



How Prepared Will We Be?

The Passover season is nearly upon us! Each year, when the Feast of Tabernacles concludes, we gaze into the distance and the spring Holy Days seem so far away. And yet, somehow the time elapses ever so quickly (in retrospect) and we find ourselves about to embark on all of the preparatory steps required for properly observing the Passover Service and Feast of Unleavened Bread.

This issue of *United News Canada* is written to help put us into the Passover and Feast of Unleavened Bread frame of mind. Articles have been submitted to enable us to take the appropriate steps to observe these two very special occasions prescribed by our Creator God in the Holy Bible.

A few of us will be keeping our first ever Passover Service. Others of us will be keeping our second or third Passover Service. Yet others of us will be keeping our thirtieth or fiftieth Passover Service—or even more. Whatever the case, we

need to be prepared so that we do not participate in the Passover Service in an “unworthy manner” as Scripture warns. By extension, the same can be said about keeping the entire Feast of Unleavened Bread. Both were designed to have a profound



Photo by WATARI on Unsplash

spiritual impact on all receptive and responsive believers everywhere and are not to be taken for granted.

One of the prescribed exercises we undertake at this time of year is to carefully examine ourselves. The Apostle Paul speaks to this in 1 Corinthians 11:28-29 where he emphatically states, “But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body.”

The Apostle Paul adds to this in Galatians 6:3-5 where he writes, “For if anyone thinks himself to be something, when he is nothing, he deceives himself. But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. For each one will bear his own load.”

Human nature, which we all have, has a tendency to deceive itself. Once a year we are granted a reality check by our Heavenly Father as we reflect on the sacrifice of Jesus Christ and pursue a spiritual self-analysis via the power of the Holy Spirit. Most Christians find introspection unpleasant. At times it can even be painful.

However, Hebrews 12:11 encouragingly explains, “Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields to peaceable fruit of righteousness to those who have been trained by it.”

We have much to look forward to as we anticipate the 2018 Passover and Feast of Unleavened Bread. May your observance of both special occasions yield the abundant fruit of righteousness generously promised in God’s precious Word.

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Anthony Wasilkoff

Is It That Time—Again!?

Did you know that if you go online you can find numerous websites with hints for spring cleaning? There are many tips on how to do things better, more efficiently and faster. There are checklists you can print off listing areas needing to be cleaned in each room of the house. One even claims to enable you to clean the whole house in one weekend!

Somehow, I've never been able to do my spring housecleaning (de-leavening) in one weekend. Often the task seems daunting and even after so many years, I ask myself, "Where shall I start?" Perhaps that explains why I found myself searching the subject online.

Most of what I found was not of any real help. There is one tip I will use and that is for cleaning a microwave. The tip said to put one cup of water into a four-cup microwave-safe bowl. To this add some vinegar and microwave until boiling. Let cool without opening the door for 15 minutes and then wipe down. That will be something I will try this year.

In years past, I occasionally heard people complain about the "burden" of having to do a thorough cleaning of the house prior to Unleavened Bread. One of the websites I found spoke about the

need to vacuum thoroughly to help rid the house of dust particles. It seems that dust aggravates allergies and can even contain hazardous chemicals – even those used in the house decades ago. The instructions included the need to vacuum in corners and behind furniture and then clean the filters of the vacuum cleaner. Their advice is to do so after each vacuuming to avoid spreading contaminants during the next vacuuming. Just think of all the health advantages we have had for years because we had the "burden" of having to clean thoroughly this way each spring.

At one time, I would vacuum out all pockets and pant cuffs in case

there could be some crumbs there. Perhaps that was taking things a bit too far, but I still like to clean in some of the more remote areas of the house such as closets. Of course, that only happens when I begin cleaning early enough that I can do so without becoming too stressed or sacrifice the time needed in spiritual preparation. An important lesson I have learned is the need for balance realizing that both the physical and the spiritual cleaning are important.

Truthfully, while there is some stress in meeting a deadline, I do appreciate (if not enjoy) cleaning for Unleavened Bread. While I am doing the deep cleaning, I have lots of time to meditate about the meaning and the spiritual applications of what I am doing. When all is done, it is a wonderful feeling to see a sparkling-clean home and know it isn't just tidied up. It is much the same deep-down clean feeling that I have when I am returning home after the Passover service.

So, now that I am motivated, it is time to assemble all my cleaning supplies: water, detergent, mop, broom, vacuum, dusters and, of course, Bible. Happy spring cleaning!

Linda Wasilkoff

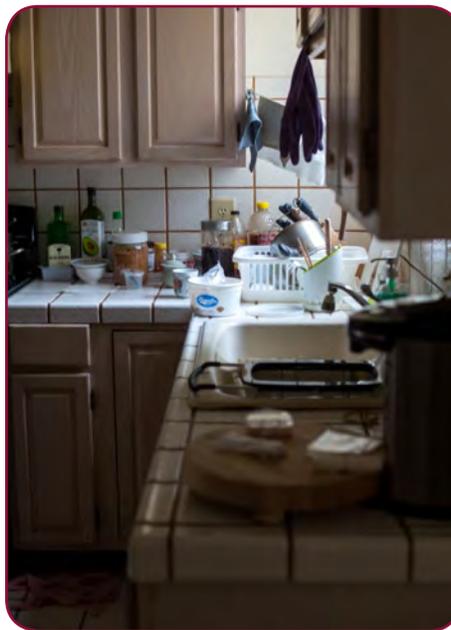


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O Wretched Man That I Am

There are some words written in scripture that truly express what one feels when the full realization is made of the perverseness of human nature and the enormity of our sins against God. The words of Paul can echo in our minds as we contemplate both the violent history of mankind and the inner conflicts we experience in the course of our conversion.

Paul had many sharp and all too clear memories of his life as Saul the persecutor. He very likely winced when he thought of Jesus asking him “why are you persecuting me?” Those memories probably never fully left Paul and no doubt acted as goads to drive him to go on, enduring suffering and persecution for Christ’s body (the church) as well as for the truth and way of living as God commands.

Paul’s strong statement and lament in (Romans 7:24) was not just left hanging as though he were hopeless or downcast. That statement is immediately followed with the firm statement of faith, trust and belief that he indeed was being delivered even as he uttered those words. He was being delivered through the justification and saving grace of the gift from God the Father to all mankind - the sacrifice of His Son Jesus Christ.

In the next few verses, Paul expresses the confidence he had in Christ. He knew that the penalty for sin was death (Romans 6:23 and Romans 8:2). He also knew that sin was the breaking of God’s law (Romans 7:7-8 and 1 John 3:4) and had quoted the tenth commandment about coveting knowing that

it was understood that all 10 were intended.

One of the purposes for Jesus Christ coming was to magnify the commandments of God (Isaiah 42:21). He taught that murder was committed through hatred, adultery through lust and stealing through coveting (Matthew 5:17-48). The inner man was involved and the commandments are written on the hearts of the converted. Paul realized that one could be pleasant, smiling and positive on the outside while coveting mightily on the inside. That too was sin. God always intended humans to have His commandments on their innermost parts - in their hearts and minds. It is with the recognition of the full requirement of God’s commandments that we can all say “O wretched man that I am.”

Paul had already been converted and deeply involved in learning, living and teaching the truth of God when he wrote these words. He knew he was growing and progressing spiritually as God worked with him, and that the process was continuing. Yet, even Paul was concerned that, after years of complete service to God, he could still become a castaway (1 Corinthians 9:24-27).

Spiritually speaking it is healthy for us to think like Paul. This thinking keeps us humble and in the fullness of the knowledge that Christ is our Redeemer. We stand before God cleansed in His precious blood once we have repented (Acts 2:38). Our deeds can never earn salvation for us - not even if those deeds are as great as those attributed to Paul.

However, our deeds can cost us the salvation that God offers through Christ. It is still true that the penalty of sin is death. In Romans 6:1-2 Paul asks, “shall we continue in sin?” He strongly answers “God forbid!” It is unthinkable that a person who is placed on death row (so to speak) and who has another take his place and pay the penalty for his crime should, upon being freed, expect to be able to commit that crime again with no further penalty. This shows utter contempt for the one who paid the account! We read in Hebrews 6:4-6 that once forgiven, a person is expected to not turn back to a life of sin. A converted person must strive against sin (Hebrews 12:1, 4). It is the striving that pleases God because that shows character and it builds more character.

Scripture tells us that the righteous man falls seven times (Proverbs 24:16). Converted people are not yet perfect but they are trying to be like Christ (1 Peter 1:13-16; 1 Peter 2:21, 22). Sins, which can slip in on us due to our imperfections in the process of developing into chil-



dren of God, are forgiven upon repentance (1 John 1:9, 10). God does not want His children to live in fear like whipped dogs. He starts the process of conversion by giving us a clean slate through Christ. We are to know that humans are to “stand tall” in the blood of Christ.

Jesus Christ thought you were worth dying for. God the Father thought you were worth the sacrifice of His only begotten Son. Now

it is only up to us humans to know we are wretched in comparison to God and what He offers. We need to know we were indeed “wretched” before Him and, knowing this, we can move forward to reconciliation. We need to repent of our sins so we can joyfully accept the precious sacrifice of His Son, accept His offer of forgiveness and move forward. We need to know that God’s children are a chosen generation and of His royal household (1 Peter 2:9, 10).

God wants His children to stand before Him confident of His love. We are not to be crawling and self-flagellating forever. We are to become bold, confident and assured. That comes from believing in the redeeming blood of Christ and striving to obey God. Let us follow Paul’s example in living, and also thank God for His grace through Jesus Christ our Lord.

Robert Berendt

“Saving” from page 12

of God” includes preaching the gospel and proclaiming biblical truth. It includes a prophetic message, teaching people to observe all things that God has commanded, making disciples, baptizing people, taking care of people, reaching out into their lives, crying with those that cry, laughing with those that laugh and creating a community and a family. In the process of that work, we as agents of God can influence the potential salvation of an individual.

Paul made no apologies. He knew the decisions he made, his policies, his procedures and the way in which he went about doing things made a difference in the lives of people. People lived and died based upon the decisions of the apostle Paul. The truth is that many people died painful deaths because Paul was so diligent in doing God’s work and that those people became deeply converted, were baptized into a heartfelt faith in Jesus Christ and were willing to suffer persecution even to the point of death.

God’s work is a saving work! One of the great mysteries of scripture, an underlying theme is that God is ultimately going to save this world. And He is going to use human beings called to His truth to help Him do it.

From ancient times when God called a man named Abram, to the saving of his people from slavery in Egypt by the hand of Moses, from Old Testament prophets to the New Testament apostles, God has utilized the talents and abilities of human beings to bring His word of salvation to those whom He calls. Even the Saviour of the world, Jesus Christ, became a flesh and blood human, “who took on not the nature of Angels, but he took on him the seed of Abraham” (Hebrews 2:16, KJV).

This world is winding down. Calamity is coming. We can’t prevent it. We can’t change it. But we can influence a few. If we let the light of Jesus Christ shine in our life, if we put our hand to the plough and our whole heart into the work of God,

then maybe we can help save some!

The work of preaching the gospel for a witness to all nations is not just apocalyptic. It is prophetic. It is a moral message. It not only tells us that an event will happen but why it is going to happen.

We are to reach out and make disciples of as many as the Lord our God will call as a result of the work we have done, because we are His agents, instruments of salvation in His hand. The apostle Paul knew and understood to the very depth of his being, that as an instrument in God’s hand, he was involved in a saving work.

The work of the God’s church today is delivering the gospel to a weary world. A work that involves everything from modern technology to personal evangelism, so that by any and all means we, as individuals, might have enough influence to allow God to save some!

David Palmer

Don't Bite Your Tongue

I have a problem. It's not until you try to fix a problem that you realize how deep the issue runs and how hard it is to change. So, here's the difficulty: I can say anything witty, sarcastic, self-deprecating, or work related and professional, but I choke when I have to say something that is really heart-felt. My voice literally cracks sometimes if I try to say something that you could say "aww" to.

I have been giving a lot of thought to my, so called, humour or witty comments. Are they really hurting someone? You know what they say, "behind every joke there is a little bit of truth." Do my words hurt other people? Sometimes. Do I mean to hurt other people? Sadly still, maybe sometimes. Do I want to change? Yes. How do I accomplish this? Well, mom always said, "If you can't say anything nice, don't say anything at all." But, I'm already more of an observer than a talker. I cannot get quieter! I try to bite my tongue and depending on the day, I go home with deep grooves. Sometimes my tongue should be bleeding because I have bitten it all day! Maybe the answer is - quit working! All kidding aside, the answer I'm finding, is so much deeper.

Recently I read a booklet that was shared with me (my husband said I should read it! What do you think he meant?). It's called *Guarding the Tongue* by Dean and Susan Wheelock. On the cover is this quote: "Whoever guards his mouth and tongue keeps his soul from troubles" (Proverbs 21:23). The next page quotes Psalm 34:12-14, "Who is the man who desires life, and loves many days, that he may see good? Keep your

tongue from evil, and your lips from speaking guile. Depart from evil, and do good; seek peace, and pursue it." Now, still on page 1, the next quote from Scripture is: "Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks" (Matthew 12:34). This is a good start to addressing my problem and I only have about 40 pages left to go!

The visual I have is of a chronic, spiritual infection that slowly dulls the peripheral nerves so that



Photo by Drew Hays on Unsplash

we don't feel the pain. Since this "infection" is spiritual, we cannot see the awful disfiguration on the outside. The tongue reveals what is going on inside us. The "spiritual bacteria" fester quietly at first but when a critical mass is reached, we hear it coming from the tongue. When I think of this as spiritual bacteria, I can better understand the words in Proverbs 18 about separating friends and the warning in Proverbs 6 about sowing discord among the brethren.

I need to find a cure. The Bible has a lot to say about this topic

using numerous words – tongue, mouth, slander, accusation, backbiting, false witness, speaking, speech, venomous and destructive – to name a few that you will find in a topical Bible or concordance. So, I can learn to bite my tongue on those topics but that still is more of a bandage than a true cure for the problem.

The cure is found in Philippians 4:8: "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."

James 3:2-10 reminds us that even though the tongue is small it actually contains a significant amount of power. Also consider Proverbs 12:18 which says, "the tongue of the wise brings healing."

Unfortunately, there is not a quick "tongue vaccine"—one shot, a little skin irritation for a day or two and you are protected for life! It must be learned by changing how you think and what you think about. Everything in life is learned and what makes us good at anything is practice, practice, practice!

They say that before you can run you have to walk so, maybe for now, I can learn to write nice things and then read them out loud, so my tongue learns to form the words and they become more natural. One day I will say only the nicest things all the time!

New Council Members

The board of the United Church of God – Canada (National Council) consists of nine people who serve terms of three years. Each year three terms end and the National Conference must determine who will replace those whose terms end.

In September, during the annual meeting of the National Conference, Larry DeLong was re-appointed to another three-year term. Additionally, two people (one laymember and one elder) who had not previously been members of the National Council were selected.

Here is some background on the two new Council members.

Stanley Kitt is a Canadian citizen who has lived most of his life in Alberta with a six-month stint in Paris, France in 1974-1975. He has four grown children.

A professional engineer by trade, Stan has a B. Sc. degree in Mechanical Engineering. He has also taken executive management development programs from the Banff School of Management and the University of Calgary Business Management Department. Much of his career has been spent in the oil and natural gas development business where he was involved in development, design and project management. In other projects he was involved in procurement and construction management of pipeline projects. He is used to overseeing multi-million dollar projects!

In early 1971, Stan was baptized

and was then ordained as deacon in the early 1980's. As is the case with many others, he spent numerous years in Spokesman Club. He began giving sermonettes in the Calgary congregation in 1979. Then he joined United Church of God in 1997 and began speaking in Calgary shortly thereafter.



provided by Stanley Kitt

He moved to Edmonton in 2004. A few years later he met Wanda Lee Erlandson from Great Falls, Montana. They were married in 2009 and live in Edmonton. Stan continues to be active in the church giving sermons, hosting meals and assisting in planning wherever possible. To that service, he now adds a three-year term on the National Council.

Stan looks forward to utilizing his vast work experience as he serves on the National Council and has many ideas and suggestions.

Jim Lucas started attending church with his parents, Garry and Emmie Lucas and older siblings, when he was just a few months old.

As a child he had a strong interest in music and he took up playing the drums. During his high school years, he bought a guitar and started taking lessons. He decided that while playing the drums was fun, it was much easier to carry a guitar around! It was also much easier to sing along with a guitar.

Jim attended Ambassador College from 1986 to 1990 and completed his degree with a major in Theology. He had the opportunity to spend three years in Big Sandy and one year in Pasadena. While in Big Sandy, he was a member of the Young Ambassadors and he worked for the Music Department in Pasadena.



provided by United News Canada

He also had the opportunity of being a drummer in the college band at Big Sandy. In addition to playing at the Ambassador College Barn Dance, the band also travelled to many of the church congregations to play at their barn dances.

National Council Secretary

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News From Across Canada

Calgary Social

Following services on December 9, the Calgary congregation enjoyed a potluck meal followed by a variety show.

There were around seventeen acts including a “Scandinavian” Chef, poetry, the United Supremes, two



provided by Rainer Salomaa

family bands, sisters and brother duets and a Daddy-dueling-daughters-dance skit just to name a few. There was also dancing to a live band. Lots of guests were present and a great time was had by all!

Heidi Poffenroth

Hamilton Social

The Hamilton congregation hosted a potluck and games night after services on December 16, 2017.

The brethren appreciated fellowshiping with with the guests who made the drive to share in the occasion.

Along with strategy games like chess and cribbage brethren played table-hockey and drawing games.

There was a healthy mix of ages who interacted with each other, strengthening bonds in the process.

Paul Wasilkoff

Edmonton Social & Ordinations

On January 27, 2018, the Edmonton congregation of the United Church of God celebrated its 21st anniversary with a Winter Social. It has already been a year since Mr. Robert Berendt retired and Mr. Michael Erickson became our pastor. We are incredibly blessed in Edmonton to have a pastor, a retired pastor, two local elders and their wives.

Adding to our blessings on this anniversary occasion was the ordination of two couples to the office of deacon and deaconess—Wayne and Cathy Ward



provided by Evelyn Davis

and Owen and Susan Davis. Congratulations are extended from our congregation to both couples who have been serving the brethren for many years.

Our social was very enjoyable with a potluck dinner accompanied with live dinner music

performed by Ashley, Natasha and Katie Davis, and Savannah Jongerius. Following dinner, we were treated to a short variety show featuring piano solos by Michael Eckert and Natasha Davis, a vocal solo by Randa Chrestenson, an ocarina solo by Natasha Davis and an original guitar and vocal performance by Margaret Asselstine.

We had the inaugural showing of the Camp Wildrose 2017 promotional slideshow created by Karl Berendt. Our evening was rounded out with board games and a short dance for our young folk. The congregation appreciates the hard work of Janet Chrestenson who organized the social.

Evelyn Davis

Kitchener Social

The Kichener congregation hosted a potluck social and games night after services on January 27, 2018.

Visitors came not only for services but also for the meal. Additional guests joined in the fun after the meal for games.

In addition to card and board games, brethren played ping-pong, badminton, basketball and volleyball.

Our thanks go out to all who helped plan and execute the day’s events.

Paul Wasilkoff

Toronto Social

The Toronto congregation is very blessed to have a group of young adults who actively participate in the congregation. On January 27, they sponsored a “Minute to Win It” social. Following services there was a finger-food potluck meal.



provided by Della Haynes-

There were about a dozen games set up around the room. Each one gave the participant a challenge to complete the challenge in one minute. In other words, there was something for everyone and the participants included those whose ages ranged from toddler to 90!

Linda Wasilkoff

Tholenaer Obituary

Johanna Tholenaer of Calgary passed away peacefully with family at her side on Sunday, December 10, 2017. She was 88 years of age.

Johanna was born on August 8, 1929 in Bussum, North Holland, Netherlands. She came to Canada when she was 20. Johanna was a strong, independent and courageous woman who

raised six children on her own after the accidental death of her beloved husband. She was actively involved in God’s church and a long-time volunteer with the Foothills Hospital. She was also an avid decorator and animal lover who loved to travel.

She is survived by her sons and daughters-in-law: Michael and Veronica of Sherwood Park, Gerald and Lisa of Calgary; her daughters and sons-in-law: Brenda and James of Calgary, Janine and Barry of Everett, Washington; Carolyn and Rick of Kelowna; her grandchildren: Corrina, Amy, April, Sarena, Katherine, Brittany, Shane, Ava; her great-grandchildren: Declan, Tanner, Mila, Kaye, Mad-dy, Lola, Brayden, Noah, Halle, Hunter, Clohe, Lala and Kiely.



provided by Tholenaer Family

Johanna was predeceased by her beloved husband, Gerald, and son, Bruce.

Funeral services were conducted by Rainer Salomaa on December 20, after having had a winter storm which left about 30 centimeters of snow on the ground the night before. Johanna had been a long-time faithful member of God’s church in Calgary and will be remembered

for her elegance, ready smile, sparkly eyes, her grit and love for God and His church

Rainer Salomaa

Thomson Obituary

John Keith Thomson was born in Lucknow, Ontario, on December 11, 1937, and passed away on Thursday, January 4, 2018.



provided by Thomson Family

Keith grew up in in Kirkland Lake, Ontario, where he went to high school. This is where he also met Patricia, who became his wife. They celebrated their 60th wedding anniversary in September.

The Thomsons have two children (John Daniel and Corinne Monica), six grandchildren and four great-grandchildren.

A long time member of the church, Keith was baptized in the summer 1962 and was ordained a deacon in September 1968. He and Patricia were members of the Barrie congregation. A memorial was held for Keith on January 14.

Thomson Family

Make It Count

Blue Monday supposedly is the saddest day of the year. While some sources say it came into being as an ad campaign for a travel agency, it seems to be receiving ever more notice. There are various “formulas” to come up with the day in January which would be the saddest day of the year. Some items included in the formula is the weather, the debt load after the December holidays and the time since New Year’s resolutions were made – and not kept.

Thankfully, many of the items that are said to add to Blue Monday, do not apply to those of us keeping the Spring Holy Days. We don’t have to worry about that extreme debt load nor the New Year’s resolutions that have already been broken!

For us, we spend time for several months in self-examination to find where we may need to do better in the coming year. This year that lesson for me has come home more urgently.

It actually started during the Feast in 2016. One of my younger sisters, who seemed to be in excellent health, started complaining of aches and pains. She was referred to a number of specialists with none finding what the problem was. Over the year she became progressively more sick until she eventually had to quit her job.

She was able to attend the Feast in 2017. Then she was looking forward to seeing most of the family during American Thanksgiving. Less than two weeks before Thanksgiving, she was taken into hospital with a seemingly minor concern – so much so the ambulance almost refused to take her!

Once she was in the hospital, doctors discovered that she had had a minor heart attack and had fluid on her lungs. By the time she went home, it was clear she was being sent home to die. She did so in just a matter of a few days after returning home, only 8 days after going to the hospital and before enjoying Thanksgiving with the family.



provided by Coreen Wasilkoff

So, what does this story have to do with preparing for Passover? For me, it clearly pointed out the reality that none of us know when our physical life might end. We need to prepare for our potential death. That includes getting our finances in order (perhaps pre-paying for a funeral), leaving precise instructions about what we would like for a funeral and making sure our will is up-to-date. But, most importantly, it is imperative get our spiritual life in shape.

This experience has reminded me how quickly things can happen. I can’t afford to put my spiritual life on hold because there is no telling how short this physical life might be.

As for Evelina, she did many things right. As she began to become more sick, she didn’t ask, “Why me?” She asked, “What am I supposed to learn from this?” She obviously knew that unless God healed her she would die from her ailment – though nobody expected it to be so quick.

My sister began to systematically let her children know where she had money put aside for funeral costs. She let them know how to divide up her property. Most importantly, she left a lasting legacy as, while on her deathbed, she instructed her grown children to turn to God and began to attend church.

I greatly respected and admired Evelina through the years. She brought up three children as a single mother. Then for a time, she was a foster mother to several children and eventually adopted two of the foster children. She worked hard to provide for them all.

In recent years, she became a long-distance runner and won many medals for the races she entered – not because it came easy to her but because she worked hard at her training. Over the past few years, she started attending church with our parents. Which led to what I most admire about her—that last request she made to her children. She knew at that point what is most important in life: our relationship with our Creator. She understood the brevity of life and wanted to be sure that her children did as well. She made her life count right to the end.

Linda Wasilkoff

Tools You Can Use

No doubt most of our readers use the search tools on the www.ucg.org website to search for articles written on a particular subject.

Did you know that there are also Bible Study “tools” on the UCG-Canada website? They are found at: <http://ucg.ca/bible-study-tools/>.

As you are preparing for Unleavened Bread, why not check out the Bible Study tools under Unleavened Bread? There are a whole range of articles relating to both physical and spiritual preparation for the upcoming Holy Days.

Maybe there was one article that

you read a few years ago that made an impact and you would like to review it again but just do not remember which issue of the *United News Canada* it was in. Or, maybe you are a new reader who would like to see an article that has been printed in a previous issue.

UNC

Is It Leavening?

Leaven is any agent that produces fermentation and causes dough to rise, by causing the formation of carbon dioxide gas to bubble into and spread throughout the dough. This is accomplished either chemically (as with baking soda) or biologically (as with yeast).

Leavening Agents

Baking Soda is a crystalline alkaline salt that gives off gas when an acid is added. The following are different types of baking soda:

- Sodium bicarbonate, also known as “Saleratus.”
- Potassium bicarbonate, or potash.
- Ammonium carbonate, or “baker’s ammonia.”
- Ammonium bicarbonate, also known as “hartshorn.”

Baking Powder is a mixture of baking soda, acid-forming ingredients and starch filler.

Sourdough starter is a wild yeast colony that is maintained with flour and moisture.

Yeast is a single-celled fungus, used to leaven.

Not Leavening

Autolyzed yeast is yeast that has ‘self-destructed’ and is sterile – incapable of leavening.

Brewers Yeast is a dead form of yeast that cannot leaven bread; a ‘nutritional’ yeast.

Torula Yeast is a dead yeast that cannot leaven bread, considered a ‘nutritional’ yeast. Also hickory smoked torula yeast. Used as a savory seasoning that imparts smoky aroma to foods.

Yeast extract(s) are derivatives of yeast, which are sterile and cannot leaven bread.

Cream of Tartar/Tartaric acid (potassium bitartrate or potassium hydrogen tartrate) is an acid used to combine with baking soda. By itself, this is not leavening.

Tartrate powder (phosphate powder or sulfate powder) is usually added with cream of tartar. By itself this is not leavening.

Alum is a metallic double salt, usually added with cream of tartar. Most common is sodium aluminum

sulfate (SAS or sulfate powder), and potassium aluminum sulfate (or potash alum). By itself this is not leavening.

Sorbitan monosterate is a flavor and texture enhancer. Not leaven of itself.

Sodium Caseinate is a milk protein, not a leaven

Sodium Silicoaluminate is a fine powder that is used to keep cocoa, salt and other products dry, not a leaven

Polysorbate 60 is a preservative; not leaven.

Egg whites. While beaten egg white can be stirred into dough, it does not spread through dough as leavening does and is not leavening.

Steam or air (such as in popovers or angel food cake). The same principle as egg whites (above) applies; there is no leavening agent mixed through the dough.

Unleavened Bread recipes can be found at: <https://www.ucg.org/members/recipes/unleavened-recipes>.

UNC



A Saving Work

There came a time in the ministry of Jesus Christ when His disciples asked a very poignant question. “Then they said to Him, ‘What shall we do, that we may work the works of God?’ Jesus answered and said to them, This is the work of God, that you believe in Him whom He sent” (John 6:28-29).

What exactly did Jesus mean, “Believe on Him whom He sent.” Did He mean that the only work required by a disciple is to have a simple form of belief? “Believe on the Lord, and be saved,” is a common phrase among hundreds of churches in the world. But, is that what our Saviour meant? When we examine His reply more closely, we realize the question asked was “what shall we do?” and Jesus’ reply seems to invoke more than some spiritual feeling of the heart?

Was not one of the very last instructions given His disciples to “teach all nations?” Did He not tell Peter “Feed My sheep?” Jesus Christ built His church; a church the gates of hell could never prevail against; a church that would never die. Why build a church? Notice Jesus’ own words, “Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father” (John 14:12). What work? Why preach the gospel as a witness? What is God’s work all about and what is the one word that best describes the work of God?

Financial institutions advertise savings and retirement plans to secure one’s future. But the greatest savings plan on the face of the earth is God’s work. It is for this purpose we preach the gospel as a witness

and as a warning. It is more than lifting our voice like a trumpet. It is more than a voice crying in the wilderness. Banks save money; unions try to save jobs; doctors try to save lives. God wants to save the world! “And if anyone hears My words and does not believe, I do not judge him; for I did not come to judge the world but to save the world” (John 12:47). “. . . for the Son of Man has come to seek and to save that which was lost” (Luke 19:10). Also notice, “For God did not send His Son into the world to condemn the world, but that the world through Him might be saved” (John 3:17). Salvation is at the very heart and core of the work of God.

Scripture states unequivocally that God gave His only begotten Son so

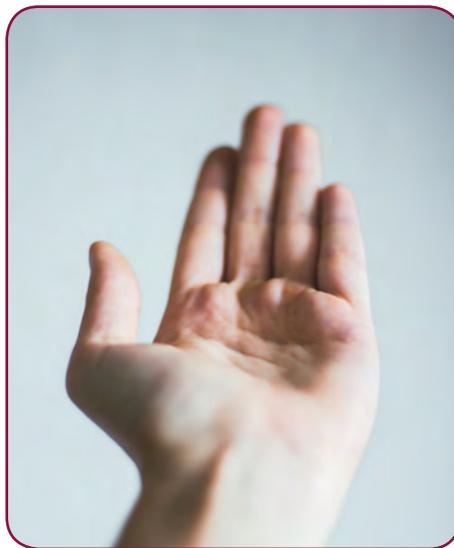


Photo by Kira auf der Heide on Unsplash

that the world through Him might be saved! Jesus said “No man can come to me, except the Father which sent me draw him” (John 6:44). How does God call an individual?

It is very evident in New Testament writings that the apostle Paul believed that his work, how he handled a situation, how he took care of

the churches and how he dealt with people made a dramatic difference to those people’s lives. It is obvious in his letters that Paul believed decisions he made that had to do with how he conducted his life, the number of hours he worked, his dedication, the sacrifices he made and the policies he pursued, would have an effect on the number of people who might eventually be saved.

Can we make a difference in someone’s life? Paul certainly thought he could! “What is my reward then? That when I preach the gospel, I may present the gospel of Christ without charge, that I may not abuse my authority in the gospel. For though I am free from all men, I have made myself a servant to all, that I might win the more; and to the Jews I became as a Jew, that I might win Jews; to those who are under the law, as under the law, that I might win those who are under the law; to those who are without law, as without law (not being without law toward God, but under law toward Christ), that I might win those who are without law.” Paul dealt with individuals from their perspective, “to the weak I became as weak, that I might win the weak. I have become all things to all men, that I might by all means save some” (1 Corinthians 9:18-22).

Notice the admonition in one of Paul’s letters to Timothy, a man that Paul loved like a son “Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you” (1 Timothy 4:16).

Consider the remarkable implications in these scriptures. “The work
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