

Seventh-day Remnant VOICE

January-September 2009

Striving to be among the remnant of her seed

The Pillars of Our Faith

What Happens When We Die?

When a man dies, what becomes of him? Here is the question that has confronted the race of mankind from its beginning. The mystery was unveiled by Jesus Christ over two thousand years ago in the gospels of Matthew and John.

Matthew says: "While he spake these things unto them, behold, there came a certain ruler, and worshiped him, saying, My daughter is even now dead: but come and lay thy hand upon her, and she shall live. And Jesus arose, and followed him, and so did his disciples... And when Jesus came into the ruler's house, and saw the minstrels and the people making a noise, He said unto them, Give place: for the maid is not dead, but sleepeth. And they laughed him to scorn. When the people were put forth, he went in, and took her by the hand, and the maid arose."²¹

In John 11, the same principle is brought forward. "Now a certain man was sick, named Lazarus, of Bethany, the town of Mary and her sister Martha... Therefore his sisters sent unto him, saying, Lord, behold, he whom thou lovest is sick. When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby... These things said he: and after that he saith unto them, Our friend Lazarus sleepeth; but I go, that I may awake him out of sleep. Then said his disciples, Lord, if he sleep, he shall do well. Howbeit Jesus spake of his death: but they thought that he had spoken of taking of rest in sleep. Then said Jesus unto them plainly, Lazarus is dead... Then they took away the stone from the place where the dead was laid. And Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me. And I knew that thou hearest me always: but because of the people which stand by I said it, that they may believe that thou hast sent me. And when he thus had spoken, he cried with a loud voice, Lazarus, come forth. And he that was dead came forth, bound hand and foot with graveclothes: and his face was bound about with a napkin. Jesus saith unto them, Loose him, and let him go."²²

Jesus here in both cases describes death as an unconscious sleep. Sleeping in the grave are all who have died throughout all generations.

Here are other Bible verses in which God tells us what death is, and what happens when we die:

"Thou hidest thy face, they are troubled: thou takest away their breath, they die, and return to their dust."²³

"All go unto one place; all are of the dust, and all turn to dust again."²⁴

"In the sweat of thy face shalt thou eat bread, till

5. Gen 3:19

6. Psalms 146:4

7. Ecc 9:5, 10

8. Psalms 115:17

9. Psalms 6:5

1. Matt 9:18-19, 23-25

10. 1 Thes 4:13-17

11. John 11: 25

2. John 11:1-44

12. 1 Cor 15:12-23

3. Psalms 104:29

13. Rev 2:10

4. Ecc 3:20

thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return."²⁵

"His breath goeth forth, he returneth to his earth; in that very day his thoughts perish."²⁶

"For the living know that they shall die: but the dead know not any thing, neither have they any more a reward; for the memory of them is forgotten... for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest."²⁷

"The dead praise not the LORD, neither any that go down into silence."²⁸

"For in death there is no remembrance of thee: in the grave who shall give thee thanks?"²⁹

So do we have no hope when we die? The apostle Paul tells us that when Jesus comes from heaven the second time He will wake up those who are in the graves just as He did His friend Lazarus:

"But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him. For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord."³⁰

Also God gives us many more gems of hope, hope to those who are His:

"Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live."³¹

"But now is Christ risen from the dead, and become the firstfruits of them that slept. For since by man came death, by man came also the resurrection of the dead. For as in Adam all die, even so in Christ shall all be made alive. But every man in his own order: Christ the firstfruits; afterward they that are Christ's at his coming."³²

"Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life."³³

"And I heard a voice from heaven saying unto me, Write, **Blessed are the dead which die in the Lord**

from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them.”¹⁴

“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.”¹⁵

Let us not be deceived by all the winds of doctrine blowing about us.¹⁶ May we each one be faithful to

14. Rev 14:13

15. Rev 21:4

16. see Eph 4:14

God and His truths so we will not be deceived by any of Satan’s lies, whoever is promoting them. What a wonderful God we serve that gives us the truth about what happens when we die and then gives us such special promises for our encouragement! When Jesus comes and takes us home there will be no more sin, sorrow, or death. What a blessing we have to look forward to!

Gary Cain

Guest Editorial

Shalom in Jesus and hope you are all doing well. For us here we are blessed in the Lord. The Lord is always in control and His program is always the best. My family is doing well and we are also very busy in the Lord’s business of winning souls for the Kingdom. Thank you for your continued support to the work of the Lord in Africa.

Last Sabbath we prayed for the world economy, situation of the United States, we heard that thousands are without jobs and many also have been laid off, this may affect not only our brethren but also the work of the Lord. We prayed that the Lord will intervene speedily and change the situation. Hope you are not in any way affected, has been our sincere prayers. We are fully aware that it is sin that is creating this kind of situation in America and other parts of the world according to Prov. 14:34. Most of their politicians are a disgrace—lying, taking bribes and willing to say and do anything to get elected and reelected. Now in USA they have a president who is a foreigner—a Kenyan citizen. Many say: no big deal. Well it is a big deal—America is supposed to be a nation based on constitutional law—now America is no better than Zimbabwe and Mugabe, a nation ruled by men, not laws. Perhaps it is God’s will and He has sent a foreigner to rule over USA. I do not know. But I do know that America is in serious

trouble. Their enemy is themselves along with the Muslims! I do not believe these stimulus plans from Obama and company will work at all long term. And why bail out the banks and Wall Street for their stupidity and greed? They should have let them fail and others would take their place but what people are not being told is that it is payback time—time for the politicians to now bail out their banker friends for all their massive donations (bribes) to keep banking and Wall street poorly regulated while they ran amok and enrich themselves stealing billions.

What the world really needs now is Jubilee—forgive the debts and reset the clock. Amazingly enough, I am seeing some secular pundits saying just that! Well the good news is—like it or not—this world will get that Jubilee when Messiah returns in years—in years? I am not a prophet and I do not set dates but conditions seem to be getting riper by the day. God wants to bring more people to repentance but they will not listen while times are good—and that is the good thing about the current and worsening financial crisis. I have believed for some time now that the most important role church leaders have is to strengthen the faith of the brethren and prepare them for the approaching distress. The Scriptures seem to indicate that many of us will crack when the going gets very rough. I am more

concerned about that. I know too that the world over people have deserted God and given their hearts to greed, idolatry and immorality.

Here in Benin Republic we organized a prayer rally recently where we asked for God’s forgiveness on our nation and the nations of the world (Dan.9:4-18). Jesus is the only solution to the world problem. We sincerely believe that the gates of Hades can never prevail over the true church and the work of God we all are doing. Man may withhold God’s blessings or try to frustrate His activities, but God will surely intervene because Israel never remained in Egypt neither the Jews in Babylon. So folks don’t be afraid of the challenges (Matt. 6:25-34) or become disappointed on what is going on now with the economy of the world. This is the time to get closer to God and pray for deliverance, forgiveness and repentance. It is a sign that He may come soon. The Lord will surely intervene and make a way where there is no way. He’s God of miracles. (Isa.41:15-20). It is of the Lord’s mercies that we are not consumed.

I wish you the Lord’s richest blessing. Let me hear from you as you are always in our thoughts and prayers.

Shalom, we love you.

Michael Porter

Seventh-day Remnant VOICE

Vol. 4 No 1, January—September 2009.
Published by the Seventh-day Remnant Publishing Association, P.O. Box 1794, Willits, California 95490. Phone 877 SDR-PA44 (877-737-7244)

POSTMASTER: Send address changes to the above address. Return postage paid. **SUBSCRIPTIONS** are by donation only. Send questions about your subscription to the above address.

Editor: Jim Snipes. Printed in USA.

IN THIS ISSUE

The Pillars of Our Faith—What Happens When We Die?	1
Guest Editorial	2
Thoughts for the New Year	3
Children’s Story—The Missing Hairnet	4
The True Church of God—Part 3	5
Health Nugget—Fats	8
Come; For All Things Are Now Ready	9
Recipe—Veggie Pasta Salad	11
Mission Reports	11

BOOK AVAILABLE!

The SDRPA is offering the book “The Last Day Events” (non conference edition) for a suggested donation of \$13.00 US. In this spiral bound book you will find over 200 pages of unpublished letters and manuscripts of E.G. White concerning the last days. **English & Spanish** available!

Thoughts for the New Year

Second Advent Review and Sabbath Herald, January 20, 1885

The year 1884 has passed into eternity, and a new year has dawned upon us. What is the character of the history that has been recorded in heaven, as day by day has glided by with its burden of good or evil? Have not many of you, my brethren and sisters, a spotted record to meet? Have you not failed to improve many of the opportunities which the old year afforded you for forming correct habits and building right characters? Have you made of yourselves all that God designed you should? Do you know more of the truth than you did one year ago? Have you practiced self-control, seeking daily to be sanctified through the truth, that your life might reflect light upon the pathway of others?

God has left each one a work to do for himself. Have you been faithful in this work? Have you studied to conform your character in every particular to the law of God? Have you sought to discover and remedy every defect in yourselves that would have a tendency to lead others from the path of strict rectitude? Has your life been so molded by the word and Spirit of God as to make you a blessing to all with whom you associate?

You are in danger from corruption within and temptation without. There are evil habits and traits of character which are constantly inclining you to selfishness and weakness of principle. During the past year, Satan has been diligent in his efforts to turn you away from beholding yourselves; and many of you have erred in leaving God's own established standard to follow an imperfect one of your own devising. But none need err from the way, for God has given his own beloved Son to be our guide to Paradise. We are to copy his pure, spotless, and holy life; and through his grace we may become partakers of the divine nature, having escaped the corruption that is in the world through lust.¹

Year by year increasing light is shining upon our pathway. The light we had in 1884 is not the light for us this year; if that light has been faithfully improved, we may look for still greater light in the year that is before us. Dear brethren and sisters, the increased light that you receive places you under greater obligation to God. Your Christian growth should be in accordance with the privileges you enjoy. Each day as it passes should find you better prepared to meet new trials and bear new responsibilities. Do you appreciate this fact? Do you realize your duty to others? Consider the influence that every word and act of your life may have upon those around you. A lasting impression may be made, which will react upon yourself in blessing or in cursing. This thought gives an awful solemnity to life, and should drive us to God in humble prayer that he will guide us by his wisdom.

If all could realize this subject as it has been presented to me, many would live much more carefully than they now do. It is easy for professed Christians

to extol Jesus, his perfections and his loveliness, while, under the appearance of great devotion, they are very exacting toward others, exercising over them an iron rule. It is easy for them to talk of the truth, and the importance of keeping the commandments of God, when they have never made a practical application of the principles of truth in their everyday life. They have not made a success of serving God, and so have lost the precious comfort and support which is derived from communion with him.

We belong to Jesus. He has bought us with his precious blood; and we owe him a debt of gratitude which we can never repay, but which we should daily acknowledge by willing, unselfish service. If we realize this as we should, we shall be Christlike. Like him, we shall deny self that we may do others good.

But during the past year, how much time has been devoted to self-serving that ought to have been given to the Lord. How much money has been needlessly expended on trifles to gratify taste and please the eye. How much has been spent for the gratification of appetite, when plain, simple food would have been better and more nourishing, giving greater physical and mental strength.

Some have failed to present to God the tithes and offerings which belong to him. Such should awaken to a sense of their duty. The words of the prophet Malachi apply to them: "Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse; for ye have robbed me, even this whole nation. Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the Lord of hosts. And all nations shall call you blessed, for ye shall be a delightsome land, saith the Lord of hosts."²

Wherever there has been any neglect on your part to give back to the Lord his own, repent with contrition of soul, and make restitution, lest his curse rest upon you. Many are in a cold, backslidden state on account of their robbery of God; and now the Lord calls upon them to redeem the past. "Bring ye all the tithes into the storehouse," he says, "and prove me now herewith." When you have done what you can on your part, withholding nothing that belongs to your Maker, you may ask him to provide means to send the message of truth to the world. The work of God would have been much farther advanced than it now is, had each member of the church suitably expressed his gratitude to God for the priceless gift of eternal life through Christ.

To each of us some work is assigned in the vineyard

1. See 2 Pet 1:4

2. Mal 3:8-12

of the Lord. There is enough for all to do; none need stand idle. Have you been faithful in your appointed task, doing what you could to win others to the truth? How many have been led to the cross of Christ through your individual efforts? Have you by precept and example pointed your fellowmen to the Lamb of God, or have you, by assimilating to the world, directed their thoughts and affections into a wrong channel?

Many of you have made great mistakes the last year; will you repeat these mistakes during the year upon which you have just entered? Human judgment is finite; and men in their blind self-will often trust to their own opinion, and take a course that cuts directly across the path of God's providence, and defeats his ends. You need to examine yourself carefully to see what is the tendency of your course. The Spirit of God is a discerner of the thoughts and intents of the heart, and it will reveal to you your standing and the nature of your work.³

God alone can tell what will transpire during the

year 1885. It may be in our lives and in the history of our cause more eventful than any that has preceded it. We have seen the special workings of the Spirit of God during the campmeeting season and in the recent session of the General Conference; but these evidences that the Lord is at work should not lead us to settle down satisfied and at ease. The light of truth is to go into remote and darkened corners of the earth. Each unfolding of his providence, each token that his hand is in the work to move it forward with power, is designed to arouse us to greater zeal and earnestness, while we look for still more wonderful and glorious triumphs of the truth in the future.

Will each of you who believe present truth earnestly inquire, "Lord, what wilt thou have me to do?"⁴ His Spirit is at work upon minds, preparing them to receive the truth. Let your efforts be fully up with the openings of his providence. Do something, do it now; and let the record of the new year be one that you will not be ashamed to meet.

Mrs. E. G. White.

Children's Story—The Missing Hairnet

Luke 8:17

"Has anyone seen my hairnet?" Asked Mrs. White one evening. "I laid it on the dresser in my bedroom. But when I went out this afternoon I couldn't find it. I looked behind and under the dresser but it isn't there. It couldn't have walked off by itself."

"No, I haven't seen it." Said each of the girls who were living with Mrs. White at the time.

But one of the girls had seen the net. I'll call her Sarah because I don't know her real name. That morning Sarah had gone into Mrs. White's bedroom to dust and had seen the hairnet lying on the dresser. In those days women wore their hair long and when they went out they would roll it up and cover it with a hairnet to keep it from blowing all over in the wind. This one was a very well made silk hairnet and Sarah wanted it very bad.

"Surely it wouldn't be missed if I took it." She thought.

She looked this way and that. There was no one around so she picked up the hairnet and hid it in her closed hand. Then she took it to her own room and put it in her trunk.

Sarah was a very talented girl who had come to Healdsburg to attend the new college that had just opened.

Mrs. White had invited her and several other girls who were attending college to live in her home with her. Mr. White had died and their sons were all grown up and had left home. Mrs. White was a wonderful mother and enjoyed having the young people about her.

Nothing was said about the missing hairnet for a couple of days. Then one evening at worship Mrs. White asked about it again. But still Sarah didn't say anything. She was hoping that the hairnet would be forgotten.

But the next day Mrs. White called Sarah aside. "Sarah," She said, "I have something to tell you."

"The day after my hairnet disappeared I was in your room and a voice told me to open your trunk. I didn't do it at first because I respect other peoples' belongings and don't look through them. But the voice told me again to look in your trunk, when I did I saw my hairnet. I didn't take it back or say anything to you because I wanted you to come to me yourself."

"Yesterday, while I was working on the Great Controversy, I had a vision about the hairnet." Mrs. White continued. "I saw a hand and arm holding the net over the flame of a lamp and burning it up."

Sarah started to cry. "Oh, Mrs. White,

I'm sorry. Yes, I took the hairnet because I wanted it so bad. But when you started asking about it I was afraid you would find out that I took it, so I burned it by holding it over a lamp just like you saw."

"I know it was wrong to steal it and then try to hide what I did. Can you forgive me? I didn't know I could be so bad."

"Yes," said Sister White. "I forgive you and God will too if you ask Him. We have a lot of sinfulness hidden in our hearts that we don't know about till He shows it to us. What you need is to be converted again and give your heart anew to God."

Sarah did as Mrs. White had said to. She gave her heart to God again and she bought a new hairnet to replace the one she had destroyed. This experience changed her life. She had never realized how much she needed to depend on God to keep from temptation. With His help she never stole anything again. She always remembered the hairnet and that God is interested in the little things. Even something so small as a hairnet.

(Adapted from an account by W.C. White)

Virginia Markwell

Suffer the little children to come unto me, and forbid them not:

For of such is the kingdom of God.

THE TRUE CHURCH OF GOD

Part 3

Any denomination or religious group which puts forth the claim that they are the true church of God, and therefore your salvation is jeopardized if you do not remain a part of them, is not with Christ—they have cast Him out of their church and have taken His place among their people. How do we know this is true?

The Bible teaches that it is only “in” and “through” Jesus Christ that:

—we find the truth	John 14:6
—we become part of the New Covenant	2 Cor 3:13-18
—we find redemption	Rom 3:24; Eph 1:7
—we are justified	Acts 13:39
—we become righteous	Jer 23:6, 2 Cor 5:21
—we have peace with God	Rom 5:1; Phil 4:7; Col 1:20
—we have access to the Father	Eph 2:18
—God shows us His kindness	Eph 2:7
—we receive grace	2 Timothy 2:1; Eph 2:7
—we receive the Holy Spirit	Titus 3:6
—we become wise	1 Cor 4:10
—we become alive and live	Rom 6:11; Phil 1:21; 1 John 4:9; John 14:6
—God works in us	Heb 13:21
—we are sanctified	1 Cor 1:2
—we are made perfect	Col 1:28
—we can do all things	Phil 4:13
—we gain the victory	1 Cor 15:57
—we triumph over sin	2 Cor 2:14
—we can remain faithful	Eph 1:1
—we can be preserved in sanctification	Jude 1:1
—we become the children and heirs of God	Gal 4:7
—we can joy and glory in God	Rom 5:11; 15:17
—we receive spiritual blessings	Eph 1:3
—we become rich	2 Cor 8:9
—we can sit in heavenly places	Eph 2:6
—we can escape from the wrath of God	Rom 5:9
—we will be resurrected if we should die	John 11:25
—we find salvation and will be saved	2 Tim 2:10; John 10:9, 3:17
—we find eternal life!	2 Tim 1:1; Rom 6:23; 1 John 5:11-12

Thus **OUR ONLY HOPE IS FOUNDED SOLELY IN AND THROUGH OUR LORD JESUS CHRIST!**¹ Anything and everything which is good in us comes only through Him.²

Scripture unquestionably and conclusively proves why the foundation of God’s true church can only be based upon Jesus Christ—the eternal and solid Rock!³ No denomination, religious group, clergy, priesthood, man or group of men, can offer you any of these above items in truth. The only Being who can indeed offer you all of these above items in truth is Christ Jesus—not Peter, or the Pope, or Buddha, or Krishna, or Mohammed or Maitreya or any other being—only Jesus Christ! Therefore any denomination or religious group which tells you, or leads you to believe, that

salvation is only to be found by joining their religious system and remaining part of it, they are deceived agents of the devil. Their church system is a counterfeit posing as God’s church, and thus it is a snare and a deceptive trap to try and bring you down to hell by robbing you of Jesus as your Saviour! Only in and through Christ can we gain all things and be assured salvation as part of His true church, but outside of Christ, we have, and are, nothing!

God’s true church is not made up of any denomination; what constitutes God’s true church is individual people! So this Biblical understanding of who and what constitutes God’s true church leads us to ask the following vitally important questions: What must we do to individually become part of God’s true church on earth, and how can we remain part of it? And where can we find this church so that we can fellowship with other brothers and sisters?

As we already learned, we become part of Christ’s true church by joining Christ Himself. The only way to become connected to Christ is by recognizing that we have broken God’s law and are sinners worthy of death, and that we need a Saviour.⁴ Then we must accept Christ as our personal Saviour, confess and repent of our sins, and Christ will then cover us with His precious blood, forgiving our confessed sins thereby cleansing and washing us from all unrighteousness⁵. Jesus freely justifies us from all our past sinful life through His precious merits,⁶ clothes us with His own precious robe of righteousness—these blessed garments of salvation⁷—and gives us His grace and strength.⁸ We then can stand before the Father perfect and completely righteous as though we had never sinned at all! We become the sons and daughters of God,⁹ being children of the light and of the day,¹⁰ being a peculiar and holy people¹¹—and thus a part of God’s true tabernacle, temple, church or house!¹²

The Bible refers to this amazing miracle of transformation as being “born again”¹³ and becoming a “new creature”¹⁴. In this justified righteous position, being in a “yoke” together with Christ,¹⁵ we have “put on” Christ,¹⁶ we are “in” Christ,¹⁷ and are “servants to God” and “of Christ” and of “righteousness.”¹⁸ As long as we remain in this justified righteous condition being “in” Christ, and do not choose to separate ourselves from Him, we continue to remain perfect and complete in Him, being doers of His will,¹⁹ and thus our salvation is assured.²⁰ And as long as we remain in Christ, we continue to remain part of His true church.

But if we should choose to separate ourselves away from Christ, then we are no longer “in” Christ, but are outside of Him. And what would cause us to be separated from Christ? If we choose to break God’s law of ten commandments and thereby commit sin!²¹ Sin instantly separates us away from God and Christ.²² By choosing to no longer crucify self,²³ but to

1. 1 Thess 1:3
2. Philem 6

3. see
1 Cor 10:4,
3:11; Ps 62:2,
18:2,
92:15,
2 Sam 22:32

4. 19. Rom 2:13;
James 1:22

5. 18. Rom 6:22;
Eph 6:6;
Rom 6:18-19

6. 20. 1 John 5:11-12
21. 1 John 3:4

7. 22. see Isa 59:1
23. Gal 2:20; Col 3:1-3

choose to give life again to the flesh of the “old man,”²⁴ by choosing to be guided by our “carnal mind,”²⁵ then we no longer stand justified, righteous or perfect before God because we have chosen to sin and are defiled by it again. We are no longer a “new creature.” In this unrighteous condition we are no longer in a “yoke” with Christ, but are now yoked together with the devil; we no longer have “put on” Christ, but now have put on the devil; we no longer are “in” Christ, but are now in the devil, and we are no longer the servants of God, or of Christ, or of righteousness, but are now the servants of Satan, of sin, and of unrighteousness!²⁶ Thus we are no longer part of the true church of God, and we have no more assurance of salvation, because we are no longer connected with Christ!

As you can clearly see, this is a very straight and narrow road outlined above, but it is nevertheless Bible truth.²⁷ We remain part of God’s true church only by remaining connected to Christ. We remain connected to Christ by not choosing to commit sin. All those who choose to commit iniquity and sin have no connection with Christ.²⁸ Just one sin committed takes us out of Christ, out of the assurance of salvation, and out of being part of God’s true church!

At this startling realization, some may protest that once we accept Christ as our personal Saviour, we are justified forever, we are saved at that moment, and so it doesn’t matter what good or evil actions we may do after that point because we will remain Christ’s servants forever! But is this really what the Bible teaches?

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?”²⁹

“Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin.”³⁰

“...of whom a man is overcome, of the same is he brought in bondage.”³¹

So after we have accepted Christ, if we should choose to commit sin, we no longer have any part in Christ, because we have become the servants of Satan. You can only serve one master at a time, not two. You are either serving Christ, or you are serving Satan!

“No man can serve two masters...”³²

“Whosoever transgresseth, and abideth not in the doctrine of Christ, hath not God. He that abideth in the doctrine of Christ, he hath both the Father and the Son.”³³

As the above is true, there is no Biblical truth to the belief that once you have accepted Christ as your Saviour, then you are justified in Him forever from past, present and future sins! Justification is only for those sins which you have already committed in the past.³⁴ Thus justification cannot be applied to any sins not yet committed. So if you sin, your past justification cannot cover it! You are thereby in a lost condition, and need to repent of these new sins and be justified again by Christ. Thus no one has a blank check to cover their continued sinning.

There is also no Biblical truth whatsoever to the be-

24. Rom 6:6

25. Rom 8:6-7

35. see 1 Thess 5:8;
Titus 1:2, 3:7; Col 1:27;
Rom 8:24

36. see 1 Peter 1:9;
Matt 10:22; James 1:12

37. see 1 Cor 9:24-27

26. Rom 6:12-13, 19-21

38. see Rev 3:11

39. see 2 Tim 4:7-8

27. see Matt 7:13-14

40. Rom 2:7

41. Rom 11:22

28. see Luke 13:24-28

42. 2 Cor 5:21; John 14:30

43. see 2 Cor 6:14-15

29. Rom 6:16

30. John 8:34

44. Gal 3:16

31. 2 Peter 2:19

45. 1 John 3:6-10

46. Phil 4:13, 2:12-13;
Mark 9:23, 10:27

47. James 4:7-8;
Rom 6:11-22

32. Matt 6:24

33. 2 John 9

48. Matt 7:17-20

34. see Rom 3:24-25

49. see Rev 2:9, 3:9;
Rom 9:6

lief that once you have accepted Christ as your personal Saviour then you are saved at that very moment. When we accept Christ as our Saviour we have just begun to walk in a saving relationship with Him. We then have the hope of salvation, but not salvation itself at that time.³⁵ The gift of salvation, the incorruptible crown of eternal life, is only given to you at the end of the trial of your faith if you have endured, not at the beginning of your faith without having endured!³⁶ Salvation is only given to those who finish the gospel race, not to those who have just began to run.³⁷ Salvation is only given to those who hold fast to the true faith, not to those who have just begun in the faith.³⁸ And salvation is only given to those who have fought a good fight, who have finished their course, and who have kept the faith.³⁹ Since we are not yet saved, it behooves us all that we should, by patient continuance in doing God’s will, “seek for glory and honor and immortality, eternal life”⁴⁰, and if some should not continue, then they “shalt be cut off.”⁴¹ Thus no one can continue to sin and yet believe that they are saved.

There is also no Biblical truth to the belief that once you accept Christ then you remain His servants forever. You are either the servant of Christ, doing His righteous will and not committing sin, or you are the servant of Satan, doing his unrighteous will by committing sin. In Christ there is no sin!⁴² In Christ there is no union with the devil, or with unrighteousness, or with darkness and error.⁴³

“Whosoever abideth in him (Christ) sinneth not: whosoever sinneth hath not seen him, neither known him. Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous. He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil. Whosoever is born of God doth not commit sin; for his seed (Christ⁴⁴) remaineth in him and he cannot sin, because he is born of God. In this the children of God are manifest, and the children of the devil: whosoever doeth not righteousness is not of God...”⁴⁵

But if, through the strength and grace of Christ⁴⁶ you resist sin and do not yield to it,⁴⁷ you show yourself to be in union with, and hid in Christ, and thus a child of God and part of His true church! Thus it is by your words and actions, or by your fruits, that you are known to be of God or of Satan.

“...every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. Wherefore by their fruits ye shall know them.”⁴⁸

Many individuals, as well as denominations, loudly proclaim that they are part of the true church of God, while their fruits plainly reveal them to be liars and followers of the devil.⁴⁹ So this brings up another question: Can God’s true church really be made up of only perfect and righteous people who live without committing sin? As hard as it may be to believe this, the Biblical answer is: Yes!

The Bible refers to God's true church as being made up of only those who are saints,⁵⁰ those who are sanctified,⁵¹ those who are established in the faith and truth,⁵² those who are subject unto, or who submit self to Christ,⁵³ those who are joined to Christ,⁵⁴ and finally those who are in Christ.⁵⁵ Thus God's true church will be a glorious church, not having spot or wrinkle or any such thing!⁵⁶

Those who are saints do not sin. Those who are sanctified do not sin. Those who are established in the faith and the truth; who are subject unto, or submit self to Christ; who are joined to Christ, and who are in Christ—these do not commit sin! So if you choose to sin you plainly show to others that you are not part of God's true church!

God's true church is only made up of those who are living a perfect righteous life without choosing to sin, and this is made possible only in and through Christ. That is why God's true church on earth can be one with the church of the firstborn in heaven, because both groups are made up of perfect sinless beings and thus belong to the same true church of God.⁵⁷ That is also why God's people are identified by their character, and not by their profession or name.⁵⁸ "No denominational name has any virtue to bring us into favor with God,"⁵⁹ no matter how exalted it may be, because God is concerned with our character. If our character is an image of His Son, then we are God's children and part of His true church. But if our character is an image of the devil, then we are children of disobedience and part of Satan's synagogue of Babylon—regardless of what name we identify ourselves with.

"Not by its name, but by its fruit, is the value of a tree determined. If the fruit is worthless, the name cannot save the tree from destruction. John (the Baptist) declared to the Jews that their standing before God was to be decided by their character and life. Profession was worthless. If their life and character were not in harmony with God's law, they were not His people."⁶⁰

"From the beginning, faithful souls have constituted the church on earth."⁶¹

"There is no other church than the assembly of those who have the word of God, and who are purified by it."⁶²

"Those who keep God's commandments, those who live not by bread alone, but by every word that proceedeth out of the mouth of God, compose the church of the living God."⁶³

"God has a church. It is not the great cathedral, neither is it the national establishment, neither is it the various denominations; it is the people who love God and keep His commandments. 'Where two or three are gathered together in my name, there am I in the midst of them.'⁶⁴ Where Christ is even among the humble few, this is Christ's church, for the presence of the High and Holy One who inhabiteth eternity can alone constitute a church."⁶⁵

But for those of you who find themselves in sin and thus without the assurance of salvation, you do not have to remain in this hopeless condition! Jesus is your High Priest, Mediator and Redeemer who is

50. 1 Cor 14:33; Rev 14:12

51. 1 Cor 1:2; Jude 1

52. Acts 16:5; 1 Tim 3:15

53. Eph 5:24

54. Eph 5:31-32

55. Gal 1:22; 1 Thess 1:1

56. Eph 5:27

66. Rev 3:20

57. see Heb 12:22-23

58. Rev 12:17 **67.** NL, p 99

68. Rom 2:11; Col 3:25;
James 2:9; 1 Peter 1:17

59. RH, Feb 10, 1891

69. Matt 23:37-38;
Rom 11:12-22

60. DA, p 107

61. AA, p 11

70. Ezek 33:12-14, 16

62. 4SP, p 237

63. 7BC, p 949

64. Matt. 18:20

65. UL, p 315

71. UL, p 131

ministering in the Most Holy Place of the Heavenly Sanctuary. And He is beckoning you to flee to Him so that you can find complete forgiveness! He will not turn away any who honestly come to Him for pardon, but will mercifully cleanse, justify, and make you perfectly righteous so that you can indeed be part of God's true church and have the assurance of salvation if you remain faithful to Him to the end!

But friends, as there are only two powers today—either God or Satan, so there are only two kinds of churches today—either God's true church or Satan's synagogue of Babylon. There is no neutral position, no third church, no fence that you can ride on and still find salvation. Laodicea is a mixture of good and evil—which makes it in union with the devil. Christ therefore stands outside of the Laodicean church, and knocks at the door of the heart for entrance—not the heart of the denomination, but the door of the heart of individuals!

"Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me."⁶⁶

"The church is in the Laodicean state. The presence of Christ is not in her midst."⁶⁷

God is no respecter of persons⁶⁸, and neither is He a respecter of church denominations or religious groups⁶⁹. If any choose to sin, all their past righteous living cannot continue to allow them to remain a part of God's true church with the continued assurance of salvation!

"Therefore, thou son of man, say unto the children of thy people, The righteousness of the righteous shall not deliver him in the day of his transgression "...neither shall the righteous be able to live for his righteousness in the day that he sinneth. When I shall say to the righteous, that he shall surely live; if he trust to his own righteousness, and commit iniquity, all his righteousness shall not be remembered; but for his iniquity that he hath committed, he shall die for it. Again, when I say unto the wicked, Thou shalt surely die; if he turn from his sin, and do that which is lawful and right... None of his sins that he hath committed shall be mentioned unto him: he hath done that which is lawful and right; he shall surely live."⁷⁰

"The Lord Jesus will always have a chosen people to serve Him. When the Jewish people rejected Christ, the Prince of life, He took from them the kingdom of God and gave it unto the Gentiles. God will continue to work on this principle with every branch of His work. When a church proves unfaithful to the work of the Lord, whatever their position may be, however high and sacred their calling, the Lord can no longer work with them. Others are then chosen to bear important responsibilities. But, if these in turn do not purify their lives from every wrong action, if they do not establish pure and holy principles in all their borders, then the Lord will grievously afflict and humble them and, unless they repent, will remove them from their place and make them a reproach."⁷¹

Thus our fruits plainly reveal today which church we belong to. Examine your hearts and see whether you are standing with Christ and hid safely in him, or

are standing in peril of your life under Satan's dark banner. Which church do you want to be a part of in these end times? It is indeed time to choose!

"...How long halt ye between two opinions? If the

Lord be God follow him: but if Baal, then follow him."⁷²

73. Joshua 24:15 "...Choose ye this day whom ye will serve..."⁷³

Bob Sessler.

Health Nugget—Fats

We have all heard ads for the fast food chains with no fat, low fat, no trans fats, or no cholesterol. What does it all mean? What is the truth about fats and what is best for a person's body?

All fats and oils are made up of molecules called fatty acids. We have heard of saturated, mono-unsaturated and poly-unsaturated fats. But I would like to explore another classification based on the molecular size or the length of the chain within the fatty acid.

There are short-chain fatty acids (SCFAs), medium-chain fatty acids (MCFAs), and long-chain fatty acids (LCFAs). When three fatty acids are joined together by a glycerol molecule you have a triglyceride. You can also have a short-chain triglyceride (SCT), a medium-chain triglyceride (MCT), and a long-chain triglyceride (LCT). And sometimes people use the terms fatty acid and triglyceride interchangeably.

The different lengths of chain are metabolized differently by the body. The LCFAs need pancreatic digestive enzymes and bile to break down. The MCFAs do not, so they break down much more rapidly and are more water soluble.

When a food containing an LCT is eaten it passes through the stomach and is released into the intestinal tract. There, enzymes from the pancreas and bile from the gall bladder help to break it down. The bonds holding the fatty acids together are broken and the fatty acids are absorbed into the intestinal wall, where some combine with fat cells (lipocytes) and some with protein (lipoproteins). These, together

with the free fatty acids (FFAs) and mono-glycerides that were also formed, circulate throughout the body and can collect in and clog arteries.

Another reaction triggered by the fat and protein chyme (masticated food) is the production of cholecystokinin (CCK). The CCK inhibits the emptying of the stomach, the releasing of gastric juice, and triggers the release of pancreatic enzyme and bile. CCK also suppresses hunger and stimulates the vagus nerve (causing stomach pain and headache) which can be inhibited by capsaicin. The LCFAs enter the blood stream (as chylomicrons) from the intestinal wall, then go to the liver and become very low density lipoproteins (VLDL) and low density lipoproteins (LDL). When released from adipocytes (fat cells) they are in the blood as free fatty acids (FFAs). An elevated FFA count is associated with obesity, dyslipidemia, and diabetes. They also help mobilize calcium and can collect in and clog blood vessels. The LCT oxidize readily and become rancid.

When MCTs are eaten the process is different. They are completely broken down into individual fatty acids before leaving the stomach. They do not need pancreatic enzymes or bile to be absorbed into the portal vein, and are sent directly to the liver. There they are used to produce energy (thermo-genesis), not body fat or arterial plaque. Because MCTs are easily digested they also tend to improve the absorption of other nutrients as well. They enhance the absorption of minerals such as magnesium and calcium, some of the B vitamins,

the fat soluble vitamins (A, C, E, K and beta carotene), and some amino acids (i.e. protein).

MCTs can also inhibit after meal pain, Pertussis toxin (which causes respiratory infections), and regulate immune function with leukocytes (mono-cytes/macrophages) in relation to Pertussis toxin. They increase the rate of weight and fat loss, normalizes blood-sugar, and increases nutrient absorption, triggering satiety. This has many benefits which help with obesity, diabetes, Atherosclerotic heart disease, and Pancreatitis. They can also inhibit viruses, such as strep and staph cocci. They kill 3 strains of Candida. They help in the remission of Crohn's disease and AIDS. They don't oxidize readily, they lessen feelings of hunger while on VLCD, they are protein sparing, protect the liver and intestine during endotoxemia, and improve protein metabolism without stimulating tumor growth.

Studies show that Polynesians with diets rich in saturated fat (MCT) coconut oil have no vascular disease. While Indians (Asians) have more Atherosclerotic heart disease and diabetes because their diet consists of poly-unsaturated oils (PUFA).

Coconut oil is the only oil having 75% or more saturated fat. It is good for wound treatment and preservation of medicinal plants. Coconut oil normalizes BS, lipoprotein, fibrinogen, and the clotting factor.

Poly and mono-unsaturated fats are: Peanut, olive, avocado, corn, sunflower, soy, canola, nut oils, most vegetable oils, and safflower oil.

Jean Johnson

That time is spent to the very best account

which is directed to the establishment

and preservation of sound physical and mental health.

**The precious boon of health is too often illly appreciated by its possessor
until the treasure is carelessly lost by transgression of nature's laws.**

Come; For All Things Are Now Ready

Advent Review and Sabbath Herald, November 5, 1895
(emphasis added)

A man who had been invited to the feast with Christ in the house of one of the chief Pharisees, and who heard Christ declare what was the duty of those who had God's bounties, had exclaimed in self-satisfied complacency, "Blessed is he that shall eat bread in the kingdom of God."¹ He had designed to draw away the minds of those at the feast from the subject of their practical duty; but instead of this he furnished an occasion for the utterance of a parable that had still deeper significance, and that more plainly opened before the company the character and value of their present privileges.

Jesus said: "A certain man made a great supper, and bade many; and sent his servant at suppetime to say to them that were bidden, **Come; for all things are now ready.** And they all with one consent began to make excuse. The first said unto him, I have bought a piece of ground, and I must needs go and see it; I pray thee have me excused. And another said, I have bought five yoke of oxen, and I go to prove them; I pray thee have me excused. And another said, I have married a wife, and therefore I cannot come."² Christ had sent out an invitation to a feast that he had provided at great cost. He had sent the Holy Spirit to move upon the minds of prophets and holy men of old to invite his chosen people to the rich feast of the gospel. The man who had sought to turn the attention from the practical duties that Christ presented, thought to carry the minds past the present life to the remote time of the resurrection of the just; but the Lord Jesus unveiled the deceptive utterance, and by means of the parable of the supper he showed that they had a part to act in that very time if they should ever have a part in the blessedness which should come in the future. They were despising the present invitation to the gospel feast. Christ had been invited as a guest to the house of the Pharisee, and he did not excuse himself. He respectfully responded to the invitation, knowing it would furnish him an opportunity to enlighten the minds of the people. The man who had sought to divert the attention of the company, spoke with great assurance, as though he thought he would certainly eat bread in the kingdom of God. But Jesus warned him and all present against the danger of rejecting the present invitation to the gospel feast. Those who refuse the invitation will never taste of the marriage supper.

He gave them the result of refusing the first invitation. He said, "So that servant came, and showed his Lord these things. Then the master of the house being angry said to his servant, Go out quickly into the streets and lanes of the city, and bring in hither the poor, and the maimed, and the halt, and the blind."³ The servant had shown him that those to whom he had sent his invitation had rejected his message. The manner of excuses they offered, showed the selfish nature of their refusals. The Lord's messengers in every age have given the gospel invitation.

1. Luke 14:15

2. Luke 14:16-20

3. Luke 14:21-22

4. 1 Peter 2:9-10

The Lord had brought Israel as a favored nation out of Egypt, he had manifested great love and compassion, and had freed them from a life of servitude to become a holy and happy people. Of them it could have been said, "Ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvelous light; which in time past were not a people, but are now the people of God; which had not obtained mercy, but now have obtained mercy."⁴ The Lord had first sent his invitation to his chosen people, but they had slighted and rejected his messenger. How vain, how needless, were the excuses they offered; but are the excuses that men give in this age any more sensible than those offered in the time of Christ?

Some who are invited exclaim, "I beg thee have me excused. If I should come, my neighbors would jest at and ridicule me, and I cannot bear their scorn. I have lived among them a long time, and I do not want to displease my neighbors. If they would all come, I would be very thankful to accept this invitation; but because they refuse the message of God, I beg thee have me excused." Others are desirous of paying for their lands and of building up their temporal interests, and the powers of mind and soul and body are absorbed in their earthly affairs. They are deceived in the same manner as was Eve, who was allured to do the very thing that the Lord told her not to do. Satan suggested to her that the Lord was keeping her from great and high enjoyments by unnecessary prohibitions; but the higher good could only be received by a course of disobedience to God by which she would lose the blessedness of the favor of God, and forfeit her beautiful Eden home. When the Lord speaks, will men act as did Adam and Eve, and follow their example of disobedience? Which voice shall we heed, the voice of God, or the suggestions of the great destroyer? When God commands, it is for our present and eternal good to obey. When he presents our dangers, it is safe to reverence every injunction. Voices will sound in every direction, bidding us to turn from the plain commandments of God. The pleasure-loving, the unbelieving, the disobedient, the traitorous, will present pleasing, fictitious promises of permanent exaltation that they will claim as sure to us if we will follow the course that God has forbidden. With flattering lips they will present peace and safety when destruction is at hand. Deceived themselves, they will view things of eternal interest in a false light, and will cry peace to those who choose their own way and follow their own imaginations in daring to transgress God's holy requirements. The invitation to the gospel supper will have no charm for them, though the message is, "**Come; for all things are now ready.**"

Shall we venture to turn from God's word? Every excuse that is offered is a falsehood of Satan, a

seduction by which he would draw the human mind from God. But the Lord, who holds our eternal destiny in hand, will not always be mocked. The loving and compassionate Jesus declares that there is a greater sin than that for which Sodom was overthrown. It is the sin of those who, after hearing the gospel invitation to come to the marriage supper of the Lamb, turn away, and refuse to respond to the heavenly invitation. The invitation to the gospel feast is often rejected with apologies; but those who do this show themselves to be the very actors whom the Lord saw, and presented in his message while at the house of the Pharisee.

O what senseless excuses are made for refusing to accept the conditions upon which salvation is promised! The excuses are varied that men offer to God for refusing his invitation, but they have no weight with God. The Lord has provided the feast at infinite expense, at a cost beyond all human computation. Who can comprehend the fact that God humbled himself to bear the transgressions of a fallen world? We despise Esau for selling his birthright for a mess of pottage; what about your own case? Has not your reason been convinced that you should accept the gospel invitation? Has not the Holy Spirit done its office work upon your heart and convinced you of sin, and you have thought you would repent and be ready when the messengers came to bid you to the wedding? The invitation has come to you, but when the final message reached your ears, and you heard the voice saying, "**Come; for all things are now ready,**" were you ready to respond? When Esau sold his birthright, he thought he could easily win it back; but he found no place for repentance. Take heed lest you too long slight the heavenly invitation.

The servant who first presented the invitation, represents those who proclaimed to the Jews the advent of the Son of God, and who pointed to Christ as the Lamb of God who had come to take away the sins of the world. The priests, rulers, and religious teachers, who should have been the first to receive Jesus, ignored the message and hated the messenger. They not only refused to go to the feast themselves, but as far as possible hindered all others by misrepresenting and misinterpreting the word of God, while teaching for doctrine the commandments of men. They had slain the prophets, and at last thought they were doing God service by taking the life of his Son.

The rejection of light leaves men in darkness, so that they know not at what they stumble. The invitation which the Jews refused, was sent to the poor, the maimed, the halt, and the blind. The terrible denunciation was pronounced that none of those who had refused the invitation should taste of the marriage supper. They had listened to the suggestions of Satan, and had made excuses, and under his leadership they would be left in the darkness of unbelief. They entrenched themselves as did Pharaoh in stubborn resistance against the Lord Jesus and his disciples; they chose Barabbas instead of Christ.

The precious message has come to us in these last days. Warnings and entreaties have sounded. The invitation has been given, "**Come; for all things are**

now ready." While it is called today, harden not your hearts. Shall men and women whom God has blessed with great light, permit themselves to be led astray by the flattering lies of the enemy of their souls? Shall they seek for distinction, for worldly honor and prosperity, when it involves disobedience to the commands of God? Will they yield their eternal interests and sell their birthright for a mess of pottage? Shall we not arouse, and shake off the dangerous lethargy of the world, which is lulling us to sleep in the cradle of carnal security? Will you who are intimidated with the jeers of those who trample upon God's commandments yield to the temptation to be cowards, and to forfeit the favor of God rather than to endure the reproaches of your neighbors who laugh at your singular faith? God's Spirit will not always strive with man. Those that slight the invitation, scorn the last message of mercy that God sends for their salvation, and they cannot taste of the blessed supper. Jesus, the compassionate Saviour, has sent to our world the general invitation, "**Come; for all things are now ready.**" Will you imitate the Jews, who refused the invitation? To us the invitation is given, and the Lord would have you fear and tremble at his word, that he may kindle in your heart hope and faith and holy trust. He commands you to seek first the kingdom of God and his righteousness, and promises that all necessary things shall be added unto you. He unfolds before you the glories of paradise, and the question is, Will you accept his invitation?

The angels hastened Lot out of Sodom; but the same warnings that came to Lot are now sounding to a world that is heedless and impenitent. To each of us the message is given: "Haste! escape for thy life!" Better opportunities will never come. No earthly interest is worth a moment's consideration where eternal interests are involved.

Christ sends his messages of love, and directs the attention of men to the nobler world which they have lost from their vision. He seeks to uplift the mind of him who is absorbed in worldly enterprises, and bids him to look within the gates ajar, from which the glory of God is streaming to earth. With eternity in view, he asks the soul, "What shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?"⁵ The Lord Jesus made the world and its inhabitants; but he would lift the mind from the slavery which the love of the world enforces. Christ has pledged his own life for the redemption of his people, and he would have them consider their higher, eternal claims. The duties of this life must be placed in harmonious relation to their eternal interests, or else the affections will be absorbed in earthly things, and the mind will be utterly incapacitated for the great things of the heavenly world. The perceptions will be obscured by the little worrying, perplexing things of this life; the thoughts will be engrossed by the things of earth; and the moral, mental, and physical capabilities which God claims for his service, will be dwarfed and weakened by serving self and the world. Christ assigns to the world its place, and subjects men to the will and mind of God. He would separate them from

5. Matt 16:26

the vanities of life, and have them cooperate with God in blessing the needy, in lifting up those who are bowed down, and in inheriting the blessing which

God has promised to those who are laborers together with him.

By Mrs. E. G. White.

RECIPE

VEGGIE PASTA SALAD

12 oz twist pasta
3-4 cloves of garlic, chopped
2 Tbs oil, divided
2 C broccoli florets
3 small zucchini
1 red pepper
1 Tbs + $\frac{1}{2}$ tsp. salt
1 can olives, sliced

With 1 Tbs oil cook garlic till golden. Scoop out of oil and set aside. Trim zucchini and cut into 3-4 in lengths. Cut each length into $\frac{1}{4}$ in match-stick strips. Cut pepper into similar strips. Put half of the broccoli, zucchini, and pepper into skillet with $\frac{1}{4}$ tsp salt. Stir fry until zucchini is brown and the veggies are as tender as you like. Strain veggies out with slotted spoon into bowl with garlic. Repeat with second half of veggies and oil. Meanwhile cook pasta with the rest of salt,

more if desired. Drain, rinse with cold water and add to veggies.

Mix $\frac{3}{4}$ C oil & $\frac{3}{4}$ C lemon juice (or to taste) with one packet of Italian seasoning. Add to pasta veggies and marinate 4 hours to overnight.

Just before serving add:

12 oz rinsed spinach, cut into $\frac{1}{4}$ in strips
24 or more leaves of basil, cut into $\frac{1}{4}$ in strips
2 tomatoes chopped
1-2 avocado, cubed
Soy or Rice Parmesan (or homemade)

Mix thoroughly. Should serve 9-12.

Jean Johnson

MISSION REPORTS

Editors note: The following are excerpts from reports submitted by Nahate Joel in Uganda, who is receiving regular support from tithe funds donated to the SDRPA:

26 Feb 2009

I started on with the translation of the present truth messages and the formatting of some SOP books in the Luganda language and will be posted on Bob Sessler's website and www.sdr-uganda.org which we have just started. This is for the Ugandan brethren the world over. This is taking some time as I don't know anything about creating a website! I believe that every achievement which looks impossible before it is started will succeed if we persist.

In the last past six months, I have been receiving many requests for SOP material from wherever we visit. I promised that, through His providence, He will supply it at the right time. In most cases I have forwarded them to Bob's ministry and a few elders whom I know. I do believe and understand that they have done all they can to supply them to those in need but, still owing to the increase in our membership

in new areas, a lot is required to be done. We pray that the scheme of formatting the SOP for Uganda will be successful. I am saving each page that I translate praying that we shall be able to print them out and bind them as books to help our people. Many in the SDA Church have not had a chance to read and understand the leading of our heavenly Father in these inspired scripts! This has led to a lack of spiritual knowledge in the perfection of the way of the Lord. I pray for support of this major project which will benefit souls in our poor country.

I have been reading and answering some of the correspondences sent to me from Elder Bob from ministers from Rwanda, Burundi, and DRC (Democratic Republic of the Congo) who want collaboration with us. Many of them had separated from their nominal SDA churches and sought guidance in the Scriptures. Others needed material to help them because of their loss due to the wars they have gone through.

Pastor A____ of pentecostal belief from Sierra Leone-Freetown wished to have

collaboration with Let There Be Light Ministries. At Bob's request I wrote back to him. We could not agree in many areas in belief and doctrine even though they were doing a good humanitarian work. Here in Uganda we call their doctrine "shear madness."

I discovered that there is an internet ministry that I need to handle from correspondences wanting answers to their queries. I have been visiting expensive internet cafes to handle that. However, I have now acquired a data kit to have internet services at my convenience. I have also needed to get a postal address for SDR-Uganda and have filled out the appropriate forms. Then I need to get a phone line so we can operate a full publishing mission for the Remnant people in this region.

25 March 2009

I traveled to Kampala to deliver tracts and a few booklets to our brethren who had requested them for canvassing work in the Fort Portal and Kiboga.

For 2 days we were involved in door to door evangelism in Mulago, Kamwokya

and Kyebando giving out tracts. We gave booklets to only those who showed an interest in the message because we had so few. These tracts and booklets were to help the people who were settling in this area after fleeing the wars in DRC. This work resulted in the increase of the Tuula membership with 2 being baptized and 10 in Bible class.

I led them through the morning devotion. We ended with prayer for the Lord's work and those that were sick. We also discussed having a mid-year camp meeting that would be held in June or July. This meeting is usually organized by the Banyarwanda community living in Kampala. It's a good chance to get into contact with the people of Rwanda, Burundi and DRC.

The internet is a wonderful mechanism for reaching all nations, tribes, and tongues. We keep thinking of managing the www.sdr-Uganda.org, building it for God's people from apostasy within the region. Those who know Luganda and living outside Uganda can download free messages of present truth in their own language. Getting the present truth in the local languages has made me commit most of my time to translating. For those who can't get on the internet I believe that it is better if we embark on printing these messages here as it would save much time in getting them for delivery to areas they are requested and needed. My prayers are for getting a duplicating machine.

I thank you once again for the your prayers and support that has enabled many to know Christ. God bless you.

1 May 2009

For the last two weeks I have been very busy helping our brethren in Kampala to have our meeting start on the 3rd of May. We have many from DRC, Rwanda and Burundi camping to attend this 7 day meeting. It will be in Tuula-Kawempe-Kampala.

Many have a great interest in reading our booklets that have the present truth messages. These are organized lessons that have helped them so much to understand the doings of the evil one. I had printed just a few for them but it looked like they want some more for their home

churches. These were like a small drop of cooking oil in a full drum of water! So now I don't have any on my desk left. I pray for a special offering so that I can print many more while I am still with them.

I will let you know more in my May report when we finish our meeting.

20 May 2009

It was on the 17th of April that we had our meeting about the Tuula-Kawempe-Kampala camp meeting that was starting on the 3rd of May.

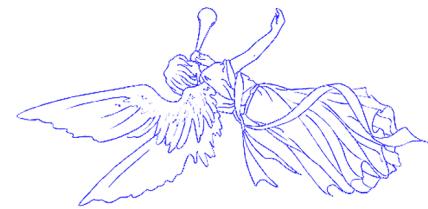
I started by organizing the master copies of the prints which I thought would be of help in that camp. On the 30th of April I traveled to Kampala to have materials printed out. I planned to get 200 copies of the booklets printed out with different lessons to be given to the representatives of the home churches attending the meeting. I had printed "Transmutation of the Three Angels," "The Image of the Beast," "The Last Message of Mercy," "Why are We Held Responsible for Personal, Social and Corporate Sin," "The Truth about the Wheat & Tares."

Fifteen different home churches of Banyarwanda community living in Uganda were represented! Listeners could pick which interpreter they wanted to hear, either Luganda or Kinyarwanda. These churches are mainly in Central and Western parts of Uganda. Also many visitors came from Rwanda, DRC and Burundi to attend this camp meeting.

The meeting went on well and different lessons were presented throughout the week which included medical missionary work, reforms to prepare the sons and daughters of God to be finally transformed by the finishing touch of immortality, found in Bible manners; teaching the purity of thoughts in the strictest integrity. I told them that the most valuable instruction that can be given was to keep Jesus at heart, the Pattern, ever before your vision. This will act as a prominent part in restoring the moral image of God among those under your charge.

The Lord must be given an opportunity to show men their duty, and to work upon their minds. No one is to bind himself to serve for a term of years under the direc-

Presort Standard
U.S. Postage
PAID
Willits, CA
Permit No. 9



tion of one group of men or in one specified branch of the Master's work; for the Lord Himself calls men, as of old He called the humble fishermen, and Himself gives them instructions regarding their field of labor and the methods they should follow. He will call men from the plow and from other occupations, to give the last note of warning to perishing souls.

Let our ministers who have gained an experience in preaching the Word, learn how to give simple treatments, was another area of emphasis and then labor intelligently as medical missionary evangelists seeing the manifest of sickness of every kind in different places. Every minister presented over 3 lessons in this meeting and we conducted a Holy Communion on the 9th of May, a Sabbath day! We closed this camp meeting on the 10th of May with a baptism of 5 souls at the Makerere swimming pool. I believe that all was according to the Lord's leading.

God bless you,

Joel.

Every temptation resisted,
every trial bravely borne,
gives us a new experience
and advances us in the work of character building.