or 450 calories. Limit the amount of calories from fat to those products that are less than 30% of the total amount of calories.

Therefore, when you look at the Nutrition Facts Table, take a special note of the amount of the product contained in the serving size. Some packages contain multiple servings. When you compare one product with another, sometimes one looks healthier than another because of a smaller serving size. Some manufacturers use small serving sizes so that the nutrition label does not look so bad if it contains a lot of negative items. Small serving sizes also reduce the total calorie count. For example, in a bag of Tostitos chips, there are multiple servings and you can consume more calories than you intended when you do not pay attention. Often a serving size may be as little as nine chips.

**PERCENTAGE DAILY VALUE (%DV)**

The percentage daily value (%DV) is determined by health regulatory bodies as to what are the recommended values of each nutrient that we should be obtaining from our diet on a daily basis. The %DV is based on the highest daily recommended intake of any nutrient. This is calculated for a moderately active woman, or a fairly sedentary man, who eats 2,000 calories a day. (Highly active women, moderately active men, and growing teen boys may need closer to 2,500 calories a day.) In general, they apply to most people ages two and over, but do not include extra nutrients for women who are pregnant or breast-feeding.

Values for all nutrients except for cholesterol, sugars, and protein are required to be listed. Protein does not have a %DV since the assumption is that most Canadians get enough in their diet. Sugar and cholesterol do not have a %DV since the regulations have no recommended amounts for a healthy population; however, health experts do have suggested daily limits based on the negative health effects of consuming too much cholesterol and sugar.

The %DV indicates if there is a little or a lot of a specific nutrient in the food. A daily value of 5% or less is considered low in that nutrient; a daily value of 20% or more indicates that the nutrient content is high.

The %DV must be listed for the following nutrients: fats, including saturated and trans fat, sodium, carbohydrates, fiber, vitamin A, vitamin C, calcium, and iron. Use the percentage daily values to choose products that are higher in the nutrients you want more of, and lower in the nutrients you want less of. Some nutrients that you may want less of are: total fat, cholesterol, saturated and trans fats, sugar, and sodium. You will want more of dietary fibre, vitamins A and C, calcium, and iron.

## **FATS**

Some fats are healthy, and even necessary for brain, heart, and joint health. They also help in the prevention of cancer, depression, dementia and memory loss. Polyunsaturated fats, especially Omega-3, and monounsaturated fats are healthy fats.

Trans fats, also called partially hydrogenated fats, are mainly a manufactured fat. Trans fats were developed to solidify fats that were typically liquid at room temperature and to prevent food from spoiling. All trans fats are very unhealthy and can contribute to obesity, heart disease, high blood pressure, cancer, and diabetes. Since the time when the amount of trans fats in food had to be listed on a separate line in the Nutrition Facts Table from other fats, to identify the amount of trans fats contained in the product, the amount of trans fats in foods has greatly dropped. This is an indication of what proper labelling can do to force food manufacturers to improve the safety of our food products. Now many countries have banned completely or strictly limited the amount of trans fats in processed food. The United States passed legislation in 2015 which stipulates that all trans fats be removed from food within three years.

Saturated fat, another unhealthy fat, is also listed on a separate line from other fats. In food products, saturated fats mainly come from animal sources. Coconut oil and palm kernel oil are two plant-based saturated fats. Although they are from natural sources, consuming too much can be unhealthy. Saturated fats are known to raise cholesterol levels in the body, which is implicated in heart attacks and strokes. Diets high in saturated fats also lead to several types of cancers, including colon, breast, and ovarian cancer.

## **CHOLESTEROL**

Cholesterol is a fat-like chemical that is an essential component of cell membranes, a covering for nerve-cell fibres, and a building block of hormones. Only animal

products contain cholesterol. Adults are advised to limit their daily intake to 300 milligrams. Too much can elevate your blood cholesterol levels, raising your heart-disease risk. A certain amount of cholesterol is necessary for health, but we do not need to obtain it from our food. Our body produces cholesterol in adequate amounts for our needs.

## **SODIUM**

The recommended daily limit for an average adult is 2,300 milligrams; too much sodium can cause high blood pressure and increase the risk of heart disease and stroke. By law, a food is low in sodium if it contains no more than 140 milligrams. A single serving of soup or a frozen dinner may contain 1,000 milligrams or more of sodium, which is nearly half the current daily limit.

As salt is necessary for proper cell function, there is an established amount of sodium intake required that is referred to as the Adequate Intake (AI). Recently, health experts have recommended a lower recommended daily limit for sodium, as the current AI (2,300 mg) is the same as the Tolerable Upper Intake Level (UL). It is easy to go over the limit and ingest too much sodium when the Adequate Intake and Tolerable Upper Intake are the same value. The current Recommended Daily Value (RDV) for salt is too high. A sodium intake above 2,300 mg per day is likely to pose health risks

More recent guidelines state that people over the age of one year should ingest between 1,000-1,500 mg sodium per day. Look for products that promote "low salt" or %RDV less than 10%.

## **TOTAL CARBOHYDRATES**

This large category includes everything from whole grains (healthy carbohydrates) to sugar and other refined (highly processed) carbohydrates (unhealthy ones). Fibre is also included in this category. It is more helpful to look at the sugar and fibre numbers to determine how healthy a product is.

## **DIETARY FIBRE**

Dietary fibre comes from plant foods. There are two types: soluble and insoluble fibre. Most fibre containing foods have a mix of both.

The average adult should eat between 21 and 35 grams of fibre daily, but most do not reach that level. When buying bread or cereal, look for a brand with 3 grams or more fibre per serving. Some labels describe whether

the fibre is soluble or insoluble. Both are important. Soluble fibre, found in oatmeal, barley, peas, and dried beans, can help lower cholesterol levels, control blood sugar, and slow down the digestion of food, which helps with appetite and weight control. Insoluble fiber, found in whole grains and fruit and vegetable skins, promotes regularity, and protects against bowel disorders and may help digestion.

## SUGARS

Sugars are simple carbohydrates which include glucose, dextrose, fructose, and galactose. Many foods contain these sugars naturally. Unfortunately, nutrition tables



do not require that a distinction be made between naturally occurring sugars (like sugar in fruit) and added sugars such as evaporated cane juice, brown rice syr-

up, honey, fruit juice concentrate, agave nectar, and high-fructose corn syrup.

In 1957 Dr. William Coda Martin defined a poison as, "Any substance applied to the body, ingested or developed within the body, which causes or may cause disease." Dr. Martin classified refined sugars as poison because during the refinement process, naturally occurring sugars are depleted of all that makes it useful to the body, including vitamins and minerals. What is left consists of pure, refined sugars, which adds calories without providing nutrients. The body cannot utilize these sugars effectively because of the depleted proteins, vitamins and minerals. Typically nature supplies these elements in each plant in quantities sufficient for proper metabolism of the sugar in that particular plant.

Refined or processed sugars cause liver disease, insulin resistance, diabetes, cavities in teeth, cancer, obesity, addiction, and heart disease. Health proponents now push for people to avoid all processed sugars, which have been proven to be significantly more harmful than previously thought.

Sugar shows up in surprising places, like crackers, "healthy" cereals, and salad dressings. It is often added to foods that need a flavour boost (like low-fat products). Many low-fat products are high in sugar.

### **American Heart Association recommendation:**

Women—maximum 6 tsp. of added sugar per day

Men—maximum 9 tsp. of added sugar per day.

Most children and adolescent girls—less than 5 tsp. of sugar per day

Adolescent boys—less than 9 tsp. of added sugar per day.

1 TEASPOON=4 G OF SUGAR

## PROTEIN

In general, a person should have .45 grams of protein daily per pound of body weight (that's 68 grams for a 150-pound person) or .8 grams per kilogram. These are adequate amounts of protein, even if you are breast-feeding or physically active. Many meat eaters consume higher than needed amounts of protein, which can cause kidney disease, kidney stones, osteoporosis, and some cancers. On average, Americans and Western Europeans consume between one-and-a-half and two times the daily recommended intake established by the World Health Organization. Vegetarians can obtain protein from many plant sources.

## VITAMINS A & C, CALCIUM, IRON

These vitamins and minerals are very important for your health and the more in the food, the better. They play many different roles in the body. Look for a %DV

of at least 15% in each of these. Vitamin A keeps skin healthy; helps with night vision and is part of normal bone growth. Vitamin C helps the body absorb iron, helps heal wounds, and acts as an antioxidant. Calcium is a mineral that forms the structure of your bones and teeth and helps muscles work. Iron helps produce red blood cells and transports oxygen throughout the body.



The Nutrition Facts Table is the first component to use when deciding on the nutritional content of a food product. A healthy food

product is one that is high in the desired components and low in the undesirable components. Using processed foods wisely is taking into account the balance and mix of nutrients outlined.

The remaining components on a processed food product label which helps determine whether it is healthy or not, will be discussed in the October 2015 article, Using Processed Foods Wisely, PART 2.



# The Visions of John the Revelator

John, the disciple whom Jesus loved, was entrusted with many important truths which are vital to our understanding of the Bible prophecies as well as the world's history. Thus, I think it is important to note the type of person he

When I chose to expand upon a vision of John's, I forgot that the entire book of Revelation is made up of visions given to John. In fact, the word "revelation" refers to something that has been revealed, which means it must have been hidden, or unknown, before.

"This revelation was given for the guidance and comfort of the church throughout the Christian dispensation. . . . It is 'the revelation of Jesus Christ, which God gave unto Him, to show unto His servants things which must shortly come to pass.' In the Revelation are portrayed the deep things of God. The very name given to its inspired pages, 'the Revelation,' contradicts the statement that this is a sealed book. A revelation is something revealed. The Lord Himself revealed to His servant the mysteries contained in this book, and He designs that they shall be open to the study of all. Its truths are addressed to those living in the last days of this earth's history, as well as to those living in the days of John. . . . Let none think, because they cannot explain the meaning of every symbol in the Revelation, that it is useless for them to search this book in an effort to know the meaning of the truth it contains. The One who revealed these mysteries to John will give to the diligent searcher for truth a foretaste of heavenly things. Those whose hearts are open to the reception of truth will be enabled to understand its teachings, and will be granted the blessing promised to those who 'hear the words of this prophecy, and keep those things which are written therein.' In the Revelation all the books of the Bible meet and end. Here is the complement of the book of Daniel. One is a prophecy; the other a revelation. The book that was sealed is not the Revelation, but that portion of the prophecy of Daniel relating to the last days. The angel commanded, 'But thou, O Daniel, shut up the words, and seal the book, even to the time of the end.' Daniel 12:4." —*The Acts of the Apostles*, p. 583–585

was.

John was a fisherman, who, along with his brother James, was one of the "Sons of Thunder" because of his rebellious, selfish and harsh personality. It is also recorded in the Bible that John was transformed by the spirit and lifestyle of Jesus into a kind and loving spiritual man.

"John was one of the disciples whom Jesus chose to witness certain events, special occasions, such as the resurrection of Jairus' daughter, the transfiguration and Christ's agony in the Garden of Gethsemane. It was therefore only natural for John to be the only disciple at the foot of the cross of Calvary." —*Prophets Speak Out*, p. 21

The vision I will expand on is found in Revelation 1:9–20:

"I John, who also am your brother, and companion in tribulation, and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ. I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet, Saying, I am Alpha and Omega, the first and the last: and, What thou seest, write in a book, and send it unto the seven churches which are in Asia; unto Ephesus, and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea. And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks; And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle. His head and His hairs were white like wool, as white as snow; and His eyes were as a flame of fire; And His feet like unto fine brass, as if they burned in a furnace; and His voice as the

sound of many waters. And He had in His right hand seven stars: and out of His mouth went a sharp twoedged sword: and His countenance was as the sun shineth in His strength. And when I saw Him, I fell at His feet as dead. And He laid His right hand upon me, saying unto me, Fear not; I am the first and the last: I am He that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death. Write the things which thou hast seen, and the things which are, and the things which shall be hereafter; The mystery of the seven stars which thou sawest in My right hand, and the seven golden candlesticks. The seven stars are the angels of the seven churches: and the seven candlesticks which thou sawest are the seven churches.”

In John 21:22, Jesus said to Peter, “If I will that he tarry till I come, what is that to thee? follow thou Me;” Jesus alluded to Peter that John might live to see Him again. Here in Revelation we have read that it was confirmed. One very important thing to note is that John clearly states, “I was in the Spirit,” which was his way of stating throughout Revelation that he was in a vision. Another interesting fact was that he was in vision while resting “on the Lord’s Day,” the Sabbath.

“Richly favoured was this beloved disciple. He had seen his Master in Gethsemane, His face marked with the blood drops of agony, His ‘visage . . . marred more than any man, and His form more than the sons of men.’ Isaiah 52:14. He had seen Him in the hands of the Roman soldiers, clothed with an old purple robe and crowned with thorns. He had seen Him hanging on the cross of Calvary, the object of cruel mockery and abuse. Now John is once more permitted to behold his Lord. But how changed is His appearance! He is no longer a Man of Sorrows, despised and humiliated by men. He is clothed in a garment of heavenly brightness. ‘His head and His hairs’ are ‘white like wool, as white as snow; and His eyes . . . as a flame of fire; and His feet like unto fine brass, as if they burned in a furnace.’ Revelation 1:14, 15, 17. His voice is like the music of many waters. His countenance shines as the sun. In His hand are seven stars, and out of His mouth issues a sharp two-edged sword, an emblem of the power of His word. Patmos is made resplendent with the glory of the risen Lord.” – *The Acts of the Apostles*, p. 582



The most astounding thing about this vision was that John was able to see the holiness and heavenly splendour of Jesus’ face, which had never before been granted to a human on earth. Some other important passages to note are that “out of His mouth went a sharp twoedged sword.” In Hebrews 4:12 it says, “For the word of God is quick, and powerful, and sharper than any twoedged sword.” These words give us evidence that John was, in fact, seeing Jesus; and that Jesus was speaking holy words. There were seven candlesticks, and He was holding seven stars; seven is a very important number in the Bible, representing perfection and completion.

Although it seems that we might be able to infer the significance for the Revelation chapter 1 symbols from other biblical texts such as Matthew 5:14, “Ye are the light of the world,” speaking of His church. Or Revelation 12:4, “And His tail drew the third part of the stars of heaven,” referring to angels as stars. It seems that God did not want us to try to infer the meaning of some of the most important prophecies in the Bible and for our time, and that is why He tells us the exact definition in Revelation 1:20, “The mystery of the seven stars which thou sawest in My right hand, and the seven golden candlesticks. The seven stars are the angels of the seven churches: and the seven candlesticks which thou sawest are the seven churches.”

The visions recorded in the Bible, no matter the subject, hold a message which is either a blessing or a curse. Obviously John was very blessed to be able to see Jesus in all His splendour, but it was only a vision. “For now we see through a glass, darkly; but then face to face.” 1 Corinthians 13:12. One day we will be able to see God face to face, with no dimming veil in between. Imagine what a wonderful privilege that will be! It is my desire that we all will continue to study the Bible prophecies and all John’s recorded visions in Revelation (“Blessed is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand.” Revelation 1:3), so that with God’s help we will be able to meet our Saviour face to face. Amen.

***Elaine Romero***

# American Union Conference



The American Union Conference was held at a campground in the rural town of Toccoa, Georgia. In this quiet scenic setting, God's people gathered for a spiritual feast from August 5 to 8, 2015.

The theme for the conference was "Enter into the Most Holy," based on Hebrews 10:19. "Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus."

Brother Tzvetan Petkov welcomed everyone on the evening of Wednesday August 5<sup>th</sup> and introduced the theme that was to be studied in the following days.

"The subject of the sanctuary and the investigative judgment should be clearly understood by the people of God. All need a knowledge for themselves of the position and work of their great High Priest. Otherwise, it will be impossible for them to exercise the faith which is essential at this time, or to occupy the position which God designs them to fill. Every individual has a soul to save or to lose. Each has a case pending at the bar of God. Each must meet the great Judge face to face. How important, then, that every mind contemplate often the solemn scene when the judgment shall sit and the books shall be opened, when, with Daniel, every individual must stand in his lot, at the end of the days." – *Evangelism*, p. 221–222

It will be impossible to exercise faith if we do not understand what is going on in the sanctuary. To enter the Most Holy means to enter the presence of Jesus. You cannot sin any more. You are filled with the spirit

of God and the Holy Spirit takes possession of you.

Sister Ana Santos gave the first presentation on the subject of the meaning of the Sanctuary for our salvation.

"For Christ is not entered into the holy places made with hands." Hebrews 9:24. When Jesus returned to heaven after His crucifixion, He entered the heavenly sanctuary to begin the work of intercession in our behalf. In 1844 Jesus passed from the Holy Place to the Most Holy Place in the heavenly sanctuary. The minds of the believers must be led into the heavenly sanctuary where Christ is now making an atonement. The topic of the sanctuary must be carefully examined because in it rests the foundation of our faith and hope. According to the pattern of the heavenly sanctuary Moses built the earthly sanctuary. From it we have a small understanding of the glories of the heavenly, where Christ ministers before the throne of God. What happiness and joy to know that we have a mediator and an intercessor in heaven!

The following meetings looked at the sanctuary and the meaning of the furniture in more detail. These studies are meant to lead us into the Most Holy. Sister Raquel Orce introduced us to the entrance of the sanctuary.

The sanctuary was surrounded by a wall of white linen with the entrance being of a different colour. The entrance was blue, purple, red, and white. It was easily located. There was only one entrance. And it had to be through this entrance only that anyone could enter. It

was always open. Although the entrance was noticeable and accessible, the person must be the one who made the decision to enter. Jesus said, "I am the Way, the Truth, and the Life." John 14:6. "I am the door." John 10:9. Jesus has made the way, but divine action must be combined with the person's decision. It was necessary for each Israelite to make the decision to enter.

When the sinner saw his need of a Saviour, submitting his will to God and entered the door, he came into the courtyard. The first object he saw, which was closest to the door, was the bronze altar. This was the only place the common Israelite could go. They could not go in empty handed, but had to bring an offering. Likewise, we also are to take an offering to God. That offering is to surrender what we are humanly, and what we have, without holding anything back. The penitent sinner had to confess their sins on the lamb which symbolized Christ. So today each person must also do his duty of surrendering and confessing. There is to be perfect cooperation between the work of God and of man.

Between the altar and the sanctuary was a laver made of brass that was filled with water. Brother Sebastien Guillaume expounded on its importance. The priests were to wash their hands and feet before entering the sanctuary. It stood as a reminder that people need cleansing before entering the presence of God. After offering the sacrifice with the penitent, the priests cleansed themselves in the laver before serving in the temple. They would then be clean and not die before a holy God. We are cleansed and washed by the blood of Christ daily so that we can serve and minister before Him. The washing in the laver represents baptism, which the sinner can receive after he has confessed all known sins, and therefore is permitted entrance to the Holy Place. In the courtyard, the justification process is done before the sanctification process begins in the Holy Place.

In the Holy Place can be found three pieces of furniture. The first one, the candlestick, was presented by Brother Oscar Valles. The light on the candlestick was to shine perpetually as a representation of the continual presence of God in a person's life, and that light is to be continually shining from the person to the world.

Brother Elvis Echavarria gave us a description of the meaning of the table of showbread. On the table there are the utensils, and in the centre is the bread, which is Jesus. The bread was baked weekly on Friday. The bread was never to lack from the table. Jesus is the bread that will never lack. Christ must be found in our

minds and hearts continually.

The final piece of furniture in the Holy Place was the altar of incense. Brother Ciro Arevalo explained its significance in regards to our salvation. Its location was just before the veil separating the Holy Place from the Most Holy Place. Specific instructions were given for the ingredients of the incense and only holy fire could be used on the altar. The smell of incense would spread outside the sanctuary. When you have the aroma of Christ's righteousness it will diffuse to others. In church it is easy to behave well when you are with brothers and sisters but what kind of fragrance do you have outside? Is your fragrance in your church only? The aroma filled both apartments and was to be burning continually. The altar represents Christ's continual intercession in the sinners behalf, the incense being the prayers of the saints.

In the evening we were given a study by Jerry Eaton as to the importance of the health message in connection with the sanctuary. We were given a historical sketch of the development of the health message in Adventism. Since our body is the temple of the Holy Spirit, in order for us to come before the Lord in the sanctuary we need to be free from all impurities. Health is a major factor in the development of purity of character.

Between the Holy Place and the Most Holy Place was a veil. This veil symbolizes Jesus, who is the connecting link between the sinner and the Father in heaven.

On Friday, we entered the Most Holy Place with our study. The day began with a study about the service going on in the Most Holy Place, the judgment hour. Sister Wendy Eaton refreshed our memory regarding the scenes of the judgment hour going on in the heavenly sanctuary, which began in 1844. It is a serious time in which we live because we do not know when our name will be called. The judgment scene in heaven is typified by the Day of Atonement in the earthly sanctuary service. On this day all the Israelites were to afflict their souls, to fast and pray.

Just prior to the beginning of the heavenly judgment in 1844, the Advent believers honestly believed that Jesus would come in 1844 and they too were found fasting, praying and afflicting their souls. Jesus' image was perfectly reflected in them.

How much more should we be earnestly praying and fasting for our souls, and the souls of our family members, neighbours and friends. If Jesus' image is not perfectly reflected in us, then we have work to do. The end

of all things is at hand and we need to make earnest preparation today.

The one main piece of furniture in the Most Holy Place was the ark of the covenant. Its function and meaning were explained by Brother Humberto Ajucum. The ark was considered the glory and strength of Israel. The only one who saw the ark was the high priest when he came once a year into the Most Holy Place on the Day of Atonement. If the high priest entered unprepared he would die.

“Above the mercy seat was the Shekinah, the manifestation of the divine Presence; and from between the cherubim, God made known His will. Divine messages were sometimes communicated to the high priest by a voice from the cloud. Sometimes a light fell upon the angel at the right, to signify approval or acceptance, or a shadow or cloud rested upon the one at the left to reveal disapproval or rejection.” —*Patriarchs and Prophets*, p. 348–349

When the ark was taken by the Philistines, four angels from heaven continually followed the ark where it went to protect it. The ark contained no power in and of itself, only as the glory of the Lord rested upon it.

In the ark of the covenant there were three items. Brother Joel Barnedo explained the function and meaning of Aaron’s rod that budded. God was trying to solve a problem in Israel. There was rebellion as they challenged the authority of the leader. Thus, God took matters in His own hand. The rod signifies authority and dominion. When all the leaders brought their rods into the sanctuary, it was only Aaron’s rod that budded, signifying the fact that God had His chosen leaders. Aaron’s rod was not only alive, but it was fruitful. A real missionary has fruit to give. God does not desire for us to keep our faith to ourselves.

Brother Neptali Acevedo continued by giving an explanation of the law of God, which was also in the ark of the covenant. The law of God, enshrined within the ark, was the great rule of righteousness and judgment. The law cannot change a man’s heart. It only defines what the law is, and describes what sin is. The law will be the standard in the judgment. It represents the character of God. The true followers of God will not only keep

the law but will live the law by keeping the spirit of the law and going the second mile.

The meaning of the mercy seat, on top of the ark of the covenant was explained by Brother Henry Dering. The mercy seat is a symbol of God’s throne. Two angels are on top of mercy seat, looking down on the ark. “The law of God, enshrined within the ark, was the great rule of righteousness and judgment. That law pronounced death upon the transgressor; but above the law was the mercy seat, upon which the presence of God was revealed, and from which, by virtue of the atonement, pardon was granted to the repentant sinner.” —*Patriarchs and Prophets*, p. 349. The law condemns us and it is only by the mercy of God that the sinner can find salvation.

Brother Pablo Hunger continued by presenting the function and meaning of the pot of manna, the third

item in the ark of the covenant. Manna was the food that God fed the Israelites in the wilderness. It also has a spiritual meaning. “Christ will be the manna and the spiritual dew to these newly converted souls. In Him is no darkness at all.” —*Evangelism*, p. 284. Manna was given to



the Israelites in the desert. When we are in darkness and feel dry, the Lord wants to give food for our souls.

The manna was simple healthy food; today the Lord wants to transform our diet to the simple food that will be eaten in heaven. Manna is angel’s food. The pot of manna was placed in the heavenly sanctuary to remind us that in the time of judgment we need to trust in His providence in our time of need, and that our diets and habits will be transformed.

The Sabbath dawned, full of sunshine and warmth. Sister Elisabeth Sona began the day by giving a presentation of Christ’s second coming.

She asked if this truth brings us fear or joy. Should we not be happy that our Master is coming to take us home? The reformation message prepares us every day. We must look for this Most Holy experience or we will not be prepared for the final crisis. It will help us to stand before God without fear. When we go deep into



the experience of the Most Holy Place we understand that its purpose was to restore the image of God in man, to destroy sin. The whole work is in the hands of God. We cannot do anything on our own. All we have to do is to obey, and work out our own salvation with fear and trembling.

Brother Idel Suarez brought the divine service. If you have a clay vase, it is not worth very much; but if you fill it with gold, it will be worth the value of the gold. The vase acquires the value of the gold inside. So, if Jesus is holy and is within you, then you become holy unto God. Your value is acquired by what is inside of you. It is not enough for Jesus to be a high priest in heaven. He needs to be the high priest in your soul. He wants to bring His holiness and blamelessness into your life and to make you perfect, higher than the heavens. We receive justification by faith but we retain our righteousness by obedience.

The holy Shekinah needs to be in you. You need to be gold-plated by Jesus. The sanctuary message is not only about judgment but about a wedding. Jesus is preparing invitations for people from all over the universe for this wedding. His perfect righteousness is the wedding garment you must wear in order to attend; the garment being the character of Jesus—His righteousness. The subject of redemption should be a theme that we continually enjoy to speak about.

Brother Tzvetan Petkov gave the Sabbath closing address. He spoke of the laver of brass which was an important part of the sanctuary. The laver was to hold

water. He focused on water in his presentation. Water is not just for hygiene, but water is a symbol of many good things in the Bible. Water is a symbol of the word of God, and also of life, and of our Lord, Jesus Christ. We all need water daily, both physical and spiritual. If we enter the Most Holy we need to be washed first or else we will die. The Samaritan woman at Jacob's well met Jesus. He offered her living water from which she would never thirst again. This is offered to us also. Let us wash and enter the sanctuary.

The time came for the final service in which Brother Oscar Valles made an appeal for everyone to go home and share what they have learned. "Go to your churches and be a light in your churches."

We are the people of the last days and are responsible for taking the message to others. We are to share it. To love God is walking away from the world, doing what makes God happy. Going through the sanctuary is all about coming closer to Jesus and being perfected into His righteousness. He is the entrance door and is represented by all the pieces of furniture and ceremonies. We must continue going forward, never stopping to dwell on things that are offensive. In unity we will be found working together and praying for each other. Pray for the leaders as they also have their weaknesses and need help. We are all very personal to God even though we are sinners. He is our physician and will heal us if we come to Him. Do not give up. There is nothing the world can give you that is worth giving up salvation for. Never forget, Jesus loves you.

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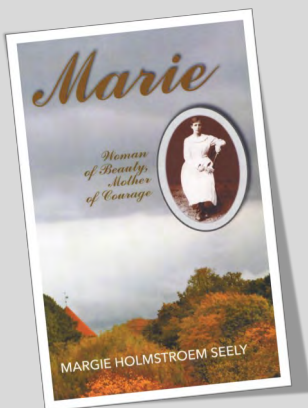
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# Centennial Symposium, Cedartown



**Brothers Pedro Ruiz, Guatemala, Aureliano Diaz, Honduras, Ananias Hernandez, Guatemala**



**ABOVE LEFT: Brother Prudent Katide (left) South Africa, Brother Joel Barnedo, Philippines, USA**

**ABOVE: Sister Nada Jeremic (left) and Sister Paula Prendergast, Australia**

**LEFT: Brother Parmenas Shirima, Tanzania**



# Baptism at the Canadian Field Conference



# American Union Conference





## From Every Stormy Wind

From every stormy wind that blows,  
From every swelling tide of woes,  
There is a calm, a sure retreat;  
'Tis found beneath the mercy seat.

There is a place where Jesus sheds  
The oil of gladness on our heads,  
A place than all besides more sweet;  
It is the bloodbought mercy seat.

There is a scene where spirits blend,  
Where friend holds fellowship with friend;  
Though sundered far, by faith they meet  
Around one common mercy seat.

There, there, on angel's wings we soar,  
And earthly cares molest no more,  
And heaven comes down our souls to greet,  
And glory crowns the mercy seat.

Hugh Stowell