



Trans-Africa Division
OUTLOOK

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"IN HEAVENLY PLACES"
Eph. 2:6

"In heavenly places"—can it be
This glorious promise is for me?
Raised up by Heaven's boundless might,
To sit with Christ in realms of light
In heavenly places?

O wondrous love, that paid the price
Redemption claimed, by sacrifice
Of God's own Son! What bitter cup
My Saviour drank to lift me up
To heavenly places!

Up from a life defiled by sin,
Washed in His blood, made pure within,
Robed in His righteousness, freed of blame,
Fitted to bear my Saviour's name
In heavenly places.

Joint heir with Christ, I sit with Him,
I walk and talk and work with Him;
Above this world, sin's battlefield,
I rest in Him, His truth my shield,
In heavenly places—
"In Christ Jesus."

—Bessie Mount

Administrators' Council

"MEN MAY ASPIRE TO RENOWN," said the servant of the Lord in *Heavenly Places*, page 173. "They may desire to possess a great name. . . . But superiority is not true greatness. . . . That which alone is worth obtaining is greatness of soul in the sight of heaven."

The servant of the Lord was right and these thoughts expressed by her many years ago were the underlying principles of the Administrators' Council, held at Division headquarters, November 7 to 11. To this council were invited Pastor F. L. Bland, a vice-president of the General Conference, and Pastor E. Willmore Tarr, secretary of the Bureau of Public Relations in our world office. Nearer home, the department secretaries of the Trans-Africa Division, and the union and conference presidents and secretary-treasurers were in attendance. The Division institutions were represented by their leaders and business managers.

Pastor Bland's paper on "Leadership and Spiritual Growth" opened the council. "Leadership in the Adventist church," he remarked, "opens a door into the most absorbing lifework under heaven." He went on to emphasize the things which are important in the ministry of every worker: his prayer life, his study

life, and his awareness of the need of the Holy Spirit in all his work and all of his preaching to others.

Pastor and Mrs. Willmore Tarr arrived the day before the council opened. To them it was a home-coming to be back on Southern African soil once more. More than thirteen years have gone by since they left for the United States. Brother Tarr's first appointment there was on the faculty of Atlantic Union College in Massachusetts. Then in 1958 he was appointed to the Bureau of Public Relations in the General Conference. Following the council, while Mrs. Tarr was visiting friends in South Africa, Pastor Tarr itinerated with Pastor A. E. Cook, holding Public Relations workshops. But back to the council! Pastor Tarr's first paper was on the "Qualities of Leadership." Among the desirable attributes listed were consideration, dependability, agreeableness, initiative, and unselfishness.

Our Division president, Pastor M. L. Mills, spoke on "Integrity," that basic quality of strict honesty and truthfulness in all things, small and great. The men chosen by Moses to be divisional leaders in the camp of Israel were to be "able" men, who feared God, loved truth and hated covetousness. Again in New Testa-

ment times, the counsel given was that those men who were to be leaders in the infant Christian church were to be men of "honest report, full of the Holy Ghost, and wisdom." These are the high standards the Lord sets before His people in these days as the church enters upon its final experience. "That which counts most in God's sight," concluded Pastor Mills, "is whether we have been men of integrity, men who have adhered to the standards of right."

We were privileged to have Pastor F. G. Clifford meet with us during the council and also in the year-end committee meetings. Councils and committees are no new experience to Brother Clifford. For five years he was president of the South African Union Conference, and the following eight years he spent as secretary of the Southern African Division. Then, answering a call to the Australasian Division he served for eight years as the president of that large and interesting field. With this rich and international background Brother Clifford's counsel was the voice of wisdom and balance. In discussing the topic of "How to Persuade and Motivate," he said: "To persuade is to convince. . . . To motivate in its primary meaning is to initiate motion." He emphasized the need for

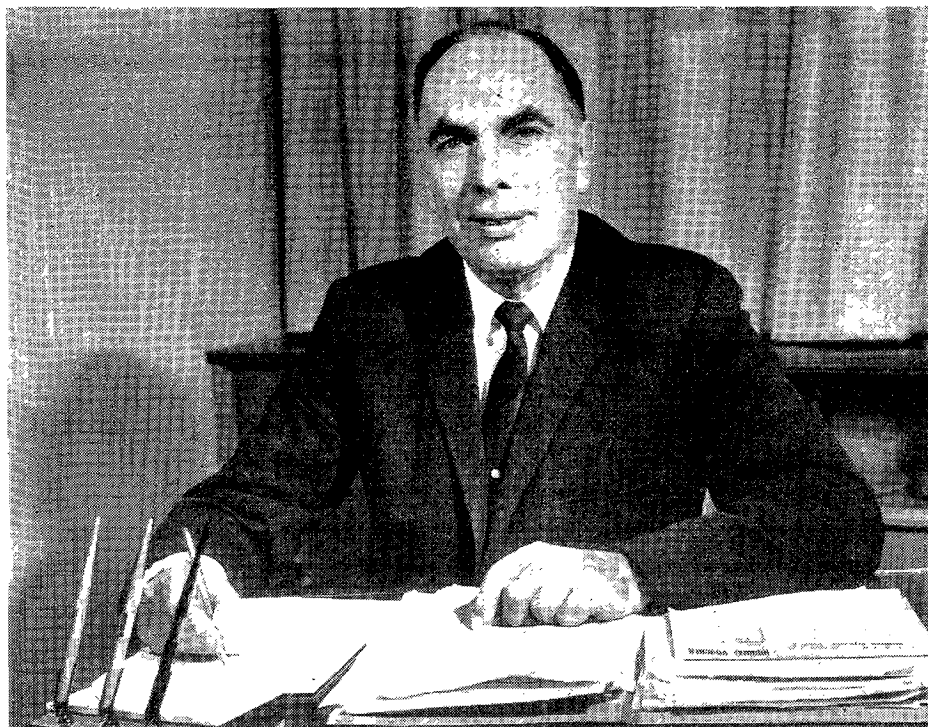
DURING RECESS: F. L. Bland, a Vice-president of the General Conference, Chats with (l. to r.): C. D. Verwey, Secretary-treasurer of the Southern Union; W. van Heerden, Secretary-treasurer of the Oranje-Natal Conference; and Eric Korff, Secretary-treasurer of the Transvaal Conference.



SOMETHING NEW: E. Willmore Tarr, Secretary of the General Conference Bureau of Public Relations, Explains the Workings of the Overhead Projector He Used During his Lectures to (l. to r.): Eric Armer, Secretary-Treasurer of the Cape Conference; E. E. Lampson, Business Manager of Helderberg College; and A. D. Jephthas, Secretary-Treasurer of the Good Hope Conference.

FAREWELL

PASTOR AND MRS. R. M. Reinhard have received a call to the General Conference to connect with the Treasury Department, auditing section. With their hearts deeply embedded in mission service, it was not an easy decision to make when they responded to this call. Since 1937 when Elder Reinhard first responded to a call to the mission field he had served in Tanzania, and Mrs. Reinhard, as Miss Mary Sachs, in Uganda. Together they



Pastor and Mrs. R. M. Reinhard

have laboured in the Congo and at Division headquarters, with a break of five years which was spent in the United States. This contribution to the work of God has taken them beyond the call of duty. Efficiency overlaid with sympathetic understanding of the personal problems of workers, the guiding of treasurers, and a godly concern for the judicious management of the Lord's money have characterized their dedicated service. It is with real regret that we say farewell to them but wish them every blessing and success in their new assignment.

of the Division, led out in a discussion of the topic "Spiritual Leadership." One of the many striking statements in this paper was "The solemn fact remains that to bring the best good to those under our care and direction, we must be in a state of continual, sound, spiritual health ourselves. D. L. Moody once pointed out in a sermon that it is significant to observe that God asked, 'Where art thou?' before He asked 'Where is . . . thy brother?'"

Pastor G. M. Ellstrom, president of the Congo Union, had as his subject "Management and the Sabbath." During the course of his presentation he related the experience of a friend who was asked to interview a high official about Sabbath privileges for some students. The question was put to this worker: "How much does the Sabbath really mean to you?" and the reply came: "Next to the Lord Jesus Christ, my personal Saviour, the Sabbath means everything to me." "Shouldn't this be our attitude toward the Sabbath?" asked Pastor Ellstrom.

"The Gospel in an Envelope" was the title given by Pastor N. L. Doss, president of the South-East Africa Union, to his topic on letter-writing, and surely this is what our letters should be if they and we are to be registered in the books of heaven as true Christian men and women. "Your letter is YOU. You project your personality, the depth of your Christian experience into the setting of the one who receives your letter," concluded Pastor Doss.

Pastor Pieter Coetzee, president of the Southern Union, discussed that vitally

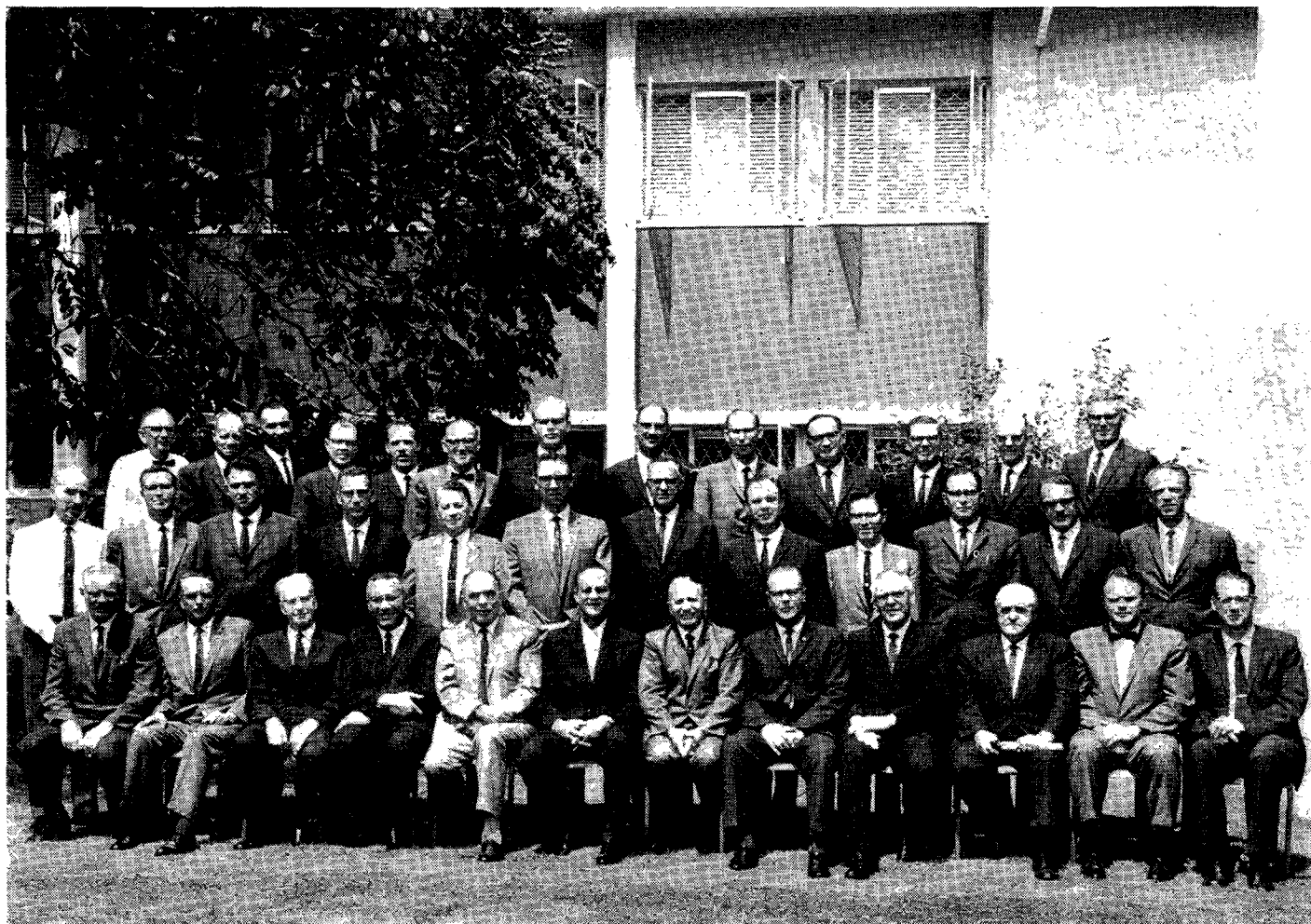
sincerity and Christian fellowship in all the endeavours of leaders to persuade and motivate workers to greater achievements as contrasted with the "fear" policy of retributions and loss of benefits as goading agencies.

Dr. M. H. Schaffner, medical secretary of the Division, delivered a comprehensive paper on "The Administrator and His Health." In these days of tensions and pressures within and without, how vitally necessary it is that the administrator preserve his health, lest he develop ulcers, or even worse, give them to those with whom he works. Dr Schaffner stressed the balance between mental and physical activity, diet, and overweight, and ended his helpful and informative paper by giving ten points for administrators to check so they will be able to bring the maximum efficiency to

their tasks and get the maximum value out of daily living.

One of Pastor M. E. Lind's two papers, entitled "Hurdles and Hazards for Administrators" contained some constructive and valuable information drawn from his rich background as a missionary, department leader and administrator. And it goes without saying that Pastor R. M. Reinhard's topic, "Fiscal Responsibility" would be along financial lines. It was with real regret that the delegates learned of Pastor Reinhard's call to the General Conference. Monuments to his sound financial acumen and wise administration are evident around the Division as is the fact that the Division as a whole shows stability in its present economic status.

On the Sabbath afternoon of the council, Pastor A. W. Austen, field secretary



Delegates to the Administrators' Council.

important matter of *esprit de corps* among administrators and workers. Closely allied to this subject were those presented by Pastor R. E. Clifford, president of the South African Union Conference, on "Correcting Without Offence;" by Pastor F. G. Thomas, president of the Zambesi Union, on "Personal Factors;" by Pastor P. G. Werner, president of the Tanzania Union, on "Governed by Principle and Policy;" and by Pastor F. G. Reid, president of the East African Union, on "The Theory and Practice of Decision Making." The principals of our two colleges, Dr. Daniel Walther of Solusi College, and Pastor Henri Marais of Helderberg College, rendered thought-provoking papers on "How to Grow (Mentally)" and "Co-operation Between Organizations" respectively.

Interspersed between the papers were agenda items and discussions in which all could participate. These were stimulating and constructive periods, and when the council ended it was apparent that the benefit and blessing of the meetings had brought enrichment and strength to our administrators.

A Million Prayers A Day

THE CHURCH IS throbbing with excitement. Never before in our history has the entire world church of Seventh-day Adventists united in a prayer programme that will produce over a million prayers a day in behalf of its youth.

And why not? In a thousand ways God is announcing the nearness of the second coming. Evil is multiplying abundantly. God's youth give evidence in this hour of a deepening consecration and evangelistic witnessing.

Missionary Volunteers are in the midst of the greatest soul-winning programme they have ever undertaken, the winning of 100,000 for baptism by 1970. Reports indicate we are already approaching 50,000 toward our "Mission 70" MV TARGET goal of 100,000.

It is time for action. The General Conference has planned that a special feature of the 1968 MV Week (March 16-23) be a world-wide united prayer in

behalf of our youth. Our great need is for spiritual revival and for the power of the Holy Spirit.

Here is the plan:

Leaders:

That the office families of the General Conference, every division, union, local conference and mission of the entire world join in prayer during this week in behalf of our youth and their evangelistic programme.

Pastors:

That every pastor in the world (1) lead his church in this special prayer for youth by means of a unified plan for the church membership; (2) conduct in his church daily Week of Prayer services, preferably presenting the sermon material in the MV special of the *MV Kit*. Each night's subject is to be based on a chapter of *Steps to Christ*.

Parents:

Every Adventist family of the world join in this special prayer schedule as presented by the pastor.

Youth:

That every youth of the church actively participate in MV Week activities and turn to God as never before in heart-searching surrender and personal pleading for an infilling of the Holy Spirit. This will involve every church institution from the first grade on through to the university level.

Then the Daily Prayer Schedule:

March 16—Sabbath, MV Day.

Pray for world-wide revival among Advent youth.

March 17—Sunday.

Pray for youth of the local church.

March 18—Monday.

Pray for youth of the Australasian and Central European divisions.

March 19—Tuesday.

Pray for youth of the Far Eastern and Inter-American divisions.

March 20—Wednesday.

Pray for youth of the Middle East, North American and Northern European divisions.

March 21—Thursday.

Pray for youth of the South American and Southern Asia divisions.

March 22—Friday.

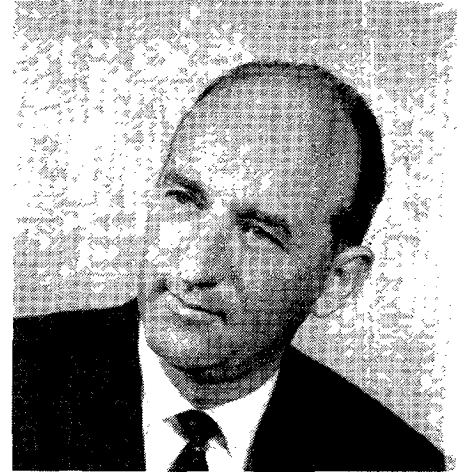
Pray for youth of the Southern European and Trans-Africa divisions, and Eastern Europe.

March 23—Sabbath.

Pray for total youth consecration and the success of MV TARGET 100,000.

—LAWRENCE M. NELSON,
*Associate Secretary,
YPMV Department, General
Conference.*

MEET OUR VISITOR



DR. RICHARD WALDEN, assistant Dean of the School of Public Health, Loma Linda University, visited headquarters during the Division year-end committee meetings. He was accompanied by four of his children. Mrs. Walden remained in France where she was studying French at our *Seminaire Adventiste* at Collonges.

Dr. Walden has been serving as consultant in Public Health to our School of Health Education connected with Heri Hospital in Tanzania. This Health Education school is a joint venture of the Trans-Africa Division and Loma Linda University.

During this trip, Dr. Walden and his young folk were able to visit all unions of our field with the exception of the Congo. Medical institutions and secondary schools were his chief interest in behalf of the Loma Linda School of Public Health, and his counsel and observations were of great value to our administrators in these centres.

Their return trip took them from Malawi to Mombasa and Israel where Mrs. Walden joined them. We greatly appreciated their visit and their kindly fellowship and interest.

Malamulo Students Sing For President

by R. A. FORBES,
*Public Relations Department,
South-East Africa Union.*

AT THE REQUEST of the Hon. G. C. Chakuamba, Minister of Local Government, several students from Malamulo College sang for the President of Malawi, Dr. H. Kamuzu Banda, on the occasion of his departure for Kenya to open the world-famous agriculture show in Nairobi.

The Malamulo choir and musical groups are well known in Malawi, for

they are often featured on Radio Malawi and recently gave a concert in the National Cultural Centre in Blantyre.

Pictured below are the students during the singing of their songs, and (inset) the Rt. Hon. Dr. H. Kamuzu Banda, President of Malawi (right) with the Hon. J. Msonthi, Minister of Transport and Communications.



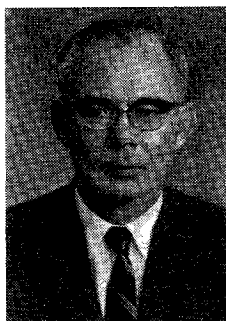
Picture Credits:

COVER: Lundi River, Rhodesia.
Photo by B. E. Seton.

Photos on pages 2, 3, 4, 6, 7, 8, and 9
by A. E. Cook.

FEATURING:—

THE CENTRAL AFRICAN UNION



P. G. Werner, Newly Elected President of the Central African Union.

RWANDA A Pictorial Tribute

From the ends of the earth to the ce... healing with the giving of the gospel, calle... States, and Miss Medina Chitty of New C... by five hours of winding mountain road fr... cated women were holding the fort alone... gelistic institute. The radio, linking their... was out of commission. In the loneliest o... the people of Rwanda under the protection... large German shepherd dog.



One of Rwanda's Tall Men From the Mountains Trekking to the Dispensary.



"La Petite Fille et le Grande Chien"—French-speaking Miss Medina Chitty and Her Dog.

Miss Medina Chitty and the Girls of Her Sewing Class Exhibit Their Handiwork.



**RWANDA
Brave Missionaries**

Rwanda, the One who combined teaching and
with Carnahan, missionary nurse of the United
Australasia, to heal and to teach. Separated
nearest European missionary these two dedi-
arrived at Rwankeri to conduct an evan-
th Ngoma Hospital and Gitwe Seminary,
circumstances they carried on their work for
n and the watchful eye of Miss Chitty's

—A. E. COOK,
Public Relations.



Sister Carnahan Carefully Checks a Sick Child.

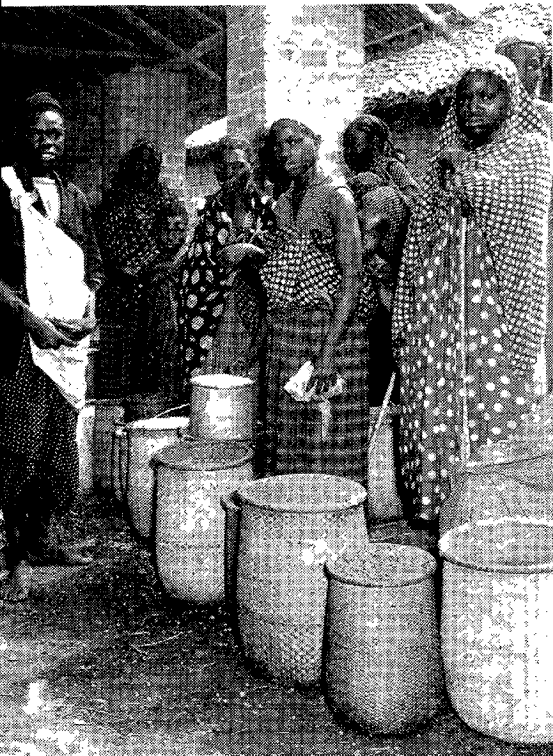


**Sister Ruth Carnahan with Part of the
Dispensary Queue any Morning of the
Week at Rwankeri.**

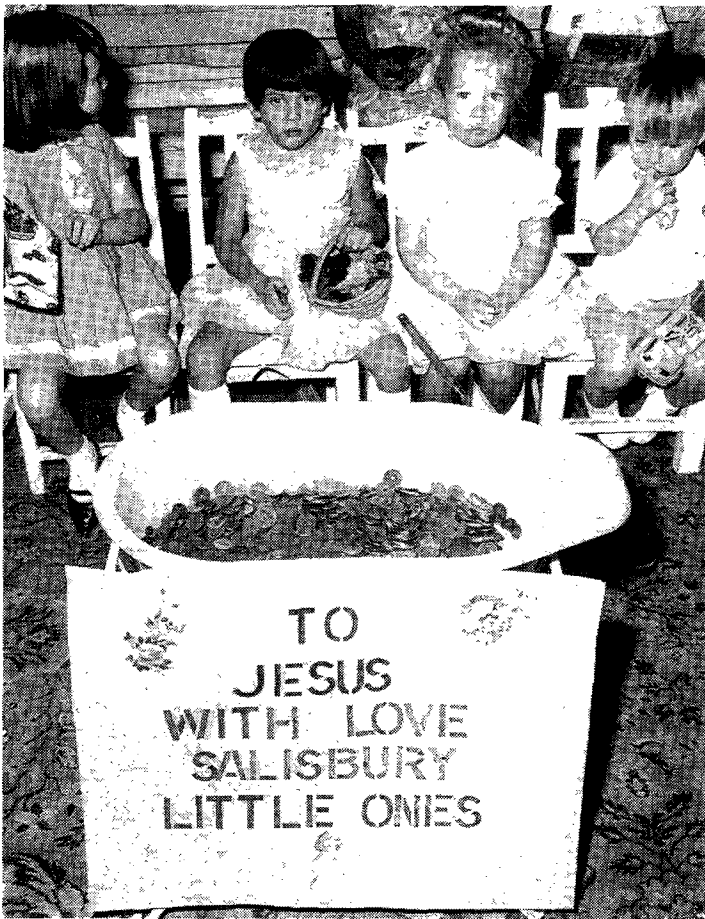


**LATEST ARRIVAL: Friends Carried
This Patient on a Stretcher Over Miles
of Mountain Trails to Seek Urgently
Needed Help at the Dispensary.**

**AT RWANKERI: The Mission Mill Grinds the Corn
for the people of the District.**



**VISITING THE
"MILL": Two Women
of Rwanda After
"Grinding at the Mill."**



PENNIES FOR JESUS: (l. to r.) Coleen Sheasby, Diane Rawson, Gayle Robinson and Dennis Clifford.

“TO JESUS WITH LOVE”

THERE ARE some glimpses of heaven we are permitted to see every now and then in this life. One such was the sight of the little ones of the kindergarten and primary divisions of the Salisbury Sabbath-school pouring their Investment pennies from little cloth bags into a tub bearing the inscription: “To Jesus With Love” during the Investment programme held on November 11. Under the direction of their leaders, Sister Maureen Watermeyer (kindergarten) and Brother Robin Watermeyer (primary) these little children had worked hard, long and ardently in order to be able to bring over £11 in pennies to Jesus. This was a real demonstration of their love for their Saviour.

The kindergarten children had the first item on the programme and during the singing of their little song they emptied their bags of pennies into the tub. Then, down the aisle of the church came the primary children wheeling a little wheelbarrow filled with bags of pennies and singing “Running over, running over,

my heart is full and running over.” Their pennies, too, were emptied into the tub.

With a goal before her of £150 for Investment this past year, the Salisbury Sabbath-school Investment secretary, Mrs. Jean Donald, has given excellent promotion to this offering and her labours have been rewarded by a final total of over £185. Many and varied have been the projects of the members for raising funds and the Lord blessed in a remarkable way. And not least, the little children with their enthusiasm and energy inspired the members to greater activities. How blessed these children are to have dedicated Sabbath-school leaders and teachers who train them in the ways of service for Jesus!

IMPORTANT DATES

February 24 Dorcas Day.
 March 2 Sabbath School Visitors' Day.
 March 2-30 Youth Evangelism Month.
 March 16-23 MV Week of Prayer. (Outside S.A.U.)



THEY ALL HAD A PART: The Children With Their Leaders and Teachers: (l. to r.) Miss Christine van Wyk, Mrs. Elizabeth Mills, Mrs. Maureen Watermeyer (Kindergarten Leader), Mr. Robin Watermeyer (Primary Leader), Mrs. Estelle Stephenson, and Mrs. Heather Peacock.

1967 YEAR-END COMMITTEE

ONCE AGAIN when "adjourned *sine die*" was pronounced at the close of the last meeting of the year-end committee, we thought of some of the items and actions which would interest our readers.

Our committee brethren were given wise and helpful counsel by Pastors F. L. Bland and A. E. Gibb of the General Conference, who attended the meetings from the beginning. Pastor Kenneth H. Emmerson, treasurer of the General Conference, flew in for a few days when the budget and other important financial items were presented, and his support greatly encouraged the brethren.

After the reading of the budget a presentation was made to Pastor and Mrs. Reinhard by the brethren from the unions. Pastor Pieter Coetzee spoke on behalf of the union presidents, expressing their appreciation for the outstanding assistance the Reinhard's had given to the unions through the years of their service at headquarters, and Pastor M. M. Musgrave spoke on behalf of the treasurers who had found in Brother Reinhard a strong tower and a wise, sympathetic counsellor, one who had helped them get their finances on to a stable platform. A vote of appreciation recorded in the Division Committee minutes reads as follows:

"Except for the period 1948-1953, when Elder Reinhard served as auditor of the Columbia Union, he has been with the Trans-Africa Division since 1937 when he connected initially with the work in Tanzania. One full term was then spent with the Congo Union, and in 1958 came his election as treasurer of the Trans-Africa Division. Since that time it has been our good fortune to benefit from his innate abilities as a financier, his vast experience, and his devoted interest in the Cause.

"By his side has stood, as a constant companion and help, one as richly endowed and who, with meticulous care, has served as custodian of our statistical and *YEARBOOK* records.

"And so to both Pastor and Mrs. Reinhard, to whom we are indebted for their outstanding contribution to the quality and success of the work in this Division, we extend our profound and sincere appreciation."

"Evangelism" was a word frequently used during the session, and surely to evangelize is the only reason for our existence as a people. It was voted "that all presidents, department secretaries, and other workers on Division, union and local levels, be encouraged to arrange to spend some time during the coming year in leading out, or being directly

A. E. Gibb, an Associate Secretary of the General Conference, and one of our Year-end Visitors, Chats With Dr. Daniel Walther, Principal of Solusi College.



associated with reaping campaigns, including MV Weeks of Prayer of a definite evangelistic nature, of not less than a full week, including two week-ends."

Appreciation was recorded to Mr. Frank de Haan for his gift of the CESSNA 185 which our readers may remember Dr. M. H. Schaffner flew from London to Malawi some months ago.

Here is an interesting item for all Sabbath-school members: "Upon the recommendation of the General Conference, VOTED: to discontinue the practice of having a Sabbath-school Rally Day and, in its place, plan for a Visitors' Day, thus providing for two Visitors' Days per year."

Pastor Robert H. Pierson, president of the General Conference, has another new book coming out, entitled *Hope and Happiness*. This book has been accepted as the Missionary Book of the Year for 1969.

Our youth and those interested in youth work will be pleased to know that a World Youth Congress is to be held in Vienna, Austria, July 22 to 29, 1969. It is anticipated that there will be a good representation of our young people and youth leaders from our Division.

A two-stream departmental council is to be held at the "Norseland" Youth camp in the Vumba Mountains, eastern Rhodesia from April 18 to 29, 1968. Our union MV and Lay Activities secretaries will meet with Division leaders in this Camp Council.

A vote of appreciation was recorded expressing our deep and sincere gratitude to the Central European Division and the South African Union Conference for their continued and generous support of our mission programme.

In his devotional study the first morning of the committee, Pastor Mills spoke on "Grasshoppers and Giants." "Israel, hard-pressed by the pursuing Egyptian forces, had miraculously crossed the Red

Sea. They had endured hardship and sufferings. Finally they had reached the borders of the promised land only to be turned away. Why this retreat? They accepted the majority report of the 12 men sent to spy the land that "there are giants in the land." True, the minority report given by Joshua and Caleb stated, "We are well able to possess the land," but the people did not accept this faith-filled statement.

"We, too, are facing giants—insufficient funds for our expanding work, lack of trained personnel to fill our many calls, political problems of great magnitude. Brethren, let us have faith in God and by His help let us go up and possess the land, for we are well able to do it."

And finally an action concerning our children. It was "VOTED: that in cases where children are too young for baptism, we urge our fields to take every step to ensure that their 'Decisions for Christ' are followed up by having these young people enrolled in the Sabbath-school and/or MV Society."

People and Events

(Continued from page 11)

Miss Helene Devos returned from her overseas furlough in Belgium and will soon be continuing her work in the Voice of Prophecy in Lubumbashi. Brother and Sister R. Howson are spending their furlough in South Africa while the Ingersoll family have gone to the United States for their furlough.

Brother and Sister Bruce Roberts are the newest missionary family to arrive in Trans-Africa. They will be located at Hanke Mission in the Zambesi Union.

Solusi College gained high honours at a recent Temperance Rally conducted at Lower Gwelo Training School recently. The cup was awarded on total points received in the poster, jingle, and oratorical contests.

A Formula For Health and Happiness

by ADLAI ALBERT ESTEB,
Associate Secretary, Lay Activities
Department, General Conference

"IN CONCLUSION, my brothers, delight yourselves in the Lord! It doesn't bore me to repeat a piece of advice like this, and if you follow it you will find it a great safeguard to your souls."—Philippians 3:1 (Phillips).

First, notice that our text reads, "Delight yourselves in the Lord." It is in the imperative mood. It is the *plan* of God for man to be happy. Indeed, it is the *command* of God for believers to be happy. It is *essential* for Christians to be happy. In fact, it is so urgent, so important that God used one of His noblest workers to send this message to the church from a prison where he was bound in chains.

We have been given this same counsel from God's modern messenger who also suffered from physical infirmities, yet wrote: "Unless you cultivate a cheerful, happy, grateful frame of mind, Satan will eventually lead you captive at his will."—Ellen G. White, *Testimonies to the Church*, vol. 1, page 704.

"Keep cheerful"—it is easy to say, but how can it be done? Read the text again,—"Delight yourselves in the Lord." If there is nothing else to be happy about, then be happy "in the Lord." Paul said, "Be happy." And it was Paul and Silas who sang praises at midnight while in an "inner prison" of the Philippian dungeon with their feet "fast in the stocks." Certainly, they were not comfortable physically, but they *were* happy "in the Lord." Notice that they practised what they preached! And what an experience they had. "Happy in the Lord." What a source of comfort, love and power! What a vast fountain-head, what a great reservoir from which all Christians may "drink deep" from the wells of salvation. To the child of God, "Iron bars cannot a prison make." Christians can sing praises at midnight in a dirty dungeon even on this earth.

Furthermore, think of God's provisions for the future. God is planning for our eternal happiness. God *purposes* that His redeemed children will enjoy everlasting happiness! Heaven is for keeps!

Can Money Buy Happiness?

Secondly, notice the divine methods of pursuing happiness. It is not attained by acquiring riches. Jesus said, "What is a man profited, if he shall gain the

whole world, and lose his own soul?"—Matt. 16:26. Why have so many millionaires committed suicide if wealth alone brings happiness? Money can buy a golden bed and a beautiful coil-spring mattress but it cannot buy sleep. Money can buy the most expensive food but it cannot buy appetite. Money can buy a beautiful house but it cannot of itself build a happy home! Money can purchase human slaves but it cannot buy love!

However, money can be a means of helping others, and when a human heart goes out in sympathy and empathy to others, it is on the highway to happiness! Happiness is giving an apple to a hungry child,—it is feeding the hungry multitude. Happiness is clothing the orphans. Happiness is visiting the sick. Happiness is ministering to the needy. Happiness is helping others!

In His beatitudes—which are really beautiful attitudes—and which were a part of His Sermon on the Mount, Christ revealed eight secrets of happiness such as "Happy (blessed) are the merciful: for they shall obtain mercy." How many people have found their greatest happiness by seeking the welfare and happiness of others! Thus we make the great discovery that the path of happiness leads through the hearts and homes of our fellow-men. When we carry hope and health and happiness to others we find our own hearts strangely warmed and refreshed. When we put the cup of cool water to the parched lips of others we find we drink deeper from hidden springs. Then we can say with Christ that we have meat and drink that others "know not of." Every effort made for Christ will react in blessing upon

ourselves."—*Christ's Object Lessons*, page 354. That is why "doing good is an excellent remedy for disease."—*Christian Service*, page 270. Notice, not a remedy but an "excellent remedy." Why? Because it makes us happy and "a merry heart doeth good like a medicine," as the wise man told us. Therefore when we walk the highway to happiness we discover that our own health improves. Indeed, when we deal out our bread to the hungry and satisfy the afflicted soul, then our own "health springs forth speedily" as Isaiah 58 assures us. Why is this so? Do you really want an answer? Well here is a divine answer to that important question. "The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health."—*Christian Service*, page 271. Here, then, we find a divine formula for health and happiness! Are we willing to follow the formula? Are we willing to take this divine medicine for man? It is God's prescription. Are we willing to follow "advice like this," as our text puts it? If we will follow this advice, Paul assures us that it will be "a great safeguard to our souls."

Our Mental Attitude Vitally Important

We find further confirmation of Paul's philosophy on mental attitudes in this astounding statement from *Ministry of Healing*, page 251. "Nothing tends more to promote health of body and of soul than does the spirit of praise and gratitude. It is a positive duty to resist melancholy, discontented thoughts and feelings,—as much a duty as it is to pray." It surely helped Paul and Silas physically, mentally, and spiritually to sing praises at midnight with their feet fast in the stocks in that inner prison. Think of it! That night the jailer and his whole family were won to Christ, and Paul and Silas were set free again. They were happy "in the Lord" and surely God marvellously helped them.

THOUGHTS ON . . .

HAPPINESS: "To awaken each morning with a smile brightening my face; to greet the day with reverence for the opportunities it contains; to approach my work with a clean mind; to hold ever before me, even in the doing of little things, the ultimate purpose toward which I am working; to meet men and women with laughter on my lips and love in my heart; to be gentle, kind, and courteous through all the hours; to approach the night with weariness that ever woos sleep and the joy that comes from work well done—this is how I desire to waste wisely my days."

—THOMAS DRIER.

Reporting on . . .

PEOPLE AND EVENTS

Following the close of the Division year-end committee, the Division officers left headquarters to attend union year-end committees. After having a part in the dedication of two churches in Natal, South Africa, Pastor Mills flew to Nairobi to meet with the brethren of the East African, Tanzania, and Central African unions in their respective countries. Pastor Lind was present with the East African and Central African unions, and Pastor Reinhard in the Tanzania and East African unions. Pastor Austen's trip took him to the Zambesi and South-East Africa unions. After the turn of the year these brethren attended meetings of the Congo, South African, and Southern unions.

Hard work produced an Ingathering increase in Kinshasa, capital of the Congo Republic, when Pastor G. M. Ellstrom, president of the Congo Union, and his team worked this city recently. Considering the unfortunate political crisis the Congo has been passing through, this achievement is very remarkable.

The Zambesi Union Lay Activities Department, under the leadership of Pastor Ivan Piercey, reports an Ingathering overflow of £1,070. Since 1963 when Ingathering appeared to go hard, this union has made a steady increase in receipts each year until this year their total is the highest ever.

At a recent MV investiture at Lower Gwelo Training School in Rhodesia, 258 students were invested, 21 of whom were Master Guides.

We learn from our Medical Department that the Nairobi practice is growing rapidly and that Dr. Cyril Blaine is being kept very busy.

Word of Brian Peckham, a young would-be medical student who met with a serious car accident which has caused paralysis and prevented his entering medical school to prepare for his future career, is that he has been allowed to return home after nine months in hospital. He has been fitted with electrical gadgets which he can use in place of his hands and feet. We trust our readers will continue to pray for Brian. He is of good courage and trusts that the Lord's will for him shall be done.

The year 1967 was a very successful one in the evangelistic field. Thousands have joined the church through efforts held throughout our Division. We are thankful for the results but must not rest on our laurels. We must press on to greater achievements in 1968. Public meetings, youth efforts, and large evangelistic campaigns have been planned. Our Division Ministerial Association secretary, Pastor A. E. Cook, will conduct two large city campaigns, one in Bujumbura, the capital of Burundi in Central Africa, and the second in Dar-es-Salaam in Tanzania. From time to time reports will be given to our readers of the progress and results of these and other campaigns.

Branch Sabbath-school work is progressing apace in the Trans-Africa Division. The Congo Union averages 6 branch Sabbath-schools for every organized Sabbath-school. Pastor M. B. Elasto, the Sabbath School Department secretary, reports that during the third quarter 53 new branch Sabbath-schools have been established in the Congo, two being in the prisons of Kaspa and Buruwo.

The Tanzania Union's Publishing Department secretary, Pastor R. H. Henning, reports a thrilling break-through. When seeking government permission to show the film, **Mightier Than the Sword**, he was referred eventually to the Regional Commissioner who gave his consent willingly after a private showing. His comment was: "This is a terrific story and a very wonderful film which can serve our people." He further assisted by introducing Brother Henning to other government officials to whom invitations to attend the official showing of the film were issued. Many influential families and businessmen also attended. The script for this film was written by Mrs. Jean Cripps.

In several unions, the Investment plan is being promoted. At Ikizu Training School, over £55 was raised by students and staff in a strong programme led by Brother B. Elienema. This is a record and shows what can be done through dedication and hard work.

Sabbath-school membership for the third quarter, including branch Sabbath-school membership, has reached an all-time high of 488,678. This gives an increase of almost 8,000 over the second quarter of this year.

Trans-Africa Division

OUTLOOK

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SUNSET CALENDAR

FEBRUARY, 1968

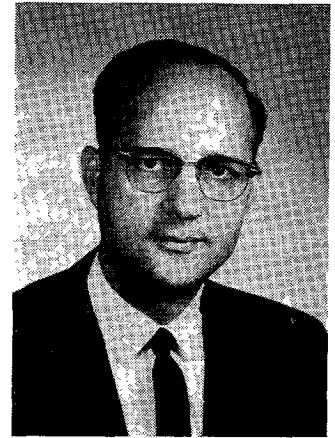
| | 2 | 9 | 16 | 23 |
|------------------|------|------|------|------|
| Cape Town | 7.51 | 7.45 | 7.38 | 7.30 |
| Johannesburg | 6.59 | 6.55 | 6.51 | 6.44 |
| East London | 7.11 | 7.05 | 6.59 | 6.51 |
| Port Elizabeth | 7.23 | 7.17 | 7.10 | 7.02 |
| Bloemfontein | 7.12 | 7.07 | 7.01 | 6.54 |
| Pietermaritzburg | 6.56 | 6.51 | 6.46 | 6.38 |
| Durban | 6.54 | 6.49 | 6.44 | 6.36 |
| Windhoek | 7.38 | 7.35 | 7.30 | 7.24 |
| Bulawayo | 6.48 | 6.45 | 6.41 | 6.36 |
| Salisbury | 6.34 | 6.31 | 6.28 | 6.24 |
| Gwelo | 6.40 | 6.39 | 6.36 | 6.34 |
| Lusaka | 6.40 | 6.40 | 6.38 | 6.36 |
| Blantyre | 6.18 | 6.15 | 6.11 | 6.07 |
| Lubumbashi | 6.41 | 6.39 | 6.36 | 6.34 |
| Nairobi | 6.50 | 6.50 | 6.50 | 6.49 |
| Mombasa | 6.43 | 6.42 | 6.41 | 6.39 |
| Kisumu | 7.00 | 7.00 | 7.00 | 7.00 |
| Kampala | 7.07 | 7.07 | 7.06 | 7.06 |
| Dar-es-Salaam | 6.48 | 6.48 | 6.46 | 6.45 |
| Tabora | 7.12 | 7.11 | 7.09 | 7.09 |

MARCH, 1968

| | 1 | 8 | 15 | 22 | 29 |
|------------------|------|------|------|------|------|
| Cape Town | 7.23 | 7.14 | 7.06 | 6.56 | 6.45 |
| Johannesburg | 6.39 | 6.32 | 6.25 | 6.18 | 6.10 |
| East London | 6.44 | 6.36 | 6.28 | 6.18 | 6.07 |
| Port Elizabeth | 6.55 | 6.46 | 6.38 | 6.28 | 6.17 |
| Bloemfontein | 6.48 | 6.41 | 6.34 | 6.25 | 6.16 |
| Pietermaritzburg | 6.32 | 6.24 | 6.17 | 6.08 | 5.58 |
| Durban | 6.30 | 6.22 | 6.15 | 6.06 | 5.56 |
| Windhoek | 7.20 | 7.14 | 7.08 | 7.01 | 6.53 |
| Bulawayo | 6.32 | 6.27 | 6.21 | 6.15 | 6.08 |
| Salisbury | 6.20 | 6.15 | 6.09 | 6.04 | 5.57 |
| Gwelo | 6.30 | 6.23 | 6.14 | 6.05 | 5.58 |
| Lusaka | 6.33 | 6.26 | 6.18 | 6.10 | 6.04 |
| Blantyre | 6.40 | 6.00 | 5.55 | 5.51 | 5.44 |
| Lubumbashi | 6.31 | 6.28 | 6.25 | 6.21 | 6.16 |
| Nairobi | 6.49 | 6.47 | 6.46 | 6.45 | 6.42 |
| Mombasa | 6.38 | 6.37 | 6.35 | 6.32 | 6.26 |
| Kisumu | 6.59 | 6.57 | 6.55 | 6.54 | 6.51 |
| Kampala | 7.05 | 7.05 | 7.04 | 7.02 | 6.59 |
| Dar-es-Salaam | 6.43 | 6.41 | 6.38 | 6.34 | 6.27 |
| Tabora | 7.08 | 7.06 | 7.03 | 7.02 | 6.57 |

Learning to Forget

by MERLE L. MILLS,
President, Trans-Africa Division



DURING THE PAST FEW WEEKS we have been painfully aware that 1967 was rapidly failing in health due to the common, inescapable ailment of "old age." It became evident that there would be no recovery from this disease, for the vigour of the old year waned and the pulse beat became more irregular as we approached December 31. Plaintively and anxiously the alert and serious observer saw the decrepit year take its last gasp with "rigor mortis" setting in at sunset. Now that its demise is a reality, another chapter has been written in the book of history. Another score has been added to the symphony of life. Father Time has passed another milepost in his long and venerable career. Much has transpired during the past year. To some, it has been a harbinger of disillusionment and despair. To others, it has been a precursor of happiness and hope.

We stand poised on the brink of a new year. As we take our leave of the old and plunge into the uncertainty of the new, we hear a voice crying out of the dim past, a voice of significance and wisdom. We would do well to take heed as we set our sail for the new year. The voice of inspiration is saying: "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus" Phil. 3:13, 14.

As we move forward into the new year, aspiring to new heights and new victories, we must forget those things which are behind us. And what are the things we must forget?

Firstly, we must forget our attainments and our good works. All that we have gained or accomplished we owe to Christ. The propensity to ego-

tism and the boasting of one's success is a sin which leads to spiritual tragedy and death. Smugness and complacency are also subtle dangers we must guard against.

Secondly, we must forget our mistakes and our failures. Nothing so blights the soul and withers the spirit as the fear of beginning again after suffering defeat or failure. Would the baby ever learn to walk if he kept thinking of the many times he had fallen? Then, why should we hesitate to make a new start in spite of what has happened in the past?

The servant of the Lord has said: "If you give yourself to Him, and accept Him as your Saviour, then, sinful as your life may have been, for His sake you are accounted righteous. Christ's character stands in place of your character, and you are accepted before God just as if you had not sinned."—"Steps to Christ," p. 62, (pocket edition).

Thirdly, we must forget our griefs, and our disappointments. Frustrations, vicissitudes, and tragedies are the common lot of mortal man. The child of God is given no immunity to the trials and tribulations of life. Consequently, we must be flexible and adaptable to the changing circumstances and situations which are beyond our control, being assured that we are the supreme objects of God's love and care. The shuttle of time and the loom of life are weaving a pattern which is designed by the Master Weaver.

Fourthly, we must forget insults, grudges, grievances, and offences. Failure to do this will warp the soul, debilitate the mind and poison the life, engendering discontent, misery, strife, and hate. To nurse one's wounds and permit bitterness and resentment to rankle in one's soul, because of injustices, false accusations, and ill-treatment suffered, will result

in spiritual and physical illness. Christ instructed His followers to pray for their enemies and do good to them which despitefully use them.

Someone has said: "To forgive is human, to forget divine." Since we are human, how then can we forget those things which are behind? The answer is found in a spiritual solution. To forget one must forgive or be forgiven. But confession is a prerequisite of forgiveness; therefore one should first repent and acknowledge his guilt and seek reconciliation. Even if one is the innocent party who has suffered the insult or injury, it is his duty to seek a reconciliation with his enemy. If broken friendships are to be repaired, misunderstandings clarified, grudges and grievances forgotten, it is necessary to follow the Biblical injunction of first leaving our gift at the altar, then going to our brother and effecting a reconciliation. This means that we will have to crucify our pride. We may have to acknowledge that we were wrong or that we made a mistake. It is a trait of human nature not to make such admissions. But if we sincerely desire to be in accord with the one we have been at variance with, and to forget unhappy relationships, we have no choice but to follow this course. If we desire to optimistically face the untarnished and pristine year, forgetting the offences and acrimony of the past, then we must both forgive and seek forgiveness of others. Having done this we may then say: "forgetting those things which are behind" in 1967, I reach forth to those things which are before me in 1968 and press "toward the mark for the prize of the high calling of God in Christ Jesus."