Update on New Adventist Today Website!

The changes are dramatic and our new website will almost be unrecognizable from our current web presence. The comforting part is the blogs, articles and news will be continuing in depth and across all areas of interest for you, our Adventist readers and friends. A small portion of what you will see in the new website...

- Homepage design showing what’s new and where to find everything else
- A scrolling carousel directing to latest postings and items of interest
- Intuitive menus for easier tracking of columns, blogs and discussions of interest
- Expanded menu items. all with comment
segments
- A new forum for discussion and comment on current issues and community challenges
- Personalization to show who is writing and bringing news & updates to you
- A wide range of editors, managing one segment each, for greater focus and vitality

May 1 is the launch date for our brand new Atoday.com. Plan to visit us and see for yourself.

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**t o p s t o r y**

Filmmakers of ‘Seventh-Gay Adventists’ Film Release New Teaser

*By News Staff*

The filmmakers of *Seventh-Gay Adventists* -- the much anticipated film about love, sex, and eternal life have released a new teaser for their film. Producer Daneen Akers states, "we’ll eventually have different styles of teasers/trailers that will showcase different voices, styles, and tones."

[Watch trailer and comment](#)

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**b l o g s**

Cindy Tutsch - Starbucks, anyone?

[Image of Cindy Tutsch]

Today, many Adventist churches serve fully caffeinated coffee in their lobbies and fellowship halls, and for thousands more Adventists, caffeine has become the drug of choice.

I don’t get it.

[Read more](#)
Poking around the GC archives and the White Estate archives today, I found an SDA baptismal charge recorded in the May 29, 1907 issue of The West Michigan Herald (evidently a forerunner of the Lake Union Herald.) Anyway, here's vow 5: "You covenant to live to the best of your ability in accordance with the light God has given with reference to healthful dress and healthful living, leaving aside alcoholic liquors, tobacco, tea, coffee and similar hurtful indulgences."

In another little treatise that predates the first Church Manual by about thirty years, John Loughborough lists sixteen questions to be asked of Adventist candidates for church membership. Number ten in this list asks, "Do you understand the principles of Christian temperance as taught by the Seventh-day Adventists, and will you carry out those principles, abstaining from the use of liquors, tobacco in all its forms, coffee, tea, and swine's flesh? In short, will you study the subject of Bible temperance, and practice it in your life?"

Captain Joseph Bates, one of the three founders of the Seventh-day Adventist church, forbade the use of tea or coffee on his ship years before the visions of Ellen White on temperance.

It seems that something unfunny has happened on the way to the forum. Today, many Adventist churches serve fully caffeinated coffee in their lobbies and fellowship halls, and for thousands more Adventists, caffeine has become the drug of choice.

I don't get it.

For a faith community whose members' fidelity to healthful living is touted all over the world, we seem mighty eager to let the addiction of caffeine enslave us. But beyond addiction, are there other detrimental effects from consuming caffeine? Let's consider a few:

The American Psychiatric Association says caffeine-induced disorders may be characterized by panic attack symptoms that resemble primary mental disorders. (Diagnostic and Statistical Manual of Mental Disorders, 1996, pp 212-214) Radiologists at the University of Wisconsin-Madison said caffeine reduces blood flow by nearly one-fourth in the gray matter of the brain where nerve cells concentrate. Consuming coffee is associated with increased levels of several inflammatory markers, a finding that could help explain previous reports linking the beverage to heart disease.

Scores of studies have shown that caffeine can be harmful to your health in the following ways:

- Irregular heartbeat
- Restlessness
- Nervousness
- Insomnia
- Flushed face
- Twitching or trembling
- Distracted thoughts and speech
- Physical agitation
- Nausea
- Light-headedness
- Diarrhea
- Mood swings

Obviously, not everyone who drinks a cup of joe is going to have all of these symptoms, or even any of them. The studies indicate, however, that persons who ingest caffeine are more likely to experience these symptoms than those who do not. Additionally, some studies suggest caffeine may cause cell mutations that lead to cancer, even repressing the repair of genetic mutations caused by low levels of radiation.

Now it's true that research on coffee's relation to cancer/heart disease is sometimes conflicting. Some studies suggest that coffee protects against estrogen receptor negative breast cancer (would those studies be funded by the coffee industry perhaps?) But there are more studies that link coffee consumption with risk of bladder, colon, ovary, pancreas, kidney and yes, even breast cancer. The cancer-causing chemical acrylamide found in coffee may be a factor, according to the UN World Health Organization.

A few biblical principles may help us with the coffee conundrum, and maybe some other health-related choices as well:

"So, whether you eat or drink, or whatever you do, do everything for the glory of God." 1 Corinthians 10:31 NRSV
“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.” 1 Corinthians 6:19-20 NRSV

“Beloved, I pray that you may prosper in all things and in health, just as your soul prospers.” 3 John 2 This sounds like it’s as important to guard your health as it is to say your prayers!

One anecdote: Dr. Howard Gimbel, chair of the Department of Ophthalmology at Loma Linda University, is often asked by decades-younger colleagues how his hands can operate with such precision in delicate eye surgeries. His answer: “I've never used caffeine. Not even as a student in medical school and certainly not now. I believe that choice has given me the steadiness in hand dexterity that I continue to enjoy today.”

If you’re still standing in line for that Grande Mocha Frappuccino, think about where those beans were picked and the social injustice to agriculture workers toiling in the "sweatshops of the fields." But Fair Trade is another topic for another day and another blog.

BTW, don’t be too quick to judge if you see me schlepping a cup of Starbucks around O'Hare. Starbucks does carry hot soy milk, you know. Even flavored hot soy milk, if you must know...

References


disease. *Drugs and Aging, 18*(11), 797-806.


