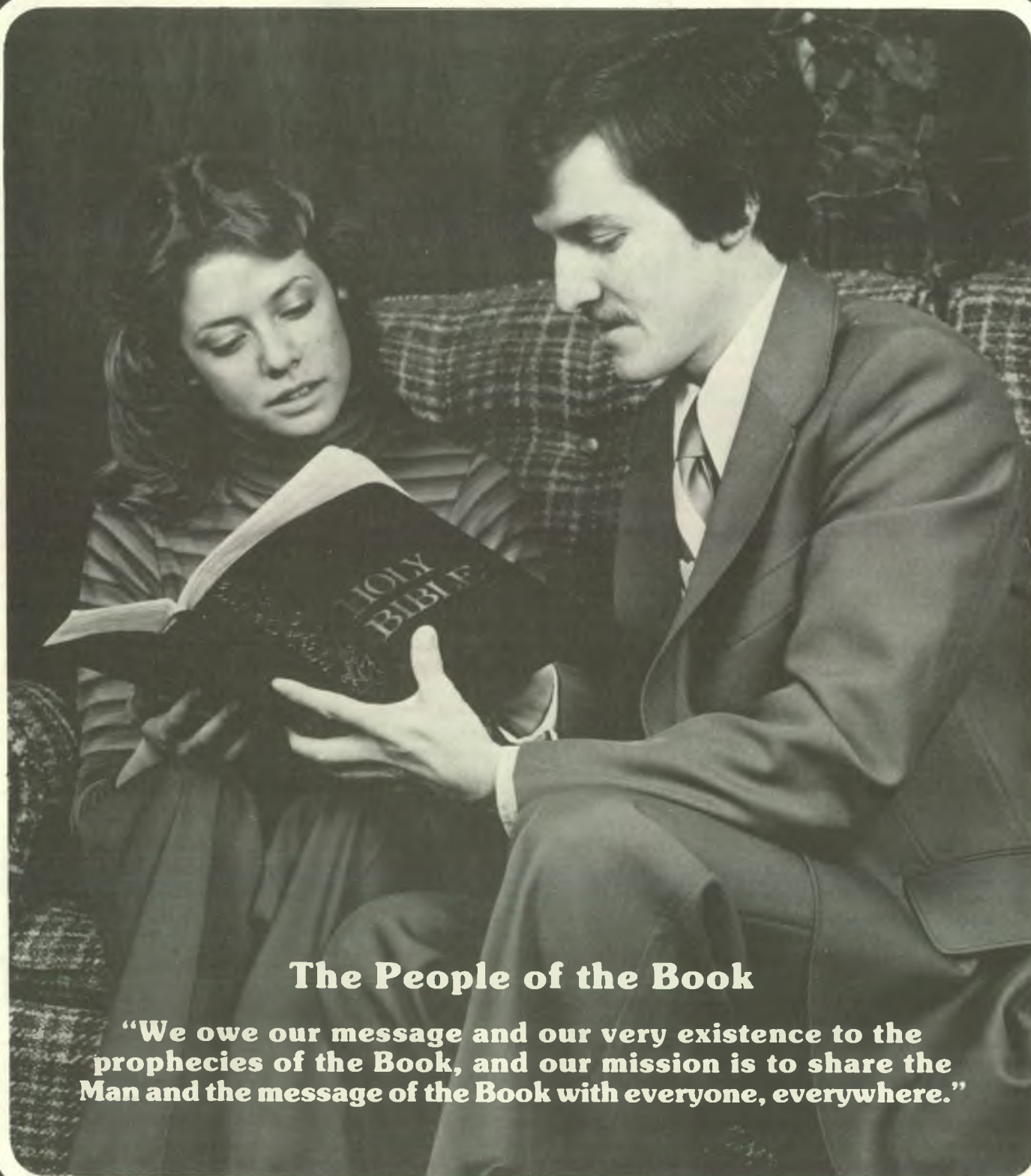


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messenger

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The People of the Book

"We owe our message and our very existence to the prophecies of the Book, and our mission is to share the Man and the message of the Book with everyone, everywhere."

The People of the Book

by George Knowles,
Lay Activities Director, General Conference

From the earliest days Seventh-day Adventists have taken justifiable pride in being "a people of the Book." Individual insurance of eternal life is ours through the Christ of the Book. We owe our message and our very existence to the prophecies of the Book, and our mission is to share the Man and the message of the Book with everyone, everywhere.

The plan of conducting Bible studies by the question and answer method can be traced to a California camp meeting in 1883. A severe electrical storm made it necessary for S.N. Haskell to discontinue his sermon. He left the pulpit and gathered a group of people around him in the middle of the tent. He gave out texts of scripture to be read by different ones in the congregation in response to questions he asked.

Ellen G. White was present at this camp meeting, but not at this particular service. Her son, W.C. White, gave a glowing description of the meeting to his mother. Those in attendance were deeply impressed by the effectiveness of the question and answer Bible study method. Through the writings of the Spirit of Prophecy we are told that, "The plan of holding Bible readings is a heaven-born idea." *Gospel Workers*, pg. 192.

In order to provide our people with the very finest tools for Bible evangelism, the Ministerial Association, the Lay Activities, Sabbath School, Youth and Temperance Departments have combined their efforts in the Witnessing for Christ program. The Witnessing for Christ training program is available in the manual by the same name through the Adventist Book Centre. Ten 10-minute audio visual training programs called, NO LIMIT, and based on the manual are available through the Conference Lay Activities Department. What we have talked about so far are the training materials for our own members.

The Encounter program is the name given to the tools prepared for the purpose of enabling every church member to engage in Bible evangelism for the purpose of sharing Christ and His message. The Encounter lessons are a series of 20 reading guides, providing a Christ-centered approach to the basic doctrines. These lessons can be used very effectively in what we have for several years called the Gift Bible method of giving studies. This plan calls for leaving one or two lessons a week to be studied by the individual or family. Upon the return visit the lessons are discussed. And if the student

has questions, these questions are answered. In those cases where the prospect already has a Bible, it is usually not necessary to give a Gift Bible. The lessons themselves provide incentive for study.



The 20 Encounter studies are also available on filmstrip and cassette for those who prefer to give audio visual Bible studies. Combination cassette players and projectors that look like portable television sets are readily available. Two of the best known brands are Dukane and Singer. Seventh-day Adventist churches and church members during the last three years have purchased more than 4,000 of these units.

Sometimes in giving audio-visual Bible studies we have experienced some perplexity as to how to get our prospects to really open their Bibles and read the answers from the Word of God. For those who feel this to be a problem, we now have an excellent solution in the form of the Encounter Around-the-Table Bible Cards. On the basis of one question per card, these cards have the same questions as found in the printed Encounter lessons. The cards also give the Bible reference which provides the answer. By distributing the cards among the group with whom you're studying, you can review the subject from the open Bible in a fascinating manner. We have then three basic components to the Encounter program: the printed lessons, the audio-visual presentation, and the Around-the-Table Bible Cards. Any one of these can be used alone, or two or

three of the components can be used in the combination which best suits the one giving the study.

Many laymen have discovered the advantage of saying to the prospect, "I'm doing these lessons too. Why don't we plan to get together once a week and compare our answers?" On this basis, you are not posing as an authority who knows all the answers. You are creating an atmosphere wherein you and your prospect will be studying together and sharing the fruitage of your discoveries. In this setting there need be no embarrassment if a question is asked to which you do not have the answer. You can always promise to do some research and attempt to have the answer at the time of your next meeting together.

This leads to one of the most important principles that needs to be stated in the area of Bible evangelism. The greatest fear that keeps our members from venturing forth and giving Bible studies is the fear they will be asked questions that they cannot answer. The truth is that this rarely happens. Unfortunately, most people do not know enough about the Bible to ask that kind of question. When the situation does arise, there need be no embarrassment in asking for a week to research the answer. When you stop to think about it, even the most skilled physicians, attorneys and scholars in other fields frequently have to ask for time to research answers.

Satan would like to convince us that only a small minority can successfully give Bible studies. The truth of the matter is that, by using the simple reading guides or the automatic audio visual equipment, virtually every member could be giving Bible studies. The tools provide the necessary information, and the church member can provide the warm and loving fellowship. This is the all-important success ingredient in Bible evangelism.

During 1978, 29,958 Seventh-day Adventists in the Canadian Union gave 351 Bible studies every week. If only 50% of our members would give at least one Bible study every week that number might be boosted to 1,166, 672. Certainly, this is not unreasonable or unrealistic. If the devil has been whispering to you that you can't do it, claim the promise, "I can do all things through Christ which strengtheneth me," Phil. 4:13, and do your part in Bible evangelism. This may prove to be the most rewarding experience in your Christian life. Let us truly be the "people of the Book."



Don E. Crane, Director
Stewardship Department
Canadian Union

Man – A Steward of God



Man unites his energies
with heaven to
recover a planet
in rebellion.



Man was born into this world as a steward. Whether he likes it or not, whether he is a good steward or a bad steward, he is still a steward, and will remain a steward until death.

God gave to man in the beginning a stewardship responsibility. "Be fruitful and multiply, and replenish the earth, and subdue it: *and have dominion . . .*" Genesis 1:28.

The need for a steward existed before Adam was created. God created the world first and then Adam. The world was already exploding with action. Grass carpeted the rolling hills. Myriads of fragrant flowers dotted the landscape. Mature trees and vineyards were producing a bountiful harvest. Such a world of restless energy required direction and control. God made man a steward of this new world under His direction.

Sin introduced to man a larger stewardship. In the framework of the great controversy man is a spiritual steward of God. He unites his energies with heavenly beings for the recovery of a planet in rebellion. God's character is at stake before the universe. His reputation has been maligned. Will man stand the test as a spiritual steward of God?

"People must think of us as Christ's servants, stewards entrusted with the mysteries of God." *1 Corinthians 4:1* (Jerusalem Bible). "Stewards of the manifold grace of God." *1 Peter 4:10*. "What is expected of stewards is that each one should be found worthy of his trust." *1 Corinthians 4:2* (Jerusalem Bible).



●●●●●●●●●●●●●●●● 1980 — World Stewardship Year ●●●●●●●●●●●●●●●●

First announcement of the Voice of Prophecy Golden Jubilee Meeting to be held Sabbath, April 5 in the Oshawa Civic Auditorium.

"This is a once-in-a-lifetime experience," says Pastor H.M.S. Richards, Jr. "Our entire team are setting aside other appointments in the first part of 1980 to make possible these special programs highlighting the past half-century and a look ahead to the exciting future of radiobroadcasting the message to every part of the world.

Plan ahead to be a part of this one-day evangelistic meeting. Watch for further details in the next issue of the Messenger.



Weight Management Still Needed

by G.D. Strunk
Adventist Health Ministries

Life insurance tables reveal that persons overweight by even 10% die significantly earlier than those at an ideal weight. That's mortality! People who are overweight also suffer more disease and handicaps than those who are at or below the ideal weight. That's morbidity!

To determine your per cent obesity, find a table of ideal weights, subtract the ideal weight for your height and frame size from your present weight, then divide the difference by the ideal weight.

With 80% of the adult population overweight, articles appear everywhere on losing weight! Popular magazines, scientific journals, newspaper columns and ads feature weight loss. Apparently it makes good copy. But something is missing!

Nearly all weight loss schemes are centred around modifying the diet. Is that reasonable in view of the following?

Studies show that only 3.2% of adults become obese from increasing their food intake but that 67.5% of adults become obese through lack of exercise activity. Few people begin eating more as they grow but most people slow down and are less active than when a teenager. "... Lack of physical activity is the most common cause of obesity." H.A. deVries, *Exercise Physiology*, p. 232.

This primary cause of obesity is sometimes masked even by weight-loss procedures because the exercise routines recommended are not adequate to elevate the basal metabolic rate nor to compensate for the lack of vigorous activity required of persons of past centuries. So it appears that dieting is more effective.

But the years have been filled with diets that have come and gone and still there is too much fat. If diet were the answer, it could have been solved long ago. Diet is important but exercise of the right type is more important.

Most overweight persons could begin losing weight today without changing their diet if they would do this one thing: Begin walking briefly and without stopping for 30-45 minutes every day. If you have a possible heart condition or are severely obese wisdom dictates a doctor's supervision. Others will have to start gradually with 10-20 minutes walking for a few weeks, but soon they will reach effective levels of exercise.

Furthermore, this addition to your life-style should not be just for the sake of fat loss but for the health of your heart, lungs, legs and gastro-intestinal tract.

"When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe." *Testimonies*, Vol. 2, p. 529.

"A large class of women are content to hover over the stove. . . . They should go out and exercise every day, even though some things indoors have to be neglected." *Testimonies*, Vol. 2, p. 531. What good is exercising in losing weight? If I exercise I'll just eat more, won't I?

No, not if you are not exercising now. If you exercise 30-90 minutes a day you will very likely eat less.

Our appetite is regulated by our appostat, a section of the hypothalamus which is located at the floor of the brain. The appostat can become untrustworthy and allow us to eat more than is physiologically needed.

Exercise has a regulating effect upon the appostat which in turn regulates the appetite so that a person experiences hunger only for the amount of calories needed.¹

The non-exercising individual will often be driven to eat to excess; not from a genuine sense of hunger, but from nervous exhaustion which seeks stimulation. These sedentary yet stressed individuals use food in place of a cigarette or cup of coffee or

stimulating drug. Their body does not need food yet they believe they feel hungry.

Thirty to ninety minutes per day of vigorous walking, jogging, cycling, swimming or raking, four to six days per week, serves to relieve the effects of nervous strain and regulates the appetite so as to eat less rather than more. So instead of working up an appetite they will be working down their appetite.

Incidentally, it is sometimes observed that Sister White appeared to be overweight in pictures. This may be due in part to the style of dress. It was reported October 28, 1977 at the annual workshop of the Public Health Association of Seventh-day Adventists that Sister White weighed 138 lbs. and was 5'2".

Subtracting six lbs for her dress, places her in the middle of the ideal weight category for a large frame and slightly above the medium frame; not on the obese category. It was her habit to walk one or two miles before breakfast. *Testimonies*, Vol. 1, p. 464.

"There is no exercise that will prove as beneficial to every part of the body as walking. Active walking in the open air will do more for women, to preserve them in health if they are well, than any other means. Walking is also one of the most efficient remedies for the recovery of health of the invalid." *Healthful Living*, p. 130.

1. See *American Journal of Physiology*, 177:544, 1954

Also J. Mayer & Thomas, "Regulation of Food Intake and Obesity", *Science*, 156:328, 1967.

Weight Control Program Available

If you or your church wishes to conduct a weight-control program built upon a harmony of inspired and scientific principles that will never become outdated, write for the "Natural Way to Weight Control" program, complete with lectures, handout materials, recipes and group discussion guides, from Concerned Communications, Box 700, Arroyo Grande, California 93420. One public program will pay for the investment in the program which can be used over and over again.

How to Double Our Soul-Winning Force Overnight

by Ron Ruskjer, Director, Adventist Health Ministries
British Columbia

One of the beautiful insights God has given His remnant church is that a health professional is not *just* a health professional; he's a health minister as well. What's the difference? The health minister is one who goes beyond concern for the patient's physical self, reaching in to touch spiritual needs as well.

The health professional is held in high regard by the vast majority of his patients. They view him as a man of intelligence and stature. This is especially true if the practitioner is a Christian, and as such, manifests a warm and personal interest in his patients, taking time to explain the mysteries of the human system and the processes of healing which are of such concern to the person receiving treatment.

Further, we know that "If they see we are intelligent with regard to health, they will be more ready to believe that we are sound in Bible doctrine." *Counsels on Diet and Foods*, p. 76. Hence, the tremendous opportunity afforded an Adventist member of the healing professions; an opportunity to share

the things of God—the marvelous ingredients of Adventist life and thought—with those not of our faith.

But when? When does the busy physician or dentist or other health professional have time to open the Word of God with non-Adventists? The week, for so many, seems absolutely packed. And weekends? Well, that's the time to catch up on all those things a fellow couldn't get to during the week. And besides, a person's got to have *some* time to relax and spend with his wife and family.

What about 9:30 a.m., Saturday morning? What about a "Doctor's Bible Class" right at the church, or possibly at the office? If *Profiles of Faith*, a colourful, easy-to-teach from set of full message Bible Studies can work for the busy pastor at 9:30 Sabbath morning, why not for the doctor as well? Many of our health professionals teach Sabbath School classes at that time anyway; why not enlist that dedication and talent in the cause of direct soul-winning? Maybe two or three doctors could teach such a class together, or hand in hand with the pastor, in

such a way that if, for whatever reason, one couldn't be there, the others could lead out in his stead; kind of an "on call" team arrangement.

But who would teach the regular class? Some of our good members could use that kind of a challenge. After all, they've been in Sabbath "School" for a fair number of years now. Maybe it's time they graduated and started sharing their acquired insights with the class.

Not only would a doctor's patients, in many cases, welcome an opportunity to hear *their* doctor's thoughts on faith, many others would as well. The group should be kept small, however, and Adventists "allowed in" only if they're bringing a non-Adventist friend.

The wise pastor, the concerned doctor, then, ought seriously to consider this ministry in the church, a ministry that puts the church's priorities where they should be, a ministry full of rewards, a ministry that could double God's soul-winning force overnight.

Vancouver Hosts PREACH Seminar

Thirty-five ministers of non-Seventh-day Adventist congregations attended Canada's first PREACH Seminar, on October 29, in the Sheraton Plaza Hotel in Vancouver, B.C.

Ministers representing such denominations as United, Pentecostal, Mennonite, Lutheran, etc., attended the 6½ hour session and joined with the more than thirty Seventh-day Adventist ministers, also in attendance, in a vegetarian meal during the dinner-hour.

Topics presented at the seminar were as follows: *The Authority of the Bible* by Gerhard Hasel, Ph.D., professor of Old Testament and Biblical theology, at Andrews University; *Science and the Bible* by Ronald Carter, Ph.D., associate administrator Walla Walla College, researcher with Geo-Science Data Collection, and *The Minister and His Health* by Reuben Matiko, M.D., director of Health Services for the Canadian Union Conference of Seventh-day Adventists.

PREACH seminars are a follow-up program of the G.C. ministerial department and are intended to communicate with the non-S.D.A. clergy. Every second issue of *Ministry* magazine for the Adventist minister is geared specifically for the non-S.D.A. clergy. PREACH is an acronym for PROJECT FOR REACHING EVERY

ACTIVE CLERGY AT HOME and was begun approximately two years ago. Conferences throughout Canada and the U.S.A. have supplied names of clergy throughout their districts.

The journal has been going into the homes

of clergy in B.C. for one and one half years, and the response, by way of attendance at the follow-up seminar in Vancouver was most gratifying. Further seminars will be held in the future.



Dr. Gerhard Hasel, Ph.D., professor of Old Testament & Biblical Theology, Andrews University, speaks with young ministers attending the PREACH seminar.

Update – recent happenings in the conference

Tuan Ming Tran and his wife radiated happiness as Vanderhoof members gathered to celebrate his twenty-second birthday.

The couple, sponsored by the congregation at Vanderhoof, arrived on November 5 and are staying at the home of Mr. and Mrs. John Wall.

It was an adventure for the church group as well as for the Tran couple. Tuan speaks some English. Church members will care for their needs until they become established.

Tuan and his wife Phuong travelled 600 miles by motor boat from Saigon to Malaysia. The boat was 3 metres wide, 14 metres long, crowded with 43 people besides 16 pounds of rice and 3 gallons of water.

Four days out from Vietnam, the propellor shaft broke. After they rowed for 2 days, Malaysian fishermen towed them to an uninhabited island where repairs were made. In Malaysia they stayed seven months in a refugee camp with 24,000 others. Finally clearance came for the long journey to Canada.

"I very happy," said Tuan. "Thank you very much." The happiness expressed by Tuan is also evident on the faces of Vanderhoof members who have experienced the blessing of giving.



Front row left to right: Mrs. M. Wall, Phuong Thanh Thi Deong, Tuan Ming Tran, John Wall.

* * *

Vanderhoof members are an active, witnessing group. On October 1 they moved into their new church and although it was not totally finished, Ray Halvorsen held an evangelistic series resulting in a baptism. Other avenues of witnessing included a cooking school directed by Hedwig Toombs and a "Better Living Booth" at the local fair where line-ups attested to the popularity of the vegetarian food.

Welcome to Sukow Family

The British Columbia Conference welcomes Pastor and Mrs. Ed Sukow (Gladys), and two children, John and Juli.

Pastor Sukow graduated from Canadian Union College this year and is now assistant pastor in the Williams Lake district.

We look forward to a fruitful ministry and joyful fellowship with this dedicated family.



Pastor and Mrs. Ed Sukow, John and Juli.

Together for 66 Years!

Will and Dolly Rottacker were married at Armstrong, B.C. sixty-six years ago. The Rottacker family which eventually included six children, lived in several farming communities in B.C. and Alberta, finally settling in Peoria.

"God has been very good to us," says Mr. Rottacker. "Not everyone has lived to be 86, nor have many been able to celebrate sixty-six years of wedded bliss."

They have enjoyed good health for many years and are of good courage.

Their many friends join the family in congratulations and best wishes to this happy couple.

Their children are Elva, their only daughter, of Lacombe, Calvin of Kelowna, Russel of Lodi, California, Warren of Enderby, B.C., Howard at home and Leonard of Seattle, Washington.



Will and Dolly Rottacker.

ontario

Participate in Investment

When Gertrude Connors of Napanee, Ontario heard of Investment she didn't know what it was all about being a new member of the church. However, impressed to do her part, she began knitting at home. In two months she has realized \$61.00 for Investment. She says, "I would encourage everyone to participate in Investment."



Gertrude Connors knits slippers for Investment.

manitoba- saskatchewan

Two hundred attended the Harvest Festival at Yorkton on November 6. Leading out in a praise service was Pastor John Gilbert of Quill Lake and in response to Meredith Pond's unique offering appeal, \$700 was contributed by young and old alike who were grateful for the bountiful harvest.

Mrs. Janet Astolfi reports that Ingathering in the Yorkton area was most rewarding. The enthusiasm of the church school students, who on two occasions brought in over \$300, could indeed be an example to many adults.

Yorkton school children in grades 1-3 under teacher Sandi Beckwith's direction will be seen on television in January featuring a musical program.

Mr. and Mrs. Paul Livadney and Mr. and Mrs. Arthur Gardiner who have celebrated their 60th wedding anniversaries recently, were honoured at the Moose Jaw Senior Citizen's supper on November 18.

Swan River members and friends numbering over 200 witnessed the burning of the mortgage at the service of dedication of the Swan River church. Guests Douglas Gourlay MLA for the area and R.W. Wilmot, treasurer of the Canadian Union Conference, complimented the congregation on their accomplishment. This new church edifice replaced the former church building which was destroyed by fire.



Elders Nepjuk and Jamieson burning the mortgage at church dedication in Swan River.

alberta

Mrs. Leona Thomas, Vermilion church member who is a deaf mute, recently solicited \$200.00 for Ingathering. Armed with a receipt book and a written note she awaits a donation or written reply. Congratulations, Mrs. Thomas.



Mrs. Thomas, a deaf mute, enjoys Ingathering.

Lloydminster and Vermilion churches are co-hosts for several 5-Day Plans currently. Pastor Casey Higgins has been assisted by Bernie Huedepohl, Ernie Norhton and Bonnie Ilchuk.



Bonnie Ilchuk with Smoking Millie, gave several presentations on the dangers of smoking to public school students.

Innisfree members tripled their Ingathering solicitations because of 100% participation. Alice Broadhead, who directed the Ingathering crusade reports that Judy Hanlan spent almost two weeks making contacts and Anne Samograd is now conducting several Bible studies.

Dr. Lynn Callender and Elder and Mrs. Charles Cooper were guest speakers at an all-day rally in Peoria.

Michael Dadensky and Janice Safranka were baptized by Pastor R. Dorchuk recently at Vegreville. Michael is attending C.U.C. now, preparing for the ministry.

newfoundland



Derek James Nathan Stonier was dedicated on August 25, 1979 in the St. John's, Newfoundland S.D.A. church. Associate Pastor Larry Wilton performed the dedication ceremony. Derek's parents are Lewis and Doris Stonier of St. John's.

EXPAND YOUR DATING HORIZONS

We're Adventist Contact,
a computer dating service
for single SDA's
in the U.S. and Canada.

Write P.O. Box 4250,
Takoma Park, MD 20012.

A Revolving Fund Testimonial

Construction began on a new church home for the Dartmouth, Nova Scotia congregation in June 1978. The building erected was of basic design and incorporated features intended to provide economical operation and maintenance. As the project approached completion, however, a familiar reality surfaced—building funds on hand would fall short of providing the finishing and furnishing needed to facilitate comfortable occupancy.

Following due consideration the Dartmouth group applied for modest assistance from the Canadian Union Revolving Fund. Within a short time approval was received; a cheque followed, and the wheels of progress continued to revolve in the "City of Lakes."

Dartmouth church members are grateful for the executive foresight of Conference and Union administrators and for the many dedicated church members across Canada who through their investment participation make available substantial means of advancing the work of God.

Trudy Charles, *Correspondent*
Dartmouth, Nova Scotia



Dartmouth, Nova Scotia church building, finished and furnished through the aid of the Revolving Fund.

Christian Record Celebrates 80 Years

The Seventh-day Adventist outreach to the blind was launched in 1899. Recently, the Christian Record Braille Foundation celebrated its 80th anniversary with an open house that attracted over 400 church and community residents.

The informal celebration was held to inform our friends and neighbours in Lincoln the service Christian Record has provided in behalf of blind people and the growing needs of the visually impaired, says Eugene Stiles, general manager.

After a historical overview of the organization and a brief tour through the operational facilities, nearly half of the guests had their eyes examined at the free glaucoma screening clinic held during the open house. Glaucoma is one of the leading causes of blindness and comes unexpected to its victims, most of whom are over 35.

This humanitarian service began when Austin Wilson, a victim of blindness since childhood, contacted the General Conference about supplying inspirational reading materials to the nations sightless. Wilson was immediately hired and began work on the *Christian Record*, a 10-page, braille magazine that was at first printed on a make-shift, hand-wringer.

After fire destroyed the Review and Herald building in Battle Creek, Mich., where the *Christian Record* was being produced, a new location had to be found. The then small crew of workers moved to a section of the administration building in Union College in Lincoln, Neb. In 1912, the first permanent home for the Christian Record personnel was obtained for \$2,040.64.

The year 1912 brought another momentous development to the work for the blind. A

congressional act was passed enabling free magazines and materials for the blind to be transported through the mails without payment of postage.

An increase in production and services to the blind meant that modern braille printing equipment had to be obtained. Unable to find a firm in the United States to produce a rotary braille press, D.C. Duffield, treasurer, went to England in 1955 and ordered a Timson braille press. This press is still being

used to emboss Bible lessons.

Today, a Heidelberg press, minus the ink fountains and rollers, produces the six braille magazines published here at the foundation.

Reflecting back on 80 years of service reminds the Christian Record personnel that progress has been made in supplying inspirational reading and listening matter to the blind, but the challenges of the future and the increasing number of visually impaired must continue to be met at the foundation.



Mary Pukey, a blind, braille proof-reader at Christian Record, explains to visitors how blind people write. Mary is demonstrating writing with a slate and stylus. To her left is a braille writer, another method of writing used by the visually impaired. In the background is a lamp made of popsicle sticks by a blind woman.

A Right to Adequate Nutrition

It has been said, and in truth, that: "We are guilty of many errors and many faults, but our worst crime is abandoning the children, neglecting the fountain of life." This statement does not only refer to literal physical abandonment of children, leaving them to roam the streets and beg—but also to neglect of their needs amidst plenty—yes, perhaps even amidst love and care. This is possible and too often does occur, because of parental preoccupation with life's business.

Learning to count, to read, to play music or sing a song; educational toys, new clothes, a trip to the zoo—important though they may be, these all can wait—but the child cannot! **NOW IS THE TIME HIS BONES ARE BEING FORMED, HIS BLOOD IS BEING**

MADE, AND HIS BRAIN IS BEING DEVELOPED. To a child, *Today* is vital. *Tomorrow* is a day that often comes too late—when it has to do with neglect of the elements crucial to development and growth. The starving and undernourished children of the third world nations come to mind, but how many realize that right in our midst—growing bodies are malnourished, though overfed. In the case of babies, harmful effects can result by feeding solids too early in life. This leads not only to infantile obesity but is being recognized as the beginning of many health problems.

Last year, a challenge was presented to all—to recognize the plight of children in this adult-oriented world; and for all to contribute

their bit for *The Child*.

It is a significant fact to note that the fulfilling of many of the rights of a child are very dependent on the right to adequate nutrition; for life itself and the quality of life is highly dependent on the health of an individual.

The rights bring with them equal responsibilities which during the growing years of children fall on the shoulder of the parents, and adults. The "Year of the Child" is now over *officially*, but it should never be over in *reality*—as long as there are children.

Mrs. F. Poblete, *Food Services Dept.*
North York Branson Hospital

ANNOUNCEMENTS

Religious Communications Congress /1980

A luncheon address by President Jimmy Carter and a live satellite communication from Pope John Paul II, speaking in Rome, are two of the expected highlights at the Religious Communications Congress/1980 to be held at the Opryland Hotel in Nashville, Tennessee, May 12-16. Over 200 persons from 40 religious sponsoring groups—Catholic, Protestant, Orthodox, Jewish, and including the Seventh-day Adventist Church—have been involved in the planning.

This is a once-in-ten-years event—a follow-up to the first nationwide Religious Communications Congress in 1970.

The new technologies of the '80's will be both built into the program and displayed in the exhibits.

There will be an international film festival. Producers should apply immediately as it's first-come first-served.

Various denominational meetings will be held during the first three days of the congress. Methodists, Baptists, and Seventh-day Adventists, as well as others, will have their meetings May 12, 13 and 14. Registration for the conference will be Wednesday, May 14, 12:00 noon to 5:00 p.m. But the exhibits and Producers Showcase will open Tuesday afternoon.

RCC/'80 will set the pace for religious communications in the next decade. A thousand people are expected.

For information write: Victor Cooper, Associate Director, G.C. Communication Dept., 6840 Eastern Ave. N.W., Washington, D.C. 20012.

Church Sponsored Health Centre Opens

LOMA LINDA—Now fully equipped and ready for operation, the Preventive Health Care and Educational Center in Banning, California has come a long way from what it once was. Just last year, this project of the Banning Seventh-day Adventist Church was badly in need of both money and labor. Hours of volunteered construction skills and a lot of prayers transformed an over-5,000-square foot building into a modern fitness and treatment center.

Beginning in January, students from the LLU School of Health will intern at the Banning Center for 10 weeks as part of their

regular degree program requirements. In addition to receiving credit for their internship, they will learn techniques of home health treatments.

The Banning Preventive Health Care and Educational Center is funded through donations and is totally under the direction of the Banning S.D.A. Church. The Center, which is under the advisement of Clarence Dail, MD, professor of physical medicine at Loma Linda University, employs five people.

Persons interested in finding out more about the Center and its programs may call (714)849-4981.

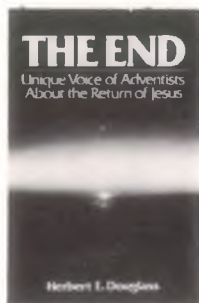


Physical therapy treatment in the Banning Preventive Health Care and Educational Center's new gymnasium is only one part of their comprehensive program.

BOOK REVIEW

THE END: Adventists' Unique Voice
About the Return of Jesus

by Herbert Douglass



THE END explains why Adventists speak differently about the "second advent" than Billy Graham and all other Christians. The book answers questions regarding the secret rapture, the place of modern Israel, and why Jesus seems to delay His coming. From the standpoint of the great controversy between Christ and Satan, the author explains why Adventists are special people for a special time. The author is Herbert Douglass, currently associate book editor at Pacific Press.

Order from your A.B.C., paper \$5.70, cloth \$9.15 plus \$.85 for postage.

New Treasurer at Voice



Lance Liebelt is now serving as treasurer of the Voice of Prophecy. He was appointed to the position after Byron Scheuneman, VOP treasurer since mid-1977, accepted a call to be controller for the Adventist Media Center.

Liebelt was previously manager of the Carolina Adventist Book Center, which completed its most successful year in history this past spring. The net profit of \$40,000 on sales of \$465,000 was greater than the combined profits of the preceding 39 years. During his four and a half years as book centre manager, Liebelt also reduced its net liabilities from \$212,000 to only \$121,000.

"This kind of efficient management is an example of the good stewardship required when the Lord's work is involved," says Pastor Daniel R. Guild, manager of the Voice of Prophecy. "It is the kind of stewardship of funds we always strive for at the VOP, and we know Lance will help us achieve our goal."

Harold Reiner Heads Adventist Media Productions



Harold L. Reiner has come to Thousand Oaks, California with his family to take up the post of manager of the newly-formed Adventist Media Productions at the Adventist Media Center in Thousand Oaks.

Adventist Media Productions is an amalgamation of the former Audio Visual Services, the Production Services, and the Recording Studios of the Center.

In his new post as manager of the Adventist Media Productions, Elder Reiner will be responsible for the production of the *Faith for Today*, *Breath of Life*, and *It Is Written* telecasts, and documentary, educational, and health motion pictures; as well as audio-visual materials such as slides, cassettes, etc.

Family Life Workshop West/80

Co-sponsored by the Marriage and Family Counselling Departments of Loma Linda University and the General Conference, the Family Life Workshop, West/80 will be held February 17-22.

For more information contact: Chairperson, Marriage and Family Counselling Dept., Loma Linda University, Loma Linda, California 92350.

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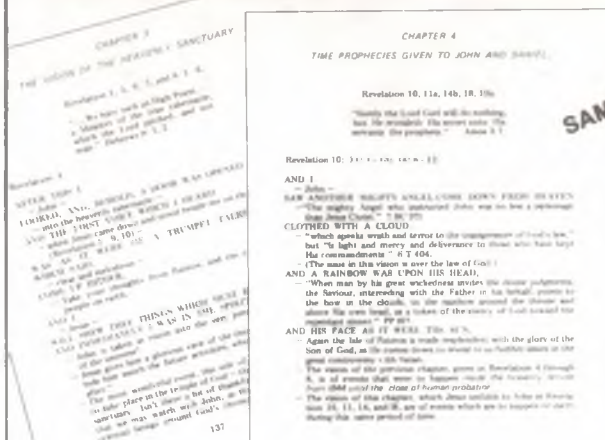
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NOVEMBER	1979	1978
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ALBERTA	257	248
MAN. SASK.	71	75
ONTARIO	571	570
QUEBEC	129	122
MARITIME	43	40
NFLD	36	18
UNION TOTAL	1402	1287
GAIN	115	

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INSTITUTIONS

Highlights Reported at C.U.C. Constituency Meeting

Presidents of Canada's four eastern conferences were added to the Canadian Union College Board of Trustees during the College's constituency meeting at Hope, BC, November 12, 1979. Taking seats as official members of the Board are G.E. Andersen, E.C. Beck, G. Karst, and P.F. Lemon, presidents of the Maritime, Ontario, Newfoundland, and Quebec conferences, respectively.

CUC President, Dr. N.O. Matthews reviewed steps taken by the Seventh-day Adventist Church in Canada, by Canadian Union College, and by the Alberta government, to bring Canadian Union College to the place where Canadian Adventist youth can now definitely plan to receive degrees in Canada by the 1980-81 academic year.

Dr. Matthews told of the earnest prayers that are being offered for God's guidance in this vital

concern, and concluded with the following note of confidence: "While we rejoice and given thanks to Him Who has led us so far, our joy will know no bounds when the legislature finally passes and proclaims the amendment. In the meanwhile, we must press forward with our plans for curriculum expansion to accommodate those students who wish to continue to the degree level at Canadian Union College, and we look forward to implementing these plans beginning in the fall of 1980."

For the first time, CUC has received approval to teach a University of Alberta fourth-year university course, reported Dr. L.R. Callender. Dr. Bruce Buttler, chairman of CUC's Division of Science and Mathematics, is now authorized to teach Zoology 472. In the 1978-79 academic year, 91 credit hours were added to the college courses

taught at CUC.

With a ratio of less than ten students per teacher, CUC college students receive considerable individualized attention.

Reports were also given by C. Patterson who stated that students' earnings in the 78/79 school year increased \$85,000 over the previous year; Ralph Janes reported 216 students are registered in college and 310 in high school. Work opportunities are available in several areas — the farm which employs 15 students, reports Mr. Grovet, and the Bookbindery where 22 students work under Richard Robinson. Parkland ColorPress, says Dave Vanderwilt, has made a remarkable recovery financially and Parkland Furniture will be operating more efficiently in their new building where 60 are now employed.

C.U.C. Graduate to Receive M.D. in May



Leighton Nischuk, after graduating from the CUC High School in 1971, went on to study for a degree in Theology, at the same time taking the required pre-medicine science courses offered at CUC. In a recent letter, he shares how his studies at Canadian Union College prepared him to enter the University of Alberta School of Medicine, without having to take any additional courses. Leighton expects to graduate with the M.D. degree in May, 1980.

During my years at CUC I achieved a Bachelor of Theology degree, and I took the courses in pre-medicine. These pre-medicine courses were affiliated with the University of Alberta. Following my graduation, I felt I should pursue the possibilities of a medical career. I applied to the University of Alberta and was accepted into the Faculty of Medicine for the session beginning in Sept. 1976. The University accepted my work done at CUC which was sufficient to meet their basic requirements of a two-year pre-medicine program.

Presently, I'm a student intern, rotating through the different areas of medicine in the hospitals of Edmonton. It is fascinating to study one of God's masterpieces in creation, the human body. I'm looking forward to my graduation in May 1980.

The years I have spent at CUC will always be remembered for the good times, and the many friends I have made. Associating with friends of similar belief has helped me to broaden and deepen my understanding of religion and life. This has helped me to play a stronger part in helping myself and others no matter where I will work in God's service.

Sincerely,
Leighton Nischuk

Students interested in preparing for admission to a school of medicine should please write to the Registrar of Canadian Union College for further details.

Don't Knock Opportunity.



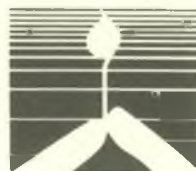
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For more information about Taskforce, contact your conference youth director, campus chaplain, or your pastor.



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Requirements:

8 units required for graduation; a unit equals one semester's work. Students must be 25 or over. Some previous college work is desirable, though exceptions are sometimes made.

For more information write:

Adult Degree Program

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Please send further information on your
Adult Degree Program.

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Odermatts Arrive in Ethiopia

After spending a year working on an involved citizenship problem, Beat, Ursula and little Sarah Odermatt have arrived in Ethiopia. They will be serving at Wollega Adventist Academy where Beat will be Bible teacher and farm, building and maintenance manager.

Beat attended Canadian Union College and Newbold College to obtain a degree in Theology, and has farmed in British Columbia, worked in the logging industry and is a qualified mechanic. Ursula also attended Newbold College. Beat and Ursula met there and were married in Switzerland.

Odermatts spent three months in Ethiopia on a voluntary basis in 1976 but have now returned on a permanent basis. When asked why, they replied, "We like it here and feel we can make some contribution to the work." Their house at Wollega is made of eucalyptus pole framework plastered with mud.



The Odermatt family in Ethiopia.



kitchen korner

by Shirley Oakley, R.D.

The cashew nut is the product of a tropical evergreen tree, native to Central America. Today the major exporters of cashew nuts are South America and India. Many cashews are also grown in Arica.

The fruit of the cashew resembles a large fleshy apple. The shell of this apple contains an oil which is very irritating to the skin. Roasting destroys the poison. Therefore after the fruit is picked, it must be roasted before shelling.

Each fruit contains one nut, which must be carefully picked out of the apple by hand—a very slow and tedious process.

The one cup of cashews in our recipe yields about 17 grams of protein, and 45 grams of fat. Cashews are also a good source of minerals and B Vitamins. They are very low in sodium.

This cashew nut loaf can be prepared ahead, and baked the next day. It is delicious served with a chicken style gravy.

Cashew Loaf

- | | |
|-------------------------------------|--------------------------------|
| 1 cup raw cashews, coarsely ground | 1 Tbsp. soy sauce |
| 1 cup soy or evaporated milk | $\frac{3}{4}$ tsp. salt |
| 1 large onion | 3 Tbsp. dried or fresh parsley |
| 1 cup soft whole wheat bread crumbs | $\frac{1}{4}$ tsp. celery seed |

Method

Combine all ingredients. Mix well to make sure that the seasonings are well distributed throughout the mixture. Place in a greased baking dish. Bake at 350° until firm, and lightly brown, for about 40 minutes. Serves 4-6.



WEDDINGS

NEILLY - ANDERSEN

Because of the love God planted in each of their hearts, David Neilly and Margaret Andersen joined in wedlock on November 22, 1979, in the Ukrainian Chapel of the Rutland Seventh-day Adventist Church.

Perry Tkachuk, Associate Pastor
Rutland S.D.A. Church

AT REST

BUHLER—Mrs. Jenny Louise (Jean)

Buhler passed to her rest October 17, 1979 at California in her 79th year. Jean and Jake moved to California this past summer and were members of the Abbotsford, B.C. Church at the time of her death. Jean is survived by her husband Jake, one daughter and two sons and many grandchildren. Services were held at Dinuba, California.

HARWOOD—Florence Harwood passed away in Abbotsford on October 11, 1979, in her 78th year. Born in Vermont, she moved to Saskatchewan at an early age and to Abbotsford, B.C. in 1971. In 1941 she was baptized and remained a faithful servant of the Lord. She is survived by her husband Jim, two daughters and one son, fifteen grandchildren, 16 great grandchildren, three sisters and two brothers.

Services were conducted by Pastor Les Saylor.

Mrs. Velma Miller, Correspondent
Abbotsford S.D.A. Church

60-DAY SPECIALS

Conquering High Mountains by Marvin Moore. This is a gripping story of the experiences of an American missionary couple who braved the dangers of pioneer work among the Indians of Bolivia. Once you begin you'll not easily put this book down.

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POLESCHUK—Edna Poleschuk was born in Kiev, Russia 67 years ago and died in Saskatoon, Saskatchewan on October 26, 1979.

She is survived by her husband Philip, and three sons: Archie Poleschuk, Lloyd Woronetz and Eli Woronetz. Also left to mourn are three sisters.

Funeral services were held at Westwood Funeral Chapel. Edna was laid to rest at Woodlawn Cemetery, Saskatoon where she awaits the resurrection morning.

Kenneth Schander, *Pastor*
Saskatoon Central Church

WEREZUK—Peter Werezuk was born on May 31, 1932 in Vegreville, Alberta and died on November 27, 1979 in Vegreville.

Peter and his wife Pearl were married on June 16, 1956 and had two daughters Nina and Nita.

Peter is survived by his wife Pearl, daughters Nina Kight of Portland, Oregon and Nita of CUC; parents Mr. and Mrs. Sam Werezuk and twin brother Paul of Vegreville; brother William of Vancouver; four sisters—Annie of Vegreville, Sadie Pardely, Mary Arthur and Eristine of Vermilion, Alberta.

He was buried in the Beauvallon Cemetery with Pastors E. Teranski, P. Uniat, S. Gallant and R. Dorchuck officiating.

Ron Dorchuck, *Pastor*

BIRTHS

ARMSON—Ross and Linda (nee Pouteaux) of Hodgeville, Saskatchewan announce the arrival of their son, Gregory William, on December 4, 1979.

BAPTISTE—Clarence and Beryl (nee Deurant) of Dauphin, Manitoba welcomed their third son, Philip Paul on September 6, 1979.

FRIESEN—Pastor David and Nancy (von Gunten) are pleased to announce the birth of their son Jeremy David Henry in Edmonton, Alberta on October 3, 1979.

HOLM—Robert Anton was born to Clifford and Mazel (nee Best), on September 25, 1979 in Red Deer, Alberta.

KLEBANOWSKI—On November 9, 1979 Janine Dielle was born to Gerald and Lillian in Wetaskiwin, Alberta.

McKINNON—Jack and Magdalene (nee Pich) of Rorketon, Manitoba were blessed with their first child Brent Clarence Jack McKinnon on June 24, 1979.

POHLE—Monika Ellen was born to Robert and Gabriela (nee Kartik) on October 23 in Saskatoon.

POLLOCK—Jim and Frieda Pollock are pleased to announce the birth of their son, Christopher James, on October 11, 1979.

ADVERTISEMENTS

Rates: Per issue, 40 words or less, \$5.00; each additional word ten cents. Display advertising \$6.00 per inch. Ten per cent discount per insertion for three or more consecutive insertions without copy changes. No advertising will be accepted unless cash accompanies copy. Send all advertising to your local conference office for approval by either the president or treasurer.

Note: The Canadian Adventist Messenger does not accept any responsibility for categorical or typographical errors nor for dissatisfaction or misrepresentation arising from any advertisement.

Electrician Wanted—Canadian Union College has an opening for a licensed electrician. Must be able to obtain an Alberta Journeyman's ticket. Interested parties please apply in writing giving references to Business Manager, Canadian Union College, Box 430, College Heights, Alberta T0C 0Z0.

1—24

St. Helena Retirement Center in beautiful Napa Valley. Adventist owned and operated. Meals, transportation and housekeeping. No smoking. Write for free color brochure. Silverado Orchards, Box 102, St. Helena, California 94574.

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Health Centre—Wanted: serious, responsible, dedicated individuals interested in establishing a Health Retreat, plus whatever else the Lord provides in Southwestern Ontario, possibly the Brantford area. Also desire suitable property. Contact J. Townshend, Box 414, Stratford, Ontario N5A 6T3 (519)273-2884.

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2—6

Hawaii—Helping Adventist families, groups, and their friends, planning to visit Hawaii for vacations, conventions, or business, find reputable and reasonable Hotel or Condo Hotel accommodations is our business. Guided Tours, Airline, and Car Reservations are available too. Call Sun.-Fri., 8-5 p.m. (HST), (808)737-4048 or 531-7786, or write Hawaii Condo Hotel Reservation Agency, 3480 Waiālae Ave., Room 2, Honolulu, Hawaii 96816. 1—10

Employment Opportunity—Maintenance Caretaker. This position is located in the city of Saskatoon, Saskatchewan. The city has a population of about 150,000 and has all of the related services. Sunnyside Nursing Home provides care to 106 elderly citizens and we have approximately 90 staff members. Saskatoon has two Seventh-day Adventist churches and a grades 1-10 church school. Some of the general duties of this position are as follows:

- ☐ to assist the maintenance supervisor
- ☐ to perform plant utility duties
- ☐ to paint and redecorate
- ☐ to perform general preventative maintenance
- ☐ to assist in landscaping and other related duties.

Several years' experience would be desirable and the qualification of fireman's papers or fourth-class engineer certificate would be preferred. Apply in writing to: K.D. Reimche, Administrator, Sunnyside Nursing Home, 2200 St. Henry Avenue, Saskatoon, Saskatchewan S7M 0P5, or phone (306)653-1267. 2—7

Property for Sale—Beautiful commercial property donated to conference—Keene, Texas near college, academy. New 3600 sq. ft. A-frame, swimming pool, deep well, other buildings. Large oak trees, 31 acres. Ideal home, motel, mobile park, other. Contact Texas Conference and save \$15,000. G.C. Wilson, Box 11620, Fort Worth, Texas 76110 or phone (817)921-6183 or (817)645-2016. 1—10

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