

July 2014

# ADVENTIST WORLD



## The Adventist Advantage



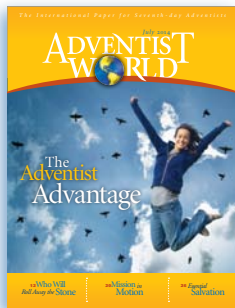
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# ADVENTIST WORLD

July 2014



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## Upward Bound

The speaker's illustration was simple but effective.

Standing in front of 150 teenagers, he deliberately ignored commonsense rules about how to make a paper airplane. Folding one wing at an acute angle and the other one crazily oblique, he described how he was "personalizing" his own plane.

Not surprisingly, it spiraled downward to the floor when he launched it over our heads, accompanied by nervous laughter.

"So," he asked with a searching gaze, "do you think we should go to a set of directions before we make our next paper airplane?"

One hundred fifty heads nodded in agreement.

"You mean," he said, "there are some rules for making paper airplanes that help them fly higher, stronger, longer? Would that be true of human lives as well—that there are some instructions (some call them commandments) that help us live happier, healthier lives?"

Again, we nodded in agreement. Beneath all the discussions, under all the debates about how Seventh-day Adventists ought to live, there lies a foundational awareness that God designed human life to be wholesome, joyful, and satisfying. "His commandments are not burdensome" (1 John 5:3): no, in fact, they are the very illustrations of His love and fatherly care.

As you read this month's cover feature, "The Adventist Advantage," which focuses on the physical and mental health benefits of Sabbathkeeping and healthy lifestyle choices, ask yourself how well your "plane" has been flying lately. Are you finding the peace and satisfaction for which you were created by living according to the instructions God has graciously provided?

If not, take this opportunity to rediscover the joy for which you were created—flying higher, stronger, longer. "Those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles" (Isa. 40:31).

*Bill Knorr*



## WORLD REPORT

# Two Adventist Publishing Houses Recommend Restructuring

■ On May 12, 2014, the boards of the Review and Herald Publishing Association and the Pacific Press Publishing Association, meeting respectively in Hagerstown, Maryland, and by telephone conference in Silver Spring, Maryland, approved and recommended to their respective constituencies a proposal to reorganize their operations. The restructuring plan was jointly proposed to the publishing house

boards by the executive committees of the General Conference of Seventh-day Adventists and its North American Division in meetings held on May 8, 2014.

The General Conference and the North American Division have spent considerable time assessing optimal publishing house arrangements for the future that would meet the needs of both the General Conference and its North American Division. Publishing plays an integral part in the mission of the church, and its close linkage with other church programs is of vital

importance. Changes in the publishing industry and the church's publishing ministries have caused financial challenges to operations, particularly at the Review and Herald, and have made this evaluation and proposed reorganization more urgent.

Under the restructuring plan the Pacific Press Publishing Association, located in Nampa, Idaho, will become an institution of the North American Division. It will serve as the base for the North American Division's publishing program and also provide printing, production, and fulfillment services for the General Conference.

The Review and Herald Publishing Association will cease operations at its current location in Hagerstown, Maryland, but will



Continued on next page ▶

continue as a General Conference institution. Its corporate office location will be transferred to the church's world headquarters in Silver Spring, Maryland, where the reconstituted organization, without printing and production facilities, will oversee the publishing of various products that are currently produced by the General Conference headquarters, such as *Adventist Review*, *Adventist World*, *Ministry*, *The Journal of Adventist Education*, *Elder's Digest*, *Liberty*, *Mission* magazines, children's and youth Sabbath school materials, the *Adult Sabbath School Bible Study Guide*, Biblical Research Institute publications, and other products. The Review and Herald Publishing Association will also serve as publisher of other products as determined by the General Conference to meet the needs of the world field. This reorganized publisher will require minimal staffing since the editors of the present products are already employees of the world church headquarters.

"The General Conference recognizes the tremendous significance of the publishing work not only to past evangelistic blessings in the Seventh-day Adventist Church, but also to our current and future heaven-entrusted mission of the proclamation of the three angels' messages of Revelation 14 and the fourth angel of Revelation 18," said world church president Ted Wilson. "We want to follow the inspired counsel of the Spirit of Prophecy regarding the publishing ministries work, and our goal is to see [that] these institutions are best positioned to aid in finishing the work of preparing the world for Christ's soon return through the power of the Holy Spirit. We greatly appreciate the dedication and com-

mitment of the employees in the publishing houses and in every aspect of publishing ministries. God is blessing the publishing ministries worldwide, and the North American Division will reach its full potential in utilizing an unprecedented expansion of publishing ministries outreach in fulfillment of its mission goals for its territory."

"We understand that this is an emotional time for so many dedicated workers at both publishing ministries," said Dan Jackson, president of the North American Division. "We will move forward only after prayerful consideration and consultation. As ministry models change, one thing remains constant: our commitment to utilizing publishing as a means of reaching people with the hope of Jesus and it serving as a conduit to spreading the message of His soon return."

A Memorandum of Understanding between the General Conference and the North American Division will outline additional details of the transition and future operations. The North American Division will establish a transition team to determine how the physical assets of the Review and Herald Publishing Association and the Pacific Press Publishing Association will be used going forward.

The transition team will also determine which personnel currently employed by the Review and Herald Publishing Association will be needed at the Pacific Press Publishing Association location. Every effort will be made to accommodate as many as possible of the current Review and Herald staff and incorporate them into the Pacific Press operations. However, a major restructuring will involve loss of jobs from the cessation of operations in Hagerstown, Maryland.

This restructuring plan does not become official until the constituent bodies of each publishing association approve it. The two constituencies will meet independently of each other on June 17, 2014, at the General Conference headquarters. The proposed plan would take effect on July 1 if those constituencies give their approval. —*NAD Communication, ANN, Adventist Review*

### "Cieling 2.0" Brings Special Visitors

■ This year's Cieling event, the Inter-European Division's youth gathering held in Madrid, Spain, April 17-20, included some special visitors.

A group of hearing-impaired youth from the Adventist church in Valencia (Spain) participated for the first time. This year's event brought together more than 1,000 young Adventists from all over Spain. Two individuals provided translation services for the Valencia youth during the four-day event.

Presentations by Pastor Joel Barrios were translated into sign language. Though some attendees were hearing-impaired, they were still able to enjoy the music in a special way.

"The integration of the hearing-impaired in the Cieling event was very impressive," commented one of the translators. The impact of the meeting was so powerful that two of the young assistants responded to Barrios' call to follow Jesus' example. They are now studying the Bible to know more about God's plan of salvation for humanity.

"This is priceless," commented one of the guardians who escorted a Valencia youth. "It was truly a miracle trip, filled with many blessings."

—*Cid Leopoldino/CD EUDNews*



**MILESTONE SURGERY:** Project coordinator, John Sanburg (left), presents Nishant and his mother, Harimaya, with a treat in commemoration of Nishant's role in this milestone event.

LAEN HENRY

## Nepali Child Receives 5,000th Surgery

■ Nishant, a 2-year-old Nepali child, became the 5,000th patient to receive free, life-transforming surgery provided by Open Heart International (OHI) volunteers.

Nishant's right leg was burned severely when he was 6 months old and fell onto the cooking fire in his home. Since he had never walked prior to the accident, his family feared he would never walk at all.

In April, Nishant's mother, Harimaya, heard that OHI volunteers offered free burn contracture surgery at Scheer Memorial Hospital in Banepa near Kathmandu.

It took Harimaya and Nishant three days to travel the 500 kilometers (300 miles) from their home in Kailali to the hospital, where Dr. David Pennington and his medical team operated on the boy's right leg. Three days later the toddler was walking with assistance.

"To see Nishant—'Mr. 5,000' to the OHI team—running for the first time

in his life brought tears to the eyes of his mother and the team members," said John Sanburg, OHI's Nepal project coordinator. "This was my final visit after 20 years of mission trips to Nepal, so to have the 5,000th OHI patient on this trip will be a special memory."

Burns are the second most common injury in rural Nepal, accounting for 5 percent of all disabilities. Many Nepali women and children are burned at home on their cooking fire, which is traditionally situated on the floor at the center of the household. Government hospital networks cannot cope with the demand for surgery resulting from the burns. Many villages have no access to emergency medical facilities, and some families live as far as a three-day walk from the nearest road.

The OHI team plans to return to Nepal next year. They may operate on Nishant's ankle, if he and his mother are able to make the journey back to Banepa.

Nishant is one of the thousands of patients who have benefited from the services of OHI since Australia's Sydney Adventist Hospital launched the

initiative in 1986.

OHI provides free cardiac, orthopedic, ophthalmic, women's health, and burn surgery in 13 developing countries across the world, including Papua New Guinea, Cambodia, and Rwanda.

More than 2,000 volunteers have donated their time, skills, expertise, and financial support to enable others to live longer and have better quality lives. —Open Heart International/Record staff

FACTS with HOPE

## Social Media Campaign Offers Sharable Health Tips

■ The Seventh-day Adventist Church recently released a social media campaign about healthful living for members to share with their churches and the public.

The Facts With Hope campaign offers 12 one-minute videos that share tips on the importance of physical activity, healthy eating, maintaining healthy relationships, and gratitude. The one-minute spots can be viewed individually, shown to groups and churches, embedded into Web sites, and shared through social media.

"This is a great way to share our messages about health, which have been backed up by scientific study," said Katia Reinert, North American Division health ministries director. "We want people to know evidence-based ways to live healthier, happier lives."

The Adventist Church has promoted healthful living since the denomination was established more than 150 years ago. In recent decades Adventists have been featured in books

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## WORLD REPORT

and magazines for longevity; and the U.S. National Institutes of Health is helping fund extensive research about what makes Adventists one of the longest living people groups ever studied.

In 2011 the Pan American Health Organization began a collaboration with the Adventist Church to help implement the United Nations' Millennium Development Goals at grassroots levels throughout North America and South America.

The Facts With Hope series was produced by the Adventist Church's North American Division Health Ministries Department and the General Conference Communication Department.

See the campaign at [factswithhope.org](http://factswithhope.org).  
—ANN Staff

### Newbold College Board Appoints New Principal

■ The Board of Governors at Newbold College in Bracknell, England, appointed John Baildam to the position of principal at its spring



John Baildam

BRITISH UNION CONFERENCE

meeting on May 11.

Baildam has served the college for more than 30 years in a variety of capacities, including English school director, and admissions and records director. Since 1997 he has served as director of Academic Affairs and more recently as deputy principal. Baildam has also served as chair of Governors for Garth Hill College in Bracknell, since 1999.

Through his involvement with many professional committees and associations, Baildam has developed a deep and comprehensive knowledge of the higher education system in the United Kingdom, and has established a wide network of contacts.

He comes with solid Adventist and academic credentials. He's the son of Denys and Jean Baildam, an Adventist pastoral family who served across the UK from the 1940s to the 1990s. His wife, Lynda, serves Newbold as associate librarian.

"I am excited by the task ahead as all of us as the college—students and staff—work together to give increasing numbers of young people the opportunity to enjoy the high quality of spiritual, social, and academic life at Newbold," Baildam said. He is already working to significantly increase enrollment by September 2015.

His message to parents and potential students: "Too many are missing out on the life-changing, faith-affirming experience to be found at Newbold."

Baildam replaces Philip Brown, who is returning to Australia following a three-year stint at Newbold. College development under his leadership included campus refurbishment, student life initiatives, a new certificate in health and wellness, and admission to the Adventist Colleges Abroad consortium.

—Kristy Watkins/BUC News



FLOYD HAYES

**MANPOWER:** Moises Ramirez, a junior at PUC, uses ancient technology to move dirt for the clinic's foundation.

Spring vacation can be a much-needed rest for Pacific Union College (PUC) students who have just completed final exams.

Yet each year groups of students give up their opportunity to spend time with family and take a break. These students, motivated by the desire to give back and serve God, spend their time on mission-oriented adventures in places far and wide.

From March 20 to 30, 2014, 15 PUC students, joined by missions coordinator Fabio Maia and biology professor Floyd Hayes, flew to Manaus, Brazil, to work in Rosa de Saron, in the interior of Manaus Amazonas.

The group traveled to this exotic location to build a health clinic, to provide water filters and water education, and to teach English classes. Some of the students also participated in a tropical biology course led by Hayes, giving them the opportunity to experience wildlife of the Amazon firsthand on morning trips along the river and through the jungle.

PUC partnered with the Adventist Development and Relief Agency (ADRA) for the service element of the trip. ADRA supports several projects in Rosa de Saron, including a school, furniture business, church, and medi-



**WHEELS OF PROGRESS:** Chad Latimer and two friends pilot three of the wheelbarrows that bought fill for the foundation.

By **MADLINE MILLER**  
and **CAMBRIA WHEELER**

# Wheelbarrows *and* Water Filters

*Students spend spring break  
in mission service.*

cal and dental clinic. The clinic is operated out of a boat by ADRA-employed nurse, Thianne de Oliveira. Oliveira, who also teaches at the school, works with short-term mission teams who come to work in the area, including the group from PUC.

The health clinic built by PUC will be used by 32 communities in the area and will create a centralized location for emergency medical cases. Students made hundreds of wheelbarrow trips with loads of dirt, mud, and clay as

they built a foundation and raised the level of the floor to protect the new clinic from annual flooding.

Maia joined local villagers who braved the teetering heights of the loose frame construction to lay down roofing so that the structure would be protected from sometimes torrential rains. With temperatures in the high 80s and humidity reaching nearly 80 percent, dehydration was a serious concern. The daily siesta following lunch was a much-needed blessing and reprieve.

PUC also brought 30 water filters to Rosa de Saron in partnership with one of PUC's neighboring churches, the Calvary Christian church in St. Helena, California. Maia taught both students and community leaders how the filters are assembled and used. Using just gravity and a clean bucket, the filters are able to process 1,800 gallons of water a day, turning muddy river water into safe, potable drinking water. "PUC is committed to making a difference in the Amazon by bringing clean water to the communities in partnership with ADRA Amazon," Maia shared.

Each evening Maia, a native of Brazil, led English-Portuguese classes as PUC students were given the opportunity learn some of the Brazilian national language alongside the people they had come to serve. Several times throughout the process Maia would say with a laugh, "English is so much easier to learn. There are only two forms for the verb 'to swim' [in the present tense]: 'swim' and 'swims.' Portuguese has six."

Bianca Tolan, a junior at PUC, says, "The incredible thing was that even though there was a language barrier, we were all working on a project together, and we found ways to communicate." The English-Portuguese classes allowed for a third way for the group to bond with the community, opening more channels for communication.

The trip had a profound effect on several students, and increased their desire to serve overseas. "I know I felt God, and the joy that comes with experiencing Him. That was a spiritual high that we were able to share together," shared PUC junior Moises Ramirez.

After the trip five of the students decided to spend a year as student missionaries through the college's missions program, and two want to dedicate their lives to working abroad. ■

We are living in the time of the end. Many people around the world are realizing that things are changing rapidly and that the future is uncertain. As we prepare for the soon coming of Jesus, it is more important than ever that we refocus on our unique, heaven-born mandate of medical missionary work, or as we are now calling it: “comprehensive health ministry”—utilizing the health message in every way possible to bring people to the cross of the Master Physician.

Health reform and comprehensive health ministry are not the gospel—the gospel is the message of a Savior who

missionary work must be as closely connected with the work of the gospel ministry as the hand and arm are connected with the body. You need the gospel ministry to give prominence and stability to the medical missionary work; and the ministry needs the medical missionary work to demonstrate the practical working of the gospel. The Lord would have

# God's By TED N. C. WILSON

# Mighty Right Arm

## *Saving Body and Soul*

lived a perfect life, died and rose for us, intercedes for us in the Most Holy Place of the real heavenly sanctuary, and will soon return to take us home to be with Him. We are saved by His grace and righteousness, as the sanctuary service portrays in all its aspects.

### **Beautiful Balance**

We are told, however, that comprehensive health ministry, or medical missionary work, is the right arm of the gospel—God's mighty right arm. The right arm symbolizes active involvement and power. It is direct and involved. The right arm of the body (or, for left-handed people, the left arm) is so important to the accomplishments of the entire body, and it illustrates well how important comprehensive health ministry is for the Seventh-day Adventist Church today in its outreach to the world!

The beautiful balance between the gospel work and health ministry is articulated by Ellen White: “The medical



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His work carried forward symmetrically and harmoniously. His message must be carried to all parts of the world.”<sup>1</sup>

### **Our Faithfulness Based on His Faithfulness**

The Lord's expectation of our future faithfulness to Him is always based on His past faithfulness to us. In Exodus 20:2, when giving His law at Mount Sinai, the Lord personally admonished His chosen people to remember that “I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage.”

Today, as it was for ancient Israel, God expects our faithfulness to be built on confidence in His past leading and teaching, especially when it comes to arming ourselves with the great opportunities of comprehensive health ministry.

How can we learn from the past to let God lead, to trust in Him and His prophets, and to expand the influence of our church's health ministries in helping people practically as the three angels' messages are proclaimed?



Let's remember how God led the children of Israel out of Egypt.

### The Experience of Israel

Exodus 14 and 15 record the amazing events surrounding the Red Sea deliverance from Pharaoh and the Egyptian army. God's people were jubilant. In Exodus 14:31 we read, "Israel saw that great work which the Lord did upon the Egyptians: and the people feared the Lord, and believed the Lord, and his servant Moses" (KJV).

Analyzing this verse, we notice that: (1) a great work was visually confirmed; (2) the Lord did this work; (3) the Israelites respected and believed the Lord (an important component in this sequence, which is critical for us in God's church today); and (4) they believed His servant Moses.

The Israelites had trust in God's prophet—another important component for us as God's church today.

*“Three days earlier they had seen God's incredible power with water in the Red Sea . . . but in just three days they went from triumph to despair.”*

After the wonderful Red Sea experience everyone was excited, until they came to a big challenge—the desert, where there was no water. They went three days without finding water. Finally they came to Marah, but the water there was bitter.

Three days earlier they had seen God's awesome power with water in the Red Sea, and they believed in God and His prophet. In just three days, however, they moved from triumph to despair. They didn't believe in God, or in Moses, or in the protective cloud that led them there and protected them at night as a pillar of fire.

That cloud and pillar of fire is similar to comprehensive health ministry in its overall blessing in that it leads us to the ultimate objective and goal: to understand the gospel message and have a close relationship with our Redeemer.

### Highs and Lows

Sometimes we as Seventh-day Adventists seem to parallel the Israelites' experiences of forgetting and hesitation. Israel had constant highs of triumph and then lows of complaining; aren't we tempted that way ourselves? Let's remember that God has called us to be part of a mighty

Advent movement with comprehensive health ministry as an integral part of the proclamation of the gospel message to the world—and a vital part, according to the Spirit of Prophecy, of the final loud cry.

In Exodus 15:24 the people murmured against the prophet and asked, "What shall we drink?" You would think coming from the Red Sea triumph they would have just said, "Let's see what God will provide."

Then Moses cried to the Lord. Whenever we face a challenge or problem, let's follow Moses' example and cry to the Lord. It is only in God that we have any power. Verse 25 indicates that "the Lord shewed him a tree, which when he had cast into the waters, the waters were made sweet" (KJV). The message here is clear: when you are asked by the Lord to point people to a better way of life and you run into problems, cry to the Lord and He will show you the solution. He will show you His power.

This truth is underscored by verse 26, one of the most powerful health-related verses in the Bible. The Lord proclaims through Moses, "If thou wilt diligently harken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee" (KJV).

What a powerful text to claim! In your interaction with others, in your health promotion, in your witness, in your preaching, claim the heavenly power of this verse.

### A Great Opportunity

Today, all around us, people are asking what they should eat and what they ought to drink and how they should live. It is the greatest opportunity as we go from one international crisis to the next for Seventh-day Adventists to say with Paul in 1 Corinthians 6:19, 20 and 10:31: "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (KJV).

Combine that with the powerful instruction given through the apostle John in 3 John 2—"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (KJV)—and you have the formula for Seventh-day Adventists to launch a mighty movement that will help society in unprecedented ways to find complete health—physically, mentally, socially, and spiritually.



**Part of the Three Angels' Messages**

You and I can proclaim the three angels' messages of Revelation 14:6-12 through the power of the Holy Spirit. The health message and work of Seventh-day Adventists are intimately bound up in the three angels' messages. God has a plan for people, and it involves every aspect of their lives, beginning with health—so that God's mighty right arm can help them further understand Christ's special ministry to them mentally, socially, and most of all, spiritually.

Let's reflect on the Spirit of Prophecy counsel found in *Testimonies for the Church*: "As we near the close of time we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner. We must strive continually to educate the people, not only by our words, but by our practice."<sup>2</sup>

Like Moses, let's cry to the Lord to use us in these last days of earth's history as society crumbles, as moral belief disappears, and the social fabric disintegrates. By God's grace, let's be part of a new revival and reformation of what healthy lifestyle and health reform and comprehensive health ministry is all about. God is eager that this life-giving message be heard all around the world. ■

<sup>1</sup> Letter 135, 1899.

<sup>2</sup> Ellen G. White, *Testimonies for the Church* (Mountain View, Calif.: Pacific Press Pub. Assn., 1948), vol. 6, p. 112.



**Ted N. C. Wilson** is president of the Seventh-day Adventist Church.

**GLOW: Giving Light to Our World**

*Giving Light to Our World—GLOW—is an outreach initiative that originated in California, United States, but is now branching out to other world divisions. It's based on the concept of church members distributing GLOW tracts—free of charge—at every opportunity. The tracts are currently being printed in 45 languages.*

*Here are two short stories that depict lives touched by GLOW in Fiji:*

COURTESY OF NELSON ERNST



**READING HER TRACT:**  
A woman in Fiji studies a GLOW tract she just received.

**STORY ONE:** GLOW director Nelson Ernst and International GLOW coordinator

Kamil Metz recently were in Fiji working with the Trans Pacific Union Mission to develop GLOW tracts in their local languages. While there, Nelson took a ride on a public bus and handed a GLOW tract to a bus worker. The bus driver noticed this and asked for a tract also. Nelson handed one to him, but then the driver asked for several more. Another man sitting nearby also asked for several tracts. So

before the bus ride had even begun, Nelson had almost run out of the entire stack of literature that he had taken with him for a whole day's distribution!

**STORY TWO:** On a single Sabbath afternoon this past March in Fiji Adventist youth distributed 10,000 "Why I Go to Church on Saturday" GLOW tracts in their communities. "Many lives will be touched from this outreach endeavor," says Nelson. "Fiji's people are ready to receive the gospel."

*Stories are compiled by Pacific Union Conference, United States, GLOW director Nelson Ernst. To learn more about GLOW, go to [sdaglow.org](http://sdaglow.org). To watch video GLOW testimonies, go to [vimeo.com/user13970741](http://vimeo.com/user13970741).*



By PETER N. LANDLESS  
and ALLAN R. HANDYSIDES

# Breast Cancer: *Treatment*

## What are the best treatments for breast cancer?

Cancer therapy, particularly in the event of breast cancer, is most effective when the cancer is totally removed surgically. This means that smaller, well-described cancer lesions that can be excised in totality offer the greatest chances of cure. Be it by an excision biopsy (the biopsy removes it all), lumpectomy, or for more extensive tumors a simple mastectomy or even more radical surgery—such removal is a mainstay of treatment. Radiation of the remaining breast tissue, chest wall, and part of the armpit is most often recommended, since studies throughout the past 60 years have documented statistically significant improvements in prognosis when radiation is added to the surgery.

Once the tumor has been removed, it undergoes intense scrutiny. It is possible to identify the cancer cell's various receptors and antigens (antigens are substances that evoke an immune response). These markers further define the character of the cancer, and it has been plotted out which types of cancer cells respond best to which specific therapies. The lymph node in the armpit, called the sentinel node, is often removed and examined, as survival relates somewhat to the presence of cancer in these nodes. For example, patients without positive axillary nodes have a 10-year survival rate of 70 per-

cent and a less than 20 percent recurrence rate, whereas the increasing number of positive nodes correlates with increasing recurrence rates.

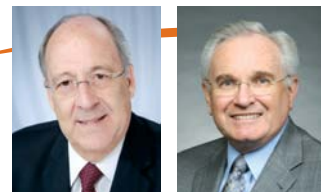
In general, hormone receptor-positive cells are less aggressive than hormone receptor-negative cells. The human epidermal growth-factor receptor (HER) type 2 has been associated with more aggressive tumors, and yet development of a biologic agent, trastuzumab (Herceptin), has revolutionized the treatment of this type of breast cancer.

Today a woman diagnosed with breast cancer who undergoes the diagnostic approaches briefly outlined has better chances of cure than at any time in human history. This does not mean, however, that these chances cannot be improved by healthful living practices. A calm and prayerful spirit, plus a well-balanced, vegetarian diet low in animal fats, and the avoidance of tobacco, alcohol, and other noxious substances, accompanied by regular moderate exercise, would seem to us to be the ideal complement to modern, scientifically validated treatments.

We want to make it very clear, though, that a column such as this cannot be presumed to be definitive in its coverage of a topic. We are limited by space, the diversity of our readership, and the scope of our expertise. In matters of cancer you are best advised by specialists who spend years studying their focus of concern.

Throughout the past 75 years oncologists have systematically been cataloging data, so there are millions of person years of experience catalogued about causes, treatments, outcomes, and prognostic probabilities. Regional and national archives collect data so that recommended therapies have rather precise probabilities of outcome. It is in the face of such accumulated data that personal opinion often becomes rather unreliable.

It is our position that we do best to follow the advice developed throughout the decades in the management of cancer. Some of our readers who espouse a dedicated commitment to healthful living have a general distaste for modern medicine, but there need not be an “all or nothing” approach to treatment. Natural remedies can have a very legitimate role to play—not necessarily as “alternative” therapy, but rather as “complementary” therapy. ■



**Peter N. Landless**, a board-certified nuclear cardiologist, is director of the General Conference Health Ministries Department.

**Allan R. Handysides**, a board-certified gynecologist, is a former director of the General Conference Health Ministries Department.

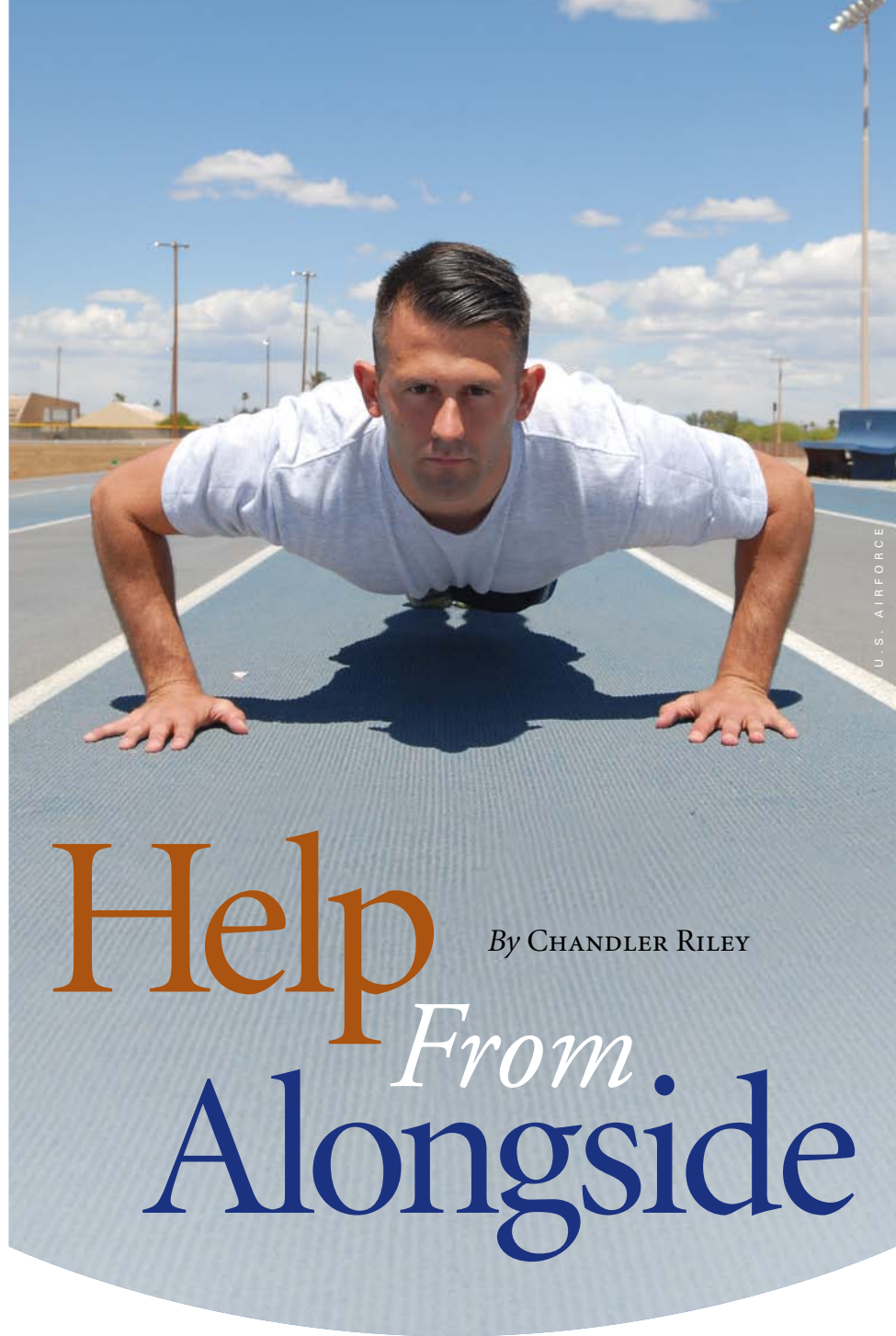
**H**eavy beads of sweat dripped from my forehead and landed on the padded exercise room floor. I was struggling to complete the last assigned workout for the evening session. Fifty knuckle push-ups more and I'd be done, headed for home.

Because I was relatively new to the exercise class and had developed a rich talent for sitting at my desk, I was the last of seven students that night to finish the push-up set. Our class ethic teaches us to respect our fellow students, so classmates usually are courteous with each other and don't leave the room until everyone has finished their exercise routines—or time runs out, whichever comes first. Unfortunately, this knuckle push-up exercise wasn't a timed drill, so I knew I wouldn't be going home until I finished the last 50 push-ups.

The other students, all younger than I was, sat around the room, stretching and relaxing, relieved to have the workout behind them. I felt eyes on me as the other students casually watched the slowest and oldest learner. Though my body had done its share of protesting, I had recently discovered that I had the determination—the willpower—to push through the difficult exercises, or so I thought. Now with two sets of 50 knuckle push-ups completed as well as other muscle-exhausting exercises, I started in on the last 50 repetitions.

I managed to finish 15 before collapsing onto the floor with an energy-conserving *think!*

I took a deep breath, summoned my imagined strength once more, and managed to complete another eight



# Help By CHANDLER RILEY From Alongside

repetitions. Then five more. It was taking every calorie of my energy to finish this last set.

I had just managed to complete another six when I noticed some movement beside me. Drenched in sweat and exhausted himself, Nate, one of the other students in the class, had lowered himself into position beside me on the floor. He had already finished his own sets, but had decided to help out a fellow classmate.

“All right, Chandler,” he murmured with a playful smile creasing his face. “Let’s *do* this.”

That surprising act of mercy from someone I didn’t know well gave me a boost of energy and an extra shot of determination. I was able to finish 10 more push-ups before collapsing again. Nate waited for me, watching my chest heave with each tortured breath. Not wanting to delay because my classmate was beside me, I took

“*It’s the support of people who truly care about us that helps us survive.*”

another deep breath and pushed on—and up—until I finished the set of 50.

“Thanks, bro,” I panted from the exercise mat where I had collapsed.

**Parallel Moves**

Though this was the first time a classmate in the exercise class had reached out to encourage me, I realized that I already knew this story.

During my last year of college, my father passed away unexpectedly while I was home for spring vacation. Our house quickly filled with my mother’s General Conference colleagues and friends, as well as our neighbors and friends from church. Within hours relatives had flown in from around the country to offer their support as well.

Now, 16 years later, I look back on that difficult day with amazement because my memories of that loss are as much filled with feelings of love and support as they are with the sadness that initiated those acts of love. I have mental images of people who work in this [General Conference] building, some of whom I still see daily, who brought us food, stopped by the house, or sent us a note to assure us of their care in those difficult days.

I marvel that any of us can pull through tough times such as that, but I’ve learned that it’s the support of people who truly care about us that helps us survive. What a blessing we who work here have to serve in an environment where we can find others who deeply care about us and our well-being, who lift us up in prayer and with their words.

As believers, however, we have more

than just an earthly support system.

When life gets painful, or we think we have reached our breaking point, we have a God who not only promised, “I will never leave you nor forsake you” (Heb. 13:5), but who showed it by His actions as well.

We see His compassion in times of suffering or sadness, as when Jesus’ friend Lazarus died in Bethany. Jesus knew the entire course of Lazarus’ illness and demise, and had already formed the plan to resurrect him. But as He watched the weeping and sadness of Lazarus’ family members over the death, Jesus was overcome and wept with empathetic sadness as well.

We see His tenacity in maintaining relationships with those whom He knew would either betray or deny Him. We see His courage in the ways He interacted with those afflicted by contagious diseases, deformities, or major health conditions. We see His patience as He graciously forgave those who kept making the same mistakes again and again, even when they knew to do better. We see His other-centeredness as He hung on the cross, tortured physically, emotionally, socially, and spiritually. Even with life quickly ebbing from His body, and wracked with pain—even as His tormentors yelled insults at Him—our Lord reached out in His own dying moments to help a criminal on the cross beside Him. From the cross, with all its horror and shame, Jesus made the arrangements with John to care for His mother, Mary.

Are you struggling with the death of a loved one? Jesus willingly experienced loss in His own life. Have you

known betrayal? He walked that road as well. Are you being treated unfairly? He could have filled a book with the narrative of all the unfair things done to Him. Is your body in pain? “He was wounded for our transgressions, He was bruised for our iniquities” (Isa. 53:5).

In every challenge I face, I find that Jesus has been through His own version of it, and that He did so out of compassion for me and while remaining compassionate to me. He lowered Himself, getting down into position, thick beads of blood dropping from His body. He suffered beside me and, of course, for me.

And through whatever trial I face, not only can I understand that He has felt that sting of pain before, but I have the promise that He is willing to go through it all over again—this time beside me, supporting me.

We are blessed to love a Lord who is beside us in our struggles, and who also uses us to come alongside those in pain or grief. Because He has borne our burdens, we may yet be blessed to share the load of those who sweat beside us. ■



**Chandler Riley** is a benefits specialist in the Human Resources Department of the General

Conference of Seventh-day Adventists in Silver Spring, Maryland, U.S.A. This article is based on a devotional presented at a morning worship session in the world headquarters of the church.

**D**o you have a scar—maybe from an accident, a surgery, or from carrying a baby for nine months? Scars tell stories—about pain, bravery, hope, love. They show us our fragility. Those resulting from a successful surgery often give us hope and courage.

Scripture mentions an essential surgery: “I will remove their heart of stone from their flesh and give them a heart of flesh, that they may walk in my statutes and keep my rules and obey them. And they shall be my people, and I will be their God” (Eze. 11:19, 20).<sup>1</sup>

Yet the Holy Spirit works on my stony, proud heart to make it receptive so that I can see God’s unconditional love on Calvary. Christ experienced the total disconnect from the Father, something I never have to experience if I accept His atoning sacrifice. He is the cure for my pride problem (Rom. 2:4). Calvary is the place where God’s loving heart broke for humanity. The Holy Spirit works on my heart so I can see this love and my need of Christ. This is the prerequisite for receiving a new heart, which in turn allows growth in the love relationship with God. “To have a new

By ANGELIKA KAISER

NUMBER 10

# (In) Vulnerable?

## *The myth of indestructible*

### **Surgery**

God spoke these words to ancient Israel, whose experience may echo our individual experiences. The deliverance from slavery and the entry into the Promised Land is an experience that each believer may have. While the promised heart surgery was necessary for the Israelites, we may ask why it is still necessary for each one of us today. The text mentions at least two reasons: for walking in His “statutes” and keeping His “rules” (verse 20).

### **Accepting Salvation**

When the Bible talks about the “statutes,” it usually refers to the Passover, the continual fire in the sanctuary, the Day of Atonement, the Feast of Booths, etc. Thus the “statutes” are clearly connected to the sanctuary system. Since the sanctuary reveals God’s plan of salvation, His “statutes” are closely bound to the way He deals with the sin problem. However, before we can walk in His statutes, we need a new heart—and, following the biblical sequence, a new heart requires surgery.

As long as my heart is controlled by pride and selfishness I will try to save myself and won’t accept Christ’s gift of sal-

vation. Yet the Holy Spirit works on my stony, proud heart to make it receptive so that I can see God’s unconditional love on Calvary. Christ experienced the total disconnect from the Father, something I never have to experience if I accept His atoning sacrifice. He is the cure for my pride problem (Rom. 2:4). Calvary is the place where God’s loving heart broke for humanity. The Holy Spirit works on my heart so I can see this love and my need of Christ. This is the prerequisite for receiving a new heart, which in turn allows growth in the love relationship with God. “To have a new

### **Living Salvation**

A “heart of flesh” is also essential for “keeping” God’s “rules,” which include His laws that help us live with one another (see Ex. 21). God wants me to obey His rules for both my long-term benefit and the blessing of others. Being called to love God with all our heart, soul, and mind, and our neighbors as ourselves (Matt. 22:34-40), we are challenged to emulate a divine love that “bears all things, believes all things, hopes all things, endures all things” (1 Cor. 13:7). Most people enjoy receiving such a love, and the same is generally true for the giver. When we echo this divine love to others, we receive hope, warmth, and joy. In fact, only this love makes future life possible.

Considering, however, the reality of abuse all around us (emotional, spiritual, physical, sexual, etc.), how can I seriously encourage anyone to love *unconditionally*? We know intuitively that unconditional love is needed; yet we struggle

to give it. Yes, even after we have had “heart surgery” by our divine surgeon, we are still confronted with difficult situations and questions. Does God ask me to submit to abusive people and support evil behavior? May setting boundaries be an expression of love? How can I express unconditional love to spiritually abusing parents, an emotionally manipulative partner, or a sexually abusing relative? Don’t confuse deep concern for another person with encouragement to sin. They are not the same. Enduring abnormal relationships is detrimental to everyone involved. Pray for wisdom, courage, and trustworthy people—and look for help.

Even outside of abusive relationships we constantly encounter challenges. Thus loving unconditionally can be tough because we don’t want to run the risk of being hurt. We don’t want scars on our heart. “We devise strategies designed to keep us warmly involved with each other at a safe distance.”<sup>3</sup> Sometimes I tend to think that God wants to give me emotional indestructibility. Yet the Lord of the Bible

Himself actually allowed His heart to be broken, and He wants to give me a compassionate, soft heart too. We get closer to God “not by trying to avoid the sufferings inher-

ent in all loves, but by accepting them and offering them to Him; throwing away all defensive armour.”<sup>4</sup> This life here can offer us “a change of character that enables us to taste enough of God now to whet our appetite for the banquet later. The kind of internal change that permits a richer taste of God is possible, but it requires surgery,” writes Christian

psychologist Larry Crabb.<sup>5</sup> To love as God loves us will draw us nearer to Him, either by the joy we experience or by the pain we encounter. Let’s bring both to Him to stay realistic, yet hopeful and loving at the same time.

### Stone or Flesh?

“To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly be broken. If you want to make sure of keeping it intact, you must give your heart to no one. . . . Lock it up safe in the casket or coffin of your selfishness. But in that casket—safe, dark, motionless, airless—it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable.”<sup>6</sup> To love is to be vulnerable.

God wants to remove my stony heart and give me a heart of flesh. And I’m scared, because flesh is vulnerable and easy to be hurt. However, even scars are softer than stone. ■

<sup>1</sup> All Scripture quotations in this article have been taken from the *The Holy Bible*, English Standard Version, copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Used by permission. All rights reserved.

<sup>2</sup> Ellen G. White, *Messages to Young People* (Nashville: Southern Pub. Assn., 1930), p. 72.

<sup>3</sup> Larry Crabb, *Inside Out* (Colorado Springs: NavPress, 1988, 2007), p. 59.

<sup>4</sup> C. S. Lewis, *The Four Loves* (London: Geoffrey Bles, 1960), p. 139.

<sup>5</sup> Crabb, p. 24.

<sup>6</sup> Lewis, pp. 138, 139.

## Christians



**Angelika Kaiser**, originally from Germany, loves languages, laughter, and deep conversations about life. Currently working on a Ph.D. in linguistics, she lives with her husband, Denis, in Berrien Springs, Michigan.

## Experience of Salvation

In infinite love and mercy God made Christ, who knew no sin, to be sin for us, so that in Him we might be made the righteousness of God. Led by the Holy Spirit, we sense our need, acknowledge our sinfulness, repent of our transgressions, and exercise faith in Jesus as Lord and Christ, as Substitute and Example. This faith which receives salvation comes through the divine power of the Word and is the gift of God’s grace. Through Christ we are justified, adopted as God’s sons and daughters, and delivered from the lordship of sin. Through the Spirit we are born again and sanctified; the Spirit renews our minds, writes God’s law of love in our hearts, and we are given the power to live a holy life. Abiding in Him we become partakers of the divine nature and have the assurance of salvation now and in the judgment. (2 Cor. 5:17-21; John 3:16; Gal. 1:4; 4:4-7; Titus 3:3-7; John 16:8; Gal. 3:13, 14; 1 Peter 2:21, 22; Rom. 10:17; Luke 17:5; Mark 9:23, 24; Eph. 2:5-10; Rom. 3:21-26; Col. 1:13, 14; Rom. 8:14-17; Gal. 3:26; John 3:3-8; 1 Peter 1:23; Rom. 12:2; Heb. 8:7-12; Eze. 36:25-27; 2 Peter 1:3, 4; Rom. 8:1-4; 5:6-10.)



# The Adventist Advan

By LESLIE R. MARTIN

PHOTO BY LUIS ARMANDO RASTELETTI

Amina wedges her broom into the corner and presses the closet door shut, glancing at her watch. *Yes, plenty of time*, she thinks to herself. The house is tidy—the children’s clothes hang neatly, and the kitchenware sparkles. The shopping is done, and Amina is pleased that the vegetables at the market were especially luscious and colorful today. She’s even had time to make the family’s favorite dish, which is cooling next to the sink. Just then

her husband opens the front door, and his eyes light up.

Obi is grateful that Amina is able to leave work a little early on Fridays so she can prepare their home for the Sabbath. The children have just finished their baths, and he hurries to wash, looking forward to putting the week behind him. A few minutes later the family joins hands as they sing their favorite hymn, chosen long ago as their own tradition for welcoming the Sabbath. As the sun sinks below

the horizon, their day of rest begins.

Seventh-day Adventists have many doctrines and behaviors that set believers apart from others, and for which we are well known. One is our belief in the second coming of Jesus—the Latin root *adventus* means “coming”—and another is our practice of baptism by full immersion. But two things that Adventists are perhaps best known for are keeping the seventh day as the holy Sabbath and the Adventist health message. Let’s examine each of these.

## **The Sabbath and Emotional Health**

Sabbath is an important day to Adventists, and we look forward to it each week. But we may not be aware of just how important it is. Yes, we recognize its value for strengthening



# Findings From Adventist Health Study-2

# stage

our relationship with God and for readying us for His kingdom. And we know we should keep it holy because that's one of the commandments. But is keeping the Sabbath beneficial to our health and well-being here on earth?

Are Obi, Amina, and their children better off in their pre-heaven lives because of honoring this special day?

The scientific literature is replete with studies suggesting the importance of a broadly defined religiousness to health, but less is known about whether the act of keeping a sacred Sabbath is important—and if it is, *why*. Recent findings from the Biopsychosocial Religion and

Health Study (which is part of the Adventist Health Study-2) provide interesting insights about this particular aspect of religiousness and the ways it is relevant to our health.

For this research study<sup>1</sup> more than 5,000 Adventists across North America answered questions about their Sabbath activities, and their responses were combined to create an index of Sabbathkeeping. Higher scores indicated greater avoidance of secular activities on Sabbath, while lower scores indicated a pattern of activities on Sabbath that was more similar to the rest of the week.

The first important finding to emerge was that although Sabbathkeeping was generally quite high across the group, those who held the Sabbath most sacred enjoyed better mental health than those whose secular activities were allowed to creep in.

This association existed for several reasons. First, Sabbathkeeping was associated with more religious coping—for example, during hard times religious coping might involve looking to God for guidance or strength. Sabbathkeeping also predicted greater

perceived religious support—that is, those who were more protective of their Sabbath time were more likely to believe, for example, that if they were sick, their church family would help them out.

Sabbathkeeping was also associated with better diet and more exercise, although these pathways were not as strong as those for religious coping and support. In all, however, the evidence was clear: those who kept the Sabbath holy were more mentally healthy than those who treated the Sabbath more like a regular weekday.

## Tips on Sabbathkeeping

Need some help planning activities for Sabbath? Here are a few suggestions:

Alone, with family, or with a group of friends, establish a monthly tradition of a “Sabbath Sunrise” service. It can be simple and include such things as singing together, sharing a text or two, and group prayer. This concept could also translate into small-group services at sunset on Friday or Sabbath.

Sabbath afternoon walks or hikes provide a wonderful opportunity to study from God’s “other book,” the natural world. Relax and enjoy with no agenda, or make it more challenging by keeping lists of the animals and plants you find.

Commit to a monthly Sabbath afternoon activity that benefits others—visiting church members who cannot make it to church services or doing something to help those in the larger community.

Keep a “Sabbath checklist” in your home and review it on Friday mornings. It should contain the things that are traditionally done or needed in your household in order to be ready for Sabbath. This list can help ensure that you don’t find it necessary to do everyday tasks on the Sabbath; instead, they will already be done because you will not have forgotten.

Unleash the creativity God has given you. Sit down on a Sabbath afternoon with some sheets of paper and things to write or draw with—and open your mind. Whether you meditate on a text or say a silent prayer, allow the Holy Spirit to speak to you, and then create what you feel. You may draw something beautiful or simply doodle. You may find a poem struggling to break free. When you are finished, share your creation with someone who might enjoy it. Or, if you prefer, put it away somewhere—you will still have had the joy of creating it.

### The Sabbath and Physical Health

The link between Sabbathkeeping and physical health was not as strong as the link between Sabbathkeeping and mental health, even though each of the pathways listed above (religious support and coping, diet, and exercise) were still meaningful.

This might seem surprising at first, but a closer look reveals why. Although Sabbathkeeping was associated with religious support, better diet, and more exercise—and these were then associated with better outcomes, just as before—religious coping had a statistical “suppressing effect.” That is, Sabbathkeeping was associated with more religious coping, but the religious coping was associated with *poorer* physical health.

What? Religious coping is bad for your health? Not likely—a much more reasonable explanation is that people who had more health problems relied more heavily on religious coping than did those who were healthy. Of course, this is not a bad thing to do, as we are in great need of God’s strength when things are difficult!

As Obi, Amina, and their family enjoy their Friday evening meal, their hearts are full. They are content and at peace, looking forward to fellowship at church the next morning. Although each of them experienced stresses during the week, these were easier to manage with God’s help. They know they can call on their fellow church members if they need assistance, and their associations with these friends encourage them to live a more healthful lifestyle than they would likely achieve on their own. The sacred time this family spends each Sabbath helps to reinforce good habits and coping mechanisms; indeed, their Sabbath is not only preparing them for the world to come, but helping them to live a better life in the world they inhabit now.

## Eating More Plants

Here are a few tips on fun and interesting ways to add more plant foods to your diet:

Plant a garden, if you have room. Even if you live in a small apartment, you can grow some herbs on a windowsill. The fresh flavors will make your dishes taste wonderful, and there is great satisfaction in eating something you’ve grown yourself.

If you already grow your own food, think about a sharing arrangement with neighbors and friends who also grow things. Try growing something new or different, and share it with them. Then ask them to do the same for you.

Slice some fruit and soak it in water for a few hours. The water will take on the taste of the fruit and will be especially refreshing (and you can still eat the fruit afterward).

Add an extra vegetable to any recipe you love (well, almost!); it adds extra nutrients, and often is not even noticeable.

If you eat meat regularly, try to set aside one or two days each week to go “meatless.” This is an easy way to reduce meat intake and can provide an enjoyable prompt for testing new recipes and food items.

### Diet and Emotional Health

Let’s turn our focus to that meal the family is sharing. In another project<sup>2</sup> (also part of the Biopsychosocial Religion and Health Study) more than 9,000 Adventists answered questions about what they ate and also about their experiences of positive emotions, such as “alert” and “enthusiastic,” and negative emotions, such as “distressed” and “upset,” in the past year. People who ate more fresh fruits, fresh vegetables, and nuts experienced more positive emotions (and fewer negative ones). But people who consumed more desserts/sweets, sodas, and “fast foods” (such as french fries and burgers) reported experiencing



fewer positive emotions during the past year.

This study did not look at meat consumption in relation to physical health (although other findings from the Adventist Health Study demonstrate that eating less meat is related to a variety of better health outcomes). It did show, however, that women who ate more meat reported significantly more negative emotions; this trend was weaker and not statistically significant for men.

These findings are consistent with what Adventists believe about the importance of diet, although the typical Adventist health message focuses on physical rather than mental health. Obi and Amina's family dinner this Friday night does, indeed, contain a

lot of vegetables—Amina had been so pleased about the higher-than-usual quality of the fresh items that she had purchased at the market. She had also chosen fresh fruit as a special treat after the main meal. Fortunately for this family, “fast food” appears only rarely on the menu—partly because of their conscious choice to avoid it, and partly because they live in an area that does not have a lot of fast-food vendors.

### Emerging Patterns

As we put the findings from these two studies together with the traditional teachings of the Seventh-day Adventist Church, patterns emerge that are both instructive and motivational. The Sabbath and the health message are sound—consistent not only with what we feel in our hearts but with the evidence from cutting-edge scientific studies. And this health message can be used by each of us to make

improvements in our lives, moving us toward wholeness.

This, then, is your challenge—to find things (even little things) that you can do to connect better with God on the Sabbath, and to make changes, big or small, to your diet to bring it into closer alignment with what we know will promote wellness.

A daunting challenge? In certain ways, yes. Sometimes we lack the wisdom to make the best choices, and even when we do know what is right, putting that knowledge into practice can be a struggle. But we are not alone in this. Proverbs 16:3 says, “Commit your work to the Lord, and your plans will be established” (ESV).<sup>3</sup> So make the commitment and accept the guidance God has promised. He will help you to establish a plan, and He will help you to achieve it. ■

<sup>1</sup>D. J. Superville, K. I. Pargament, and J. W. Lee, “Sabbath Keeping and Its Relationships to Health and Well-being: A Mediation Analysis,” *International Journal for the Psychology of Religion* (2013).

<sup>2</sup>P. A. Ford, K. Jaceldo-Siegl, J. W. Lee, W. Youngberg, and S. Tonstad, “Intake of Mediterranean Foods Associated With Positive Affect and Low Negative Affect,” *Journal of Psychosomatic Research* 74 (2013): 142-148.

<sup>3</sup>Scripture quotations marked ESV are from *The Holy Bible*, English Standard Version, copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Used by permission. All rights reserved.



PHOTO BY STEVE HILLEBRAND



**Leslie R. Martin, Ph.D.,** is professor of health and social behavior at the Loma Linda University School of Public Health in California, United States.

In 1898 William Spicer left his home and journeyed to India. For three years Spicer was the only ordained Seventh-day Adventist pastor in all of what would become the Southern Asia Division, a large territory with currently more than 1 billion people.

Just like our modern-day missionaries, Spicer had to adapt to a whole new culture. He tasted new food, stumbled through foreign languages, and surrounded himself with an unfamiliar environment. Despite the challenges, Spicer did a lot to establish the Seventh-day Adventist Church in India.

Spicer founded the first Adventist periodical in India, published by the Oriental Watchman Publishing House. Today this publishing house produces thousands of books and magazines every day. Workers monitor presses, knowing that when the process is complete, they will have materials

containing a valuable message.

Jagdish Namey has worked at the Oriental Publishing House for years. Long ago he lost some of his fingers in an accident. Although working without fingers can be difficult, Namey doesn't let that stop him. He knows the impact these books have on those who read them. All the employees have a passion for their job, and a passion for sharing the good news of Jesus.

Spicer continued to work throughout India as a church leader. He went on to become General Conference secretary and eventually president. He left his mark throughout Southern Asia.

#### Quality Education

Education is an important aspect of the Seventh-day Adventist presence in India. Adventist education often plants a seed in the children who attend its schools. Many students who attend these schools are not from

Christian homes. They hear Bible stories for the first time and want to learn more. Students of all ages are inspired by the stories of Bible characters, and how God worked in their lives.

Most Adventist schools in India operate at capacity because of their good reputation. They hold a high standard of learning. Both Adventist parents and parents from the community are happy to send their children to these schools, which range from primary school all the way through college.

Spicer Memorial College was established almost 100 years ago. Named after William Spicer, it is a well-respected institution in India. Through the years the college has gone through a series of progressions to make it what it is today.

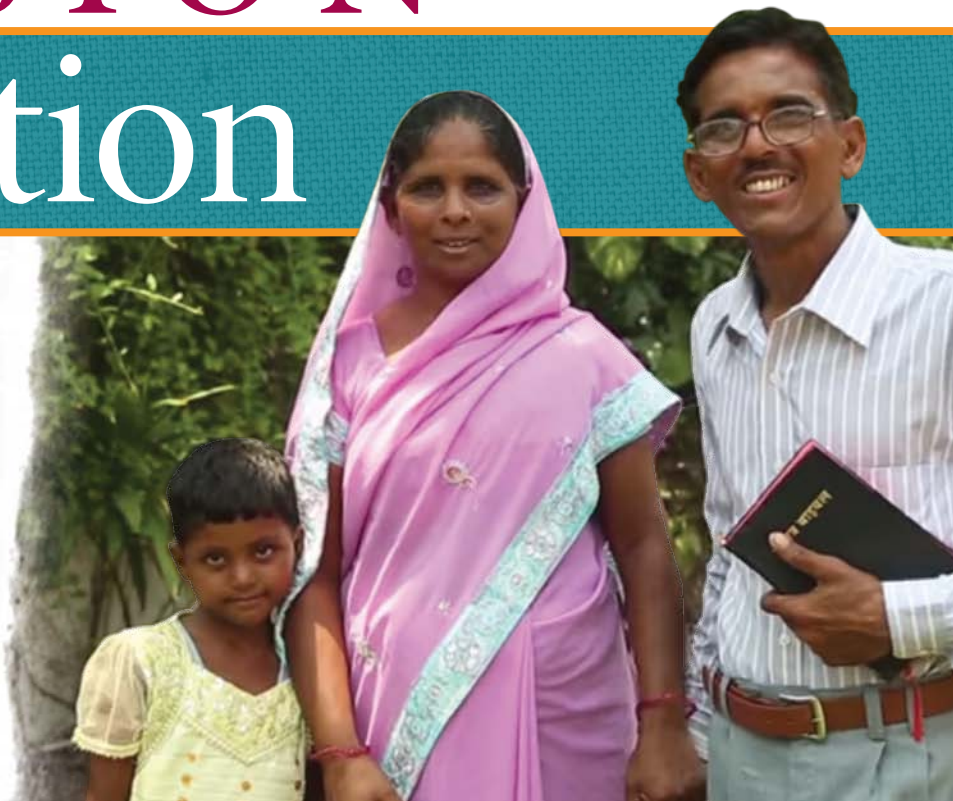
The beautiful campus offers students a quality learning environment. A prominent church building features

# MISSION

By RICKY OLIVERAS

## *in* Motion

*Taking the gospel  
where the needs  
are almost  
unimaginable*



services and programs every week. Students come from all over the world to attend Spicer College.

Many of these students go on to be pastors, teachers, or principals, or find jobs in a variety of other fields throughout Southern Asia.

### A Billion Challenges

The Southern Asia Division is made up of only four countries: Bhutan, India, the Maldives, and Nepal. More than 90 percent of the population is either Hindu or Muslim. This is one of the fastest-growing regions in the world. City streets are clogged with traffic and crowds that seem at times to be overwhelming. Although there are only four countries in this division, it boasts a population of 1.2 billion people.

Of the 1.2 billion, there are about 1.6 million Seventh-day Adventists. That means that about one of every 750 people you meet might be Adventist.

This region of the world is home to some fascinating places. In earlier days the British, when colonizing India, would, after sailing across the

ocean to reach southern Asia, often arrive in Mumbai (Bombay). The first structure visitors arriving by boat would see is the Gateway of India. This structure stands 85 feet tall on the edge of the Arabian Sea as a monument to British royalty.

Many visitors to India stop to see the Taj Mahal. This world heritage site attracts millions of tourists each year. If you can make it through the crowds, you can walk right into the buildings and learn the history behind these structures. “The Taj” is made out of white marble. It was built by a Mughal emperor in memory of his third wife.

Despite the amazing things to see in India, it is still a difficult place for the Adventist Church to reach. Many people have never opened a Bible, or even heard the name of Jesus.

### Person to Person

One way the Seventh-day Adventist Church is spreading the gospel to the people of Southern Asia is through its Global Mission initiative. Global Mission is focused on starting new Adventist congregations in some of the most challenging places on earth.

Global Mission pioneers are on the front lines of this work. They plant churches among groups who have never heard the gospel. Many people have come to know Jesus because of the work of our Global Mission pioneers.

Pothiram is one of many Global Mission pioneers working throughout India. Pothiram was not always working for God. He used to drink heavily. He would do terrible things and did not care for his family.

One day a neighbor saw Pothiram’s wife, Jeshoda, crying in front of their house. The neighbor invited Jeshoda to her home, where she prayed with the family. Jeshoda went week after week to pray and study with the Christian family.

The family eventually gave Jeshoda a Bible of her own. But there was only one problem: she couldn’t read. The only solution was to bring the Bible home and have her husband read it to her. At first Pothiram resisted, but he eventually agreed. The more he read from the Bible, the better he felt. His heart was being changed.

Jeshoda invited her husband to join her next Bible study. The more he studied, the more he felt convicted to change his life. He gave up alcohol and made his family a priority. Although he still faced temptations, Pothiram was convinced that God’s way is the right way. He and his family were baptized.

Pothiram wanted to do more to serve God, so he became a Global Mission pioneer. Now Pothiram and Jeshoda go together into the community to share the gospel. They can’t imagine doing anything else with their lives. Their life is filled with joy, and they have a happy marriage. The family reads their Bible and prays together because it is important to them.

We can support Global Mission pioneers through our prayers and other resources. People in the Southern Asia Division are busy spreading the gospel in many ways. They face some of the hardest mission challenges in this world today, but it doesn’t stop them from doing the work that God has called each of us to do.

Please pray for the work in Southern Asia. Pray that they can reach millions of people with the gospel. ■

*To learn more about Global Mission and Global Mission Pioneers, visit [GlobalMission.org](http://GlobalMission.org).*



**Ricky Oliveras** is a video producer for the Office of Adventist Mission.

UNITED IN SERVICE: Global Mission pioneers, Pothiram and Jeshoda, enjoy sharing with others the story about Jesus, because it changed their lives.

OFFICE OF ADVENTIST MISSION

By ROLAND KARLMAN

# Dear Friend...

*Ellen White's personal letters to be published in summer 2014.*

**Y**ou probably haven't ever read Ellen White's personal correspondence. Although excerpts from her letters, even entire letters, can be found in some of her books, the bulk of White's correspondence has remained unpublished. While the collection is available for study at Ellen G. White Seventh-day Adventist research centers worldwide, mostly scholars and researchers have perused this material.

This is all about to change.

As a first step the Ellen G. White Estate is publishing *Ellen G. White Letters and Manuscripts With Annotations, Volume 1 (1845-1859)*. This volume contains all of White's letters that have been preserved from 1845 to 1859. Included are her "manuscripts," basically all of White's documents that are not personal letters, including her first diary from 1859. Altogether, these total more than 150 documents.

As an additional bonus, these letters and manuscripts have been carefully annotated, giving readers a wealth of information about persons and contextual backgrounds. Several general articles written by specialists in the field introduce the volume. A second volume, containing the annotated Ellen White letters and manuscripts for the period 1860 to 1863, is in production. In addition to these printed resources, the White Estate will make available online the entire collection of Ellen White's letters and manuscripts from 1845 to 1915, with partial annotations, on July 16, 2015, the centennial of her death.\*



I have spent a number of years preparing the notes and biographical sketches for the first volume of *Letters and Manuscripts*, and people often ask me about my personal impressions of these documents. Here are some features that have impressed me most.

### **Innermost Feelings Expressed**

Very few people writing personal letters imagine that they will subsequently be published and read by thousands of "outsiders." Hence, personal letters often make for candid reading, revealing the inner feelings of the writer. Frequent examples of this can be found in Ellen White's letters.

In a letter to Mary Loughborough in 1858 Ellen White confided, "I have looked back at a few past months and as I realize how little I have imitated Jesus' self-sacrificing, devoted life, I am led almost to despair" (p. 557).

Her longings for a deeper Christian experience are profoundly expressed in a letter to Reuben and Belinda Loveland in 1850: "I do love Jesus . . . with my whole soul, and

my very being cries out after the living God” (pp. 266, 267).

Ellen White’s moving concern for the spiritual welfare of fellow church members is conveyed in a letter to Leonard and Elvira Hastings in 1849: “Oh, how my soul feels for the flock of God. . . . I often awake myself crying to God’s people to get ready, get ready that the cloak of Almighty God may be thrown around them” (p. 173).

### **Integrity**

An impressive feature of these letters is White’s refusal to flatter leaders and persons of “importance.” This is clearly seen, for example, in those letters commonly called “testimonies,” in which she reveals to the recipient what God had shown her in vision about their spiritual condition. These testimonies are invariably frank and may initially shock the modern reader unused to such strong spiritual fare. Regardless of the status of the person receiving the testimony, Ellen White fearlessly reproves a variety of weaknesses that beset early Adventists and tarnished their witness to society.

Topics she addresses include materialism, pride, severity, and an assortment of sins of the flesh. For all, ministers as well as laypersons, there is a clarion call to repentance and reformation through the grace of God. “I love you,” she explains to the church members in Jackson, Michigan, “I love you all, but I must clear my garments from the blood of souls. I shall meet in the judgment what I have told you that God has shown me, and then . . . if I have clipped the truth, where will be my excuse?” (p. 368).

### **The Development of Seventh-day Adventist Teachings—a Few Surprises**

Although it remains true that the defining doctrines of the Seventh-day Adventist Church, such as the Sabbath and sanctuary doctrines, were adopted after intense Bible study and before they were subsequently expressed in the visions of Ellen White, the early letters reveal a few instances in which White’s visions broke new theological ground and where biblical study and confirmation followed a little later.

An interesting example of this is found in White’s earliest visions of 1844 and 1845, which clearly maintain that the saints will spend the millennium in heaven, not on earth, as the Millerites taught. As is pointed out in the notes, however, Joseph Bates, foremost theologian of sabbatarian Adventism in the 1840s, and James White both retained their earlier Millerite beliefs in an earthly millennium for a year or two after Ellen White’s visions before being convinced of the biblical basis for a heavenly millennium (p. 90).

### **Insights Into the History of the Early Seventh-day Adventist Church**

Anyone with an interest in early Adventist history will find this collection a veritable gold mine of Ellen White’s

“insider comments” on theological issues that exercised the church during its first 15 years of existence, including the tensions and debates over the genuineness of her prophetic gift. Readers will also come across the names of hundreds of individuals in these documents with whom White interacted, from leading ministers, to average members, to family, friends, and opponents. Throughout the volume readers will have the benefit of notes that identify persons, provide biographical sketches, and give background information.

### **The Testimonies**

About 90 vision accounts or mentions of visions can be found in the letters and manuscripts from 1845 to 1859. Most of these visions are testimonies to individuals revealing

“How often I find my own weaknesses and spiritual struggles closely mirrored in those for whom these testimonies were written 160 years ago.”

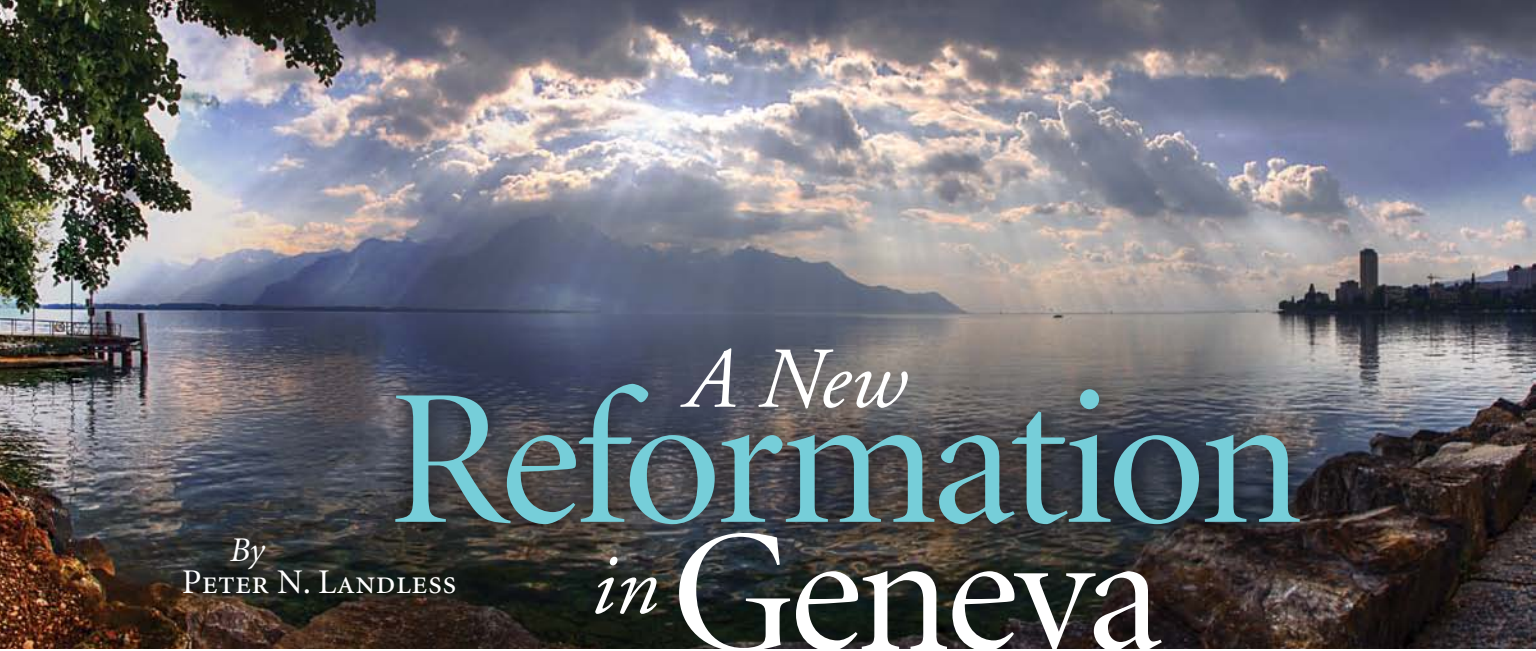
their inner failings and pointing the way to restoration. For me, studying these testimonies has been the highlight of this document collection. It is almost uncanny how often I find my own weaknesses and spiritual struggles closely mirrored in those for whom these testimonies were written 160 years ago. This is sobering but also inspiring reading.

The publication of the *Ellen G. White Letters and Manuscripts* will open up a treasure trove of annotated primary sources from the defining years of the Adventist movement. This is only the beginning of an ambitious schedule of publication of source materials planned by the White Estate during 2015, the centenary year of Ellen White’s death. These are indeed exciting times for all who have an interest in Adventist history and Ellen White’s role in it. ■

\*“The Ellen G. White Estate Announces Plans for 2015 Centennial Commemoration of Ellen White’s Life and Ministry,” [www.whiteestate.org/estate/2015plans.asp](http://www.whiteestate.org/estate/2015plans.asp).



**Roland Karlman** is a retired White Estate researcher.



# A New Reformation in Geneva

By  
PETER N. LANDLESS

Adventist health ministries leaders from around the globe are converging on the historic Swiss city of Geneva to attend the Second Global Conference on Health and Lifestyle. Switzerland is known for its elegant watches, cuckoo clocks, and beautiful mountains, lakes, and meadows. It is also known as the home of the World Health Organization (WHO). Why would the Seventh-day Adventist Church choose this venue for its global conference on lifestyle and health?

## **A Providential Partnership**

In December 2007 Dr. Allan Handsides, then General Conference Health Ministries Department director, and I came to Geneva for a special meeting of faith-based organizations (FBOs) from around the world at the WHO headquarters. Sensing that this might be a golden opportunity to extend the health ministries of the world church, we found ourselves in a first-of-a-kind meeting designed to foster working relationships between FBOs and the WHO office of partnerships. The task was to help facilitate the achievement of the Millennium Development Goals. These are health objectives that were identified in order to bring about significant improvement in health for all.

Up to that point, however, efforts lagged behind targeted goals. One of

## *The Second Global Conference on Health and Lifestyle*

the ideas motivating the 2007 meeting was to help reach the many millions of people who attend weekly religious services with health information. Seventeen FBOs represented by approximately 23 individuals met for three days of intensive discussions.

At these early sessions we introduced ourselves to James Hill, liaison officer for partnerships of the Pan-American Health Organization (PAHO). Interesting and informative visits took place over the following months between PAHO representatives and Seventh-day Adventist Church health workers and the Adventist Development and Relief Agency (ADRA). A wonderful working relationship was established that has launched or supported basic health initiatives in some of the most needy countries in Central and South America.

One of the challenges extended to the faith-based organizations was to organize educational conferences on health within their faith communities as well as for the general public. The themes of such conferences were to be related to the importance of lifestyle, prevention of disease, and such public health interventions as food and water safety and security, immunization,

healthy nutrition, and the focused treatment of tuberculosis. The General Conference Health Ministries Department accepted the challenge, and within two years organized the first Global Conference on Health and Lifestyle in July 2009.

The “Lifestyle and Primary Prevention” conference was well attended by representatives from more than 90 countries. There were speakers from academia, health organizations, as well as from faith-based groups and non-governmental organizations (NGOs). The positive relationships that grew out of this collaboration with WHO and PAHO led to the signing of a memorandum of understanding between the Seventh-day Adventist Church and the Pan-American Health Organization in 2011. This, in turn, led to the advancement of health work in difficult territories throughout the Americas, and that collaboration continues.

## **Lifelong Prevention**

The theme of the second global Geneva conference is an important one related to the pandemic of non-communicable diseases (NCDs), which is exploding around the world:



“Noncommunicable Diseases: Lifelong Lifestyle Prevention, Accessible to All.”

What specifically are these NCDs? They include mainly heart disease, stroke, cancer, diabetes, and chronic respiratory diseases, and they affect all people and communities. The main risk factors are well known and are similar everywhere:

- tobacco use
- foods high in saturated and trans fats
- excessive salt intake
- alcohol
- excessive sugar intake—especially in sweetened drinks
- physical inactivity
- obesity

Careful attention to lifestyle can prevent many of these diseases. The Seventh-day Adventist Church has

smoking, but we must embrace and implement better strategies to help active smokers quit the habit.

Do you remember the time when our Church was actively at the forefront of this kind of initiative? We can make the difference yet again if we choose to! The new Breathe Free 2.0 stop-smoking program will be launched during the Second Global Conference on Health and Lifestyle, providing a revised, fresh tool for a growing task in many parts of the world.

It is estimated that the consumption of foods high in saturated fats and trans fats, salt, and sugar is the cause of 40 percent of all deaths annually from NCDs—nearly 14 million people. Many studies have shown the negative effects of these foodstuffs.

eases. Abstinence is still the only safe approach. Breakout sessions on drugs and addiction at the Geneva meeting will look at the newest strategies to promote abstinence from alcohol.

Physical inactivity is related to the current pandemic of obesity, and type 2 diabetes. Regular exercise leads to better heart health, improved weight management, prevention and improvement of type 2 diabetes, a decrease in some cancers (breast and colon), and improvement in mental health and general well-being. Experts from around the world will share their wisdom on this important topic.

Noncommunicable diseases are a major global problem, and coordinated action and leadership at all levels of both the church and society are needed to curb this destructive scourge of illness. Many of the NCDs are totally preventable. Those at risk can be readily identified. This is a golden opportunity for each local Adventist congregation to be relevant to community needs. Pastors, administrators, health workers, and members can be trained in simple, effective strategies to help prevent NCDs.

Attendees can choose from among 23 breakout sessions, many plenary gatherings, and more than 100 presenters—an unparalleled opportunity to promote the Adventist understanding of a healthy lifestyle.

Every church can become a community health center, and each church member can be a health promoter. Think of the difference we could make upon the world’s health if 18 million Adventists welcomed that responsibility! ■

Reference: *The Lancet* 377 (Apr. 23, 2011), [www.thelancet.com](http://www.thelancet.com).

“Every church can become a community health center, and each church member can be a health promoter.”

been promoting preventive lifestyle interventions against such diseases for more than 150 years—which is not a coincidence!

Tobacco is smoked or chewed by more than 1 billion people daily, fueled by their addiction to nicotine, and nearly 6 million people die each year from tobacco-related illnesses. These diseases are preventable if tobacco and tobacco smoke (including secondhand smoke) are avoided.

Although tobacco use has decreased in many high-income countries, there is an alarming increase of use in many low- and middle-income countries. Teenagers, always susceptible to new perceived trends, remain a prime target of the tobacco industry. In order to reduce the number of tobacco-related deaths and NCDs, not only do we need to reduce the rate of those who start

The Adventist Health Studies (see pages 16-19) have broken new ground in showing the benefits of a plant-based diet, low in saturated fats, with a variety of grains, vegetables, fruits, and some nuts (a small handful daily). The principal investigator, Dr. Gary Fraser, will be reviewing the latest findings from Adventist Health Study 2 at this year’s Geneva conference. His presentation will highlight the practical benefits of the Adventist health message of wholistic health, a vegetarian diet, exercise, temperance, and rest.

Alcohol consumption is the third-leading cause of preventable death around the world. It contributes to a variety of cancers, and there is no safe level of consumption to prevent this particular danger. Sixty percent of deaths related to alcohol consumption are through noncommunicable dis-



**Dr. Peter N. Landless** is director of the Health Ministries Department of the General Conference of Seventh-day Adventists in Silver Spring, Maryland, U.S.A.

# Essential Salvation

*Why are the Ten Commandments not included in the apostolic decree in Acts 15:20?*

Let's carefully examine Acts 15 to understand the problem faced by the nascent Christian church, then pay close attention to the decree itself. The context of the passage is always the safest guide for interpreting it.

**1. Understanding the Problem:** The problem is clearly expressed at the beginning of Acts 15. Some Christian Jews are telling Gentile converts that “unless you are circumcised according to the custom of Moses, you cannot be saved” (verse 1). Circumcision was the ritual of entrance into the Jewish faith. It, so to speak, incorporated Gentiles into the redemptive history of God’s people reenacted during the Passover feast (Ex. 12:48, 49). It would appear then that the statement “unless you are circumcised . . . you cannot be saved” is not strictly legalism. It assumes that salvation comes through the Jews (cf. Rom. 9:4, 5), and that in order to experience salvation one has to become a Jew. In other words, a Gentile has first to become a Jew in order to benefit from the salvation Christ brought to all.

But there was more. Some Jewish believers expected Gentiles to be circumcised and “to keep the law of Moses” (Acts 15:5). It could be that, according to them, Gentiles would be keeping the law of Moses by being circumcised, but perhaps they had in mind something else. Peter seems to suggest that the problem included ritual laws of uncleanness. Speaking of the Gentiles, he says that God “made no distinction between us and them, purifying their hearts by faith” (verse 9). In other words, God did for Jews and Gentiles what the ritual laws could not do, i.e., He purified their hearts (cf. Acts 10:15; 11:9).

**2. Understanding the Decree:** The decree establishes that circumcision would not be required from Gentile converts; that they would not have to become Jews in order to be saved. The statement made by Peter was assumed to be true: “We believe that through the grace of our Lord Jesus Christ we shall be saved in the same manner as they” (Acts 15:11). Salvation reaches both groups the same way: through Jesus. The decree itself is based on Leviticus 17

and 18, and establishes that Gentile Christians are expected to do four things (Acts 15:29): First, “abstain from things offered to idols” (Lev. 17:3-9); second, “from blood” (verses 10-14); third, “from things strangled” (verses 15, 16); and fourth, “from sexual immorality” (Lev. 18:1-30).

We are dealing here with three closely related aspects of the Christian life: The first is basically a statement against idolatry and is a reaffirmation of the first commandment of the Decalogue. This suggests that the Ten Commandments were not being set aside. The next two are related to the health laws found in the Old Testament (Lev. 11). They forbid the consumption of blood by drinking it or by eating the flesh of animals whose blood was not drained out. These stipulations reaffirm the validity of the health laws found in the Bible by assuming that the flesh of the animals mentioned here is that of clean animals. The last one is about moral purity based on the seventh commandment; but it includes all kinds of sexual immorality. The decree promotes the spiritual, moral, and physical well-being of Gentile believers, making it easier for them to relate to Jewish Christians.

**3. Understanding the Law:** Based on our previous comments it could be stated that the decree not only assumes the validity of the moral law of God, but reaffirms its value in the lives of Gentile Christians. This is not new in Acts. According to Acts, many Gentiles attended synagogue during the Sabbath and kept the law, but they had not formally become Jews. These were called “God-fearers” (see Acts 17:4, 17). When many of them became Christians, they were already keeping the Sabbath. It may be that Acts 15:21 is pointing to the practice of Christians, both Jews and Gentiles, of attending the synagogue every Sabbath, where they were instructed about the moral and religious aspects of the law of God. Circumcision, as part of the ritual law, was not imposed on Gentiles. ■



Before his retirement, **Angel Manuel Rodríguez** was director of the Biblical Research Institute of the General Conference.

By MARK A. FINLEY

# Security in an Insecure World



Let's suppose a young Israelite in his early 20s was chopping wood for the evening fire, and in his carelessness the ax flew out of his hand, killing a friend instantly. The father and brothers of the slain boy had a right to avenge the death of their beloved family member. Murder was a crime punishable by death in ancient Israel.

But God made special provisions for accidental killings. Throughout Israel, on either side of the Jordan River, there were six cities of refuge (Num. 35:9-17). These cities were within a half day's journey of the entire nation. The roads to each one of them were well kept and clearly marked with the word "refuge."

In this month's Bible lesson we will discover some amazing truths about these cities and also discover God's eternal city of refuge for each one of us.

**1 What was the purpose of these cities of refuge? Read Joshua 20:1-3.**

**2 What kind of acceptance did someone who was condemned find in these cities? Read Joshua 20:4.**

In my imagination I see a man racing toward the gates of one of these cities. He is rapidly pursued by avengers. Panting furiously, his strength spent, he races to the gates of the city and, sobbing, presents his case to the elders of the city. The gates are open wide, and he is welcomed into that city as if he had been born there. He is accepted as a son of the soil. He is embraced as a long-lost child. These cities of refuge speak to us of a larger biblical truth.

**3 Read Psalm 46:1; 62:8; 71:7. Whom did the psalmist David declare to be our everlasting refuge?**

**4 Read Hebrews 6:17-20. Where can we find refuge, security, and hope today in the stresses, worries, and anxieties of life?**

Chased by anxiety, pursued by fear, harassed by guilt, and consumed with worry, we can by faith flee for refuge into the welcoming arms of our Savior in heaven's sanctuary.

This passage in Hebrews mentions two "immutable" changeless things: God's eternal covenant and His everlasting purpose. God will never break His covenant or alter His eternal purpose. In Him we are secure.

**5 What divine invitation do we find in Hebrews 4:14-16?**

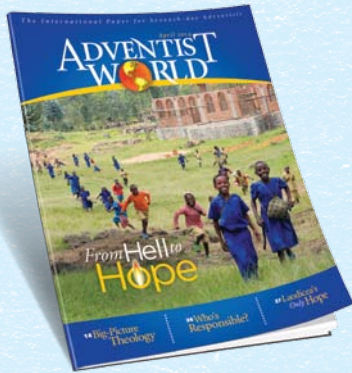
The word "boldly" in verse 16 can also be translated confidently. Jesus invites us to confidently come to His sanctuary, a city of refuge for all of our anxieties. At the sanctuary we are welcomed into the security of His warm embrace.

**6 As we come to heaven's sanctuary—its city of refuge—what promise does our Lord graciously give us? Find this promise in Hebrews 7:25.**

Jesus, our crucified Savior, is now our living high priest, ministering on our behalf in heaven's sanctuary. He is able—fully able—to save all who come to Him in faith, and He invites us to come.

**7 Where does all of heaven invite us to look continually, so that our hearts will daily be filled with joy? Read Hebrews 12:1, 2.**

Where we look makes all the difference in our Christian lives. If we dwell on our past, we will often be filled with a sense of failure. If we look within our own hearts, we will often be filled with a sense of inadequacy. If we are overly concerned about the future, we may be filled with a sense of worry. Looking to Jesus in heaven's eternal sanctuary, we discover our true sense of peace. By faith we rest in His love in heaven's city of refuge. In His arms we are secure, now and forever. ■



# Letters

## From Hell to Hope

Regarding to Claude Richli's cover story "From Hell to Hope: Rwanda, 20 Years Later" (Apr. 2014): We adults can remember the horrors reported in 1994. What an inspiring article on how God brought a vision of hope and courage "for the rebirth of the church in Rwanda" that is happening today.

NATALIE DODD

Centerville, Ohio, United States

I love to see the stacks of *Adventist World* in my church, ready for someone to pick up and read. This time I was over the moon because, to my surprise, the cover article was about Rwanda. I thought the title "From Hell to Hope" was very appropriate, as I can attest to the fact that 20 years ago that time was scary for me as well.

Claude Richli's article, however, did bring back positive memories of my

“Thank you for sharing how God has led my brothers and sisters . . . and how His power has turned evil into **good**.”

—DANA (BASSETT) BEAN, *Bermuda*

time as a student missionary in Kigali. In December 1993 I spent Christmas at Mugonero, and I had worshipped at the Adventist University of Central Africa in Mudende. I will forever remember the Clarks, Van Lanens, Houmanns, and Jacqueline Stonas.

Thank you for sharing how God has led my brothers and sisters there, and how His power has turned evil into good.

DANA (BASSETT) BEAN

*Bermuda*

As I was reading the April 2014 cover story about Rwanda, I realized that a mistake was made on page 16—in regard to the identification of one individual in the second picture (above, right). The individual in the picture is not Josué Rusine, who was, rightly so, West Rwanda Field president.

The name of the person in the picture is Jacques Nkinzingabo, who used to be director of the education department at Rwanda Union Mission when I was in Rwanda . . .

As a matter of fact, Josué Rusine is in none of the pictures. I am acquainted with both of these individuals, but Rusine is a particularly close friend of mine.

Thank you and God bless you.

JEAN-CLAUDE KALIMUNDA  
*via e-mail*

*Thank you for your note. We regret mis-identifying Jacques Nkinzingabo in the photo on p. 16.*

—Editors



CLAUDE RICHLI

## Monteiro Visits GC Headquarters

I praise God for the article about Antonio Monteiro ("Monteiro Visits GC Headquarters, Thanks Church for Support," April 2014, pp. 3, 4).

Without exaggeration, this event has put the church on the map in Togo and in the entire world. And not just

# Prayer & PRAISE

Please pray for someone I know who is struggling with cigarette smoking and drinking alcoholic beverages. Also pray for my financial matters.

ANN, *United Arab Emirates*

Please pray for me to get a job. I also need prayer for my life—to dispel the spirit of fear that has held me captive for quite some time now.

DAVID, *Kenya*

We need to build a new church in Jordan. We have a small room in our school building that we've gathered in every Sabbath for nearly 50 years! Not many know of our church since it is on the second floor of the school—I've given up everything to work at this church, and it is obvious that we need help!

JOOB, *Jordan*

# Where in the **World** Is This?

the church, but Jesus Christ. May God's grace stay with Monteiro and his family.

GAGNO YAOVI  
Kpalimé, Togo

## Copies Requested

Thank you for producing *Adventist World*. Please send me some copies of your publication, which has been very useful to me as a member.

OGIEVA S.  
Nigeria

*Adventist World* is produced by the Seventh-day Adventist Church and distributed to members free of charge. We are also on the Internet at [www.adventistworld.org](http://www.adventistworld.org). Our advice to this reader and others with similar concerns is to contact the Seventh-day Adventist Church in your region of the world. We are gratified that the magazine is filling this need.

—Editors

## Correction

In the June edition of *Adventist World*, the name of the pastoral couple profiled in the cover story was inadvertently misspelled in two photo captions. The editors regret this error.

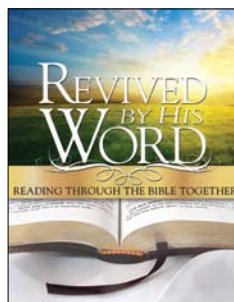
—Editors

**Letters Policy:** Please send to: [letters@adventistworld.org](mailto:letters@adventistworld.org). Letters must be clearly written, 100-word maximum. Include the name of the article and the date of publication with your letter. Also include your name, the town/city, state, and country from which you are writing. Letters will be edited for space and clarity. Not all letters submitted will be published.



COURTESY OF DAVID BARZOLA

**ANSWER:** Buenos Aires, Argentina. Members of the Jewish Adventist Fellowship meet to observe significant rituals and traditions that go back thousands of years. Services are attended by individuals of Jewish descent, both religious and secular.



## Revived *by* His Word

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God speaks to us through His Word. Join with other believers in more than 180 countries who are reading a chapter of the Bible each day. To download the daily Bible Reading Guide, visit [RevivedbyHisWord.org](http://RevivedbyHisWord.org), or sign up to receive the daily Bible chapter by e-mail. To join this initiative, start here:

**AUGUST 1, 2014 • Ezekiel 35**

Please pray for me to finish my final year of university assignments. Also pray that I draw closer to Christ.

CANDY, *United Kingdom*

I request prayer as I am looking for a job. My mom is sick and also needs prayer. Please include my fiancé in

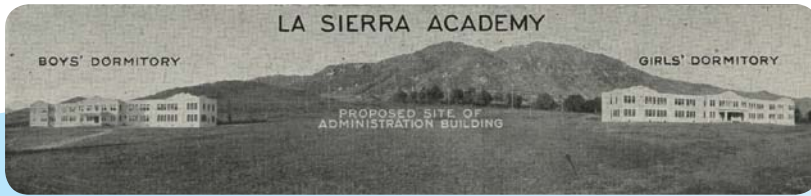
your prayers. I also pray for peace to prevail in Kenya.

VINCENT, *Kenya*

Please pray for me to be able to buy a computer. I was to use the computer in my ministry with an LCD projector.

WIN, *Myanmar*

**The Place of Prayer:** Send prayer requests and praise (thanks for answered prayer) to [prayer@adventistworld.org](mailto:prayer@adventistworld.org). Keep entries short and concise, 50-words or less. Items will be edited for space and clarity. Not all submissions will be printed. Please include your name and your country's name. You may also fax requests to: 1-301-680-6638; or mail them to *Adventist World*, 12501 Old Columbia Pike, Silver Spring, MD 20904-6600 U.S.A.



# 92 YEARS AGO

On July 1, 1922, missionary and educator J. I. Robison announced the opening of La Sierra Academy on October 3 of that year as a full-fledged 12-grade school. He later described the situation: “We did not have a building. We did not have a book in our library, nor a test tube for the laboratory. We did not have a desk or a

chair. We did not even have a faculty. . . . But we did have faith. . . . And so with faith and courage and loyal cooperation and united effort we stepped forward, facing every difficulty, confident that the Lord was leading, and that we would open school on October 3, as we had advertised.”

The school opened as advertised on 300 acres of land known as Rancho La Sierra, which was originally part of a Mexican land grant.

In 1927 La Sierra Academy became Southern California Junior College, whose first president and general manager was W. W. Ruble.

Today La Sierra University is a coeducational institution of higher learning located in Riverside, California. Its nearly 2,200 students attend its College of Arts and Sciences, School of Business, School of Education, and H.M.S. Richards, Sr., School of Divinity.

The human body has approximately 96,561 kilometers (60,000 miles) of blood vessels, enough to go around the world about two and a half times.



## Where Do They Go?

Kids around the world have different customs when they lose their baby teeth.

In Brazil and Greece children toss their teeth on or over the roof. In Japan bottom teeth go on the roof, and upper teeth are stashed under the floor to “encourage” new teeth to grow straight.

In Mexico, Italy, Spain, Turkey, and Scandinavia children place teeth under their pillows, and find a coin or small gift in its place.

In Mongolia a tooth is wrapped in animal fat and given to a dog, who is told, “Please take my tooth and give me a better one.”

Source: National Geographic

PHOTO BY STEVEN DEPOLO



## Use It Again

The energy saved by recycling a glass bottle can power a computer for 30 minutes. The energy saved by recycling an aluminum can will power a television for 120 minutes.

Source: The Rotarian

*“Behold, I come quickly...”*

Our mission is to uplift Jesus Christ, uniting Seventh-day Adventists everywhere in beliefs, mission, life, and hope.

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# An Apple a Day

What's high in fiber, low in calories, and filled with phytonutrients? If you said apples, you're right. Eating an apple a day for 30 days can lower LDL cholesterol (the bad cholesterol) by 40 percent.

To get the most from your apples:

**Eat the skins.**

**Choose red over green.**

**Go organic.**

**Keep them refrigerated.**

Source: *Men's Health*

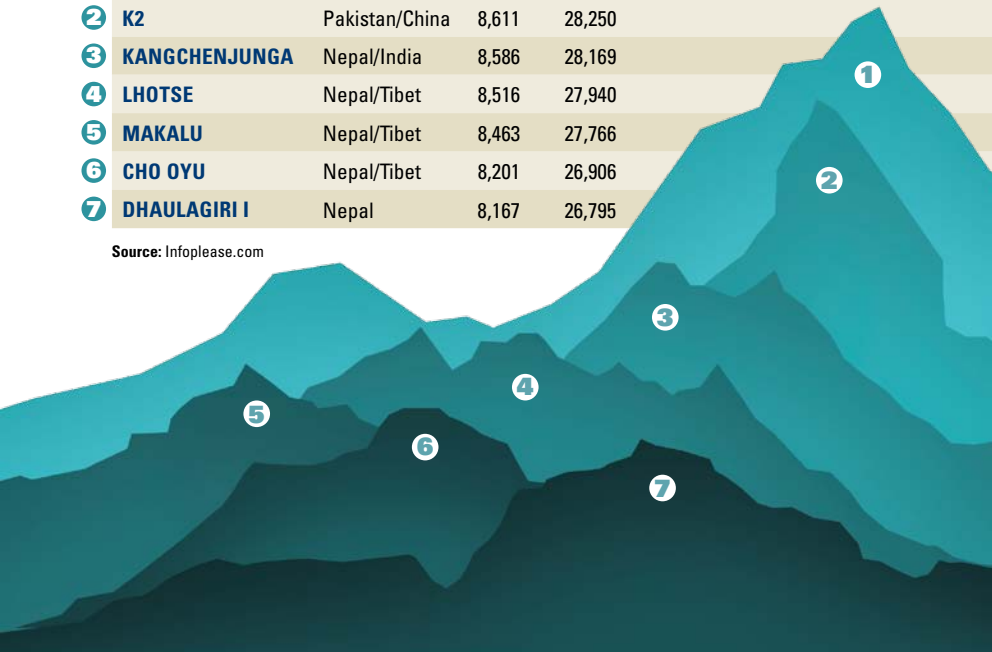


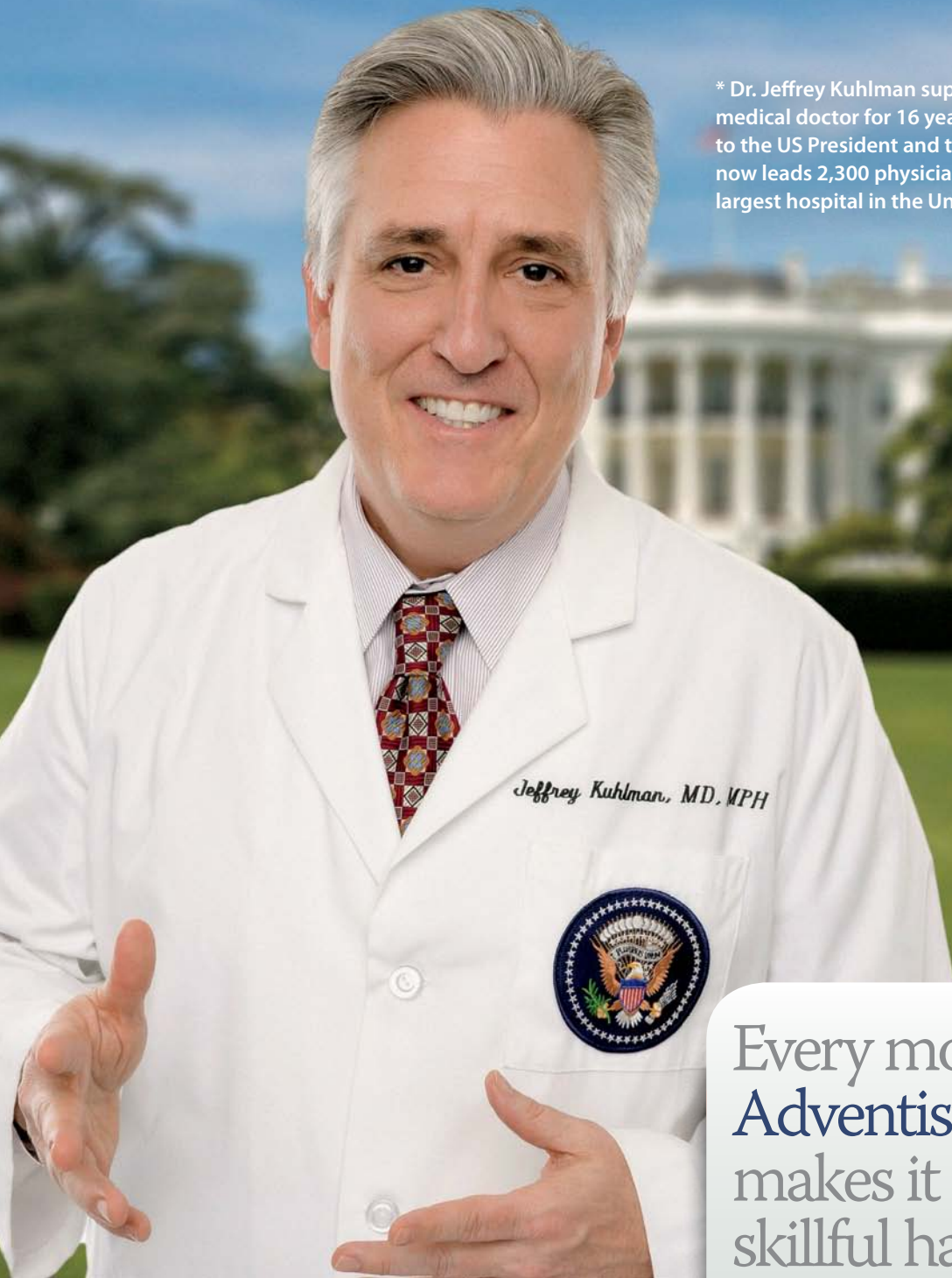
# Sitting on Top of the World

The seven highest mountain peaks in the world are located in China, India, Nepal, Pakistan, and Tibet.

	Name	Location	Height	
			Meters	Feet
1	EVEREST	Nepal/Tibet	8,850	29,035
2	K2	Pakistan/China	8,611	28,250
3	KANGCHENJUNGA	Nepal/India	8,586	28,169
4	LHOTSE	Nepal/Tibet	8,516	27,940
5	MAKALU	Nepal/Tibet	8,463	27,766
6	CHO OYU	Nepal/Tibet	8,201	26,906
7	DHAULAGIRI I	Nepal	8,167	26,795

Source: Infoplease.com





\* Dr. Jeffrey Kuhlman supported the White House as medical doctor for 16 years and was the personal physician to the US President and the First Family until July 2013. He now leads 2,300 physicians at Florida Hospital, the second largest hospital in the United States, in Orlando, Florida.

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skillful hands.

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