

canadian
adventist

messenger

september 2006

Five Days in the Country

SILVER HILLS

Lifestyle Makeover Spa

contents



8

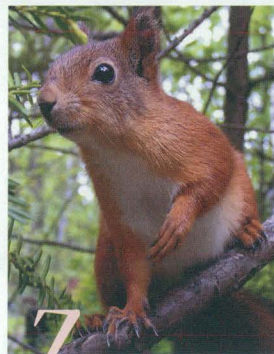


31

articles

- 3 EDITORIAL Getting Acquainted *by Crystal Holloway*
- 4 WORLDVIEW The Religious Terrorist *by Barry Bussey*
- 5 HEALTHBRIEF
- 6 TEEN TALK *by Josué Sánchez*
- 7 CREATION CORNER *by Tammie Burak*
- 8 COVER STORY Five Days in the Country
by Carolyn Willis
- 12 ADRA CANADA Beacons of Hope *by Sandy Brittain*
- 14 CANADIAN UNIVERSITY COLLEGE From Bells to
New Beginnings at CUC *by Diane Pearson*
- 16 KINGSWAY KORNER *by Greg Bussey*
- 31 THE BACK PAGE Mission to Guyana *by Terri Lynn Thomas*

16



7

news

- 17 BRITISH COLUMBIA
- 18 ALBERTA
- 20 MANITOBA/SASKATCHEWAN
- 21 ONTARIO
- 22 MARITIME

announcements

- 23 ANNOUNCEMENTS
- 23 ADVERTISEMENTS

Canadian Adventist Messenger

September 2006 Vol. 75 No. 9

Editor Crystal Holloway
cholloway@sdacc.org

Production Assistant Joan Tanasiychuk
joant@sdacc.org

Circulation Coordinator Cathy Anderson
messenger@sdacc.org

Postmaster: Please return undeliverable
Canadian addresses to Messenger subscrip-
tions, 1148 King St. E., Oshawa, ON L1H 1H8

Canada Post agreement number 40069337

The Canadian Adventist Messenger—
the official magazine of the Seventh-day Adventist
Church in Canada—is published 12 times per year.
Free to SDACC members. Annual foreign subscrip-
tion price: US\$10.00. Printed by Maracle Press
Limited. ISSN 0702-5084. Indexed in the Seventh-
day Adventist Periodical Index. Member of the
Associated Church Press.

Notice to contributors All unsolicited
material for publication must be submitted
through your local conference.



Seventh-day Adventist Church in Canada

1148 King Street East
Oshawa, ON L1H 1H8
phone 905/433-0011 fax 905/433-0982

President Dan Jackson

djackson@sdacc.org

Secretary Nilton Amorim

namorim@sdacc.org

Treasurer John Ramsay

jramsay@sdacc.org

Undertreasurer Joyce Jones

jjones@sdacc.org

Legal and Public Affairs/Trusts/ASI

Barry Bussey bbussey@sdacc.org

Education Dennis Marshall

dmarshall@sdacc.org

Conferences

Alberta William Olson, president and Messenger
correspondent; 37541 Hwy 2, Red Deer County, AB
T4E 1B1, phone 403/342-5044

British Columbia Gordon Pifher, president;
Stan Jensen, Messenger correspondent;
Box 1000, Abbotsford, BC V2S 4P5, phone 604/
853-5451

Manitoba/Saskatchewan Ken Wiebe,
president; Clifford Holm, Messenger correspondent;
1004 Victoria Avenue, Saskatoon, SK S7N 0Z8, phone
306/244-9700

Maritime Ken Corkum, president and
Messenger correspondent; 121 Salisbury Road,
Moncton, NB E1E 1A6, phone 506/857/8722

Newfoundland Gary Hodder, president and
Messenger correspondent; 1041 Topsail Rd., Mount
Pearl, NF A1N 5E9, phone 709/745-4051

Ontario Derrick Nichols, president; Halsey Peat,
Messenger correspondent; 1110 King Street East,
Oshawa, ON L1H 1H8, phone 905/571-1022

Quebec Gordon Gray, president and Messenger
correspondent; 940 Ch. Chambly, Longueuil, QC J4H
3M3, phone 450/651-5222

Canadian University College Reo Ganson,
president; 5415 College Ave., Lacombe, AB T4L 2E5,
phone 403/782-3381

Deadline

November issue
December issue
January issue

September 5
October 2
November 1

Getting Acquainted

by Crystal Holloway

Are you good at meeting people? Do conversation-starters come easily to you? Do people detect your warmth and friendliness within a few moments of being introduced? If so, I envy you. I confess that, although I try my best, I'm not that way at all. It takes me a little while to warm up to people sometimes and for them to warm up to me.

Maybe because of this natural inclination, I've never really understood speed-dating. You've heard of this trend, haven't you? A group of strangers meets at a previously arranged time and place, divides into two groups based on gender, then rotates through the order until every male has met every female and vice versa. The idea is, of course, to find someone that you'd like to date without having to invest time in the hunt. The problem, however, is that one's rotation through the order is governed by a timer which sounds at the end of 3-5 minutes. You may feel either disappointed or relieved to move on to another partner at the end of your allotted time, but can you really judge a person's quality or appeal in 3-5 minutes? Can they judge yours in that time? I'm glad I'll never have to go through such an ordeal.

I'm intrigued by the realization that, when Jesus went shopping for his closest friends, his disciples, He didn't interview for the job. There is no record of His setting up a desk on the shores of Galilee and asking Simon Peter or James such pointed questions as we are used to hearing nowadays: "What would you say is your greatest strength and your greatest weakness?" "Can you please give me an example from your past that describes a time when you took initiative?" "Where do you see yourself in 5 years?" Based upon the number of times that the disciples put their proverbial feet in their mouths, I doubt that they would have given polished answers to these questions had He chosen to ask. But He didn't even ask. Instead, He invited all who were willing and let the friendships grow naturally.

It seems to me that the only real way to get to know someone is slowly, over shared time and shared experiences. Yes, you can learn the basics about someone in 3-5 minutes. For instance, here in this editorial I can let you know that

I'm a married young woman, mother of two children—a boy and girl about whom I'll undoubtedly tell you lots of stories, a native Maritimer who has spent more than half her life in the Western part of the country, a 4th or 5th generation Adventist who loves God and the church, an alumnus of Canadian University College, a graduate student at the University of Alberta, a follower of pop-culture, an avid reader, a mediocre cook, a wanna-be poet and novelist . . . Is that 3 minutes yet? No? Okay, then . . . I've never been much of a sports fan but that is changing as my son grows up and gets involved in them himself; I eagerly follow both Canadian and American politics; I worry about what we are doing to our environment and am interested in reducing my part in global warming; I love animals, particularly small dogs, but don't own any at the moment; I think about my friends constantly but am not very good at staying in touch with them and worry that they'll think that I've forgotten them or don't care about them; my husband is a truck driver so he's gone a lot and so I'm learning to do some things I've never really wanted to do—mostly home repair and . . . oops! Time must surely be up by now.

But what does all that mean? Having read it, do you know me? No. And I know even less about you. But, thankfully, we have time. As I grow into this new position, you'll get a sense of who I am from the work I do—the articles that are included and those that are not, the things I tell you in these monthly editorials, the tone of the articles that I write from time to time. And hopefully I'll hear from you*—the items you appreciated and those that you didn't, the things that are happening in your home church that you feel are important to share with your peers across Canada, the ideas you have for the constant improvement of the magazine. We cannot now imagine the level or the types of interactions we'll have as time goes on. But I'm convinced that our friendship will grow as is best, as Jesus' did, while we work side by side. ■

Crystal Holloway is the new editor of the Canadian Adventist Messenger.



*It is my hope that I'll hear from you lots, in fact. I'd like to begin printing a 'letters to the editor' section each month, but it's dependant upon the amount of consistent response. Send your comments to cholloway@sdacc.org or Messenger—Letters, 1148 King Street East, Oshawa, ON L1H 1H8.

the religious terrorist

Canada has been rocked by the unfolding story of the 17 young Islamic men allegedly involved in a terrorist plot. The alleged details of the plot are incredulous—especially the connivance to behead our Prime Minister.

by Barry W. Bussey

It appears outlandish—but even worse. Perhaps we all had a nagging sense that what is going on “over there” may well come to our shores someday. It is becoming evident that it has. Some say it is a “wake up call” for Canada to get tougher on immigration, just like the Dutch have done in recent times. The Netherlands, since the murder of film maker Theo van Gogh, has turned into a closed state for immigrants who refuse to accept the permissive, multicultural society.

While it appears unbelievable, we only have to look back to 9/11 in 2001. I remember attending a wedding in Niagara Falls on September 9 of that year. If anyone at that wedding would have suggested that in a couple of days terrorists would ram jet liners in the New York World Trade Towers, I would have labelled such talk as that of only the mentally deranged. It would have been outlandish in the extreme to have made such a prediction, but the bizarre became reality. Who is to say that such a crazy concept as bombing Canada’s historic sights, let alone the threat to our leaders, would not have been fulfilled were it not for the work of the police?

What is particularly troubling for the religious, such as myself, is to see the fanaticism wrapped in the cloth of religious piety. The public doesn’t quite know how to handle it. On the one hand, we want to encourage our country to be a place of freedom where religious views can be expressed and practiced without hindrance. We pride ourselves in being an open society. On the other hand, our openness also makes room for those who literally hate our willingness to tolerate permissive norms.

The hatred of such fundamentalists has brought into question the role of religious freedom. What does our liberal democratic society do about the problem of the religious terrorist? Many secularists are scared of religion. Religion is dangerous, they argue. It must not be given leeway in public policy. Religious views ought to be left to the private realm. To do otherwise would be to subject our country to the religious wars of the Middle East.

This same type of reasoning was used after the Protestant Reformation. The political philosophers argued that religion must be kept private; it could not be involved in the public affairs of the nation. Rising from the ashes of the religious wars of the Reformation was the concept of separation of Church and State. That understanding of limiting religion has been seen by some as the true genius of our modern age. However, upon even a cursory view of history in North America one can see that while church and state were separate, religion and religious views were not limited in public discourse. In fact, many politicians were very much religious persons in their own right. They were imbued with both the Judeo-Christian ethic and they also understood that religious institutions had no business to direct the affairs of state and vice versa. It has served us well.

Western democracies are now faced with one of their greatest challenges—how do we deal with those who use violence to obtain a religious end? I suggest we are dealing with a clash of orthodoxies. Our views are not theirs—theirs are not ours. The concepts of freedom are very different.

It is incumbent upon us as Christians that we ask the Lord to give our political leaders wisdom on how to deal with this most perplexing problem. This will not be solved quickly. It is going to take an extreme amount of effort, patience and wisdom. Most of all, it will require courage—courage to stand against those who would advocate and implement violence. That same courage will also be needed to ensure that not all members of the same community will be “tarred with the same brush.” Anytime fear and insecurity rises, there is a possibility that we overreact and blame everyone who meets a certain profile of what a “religious terrorist” looks like.

We can be thankful to date that no serious religious violence has broken out across this country. We must pray such peace continues, but obviously we can no longer be naïve enough to think such violence could not happen. ■

Barry W. Bussey is General Counsel and director of Public Affairs for the Adventist Church in Canada. bbussey@sdacc.org





Sweet Tooth and Belly Ache

The dog days of summer may have you reaching for lots of cold drinks. But could this habit leave you doubled over in pain?

Yes, if you're unlucky. For some people, drinking just a can of soda or a bottle of lemonade can lead to abdominal cramping, bloating, pain, and diarrhea. It's not the temperature or the flavour.

It's the fructose—a sweetener found in many drinks and foods—that some people can't digest properly, especially on an empty stomach. If a sweet treat leaves you with sour regret, check the label—fructose may be the culprit.

—*Journal of the American Dietetic Association 2005 Oct; 105(10):1559-1566.*

Friendly Fats

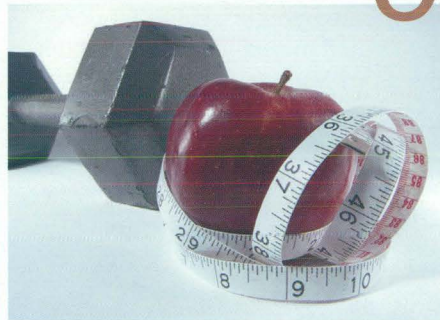
Avacados, nuts, olives, and seeds—even if you have high cholesterol, don't give 'em up.

In case you haven't quite gotten the whole fat thing down yet, unsaturated fats are your friends when it comes to lowering bad LDL cholesterol and raising good HDL cholesterol. So if your salad looks a little dull tonight, make your stomach and your arteries happy: Toss in some walnuts, sunflower seeds, or avocado and use a dressing made with olive oil. Then, eat up.

*Reprinted by permission of RealAge
"Tip of the Day" at www.realage.com.*



Focus on the BIG 5



It's no surprise that five key health factors that make your RealAge older also steal late-life independence.

Which risk factors are they? Not cancer. Not cholesterol. The top five health factors that increase the likelihood you'll need help caring for yourself when you're older are smoking, high blood pressure, diabetes, obesity, and inactivity. Luckily, regular exercise can help take care of four of those risk factors. And if you don't smoke, you'll be able to exercise even more.

The difference between people who remain self-sufficient and those who wind up dependent on others seems obvious: Self-sufficient people lead a healthy lifestyle. Over 20 years of data prove it, and the payoff can be huge, especially when you start in midlife. For instance, midlife diabetic smokers are five times more likely to end up in a nursing home than people free of these factors.

Sure, change can be hard. But when people manage their diabetes well or trade an hour on the couch for an hour at the gym, the odds of suffering chronic, debilitating conditions decline dramatically. Studies show that the most active people are the least likely to have trouble taking care of themselves—bathing, dressing, getting around—later in life. So if you smoke, join a quitting program. If you don't exercise, start walking. If you've put on weight, work on dropping it. If you have high blood pressure, commit to controlling it. If you have diabetes, get aggressive about managing it. And if you fall short, don't give up. Try, try again.

—*Archives of Internal Medicine 2006 May 8;166(9):985-990.*

Skinny Quiz



Who has the slimmest waist?

Meat-eaters, fish-eaters, vegetarians, or vegans?

According to a new study, vegans do. Vegans are vegetarians who not only forego eating meat, fish, or fowl but all foods derived from animals. However, the reason vegans tend to be slimmer may lie in what they do eat: fibre. Lots of it. And that's a habit you can easily duplicate. Fibre makes you feel full longer, and it seems to inhibit fat absorption. Broccoli pizza on whole-wheat crust, anyone?

Although fibre seems to help fat deposits, a meat-laden diet does just the opposite—it actually can cause an increase in body fat, especially in the belly, one of the worst places for it to accumulate in terms of both your health and your self-image.

One possible explanation is that high-protein diets may change the hormonal makeup of the body, altering body chemistry in a way that increases fat around the abdomen. Whatever the reason, the point is clear: You have yet another reason to up your intake of fibre-rich fruits, veggies, and whole grains—a smaller waist.

—*International Journal of Obesity and Related Metabolic Disorders 2003 June;27 (6): 728-734.*

TEENTALK

Pastor, youth speaker & columnist, Josué Sánchez enjoys sharing Jesus with teens.

For questions or speaking engagements, contact him at:

Josue@JJBlogs.com



everybody's got a story

There is this guy at work that I can't stand. He's so annoying! He can't get anything right, and it seems as if he were in another world. I know I shouldn't feel that way, but I can't help it. What can I do?

Let me answer with a true story.

There is a gentleman that owns a gas station near my home. Every time I went there he was talking on the phone. He would never make eye contact with me while issuing me a bill. I considered it bad customer service and it quite annoyed me. But then I decided to get to know this man better. After a few casual conversations he finally shared his story with me.

He had come from India not too long ago. He was a college teacher, although he couldn't work as such in Canada. His business didn't make enough money to pay workers so he had to be in the little cashier's cubicle the whole day! He was lonely and tired—that's why he was on the phone with his family and friends all the time. He was depressed.

We are friends now and I visit him regularly, even if I don't need to fill my gas tank.

Everybody's got a story. Once you know the stories behind the people around you it is really difficult to think bad of them. Take the guy from work as an example. What do you know about him? Maybe he has lost a loved one, or he has an illness, or he's depressed, or he's about to make a big decision in his life or... the list could go on and on.

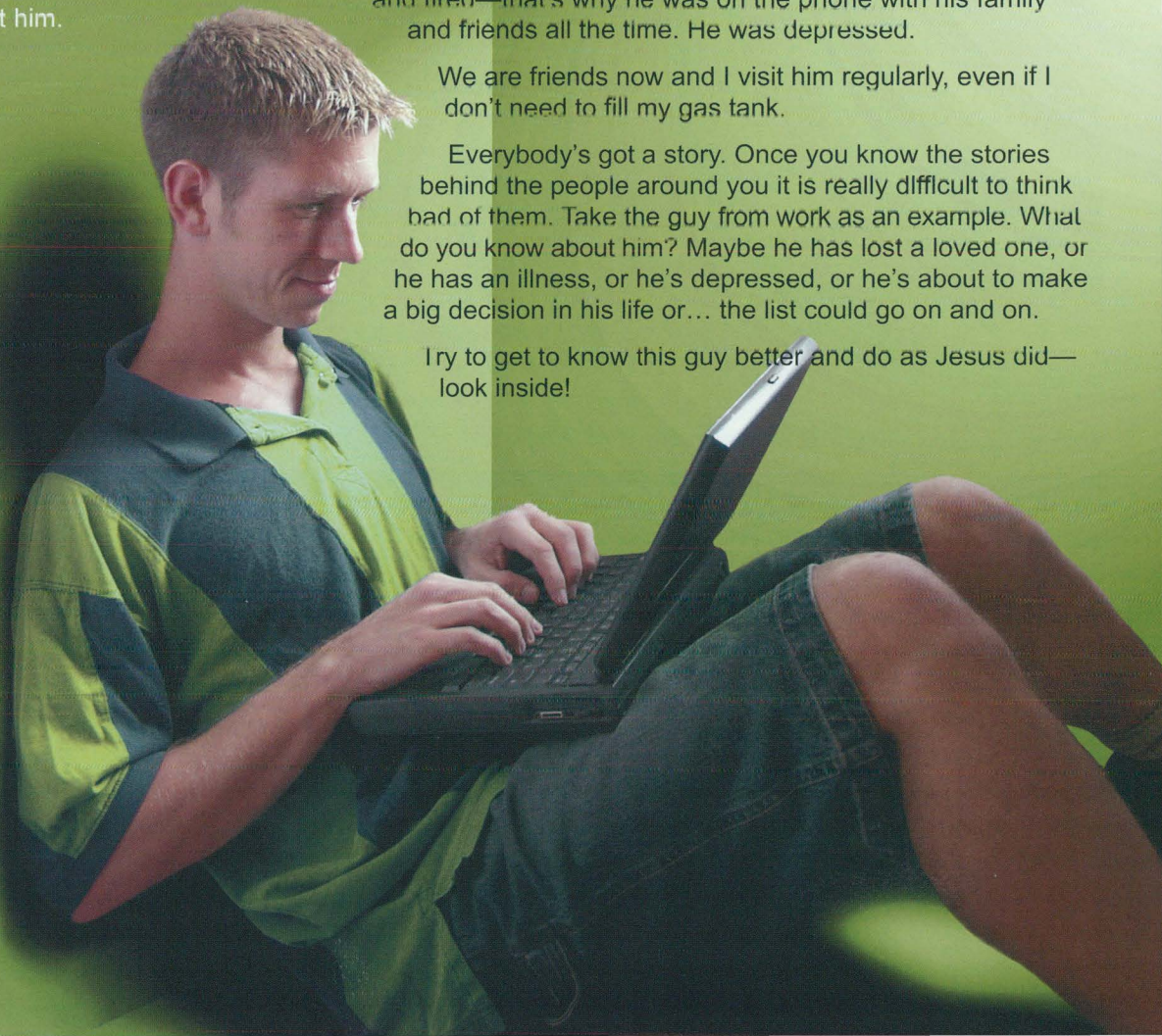
I try to get to know this guy better and do as Jesus did—look inside!

Josue's Pick

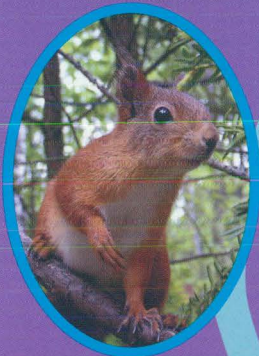
www.justastory.org is a place to listen to true stories and share yours anonymously

Hands On

Repeat to yourself: "He's got a story" when you feel tempted to have bad thoughts about him. It really works!



Creation Corner for Kids



Red Squirrel

While washing dishes, I could see the Red Squirrel half-way up a spruce tree tugging at a rope somebody had left there. The heavy blue rope was tied securely around the trunk of the tree, with about a 1 metre (3 feet) section hanging loosely against the tree's trunk.

Several times each day for many months the squirrel tugged and pulled at the rope for no apparent reason. I could see the squirrel trying first one way, then another to get the rope loose, but to no avail. The squirrel would work at it for half an hour or so, then leave it for awhile. But soon enough, she'd be back again to worry it some more. She could not cut it with her teeth; she could not untie it; she could not move it. She could do little more than fray the ends of it by her constant fretting. It was an obsession.

Think about it.

Is there something in your life that troubles you over which you have no power or control? Take it to God and leave it there for Him to handle. When you have done all that it is possible for you to do to change the situation, have the grace and courage to let it go and trust the Lord, even in this.

"Rest in the Lord, and wait patiently for Him...Do not fret—it only causes harm" (Psalm 37: 7, 8; NKJV).

Do it.

Find a place where there are squirrels and observe them. Take notes on what they are doing, how they interact with one another, and the kinds of noises they make.





Five Days in the Country

*at
Canada's
only
Adventist
live-in
lifestyle
makeover
spa*

With no idea of what I was about to experience, I stepped through the double doors onto the flagstone floor of the Silver Hills Guest house, hesitating as I took in the scene before me. Soothing music, soft lights and a subtle fragrance served as a sensory backdrop even as my eyes glimpsed green hills and meadow through glass doors that opened into the dining area. A long wall of windows showcased the beauty of the structure's surroundings.

Almost immediately we were shown to our comfortable room with its private bath and then given a tour of the facility. It was downstairs in the spa area that my feet lagged behind. Soft leather couches, the soothing trickle of a waterfall, fragrant oils and candlelight tranquillized the mind to rest. Here you were encouraged to speak in quiet voices so as not to disturb the guests who were receiving their spa treatments.

Our host, Phil Brewer, the Lifestyle Makeover Coach and president of Silver Hills, leaves us after he is sure we have the information we need to get settled. Other guests are arriving and he personally greets those

C A R O L Y N W I L L I S

who are signing in for the 5-day or 10-day experience.

I was but one of 18 guests who had come with a suitcase packed with sweat pants and runners pressed down with hopeful anticipation, to the Silver Hills Lifestyle Makeover Spa situated in the scenic hills a few miles beyond Lumby in British Columbia. Most guests had come because of their interest in a healthier lifestyle, either to enhance their quality of life or in an attempt to affect the outcome of chronic illness, or as a restful rejuvenation of body and mind.

At 5:45 p.m., we wander into the sitting area of the dining room ready for supper which will be served at 6 p.m. Others are already there, and as each person arrives introductions are made. I was to learn that many people coming to Silver Hills don't have a family structure so the staff intentionally try to create a homelike style as much as they can for the guests. Promptly at 6 p.m., Phil walks in with a smile and rings the small dinner bell signaling it's time to be seated. This is repeated each meal time. Often Rory, the affable prep chef, will take over when Phil is busy elsewhere.

And now I find out why some people might come to Silver Hills just for the food. Eileen Brewer, Phil's wife, is the renowned Lifestyle Makeover Chef. Eileen is petite, energetic and creative in the way she cooks and presents her vegan-vegetarian gourmet fare. Excited expressions of delight accompanied every meal as guests consumed Eileen's masterpieces. We quickly came to anticipate meal times.

I came to Silver Hills in May when they were hosting The Best of Silver Hills Cooking Extravaganza Session which included extra vegetarian cooking demonstrations and recipes. Guests are always welcome in the kitchen at Silver Hills, but at this session they are encouraged to visit the kitchen to observe, ask questions or help prepare food while chatting with the kitchen staff, gaining helpful tips on food preparation and presentation. After the supper dishes were cleared away each evening, Eileen and Cecile Gordon, the Evening Chef, would demonstrate everything from meal planning to creating a basic non-dairy cream sauce, plant-based entrees, soups and sandwiches, and yes, even delicious desserts.

Eileen relates to her smiling guests, "When I first started vegan cooking it was dry and not very palatable. I would be happy for an invitation out to eat so that I could get a tasty meal. Then I started experimenting with sauces and gravies and seasonings," and today assures the guests that "it's not difficult but fun."

Following the cooking demonstration each evening, we gathered in the lecture room downstairs where Phil spoke on "the eight natural doctors." Phil's trim and fit physique is a worthy example of healthful living. He is a skilled lifestyle coach and inspires in those present a desire to develop a healthier lifestyle. His message is intensely interesting as he skillfully

explains how each of these eight doctors affect the body and what happens when they are absent from our lifestyle.

After a restful sleep, I decided to put some zest in my first morning at Silver Hills and quietly made my way to the infrared sauna, followed by a refreshing cool shower. Half-way up the stairs a wonderfully enticing aroma floats around me and I realize I am just in time for breakfast. Guests are sitting around chatting as Eileen puts the finishing touches on the meal. I notice that some of the guests are looking with interest through the large dining room windows and I join them to see what is happening. There in the meadow before us is a black bear quietly grazing, oblivious or uncaring of its delighted audience. Further down in a corner close to the trees, there are deer doing the same. We will learn that at almost any time of the day you can look out the windows and watch the deer grazing in the meadow—or in Eileen's pretty garden. I watch a swallow swoop low for a morsel of food while inside guests sit down to another gourmet meal.

Our day's activities quickly become our routine for the next five days or ten for those fortunate enough to be booked for the full stay. After breakfast the group heads down to the lecture room where Phil presents an inspirational thought for the day. Then it's time for a walk, unless you have a spa booking in the next hour. I looked forward to these walks each day—after breakfast and immediately following lunch. Silver Hills has a number of good walking trails that will challenge every fitness level, and guests are encouraged to find one that is appropriate for them. Our group walking took us on a pretty trail through the woods. Joining us each day on our walks was Chance, a good-natured yellow lab, whose combined love of people and walking drew him to the lodge each day at exercise time where he always wiggled his way to the front of the pack.

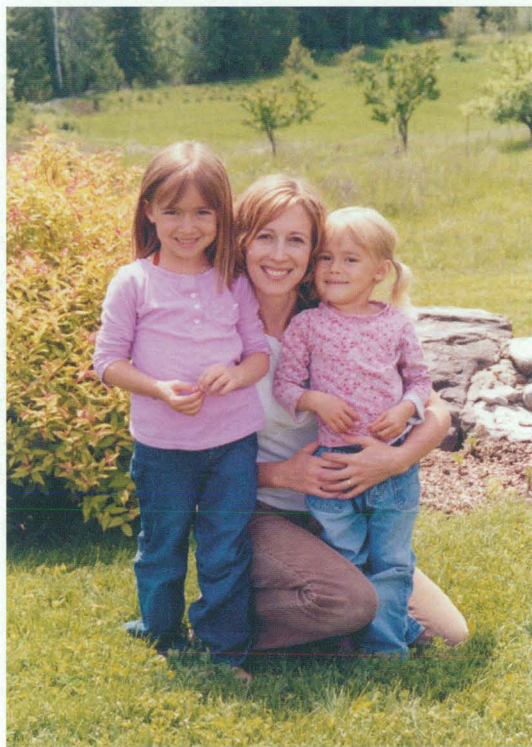
Because many of the activities at Silver Hills are done as a group, it is inevitable that you develop a feeling of kinship with the other guests. I met some very wonderful people during my time there and will forever cherish their acquaintance.

One of the favourite activities at Silver Hills were the spa treatments. Heidi Brewer, who is Phil and Eileen's daughter-



Guests enjoy an afternoon walk on one of Silver Hills lush trails.

in-law, has studied Swedish massage, hydrotherapy and lifestyle education in Norway and she is the Spa Director at Silver Hills. Guests have the option of a variety of massages and wraps that are guaranteed to relax and refresh—hot stone massages, sea salt scrubs, herbal mud wraps and masks, skin conditioning oils, hot paraffin wax, Swedish massage, and so much more. It is a common sight to see guests coming and going in their spa robes to the saunas or lounging in the pleasant spa waiting room. Under Heidi's very capable hands, I experienced a hot stone massage, a foot rejuvenation treatment and a facial. I confess that I have never before felt so utterly pampered and relaxed.



Heidi Brewer, Spa Director, with daughters.

Returning to my room after my facial on Friday morning, I sat on the edge of my bed before an open window listening to the trill of a whippoorwill. Mist sat atop the trees like fluffy balls of cotton. An old barn nestled in the crook of the surrounding woods of a distant meadow. It's here that again I feel the lack of quietness and peace in my life. These surroundings encourage me to slacken my pace and reframe my scattered thoughts. I realize it has been five days since I've heard the sound of a radio, a TV, the clatter of a computer

keyboard, or the ringing of a telephone. And I am aware that I don't miss any of it.

Modern life is full of pressures and frustrations. I am talking about the kind of stress that can make you more vulnerable to life-threatening health problems. The Silver Hills program addresses this in a session on stress management with Cameron Johnston, the Stress Fitness Coach, who skillfully helps you develop the ability to avoid some stressors and limit the effects of others.

It's time to head out on the trails again, and even though it is gently raining, I'm not concerned for Phil maintains a good supply of umbrellas. As I walk through the doors onto the covered patio, through the gathering group of guests I see Chance leaning against the side of the house, barely out of the rain. As I watch, his head slides down onto his paws, his eyes slowly closing. I smile as I step over his tail to choose an umbrella knowing that as soon as the guests head out Chance will be there leading us on our way to a healthier lifestyle.

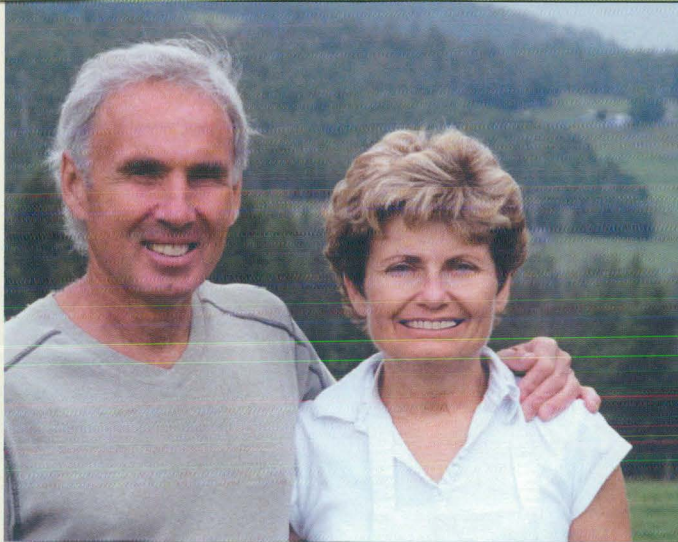
The most difficult part of this experience was saying goodbye to those whom we now consider friends. As the guests pack up and carry their luggage to waiting cars, the family unit disperses and a sadness lingers. But not for long—for there's always the fond hope that you may return.

GUESTS COMMENT

"I don't know how anyone can leave after only five days. I could hardly leave after 12 days! That's how I felt after my first stay in July 2005. Even though I had been looking into various holistic health approaches for more than ten years, what I learned at Silver Hills was entirely new to me. Old habits die hard and so after nearly a year I came back at the end of May for the longer program that also included the Cooking Extravaganza. I was surprised at how much I had forgotten from my first stay and am so glad I came again to be reminded of what is truly important for comprehensive well-being!" —*Lydda Vetrov, Vernon*

"My experience at Silver Hills reinforced to me the need each of us has to rejuvenate our bodies. The Silver Hills team provide a much-needed get-away without mixing up with the strange and New Age concepts often found in the spa experience. It's great to have a wellness and stress relief haven right here in Canada!" —*Debra Carby, Health & Children's Ministries Director, Ontario Conference*

Eight natural doctors—water, fresh air, sunlight, exercise, good food, rest, abstemiousness, trust in Divine power



Phil Brewer, Lifestyle Makeover Coach, president and founder of Silver Hills Lifestyle Makeover Spa and his wife Eileen, Makeover Chef, are passionate in their mission to inspire hope and promote healing through their work at Silver Hills. Often working on a one to one basis with their guests to meet individual needs, it is their strongest desire that those who come to Silver Hills will go away with the knowledge and motivation they will need to adopt a healthier lifestyle. Here Phil speaks with the Messenger.

Tell us a little bit about your background and how you became interested in a healthy lifestyle.

I was raised by a father and mother who were vegetarians. My father started a vegetarian restaurant in 1955 when I was five-years-old. He also ran 5-day Stop Smoking Plans in the 1960s in Ottawa. So it has been since childhood I saw the need in supporting others in a healthy lifestyle.

What message do you want to project to your guests that will encourage them to make changes in their lifestyle?

Our Western society approaches disease as a medical problem not as a lifestyle problem. We put the cart before the horse. Our bodies work on principles and principles work. People need to understand the basic fundamental principles of health first that will lead them in the right direction towards a lifestyle makeover.

Many people come here with no hope. Doctors may have diagnosed a disease and prescribed treatment but leave the patient without hope of living a full life again. Here at Silver Hills we want to, above all, help restore hope in our guests as they learn the fundamentals of living well.

Lifestyle principles are "common sense," but we have lost a lot of this understanding. We have found though that when these common sense principles are adopted, healthy people will learn how to stay healthy and unhealthy people will learn how to become healthy.

Can you identify the chief obstacles a person might experience in turning around unhealthy habits?

Misinformation, misguided emphasis on unimportant side issues, time management and not putting their health first.

How would you respond to the person who desires to live a more healthy lifestyle but doesn't know where to begin or how to stay onboard when they do adopt a plan?

Beginning is understanding the value of the equipment—their own body. Place a high value on that equipment and understand how it works. Motivation for change is co-operating with their own mechanism. Our objective at Silver Hills is to shift a person's lifestyle.

Do many people return to repeat the program?

Our guest sessions are usually 30-50% returning clients.

I see that Dr. Hans Diehl, founder of CHIP, heartily endorses the lifestyle program presented at Silver Hills. How do your guests relate to the vegan cuisine? Are they taught how to prepare a vegan menu?

They love it! It's caught as well as taught, and becomes infectious.

Eileen—We want to show people that vegan cookery can be fun. It doesn't have to be just sprouts and lettuce. People have a scary concept of vegan cooking. There are lots of neat things you can make and eat. Eating should be fun and enjoyable—not just good for you. Obviously, they won't cook the variety we serve here, but they can go home and be successful in cooking vegan recipes.

Phil—We've had people that come and say, "You aren't going to take away my meat/wine, etc. I make no comment on this for the program speaks for itself. I find that in five days they are wanting to change their lifestyle habits.

Eileen and I saw the need to make a difference in our approach to vegan cookery. We used to be very strict and had adopted a narrow way of thinking regarding food. But we came to the realization that people must anticipate and look forward to the food being served and they must be willing to try it. Strict food becomes a therapy—it doesn't work. I find that guests will not do it if it is not enjoyable and satisfying. We do massage therapy, stress therapy, etc. I don't want food to be therapy only. We have a whole message that's vibrant and food is just part of it.

What is the most rewarding aspect of your work here at Silver Hills?

When a guest calls or emails us to let us know that they "got it." They are now taking care of themselves. ■

Beacons of Hope

ADRA Canada's 7th Annual Leadership Summit



The ADRA Canada Summits bring together community leaders together for training and inspiration. This year the 7th Annual Leadership Summit was held at Foothills Camp in Alberta on April 19-23. Approximately 100 participants attended. There were many good presentations including the following:

- Respected nutrition and health researcher Dr. T. Colin Campbell revealed the truth behind special interest groups, government entities and scientists that have taken North Americans down a deadly path. In his book *The China Study*, Dr. Campbell details the connection between nutrition and heart disease, diabetes and cancer. The report also

ship Summit



examines the source of nutritional confusion produced by powerful lobbies, government entities, and opportunistic scientists. The New York Times has recognized the study as the “Grand Prix of epidemiology” and the “most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease.”

- Mel Boutilier, the director of the Parker Street Food and Furniture Bank in Nova Scotia related how the centre uniquely offers both relief-based services as well as development programs to give people an opportunity to be self-sufficient. He told of how he developed relationships with the government and many influential businessmen to best serve those in need.
- Gary Strunk related to the concept that ADRA Canada-funded projects gave opportunity for people to be a light on a hill, or “Beacons of Hope,” particularly through health-related projects.
- Monte Church and Bob Spratt provided insight into the cultural diversities of Native people in an effort to encourage participants to develop relationships that would lead to opportunities for service.
- Brian Alary, a newspaper editor, and Lyle Aspinall, a photographer and former editor, in their humorous way presented many useful tips on how to create a newsworthy story to get the media’s attention.

One evening the participants experienced a “Poverty Dinner.” Our world today was portrayed: Two participants were seated at a table lavishly set with fine china and crystal and served many decadent courses, eight participants were fed a typical middle class meal, and the remaining guests were served only a bowl of rice or left to beg at the tables of the upper class. It was an exercise that brought understanding to many who have never experienced poverty.

If you missed the ADRA Summit and want a mountaintop experience next year, circle April 18-22, 2007, on your calendar right away and make plans to attend! ■

Information supplied by Sandy Brittain, administrative assistant, National Projects.

RECOGNITION

ADRA Canada is pleased to announce that it has been approved for Certification in the Seal for Organizational Integrity and accountability program of the CCCC (Canadian Council of Christian Charities).

What does this good news of accreditation mean?

A Certified Member is a registered charity which is certified under the CCCC Standards of Organizational Integrity and Accountability. Only a Certified Member may display the CCCC Seal (shown on this page). The Seal communicates to you, the supporting constituency, to government and to the general public, that gifts are being spent and accounted for in a responsible manner.

The Seal is a mark of excellence and trust. It indicates the charity adheres to high standards of ethical and operational standards.

Ministries displaying the Seal adhere to these ten standards: They

- 1) have an independent, active board.
- 2) have an independent audit of their financial statements.
- 3) will provide their financial statements to any person upon request.
- 4) have an audit review committee that reports to the board.
- 5) carry on their activities with the highest standards of integrity.
- 6) have a declared doctrinal position expressing a commitment to the Christian faith.
- 7) have a declared stewardship policy which affirms, among other things, that no person receives a commission based upon gifts received by the ministry.
- 8) maintain confidentiality of all information about donors and mailing list addresses.
- 9) respect the privacy of the beneficiaries of their ministry.
- 10) adhere to a written Code of Ethical Fundraising and Financial Accountability.

There are currently 159 certified members in Canada, including such organizations as the Canadian Bible Society, Focus on the Family, Mission Aviation Fellowship, Samaritan’s Purse and World Relief Canada.

ADRA Canada strives for excellence in its programming and is pleased for this recognition.



from bells to new beginnings at CUC

by Diane Pearson, Vice President
for Student Services

School bells, fire alarm bells, percussion bells and wedding bells are commonalities as one academic year transitions into a new one at Canadian University College.

The new '06-'07 school year began with a new president, Dr. Andrea Luxton, as the chief bell ringer. Her vision for CUC is encapsulated in the words ownership, spirituality, growth, user-friendliness and inclusiveness. The presidential Inauguration is scheduled for September 29, 2006.

The staff at Student Services answer many questions. There is no such thing as a stupid question. If a student doesn't know something, he or she can ask. Following are some recently asked questions and answers.

Q: *Anything new to tell me about CUC?*

A: Registration was held in the PE Centre for the last time. After this fall CUC will have on-line registration.

Q: *Whazzup at CUC Student Services Department?*

A: Each student receives something special on their birthday. Your gift for this year has arrived and we hope you'll appreciate it when your birthday rolls around!

Q: *What services do you offer students?*

A: Student Services encompasses counselling and career guidance, residence halls, cafeteria, chaplain, recreation/athletic teams, discipline, student association, touring groups, clubs, and many campus life activities.

Q: *Can I join more than one organization or club?*

A: You need time management, but, if your time allows, you may join several

clubs or organizations. You may even take leadership positions that will help build up your résumé.

Q: *What's continuing that might entice a student?*

A: Plans for a CUC and ADRA sponsored mission trip; the newly renovated band room; opportunities for volunteering; forever friendships with Jesus, faculty, staff and other students.

Q: *During the school year where can I find most students at 8 a.m.? Noon? 7 p.m.?*

A: 8 a.m. is very early for many university students (you've maybe seen statistics about sleep-deprived post-secondary students). You'll find them at breakfast, at early morning classes, or still in bed catching a few more zzzzz's. Noon finds many students at choir/band practice or in the cafeteria. After classes you'll find students at intramurals, in the library or "hanging out" in the student centre (Student Association ping-pong tournaments are fun).

Q: *How can I become involved in service to others?*

A: Opportunities abound through Campus Ministries (projects like "Global Impact," soup kitchen, singing bands, praise and worship, and many outreach opportunities), dorm worships, local church initiatives and more. There are always many opportunities advertised on the bulletin boards. You can even

be a student missionary!

Q: *What does the Student Association (SA) have planned?*

A: More participants in student government and lots of fun and exciting activities.

Q: *Have I been informed correctly that renovations took place on campus during the summer?*

A: Yes! In addition to the fresh new look of the band room, two classrooms in the administration building have received facelifts.

Q: *I heard a rumour that CUC is 100 years old. Is that really true?*

A: No rumour at all. 2007 is CUC's centennial year. There will be many celebrations to come!

Hey, this isn't 20 questions! Check out the CUC website at www.cauc.ca to learn more about us.

Students are encouraged to depend on Jesus to empower them to achieve their academic goals. "The Lord calls for strong, devoted, self-sacrificing, young men and women who will go forth prepared to give the message to the world" (Counsels to Teachers, p. 549).

Student Services invites you join our campus and experience CUC! ■

Diane Pearson is Vice President for Student Services at Canadian University College.





◀ One of the groups who went on a short-term mission trip to our sister city, Lacombe, Louisiana. They helped rebuild homes for Hurricane Katrina victims. These trips were sponsored by Campus Ministries and A Better World.

Handshake — one of our major activities at the beginning of the school year. A wonderful way to get acquainted with the campus family and make new friends. ▼



▲ Biology student Sarah Picknell with her new friend at the annual Big Brother/Big Sister Kids Christmas Party sponsored by the Student Association.

▶ The Choral Union is one of the musical organizations you can join on campus. This year they managed to raise the funds for a tour to Bermuda. Not only were they able to tour the island but also were guest singers almost every evening at the New Life Prophecy Series held by the Somerset Adventist Church. For a full story visit www.cauc.ca/newsnotes





Kingsway College Alumni Return

by Greg Bussey

Each year during the first weekend in May, hundreds of Kingsway Alumni return to Oshawa to get re-acquainted with old friends and former staff. May 2006 was no exception.

The guest speaker for the Sabbath church service was Floyd Peterson. In 1978, Mr. Peterson moved to Oshawa, where he served as Chair of the Math/Science Department from 1978-1986. While at Kingsway, Mr. Peterson established the first computer lab, which consisted of a few computers in a former teacher's office in Leland Hall. He gave many students their first opportunity to work with state-of-the art technology. In 1986, Mr. Peterson moved to Loma Linda to work as a Statistical Programmer for Loma Linda University. In 1996, he was elected Mayor of Loma Linda and has held that position since first being elected.

Following church, the annual potluck was held in the Old Kingsway Gym. Leland Hall, the Administration Building, and the A.E. King Fitness Complex were alive with activity in the afternoon as the honoured classes met together and reminisced about the "good old days." This year's honoured classes were 1946, 1951, 1956, 1961, 1966, 1971, 1976, 1981, 1986, and 1996.

The Alumni Banquet was held in the A.E. King Fitness Complex with over 350 people in attendance. During the banquet, Ian Ferrell, '86, was presented with the Kingsway Alumnus of the Year Award for 2006. Ian is the son of John

and Eunice Ferrell. He grew up in Oshawa and attended College Park Elementary School. After elementary school, Ian attended Kingsway College and graduated in 1986 at the age of 16. He worked with Floyd Peterson to install Kingsway's first computer lab. Upon his graduation from Walla Walla College, Ian accepted a full-time position with Microsoft where he is currently the Director of the Mesh Incubation Group.

During the Alumni banquet on Saturday evening, a presentation was made to the Alumni regarding the new Boy's Dorm Renovation Project. This project entails the complete renovation of the three existing washrooms, new front steps, windows, roof work, and new lighting in the hallways. The grand total raised at the end of the night was \$32,000. The Class of 1966 announced the creation of a new scholarship entitled The President's Award for Improved Scholastic Achievement which will be awarded to a returning Grade 11 student who has shown the most marked improvement over a prescribed period of time. Thank you to Carl and Sharon Okimi and the Class of 1966 for this new scholarship.

Our annual golf tournament on Sunday morning had the largest number of golfers ever with a grand prize of a new car for a hole-in-one. Unfortunately, we did not have a winner for the car, however many other prizes were distributed and all had a great time on the fairways.

And so sadly the weekend came to an end. Thank you to all Kingsway Alumni and friends who continue to support Kingsway College. It really is greatly appreciated! ■



"I don't belong to any religious group, but after listening to your programs, I feel like I've known the truth."

Listener in Africa

Traveling where missionaries cannot go.

12501 Old Columbia Pike • Silver Spring, MD 20904
800-337-4297 • www.awr.org

british columbia

Vancouver Filipino Adventist Church Continues to Grow

It was a clear May afternoon when all eyes fixed on the baptistry in the basement of the Vancouver Filipino Seventh-day Adventist Church to watch ten people commit themselves to the Lord. This was the concluding event of a series of evangelistic meetings held April 28-May 13 this year.

The new members accepted into the fellowship of believers are: Efen Flores, Vita Flores, Vera Flores, May Anne Christel Flores, John Carlo Flores, Charles Tsang, Nenita Acierda, John Simon Bacabac, Lex Rex Mark Sacay and Sam Tapia. ■



Re-birth at Easter

After attending Pastor Shawn Brummund's *Revelation Speaks* prophecy seminar last spring, Ellena Irwin had counted herself a friend of the church, had attended a follow-up Bible marking class, and had studied with Bible worker Erika Sperling. Ellie's desire was to be baptized on the weekend that traditionally remembers the death and resurrection of her Lord and Saviour, Jesus Christ, therefore Whitehorse church celebrated her baptism during the Easter weekend of April 15, 2006. ■

Decoding DaVinci

The 35 members of the Three Angels Church in Penticton, B.C. had a burden to reach people in their community who went to watch the movie *The DaVinci Code*. On opening night, and for 4 nights after, a group of 11 church members were at the exits of the local movie theatre offering free copies of *The Truth About Mary Magdalene* by Pastor Doug Batchelor. Other church members gave books to friends and neighbours so that a total of 255 books were handed out. Most people were very receptive and appreciative. Pray that the seeds of truth will be planted in the hearts of these individuals. ■

Vernon Baptisms

The Vernon Seventh-day Adventist Church celebrated a re-birth on Sabbath, April 8 as Dan Chambers and Carmen Kowalchuk gave their lives to the Lord. Three children of Jim and Anne Astleford, Paige, Kody, and Alicia, also received their baptism certificates on that Sabbath having been baptized in Chetwyn, B.C. earlier in the spring. Praise the Lord. He is good! ■



Dan Chambers, Pastor Bruce Boyd, and Carmen Kowalchuk



Paige, Kody, and Alicia Astleford

Passing the Faith Along

“God brought me here!”

Chantelle Morton was an Edmonton girl but events—we should say ‘Providence’—manoeuvred her life so that she moved to Vernon, British Columbia and met Brook Desharnais. Brook had been baptized only a few months previously, during meetings held in Armstrong by Pastor Shawn Brummond. Brook wasted no time sharing what he had learned with others. When he met Chantelle, he quickly recognized her as someone on a spiritual quest and began to study with her. When he invited her to attend Sabbath school and church with him in Armstrong, she readily agreed and came to feel at home in the Sabbath school class where she became a permanent member. Chantelle says that as she studied with Brook and read about the beliefs, ideals, and lifestyle of Seventh-day Adventists she “was motivated by the Holy Spirit to be baptized.” Following Bible studies with Pastor Rodney Davis, Chantelle was baptized on April 15. ■



Pastor Rodney Davis welcomes Chantelle Morton into membership in the Armstrong Church while Brook Desharnais looks on.

alberta

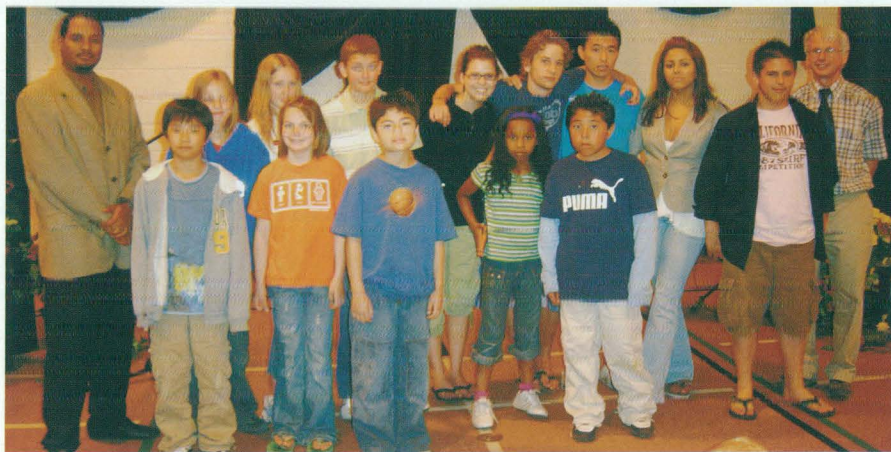
Celebration for Peace River Spring Crusade

On April 8th, the Peace River church concluded a three week prophecy seminar and celebrated when Dagmar Stephens and Marilyn McLaren were baptized and joined the church. Both ladies bring with them a wealth of enthusiasm and gifts to the church. Dagmar is a solid student of the Bible and is a certified health counsellor. Marilyn is a licensed, ordained minister of the Canadian Fellowship of Churches and Ministers in Peace River. The meetings were presented by Pastor David Beaudoin. ■



School-year Baptisms at CWAA

Clintook Winds Adventist Academy would like to announce the baptism of several of its students during the last school year. To God be the Glory! Baptisms this school year. Back l-r: Pastor Baldeo-Chaplain, Kalisha Anderson, Olivia Fitch, Connor Wasylucha, Brittney Wensink, Chantz Fleck, Wing Tim Kwok, Alai Bownes, Mr. Murray McLeod, Principal. Front l-r: Jacky Hong, Rochelle Jacobson, Jose Castillo, Janelle Ali, Norlan Ayerdis, Landon Gorbenko. ■



A Breakthrough in Hobbema for All of Us!

On a cold winter evening, two First Nations boys from the Hobbema townsite slipped into the waters of baptism and joined the tribe of Jesus Christ. There were tears in the crowd at the Wetaskiwin Seventh-day Adventist Church as the Kokum (Grandmother) of Kevin and Steven Deschamps prayed in the Cree language for her boys.

Their journey to baptism included attending the Happy Family seminar; an evangelistic series by Elder Justice St. Hilaire in Wetaskiwin; our native school, Mamawi Atosketan, in Hobbema; and also Peace Hills in Wetaskiwin where they intend to graduate from 9th Grade this spring.

Their hope is to attend Parkview Adventist Academy this fall, even though they are uncertain of their band's level of support for this type of Christian education. With gang shootings in broad daylight, the small team serving the church group in Hobbema is also praying for a safe place of their own where these boys and other children may worship in peace. Won't you join them in prayer on this matter? ■

New Member in Fairview

On April 29, 2006, Rachel Lucas was accepted into membership at the Fairview church on profession of faith. Rachel had recently been baptized into another denomination when she began dating Tony Johnson, a member of the Fairview church. Both Rachel and Tony studied with Pastor David Hamstra for nearly a year, during which time Rachel accepted the Sabbath truth and attended the Fairview church faithfully. At the end of the studies when Pastor Dave asked her if she wanted to become a member of the Adventist church she replied, "I thought I already was!" By that time she was, indeed, very much a part of our church family, and so, with the blessing of her former pastor, we officially accepted her into membership. ■

Red Deer Baptisms

The Grise family joined the Adventist family on April 1, 2006. Reynald, Susan and their eldest son, Terence, were accepted on profession of faith while Jade, their eldest child, was baptized. This family noticed the change in lifestyle of their neighbours, the Kritzinger family, who were baptized in 2004 as a consequence of watching DVD's given to them by a non-Adventist colleague. As a result, the Grise family studied Adventist beliefs and joined the Red Deer congregation.



From left to right: Jade, Andrea, Terence, Michelin, Susan, Rene, Reynald.



Christian Fletcher was baptized on May 13, 2006 in Red Deer as a result of intense internet investigation and DVD exposure. His mother, Heather, drove from New Brunswick to be present for this occasion. Heather and her husband were baptized two years ago. ■

Celebrating 80 Years of Ministry

Dr. Victor Schulz, pastor of the Medicine Hat church in Alberta, opened the weekend festivities that marked their 80th anniversary with encouraging words: "We don't want more anniversaries here. The next one needs to be over there!" Several denominational and governmental dignitaries attended the event or sent good wishes to members whose celebrations included a tribute to former pastors and wives, a gala banquet, the official opening of a new computer/language lab and a visit to the historic Hilda SDA church building, donated to the city and on permanent display at the Pioneer Village on the Calgary Stampede Grounds, where a plaque was unveiled in honour of our pioneers. ■



Evangelism Results in Bonnyville

A short report on the conclusion of a prophecy seminar in Bonnyville: We spent ten nights in our rented hall and then moved to the church, taking about 14 non-members with us for the remainder of the seminar. When the topic of God's last day church came and decision cards were handed out, ten indicated a desire for baptism and membership. Four of these were baptized on Sabbath, May 27.

Seven others have been attending church for the past three Sabbaths and indicating their willingness to join our church family. They are preparing for baptism in the coming weeks.

Overall, the church members are ecstatic about the success of the seminars—rejoicing that ten members and friends have been added to our congregation. We're happy to report that our little church is reaching seating capacity; we've seen about 50 new members join the Bonnyville church in the past four years and about 20 members in Lloydminster.

"Evangelism works for those who work it." ■



From left to right: Pastor Darrell Beaudoin, Annie Agate, Brenda Cardinel, Lawrence Noel, and Aaron Beaudoin.

Onoway Baptism

On April 29, Daniel Phelps was baptized and joined with his mother and father, Bob and Hariette Burnham, who had been baptized several month earlier as members of the Parkland church. The service was conducted in the Onoway church. ■



manitoba-saskatchewan

Brandon Hosts *Revelation Speaks Peace*

From April 7 to May 6, 2006, the Brandon church was host to the It Is Written *Revelation Speaks Peace* seminar with Pastor Bill Santos and the It Is Written team. Preparation for this series really began a year before when the members began praying earnestly that God would bless the city of Brandon with an evangelistic series. Then, during the summer of 2005, Pastor Rick Harwood received a call from Manitoba-Saskatchewan president Ken Wiebe advising that Pastor Bill Santos was unexpectedly available for a series of meetings in the spring of 2006 and that he was willing to come

to Brandon, Manitoba. God had begun to answer the prayers of his faithful members!

In the fall of 2005, Pastor Harwood began looking for a venue but was able to find only a small hall for an affordable price. Miraculously, just four months before the meetings were to start, the Lord provided a beautiful venue a the Brandon Victoria Inn. They offered their beautiful Imperial Ballroom for the same price per night as the small, very plain hall we'd booked earlier.

Opening night saw approximately 150 people in attendance, 96 of whom were non-Adventist guests. The attendance

held quite well throughout the series with many guests becoming regulars. It was a blessing to see people of many cultures coming together; we had guests that were First Nations, Hutterites, Chinese, and guests from India, Kuwait, and El Salvador. One 92 year-old gentleman and his wife who had been missionaries to Columbia with another denomination for 38 years faithfully drove 65 kilometres nightly to attend the meetings.

In the end, five members were added: Grace Flemington, Agnes Fenty, and Audrey Daniels were baptized while Ken and Barb Szapko were received by profession of faith. ■

ontario

College Park's Sabbath of Celebration

A service of rejoicing and celebration was held on Sabbath, April 30, as four individuals were welcomed into the College Park church: Robert and Lourdes McCarthy made their decision for Christ during Pastor Feyerabend's recent series, and Luke Krajcarski and Cynthia Jessen have been attending College Park church for over one year and studying with Pastor Schwinghammer.

We also celebrated the ordination of five new elders—Tanya Amorim, Robert Crowell, Greg Forman, Christopher Jones and Archie Palinka—and the baby dedication of Josie Tina Tesari.

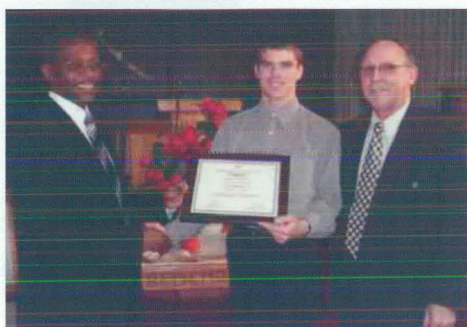
Following the service of celebration our church family gathered at the King Fitness centre for a potluck. During lunch, Denise Putt, wife of Pastor Robert Putt, was welcomed as the newest Canadian citizen in our College Park family. ■

Iron Bridge's Elder's Ordination

Arden Brock was born to Adventist parents, Keith and Shirley Brock, on January 27, 1982, in Blind River, Ontario. Arden was home schooled and now works for his father's logging company. Arden was baptized in 2003 and became ordained as a deacon in January 22, 2005.

Still a very young man, Arden demonstrates dedication and faithfulness to the Iron Bridge Church. On April 1, 2006, his church family witnessed his ordination as an elder.

He enjoys church activities, spending time with his fiancée, Kristin, and his family and being out in nature. Arden continues to be an invaluable asset to the Iron Bridge church. ■



Scarborough's Judgment Hour Revival

The Scarborough Seventh-day Adventist Church, with the help of evangelist Mack W. Wilson, presented a series of meetings called *The Judgment Hour Revival*.

For five nights each week during the four week series (April 22, 2006-May 20, 2006), Wilson presented a very inspiring presentation on the prophecies of the book of Daniel.



Members and guests were brought to a great sense of the truth of God's word and the deep awareness of the current fulfillment of those prophecies. As a result of *The Judgment Hour Revival*, 17 people were baptized and accepted into member-

ship. The congregation has been revived and motivated to seek more souls for God's kingdom. ■

Diet and Stress Management in Bowmanville

During the month of April 2006, the Bowmanville church hosted a new Lifestyle Matters seminar called *Diet and Stress*. The four weekly sessions came to an end all too quickly for the 34 registrants and their guests (of which 25 were from the community.)

The presenters, Debra Carby (MPH, RD), Karen Halminen (RN), Erika Buckley (BSc, ND), and Gwen Moffat (RMT) provided very insightful and interesting presentations on fibre, sugar, fat and phytochemicals in our diet and how they relate to coping with stress. Each evening also featured helpful vegetarian food tasting and demos by Carys Cao-Holbrook, Karen Halminen, and Jeanice Zinner. Additional video presentations by Vicki Griffin, Dr. Edwin Neblett, and Evelyn Kissinger added to the wealth of information the participants received.

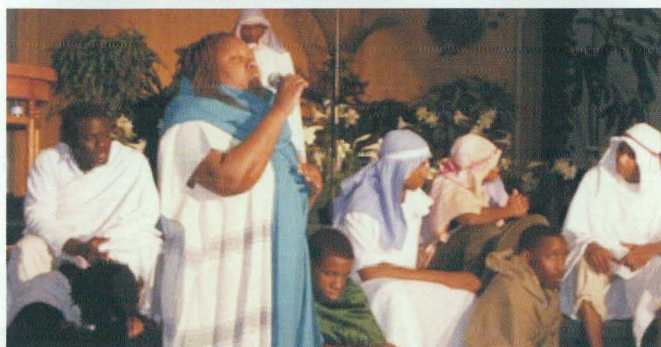
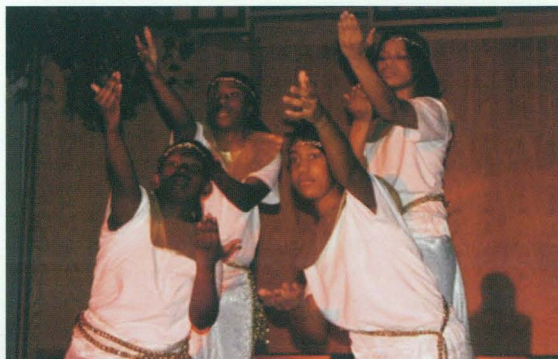
One gentleman was a bit upset when he came on the first night and heard others talking about this being a vegetarian cooking class. He had come to deal with his stress! Assured that stress management was part of the program, he stayed. Each evening he left feeling glad that he had come and learned more about how one's diet and other lifestyle matters affect the stressors in one's life. After the four sessions, he was very appreciative and wanted more sessions. Several others in the class took seriously the advice on exercise and began walking to attend the classes.

Appreciation goes to the church members that gave of their time, effort and expertise to see this program bring such a high level of satisfaction to the attendees. A follow-up monthly supper club is being planned. ■

Apple Creek Gets a Visitor

On April 22, 2006, the Toronto West Seventh-Day Church visited the Apple Creek church as part of an exchange initiative between the two churches in which various groups lead the program at their sister church once per year. During this visit, the Toronto West group brought testimonies, inspirational music, and a drama presentation depicting a mother, a best friend and a girlfriend mother who had lost another man to street violence. Pathfinders gave a visual reminder to lay our burdens before Jesus when they reverently marched up the center aisles carrying crosses which they then laid at the base of the platform. Pastor Mansfield Edwards invited the congregation to reflect on the events from Creation through Calvary and to today. He admonished them to not lose hope, his brief message establishing the reason why Christians commemorate the cross: "When the present is bleak, the future is invisible. We must remember daily in order not to forget."

The Apple Creek church would like to thank the Toronto West church for a unique and wonderful worship experience. ■



maritime

Evangelistic Results in Bridgewater

There is much joy and thanksgiving in the Bridgewater church in Nova Scotia. After the evangelistic meetings recently presented by Elder Verne Snow, there were fourteen people baptized, 4 re-baptized and 1 accepted by Profession of Faith. The church is grateful that God worked through Elder Snow in such a mighty way. One family particularly rejoiced as they witnessed the baptism of 9 of its members. Another member saw her neighbour, with whom she had been friends for years, be baptized.

There will be more baptisms to come: One boy of eight witnessed to his neighbour, and she and her son came to the meetings and want to be baptized; a husband and wife have been witnesses to a work associate who also came to the meetings and now wants baptism; another recently baptized member invited her friend to the meetings, and now she and her boyfriend are studying. Praise God! ■



SLA Appreciates French-Canadian Culture

On May 7-11, some grade 7-9 students along with 2 teachers went to Quebec City for a historical and cultural trip. After a scenic trip through New Brunswick with sightseeing side trips to Plaster Rock and Grand Falls, the students arrived in Quebec City where they stayed at a youth hostel inside the wall of the old section of the city.

Their tour guide gave them an extended tour of the old part of the city where they saw important buildings still standing from the 1800's and one from the 1700's, upper and lower Quebec City, learned about the flooding in the streets from the St. Lawrence during the early settling of Quebec, and visited several historic sites before returning to the hostel. They also visited the Montmorency Falls where they took the Télépérique to the top of the falls and crossed the suspension bridge. They also visited the Isle D'Orleans, la Citadelle, the light show at the Musée du Fort and the Plains of Abraham. Students also enjoyed the tasty treats of a chocolaterie, a Swiss restaurant with their delicious fondues, Mexican food, Pizza Mag, Belgian chocolate and a local patisserie.

They returned to the school tired but excited about what they had learned. The trip was one of the highlights of the year for those who were able to go. We look forward to more educational experiences in the future that will enrich our students' learning experiences. ■

Announcements

Come and reminisce with old school friends from DAA/PVA/SRA at the alumni gathering at Dakota Adventist Academy, Bismarck, N.D., Oct. 6-Oct. 8, 2006. Honour classes —'02, '97, '87, '82, '77, '67, '57, '52, '47. Contact Judy Liebelt, Alumni President, at 701/428-3382, if you have any questions. (9/06)

Centennial Celebration—calling all Vernon Adventist Church alumni. You're invited to a special centennial celebration weekend taking place Nov. 3-5, 2006, in Vernon, B.C. A musical program, historical tour, charity walk/run, and a message from our conference president, Gordon Pifher, are a few of the highlights. Lodging and meals will be provided. For reservations please email Karen Dubyna at vernonsda100@hotmail.com or phone 250/558-0112. (9/06)

Births

McKenna Reagan McMackin was born Sept. 25, 2005, to Lisa (Eslinger) and John McMackin of Milton-Freewater, Ore.

Obituaries

Walter Bezugly of Borden, Sask., died July 7, 2006, at the age of 84. He was predeceased by two of his grandchildren. Surviving: wife Vera of Borden; son Ron (Julia) of Borden; daughter Lorraine (Ron) Wombold of Ponoka, Alta.; sister Sandra Perry of Saskatoon, Sask.; four grandchildren, and 10 great-grandchildren.

Earl Coupland was born Jan. 1, 1917, in Delia, Alta., and died April 27, 2006, in Red Deer, Alta. Earl served the church for over 30 years, many of which were as manager of the Adventist Book Centre, and in the Alberta Conference treasury department. In retirement, he participated in many Maranatha projects and ADRA relief. Surviving: wife Beatrice; son Murray (Sharon) of Grants Pass, Ore.; daughters Sherrie (Bob) Ferguson of Calgary, Alta., and Arloene (Roger) Dalke of Ferintosh, Alta.; brothers Ken (Amelia) of Spruce Grove, Alta., Ralph (Astri) of College Place, Wash., and Robert (Dolores) of West Bank, B.C.

Walton Eddy was born Jan. 29, 1917, in Rouleau, Sask., and died June 5, 2006, in Weyburn, Sask. Walton served his local church as a deacon for many years. Surviving: wife Helen; sons Charles (Kelly) of

Weyburn, and Larry (Holly) of Regina, Sask.; Rowena (Sandy) Eddy of Brock, Sask.; Frances (Karl) Boso of Regina, Sask., and Elana (Maynard) Bernard of Balzac, Alta.; brother Greg (Myrtle) of Weyburn; sister Evelyn Erick of Calgary, Alta.; 13 grandchildren, and 10 great-grandchildren.

Raymond Grant Jardine was born June 10, 1936, in Petrolia, Ont., and died Dec. 20, 2005, in Petrolia. Surviving: wife Gwen; sons Maxwell (Donita), Donald (Tami), Daniel (Lilly), Brian (Stephanie), and David (Lisa); and 11 grandchildren.

Alexandria Sandra McPherson was born Aug. 17, 1919, in Bordon, Sask., and died June 25, 2006, in Wynndel, B.C. She was predeceased by her first husband, Bill, and her second husband, Thomas. Surviving: daughter Valerie; several brothers and sisters; two grandchildren, and one great-grandchild.

Wilfred Quering was born Jan. 28, 1941, in Hudson's Bay, Sask., and died June 10, 2006, in Kelowna, B.C. Surviving: wife Janice; son Ward (Kim) Quiring; daughter Stacy (Wade) Stewart; brothers Ed (Myrna) Quiring, Harvey (Hazel) Quiring, and Don (Glenda) Quiring; sister Pearl (Henry) Herzog; and two grandchildren.

Helyne Joan Wageman died May 19, 2006, at the age of 88, after a courageous battle with cancer. Surviving: husband Gustav; sons Richard (Donna) Wageman of Beijing, China, and Robert (Nancy) Wageman of Kelowna, B.C.; daughters Teddy (Frank) Colton of Sherwood Park, Alta., and Sharon (Wayne) Gardner of Winfield, B.C.; brothers Wilfred Reiswig of Kelowna, Harvey (Mary) Reiswig of Sicamous, B.C., and Edgar (Norma) Reiswig of Armstrong, B.C.; sisters Alfreda (Joe) Roberts of San Juan Capistrano, Calif., and Nancy (Ross) McDonough of Kelowna; special daughter Sherry Wageman of Kelowna; nine grandchildren and one great-grandchild.

Clancy Wilfrid Whitehead was born Mar. 17, 1934, in Peers, Alta., and died June 20, 2006, in Vancouver, B.C. Clancy expressed his faith in the Lord by his love for music and in being part of church choirs and singing groups. He was predeceased by his daughter Laurie, and brother Ray. Surviving: son Kent; daughters Sheryl Lee and Candace; brother Larry; three grandchildren, and two great-grandchildren.

Frank Willinger was born Mar. 15, 1919, near Beauvallon, Alta., and died Aug. 20, 2005, in McBride, B.C. Surviving: wife Bonnie (Patterson) of McBride; sons Harvey of Chilliwack, B.C., and Allen of Vernon, B.C.; daughter Barbara of Kelowna, B.C.; sisters Bertha Livadney of Armstrong, B.C., and Elsie Topolinsky of Beauvallon, Alta.; and seven grandchildren.

Advertising Policies

PROCESS:

- All advertising should be submitted with local conference approval.
- Payment must accompany your ad, or it will not be published.
- The Messenger assumes no responsibility for typographical errors, nor liability for the advertisements. Acceptance of ads does not constitute endorsement of the products or services by the Seventh-day Adventist Church in Canada.

RATES:

Classified advertising — \$20 for 50 words or less; 35 cents for each additional word.

Display advertising (camera ready) — \$20 per column inch. For larger display ads, please contact the Messenger for a rate sheet.

Discounts — 10 percent discount for three or more consecutive insertions without copy changes.

Deadlines

Nov. issue: **September 5**
Dec. issue: **October 2**
Jan. issue: **November 1**

Advertisements

Looking for great health? What's the secret? Get good nutrition in, toxins out and your magnificently-designed body heals itself. *Free* CD "The Healing Power of Nutrition." Research shows BarleyLife to be the richest nutritional source. Other products for colon detoxification, lymphatic cleansing and antioxidant protection. Enzymes, rebounders, charcoal in capsules, tablets and bulk powder, free health newsletter. Toll-free 888/707-3663, email ray@abundanthealth.info (Because what you don't know *can* hurt you.) (9/06)

Weimar Institute has the following personnel needs: Executive Chef for teaching Vegan Culinary Arts Program, maintenance personnel, cafeteria personnel, male massage therapist, women's dean, men's dean, massage therapy instructor (CMT), health education instructors (RN, MPH, MD). All ages considered, volunteers appreciated. Contact Dorothy Potterton 530/637-4111, ext. 7013. (9/06)

Canadian University College is inviting qualified individuals to submit a curriculum vitae for a position in the School of Education. A PhD or EdD in Education is required (Specialist or Masters degree may be considered if candidate has exceptional qualifications and/or experience and a willingness to pursue a doctoral degree). Preferred areas of emphasis include secondary school curriculum and instruction in the areas of science and mathematics. Other assignments may include classes in educational administration, foundations, philosophy, psychology and/or technology based on educational background. Academic staff teaching education courses must be eligible for teacher certification in Alberta. Responsibilities include instructing students, engaging in research and participating in the life of the institution. Qualified candidates should send a letter of application, a curriculum vitae and names of three references along with contact information to Dr. Loren Agrey, Vice President for Academic Administration, Canadian University College, 5415 College Ave., Lacombe, AB T4L 2E5. Phone 403/782-3381, fax 403/782-3170, or email lagrey@cauc.ca. Further information at www.cauc.ca. (11/06)

Vacation on Kauai—"The Garden Island." Kahili Adventist School operates a scenic mountain park with various types and sizes of cabins, sleeping 2-6 persons. All have kitchens complete with pans, utensils, dishes, etc. See pictures and rates at kahilipark.org. Reservations: 808/742-9921. (8/07)

Missionary minded home-schooling family seeking practical employment/willing to relocate. Will work/train with a stone mason, book binder, etc., combining bible work/ church planting. Wife could work part-time in a home-care nursing home, etc. For more info, please call 780/375-3725 to discuss. (9/06)

Assorted books: children/youth program/music; inspirational/EGW; crafts/quilting; story records. ADRA donation plus shipping. Phone Sharon at 905/957-2016. (9/06)

 Successful computer dating exclusively for Adventists since 1974
ADVENTIST CONTACT
 PO Box 5419, Takoma Park, MD
 20913-0419 • 301/589-4440
www.AdventistContact.com

Taste and see. Pure, raw, Manitoba wildflower honey. Welcome Pathfinder clubs. Samples available. Phone 204/835-2742. (9/06)

Class I driver required. Gravel haul in summer, log haul in winter. Pay based on experience. Hauling in the Fort McMurray area. On average a 6 day work week, with every Saturday off. Approx. two months off in spring. Phone or fax 780/358-2815 with résumé and drivers abstract. (9/06)

Free diabetes DVD with lots of valuable information for blood sugar conditions. Up-to-date, professional information on natural means of prevention and treatment. New, more effective form of chromium, important for blood sugar regulation. Free health newsletter. Toll-free 888/707-3663, email ray@abundanthealth.info. (Because what you don't know *can* hurt you.) (9/06)


For rent: Country home on secluded lot. Privacy in pine forest, large pond, 35 minutes north of Toronto, Ont., 20 minutes south of Barrie. Suitable for retired couple who love nature, gardening, animals and country living. Available immediately. Phone 905/775-7243. (9/06)

Free mission aviation stories! Contact Adventist World Aviation for a free quarterly newsletter. Write Adventist World Aviation, Box 251, Berrien Springs, MI 49103, email info@flyawa.org, or register online at www.flyawa.org. (6/07)

Legitimate business opportunity operating your own prepaid calling card company. Cards accessible from anywhere in North America. Great profit margins with low per minute rates for all countries from as little investment of \$500 plus GST including cards delivered to your door. Whether you live in a remote location or a metropolitan area, we can help you grow your business. No experience required. For more information, please contact us at info@boomerangcommunications.com, or phone 877/TRY-GIMME-5, and start earning today! Boomerang Communications is a Seventh-day Adventist owned and operated company. (6/07)

FACE You Can Educate Orphans In Adventist Schools In Africa!

Free African Children thru Education
 Helps "FACE Kids" live with surviving family at home, not in orphanages! \$65 per year provides school fees, a uniform, pens, pencils, paper and a blanket for a child orphaned by war, poverty and disease. 100% of your donation is sent to their school in Uganda. FACE has no paid staff!
 Email facekidscharity@yahoo.com
 FACE c/o Marta Roffey, P.O. Box 89, Minnett, ON. POB 1GO 705-765-1618, evenings



AdventistSingles.org or ChristianSinglesDating.com
Free 14-day Trial! Join thousands and thousands of active Adventist singles online. *free* chat, search, detailed profiles, match notifications! 2-way compatibility match, 10 photos, confidential online mail. Witnessing opportunities to the world through articles, friendships, chat, forums. Since 1993. Adventist owners. Thousands of successful matches! Top ranked. (3/07)

White Memorial Missionary College—Distance education, not-for-profit, liberal arts college emphasizing health professions. Seeking General Education faculty as well as Respiratory Therapy instructors. All faculty work from home. Visit www.wmmc.info for more details. (10/06)

Missionary teachers needed—Speaking English well is critical for many in China. If you are fluent in English, they need *you!* Through English, 1000s have found power in God's love and a life of purpose! Help lives change for God! Experience a new culture! We provide free airfare, free housing, salary, teacher training, many resources and more. Email director at kokboon@yahoo.com or visit website www.eslmission.org. (9/06)


Singles. Introducing Adventists discreetly and confidentially since 1987. We are dedicated to helping singles meet in a comfortable/secure on-line environment. Enjoy chat, message boards, photos, profiles, uplifting articles, much more. We have a personal community for creating relationships, from companionship to friendship, romance to marriage. DiscoverChristianSingles.com. (1/07)

Would you like to help support ADRA? Nature slideshow (Images of Creation) of scenery, birds and wildlife on DVD with music, formatted for computer or TV use. \$16 plus \$2 S/H. All proceeds forwarded to ADRA. Money back guarantee. Email imagesofcreation@yahoo.ca and put DVD in the subject line, or phone 867/668-5236. (9/06)

Obtain a diploma in Nutritional Consulting through distance learning at the Total Health School of Nutrition. A Seventh-day Adventist based 1½ year licensed program. Graduate opportunities include consulting services, corporate wellness programs, health food stores, weight management clinics and fitness centers. For more information email rdblancy@telus.net, or phone 403/288-9293. (3/07)

Moore Academy Canada is now accepting homeschool family registrations. Alberta families please register by Sept. 20, 2006. We also have a bookstore, so write or call Bernice for catalogue or info package, www.moorehomeschoolerscanada.com or www.unschoolingcanada.com. Phone 403/742-0428, fax 403/742-0441, or email mfca@telus.net. (12/06)

Alaska: Pediatric Physical Therapist/Physical Therapy Assistant. Our spacious center offers a variety of treatment rooms with state of the art pediatric equipment. If you enjoy working together with OT's and SLP's you will love our clinic. Our therapists are creative, skilled, and just plain fun. Our atmosphere is light-hearted, and non-competitive and yet we seek to be and to give our best to our kiddos and families. Competitive salaries and benefits. Email résumé to kenaikids@acsalaska.net or phone 907/283-2765. (10/06)


Live the Dream
The journey begins with us
 20 hospitals located in CA, HI, OR, WA
 For opportunities in:
Executive Management
Department Management
Nursing Management
 Contact:
 Leonard Yost, Director
 Employee Recruitment
 (916) 774-3355
For other opportunities
www.adventisthealth.org

PLEASE PRINT! **Mailing Label Code**

Name _____ (including previous surname, if applicable)

Former Street Address _____

City, Province, PCode _____

New Street Address _____

City, Province, PCode _____

Please send the Messenger this coupon AND your address label from the front cover.

Date effective _____ **Email messenger@sdacc.org**



Dr. Sang Lee

Sick 'n Tired of Treatment?
Want Healing?

Oct. 2-12, 2006

"No Incurable Diseases!"

Only venue in Canada

Come... be with Dr. Lee and Esther!

Discover the Science of God's Healing Love in the Muskokas! Lake Rosseau + Vegetarian Banquets + Fall Colours!

- Private Waterfront
- Healthy Exercise
- Canoes/Water Bikes
- Massage Therapy
- 67 wooded acres
- Revived Vitality

Renew Lost Hope...
Total Healing by God's Magnificent Grace

Email campfrenda@yahoo.ca
or call 705-765-5597

The 10 deadly health myths.

We deserve to know. Go to www.LifeEnhancement.myglycostore.com to find out what they are. (11/06)

Weeks to live—Adventist pastor's health miracle and recovery plan on CD. Two dollars s&ch. Write to Lifestyle, 420 Rogers Rd., Rogersville, TN 37857. For more information, phone 423/272-8537. (10/06)

Ready to relax? Apartments and rooms available for healthy, active seniors. Florida Living Retirement Community, 13.5 acres near Orlando. Pool, walking trail, activities, vegetarian cuisine, alcohol/smoke-free, and transportation/housekeeping available. Conference owned. Call Jackie at 407/862-2646, 800/729-8017, or email JackieFLRC@aol.com. (9/06)

Attention all moms and dads!

Are your children fussy eaters and possibly not getting the nutrients they require to function at their best? MannaBears and GlycoBears are the answer... and they taste delicious! Website www.mannapages.com/LifeEnhancer (click on the U.S. flag) or call Vivian toll-free 866/270-6019. You will love their improvement! (11/06)

Free tuition! Sylvan Meadows Adventist School in Sylvan Lake, Alberta is now accepting applications for the 2006-2007 school year in Grades ECS to nine. Great teachers, exceptional program and active church community. For more information, phone 403/887-5766, or visit website www.sylvanmeadows.ca. (9/06)

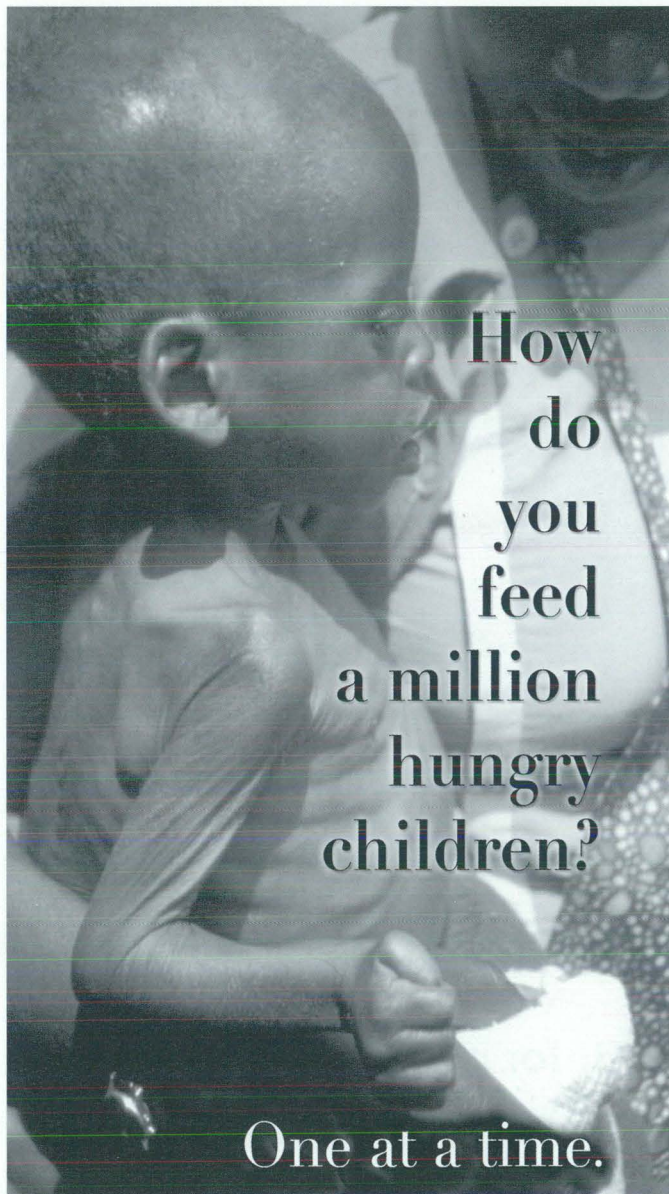
ABC BOOK OF THE MONTH



Get ready to wipe away the tears as you read these beautiful stories by much-loved writer Arthur A. Milward. Each of these true stories about children will take you straight to the arms of God. Paperback, 0-8280-1891-3.

Review and Herald® Publishing Association

Call 1-800-765-6955 • Online at AdventistBookCenter.com



How
do
you
feed
a million
hungry
children?

One at a time.

Sponsor A Child Today

- Yes! I will sponsor a child for \$25 per month.
- Boy Girl No Preference
- I do not wish to sponsor a child, but I would like to make a donation of \$ _____ towards:
- Joy Fund Greatest Need Other _____

Name _____

Street _____


City _____ State _____ Zip _____

Telephone _____




REACH Canada, Box 70529, 1801 Dundas St. E
Whitby, ONT L1N 9G3, Canada (905) 720-1624
www.reachcanada.org • info@reachcanada.org

DIVINE
POWER.



HUMAN
INTELLECT.

Many Strengths. One Mission.



For 100 years, we have been dedicated to our mission of "making man whole" through Christ-centered healthcare. As we celebrate our centennial anniversary, we pledge to continue delivering compassion with quality service.

<ul style="list-style-type: none"> • Assistant Professor-PhD • Asst Professor-PhD-Earth and Biological Sciences • Asst Professor-MA/MS-Dept Chair for Dept of Cln Lab Sciences • Assoc Professor-MA/MS-ALA accredited • Asst Professor-Dir of MFAM Clinic • CV Lab Specialist • Clinical Lab Scientist • Computer Support Services • Director-Engineering Services 	<ul style="list-style-type: none"> • Staff Nurse • Dental Assistant • Research Techs and Specialist • MRI Imaging Specialist Advanced • Painter • Faculty-School of Pharmacy • Locksmith • Maintenance Technician • Construction Project Manager • Application Service Specialist • Superintendent Rep.
---	--

For more information, please visit careers.llu.edu or call 1-800-722-2770

LOMA LINDA UNIVERSITY
MEDICAL CENTER | CHILDREN'S HOSPITAL | MEDICAL CENTER EAST CAMPUS
| BEHAVIORAL MEDICINE CENTER | HEALTH CARE | HEALTH SERVICES



FIT for ministry?

Health Summit West 2006

"Equipping & Empowering for Ministry!"

It's time to get equipped and empowered to live our lives according to God's will. The North American Division proudly presents: **"HEALTH SUMMIT WEST 2006."**

You and your family are cordially invited to join us from **October 18th to 23rd, 2006** as we embark on this life changing journey, where you will learn how to become equipped and empowered to live a healthy lifestyle and minister to others. The Health Summit West 2006 workshops will cover topics on fitness, health screening, CHIP, diabetes, depression recovery, and much more. **REGISTER TODAY!**

EARLY BIRD SPECIAL
SAVE UP TO \$35.00

Register before September 13th and take advantage of special savings. Normal rates without the early bird discount ranges from \$190 to \$250. Register online at www.plusline.org or by phone at 800-732-7587.

HEALTH SUMMIT WEST 2006

LOCATION: Gladstone, Oregon
DATES: Sept 18th to 23rd, 2006.
PRICES:
Full Event \$235 (\$250 on site)
Half Event \$190 (\$200 on site)
REGISTER EARLY AND SAVE!!!

www.plusline.org/events
1.800.732.7587

SAC 2006
Baltimore, MD
October 12-15

The Story

Heart & Soul of Communication

Bringing Adventist communicators together to develop professionally and spiritually

<p>Media Tours</p> <p>SONscreen Film Screenings</p> <p>The Corinthian Principle</p> <p>Worship & Fellowship</p> <p>Special Interest Groups</p>	<p>Keynote: Eric Rhoads, CEO and publisher of <i>Radio Ink</i></p> <p>Student Luncheon: <i>Pursuing your dreams—What are employers looking for?</i>, with Benjamin Long, president of Travaille Executive Search</p> <p>Featured Topics: <i>Time Management</i>, by Jerry R. Howard, II, small business partner, Franklin Covey, AND <i>Top Dog Barks First—The Spokesperson's Role</i>, by Joseph V. Trahan, III, APR, Fellow, PRSA</p> <p>Friday Panels:</p> <ul style="list-style-type: none"> • Ingredients to a Successful Story • Ethical Communication in the 21st Century • New Technology • Making Your Camera Work for You • Radio—the Forgotten Medium • Getting a Seat at the Management Table 	<p>Mimic Ministries</p> <p>National Aquarium Trip</p> <p>Networking</p> <p>Prayer Breakfast</p> <p>Awards Banquet</p> <p>Opening Reception</p>
---	--	--

Register now:
www.adventistcommunicator.org



C.H.E.R. International Canada



C.H.E.R. Canada is an approved Independent Supporting Ministry of the Seventh-day Adventist Church in Canada.

When you sponsor a child, your monthly donation provides education in an Adventist school (tuition, books, uniforms, etc.), a daily nutritious meal and medical care to a needy child. You can get to know your child through regular letters and pictures.

Hundreds of children are waiting for a loving sponsor like you. Please contact our office today and brighten a child's future!

**A Little Sacrifice Makes a Big Difference.
Sponsor a Child in an Adventist School for \$25/Month!**

Children's Health, Education and Relief International Canada
888-520-7474 • 905-434-7474 • www.chercanada.ca • info@chercanada.ca
Malawi • Bolivia • India • Bangladesh • Mexico • Brazil • Sri Lanka • Philippines



2007 Bible Lands Adventure

Discover Jesus in Israel and the wonders of Egypt!

March 11 - 28, 2007

To request your own colour brochure from experienced Tour Host, David Ellis,

Phone 604 524 3838 • Email macholm@shaw.ca

Buying or selling in Abbotsford, Chilliwack, Langley, Aldergrove or Mission? "Nobody works harder for you."



Alan Hamilton, BBA

Call me now!

604-859-2341

1-800-668-8661

Fax: 604-850-2325

Email: alan@alanhamilton.com

RE/MAX
Little Oak Realty
#9-2630 Bourquin W.
Abbotsford, BC V2S 5N7

Donation made to ADRA on every sale

fraservalleyhomeseller.com

A home-based health related business helped me reach financial freedom in 15 months. Anyone can do this! www.LifeEnhancement.goldenkeys.net or call toll-free, Viv at 866/270-6019. (11/06)

Adventist Review Special:
Answer the call to follow Jesus 24/7. Subscribe to the Adventist Review,

the magazine that takes your Christian walk to the next level. Discover a closer relationship with Jesus through the personal testimonies and wisdom of other modern disciples. Order before Oct. 31, 2006 and get a \$5 discount. Pay only US\$31.95 for 36 issues (one year). Call 800/456-3991 or visit www.AdventistReview.org. (9/06)

Adventist Home Television via Satellite

\$279 Plus GST
*Includes shipping across Canada

Complete pre-programmed self-installation system
90 cm (36") dish

Programs include: 3ABN, LLBN (Loma Linda), Hope Channel, ATN TV in English, French, Spanish and Portuguese, with 3ABN radio, Live Talk Radio, and Radio 74

View NET Sessions • Music and Choirs • Youth and Children programs • Healthy Living • Cooking Classes • Sermons and more

Have your system professionally installed

only \$467 Plus GST
Includes receiver, dish, LNB and installation anywhere in Canada.

Topfield PVR4000 (Personal Video Recorder)
Watch one channel while recording another. Self-installation system.

only \$497 Plus tax
Includes receiver with recorder, dish, LNB and cable. Shipping included.

Order today! 416-571-8529

Intersat Canadian owned and operated by Adventists www.intersat.ca



LANGUAGE SCHOOL

Since 1969

"The harvest is plentiful but the workers are few."

Mission Opportunity in Korea:

Korea needs native English-speaking volunteer Adventist missionaries to teach English and Bible.

- ▶ Bachelor's degree required
- ▶ Training provided
- ▶ Excellent benefits
 - Monthly stipend over \$1,500
 - Health insurance
 - Round trip airfare
 - Free housing & more

Call Korea: 82-2-2215-7496 (collect) for more info or send e-mail to comesda@yahoo.com
Web site: www.koreasda.org

USA contact: 1-866-KOREALS
Cell: 1-240-535-1823
E-mail: wowsda@hotmail.com

COME TO KOREA
COME TO KOREA
COME TO KOREA



New from Pacific Press®

Our statement of fundamental beliefs can be daunting to a kid.

Big words from fundamental belief II include “triumphed,” “subjugated,” and “communing.” Now, thanks to best-selling children’s author Jerry D. Thomas, you can share your beliefs in a kid-friendly vocabulary even young children can understand.

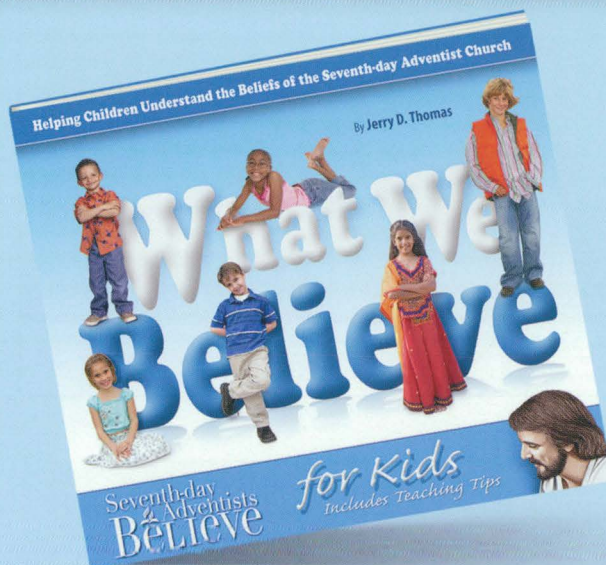
A story for each belief teaches the main concept. Suggested activities can be used to reinforce each chapter. With full-color illustrations throughout, this will be a book your kids will treasure.

Here’s core belief II—Growing in Jesus: “Because Jesus defeated Satan on the cross, we can defeat him also. By depending on the Holy Spirit, we can grow to be more like Jesus every day.”

That’s good news for kids and for their parents!

AdventistBookCenter.com
1-800-765-6955

Visit your local Adventist Book Center.



Paperback
80 pages
ISBN 13: 978-0-8163-2167-4
ISBN 10: 0-8163-2167-1
US\$11.99



Save \$8 / case

U.S. dollars/\$9.05 Canadian

October 1, 2006 to November 15, 2006

On These

Vegan Foods

Vegetarian Products



These and over 25 vegetarian vegan products are available in the Worthington®, Loma Linda®, and Morningstar Farms® product line.

Available at all participating Adventist Book Centers and Adventist Food Markets. While supplies last.

®. TM. © 2006 Kellogg NA Co.

www.adventsource.org

AdventSource has taken expansion to the limit! For 25 years we have been providing Adventist ministry leaders with resources for small groups, christian money management, pathfinder clubs, and much more.

Now AdventSource has grown to become the source for all your information needs as well. Come to AdventSource for news and ministry ideas. Or search for churches, addresses, and events

One Name. One Number. One Source.



**Indian River
DIRECT**

**Citrus Fundraising
Fresh From The Grove**

Owned and Operated by the
Kittrell Family

Indian River Direct
P.O. Box 651472
Vero Beach, FL 32965-1472

Phone: 1-800-558-1998
Fax: 1-772-460-7980
E-mail: indianriverdirect@gmail.com
Web: www.indianriverdirect.com



SPECIAL ANNOUNCEMENT FOR SKY ANGEL SUBSCRIBERS:

**Sky Angel has permanently
discontinued 3ABN, but...**

THERE IS HOPE!

www.AdventistSat.com

Enjoy **3ABN** along with ALL your favorite
Adventist programming including:

Hope Channel, LLBN (Loma Linda Broadcasting Network),
Esperanza TV, and 3ABN Latino.

Plus digital Adventist radio stations
LifeTalk Radio, 3ABN Radio, Radio 74
and more... all with **No Monthly Fees!**



\$199 Single Room System



\$399 Digital Video Recorder

Free Installation Kit With Each Order!

Easy to Install!
Shipping Included!

Call: 866-552-6882

tel 916-677-4386 · M-F 8am to 5pm PT

Coming September 29–October 3



IT IS WRITTEN

A mysterious presence . . .

. . . An object so sacred that those who touched it died instantly.

THE PRESENCE



C l o s e r T h a n Y o u T h i n k

Attend *The Presence* this month at a church near you! Join **Pastor Shawn Boonstra** for an exciting look at last-day events as revealed in the Sanctuary. During these 5 nights, you will discover what the Old Testament says about the true nature of Jesus and why the Sanctuary has relevance today.

Church Members

To find the location near you, call 1-877-527-7327 or visit www.thepresence.com, where you can also embark on "The Sanctuary Quest" and view a dramatic preview for the series.

Churches

There is still time to register as a host location! Call 1-877-507-3239 or visit:

NIGHTLY TOPICS

September 29 *The Presence*
September 30 *Mysteries of the Ancients*
October 1 *Closer Than You Think*
October 2 *The Appointed Hour*
October 3 *The Deliverance*

www.thepresence.com



Mission to Guyana



I wondered what would happen if a jaguar decided to eat me as his midnight snack... I wondered if this little buck knife would be enough to protect me...

I lay on the hard, wooden floor, desperately trying to position myself in a somewhat comfortable position. The heat seemed especially intense that night and the ants particularly hungry.

I was 3 weeks into my stay in Guyana—long enough to know the dangers of the jungle. The local people often asked me if I was scared to be sleeping out there alone. Each time my instinctive response was should I be? I used to wonder what would happen if the danger decided to find me, but I soon decided that it was better to not think about it. Better to focus on my work.

I was in Guyana helping a missionary family establish a new health and evangelism school. As I opened my eyes and looked at the shadows looming around me in the big room, the unfinished school building seemed daunting. The holes for the doorways were void of the doors they required; the windows, too, were gaping holes that let the light from the stars shine in.

My mind started to drift as my eyelids grew heavy. I wondered what would happen if a jaguar decided to eat me as his midnight snack... I wondered if this little buck knife would be enough to protect me... I wondered if I taste good... As I was drifting off, I heard what sounded like the hiss of a very large cat. It couldn't be, I mentally argued. Good thing I was too tired to realize that, yes, a jaguar was roaming nearby.

Ouch! A biting ant brought me back to reality, reminding me of my quest to get comfortable...

Tonight, from the comfort of my own room in Canada, I realize that I need help. As you read this in September, the school will have just opened for the first time, and I'll be packing my bags to return as a health teacher for the 9 month training program offered there. As a teacher, I will help prepare the students to be health and evangelism missionaries in the remote villages to which they will be sent after their graduation. The school will have approximately 25 students this year, and they will enjoy the campus I helped build, a campus made up of the school building, the boy's dorm, and the cafeteria. Wait! Did you notice something missing? The other half of the population—the female students—will need a place to live. The cafeteria will be busy, and the school building will be full of desks and books. So where does that leave the girls? In the streets? No, there aren't any. In the back alley? Nope, none of those either. It looks like they will have to stay in the jungle with the jaguars. And I know from experience that that is not ideal!

You can help by volunteering your time. Come to Guyana to help build the girl's dorm. You will be providing a clean, safe, and sanitary place for students for years to come. If they have a secure place to sleep, they will be better able to learn about Christ and the healthy lifestyle He designed for us. Then they can share it with others. The potential impact is phenomenal. ■

Terri Lynn Thomas writes from Courtice, Ontario. She recently graduated from Southern Adventist University with a degree in Corporate/Community Wellness Management. She looks forward to returning to Guyana.

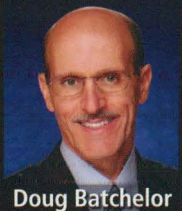
TerriT@southern.edu

BIBLE SECRETS REVEALED

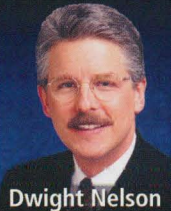
SEPTEMBER 15-23

Mark your
calendars now!

Get ready for a thrilling,
brand-new evangelistic
event that will reveal the
amazing truth about
Bible prophecy—and help
your church win souls for
God's kingdom!



Doug Batchelor



Dwight Nelson


REGISTER
YOUR
CHURCH
TODAY AT

www.mapseminar.com

or call

1-866-909-3836

AMAZING FACTS



THE *Most*
AMAZING
PROPHECIES

The **Most Amazing Prophecies** is a live 10-part satellite Bible study extravaganza for your church—with dynamic speaker Pastor Doug Batchelor and host Pastor Dwight K. Nelson.

WITH DOUG BATCHELOR