Amazing grace!
How sweet the sound
That saved
a wretch like me!
I once was lost,
but now am found,
Was blind,
but now I see.

John Newton, 1779
ALMOST SAVED

Salvation is our choice. We decide to be saved or to be lost. Also to be almost saved is our decision. If it would be left to God to decide, everyone would be saved.

Of those that are almost saved the majority know that they are not perfect. They are believers. They know the truth, but have some sins left in their lives, some small indulgences or neglected duties. They think that suddenly, just before the end they will put these little sins away and be perfect.

But they do not realize that the Lord will come upon them in judgment silently as a thief in the night while they are peacefully sleeping; and they will be found wanting, and eternally lost. With many of them, it may have been only one thing lacking.

To many religion is hard and boring. To have enjoyment in life they need something from the world. They do not enjoy Bible reading, neither missionary work, but they must be in the church and practice religion in order to get eternal life. They do not love God, neither have they hunger nor thirst for righteousness.

Sister White writes, "They do not make an entire surrender of their wrong habits. They do not die to self that Christ may live in them. Therefore they do not find the precious pearl. They have not overcome unholy ambition and their love for worldly attractions. They do not take up the cross and follow Christ in the path of self-denial and sacrifice. Almost Christians, yet not fully Christians, they seem near the kingdom of heaven, but they cannot enter there. Almost but not wholly saved, means to be not almost but wholly lost." C.O.L. p. 118

Some have a conviction of the truth and are almost saved when listening to the word of God and to the invitation to repent, but then they make a decision against it, or decide to put it off till later. They were very close to salvation, but then suddenly are left alone by the Spirit of God, never to hear another invitation.

This happened to Felix, the Roman Governor. He listened to the solemn words of Paul. He was deeply moved and had a conviction of the truth. But he decided to leave it to a later time.

"A ray of light from heaven had been permitted to shine upon Felix, when Paul reasoned with him concerning righteousness, temperance, and a judgment to come. That was a heaven-sent opportunity to see and to forsake his sins. But he said to the messenger of God, 'Go thy way for this time; when I have a convenient season, I will call for thee.' He had slighted his last offer of mercy. Never was he to receive another call from God." A.A. p. 427

The Holy Spirit was striving with Pilate. Jesus spoke to him. His wife gave a warning message to him. He could have chosen the truth and released Jesus. But from a human weakness he decided to condemn Jesus to please the Jews. By this act he sealed his eternal destiny. Never anymore did he hear an invitation of mercy, and soon after he ended his own life. He was close to salvation but lost it by his own decision.

Judas was almost saved. He had been in the company of Jesus three and a half years. Often he admired Jesus and His character. He wanted to be like Jesus. Even when Jesus...
washed his feet the Holy Spirit was striving with Judas. "The constraining power of that love was felt by Judas. When the Saviour's hands were bathing those soiled feet, and wiping them with a towel, the heart of Judas thrilled through and through with the impulse then and there to confess his sin." D.A. p. 645

So close was he to salvation. If he had only followed his impulse at that moment, to confess he could have remained as a disciple and continued faithful to the end. But that moment he made a wrong decision to betray Jesus and his salvation was lost forever.

Millions have made similar mistakes. Being almost saved, but from human weakness like Pilate, from covetousness like Judas, from hesitation, like Felix they make a wrong decision and lose their chance of salvation forever.

Some remain in the condition of being almost saved for a long time. After many years in the church they still have faults in their characters. They still have sins that they have not put away. They are trusting that God will wink at their small sins while they do obey in greater points. This is what Satan wants. They remain in the church of God as Achans. They are stumbling blocks to others and in the end are lost as the foolish virgins.

A lukewarm Christian is not saved. He is close to salvation, but completely lost in his blind condition. Never has God's people had so much light and knowledge as the church of God today, yet never has the spiritual condition been so deplorable, and hypocritical as now.

Every person in the world could be saved. God is calling all to repentance and to salvation, but so few respond. Somewhere in their lives they made a wrong decision and because of it they lost the eternal life and heaven.

The most miserable people in the world are the Christians who are almost saved. They do not enjoy all the pleasures of the world neither have they joy in the Lord.

Let us all examine ourselves to find out what may be still lacking in our spiritual life, and make sure that we are not almost saved but fully saved and then continue faithful to the end.

Almost persuaded. Harvest is past.
Almost persuaded. Doom comes at last.
Almost cannot avail.
Almost is but to fail.
Sad, sad that bitter wail.
Almost but lost.

AMEN
Timo Martin

THE NEVER ENDING LOVE OF CHRIST

"The divine Teacher bears with the erring through all their perversity. His love does not grow cold; His efforts to win them do not cease. With outstretched arms He waits to welcome again and again the erring, the rebellious, and even the apostate. His heart is touched with the helplessness of the little child subject to rough usage. The cry of human suffering never reaches His ear in vain. Though all are precious in His sight, the rough, sullen, stubborn dispositions draw most heavily upon His sympathy and love; for He traces from cause to effect. The one who is most easily tempted and is most inclined to err, is the special object of His solicitude." Ed 294."

"Come to me, all ye who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me: for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matt. 11:28-30.
TO HEAR GOD'S VOICE

Many people long to hear God's voice. They long to have some message from Him to direct them in the paths they are to go. There is so much uncertainty, so many voices calling from all different directions and often we are confused as to which is the correct way to go. These voices may not be calling from worldly sources or from evil people - many of them may be coming from perfectly viable sources, and we are led to wonder, which is God's way? For example, there may be choices in job opportunities. Two equally good employers have decided to hire us, which one should we choose? Or perhaps the choice we have to make as a young person entering University - which course of study would the Lord want me to pursue - or is it His will to go to school? Is the Lord calling me to missionary work? Whom shall I get married to? So many questions, so many choices, so many ways to go, which way is God's way? The secret is to know how to hear God's voice speaking to us. Sometimes we have to step out by faith, take the first step and then God will take over. If we sit at home simply wondering and waiting, we may be waiting for a long time.

How can we hear God's voice speaking to us? Where did Elijah hear God's voice? It was in the mountaintop - not in the midst of the fire, hail or earthquake, but in "a still small voice."

The Lord still does speak to us with a still small voice, but sometimes we don't hear it amid all the external sounds around us. We need quiet time.

There are many instances in the Bible where people wanted answers from God. Let's see what they did.

For Peter: "When Peter also was imprisoned, the entire church engaged in fasting and prayer." AA, p. 144.

For Paul and Barnabas: "Before being sent forth as missionaries to the heathen world, these apostles were solemnly dedicated to God by fasting and prayer and the laying on of hands." AA, p. 161.

Esther: "Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maids will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish." Esther 4:16.

Jehoshaphat: "For years he had taught the people to trust in the One who in past ages had so often interposed to save His chosen ones from utter destruction; and now, when the kingdom was in peril, Jehoshaphat did not stand alone; "all Judah stood before the Lord, with their little ones, their wives, and their children." Unitedly they fasted and prayed; unitedly they besought the Lord to put their enemies to confusion, that the name of Jehovah might be glorified." PK, p. 200.

Jesus: "And when He had fasted forty days and forty nights, he was afterward an hungered." Matthew 4:2.

Ninevites: "So the people of Nineveh believed God and proclaimed a fast." Jonah 3:5.

Anna: "And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day." Luke 2:37.

There are many more examples, but what is common in all these cases? It is not only prayer, but also fasting. I am sure we are all familiar with the concept of prayer and fasting as we have our annual fast day in the church, but how many practice it regularly at other times during the year? As we come closer to the time of the end, great momentous events will soon take places and we must be listening to God's voice daily. Sometimes it is necessary to fast along with prayer in order to hear God speaking to us, especially if we have difficult decisions to make.

"All our praying and abstinence from food will avail nothing unless we resolutely lay hold of this work. Sacred obligations are resting upon us." 2T, p.34. Or praying and fasting, must be combined with action or it will be useless. Roman Catholic monks have tried this. They isolate themselves in monasteries and devote their lives to simply praying and fasting. They have become useless members of the human race. They have nothing to contribute in aid to suffering humanity. "If a brother or sister be naked, and destitute of daily food. And one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit?" James 2:15, 16. "He that hath two coats, let him impart to him that hath none; and he that hath meat, let him do likewise." Luke 3:1.1.

PERSONAL EXPERIENCES
I want to share some of my experiences in this regard, to be a blessing for others. I was one of those who only fasted once a year on the day of fasting, until I got married. At that time, my husband fasted on occasion for three days at a time. He asked me to join him. I
did. Did I enjoy it? No way, from the first I did not like it at all. All I could think of was food until I saw how much weight I lost each time, (which was about 2.5 kg each time and it stayed off). I decided that as soon as I lost the desired amount of weight I would never fast again except for the annual day of fasting. At first it was a very displeasing task, done for all the wrong reasons, while my husband was trying to do it for the right reasons. But after some time, I started to appreciate the rest from cooking, and the rest for my stomach. I started to appreciate the Lord more and the blessings that He has given to us. And I started to hear God's voice speaking to me more clearly. I also started to think that why did I ever have to eat again? Well it is a fact of life so, we eat, but as we eat, we should try to eat as wholesome food as is available in order to keep our minds clear to continue hearing God's voice. He wants to speak to us all the time but when we have special burdens on our hearts, we need to pray and fast, in order to be certain of what God's will really is.

As time went on, after we had children, we no longer did our regular 3-day fasts however I found that when I was under extreme stress, I could not eat. At one point in time I was under so much stress, with so many people coming and going in our house (people who did not appreciate what you were doing for them, and wanting more from you) that I did not eat well for days. The rest that my stomach received had a calming effect on me and helped me to handle difficult situations. I found the Lord ever near to me to help me through. It was then that I really began to see the true value of fasting. It is not simply God making an arbitrary rule that we have to deny ourselves before He speaks to us. That is what Martin Luther thought before he was converted — he denied himself food as well as performed various other punishing tasks in order to appease an angry God, or so he thought. This is not the kind of God we serve — He will not ignore us until we have sufficiently denied ourselves and suffered, before He answers us.

It is just that our mind is much clearer with the stomach and digestive system at rest and we can hear God speaking. He most likely is speaking at other times also, but we don't hear His voice so clearly.

The Lord has helped me through various situations with this most precious tool and I want to share two more experiences here in Australia. The first one occurred when I failed my first driving test. I drove very well, but made one careless mistake that caused me to fail. I was so angry with myself, I refused to eat. I could not forgive myself and I refused to eat to punish myself. Without making any efforts towards calming down my anger, with the empty stomach, the calming came automatically. It took two and one half days before I was over my anger and I could forgive myself that I allowed my stomach some food. It was at this moment that I really saw how fasting can also help to overcome sin. Previously it would have taken me many more days to forgive myself but with the fasting (for the wrong reasons again) the anger dissipated quicker and I was able to come before the presence of the Lord once again, without any anger in my heart. I can only thank Him for this. He sure, has been patient with our stubborn hearts.

The second instance was when we were waiting news from immigration about our permanent residence in Australia. Our lives had been in a sort of limbo for 2 years and I was desiring to settle down. It was March of 2000 that I felt impressed by the Lord that we would finally receive our answer before the end of the month. In a day or two I forgot about this message from the Lord, but I still checked the mail eagerly, every day to see if the immigration letter was there, as I had done for months prior to this day. Then it was the last day of March and I was so troubled, wondering where the letter was. I decided to fast and pray that morning because I wanted an answer from Him. I remember I was in the kitchen cooking during the morning hours and talking to the Lord when suddenly He told me, "I told you it would be here before the end of March, it's in the mailbox. go and get it." Of course, now I remembered. Yes, He had told me and here it was the last day of March. I quickly dropped everything and drove down to the town to check the mailbox. There was a letter in there, I knew exactly what it was and upon opening it, I was right. Although this was not an earth shattering decision that I had to make, it was a point of trouble in my mind. To others it may not have been such an important issue, but when we are troubled about something, it is important to the Lord, no matter how minor the issue may seem.

When Ezra was returning to Jerusalem with some of the captives who were still living in Babylon, he was unsure of which way to take. What did he do? “Then I proclaimed a fast there, at the river of Ahava, that we might seek him a right way for us, and for our little ones, and for all our substance...So we fasted and besought our God for this: and he was entreated of us.” Ezra 8:21,23. I am sure there was a good road from Babylon to Jerusalem, and only one road at that, however Ezra felt it important to pray and fast for guidance before embarking on such a perilous journey.

I share these experiences because they have done much to impress me with the importance of praying and fasting today. I have heard the subject of prayer and fasting preached for many years, but never took it as seriously as I should have. Through these experiences the Lord has shown me that He is really a God close by, but we simply have to take the time to listen to His voice. What a wonderful blessing He has given us
in prayer and fasting. It is no longer a burden to bear, but a time of joyful fellowship.

"Be still and know that I am God." Psalm 46:10.

Another way to hear God's voice is to stop and listen. If we fast and pray, we are often led to slow down and listen. We have more time, as less time is taken for meals, and food preparations. We feel calmer, and we feel closer to the Lord.

We talk too much and listen too little. We lack Christian poise and steadiness, because of our ceaseless busyness. Moses spent 40 years in the wilderness, learning to listen to God. He was ready to rush and deliver Israel while he was a prince in Egypt. He even went as far as to kill a man, but he was ready - or so he thought. The Lord had to separate him for forty years from active life, to learn the lesson of being still, and listening to the voice of the Lord for direction. Paul spent three years in Arabia in the desert after his conversion, and of course, Jesus spent 40 days in the wilderness. Fasting has a calming effect on a person, and they learn to listen.

"For the Egyptians shall help in vain, and to no purpose: therefore have I cried concerning this. Their strength is to sit still." Isaiah 30:7. Egypt promised to help Israel, but did nothing when the help was needed. Isaiah told the Israelites, to sit still and see the Lord work for them. Sometimes we are told to sit and wait for the Lord to work, other times we are sent into active duty, not seeing the end from the beginning, but just going out in faith. How will we know what we are to do? By prayer and fasting - the Lord will speak to direct and guide.

"Therefore the prudent shall keep silence in that time; for it is an evil time." Amos 5:13. It is indeed an evil time in which we live. There will be times when we must keep silence and listen to God's voice.

Today there are so many voices, and the most deceptive voices are those in false religious movements. Those who are very close to the truth may seem like such good people, (which I don't doubt their integrity and their love for the Lord), however if they refuse to accept all the truth, 100% of it, then they are really a very subtle tool of the devil, since it is so difficult to discern between the error and the true. If we cannot tell the difference and are unsure which way to go, the best thing to do is to ask God, and do what we can to hear His voice - fast and pray, and a plain path will be opened before us.

"An intensity such as never before was seen is taking possession of the world. In amusement, in money-making, in the contest for power, in the very struggle for existence, there is a terrible force that engrosses body and mind and soul. In the midst of this maddening rush, God is speaking. He bids us come apart and commune with Him... Many, even in their seasons of devotion, fail of receiving the blessing of real communion with God. They are in too great haste. With hurried steps they press through the circle of Christ's loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. They have no time to remain with the divine Teacher. With their burdens they return to their work." Ed, p. 260.

"All who are under the framing of God need the quiet hour for communion with their own hearts, with nature, and with God. In them is to be revealed a life that is not in harmony with the world, its customs, or its practices; and they need to have a personal experience in obtaining a knowledge of the will of God. We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, "Be still, and know that I am God." Psalm 46:10. This is the effectual preparation for all labour for God. Amidst the hurrying throng, and the strain of life's intense activities, he who is thus refreshed will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength. His life will breathe out a fragrance, and will reveal a divine power that will reach men's hearts." MH, p. 58.

OTHER REASONS FOR FASTING:

Fasting is something that is done in private, between a soul and God. The Jews fasted as an act of merit, and the most rigid fasted two days a week. "Jesus had shown in what righteousness consists, and had pointed to God as its source. Now He turned to practical duties. In almsgiving, in prayer, in fasting, He said, 'Let nothing be done to attract attention or to win praise for self.' Give in sincerity, for the benefit of the suffering poor. In prayer, let the soul commune with God. In fasting, go not with the head bowed down, and heart filled with thoughts of self... 'Thy Father which seeth in secret Himself shall reward thee openly.'" DA, p. 312.

For physical healing:

"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them." 7T, p. 134. This testimony, however, was written over 100 years ago, surely we have much superior medical drugs and medical treatments today, than something simple as mere fasting. However for those with chronic, non-life threatening illnesses, this is a much better alternative. Rather than suffer discomfort for years, dependent on medical drugs, why not suffer a little hunger for a while and see the miracle that fasting can do.
"Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health." MH, p. 235.

For Spiritual healing.

"Therefore also now, saith the LORD, turn ye even to me with all our heart, and with fasting, and with weeping and with mourning;" Joel 2:12. When we become aware of some besetting sins that have been plaguing us for years and we desire healing, this healing can be brought about more effectively and quicker through prayer and fasting. It is often while praying and fasting that the Lord will reveal to us the plague spots in our character. We see the perfect character of Jesus and compare our lives to His standard of perfection that He has placed before us. He has moved the Lord to unlock His treasuries of truth to their believers. Fasting and fervent prayer to God have been devoted to the work. Fasting is known to clear the mind and aid the understanding of scriptures when things are difficult to be understood. "Difficult points of present truth have been reached by the earnest efforts of a few who were devoted to the work. Fasting and fervent prayer to God have moved the Lord to unlock His treasuries of truth to their understanding." 2T, p. 650. "When the time shall come, in the providence of God, for the world to be tested upon the truth for that time, minds will be exercised by His Spirit to search the Scriptures, even with fasting and with prayer, until link after link is searched out, and united in a perfect chain." 2T, p. 692. "Let brethren unite in fasting and prayer for the wisdom that God has promised to supply liberally." GW, p. 236.

To overcome in time of temptation.

I am sure that most of us have faced difficult circumstances and fierce temptations that have almost overwhelmed us. Jesus was our example in these situations because "He was in all points tempted as we are, yet without sin." Heb. 4:15. How did He gain the victory? Only through prayer and fasting. "When Christ was the most fiercely beset by temptation, He ate nothing. He committed Himself to God, and through earnest prayer, and perfect submission to the will of His Father, came off conqueror. Those who profess the truth for these last days, above every other class of professed Christians, should imitate the great Exemplar in prayer." 2T, p. 202,203.

Some temptations and sins can be overcome only through prayer and fasting. The devils are so powerful, much more powerful than mere human beings. In the time of Christ, the disciples tried to cast out a demon, but were unable. Upon inquiring of Christ as to the reason for this, His answer was their lack of faith as well as, "Howbeit this kind goeth not out but by prayer and fasting." Matthew 17:21. To expel this kind of demon required prayer and fasting. In the same manner, to expel some sins that threaten to overwhelm us, require prayer and fasting to overcome.

To understand scripture.

Fasting is known to clear the mind and aid the understanding of scriptures when things are difficult to be understood. "Difficult points of present truth have been reached by the earnest efforts of a few who were devoted to the work. Fasting and fervent prayer to God have moved the Lord to unlock His treasuries of truth to their understanding." 2T, p. 650. "When the time shall come, in the providence of God, for the world to be tested upon the truth for that time, minds will be exercised by His Spirit to search the Scriptures, even with fasting and with prayer, until link after link is searched out, and united in a perfect chain." 2T, p. 692. "Let brethren unite in fasting and prayer for the wisdom that God has promised to supply liberally." GW, p. 236.

"When they fast, I will not hear their cry;" Jeremiah 14:12. Here I spent all this time telling you God will listen if you fast and pray but now Jeremiah is telling us that God will not hear their cry even with a fast, why? "If I regard iniquity in my heart, the Lord will not hear me." Psalm 66:18. This goes with prayer and fasting. Fasting is for cleansing, both physical and spiritual and if we refuse to be cleansed because of some darling sin we can't let go of, then we will not be cleansed. Our fasting is useless.

"For certain things, fasting and prayer are recommended and appropriate. In the hand of God they are a means of cleansing the heart and promoting a receptive frame of mind. We obtain answers to our prayers because we humble our souls before God." CDF, p. 187,188.

"Time is short; the Lord desires that everything connected with His cause shall be brought into order." T9, p. 98. As we continue reading the pages of Testimonies for the Church Volume 9, we see urgency in the writing. The time is very close when Jesus will soon come and we all have a work to do individually and as a church. It is not time to fall asleep, but to wake up. Almost 100 years have passed since the writing and how much closer are we to His coming today? It is a solemn and serious time; a time to afflict our souls, fast and pray, and ask for direction and guidance from the Lord. "Soon there is to be trouble all over the world. It becomes everyone to seek to know God. We have no time to delay." T9, p. 228. "Walk humbly with God, and ask Him to make your course of duty plain." 9T, p. 202.

It is my wish and prayer that we would use wisely this valuable tool that the Lord has given us to use so that we can hear His voice more clearly when He is speaking to us. AMEN

Wendy Eaton
BRUISED CORN

One of the most beautiful sights in nature is a bounteous field of ripening golden corn, waving tall and rustling in the wind. But the time must come when it needs to be harvested or sickled, dried, and “bruised”. In some of the obscure whitewashed villages of Greece today, the women sing as they grind the corn, between the millstones, and the sound of the traditional millstones is music in the ears of God. This practice, as well is still carried out in the East and parts of Africa.

People of the world do think it as being quaint, picturesque music, but the saint who is being "bruised" and made into bread knows that his or her Father knows best, and that He would never allow the suffering if He had not some real purpose.

Ill tempered people, opposition, difficult circumstances, sickness, poverty, willful misunderstandings, alienation (separation) with subsequent indifference, hostility, loss of affection and interest, unrest, rebellion, are all millstones.

Had our Saviour, Jesus, any or these things in his life? Yes! He had a devil in His company for three years! He lived at home with brothers and sisters who didn’t believe Him. He was continually hindered, obstructed, attacked and misunderstood by the Pharisees, and He says, "a disciple is not above His teacher". (Math. 10:25). If we have even the tiniest element of self-pity in our character, we say, "oh, God dare not put us anywhere near the grinding millstones."

When these experiences come into your troubled lives, remember, God has His eyes on every single detail. Now we can see why our Lord lived the life He did for thirty-three tender years. Before He made the entrance into that life possible for any human being, He had to show us what the life of God’s normal person was like.

The life of Jesus is the life we have to live here, and not the hereafter. There is no chance to live this kind of life hereafter. We have to live it here and now.

Many of us cannot be used to become feed for the world’s hungry until we are broken in Christ’s hands. Christ’s blessing often means "crushing" sorrow, but even sorrow is not too great a price to pay for the privilege of touching other lives with benediction... with blessings. The sweetest things in this world come to us through heartbroken tears and soul-racking pain. God has made us bread for His elect, and if it be needful that the bread must be ground in the teeth of the lion to feed his children, blessed be the name of the Lord.

We must burn out before we can give out. We stop blessing when we stop bleeding. Poverty, hardship, misfortune, have bruised and proceed many a life of moral heroism and spiritual greatness. Where there is difficulty, it challenges energy and
patience. It, furthermore, brings the strongest qualities of the soul to the surface. I have an old "grandfather's clock", that once belonged to one of our late pioneer brethren in California of America; it's the "weights" that keep it going, and still going today.

Many a head wind in the heartless seas of Greece has been used to help a rolling ship get safely into port. God has appointed, selected, opposition as an incentive to faith and holy activity. Ever notice that? The most outstanding characters in the Bible were "bruised" and "threshed" and "ground" into bread, for the hungry.

Abraham, called the "father of the faithful", earned his title, because he stood at the top for affliction and obedience. Joseph suffered severe "threshings" and "grindings". Joseph was "bruised" and beaten and had to go through Potiphar's kitchen and Egypt's prison to get to his throne. David, hunted like an animal on the mountain, "bruised", weary, and tired (footsore), was "ground" into bread for a kingdom. Apostle Paul could never have been bread for Caesar's household if he had not endured the "bruising", whippings, and stonings. He was ground into fine flour for the royalty family.

Like combat, like victory! If for you He has appointed special trials, be assured that in His heart He has kept for you a special place. A soul sorely "bruised" is a soul elect! A soul chosen for salvation and eternal life. "And then shall He send His angels, and shall gather together His elect from the four winds, from the uttermost part of the earth to the uttermost part of heaven." Mark 13:17.

There will soon be a rejoicing of the saints, as we are fast approaching that glorious day. "Rejoice over her, thou heaven, and ye holy apostles and prophets; for God hath avenged you on her. And a mighty angel took up a stone like a great millstone, and cast it into the sea, saying, Thus with violence shall that great city Babylon be thrown down, and shall be found no more at all... And the voice of harpers, and musicians, and of pipers, and trumpeters, shall be heard no more at all in thee... And the sound of a millstone shall be heard no more at all in thee." Rev. 18:20, 21, 22.

May you distinctly hear the soothing sound of the millstone as it faithfully turns in your spiritual life. Remember, even if you are "bruised from time to time or now and then, that again it will be grist for your mill. AMEN

John Theodorou
Athens, Greece

Many cherish the impression that devotion to God is detrimental to health and to cheerful happiness in the social relations of life. But those who walk in the path of wisdom and holiness....are alive to the enjoyment of life's real pleasures, while they are not troubled with vain regrets over misspent hours....

As Jesus opens before them the riches of redemption, and the amazing achievements in the great controversy with Satan, the hearts of the ransomed thrill with more fervent devotion, and with more rapturous joy they sweep the harps of gold. FLB 10
Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled. Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed. Then said they unto him, What shall we do, that we might work the works of God? Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent. They said therefore unto him, What sign shewest thou then, that we may see, and believe thee? What dost thou work? Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat. Then Jesus said unto them, Verily, verily I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven. For the bread of God is He which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the bread of life: he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst. John 6:26-35

The people here made reference to the history of ancient Israel and how they were fed by Moses in the wilderness. Jesus, reading their hearts said, "It wasn't Moses that gave you that bread, but the Father that gives you true bread." Jesus Himself was the true bread - He was the One alone who could sustain the life, physically, mentally and spiritually. They were focused on just the outward, physical life. Jesus was trying to get them to see life in a completely different and fresh perspective.

The Jews remembered their history and how God had miraculously sustained them in the middle of a desert. Can you imagine: Being in this large wasteland of nothing but hot sun and sand - it would really take faith to believe that God could take care of you and your family out there, wouldn't it? And what was the bread called at that time?

Yes, manna, which means literally, "what is it?" Isn't that how man often responds to the providences of God? What is it? We don't understand how God can intervene to take care of us, because we so often think that we are taking care of ourselves.

Now what is the best food for the body? Live food because it contains all of the enzymes, vitamins and minerals. The enzymes are necessary to digest the food more efficiently and the vitamins and minerals act like catalysts to help the body with all kinds of different functions.

The Lord's Supper is like that, because we feed on Him, who is the living Bread. His spiritual food is very much necessary for all of the functions of the mind, body and soul. For example: how can man live without hope, joy or peace? These are some of the things He imparts to us through the gift of Himself in His sacrifice upon the cross of Calvary.

At the close of World War II, there were many little children who were left without parents, guardians or anyone to care for them. Many of them were very near to death from starvation when the Allies came with food, clothing and shelter for them. So these little children were put into orphanages where they were cared for and given food. But the nurses and guardians noticed that they children were not thriving as they should. They were clean, clothed and eating plenty, but so many of them were crying themselves to sleep every night.

So the nurses asked the children, "Why are you crying so much, don't you think that we love you and will look after you?" And
one little child said, "Oh yes, it is good to have all of these things for today, but I am not sure about tomorrow. How do I know that you will still give me enough to eat tomorrow?"

So the nurses consulted with the other guardians and devised a plan. Every night, when the children were put to bed, they got to hold a piece of bread in their hand to let them know that they would have enough for tomorrow and then they stopped crying themselves to sleep.

Moses at one time told the people, "Look and live." And as we see Jesus hanging upon the cross for our sins, what can we do but become a part of that sacrifice by taking Him into our own minds, hearts and spirits to become one with Him? Isn't that also what the Last Supper was all about? He gave His life so that we may become one with Him. And through the power of the Holy Spirit dwelling right with us today we can become one with Him Who is the Way, the Truth and the Life.

The disciples were looking for their Master to be exalted over their enemies, put to flight the opposition and take the throne of Israel. What they didn't know was that He would do all of that through hanging on a cross. Now of course, He didn't come to do that in merely a physical way - He came to do exactly this in a spiritual way. He who was the bread from heaven came to feed His people and care for them beyond just the physical needs. But that would take faith to believe, wouldn't it?

Our own wills have to be swallowed up in His will and not stubbornly held on to or we are part of Satan's kingdom and not truly our own. In Christ alone do we find ourselves free: to serve God, others or even to have the best of all gifts - peace of mind. Isaiah 32:15 Peace sought in the pathways of selfishness is only temporary. But Christ's peace lasts forever.

The symbols of Christ in the bread and wine are very appropriate, don't you think? What do you have to do to wheat to make the flour in order to make the bread? Mill it, grind it to pieces and apparently destroy those little grains of wheat, but then it simply reappears to make something much finer and more useful - a loaf of bread. The same thing with the little grapes. And it's only when they are together and united that these little grains of wheat and grapes become something worthwhile and impressive.

It is only when our own individuality is merged with Christ that we can truly be free. If we selfishly insist on our own way, when God has shown us that we must give up that way, then we could be said to have selfish individuality. If there is any remnant of individual conceit left, it always says, "I can't." Personality never says, "I can't," but simply absorbs and absorbs the love of God. Personality always wants more and more of the person and work of Christ. It is the way we are built. We are designed with a great capacity for God; and sin and our selfish individuality are the things that keep us from getting at God. God delivers us from sin; we have to deliver ourselves from individuality, i.e., to present our natural life to God and sacrifice it until it is transformed into a spiritual life by obedience.

God does not pay any attention to our natural individuality in the development of our spiritual life. His order runs right across the development of our spiritual life. His order runs right across the natural life, and we have to see that we aid and abet God, not stand against Him and say - "I can't do that." God will not discipline us, we must discipline ourselves. God will not bring every thought and imagination into captivity; we have to do it. Do not say - "O Lord, I suffer from wandering thoughts." Don't suffer from wandering thoughts. Stop listening to the tyranny of your individuality and get freed into personality.

"If the Son shall make you free...."Do not substitute 'Saviour' for 'Son.' The Saviour sets us free from sin; this is the freedom of being set free by the Son. It is what Paul means in Gal. 2:20
when he said, "I am crucified with Christ, nevertheless I live," his natural individuality had been broken and his personality united with his Lord, not merged but united. "Ye shall be free indeed," free in essence, free from the inside. We will insist on spiritual energy and direction instead of waiting to be energized by others.

"... Jesus gave sanction to the authority of His organized church and placed Saul in connection with His appointed agencies on earth. Christ had now a church as His representative on earth, and to it belonged the work of directing the repentant sinner in the way of life.

"Many have an idea that they are responsible to Christ alone for their light and experience, independent of His recognized followers on earth. Jesus is the friend of sinners, and His heart is touched with their woe. He has all power, both in heaven and on earth; but He respects the means that He has ordained for the enlightenment and salvation of men; He directs sinners to the church, which He has made a channel of light to the world." AA 122

The Lord's Supper as a ceremony only is becoming a means of uniting all of the Christian world in outward things, because all of the fallen churches are taking the Lord's Supper together with one another. But when the inward service to the truth is lacking, this going through the motions in a ceremony together, would mean nothing. Our ministers in different places have had pressure put on us to unite with other denominations though the Lord's Supper service being practiced together with ministers from other churches. The reason why we practice closed communion is because we believe the Lord's Supper to be a very holy thing and not to be taken lightly. Only those who rightly discern the Lord's body, (His church) can partake of the symbols of His shed blood and broken body. And what does belonging to the church mean? Being separate from the world and all of the worldly denominations that are so rapidly uniting behind the Pope and the United States to form one world church and one world government.

Remember: Jesus was the bread from heaven. How did He symbolize Himself in the Old Testament? The Manna that fell from heaven which fed God's people in the wilderness. Are we in a wilderness today? Yes, very much so - a spiritual wilderness. And what did the people have to do every day except the Sabbath with the manna? Pick it up and store it up. That is exactly what we have to do with Jesus, the Word of God, isn't it? Pick Him up in study and store Him up in our minds, hearts and wills. Now many people only have a Sabbath-kind of religion. You know what I'm saying? It's like they put it up on a shelf after Sabbath and then only take it down when the Sabbath is getting close again. Exactly the opposite of the Manna, do you notice? The Sea of Galilee is a fresh body of water - it has an inlet, and an outlet, but the Dead Sea is stagnant and dead because it only has an inlet and no outlet.

So if we study, fast and pray with no one to receive this benefit and blessing but ourselves - what happens to us? It's like trying to eat without exercise.

If we will eat the true Bread from heaven, we will have peace, hope and joy. We may not have outward peace or merely material happiness, which is just temporary, but we will have inner direction, love and hope. May the Lord ever more feed us with this bread is my prayer.

Amen

Jerry Eaton
THE TRUE WITNESS TESTIFIES OF THE TRUE CHURCH

WHO IS THE ANGEL OF REVELATION 18?

We all acknowledge that JESUS is the head of His visible church. As we live at a time of unprecedented confusion of church organizations who claim to be God's visible church; does it do us well if we really enter the arena of contestants with that claim? How does the head of the church teach us to think?

"If I bear witness of myself, my witness is not true. There is another that beareth witness of me; and I know that the witness which he witnesseth of me is true." John 5:31, 32.

We have one who is "The True Witness" of his church; He speaks in Revelation two and three, in fact throughout the book of Revelation. In chapter 14 verse 12 He testifies of His true church. "Here is the patience of the saints, here are they that keep the commandments of God, and the faith of Jesus." The Spirit of Prophecy - named the Testimony of Jesus, declares that the banner His army holds aloft is that very statement. Therefore, for us to be His visible church, all that we need to do is to understand and uplift that standard before the world with the power of the Holy Spirit.

Then the Lord can rightfully declare about us: "There are three-score queens, and fourscore concubines, and virgins without number. My dove, my undefiled is but one; she is the only one of her mother, she is the choice one of her that bare her. The daughters saw her, and blessed her; yea, the queens and the concubines, and they praised her. Who is she that looketh forth as the morning, fair as the moon, clear as the sun, and terrible as an army with banners?" Song of Solomon 6:8-10.

We can all look back through church history and recognize the visible church in 1844, namely - the SDA church. Then through 1888 the movement of the Revelation 18 angel and the manifestation of this movement in the separation of 1914. Then followed the most perplexing experience leading to the split of the brethren of this movement in 1951. Both companies claim to be the Revelation 18 angel, declaring their roots to be firmly established in the 1888 message presented by E.J. Waggoner and A.T. Jones together with Sister White.

At this point I wish to introduce myself to the reader. Having been raised in the Seventh-day Adventist church, I came across the detail of the 1888 message at the age of fifteen years. With burning heart I absorbed the writings of the sermons of Waggoner and Jones presented from 1893 to 1895 General Conferences and their other books on Christ and His Righteousness. Over the years I came to understand the practical application of the message and quickly found myself in conflict of belief with the general ministry and membership of the SDA church. By age twenty-one, I was convinced that the SDA church was no longer God's church in that she had rejected Jesus in the 1888 message, especially in their unbelief that Jesus had come and taken sinful flesh in His task to save humanity.

Believing that God does have a visible church, I began my search for that church which believed the 1888 message together with all original doctrines of Seventh-day Adventism. After several years my encounter with the SDA Reform Movement led to one year of in-depth research of its doctrines. With great joy I discovered a church that represented to me all I was looking for and believing this to be God's
church, I joined with my wife. Within three years, I was called into full-time service and continued as Field leader of three fields in Australasia for a period of approximately eighteen years.

During this period of service I proclaimed the message of original Adventism in the framework of the Lord our Righteousness, with heavy accent on the atonement or the incarnation of Jesus. The Lord gave me success, and the fields within which I laboured prospered in both spiritual quality and increase in numbers. I truly did experience the meaning of SBC, p. 1137. "The sacrifice of Christ as an atonement for sin is the great truth around which all other truths cluster. In order to be rightly understood and appreciated, every truth in the Word of God, from Genesis to Revelation, must be studied in the light which streams from the cross of Calvary, and in connection with the wondrous, central truth of the Saviour's atonement."

In the early years of ministry, all seemed well, but very slowly I found myself in a groundswell of bewildering contradicting suggestions from the ministering brethren. Slowly it became evident that there was something wrong; I seemed to be preaching out of harmony with my ministering brethren on the nature of Christ. It was required of me to write my convictions in a document which found its way in scrutiny right to the 1987 General Conference in session. From this session came the answering declaration: "While He, Christ, took our fallen nature we believe in harmony with what is written that there is in Him no evil propensity of sin, but that He was tempted from without, not from within, in all points as we are, yet without sin."

I was in difficulty, but still believing it to be God's church I persevered for another thirteen years.

During these later years I had many encounters between brethren from the International Missionary Society and my ministering brethren over souls with whom I was labouring. In these encounters the distressing details of the 1951 split were heavily dwelt upon, which caused me excruciating distress. How can brethren, who were meant to be proclaiming the Lord our Righteousness, be embroiled in claims and counter-claims of being God's church through focus on personality conflicts of 1951 and different character assassinations? Within myself, I felt both parties were at fault, and could not identify the IMS as any different to the Nicolici Reform.

These perplexities only served as catalysts in me to proclaim more decidedly the Faith once delivered to the saints. Consequently my ministering brethren became increasingly disturbed and sought to divert my influence until the 18th General Conference Session held in 1999. There some delegates pressed the subject to the end that a resolution be launched to forever silence such as I on the proclamation of the true incarnation of Christ. The resolution read in part as follows:

"Christ partook of our sinful nature (ST July 30, 1902, MM 180) and was thus encompassed with infirmities, weakness and liabilities (2T 202, 508,509; DA 49; 1SM 131, 132, 4BC 1146:4), but He had no evil propensities or evil tendencies in His human nature. Evil tendencies or evil propensities are evil leanings, inclinations and bias. These reside in our minds not in our physical flesh (AH 127,128). Christ had none of these in His mind or flesh (human nature.) The work of conversion and sanctification is the process which God uses to remove these evil propensities from our nature." What total ignorance of the facts. Read AH 127, 18 and see how badly this has been used - in fact, it declares the opposite to their assertion. And besides the process of conversion and sanctification to deal with sin in our flesh was achieved in the flesh of Jesus - Romans 8:4.

With a broken heart, I finally surrendered to the long term temptation, whether the
Nicolici Reform was truly not God's church but rather harboured the spirit of Anti-Christ according to 1 John 4:1-3. "Beloved, believe not every spirit, but try the spirits whether they are of God; because many false prophets are gone out into the world. Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God: And every spirit that confesseth not that Jesus Christ is come in the flesh is not of God; and this is that spirit of antichrist, whereof ye have heard that it should come; and even now already is it in the world."

The term "the flesh" comes from the Greek "Sarxs" meaning sinful flesh and relates to 1 Peter 2:24 which speaks of Jesus "Who his own self bare our sins in his own body on the tree."

After several weeks of despair in that I was destitute of a church organization to belong to, together with a number of believers who looked to me to lead out as Under Shepherd of the little flock in Perth, Western Australia; I sensed One draw near to me with the impression, - "You know that there is another church with its roots in the 1888 message; why not call them and enquire regarding their position on the flesh of Jesus Christ?"

Thus followed many conversations by phone and a visit from Brother Jerry Eaton. I was comforted to learn that the IMS held to the truth of Christ's sinful flesh. By this dialogue with the IMS a clear representation of the difference between the Nicolici Reform and the IMS Reform unfolded before me and I came to the conclusion that can resolve the fifty years of claims and counterclaims between the two companies over the 1951 split. Let me conclude this article with this consideration.

The fruitless soul destroying claims and counterclaims that either company is God's acknowledged church on the basis of the actions, mistakes, accusations and mismanagements and apparently wrong spirit of either party or individuals during the 1951 split is forever over. In meeting the question as to whether there are two reforms, or which one of the two is the true God acknowledged church organization, we no longer refer to the long-winded perplexing circumstantial evidences of 1951.

We have a message, "The commandments of God and the faith of Jesus." Those that do not know need to be illuminated by the subject of the "faith of Jesus" as Waggoner and Jones presented it in 1888. That included the truth of the sinful flesh, which by His faith He came to conquer. As we so uplift Jesus before the people, that is "The new and living way, which he hath consecrated for us, through the veil, that is to say, His flesh." Heb 10:20; the attention of the enquirers will be so fixed upon Jesus that they will recognize Him among us. By this we will have nothing to lose.

If they still attack us on our assessment of the Nicolici Reform, we can simply show them the Nicolici GC resolution of 1999. The facts will speak for themselves and we are free from the guilt of enlarging the faults and the speaking evil of any man, let alone our former brethren.

Let me say how I rejoice to be a member of the church that is earnestly contending for the faith once delivered to the saints. Let us join ranks pressing together in the unity of the faith that will at length present the church triumphant, perfected without spot or wrinkle or any such thing. AMEN

John Thiel, Australia.

Baptism of Brother Roy Tucker
Perth, Australia
Between Egypt and Palestine, where the two branches of the Red Sea fork, is found the mountainous Sinai Peninsula. This land was sacred for both the Egyptians and the Semites. From times immemorial, the Egyptian Pharaohs dug mines there, from which they extracted copper and turquoise. Also, they built a temple dedicated to the goddess Hathor — the goddess of turquoise who the Egyptians worshipped by the raising of a statue with the head of a cow.

Mount Sinai became famous in history through Moses. Here, he received the Ten Commandments written by the Hand of God and so it is not a surprise that in modern times this has often been the target of numerous scientific expeditions. Thus, in 1905, an English expedition led by Flinders Petrie traveled to Mount Sinai. His destination was the tableland at Serabit-el-Halim, where the ruins of the temple of the goddess Hathor were found, as well as the copper and turquoise mines abandoned by the Egyptians.

Because of the fact that the territory was under Egyptian domination, the English researchers were expecting to find Egyptian antiquities, namely inscriptions with hieroglyphics and objects of Egyptian art. When Flinders Petrie and his team started to search the ruins of the temple and the mines, they found a lot of objects, which were fundamentally different from all Egyptian antiquities that had been discovered up until that time.

Inside the temple they found sculptures with a style more primitive than the Egyptian style and the inscriptions from them were made with signs, which represented an incontestable similarity with Egyptian hieroglyphics, but these signs were fundamentally different.

Also in a gallery of the mine Petrie’s wife discovered, among numerous stones, a fragment of stone which had the same undecipherable signs.

"I am Hashepsowe-mos (in Egyptian language ms means "child" - child of Hatshepsut), administrator of ore and of the holy district, scribe of the enslaved people from Sinai. (It was supposed that here is a soul that is hopeless). You drew me forth from Nile, and I relied on somebody, which was my enemy."

(Translation by Hubert Grimmer, 1937)

In the following years, the scholars established that this is about the oldest alphabetical writing from what had previously been known.

The oldest inscriptions with alphabetical writing known, until the discoveries from Sinai, were found in the area where the Semites lived. They were written on old Phoenician stones dating back to 800 B.C.

The symbols of writing from Sinai are, without a doubt, borrowed from Egyptian writing, according to the opinion of Hubert Grimmer, not from hieroglyphics, but from hieratic. They do not have the same phonetic value. Because of this, deciphering them seemed impossible at the beginning.

But when the idea was suggested to try naming the symbols represented by these signs with Hebraic names and to equate the phonetic value of them to the first letter of the respective Hebraic word, the mystery began to unravel.

Indeed, it seemed that a Semite who knew the Egyptian writing wanted to use this knowledge to write in his mother tongue so that the Egyptians could not decipher what he wrote, even if they knew the basic symbols. Is this the writing of a man who wanted to communicate with his people
without foreigners being able to read his writing? And who is this person? Where must we search? To find an answer to these questions, first the age of inscriptions must be established. The age of these inscriptions was estimated in 1500 BC.

**Queen Hatshepsut (Hashepsowe) and her kingdom in history**

Hatshepsut was the first female Pharaoh of Egypt, who reigned in 1503-1483 B.C. and until 1458 she reigned together with Thutmose III who reigned in name only. She makes part of the 18th dynasty.

She was the daughter of Thutmose I and Queen Ahmose and later the wife and half-sister of Thutmose II. Because of his advanced sickness, Thutmose II, in the time of an official service at the temple in Thebes (dedicated to the god Amon), proclaimed a young boy of his as Pharaoh - Thutmose III (probably in 1503 B.C.). After the death of Thutmose II, his widow and half-sister, the daughter of Thutmose I, namely Hatshepsut, took control of the country as regent, letting Thutmose III be Pharaoh in name only.

Because of Thutmose II’s poor health and lack of leadership skills, Hatshepsut assumed much of the power during his reign. Hatshepsut considered Tuthmose III to be a bastard son and believed him to be unworthy of being Pharaoh because he had no royal blood in him. Since Thutmose II and Hatshepsut hadn’t had any sons, Thutmose III would be the heir to the throne.

She had herself crowned as Pharaoh, and reigned in her own right until 1483 B.C., when she proclaimed herself Queen and Pharaoh, upholding the fact that her father would proclaim her as Queen. Her nominal co-ruler was Thutmose III, who ruled alone after her death.

Of course the appearance of a woman in the front of a military state, who led in an active mode the war of conquest, was an unusual event.

Her favorite person was the architect Senmut, the son of parents without any high social position. He created, as a memorial of the Queen, the marvel of Egyptian architecture, which was the temple from Thebes, built in terrace (near present-day Deir-el-Bahri). This dignitary who was, among other things, the priest of the god Amon, concentrated in his hands the administration of the personal household of Pharaoh and the household of the god Amon. Under the reign of Hatshepsut, the high priest of this god was also the supreme dignitary. Like no one else from her predecessors and successors, Hatshepsut derived her power from the god Amon. Except for the temple for her remembrance, the Queen dedicated to the god Amon the commanding buildings, built in the official temple, among which contained colossal obelisks from monolith blocks, up to 30 meters in height. She restored also other temples, which remained in ruins from the time of the Hyksos domination.
Also in the time of her reign, Egyptian commerce blossomed. She is the first Pharaoh of Egypt, who, besides having commerce relations with regions from Mesopotamia, also established commerce relations with regions from the south of Egypt, Nubia and Punt. At one time an extremely large military-trading expedition was made to the Land of Punt, near present-day Somalia. In the remembrance of this expedition the semi-grotto temple from Thebes, Deir el-Bahri, near Luxor in the Valley of the Kings was built. On the walls of this temple are painted the memories from this expedition to Punt and a big fleet of ships equipped to transport the wealth from this region.

The queen's artists immortalized the homecoming in murals on the walls of the temple, which depict the goods brought from the region of Punt: many valuable woods, ivory, gold, silver, frankincense, eye salves, monkeys, dogs, aborigines and their children etc. Nothing was brought that was similar to anything that a former Pharaoh in Northern Egypt had possessed. Almost all of this treasure was given to the god Amon from Thebes.

This powerful and admirable woman, Hatshepsut, mysteriously disappeared in approximately the 21st year of the reign of Thutmose III, 1458 B.C., when he regained his title as Pharaoh. Her mummy has never been found, and her name, images and also the names of her closest relatives were forever lost as they were obliterated by Thutmose III.

**Rising up of Moses**

"... administrator of ore and of a holy district, scribe of the enslaved people from Sinai" reminds us of the image of Hebrew slave workers, who wept and called out to God, and the image of a man who, though he had an Egyptian name, Hatshepsut-mos, and he was the administrator of ore and scribe of an enslaved people, was still Hebrew. Otherwise he would not be forever fixed in the writings and language of the Hebrew people.

In 1555 B.C. the Hyksos (Semitic conquerors from Syria-Palestine, who took up residence in the eastern Nile Delta and eventually ruled northern Egypt for some 108 years - 1663 to 1555 B.C.), were driven out of Egypt by Ahmose I.

Under their domination another Semite tribe was emigrating, Israelites or Hebrews, and they settled in the Goshen region (Genesis 47:27). After that the Egyptians destroyed the Hyksos power (Hyksos period) and they began to oppress the Hebrew people (Exodus 1:11,14).
"The king and his counselors had hoped to subdue the Israelites with hard labor, and thus decrease their numbers and crush out their independent spirit. Failing to accomplish their purpose, they proceeded to more cruel measures." (E. G. White, *Patriarchs and Prophets* p.242)

And what's more, the Pharaoh ordered that all the newborn male children be killed (Exodus 1:22).

"While this decree was in full force, a son was born to Amram and Jochebed, devout Israelites of the tribe of Levi. The babe was "a goodly child;" and the parents, believing that the time of Israel's release was drawing near, and that God would rise up a deliverer for his people, determined that their little one should not be sacrificed. Faith in God strengthened their hearts, 'and they were not afraid of the king's commandment.' Heb. 11:23." (Patriarchs and Prophets, p. 242,243)

The only child who survived was Moses. He was "drawn forth... from Nile" by the daughter of Pharaoh, Hatshepsut (Hashepsowe) in 1520 B.C., the period in which Thutmose I reigned. (Exodus 2:5-6)

He was raised by his mother until he was twelve years old and then "he was taken to the royal palace, to the daughter of Pharaoh, and he became her son."

"At the court of Pharaoh, Moses received the highest civil and military training. The monarch had determined to make his adopted grandson his successor on the throne, and the youth was educated for his high station. "And Moses was learned in all the wisdom of the Egyptians, and was mighty in words and in deeds." (Acts 7:22). His ability as a military leader made him a favorite with the armies of Egypt, and he was generally regarded as a remarkable character. Satan had been defeated in his purpose. The very decree condemning the Hebrew children to death had been overruled by God for the training and education of the future leader of his people...

"By the laws of Egypt, all who occupied the throne of the Pharaohs must become members of the priestly caste; and Moses, as the heir apparent, was to be initiated into the mysteries of the national religion. This duty was committed to the priests." (Patriarchs and Prophets p.245)

In that period the cult of Amon was very popular. In Middle Egypt, when Thebes became the political center of Egypt, the local god, Amon became the official supreme god of Egypt. This cult of Amon assimilated a lot of local cults, especially of the sun, together with the most popular cult from Egypt, the cult to the god Ra. The hymns composed to honor the new god Amon-Ra, represented him as a supreme god of the beginnings, who created the whole universe. The Pharaoh was considered the strongest and the biggest among kings, and the god, Amon-Ra was declared the biggest among all kings. This is shown by his titles: "The Master of all gods," "The king of all gods," "The Strongest among gods". One of his charges was to care for the education of all youth that would become Pharaoh. They were taught at the temple about everything from culture and art to military and leadership techniques. It is most probable that Moses received education from Amon-Ra and this was the reason why the Lord had Moses remain in the desert for forty years. He needed to be liberated from the idolatrous influence, which had left a deep impression upon his developing mind.

"But while he was an ardent and untiring student, he could not be induced to participate in the worship of the gods. He was threatened with the loss of the crown, and warned that he would be disowned by the princess should he persist in his adherence to the Hebrew faith. But he was unshaken in his determination to render homage to none save the one God, the Maker of heaven and earth. He reasoned with priests and worshipers, showing the folly of their superstitious veneration of senseless objects. None could refute his arguments or change his purpose, yet for the time his firmness was tolerated, on account of his high position, and the favor with which he was regarded by both the king and the people." (Patriarchs and Prophets p.245)

"By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompence of the reward." (Heb. 11:24-26) Moses was fitted to take pre-eminence
among the great of the earth, to shine in the courts of its most glorious kingdom, and to sway the scepter of its power. His intellectual greatness distinguishes him above the great men of all ages. As historian, poet, philosopher, general of armies, and legislator, he stands without a peer. Yet with the world before him, he had the moral strength to refuse the flattering prospects of wealth and greatness and fame, "choosing rather to suffer affliction with the people of God, than to enjoy the pleasure of sin for a season."

"Moses remained at court until he was forty years of age. His thoughts often turned upon the abject condition of his people, and he visited his brethren in their servitude, and encouraged them with the assurance that God would work for their deliverance." (Patriarchs and Prophets p.245,246)

**The Liberation of the Hebrew people from the powerful Egyptians in the time of Thutmose III**

After spending forty years in the desert, far away from his people, the moment came for Moses to return to Egypt to liberate his people from the powerful Egyptians. The Lord revealed to him that all his enemies had died - Hatshepsut "and I relied on somebody, which was my enemy".

"Moses was forewarned that Pharaoh would resist the appeal to let Israel go. Yet the courage of God's servant must not fail; for the Lord would make this the occasion to manifest his power before the Egyptians and before his people. 'And I will stretch out my hand, and smite Egypt with all my wonders which I will do in the midst thereof; and after that he will let you go'." (Patriarchs and Prophets p.252).

In history, Thutmose III appears as a brilliant general, an administrator, a statesman and a warrior. Amon was the person who educated him in the palace of Karnak.

He regained the political losses of his predecessors and also undertook campaigns of conquest in Palestine, Syria and Nubia. In the time of his reign he conducted seventeen wars in Syria and never lost a battle and this is the reason why he is called in history "The Napoleon of Egypt". He was a very ambitious man. In his time the Lord liberated His people. After 430 years from the promise given to Abraham and after 215 years in Egypt, finally the Hebrew people were free. (Exodus 12:41)

The date of the death of Thutmose III in 1450 B.C. corresponds with the Biblical date for the Exodus. According to Scripture, the Pharaoh during the time of the Exodus perished in the Rea Sea, near the Pi-hahiroth (Exodus 14:5-9, 18, 28; 15:4-7).

"That day completed the history revealed to Abraham in prophetic vision centuries before: 'Thy seed shall be a stranger in a land that is not theirs, and shall serve them; and they shall afflict them four hundred years; and also that nation, whom they shall serve, will I judge; and after ward shall they come out with great substance' (Genesis 15:13-14). The four hundred years had been fulfilled." (P.P. p. 281,282).

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**Bibliography:**
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"For we have not an High Priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin."

Hebrews 4:15

Many have an idea that the temptations of Jesus were different than our temptations. This gives them an excuse to sin because they think that their temptations are greater than those of Jesus.

The 1951 Movement made a statement in their General Conference session in 1999. "While He (Christ) took our fallen nature, we believe in harmony with what is written that there is in Him no evil propensity to sin, but was tempted from without, not from within."

Seventh-Day Adventists write in the book Movement of Destiny pg. 497 "Took sinless nature of Adam before fall."

Sister White writes the following: "Like every child of Adam, He accepted the results of the working of the great law of heredity." D.A. p.49

"He was not only made flesh, but He was made in the likeness of sinful flesh." Letter 106, 1896

"He took upon Himself fallen suffering human nature, degraded and defiled by sin." Y.I. 12/20/1900

"Though He had all the strength of passion of humanity, never did He yield to do one single act which was not pure and elevating and ennobling." In Heavenly Places p. 155

"He took our nature upon Him that He might become acquainted with our trials and sorrows, and knowing all our experiences, He stands as Mediator and Intercessor before the Father." S.T. 11/24/1887

"Before Christ could become perfect Mediator, He must take man's nature upon Himself, and be subject to all the human weaknesses and temptations to which fallen man had become heir." R.H. 9/24/1889

"He has clothed His divinity with humanity, that He might bear all the infirmities and endure all the temptations of humanity." Bible Echo 1/15/1900

"Man can never know that strength of the temptations to which the Son of God was subjected. All the temptations that seem so afflicting to man in his daily life, so difficult to resist and overcome, were brought to bear upon Him in as much greater degree as He is superior in His excellence of character to fallen man." S.T. Aug. 4, 1887

Jesus was truly tempted in all points as we are. He was tempted by the sinful flesh which He took upon Himself. Yet He did not yield to these temptations. As He overcame the temptations from within and without, we also can overcome with the help of God and be victorious and live a sinless life. AMEN

Timo Martin

"Our happiness comes not from what is around us, but from what is within us; not from what we have, but from what we are.

YP 23 January 1902"
HAS "SOON" LOST ITS MEANING?

Has the "blessed hope" become naive? Can we go on forever excusing the delay? If our ancestors hadn't built the soon coming of Jesus into our very denominational name, we wouldn't be embarrassed by this century and a half of delay.

As far back as 1850, Ellen White wrote that "time... is nearly finished, and that time can pass but a very little longer." "Time is almost finished." EW 58, 64. Again, in 1904, she said, "the Lord is coming very soon." Ev. 624.

Ever since, we have been nurtured on constant assurances the "the end is near", "Christ is coming soon".

Adventist college students are perplexed, we have mixed thoughts and feelings from hearing predictions that the second coming might happen in the next 10 years or that it might not happen in our lifetime at all. We are a generation of non-conviction when it comes to Jesus' second coming. "I can't imagine it happening in my lifetime." Adventist Review, Jan. 2, 1992.

If such comments had been published in the Review a century ago, they would have evoked a storm of protest from readers. To them such non-conviction would destroy the church like termites burrowing from within.

Nor can we today get off the hook by comfortably redefining "Adventism" as a nebulous belief in some "far-off divine event".

Webster's New World Dictionary tells the world that Adventism means, the belief that Christ's second coming to earth and the last judgment will soon occur.

As the decades roll by, it is only natural that thoughtful Adventists (Reformers) should explore ways to apologize for the long-extended great disappointment. There is a logic of realism that forces itself among the youth today. They know that parents, grandparents, and even great-grandparents fully expected that "soon" meant soon, and that Christ would return in their lifetime. They saw all the sings that said so. In fact, the signs they saw made it seem nearer to them than it does to us now. Is there a solid basis for a genuine "Adventist" belief today that can make sense of this long delay?

Can today's youth genuinely recapture the blessed hope of our youthful pioneers? Or was it naive?

The Soon Coming of Christ

There are several grand truths about Christ's second coming that we need to consider.

1. His character has not changed from what it was 2000 years ago. "This same Jesus... will so come in like manner as you saw Him go into heaven." Acts 1:11. But Paul says that in flaming fire He will take vengeance on his enemies. 2 Thess. 1:8. Will He be a bloodthirsty tyrant with a celestial machine gun to mow down His enemies in hateful revenge? If God is love (1John 4:8), no. Christ must still be love when He returns. James and John wanted to call down that same fire... from heaven to wipe out the unbelieving Samaritans, but Jesus said, no. The Son of Man did not come to destroy men's lives but to save them. Luke 9:54, 56.

2. Why the apparent change at the second coming? The reason is that God's personal presence has to be a consuming fire (Heb. 12:29). Have you ever put a dish with a plastic spoon in a microwave oven? No problem. But if you leave in a metal spoon, the microwaves attack it and the sparks fly. The personal presence of God is not destruction to His people who have eschewed sin, but it has to be destruction for sin itself. Those who have made a final choice to cling to it are like the spoon in the microwave—the personal presence of agape has to destroy them because they have clung to sin like a vine to a tree until both are one. They simply cannot endure to look into the face of Christ.

The lost "tormented"... in the presence of the... Lamb. Rev. 14:10, does not mean that Christ
enjoys the spectacle like the medieval inquisitors at an auto-da-fe. The Greek word is enopion, literally "before the eye of. Their torture is entirely self-inflicted, because in their unrepentant state, they cannot endure to look into the eyes of the One they have crucified. The point: doesn't it make sense to get rid of the sin now?

But someone may say, "Yes, I'd like to, but it is too deep within me, I don't see how I can ever overcome it." That problem is the reason why Jesus Christ is now serving as great High Priest in His final work in the heavenly sanctuary. Heb. 2:17, 18; 4:14-16; 7:25. Heaven's total resources are ours for overcoming sin in this final day of atonement. Sin can be removed from the heart, from the character, no matter how deeply it is engrained within us. A mere forgiveness that excuses or pardons sin but leaves it intact is not good enough. When the Lord truly forgives a sin, He takes it away (that is the meaning of the Greek word). The essence of Adventism insists that there is a difference between the personal forgiveness of sin and the final corporate blotting out of sin, and the good news is that He will blot it out if we let Him do so.

3. Therefore the only reason why the second coming has been delayed is because God's people are not ready to face His personal presence. Sin still in the heart would result in their destruction. The Lord loves them too much to subject them to such a test unless they are ready. Thus as Peter says, Christ delays, "not willing that any should perish". 2 Pet. 3:9.

4. Jesus Christ is a disappointed Bridegroom. Rightly understood, the entire Bible becomes a love story, with the climax near the end of Revelation 19. a wedding takes place because at last the bride "has made herself ready;" v. 7. Christ has long desired that day to come, because His love for His church is likened to that of a bridegroom for His bride. Eph. 5:22, 23.

He placed the Song of Solomon in the Bible for a purpose—to arouse our hearts to sense the full meaning of His love for His church. The second coming will be to take His bride to Himself.

5. The Father, therefore has not predetermined the time for Christ's second coming. In his infinite foreknowledge, He knows the time, but for Him to know is not the same as to predetermine. For example, He knows who eventually will be saved and who will be lost, but He does not predetermine salvation or damnation for any one. And Jesus expressly says He Himself does not know the time of His coming. Mark 13:32.

The timing of the second coming is different than for the first. To confuse the two is to repeat the mistake of the ancient Jews who assumed that the prophecies of the two advents were the same. Daniel indeed foretold exactly when Christ should first appear as the Messiah, and "like the stars in the vast circuit of their appointed path, God's purposes know no haste and no delay. Dan. 9:24-27, DA 32.

But the love of God requires that the timing for the second coming is different; it must be dependent on a people getting ready.

Jesus explains this in His parable of the farmer who plants seed. When the crop is ripe, "immediately he puts in the sickle, because the harvest has come." Mark 4:29.

An angel finally tells Christ when the time has come, "thrust in Your sickle and reap, for the time has come for Thee to reap." Why? Because the time-clock of heaven has triggered its predetermined alarm? No. "For the harvest of the earth is ripe." Rev. 14:14, 15.

God's people are not like ants on a log floating down the river, with no involvement in where they are going or when they "sit with Christ on His throne", sharing with Him the administration of the denouement of world history. He has left in "their care" the ministry of reconciliation, because in the time of the end, they share His throne with Him. Rev. 3:21; 2 Cor. 5:18, 19. They are intimately involved in His final work in the Most Holy Place (apartment).

More than this, "the ministry of reconciliation" assigned to them has a deep influence on world events, if they will faithfully proclaim the sealing message of Revelation 7:1-4.
He promises to say "hold" to the four angels, holding the four winds of the earth, that the wind should not blow. EW 38. It must follow that it was not necessary that World War I and II should wreak their havoc and agony. But our failure for many decades to proclaim the sealing message made it impossible for the "four angels" to "hold" the winds.

6. The second coming of Christ becomes a rescue mission. Led by the two-horned "beast" of Rev. 13, the people of the world will demonstrate a final rebellion against the Lamb by trying to rid the earth of His people. (Rev. 13:11-17; 14:9-10).

This will be a planned re-crucifixion of Christ, this time in the person of His saints. "The wrath of the Lamb" is a natural outcome. What bridegroom in his right mind would stand idly by while thugs seek to kill his bride?

7. In fact, the second coming of Christ is as soon as we truly want it to be. That doesn't mean that a few individual's selfish desire to "go home to glory" will bring it. The heavenly Bridegroom will marry no child-bride. She must grow up "to the measure of the stature of the fullness of Christ", into maturity. Eph. 4:13.

Such maturity is intelligently, empathetically, entering into identifying with, Christ's yearnings, as a bride enters into her husband's. This is Bible perfection.

But we have a Bridegroom whose "disappointment... (at the delay) is beyond description." Review & Herald, Dec. 15, 1904. And a bride-to-be who so far seems content to remain a child at the wedding.

No individual or group of individuals can be the "bride" in this wedding. As the soon-to-be population of the Holy City, the New Jerusalem, "the church is the bride" says Ellen White. SDA Bible Commentary, vol. 7, p. 986.

The church is a corporate body intricately fashioned cohesively of its many members as the cells and organs of one's body constitute a person. No one cell of the human body, or even organ or limb matures on its own, apart from its corporate oneness with the body as a whole. "So also is Christ," says Paul, "for the body is not one member but many. 1 Cor. 12:12, 14.

An individual preparation for the second coming is proper, but there has to be also a corporate preparation.

An Enlightened People

The 1888 message is forever linked with the doctrine of the second coming. It is impossible otherwise to understand the delay.

Said Ellen White over a century ago: "The great outpouring of the Spirit of God, which lightens the whole earth with His glory, will not come until we have an enlightened people." Review & Herald, July 21, 1896.

It was in the 1888 message that our Lord sent the "enlightenment" and appealed to His bride-to-be to "grow up". This message was divinely intended to assuage forever the pain of our great disappointment of 1844. The message was specifically sent of heaven to prepare a people for the second coming. 1844 was our great disappointment, but 1888 was His.

But, praise God, there is good news. Christ's grand sacrifice on His cross and His high priestly ministry will not in the end prove fruitless, because "an enlightened people" will surely understand how and why they have delayed His return, and will respond to His appeal for repentance.

It is not vanity to talk about the second coming and not give heed to the message that was intended to prepare us for it.

AMEN

Alin Sirbu Emanuel,
Finland

A sense of our weakness and unworthiness should lead us with humility of heart to plead the atoning sacrifice of Christ. As we rely upon His merits we shall find rest and peace and joy.

ST 200
WHAT DOES THE SPIRIT SAY ABOUT TITHES AND OFFERINGS

"The most difficult sermon to preach and the hardest to practice is self-denial." CS 29

"It has ever proved that nine tenths are worth more to them than ten tenths." 3T 546

"Let each regularly examine his income, which is all a blessing from God and set apart the tithe as a separate fund, to be sacredly the Lord's. This fund should not in any case be devoted to any other use; it is to be devoted solely to support the ministry of the gospel. After the tithe is set apart, let gifts and offerings be apportioned as God hath prospered you." R & H 9.05.1893

"God says, 'Honor the Lord with thy substance, and with the first fruits of all thine increase.' This doesn't teach that we are to spend our means on ourselves and bring to the Lord the remnant, even though it should be otherwise an honest tithe. Let God's portion be first set apart." CS 81

"Many persons will meet all inferior demands and dues, and leave to God only the last gleaning, if there be any. If not His cause must wait till a more convenient season." CS 81

"Very recently I have had direct light from the Lord upon this question, that many Seventh-day Adventists were robbing God in tithes and offerings, and it was plainly revealed to me that Malachi has stated the case as it really is. Then how dare any man even think in his heart that a suggestion to withhold tithes and offerings is from the Lord?" TM 60

"To defraud God is the greatest crime of which man can be guilty; and yet this sin is deep and widespread." RH Oct. 13, 1896

"Hasten, my brethren and sisters, to bring to God a faithful tithe and to bring Him also a willing thank offering. There are many who will not be blessed till they make restitution of the tithe which they have withheld. Let those who have kept back their tithe make an accurate reckoning and bring to the Lord that of which they have robbed His work." RH Dec. 10, 1901

Those who are selfishly neglectful in paying their tithes and bringing their gifts and offerings to the treasury, God sees." CS 88

"Many who profess to be Christians provide abundantly for themselves, supplying all their imaginary wants while they give no heed to the wants of the Lord's cause. They have thought it gain to rob God by retaining all, or a selfish proportion of His gifts as their own. But they met with loss instead of gain... The more we give, the more we shall receive." RH Dec. 8, 1896

"Some have been dissatisfied and have said, 'I will no longer pay my tithe, for I have no confidence in the way things are managed at the heart of the work.' But will you rob God, because you think the management of the work is not right? Make your complaint, plainly and openly, in the right spirit, to the proper ones. Send in your petitions for things to be adjusted and set in order, but do not withdraw from the work of God and prove unfaithful, because others are not doing right." 9T 249 (CS 93)

"The tithe is set apart for a special use. It is not to be regarded as poor fund." CS 103

Submitted by: Ivo Ionov
"Hold up my going in Thy paths, that my footsteps slip not" Psalms

"Enter not into the path of the wicked, and go not in the way of evil man. Avoid it, pass not by it, turn from it and pass away." Pr. 4:14, 15

The most magnificent gift, which God has put in us and at the same time the most risky one is free will.

Behold, I set before you the way of life and the way of death.” Jer. 21:8

God teaches us which is the best way of life. But He leaves us free to choose on our own.

See, I have set before thee this day "life and good and death and evil... I call heaven and earth to record against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both thou and thy seed may live." Deut. 30:15, 19

God plainly says that there is blessing in following His counsels and curse in following our way of thinking and understanding life.

God has promised peace and security in the way of righteousness, because He is with us.

But which is the way of righteousness? I ask this question, because in the world today, there are hundreds of views on this matter.

For some money is righteousness, for other weapons, deceit, lies and so on. People today call evil–good and good–evil. Social virtues are changing with every generation. But God and His standard never.

"Sinful man can find hope and righteousness in God only. No human being is righteous if he doesn't have faith in God and he is not in vital connection with Him." TM

It is interesting why God says that we should avoid the way of evil man, and we should not even pass by it. Aren't we strong enough to resist evil?

When we put ourselves on the way of the evil one, knowingly that with this we will not glorify God, God leaves us. Angels draw back and we are left alone to resist evil influences. Then we are lost.

"The angels had cautioned Eve to beware of separating herself from her husband while occupied in their daily labor in the garden; with him she would be in less danger from temptation than if she were alone. But absorbed in her pleasing task, she unconsciously wandered from his side. On perceiving that she was alone, she felt an apprehension of danger, but dismissed her fears, deciding that she had sufficient wisdom and strength to discern evil and to withstand it. Unmindful of the angels' caution, she soon found herself gazing, with mingled curiosity and admiration, upon the forbidden tree. The fruit was very beautiful and she questioned with herself why God had withheld it from them. Now was the tempter's opportunity. As if he were able to discern the working of her mind, he addressed her; 'Yea, hath God said, Ye shall not eat of every tree of the garden?' Eve was surprised and startled, as she thus seemed to hear the echo of her thoughts. But the serpent continued, in a musical voice, with subtle praise of her surprising loveliness, and his words were not displeasing.

Instead of fleeing from the spot, she lingered wonderingly to hear a serpent speak." PP
"Watch and pray that ye enter not into temptation: the spirit indeed is willing but the flesh is weak." Mt. 26:41

What was the reason for Samson's fall?

"And Samson went down to Timnath and saw a woman in Timnath of the daughters of the Philistines. And he came up and told his father and his mother and said, I have seen a woman in Timnath of the daughter's of the Philistines: now therefore get her for me to wife. And his father and his mother said unto him, is there never a woman among the daughter's of the brethren or among all my people, that thou goest to take a wife of the uncircumcised Philistines? And Samson said unto his father, Get her for me, for she pleaseth me well." Judges 14:1-3

How many young people do the same mistake today? In their desire not to be alone they run unto marriage with someone who has the opposite ideals and purposes of life. Thinking that they are the one who should find the proper spouse, they run before God and in doing so they make the biggest mistake in their lives.

"Had Samson obeyed the divine commands as faithfully as his parents had done, his would have been a nobler and happier destiny." PP

"Can a man take fire in his bosom and his clothes not be burned? Can one go upon hot coals and his feet not be burned?" Pr. 6:27, 28.

"And it cause to pass afterward, that he loved a woman in the valley of Sorek whose name was Delilah... The Philistines took him and put out his eyes and brought him down to Gaza and bound him with fetters of brass, and he did grind in the prison house." Judges 16:4, 21

Those who are heavily tested while doing their duty can be sure that God will keep them, but if a man willingly places himself in temptation, he will fall early or later.

It was not by his desire that Joseph became a captive, a slave. He was unjustly treated by his brothers. Even that he was a young man he decided to remain faithful to God and he was blessed. Joseph was a man with principles in his life.

"(In Egypt) He was here exposed to temptations of no ordinary character. He was in the midst of idolatry. The worship of false gods was surrounded by all the pomp of royalty, supported by the wealth and culture of the most highly civilized nation then in existence. Yet Joseph preserved his simplicity and his fidelity to God. The sounds and sights of vice were all about him, but he was as one who saw and heard not. His thoughts were not permitted to linger upon forbidden subjects. The desire to gain the favor of the Egyptians could not cause him to conceal his principles. Had he attempted to do this he would have been overcome by temptation..." PP

"Only take heed to thyself and keep thy soul diligently..." Deut. 4:9.

Thinking of the example of Jesus' life we can never see Him placing Himself in temptation. Jesus was brought by the spirit into the wilderness.

"...and was led by the Spirit into the wilderness." LK 4:1

God tells us today to be aware of where we place our steps. If we love Him and we would like to do His holy will, we will listen to Him. He knows better why He says, "Enter not into the path of the wicked...avoid it, pass not by it, turn from it and pass away."

Let's not question His word, but simply believe that this is for our benefit. AMEN

Ivo lonov
The true Christian Will Be Cheerful. - Do not allow the perplexities and worries of everyday life to fret your mind and cloud your brow. If you do, you will always have something to vex and annoy. Life is what we make it, and we shall find what we look for. If we look for sadness and trouble, if we are in a frame of mind to magnify little difficulties, we shall find plenty of them to engross our thoughts and our conversation. But if we look on the bright side of things, we shall find enough to make us cheerful and happy. If we give smiles, they will be returned to us; if we speak pleasant, cheerful words, they will be spoken to us again.

When Christians appear as gloomy and depressed as they thought themselves friendless, they give a wrong impression of religion. In some cases the idea has been entertained that cheerfulness is inconsistent with the dignity of the Christian character, but this is a mistake. Heaven is all joy; and if we gather to our souls the joys of heaven and, as far as possible, express them in our words and deportment, we shall be more pleasing to our heavenly Father than if we were gloomy and sad.

It is the duty of everyone to cultivate cheerfulness instead of brooding over sorrow and troubles. Many not only make themselves wretched in this way, but they sacrifice health and happiness to a morbid imagination. There are things in their surroundings that are not agreeable, and their countenances wear a continual frown that, more plainly than words, express discontent. These depressing emotions are a great injury to them healthwise; for by hindering the process of digestion, they interfere with nutrition. While grief and anxiety cannot remedy a single evil, they can do great harm; but cheerfulness and hope, while they brighten the pathway of others, "are life unto those that find them, and health to all their flesh."

Mrs. White Was Cheerful in Adversity. - (In 1867 Elder James White, who was in a critical condition following a paralytic stroke, was a patient at "Our Home," in Dansville, New York. The doctor in charge of the institution regarded religion as a depressing influence and encouraged his patients to participate in various amusements for the purpose of making them cheerful. Mrs. White was solicited by one of the attendants to make a subscription for a dance and invited to bury her sorrows by attending. The words following indicate the nature of her reply to the suggestion.)

Do you ever see me gloomy, desponding, complaining? I have a faith which forbids this. It is a misconception of the true ideal of Christian character and Christian service that leads to these conclusions. It is the want of genuine religion that produces gloom, despondency, and sadness. Earnest Christians seek to imitate Jesus, for to be Christians is to be Christlike. It will be really essential to have correct conceptions of Christ's life, Christ's habits, that His principles may be reproduced in us who would be Christlike.

A half service, loving the world, loving self, loving frivolous amusements, makes a timid, cowardly servant; he follows Christ a great way off. A hearty, willing service to Jesus produces a sunny religion. Those who follow Christ the most closely have not been gloomy. In Christ is light and peace and joy forevermore. We need more Christ and less worldliness, more Christ and less selfishness.

Walk as Children of Light. - It is not the will of God that we should be gloomy or impatient, nor that we should be light and trifling. It is Satan's studied plan to push persons from one extreme to the other. As children of the light, God would have us cultivate a cheerful, happy spirit, that we may show for the praises of Him who hath called us out of darkness into His marvellous light."

Winning the Affection of Children. - Smile, parents; smile, teachers. If your heart is sad, let not your face reveal the fact. Let the sunshine from a loving, grateful heart light up the countenance. Unbend from your iron dignity, adapt yourselves to the children's needs, and make them love you. You must win their affection, if you would impress religious truth upon their heart.

Keep a Pleasant Countenance and Melodious Voice. – Parents, be cheerful, not common and cheap, but be thankful and obedient and submissive to your heavenly Father. You are not at liberty to act out your feelings if things should arise that irritate. Winning love is to be like deep waters, ever flowing forth in the management of your children. They are the lambs of the flock of God. Bring your little ones to
Christ. If parents would educate their children to be pleasant, they should never speak in a scolding manner to them. Educate yourself to carry a pleasant countenance, and bring all the sweetness and melody possible into your voice. The angels of God are ever near your little ones, and your harsh loud tones of fretfulness are not pleasant to their ears.

The mother should cultivate a cheerful, contented, happy disposition. Every effort in this direction will be abundantly repaid in both the physical well-being and the moral character of her children. A cheerful spirit will promote the happiness of her family and in a very great degree improve her own health.

Lift the Shadows and Lighten the Task. - Look upon matters in a cheerful light, seeking to lift the shadows that, if cherished, will envelop the soul. Cultivate sympathy for others. Let cheerfulness, kindness, and love pervade the home. This will increase a love for religious exercises, and duties large and small will be performed with a light heart.

Cheerfulness Without Levity is Christian Grace. - We may have true Christian dignity and at the same time be cheerful and pleasant in our deportment. Cheerfulness without levity is one of the Christian graces. *Adventist Home*, p. 430-433.

In Hospitals. - In Sanitariums and hospitals, where nurses are constantly associated with large numbers of sick people, it requires a decided effort to be always pleasant and cheerful and show thoughtful consideration in every word and act. In these institutions it is of the utmost importance that the nurses strive to do their work wisely and well. They need ever to remember that in the discharge of their daily duties they are serving the Lord Christ.

A Ready Mind. - The sick need to have wise words spoken to them. Nurses should study the Bible daily, that they may be able to speak words that will enlighten and help the suffering. Angels of God are in the rooms where these suffering ones are being ministered to, and the atmosphere surrounding the soul of the one giving treatment should be pure and fragrant. Physicians and nurses are to cherish the principles of Christ. In their lives His virtues are to be seen. Then, by what they do and say, they will draw the sick to the Saviour.

Nurses, and all who have to do with the sickroom, should be cheerful, calm and self-possessed. All hurry, excitement, or confusion should be avoided. Doors should be opened and shut with care and the whole household be kept quiet. *Ministry of Healing*, p. 219-223.

Sunshine Christians. - There are some who are ever at their post of duty, come sunshine or come storm. There is also a class of sunshine Christians. When everything goes well and is agreeable to their feelings, they are fervent and zealous; but when there are clouds and disagreeable things to meet, these have nothing to say or do. *Testimonies for the Church*, Vol. 4, p. 300.

Connection Between Mind and Body. - Thy sympathy which exists between the mind and the body is very great. When one is affected, the other responds. The condition of the mind has much to do with the health of the physical system. If the mind is free and happy, under a consciousness of right doing and a sense of satisfaction in causing happiness to others, it will create a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body. The blessing of God is a healer, and those who are abundant in benefiting others will realize that wondrous blessing in their hearts and lives. *Testimonies for the Church*, Volume 1, p. 702,704.

A Contented mind, a cheerful spirit, is health to the body and strength to the soul. Nothing is so fruitful a cause of disease as depression, gloominess, and sadness.

Unless you cultivate a cheerful, happy, grateful frame of mind, Satan will eventually lead you captive at his will. *Testimonies for the Church*, Volume 6, p. 365, 366.

Cheerfulness in Trials. - The bright and cheerful side of our religion will be represented by all who are daily consecrated to God. We should not dishonour God by the mournful relation of trials that appear grievous. All trials that are received as educators will produce joy. The whole religious life will be uplifting, elevating, ennobling, fragrant with good words and works." *Testimonies for the Church*, Volume 2, p. 529,530.

Cheerfulness in Work. - Those who are always busy, and go cheerfully about the performance of their daily tasks, are the most happy and healthy. The rest and composure of night brings to their wearied frames unbroken slumber. The Lord knew what was for man's happiness when He gave him work to do. The sentence that man must toil for his bread, and the promise of future happiness and glory, came from the same throne. Both are blessings. *Testimonies for the Church*, Volume 2, p. 529,530.

It finally arrived! The weekend we had been waiting for. Br. Jerry Eaton had arrived on request and everything was in readiness. Why? Following a crisis we, a little company of believers, found ourselves discarded from the church we loved and after much investigation and prayer we felt it was of the Lord to make a stand and join the International Missionary Society.

Some of us were convicted of our need for re-baptism and others felt the Lord's call to accept the right hand of fellowship with God's last day church.

On Friday 9th March 2001 we made our way east of Perth to the Tuckers property at Toodyay, Western Australia. There we settled in tents and caravans on the rocky highlands overlooking scenic views of the surrounding countryside. As the golden ball melted into the western horizon we gathered in the "upper room" (the top floor of Tucker's partly built home) to open the Sabbath. The room was delightfully decorated with a freshly painted backdrop of the new earth prayerfully painted by Sister Rose. Sister Brenda artistically arranged the beautiful flowers of white with a touch of red to symbolise Christ's righteousness and his spilt blood.

The sound of the whistling wind coming over the hill reminded us of the rushing of the mighty wind as it came upon the disciples at Pentecost.

The theme of the camp was "Sing a New Song Unto the Lord." Brother Eaton opened the Sabbath with a exposition on heaven's music within our hearts and voices being blended together both before and after with praise to His Holy Name.

After a turbulent, windy night the day dawned into a crystal blue sky complimented with a cool breeze. Br. Lance Tucker led us in song with his deep bass voice and Br. John Thiel took us through a wonderful lesson of Christ's Righteousness in Man, highlighting the quote found in ISM 341. "Through the union of the divine with the human nature, Christ could enlighten the understanding and infuse His life giving properties through the soul dead in trespasses and sin."

The sermon began at 11.30 with Br. Eaton speaking on Ps 98:1-4: "O sing unto the LORD a new song; for he hath done marvellous things; his right hand, and his holy arm, hath gotten him the victory. The LORD hath made known his salvation: his righteousness hath he openly showed in the sight of the heathen. He hath remembered his mercy and his truth toward the house of Israel: all the ends of the earth have seen the salvation of our God. Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise."

An abundance of delicious food was laid out for our combined lunch and the cool breeze made for a lovely relaxing time of general fellowship.

The object of our afternoon meeting taken by Br. Jerry was to discuss and sharpen our minds on topics such as Baptism, Marriage, Communion and Last day events.

With our hearts already full we came to the closing of the Sabbath hours and after a study on conversion by Br. John our hearts were well and truly overflowing with praise and gratitude to our God for giving us a deepening experience in Him.

Sunday, March 11th began crisp and chilly but soon warming to a very pleasant temperature for baptism. Families coming for the day arrived nice and early. Br. Lance led out with praise in song and at 10 o'clock we all moved down to the waters edge for the baptism.
Br. Roy, who was the first to be baptised surprised us all at the very last moment when he realised he could not give his testimony unless he was re-baptised, and so the number being baptised turned to 4.

Br. John had often expressed his regret in not being re-baptised and now his time had come - we were all so happy for him.

The Baptism was conducted from oldest to youngest which was providential because Sr. Chris's son, nephew and friends had gotten lost along the way and to her joy they arrived just as she was walking down into the water. Br. Glen Higgins was last to be re-baptised following the footsteps of his grandfather, Br. Roy Tucker.

Following the baptisms, from 10:30 to 12:30 was the highlight of the entire weekend. Twenty eight people gathered once again in the upper room. Great joy filled our hearts as 3 others accepted the right hand of fellowship and together with the 4 that were baptised gave their testimonies. Many tears of gratitude were shed as each one gave their story of how the Lord intervened in their lives and bought them through to this point - "passages in life" as Jerry had said in the opening Sabbath meeting. And now we were 7 (the perfect number).

After a scrumptious lunch we waved farewell to family and friends and then proceeded back to have our first business meeting to select officers for our new church company. Little did most of us know there was yet another surprise! What happiness filled our hearts as our number turned to 8 when Sr. Dawn decided she could not be left behind and Br. Jerry extended the right hand of fellowship to her. Now we are 8 - a new beginning!

Just like Noah and his family as they stepped out of the ark and offered sacrifice as thanks to God for preserving them and carrying them to a new beginning we also came together in our first communion eating unleavened bread and drinking new wine to commemorate our deliverance from sin and oneness in Him.

A delicious fruit dinner gave us renewed energy to collect our things, bid farewell to each other and head off home. It was truly a weekend never to be forgotten. Now we press on toward the mark for the prize of the high calling of God in Christ Jesus. (Phil 3:14) AMEN.

Sr. Chris Godfrey and Sr. Carol Higgins (Sisters in the faith and cousins, too).

Australia

Jerry, Brenda And Roy
"Dave! Dave! Wake up! It’s late! If you don’t get up now, you will be late for school."

Dave rolled over and groaned. "Oh, mother, didn’t the alarm go off again?" That was the second time this week.

"We’ll have to get it fixed," his mother said. "But don’t worry about that now. I’ll wake Susan and have breakfast ready in ten minutes."

Dave swung himself out of bed and dressed quickly. Then after gulping down his breakfast, he dashed to the bathroom to brush his teeth. But Susan had beat him to it.

"Come on, Susan," he hammered on the door. "You know I am late again. Don’t stand there looking at yourself all day in the mirror."

"Okay, okay. Just a minute!" At last Susan opened the door, hairbrush in hand and her long blonde hair falling over her shoulders. Dave pushed past her and grabbed his toothbrush.

In a few minutes he was ready. If he ran he might just make the bus. He kissed his mother, scooped up his schoolbooks and raced out of the door.

The school bus was already coming down the hill. He kept running. The bus roared past him in a cloud of dust up to the bus stop where a group of students were standing.

Dave had almost reached the bus as the last student climbed aboard. He heard the doors close and his heart sank. But the other children had seen him and the doors opened again.

Dave staggered aboard and the driver glared at him. "That’s the second time this week I’ve had to wait for you," he growled.

Dave was embarrassed, "Sorry," he managed to say. He sank down in the nearest empty seat. Thankfully he had 20 minutes now to catch his breath and gather his thoughts for the day. It was Friday; that meant a math test. Mrs. Harman had said so yesterday. Dave wasn’t ready for it either. He knew he shouldn’t have watched that TV program last night, but it was so good, he couldn’t bear to miss it. Well, maybe he could make up for it with a little lost time now. He still had a few minutes to look through his math book.

His math book! Where was it? Dave went through the books on his knee in disbelief. He was sure he’d brought it home. Then he remembered. He’d taken it upstairs to bed with him, thinking that if he woke early enough he could study before getting up.

Dave stared miserably out of the window. What a day this was going to be.

The math test was awful. Dave knew he’d done poorly and he’d only himself to blame. He shrank down in his seat as the papers were collected, vowing never to neglect studying for a test again.

But the worst wasn’t over yet, for Mrs. Harman had other work for the class to do, and Dave didn’t have his textbook. It was no surprise when Mrs. Harman said he would have to make up the work at home.

By lunchtime, however, Dave was feeling much happier, as he lined up in the cafeteria for his food. "Lasagne for lunch," was the word passed down the line. Things were turning out better, thought Dave. Lasagne was his favourite school lunch.

When his turn came he picked up his tray and moved along the line as the kitchen helpers placed food on it. Wow! He was lucky. He got a large helping. Mmm! It all smelled so good he could hardly wait to eat it. He swung around from the line to go to his seat. Too late, he saw Mrs. Harman striding towards him.

Crash! Food, dishes, and tray went flying. Dave’s plate of delicious lasagne landed upside down on Mrs. Harman’s foot!

Dave froze. The noisy clatter and chatter in the cafeteria stopped, and it seemed to Dave that every eye in the room was on him.

Then the air was filled with comments around him. "Look out clumsy!" "What a mess!" "Boy are you in trouble!" Some of the students behind him in the line giggled.

Dave tried to apologize. He felt his face flush scarlet. Even the fact that Mrs. Harman didn’t blame him entirely - she had been in a hurry, she said -
Didn't make him feel much better. Somehow, between them they cleaned up the mess.

At last Dave sat down with another tray of food, listening to the teasing from his classmates.

"Just because you got in trouble for not having your math book, doesn't mean you have to throw your lunch at her," snickered Bob Jones.

Dave growled, "Shut up" and ate his lunch. But he had lost his appetite. The rest of the afternoon passed uneventfully, and Dave breathed a sigh of relief as the end-of-school bell rang. As soon as he got home, he dumped his books on the kitchen table. Thank goodness it was Friday!

He could hear his sister in the living room. "Mom will be home in an hour," she called. "She's gone to the store."

Dave grunted in reply. He went out into the backyard. The hot wind stirred the thick-leaved maple tree. Dave went over to it and sat down in its shade, propping himself against the firm trunk.

What a day this had been! Why did everything go wrong for him? *Seems like I'm no good at anything, he thought. I'm clumsy, forgetful, and always in trouble. I'm no use to anyone.*

He hunched up his knees and glared into space.

"Hey, Dave!" It was Jordan Smith from across the street, appearing around the corner of his house. His large brown eyes peered out from under a green hat. Jordan was only 8 years old, but Dave talked to him once in awhile because he felt sorry for him. All the other kids on the block were several years older than Jordan, and they never had time for him.

"The chain came off my bike. Could you help me fix it?"

Dave stirred lazily, and replied, "Sure. Bring it over. I'll do it."

"It's here in the driveway. I brought it over already because I knew you'd fix it. I asked Ryan, Carl, and Greg too. But they never do anything for me."

It took Dave only a few minutes to fix the bike. Jordan was overjoyed. "Thanks, Dave! You're the best friend I have!"

"Glad to do it," Dave grinned and pulled the peak of Jordan's hat down over his eyes.

Dave thrust his hands into his pockets and sauntered around into the back yard again. Well, maybe he was good for something after all.

Then he noticed the brown marks on the lawn. It was burning up under the hot dry wind and sun of the last few days. He unwound the hose and set up the sprinkler. It felt good to be doing something useful. He turned the water on and set the timer for thirty minutes. In thirty minutes this stretch of the back lawn would be nicely soaked. Then he'd have to move the sprinkler to another stretch.

Just then Dave heard the family car pull into the driveway.

"Oh Dave!" mom exclaimed as she came into the back yard. "I'm so glad you're home. I have a large sack of salt for the water softener in the trunk, and I can't lift it by myself. Could you help me?"

"Sure, mom," Dave said.

It was a large sack and heavy too, but Dave figured he could manage it.

"It's okay, mom," he said, "You don't have to help." He heaved the heavy sack upright. Then grasping it firmly around the middle he lifted it into the garage.

"Thanks, Dave," mother said with a sigh of relief. "I don't know what I would do without you."

Dave brushed himself off. The praise felt good after such a bad day. Mom had not noticed the sprinklers yet. He knew she'd be pleased about that too. This was turning out to be a better day after all.

Just then mom paused, as she was about to enter the house. She looked back at Dave. "You'll be happy to know I bought a new alarm clock while I was out," she said with a smile.

Dave grinned. Things were definitely improving.

"Take no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

Matthew 6:34.

Lord, when everything goes wrong, help me not to give up. Give me strength to keep going. Thank you for each new day when I can make a new start.
THE INSIGNIA OF THE CROSS

"There is a striking similarity between the Church of Rome and the Jewish Church at the time of Christ's first advent. While the Jews secretly trampled upon every principle of the law of God, they were outwardly rigorous in the observance of its precepts, loading it down with exactions and traditions that made obedience painful and burdensome. As the Jews professed to revere the law, so do Romanists claim to reverence the cross. They exalt the symbol of Christ's sufferings, while in their lives they deny Him whom it represents.

"Papists place crosses everywhere upon their churches, upon their altars, and upon their garments. Everywhere is seen the insignia of the cross. Everywhere it is outwardly honoured and exalted. But the teaching of Christ are buried beneath a mass of senseless traditions, false interpretations, and rigorous exactions." GC 568.

Kathleen Ross

HAIR DYE-CANCER LINK DISCOVERED

Women who routinely dye their hair - and the hair stylists who apply the colour - have an increased risk of bladder cancer, says a study in the current International Journal of Cancer.

Researchers at the University of Southern California said women who use permanent hair dyes once a month for one year or more double their risk for bladder cancer.

After 15 years, the risk is tripled, said the authors of the study, which looked at 1,514 bladder cancer patients.

Hairdressers who applied dyes for at least 10 years had five times the normal risk of developing bladder cancer.

Absorbed

Study authors said semi-permanent and temporary rinses were not implicated and could be considered as an alternative.

They may still contain the same chemicals, called arylamines, that are absorbed through the scalp and skin, but the concentrations are considerably lower in both semi-permanent colours and lighter shades, the study said. The chemicals pass through the bladder and are expelled through urine.

Occupational Risk

Dr. Nhu Le, a statistician/epidemiologist at the B.C. Cancer Agency, said previous studies have found an occupational risk of bladder cancer among hairdressers. But the UCLA study is the first to establish a link between customers and dyes, he said.

TORONTO SUN NEWSPAPER
FEBRUARY 2001
MICROWAVING

While microwaving is generally considered a boon to getting high nutrition from cooked foods, two new British studies indicate it sometimes can be a serious health bust.

Food poisoning due to undercooking is more common than we think, accounting for 50 percent of all cases in Britain.

A study at Leeds University in England points to a surprising culprit: salt.

Studying mashed potatoes with varying concentrations of salt, the researchers discovered that the mineral tends to change the way foods absorb microwave energy. It attracts microwaves so salted areas of foods tend to heat faster.

The danger in this, says Theodore Labuza, Ph.D., professor of food science and technology at the University of Minnesota in Minneapolis-St. Paul, is that the food may be judged hot enough long before troublemaking microorganisms are killed.

This can easily happen with salty microwave dishes found on grocery shelves.

Another concern is the quick warm-up of leftovers.

To minimize the undermicrowaving risk, Labuza advises stirring and rotating foods during cooking and, ideally, checking the temperature with a food thermometer to see that it's heated through.

Salting food after cooking is an obvious help, too. Avoid microwaving eggs, which may harbour salmonella bacteria.

Labuza also advises cooking convenience foods or presalted recipes longer and at a lower power than instructions suggest. Then let them sit out for a few extra minutes, covered but out of the oven, to ensure they are completely cooked.

It's especially necessary to take these precautions if your oven is underpowered. (400 watts or below).

Another good reason for reducing or better eliminating salt from the diet. Eggs are becoming riskier, meat doubly so. The vegetarian diet is the best.

John Theodorou
Athens, Greece
Magnesium is an important catalyst in many enzyme reactions, especially those involved in energy production. It helps in utilization of vitamins B and E, calcium and other minerals. It is needed for healthy muscle tone, healthy bones, and for efficient synthesis of proteins. Magnesium is also essential for heart health. It regulates acid-alkaline balance in the system. It's involved in lecithin productions, is a natural tranquilliser, and prevents building up of cholesterol and consequent atherosclerosis.

Many people don't take enough magnesium to replace what they lose every day. One reason: it's most plentiful in foods like green leafy vegetables, whole grains, beans, and nuts - not exactly staples in most households.

The U.S. National Academy of Sciences (NAS) - in collaboration with Canadian scientists - recommends that women over 30 consume 320 mg of magnesium a day. Yet based on information from the only two provinces to report any, half of all women over 35 in Quebec get less than 235 mg a day and half of all women in Nova Scotia over age 35 get 210 mg or less.

The story's the same with men. The average man would consume 420 mg a day. But half of all men over age 30 in Quebec get less than 315 mg from their food while the figure for Nova Scotia is 285 mg.

What's wrong with losing a little magnesium each day?

Continuous deficiency will cause a loss of calcium and potassium from the body, with consequent deficiencies of those minerals.

"Many of us in magnesium research feel that there are harmful consequences to getting less than the requirement - like diabetes, high blood pressure, osteoporosis, and atherosclerosis," says Robert Rude of the University of Southern California in Los Angeles . . .

"There is mounting evidence that people with a number of diseases have lower blood magnesium levels, as measured by the only method readily available." Here is some of that evidence.

**Diabetes** Magnesium and insulin need each other. Without magnesium, your pancreas won't secrete enough insulin - or the insulin it secretes won't be efficient enough - to control your blood sugar. And without insulin, magnesium doesn't get transported from your blood into your cells, where it does most of its work.

When Jerry Nadler of the Gonda Diabetes Centre in the City of Hope Medical Centre in Duarte, California, and his colleagues placed 16 healthy people on magnesium - deficient diets, their insulin became less effective at getting sugar from their blood into their cells, where it's burned or stored as fuel. In other words, they became less insulin sensitive. And that's a step on the road to diabetes.

Magnesium is not likely to change blood sugar very much because there are so many factors that influence glucose levels. But it may improve insulin sensitivity, and that would improve your long-term prospects of avoiding a heart attack or stroke.

**High Blood Pressure** Magnesium helps signal muscles to contract and relax. And when the muscles that line the major blood vessels contract, your blood pressure rises.

When researchers studied the diets of 40,000 nurses and 30,000 male health professionals, they found lower blood pressures in people who ate more magnesium.

Some smaller studies have found that magnesium lowered blood pressure
modestly. In the latest, from Japan, 360 mg a day for eight weeks lowered blood pressure by an average of 3 points over 1 point in 60 men and women who started with high-normal blood pressures (they averaged 134/81).

**Heart Disease and Stroke.** Since the 1960’s, researchers have known that people who live in areas where the water is "hard" often have lower rates of heart disease and stroke. ("Hard" water contains more calcium, magnesium and other minerals than "soft" water.)

But the amount of magnesium in hard water is typically no more than 3 mg to 20 mg per litre. That's less than ten percent of what people get from a day's food. It's hard to imagine how such a small amount could have such a big effect on preventing heart disease, but there is enough suggestive evidence out there that it needs to be seriously looked at.

**Migraines** Some people who suffer from migraine headaches may be deficient in magnesium. In one of two small studies, 40 migraine patients who took 600 mg of magnesium a day for 12 weeks went from three attacks per month to two.

**Osteoporosis** There are hints out there in human and animal research that magnesium is important for good quality bones.

**How much magnesium are you getting? Is it enough to keep you from running short?**

Unfortunately there isn't a reliable test of magnesium deficiency that is widely available. About all a primary care physician can do is measure the level of magnesium in the blood. But that doesn't tell you if the level of magnesium is adequate within the cells, which is where it is critically important. Magnesium should be obtained from the diet if possible, but if someone can't get enough from food, then taking a supplement is clearly better than nothing.

Multivitamin and mineral supplements seldom contain a day's recommended dose of magnesium, simply because the 300 or 400 mg necessary won't fit into a pill small enough for most people to swallow. So if you want more than a quarter of your day's magnesium from a supplement, you'll probably need to buy it separately.

**Can you get too much Magnesium?** Taking too much magnesium from supplements causes diarrhea, so most people find out quickly when they've exceeded a safe dose. No cases of toxicity from magnesium have ever been reported, says the National Academy of Sciences.

**Food sources of Magnesium:** Here is a list of Magnesium rich foods, beginning with the highest source. Black or navy beans, pinto beans, brown rice, almonds or cashews, garbanzos, spinach, lentils, baked potato with skin, peanuts, whole wheat bread, acorn squash, banana, peas, watermelon, grapefruit, broccoli.
Just One A Day:
POWER FOODS

It makes more sense to get your nutrients from food than pills. So, fit these power foods into your daily diet and start feeling the results!

Apples
An apple a day may keep your cardiologist away! Turn to apples for their pectin, a soluble fiber that reduces cholesterol. But don’t peel them, most of the fiber lies hidden in the skin.

Carrots
Be likes Bugs Bunny and eat a carrot (or more) a day. It’s especially easy to do when you buy washed and peeled baby carrots. They cost a little more but consider those carrots an investment in cancer prevention. Oh, and that’s not all. Carrots are teeming with betas carotene, a powerful antioxidant prevention.

Flax Seeds
Ladies, just sprinkle a day may keep the hormone replacement away! Flax seeds are very high in phytoestrogen lignans. Tests show that just 1-2 teaspoons of flaxseed a day can not only reduce menopausal symptoms but prevents breast cancer, too. Male or female, young or old, everyone can benefit from the valuable fiber in flaxseeds and the heart protecting omega-3 fatty acids.

Brazil Nuts
Just one Brazil nut a day provides 120mg of selenium, more than twice the daily requirement. Selenium is an antioxidant that studies show helps prevent cancer and heart disease.

Cranberry Juice
If you suffer from persistent urinary tract infections, consider a glass or two cranberry juice every day. Studies show it prevents and treats this type of infection.

Oranges
Oranges, like carrots, are cheep, convenient and loaded with vital nutrients. There are 64 calories in a medium orange, but more than a day's requirement of vitamin C and lots of fiber. If you are planning a baby, or already pregnant, oranges and orange juice supply folate, which prevents neural tube birth defects such as spina bifida.

Garlic
A daily garlic dose will make your cooking sing and increase in your odds in the health lottery. Garlic is associated with cancer and heart disease prevention. A natural antibiotic, garlic (especially raw garlic) can help fight the common cold and flu.
Brother Joseph **Sunil** baptized
Three sisters in Sri Lanka
From *left* to *right* **S.Ranjani,**
Edna De **Zilva,** Mabel Fernando

Brothers from four different countries.

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