



United News Canada

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Richard Pinelli from the Home Office, Cincinnati, leads an eastern Canada leadership weekend in Toronto, February 16-17, 2008.

PREACHING AND PUBLISHING THE GOSPEL

Reader's Digest card responses

"When the mail was picked up at the church post office box recently we received another 14 cards from the Reader's Digest advertisement. Amazingly, the RD ad continues to yield remarkable results even this far out from the placement of the ad, appearing mid October. Thus far we have received 3,937 responses from all across the country and our cost per response is now less than \$8.67 compared to previous best cost per response as \$20, and in some cases well over that figure.

Beyond Today TV responses

January 13 *Beyond Today* television program drew the second highest number of responses - 74. It was the first time the program, *The Devil's Footprints*, was aired. To date, 3,042 responses have come from the program and the beyondaytodaytv.ca website.

(Excerpts from an e-mail update from the Director of Operations for Canada, Anthony Wasilkoff - January 18/08).

In January a Reader's Digest card came in from our second advertisement (Ontario edition) placed 9 1/2 years ago, June 1998! (Edwin van Pelt)

THE NEW UNITED CHURCH OF GOD HYMNAL – HOW IT DEVELOPED

Longtime member and musician, Jim Brandenburg, of the Calgary, Alberta congregation has been involved with Church hymnal development for many years. Here is his summary of our latest hymnal and some considerations that were given to it by the music committee.

The hymnal committee was composed of Teddi Treybig, Ann Tannert, Janel Johnson, Dan Anderson, Jim Brandenburg and headed by Steve Myers. I was the only non-American (and I was born in the USA but lived here all my life....so far). The members of the Church were asked to submit suggestions and we all rated them on a 0-5 scale based on musicality, doctrine, poetic suitability. Over 200 member compositions were submitted with a total of over 600 songs considered. We had many telephone conferences to suggest edits and choose hymns for recommendation to the Council of Elders.

Our selections were then submitted to the doctrinal committee for review and approval, as well as to the COE. Steve Myers made up the grouping into Psalms, Hymns and Spiritual Songs and tried as much as possible to keep them in chronological order. Steve then gave that order to me, told me the page size, music size and lyric font, and I formatted them all and made up the various indexes for the printer. It took hundreds of hours. They were sent back to Steve and he forwarded them to Randy Schmidt for editing. On the

pages where the music didn't take up the full page, there are scriptures put in to fill up the space. The hymnal team did this. Since then, I have transposed the music for Bb, Eb and F instruments to accompany the hymns but that won't be evident in the hymnals themselves.

We did consider the 'Thee' and 'Thou' words, and though they are archaic, in most cases it was decided to retain them because they fit both musically and poetically. We used many of Dwight Armstrong's compositions from original hymnals that were not in the last edition of our UCG hymnal.

Improvements: A couple of songs that were essentially American patriotic songs, such as *'America the Beautiful,'* were deleted by the Council of Elders because it was felt they would not appeal to our international church areas. Battle Hymn of the Republic is still there but the name has been changed to *'Mine Eyes Have Seen the Glory.'* There was much discussion about *'Glorious Things of Thee Are Spoken'* as many older people are uncomfortable singing the hymn because it reminds them of Hitler's Germany. I'm personally glad it's still in use because I think it's a beautiful tune and the words are very good.

There is a much larger variety of songs now that praise God. We have some of Ross Jutsum's songs from the old Worldwide hymnal.

The songs are indexed differently, so a song leader can find them quickly and

easily to suit any occasion. In addition to the alphabetical index, there is also a topical index, first line index (in case the song leader can't remember the name), and a scriptural index. These indexes will help song leaders pick tunes after sermons and sermonettes that are relevant, instead of relying on hymns chosen before services.

Transposed instrumental music:

I've made PDF (portable document file) copies for instruments and sent them to musicians in BC, Edmonton and Saskatchewan. The way I've done it, to suit our much smaller congregations and fewer musicians, is to have all parts (soprano, alto, tenor, bass) on the same page just as in the hymnal. That way, small groups or even single musicians can use them and play whatever parts are needed to suit their setup. In Calgary we get along just fine with two or three musicians, plus the piano player, and on occasion we've accompanied hymns when a pianist wasn't available. I find this format much more useful.

May this new hymnal be a blessing for everyone in singing praises to God in the coming years.

Jim Brandenburg

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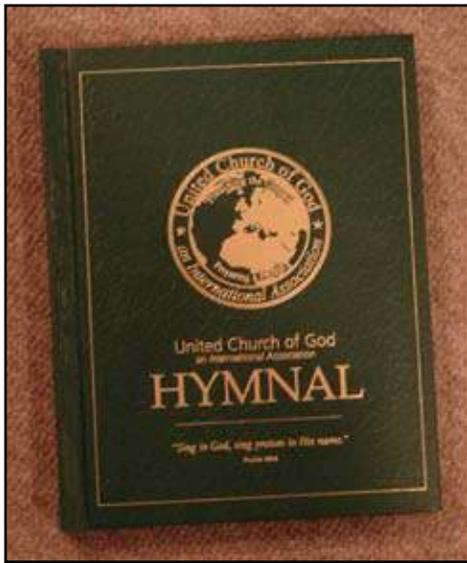
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“The book of Revelation reveals that singing will continue to be a vital part of worship in the coming Kingdom of God.

Revelation 14:3 and 15:3 describe the saints singing a new song, as well as the song of Moses and the song of the Lamb.”

(From the introduction page)

Above is the new UCG hymnal. To right is a musical picture of Jim Brandenburg while playing in a Calgary city Big Band.



PASSOVER AND UNLEAVENED BREAD - 2008



‘For indeed, Christ our Passover is sacrificed for us’ (1 Corinthians 5:7).



‘Therefore let us keep the feast, not with old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth’ (1 Corinthians 5:8).



‘If I then , your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet’ (John 13:14).

Photo.com pictures

CLEANING LESSONS LEARNED FROM *UNLEAVENED BREAD*

Yeah! Spring is just around the corner! I can almost smell the blossoms and imagine the beautiful colours already. But, just as spring follows winter, for us, our human body is to be (hopefully) replaced by a much superior spirit body. That's something to contemplate at Christ's return, while for now we prepare physically and spiritually for Passover and Unleavened Bread. This year I decided to prepare for cleaning for Unleavened Bread by doing a bit of study into the word "leavening".

Perhaps a review of what constitutes leavening is a good starting point. Of course, baking soda, baking powder and dry yeast are the most commonly used today. Then, there are sourdough starters and baker's ammonia available from specialty shops. In the late 1700s and early 1800s, pearl ash or potash (which apparently some people still make at home) was the leavening agent of choice. Of course, we realize that when the Israelites left Egypt their leavening agent was sourdough.

One definition of leavening found in the Merriam-Webster online dictionary is "to mingle or permeate with some **modifying**, alleviating, or vivifying element." At Dictionary.com one definition is, "an element, **influence**, or agent that works **subtly** to lighten, enliven, or modify a whole" (emphasis added).

What has impressed me is that leavening agents through the ages have changed – just as some of the influences of the world to undermine people's spiritual journey have changed through time. Also, the dictionary definitions show that leavening causes a subtle modifying effect – just as society does subtly modify our thoughts if we don't carefully resist!

There must be a reason God required a

physical cleaning of our homes prior to *Unleavened Bread*. It can be tedious. We may think our time is better spent in "spiritual endeavours" rather than "works." Actually, I find that this cleaning can be a "spiritual endeavour" when approached in a manner that combines cleaning with self-examination. This year, it is my goal to explore what influences may be subtly modifying my life in a spiritually negative way! Here are some thoughts as to how this will be done.

It is easy to quickly straighten a room and clean the most obvious surfaces to make things appear clean. Sometimes we tend to do the same with our spiritual lives – we may work to get rid of the most obvious sins but never bother to really cleanse ourselves of our "hidden" sins. Cleaning for *Unleavened Bread* can remind us of this aspect of our spiritual journey. How many crumbs do you find after you move the refrigerator? You could leave them there and others will never know – but God knows they are there. When sweeping up that hidden debris, ponder how society is negatively affecting you in ways in which you are not even aware.

Cleaning is hard work. When we tire from cleaning, we can be reminded of how hard it is to live the spirit-filled life. It is much easier to give in to the world's influences than to live righteously. To manifest the fruits of the Spirit for a lifetime is hard work. In one of the homes I lived in, I had a gas range. When it came time to clean for *Unleavened Bread*, that range beat me. There were crumbs I could see but couldn't get to without shutting off the gas line and disconnecting the stove. Likewise, most of us have had the experience of shaking and brushing the toaster only to have more

crumbs come out each time we set it down. Now, we realize that such crumbs are burnt to ashes anyway, and we can only remove what we can. But it provides a lesson – possibly that there are sins that we cannot totally rid ourselves of until we are spirit beings, or until we have additional spiritual help. However this doesn't mean we shouldn't try our best to rid ourselves of any and all spiritual crumbs (sins).

One final lesson is the time factor. Today's society tells us that we "deserve" to have fun, to be "easy" on ourselves. Just as to rid a home of all leavening takes time and planning, ridding ourselves of our spiritual leavening takes time. If we think we can somehow wait until the "gun lap" to really apply ourselves spiritually, can we possibly do an adequate or acceptable job? Can we just show up at church and expect that to be enough? Or, don't we have to do our part all along with prayer, study, meditation and fasting? Don't we need to attend church regularly and endeavour to apply what we learn there personally in our daily living?

When I approach cleaning for *Unleavened Bread* with these concepts in mind, it is no longer just physical labour, but instead a spiritually enriching experience. It's not always enjoyable to look at myself so closely, but the end result is what counts. God's instructions, when properly followed, are never a burden, but always a blessing.

Linda Wasilkoff - Toronto



Deleavening of our home during Unleavened Bread brings home lessons of getting rid of sin.

Photo.com pictures



WHO KILLED JESUS CHRIST?

The following article gives us a perspective on the voluntary act of our Saviour, Jesus Christ, in giving up His life for all who have sinned. It was an act in concert with the Father (John 3:16), and it was God's plan that Christ die at the hands of sinful men, of whom we all have been (Mark 9:31; 1 Corinthians 2:8). Our past sins necessitated this sacrifice of our Lord Jesus Christ and we annually rehearse it at Passover and the Days of Unleavened Bread. The article appreciates and emphasizes the personal choice and voluntary nature of His decision. UNC

WHO KILLED JESUS CHRIST?

You don't have to be a committed Christian to acknowledge that the death of Jesus Christ by crucifixion in A.D. 31 was one of the pivotal events of world history. The suffering and execution of the Son of God by one of the most barbaric methods contrived by man has had enormous ramifications on the subsequent course of history, quite apart from its spiritual significance. Yet, two thousand years later, there is still dispute as to who was really responsible. From the point of view of a secular historian, the answer might seem simple. It was the Romans, and particularly the governor of Judea, Pontius Pilate, who must take the responsibility. Others will point to the fact that Pilate himself "found no fault in him" (Luke 23:4), and wanted to release Him, only allowing the execution at the vehement insistence of the Jewish authorities. According to this reasoning, it was the Jewish High Priest and the Sanhedrin who should really bear the blame. Some might point the finger at Judas Iscariot. Others might extend guilt to the crowds who shouted "Crucify Him! Crucify Him!", and this is certainly mentioned in Scripture (Acts 3:15 & 1 Thessalonians 2:15). Still others take a much wider view and insist that it was really neither the Romans nor the Jews, but the entirety of humanity who must bear the responsibility - that we, by our sins, were the killers of Jesus Christ.

This last view is widespread among devout Christians, and derives from a heartfelt and wholly understandable desire to acknowledge that our sinful lives have made it necessary to have a Redeemer to save us from eternal oblivion. Nevertheless, we should consider that the concept that "we killed Jesus Christ" may be **half true and needing further clarification** from Scripture. There is, to begin with, a problem of simple logic. The vast majority of human beings who have ever lived, including ourselves, were born centuries after the dramatic events of A.D. 31. If an

individual were hauled before a judge today and charged with a murder that had been committed before he was born, it would be laughed out of court. But there is a much more compelling reason why a collective charge of murder against all Christians needs to be carefully considered, and it comes from the testimony of Jesus Christ Himself.

In the discourse to His disciples recorded in John 10, Jesus said,

"I am the good shepherd. The good shepherd gives his life for the sheep" (v. 11), and "therefore my Father loves me, because I lay down my life that I may take it again" (v. 17).

He went on to say:

"No one takes it from me, but I lay it down of myself. I have power to lay it down, and I have power to take it again" (v. 18).

These are strong words. They show clearly that the death of Christ was according to a voluntary decision that He Himself made. His decision was made from a position of strength, not of weakness. At a critical point in His ministry, we read that:

"As the time drew near for His return to heaven, He moved steadily onward toward Jerusalem with an iron will"
(Luke 9:51, Living Bible).

He made a deliberate decision to proceed on His journey to Jerusalem for that Passover in A.D. 31, knowing only too well what awaited Him. Later, in the Garden of Gethsemane, when agonizing over what was about to take place, He again proved that He was in control of what was happening by

His words, "Nevertheless, not as I will, but as You will." (Matthew 26:39).

At an even later stage, when His disciples were making their last, misguided attempts to prevent His arrest, He rebuked them with the words,

"Do you think that I cannot now pray to my Father, and He will provide me with more than twelve legions of angels?"
(Matthew 26: 53).

These are not the words of a murder victim, but of One who even then, had He chosen, could have brought all these machinations of the Jewish authorities to a screeching halt.

Testimony just as dramatic is found in the fifty-third chapter of Isaiah. While explaining the vital lesson that Jesus was:

"wounded for our transgressions, He was bruised for our iniquities, the chastisement of our peace was upon Him, and with His stripes we are healed" (v. 5),

It also tells us that *"The Lord has laid on Him the iniquity of us all" (v.6), and that "it pleased the Lord to bruise Him" (v.10).*

God the Father was fully involved in and consented to every part of His Son's suffering and death.

Jesus told His disciples in John 15: 13-14 that the greatest love anyone can express for his friends is to give up his life for them, and we are indeed His friends if we are obedient to His will for us.

Paul also explained in Romans 5:6-8 that the amazing part of Christ's sacrifice was that it was offered not for the righteous, but for the unrighteous - while we were still in our sins.

Continued on page 6

The apostle John added the important thought in 1 John 3:16 that just as Christ laid down His life for us, He expects us to do the same for our brethren, not necessarily in a literal sense, but in living a life of service and giving.

“You don’t have to be a committed Christian to acknowledge that the death of Jesus Christ by crucifixion in A.D. 31 was one of the pivotal events of world history.”

In an ultimate sense, the Jewish authorities, Judas Iscariot, Pontius

Pilate, and the Roman soldiers were merely “bit-players” in this monumental drama. The death of Jesus Christ was a voluntary act of love and self-sacrifice, already decided upon from the foundation of the world (Revelation 13:8), and carried out with the full consent of God the Father (Isaiah 53:10).

We must never forget that Christ was not compelled to die for our sins or to undergo the horrific suffering that preceded it. He did not have to do it. He was not a helpless victim. But He did it, deliberately and willingly, and He did it for all of us. That is why the great angelic beings around the throne of God sing:

“Worthy is the Lamb who was slain, to receive power and riches and wisdom and strength and honour and glory and blessing!” (Revelation 5:12).

And in the words of a well-known hymn:

“Amazing love! How can it be? That Thou, my God, shouldst die for me!”

Kevin Ford



GOD IS CONCERNED WITH MAN’S HEART

“Create a pure heart in me, O God, and put a new and loyal spirit in me. Do not banish me from your presence; do not take your holy spirit away from me. Give me again the joy that comes from your salvation, and make me willing to obey you.”

(Psalm 51:10-12 Good News Bible)

Throughout the Bible we see that God has always been concerned with human motivations.

Andrew Lloyd Webber has produced some remarkable stage musicals: *Cats*, *Phantom of the Opera*, *Evita* and *Jesus Christ Superstar*, to name a few. Another successful production is based on an Old Testament account: *Joseph and His Amazing Technicolor Dreamcoat*. It’s a true story that illustrates that God has always been concerned with the heart of man.

When adultery and divorce are so commonly accepted, it’s refreshing to see the main character in a musical reject a promiscuous invitation. In the musical, Joseph responds to Potiphar’s wife’s sexual advances by saying: *“Please stop! I don’t believe in free love.”* The actual biblical text is much more specific. Genesis records Joseph’s words as, “How then could I do such a wicked thing and

sin against God?” (Genesis 39:9, New International Version). Joseph recognized this temptation for what it was: He knew the physical act of giving in to temptation would damage a spiritual relationship that God had held from the beginning to be sacred.

God’s concerns haven’t changed

From earliest history God has been concerned with mankind’s heart, thoughts, attitudes and motives. Even though the Old Testament represents about 77 percent of the body of Scripture, few people understand that the standards God expects of us today are the same as He has expected down through the millennia.

God is concerned with people and how they live. After all, how we live reflects our character. The heart of humanity has always been of primary concern to the Creator because God created man in His image.

What God is - and what He teaches in Scripture - defines what is right.

Certain nagging questions have plagued mankind. What am I supposed to do? How should I act? What is “good”? What does it mean to be a good person? God didn’t ignore these questions in the Old Testament, nor did He leave it for men and women to decide for themselves. In fact, He addressed these issues in the most forthright way imaginable.

God’s judgment on human corruption

The book of Genesis tells us that God, after some 1,600 years of recorded human history, was grieved and His own heart “filled with pain” at man’s wickedness. God saw that “every intent of the thoughts of his heart was only evil continually” (Genesis 6:5-6). Grieved that He had made man, God made an irrevocable decision: to drown virtually all land-based life on the planet in an enormous deluge; the great

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flood of Noah's time. God was concerned with man's thoughts. He brought to pass the drowning of everyone except eight people, the family of Noah (2 Peter 2:5). In this great act God clearly distinguished between the evil thoughts of everyone on earth and the righteous life of Noah. He abhorred the one and accepted the other. Early in recorded history God willed - on a massive scale - that a sore penalty be exacted for evil thoughts and lives, and that physical salvation would be afforded the few who remained righteous.

Concern about human motivations

Scripture demonstrates that God was concerned from early in mankind's history with man's heart, that God cared deeply about the spirit, or motivation, behind man's actions. This is demonstrated by such statements as "Do not hate your brother in your heart" (Leviticus 19:17, NIV) and "You shall love the LORD your God with all your heart, with all your soul, and with all your strength" (Deuteronomy 6:5). After recounting His Ten Commandments in Deuteronomy 5:6-21, God exclaimed, "Oh, that they had such a heart in them that they would fear Me and always keep all My commandments, that it might be well with them and with their children forever!" (verse 29). King David knew well that God "searches every heart and understands every motive behind the thoughts" (1 Chronicles 28:9, NIV).

David also grew to understand that no one could escape from the invisible presence of God (Psalm 139). In his repentance after his adultery with Bathsheba, David expressed the understanding that God was ultimately more concerned with "a broken spirit, a broken and a contrite heart" than with any physical penance he could undertake (Psalm 51:17). Man's innermost attitude and disposition have always been of concern to God, in both Old and New Testaments. God has long concerned Himself with the morality of people. This was clearly demonstrated during Abraham's time when judgment was exacted on five cities. Two of the cities, Sodom and Gomorrah, have become classic examples of the sinfulness of humans, typifying all that is perverse and decadent. God showed He would not forever overlook depraved attitudes and conduct. He concluded that the "sin [was] so grievous" in these cities that a prediction of even 10 righteous people living there was optimistic

and unrealistic (Genesis 18:20-32).

Once again God made a distinction concerning the morality and ethics of human conduct. In Sodom lived only one righteous man, Lot (2 Peter 2:6-7). God considered the evil of these cities sufficient to warrant their annihilation as a judgment on their sinful, corrupted residents.

The Old Testament: the foundation of morality

God is also concerned with man's attitude toward his brother. In some cases the Old Testament scriptures stress this even more clearly than the New. Consider, for example, why murder is so abhorrent to God. The New Testament scriptures do not detail why premeditated murder is wrong. They do not explain what was behind God's declaration in Exodus 20:13 that murder is a sin. The Old Testament, however, holds the key. It's not just that God detests the violent act. The real reason is revealed early in man's history as a moral statement given to Noah. Noah had personally witnessed a global watery judgment for man's violent ways and cruel thoughts. God restated to him the spiritual reason behind the prohibition against murder: "And from each man, too, I will demand an accounting for the life of his fellow man." God then explained what no text in the New Testament does similarly: "Whoever sheds the blood of man, by man shall his blood be shed; for in the image of God has God made man" (Genesis 9:5, 6, NIV).

Man should not murder because human beings bear their Creator's image. Each person bears a potential far greater than this physical life. To murder another is to attempt to negate God's infinitely higher purpose for mankind.

The sacredness of human life

Consider another example related to the sacredness of human life where the New Testament does not explain a concept as clearly as the Old: How concerned is God with the unborn child? Where in Scripture would you go to find an answer to this question? Where would you find God's thoughts concerning the unborn? You would have to consult the inspired writings of the Old Testament. We find two of God's servants, David and Jeremiah, both stating that God knew them before they were formed in the womb (Psalm 139:13; Jeremiah 1:5). But the critical passage dealing with the

death of an unborn child is in Exodus 21:22-25. Modern scholars and newer translations recognize that this verse refers to the death of the unborn. A judgment is rendered, and punishment carried out, based on the sanctity of the life of the unborn child. Some of the greatest texts on ethics, values, thoughts, motives and intent of the heart - are detailed in the writings we know as the Old Testament. They are a vital foundation in establishing how God responds to the thoughts and intent of the human heart.

Actions reflect the heart

As Jesus explained to the Pharisees of His day, just as a tree is known by its fruit, so is a man known by his ways. As are his thoughts, so will be his actions, "for out of the overflow of the heart the mouth speaks." Jesus explained that "men will have to give account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned" (Matthew 12:33-37, NIV).

Jesus repeatedly made it clear that what a man does is linked to the content of his *heart* (Matthew 15:18-19). His actions are but a reflection of his thoughts and intents. It shouldn't surprise us that the Creator of man went straight to the heart and core of the matter, addressing mankind's thoughts from the beginning.

Graemme Marshall

"The heart of humanity has always been of primary concern to the Creator because God created man in His image."

CHANGE – BE SPIRITUALLY BETTER THIS PASSOVER THAN LAST YEAR

There is an expression, ‘Some people are waiting for their ship to come in – not realizing it has already left without them.’ Some people are waiting for everything to change for them – not realizing the **key** is in changing ourselves.



Photo.com

A Sailing Analogy.

We are like a sailing boat in the wind and it's the set of our sail that determines where we end up – not the wind that blows. How we set the sail on a sailboat determines whether we sail downwind or across it. We don't have to just go along with the wind direction as the setting angle of our sail can determine our destination. The same wind blows upon all of us. The wind of disaster – the wind of opportunity - and the wind of change. Sometimes the wind is favourable, other times it is unfavourable. But it is the same wind that blows on us all – the economic wind, the social wind, the political wind. It's not what happens to us that determines our life's future. It's what we do about what happens. The difference in where we arrive in one or two or three year's time is not the blowing of the winds – but the set of our sail and the course we take.

Our Christian learning is about sailing better this year than we did last year. The first years of the Church and conversion require much learning, and the later years

should be spiritually even better. The set of your sail is better thinking, correcting the errors of the past and taking on new disciplines for the future. If we wish to be better, we can be. We can set our sail so that the next two years will be drastically different to our last two. Anyone can do this, if they wish to. It is not the blowing of the wind that determines your destination – but the set of your sail.

What happens, happens to everyone. After fall comes winter, it doesn't change. After day comes night. Much of life is opportunity mixed with difficulty. Sometimes there is more opportunity than difficulty, sometimes more difficulty than opportunity. After expansion comes recession and after recession often comes expansion.

For Things To Change, We Have To Change.

We hope the government will change, taxes be less and economics to be better, our boss show change and be more generous, or our husband or wife to make changes. We wish for everything to change. But for things to change for us, we have to change.

Don't wish it was easier – wish you were better.

Don't wish for less problems – wish for more skills.

Don't wish for less challenge – wish for more wisdom. We can't grow without challenge.

In baseball there is a batting average. If a player bats .300 in baseball, some get paid \$4 million a year. And batting .300 means they strike out 7 times! Imagine, they actually strike out 7 times and that is enough to be paid \$4 million. Seven times out of ten they strike out yet they make \$4 million. They don't worry about not being perfect every time at bat.

God Values Working Together In Unity.

We know God wishes we work together in unity (Psalm 133:1), and working together in unity is a challenge that isn't easy. But when everyone grasps the common purpose and works together, it is wonderful harmony. Working together is a challenge, getting family to work together is a challenge. But it is wonderfully rewarding when it happens. However, when everyone is an independent doing their own thing, it is like herding a bunch of cats. Getting a husband and wife to work together is a challenge, and rewarding when it occurs. If a husband walks out of the house in the

morning and during the day still feels the kiss on his lips from his wife, or feels the imprint of the embrace of her arms around him, it is synergy of a team working together. Working together is a powerful tool. Each partner can feel empowered and worthwhile. Having good friends is also a work of unity. The value of really true friends is that they know everything about you – and still like you!

Change Is Difficult.

One public speaker said, “*The first time I got up to speak, my mind sat right down again. I was so bad at my first attempt that if I hadn't been speaking I would have gone home.*” But speakers just keep trying, again and again, and finally they verge on going overtime! We all need the ability to inspire people to look up, to see themselves better than their limitations, to see themselves more capable next year than the one before.

To see ourselves as we are is to correct our past mistakes so that we can be different tomorrow. We need to show others by example how a couple of course corrections in our spiritual lives make us be a better person in God's eyes. We can't change people, but we can change ourselves.

In a loose paraphrase, perhaps we could say that God says: If you move towards me, I'll move to you.

There is a condition in this on our part. Perhaps we could also say that God says: If you don't move towards me, then I also won't move towards you. One might say such is arbitrary of God. We might respond by saying that God can choose the conditions in any way He chooses.

We know it is a wonderful condition from a loving Father, that if we, His children, will change, move closer towards a relationship with Him, then He also will have a better relationship with us. ‘From the days of your fathers you have been turned away from my rules and have not kept them. Come back to me, and I will come back to you, says the Lord of armies. (Malachi 3:7 Bible in Basic English).

May this Passover and Unleavened Bread 2008 be a changing experience for you.

Graemme Marshall

OLD TESTAMENT LESSONS COMFORT MODERN DAY TRIALS

“No matter how many times you trip them up, God-loyal people don’t stay down long; Soon they’re up on their feet, while the wicked end up flat on their faces” (Proverbs 24:16 The Message).

“These are all warning markers--DANGER!--in our history books, written down so that we don’t repeat their mistakes. Our positions in the story are parallel--they at the beginning, we at the end--and we are just as capable of messing it up as they were. Don’t be so naive and self-confident. You’re not exempt. You could fall flat on your face as easily as anyone else. Forget about self-confidence; it’s useless. Cultivate God-confidence. No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; He’ll never let you be pushed past your limit; He’ll always be there to help you come through it” (1 Corinthians 10:11-13 The Message).

December 17, 2007

Today @ This is the way...

Hi, friends,

This gives a whole new meaning to the phrase “kick you when you’re down...”

Clyde and Dee Kilough

Growing Strong Is Not Easy

Did you know a baby giraffe falls about six feet from its mother’s womb at birth? In his book *A View From the Zoo*, Gary Richmond describes how a newborn giraffe learns its first lesson. The mother giraffe lowers her head long enough to take a quick look. Then she positions herself directly over her calf and swings one long leg outward

and—kicks her baby, so that it is sent sprawling head over heels! When it doesn’t get up, the violent process is repeated over and over again.

Finally, the calf stands for the first time on its wobbly legs. Then the mother giraffe does a remarkable thing. She kicks it off its feet again! Why? She wants it to remember how it got up.

In the wild, baby giraffes must be able to get up quickly. Lions, hyenas and leopards all enjoy eating young giraffes, and they’d get to, if the mother didn’t teach her calf to get up quickly and get with it.

How well do we get back up when life knocks us down? If God allowed us to go through our lives without any obstacles, it would cripple us.

The apostle Peter described the value of trials: “In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ”

(1 Peter 1:6-7).

Further reading:

“Trials and Tribulations of God’s People” — Online at www.ucg.org/un/un0612/trialstribulation.htm



A mother giraffe loves her baby - but she instinctively knows that it must be prepared for the dangers it will face.

Google images

BETWEEN A ROCK AND A HARD PLACE

Saturday, April 26, 2003 seemed to Aron Ralston a good day to do some exploring in Canyonland National Park in southeastern Utah. He planned to spend the day riding his mountain bike into the red rocks and sandstone found there. The area is some of the most desolate and intriguing wilderness in the lower 48 states with areas of buttes, mesas and convoluted canyons. It was in these canyons that he planned exploring on this day. Ralston had climbed alone many times. He had scaled all 59 of Colorado's 14,000 ft peaks, 45 of them solo in winter.



(Photo.com picture of a rock climber).

Ralston, 27, of Aspen Colorado, parked his pickup truck at the Horseshoe Canyon Trailhead and rode his mountain bike the 15-mile trip to the Bluejohn Canyon Trailhead. There he locked his mountain bike to a juniper tree.

Dressed in a T-shirt and shorts and carrying a backpack, he planned to canyoneer down remote Bluejohn Canyon and hike out adjacent Horseshoe Canyon to where he had parked his truck, and then go back for the mountain bike. His backpack contained two burritos, less than a liter of water, a cheap multi-tool, a small first aid kit, a video camera, a digital camera and rock climbing gear. His backpack did not contain a jacket or extra clothing.

Canyoneering is where a climber uses rock climbing skills, ropes and mountain climbing gear to negotiate narrow slot canyons. These small canyons feed into larger canyons and are often no wider than three feet and can be as tall as 30 feet. Aron was about 150 yards above the final rappel in Bluejohn Canyon and maneuvering in a three foot wide slot to get over the top of a large boulder wedged between the narrow canyon walls. He climbed atop the boulder and it felt very stable.

However, as he began to climb down the opposite side, the perfectly balanced 800-pound rock shifted several feet pinning his right hand. Suddenly he was trapped.

Aron tried ropes, anchors, anything to move the boulder, but it wouldn't budge. He then tried to chip away at the rock with his cheap multi-tool with no positive results. In fact, after ten hours of chipping at the rock he managed to produce only a small handful of rock dust. The temperatures dipped to +1C (30'sF) at night, and still Aron tried to free himself. Sunday and Monday passed, but he was still trapped. Sunlight reached the narrow canyon floor for only a very short period of time each day. He ran out of food and water on Tuesday. During this time he used his video camera to record messages to his parents. He also etched his name, birth date and what he was certain was his last day on earth into the canyon wall.



(Photo.com picture of a rock climber rappelling down a cliff).

On Thursday morning Aron had a vision of a 3-year-old boy running across a sunlit floor to be scooped up by a one-armed man. He also noticed that gangrene was starting to set in. He understood the vision to be of his future son and coupled with the gangrene, Aron knew survival would require drastic action. If he did not

rescue himself now, he would not have the physical strength remaining to do it later.

Meanwhile, on Wednesday, Aron's friends at the Ute Mountaineer Store in Aspen began to worry when he failed to appear for work. The dilemma was that Aron had neglected to notify anyone of his itinerary. He had broken the first rule of mountaineering – never go out alone – and if you do go out alone, be sure to tell someone where you will be.

His mother found out her son was missing when his boss called her. Mitch Vetere, a patrol sergeant with the Emery County Sheriff's Office in Green River, got the call Thursday morning that a climber was several days overdue. Aron's truck had been found at the Horseshoe Canyon Trailhead, but no one had seen him. A helicopter was dispatched to search for the missing climber. Being so deep in a slot canyon, the chance of a search party finding Aron was almost non-existent. With the gangrene in his hand, his only chance of survival now was to cut it off. This is no easy task. All he had now was a cheap multi-tool made dull by trying to chip away at the rock. His first task was to break the bones that make up the forearm. This is how he explained the process:

"I applied the knife to my arm, and started sawing back and forth. But it didn't even break the skin. I couldn't even cut the hair off my arm, the blade was so dull." On Wednesday he managed to puncture the skin but realized he wouldn't be able to cut through the bone. By Thursday, May 1, growing weak and having passed through stages of depression, hope, and prayer, Ralston decided he would have to break his arm near the wrist to extricate himself. *"I was able to first snap the radius, and then within a few minutes, snap the ulna of the wrist, and from there I had the knife out and applied the tourniquet and went to task. It was a process that took about an hour."* He sawed through the soft tissue between the broken bones and amputated his hand. He used the tool's pliers to tear at the tougher tendons.

It was an excruciating ordeal. This crude amputation took about an hour to complete but his trial was not over yet. At the end of the slot canyon, was a 65 foot drop to the floor of the main canyon. This would mean that he would have to set up a line and rappel down to the canyon floor, one-handed, and this after just performing

Continued on page 11

major surgery on himself. Let's not also forget that to get to his truck he still had at least a six mile hike after which he would still have to drive himself to the hospital. And it was a stick shift. After reaching the canyon floor he hiked for almost five miles before coming across a family of three from the Netherlands on vacation. They gave him two Oreo cookies and water, helped him walk another mile before attracting the attention of a rescue helicopter about a mile from his truck. He was able to walk into the hospital under his own power.

A team of 13 rangers trekked into the canyon to retrieve his hand. Using a hydraulic jack and grip hoist, it took them an hour to lift the boulder. The hopes that the hand could be re-attached were futile. "And if your right hand offends you, cut it off and throw it from you. For it is profitable for you that one of your members should perish, and not that your whole body should be thrown into hell (Matthew 5:30 MKJV).

Can anyone read this Scripture without thinking of this story? What can we learn from Aron's incredible ordeal in relation to Matthew 5:30? What was Jesus Christ trying to tell us?

1. We need to remove things from our lives that cause us to sin.

Obviously, our right hand cannot sin of and by itself. Aron's sin was not in getting stuck, but in arrogantly trekking out on his own and not informing anyone as to where he was going. He had done it many times before with no apparent consequences. But sin has a way of catching up with us. Hebrews 11:25 calls it 'the passing pleasures of sin.' We all have our own battles that we fight daily. We live in a world that is simply full of depravity. We are surrounded by sin and it is hard not to notice: Billboards, television and print are full of images that are designed to catch our attention. Advertisers know that sex sells and it is the main weapon in their arsenal. Pornography is now the largest seller on the internet. People can gamble away their life's savings from the comfort of their own homes. And there are countless other addictions that can ensnare us. The apostle John warns: "Because all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world" (I John 2:16).

The Apostle Paul also had to do battle with

sin as he explained in Romans 7:19–20.

As difficult as it is, we need to keep our guard up and avoid temptation.

2. Removing sin from our lives is often very painful.

It is easy to intellectualize away what Aron had to do. But just imagine being stuck in that canyon all alone, cold and hungry, and having to come to the conclusion he did after five excruciatingly, long days.

Imagine having to break your own arm and cut it off. That is often what it is like to remove sin from our lives. Think of the language that Christ uses in Matthew 5:30. He said to pluck our eye out, or cut off our right hand. He could just as easily have said, "Splash some water in your eye," or "wash your hand in some warm soapy water." That is not what He said. Christ shows that He understands how difficult it can be for us to battle sin. Many people have an incredibly difficult time giving up smoking, or drugs, or alcohol. How easy is it for us to recognize a character flaw in ourselves, let alone do anything about it. Battling a character flaw, or overcoming an addiction, is never easy and can be like removing a part of ourselves.

3. We need the will to survive.

In the end, Aron's saving grace was that he was incredibly, physically fit. He amputated his right arm, rappelled 65 feet to the canyon floor, and hiked five miles. After which, he was still able to walk into the hospital under his own power. How spiritually fit are we?

Do we have the power to walk back to God after surgically removing from our lives the thing or things that had us separated from Him. When a sin is revealed to us, do we simply lie down, give up and die, or do we grit our teeth and set ourselves to the task at hand knowing that if we fail, we will die for all eternity. We need a spiritual will to survive.

Aron Ralston's story is now available in his book. It is appropriately, and somewhat humorously entitled, "Between a Rock and a Hard Place." He continues to explore and climb mountains with the use of a prosthetic hand.

What Aron went through illustrates very well what Christ teaches us in Matthew 5:30.

We need to remove from our lives the things that cause us to sin.

Removing sin from our lives is often very painful.

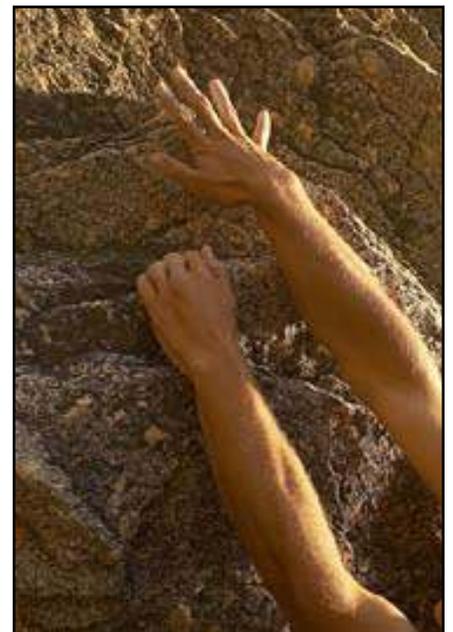
We need the will to survive.

Passover 2008 is upon us and with that in mind, what needs to be cut out of our lives? We know where this world is heading and it is easy to get caught up in it. Sin can often be very enticing, fun and appear harmless. But there is always a price to pay. If we truly want to follow God's way of life, it requires that we cut sin out of our lives.

Do we have the courage, strength and will to do it?

Our spiritual lives could very well depend on it!

Jim Lucas
Barrie, Ontario



(Photo.com)

FESTIVAL MEETING, DALLAS, TEXAS

COORDINATORS MEET

Feast coordinators from the United States, Canada, the Caribbean and Southeast Asia met in Dallas, Texas on February 12 and 13. At one time this conference was conducted only for US coordinators but has been expanded to include coordinators from additional regions to help promote unity and consistency. Canadians who were able to attend this year were: Lloyd Teetaert, Dennis Horlick and Anthony Wasilkoff. Meetings are held in Dallas because they are more cost effective than meeting in Cincinnati.

The presenters were Jim Franks, Douglas Horchak, Charles Melear and David Register. In his introductory comments Mr. Franks observed that the Home Office was closed due to severe winter weather back in Cincinnati. Coincidentally it was the same situation at the Home Office the previous year.

Jim Franks explained how it is relatively easy to forget feast-related planning lessons and decisions with the passage of time. We can never afford to take for granted what we are supposed to be doing when we keep the Feast of Tabernacles. We need to be consistent across the board in the way we handle FOT sites in the USA. The more unified we can be, the better the results we will have. Feast attendance has been up slightly in total, but down slightly in the USA – probably due to transfers. Attendance hit 20,476 this past year. *United News* listed over 21,000 – which included shut-ins who received CDs.

Coordinating each feast site is a very important job for the church. An annual meeting like this allows us to assess last

year and properly plan for next year with an eye to improving each year. As director of Ministerial Services, Mr. Franks receives suggestions about improving/changing the feast. There is a formality at the Feast that we should not change. We are there to worship God and not to just have a convention. We can make changes but we should never lose sight of the formality of worship.

What do we want to accomplish this year that wasn't accomplished last year? Here is what we should be doing: Follow the policies that we now have. Policies should be followed until they are changed; Work with the ministers assigned to your site to insure quality events and activities; Monitor progress well in advance of the feast; and Develop the speaking and song-leading schedules as prescribed by the Home Office.

Douglas Horchak presided over the next portion of the meeting. He explained how communication is vitally important, to do things together in a unified way. Our policies aren't perfect, but we would rather do a few things really well at the feast rather than many things not so well.

Charles Melear provided an assortment of handouts: Post Feast Reports, Feast Statistics, Attendance Summary and comparisons.

David Register gave a power point presentation entitled: "Educational Programs – FOT 2007." Mr. Register reviewed the results of the survey questions. He encouraged presenters to provide supplemental material for seminars and to remember that older folk prefer a lecture

while the younger ones wish interaction. When possible, leave time at the end for a Q & A session.

Suggested Topics for Adult Seminars

- Marriage & family relationships
- Relationships in divorced and broken families
- Conflict resolution
- Staying spiritually focused (prayer and Bible study)

Suggested Topics for Teen Workshops

- Dating and preparing for marriage
- Baptism
- Conflict resolution
- Proving your beliefs
- Agape love
- Visualizing the Kingdom of God
- My role in the church
- Teen social issues
- The big five: prayer, Bible study, meditation, fasting.

On Tuesday evening all attendees went to the home of Doug and Tania Horchak for a dinner. This is the second consecutive year that the Horchaks have hosted a delicious meal -- with the assistance of local brethren. The conference concluded on Wednesday afternoon. Immediately thereafter, transportation was provided for the feast coordinators to see the property recently purchased in Denton for the Home Office relocation. The parcel of land is spacious, easy to get to and has the potential to become a lovely facility setting.

Anthony Wasilkoff

At left below Douglas Horchak leads a Festival session. Middle and right pictures show scenes of the Denton property with some visiting Festival coordinators.



LEADERSHIP WEEKEND

TORONTO, Ontario

February 16 & 17, 2008

32 people attended a highly successful weekend under the main instruction of UCG Leadership Training Development Manager, Mr. Richard Pinelli from Cincinnati. Husbands, wives and single men were from the Toronto, Ottawa, Montreal and Sussex congregations.

12 classroom hours of instruction were given at the National Office complex. Most stayed at a nearby Mississauga hotel, about ten minutes drive away. Meals were at the church office except for two occasions when everyone visited a nearby

restaurant.

Follow-up leadership materials will be progressively sent out from Cincinnati along with the request for another training session to be tentatively planned within a year.

Six sessions were conducted by Richard Pinelli, aided by additional topics presented by Anthony Wasilkoff, Graemme Marshall and Dennis Horlick.

UNC



Richard Pinelli gave the sermon at Sabbath services in Toronto. There were 150 in attendance.

PURPOSE OF LEADERSHIP

WORKSHOPS – Richard Pinelli

Fresh back from a leadership training session in Australia, Mr. Pinelli explained that leadership sessions in South Africa, the Philippines and here in Canada have a broad attendance, including pastors, elders and leaders from the congregations. The problem of leadership has been the need caused by ill health and retirement. We need a professional level of leadership, a professional level of support for the pastors who often manage several churches and cannot always be available in each one. We are trying to develop more professionalism and to upgrade our skills.

We have two tasks: 1. To pass on the baton of Truth and experience to the next generation, and 2. To prepare the next generation. 34% of UCG attendance is under age 30. This task falls upon us all and then as God calls we seek to find, to train, and to ordain elders to ministry.

We have always been short of leadership, as Christ exhorted us in Matthew 9:38 - to pray that He send forth laborers. Paul used a word in 1 Corinthians 12:28 of 'helpers.' This refers to helpers and assistants. This seminar is designed to develop 'helpers.'

GOVERNING DOCUMENTS AND HOME OFFICE

We need to understand our UCG basic governance structure and how each person fits into it. There are basic character issues and attitude problems, and arrogance and vanity kill people. I have a DVD available for everyone entitled, *Perils of Pride*.

A lesson from Numbers 8:24-26 is that the Levites became supervisors in passing on the baton of experience at age 51. Paul told Timothy to teach others, to

'commit to faithful men' (2 Timothy 2:1-1).

Being a mature, sound member of God's church takes time and effort. The qualities have to do with habits, character, and ethics over evident abilities. A man or woman of God doesn't just suddenly appear – it takes time. UCG is a continuation of the N.T. church and the work of Herbert Armstrong. We are not a new church but a continuation of the Truth from 1927 to 2007. What drove UCG to form was doctrine, not governance or rebellion. The key to success is conversion, and this cannot be legislated.



IMPORTANCE OF SOUND DOCTRINE

Sound doctrine is vital to our personal foundation and as a church. Doctrine is really 'sound teaching' (1 Timothy 1:10). The word for 'sound' literally means 'health-giving.' Doctrine is to unite, and a flaw in some groups is that they are centered on just one teaching – Sacred Names, Passover, the promotion of prophecy, or of self as a prophet or witness.

How we got to where we are today came from the original 16 fundamental Truths of Herbert Armstrong and the Radio Church of God in 1938. With Ambassador College, Pasadena in 1947, Mr. Armstrong added four more. These 20 form the foundation of our 1995 UCG constitution. The teachings

given to Paul from Christ were entrusted to men who were expected to 'speak the same things.' This trust was granted to them as one of the most important responsibilities given to humanity. This trust and importance remains today.

CONGREGATIONAL STRUCTURE

Our UCG Sabbath format was originally set by Herbert Armstrong. We have various options available because we have many small congregations of 30-40 members. Sometimes a service is only 1 1/2 hours long because of a lack of manpower for song-leading or sermonettes.

We have a need to understand the Purposes of New Testament Ministry; Church Pastor Job Description; Sabbath Service Format; and the Role of the Minister's Wife. All of this is to solidify our foundation for Christian service. A steadfast spirit is important to be like God – "I am the Lord, I change not" (Malachi 3:6). Author Peter Drucker (The Effective Executive) explains: "If there is any one secret of effectiveness, it is concentration. Effective executives do first things first, and they do one thing at a time...there is need for self discipline and an iron determination to say "NO." This is the secret of those people who do so many things and apparently so many difficult things. They do only one at a time."

A sample prioritizing of your life is: 1. Sleep - proper sleep. 2. Eat a balanced diet. 3. Pray and study – feed your mind. 4. Work and labour. 5. Exercise. 6. Recreation, and 7. Special projects as hobbies and objectives for the future.

WORKING WITH YOUR PASTOR

Continued on page 18

An Architectural Designer's Lessons About God. An interview with elder Garry Lucas, Barrie, Ontario.



Where were you born? Would you give readers a little of your background and education?

I was born in 1937, three years before the outbreak of World War Two on a small farm in the eastern province of Overijssel, Holland. My wife Emmie has the same background. Our families had been interacting for at least two generations. No family secrets there. Both respective parents were staunch Dutch Christian Reformed, attending church twice every Sunday. Education during those dark years was either non-existent or very much inferior. The German army requisitioned the school buildings. As a result, teachers would travel around to different farms where all the neighborhood children would congregate for the occasion. Whatever writing we were required to do was done on brown paper bags, saved for that very purpose by friends and neighbors.

After the war, having finished public school, I attended Agricultural School, then after that a Secondary Agricultural School. That would amount to about the equivalent of grade 10 on today's educational scale. Throughout all that I had two basic cravings: Drawing and music. One drawback: no money for either. Because my Dad had a heart condition, after public school I had to go out and work on the farm to make ends meet. I worked out on neighbors farms as well.

When did you decide to immigrate to Canada and what did your work experience consist of after that?

My parents, who were up in years already, my sister who was seven years my senior, and myself decided to emigrate in 1956 when I was 19. Three sisters and a brother had already done the same in 1948. The

main reason was the shortage of land and housing in Holland as well as the lack of opportunity to get ahead. I always had my eye on something to do with drawing and design. They landed me the best marks in school and even at that time a plan was forming in my mind to go in that direction. We emigrated to Canada in November 1956, bright-eyed and bushy-tailed, full of ambition and faith in the future, happy to have arrived in the land of opportunity called Canada. Drawback number one: I spoke no Inglis. Besides that: no money. We were only allowed to bring a few hundred dollars.

My first job was in construction. This lasted about three years. During that time I tried frantically to learn English. (Personally, I had no problem with my English, but it seemed everyone around me did!!) After that I worked in a Dominion Store as a janitor, delivering bread door-to-door, then Ontario Hydro's forestry crew during the summer, and digging water wells by hand during the winter. (That was the only job I ever had where I could start at the top.) After that a factory job for two years. During that time I took courses on the side to prepare for my chosen career.

When did you realize you would become an architectural designer/draftsman?

I always kept my dream in front of me of drawing and having my own business. I did not have much time to do anything but make a living and raise a family. I took a correspondence course in Architectural Drafting and Design, while taking on a second job looking after the irrigation of greens on a nearby golf course in order to be able to pay for it. This was in addition to my regular day job.

I showed my efforts to a local architectural firm, was rejected for two years, but kept at it. Finally I got the message I had been waiting for: You can start next Monday! I worked there for 11 years, gaining practical hands-on experiences I could never have gotten out of books. In 1977 I decided to start an Architectural Design and Drafting service, working from home. I never tried to get rich but, with God's blessings, and much behind-the-scenes support of my wife, I was able to make a good living. About 15 years ago our youngest son Jim, an Ambassador College graduate, joined the firm and learned the same way as I had: through on-the-job training. A few years

ago I was able to turn a thriving business over to him. I now help him out whenever and wherever needed.

How is it that a man of musical talents doesn't read music? How did all this happen, is music in the family background? What does it mean now in serving God's Church in having a keyboard, packing it up and transporting regularly as a service to others?

It wasn't until I was about 18 years old that we were able to rent one of those home organs operated by pumping the bellows by foot pedals. I took lessons at that time from an established organist, but was bored to death doing all those exercises and *arpeggios*. I usually took whatever piece he gave me to practice on and came up with a totally different arrangement in both major and minor form, arranged different rhythms, changed hymns into polkas and vice versa. After a while he said: "You had better go out on your own. No use trying to teach you." Now, after all these years, I sometimes wish I had shown a little more perseverance and learned to read music. In spite of that, I have always played for the fun of it and am still doing so and, I guess, that is what really counts.

With the arrival of portable keyboards, the horizons have broadened tremendously. I still carry my keyboard around to outlying church locations, as well as to the many Feast sites we have attended over the years, both in Worldwide and subsequent church groups we have been associated with. I know most hymns by heart and am able to accompany congregational singing at both the local level and at Feast sites.

In addition to that, I play dinner music in the dining room of the complex we reside in, as well as for the occasional wedding or funeral. I have been asked several times to take part in the regular Sunday evening service in the chapel of our complex but I let it be known right at the start that I would rather not get involved in anything to do with religion.

Our understanding is that you and your wife are living in a retirement complex comprised of mainly fundamentalist Christians. How do you deal with that as the only Sabbath-keeping couple in that community?

This community is made up of about 40% people of Dutch Christian Reformed background, (the same organization we

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From page 14

came out of about 40 years ago) with the remaining 60% being a mixture of different nationalities and religions. This makes for a certain level of tolerance of each other's idiosyncrasies. The population of the complex is about 440. As a point of interest: if you want to be a member of the association here, you need to acknowledge that God is a Trinity. We just quietly didn't become a member. If anyone would ask, we would explain why. If not, we just keep quiet. We take part in everything that has not a religious theme or background and try to help out wherever we can without compromising our beliefs. Even though many know we are Sabbath keepers, we try to keep a low profile and don't explain unless we are asked.

When did you first hear the Truth and where?

This was during the bread delivery days, where early morning starts were a must. During the trip in I listened on the car radio to the Wheeling, West Virginia early morning broadcast of the WORLD TOMORROW. One thing that kept me back from reacting to the words I heard and agreed with was the fact that literature was offered for nothing. To my frugal Dutch mind that sounded suspicious because from past experiences I knew for a fact: nothing is for nothing. (I never thought about the fact that God gives us things for nothing all the time.) It took us seven years before we finally realized that fact and we started attending in Toronto in 1967. We were baptized the next year; made a deacon and deaconess in 1974, and an elder in 1977.

What Church experiences did you have in the years before UCG?

When all the doctrinal trouble started in the Worldwide Church of God in the early '90s, Jim, our son and my wife and I, together with a deacon and his family, were the first ones who stepped out in this area. We, seven of us, kept the Sabbath together in either our or their living room. After a few weeks, our numbers had risen to 23. Then we became aware of the Global Church of God, which had a congregation in Edmonton, where Laurie Nyhus attended and had previously taken the same road as we had. He came down and we established an official congregation in Toronto, where the numbers had grown to 43, drawing people from a wide area encompassing Kingston, Kitchener, Bracebridge, Barrie and Hamilton. Since I was the only elder in this area at that time, we experienced an

extremely busy time.

Besides my regular business, we were visiting as far south as Rochester NY, Elmira NY, as far north and west as Sault St. Marie & Marquette, Michigan. Soon we were up to 125 and Ken Frank was given the pastorate, which helped to lessen the load. After internal problems in Global and doctrinal changes in Living, we parted ways again. This time we were on our own for about a year, after which we joined United Church of God. The rest is known history for most.

What lessons or principles have you gleaned from your career as applied to God?

Architectural design and drafting is, to put it in a simple way, **knowing where to draw the line.** Through that it gives directions to builders of where structural components and services should be placed in a building. Being a Christian you also need to know where to draw the line. In areas like your plans for the future, what your limits are, to see things to completion. When you pay attention to it, the Bible is replete with references to building and construction (1 Chronicles 22; 1 Kings 5/6/7; Psalm 122, Psalm 127).

Great detail is given when God passed on instructions for the construction of the Tabernacle and later on the Temple. The beauty and grace of Jerusalem is often described in glowing terms. The New Jerusalem is described in great detail. A Christian's life and structure is often related to a building. Paul saw himself as a layer of spiritual foundations and points to whom should be the important one.

"According to the grace of God, which is given unto me, as a wise master builder, I have laid the foundation, and another buildeth thereon. But let every man take heed how he buildeth thereupon. For other foundation can no man lay than that is laid, which is Jesus Christ." (1 Corinthians 3:10-11).

In the building industry, both the designers and contractors are subject to the same building code. We can compare that to the spiritual law of God. Paul talks about the fact that God has placed within His church people with differing talents, which are to be used as building materials for the overall construction of His building. 1 Corinthians 12: 4-13 shows the importance of using those individual gifts for the betterment of the body, but all subject to the same Spirit.

We can't all be inspiring speakers, concise writers and editors, or skilled administrators. I have admiration for the quality material United Church of God is putting out. It is a good example of different people with differing talents being able to put them together and produce something of great benefit to many people. That is laying a foundation on which they can build, using quality materials. I feel United is doing a commendable job in that regard.

We see the phenomenon in some of the groups that leaders set themselves up as apostles or prophets or some other "prestigious" position. Personally, I cannot understand that reasoning because it goes against common sense building practices. You just don't build a foundation on top of another foundation. It also makes me sad because it takes the focus away from who really is the important one: Jesus Christ. When the Bible says that the prophets and apostles were the foundation with Jesus Christ being the chief corner stone, the pivotal member of the whole structure, it means that it is a finished product and is immovable. It is up to us as individuals, to make sure we use quality materials supplied by Christ Himself to finish the superstructure on top of that foundation, as 1 Cor 3:10 says. As Ephesians 2:20-22 says: *"And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone; In whom all the building fitly framed together groweth unto an holy temple in the Lord: In whom ye also are builded together for an habitation of God through the Spirit."*

It is not man's 'smarts' or abilities, but only the workings of the Holy Spirit that will be instrumental in bringing man to his ultimate end, to be part of the glorious family of God.

Garry Lucas



THE POWER OF MEDIA AND ITS TOOLS OF TRADE

Interview with David Palmer,
pastor UCG Vancouver.



I found this on a website called “Northwest Broadcasters” sort of a “where are they now?” site. I have no idea where they got this info .. I didn’t even know it was there..(from David’s e-mail).

David Palmer - At age 16 CKBI Prince Albert SK 1956; hired as News director when CHUM bought CFUN Vancouver 1972; pastor Vancouver/Victoria United Church of God current.

How did you come to have a ‘radio voice,’ from family, or by lessons and training?

I guess I’d have to say I was born with the voice. My father also did some broadcasting in Prince Albert, Saskatchewan. I never took any formal lessons, but when I was 16 years old, the program director of the radio station in Prince Albert gave me a summer job, which included a 15-minute minor league sports report, as well as other simple responsibilities. He also let me practice in a recording studio when it wasn’t in use. I made tape recordings that he listened to and critiqued. Rock music was just beginning to become popular on radio and I had the desire to become a “rock ‘n’ roll” disc jockey.

What does it mean for those who speak in Church?

Any talents or abilities we have are certainly a gift from God, and if having a strong voice is an asset to communicating sermon messages then the credit is God’s.

When did you realize you had a ‘radio’ voice?

As I grew up people would say, “You should be in radio,” or “You have a radio voice.” I knew even when very young that I wanted to be in broadcasting. I would clip news articles out of the local paper and practice doing a newscast on my father’s recorder. When I was 15 my dad produced a program for CKBI Prince Albert called

the “Home Town Talent Show,” and I was the announcer.

What were your experiences when you did go into radio?

In the very beginning it was exciting. I was 16 years old, finishing my last year of high school and working part-time on weekends playing my favorite hit music, and getting paid for it. When I finished high school I began to take the broadcast career seriously. After working three years full time in Prince Albert I had other opportunities that included better shifts and more financial benefits. Over the years I worked in Saskatoon, Edmonton, Winnipeg, and finally in Vancouver. Each move was like a promotion.

In Vancouver in 1972, after years of deejay work, I went into news & sports broadcasting, which gave me the opportunity to interview a number of famous people including: actors, athletes, people in the music business, and politicians. I have sometimes been asked who was the most important personality I have ever interviewed? Without doubt I would always say Bob Hope. Mr. Hope was a very congenial, extremely easy person to interview.

What are the main ‘downsides’ of media as radio, TV and print? Editorializing, opinions, facts versus sensation, lies etc.

When I spent time at the UCG Home Office in January 2007, I had the opportunity to deliver a sermon to the Cincinnati congregation. I prepared a message entitled, “The Influence of Public Opinion.” I think some of the quotes from that sermon will answer the question.

“Do highly paid Media marketing consultants who try to capture the mood of the people follow public opinion ... or create it?”

“What sells? SENSATIONALISM!! I’ve often thought that the slogan for some news reporters must be ‘DON’T LET THE FACTS GET IN THE WAY OF A GOOD STORY.’”

“As a result of media influence, we have a nation where there is very little personal accountability.”

“Media advertising is not designed to tell the truth. It is designed to con consumers (pardon the pun) to spend money. Most ads are cleverly designed to hook your interest and make you want the product. Media ads play to the human desire, human nature.”

“Public opinion, the desire to satisfy human lust, human nature, to forget the truth, the desire to be told only what we want to hear, not what we need to hear, has been perpetrated by the influence of today’s modern media.”

Where were you born and raised, and where is all of your family now?

I was born in Tisdale, a small town in northern Saskatchewan, and grew up in a farming community. My father, a long-time member of the Church of God, passed away in the late 70’s. He never knew I had become a minister. I have one sibling, a sister, Patricia. She and my mother both live in the Okanagan, in Kelowna, BC.

When did you first hear the Truth and where?

I worked at a small radio station in Alberta, in the early 60’s. One of my on-air shifts included working Sunday morning. During the shift one of the programs we played was the *World Tomorrow* program. My father had already shown interest earlier, and when I finally moved to Vancouver, I began getting the *Plain Truth*, and was eventually baptized.

What Church experiences did you have in those years before UCG?

The early years of Worldwide Church of God were exciting. I became very involved with church activity, everything from the Sunday morning softball games and hockey tournaments at the Feast, to weeknight Bible studies and spokesman’s club. Unfortunately, my spouse at the time was not a member, which created some serious family issues. This caused me to leave the church for a short time. Then a few months later I heard through a mutual friend that Garner Ted Armstrong had left the church. I had no idea of the circumstances, but had always admired GTA’s approach. I learned that GTA was going to be making a visit to Vancouver. I went to hear him, met him, and soon we were communicating. I began assisting with looking after a small group of Church of God International members in the Vancouver area, and was ordained at the Feast in 1983. It wasn’t long before I was pastoring three church areas; Vancouver, Vancouver Island, and Seattle. Each area also had what was called a ‘host’ who would assist. It was difficult, because I also worked full time in radio, and the church was strictly a volunteer service.

One of the problems within some of
Continued on page 17

From page 16

the other church groups, was the lack of a full-time pastoral ministry. An elderly lady, who has been a good friend for many years, put it best: She calls them, "Post Office Box churches." It's difficult to be a volunteer and have the capacity to look after congregations in a full-time pastoral role.

What do you see as the greatest strengths of UCG? And the needs?

Actually, I think there are a number of strengths in UCG. The governance of the organization for one. Having the church governed by a Council of Elders rather than one individual, I think, is a real positive for the church. For example, no one individual can make doctrinal, policy, or administrative decisions. In fact any change in doctrine would require the approval of 75% of the entire ministry. Another one of the many strengths of UCG is having a full-time ministry. The combination of employed

pastors assisted by volunteer elders allows us to better serve the brethren.

As for needs, one of the greatest is future leadership. We have a number of ministers in their 60's and 70's. In a few years many of them will need to consider retirement. I believe it is our responsibility to work with and train younger men to take leadership roles. Jesus admonished us to "pray for labourers" who are committed to doing the work we've been called to do.

Lack of commitment is a lack of vision, the ability to look to the goal we are trying to achieve in preparing the way for the coming Kingdom of God. And as a church, both ministry and membership, I see one of our needs as a strong commitment to that goal of 'preaching the gospel and preparing a people.'

David Palmer



(A much younger David at work in the broadcast studio)

CALGARY UCG FIND A NEW MEETING HALL

About thirteen years ago, we were fortunate to find a "church home" for our members, since we were determined to follow the laws and Spirit of God, as we had done for many years previously. Keeping the Sabbath and the Holy Days as outlined in Scripture was a high priority. The pastor of the Seventh Day Adventists church in north-east Calgary was very sympathetic to our plight, and offered us sanctuary in their church. We gratefully accepted, and have been conducting services and enjoying our get-togethers there since.

During the past year or so, it became increasingly obvious that the Seventh Day Adventist's congregational needs were changing, and they required the full use of their facilities on a more regular basis. As a result, our church family faced more difficulties finding enough time

to fulfill our own needs, and a search began for a more suitable location. This proved to be a challenging task for us, since Calgary had been experiencing an immense surge of immigration, with a resulting housing crisis, and public meeting space was both limited and expensive.

After a lengthy search, we at last found space in the "Bow Waters Canoe Club." This building is situated beside an offshoot of the Bow River. The setting amongst the trees in a secluded area of the city was promising. Last August 2007 we were able to sign a one-year lease.

We are now well settled into the new hall. It is pleasant in many ways: the hardwood floor of the main hall gleams softly, and the view of the river tributary from the large window refreshes us. We appreciate the efforts of all those who set up the sound system

weekly, as well as those who set up and take down the seating for the congregation.

There is a small kitchen in the rear, and downstairs is a room which is often used for the children's activities. We had previously enjoyed the hall on special occasions. We held the Feast of Trumpets there and an "After-the-Feast" celebration when some of the members showed slides of their Feast experiences in different sites.

However, as we are already nearly at full capacity, we will likely be searching once again for a larger facility.

In the meantime, we continue to enjoy one another's company, and are very grateful to be able to meet here in peace and safety while in the midst of a very troubled world.

Anne Poffenroth



Bow Waters meeting hall with the Calgary skyline in the background.
Picture courtesy Rainer Salomaa.

350 WAITING ROOM SUBSCRIBERS ADDED

Since October 2007, 350 Dentist and Optometrist waiting rooms across Calgary have been added to *The Good News* magazine list. These subscribers are added after gaining their permission to send a copy of the magazine to their waiting room.

Lynn Marshall, phoning from Ontario, has found many will readily accept a subscription.

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LEADERSHIP TRAINING, Richard Pinelli - continued from page 13, Working with your pastor.

One ministerial trainee from the past always felt he had to answer everything, regardless. He had to come to see that you do not have to know it all, or do it all. So, how do you complement your pastor?

Just as there is an adjustment to different personalities within the congregation, so is there to every pastor (1 Corinthians 9:18-22). Every minister will not be the same. To be *'all things to all people'* means having the ability to understand where the other person is coming from and treating them appropriately. This does not mean making any compromise with right and wrong. But each pastor has a different temperament and personality; background and training, as does his wife; age and health and a pastor's job description and varied responsibilities. Most of all, we need consider our own personal relationship with God in effective

time and study. Consider the kind of things you could include in prayer for your pastor.

ALL ABOUT DISCERNMENT

Because we live in the *'end time'* when we are told *'many will be deceived'* (Matthew 24:5), discernment becomes a KEY element that needs to be developed. Hebrews 5:13-14 tells us that our senses must be exercised to discern both good and evil. The apostle John said to *'try the spirits'* (1 John 4:1-4). Why? We see here that discernment of spirits is more than just possession by demons, but also how Satan uses wolves in sheep's clothing to bombard the brethren with a twist on the fundamental truths to lead them slowly away from the trunk of the tree principles. We need what Jesus Christ had and will have in the World Tomorrow. Isaiah 11:1-3 (Old King

James) tells us that He would have *'quick understanding'* or discernment to go along with wisdom. 'Quick' in the margin and one of the meanings of the Hebrew was *'scent or smell.'* We have the expression, "I smell a rat," meaning is something wrong here?"

What should we be doing to develop this discernment?

Ask God to give you this ability to discern both good and evil; on your next fast day take time to seek His help; then keep on seeking and keep on asking.

Discernment is a growth process and good things come to the importunate child (Matthew 7:7-11).

Discernment is a Christian's spiritual radar. And we will need it in the end time deception of signs and wonders yet to come.

HEART OF A LEADER

Graemme Marshall

Scriptural focus of Cincinnati handouts has been on King David as a man after God's own heart – Psalm 78:70-72, Acts 13:22. Christ described Himself as 'lowly in heart' (Matthew 11:29 – and the Greek word suggests a depressed or humiliated condition of heart, humble in Himself).

David had awareness that God 'tested' the heart: 1 Chronicles 28:9 & 1 Chronicles 19:17.

1 Samuel chapter 18 provides three major trials on David's attitude and obedience to governance.

* He had quick advancement and then demotion but continued to serve well (1 Samuel 18:2-5/13).

* When he knew there was trickery and deception from King Saul, he departed from dangerous situations but still served faithfully (1 Samuel 18:6/10-11).

* And when promises were broken – he still went above and beyond in his service (1 Samuel 17:25 & 18:19-27).

A great virtue in David's character was, 'Who Am I?' humility (1 Samuel 18:18) along with his awareness of God's scrutiny expressed in Psalm 139:1-7/23-24.

BIBLICAL GUIDELINES FOR HUSBANDS AND WIVES

Graemme Marshall

Because of our broad group of pastors, elders, leaders including some single



men, an adjustment in focus is *Team Service: Husbands and Wives & Friends serving together in Christ's service.*

The ideal from creation was Adam and Eve to serve as a Proverbs 31 husband and wife. This is not being superman or superwoman but qualities to aim for throughout the period of one's lifetime. We have a heritage of a team ministry from the days of Aquila and Priscilla (Acts 18:26), Herbert and Loma Armstrong, and other notable couples in our church history. How can we assist each other in service? Some ways include: two-headed brainstorming, four-handed meeting and greeting at church, four-eyed overseeing where two eyes are better than one pair, feedback source, and research consultant.

What effects or outcomes result from a team marriage or friendship? They show by example that the togetherness of a marriage encourages others in the membership, steadies those struggling with problems in marriage, builds joy, laughter and good humour when a couple are seen to laugh together, gives children a clear picture of God's Family, and provides a settling effect

on a congregation to see a dynamic and harmonious Team Ministry in their midst. Team Ministry or Service is the fulfillment of what we are all to become in a Proverbs 31 calling in the Work of God. Let's enjoy that work – together.



PERSONAL INTEGRITY AND CODE OF ETHICS

Anthony Wasilkoff

"According to the cleanness of my hands" (Psalm 18:20-24). Do we have clean hands, and how ethical are we? We need to consider our UCG Code of Ethics for the Canadian National Council, the Ministerial Code of Ethics, and our Criteria for an Elder to be in "Good Standing."

In 2005 President Clyde Kilough gave a *United News* interview that listed 12 positives of UCG.

* A biblically-based, balanced governmental system.

* A strong doctrinal foundation.

* A solid ministry and membership with stable congregations.

* A broad media base for preaching the gospel.

LEADERSHIP WEEKEND *continued*

- * Healthy financial management.
- * A commitment to openness in communication.
- * Growing international representations.
- * A sensitivity to ethics.
- * Multilayered educational efforts,
- * Equitable processes and procedures for dealing with everything from doctrinal papers to member appeals when someone feels he has been wronged.
- * Excellent youth and young adult development programs ranging from Sabbath schools to camps to ABC to Youth Corps.

There are Six Pillars of Integrity: Trustworthiness; Respect; Responsibility; Fairness; Caring; and Morality. A code of ethics is like a fence to protect us from falling into problem ditches.

THE FINE ART OF DELEGATING AND MENTORING

Anthony Wasilkoff

Mentoring is the process in which a person with a serving, giving, encouraging attitude sees leadership potential in a yet-to-be-developed person and is able to prompt or otherwise significantly influence that person to the realization of his potential.

Mentoring is God's way for one person to help lift another toward their full potential. The mentor must have a very clear, internalized understanding of the vision, mission and value statements for the church.

From some you learn how to do things and treat people; from others you learn how NOT to do things. But you learn from all. We all have occasion to influence or mentor whether parents, children or friends.

From a LEADERSHIP article entitled,

One-Bullet Leaders: Determining what the novice does well, and training him to do it, members were helped to do jobs being left undone because they were single task roles. It explained, "I started working on helping the one-bullet folks..... I tried to help them find one task they could do well, and worked hard to remove any guilt they experienced for not being involved in more than one area. As we began the process we asked, 'What hasn't been getting done?' By answering that question we found one-bullet jobs that had been simply left undone because no single individual was responsible for that area." Are there opportunities to help our young people serve in our churches if we extend them the opportunity? A 2005 *United News* article entitled, *Passing the Baton: Can You help Us?* illustrates this need of mentoring others for our future.

WISDOM AND JUDGMENT

Dennis Horlick

Wisdom is to see things from God's perspective and to react to it with His mind (Philippians 2:5). True wisdom cannot be exercised where there is a spirit of arrogance (Soncino Commentary).

Good judgment is to assess situations accurately and draw sound conclusions. A pillar of wisdom is seeking good counsel or advice (Proverbs 11:14). It taps into other's wisdom, experience and knowledge.

The Fear of the Lord is wisdom...

Job 28:28.

For the Lord gives wisdom....

Proverbs 2:6



Tools to guide us in making good judgments:

Hear both sides of every issue...
Proverbs 18:17.

Don't accept expensive gifts (bribes)...
Deuteronomy 16:19.

Know when to send a case to "Moses"
Exodus 18:26.

Admit when you are wrong...
Hebrews 12:5.

Wisdom from God has eight characteristics: *pure, peaceable, gentle, willing to yield, full of mercy, good fruits, without partiality, without hypocrisy* (James 3:17-18).

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Below pictures show some attendees during session breaks.

Pictures UNC



WHAT'S KILLING CANADIANS?

About eight out of every 10 Canadians are at risk of developing cardiovascular disease - an illness that 74,000 die from each year. More than 300,000 Canadians are living with the effects of a stroke. Every year, about 21,000 new cases of lung cancer are diagnosed. Those statistics mean there's a good chance you know someone who has had lung cancer, cardiovascular disease or a stroke - or may one day be affected by one of them (CBC.ca News in Depth, 2008).

With these mounting concerns over national health, can we help our children's? Are there simple strategies we can use? The following article was published in both *The Good News* magazine, and *ALIVE* magazine of Canada. *ALIVE* Magazine has asked to potentially use it as part of their Academy of Natural Health courses. The article has been updated since original publication.

You Can Have Healthy Children - Here's How.

It was a sunny spring morning with a touch of crispness still in the air, just perfect for a stroll through the local zoo. But amid the crowds passing by I couldn't believe what I was seeing. A young mother, perhaps in her mid-20s and grossly overweight, was pulling a four-wheeled cart behind her. In the cart was an obese 6 to 7 year old. But, worse still, the young boy, sitting cross-legged, was eating from a mound of pretzels and potato chips piled high in his lap.

My heart went out to both. What struggle had this woman already endured in her teen life and young motherhood? What battle yet lay ahead for her son who was heartily imitating her habits?

Must children follow a parent's pattern of

obesity or ill health? No, it doesn't have to be that way. The cycle of poor health can be broken, but not without discipline in an affluent world beset with and seduced by distractions and fast foods. I saw in this mother and child three pressing necessities: her need to change the way of life her child was emulating, his need for exercise, and their combined need for a change in diet.

Whatever happened to simple childhood diseases? Today's children have adult problems. What's gone wrong?

A 14-year-old boy came into a doctor's office complaining of headaches, depression, and periods of confusion. His mother wanted the doctor to give her son Prozac or some other antidepressant. Instead the doctor gave her boy a blood test. 'His blood sugar was through the roof,' says the doctor. 'A few more lab tests and we confirmed that he had Type 2 diabetes - the avoidable kind.'

This incident, related by health writer Paul Perry, tells us that more and more children suffer from what used to be diseases largely confined to their parents (American Way, April 2001, page 64). Mr. Perry says we should be particularly concerned about the following adult diseases that afflict children:

Diabetes: As many as 45% of all new cases of diabetes in children are Type 2, commonly known as "adult onset diabetes." Obesity and lack of exercise are the major factors for this disease, which can lead to heart disease, kidney failure and blindness.

Osteoporosis: A dangerous thinning of the bones that usually takes place in women after menopause is now being found in adolescent girls. The culprit, according to one theory, is soft drinks. 'Teens have

doubled or tripled their consumption of soft drinks and have cut consumption of milk by more than 40%,' says Dr. Grace Wyshak, of the Harvard School of Public Health.

Stress and Anxiety: More and more children every year are becoming victims of their fears of the world around them. A study published in the *Journal of Personality and Social Psychology* said that the average American child in the 1980's reported more anxiety than did child psychiatric patients in the 1950's' (Perry, p.64). All this leads to the conclusion that children suffer because of the bad habits of their parents. Mr. Perry, who wrote a book, *The Diabetes Cure*, with Dr. Cherewatenko, quotes his co-author as saying, 'The bottom line is that kids do what their parents do. And most parents aren't living right themselves' (ibid).

Regular Exercise is Another Casualty of Modern Life.

'As of today, fewer than 10% of American adults do any regular exercise at all. Our children are being set up for a sickly adult life. Despite Arnold Schwarzenegger's efforts with schools, the latest survey of grades 9-12 in all 50 states, shows that only one child in three meets the minimum standard of exercise: three times weekly for 20 minutes. That's a big decline since 1984 when 62% of children met the standard. For health's sake, don't allow yourself or your children to be part of the couch potato brigade' (Dr. Michael Colgan, *The New Nutrition*, 1995, page 201, emphasis in original). The following common-sense advice will help most children.

Continued over page



Photo.com pictures of happy children



Healthy Children continued.

Set limits on television viewing, Internet surfing and playing video games.

Study after study links electronic entertainment with declining levels of physical activity, increased consumption of junk foods and overexposure to anxiety-causing violence. Instead, do things with your children to get them into the real world.

Teach them to guard their bodies and their minds.

With diet, do what is good for their health, not just what tastes good. Learn why junk food is harmful. Become informed about food colorings, preservatives and additives. Some helpful books include:

How to Get Kids to Eat Great and Love It, Dr. Christine Wood, Pediatrician, 2002.

The New Nutrition, by Dr. Michael Colgan, 1995

Fast Food Nation, by Eric Schlosser, 2001.

The Diabetes Cure, by Vern Cherevatenko, M.D., and Paul Perry, 1999.

For mental health, expose children to challenging physical tests befitting their age.

Teach your children to extend themselves physically and to know they can reach worthwhile goals. Barring limiting disease or physical impairment, encourage them to break through the pain barrier of running several kilometers or hiking with loaded packs. These types of activities teach the skill of enduring the trials of life they will inevitably encounter.

Engage them in some type of aerobic exercise several times weekly, enough to have them sweating and breathing hard.

Teach them that to get to the top of satisfying emotional mountains in life also requires going through low valleys.

Here is some rock-solid advice for concerned parents: If you smoke, stop. If you overeat, eat less. If you tend to be lazy, become more active. After all, your children are just little copies of you. They mimic how you think and what you do. For their good health, aren't your children worth some changes?

Old Wisdom and some Modern Day Quotes

Some students at Ambassador College recall sitting in 1962 classes, and hearing Herbert W. Armstrong make these statements. Forty-plus years later they remain clear amidst the many confused voices on today's health. These simple truths from our heritage have stood the test of time.

"Eat only those foods that will spoil, but eat them before they do."

"The reason white flour is sold is because it doesn't spoil."

"Get plenty of vegetables but go easy on the sauces and dressings."

Corroborating some of that simple wisdom are the following modern-day (October 2007), quotes from Diana Noland, a consultant with the Institute of Functional Medicine. After 34 years as a Medical Nutrition Therapist, Diana Noland says:

"There really is a famine in the land. Not a famine of quantity, but a famine of quality."

"We are the ones who choose what goes into our mouth. Think fresh fruits and vegetables, not the white, processed foods of commerce."

"80% of the medical problems are chronic disease from the poor lifestyle choices such as the food we eat. You are the buyer and you are the preparer."

"High fructose corn syrup is an unnatural molecule. It can encourage the big tummy on teenagers and that is very dangerous fat."

"It is critical to eat certified organic foods – when you can."

(The Institute for Functional Medicine (IFM) has been surveyed by the Accreditation Council for Continuing Medical Education (ACCME®) and awarded the status of Accreditation with Commendation for six years as a provider of continuing medical education for physicians).

Lynn Marshall

Some additional sound advice comes from the *United Church of God's* e-mail service, of January 4, 2008. **Today @ This is the way...** Dear friends, What with junk food and junk on TV, it was only a matter of time before it invaded our sleep! Clyde and Dee Kilough.

Junk Sleep?

"Many adolescents are so hyper stimulated by the Web, iPods, video games, and other electronic pastimes that they don't

want to go to bed," says a report in the Sept. 14, 2007, *The Week* magazine. "Deprived of proper sleep, they doze off while still connected to their electronic inputs... 30 percent of kids 12 to 16 are getting between four and seven hours in rooms full of light from screens, electronic noises, and music, depriving them of the deepest, most restorative sleep cycles." God created sleep to refresh us, and He wants to give "His beloved sleep" (Psalm 127:2). But we have to do our part!

Further reading:

"Keys to a Long, Healthy Life"

Online at www.gnmagazine.org/booklets/LW/longlife.htm

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(Photo.com picture of a sleeping child)



EDMONTON ANNIVERSARY

The Edmonton United Church of God congregation celebrated their twelfth anniversary on Saturday, January 12, 2008. The day began with services at 1 pm in the afternoon.

Three different messages were given with the themes of Contagious Happiness, Peace on Earth and God's Spirit. Special music included the Edmonton Choir performing, "The Lord's My Shepherd," with piano accompaniment by Keith Koshman and Owen Davis on trumpet. Kristen Korneluk and her dad Boyd Yahn also performed a duet called, "Love Remains," with Boyd playing the guitar.

We had an attendance of 94 for the day. Following services, Scripture readings by

some of the children preceded a wonderful hot buffet meal. The theme for the evening was "hats." There were many shapes and sizes with prizes for the most interesting and/or unique ones in different age categories.

After dinner a talent show featuring emcees "Rob & Bob" (Rob Eckert & Bob Korneluk) was enjoyed by all. We heard poetry readings, children's a cappella songs in English and French, vocal solos, and piano solos and duets as well as a violin solo. This was followed by a dance with music provided by our deejay Martin Jongerius.

We met in our regular meeting hall at King's University College. It is amazing to note that we still meet in the same location with which God blessed the original

congregation of 14, now 12 years ago.

The Edmonton congregation is experiencing a minor explosion of new babies and we are all welcoming them with open arms. We look forward to another celebration next year at this time for the loving warmth it provides on a mid-winter's Sabbath and the glory it gives to God. He has blessed us all so richly.

Fern Berendt

Pictures below show the children in their hats, and elders Laurie Nyhus at left, Garry Poffenroth of Calgary centre, and pastor Bob Berendt to the right.



ROGER BOYER OBITUARY

Many Montreal and Ottawa *United Church of God* members are saddened to lose a stalwart of the Montreal congregation, Mr. Roger Boyer.

Although in his eighties, with breathing difficulties for years and a recent stomach cancer, he faithfully helped set up church services and was a refreshing example. He had been at his son's home the past few days, and Sunday evening January 20, he was sitting with him at the table around midnight, suddenly opened wide his eyes and died. There was nothing anyone could do to resuscitate him.

We are thankful he fell asleep so easily and painlessly. He was very concerned for his wife Mona, who had in the weeks before already consented to hospital care.

I had recently preached on the subject of *The Hope In Death* and given a copy of my

notes to him, as he often wanted me to slow down in speaking so he could note all the scriptures. He was enthusiastic for God's Word and for UCG.

We will miss a loyal servant, faithful helper at Church, and a fresh, enthusiastic, personality – until the resurrection.

Edwin van Pelt said of him:
"It is very sad to hear of his sudden death. His pleasant demeanour and greetings at Sabbath services will certainly be missed."

Graemme Marshall - Ottawa



BIRTH ANNOUNCEMENT

We are pleased to ask that the following birth announcement appear. We are a bit late - but I guess it's better late than never!

Jim and Almeda (Bauman) Lucas of Barrie, ON are thrilled to announce the arrival of their second child. Daniel Jacob was born January 11, 2007 weighing 8 lbs. 1 oz. Happy grand

parents are Garry and Emmie Lucas (Barrie, ON) and Angus and Adeline Bauman (Guelph, ON). Big brother Evan is thrilled with his new playmate. We thank God for our two very special blessings.



FONDUE DINNER

The Yahn family of North Battleford hosted a fondue dinner in their home on December 22nd. Those in North Battleford were joined by brethren from the Saskatoon and Edmonton congregations for a total of about thirty people. The potluck menu consisted of beef, chicken, Northern Pike (known to many as Jack Fish), plus cheese cubes and onion rings to batter (or

not) and cook for yourself. Side dishes were many and varied, as were the desserts. A most important part of the menu was fellowship. By the end of the evening most were 'fed-up' and hoarse from talking!

Adeline Sanoy
(North Battleford, Saskatchewan)



At left is a group gathered around fondue pots and the cooking.

Top right: Sitting down is pictured Karen Bullerwell on the left, with Ann Korneluk to the right. In the background members enjoy the fondue cooking.

VANCOUVER WEDDING

It was a special Sabbath on January 12 for the Vancouver, BC congregation. Following regular Sabbath services, the congregation, along with family and friends were guests at the wedding of members Don Mathison and Vera Thomas.

Vancouver elder Lorne Davies, a long time friend of the bride, officiated the wedding ceremony.

David Palmer



MR. ROGER BOYER

Approaching his mid 80's, Mr. Boyer gave the congregation the comfort and love of a grandfather figure. In spite of his physical challenges he was diligent in attending Sabbath services and served all of us who were much younger. In his early UCG days he was no stranger to the physical preparation of the meeting

hall, and two years ago he put his organizational skills to use by reorganizing and then systematically maintaining the Church's CD/DVD library. He was always amongst the first to arrive for Sabbath services and rarely failed to provide sandwiches and coffee. Mr. Boyer's gentle, caring, courteous and respectful

manner has made an impact on all of us. It was a joy having Mr. Boyer as part of our lives. We all loved him and we will greatly miss him.

Achille Vitale

Today @ This is the way... December 24, 2007

Dear friends, This makes us pray more fervently, "Your Kingdom come!"
Clyde and Dee Kilough

Bomb Squad: Removing War's Deadly Aftermath

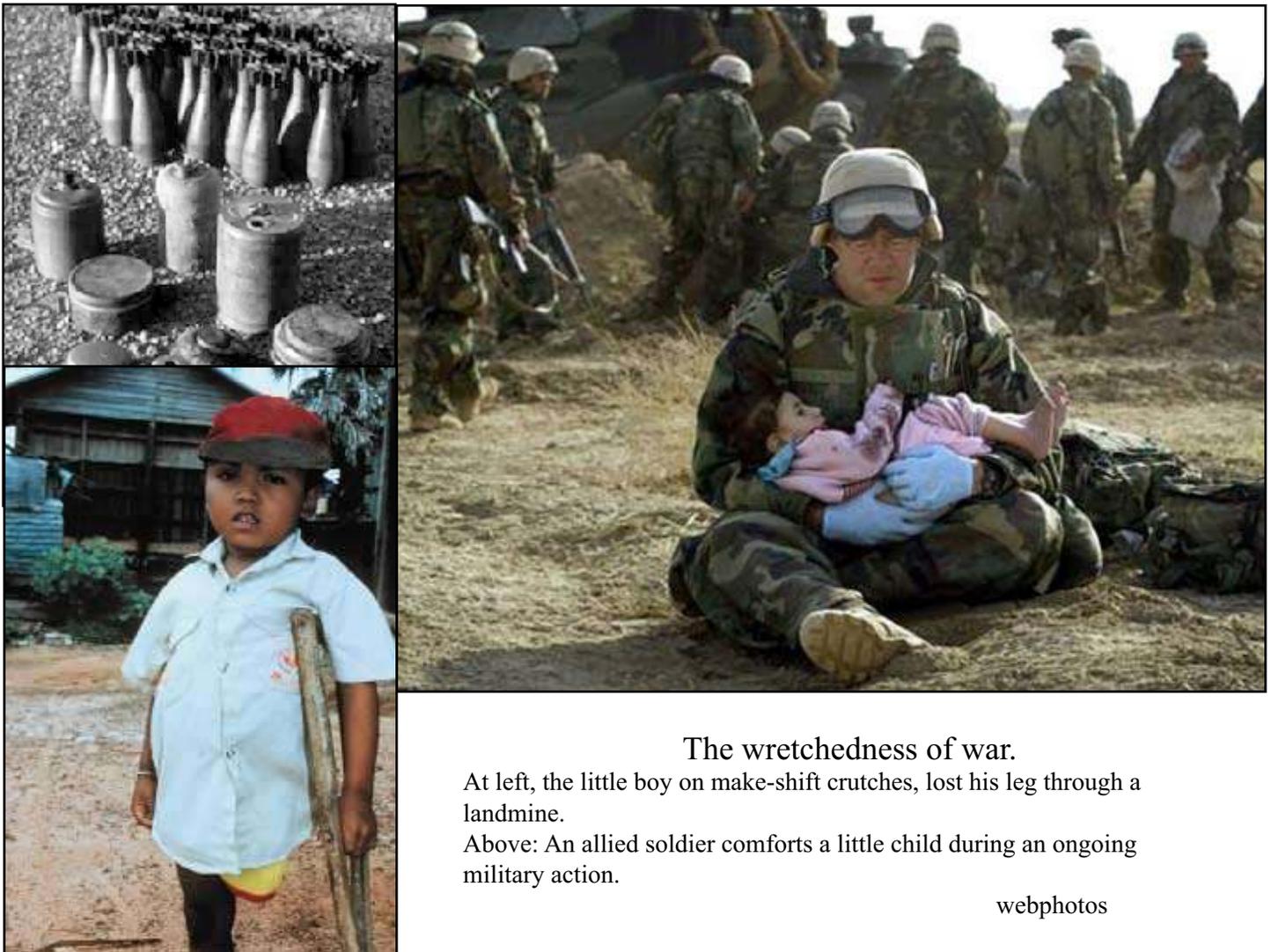
It is estimated that there are 110 million land mines deployed in more than 70 countries around the world. The United Nations estimates that someone is killed by a land mine every 20 minutes. Over 80 percent of the 15,000 to 20,000 victims annually are civilians, and at least one in five is a child. In Cambodia, for example, one out of every 250 people is an amputee because of land mines.

Many people are trying to do something today to get rid of this scourge. Actually 100,000 land mines are being removed each year! But the problem is, 20 times that number are being placed each year. Consider that land mines only cost \$3 to \$15 to produce, but at least \$1,000 to remove! One estimate is that it would take \$33 billion and 1,100 years to clear all of the land mines in the world.

Thankfully the Bible foretells a time when all implements of war, including these evil land mines, will be removed (Psalm 46:9). Perhaps some of you reading this will be involved in getting rid of this scourge from the earth.

Further reading: "Bomb Squad: Removing War's Deadly Aftermath" — Online at vcmagazine.org/vcm/article.asp?volume=8&issue=9&article=bombsquad

"He stops wars all over the world; he breaks bows, destroys spears, and sets shields on fire" Psalm 46:9 GNB.
"...who makes wars to cease to the ends of the earth; He breaks the bow, and cuts the spear in two; He burns the chariots in the fire" MKJV.



The wretchedness of war.

At left, the little boy on make-shift crutches, lost his leg through a landmine.

Above: An allied soldier comforts a little child during an ongoing military action.

webphotos