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Precious Moments with Prayer

Part 5 – Praise and Thanksgiving

The demon-possessed slave girl had been following Paul and Silas for many days, shouting, "These men are the servants of the Most High God." (Acts 16:16-30) Troubled by this, Paul finally turned around and cast the evil spirit from her.

Her owners were angered. She had earned them much money from fortune telling, and now their income was cut. They took Paul and Silas to the chief magistrates, falsely accusing them.

Though beaten, thrown into jail, and put into leg irons, Paul and Silas did not respond with crying and mourning over their problems. At midnight, they were praying and singing hymns to God, though at that time they had no idea that God would soon send a great earthquake to free them.

Even though falsely accused, beaten, imprisoned, they could still sing and praise God. What would you and I be doing? What would our attitude be? I would probably ask God why this had happened to me, and I would feel sorry for myself.

Yet Paul and Silas, by prayer and praise, were able to witness to all their fellow prisoners. They are still a witness to all who have read or will read the story down through the ages. Think what great things we could do for God if we praised Him for everything that happens in our lives.

A few years ago, our family was going through some very difficult times with some outside problems. A friend showed me two paragraphs from *Thoughts from the Mount of Blessing* which have been a real encouragement to me through the years:

"When He permits trials and afflictions, it is 'for our profit, that we might be partakers of His holiness.' Hebrews 12:10. If received in faith, the trial that seems so bitter and hard to bear will prove a blessing. The cruel blow that blights the joys of earth will be the means of turning our eyes to heaven. How many there are who

would never have known Jesus had not sorrow led them to seek comfort in Him!

"The trials of life are God's workmen, to remove the impurities and roughness from our character. Their hewing, squaring, and chiseling, their burnishing and polishing, is a painful process; it is hard to be pressed down to the grinding wheel. But the stone is brought forth prepared to fill its place in the heavenly temple. *Upon no useless material does the Master bestow such careful, thorough work. Only His precious stones are polished after the similitude of a palace.*"

Maybe some of us need more polishing than others. But, did you catch the promise at the end? That God doesn't waste time on useless material? Only on His precious stones. So shouldn't we praise God for the trials we have in life? I Thessalonians 5:16-17 tells us to give thanks in all circumstances, and Psalm 50:23 says, "Whoever offers praise glorifies me."

The Lord's prayer begins with praise to God, as Jesus said, "Hallowed be Your name." It ends with praise: "For Yours is the kingdom and the power and the glory forever. Amen."

Acts of praise "drive back the power of Satan. They expel the spirit of murmuring and complaint, and the tempter loses ground." (*Christ's Object Lessons*, p. 300) It isn't always easy to praise God when everything in life seems to be going wrong. The book *Evangelism* (p. 499) states, "If there was much more praising the Lord, and far less doleful recitation of discouragements, many more victories would be achieved."

Even when things aren't going as we would like, God is still in control (if we allow Him to be). He still is our Creator, and still gives us every breath we breathe. Shouldn't we praise Him all the time?

— Rayburn Smith,
Publishing Department Director, SAUM

"To praise God in fullness and sincerity of heart is as much a duty as is prayer. We are to show to the world and to all the heavenly intelligences that we appreciate the wonderful love of God for fallen humanity and that we are expecting larger and yet larger blessings from His infinite fullness. Far more than we do, we need to speak of the precious chapters in our experience. After a special outpouring of the Holy Spirit, our joy in the Lord and our efficiency in His service would be greatly increased by recounting His goodness and His wonderful works in behalf of His children." *Christ's Object Lessons*, p. 299.

Publishing Department has a Good Year

The year 1990 was one of the best that the Publishing Department has enjoyed in quite some time. With all the praise and glory given to God, the department had a ten percent increase in sales. It is interesting to note that when the sales go up, the number of baptisms usually increases also.

In 1989, the literature evangelists throughout the Southeast Asia Union Mission enrolled 18,920 people in the Voice of Prophecy correspondence courses. In 1990, the figure went up to more than 20,000. While in 1989 the number of personal Bible studies was 1,220, during 1990 LEs gave 1,990 Bible studies.

Even more exciting are the baptismal figures. In 1989, there were 47 baptisms resulting from literature evangelists' efforts. In 1990, however, the total was 157—more than the SAUM had in the previous five years all together.

Each mission in the SAUM had a good year. Sabah ended the year with 10 baptisms and a 54 percent sales increase. The LEs are mostly young, single, and very dedicated to doing God's will. The Publishing Department expects to see even greater things from them in 1991.

In Sarawak, LEs had a 29 percent increase in sales, and their canvassing program is really picking up momentum. Singapore had a small gain, but is looking forward to a good year in 1991 with the addition of some new workers.

Thailand had 117 baptisms through the literature evangelists' contacts. Two villages have asked LEs to come in and study with them. Both villages are in areas where the Seventh-day Adventist Church has no other type of work at present. In one of the villages there are about 40 families; in the other there are over 200 families.

Peninsular Malaysia ended the year with an 8 percent increase in sales and 30 precious souls baptized. Most of the baptisms have been through the work of the Tamil Indian literature evangelists.

During 1990, the Southeast Asia Publishing House brought out one new book in Malay and one in Tamil. During 1991, several more books will be coming out in Thai, English, Chinese and Malay. With this in mind, the Publishing Department expects that, with God's help, 1991 will be an even greater year than 1990.

-- Rayburn Smith,
Publishing Department Director, SAUM

A New Opportunity for Teachers

The Adventist International Institute of Advanced Studies (AIAS) is offering an opportunity for teachers in the Far Eastern Division to upgrade to masters degree level. This upgrading is possible through a combination of correspondence courses and attendance for four to six weeks each year at an AIAS teaching center within the Division, or by taking full-time study at the main campus.

The AIAS education department is adding several teachers to the staff. With these faculty additions, AIAS is now preparing to offer a year-round program in education at the new AIAS campus in Silang, near Manila, Philippines, beginning in 1991. The on-campus program is structured so that a student may begin the program at the start of any half semester. Thus there are five possible starting dates during the calendar year.

The educational programs at AIAS are offered for teachers at all levels of teaching, from elementary to graduate. For further information, write to Dr. Hedley Eager, or to the Admissions Office, P. O. Box 7682, Domestic Airport Post Office, 1300 Pasay City, Philippines.

-- Ina Longway, Chairman,
AIAS Publicity Committee

■ CAMBODIA ■

SDA Church Enters Cambodia after 15-year Absence

Prior to 1975, the Seventh-day Adventist Church had a fledgling work in Cambodia, but that ended, and members and workers scattered when Pol Pot took over Phnom Penh in 1975.

In the almost four years that the Khmer Rouge and Pol Pot ruled Cambodia, about 3,300,000 people died in the indiscriminate slaughter in the country. Thousands of homes were destroyed, the intelligentsia of the country

vanished, and hundreds of thousands of Cambodians fled for refuge to the countryside of Cambodia or to Thailand or other countries. The language school and missionary work that had once existed in Phnom Penh were closed and the workers evacuated. SAWS-assisted projects to the Cambodian government were also abandoned during the Pol Pot years.

From 1979 to the present, work for the Cambodian people has been carried out mainly in the refugee camp churches in Thailand and in other countries to which refugees have fled. Dedicated workers and virtually hundreds of Cambodian lay leaders and teachers have proclaimed God's Truth while teaching English, providing health care or engaging in other types of ministry. The result has been hundreds and thousands of baptisms of Cambodians. Today, churches have sprung up in France, in Australia, in the United States, and also in Thailand.



These Cambodian youngsters are in a day-care center. ADRA has been requested to assist such centers with supplies and books.

In recent years, peace talks have encouraged many Cambodians to think of returning home. Though no peace settlement has yet been reached, various Cambodian church members have dreamed of the time when they could proclaim the message of salvation in their homeland.

One such SDA member is Nal Pell. He was a general in the Cambodian army during the regime of Lon Nol. While he managed to escape to California, Nal Pell lost his wife and six children and other dear ones in the Cambodian holocaust. He later accepted Jesus Christ.

Now married again, Nal Pell and his wife, Cheng, decided to visit Cambodia to ascertain whether or not they could be instrumental in contacting friends and government leaders and introducing Seventh-day Adventism. They visited Phnom Penh in 1990 along with Pastor Bob Parrish, who had worked with the English Language School in Phnom Penh before 1975. They were able to mix freely with Cambodian leaders

and had an interesting interview with the Prime Minister of Cambodia, Hun Sen.

Encouraged by their visit, Nal Pell and Cheng invited leaders from the General Conference, the Far Eastern Division, and the Southeast Asia Union Mission to visit Cambodia with them on a subsequent visit.

On January 27, 1991, the group flew from Bangkok to Phnom Penh on a chartered Bangkok Airways plane. Arriving in Phnom Penh, they were greeted by representatives of the Cambodian Ministry of Foreign Affairs. The group of Seventh-day Adventist leaders and visitors to Cambodia included Nal Pell and his wife, Pastor George Johnson, president of the Southeast Asia Union Mission who also serves as the director of ADRA/SAUM; Dennis Tidwell, director of ADRA/Indochina; and Mrs. Judy Aitken, representing Adventist Frontier Missions.

The group made many interesting contacts in Phnom Penh and in Siem Reap during the week of January 27 to February 3. They were able to visit the Minister of Health for the Government of Cambodia, the Minister of Education, two Vice Ministers for Foreign Affairs, and the family of the President of Cambodia.

Visits to an orphanage, a day care center, the medical school in Phnom Penh, and a vocational school were also on the tour agenda.

The highlight of their stay was an offer by the Ministry of Education to provide a plot of land for the construction of a technical school by the Seventh-day Adventist organization. The land is located on the main road leading from Phnom Penh to the international airport. It was agreed that the school could be operated and administered by Adventists. Negotiations are continuing and should result in the formalization of this gift of land.

In addition, the Ministry of Health offered the Seventh-day Adventist organization a rehabilitation center which they asked be turned into a maternity/pediatric hospital. Again, the Ministry of Health has asked that Seventh-day Adventists staff and operate the institution.



The "temporary classrooms" in the medical school have given service since the 1950's.



SDA leaders and Cambodian Ministry of Education staff meet on the plot of land which has been offered to SDA's to construct a school.

A group of Cambodian leaders, including the Vice Minister of Health, went to Thailand and visited Bangkok Adventist Hospital (BAH) on February 2. BAH is one of the premier health care facilities operated by the church in the Far Eastern Division.

In visits with the various ministries, the SDA delegation spoke repeatedly of the mission of ADRA and the Seventh-day Adventist Church. Representatives of the government have assured the SDA team that the Cambodian government gives its citizens freedom of religion. Several Christian churches have already begun their work in the city of Phnom Penh. Nal Pell met in Phnom Penh with the leaders of the "Front," the government agency which coordinates religious and social programs in Cambodia. They also assured him in writing that Cambodia intends to foster nation-building through a program of understanding and toleration for religion.

During their stay, the Seventh-day Adventist delegation met one evening with the Supreme Monk of the Buddhist religion in Cambodia. Nal Pell was already acquainted with the Supreme Monk, who had visited

Southern California and had received a warm welcome in Loma Linda by Seventh-day Adventist leaders. He explained to the group that at the end of the Pol Pot regime only seven monks remained in Cambodia. Today there are 20,000. He assured the group that Seventh-day Adventists were welcome to worship and work in his country.

As the end of time approaches, many doors may be closed to the proclamation of the Gospel. Other doors will be opened and God's people will have to walk in faith through those doors, knowing that the Spirit of God will move ahead in cooperation with God's children to sound the last warning message. Seventh-day Adventist leaders have prayed that some means might be found to reach the 7 million or more Cambodians in their large country.

The doors to Cambodia are now open and we are receiving a beckoning call to enter. God's plan of action for Cambodia will involve funds, people, time, and sacrifice. How will you respond?

-- George C. Johnson, President, SAUM



Dennis Tidwell, George Johnson, and Nal Pell visited the residence of the Supreme Monk of Cambodia.

ADRA/Cambodia Provides Water for Thousands

ADRA/Indochina had its start in 1988 and 1989 with exploratory trips to Vietnam and Cambodia, spearheaded by Warren Scale and later by Dennis Tidwell. Mr. Scale, at that time the Director of ADRA/Thailand, wrote a project requesting the Australian International Development Agency Bureau (AIDAB) to provide assistance for an irrigation project to be carried out in Siem Reap Province in northern Cambodia.

AIDAB ultimately funded the project and work commenced shortly thereafter. AIDAB has thus far approved over Australian \$800,000 (\$1,075,000) for the project.

Over 800 years ago, the citizens and government of Cambodia envisaged constructing a vast irrigation lake which would fill during the wet, rainy season. The river in Siem Reap runs full at that time and therefore the large lake (barai) could be filled with the river flow. The large barai, constructed by hand at that time, was approximately two to three kilometers wide and ten kilometers long. Wide earth-fill sides provide the walls and a road which skirts the perimeter of the reservoir.

The barai can provide water for up to 36,000 acres of land. In this way, instead of supporting only one crop of grain or vegetables a year, the land can adequately

produce up to three crops per year. Thousands of people in Siem Reap are provided food and income by the life-giving water of the barai.

During the last 20 years or more, as the country of Cambodia has been torn by war and terror, maintenance of the barai and the extensive irrigation system has been neglected. It was the task of ADRA and AIDAB to repair those channels and to use concrete, steel, and lumber to place gates at strategic sites to control the flow of water. Also, the walls of the barai had been damaged by water and neglect. AIDAB funding enabled ADRA workers to cooperate with the Hydrology Department of the Cambodian government to repair the barai and the irrigation system.

Warren Scale, director of ADRA/Thailand; Alec Bacon, an Australian consultant; Mac Matthews, an SDA contractor from Australia; Dennis Tidwell, director of ADRA/Indochina; and others have represented ADRA in the Irrigation Project in Siem Reap. Though they have



This newly concreted canal gate was part of the ADRA project.



The irrigation workshop is the Center of ADRA work in Siem Reap.

faced problems, they are now within six months of the completion of the project.

ADRA has recently proposed another project for AIDAB funding. Involving a grant of at least Australian \$600,000 (\$716,700), it will seek to provide seed, fertilizer, instruction, tools, etc. so that farmers in the Siem Reap area who enjoy the water from the barai can be taught better agricultural methods.

ADRA has provided the Seventh-day Adventist Church with an ideal introduction to the war torn citizens of Cambodia—water. As the church now moves ahead with the sharing of the Living Water of Life, Cambodians who were once poor and thirsty now enjoy the blessings of water for their fields and homes the year around.

-- George C. Johnson, Director, ADRA/SAUM

■ PENINSULAR MALAYSIA ■

Another Milestone in PAH Medical History

On December 4, 1990, Penang Adventist Hospital opened a modern cardiology facility for investigating heart abnormalities brought on by disease or by defects present at birth. Thus PAH adds another significant milestone to its 66 years of medical history.

The cardio-vascular imaging unit, costing approximately two million ringgit (\$\$1,260,000), is the first outside of Kuala Lumpur. It was officially declared open by the Governor of Penang, and the event was attended by a number of other dignitaries.

The Governor was pleased to hear that the cost of cardiac catheterization in the Adventist hospital is significantly lower than that in Kuala Lumpur, and is about half of the cost of the same in Singapore. He congratulated PAH for being the only hospital in Penang which can perform cardiac surgery.

*-- Kathryn Cheah, Secretary,
Opening Ceremony Committee of the
Cardio-Vascular Imaging Unit, PAH*

■ SABAH ■

Retirees Enjoy the Challenge of Sabah

Four months ago, Dr. and Mrs. Jay H. Lantry came to Sabah Mission to serve for one year. Dr. Lantry has been asked to pastor the Tamparuli Church, be chaplain for Sabah Adventist Secondary School (SASS), and teach two Bible classes in English. Mrs. Lantry is the librarian for SASS, teaches a Bible class in English, and teaches Library Science.

"It's like coming home again!" they said. "We have always loved the people and the country of Sabah. We notice many changes since we left 15 years ago, but the kindness of the people and the thrill of seeing Mt. Kinabalu each day has not changed. We feel privileged to devote a year to Sabah."

Asked, "What is the greatest challenge you face?" they replied, "Trying to communicate the wonderful Bible truths to our Form Six (junior college) students using English as the language. Without the power of the Holy Spirit, this would be impossible, for most of our students understand very little. Constantly we are amazed at how much they comprehend in spite of the language problem. We praise God for answering our prayers."

Mrs. Lantry is facing another challenge. Unfortunately, the SASS library was filled with obsolete, worm-eaten books, mostly textbooks or books not relevant to student interest. The same situation exists at Goshen Adventist Secondary School. How to change these two libraries into beautiful, usable, and desirable learning environments for the students is another call for prayer and for the guidance of the Holy Spirit to inspire others to join in making the needed changes.

The principal, Konis Gabu, and the teachers of SASS have joined wholeheartedly into making this transformation possible. Hundreds of books have been discarded. Many teachers and students have helped in re-cataloging and processing the books. Friends from all over the world are sending funds to fill the empty shelves. The Sabah Mission set aside February 9 for a special offering in all of Sabah's churches. So far, about 600 new books have become part of the library holdings. Already both students and teachers crowd the tables as they enjoy learning.

More than that, a Library Inservice Program, held February 25-28 at SASS for all primary and secondary school teachers in the Sabah Mission, provided them with 20 hours of instruction in how to use the library to enrich the curriculum and enhance teaching. When teachers become familiar with the reference materials, they can challenge the students to reach out beyond the

textbooks to real knowledge.

Dr. Lantry has recently completed the Week of Prayer at SASS, and 19 students have joined the baptismal class. In April he will conduct the Week of Prayer at Goshen Adventist Secondary School. During that time, Mrs. Lantry plans to work with the faculty and students in Goshen to begin the transformation needed in that library.

Are the Lantrys enjoying their stay? Yes, indeed. Though they may be old enough to be the parents of the teachers and grandparents to the students, they are so glad to be part of God's great educational program to prepare the youth to finish God's work so all can go Home with Jesus.

— Eileen E Lantry
Volunteer Worker in Sabah

Mission Holds Health-Temperance Emphasis

The Sabah Mission Health and Temperance Department designated December 1990 as Health Emphasis Month, with the theme "Better Health."

Every Saturday night during the month of December, health lectures were held at the Tun Hamdan Community Center in Tamparuli. The programs began with blood pressure checking, followed by talks on better health.

The better-health lectures were presented by Dr. Jenarun Jailip, who spoke on Smoking and Your Health; Dr. Noitie Lajanin, on Alcohol and Your Health; Dr. Stanley Chong, on Drugs and Your Health; and Dr. Elvin Chong, on Preventive Health Care. Dr. Russell Standish, the Health and Temperance director for the SAUM, also gave a health message on the third weekend.

For the blood pressure screening, Miss Kathleen Peisley led out, assisted by three government nurses. Miss Peisley is a registered nurse from the USA who is currently working at Sabah Adventist Secondary School in Tamparuli as a volunteer English teacher and school nurse.

The health emphasis program, with an average attendance of about 400, was coordinated by Dr. Elvin Chong, the Health and Temperance director of the Sabah Mission.

The culmination of the health emphasis month was

a state-level temperance contest, officially commenced by the Honorable Member of Parliament for Kota Belud, Encik Maidum Parsmai. The Community Center was packed full on the night of the contest. This was the first time that a state-level temperance contest had been held, and the first time for health lectures organized by the

Seventh-day Adventist Church to be held at a public hall.

The health emphasis programs gave opportunity for both the church members and especially the general public to listen to the Adventist health message.

— James Lai, ADRA Director, Sabah Mission

■ SARAWAK ■

Ministerial Extern Prepares 21 for Baptism

Ministerial extern, Francis Amer, a native of Sarawak who had been studying in Southeast Asia Union College, was called by the Sarawak Mission to serve for one year as a ministerial extern between his junior and senior years.

During his year of externship, Francis was first connected with a major evangelistic meeting in the Serian District. Later he was assigned to an assistant pastorate with Pastor Jaulin Galung in the Tebedu area, where he was to care for three churches near the Indonesian border.

He admits that during the first several weeks he felt very lonely and was almost overwhelmed by the challenges facing him. With the encouragement of Pastor Jaulin, who visited him once a week, and with visits from other supervising pastors from the Mission, Francis soon caught a vision of what needed to be done.

He began going into the farms with the villagers, working with them and praying with them in the fields, and visiting with them in their homes in the evenings. Soon he won their friendship and confidence.

In the village of Entubeh, Francis began a baptismal class as part of one of his special assignments to prepare Bible studies for those of non-Christian backgrounds

and low educational levels. In developing these lessons, Francis frequently consulted with the Mission Ministerial Secretary. He tested the lessons in his territory with his supervising pastor.

At the close of his year's efforts, 21 of the members of the class were baptized on Sabbath, December 22, in a stream behind the church. Ten more are continuing their studies with the district pastor, and are anticipating baptism in the near future.

After his year's experience, Francis Amer knows that God has called him for this service. He is returning to college for his senior year, but he is looking forward to returning to Sarawak when he graduates. He has already hinted that he would like to return to the Tebedu District when he finishes his ministerial training.

-- Daniel Walter, Ministerial Secretary,
Sarawak Mission

SDA Church Passbook System Launched

The Sarawak Mission has recently launched a new system of recording, monitoring and controlling its church membership records. The system utilizes a small "SDA Church Passbook," about the size of a passport.

The passbook carries its own identifying code and serial number. The book contains the pertinent information about the member, including name, address, date and place of birth, parentage, date and place of baptism, and church membership record.

The book has pages with provision for church membership transfers, annual renewals, records of church offices or positions held, record of ordination (e.g. deacon, elder, pastor), church discipline, and autographs.



Francis Amer with newly baptized members

The annual renewal feature is designed to call for the Church Board of each church to meet annually to review its church's members one by one as to their spiritual vitality, noting especially each member's attendance, stewardship, adherence to church standards and harmony with the doctrines. Upon the board's approval, the church clerk will place the church's approval stamp in the appropriate revalidation section of each book and in his own annual report to the Mission office.

Transferring membership between remote churches where the postal system is not functional has been a baffling problem in many parts of the world. With the passbook, there is provision for the sending church to make its official recommendation, and the receiving church makes its official acceptance, so the chain is not lost in the mail.

The Sarawak Mission is launching this as an experimental program, to be tested and adjusted over a period of time, before recommending it to other fields.

-- Daniel Walter, President, Sarawak Mission

East Malaysian Pastors Study Revelation and Eschatology

If you live in Sabah or Sarawak and haven't recently heard a sermon on Revelation, or one about the final events of earth's history, you probably will hear one soon. That is because many of the pastors from those two missions completed courses on those two subjects in December. And judging from the amount of discussion in the classes, the topics aroused a good deal of interest among the pastors. No doubt their interest has already been translated into many sermons.

In recent years, the administrations of the Sabah and Sarawak missions have implemented a plan for helping their pastors to get a college education without having to leave home for extended periods. Instead of sending the pastors away to college, the missions bring college to the pastors.

That is what happened in December of 1990. Eighteen pastors from Sabah and thirteen from Sarawak came together at the new mission office building in Kuching, Sarawak to further their education.

Instructors for this year's extension school were Mr. Art Bell, Vice President of Mission College in Thailand, and Pastor Kenneth R. Wade, the new SAUM ministerial secretary. Professor Bell taught the course in eschatology—last day events—in the morning, and Pastor Wade taught a continuing education course in Revelation each



A total of 31 pastors attended the extension school in Sarawak during December.

evening.

Those who attended the extension school earned three hours of college credit for the eschatology course and 1.6 hours of continuing education credit for the Revelation class. More than 50 lay members and teachers also attended the Revelation class.

Thus far, the extension school program has worked very well for the two missions, and administrators plan to continue to bring in professors each year to help their pastors complete their college education.

-- Kenneth R. Wade, Ministerial Secretary, SAUM

ADRA Increases Activity in Sarawak

During 1991, ADRA/Sarawak has increased the number of projects and beneficiaries of ADRA funding. It has also begun larger scale promotion of ADRA among church members and the public at large.

Currently ADRA/Sarawak is involved in several projects. In Roban, a rural sanitation and water project is underway. In addition, a hand-drilled well project is going on in Roban and Kabung. In Kelait, ADRA is involved in a gravity-fed pipe water project, and is installing water tanks in Stulan.

In Serian, the fish pond construction is being extended, and there is also a trading stall project. The Kalaka health project is also in progress.

In the Roban and Kabong areas, ADRA has recently received funds from Australia for the Malaysia Roban Income Generation Project, in which ADRA personnel will work with 180 families, training them in proper methods of growing corn, peanuts and mung beans. The training will also include how to market their produce in the nearby towns.

ADRA/Sarawak received sizable grants in 1990 from

ADRA/South Pacific Division and from the Australian International Development Assistance Bureau (AIDAB). From January 16-19, the AIDAB Assistant Director General, Mr. Eric Ingevcis, and NGO representative, Mrs. Margaret Bywater, visited Sarawak to familiarize themselves with a cross section of the beneficiaries of this project. They also wanted to gain a further appreciation of the needs of the project participants.

So far this year, the ADRA/Sarawak Director, Mr. Petrus Ngadan Kuju, has conducted four meetings to promote ADRA. He and the Associate Director, Anyau Kinchang, will be doing promotion in several more districts during the rest of 1991. The ADRA leaders are also on the constant lookout for needs in new areas.

-- Petrus Ngadan Kuju, Director, ADRA Sarawak

Northern Sarawak has Stewardship Workshop

The northern area of Sarawak had two weeks of stewardship emphasis, as a team from the Sarawak Mission and the SAUM travelled from district to district between January 25 and February 7.

Conducting the meetings were, from Sarawak, Pastor Gilbert Tan, Stewardship Director; Dr. Chew Sze Ted, Health and Temperance Director; Mr. Petrus Ngadan, ADRA Director; and several district pastors. From the SAUM Church Ministries Department, Pastor Shupinar Koubong was also part of the team.

Because there is no road to most of the churches, the group went by express boat along the huge Tatau River. They held the meetings and stayed with the members in longhouses, mostly near the river.

The meetings were a triple blessing to the members because they had not only the stewardship messages but

also ADRA programs and health lectures slotted into the workshops. In addition to the health talks, Dr. Chew also checked blood pressures of the participants. Each meeting had a good attendance, with many Adventists and also a number of non-Adventists attending.

-- Gilbert Tan, Stewardship Director,
Sarawak Mission

Punan Meet Christ

Thirty members of the Punan, the most primitive tribe in Sarawak, have begun taking Bible studies from Pastor Stephen Agong Jilau in Tatau, and are hoping to be baptized soon.

A few years ago, the world learned about this nomadic tribe when some of the more courageous among them protested against excessive timber cutting from the Sarawak Rain Forest. The road on which the timber was hauled to the riverside logging camps ran right through their hunting grounds. The felling of trees also reduced the supply of palm shoots, fern tops, and wild fruit for them to eat.

More recently, Pastor Stephen Agong made contact with Punans of the Lubok Kubong area while he was visiting some of his churches. Several of the Punans indicated an interest in spiritual matters, and have been receiving Bible studies. During the last week of January, the leadership training seminar instructors, Pastor Shupinar Koubong, Pastor Gilbert Tan, Dr. Chew Sze Ted, Mr. Petrus Ngadan, and the district pastor, were able to strengthen the Punan's association with the Seventh-day Adventist Church when they visited a Punan village in the Tatau area.

-- Petrus Ngadan Kuju, Director, ADRA/Sarawak

■ SINGAPORE ■

Balestier Road Church Scales Greater Heights

An enthusiastic response from Balestier Road Church members greeted the news of a trip to Sabah to scale Mt. Kinabalu, Southeast Asia's tallest peak, during the Christmas holidays. One of the objectives of the trip was to provide an adventure activity for Seventh-day Adventist youth and their friends.

The group of 25, mostly youth and young adults,

spent 12 days in Sabah. Between the morning and evening worships, they packed in an island-hopping cruise in the Tungku Abdul Rahman Park, a memorable white water rafting trip down the Kiulu River, a walk across Sabah's longest suspension bridge, and a sight-seeing tour of the capital city, Kota Kinabalu.

While the group was in Sabah, they stayed in Tamparuli,



The group prepare to begin their white-water rafting experience.

at the Sabah Mission headquarters and Sabah Adventist Secondary School campus.

For many, the climax of the trip was the climb to the peak of Mt. Kinabalu, though they found it "strenuous," and "tougher than expected." Mr. Robert Lee, a veteran marathoner, exclaimed that "The climb was tougher than a marathon." After the climb, the group relaxed at Poring Hot Springs, then went on to visit a longhouse. On Sabbaths, the group visited various churches. They also hiked to a waterfall one Sabbath afternoon. Christmas caroling with youth from other churches was another enjoyable part of their stay.

Through the climb on Mt. Kinabalu, the group learned a vital lesson that no matter how tough the journey in life may be, they can make it if they just take one step at a time.

-- Leong Weng Kee,
Youth Leader, Balestier Road SDA Church

Christ's Love Through Songs

January 12 was a very special day for a number of dedicated SDA youth as they sang the message of Christ's love to more than 500 people filling Singapore's DBS Auditorium.

Along with the music was a simultaneous slide presentation, with art and photographic scenes of nature, the everyday life of youth, and Christ's life and death to save mankind. Dr. David Wong, Church Ministries Director of the Far Eastern Division, spoke on the uncertainties of life, a timely topic with the Gulf crisis looming toward war only few days later. He stressed that the only certainty in life is God's love for each one.

The concert was the realization of a year-long dream of the Chinese youth group of the Thomson Road Chinese Church. In January 1990 they met together and proposed the idea of producing a cassette tape of

Chinese Christian songs. There are many English cassettes in the market, but there was little available in Chinese.

The youth had composed the beautiful songs themselves, and they wanted to dedicate their songs to evangelistic work. Most of all, they wanted to bring back some young Adventists who had lost some of their "first love" and were no longer attending church regularly.

Love for Christ is a common language, and where such love abounds, energy also abounds. Soon youths from the Jurong Chinese Church and from Youngberg Church caught the same enthusiasm and joined in the effort. Dr. Andrew Tang from Balestier Road Church offered to arrange the music, accompany the group, and do all of the recording himself.

The group, known as 316 (from John 3:16), produced 1000 cassettes, which sell for S\$7 each, and are available through the Thomson Road Chinese Church. Over 250 cassettes sold at the concert, and many more have been sold through the secondary schools since then. Cassettes have also been sent to Malaysia, Taiwan and even Australia to be made available to youth there.

The message the youth most desired to convey could best be summarized in the words of one of their songs:

*God's love you must treasure,
God's grace is beyond measure...
Ne'er forget.*

-- Ruth Cheng,
Thomson Road Chinese Church member

Jurong English Church Holds Gospel Camp

"The Christian in Today's World" was the theme of the December 6-10 Gospel Camp organized by the Jurong English Church in Cameron Highlands, Peninsular Malaysia.



With a total of 61 campers and almost as many non-Adventists as Adventists, the opportunity to witness was challenging. By staying, eating and socializing with the Adventists during the camp, the non-Adventists had an opportunity to find out more about the teachings of the SDA church. A series of 10 lectures by the local church pastor offered the campers thought-provoking messages. Of the 41 who gave their responses to the talks, 30 committed their lives to the Lord. Ten requested Bible studies and one asked to be baptized.

The tour of Cameron Highlands at the end of the camp also proved to be rewarding, as it gave the campers a chance to observe the lifestyle of the local people and to appreciate the natural greenery all around.

-- Samuel Siew, Organizing Chairman,
Jurong SDA Church

Pathfinders Try Canvassing

After similar successes in combining the student canvassing program with Pathfinding in Malacca, Kuala Lumpur and Penang, (Peninsular Malaysia), Mr. Samuel Siew, is enjoying the same success with his Makarios Pathfinder Club in the Jurong English Church in Singapore,



For the past two months, the Pathfinders have devoted almost every Sunday morning to selling literature as a fund-raising project. In their smart-looking uniforms, they have gone to the housing estate blocks around Jurong Church. This is something new to the neighborhood, and the young people had good success in their sales. Enthusiasm was so great that some of the Pathfinders spent all day Sunday canvassing instead of only the designated morning hours.

The Pathfinders also handed out forms to the youth they met, inviting them to join the Pathfinder Club.

-- Samuel Siew, Pathfinder Director,
Jurong English Church

■ THAILAND ■

The Demons Still Obey

Two thousand years after Jesus told His disciples that they would have power over the demons, the demons still obey when cast out in His holy name. This truth was brought home recently to Pastor Suan Intaepa, the chaplain of Phuket Adventist Hospital.

Pastor Suan was making his rounds in the hospital when he heard a loud disturbance in the hallway just around the corner. Rushing to the scene, he discovered a man surrounded by his relatives. He was obviously out of his head. The relatives were disturbed at the man's condition, and were asking for the doctor's help. The man was admitted to the hospital, and appropriate sedatives were given to calm him down.

As the day wore on into night, the man's condition steadily worsened. It was obvious that he was ranting and raving as one possessed with a demon. This is exactly what came into the minds of Pastor Suan and the

relatives who were carefully monitoring the situation, gathered in the room around his bed.

Against the advice of Pastor Suan and the hospital staff, the family finally took the man out of the hospital to seek the help of a local witch doctor who seemed to have power over demons.

The next day, the relatives returned to Phuket Adventist Hospital to readmit the man. The witch doctor was of no help; his incantations had only inflamed the situation. The man appeared much more troubled than he had been before leaving the hospital. If he had had a demon before, it seemed that now he had ten. The relatives were beside themselves with concern.

Pastor Suan read to the patient and the relatives the passages of Scripture which showed that Jesus has power to command the demons to flee. Then he asked the relatives if he might pray for the man and command the demons to leave. They consented. Turning to the patient, Pastor Suan asked if he had been listening, and

would he agree to allow the power of Jesus to cast the demons out of his body and to free his mind and spirit. Pastor Suan asked if he believed that Jesus has the power to free him.

Like a drowning man grasping for the only help available, the patient cried out in desperation, "Yes, I believe that Jesus can free me. Please, Pastor, pray for me!" Immediately the man again went completely out of his head.

Pastor Suan, raising his voice to God in prayer, placed his hands on the Bible, invoked the promises of God's Word, and then placed his hands on the fevered brow of the patient. Confidently, in the name of the Lord Jesus Christ, he commanded the demon to leave.

As though a great weight had left his soul, the man became instantly calm and quiet. After a short while, the man opened his eyes and spoke sanely and rationally—much to the amazement of his relatives and friends. He asked for a Bible to take home with him.

"Now that you have the power of Jesus Christ on your side," his father-in-law told him, "you must read this Bible every day, for there is great power in this Bible. You must pray to the God of this Bible every day. You must learn to know Jesus Christ every day if you are to remain free from the demons."

After a prayer of thanksgiving, the patient slept peacefully. The next day he was discharged into the care of his waiting relatives and friends. A happy man, he clutched his Bible as he left the hospital.

Pastor Suan will follow up this miracle with Bible studies, not only with the restored man but also with his friends and relatives.

— W. S. Bassham, President, Thailand Mission

First Health Promotion Program at New Facility

December 2 was a memorable day for the new Mission Health Promotion Center at Muak Lek, in Thailand's Saraburi Province, as the 12 guests began to arrive for the first life-style change and health promotion program.

The NEWSTART program offered there represents a modern, scientific and natural method of promoting wholeness and health of the whole person—physical, mental and spiritual. NEWSTART is an acronym standing for Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in God.

During a banquet held at the close of the three-week program, guests had an opportunity to describe the progress that they had made during their stay. Many were surprised to hear of the good changes which had occurred in such a short time.

One gentleman had come with obesity, insulin-dependent diabetes, and high blood pressure. He stated that when he arrived at the center he was using 100 units of insulin per day, and was taking seven different medications for his high blood pressure. While at Muak Lek, he had lost 5 kg. of weight, had stopped using insulin or any diabetes medication, and had reduced his blood pressure medicine by three-fourths. He expressed his pleasure and enthusiasm for the program, and indicated that he was determined to stay on the NEWSTART program, for his life and future health depended upon it.

The administration of Bangkok Adventist Hospital was happy to see their dream of the past decade finally fulfilled in the reality of the first NEWSTART program in their own permanent center.

Anyone who is interested in having a NEWSTART in life can arrange to attend a program at the Mission Health Promotion Center. Having improved health can be a dream fulfilled, a hope realized.

For further information regarding the program, write or call:

Bangkok Adventist Hospital, Health Department
GPO Box 613
Bangkok, Thailand
Telephone: 282-1100, ext. 264 or ext. 200

-- Robert H. Dunn, Administrator,
Mission Health Promotion Center

ADRA Aids after Truck Explosion Disaster

On Friday, February 15, an 18-wheel truck carrying explosives from Phuket to a stone quarry in the southern part of Phang-nga Province overturned while rounding a sharp bend. About an hour later, the truck exploded, killing more than 170 people, and seriously injuring more than 100 others.

The blast caused severe damage over a 250-meter radius, destroying about 50 houses. ADRA/Thailand director, Warren Scale, travelled immediately to the scene of the accident to assess the needs. The most urgent needs are for food and housing.

ADRA/Thailand has proposed to use approximately Bhat 250,000 (approximately S\$17,000), contributed by all levels of ADRA, to provide zinc roofs for rebuilding houses and to provide food assistance for approximately 70 families.

— Warren G. Scale, Director, ADRA/Thailand

■ HEALTH ■

Protein – The Good News and The Bad News

Will I get enough protein (especially if I become a vegetarian)? Protein is a real concern of many today. Why is there such concern?

Perhaps it may be traced back to a 19th century German chemist named Dr. Liebig, who assumed that because muscles are made up largely of protein, it must be the fuel of muscles. Ask any qualified exercise physiologist, however, and you will learn that it is carbohydrate that is the primary source of fuel for muscular activity. To this day, the myth that muscle strength depends on the amount of protein eaten has been perpetuated throughout the world.

Dr. Hindhede asked, "Does it not appear . . . that we always get enough protein for our needs if we eat as nature dictates? How otherwise could mankind have progressed so well?" He went on to remark that "the errors of great men are a hundred times more dangerous than the nonsense of the multitude."

How about the quality of proteins? Is it true that animal proteins are complete, while plant proteins are incomplete in the number of amino acids which they contain? This distinction between animal and plant proteins has been challenged. Foods are not lacking totally in a specific amino acid. Look at any reliable nutrient composition book, and you will find that single plant foods contain all of the essential amino acids in amounts that are at least twice the minimum requirements. It is much easier to get too much protein than to get too little. The World Health Organization states that "if a person has enough calories from a variety of foods to maintain health and normal weight, he is getting enough protein."

Dr. Mark Hegstead, professor of nutrition in the Harvard University School of Public Health, said, "Protein is a non-problem in our society."

In our concern with not getting enough protein, we end up getting an excess. Much research has been conducted on the effect of a high protein diet. Experiments

at Stanford, Cornell, and Columbia universities all show that high protein intakes are not conducive to health.

A high protein diet can be linked to the following health problems:

1. Osteoporosis: The amount of calcium excreted in the urine when medium- and high-protein diets were fed was greater than the absorption of calcium from the diet. The body then draws calcium from the bones in order to maintain blood calcium levels. This eventually leads to decreased bone mass and osteoporosis.

2. Kidney disease: When there is more protein consumed than can be utilized, the excess is broken down in the liver and excreted through the kidneys as urea. This excess protein puts an unnecessary burden on the kidneys. Moreover, the large quantity of calcium in the system due to a loss of calcium from the bones, a high calcium intake, and calcium supplements results in high levels of calcium being concentrated in the urine. This results in the formation of calcium kidney stones and destruction of the kidney tissue.

3. Cancer of the colon: Statistics from the United Nations organization demonstrated that animal protein intake along with animal fat intake were shown to be the most important risk factors for colon cancer. Meat is totally devoid of dietary fiber, a protective factor against colon cancer.

4. Premature aging: A high protein diet hastens maturity and shortens one's life. This increase in maturity also increases the incidence of certain degenerative diseases common in later life.

Isn't it good news to know that if you get enough calories, you get enough protein? So, let's not be concerned with getting enough protein. If we have to be concerned at all, let it be that we get a variety of whole plant foods which God has so abundantly provided us.

— Diana David, Dietitian,
Youngberg Adventist Hospital

Address Change: VOICE OF PROPHECY

*The new address for the Voice of Prophecy is
McPherson Road Post Box 123
Singapore 9134*



Called to the Literature Ministry

In 1961, Mdm. Chian and Miss Goh were baptized. One Sabbath shortly after Mdm. Chian joined the church, she heard a publishing leader speaking in church.

At the end of his talk, the publishing man called for people to join the literature ministry. Since the message was delivered in a dialect different from her own, Mdm. Chian misunderstood the message. Thinking he was asking for people to sponsor books to be given away, she filled out and turned in the form he had handed out.

The following week, the publishing leader contacted Mdm. Chian, took her out to a nice lunch, and began training her to sell books. With the nice meal he had given her, she didn't want to hurt his feelings, but finally she told him that she did not want to do canvassing work.

Almost two years went by. One day, her good friend, Miss Goh, was visiting her. Mdm. Chian suggested that her friend become a literature evangelist. Miss Goh finally said that she would do the literature work if Mdm. Chian would go with her. So together they started. As time went by, both ladies fell in love with the work.

Now, 25 years have gone by, and both have been credentialed literature evangelists for many years. To date, Miss Goh has seen six precious souls join the church through her efforts, while Mdm. Chian has had twenty come to the Lord through her efforts. All of these are still active members of the Seventh-day Adventist Church today.

"The canvassing work, properly conducted, is missionary work of the highest order.

"Canvassers must go out into various parts of the country," wrote Ellen G. White. "The importance of this work is fully equal to that of the ministry. The living preacher and the silent messenger are both required for the accomplishment of the great work before us.

"...Our publications can go to places where meetings cannot be held. In such places the faithful evangelistic canvasser takes the place of the living preacher. By the canvassing work the truth is presented to thousands who otherwise would never hear it." (*Colporteur Ministry*, pp.6-8)



Sometimes when the Lord speaks to our hearts we are slow to respond. It was two years from the first contact that Mdm. Chian accepted the call to become a literature evangelist. Now she has a very rewarding career of service for God. Is God calling you to the literature ministry?

If you feel God talking to your heart and would like more information on how you can serve Him as a literature evangelist and see souls in His Kingdom due to your effort, please fill out the following form and send it in.

Please send me more information on the Literature Ministry

Name: _____ Phone Number: _____

Address: _____

Mail to: Publishing Department, Southeast Asia Union Mission, 251 Upper Serangoon Road, Singapore 1334.

■ DEVOTIONAL ■

Time for God

Jogging in the dark? Around a cemetery? In a place where cobras are known to prowl? At first it didn't sound very inviting, but that's the best option for morning exercise when you live where I now live. There is a Christian cemetery just across the road from the Union compound, and several staff members make a regular pilgrimage there to jog or walk around the road that follows the cemetery's perimeter.

Many other people also use this road for exercise, and I've learned to know them more by voice than by sight. Some respond to my greeting with a cheery "Good Morning," while others manage only a melancholy "morning."

Some people I meet almost every morning. They make several circuits each day with one or two friends. I've noticed that, while jogging is usually a solitary activity, walking almost always involves two or more people together. And that most people who walk together spend the time in conversation—getting to know each other.

Maybe that is why the Bible testifies that both Enoch and Noah walked with God (Genesis 5:24; 6:9). It takes time to get to know someone. But in the modern world time seems to be the thing people have the least of. Though we've invented thousands of time-saving devices, and though we hurtle from place to place at speeds Noah and Enoch would never have dreamed possible, all our efforts have yet to bring most of us to the point where we feel we have enough time.

We take life at a jogging (or perhaps sprinting?) pace, but at the end of the day the finishing line still seems to be just over the horizon. We need to learn to take life at a pace that allows more time for us to walk and talk with God.

In his famous book *The Pursuit of God*, A. W. Tozer comments that "We have almost forgotten that God is a person and, as such, can be cultivated as any person can. It is inherent in personality to be able to know other personalities, but full knowledge of one personality by another cannot be achieved in one encounter. It is only after long and loving mental intercourse that the full possibilities of both can be explored."

Ellen White reminds us to "remember that prayer is the source of your strength. A worker cannot gain success while he hurries through his prayers and rushes away to look after something that he fears may be neglected or forgotten. He gives only a few hurried thoughts to God; he does not take time to think, to pray, to wait upon the Lord for renewal of physical and spiritual strength

"Wait on the Lord: be of good courage, and He shall strengthen thine heart: wait, I say, on the Lord." It is good that a man should both hope and quietly wait for the salvation of the Lord.' Psalm 27:14; Lamentation 3:26" (*Testimonies for the Church*, vol. 7, pp. 243, 244).

Recently I reread this passage, which I have often quoted to remind myself and others of our need for time with God. I discovered that it is part of a testimony written to people who were struggling to open up God's work in an unentered territory. How appropriate this counsel is for us here in Southeast Asia, with millions of unreached souls all around us!

Take time to know God. And to make Him known!

— Kenneth R. Wade, Ministerial Secretary, SAUM

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