



Heart to Heart



Prayer

Jesus! People clamoured for His touch of health, life, forgiveness, love and hope. His words were so genuine. His manner so open and caring. As His disciples got to know Him, there was one thing they realized He had that they did not have—a meaningful prayer life.

His prayer life was consistent. It was intense with lots of emotions. Hebrews 5:7 gives a glimpse of Him praying with loud cries and tears as He poured out His concerns, feelings and emotions to His Father. Each prayer session was an encounter with His Father and His disciples realized this. Wanting what Jesus had, His disciples requested, "Lord, teach us to pray." Luke 11:1

Do we, like the disciples, want an encounter with our Heavenly Father? If we do, do we understand what it means to pray?

We pray at Church, in family worship, at mealtime and bedtime. Many times our prayers consist of requests for people and things, for blessings and directions. However, upon careful examination, we will often discover that our prayers have become traditional and repetitious. Jesus addressed this in Matthew 6:7: "But when you pray, use not vain repeti-

tions, as the heathen do, for they think that they shall be heard for their much speaking".

Sin is a major reason for unanswered prayer. "Behold the Lord's hand is not shortened, that it cannot save; neither His ear heavy, that it cannot hear; but your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear." Isaiah 59:1-2. "If I regard iniquity in my heart, the Lord will not hear." Ps 66:18

It is not because God does not love us that He is unwilling, at times, to answer our prayers. It is because we are unwilling to let go of the sins that we enjoy, that make us feel good about ourselves, that cover our pride, shame and inadequacies. We often pray for God to endorse our own wisdom, our own ideas of wants and needs. "You ask and do not receive, because you ask amiss, that you may spend it on your own pleasures." James 4:3. If God were to answer such prayers, we would continue to exhibit pride, envy, jealousy and covetousness.

God, in His quest to give us what is only for our eternal good, encourages us, "Call unto me, and I will answer you, and show you great and

mighty things, which you know not." Jeremiah 33:3.

Our Father is anxious for us to believe that He wants to answer our prayers. "Without faith it is impossible to please Him, for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him". Heb. 11:6.

He wants to impress upon us how much He loves us and is thinking of us: "For I know the thoughts that I think towards you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope, then you will call upon me and go and pray to me and I will listen to you, and you will seek me and find me when you search for me with all your heart." Jeremiah 29:11-13.

Because He is a pure and sinless God who cannot condone sin but loves the sinner, He invites us to allow Him, to search our hearts and show us sins that we have accepted as a part of our nature. He wants to help us to identify these "pet" sins and to give us the power to overcome them. He wants to truly be our God, a God who can and will save us from our sins.

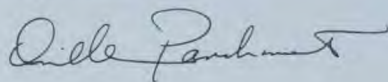
Will we allow Him to take the barriers, the sins that are preventing Him from hearing and answering our

prayers? Will we seriously commit to spend meaningful time with Him where, as we encounter Him in prayer and study of the scriptures, we will realize what it means to be one in mind and purpose with Him?

His will is to save each of us and our children, spouses, friends and neighbours. Will we take the time to be in communion with Him where we will be able to intercede in prayer on their behalf?

Lord, teach me to pray not my

will but Thine be done, search my heart and take from it pride, selfishness, anger, hate, and anything else that is preventing the communication between You and me, and help me to realize that You want to give me and those I love a future and a hope. Amen.



Orville Parchment

A Sneak Peek at the New Review

Inside you'll notice an enhanced N.A.D. Edition of the Adventist Review. But don't stop there. No longer is the N.A.D. Edition the "Cadillac" issue - the one that always gets colour covers, the one that always gets 32 pages, the one for which the editors save their favorite articles. Those days are gone. Now, every issue of the Review will carry its own distinct flavour, with no compromise in quality.

Here's a sneak peek at some of the special features in the next three issues of the weekly Review:

In the World Edition (April 11), look for Gary Patterson's "Double Mission," the story of a rebellious Adventist teen and how his life was changed on a mission trip; Shirley Ruckle's "Lord, Remember Our Children," perspective and promises for hurting parents; James Hagele's "Why Remember?" seven reasons why the Sabbath is important, and Gerry C. Wagoner's "No, Absolutely Not!", the story of a woman's staunch refusal to sell her property - followed by her surprise donation. Plus, two new Review columnists: Dr. Samuel DeShay ("The Doctor is In") and Angel Rodriguez ("Bible Answers").

The Cutting Edge Edition (April 18) will include a "faith that works" trilogy: Conna Bond's "Seeking the Source: A Lesson in Faith," Margo Pitrone's "Aren't Retreats Just for Mystics?", and Allen Hrenyk's "Dalton." Also, Sam Bacchioni tells what Adventists can learn from the recent breakup of the Worldwide Church of God, and columnists Sandra Doran ("Dialogues") and Andy Nash ("Growing Up Adventist") return to examine Adventist life upclose.

The AnchorPoints Edition (April 25) will include Jack Blanco's formula for a consistent devotional life; Miriam Wood's new series, "The Golden Rule Days"; Sandra Carlson's "Helpful Hints for Rescuers," a prescription for resisting the temptation to overdo it; and "The Heartbreak of Alzheimers." New columnist Clifford Goldstein joins Calvin Rock ("Faith Alive"), and Ellen G. White describes the "man of velvet, man of steel"-Jesus Christ.

Every edition will contain news, commentary, "Reflections," editorials, more letters, and more reader interaction.

This is the new Review. Don't miss out.

CANADIAN ADVENTIST Messenger

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A Tropical Mission

Kay Bacchus

On a balmy evening in February, a small group of people anxiously listened for the roar of a giant Canadian Hercules plane scheduled to land in Kingston, Jamaica, at 6:00 p.m. As the sun slowly set on the beautiful paradise island, Marylisa Carrion reflected on the Hercules plane she was awaiting, how she herself got to Jamaica, and the mission that now lay ahead of her. It had all started with a promise.

In 1994, Marylisa met and spoke with Pastor Albert Lyle at a Maranatha church meeting. He challenged Marylisa to do something special for Jamaica through ADRA Canada. Before they parted, Marylisa and Pastor Lyle prayed together, pouring their hearts out to the Lord to lead them in spreading His love to the people of Jamaica. Marylisa has been an ADRA Canada volunteer for a number of years. She accepted Pastor Lyle's challenge, and after they parted ways, she got to work.

What a huge job! First, Marylisa asked for help. Mrs. Anna Fourissini, an elegant blond Italian lady, was the first person enlisted into the Jamaican project. Both women contacted every hospital in Toronto asking for donated medical supplies. Then Marylisa and some volunteers collected the donations, and brought them to a central location, where they were sorted, itemized, and labelled. All kinds of other donations came flooding in. Marylisa received 4,000 copies of the

book, *The Great Controversy*, by Ellen White from the Adventist Book Centre. It took 100 boxes just to pack the books.

When all the sorting, packing, and labelling was done, Marylisa had 800 boxes of supplies ready to transport to Jamaica. How was she going to get these boxes to the Caribbean island? She contacted the Canadian National Defense Minister. Would he help deliver the supplies? He said, "Sure!" All the arrangements were made, and on February 4, a group of Kingsway College students came to the ADRA Depot in Toronto and loaded all 800 boxes onto the Ontario Conference truck. The boxes were transported to an airport in Trenton, where the cargo was then loaded onto a huge Hercules, a military cargo plane provided free of charge by the Canadian National Defense Organization.

Marylisa's next concern was finding airfare to get herself to Jamaica. Before she could worry about it, the Lord worked things out for her. An unexpected cheque arrived in the mail from the Board of Education, paying Marylisa for some translation work she had done. The Lord also impressed Brother and Sister Barker

fy each item. Marylisa had a lot of red tape to work through. The group stayed at the airport until 2:30 a.m. and returned at 6:30 a.m. By the time everything was declared through customs, it was 3:00 p.m. Two 20 foot trucks were finally loaded and on their way to Andrews SDA Hospital in Kingston.

Upon arrival at Andrews Memorial Hospital, the boxes had to be sorted, again. 350 boxes of medicine and clothes were distributed to children's homes, hospitals and homes for the elderly by Marylisa and her team.

The 100 boxes of books were divided into three piles, and sent to the three different conferences in Jamaica to be used in outreach activities. The remaining 350 boxes were distributed between the Andrews Memorial Hospital in Kingston, and six rural SDA clinics in the Kingston area.

The Andrews Memorial Hospital is currently under the administration of Pastor Patrick Rutherford. Marylisa was able to introduce Pastor Rutherford to a few senior members of the Jamaican Rotary Club. The Rotary Club members were so impressed with the SDA



Kingsway volunteers sort clothing for Jamaica.

of Toronto to donate some money to Marylisa to help finish paying for her plane fare, and to help defray her travelling expenses.

Now here she was at the Kingston airport, waiting for the Canadian gifts of love. Pastor Harold Campbell, affectionately known as "Man-kind", a Jamaican Health representative, Mrs. Anna Fourissini, and a few ADRA Jamaica volunteers waited with Marylisa. When the plane finally landed, Marylisa was faced with another challenge. The customs officials wanted to open everything and veri-

Administrator, they invited him to attend a Rotary Club meeting in the Kingston area the next evening. Brother Rutherford was a bit overwhelmed, but rose to the task of sharing his vision of health care with the club. Marylisa also talked for over an hour to a spellbound audience about ADRA Canada's relief efforts around the world. The club members were so impressed, they invited her to be a guest at a national Rotary Club event in June 1996. She accepted with one condition; that she be introduced to the President and Chief Executor of the

ALCAN Aluminum Company in Mandeville. For you see, Marylisa has another vision in mind. One of Jamaica's chief exports is bauxite, used to produce aluminum. Ships carrying this cargo to the U.S. return to Jamaica empty. What an opportunity to get relief supplies transported on these ships back to Jamaica and other islands! She was able to speak with an ALCAN representative who was receptive to the idea.

Now, Marylisa needs shipping containers. She is asking for your help once again with another of God's projects. The ADRA Depot in Toronto is always ready to receive donations of clothing, shoes, blankets, and medical supplies. "There is always a need for more supplies to help people in both the Toronto area, and overseas," says Marylisa. Even though she was in a tropical paradise, her real joy came from distributing God's love and your generosity to those who really needed it. A large number of dedicated, generous people helped to make this project possible. Marylisa and ADRA Canada extend sincere thanks to everyone who helped. If you are interested in learning more about the Toronto ADRA Depot and how to help, contact Marylisa at 416-654-8304.

On Sundays visit the ADRA booth at the Black Creek Flea Market!

*593 Trethewey Dr. (Black
Creek/Jane/south of Lawrence)*

Every Sunday from 10 a.m. to 5 p.m., the volunteers at the ADRA Canada flea market booth at Black Creek sell items to raise money for ADRA's humanitarian projects around the world.

But we need your help to keep this project running!

We need: Donated items, volunteers, transportation!

Committed volunteers and vans are urgently needed two hours every Thursday evening from 7 to 9 pm, at the ADRA Toronto depot, 585 Trethewey Drive.

If you would like to help, or if you have items to donate to the sales booth, please call Marylisa at (416) 654-8304.

Canadian Adventist Media Centre Changes



Henry Feyerabend



Tracy Bravo

In December, 1995, Jerry Mayes, Manager of the Canadian Adventist Media Centre, accepted a call to the Arkansas Louisiana Conference to participate in pastoral duties there. Guided by financial restraints of the growing ministries, the board decided to distribute his responsibilities among the present staff. Henry Feyerabend was asked to assume the role of Acting Manager, with Tracy Bravo as Acting Treasurer. Though Henry Feyerabend is managing the activities of the Media Centre, which include the Voice of Prophecy and Faith For Today, he will continue to be the Canadian speaker for the It Is Written telecast.

During the month of March, Glenn Aufderhar, President of the Adventist Media Centre, at the request of Mark Finley and Henry Feyerabend, spent two days carefully analyzing the activities in the Canadian office. A number of helpful recommendations that will increase the efficiency of the ministries and enhance the careful financial planning that is needed for their future came out of this study. Pastor Aufderhar reports good progress in the work of the office staff in eliminating expenses and increasing productivity. The mailing list

has been carefully revised to eliminate duplications in mailings, and procedures have been streamlined in order to reduce the time of response to requests so that viewers may receive material more quickly.

During the first week in May, a group of Adventist business people will meet in Oshawa to work on a detailed study of the Canadian Adventist Media Centre activities and, in particular, the It Is Written telecast. This task force will be working on an agenda that will help formulate the most effective methods of operating the telecast.

Pastor Aufderhar reports that Adventist telecasts in Canada have penetrated the national consciousness in a degree not achieved in the United States. By actual government survey, more than one third of all Canadians recognize It Is Written. In the United States, the Gallop poll or its equivalent, that number is about 18%. Given the small number of Adventists in Canada compared to the total population, the evangelistic thrust of the church has been greatly enhanced through the media ministry.

Orville Parchment

CANADIAN UNION COLLEGE

The New Bachelor of Business Administration Degree

The Division of Professional Studies at Canadian Union College is pleased to present an exciting new addition to its Department of Business and Economics. In addition to the three-year Bachelors degree program offered in Business Administration, CUC will now be presenting a fully Canadian four-year Bachelor of Business Administration degree. The Order in Council from the Province of Alberta states: "The Lieutenant Governor in Council designates Canadian Union College as an institution that may grant baccalaureates in respect of its four-year Business Administration program which has been approved and recommended by the Private Colleges Accreditation Board." This order makes CUC the first private institution in Alberta to offer a business degree.

New Courses Available. As part of the new program several new types of courses will be offered to business students. A special emphasis on entrepreneurship will be integrated into the cornerstone, capstone and small business management courses. New classes are offered in the areas of management science and management information systems. The new courses are designed to train students in the latest and leading technologies in business and to help students make the transition from academics to the business world. The new program will also allow students to choose their own mixture of classes to suit their individual area of emphasis. The students will be able to choose a mixture of classes from accounting, management, economics and management information systems.

New Faculty. The Economics and Business Departments recently combined as the Department of Business and Economics and are very enthusiastic about the changes which will be made to accommodate the new degree. The Department will be hiring two new faculty members bringing the total to four full-time faculty in the business area. The com-

bined department resources and staff are presenting a degree which will prepare students to function effectively in business and also to conduct business in a Christian manner.

Business Internship Program. One of the major additions included in the new program is a Business Internship Program (BIP). The BIP allows students to receive academic credit for working in a controlled business setting. A faculty sponsor provides a link between the school and company involved. Each student will have opportunity to participate in the day-to-day activities of the firm and be responsible for one specific project or task. Over the next few years it is the goal of the Department to have every business major participate in at least one internship.

The practical aspect of on-the-job experience is that students learn how to relate classroom theory in a work environment. Questions or new ideas generated during the internship will then be discussed in class giving added dimensions to the classroom experience as well as adding employment opportunities after graduation. Currently, two students are involved in part-time internships near CUC. Other students have expressed interest in a summer term which would last from May to August with internships now available in Alberta, British Columbia and Ontario.

Many students who have graduated with the three-year degree have expressed open interest in the new program. Some are returning to take the fourth year and are excited about the potentials the new program offers. The enthusiasm of the faculty and of the students themselves provides an excellent base for the new degree.

Requests for Partners in Business Internships. Since the Business Department has a special commitment to placing its students in Business Internships, we would like to invite you to become a partner in educating our students. If you and your organization share our conviction that education must encompass both practical and classroom training, please join us in offering our students a Business Internship. What types of organizations can offer our students valuable work experience? Almost all!

If you would like to become a partner

in CUC's Business Internship, please contact:

College Relations
Canadian Union College
235 College Avenue
College Heights, AB
T4L 2E5
Phone: (403) 782-3381
Fax: (403) 782-2455

1996 Summer Term Schedule

Session 1, May 6-30

Organic Chemistry I
Advanced Keyboarding
Medical Terminology
Intro To Statistics (Part 1 of 2)
Applied Physics I
Business Writing
Accounting Theory

Session 2, May 31-June 26

Organic Chemistry II
Intro to Statistics (Part 2 of 2)
Applied Physics II
Intro to Canadian History: 1500-1867
Cellular Biology
Advanced Financial Accounting

Session 3, June 27-July 10

Educational Administration
Instructional Techniques in Sec Schools
Developmental Psychology
Educational Measurements and Style
Intro to Canadian History: 1867-Present
First Aid
Selected Topics in Biblical Studies

Session 4, July 11-24

C & I Elem Social, Moral, Religious
C & I Elem Language Arts
Microcomputers in the Classroom
Exceptional Child
Health and Fitness
Seventh-day Adventist History

Session 5, July 25-August 7

C & I Elem Health and Science
Reading Skills in Content Area

Philosophy of Education
Psych of Learning
Philosophy of Education
Seventh-day Adventist Christianity

**Courses Offered at Rosario Beach
(Washington)**

June 17 to August 8
Introductory Biology
Systematic Botany
Special Topics in Marine Ecology
Animal Biology
Invertebrate Biology
Special Topics in Comparative
Physiology
Special Topics in Molecular Biology

La Sierra University Courses
Canadian Union College Campus
Master of Arts Degree-Elementary
Education

Session 1, June 24-July 5
Curriculum Planning
Counseling Christian Youth

Session 2, July 8-19
Organization/Mgmt of Multigrade
Schools
Superv and Eval of Instructional
Personnel

Session 3, July 22-August 2
Special Education in the Regular
Classroom

Session 4, August 5-16
School Finance

For more information on all programs
write or call:

Office of Admissions
Canadian Union College
235 College Avenue
College Heights, AB
T4L 2E5
1-800-661-8129
(403) 782-3381

Alumni Homecoming

Canadian Union College/Parkview Adventist Academy June 7 - 9, 1996

Honour classes: 1946 and earlier
1951, 1956, 1961, 1966, 1971, 1976, 1981, 1986, and 1991

Plan to attend!



Kingsway Homecoming '96 May 3, 4 and 5

Kingsway College Alumni
Association invites all graduates,
attendees and friends to come
together for this special
Homecoming honouring classes of
1936, 46, 56, 66, 71, 76 and 86.
This year's theme "Always in My
Heart" will be a time of remembering
your school days and especially
the friends and relationships that
were developed during those
years...classmates, roommates, wor-
ships, "special friends", open houses,
roller skating, school tours, Weeks of
Prayer, making life decisions, work,
graduation... and the memories go
on and on!

See You There!!

Friday, May 3

7:00 p.m. Registration begins at
College Park Church
7:30 p.m. Vespers presented by the
Class of 71 (25 year
reunion)

Sabbath, May 4

9:30 a.m. Sabbath School
Presented by Class of 86
(10 year reunion)
11:00 Worship Service
Speaker: Mr. Floyd
Petersen
1:00 Potluck Dinner
3:30 Class Reunions
7:00 "Always in My Heart"
Alumni Banquet

Sunday, May 5

8:30 a.m. Kingsway Annual Golf
Tournament
(Proceeds go to the
Student Financial Aid
Fund)
11:00 Alumni/Student
Basketball Challenge
Alumni/Student Floor
Hockey Challenge



Alberta Lady Distributes Signs For 21 Years

ing about the hundreds of names on her list to whom she personally sponsored Signs subscriptions during the past 21 years. Family members, friends, neighbours, and hospital patients—they all have been blessed by Signs. There have been a few subscriptions that have been sent back but most have been appreciated. "Even if they're thrown in the garbage," she says, "God will look after these magazines. It's His work."

I asked Inza what motivated her to get involved for so many years. She said: "I've always wanted to do something for the Lord but wasn't sure what to do. I always liked Signs. It seemed so down to earth. Besides, it spoke the truth. So I decided to get involved in signing up people for the magazine. I've never really enjoyed knocking on doors. But I feel comfortable doing this ministry. This is my shy way of working for Him. This is my little niche."

"I've sown the seed," says Inza, "and the Holy Spirit will water. I claim the promise that if you cast your bread upon the water, it will not come back void. Even

if one soul is saved, it's worth it. You can't put a price on a person's life." And indeed, one person on her list (that she knows of) has been baptized.

What makes this story and Inza's commitment to Signs even more compelling is the fact that this little lady from Alberta has spent from her own pocket approximately \$1200 to \$4000 per year for the last 21 years in Signs subscriptions. While most were sent to names within Alberta, some went to friends in as far away places as England.

When asked why she kept sending Signs even though seeing very little success in conversions, Inza replied: "We're told never to give up working for the Lord. This is my little way of doing something for Him while He's given me the ability."

Won't you too, sponsor Signs to your friends and neighbours? See the Signs advertisement in this issue.

Donald G. King
Secretariat/Communications
Alberta Conference

"I'm a behind-the-scenes person," says Inza Carls, a shy lady from Drumheller, Alberta as she holds a recent copy of Signs magazine in her hands. "I'm not an up front person at all. But the Lord has given me a job and an income. This is my way of saying thanks and working for Him."

What is Inza talking about? She's talk-



Speaker
Jose Rojas

Music
Amanda Barizo
Rose Heavens
Kingsway College Choir

Drama
Windsor Drama Team

Central Ontario Youth Rally April 26-27, 1996 College Park SDA Church

Jesus
24/7

Fri., April 26, 1996
7:30 pm - Jose Rojas

Sab., April 27, 1996
9:30 am - Sabbath School
10:50 am - Church - Jose Rojas
3:00 pm - Concert/Drama
4:00 pm - Jose Rojas

Here's Another Way to Evade Those Killer Strokes

Stroke is a terminator, third only to heart disease and cancer as a cause of death. And it isn't just that it kills, for each year three million stroke victims live and labour under stroke-provoked disability.

Then add the reality that strokes drain us of about \$20 billion annually. This disaster within the human brain is nothing short of tragic.

When it comes to strokes, prevention is vastly preferable to treatment.

But is it possible? Can we do anything to prevent a stroke? Well, for one, keep the blood pressure ratcheted downward as near normal as possible. Ditto for salt intake. The less the better. Exercise, exercise, whether it be on a Nordic Track or a quarter-mile track. Any exercise that keeps us fit all over is bound to keep us "strokeproof." Then, consider an abundance of fruits and vegetables; from hand to mouth to digestive tract—these too can help avoid strokes. This timely news comes to us from Framingham, Massachusetts. A study lauding "veggies" and fruit was published in the *Journal of the American Medical Association* last April. Many Health-Wise readers will remember the Framingham Study as research that began in 1948 on more than 5,000 men and women living in the town of Framingham, hard by the city of Boston. Over the years these individuals have repeatedly returned to study headquarters for physical examinations, blood studies, and electrocardiograms. Data gathered from these giving individuals have tallied into a Mount Everest of health (and disease) information.

Ponder this quote from the study. "In this 20-year follow-up study of middle-



aged men from the Framingham Study, we observed an inverse association between fruit and vegetable intake and development of stroke." Or, the more fruits and vegetables eaten, the less likelihood of stroke.

Could we quantify that? Sure. "For each

increment of three servings per day, there was a 22 percent decrease in the risk of all stroke." Three daily servings of fruits and vegetables decrease the likelihood of stroke by 22 percent. Add another three servings, and the risk drops another 22 percent. Add another three servings, and the risk plummets again by 22 percent. Fantastic!

"How come," you inquire. The researchers provide several explanations like the following: People who eat lots of fruits and vegetables may have other habits that are just plain "healthy" (and stroke-protective). For instance, maybe they don't smoke. Maybe they jog or work out. Wisely, the project researchers considered appropriate analyses to assure us that it was more than exercise and cigarette aversion that made the difference.

So what then? Experts everywhere believe that fiber in fruits and vegetables keeps the lid on blood pressure. Then fruits and vegetables are also rich in potassium. This may help. Consider, too, the superabundance of antioxidant vitamins in fresh fruits and vegetables. Count these in as allies. But whatever the reasons for this salubrious "fruit-and-veggie stroke-saver effect," the results are profound for any and all of us who may, for whatever reason, have a date with a stroke

Legal Notice

The Seventh-day Adventist Church in Canada

Notice is hereby given that the Fourteenth Regular Meeting of the members of the Seventh-day Adventist Church in Canada will be held at Kingsway College, Oshawa, Ontario from Friday, June 21, 1996 to Sunday, June 23, 1996. The first meeting will convene at 7:00 p.m., Friday, June 21, 1996.

The Meeting is called for the purpose of receiving reports for the past five years, the election of officers, associate and assistant treasurers, and directors of departments, the election of the Board of Directors, consideration of proposed changes in the Bylaws that may be recommended, and the transaction of such other business as may come before the Meeting at that time.

Each local conference or mission shall be entitled to two (2) delegates without regard to conference membership and one (1) additional delegate for each four hundred (400) church members or major fraction thereof. Such delegates shall be chosen by the respective local conference or mission Board of Directors.

O. Parchment, President
C. Sabot, Secretary

Quebec

Announcing Elders' Meetings

Speaker-Pastor George Brown

Friday, May 10 7:30 p.m.
Saturday, May 11 9:00 a.m.

Westmount Church
571 Victoria Avenue
Montreal, Quebec

All Welcome

For more information
call (514) 481-9554

Bridgeland Dedicates Phase One of Building Project



On December 9, 1995, officials from the Alberta Conference and the City of Calgary joined with members of the Bridgeland SDA Church to officially open the new multi-purpose centre—a structure which represents the completion of Phase One of the project. Phase Two constitutes the sanctuary. For the Bridgeland congregation it was our appropriate time to offer praise and thanksgiving for the fulfilment of a long awaited vision. Still for others it was a sweet homecoming.

The new building includes a gymnasium (seats over 500 for worship services), several classrooms, kitchen, and pastor's office.

The Bridgeland church has been an important part of the Bridgeland community for many decades. In 1990, the original Bridgeland church building was sold and the congregation sought rented facilities for Sabbath worship. In 1992 a parcel

of land was purchased in the Bridgeland community.

Under the leadership of Pastor John Adams, a fund raising committee was selected that immediately went to work. After a series of meetings with city officials, community groups, architects, builders, conference committees etc., construction on the new church centre facilities began in the spring of 1994. As plans were being made to hire professional building contractors, the building committee discovered that there were some skilled trades people within the congregation. Almost everyone associated with the project donated time or money or both. It was really a blessing to see the fulfilment of this dream. The Bridgeland church is a living testimony to such an effort.

Joe McLaren
Communications Secretary
Bridgeland SDA Church

Kelli Horinek Returns From Brazil



Kelli Horinek, a student nurse at the University of Alberta, returned December 14, 1995 from a six-month term as a volunteer nurse for ADRA in Brazil.

Kelli worked on Luziero (Light Bearer) numbers 21 and 9 along the Amazon River and some of its tributaries.

The purpose was to give medical and dental care to the people. Kelli treated mostly women and children for a great variety of problems related to infections, worms, diets and sanitation. The pastor for each district also doubles as the dentist and deals mostly with extractions.

Kelli says this was an experience of a life-time! It gave her a good perspective of life. She further stated that there is a great need to support ADRA financially and by volunteering for various projects.

Kelli's family hosted a "Welcome Home" reception for her at Edmonton Central.

Medicine Hat Baptism



Friends & family joyously celebrated the baptisms of Bob and Marge Weatherby on December 30, 1995. The Medicine Hat church family praise the Lord for their decision to follow Christ. Pastor Norm Manweiler performed the baptisms.

Baptism at Edmonton Central



On Sabbath, January 27, 1996 Gwen Compton was baptized at Edmonton Central. Gwen was a member of College Heights Church some years ago. This was a special occasion in that Gwen's parents, Bill and Agnes Compton of Lacombe were present and a good friend Dr. Valerie Krym sang "People Need The Lord". Pastor Les Neal officiated at the baptism.

Alberta Singles Ministries

Alberta Chapter
Annual Spring Retreat
May 17-20, 1996
Foothills Camp —Bowden, AB

For registration and information call:

Janet Haegdorn 403-343-6827
Mary Erlam 403-782-4465
Lois Graham 403-782-4861
(Register by May 1st and receive a \$10.00 discount).

New Associate Pastor For Hamilton Mountain Church



The Lord has richly blessed our church which was built on top of the mountain to shine for people to see the glory of the Lord. Pastor Joe Duchesne is the new associate pas-

tor. With his multiple talents, Pastor Duchesne has helped to establish a new programme in this church called the Praise Service. Also he has been a blessing to our church in that he has connected the Hamilton SDA Church into Internet (WEB.PAGE). This church is the second SDA Church in Canada to be connected into the internet (<http://www.netaccess.on.ca/~gijoe/>). (E-mail address: gijoe@netaccess.on.ca). This year the goal for Net 96 will be conducted separately with Pastor Adam Bujak in charge of Hamilton Mountain Church while Pastor Joe Duchesne will take charge of Heritage Green Church. The whole church warmly welcomes Pastor Joe Duchesne into our Church family.

Zinner Family Join Ontario Workers



Dirk and Jeanice Zinner came to pastor the Bowmanville area several months ago. Besides pastoring the church, Dirk will serve as part-time associate of the Ontario Conference communications department. Coming from the B.C. conference where for over 20 years he held pastoral posi-

tions and conference responsibilities, he brings expertise to his new role. Their children, Ian and Nathan are enrolled in College Park Elementary School and Anita is a student at Southern College in Tennessee.

Your Will and Your Family

It has been said, "If you love your family, you will have a will."

How many times death strikes a family unexpectedly, and the financial affairs are in disarray. In many cases, there is no will, and the loved ones left behind are frustrated not knowing how or where to begin in taking care of the estate.

It is our Christian duty to have a Christian will. We have a responsibility to God, His work and our loved ones in this area of Stewardship.

Making financial provisions can be put off for any number of reasons. Some of these may be: (a) my estate is too small; (b) everything will go to my wife or husband; (c) making a will is too costly; (d) if I make a will, surely something terrible will happen. Perhaps the one that is used most frequently is: I'll get to it sometime. In most cases these are not valid reasons, but excuses.

May the Lord help us as we consider this very important responsibility. If we can be of further service in giving you information or assisting in a financial plan (will, trust or power of attorney) please call or write to the Ontario Conference Trust Services Department, 1110 King Street East, Oshawa, Ontario L1H 7M1, (905) 571-1022.

Mississauga Baptism

The Meadowvale Church at 16 Falconer Drive in Mississauga held their first crusade in late 1995. Dr. Fitzroy Maitland is happy to report seventeen baptisms. Enid Davis, Charlton London and Jennifer Myrie studied with these candidates in preparation for baptism.

Bowmanville Homecoming to Commemorate 20 Years

The Bowmanville, Ontario, church is planning a celebration to commemorate 20 years of God's leading since the church was officially organized in June 1976.

All former members are invited for a special homecoming weekend, June 1, 1996. Let us know if you're planning to come. For more information, write: Bowmanville S.D.A. Church, Box 67, Bowmanville, ON, L1C 3K8 or phone Ed Wagemann at (905) 725-2269.

Baptisms in Latter Rain Congregation

Did someone say, "Let it Rain"? Well, it did just that on Sabbath January 6th. Exactly one year after its inception, Pastor Manley Coleman baptised 8 persons into the Latter Rain congregation. Surrounded by family and friends, Colleen Perrotte joyfully joined her husband, Roy, in the baptismal pool in loving support of his surrender to Christ. Shelene Chambers and Myrna Lewis also experienced their first commitment to Jesus Christ and the Seventh-day Adventist Church. Ravnal King and Nadia Slack, Gloria Goodridge, and Nester Cornwall-Swift reconfirmed their commitment to Christ with their baptisms. This was surely the most joyous day!

Missing Members

The North Bay SDA Church is looking for the following missing persons:

Cathleen Bhangal	Kinia Galansou
Jonnica Cobian	Ann Lubys
Victor Cobian	Peter Lubys

Anyone having information regarding any of these members please contact, Carolyn Flowers at 705-386-7473 or North Bay SDA Church, Box 1494, Ontario, P1B 8K6.

Courage is fear that has said its prayers.

Ethnocultural Community Representatives Meet



From the left are: Cheryl Curtis, (United Church of Canada); Dr. Thomas Ferreira (Portuguese-Canadian National Congress); Pastor Maylanne Whittall, (Anglican Diocese of Toronto); Manuel Prutschi, (Canadian Jewish Congress); Keith Wong, (Chinese Canadian National Council); Michael Fullan, (Catholic Charities); Morris Zbar, (Jewish Federation) and Ken Corkum, (Ontario Conference Seventh-day Adventists).

Toronto: The working group set up by a network of faith and ethnocultural communities in the province gets together for its first meeting in the offices of the Canadian Jewish Congress, Ontario Region. Concerned about the effect of Ontario Government policies on the "social safety net", the faith and the ethnocultural groups, with a well-developed

social service infrastructure, are working together to formulate a common, constructive response to take to government. One of the issues that draws the Seventh-day Adventist church into this group is the proposed merger between the Branson Hospital and another hospital in the Toronto area being recommended to the Ontario Government.

Miracles in Malton



Trevor Young, Oliver Nevins, Elder Thompson, Sybil Black, Elder Lopez, Henry Black, Elder Kennedy, Junior Hudson, Elder Wilson, Pastor Donkor, and Elder Wilson.

Each time a person accepts Christ as their personal Saviour and walks into the watery grave of baptism, a miracle takes place, for this person symbolically rejects his/her natural tendencies, and replaces them with a new spirit-directed life.

In December, 1995, another such miracle took place at the Malton SDA Church, when five precious souls gave their lives

to Christ through baptism, and another through transfer.

The Malton Church, along with our sister church, the Ghanaian Church, are at the crucial stage of city approval for our joint building project renovation. Lead by Pastor Kwabena Donkor, we are anxiously awaiting the completion of this endeavour by the close of this year.

Man/Sask

Brandon Baptisms



On December 9, 1995 a father of three lovely children, Charles Partridge, was baptized by Pastor S. Malarek. He had attended Net '95 meetings and a "Revelation Speaks" Seminar. Bible studies continue with several others.



On January 13, 1996, three members of the Liske family were baptized, Robert, Elsie and Melford. Pastor S. Malarek, right, performed the rite.

25 Years of Service to Community



The Board members, Administration and Staff at Sunnyside Nursing Home in Saskatoon, Saskatchewan were pleased to present a plaque of appreciation to Jake Lebedoff for over 25 years of dedicated spiritual care at our Home.

Hazelton, Smithers and Kitwanga Churches Welcome New Pastor

In October Pastor Dennis Heintz arrived from the South River and North Bay Churches in Ontario to take up his new duties in northern British Columbia. Pastor Heintz was born and raised in Semans, Saskatchewan and has pastored in the Ontario Conference for the past twenty plus years. Before pastoring, Dennis worked as Production Engineer for a quartz crystal factory in Ontario. He is a graduate of the seminary at Andrews University, has a MPH from Loma Linda University, and was certified as a Family Educator this past summer. He enjoys visiting, evangelism, canoeing, camping, cross-country skiing and his computer.

His wife, Marlene (nee Lafont) originates from Burks Falls in Ontario. She graduated from Branson Hospital School of Nursing, Andrews University, and has an MPH from Loma Linda University. Marlene has been a Nursing Instructor at Andrews and at Dowagiac Community College. She has conducted Cooking Classes and Lifestyle Modification programs. She enjoys singing, painting, canoeing and hiking. At present she is concentrating on being a "mom" and homeschooling Nathan.



Pastor Heintz, Nathan, Aimee, Marlene, Kaily

Langley Baptism



Left to right: Evangelist Shawn Boonstra, Randy Ban, Gracelyn Ban, Adrian Arriola, Debbie Sault, Stella Novak and Pastor Hessel.

A special welcome to the newly baptized church members: Gracelyn and Randy Bann, Debbie Sault, Adrian Arriola and Stella Novak.

On Thursday, February 15, 1996 Pastor Hessel baptized five new members into the Langley SDA Church.

These baptisms are a direct result of the work of Shawn Boonstra, the seminar

speaker, Pastor Hessel, of the Langley SDA Church, the witnessing of our church members, and the convicting power of the Holy Spirit. We want to welcome each new member into our midst, and surround each one with love, acceptance and fellowship. May God be glorified for this harvest of new souls.

The Spirit's Warmth in the Frozen North

For the entire month of January, the weather was frigid with a temperature average of -45C. The wind howled outside, the snow fell endlessly. But the warmth of the Lord and the working of the Holy Spirit warmed all who were inside.

Evangelistic meetings were held from January 5-February 3, 1996 by Pastor Ron and Mabel Johnson and the members of the Chetwynd Seventh-day Adventist Church. The Lord blessed mightily with good attendance. On the first night there were 14 visitors attending, and as the meetings went on attendance grew. As

Pastor Johnson spoke the truths from the Bible, the Holy Spirit touched the hearts of all who were there.

On Sabbath, January 27 the church rejoiced and shed tears of joy with the baptism of five people including a husband and wife. On Sabbath, February 3 the church was overjoyed to witness yet another baptism of eight individuals, and one on profession of faith. Others have requested baptism after they receive further study. As a result of the meetings and a lot of Christian love and fellowship 14 people gave their hearts to the Lord.

-Alan Laws



Back row: Ann Mortenson, Wes Oviatt, David Sawchuk, Dean Dokkie, Don Harris, Jenni Astleford, Juliet Sawchuk, Don Disher, Mrs Johnson and Pastor Ron Johnson. Front Row: Donna Oviatt, Dawny Sawchuk, John Astleford, Tara Willard, Chris Laws and Terry Willard.

Island Camp Meeting 1996

A weekend of Blessings
for Your Family

May 31, June 1, 2
Comox, B.C.

Featured Speakers:

Gerry Karst,

Assistant to the President of the
General Conference

Eddie Johnston,

Pastor,
Coquitlam Adventist Church

Lee Venden

Youth Speaker
Pastor, Auburn Academy

It's Your Camp Meeting...

See You there!

Filipinos Celebrate 6th Anniversary

The baptism of two ladies into the fellowship of the Vancouver Filipino SDA Church was one of the highlights of the 6th Anniversary celebration of the organization of the Filipino SDA's into a full-fledged church on January 27. Pastor Ron Watts, BC Conference President preached the anniversary message. He and his wife Dorothy were in for the whole day celebration. The Filipino Association of the Advent Believers were the sponsors for the Adventist Youth meeting in the afternoon after the baptism.



Pastor Fabella with newly baptized members Rachel Decolgon, centre, and Nancy Syquia, right.

Camp Hope Fire

A late evening (March 5) blaze ravaged two major buildings at Camp Hope, the Seventh-day Adventist camp facility located 10 kilometres west of Hope, BC. Suspected to be ignited by sparks from welding or metal grinding that smouldered in flammable material, the fire, originating in the machine shop, was first detected by the wife of the newly-hired Youth Camp Director, Twyla Brown, who was working in the wood shop at the time. The shop was levelled with the loss of two tractors, tools and much maintenance equipment. Located only 27 feet to the rear was the Community Services Building which was totally destroyed, including all its contents.

With only one fire truck and one available hydrant, Camp Hope could depend only on other equipment in the locality. Were it not for the quick response and diligent efforts from two Native Reserves, the flames, which were contained to two buildings could have spread and devastated the property amounting to millions of dollars worth of damage.

Tragically, the very building containing thousands of dollars worth of care packages of bedding and clothing for emergency measures was lost. Eleanor Wyness, serving as Assistant Community Services Director for the last 10 years expresses her sorrow: "All our records and supplies are gone. It'll take a lot of work to put all this together again. Bedding and clothing sorted by gender and age was packaged for delivery to people facing emergency situations like flooding or home burnouts. How ironic! Also lost were large stocks of materials that were available to the church's 90 congregations for needs and projects in their own communities across the province. Fortunately our ADRA stocks, stored in another building, were unharmed."

Eleanor Wyness, and BC ADRA Director, Frank Skoretz and volunteers saw 170,000 lbs. of food and clothing supplies leave the warehouse for overseas countries in '95. "The challenge," exclaims Eleanor, "will be to replenish our supplies for needs here at home in BC. And we will build it up again with the help of private and corporate donations."

Terrace Church Opening

November 17th and 18th, 1995 saw the grand opening of the Terrace SDA Church of British Columbia. Of the 400 people in attendance more than half were visitors.

The festivities began on the evening of Friday, with a concert of gospel music presented by various individuals and groups from the local Adventist church.

Celebration continued the following morning with Sabbath School and a worship service presented by BC Conference President, Ron Watts.

Also in attendance were former Terrace pastors Ole Unruh and Peter Fritz.

The official ribbon cutting ceremony followed a delicious potluck lunch. Participants in the ribbon cutting ceremony included Terrace Mayor Jack Talstra; Skeena MLA, Helmut Giesbrecht; and Skeena MP, Mike Scott.

Guests toured the church and school facilities during the open house which was followed by a vespers program presented by teachers and students of the Spring Creek Adventist School.

The evening was highlighted with a concert presented by the Terrace Community Band.

At the conclusion of the celebration, members and nonmembers alike left the building feeling the warmth and comfort of Christ's presence.

Many thanks to all who contributed in making this grand opening a wonderful example of the friendship that comes in knowing Christ and the miracles that can happen when God is near.



Left to right: Rob Blue, Ole Unruh (former pastor), Peter Fritz (former pastor), Jeff Potts (present pastor), Ron Watts (Conference President).

Plan to Attend Camp Meeting!

Lillooet's Soul-Winning Adventure Vacation

All eyes are on Lillooet to see what's happening and is going to happen in this small B.C. community.

Already, City fathers are shaking their heads over this little church family that dared to start a church school in the town's modern recreation centre. Then there's the recently approved purchase of a prime, strategically situated 20 plus acres at the entrance of town for the building of a new church and school. Folk must be wondering what's coming next.

Leo Schreven is coming next...that's what. June 9-July 3. Old-Fashioned Tent Meetings will welcome folk to hear one of our leading evangelists. Adjacent to the tent location, folks will see the new church construction in full swing.

Make plans now to take your vacation in Lillooet just 4 hours northwest of Vancouver. Come for a weekend, a week or the whole month for some soul-winning experiences and memories that will last a lifetime!

A premiere vacation spot, Lillooet offers the following services:

- Full RV Services, tent camping with showers (NO bugs)
- Unlimited lake and river fishing.
- Hiking, mountain biking, swimming, boating, a full recreation centre
- River rafting on the Fraser River
- Sheep pasture golf (The hardest 9 holes in the Rockies)
- Panning for gold on the Cariboo Gold Rush Trail
- California climate without the crowds.

Reserve your RV/Campsite or Local Hotel or B&B...

Phone (604) 256-7440 or (604) 256-4610 for information.

Setting An Example In Vernon

Perhaps the Vernon, BC experience captures our imagination the most in 1995. By first appearances, this project seemed doomed to failure. God had a plan for success. Let Vernon's experience be a lesson for all our churches-how every person can be involved, with or without

the pastor's help. Here's how it unfolded.

In 1994, the church heard of plans for Net '95. Divided opinions ranged from enthusiastic to skeptical. An evangelistic-hearted pastor encouraged investigation. To study the matter closely, a committee was formed which soon brought an enthusiastic report that was accepted by the board. High-tech evangelism was in. Financial planning, equipment purchasing and coordinating church member involvement and assignments were undertaken.

In October '94, the Vernon pastor left for a Crusade in Ukraine, leaving Larry Vogstad in charge of the evangelism committee. Many hours of Church Board time, with Ivan Abbot as chairman, were spent grappling with so many issues arising from travelling this new uncharted course. By early January, all seemed to be on track with equipment installed and tested. Then-two weeks before the meetings-shattering news! The pastor's health did not permit him to lead out. The members would have to go it alone. Beat Odermatt was asked by the Conference to fill in as interim pastor, as he was serving as a lay pastor in Cherryville, east of Vernon.

In meeting with the committee, it didn't take long to discover everything was ready. Cared for. Greeters and ushers chosen. Prayer warriors assigned. Children's programming all planned. Attendance records computerized. People ready to assist with visitation. Organizers said, "Pastor... all you have to concern yourself with is greeting the people and conducting the nightly quiz," Pastor Odermatt smiles. "That's exactly what I did. Mingled freely with the people, unpressured. Results were vibrant. Beyond the thrill of seeing new people come into the church family, was the beauty of seeing our members unitedly carrying the ball in organizing and conducting this series in all its detail. They did it... and mostly without the pastor! When church members catch a vision, evangelism becomes an enjoyable experience providing a thrill in the human heart like no other."

What's ahead for '96? Bigger and better plans for Satellite Evangelism and many other public crusades. Bible studies galore with the new Bible Correspondence Schools opening up in our churches. Hopefully even more baptisms than last year. But most important of all, will you be having a part of the soul-winning team in your church, your town?

Physician Opens New Office in Surrey, BC

Dr. Riccoho Talento recently opened his medical office in Surrey, BC. Before attending his first patient in these new facilities, he felt the need to ask the Lord to bless and guide his practice. On Sunday, November 19, 1995, Pastor V.J. Puccinelli led in a beautiful dedication service, in the presence of Dr. Talento's family and some of his friends.

We welcome this new Christian medical practice and pray that the Lord will reveal His love for us through the dedicated and caring ministry of Dr. Talento.



Pastor Puccinelli (right) congratulated Dr. Riccoho Talento at the dedication of his new medical office.

Duncan Baptism



Six persons were added to the Duncan Church: Fred Jackson, Michelle Jackson, Marcie Jackson, Ray Lavoie, Serrita Lavoie, and Betty Lavoie. Pastor Chahine on right.

That Dreaded "B" Word

by Randall B. Terry, CPA

Family finance can be a very scary subject for some people. It usually involves that dreaded "B" word. That's right, budgeting. Most of us have an inherent resistance to family finance or personal financial planning. If we ignore it, we think, maybe it will go away. And that is usually what happens. We ignore our finances and they go away. We have no idea where they went, but we do know they are gone. It can be a very uneasy feeling when you look into an empty wallet with a week to go until payday. Proverbs 23:5 and Proverbs 27:24 are very fitting in this situation, "Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle. For riches do not endure forever."

So, how do we begin the budgeting process? The first concept to budgeting is "living within your means." In other words, you can't spend more than you make. It may sound pretty simple, but to some it is very difficult.

Credit cards make this concept even harder to grasp. The "low interest," "buy now, pay later" mentality is difficult to pass up. Before you know it, you have 3 or 4 of those "low interest" or "pay later" credit cards maxed out and you're up to your eyeballs in debt. In order to have a healthy budget, these offers must be declined.

Another problem with credit cards is that it makes it easier for "impulse"

buying. You see something, you have to have it, you have a little room left on a credit card so you "charge it!!!" That would be fine if you pay off the balance at the end of the month. If not, you'll find quickly that it gets hard to catch up when you are paying interest on interest.

The Plan

The next concept to budgeting is you need a plan. This would include your dreams and hopes for the future financially. It should include savings, investments and retirement strategies as well as the answers to some of the following questions: How will you pay for your child's education? Will your child attend church school? How will you put your child through college? What happens if the "money maker" becomes disabled or loses his/her job? Or dies? Do you have six months of living expenses saved up?

It is never too early to plan for education, retirement or changes in lifestyle. If you haven't started to plan, it's never too late, either. It is important for you to answer the "what if" questions. If you can't answer them, then you need to adjust your plan.

The Budget

The best way to realize your plan is through budgeting. A budget would include your estimated income and expenses daily, weekly or

monthly. The time table chosen would be the one that best fits your needs.

To begin your budget, look at your previous income and expenses. Looking at past purchases helps to predict and prepare for future expenses. You do not have to go back seven years to have an effective budget. You can go back one month, three months or a year whatever is easiest.

Next, you need to prepare a personal balance sheet. This would include listing your assets and liabilities. These are, in essence, what you own (asset) and what you owe (liability). This is a necessary starting point in budgeting to know where you are right now.

Now, set your budget. Whether it be daily, weekly, monthly, quarterly or yearly, it doesn't really matter. You should select whichever is helpful and useful to you then stick to it. It is best to set your own figures from your past purchases and make adjustments as necessary to balance your budget. You might want to make subcategories in areas that you want to monitor more closely. For example, Recreation & Entertainment may be too broad of a category. You may want to break it up into subcategories such as sporting events, vacation, travel, hobby expenses, etc. Just remember, your budgeted income should match or, hopefully, exceed your budgeted expenses.

Your budget helps you keep track of where you are spending your money as long as you categorize it properly. A budget will not do you any good if it can't show where specifically you've spent your money. There are many computer programs on the market that make this task a little easier. But, you don't need a computer to make your budget work.

One possible suggestion would be to have a page for each category and mark it accordingly with each purchase. Then prepare a sheet that has one column for actual income and expense, another column for budgeted income and expense and a third column that shows the difference between budgeted and actual expenses. This should be done for each month, then accumulated every three to six months to get cumulative totals.

Finding the differences in actual and budget amounts is not the end of the budget process. You must also determine why these amounts varied. It is not enough to find the variances, you must also get to the source or the cause of the variance.

If your expenses are more than your income you will keep getting deeper and deeper into debt. You need to make adjustments in your spending to compensate for your shortfall. The shortfall needs to come from somewhere. If you have savings, you can draw on them. If not, re-check your budget to see where you can cut to keep your income level higher than your expenses.

The Goal

The next step in your family finance is setting measurable and attainable goals to achieve your plan now that you know what your basic income and expenses are. If your plan is to have \$50,000 in savings in 10 years, then you need to save \$5,000 per year to achieve that goal. That would be approximately \$416 a month or \$96 a week which would need to be included in your budget. Many people become discouraged with budgeting because they set

unattainable and unrealistic goals. Remember, to always keep your goals simple, so they can be reached.

Budgeting doesn't have to be that dreaded "B" word, it can be something fun and enlightening. When you know exactly where your money goes you can make better decisions on spending it which makes you a good steward. Just because the Lord asks you to store your treasures in heaven doesn't mean you have to spend everything here on earth. Remember, the Lord asks us to be good stewards of His money. What will you do with your talent?

Budgeting Tips

1. Delegate the responsibilities. Get the whole family involved. This is why it is called "Family Finance." It is good to have input from everyone. Children learn valuable lessons in handling money.

2. Record cash disbursements promptly. It's easy to forget where you spent your cash if a few days go by. Receipts should also be kept to determine the category. Credit card statements should not be relied upon to determine appropriate categories for expense. You should also keep the receipts from your credit card purchases.

3. Keep accurate and up-to-date records. This includes knowing the balances of your checking and savings accounts, as well as credit card and loan balances.

4. Review actual versus budgeted expenses regularly. The main objective is to find out where you have spent too much or too little and make adjustments. These reviews should be done at least monthly. Waiting till the end of the year will not be helpful in making needed adjustments.

Randall B. Terry, CPA, was an assistant treasurer for the Columbia Union Conference at the time of this writing. He has since accepted an invitation from the Chesapeake Conference to serve as their associate treasurer.

Can't Touch That

Satan can touch my body
He can take my sight, my hearing,
He can take my voice,
But my soul, he can't touch that.

He can touch my life
Take my family, my friends, my job
But my faith in Jesus
He can't touch that.

He can touch our communication
Break the telephone lines, the fax lines
The cable lines, But my prayer line
He can't touch that.

He can touch the earth
Cause disease, destruction and death
But my hope in Jesus, the resurrection
And the Life, He can't touch that.

He can touch my possessions
Take away my home, my clothes, my money
But my heavenly mansion, my harp
and my crown
He can't touch that.

He can touch my relationships,
Turn my family against me, make my friends hate me
But my love for Jesus and His love for me
Satan, you can't touch that.

As a youth I was told, don't put all your eggs in one basket
But I do, then I give it to Jesus
So I know, Satan,
You definitely can't touch that.

*By Karen John
LaSalle S.D.A. Church
Montreal, Quebec*

Tributes

John Hnatyshyn

1901 - 1996

John Hnatyshyn, known as "Uncle John" to thousands of his friends around the world, was born in a small town near Canora, Saskatchewan, Canada on February 10, 1901. He passed to his rest at Loma Linda on February 2, 1996.

Life in the early years on the homestead, was harsh and demanding, but a sense of humour was developed that served Uncle John the rest of his life. Religion in a home where the mother was Orthodox and the father Catholic was a very important aspect. Some American neighbours heard of an evangelist coming to town to hold some meetings. They invited John, then only eleven years old, to go with them to these meetings. John, with his neighbours, the Huckleys, the Deers, and one other family, became Seventh-day Adventists.

His father, hearing of his son's interest, went to the priest for advice. The only advice he got was, "it would be better if he were dead." The Sabbath afternoon of his baptism, John returned home. Upon his arrival, his father asked him to go the pasture to get the horses. On his way back to the yard, he was warned, "Your father is angry; he's coming with his shotgun, with a harnessed horse, dragging a chain to kill you." John ran for his life to his neighbour's (the Huckleys) for his protection.

At the advice of his friends, John went to Battleford Academy and later to Canadian Junior College, to complete his ministerial studies. There he met Eunice Keller, whom he married in 1925.

His first responsibility for the church was the publishing work in the Saskatchewan Conference. Then on to India for 12-1/2 years.

Canada beckoned in 1955, so the Hnatyshyns returned to direct the Lay Activity and Sabbath School Departments for the Canadian Union. Eight years later the Michigan Conference needed their skills, visiting and directing the Bible School interests.

Loma Linda was then home to them. Always helping, serving as only John could do. Retirement was not for him. A nearby nursing home needed a Chaplain. For the next 25 years, every day John would be there, praying, studying, and encouraging those in need. Ninety people were baptized as a result of his labours.

A celebration service of John's life was held in the Loma Linda Hill Church, paying tribute to Elder Hnatyshyn's life. Seven of his associates, J.W. Bothe, R.J. Radcliffe, L. Janzen, E. Koronko, D. Skoretz, and W.G. Soloniuk, were present.

His wife, Eunice predeceased him.

He was truly a tireless soldier, a man of God, patient, humble, and compassionate in his service for others.

Good-bye, Uncle John, sweet be your rest until the resurrection morn.



Martin O'Dell

1970—1996

Martin (Marty) O'Dell was born on July 8, 1970 at Barnesville, New Brunswick and passed away suddenly as a result of a one-car accident on the Trans-Canada highway near Lake Louise on Monday, February 5, 1996.

Marty received his education first at Schaber Memorial Junior Academy, then Woodward Junior Academy, then at Kingsway College, and finally at Atlantic Union College where he received a Bachelor of Science degree in Accounting and Business Administration.

It was while he was attending Atlantic Union College that he met Rosemarie Ellis and they were married in Kelowna on July 19, 1992.

Marty was employed as an auditor at the B.C. Conference. His work required much travelling yet, he was able to devote valuable time to his wife Rosemarie and their two-year old daughter, Jennifer.

Marty was a very active member of the Abbotsford S.D.A. church serving as a Sabbath School Superintendent. He was also involved in giving Bible studies. During his short sojourn here, Marty touched many lives, and countless number of people remember the positive influence he had on them.

The funeral service for Marty was conducted at the Abbotsford S.D.A. church on Monday, February 12, at 11:00 a.m. Those participating in the service were Pastors Terrance Davin, Dale Kongorski, Frank McMiller, Bill Olson, Claude Sabot, Ed Teranski and Ron Watts. In addition, Andrew Ellis spoke words of appreciation for his brother-in-law.

Because Marty touched so many lives there are many people who will miss him but, those who will miss him the most are his dear wife, Rosemarie and precious daughter, Jennifer. There are his parents; Gary and Clydetta O'Dell of Barnesville, New Brunswick, his brother Eugene Russel and sister Rosalie Anne. Then there are the members of Rosemarie's family—Pastor Dave and Brenda Ellis, and her brothers, Philip and Andrew and sisters; Julia (Randy) Moseanko, Suzanne and Linda.

Marty's last resting place is the Barnesville S.D.A. cemetery and yet, it is not his "last" resting place, for "he looked for a city which hath foundations whose builder and maker was God." And when Jesus comes he shall arise again and breathe the fresh air of eternity. "Even so come Lord Jesus."

WEDDINGS

CHANT-THORNE

On December 31, 1995, Dana Thorne and Jim Chant were united in marriage at the College Park SDA Church in Oshawa, Ontario. Dana is the daughter of John and Beverley Thorne of Courtice, Ontario and Jim is the son of Eli and Francis Chant of Lacombe, Alberta. The wedding ceremony was performed by Pastor Milton Perkins. The couple are making their new home in Oshawa, Ontario.

ANNIVERSARIES

50TH ANNIVERSARY

MR. AND MRS. N. BARKER

Norman Barker married Joan Burningham in Scarborough, Ontario on November 24, 1945. Joan joined the S.D.A. Church in 1957 and Norm followed in 1958. Since then they have been involved in spreading the gospel through the colporteur ministry. They have two sons, one daughter and now five grandchildren and one great grandchild. They are members of the church at South River, Ontario. Congratulations!

60TH WEDDING ANNIVERSARY

MR. AND MRS. V. PASUQUIN



Valerio and Carmen Pasuquin celebrated the 60th anniversary of their wedding day on April 4, 1996. They were married in the Philippines and are now members of College Park Church in Oshawa. Congratulations and best wishes for many more years together with God's blessings.

50TH WEDDING ANNIVERSARY

EDWIN AND BERTHA RUB



Edwin and Bertha Rub were honoured on the occasion of their 50th anniversary when friends and relatives gathered in their home January 7, 1996. Edwin and Bertha were

married January 7, 1946 in Medicine Hat Alberta. They were blessed with one daughter, Janet. Together they farmed in the Elkwater area for 30 years. In 1975 they retired to Medicine Hat and have resided here ever since.

50th ANNIVERSARY

MR. AND MRS. E. SHEETS



Earl Sheets met Betty Flowers in Niagara Falls, Ontario. They were married February 20, 1946. Two girls and three boys were born to them. They now have nine grandchildren and three great grandchildren. They were baptized in 1967 and are now members of the South River congregation. Their many friends and family wish them God's blessings as they celebrate 50 years together.

60TH WEDDING ANNIVERSARY

HARRY AND HAZEL WITHENSHAW



On February 8, 1936, Harry and Hazel were married in the town of Tillsonburg, Ontario. Both were born in Ontario, as well as their daughter Sharon who was born in Barrie. During their marriage, Harry spent five years in the Canadian Armed Services in Canada and overseas. Among the many adventures and enterprises they have taken on together, are the eleven years they spent in California, where, in 1972, they embraced the Sabbath message and joined the SDA church. While in California, they assisted in the building of two churches and in the work of ingathering. Upon returning to Canada, they continued their active work as ingatherers, board members, etc. in the Dresden, Ontario church until its closing.

The Chatham SDA church held a special Sabbath church service on February 10, 1996 in celebration of the many blessings God has given them throughout their 60 years of marriage.

BULLETIN BOARD

BIRTHS

FULTS-Daniel Jacob, a son, born to Pastor Blaine and Liisa Fults (nee Laan) on February 29, 1996 in Valentine, Nebraska.

GROVET-Born to Robert and Sherilyn, their fourth son, Bradley Christopher, on February 27, 1996, in Daysland, Alberta.

HOLLY-Glen and Wendy (nee Foulston) welcome Austin Dale, born in Red Deer, Alberta on March 2, 1996.

ROGERS-Danielle Crystine was born January 2, 1996 to Daniel and Crystal (nee Devnich) in Anchorage, Alaska.

SHANKEL-Darren and Dori (Gertz) proudly announce the birth of their son, Riley Darren, born October 29, 1995 in Whitehorse, Yukon.

SOULÉ-Austin MacKenzie Soulé was born April 29, 1995 in Red Deer, Alberta. He and his twin brothers live with their parents, Terry and Shelley-jeane (nee Unger) Soulé in Anchorage, Alaska.

OBITUARIES

EDSTROM - Cal died on January 26, 1996 in Vancouver, B.C. He had been a resident of Nanaimo, B.C. for many years. He leaves to mourn his wife, Mary; children: Wendy, Dyck, Corille, Michael and Trevor; two grandsons; his mother, Agnes Bolton, father Lloyd Edstrom; two brothers, three sisters; two stepsisters and four stepbrothers. He will also be missed by many friends.

EDWARDS-Mary Louise Edwards was born in Regina, Saskatchewan, and passed away on February 28, 1996 at the age of 80. Mary attended C.J.C. and then Walla Walla College. She spent three years teaching, but most of her life was spent as a literature evangelist. Even after she retired in 1977 she continued her ministry to others. The last few years of her life were spent in Abbotsford where she was a loyal member of the Abbotsford Church. She leaves no known relatives.

A memorial service for Mary was conducted at the Abbotsford S.D.A. church by Pastors Teranski, Burton and Olson.

ELLIOTT-Mrs. Elizabeth Elliott passed away in her 102nd year of life this past March 10, 1996, at the Miramichi Lodge, in Pembroke, Ontario. She will be sadly missed by her family and friends. She is survived by her two daughters, Gladys Jessup of Petawawa, Ontario, and Dorothy Moores (Louis) of South River, Ontario. Mrs. Elliott's ashes will be buried in the spring, beside the remains of her husband, Robert Dean Elliott, in South River, following a memorial service there.

FISCHBACHER-Linda was born March 10, 1934 in Graz, Austria and fell asleep in the Lord on February 13, 1996 in Toronto after a brief battle with cancer.

For thirty years she served in her gentle quiet way with her husband in various churches in Ontario and Maryland until his retirement in 1989.

She is survived by her husband Hans, her son Henry and her daughter Monica and her grandchildren, Nicholas, Christina and Jessica.

The funeral service was conducted at the Orillia SDA Church by Pastor Vincent Lue assisted by Pastor Haskell Edwards and Pastor Herb Sornin.

MCKENZIE-Carol Ann (Brod) of Nampa, Alberta died on January 31, 1996 at the age of 42 years. She is survived by her husband, Chris; daughter Lasha Turner; parents, Harold and Lydia Brod; and one brother, Clifford. Funeral services were held from the S.D.A. Church in Peace River with D. Oliphant officiating. Donations as an expression of sympathy may be made to Peace River Adventist Junior Academy.

MORNAN-HINRICHS-Norma was born February 8, 1938 and passed to her rest January 31, 1996. Family left to mourn are: Husband, Lubbe Hinrichs; mother, Gertrude Mornan; daughter, Joan Heslop; and grandchildren Adenickie, Shanie and Jordan.

A memorial service was held at Hamilton Mountain SDA Church February 10, 1996 conducted by Pastors Adam Bujak, Joe Duchesne, Eric Juriansz and Elder Laren Kurtz. Words of comfort were spoken by Pastor Adam Bujak.

STANFORD-Lee Roy peacefully passed to his rest February 8 in Victoria, BC in his 97th year.

Born in Leon, Iowa, he is survived by his beloved Mary, one granddaughter, Linda (Michael) of Portland, Oregon, great-grandson Steve, and one sister.

The funeral service was conducted by Pastor Don Stoyanowski of the Victoria SDA church.

STEVENS-Marjorie Evelyn Stevens of Leslieville, Alberta passed to her rest on February 8, at the age of 74 years. She was born in Boulder Colorado, and married Lloyd Stevens-also of Colorado-on July 9, 1952.

Lloyd and Evelyn farmed in that State until 1965, when they moved to the Leslieville area.

Evelyn walked closely with her God and we expect to continue her friendship in the earth made new.

Ray Grosso, Communications
Rocky Mtn. House Church

VEITCH-Vincent J. was born on August 21, 1946 and was involved in a tragic railroad crossing accident near his home at McLure, BC January 19, 1996. He was an active member of the Barriere Seventh-day Adventist Church.

He is survived by his loving wife, Carmen; daughters, Wendy and Stephanie; stepdaughter, Lori; stepson, Dana; his father, Elden James-Veitch and stepmother, Wendy. He also leaves his grandmother, sister and other relatives and many friends.

The memorial service was conducted by Pastor Steve Yaceyko in the Kamloops Seventh-day Adventist Church on Wednesday, January 24.

WALKER-Elery Clinton was born in Round Prairie, Minnesota May 2, 1900. On February 13, 1932, he married Elsie Rodenbush and three sons were born to them: Mervyn, Alan, and Lyle. The family eventually made Mission, BC their permanent home. Elery and Elsie enjoyed entertaining and opened

their home to many Literature Evangelists and other young workers.

Elery peacefully went to sleep in Jesus on January 13, 1996.

The funeral service was held in the Mission SDA Church where Pastor Terrence Davin officiated, assisted by Pastor Frank White. Elery was buried in the Hatzic

Cemetery.

Missing him and awaiting that resurrection morning with eager anticipation are Elery's dearly loved wife, Elsie, three sons, Mervyn, Alan and Lyle and several grandchildren.

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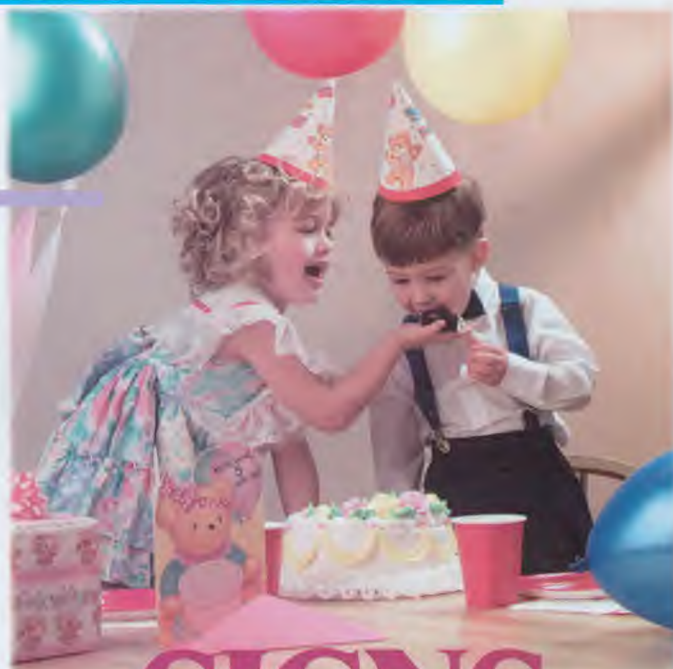
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