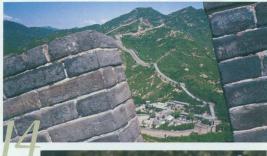


Contents





Articles

- 3 MAILROOM / AS WE GO TO PRESS
- 4 HEALTH BRIEF
- 5 HEART TO HEART A Call to Revival by Derrick Nichols
- 6 TEEN TALK by Josué Sánchez
- 7 CREATION CORNER by Tammie Burak
- 6 WORLDVIEW One Gunman, One Question: "Why?" by Barry Bussey
- 10 COVER STORY When The Lord Calls by Daniel Hanscom
- 14 ADRA CANADA Hidden From Sight For 30 Years by Juby Llewellyn
- 16 CANADIAN UNIVERSITY COLLEGE A Win-Win Situation by Dr. Andrea Luxton
- 17 KINGSWAY KORNER/PARKVIEW PERSPECTIVE
- 18 EDUCATION Excellence In Teaching Awards by Myrene Kartik
- 31 THE BACK PAGE Waiting on God by Ken Crawford

News

- 20 BRITISH COLUMBIA
- 20 ALBERTA

Announcements

- 24 ANNOUNCEMENTS
- 25 ADVERTISEMENTS



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Deadline

February issue March issue April issue December 4 January 3 February 1

Your Words



Re: October issue

I just received the October 2006 Messenger. I had to say "wow." The covers were gorgeous. The inside has nice, bold, and easy-to-read headings for each article. Everything is laid out so organized. The photos also

seemed clearer and sharper. Anyway, I wanted to say "good job."

— Carlo Stenfors Bracebridge, Ontario

Re: Silver Hills

I did not know we had such a facility in Canada where one can live-in and receive spa treatments as well as learn to enhance the quality of life. The cover story "Five Days in the Country: Silver Hills" in the September 2006 edition should be the first of many stories to show what Adventist facilities are available in this great country of ours and the services they provide. Let's not keep secrets from each other!

— Zarina Da Graca Brampton, Ontario

...letters policy

Please send your letters to the editor to: cholloway@sdacc.org or editor, 1148 King Street East, Oshawa, ON L1H 1H8.

Letters must be clearly written and to the point, 250 word maximum. Be sure to include the name of the article that caught your interest and the date of the issue in which it was printed. Also, include your name, (unsigned letters will not be published), the town/city, and province from which you are writing. Letters will be edited for space and clarity. Not all letters submitted will be published.

QUEBEC

AS WE GO TO PRESS...

n a statement reported in several Canadian newspapers and in an upcoming issue of the *Adventist Review*, Quebec's Minister of Education, Jean-Marc Fournier, states that all schools in his jurisdiction must teach the provincially prescribed curriculum, including "Darwin's theory of evolution." The statement was made in response to a complaint by a district school board against a small Evangelical school which teaches students the Scriptural account of creation alongside the theory of evolution.

Dr. Julia Falla, principal of Greaves Adventist

Academy in Montreal, is confident that there is no immediate threat to Adventist education in Quebec, stating that they have not been contacted by government and that there has never been any complaint about the instruction offered there. However, the school does not teach evolutionary theory at all. At most, Falla says, it would only teach evolution as an alternate theory on the origin of the universe, and it would only do so if forced. It currently teaches curriculum developed and required by the North American Division of Seventh-day Adventists.

The **Hefty** Price of a Bargain Meal

or an extra 67 cents, you can get lots of fries, a bucketful of soda, a super-duper burger, and more at a fast food window.

But it's no bargain. The effect on your weight and lifestyle of supersizing a meal—that is, buying more calories than your body can use-may run you more than \$7 in the end. According to researchers, that's what each supersize meal costs, assuming the extra calories turn to fat, which in turn increases the amount of money you must spend on food, gas, and medical care to sustain an ever-heavier frame.

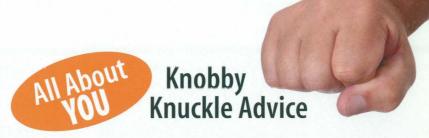
When researchers determined the real price of supersizing a meal—assuming the added calories turn to fat-they included the cost of more food needed to sustain a heavier person, more gas to transport a heavier body, and the extra medical expenses associated with weight gain. For people already overweight, 67 cents worth of supersizing resulted in \$7.72 total cost; even for normal-weight people, the cost was more than \$4.

Still worse, carrying around extra pounds leaves you at higher risk for heart disease, diabetes, gallbladder disease, osteoarthritis, some forms of cancer, and high blood pressure.

Whether you're ordering fast food at the drivethrough, dining in a restaurant, or eating in your own kitchen, pay attention to portion size so you don't take in more calories than you can use. Try to start your meal with healthy, low-fat foods-fruit or veggies (even fast-food joints now offer salads) —then move on to small portions of protein and carbs. You'll feel full with far fewer calories.

Many restaurants serve plates piled high with enough food to serve a small family. Be proactive to prevent overeating. Before it's served, have half your meal boxed and take it home. Or split an entrée. Avoid all-you-can-eat buffets. In other words, do yourself a favor and downsize your meals.

Now that's a good investment.



Myth or fact? Cracking your knuckles will give you arthritis.

Cracking your knuckles makes you sound like a bowl of Rice Krispies and never goes over well at a wedding. But, although it's painful for us to hear, you're not doing any harm to your joints, bones, or muscles when you crack—unless you feel pain. The noise is simply caused by the high-pressure suction of gas being expelled when your joints move apart. If it hurts when your knuckles or knees crack, see your doctor to assess what kind of joint damage you may have.

The Truth **About** Chocolate and Your Skin



Here's a formula for sensational skin: cleanser, moisturizer, sunscreen, and ... chocolate?

You heard right. When eaten, flavanol-rich cocoa, the main ingredient in dark chocolate, improves skin's texture, thickness, hydration, and blood flow. It may even boost your skin's defense against the sun by up to 25 percent! How? It packs serious anti-oxidant power. Just don't overdo it—chocolate is high in fat and calories, too. And you still need to wear sunscreen every day.

Chocolate's good for your skin? It's true! Antioxidant compounds in cocoa, called flavanols, improve artery health by boosting blood flow, and that boost may be good for your skin, too.

Researchers discovered this chocolate benefit in a study of women who consumed half a cup of cocoa (containing 329 milligrams of flavanols per serving, the amount in a 3-1/2 ounce serving of dark chocolate) daily for 12 weeks. At the end of the study, the women experienced less skin dryness, scaling, and roughness compared to the beginning of the study. Also, their skin was thicker, exhibited improved blood flow, and was even more resistant to sun damage. Pretty amazing.

Still, don't toss your sunscreen and indulge in mass quantities of chocolate. Consume the sweet in moderation and apply sunscreen every day when you'll be outdoors for 20 minutes or more.

by Derrick Nichols

a Call to Revival

Does God have a revival planned for His children?

You bet He does, and He is waiting for us to avail ourselves of this genuine experience.

I have had a burden on my heart for the last few years because of some of the things I have observed taking place within our community of faith. There seems to be a lack of genuine and true godliness among God's people today. For too many, religion is becoming more and more superficial. Something seems to be radically wrong. There seems to be little deep conviction of sin or real depth of humility. The attitude of a number of our fellow Christians proves this to be true. Many individuals are enjoying church on Sabbaths, then destroying the same church with un-Christlike comments and behaviour on Sundays. There seems to be less of the spirit of Christ.

We need a genuine revival that will really make us all the kind of spiritual persons God longs for us to be. This revival must not be by form; it must come from a deep understanding that we need to repent of our ways and stop grieving the Holy Spirit. It must be rooted in prayer and include a probing of the heart that makes us understand more fully our human depravity. Pride, selfishness, enmity, deceitfulness, immorality, and anything else that is hateful to God must be exposed in the light of His perfect law.

We must be honest with ourselves and with God and give up our self-justifying arguments. Excuses only bar the Divine influence which will bring change to our lives and rout sin out. Such an attitude only grieves the Spirit of God and causes Him to withhold His influence. Only when we, as sinners, are truly convicted by the Holy Ghost and exhibit genuine sorrow and great shame of ourselves, can Jesus cover us with His robe of righteousness.

It would be strange if one could live a Christian life upon the foundation of a mere emotional experience rather than the transforming power of the Holy Ghost through whom salvation has been graciously offered to each of us. Just reordering our Sabbath services for excitement will not cut it.

The time has come when, like the Psalmist we must cry, "Will You not revive us again, that Your people may rejoice in You?" (Psalm 85:6 NKJV).

Will we have a revival? Without any doubt we can, but only if we are willing. Let's have it start now!

Derrick Nichols is the president of the Ontario Conference



TEENTALK Pastor, youth speaker & columnist, Josué Sánchez enjoys sharing Jesus with teens. For questions or speaking engagements, contact him at: Josue@JJBlogs.com

Carry a Cross?

Josue's Pick

The Cost of Discipleship, by Dietrich Bonhoeffer. It's quite a deep book but worth the read.

Hands On

When the stress is overwhelming, remember that Jesus is at the other side of the cross helping you to carry it!



Q: Someone in church read a verse where Jesus says that we need to "carry a cross." Is it true that we need to suffer if we want to follow Jesus?

A: That verse is in Luke 14.27 and says: "And whoever does not bear his cross and come after Me cannot be My disciple" (NKJV).

We don't have to suffer in order to be accepted by Jesus. However, the reality is that the longer we follow Jesus, the more pressure Satan applies. So, when we go through tough times and want to remain faithful to God, Satan points us to very tempting "emergency exits" or shortcuts. His idea is to make us look in another direction and get us lost.

Take Abraham as an example. God asked him to sacrifice his only son. He was obedient and made all the necessary arrangements. But, although obedient, I bet that his mind was boiling with questions and doubts: "That request from God doesn't make sense! What's the purpose? Should I bring a ram with me just in case?" Fortunately, Abraham followed orders, and God gave him an exit (the right one) just at the very last second.

Bearing the cross basically means to fully trust in Jesus even when things don't make sense, when we are tempted to do It our way, or when we don't see light at the end of the tunnel. It is an internal fight (thus the suffering and stress) between following Jesus no matter what and taking the easy path that Satan offers.

Creation Corner for Kids

Grey Wolf

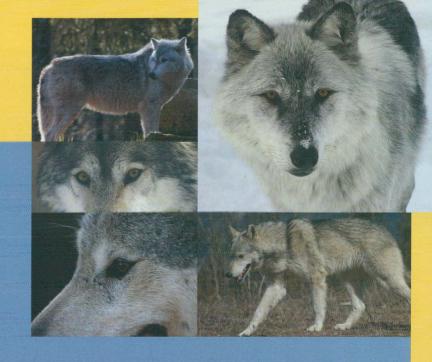
We were driving down a back road in cattle ranching country, a long way from the last-seen farmhouse, when I spotted an animal skirting a stand of spruce and poplar trees. It looked like a large black dog, But the legs were too long, the frame too lanky and tall to be that of any dog I'd ever seen. Though I'd never seen a wolf in the wild before, I realized I was looking at one at that moment!

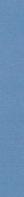
Wolves live together in packs and communicate with pack members and other packs over long distances by howling. On another occasion, while hiking in the mountains one fall, I listened to the mournful cry of a lone wolf under starlight as frost settled on the alpine meadow. It was a rare and special moment.

Think about it.

God provided a means for wolves to communicate with each other over long distances. He has also provided every means for us to communicate with Him, though He may seem far away at times.

"We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express."
(Romans 8:26, NIV).







There may be times when you don't feel like praying. God understands. Honour your commitment to Him by making time for Him daily and meeting with Him as usual, even if you don't feel like it. He will get you through the most difficult times, because His commitment to you doesn't change.





—Tammie Burak writes from Cherry Grove, Alta., where she enjoys studying nature with her husband, Randolph and their three children. Samuel, Emily, and loshua

one gunman, one question: "why?"

"'Destructive and irresponsible freedom has been granted boundless space. Society appears to have little defence against the abyss of human decadence..."

by Barry W. Bussey

The mayhem caused by the mad gunman at Dawson College in Montreal on September 13 was a horrific tragedy. Immediately one question was raised—"why?" In the search for answers, fingers have been pointed to numerous possibilities—the parents of the gunman, violent video games, "Goth culture," easy access to guns, and so on. Paradoxically, I have noticed that the media has been quick to say that we need to avoid the "mad rush for scapegoats." Instead, they tell us, we need to focus on the "root cause' of school shootings: evil, troubled souls."

Obviously, it is difficult to find a definitive answer. There are so many variables creating a complex labyrinth that seems impassable. Yet, I have uneasiness about letting go of the search. The carnage of Montreal demands an investigation. The victims deserve society's best efforts both in understanding why a young man would do such a thing and in doing all it can to prevent it from happening again.

I do not have degrees in the study of the human mind, so what I say is amateur at best and foolhardy at worst, but it appears odd that we would not at least examine the effect of violent video games and websites that glorify violence.² The Dawson College shooter was very taken with a violent video game that allows players to take on the role of a shooter dressed in a long black trench coat, shooting indiscriminately at whoever comes into view. His only complaint was that the games were not real enough: "I want them to make a game so realistic, that it looks and feels like it's actually happening," he said.³ The shooter obviously felt it was time to move beyond a game to the real thing.

My query is whether those games had any connection in "causing" the violence. I suspect they did, based upon mere observation—not scientific, but anecdotal and personal. When my children were younger, my wife and I read them stories that taught lessons of morality such

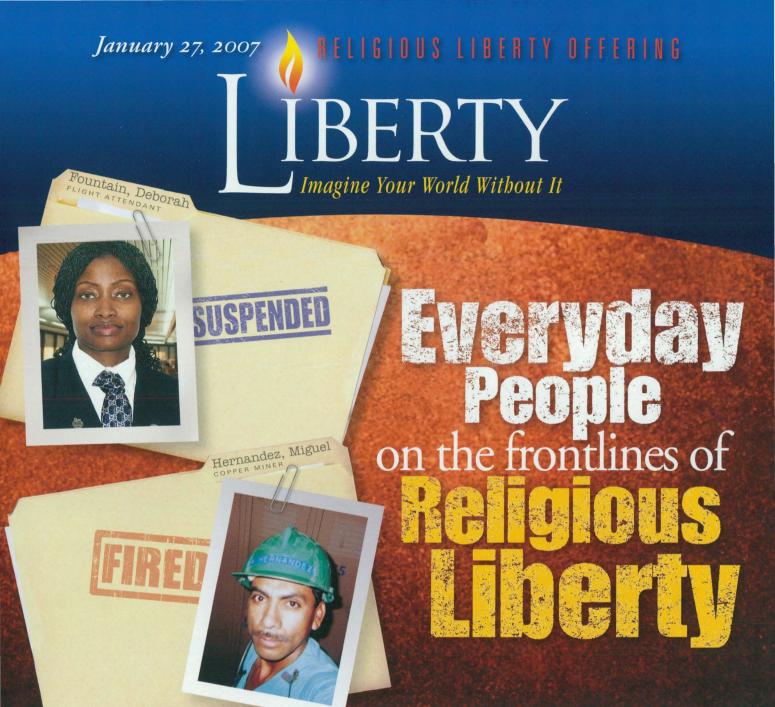
as honesty, love, faithfulness, and self-control. We presupposed that what goes in will affect what comes out. Teach a child that it is ok to steal, and she will steal, we assumed. Teach her to be honest and work for what she desires, then, we assumed, she will be industrious. What message are we giving our young people when we consent to their involvement in the videogame culture? Should we be surprised when they take the violence of the video screen to the street? The Dawson shooter stated on his web site, "Life is like a video game, you gotta die sometime." Indeed, he carried out his final act just as he played it so many times before.

The Christian does not rely on external government control to reign in his or her passion, but recognizes this to be a work of the heart—a spiritual journey. We echo the Psalmist's words, "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." But what about the non-Christian? If these games and websites do even partially cause violent tendencies, then should we not advocate for greater control? We struggle because we do not want to be seen as censoring someone else's free speech. Yet, in his 1978 speech to Harvard University students, Alexander Solzhenitsyn, warned,

"The defence of individual rights has reached such extremes as to make society as a whole defenceless against certain individuals. It is time, in the West, to defend not so much human rights as human obligations. Destructive and irresponsible freedom has been granted boundless space. Society appears to have little defence against the abyss of human decadence, such as, for example, misuse of liberty for moral violence against young people, motion pictures full of pornography, crime and horror. It is considered to be part of freedom and theoretically counter-balanced by the young people's right not to look or not to accept. Life organized legalistically has thus shown its inability to defend itself against the corrosion of evil."

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





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When The Lord Calls



>> I HAD DREAMS OF ADVENTURE, OF TRAVELLING AND W

BY DANIEL HANSCON

When I was doing my nursing training, I had dreams of adventure, of travelling and of working in exotic places. After graduation, however, these dreams seemed to fade in the shadows of student loans and daily life. God knew my hopes, though, and after three working trips to Africa and one to Asia, I am thrilled to see that His hand still works in very powerful ways...

The Dominican Republic, with its population of around 9 million people, occupies the eastern two-thirds of the island of Hispaniola which it shares with Haiti. I visited it as part of a medical team put together by Dr. Barry Wecker at the request of Roberto Reyna, Director of Hispanic Ministries for the Atlantic Union Conference. Five of us entered the country by flying into the capital city, Santo Domingo, which has a population of 3 million people. Our home base, however, was several hours' drive west, very close to the Haitian border, in a city called Duvergé. It would be home for the next week.

The city was poor, but it was neat and tidy. Most buildings were made of simple, brightly painted boards. Vendors were always outside cleaning their portion of curb, urging you into their store if your pace slowed at all. There was constant movement of people, bicycles, motorbikes and the occasional lifestock, and while your eyes darted around following the commotion, your ears were washed over by the sounds of conversation, traffic and loud Caribbean music which bellowed from speakers mounted on the front of many homes and businesses lining the main street. The sun was intense, with daytime temperatures often greater than 38°C with high humidity. As we drove through the heat to the hotel where we would be staying I kept thinking, "Please, Lord... please let there be a fan in my room!"

The accommodations were simple. For \$8 a night you got a mattress, a shower, a bucket, a toilet, a window and . . . imagine my delight . . . a ceiling fan. The water and the electricity were

A Week In the Dominican Republic

ING IN EXOTIC PLACES.



somewhat intermittent, however, and there were times that I stared incredulously towards the ceiling as the electricity would cut out and the fan would lazily slow to a halt. Our meals were provided by a lady from the local church who was very concerned that everything would be "good enough" for us. It must have been daunting to take 5 foreigners into her home and feed them for a week, but she really had nothing to worry about. The simple home-cooked food was *muy bueno*, and the most special thing was being welcomed into her home like long-time friends.

Initially, our plan was to work for 2 days in a town called El Limon, about a ½ hour drive from Duvergé towards Haiti, then move to a health centre in Jimani, which is right on the border with Haiti, for the rest of our time. The Lord knew better than we did, however, and our arrangements with the centre in Jimani fell through, keeping us in El Limon which was in more dire need, we discovered. The small town of about 400 people is set against rugged hills and has practically nothing for resources. Many of the people in the area survive by working in the gardens and growing their own food since it is very difficult to find paid employment in the area. As in many parts of the world, life here is not easy. The work is heavy, and even the young children work hard carrying loads of wood, water and other things. Injuries related to chronic strain as well as the presence of malaria, sanitation issues, and other acute health problems left this community in great need of medical services.

For one week we did patient consultations, and as a whole team were able to see more than 100 patients per day. Barry and I each worked with patients in one

of the rooms at the local clinic. By the end of the week we each knew enough Spanish to be able to do a basic physical exam and give simple instructions. We relied heavily on Roberto, however, who sat between our desks providing translations for each of us as we performed our consultations. Graham and Jan worked down the hall with Dr. Gonzales, a doctor stationed at El Limon as the final step in his educational programme. We all appreciated working with Dr. Gonzales, and he was very grateful for the help and supplies that we were able to provide. He told of how frustrated he often is working at the small clinic where he never has the supplies or medications needed to treat the people. Also, he said that if a patient needs a referral to another medical professional, treatment typically ends because they cannot afford to pay for the consultation let alone whatever tests or treatments would come as a result.

Cases like this became very complicated, and at times we were left not knowing how to help. Some patients came to the clinic needing only basic diagnosis and care. With these you actually get some resolution. The most difficult challenges were the ones that left you questioning. They tie your stomach in knots and make you wonder about things like justice and responsibility, slowly gnawing away inside of you. Some people become hardened while others give up or fall apart. It's difficult territory to navigate, and I don't know if you ever completely resolve it within yourself... not if you're really honest.

The last patient we saw on our last day of clinic was this type of case. She arrived carrying two infants in her arms. I assumed, based on their sizes, that the children were twins and probably around 3 months old. In my broken Spanish, I asked the mother about



her children and understood from her reply that one of the children was 3 months old but the other was 14 months old. I was shocked at first but assumed that I had misunderstood. Roberto asked the woman to confirm, though, and I had been right. These children of nearly identical size were aged 3 and 14 months! The older infant was in a state of severe malnutrition. Her muscle mass had degraded to a point that she could not support her weight on her legs, her arms and legs flopped around weakly when moved, and she didn't even have the energy to cry.

After examining the infant we asked the mother what the child was eating. It was then that the mother told us that she was hardly eating anything because there was no food in the house. None for herself and none for her children. Her husband worked at the border but earned practically nothing. A few pesos was all this lady had to run the household and feed her family. Normally the family would eat food grown in their garden, but a few months earlier during the rainy season there had been flooding in the area. The lady's garden had been washed away leaving them with nothing... not even hope.

What do you do? How do you really help? How do you make an impact? Or are band-aid solutions all that we have to offer? We were taken off guard and stumbled around wondering what to do. In the end, we collected some money from each person and gave it to her so that she could feed herself and her children. What difference did we make? The money is surely long gone by now... is that precious 14 month old child gone as well? Our team asked one of the local pastors to find the lady and said we would do whatever we could to see her through this difficult time. So far, though, we've heard nothing, and so we continue to pray. We continue to hope.

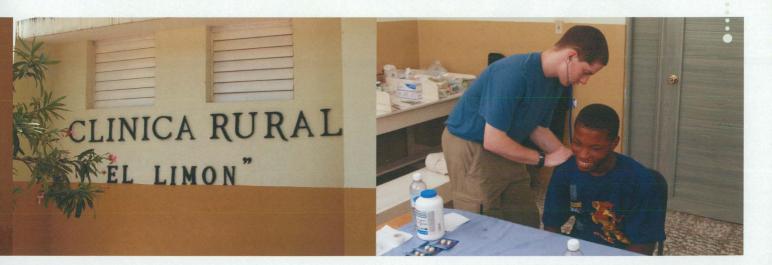
Barry, Graham, Jan, Roberto and I are all grateful



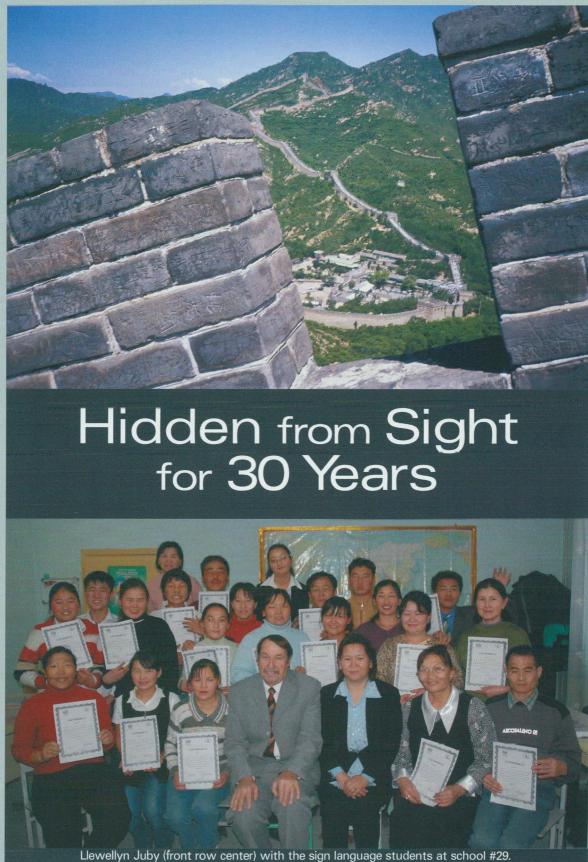
to God for the privilege we had to work in the Dominican Republic. It was a fantastic opportunity to serve the people of the area ministering to their needs and God blessed our efforts lavishly. Yet, there is a mother out there who can't feed her children, a mother who will bury her infants if something doesn't change. For me, that thought persists like a splinter in my mind. I've returned home to our conveniences and our abundance, yet I have no peace when I think about that Dominican woman and her babies. I suspect that it's supposed to be that way, though, and I don't want to come to a place where suffering ceases to touch and challenge my heart. As long as this world continues, there will be suffering and as long as there is more suffering than I can alleviate I suspect that this feeling will remain. Even so, we are called to go, to learn, to serve and to love...and I hope to be always ready to give my best when the Lord calls, splinters and all.

Daniel Hanscom makes his home in Perth-Andover, New Brunswick.









For thirty years these respectable parents hid their child from every visitor to avoid the embarrassment of anyone knowing that they had a child with a disability!

riday afternoon is our weekly shopping time, but with Renee away in Thailand, I had planned to finish a complicated woodwork project instead. It was not to be. Battsetseg, the project manager with ADRA's Improving Educational Opportunities for People with Disabilities Project, approached me asking that I come along to their sign language training for 20 deaf students in School #29. She wanted me to meet a student. Knowing that I was going to see something special, I did not wait for a second invitation. At three-thirty, I pulled the old Land Cruiser into the gridlocked traffic and fought my way to the school.

Schools #29 and #116 are next door to each other, and they work with the deaf and the blind respectively. I walked up uneven concrete steps to the third floor in school #29 to the classroom assigned to our project. As I stepped into the class, all 20 students touched their foreheads then put their hands to their chests and pointed their open palms toward me in greeting. Smiles were evident on each face. Silent conversations took place between each other in sign language as we waited for the teachers. Just one week previous, these children lived in isolated worlds; now they had been brought together and given sign language to communicate with each other.

I made a short speech in English that Battsetseg translated into Mongolian. It was then translated into Mongolian sign language by a teacher. I challenged them to make the best of the rest of their life's journey now that they could communicate. We gave each child a certificate, and I shook each precious hand that is now being put to such valuable use in communicating. I took a photo of the group. Each held their certificate with one hand and with the other pointed with loose fingers to the ceiling, wobbling back and forth, which is the sign language for congratulations and joy. They were so proud of those certificates.

Battsetseg then asked the class who the best student had been. The students all pointed to a thin, pale and emaciated man about 30 years of age. Was this the student she wanted me to meet? Tsendjav's story unfolded as I spoke to his parents afterwards:

Tsendjav's story

He was one member of a set of triplets of whom the parents were so proud. While still a baby, he was given

an antibiotic for an infection. The parents claimed it made him deaf. For thirty years these respectable parents hid this child from every visitor to avoid the embarrassment of anyone knowing that they had a child with a disability! The father is a Mongolian Language professor at the University of Mongolia, and the mother is a teacher at an elite school. Every time someone knocked at the door, they would hold their index finger across their lips and Tsendjav would go scampering to the bedroom and remain out of sight and quiet until the visitors had left. Not one person ever knew they had a son who was deaf. They loved him but did not know how to communicate with him. The only sign he knew was the index finger across the lips.

One week ago the parents, who had heard about the ADRA sign language course, plucked up enough courage for the first time in 30 years to take Tsendjav out of their apartment. The first day in class he would not lift his head and made no sign of taking anything in. I saw him this afternoon, five days later. He was at the centre of many conversations. He had learned all 35 letters of the Mongolian alphabet for the first time in his life. He could not even count when he came on Monday. Oh, the joy of the parents as they clutched the precious 600 word sign language dictionary, their key to communication with their son! Soon we hope to have a new 3,000 word dictionary in their hands. Tsendjav came up and shook my hand, gave me a rose and pulled my head toward his so he could press his cheek against mine as a sign of respect and thankfulness. I felt a lump in my throat as my eyes misted over. This was a child who had been brought out into the light for the first time in his lifetime. How many more are still hidden?

PS. Tsendjav is now enrolled in School #29 in grade 3. His parents hope that their courage in facing the stigma of having a child with a disability will encourage others to bring their children into the open too. ADRA Canada has been partnering with ADRA Mongolia for over ten years.

Llewellyn Juby is the Executive Director of ADRA Mongolia



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Excellence: using the gifts God has given us to the fullest

Community: building supportive and caring relationships

Commitment: to Christ, to the Church and to service

Responsiveness: listening, inviting

involvement, acting in context of our mission

aWin-Win Situation

by Dr. Andrea Luxton

A few years ago, I saw an artist's portrayal of the woman with an issue of blood who decided that just to touch Jesus' garment would be enough to bring her healing. In the picture, the artist imagined the woman lying almost prone on the ground and stretched so thin, with her arm extended so long, that it was just long enough to touch the hem of Jesus' garment. You can see in that portrayal the depth of her desire; the earnestness of her need. She had to touch Him; she just had to. And, of course, she did.

In the biblical story, Jesus' response is one that surprises the disciples and maybe us, too. "Who touched me?" With the huge crowd jostling around, how did He know that this touch was different, special? Here was a touch of great faith and immense hope, and He recognized it. What an encouragement to the woman and to us.

There is another encouragement, too. The woman recognized her desperate need, and as she approached Jesus after He asked His question, she no doubt did so with considerable trepidation. Yet, that was not necessary.

He wanted nothing more than to respond to her faith and to embrace her desire for help. Compassionate, caring beyond our understanding, Jesus responds by fulfilling her dreams and making clear to all those around how much Hc values her faith. A win-win situation. And that is how it is with God; He wants nothing more than to give to us more gifts and blessings than we can possibly imagine. In fact, too often we miss out on those gifts only because we can't believe the level of His generosity.

Another win-win story is told in John 21. The disciples, led by Peter, have gone fishing, but after a night at sea they have caught nothing. Then Jesus enters the scene. When He tells them to put their net on the other side of the boat, they don't initially recognize Him. They do know Him as soon as they can't pull in the net because it is so full of fish. As Peter plunges into the water to meet Him, he knows that only Jesus can bring gifts like this.

Why does Jesus perform this miracle? There is not a great need here. Or is there? Perhaps He was taking a final opportunity to tell His followers how much He is about giving gifts to us, beyond anything we can imagine. There were not only a huge number of fish (the Bible even gives us the number: 153), but they were "great" fish. And when the disciples brought the fish to shore, they discovered Jesus was already cooking breakfast! Perhaps He is reminding them that He is thinking of their needs even before they ask. He told them to bring some of their fish too, but he didn't need them. Breakfast was already prepared. It is a win-win situation. The disciples want to be close to Jesus; He wants to be close to them, and give to them from His abundance.

As I write this Canadian University College is just about to start its new academic year. I have been here as President for only a few weeks. There is much I don't yet know. What I do know is that Canadian University College is in a win-win situation. We know our need of the leadership of Christ in our college; we are stretching out as far as we can to touch his garments. We are ready to plunge into the water. Yet, I also know that He wants to shower this community with his many gifts. We need them: the students, the staff, the faculty and the administration. We are experiencing them every day. And we plan to share them, too.

Dr. Andrea Luxton is the new president of Canadian University College.



Kingsway Welcomes New Enrolment Services Director

Kingsway College is proud to welcome Raelene Brower as our Enrolment Services Director. Raelene began her work in Adventist education in 1987 at Andrews University. She served there for 16 years in financial aid administration, recruitment, event planning, and marketing, most recently as the Director of Marketing for the Physical Therapy programs. Her passion is assisting families to keep their kids in Adventist schools.

She has a personal philosophy that convinced us she would be a great asset to the Kingsway family: "The model I saw growing up was a consistent support of Adventist education from the home, the church, and the school. These three units in harmony are the strongest bond and our best tool in keeping our kids connected to God and the Church. I see many challenges and threats to this three-way support system; however, I pledge to do everything in my power to work with families, churches, and

conference leadership to make Christian education available at Kingsway College to families who want their children to be in a positive Christian environment during the critical teenage years. The stakes are high; the outcomes are eternal."

Raelene has joined Kingsway after living in California and Michigan for many years. She has three grown children and is a grandma to three adorable grand-daughters; just ask her! Outside of her professional life, she enjoys gardening, singing and playing piano, travel, entertaining, and home remodeling.

As daughter to Albert Bauer, who worked for the British Columbia conference, Raelene has ties to this country, although her family moved to Wisconsin when she was just a toddler. She grew up hearing stories of her dad's experiences in Canada where he was a pioneer in the ministry to Native Canadians. These included stories of his



Raelene Brouwer, new Enrolment Services Director at Kingsway

travels up the B.C. coast in small fishing boats, ministering to an entire floating logging village that became Seventh-day Adventists.

We are grateful that she is here, bringing her knowledge and love for people. Without a doubt, there are *great big things* in store for this school!

narkview nerspective

PAA Students Build College Cafeteria

During the month of July, ten students and two faculty members from Parkview Adventist Academy went on a mission trip to Guyana, South America. While there, they volunteered with a VBS program in the village and helped with the construction

of a cafeteria at Bethany Medical Missionary College. In just 12 working days, the group was able to lay the floor, build the interior and exterior walls and put metal sheeting on the roof. It was wonderful to work with young high school students who invested their time, energy, and finances to go to Guyana to help finish God's work in Bethany.





Nicole Domaschuk (left) and Shantel Costin (right) work with children at a local VBS.

PAA students and faculty help raise the walls on the new cateteria.

EXCELLENCE IN TEACHIN

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Phil. 3:13 NIV

Graduation 2006 was drawing to a close. As teachers and graduates sat on the darkened stage, a colleague of mine began to talk about the Excellence in Teaching Award. It has been annually awarded to selected teachers across Canada since 1998. The award includes a plaque, a certificate, and a cheque for \$500.

As my colleague described an Individual about to receive this award, my teenage daughter, Emily, sat in the audience thinking, "That's my mom!" ready to cheer before my name was even announced. I felt no more worthy than any of the other teachers I was surrounded by. As teachers, we put in countless hours and effort, never expecting a reward. To see a child succeed, to see them give their hearts to Jesus, is reward enough. Personally, being recognized by my own teenager was in itself a reward. Receiving this award has made me strive toward the goal of excellence in teaching more and more every day until I reach the ultimate reward—heaven.

Myrene Kartik writes from Calgary, Alberta.



ELEMENTARY



Myrene Kartlk, Chinook Winds Adventist Academy, Calgary, Alberta

"For I know the plans I have for you, declares the Lord, plans to prosper you and not

to harm you, plans to give you hope and a future." Jer. 29:11



Linda Berezowski, Fraser Valley Adventist Academy, Aldergrove, BC

"And we know that all things work together for good to those who love God, to those who are called according to His purpose." "Lo, I am with you always." Romans 8:28 and Matthew 28:20

Excellence in teaching means I will be the hands and mouth of God in some small way to my students and impart not only knowledge, but inspire in them a hunger for God, and all He wants them to be, by giving them a glimpse of His love for them.



Claude Bastien, Windsor Adventist Elementary School, Windsor, Ontario

"Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: Therefore the world knoweth us not, because it knew Him not. Beloved, now are we the

sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see Him as He is." 1John 3:1,2

My greatest pleasure as a Christian teacher is to see the young people of my school accept Jesus Christ as their personal Saviour and follow Him into the waters of baptism.



Jacqueline French-Bedward, Crawford Adventist Academy, Willowdale, Ontario

"The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid?" Psalm 27:1

"Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Just walk beside me and be my friend."

—Albert Camus

SECONDARY



Terrell Ann Carey, Cariboo Adventist Academy, Williams Lake, BC

"I can do all things through Christ who strengthens me" Phil. 4:13

Excellence in teaching is first of all, the act of reaching children and young people with the love of God and watching it change their lives. Secondly, it is helping those same students to

internalize the subject matter I must present and they must learn.



Del Spenst, Parkview Adventist Academy, Lacombe, Alberta

"For I am confident of this very thing, that he who began a good work

in you will perfect it until the day of Christ Jesus." Phil. 1:6 NIV

I feel like we are a small part of "heginning a good work" and then we trust that God will fulfill His promise and complete it in His time. Also it is comforting personally when we are going through the ups and downs of our lives.



Marian Rochford, Coralwood Adventist Academy, Edmonton, Alberta

"But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God, looking for the mercy of our

Lord Jesus Christ unto eternal life." Jude 20, 21

british columbia

Rest Haven Baptism

ne Sabbath morning about 4 years ago, Marina Stamp came to visit the Rest Haven church in Sidney, BC. Sabbath School was in session, and she joined right in with the discussion, requesting and receiving a quarterly. From that Sabbath onward, Marina has attended regularly with her husband, Tom. As we got to know her, we learned that she and her family had been baptized into the Adventist church in 1949, and had been members in Gloucester, England. After about 10 years she had drifted away from the church. In 1984, Marina and Tom retired and moved to Canada, where she eventually came to know us. Marina says that when she came through the door of the church and looked around, she felt immediately that she had found a new home. She is enthusiastic about her church family and has brought many friends to visit our church on numerous occasions.

On August 26, 2006, Marina was baptized by Pastor Ern Brake and heartily welcomed into the fellowship of the Rest Haven church. True to form, she had invited a number of her friends to witness the occasion. We all welcome her back into the Lord's fellowship.



I-r: Pastor Brake and Marina

alberta

Baptism In Fairivew

hen Pastor Dave Hamstra returned from Campmeeting, there was a message on his answering machine from someone he'd never met asking for baptism. Almost one month to the day after that call was returned, the caller, Donald Schweigert was baptized into the Fairview Adventist church on Sabbath, August 19. His addition to our fellowship is a testament to the effectiveness of friendship evangelism and the Discover Bible School.

When Don moved back into the Fairview area he renewed a friendship with his cousin, Lynn Johnson, and her family. He found that when he had questions of a spiritual nature, they gave answers from the Bible. Soon, Don and the Johnson family began to study the Bible together, and they enrolled him in the Discover Bible School.

The Holy Spirit started to convict Don of changes he needed to make in his life, and Don began to attend church on occasion. After he completed the Discover Bible School, Don called Pastor Dave and asked for baptism, and when Pastor Dave studied with Don, he found that Don already had a good understanding of Adventist beliefs and practices. And so the Fairview church joyously accepted Don and his two young boys, Jessie and Alexander, into our family.



1-r: Don Schweigert, Pastor Hamstra

Centennial Parade

n July 9, the Alberta Conference Campmeeting began its week long birthday celebrations with a Centennial Parade. The day was bright and sunny; perfect for a parade! Our parade marshall was Anna Samograd who will soon be celebrating her 96th birthday and was also the first MV leader for the Innisfree Church. We were proud to have her and the four generations of Pathfinders in her family lead the parade.

Excited parade watchers lined the parade route to enjoy the antique vehicles, Pathfinder clubs, Adventurer clubs, horses, a float, people dressed in vintage clothing, clowns, the camp boat, former Pathfinders and Adventurers, retired pastors and conference employees who came past. Bonnie Hackenberg, dressed from head to toe in her grandmother's outfit, helped us reminisce about the turn of the century—a time of early beginnings for the Church in Alberta.



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Centennial Parade at Camp





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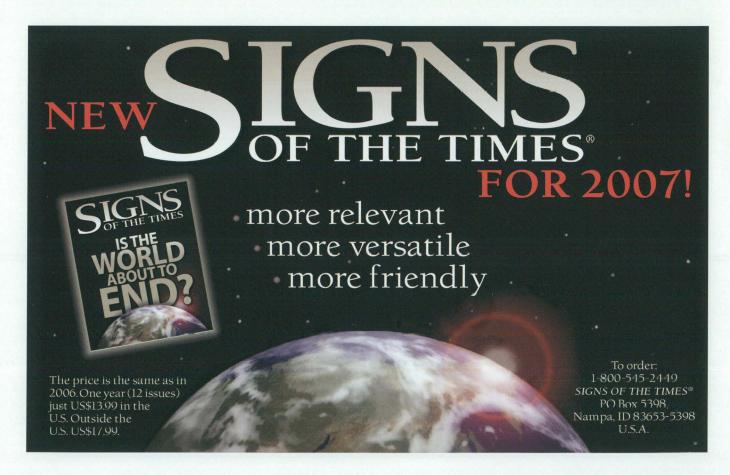
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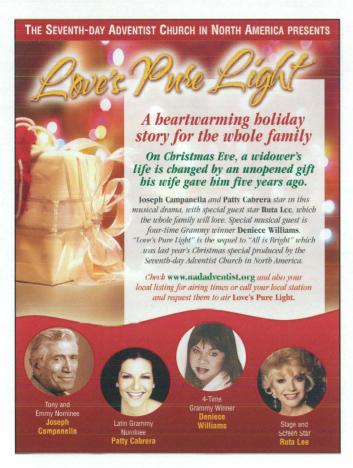
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Announcements

Union College Homecoming

Apr. 5-8, 2007—Alumni, friends and former faculty are invited to Meet Me at the Rock Pile Apr. 5-8, 2007. Honor classes are 1937, 1947, 1952, 1957, 1967, 1977, 1982, 1987, and 1997. For more information, contact the alumni office at 402/486-2503, 3800 South 48th St., Lincoln, NE 68506 or alumni@ucollege.edu.

The College Heights Adventist church is looking for current information on the following members who have moved from the area. If you know how to contact any of these individuals, please contact the College Heights Seventh-day Adventist Church, 6915 Maple Drive, Lacombe, AB T4L 1Z9, phone 403/782-6131, or email college_heights@rttinc.com. Lorna Mabley, Brendan Takekoshi, Kiyomi Takekoshi, Keltie MacDonald, George Machan, Judy Bullock MacMillan, Sandi Hrenyk MacReight, Liesl Steyn Mannerfeldt, Blair Marshall, Curtis Marshall, Dianne Marshall, Yvonne Gadd Marshall, Donna Martin, Paul Mathew, Judy Matthews, Ted Matthews, Dennis McGill, Christopher McIntosh, Evelyn Aaserude McNaughton, Anne Meeusen, Evangeline Sawchuk Mih, Duane Miller, Max Miranda, Darren Misik, Nancy Misik, Carl Mittemeyer, Joanne Mittemeyer, Tony Moleschi, Troy Moleschi, Karen Gordon Moos, Robyn Gordon, Glen Nickol, Jeremy Obery, Clarice Olynick, Lorna Opseth, Arianne Opseth, Colin Opseth, Allen Otto, Doris Otto, Don-Kaarlo Palosaari, Marilyn Pappachan, Scott Parmiter, Laval Picard, Carson Pierce, Kelvin Pittman, Judy Polishuk, David Powers, Angelene Powers, Marlowe Powers.

Missing Members—The North London Adventist church is trying to locate the following persons: Marcelo Abrusio, Grace Duncan, and Matthew Oulton. Please contact the church clerk if you are able to help. Please phone 519/453-9419 or email northlondonclerk @ AdventistOntario.org.

Missing Member—The Cornwall Seventh-day Adventist Church is trying to locate a member who has his membership in Cornwall. If you have any information to contact him, please email dfourny@adventist ontario.org or phone the church at 613/937-0205. We appreciate your help. Name of the member is Ekwam Kweku Bilson.

The North Sydney, N.S., church would like the following missing members announced: Rayleen Forester, Kay Nicholson, Donald Nicholson, Mr. and Mrs. Henry Roberts. Please contact Jerry Smith at 902/794-2488 or email sdaj@hotmail.com,

Mission Podcast: Adventist Mission's free video podcast shows how the Seventh-day Adventist Church is sharing Jesus with the world. Each video brings you to the frontlines of mission, face to face with people telling the world about Christ. Stories vary in length from 1-2 minutes up to 10 minutes. Many of the stories on the podcast can also be found on the quarterly Adventist Mission DVD shown in local churches around the world. To subscribe go to www.Adventist Mission.org, and click on the subscribe link.

■ Legal Notice

ADRA Canada Annual General Meeting

The Annual General Meeting (AGM) of the ADRA Canada Corporation will be held on Tuesday, Nov. 21, 2006, from 8 a.m. to 10 a.m. The meeting will take place in the Board Room of the Seventh-day Adventist Church in Canada at 1148 King St. E., Oshawa, Ontario.

The purpose of the AGM is to receive reports; appoint Corporation Officers, the Board of Directors and members of the Bylaws and Nominating Committees; approve Bylaws changes; appoint the auditor; and to transact any other business that may properly come before the meeting. All members of the ADRA Canada Corporation are invited and urged to attend.

Dan Jackson, Chair K. Oliver Lofton-Brook, Executive Director

NB: The ADRA Canada Board of Directors will meet at the conclusion of the AGM.

Births

Tatyana Celina Hill was born Aug. 10, 2006 to Ralph and Elena Hill of Abbotsford, B.C.

Katya Anne McBeth was born July 28, 2006 to Ben and Anna McBeth of Halifax, N.S.

Tyler Chayce William Nielsen was born Mar. 25, 2006 to Bran and Julie Nielsen of Langley, B.C.

Elizabeth Allison Tatarnikov was born Nov. 27, 2005 to Igor and Irina Tatarnikov of New Westminster, B.C.

■ Weddings

Kirsten Schexnayder and **Arden Brock** were married July 16, 2006 in Iron Bridge, Ont.

Carol Card and **Lester Parsons** were married July 22, 2006 in Windsor, N.S.

Anniversaries

Fred and Annie Lysiuk of St. Thomas, Ont., celebrated their 65th wedding anniversary on Oct. 12, 2006. They were married in Stenen, Sask., then, in 1948, moved to Ontario where they now reside. In 1970, they moved to St. Thomas, Ont., where they presently reside. The Lysiuks have three children: Larry (JoEllen) of Delhi, Ont., Lorene (Terry) of St. Thomas, and Lynn (Deb) of St. Thomas. They have four grandchildren, and five great-grandchildren.

Max and Goldie Mercer of Stoney Creek, Ont., celebrated their 60th wedding anniversary on Sept. 10,



2006. The Mercers, both native of Newfoundland, were married on Sept. 12, 1946 in Summerville, Mass., while studying at Atlantic Union College. Returning to Canada in 1952, the Mercer's began their ministry which took them from St. John's, Nfld., to Swift Current, Sask., and to many locations in between. The Mercers retired from full-time ministry in 1986 but continue to stay involved in church and community life, helping with the annual ADRA appeal, as fill-in pastor, through music ministry and community services work, as well as gardening. The Mercers have three daughters: Sharon, Carol and Maxine. They have nine grandchildren, and one great-grandson.

Obituaries

Rachel 'Patricia' (Peterson) Anderson was born May 12, 1918 in Galahad, Alta., and died Aug. 23, 2006 in Red Deer, Alta. Pat volunteered throughout her lifetime, helping at the soup kitchen, with meals-on-wheels, and Vacation Bible Schools (even at the age of 88). She played piano for prayer meeting and in the primary Sabbath School division until two weeks before her death. She was predeceased by her husband, Albin. Surviving: son Raymond (Debi); daughters Carol (Murvin) Nicks, Shirley (Allan) Freed, Nellie (John) Radomsky, Patsy (Dale) Trefz, and Ingrid (Ray) McBeth; brothers John and Raymond Peterson; 14 grandchildren, and four great-grandchildren.

Pamela Joan (Collett)

Cheeseman was born Feb. 2, 1916 in Wiltshire, England, and died Aug. 16, 2006 in Bowmanville, Ont. Her church service included supervising in the cafeteria at Kingsway College in Oshawa, Ont., Newbold College in England, and West Indies Union College in Jamaica. Surviving: sons Ian (Dorothy) Cheeseman of Victoria, B.C., Peter (Jane) Cheeseman of Honolulu, Hawaii, and Stewart (Donna) Cheeseman of Oshawa; six grandchildren and one greatgrandchild.

John Erroll Jamieson was born June 29, 1940 in St. John's, Nfld., and died suddenly Aug. 11, 2006 in Torbay, Nfld. He was predeceased by his mother, Velma, and two sisters, Faith and Olive. Surviving: wife Ursula (Baker) of Torbay; sons David (Shandra), and Steven (Barbara) of St. John's; father John of St. John's; sister Elizabeth (Rudd) of Oshawa, Ont.; sister-in-law Vivian (Jerry) of P.E.I.; aunt Phyllis Yurkowski of Oshawa; and four grandchildren.

Ronald Johnson was born June 19, 1937 in Edson, Alta., and died July 20, 2006 in Terrace, B.C. Ronald was a pastor for the Adventist church in Western Canada for 29 years and said the greatest thrill known to man was saving souls. He was an evangelist for 10 years. Surviving: wife Mabel Campbell; sons Trevor (Crystal) of Lacombe, Alta., and George (Suzanne) of Williams Lake, B.C.; daughters Colleen Hayes of Aldergrove, B.C., and Lorna Johnson of Aldergrove, B.C.; brother Ken of Vernon, B.C.; half-brothers Evon, Garv, Ted, and Norman; half-sisters Jean, Rose, Kathy and Cindy.

James Peter Krawchuk was born Sept. 11, 1964 and died Jan. 14, 2006. Surviving: wife Karla; son Edwin; daughter Roxanne; sisters Jacki Colmorgan and Jerri Washington.

Hazel L'Ecluse was born Feb. 25, 1940 in Trail, B.C., and died Sept. 9, 2006 in Trail. Hazel was actively involved in church life serving as an elder, Sabbath school leader and singing in various choral groups. Surviving: husband John; sons Dave (Anita) Macfarlane, Darwin (Barb) Macfarlane, Bruce (Michelle) Macfarlane, Harvey L'Ecluse, and Harold L'Ecluse; daughters April (Allan) Almquist, Lawana (Randy) Erixon, and Ethal (Pat) McTeer; 21 grandchildren, and 14 greatgrandchildren.

Ewan Duncan Macvarish was born July 17, 1935 in Scotland, and died peacefully at home June 20, 2006 in Bowmanville, Ont. Ewan was a highly-skilled practical man with a strong commitment to the Adventist church and its publishing ministry. He served as a colporteur in Ottawa and Publishing Director in the British Columbia Conference, Ontario Conference, and British Union. Ewan was well-known and loved for his sense of humour and cheerful nature. He was predeceased by his first wife, Joan (Connelly). Surviving: wife Joan (Squires); sons Duncan of Ottawa, Ont., and Alasdair (Nancy) of Tyrone, Ont; daughters Deirdre (Curtis) Epperson of Kent, Wash., Cheryl (Steve) Model of Mission, B.C.; step-daughter Linda (John) Mash; step-son Terry; brother Alasdair of Thame, U.K.; sister Florence of Rhu, Scotland, and Heather of Greenwood, Ind.; and nine grandchildren.

William Fred Schulze was born Mar. 12, 1906 in Schollen, Germany, and died Aug. 18, 2006 in Vernon, B.C. Fred served an unprecedented 40 years as an elder in the Vernon church where he was also a Sabbath School teacher. In earlier years, Fred worked as a literature evangelist in Saskatchewan. Surviving: son Terry (Diane); and daughter Marlene.

Phil Spangler was born Jan. 26, 1917 in Poe, Alta., and died Aug. 30, 2006 in Red Deer, Alta. He was predeceased by his wife, June. Surviving: sons Bill (Gwen) of Red Deer, and Douglas (Wanda) of Williams Lake, B.C.; daughters Phyllis (Lance) Martell of Campbell River, B.C., and Bernice (Edwin) Crombie of Red Deer; foster daughter Seana Corrigan of Red Deer; and six grandchildren.

Martha (Leiske) Taylor was born Nov. 15, 1911 in Beiseker, Alta., and died Sept. 4, 2006, in Lacombe, Alta. She was predeceased by her husband, Norman, and her son, Reginald. Surviving: sons Raymond of Ladysmith, B.C., and Daniel of Honolulu, Hawaii; two grandchildren and three great-grandchildren.

Edgerton (Ed) Wallace was born in 1918 and died Sept. 13, 2006 in Edmonton, Alta. He was predeceased by his wife, Thelma. Ed was known for his positive, caring, and cheerful attitude. Surviving: son Dale of Edmonton, Alta.; daughters Marilyn (Herman) Ottschofski of Woodland Park, Colo., and Connie (Harold) Ferster of Spruce Grove, Alta.; five grandchildren and two great-grandchildren.

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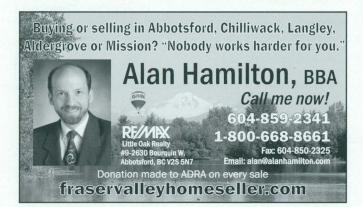
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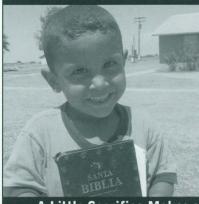
Free mission aviation stories!

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)

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Andrews University is accepting applications for Dean of the School of Business. The School of Business offers both graduate and undergraduate business degrees and is actively seeking AACSB accreditation. For details go to: www.andrews.edu/HR. Submit résumé to Dean's Search Committee, School of Business, Andrews University, Berrien Springs, MI 49104-0022. (11/06)

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

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The 10 deadly health myths. We deserve to know. Go to www. LifeEnhancement.myglycostore.com to find out what they are. (11/06)

On the weekend of Feb. 10-12 the Alberta Conference and Parkview Adventist Academy are sponsoring the second annual Alberta Bible Conference. Young people from grades 9-12 are invited to attend a weekend of great music, spiritual refreshment and friends. All young people who wish to attend can find more information at www.paa.ca/campusministry.ca. (1/07)

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in business. The successful candidate will bring with him/her effective entrepreneurial-type business skills developed through education and experience, preferably in, but not limited to, manufacturing/marketing, and a firm commitment to supporting Christian education. Compensation includes salary, profit sharing and an extensive package of benefits. To explore this opportunity further, please direct resumes to Len Myers, Search Committee Chair, Kingsway College, 1200 Leland Rd., Oshawa, ON L1K 2H4 or searchchair@ kingswaycolllege.on.ca. (12/06)

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288-9293. (3/07)

Five-day (evenings only) or weekend seminars. Oct. 23-27, Nancy VanPelt, "Highly Effective Marriage;" Nov. 6-10, Kay Kuzma, "Growing Great Kids;" Dec. 1-3, Uchee Pines Lifestyle Retreat; Dec. 11-15, Brenda Walsh, "Power of Prayer." For information/housing/reservations phone 808/742-9921, or www. kahilipark.org. (12/06)

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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)

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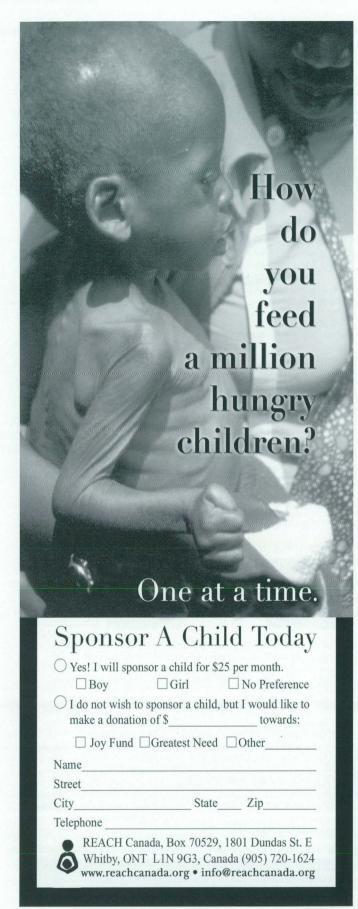
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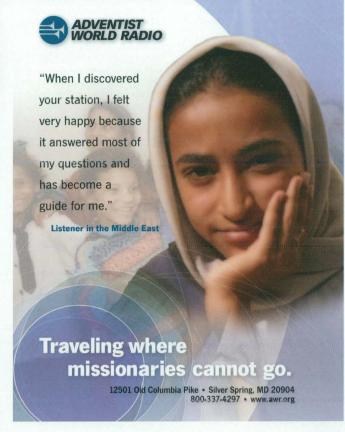
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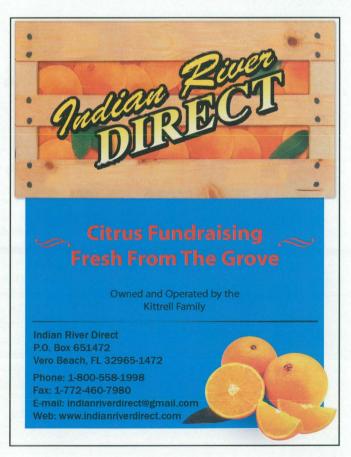














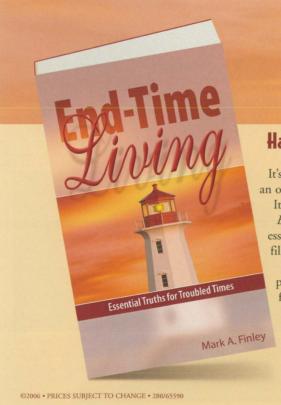
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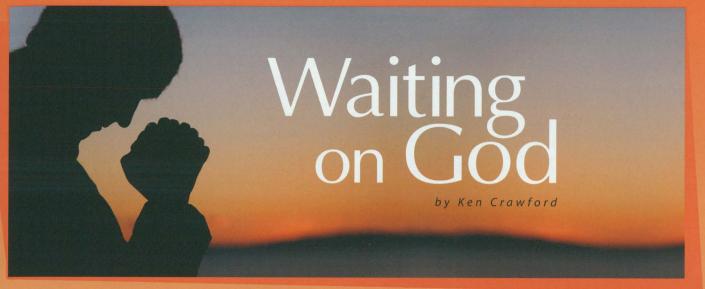
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It is early morning. I stop at the kitchen, drink my two large glasses of water, put several pieces of wood on the embers of last nights' fire, then settle down in my chair for a time of devotions. It is a strange ritual really. The world is still in slumber; even the birds are yet silent. In the distance I hear a faint crow of the rooster. "Must be on Daylight Savings Time," I muse.

But I am here to meet with God. I have come to the conclusion over the years, that it really doesn't matter what rituals or forms you use, what books you start with, because it is all a part of waiting at the gates of the Temple for audience with the Creator.

There is the deep mystery of waiting. There is a delicate divine mechanism at work here which cannot be explained, for it is a process in the science of salvation that is not open to analysis or interpretation.

The busy day lies waiting, things to be done, people to meet, a thousand different wheels all turning to move life along the path of productivity toward some unsearchable elusive accomplishment. Yet I sit in quietness, waiting, listening, attentive to any echo from the throne, a whisper from the heart of God, a sense of the presence of the spirit of God drawing nigh.

It is in the quietness of those moments that conversation begins to flow from within my inner sanctum. From that internal temple where only God and I have access, I pour out my heart to God, the burdens of my spirit, the sorrow that crushes me, the perplexity of relationships, all flow out together. Then there is the reluctant admission of my own inadequacies, my sense of sorrow for things done in haste or left undone. It comes as a groan rather than a song, for confession is always difficult. But in the end there comes a sense of forgiveness and acceptance that is a cleansing wave to my inner spirit, and invariably it is followed by the next wave of gratitude, the song of thanksgiving restored. Oh, overwhelming gratitude that floods my soul and brings those songs that cause

me to weep! "Great is thy faithfulness, Oh God my Father, there is no shadow of turning with thee. All I have needed thy hand hath provided." Of the wonder of the unfathomable gift of grace I cry "Why me God? How is it that you could call one like me Your child, Your beloved son?"

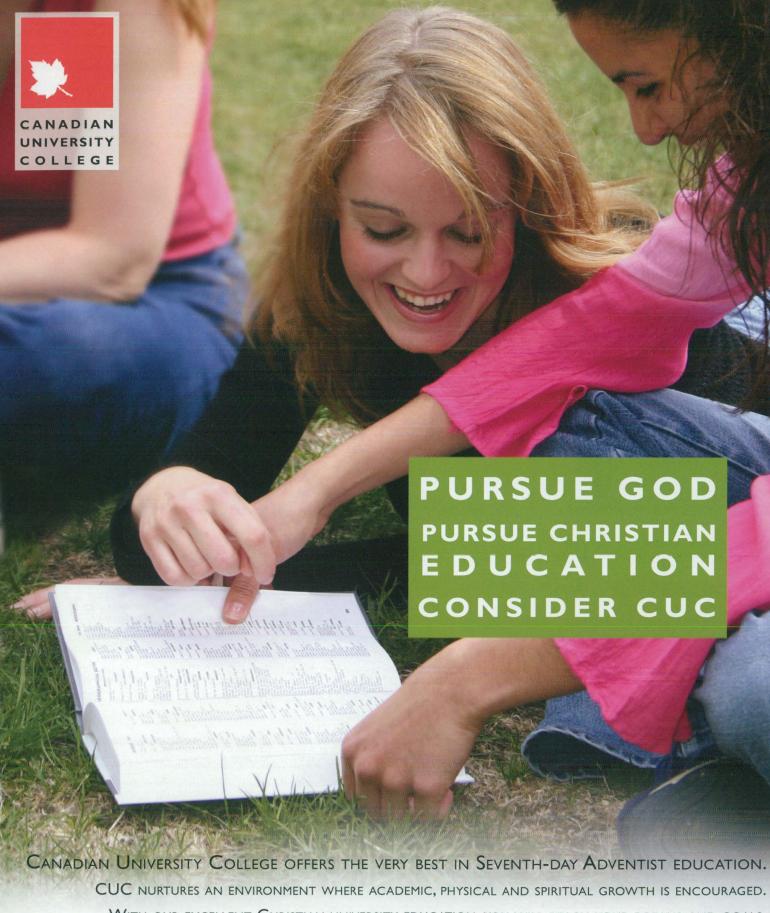
The natural flow of the heart now moves toward listening. "I am finished, Lord. If there is anything You would like to tell me, I am now open." Waiting for a response from God needs at least equal time to all other conversation with God. Now, while there is an open silence in the soul, He speaks to your heart. Sometimes it is only the sense of peace, that He hears, He receives, He understands, and He loves. At other times, it is the sense that the High Priest of our inner temple has received our feeble attempts at worship, and that our prayer is heard, accepted and answered in His name.

So the river of my audience with God rushes over narrow chasms, tumbles over rocks and ebbs and flows, swirls and eddies until finally there is the rest of the deep waters.

Here is the great mystery of prayer. Our prayers are so feeble, the outreaching of our heart is so inarticulate, even so selfish. Yet the miracle of conversation with God is that the Holy Spirit understands, not our pandering, but the intent of our heart. Romans 8:26 says "with groaning which cannot be uttered, the Spirit makes intercession for us, and the Father, who searches the hearts and knows the mind of the Spirit accepts that intent of the deep longings of our soul."

Oh, the amazing miracle of that hour of waiting upon God! An hour of repose that transforms the day into one of anticipation, waiting upon God to carry us through the storms of life, safe in the palm of His hand.

Ken Crawford, a native of New Brunswick, is president of the Alaska Conference of Seventh-day Adventists.



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