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PAH hydrotherapy tank -- a unique place for a baptism,

see article on page 5

Precious Moments with Prayer

Part 7 -- Making Our Requests

The matter of putting our needs and desires before God can be a touchy subject. If we aren't careful, we may use prayer as a "Give-me" relationship with God. An important Bible text to keep in mind is Matthew 6:33: "But seek first the kingdom of God and His righteousness, and all these things shall be added unto you."

Among the "things" Jesus is referring to are food, clothes, and other daily needs. Those of us who are parents want our children to be happy. God also wants us, His children, to be happy and comfortable and to enjoy our lives. *Steps to Christ*, p. 100, tells us, "Keep your wants, your joys, and your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children."

A few years ago, while working in the Upper Columbia Conference in the USA, I decided I wanted to take part in a couple of triathalons. The bicycle I had was old, heavy, and too big for me. I started looking in the newspaper ads for a good used one. I found a Trek--just what I was looking for. I really prayed about it. The young man was asking \$200. I offered him \$150, and told him to talk to his parents about it and call me back. When I didn't hear from him, I phoned and found that his sister had come home from college and bought the bike from him.

I kept looking in the newspaper. A month or more went by, then I found a Raleigh. It was about six years old, but had been fixed up like new. The man said he was meeting a lady at a bicycle shop, and I could meet him there, too. If she didn't buy it, then I could have the chance. I met him at the shop, but when the lady saw the beautiful bike, she gave him the money without even riding it.

Now three months had gone by, and I was still praying and looking. At camp meeting I asked some of my friends if they knew of any good deals on a used bicycle. They told me of a man who had built up a Trek for his wife when he owned a bicycle shop. He had over \$600 in the bike, but was asking only \$300. It was new, and just what I wanted. Yet I couldn't ask him to come down--it was worth much more than he was asking. But I did ask if he had any other small-frame bikes for sale.

The man said he had fixed up a Bridgestone for his younger brother who had stayed with him for a while. The brother later left, owing him \$50, and said to sell it for the \$50. I looked at it. It was nice, and worth much more. I offered him more, but he said, "No, \$50 is what I need."

I bought the bike, worked on it a bit, and rode in the two triathalons. It's a great bike. God knew what He was doing. He also taught me patience. As I kept on praying and looking, God answered my prayer.

In the statement from *Steps to Christ* above, Mrs. White begins by saying to keep our wants before God. We all pray for our needs, but I feel she is telling us here that God is also interested in our wants.

"God knows our needs even before we ask...." (Matthew 6:8)

I used to look at this text as meaning that God is concerned about our daily needs such as food, clothes, housing, and so on. But I think it goes much deeper than that. God knows that if everything in our lives were going perfectly, we might not feel the need of Him at all. I don't know about you, but when problems come into my life, the very first thing I do is to get down on my knees and ask God for help.

"Through conflict the spiritual life is strengthened. Trials well borne will develop steadfastness of character and precious spiritual graces. The perfect fruit of faith, meekness, and love often matures best

amid storm clouds and darkness." (*Christ's Object Lessons*, p. 61)

Today, prayer is as essential as ever. Christ is now "as willing to listen to the prayer of faith as when He walked visibly among men.... It is a part of God's plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask." (*Great Controversy*, p. 525)

Let us each day keep our wants, our needs, our joys and our sorrows before our loving heavenly Saviour, who can never be wearied by our prayers, and who knows always what is best for each of his beloved children.

"We are not to expect that God will grant our every request. We know that we sometimes ask and do not receive because we ask wrongly. (See James 4:3) We may ask for something that is not promised, or we may be opposing the spirit which the Lord wants us to cultivate. We sometimes ask contrary to His will or to the decrees of His providence. Or we ask merely for the gratification of our own ease and without consideration of His glory; then, we must not expect to receive. When we ask in unwavering faith and do not receive the precise thing asked for, we will receive more than an equivalent for it. As one remarks, 'If the Lord does not pay in silver, He will in gold; and if He does not pay in gold, He will in diamonds.' If He does not give you precisely what you ask for, He will give you something that is equal or better."

-- C. H. Spurgeon, *Evening by Evening*, p. 142

-- Rayburn Smith,

Publishing Department Director, SAUM

New Life for Sabbath Schools

How exciting is your Sabbath School program? So exciting that members can't wait to come? So exciting that the church is full even before the song service is finished? So exciting that members regularly invite non-Adventists to join them on Sabbath morning? So exciting that the Holy Spirit often leads people to come to your church without any human invitation?

If your Sabbath School isn't that exciting, there is no need to be ashamed. Few Sabbath Schools today would fit the above description.

But that doesn't mean that there is no way to improve.

In fact, Sabbath School members all over the world are finding new life--not only in their Sabbath Schools, but in their own personal walk with God, and in their ability to share their faith with neighbors and friends.

The key element that is making the difference is a change in the way Sabbath School classes are conducted. The startling results are not just in the classes but in the members themselves.

In one church which adopted the new class program three years ago, the number who daily studied their Sabbath School lesson increased from 10 percent to 60 percent. Sabbath School attendance rapidly increased and has stayed high. In fact, the entire church has changed for the better. Previously only three people were giving Bible studies. Now 30 regularly give studies. The church used to report one or two baptisms per year. In 1989 they had 16 baptisms, in 1990 they reported 27, and by mid-April of this year they already had 22! And this church is not exceptional--other churches have also experienced tremendous increase in Sabbath School attendance with the new format.

How can it be that simply changing the Sabbath School classes could have such a dramatic effect on a church?

First of all, consider how Sabbath School class is conducted in a typical church. Because of shortage of space, most of the classes meet in the sanctuary. To prevent hearing problems, the classes are spaced as far apart as possible, which means that there cannot be very many classes, and the classes have to be quite large.

Each class has a teacher who stands in front of the class and directs the discussion of the lesson. The teacher is looked upon by the class members as an authority figure, and all of the discussion is directed to the teacher. Often, people sitting in the back rows of the class cannot hear what is said at the front, and they may become detached from the discussion. Since comments are directed to the teacher, there is little interaction between class members--besides, many people may not even be acquainted with all of the other members in their class.

Since the teacher is regarded as the authority, class members have little motivation to study before coming to class. They learn to depend on the teacher to tell them what is important in the lesson. As members become less and less involved in the class discussion, they may even stop coming to

Sabbath School. But because they were members of such a large class, quite possibly no one will even notice that they have quit coming.

Does this sound familiar? The problem is widespread throughout the world.

The key to improving participation in Sabbath School is to have smaller classes which make it possible for all members to join in the discussion and for them to become acquainted with one another.

Room for Improvement

"But our church doesn't have room for any more classes!" you might be saying.

"Yes it does!" would be the response of Pastor Calvin Smith. And hundreds of people from throughout Southeast Asia who attended his Sabbath School Action Units training sessions would agree with him. They have now experienced how easy it is to have small-group discussions even in a sanctuary that is packed with people.

Pastor Smith, who served as the Lay Activities Director and Voice of Prophecy Director of the Southeast Asia Union Mission from 1978 until 1986 and is now in the General Conference Church Ministries Department, recently worked in the Michigan Conference (USA) developing a program to help lay people become more active in the church.

During April 1991, Pastor Smith itinerated in the Southeast Asia Union Mission and in other unions of the Far Eastern Division to share the new concept for Sabbath School classes.

Traveling with Pastor Smith was an enthusiastic layman, Mike Fracker, from Michigan. Although a Seventh-day Adventist for only five years, Mr. Fracker has led 60 other people to baptism. He gives much of the credit for his strong faith and active witnessing to the new style of Sabbath School classes. He is so enthusiastic about promoting Sabbath School Action Units that he took seven weeks of unpaid leave from his job as a teacher, and paid all of his own travel expenses so that he could help Pastor Smith on this trip.

What's the Difference?

The single most important factor that has made Sabbath School so much more effective is the small classes in which each member's presence and participation is important and appreciated. Each class also involves members in outreach activities which they have agreed upon and all support.

Called Sabbath School Action Units, the classes begin with six to eight members. Even in a church with immovable pews, it is possible for a group of this size to carry on a discussion which all group members can hear but which does not disturb other groups near them.

In a group of six, for example, four may sit on one pew, and the other two may sit in front of them, turned sideways to be able to look at and talk easily with even those

behind them, for example:

O O = Discussion Leader
O O O O

Each group has a Care Coordinator as well as a Discussion Leader. The Care Coordinator leads out in the first 25 minutes of each class period. During the first five minutes, the coordinator takes roll, noting who is missing. All members sign a postcard to any missing member, letting the person know he was missed, and encouraging him to be in Sabbath School the next week.

During the next 20 minutes, the Care Coordinator leads the class in a review of their class outreach plan, asking members to tell of experiences they had during the week as they shared their faith. Even negative experiences are brought up so that the class can discuss what happened and decide what they can learn from it.

At the close of the discussion, the Care Coordinator makes assignments for visitations to be carried out in the coming week, and asks for volunteers to conduct any new Bible studies. Then the group earnestly prays together for the interests they are working for.

Lesson Discussion

The next 40 minutes are devoted to lesson study. The class leader--called a Discussion Leader, not a teacher--does not stand up but remains seated in the pew, turning so that he or she can face all the class members. The discussion centers around three or four questions designed to help the class make personal application of the lessons to their own lives in the coming week. Because the group is small, each member has opportunity to share what the lesson means to him.

In many churches where the program has been implemented, all of the discussion leaders meet on Friday evening (or an alternate time) to formulate questions that will best help the class members to apply the lesson to their lives.

The total time involved in class discussions, as a little addition will show, is 65 minutes rather than the typical 50. The extra time in discussion necessitates cutting back on preliminaries. As Pastor Smith points out, however, the four objectives of Sabbath School are nurture, fellowship, community outreach, and promotion of world missions. The first three of these can best be achieved in a small-group setting. This leaves only the promotion of world missions, which is done through the mission story.

Sabbath School begins with a lively song service at 9:15, or even earlier in some places, and continues with the mission emphasis. Then the classes divide and the action unit program occupies the rest of the Sabbath School time. Once each month the preliminary time is devoted to reporting local soul-winning stories from Action Unit members.

As the Sabbath School Action Units plan spreads throughout the world, Sabbath Schools are changing, churches are growing, and individual members are finding Sabbath morning to be the most stimulating time of the week.

If you would like more information about the Sabbath School Action Units plan, contact your mission Church Ministries Department. A booklet describing the plan and giving specific instructions for implementing it will soon be available at a very reasonable cost.

-- Kenneth R. Wade, Church Ministries Director, SAUM

Edmund Siagian Joins SAUM



The Southeast Asia Union Mission at last has a regular director in the Education Department. Dr. Edmund Siagian arrived on April 14 to take up the leadership of the educational work of the SAUM.

For almost a year, since General Conference session when Dr. David Wong received a call to the Far Eastern Division to serve in the Church Ministries Department, the Union has been without a regular education leader.

Although a native of Sabah, Dr. Siagian received much of his early education in Singapore at what was then Malayan Union Seminary. He received a Junior College diploma from Southeast Asia Union College, and then taught at SDA School for four years. After earning his BA degree at Australasian Missionary College in 1962, he taught and served as principal at Sabah Adventist Secondary School until 1979.

Completing a doctoral degree in Educational Administration at Andrews University in 1982, he returned to Sabah Mission, where he served as Secretary-Treasurer until his call to the SAUM Education Department.

With Dr. Siagian is his wife, Eileen, who also taught at Sabah Adventist Secondary School for several years. They have three children, all in college. Elwood, 21, is studying medical technology at Philippine Union College; Charmaine, 20, is an office administration student at Southeast Asia Union College; and Arlene, 18, is an education major at Pacific Union College (USA).

The SAUM welcomes the Siagians to the Union staff.

-- MESSENGER Staff

■ PENINSULAR MALAYSIA ■

Hospital Ministry Begins to Bear Fruit

At Penang Adventist Hospital (PAH), patients know that they can find both the treatment for their physical needs and the TLC (tender loving care) for their emotional needs. "I found love, joy, happiness and care here," was just one of the many patient comments.

Patients, their relatives, and visitors commented that the care they receive was that touch of a Christian. Often times it is spiritual healing that patients need most. As fear, stress and anxiety cause sickness in so many people, helping them to deal with these will facilitate their recovery. Prayer and encouragement help to cheer them.

The PAH Hospital Ministry program began more than a year ago with a singing group called the Sunshine Band, comprised of church youth and hospital staff. After a short while, enthusiasm faded, but was revived when an energetic, young-at-heart pediatrician, Dr. Chew Yu Gee, brought a new spirit of ministry to the group. As the group sang along with Dr. Chew and his guitar or piano, patients seemed to enjoy every song, even if it was sung over and over again.

As the staff and the youth caught the vision of Hospital Ministry, they began to lay plans for future outreach at PAH. Every Friday evening, members of the ministry team visit patients in their hospital rooms to invite them for a Sabbath morning service. On Sabbath morning, the Hospital Ministry workers take the patients to the hospital lecture hall, either walking with them or taking them in wheelchairs.

In the worship services, patients hear messages about God's love and His plan for the redemption of mankind. They often sing along with the Hospital Ministry group in songs of praise to God.

After returning the patients to their rooms, the team members reassemble for a praise and prayer session. This is a time for their own spiritual growth and encouragement.

On Sabbath afternoons, the Hospital Ministry group go out into the hospital wards to visit and sing to patients who were unable to come for the morning worship service. Patients often weep tears of joy, touched by the songs and the Bible promises that team members share. On one such Sabbath afternoon, an elderly Chinese woman innocently asked, "Can your God speak Chinese?"

God has been blessing the Hospital Ministry program. It is very rewarding to see patients giving their lives to God in baptism.

An elderly man, a Mr. Liaw, was admitted to PAH for hypertension and stroke, and was later diagnosed as suffering from stomach cancer. Strong in his own non-Christian religion, he refused to allow nurses to pray with him. The untiring visits of the hospital chaplains and the attention from the singing group slowly broke down the barrier that kept him from knowing God. When he had a stroke and collapsed by his bedside one morning, nurses and doctors scrambled to his rescue, then transferred him to the intensive care unit.

While he was recovering in the ICU, some staff visited him and sang "My Peace, I give unto you.... It's a peace that the world cannot understand...." Touched to tears, he requested the staff to pray for him.

Although Mr. Liaw was discharged shortly afterwards, hospital staff later received news from one of his daughters, who is a Seventh-day Adventist nurse in Hong Kong. She wished to thank God and the PAH staff for sharing Christ with her father. He accepted Christ as his personal Saviour and was baptized into the Adventist Church in Hong Kong before he passed away.

Another patient was touched by the unselfish attitude and the tender loving care she found at PAH. A frail lady, but strong in her Catholic faith, Miss Helen Foong regularly said her rosary and refused to have anyone, even the pastor, pray for her. But as time went on, and she had surgery for a tumor in her head, Miss Foong began to welcome the visits of the chaplain staff, Pastor James Wah, Mrs. Hannah Lai, and Mr. Peng Chick Fee. In her lonely nights of discomfort and pain, she would ask for some of the night duty staff to visit and pray with her. On April 20, Miss Foong was baptized at PAH.

The Hospital Ministry members feel greatly blessed and inspired to press on in the Lord's work, thankful that God sent His Word to share His love with the broken-hearted and the sick, that they, too, may be saved in His kingdom.



Off-duty nurses come back to visit patients on Sabbath as part of the Sunshine Band.

*-- Joseph Empawi,
EDP staff, Penang Adventist Hospital*

New Work Opening in Alor Setar



Enthusiastic children enjoy Alor Setar's first Vacation Bible School during their school holidays.

Alor Setar, the capital city of Kedah, has been claimed under the Global Strategy/Global Mission plan as one of the main unreached areas in Malaysia. On October 1, 1990, Mr. Wong Kok Boon began work in Alor Setar as coordinator of the work there.

Although it was a lonely experience at first, God has blessed in the efforts. "In new fields," wrote Ellen G. White (*Medical Ministry*, p. 239) "no work is so successful as medical missionary work." Hence, the work undertaken in Alor Setar centers on the practical aspects of the gospel, in which the compassion of Christ can be revealed.

In January this year, the work opened with a health exhibition and a health screening program in the city center, co-organized with the state Health Ministry Department. Approximately 300 people, from all walks of life, responded to the program.

An Adventist Health Education Club was introduced to the non-Muslim community to keep in contact with those who have attended the community programs. Currently there are 150 members of the club.

In February, over 200 students attended an anti-smoking campaign, in which they saw a film and heard a talk on the harmful effects of smoking. Many responded positively to the program, and after the session, several students signed up for the Voice of Prophecy (VOP) course "Pathway to Health." A similar program in early April included 500 students. Many more students enrolled for the VOP lessons at the end of the session.

During the first term school holiday, a Vacation Bible School for the neighborhood children drew a good attendance. Now about 25 Indian children attend a special Sabbath School program each Sabbath morning, and approximately 20 Chinese children attend in the afternoon.

In mid-March, Dr. Fam Siow Leong, of Penang Adventist Hospital, spoke in the Alor Setar Chinese Association Hall on the prevention and treatment of hypertension. About 40 people heard the message, which included the good news of God's love for mankind. On another occasion, Dr. Chew Yu Gee, a

pediatrician from Penang Adventist Hospital, spoke on the common diseases of children.

Most recently, a 4-night vegetarian cooking and nutrition class, conducted by Miss Chan Wai Fong at the Adventist Community Service Center, attracted an average of 25 people each night. At the end, almost every participant signed up for the Health Club and also enrolled for the VOP lessons. The news media have given good coverage to the Adventist health education programs.

There is much for which to thank and praise the Lord in the work in Alor Setar. The team realizes that the new work which they undertake can only be fruitful if each one is a co-worker with the Spirit of God. And then they can claim the promise, "Not by might, nor by power, but by My Spirit, saith the Lord of hosts." (Zechariah 4:6)

*-- Wong Kok Boon, Coordinator,
Adventist Community Services, Alor Setar*

Jesus Loves the Little Babies of the World



A happy father and Dr. Chew hold Wan Nee.

It gave Madam Ooi the unique and special heart-warming, joyful experience that only a mother can realize when little baby Wan Nee snuggled and stretched in her mummy's arms, four weeks after delivery.

You see, Wan Nee was born on October 8, 1990, extremely premature, at approximately six months' gestation. She weighed only one and a half pounds (710 grams). But she was a fighter from the start. She was a complete, beautiful creation, even with her teeny-weeny hands and feet.

Despite having complications of septicemia (infection of the blood stream, or "blood poisoning"), cardiac failure, and frequent breath-holding spells in the early stage of her life, God has been gracious and sustained her. The hospital staff held a special prayer session for baby Wan Nee during those difficult days, and God honored her as the staff continued to uphold Him as the Chief Physician.

Wan Nee is now the equivalent of a three-month-old, and is developing well. The joy, love and warmth that the parents feel each time Wan Nee smiles and coos make all the effort of the newborn nursery staff seem worthwhile.

Indeed,

"Jesus loves the little babies,
All the babies of the world.
Brown and yellow, black and white,
All are precious in His sight.
Jesus loves the little babies of the world."

-- Chew Yu Gee, Pediatrician,
Penang Adventist Hospital

Literature Evangelists Enter New Territory



A few months ago, the Peninsular Malaysia Mission decided to send several workers to Alor Setar, in the northwestern part of the country, to open up the work in that area. (See "New Work Opening in Alor Setar")

Among them are two literature evangelists with their families, a health educator, and an assistant publishing director. Already Mr. and Mrs. Nagas are there working among the Indians and other local people, and the Chinese colporteur is looking for a house and will move in soon.



Mrs. Rakini Davies (left) "sells" Christ to her LE contacts. Here she stands with three who have recently been baptized.



Each Sabbath a group now meets for worship at the Adventist Better Living Center in Alor Setar.

The literature evangelists invite their sales contacts to attend the health talks, and several people are now coming for both the Tamil and Chinese worship services on Sabbath.

Mrs. Rakini Davies is another dedicated literature evangelist in Peninsular Malaysia. When she joined the Seventh-day Adventist Church, she was very excited about doing missionary work. When she retired from the factory where she had been working, she became an LE. She is always eager to share the message of Christ's love with her customers. Recently she saw three of her customers baptized into the church.

This brings to mind two statements from *Colporteur Ministry*:

"Canvassers are needed who feel a burden for souls. You may say, 'I am not a minister. I cannot preach to the people.' No, you may not be able to preach; but you can minister, you can ask those you meet if they love the Lord Jesus. You can be an evangelist. You can be God's helping hand, working as did the disciples when Christ sent them forth. Young men, young women, you are called by the Master to take up His work. There is a famine in the land for the pure gospel."

"Speak Words of Truth -- The canvassing work is a work of great responsibility, and it means much not only to those who are engaged in it, but to the people for whom they labor. Let the canvasser remember that his work is evangelistic in its nature, and that God wants those whom he meets to be saved. Let him keep his heart under the influence of the Holy Spirit. Let him keep the Bible near him for reference, and when an opportunity presents itself to speak words of truth, let him pray for grace to speak wisely, that to those to whom he speaks his words may be a savor of life unto life."

Is the Holy Spirit telling you that you need to be doing more in the area of missionary work for the Lord? Do you feel the burden to win souls for the Lord? Then look into the Literature Ministry. Be either a full-time or a part-time LE. This may be just where the Lord would have you at this time.

-- Rayburn Smith,
Publishing Director, SAUM

■ SABAH ■

Voice of Prophecy Helps Win Souls

Since April 1990 when the Voice of Prophecy Malay Section was transferred to Sabah, 20 VOP students have accepted the Lord through baptism.

According to the Sabah VOP director, Mr. Shuking Gadaun, there are currently over 4,000 students officially enrolled, and another 13,000 have received the first lesson and will be enrolled as they indicate further interest by returning the answer sheet for Lesson 1.

During the past year, Mr. Gadaun and his team have conducted 60 promotional meetings, and have had a most encouraging response. So far, 930 individuals have donated or pledged almost MS25,000 (S\$16,000) to sponsor VOP students who are unable to pay for the course. This is still much less than is needed to pay for operating costs, but the VOP staff is thankful for any and all contributions to spreading God's love through the printed lessons.

-- Mrs. Connie Gaban

Mission Retreat Center Under Development

The Sabah Mission recently purchased three-and-a-half acres in the mountains near Kinabalu National Park for development as a retreat center for individuals or church groups wanting to escape the hustle and bustle of life.

Work is already underway, and by the end of 1991 the center should be ready for use by those who are eager to get a breath of fresh air and get closer to the mountain top with God.

-- Mrs. Connie Gaban

Kiulu Church Is Dedicated

In 1946, one of Sabah's first Seventh-day Adventist churches was completed in Kiulu, in the Tuaran District, about 60 km. from the capital city, Kota Kinabalu. Pastor Bibi Koubong led the first group, and the first four members were baptized on July 3, 1946. Among them were two village chiefs, a native chief, and Mr. Lopog Sorudim, who later became a pastor and even now in his retirement is active in helping the church.

Those first four members began to witness to their neighbors, and in 1947 they built their first church--a 12- x 16-foot building with bamboo siding and a leaf-thatch roof.

As years went by, membership kept increasing. They replaced the small building, which also had to double as storage

area for the paddy during rice harvest, with a larger one on a half acre of land donated by the baptized native chief. But they outgrew that church as well, and in 1968 the members constructed a 30- x 70-foot building.

Now, that house of worship has also gotten old. So the church members purchased some land adjacent to their old site. In late 1990, with the financial help of the Sabah Mission and the Sabah State Government, they completed the construction of a more permanent church, with concrete walls and cement floors.



The new church was dedicated to the Lord on February 23, with Dr. Charles Gaban, Sabah Mission President, leading out. Today there are over 200 members attending the Kiulu Church. The membership records show a figure of more than 400, but a large number of these have moved throughout Sabah in search of better land and living conditions. Many of them have opened their homes for Branch Sabbath Schools in their new locations, and have started up whole new churches. The Lord has blessed their dedication to Him.

-- Bahoi Ladat, Church Elder,
Kiulu SDA Church

■ SARAWAK ■

Mission Office Holds Official Opening

On Sunday, April 28, Dr. George Chan Hong Nam, the Special Assistant to the Chief Minister for Sarawak, officially opened the new Sarawak Mission office building.

Dr. Chan, a Christian himself, has been very active in defending and supporting the interests and the rise of Christianity in Sarawak, especially the Seventh-day Adventist Church. Thus it was a great honor to have him participate in the official opening of the new office building to which he had contributed in part.



Dr. George Chan, Special Assistant to the Chief Minister of Sarawak, cuts the ribbon to officially open the new offices.

Other special guests present for the occasion were various dignitaries of Kuching and the community, as well as Pastor George Johnson, President of the SAUM, and Mr. T. G. Staples, SAUM Treasurer.

Approximately 400 church members and friends came from as far as 150 miles away to attend the opening. As a surprise to many, Pastor Daniel Walter, Sarawak Mission President, just recovering from a serious accident, stood up from his wheelchair to give the welcome speech. Pastor Johnson and Dr. Chan both abbreviated their messages because of the very hot sun.

Following the speeches, there were a ribbon-cutting ceremony and the unveiling of a plaque honoring Dr. Chan. Guests were then invited to tour the building and to enjoy refreshments and a light dinner.

The new office complex is a four-storey brick structure designed to fulfill the needs of the Mission for at least the next 50 years. It includes offices for the administrators and each of the departmental directors, as well as appropriate rooms for the Voice of Prophecy

Correspondence School, the colporteurs and coporteur books, an Adventist Book Center, a very ample committee and worship room, a recording studio for cassette ministry, storage facilities, and guest rooms which accommodate about 40 people but could be converted to offices at a future date if needed.

*-- Daniel Walter, President,
Sarawak Mission*

5-Day Plan Revived in Sarawak

After a lapse of 10 years, the 5-Day Plan to Stop Smoking program slogan, "I CHOOSE TO BE SMOKE-FREE," again had its resounding echo in the conference room of the Sarawak General Hospital in Kuching on April 20-24.

In conjunction with the State Anti-smoking Campaign, the Sarawak Seventh-day Adventist Mission initiated the program in cooperation with the Sarawak Medical Department as a community service. The 5-Day Plan aimed to improve the health of the general public and to contribute to the national physical fitness program.

Coordinator for the program was Sarawak Mission ADRA Director Petrus Ngadan Kuju. Speakers and resource personnel included local physician Dr. Chew Sze Ted; SAUM Health Director Dr. Russell Standish; Youngberg Adventist Hospital (Singapore) dentist Dr. Dee Golles; and Youngberg Adventist Hospital Director of Health Promotion Jonathan Ng.

While in Kuching, Dr. Golles also held a dental clinic at a nearby village, and Pastor Jonathan Ng was able to hold anti-smoking campaigns in Sunny Hill College, which is a Seventh-day Adventist school, and in Batu Kawa Technical Secondary School.

In an interview with Pastor Ng, who pioneered the 5-Day Plan in Kuching in 1972, he expressed confidence in the leadership of the local health team that the smoking cessation programs will continue to be emphasized in the outreach ministry of the church.

The Sarawak Mission is grateful to the Youngberg Adventist Hospital administration for financial support and for the services of Dr. Golles and Pastor Ng in reviving the 5-Day Plan in Sarawak.

*-- Petrus Ngadan Kuju,
Health & Temperance Director,
Sarawak Mission*

■ SINGAPORE ■

Spiritual Gifts Discovery Seminar Held

Twenty-one active members of Jurong English SDA Church participated in a Spiritual Gifts Discovery Seminar, conducted by Pastor Danson Ng, Associate CM Director for Stewardship Development of the Singapore Adventist Mission.

Pastor Wann Fanwar, the local church pastor, had introduced the seminar to his church members earlier, and emphasized the importance of members discovering their spiritual gifts so that they might render more effective Christian service.

"It is high time for the church to recognize the urgent need to know how to manage human resources of the church for effective and efficient church nurture and growth," stated Pastor Ng during his opening remarks.

The objective of the May 5 seminar was to help members to know and understand the variety of spiritual gifts which God endows upon believers through the Holy Spirit, and also to help them discover their own spiritual gifts through a special spiritual gifts discovery inventory test.

When the church administration knows the different special spiritual gifts of every member, human resources management is much easier. Hopefully every Seventh-day Adventist church in Singapore will be able to manage its human resources effectively through the Spiritual Gifts Discovery, so as to advance God's work on earth.

*Danson Ng, Associate CM Director,
Stewardship Development, SAM*

Y.A.H. Dedicates Remodeled Facility

An official dedication ceremony on April 11 marked the opening of the S\$2.8 million refurbished Youngberg Adventist Hospital building.

Dr. Galen Coffin, who served the hospital as medical director for 21 years until his permanent return to the United States in 1976, was the guest of honor for the occasion.

Others who received special honor as pioneers of the hospital when it opened in 1948 with Dr. G. G. Innocent as the first medical director included Mr. S. M. Hutapea, Mrs. Olive Goh, and Mr. Goh Boon Chay. Dr. Innocent was unable to be present due to ill health, but he sent a congratulatory message, and thanked God for the progress of the hospital.

A total of 58 employees were mentioned during the ceremony for their commitment in long service for the hospital. Half of this group of staff served for over 20 years--an outstanding record of their commitment.

Participating in the dedication ceremony were SAUM President George Johnson, who offered the invocation; SAUM



Dr. Galen Coffin unveils the dedication plaque as YAH Hospital President Joshua Goh looks on.

Health Director Dr. R. R. Standish, who led the group of 200 guests in a dedication prayer; and YAH Community Relations Director Jonathan Ng, who said the thanksgiving prayer. The Far Eastern Academy handbell choir provided excellent musical items for the occasion.

Youngberg Adventist Hospital has a totally new and attractive look, inside and out, throughout its three floors. All facilities have been greatly improved, including larger and more up-to-date emergency room and operating theater, a new kidney dialysis unit, and more spacious and comfortable waiting and reception areas.

*Jonathan Ng, Community Relations Director,
Youngberg Adventist Hospital*

Y.A.H. Helps In National Smoking Control Campaign

The month of May was designated by the Singapore Ministry of Health as the National Smoking Control Campaign month, with the aim of promoting a smoke-free environment.

The Ministry of Health invited Youngberg Adventist Hospital (YAH), a pioneer in smoking control and cessation in the community, to participate in all major activities of the campaign.

The month started with an on-site filming at Youngberg Adventist Hospital of a Mandarin drama series on smoking and youth. On May 7, the *Straits Times*, one of the national newspapers, covered an interview with YAH Director of Health Promotion and Wellness, Jonathan Ng, on kicking the smoking habit.

A skit, song and puppet show on the theme "Toward a Smoke-free Environment" were presented at the YAH reception

lobby for the benefit of patients and visitors. Ministry of Health officials, led by Dr. Audrey Tan, also attended and were very much impressed by the program.

Later in the month, Jonathan Ng served as one of the guest speakers during the Singapore Armed Forces Smoke-free Day program at the Ministry of Defence headquarters. He shared with the soldiers tips on how to quit smoking and achieve better health.

On May 26, in conjunction with a Smoke-free Party at downtown Orchard Road, Dr. Dave McFadden and dietitians Diana David and May Ing helped to manage the smoking cessation counselling booth set up for the hospital by the Ministry of Health.

Singapore Broadcasting Corporation (SBC) televised a 5-Day Plan to Stop Smoking in the Mandarin language from May

27 to 31, with Dr. Fred Lam and Jonathan Ng, both from YAH, as speakers. To follow up the interests, a Mandarin smoking cessation program was held at the YAH conference room on June 1. This was a group dynamics session to give further information and help to those who had watched the television series.

Throughout the entire period of the campaign, the Ministry of Health provided a banner and exhibits for display at the YAH reception lobby to heighten awareness of the harmful effects of smoking.

Youngberg Adventist Hospital staff is thankful for the opportunity to participate in this national campaign.

-- Jonathan Ng, Community Relations Director,
Youngberg Adventist Hospital

■ THAILAND ■

Karens Hold Jungle Camp Meeting

Over 400 Karen church members and friends, representing about one-fourth of the membership in the Western Region of Thailand, found their way over the dusty trails to attend campmeeting during the last week in March.

Organized by church leaders Aw Gaw Paul and Robin Bwint, the programs of sermons and reports, interspersed with music, filled almost every waking minute. Everyone seemed to take camp meeting very seriously, and very few stragglers were seen missing the meetings.

Christianity came to the Karen people mostly through pioneering missionaries from the American South, where it was very much in vogue to sing in parts. Karen vocal music to this day is strongly influenced by this beautiful group singing. Many groups, small and large, presented music for the programs. Guest speakers were abundant. John Chan, a health educator from Melbourne, Australia, came at his own expense and presented very well-received messages. Newly-arrived missionaries Don and Marilyn Beveridge of



One of several musical groups sings at the Karen camp meeting.

Chiangmai, Don Duncan from Ekamai Adventist School, student missionaries from the refugee camps, and Charles Tidwell, a retiree volunteer, shared the guest spot.

Although there were no running water, electricity or beds, and temporary shelters were made entirely of teak timbers with split bamboo floors and woven leaf roofs and walls, there was a generator to supply lighting and sound system for the meeting place, and there was good food cooked over the open fires.

The spiritual food, however, was the most important element in the whole camp meeting. Most of the messages stressed the commission of the prophet Isaiah, "Arise, shine, for thy Light has come." The task of reaching the two million unreached Karen people in the area was uppermost in the minds of all.

On Sabbath, 10 people accepted the Lord in baptism.

-- Charles H. Tidwell, Retiree volunteer,
Chiangmai Adventist Academy

Campers Challenged to Witness for Christ

From April 17 to 21, the Thai Northeast youth camp met at a newly-developed government campsite at Roi Et, 650 km. from Bangkok. The 105 youth came from four of the provinces of Thailand and from neighboring Laos.

Under the leadership of Pastor Anucha Saeyong, Youth Director for the Thailand Mission, Pastor Keow Ayuperm, Youth Director of the Northeast region, and pastors from the various provinces represented, the youth had a refreshing camp.

In the mornings and evenings, the youth attended worship talks on "Why Witness?" by Pastor Rangsit Itsaringkarn, the Sabbath School and Ministerial Director for the Thailand Mission. They had Bible study, led by Pastor Mun Lansri, and "Youth Challenge" by Pastor Shupinar Koubong, Youth Director for the Southeast Asia Union Mission.



Youth at the Northeast camp worshipped out-of-doors on Sabbath morning.

They also had Bible games, camp inspection, lots of singing, and religious skits, presented by five different groups. Many young people from the local vicinity came to observe what was going on in the camp.

On Sabbath, 16 people were baptized. All of the youth had many challenges to do more for God and to put into action what they had heard as they returned to their homes.

-- Anucha Saeyong, Youth Director,
Thailand Mission

New Personnel at Mission College

Mission College, Muak Lek campus, has two newcomers on its staff, although neither of them is new to Thailand.

Dr. Sompong Srisawat has recently returned from Loma Linda University, Riverside (USA), where he completed his doctoral degree in education in December 1990. He has returned to Mission College to serve as Assistant Vice President of Student Affairs and as an assistant professor. He has Bachelor's degrees in theology and business management, and a Master's degree in counselling, so he will be able to teach in various areas.

Mr. and Mrs. Victor Duerksen are also back in Thailand on the Adventist Volunteer Service program. Mr. Duerksen has previously served on two occasions as interim administrator at Phuket Adventist Hospital. At Mission College he is now the Acting Business Manager for one year.

Mission College welcomes both families to its team.

-- Helen Sprengel, Director of PR,
Development and Recruitment, Mission College.

■ SOUTHEAST ASIA UNION COLLEGE ■

SAUC Has Bible Camp in Penang

From May 1 to 6, SAUC had its annual Bible Camp at the Christian Convention Center in Penang.

The students and staff arrived on Wednesday, and the next day they had a Christian Fellowship Tour, an excursion through the attractions of Penang. The following day, Dr. Gary "Captain" Brendel, SAUC Academic Dean, treated most of the students to a sail boat ride on the S. S. Surfboat.

As far as social activities, the Saturday night Scavenger Hunt probably drew the most laughs as students searched for the most unlikely objects. Sunday was another full day of swimming and more sailing.

The highlight of the camp, however, was the baptism of

Stephanie Sudarpo on Sabbath. After a bad asthma attack on Friday evening, no one was sure whether she would go ahead with the baptism. On Sabbath morning, however, she was much better, and came for church service. During a special testimony time, many students stood and testified of how God had moved in their lives, and reminisced about their conversions and baptisms into the Adventist church.

It is Bible Camps like this one which tell the large number of non-Christian students at SAUC that Christianity is a joyful experience. Many of them commented on what a wonderful time they had and how it helped them learn much more about Christianity.

-- Ryan Counsell, Student Association President, SAUC

■ HEALTH ■

Who Says Vegetarian Food Is Boring?

"Who says vegetarian food is boring?" Not I! But the question in bold print on a leaflet outside a nice local restaurant caught our eyes.

As my friends and I read on, it sounded for all the world like a compilation of quotations from the writings of Mrs. Ellen G. White. Yet I feel quite certain that the writers of the advertisement had never heard of Mrs. White, or of *Counsels on Diet and Foods*, of *Ministry of Healing*, or any of her other books.

After stating that there are already 16 million vegetarians in the USA alone (1/2 million more than the entire population of Malaysia!), the leaflet goes on to talk about the ethics, the spiritual considerations, the health reasons, and the cultural back-up for vegetarianism.

"We must understand clearly that animals suffer intensely when they are slaughtered. Why must we inflict such pain on other living beings? We cannot give life, therefore we have no right to take it away. 'Do unto others as you would have them do unto you.' Violence breeds violence, and killing animals produces insensitivity toward all beings."

To quote from *Ministry of Healing*, page 315, "Think of the cruelty to animals that meat eating involves, and its effect on those who inflict and those who behold it. How it destroys the tenderness with which we should regard these creatures of God!" And in *Counsels on Diet and Foods*, page 390, "The use of flesh meat has a tendency to animalize the nature, and to rob men and women of the love and sympathy which they should feel for everyone."

The advertisement goes on to talk about the spiritual considerations: "Eating meat agitates our mind, contaminates our existence, distorts our spiritual vision, and increases our lust, greed and anger. A simple, natural diet will help keep our mind peaceful and pure. Vegetarianism is a must for developing higher consciousness."

To correlate with the words of God's messenger, "The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh meats. Meat eating deranges the system, beclouds the intellect, and blunts the moral sensibilities." (*Testimonies to the Church*, vol. 2, p.64) "Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers." (*Ibid.*, p.352) "Flesh food is injurious to health, and whatever affects the body has a corresponding effect on the mind and the soul." (*Ministry of Healing*, p.315)

"A religious life can be more successfully gained and maintained if meat is discarded, for this diet

stimulates into intense activity lustful propensities, and enfeebles the moral and spiritual nature." (*Counsels on Diet and Foods*, p.389)

As far as the physical health is concerned, the advertisement proclaims: "Actually meat is **bad** for health. Cancer, high blood pressure, heart trouble, excess weight--all are 'modern' diseases linked closely to high meat consumption.

"As early as 1961, the *Journal of the American Medical Association* stated that 90-97% of heart disease...could be prevented by a vegetarian diet...."

It continues to outline some of the harmful substances in meat:

"Protein in excess of human requirements, which puts extra strain on our bodily system.

"Germs which infest the flesh before and after slaughter. Cooking does not always destroy them." (See *Ministry of Healing*, page 315, and *Counsels on Diet and Foods*, pages 386-387)

"Poisons. Special glands in animal bodies produce 'fear poisons' at the time of slaughter. Those enter the flesh via the blood stream." (See *Counsels on Diet and Foods*, page 385)

"Chemicals are injected into the animals to make them grow quickly...."

And, as the leaflet says, "Research shows that vegetarianism is better for general health, stamina and longevity," so Ellen G. White comments on the change of diet after the flood and its effect on longevity: "After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator, and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years." (*Counsels on Diet and Foods*, p.373)

"In choosing man's food in Eden, the Lord showed what was the best diet; in the choice made for Israel He taught the same lesson....Through them He desired to bless and teach the world." (*Ministry of Healing*, p.311) "Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the world's object lesson of health and prosperity. If as a people they had lived according to God's plan, they would have been preserved from the diseases that afflicted other nations. Above any other people they would have possessed physical strength and vigor of intellect." (*Ibid.*, p.283)

What does all this say to those



of us who are living in these last days of earth's history? If ever we need clear thinking, physical strength and moral stamina, it is now, as we battle against the last fearsome attacks of the devil.

The advertisement ended, **COME AND TRY OUR CREATIVE VEGETARIAN DISHES.**" The Bible, too, offers us many invitations. Jesus said, "I am the bread of life. He that cometh to me shall never hunger....if any man eat of this bread, he shall live forever...." (John 6:35,51) "Come, ye blessed of my father, inherit the kingdom prepared for you...." (Matt. 25:34) Jesus says, "Come." He invites each of us to eat of the tree of life.

Vegetarian food? It's the best this world has to offer. And it will help to prepare your taste buds for the heavenly manna, and for the marriage feast of Jesus and His bride.

-- Marilyn Johnson, Managing Editor, MESSENGER

"Red Alert" on Meat

The *Time* magazine of December 24, 1990 headlined an article on health "Red Alert on Red Meat." The article quoted from a recent study reported in the prestigious *New England Journal of Medicine* on evidence of Harvard University scientists on meat eating.

Their research demonstrates that "Women who had beef, lamb or pork as their main daily dish were two and a half times more likely to develop colon (large bowel) cancer as those who ate the meats less than once a month." The study also indicated that the situation was the same for men.

Interestingly, although dairy products contain a high level of animal fats, there did not appear to be any increase in the incidence of cancer of the large bowel in relation to the taking

of dairy products.

Dr. Walter Willett, professor of Epidemiology and Nutrition at the Harvard School of Public Health, commented, "The less red meat, the better. At the most it should be eaten only occasionally. And it may be maximally effective not to eat red meat at all."

Time magazine commented, "To many, Willett's words sound like a call to vegetarianism."

In another recent publication (*Absorption and Utilization of Amino Acids*, edited by Mendel Friedman, PhD, of the Food Safety Research Unit, US Department of Agriculture, 1989), it is reported that the type of protein we eat markedly influences the level of cholesterol in the blood stream. Previously it had been thought that dietary fat alone was the crucial factor in cholesterol levels.

This finding is both startling and suprising. While the medical profession has been aware for many years that eating animal fats contributes significantly to the level of cholesterol in the blood stream, they little suspected that the use of animal protein is a further contributing factor. This finding indicates that even if we eat lean meat, chicken and fish, we will continue to have cholesterol levels above that which we would have if we obtained our protein through vegetable sources. Thus we are endangering our health and increasing the risks of heart attacks, strokes, and other serious diseases.

How blessed have Seventh-day Adventists been that they have not had to wait all these years in order to know the dangers inherent in the eating of meat. The presence of cancer of the large bowel is just one of these dangers, but a very important one. Surely, today God's people should be seeking His dietary advice. Books such as *Counsels on Diet and Foods* are invaluable guides to healthful and happy living.

-- Russell R. Standish,
Health and Temperance Director, SAUM

Consider Hannah -- from page 16

quality time together. As they see our love expressed in these practical ways, they will be drawn closer to us, and will find it easier to accept our values and to adopt our Jesus as their own personal Saviour.

Worship with your children, making worship an enjoyable time. Sing praises to God. Study their Bible lessons together as a family. Let the children ask questions and give opinions. They may even act out the lesson or draw a picture depicting the story. Be creative in your family worship time.

One more thing we need to learn from Hannah--perhaps more important than anything else. When Hannah left her much-loved little Samuel with Eli, she did not assume that her task of mothering was over. She prayed daily, never forgetting this precious gift from God. She did not ask that God give Samuel earthly treasure, but she pleaded that Samuel might

honor God and bless his fellow men. James 5:16 tells us that "the prayer of a righteous man is powerful and effective."

Let us not forget this most important tool in raising our precious children for the Lord. Time and again I've seen the power of God work positively in direct answer to my own prayers for my children. When I had done all I could, with little result, but earnestly sought God's help, God has brought about changes in them. Parents, pray for your children without ceasing!

As we stand before the Lord in the last day and see Him bestow a crown of life upon our precious children, we will surely realize the value of all the time spent with them in worship, work, play and prayer.

-- Sandi Golles, Primary Sabbath School Leader,
Youngberg Adventist Church, Singapore

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WHEN? July 20-25, 1992

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Youth CARE

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■ DEVOTIONAL ■

Consider Hannah

Hannah seemed to have everything. Her husband, Elkanah, was a wealthy and influential man who loved the Lord. She was a godly and faithful woman. Yet there was one thorn in this good couple's life, one lack--they had no children.

Like Abraham, Elkanah had taken a second wife who brought children to the household. But, as in Abraham and Sarah's case, this only brought more misery. At last, beset with monumental grief, Hannah went to the temple and poured out her hurt and pain to God, praying that He would grant her a son. She vowed that she would give him back to the Lord for his entire life. God honored Hannah's request and gave her Samuel to raise for Him. What an honor!

We have just celebrated Mother's Day and Father's Day during May and June in many countries, and have thought about parents. Parenting isn't a right--it's a privilege, given to us by God. Perhaps we can gain some valuable insights as we look at the experience of Hannah and Eli.

In the book *Patriarchs and Prophets* we find three things that Hannah did during those first years when Samuel was at home with her. From the beginning she taught Samuel:

1. To love and reverence God;
2. To regard himself as the Lord's;
3. To focus his thoughts constantly on his Creator by studying the everyday objects around him.

Moms and Dads, are we doing this? Do we, through our devotions and worships, teach our children love and reverence for their Creator? Have we told them that they have been dedicated to God and what that involves? Shouldn't they know how special it is to be a prince or princess--children of the King of the universe. Do we constantly lead their thoughts toward the Lord in the common things in life. As we walk, do we take the time to point out the spider web and how God gave the spider the instinct to create his work of art?

We may all have important jobs, but the most important task on this earth is to properly parent our children. We are not only preparing and training them for life here and now, but for life throughout eternity. We cannot leave it to chance! We're talking about a major commitment of time and energy right now. Hannah only had about three years with Samuel, but she packed that time with lessons from nature, with lessons of love and devotion to God. We likely have longer than three years, and it is tempting to procrastinate, to put it off. Don't do it! It is imperative that we spend regular time worshipping with our youngsters as well as working and playing with them.

It is important for our children to learn industriousness, and the best way is from example. Parents, let the children work with you in your everyday chores. It may be time-consuming, but it will help to establish a valuable character trait.

Play with your children. Show them that you care enough to take time to read to them, play a game, do a puzzle, listen to some music together, or take a walk. We establish a relationship when we spend

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