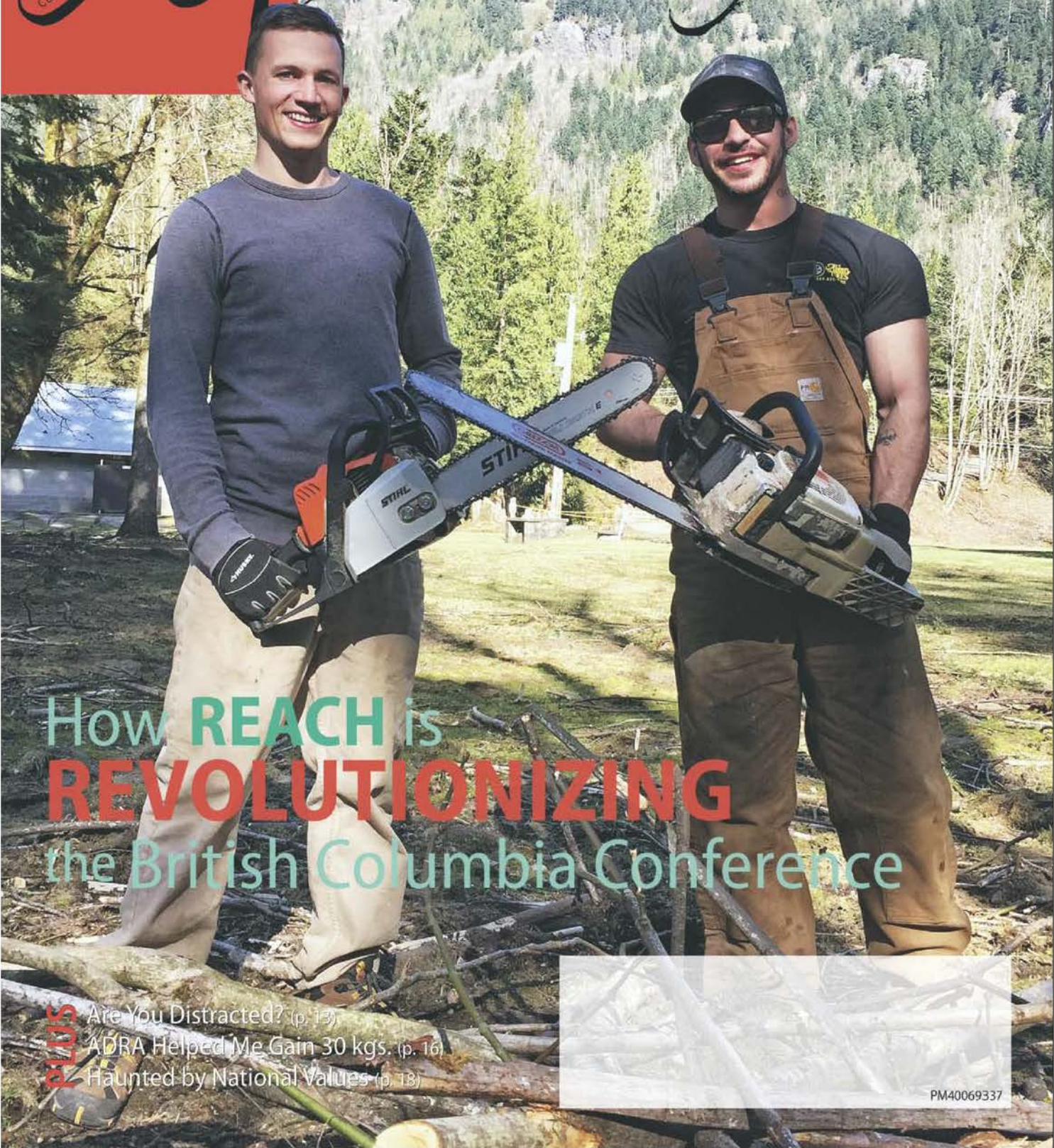


canadian adventurist

# Messenger

August 2015



## How REACH is REVOLUTIONIZING the British Columbia Conference

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- ADRA Helped Me Gain 30 kgs. (p. 16)
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“And I, when I am lifted up from the earth, will draw all people to myself”

—John 12:32, ESV



## The Cross

Isn't it amazing how easily we Christians lose focus? The most significant point of our faith is that "when we were still without strength, in due time Christ died for the ungodly" (Rom. 5:6, ESV). Why do we so often lose sight of the cross?

Recently I have been thinking a fair bit about the cross and what it has meant throughout time.

When it happened, Jesus' death seemed anything but glorious. You and I have no real concept of what it meant to be crucified. It is said that Jesus "endured the cross, despising the shame" (Heb. 12:2, ESV). The cross was humiliating, but Jesus went there because He valued me more than He valued public opinion of Him.

The cross looked like the end of the road to Jesus' friends. Cleopas didn't realize he was talking to Christ when he said, "But we had hoped that he was the one to redeem Israel" (Luke 24:21, ESV). For His contemporaries, the cross was devastating on that Friday afternoon. Because we weren't there, I don't think we can fully grasp how difficult that was.

And yet, in the cross Christ triumphed. "And I, when I am lifted up from the earth, will draw all people to myself" (John 12:32, ESV). No one other than Jesus could accomplish so much by dying. In going to the cross for me, Jesus made Christianity unique among the religions of the world. Our faith is about salvation, folks. We must never forget that.

Many people I meet do not understand the cross. To those who are largely ignorant of Christ "the word of the cross is folly ... but to us who are being saved it is the power of God" (1 Cor. 1:18, ESV).

My friend, what does the cross mean to you? Has its power changed you? And if it has, have you and I shown others what it can do for them?

Let us get back to the cross. ■

*Mark Johnson is president of the Seventh-day Adventist Church in Canada*

# Messenger

August 2015 Vol. 44 No. 8

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The *Canadian Adventist Messenger*—the official magazine of the Seventh-day Adventist Church in Canada—is published 12 times per year. Free to SDACC members. Annual foreign subscription price: US\$20. Printed by Miracle Press Limited. ISSN 0702-5084. Indexed in the Seventh-day Adventist Periodical Index. Member of the Associated Church Press and the Canadian Church Press.



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### Submission Deadlines

October issue August 13

November issue September 10

December issue October 8

>> View this issue online at [www.adventist.ca/messenger](http://www.adventist.ca/messenger)

**Postmaster:** Please return undeliverable mailing addresses to *Messenger* at 1148 King St. E., Oshawa, ON L1H 1H8

Canada Post registered number 40099012.



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Cover photo: Eight hundred people from across British Columbia volunteered with the Camp Hope dump. This is a perfect example of 'alignment within the Church'!

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# What's it Mean to You?

*"Education is the key to everything."*

Coralie Nepoose, Valedictorian  
Mamawi Atosketan Native School's  
1st High School Class

It was an emotional moment for Coralie Nepoose. She and Frederick Crier-Jamerson had come through their entire education together—all the way from daycare, in fact. Now, surrounded by family and friends on graduation night, they knew they were making history.

"We have changed our school forever," said Nepoose. "We are the first Grade 12 graduates Mamawi has ever had."

It was a meaningful occasion for Freddy and Coralie's families as well, an affirmation of the power of Adventist education to impact lives and families for good.

"I didn't believe you three years ago," Coralie's father, Levi Nepoose, told Principal Gail Wilton. "when you told me my daughter would graduate from high school and go on to university. Because of this school and the scholarships," he said, offering an apology for his doubt, "we can see it's actually going to happen."

Long-term teachers who average more than 8 years at MANS; an Adventist pastor who they know they can turn to (and chose as their grad night speaker); a principal who holds them accountable but helps them sort out better paths—it all added up to success. It's an accomplishment that Coralie, Freddy, and their families didn't know was attainable in one of the toughest environments in Canada.

And Coralie wants to give back.

Coralie knows teachers and other professionals who don't give up can turn a life around. Her parents prayed about university; Burman University recognized Coralie's achievements with scholarships on the same basis as every graduate of Canadian Adventist schools, and the Church in Canada added a scholarship for Burman as well. MANS' valedictorian plans to attend Burman University to become a teacher—perhaps the first of many to return to MANS, and to continue changing the direction of First Nations lives.

*"There is nothing Freddy and I can give back to our teachers and our parents," Coralie concluded in her valedictory speech. "But let's start with 'thank you'."*



MAMAWI ATOSKETAN  
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RR 2, Ponoka, AB T4J 1R2



SEVENTH-DAY  
ADVENTIST CHURCH  
Alberta Conference

# It Is I; Be Not Afraid

"Peace I leave with you, my peace I give unto you: . . .  
Let not your heart be troubled, neither let it be afraid."—*John 14:27, KJV*

After dismissing the crowds, He went up on the mountain by Himself to pray. When evening came, He was there alone. But the boat was already over a mile from land, battered by the waves, because the wind was against them. Around three in the morning, He came toward them walking on the sea. When the disciples saw Him walking on the sea, they were terrified. 'It's a ghost!' they said, and cried out in fear. Immediately Jesus spoke to them. 'Have courage! It is I. Don't be afraid'" (Matt. 14:23–27, HCSB).

I suppose one would have to have had near-death experiences on the seas to be able to relate to what Jesus' disciples encountered on that night so long ago. Having to engage in a struggle with "Mother Nature" can at times be brutal enough; seeing ghosts besides would unnerve the bravest among us. However, it would seem that very little assurance from their Master was all it took to melt away their feelings of terror: "Have courage! It is I. Don't be afraid." No sooner did Peter hear the assuring voice of Jesus that he asked that he, too, might try his hand at walking on stormy waters. As expected, his feelings of dread soon returned as he found himself sinking below the crashing waves. Only after being pulled back into the safety of the boat did his anxiety dissolve.

We have to wonder at times at the complexity of the human mind—at how quickly we revert to fear—even when Jesus has told us to not be afraid. Probably the best illustration of that is Jesus' last night with His disciples before His arrest in the garden. At the beginning of Chapter 14 of John's Gospel, he quotes Jesus as telling His followers, "Let not your heart be troubled" and proceeds to assure them of mansions and His return for them. Near the end of the same chapter, He again comforts them:

"Peace I leave with you, my peace I give unto you: . . . Let not your heart be troubled, neither let it be afraid" (John 14:27, KJV). It was not long after this that the authorities arrested Jesus, and again the disciples found themselves scattering in all directions—fearing for their lives.

We are all challenged by frightful experiences from time to time. We should expect it in a sin-infested world. But what will it take for us to put away the fears that so often beset us? That return to haunt us time and again? Many times throughout the Bible, God has reminded His children, "Be not afraid." My favourite passage is God's assurances to Joshua: "Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go" (Josh. 1:9, HCSB). God has given us wonderful promises, yet, we seem to slip back into the cesspool of fear. I believe there is only one thing that will make the difference we all yearn for. John said it well: "There is no fear in love; instead, perfect love drives out fear. . . . The one who fears has not reached perfection in love. We love because He first loved us" (1 John 4:18, 19, HCSB).

Only as we take the time to be better acquainted with the One who is love, can we truly come to love as He does. And the more we love Him, the more our faith in Him will grow. We will gain a greater confidence in His promises; and fear will vanish away.

Take time to know—to really know—your God.

*John Fournier is president of the Maritime Conference.*



# teen talk

**Q:** What's the best remedy for an out-of-sorts heart? I mean, it seems like my heart is causing me to stumble into all sorts of sin today. Heck, I even had to stop myself from calling one of my friends names. I don't know what's wrong today, but I don't like it.

**A:** Yup, a good ol' reboot might very well help your grumpy heart. Do not take it literally, though—defibrillators are not included in my list of expertise. However, I've learned by experience that an extra shower (hey, there's nothing wrong with taking multiple showers in a day!) can help to lower your irritability. Oftentimes I've taken a power nap to "reboot" after starting off the day on the wrong foot. Taking a short break and leaving the house/building/classroom for a 10-minute walk also helps. The list goes on.

Now, for the sin part of your question, there's one simple and yet effective remedy: *Flee*. Yes, fleeing from temptation will prevent you from regretting your acts. Sometimes you are the temptation, though, like when you are grumpy and irritable. If you can't handle a normal conversation with your parents, or if seeing your siblings playing goofy drives you nuts, or if your friend's loud chewing gum drives you crazy, you better remove yourself from that scenario before you say something that can hurt your loved ones.

Or, you can stick a Post-It note on your forehead that says "DANGER: Handle With Care." ■



Do you have a question for Pastor Josué Sánchez? Email it to [messenger@adventist.ca](mailto:messenger@adventist.ca).

# Catfish

*But the saints of the most High shall take the kingdom, and possess the kingdom for ever, even for ever and ever. —Daniel 7:18.*

The amur catfish has long, whiskerlike barbels around its mouth and lives in freshwater streams and lakes in Japan and other parts of Asia, where it spends the day hidden in caves or weedy swamps. At night, the amur catfish comes out of its hiding place and gulps smaller fish, frogs, and insects, which it catches with its very large mouth.

A Japanese myth tells of a naughty giant catfish that lives in the mud under Japan's islands, causing earthquakes whenever he can. Perhaps it's because of this myth that some people believe catfish know when an earthquake is about to happen and that if they could only read the signs that the catfish gives, they could forecast earthquakes.

Tammie Burak and her family enjoy studying and learning from God's creation. You can contact her at [tammieburak@gmail.com](mailto:tammieburak@gmail.com) or follow her blog at [www.creationcornerforkids.blogspot.ca](http://www.creationcornerforkids.blogspot.ca).

## Think about it.

With as many as 1,500 earthquakes recorded each year in Japan—and that number is rising—it is understandable that people would like to be able to predict when earthquakes will happen so that they can be prepared. The book of Daniel is a 100-percent accurate forecast of events on planet earth. The angel who talked with him told Daniel when Jesus would come, warned him of the suffering God's people would go through, and that, in the end, God would give His people the kingdom forever.

## Do it!

God has given us some time to get to know Him so that we are ready when danger comes. Spend time each day with God studying the Bible and praying. Ask Jesus to come into your heart and show you how to live for Him. Study the book of Daniel and learn to pray as Daniel did.



# To have beautiful feet



Taylor Lakusta-Wong

*How beautiful upon the mountains are the feet of him who brings good news, who proclaims peace, who brings glad tidings of good things, who proclaims salvation, who says to Zion, "Your God reigns!"—Isaiah 52:7 NKJV*

AS I PEERED INTO A CLOUDY PARADISE on my flight to Florence, a question lingered in my mind: *What is beauty?* Indeed, I suspect the same question resounded in the thoughts of many other Burman University Scholars students as we began a summer study course titled "Beauty."

Immersing ourselves into various books on the subject, we soon discovered that there is not just one



definition of beauty, but many. Historically, it has been associated with goodness and truth, and has, more recently, been considered detached from the constructs of morality. There is beauty in order, and beauty in chaos. There is beauty in that to which we aspire, and beauty in that with which we desire and fall in love. There is beauty in that which we fear—the beauty of the sublime. There is beauty even in the tragic; there is beauty in death. With every newly introduced designation of beauty, we began to ask ourselves not so much *What is beauty?* but *What is beauty to me?*

Indeed, in the bustling cities and charming countrysides of Italy and Greece, we learned not only *about* beauty—we experienced it firsthand. From archeological museums to Knossos Palace, to the ruins of Delphi, to the Parthenon, we discovered and learned to appreciate ancient conceptions of beauty. The excavation sites of Pompeii and Herculaneum were particularly poignant, depicting the remains of the cities engulfed by the eruption of Mount Vesuvius on August 24, AD 79. Gazing at groupings of skeletons and the plaster casts made from the cavities left by the victims' bodies, we discovered for ourselves the beauty of the tragic. We traced beauty over the history of art, visiting numerous galleries. Some personal favourites included Michelangelo's *David* in Academia Gallery, Rembrandt's self-portraits in the Uffizi Gallery, Picasso's work displayed in the Peggy Guggenheim Collection, Van Gogh's *Pietà* in the Vatican Museums, and of course, the Sistine Chapel.

Deeply intertwined with the history of art we also found beauty in the history of Christianity. Exploring countless churches, we were moved, and sometimes disturbed, by depictions of biblical stories and characters. I will never forget the awe and gratitude I felt peering into Michelangelo's *Pietà* in Saint Peter's Basilica, my eyes attentive to the depiction of Jesus and Mary, and my ears to the weeping of another tourist touched by the marble sculpture.

We discovered beauty also in the little things—savouring gelato in Florence, Greek yogurt in Greece, the brightly coloured buildings of Cinque Terre, the canals of Venice, and the cobblestone towers of San Gimignano. We found beauty in people—in our group's growing friendships, in our accommodating hosts at Villa Aurora, and in beggars on street corners.

Always with a sketchbook in hand, we translated our favourite sights and experiences into line and shading. Our goal was not so much to replicate what we saw, but to learn how to see. Indeed, our study of beauty taught us how to see both art and the world beyond ourselves.



(l. to r.) Jovanna Santosa, Cheyenne Welch, Taylor Lokusta-Wong, Nelson Leitch, Jordan Southcott, and Melissa Trapp, having lunch in San Gimignano, Italy.

Explained in one of the texts for our course, "Beauty, which draws us forward without assurance of success ... [is] a call to look attentively at the world and see how little we see."<sup>1</sup> Thus, we learned to appreciate beauty both for its aesthetic value and its ability to lead one away from self-centred ignorance.

Such sentiments are not wholly new to Adventism but resonate with writings foundational to our church. Describing John the Baptist's search for and recognition of Jesus, Ellen White writes, "He looked upon the King in His beauty, and self was forgotten."<sup>2</sup> Thus, the question emerges: Where might we find such a beauty? The King's beauty, I would argue, is accessible largely through the Bible and common facets of Adventism, but it is not limited to such boundaries. Is the King's beauty not any beauty that speaks of His love? Indeed, it was through my experiences like that with Michelangelo's *Pietà* that I more fully comprehended such love. Likewise, it was by recognizing beauty in the tragic—in the ruins of Pompeii and Herculaneum, and in street corner beggars, that I was compelled to share Christ's love.

The world in Italy and Greece—of art, history, and beauty—is only the beginning of my discoveries. There is much more beauty to be recognized and an abundance of beauty to be shared. Do we not have eyes to see the beauty for which we should be thankful and the beauty of those in need? Do we not have hearts to rejoice with those who rejoice, and mourn with those who mourn? Do we not have feet to carry us to the people most in need of God's love? Let us not be ignorant of the world, or fearful of being in it. May we as a people and as a church be ministers of a beauty through which the love of our Saviour is made known. ■

*Taylor Lokusta-Wong is a third-year biology major at Burman University.*

<sup>1</sup> Alexander Nehamas, *Only A Promise of Happiness: The Place of Beauty in a World of Art* (Princeton, NJ: Princeton University Press, 2010), 131.

<sup>2</sup> *The Desire of Ages*, p. 103.

# Where Are They Now



Robert and Roberta Schafer

**Messenger catches up with former leaders of the Seventh-day Adventist Church in Canada. In this issue we talk with Robert Schafer.**

*Interview by J.D. Victor Fitch, Messenger Staff Writer.*

**Messenger:** *Tell me about your childhood.*

**Robert Schafer:** Living on the old Woodbend Farm near Edmonton on the North Saskatchewan River with 12 siblings meant a lot of busyness, a little bit of boisterousness, and many chores. My father died when I was three years old, and Mother was ready to give birth to the last child in a couple of weeks. She became my only true mentor and authority for my young life. It would be the chores that occupied my hands and time during these formative years. Daily, they started early in the morning, followed by a walk of two miles to school and back. And then again chores had to be done. Sixteen years of home life set the foundation for who I was as a Christian young man and a member of the Schafer family.

**M:** *What was the most significant influence of your mother on your life?*

**R:** Mother was a strong and conservative woman. Her strength was tempered with a gentle hand, and we children knew our limits. Morning and evening we could always plan to have family worships. Love in our home was not mushy but principled and honourable.

**M:** *Your mother was a firm believer in Adventist education. Please explain.*

**R:** Eight of us children went to CUC [now Burman University]. Mother touched the lives of many students. When I was in Montreal some years ago, a gentleman asked me, "Do you know Gramma Schafer?" He went on to talk about my mom providing his family with a place to stay, sharing fresh and canned veggies, and showing them how to grow a garden. That was my mother to many of the young people at CUC. She never expected any praise for her love for others, but the school honoured her by dedicating the music room and planting a coniferous tree in her name.

**M:** *Your life of service has been varied in scope. Please outline where you served and in what capacity.*

**R:** My first assignment was teaching school in Lethbridge, Alta. From there I taught in a number of schools, including St. Johns, Nfld. I taught in Williams Lake, Grandview Flats, Vernon, and Okanagan Adventist Academy in British Columbia. In most of these schools I also served as the principal. In the Manitoba-Saskatchewan Conference I served as the superintendent of education for seven years. My pastoring ministry took me to a district of three churches—Dawson Creek, Ft. St. John,

and Chetwynd, then to New Westminster and Orchard City in B.C. In Alberta I pastored at Edmonton South and Sylvan Lake. I was dean of men for one year at Kingsway College. I was president of the Maritime Conference for three years. Administration was something I enjoyed in all aspects of my work.

**M:** *As you reflect on your life of service, what would you say to young people today?*

**R:** Oh, my! If you believe Jesus is coming soon, find your place in His service. If you are going to be a plumber, be a plumber for Him. Or a business woman, a teacher, or whatever workplace experience, be His witness in your calling.

**M:** *Tell me about your family.*

**R:** I married my CUC sweetheart, Roberta Cates. That was 56 years ago. We are so blessed to have three children, Shandra (Dave) Jamieson, Brent (Lan), and Terrence (Julie). We have seven grandchildren. Roberta worked little outside the home. Her gifts were being a wonderful mother, and her joy was being in ministry with her husband.

**M:** *Where are you now and what do you enjoy doing?*

**R:** Roberta and I reside in Lacombe, Alta. I enjoy gardening, cooking, and canning. ■

One bright and sunny summer day, I set out on an unusual yet vital mission: to drive out into the farmlands of Alberta's west country to arrange a rather unique donation. The streets of town gave way to the highway and then to long, straight paved roads that cut through the landscape of vast green crops and pastures dotted with cattle and large machines; modest brick farmhouses and long, low outbuildings; barns bearing family names dwarfed by towering silos. After many miles and turns I spotted them in the distance—five tall steel grain bins, all in a row, with the majestic Rockies in the background.

I was back at Charlie and Marie's farm (see *Canadian Adventist Messenger*, June issue, page 11). Advanced in years, this couple was in the process of unwinding their family farm, working closely with their farm specialist in the dissolution of their assets. They had already donated some of the farm's machinery to the conference, and now they had contacted me to arrange their latest planned gift—these grain bins. They had done the right thing, as it is very important to get professional and legal advice before arranging the donation of anything in one's estate/financial planning.

I pulled up to the gated area and climbed out of the car to the soft flapping sound of birds flying overhead. The creaking door of the first bin broke the peaceful silence, as did the noise that erupted from inside a split-second later when a flock of startled Starlings, which had gathered inside the bin to feast on the grain remnants, flew suddenly and swiftly up and out through the top of the bin. When I looked up, I noticed that a missing hatch had provided them easy access to their feast. The door latch was broken, and there were bird droppings everywhere. From ground level I checked each bin as carefully and as thoroughly as I could, making notes and taking photographs along the way.

With the Rockies in my rearview mirror, I drove back to the office to prepare a Donor Report<sup>1</sup> for Charlie and Marie. The following week, I spoke with Charlie and Marie about my findings. I suggested they have all of the bins professionally inspected, properly cleaned, replace three missing hatches, and contact a professional appraiser to determine their fair market value<sup>2</sup> before selling the bins at auction. Charlie and Marie agreed to pay for the cleaning and repairs, as well as the appraisal and auction fees, as they wanted to get the highest value possible for the bins. Once all the terms of their gift were agreed upon, Charlie and Marie and the conference vice-president of finance signed a Gift Agreement, and the conference provided a charitable tax receipt to Charlie and Marie for the fair market value of the bins. The bins were then sold at an onsite auction.

The unusual errand that took me on a scenic drive that sunny summer day ended with Charlie and Marie gifting \$32,250 to their elementary school's Technology Fund. Charlie and Marie's unique brand of giving is an inspiration to the rest of us who want to make a difference but don't know how. The ways in which we can give to our church, community, and institutions are as broad, vast—and, in their own way, beautiful—as the fields and pastures of Alberta's west country. ■

*Frances Chant is a retired planned giving director.*

<sup>1</sup> Although not required by law, a Donor Report can form part of a Gift Agreement.

<sup>2</sup> The Canada Revenue Agency Charities Directorate requires the charity to ensure that the fair market value is documented; otherwise the agency cannot issue a charitable tax receipt. Also, the agency does not require an appraisal by a third party but strongly recommends it when the value of the gift exceeds \$1,000.

# Inspiring Generosity



Kenya school receives  
hand up from A Better World



# Volunteers



Sandi Gouchie receives a gift of appreciation from the community.

Grandmothers from the community join in the grand opening celebrations at Ibonge Primary School in March.

Photos submitted by Sandi and Michael Gouchie

In the heart of Kenya, Africa's beautiful tea country, sits a primary school with a special Canadian connection. Ibonge Primary School is bursting at the seams; more children are enrolling than the classrooms can handle.

With 800-plus students, education in that area has seen an improvement, thanks to the efforts of A Better World Canada volunteers Sandi and Michael Gouchie, who sponsored the construction of four classrooms and eight toilets.

In March, the couple from Lacombe, Alta., attended the classrooms' grand opening in front of a sea of students, their families, and community members. It marked a special day for the Gouchies and for A Better World Canada, a Central Alberta-based international development organization formed 25 years ago by Eric Rajah and Brian Leavitt under the umbrella of Lacombe's College Heights Seventh-day Adventist Church.

Sandi and Michael first travelled with A Better World Canada along with their four daughters in March of 2007. From that experience, they have been inspired to help by sponsoring surgeries, becoming involved in a micro-financing project, and encouraging family, friends, and area residents to make the trip and fund other projects. When they first heard of the challenges facing the Ibonge school, which included deteriorating buildings, lack of classroom space, and a shortage of toilets, they knew they had found their next project.

As project liaison, Sandi received regular updates from David Omaganda, the Kenyan project manager. During their trip, they thanked David and his team for a job well done.

With this part of the project successfully completed and the good relationship they had built with Omaganda, the Gouchies were ready to begin Phase 2, a set of four toilets each for the boys and girls.

"The current ones are old and in very bad shape and they lack any kind of ventilation," said Sandi. "With the toilets

located so close to the classrooms this has become an issue. Add to that the lack of toilets for the number of students attending this school and the problems have compounded."

A washing station will be in each set of washrooms. This will go a long way in promoting better hygiene, which supports better health. Healthy students have regular attendance and the ability to excel in their studies.

"We are always searching for how we can best help within the A Better World Canada organization," said Michael.

The couple has travelled to Kenya five times and once to Peru since 2007.

"The more trips you go on, the more relationships you build along the way," said Sandi.

The Gouchies were becoming more attuned to the needs of others, not only in their local community but also globally, and realized that their community of care now extended to people from all over the world, which, they feel, makes them better world citizens. That is something they are eager to share with their children.

"You go with the idea of making a difference in their lives and I believe it may have made a bigger difference in ours," said Sandi.

For Michael, getting involved in charity work is a necessity. "It's the absolute responsibility of lucky people to help unlucky people," said Michael.

Sandi added, "By no control of mine was I born in Central Alberta, one of the richest places to live filled with endless opportunity. The same day I was born, another child was born in Kenya, where life would be a struggle. We have a responsibility to the rest of the world." ■

Laura Tester travels with A Better World and is a freelance writer for newspapers.

*"Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil" (Prov. 4:25-27, ESV).*

# Are You Distracted?



People seem to be very interested in their own laps. Have you noticed? Folks are always looking down at the small screen buried between their knees instead of making eye contact with others. Have you observed that couples will often sit in a restaurant reading their phones instead of sharing in conversation with each other? What has happened? Our culture is one that is so easily distracted.

Recently, the Utah Valley University created a special "slow lane" for students who are texting and walking. I must admit that I, too, am guilty of this behaviour. The other day I almost walked into a wall because I was so consumed with my phone messages.

When we get distracted, we easily lose focus and direction. The apostle Paul reminded us to stay focused: "I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus" (Prov. 3:14, NIV).

It is easy to get distracted. I believe this is one of Satan's ploys to take us off our mission. Think about the distractions the Seventh-day Adventist Church and the Christian church at large have been consumed with of late. The discussions about women's ordination, gay marriage, and a literal seven-day creation have disbursed us from our concerted efforts of sharing the loving story of Jesus. We are reminded again in Proverbs to keep our eyes on what's important: "Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure. Do

not swerve to the right or to the left; turn your foot away from evil" (Prov. 4:25-27, ESV).

This summer my mailbox has been littered with books written to sway my beliefs on many theological and ideological subjects that have pervaded the Adventist culture. I have wondered who is spending this kind of money and time on these projects rather than spending those same resources on telling the lost world about a loving Saviour.

How distracted is your church board? What do you spend your time discussing? The church manual reminds us that the number one role of the board is evangelism. When was the last time your church board and elders developed a strategy to reach the lost people in your community? Isaiah 10:12 reminds us to walk, love, and serve in His way.

The Great Commission and Great Commandment have not lost their power. These are the most valuable directives our church must focus on. Let's gaze upward and finish the work. ■

*Kumar Dabit is the pastor of Oakridge Adventist Church in Vancouver, B.C. He is the author of Branded Faith: Contextualizing the Gospel in a Post-Secular World. You can follow him on Twitter @kumardabit.*



## A New Season

Words by God — Ecclesiastes 3:2-4, NIV

The book of Ecclesiastes says that there is a time and a season for everything in life. "A time to plant and a time to uproot ... a time to weep and a time to laugh" (3:2-4, NIV).

For some, that change may come in the prospects of what to do after college, in new seasons of employment or job loss, in trial or victory. In all the seasons of life you may face, you will never be stuck in that same place for long. Our lives are constantly changing and ebbing and flowing like the tides, because life is never still and neither is our faith. Our faith is never stagnant; it is always growing closer or further from the trusting relationship we have with Him.

Imagine you are following a long road around a mountain. You pass one challenging point on the map, and as you climb the next stretch of road, the same question of trust comes into view but from a different side you never experienced before. Our faith and confidence can be tested during points of our journey where we have to learn how to trust God in each situation. We know God has been able to help us through all the other roadblocks along the way, but somehow we worry that it will not work out this time.

Even the psalmist David had some doubts that God might not deliver him in his time of need though he had seen the power of God through different seasons of his life. He needed the assurance that the same God who saved him in the past would still have his back. "The Lord will fulfill His purpose for me; your love, O Lord, endures forever—do not abandon the works of your hand" (Psalm 138:8, NIV 1984). Do we question, "Maybe this time it won't be enough," and our faith turns from steadily growing to fading with fear? The truth is God has not changed; we have in our confidence

that He is more than sufficient to handle the journey, no matter what comes our way.

It is not the changes in life that define who we are but how we handle those changes that shape who we will become. Do we let the unknown overpower our hearts into fear, or do we approach it with the knowledge and trust in who we know our Lord to be and the evidence of all He has done in the past?

The same God who has been with us through all of life's twists and turns is the very same God who is holding out His hand now, asking us to trust Him in the things yet to come. "Being confident of this, He who began a good work in [us] will carry it on until completion" (Phil. 1:6, NIV). He promises to be with us on all of life's journeys. He did not bring us this far to leave us stranded where we are. No, instead our loving Lord has amazing adventures ahead of us. All we have to do is trust Him, even when we can't see what's around the bend.

Let our prayer be, "Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name ... For the Lord is good and his love endures forever; his faithfulness continues through all generations" (Psalm 86:11; 100:5, NIV).

God has not given us a fear of the future, because we know that our future and the plans He has in store are safely held in His hands. Though life may change faster than the changing seasons, our heavenly Father is as steadfast and faithful as He has ever been. Welcome to a new season of trust. ■

### Be Blessed

*Tia Lawrence is 20 years old. She is a member of the Comox Adventist Church on Vancouver Island. Tia's blog—[refreshwithtia.com](http://refreshwithtia.com)*



refresh with Tia

Watch "He Said" by Group 1 Crew on YouTube:  
<http://goo.gl/At7I2n>



# Intercessory Prayer

*God will hear the prayers of those whose hearts are right before Him on behalf of those whose hearts are not.*

The Lord called me to intercessory prayer many years ago, but I did not recognize it right away.

I had a brother with a smoking habit and was impressed to pray that he would find smoking so distasteful that he would quit. A couple of months later, when I was talking with my mother, she told me that he was not smoking anymore because he would start getting sick every time he lit a cigarette! That was my first real answer to intercessory prayer, and a very exciting one for me, but I was not yet at the place, spiritually, where I began looking for people to pray for.

A number of times in the years to follow, I was prompted to pray for others but always thought, *What would I pray for? They seem to be doing OK, so why should I?* and brushed it off. A few more years later those same people were in dire situations spiritually, and I realized that had I understood those prompts to prayer and prayed for these individuals, perhaps they would have been fortified against the temptations that now were overwhelming them and dragging them down. How I wished ...

It was then that I began to pray in earnest for them and others along the way as the Lord brought them to my mind, or as situations arose that obviously required prayer support.

There were times along the way that I wondered if there was much benefit in it, especially when I first started, but reading about Job and how God told Job's "friends" that He would hear Job's prayers for their sins (see Job 42) showed me that God will hear the prayers of those whose hearts are right before Him on behalf of those whose hearts are not. What wonderful encouragement!

Does it work? It certainly does! I like to find a few promises to claim on behalf of those for whom I am praying. God's Word has creative power, so if He says it, it is—even if it appears not to be! I can guarantee the results, because I am praying within His will, and He has said He will do it! I don't need to be able to understand how it will happen, because God's ways are beyond mortal understanding. All I need to do is believe that if He says He will, I can consider it done, no matter what it is!

Just to whet your appetite: A number of years ago my prayer partners and I began praying for non-Adventist pastors who are open/looking for truth. Within a year one such pastor was baptized and joined the Adventist faith, and about half a year later another one was added as well! We also have several who have begun keeping the Sabbath while still ministering to their congregations on Sundays! We did not even pray for specific names, just in general, not knowing whom God would bring!

Are you called to a ministry of intercessory prayer? Has God placed a burden on your heart for someone's salvation? Every temptation to worry, criticize, or gossip is a call to intercessory prayer. Why not begin and see what He will do? ■

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*Ena McCann is a member of the Fox Point Seventh-day Adventist Church in Hubbards, N.S.*



Constantine—the picture of health and happiness.



Constantine watering the garden she learned to grow through ADRA's LEAF project

## ADRA helped me gain 30 kgs.

**CONSTANTINE'S GARDEN MIGHT BE DESCRIBED AS A SMALL PLANTATION.** It is teeming with avocados, guava, tree tomatoes, bananas, and other fruits.

Amaranth, a leafy green vegetable also known as *dodo* in Rwanda and *callaloo* in the Caribbean, shares space with green peppers and carrots in a practice known as intensive gardening.

There are oval beds, crescent-shaped beds, sunken gardens, three-tiered gardens, gardens created in an old tire. Almost every foot of Constantine's yard is dedicated to growing food. This is her favourite place, and you can often find her there pulling weeds, watering, and harvesting.

As she stands smiling in the midst of the lush greenery, she is a picture of health and happiness. Constantine is a farmer in the Kayanza District of Rwanda. She is married and has seven children.

But two and a half years ago she was living a very different life. In February 2013 Constantine weighed 40 kilograms (88 pounds). Her children were malnourished. She would work for food when she could. Her house often lacked oil, soap, and other necessities. Her husband worked as a security guard, but his income was not enough to support the seven members of their family. In the dry season they often went without enough to eat.

Their circumstances were strained further by the addition of her HIV-positive sister and her children.

Thousands of miles away, the Canadian government had asked for proposals from aid agencies to help the people of Rwanda. ADRA Canada heard the call and quickly put together a plan to help families, orphans, and vulnerable children who had been affected by AIDS.

Constantine was chosen to participate in the Learning Environmental Adaption for Food Security (LEAF) project. The project aimed to help 6,080 families fight hunger by teaching them how to grow nutritious fruits and vegetables.

It has been over a year since the end of the ADRA trainings. Constantine is now teaching others the techniques she learned from ADRA, including organic pest management, permaculture, and rainwater harvesting.

She has used the hygiene, sanitation, and nutritional lessons to improve the health of her family. Her children are no longer malnourished. She has gained 30 kilograms (66 pounds) from the food produced by her garden.

She is now able to produce more food than her family needs. The income she earns from the extra food is used to pay the tuition fees of her children and to ensure that she no longer runs out of household supplies such as oil.

Sadly, Constantine's sister passed away last year. However, her children no longer have to go hungry. Constantine is already teaching all of the children how to tend the garden and how to eat properly.

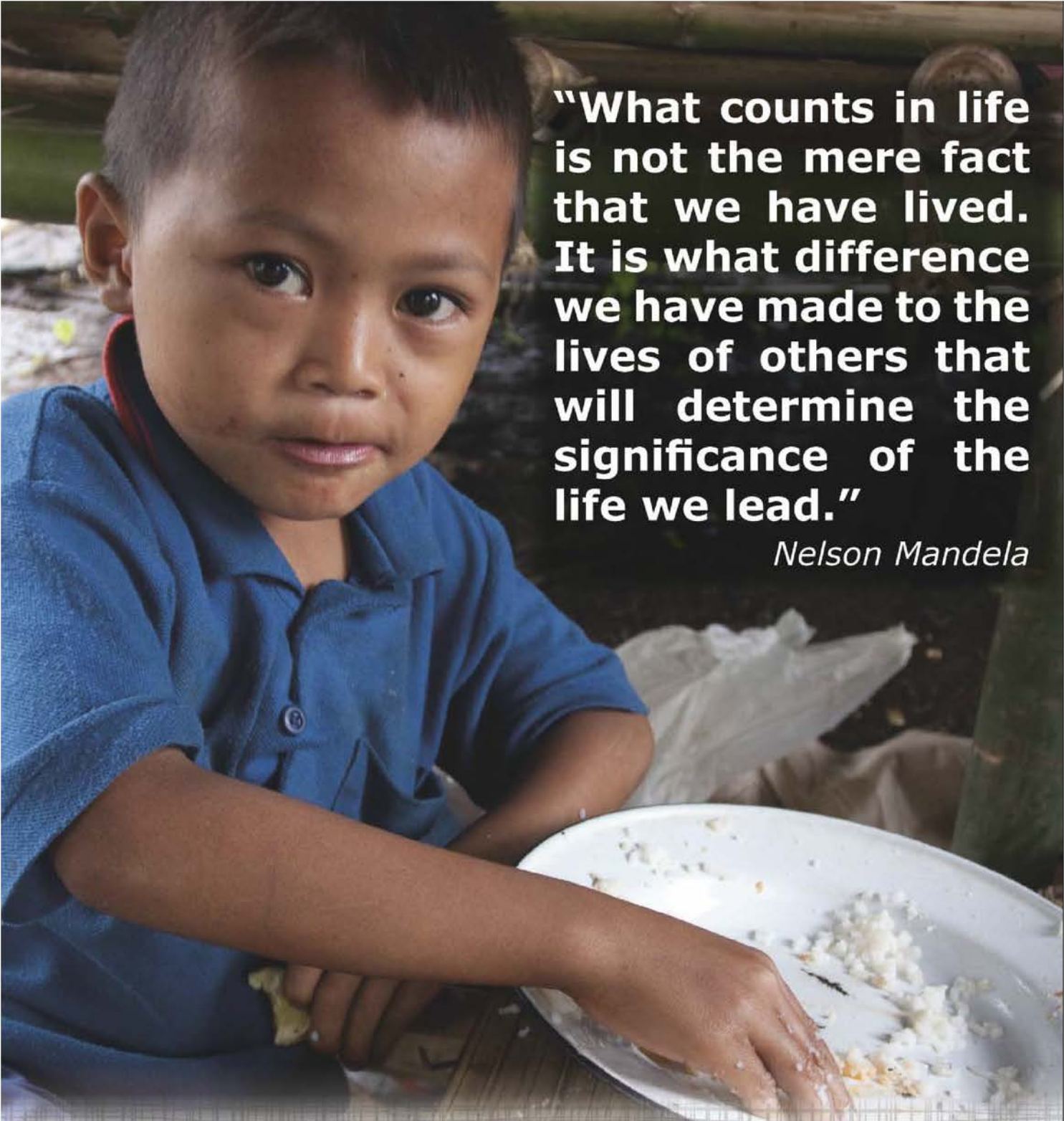
"Thank you very much for thinking of us, for bringing us new techniques like permaculture to improve our lives," says Constantine.

Your generous support of ADRA Canada's development projects have life-changing outcomes for families like Constantine's. ■

Sharmilla Reid is the director of donor relations at ADRA Canada.





A young child with dark hair and eyes, wearing a blue polo shirt, is sitting at a table. The child is looking directly at the camera with a neutral expression. In front of the child is a white bowl containing a meal of rice and vegetables. The child's hands are near the bowl, and some food is visible on their fingers. The background is slightly blurred, showing what appears to be an outdoor or semi-outdoor setting with some foliage and a wooden structure.

**“What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.”**

*Nelson Mandela*

**Gifts to ADRA Canada make a difference. ADRA is the Seventh-day Adventist Church’s official humanitarian outreach agency. Each year, millions of people are shown the love of Christ through our ministry. Including ADRA Canada in your will is one of the most significant things you can do to help serve those in poverty and distress. It is a simple action with a profound impact; an action that will change lives forever.**

**For more information, please visit [www.adra.ca/wills](http://www.adra.ca/wills). Give the gift of hope.**



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## barry's blog

The problem with equality is that it can easily morph into a "super right" dwarfing all others.

# Haunted by National Values

Ever since the Supreme Court of Canada released its Loyola High School decision,<sup>1</sup> I have been haunted by the words of Justice Abella. Now, my suspicions may be overstated. I may be reading into Abella's statement things that are not there. But then again, maybe my "spidey senses" are for real. I don't know—at least not yet. More cases will have to be heard before I know for sure.

Before I share with you what Justice Abella said and why it bothers me so, first let us review what the case was about. The case came about because the Quebec government insisted that Montreal's Loyola High School, a private Catholic school, be "neutral" in teaching the Ethics and Religious Culture curriculum. That is a very difficult and imposing obligation for a religious school that exists to pass on a religious faith; it simply could not be neutral in the manner that the government expected. Loyola asked for an exemption. The Quebec government refused and demanded the school be "non-confessional" in teaching the course. The Supreme Court agreed with Loyola that the Quebec government went too far in refusing to accommodate the school's request for an exemption.

During the hearing of the case in Ottawa, Justice Abella

asked Loyola's lawyer some very interesting questions: "In other words, is any religion's view of its own ethical framework to be held to be secure from the obligation to teach this course? Does it matter, for instance, if the particular religion teaches an ethical framework which contradicts what we have said about the Charter, if it has views that are fundamentally opposed to what we consider national values?"<sup>11</sup>

National values. What does the state do, Justice Abella wanted to know, if a religion teaches an ethical framework that contradicts what the Court has said about the Charter? What if the religious community has views that are "fundamentally opposed" to the "national values?" During the hearing I did not hear Justice Abella say what those values were. However, what came to my mind were such things as *equality*. I mention equality because that seems to be the crying mantra today in many circles and lies at the heart of groups that want to take away the right of religious communities to "discriminate" on their admissions policies. The problem with equality is that it can easily morph into a "super right" dwarfing all others. However, for now the Supreme Court has held that no right can dominate other rights.

Multiculturalism was another concept I thought of that day. After all, Section 27 of the Charter enshrines the concept. The Charter is to “be interpreted in a manner consistent with the preservation and enhancement of the multicultural heritage of Canadians.” Certainly, that is one of the national values.

Certainly, one national value that I felt was important was the rule of law. Without the rule of law, everything else fails. The rule of law is an ancient principle that means no one is above or below the law—all of us are subject to the law, even the Queen. Surely, this concept is a very basic requirement, so I thought it to be among the “national values.”

Well, when the *Loyola* decision was finally given (about a year after that hearing in Ottawa), we discovered what those national values were. Here is what Justice Abella stated:

[47] These shared values—equality, human rights and democracy—are values the state always has a legitimate interest in promoting and protecting. They enhance the conditions for integration and points of civic solidarity by helping connect us despite our differences. ... This is what makes pluralism work. ... “[a] multicultural multireligious society can only work ... if people of all groups understand and tolerate each other.” ... Religious freedom must therefore be understood in the context of a secular, multicultural, and democratic society with a strong interest in protecting dignity and diversity, promoting equality, and ensuring the vitality of a common belief in human rights.

[48] The state, therefore, has a legitimate interest in ensuring that students in all schools are capable, as adults, of conducting themselves with openness and respect as they confront cultural and religious differences. A pluralist, multicultural democracy depends on the capacity of its citizens “to engage in thoughtful and inclusive forms of deliberation amidst, and enriched by,” different religious world-views and practices. ...<sup>ii</sup>

The national values, therefore, are wrapped up in “equality, human rights, and democracy” and “a common belief in human rights.” What exactly we are to make of these national values will become clear as the Court decides more cases. However, we can see that the Court is very much interested in ensuring that children of religious communities fully understand these national values with “openness and respect” as they confront differences.

One does not have to think too hard to find scenarios in

which national values may be at odds with long-held and long-understood religious norms. Especially when we consider the struggle that religious communities face when hiring or firing individuals who do not share their religious norms—will the national values of “equality” and “human rights” force such communities to hire those who no longer believe as the religious employer? While there are exemptions for religious communities in human rights legislation, we have seen the courts narrow those exemptions considerably.

For Justice Abella, these values enhance “integration” and “civic solidarity” by ensuring that we connect despite our differences. There can be no doubt that a multicultural society needs to have means of creating a civic understanding of our mutual responsibilities. Certainly, the Christian community must ensure that they are treating everyone with the utmost of respect. Religious communities, by their nature, tend to be absolutist in their truth claims—as *Loyola* demonstrated. That is increasingly coming under scrutiny by a very secular society that is becoming more intolerant of difference.

If by national values we mean that we respect one another, even though we all subscribe to mutually exclusive religious understandings, then I think the concept has much to offer. Obviously, we want to get along with our neighbours; it is a biblical imperative. We owe it to our Lord, to our communities, and to our country to ensure that we are law-abiding and respectful people. If, however, it is meant to homogenize us so that we can never make distinctions on our core issues of morality, then that will be problematic. On matters of morality and ethics, which is what confronted *Loyola*, religious communities are loathe to give up ground to just get along.

We can be very thankful that in *Loyola* the Supreme Court was willing to allow *Loyola* High School space to be true to who they are. However, the notions of national values that we must all abide by give me cause for concern. I am concerned because right now they are not specific but vague; it all sounds good, but I am unclear; I want more definition to understand how it is operationalized in my local church, my local religious school, and my local religious institution. I am optimistically cautious (not meant to be an oxymoron) that the law will continue to allow religious communities to practise their faith without fear or hindrance. But I am unsure.

That is why I am haunted by “national values.” ■

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*Barry W. Bussey is vice-president of Legal Affairs at the Canadian Council of Christian Charities. You can read his blog at [www.lawandreligion.ca](http://www.lawandreligion.ca).*

i *Loyola High School v. Quebec (Attorney General)*, 2015 SCC 12 (CanLII), <<http://canlii.ca/t/ggrhf>> retrieved on 2015-04-23.

ii *Loyola High School v. Quebec (Attorney General)* Transcription, Monday, March 24, 2014, StenoTran, p. 7, lines 16-22.

iii *Loyola High School v. Quebec (Attorney General)*, 2015 SCC 12.



# Almost vegan

The foods we enjoy cover a wide range of styles and tastes, some from our upbringing and others that we have had the opportunity to sample. Around the world each culture has its own combination of herbs and spices that makes the food unique to that culture. We love to experiment with the different flavours and combine them in new ways to create food that our family enjoys. The seasoning is what makes food taste great, regardless of whether or not animal products are used.

As all parents know, it can sometimes be challenging to get our kids to eat their vegetables. We have found that for our family, making vegetables taste great overcomes that challenge. This recipe is one that took Ben from hating cauliflower to loving it. He loves this recipe and is now willing to eat cauliflower in many different ways. For this recipe any cauliflower will work, but when we have the opportunity, we like to use different colours of cauliflower to make it look amazing. ■

*Keith and Cheryl Chant, along with their son Ben, enjoy baking, cooking, and experimenting with flavours and recipes.*

## Sesame-Glazed Cauliflower Wings

### INGREDIENTS (WINGS):

- 6 cups cauliflower florets
- ½ cup flour
- 1 tsp garlic powder
- ½ cup almond milk

### INGREDIENTS (SAUCE):

- ¼ cup soy sauce
- 2 tbsp agave syrup
- ½ tbsp fresh ginger, finely chopped
- ½ tbsp sesame oil
- 2 tbsp rice vinegar
- 1 tbsp toasted sesame seeds
- 1 green onion, sliced

### INSTRUCTIONS:

- Mix sauce ingredients and set aside.
- Combine the flour, garlic, and milk in a bowl and mix until smooth. Add cauliflower and toss to coat.
- Put battered cauliflower into greased 9" x 13" baking dish.
- Bake at 450 degrees for 20 minutes (cauliflower should just be starting to get tender).
- Pour sauce over the cauliflower and gently toss to coat. Bake for 5 minutes.
- Mix cauliflower, ensuring everything is coated. Bake for an additional 5 minutes.
- Remove from oven and transfer cauliflower to serving dish. Serve.

*Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken. —Psalm 62:1, 2, NIV*

## A LISTENER'S LETTER

It amazes me how God reaches each listener through our station. People have different tastes and receive blessings from things that may not necessarily be someone else's proverbial cup of (herbal) tea.

When it comes to things of the gospel, one size may not, in fact, fit all. However, God knows each of our needs and how to reach us. For instance, He dealt with Abraham, Elijah, Joshua, Moses, David, Miriam, Gideon, Peter, Jacob, and Paul so differently.

He is a true craftsman creator, not a mass producer. He speaks to us individually, personally. Although each listener letter to VOAR is different, the final blessings are the same.

**Bell Satellite Listener, Channel 950:**

*Good Morning VOAR Staff,*

*I just want you to know what a blessing your channel is to me. I am a widow after [being married] 42 years, and this channel has become my comfort.... God is blessing me each day through you. I am a Christian of Baptist upbringing and I love the sermons of Charles Stanley, Focus on the Family, and others. I really enjoy your station. I listen every*



*day. You play so many of my favourite songs. Sometimes I feel as if you've tailored it just for me. Thank you, dear friends, for providing this station.*

*I live on Grand Manon and am pleased to support your work. I will be forwarding a cheque as I feel led, trusting God will greatly bless your programs.*

*In His name until He comes, Lynda ■*

*Sherry Griffin is station manager for VOAR.*



Bebeque Johnson

ON THE  
ROAD WITH

Becky AT THE BOWMANVILLE CHURCH IN ONTARIO.

*If someone told you that God is dead, what would you tell him or her?*

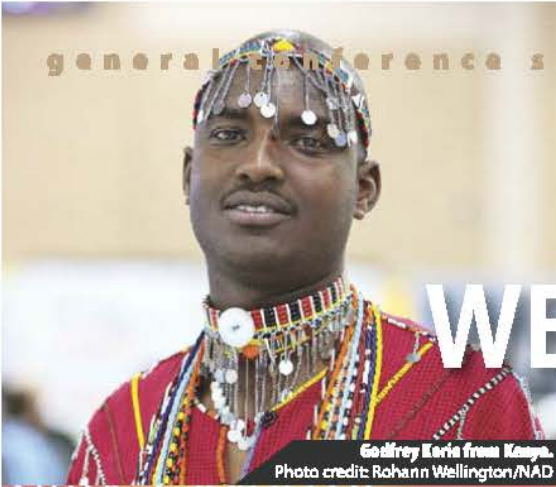
**Druscilla Shirley:** "My God is alive and well and living in me."

**Patricia Meeks:** "You are wrong. He is all around us in nature and beauty."

**Arthur von Gunten:** "Impossible. Without God's guidance, things around us would not be controlled."

**Ken Allison:** "You are either misinformed or you are lying!"





**Godfrey Karia from Kenya.**  
Photo credit: Rohann Wellington/NAD



**Leslie Peard and Dan Jackson.**  
Photo credit: Dan Weber/NAD



# WELCOME to TEXAS

The 60<sup>th</sup> General Conference (GC) Session was held from July 2-11, meeting for the first time in San Antonio, Tex. During those 10 days, tens of thousands of Adventists from around the world came together to hear reports of how the work is carrying on in other regions of the world, discover supporting ministries of the church, and participate in many of the ancillary activities taking place in the San Antonio area. Over 2,500 delegates were also selected to hear reports, elect world church leaders, and vote on world church policies.



**James Astleford.**  
Photo credit: Almee Perez

### DELEGATE BUSINESS

The Seventh-day Adventist Church in Canada (SDACC) sent 20 delegates to represent our union. Three were ex-officio delegates to the GC, nine were administrative delegates automatically elected by virtue of their position, such as conference presidents and SDACC administration, and eight were selected from among denominational employees and lay members who also evenly represented each conference and a diversity of ethnicities and genders.

Business meetings were held twice each weekday in the Alamodome, during which delegates debated and voted on business items such as proposed amendments to the *Seventh-day Adventist Church Manual*, updating wording to the *Twenty-eight Fundamental Beliefs*, and the official stance on the ordination of women in ministry. Though only delegates were allowed to officially speak and vote, all visitors were able to observe the business sessions from the stands of the auditorium.

### RE-ELECTED AND RETIRING CHURCH LEADERS

Another duty of delegates was to elect General Conference officers, department directors, and associate directors; and division officers, based on recommendations from nominating committees. Ted Wilson was re-elected as GC president for another five-year term amid overwhelming support.

Dan Jackson, a native Canadian, was also re-elected to the office of the president for the North American Division (NAD). Prior to serving at the NAD, Jackson, an alumnus of Canadian Union College (now Burman University), was the president of the Seventh-day Adventist Church in Canada from 2002-2010.

In other news, two notable Canadians who had been serving at the General Conference, Orville Parchment and Bob Lemon, both announced their retirements from service shortly before the GC session. Parchment served as president of the SDACC from 1994-2001, and moved to the GC as assistant to the president in 2003. Lemon has served as treasurer for the GC since 2002.



**Bob and Sherry Lemon.**  
Photo credit: Rohann Wellington/NAD

### CANADIANS IN CONCERT

Aside from official SDACC delegates, a number of Canadians travelled to San Antonio



**Lorey Corlum and his mother, Colest Corlum.**  
Photo credit: Stan Jensen



**A traditional fan dance.**  
Photo credit: Bryant Taylor/NAD



North American Division



**Jean and Orville Parchment.**  
Photo credit: Rohann Wellington/NAD



**Debbie and Chris Holland.**  
Photo credit: Rohann Wellington/NAD



**Inter-American Division.**  
Photo credit: Rohann Wellington/NAD

to participate in various musical presentations occurring throughout the session.

Pam Lister, director of Quiet Hour Canada, was interviewed on air by Hope Channel on their live stage in the exhibit hall. A church choir from Red Deer, Alta., performed three songs on the *Mission Spotlight* stage in the exhibit hall. The Chitan family from Whitby, Ont., sang at a Chapel Music concert in the Lila Cockrell Theater. They also sang a few impromptu songs at an NAD meeting, to great applause.

### EXHIBIT HALL

At every General Conference session, the place to see and be seen is the exhibit hall, and this year was no different. The Henry B. Gonzalez Convention Center, which is within walking distance of the Alamodome in San Antonio, featured some 600 booths in 100,000 square feet. Organizations large and small from all over the world shared the tools, resources, and publications they offer as ministries of the church.

A tour around the exhibit hall was like taking a tour around the world. Displays from each of the denomination's 13 divisions were impressive and informative. Visitors had opportunities to travel through time and space to take pictures with historical figures of Adventism and exhibitors dressed in traditional attire from around the globe.

SDACC entities ADRA Canada, Burman University, and It Is Written Canada also presented appealing displays. ADRA Canada executive director James Astleford proudly shared the work that ADRA Canada is doing around the world, complete with a miniature model of a Cambodian village that portrays their most common projects. Burman University's booth was popular with both young and old, as the exhibit also boasted a miniature model of the university campus that was hand-built with over 26,000 Lego bricks. There was nothing small about the It Is Written Canada booth, which distributed literature on the gospel message that they are sharing to Canada and the world.

### FEELING PROUD

The social media buzz surrounding this session reached a record high. Several hashtags were used by those attending and those watching from afar, and some, such as #GCSA15, even trended on Twitter. The day after the session officially ended, when many had their first chance to take a breath and reflect, a new hashtag began to emerge, #FeelingProud.

Exhibit halls and business sessions aside, the true appeal of the General Conference session is the reminder that we are members of a worldwide church. Despite differences in language and culture, over 18 million people all over the globe are united in love, serve the same God, and believe in the same truths. For those fortunate enough to spend any length of time at a GC session, this global unity is truly awe-inspiring. And that is worth celebrating. ■

*Aimee Perez is the Canadian Adventist Messenger secretary and a staff writer.*



**Centre stage at the Alamodome.**  
Photo credit: Rohann Wellington/NAD



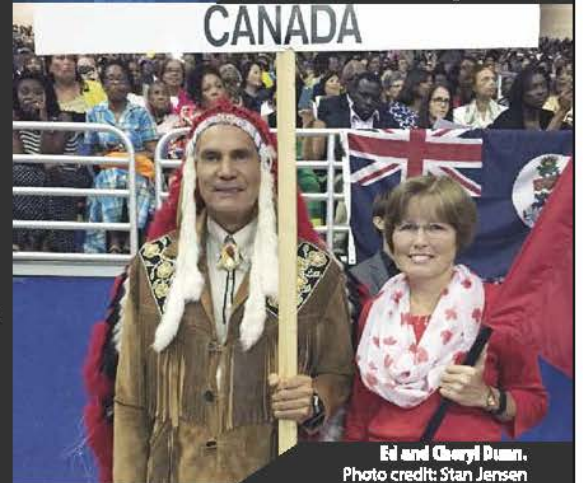
**Ted and Nancy Wilson.**  
Photo credit: Rohann Wellington/NAD



**Svyatoslav and Alla Muzychko from Moscow, Russia.**  
Photo credit: Rohann Wellington/NAD



**Bonne and Dan Jackson.**  
Photo credit: Rohann Wellington/NAD



**Eil and Cheryl Dunn.**  
Photo credit: Stan Jensen

## cover story

*Now, for the first time in decades, the Metro Vancouver churches are aligned for mission!*

*Vancouver, an urban sprawl of 2.5 million people, is the most unchurched city of North America. Adventist pastors convened to hammer out a unified statement of mission to reach Vancouver for Christ. They emerged three days later with a very ambitious initiative called "Let's Move Vancouver!" a multi-church, city-wide evangelistic initiative.*

# How REACH is REVOLUTIONIZING the British Columbia Conference







Wayne Culmore, Era Braka, and Wesley Torres planning how to best serve the constituents of British Columbia.

Kumar Dixit, BC Conference ministerial director and lead pastor of the Oakridge Adventist Church in Vancouver, said, "The 15-month program is designed around the health principles of the Adventist Church. Pastors and members of the Metro Vancouver Adventist congregations are praying to sow 5,000 seeds (connections with people) and produce 500 baptisms in 2016 and beyond."

Remarkably, "every church has voted to prayerfully work together in this city-wide endeavour." For example, the leaders

of all five Filipino churches of British Columbia's Lower Mainland voted to join forces for the sake of reaching lost souls for Christ. They then hired a Filipino evangelist to conduct two series of meetings (in their common language of Tagalog), one in May and one in June. The meetings culminated in a baptismal celebration at the Filipino campmeeting at the end of June.

And that was just the beginning! Now there are plans to plant a new Filipino church in the BC's Lower Mainland by 2016. "When ministers and lay leaders

work together hand in hand, more souls will be won for the Lord," said Levi Estares, pastor of the Vancouver Filipino church.

What inspired this new wave of mission-minded collaboration in British Columbia? It is the result of the REACH initiative. In answer to the great commission of Christ, the BC Conference Board of Directors had voted, as its mission statement, "To REACH BC and the Yukon with the Christ-centred message of hope and wholeness." Through video appeals, meetings, letters, and emails, the question

went out to the BC constituency: "What should the conference be doing to help local churches grow?"

This produced the need for a framework that could categorize the hundreds of recommendations that poured in from across the province. Paul Brantley, a vice-president of the North American Division for strategic planning, had created such a framework. It was called REACH. It was designed to give laser focus to the core values of the Seventh-day Adventist Church. The constituency recommendations could now be organized under the five ministry values represented by each letter of the word, REACH. In January, 2014, the conference administration invited approximately 100 leaders, pastors, and conference staff, representing 101 congregations and 16 schools, to British Columbia's beautiful Camp Hope to process the hundreds of ideas that came in from the field.

There Wayne Culmore, president of the BC Conference, explained, "REACH is not only a great action word that characterizes the mission of our church but also an acronym that represents our core values: (1) Revival and Transformation, which is about our relationship with God; (2) Education for Discipleship, which is about growing strong in Christ; (3) Alignment Within the Church, which is about collaboration; (4) Community Outreach and Evangelism, which is about witness; and (5) Healthy Leadership and Management, which is about effective organization."

Since then, REACH has birthed historic mission-driven alliances and brought renewed focus to congregations, large and small, across British Columbia. For example, Greg Wellman, pastor of the Penticton church in the south Okanagan Valley, said, "We now use REACH as a filter for every board decision." His REACH team is looking a throw to build better organizational structure for the sake of mission.

Tom Glatts, pastor of the Westminster church in Metro Vancouver, said, "What I found so striking about REACH is its ability to help us develop strategic thinking which was so lacking. When my congre-

gation began to see a strategy that had been thought through and applied, they were greatly encouraged."<sup>1</sup>

Vancouver Island pastor Robert Rud said, "Our Nanaimo church board has enthusiastically voted to become a REACH pilot church and has elected a REACH Strategic Planning Team, as per the *REACH: Step by Step* planning guide." Their planning team developed a mission statement that aligned with the BC Conference mission statement. Then they wrote a simple vision statement for each core value, namely, something they wanted to see happening in three years.

Their next step? Together, with participation from all church members, they will prioritize one or two action

awakened to the potential of using REACH as a way to fulfill the Great Commission.

Steve Little, pastor of the Vernon church in the north Okanagan Valley, was one of the first pastors to use a REACH template he found on the North American Division (NAD) website: reachnorthamerica.com. He said, "One of the things that struck me about the REACH ministry framework was the core value of alignment. The other four values were no-brainers. But alignment was a challenge that I needed to figure out." Now alignment is happening like never before, all over the province.

For instance, Pastor Cavin Chwyl's three northern congregations, Dawson



Elders of the Nanaimo church enthusiastically voted to recommend to be a REACH pilot church.

plans for each core value to be implemented next year. "We believe," Rud said, "that the REACH structure will help keep us focused, balanced and accountable as we endeavour to grow God's kingdom in our district."

The Nanaimo church board is one of approximately 30 church boards across British Columbia that voted to focus their activities around the five core values of REACH. Over half of the 101 Adventist congregations in the British Columbia / Yukon Conference have

Creek, Fort St. John, and Tumbler Ridge, are now, without losing their individuality, finding mutual benefit and blessings in their regular meetings together. He said, "Too often churches are full of gifted and talented people lacking a unified direction. This can lead to discouragement because people feel alone in their efforts. By giving us a platform to build on, the REACH values inspired us to find a way for church members of all three congregations to combine their efforts, and to keep us focused and balanced."<sup>2</sup>

<sup>1</sup>The *REACH: Step by Step* guide was developed to make it as easy as possible for leaders like Pastor Glatts to turn their congregations into mission-minded teams. You can access this document by clicking on the bottom link in the right column of [bcadventist.com/index.php/reach-bc-yukon](http://bcadventist.com/index.php/reach-bc-yukon).

<sup>2</sup>By "balanced" Pastor Chwyl meant that the five values of REACH all get equal attention. The REACH Grid, contained in the *REACH: Step by Step* guide, helps church boards assess the effectiveness of their ministries relative to REACH values. The REACH Grid is also available as a fillable Excel file at [bcadventist.com/index.php/reach-grid](http://bcadventist.com/index.php/reach-grid).

"Alignment within the church" has been the most challenging value to understand and implement. However, Jim Weir, pastor of the Kelowna and Winfield churches, recounted a practical example of alignment. "Our Kelowna churches are now sharing prayer meetings together," said Weir. "Rather than one

our desire to instill in our students the positive outcomes of Christian service."

McMullen added, "Secondary to providing us with a framework tool, REACH will challenge us to find ways of aligning the school with our constituent churches, thus endorsing and supporting the opportunity of working together as

clarity and inspiration to the REACH initiative.<sup>4</sup> Brian Wahl, the Youth and Summer Camp director, uses the REACH core values as a framework to structure his many ministries throughout the conference.

British Columbia's recent camp meeting (its theme was REACH UP!) was used as a venue to equip servants of God to live out the first two core values of REACH: Revival and Transformation, and Education for Discipleship. Next year's theme, REACH ACROSS, will focus on the third core value: Alignment Within the Church.

Exemplifying alignment within the church, and drawn from health professionals from across the province, the BC Conference Health Ministries team strives to equip health leaders to lead their congregations to live out the core value

of Community Outreach and Evangelism. Chaired by Phil Brewer, director of Silver Hills Spa Resort, the team is collaborating with Lifestyle Medicine Institute to host a top-quality training event, Oct. 22-25, 2015, at Camp Hope. Called the CHIP Summit, it will equip Adventist North Americans to bring hope and wholeness to our world — "the very essence of our mission," said Pastor Brake.<sup>5</sup>

Fulfilling the gospel commission of Matthew 28:19-20 in an increasingly diverse world will, in the words of Pastor Steve Little, "require ever-increasing innovation and diversification. We as a people will have to stand shoulder to shoulder, heart to heart, in all our God-ordained diversity and creativity as we seek to REACH our world for Christ" ■

*Ern Brake is the assistant to the president for REACH in the British Columbia Conference.*



Leaders and workers gathered at Camp Hope to map out strategic initiatives for the British Columbia Conference.

pastor preparing for five talks for his own churches, each of the five pastors rotate around to all the Kelowna churches giving their best talk. Each church receives the insights from a variety of pastors. And the pastors save time because they prepare one talk instead of five." This idea was picked up from a visiting pastor who was excited to bring the idea back to his district. Notice how practising the core value of "Alignment Within the Church" strengthened the core value of "Revival and Transformation."

REACH is not only strengthening churches but also helping schools. Lawrence McMullen, principal of the Okanagan Adventist Academy (OKAA) in Kelowna, developed a document he will be using as a framework to set up OKAA's programming. "It is aimed," he said, "at enhancing our students' Christian experience and growth. The REACH initiative provides us with a framework that will challenge us to ensure that all five core values are considered when we plan our programming, particularly

a team."

All this is being supported at the conference level. "One of the strong recommendations that came from the grassroots gathering of our church leaders in a January 2014 strategy meeting," said Culmore, "was that we needed to appoint a person who would spearhead REACH through the conference." In April 2014, the board of directors responded by voting Ern Brake, then ministerial director, to be assistant to the president for REACH.

Since then, Brake has worked with pastors, directors, and ministry teams to encourage, equip, and bring focus to our mission using the REACH ministry framework.<sup>6</sup>

Also at the conference level, the directors of each department (including Education, Youth, Communications, and the ABC) developed action plans that emanated from the top voted priorities of each REACH value. The communications department, for example, has produced videos, brochures, banners, and other resources to bring

<sup>2</sup>To see two REACH presentations Ern Brake did in Cranbrook, go to [bcadventist.com/index.php/reach-bc-yukon](http://bcadventist.com/index.php/reach-bc-yukon) and click on the "REACH Videos" link in the right column.

<sup>4</sup>See [bcadventist.com](http://bcadventist.com).

<sup>5</sup>Go to [sdachip.org](http://sdachip.org) to sign up.



# A Heart Touched

It was Thursday, the last day of Big Week, a time when the students of the Canada Youth Challenge (CYC) program were encouraged to work harder and expect more from God and from one another. The rain was pouring, and Stacey, a student with CYC, approached a house, knocked on a door, and waited. In a few moments a woman came to the door.

Stacey introduced herself, and after giving her presentation, she showed the woman the books she had. While the two were speaking, Stacey noticed a poster hanging on a wall in the woman's home. It read, "Love, Joy, Peace. Friends are like Family."

Stacey asked about it, and the woman said, "Friends are not like family to me. My family doesn't like me because I am a Christian."

A look of pain formed on the woman's face, and when Stacey saw it, she understood the hurt the woman was feeling. Looking into the woman's eyes, Stacey said, "You know, the Bible says that when your father and mother or your brother or sister forsake you, God will pick you up and He will take care of you." Taking the woman's hands in her own, Stacey asked if she could pray for her.

"Yes," the woman responded.

As Stacey prayed, the woman's hands trembled and tears streamed down her face. After the prayer, the woman hugged Stacey very tightly and began to share her personal story. The woman cried as she spoke, and

as Stacey listened, her own heart was moved. Stacey offered words of encouragement, then gave the woman her contact information. After one last hug she and the woman said goodbye.

Later that week the woman called Stacey and asked to take her out to lunch that Friday afternoon. At lunch the woman said, "Stacey, you have touched my heart so much. Nobody has ever touched my heart like this. You are my daughter now." As they ate, Stacey explained that after lunch, she needed to go and get ready for worship the next day.

"What do you mean by worship?" the woman asked.

Stacey explained that she went to church to worship God, and the woman, who was a

Catholic, asked her why she went on Saturday. Stacey explained and then added, "I'm actually going to be preaching at church tomorrow, so if you want to come, you will be very much welcome."

"Oh, yes!" The woman responded excitedly.

The next day the woman came, and the church members were warm and welcoming to her. At the end of the service, the woman took Stacey aside and said, "The church members were so nice, and because of that, I will be coming back to church."

In His ministry on this earth Jesus demonstrated that it is through compassion that we win the hearts and souls of people. He "mingled with men as one who desired their good. He showed His sympathy for them, ministering to their needs, and won their confidence. Then He bade them, 'Follow Me.'<sup>1</sup> Today He asks us to do the same. And the first step is to mingle among the lost and hurting of this world. Only then will we understand their sorrows and have the opportunity to minister to their needs. As we reach out and show compassion, we will win hearts, draw souls, and point them to the love of the Father we serve. ■

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*Lifestyle Canada Education Service (LCES), a charity organized to better fulfill the mandates of the literature ministry of the Seventh-day Adventist Church across Canada. If your life has been impacted by the literature ministry, please contact us at [mail@lifestylecanada.org](mailto:mail@lifestylecanada.org). We want to hear your story.*

# Moving in God's Direction



Craig and Lee-Ann Burns with their son, Joel, and their daughter, Isabella.

HAVE YOU EVER WONDERED why parents would sell their house, change jobs, and move their whole family to Lacombe, Alta., so their kids could attend Parkview Adventist Academy (PAA)? We sure did. We were living in Medicine Hat on a beautiful tree-lined street with the best neighbours, when the unthinkable happened: they told us they were moving. Renee and Lonnie Leitch were very special to us, and we couldn't imagine life without them and their children. Honestly, we were quite perplexed about why they were leaving. They told us about PAA, but just what was so special about this school?

That question was answered for us when we attended Maison's Grade 12 graduation a few years later. As we were entering the gym for Friday's Class Night, my son Joel held the door open for a gentleman who asked him if he was a PAA student himself and then said, "You're the

kind of student we're looking for!" The graduation program held such spiritual meaning, and it was evident that the teachers were invested in each student academically, spiritually, and personally. I remember telling the Leitches that now I understood why they came. By the time we were driving home after graduation, both Joel and Isabella were saying, "That's the school I want to go to!"

The day I was offered a job in Red Deer, we won a picture in a draw that reads "Faith." We felt this was a clear sign from God, but we had no idea how much faith we would need to get through the coming year. I have learned throughout my life as a Christian that God's perfect plan for your life does not mean everything will go perfectly. Sometimes we receive our greatest blessings when we are trudging through the valleys of sickness, depression, and fear.

Three weeks after I accepted my new job, I learned I had a mass in my kidney, which unexpectedly turned out to be renal cell carcinoma. Most people expected us to change our plans and not continue with our move to Lacombe, but I refused to allow cancer to take away from Joel the blessing of receiving an education at PAA. I told everyone that life must go on. But let me tell you that it has been the hardest year of my life—but oh, the blessings that came!

Joel discovered a real love for learning and would even come home and tell me everything he had gained in class. As he completed Grade 12, Joel was awarded a significant scholarship to Burman University. For us, this scholarship signified that the PAA teachers saw something in Joel that we as parents also saw in him but for which Joel had never been validated. Joel also learned how so confidently discuss different spiritual topics in a safe environment, which has laid a strong foundation for him to go into the world with. Had I taken the easy path and decided not to continue with the move because of my diagnosis, I would have missed out on so much and stolen these blessings from Joel.

As we celebrated Joel's graduation this year, it was thrilling to have our family and friends attend and tell us how blessed they were by it all. We heard them say, "Wow, now I understand why you moved here for your kids to attend PAA!" ■

*Lee-Ann Burns is the mother of PAA graduate Joel Burns.*

**Authorial Note:** PAA has been the Burns' family's first experience with Adventist schooling. Lee-Ann Burns celebrated the graduation of her eldest child, Joel, from Grade 12 in 2015, and her youngest, Isabella, is looking forward to beginning classes at PAA in the fall. Together with her husband, Craig, Lee-Ann continues to support Christian education in Alberta.



# The Way to Success



Wesley and Denise Meira, with their son, Kevin, and their daughter, Karen.

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." —Jeremiah 29:11, NIV*

**DENISE AND WESLEY MEIRA** have two children, Kevin and Karen. In 2011 they moved from Brazil and had the experience of having a completely fresh start: a new language, new people, new culture, and new customs. As their kids got accustomed to the new environment, Denise was able to go back to school while Wesley worked. In the first year there were many obstacles to overcome, but they thoroughly enjoyed the adjustment process, and with God's

help made it through that first year. Today they can surely say that moving to a new country is not easy at all, but it is definitely worth it. After being here for almost four years, they are still having new experiences, learning new things, and growing closer together each day.

When Denise and Wesley applied to come to Canada, their intention was actually to move to Quebec, but after multiple people advised them to send

their children to College Park Elementary School, they realized that Ontario was a better place for their family, since their children had been attending Adventist schools since they were little and their parents strongly preferred for them to continue. Eventually, the College Park community also worked out for them, as Karen graduated from elementary school and was able to keep going through Adventist education at Kingsway College.

Looking back to the choices they made when they first moved, they say that putting their children through Adventist education was the best choice for their family and they do not regret it.

Adventist education intends to educate for eternity. Denise believes that Adventist education is an important environment because it matches the beliefs and morals that they teach their children at home. "School is a very influential environment where children spend most of their time during the week," said Denise, "and if we want them to be influenced by what we teach them at home, why not put them through Adventist education, where they can have a Christian environment similar to their homes?"

Wesley added, "Education is very important. But unless you are involved in a Christian lifestyle, education alone will not take you to heaven. That is why I am committed to Adventist education. It is where our kids will be able to involve God in their academics; it is the way for their success."

Denise and Wesley believe that our Christian youth can make a big difference in the world by reaching people we may never be able to reach otherwise. The youth have the enthusiasm, energy, and the connections to reach not only people their age but also people in their communities, in their friendship circles, and others whom they come in contact with. Youth can make a difference to everyone around them. ■

*In their hearts humans plan their course, but the Lord establishes their steps.—Proverbs 16:9, NIV*

*Lydia Sola is the communication assistant at Kingsway College.*

# MAN'S First Graduating Class Accepts Responsibility



MAN'S first high school graduates, Coralie Nepoose and Frederick Crier-Jamerson.

*Frederick Crier-Jamerson and Coralie Nepoose are the school's first high school graduates. Together they were awarded more than \$26,000 in scholarships to continue their educations at university or other post-secondary institutions.*

*Coralie's valedictory speech (abridged below) inspired the many Mamawi Atosketan Native School (MANS) students who attended, reflects the attitude of gratitude and responsibility, and lets her teachers know that their work is making a difference. Fredrick entered the Junior Forest Rangers, a program of Alberta Forestry and Agriculture, in July. Coralie, class valedictorian, plans to attend Burman University to become a teacher.*

## Valedictory Speech 2015 —by Coralie Nepoose

Being the first graduates of Mamawi is truly rewarding. Freddy and I couldn't be any more thankful for our teachers, our friends, our classmates, and most of all our parents, for always supporting us and pushing us to finish Grade 12. There is no better feeling than accomplishing a goal. We have changed our school forever. We are the first Grade 12 graduates Mamawi has ever had.

This is what we can look back to 10 years from now. By that time we'll have well-paying jobs, we'll have families, and we'll be people who can say, "I made all of this happen."

This is what we have to show the rest of our students at MANS. Education is the key to everything.

A quotation from actor Bradley

Whitford says, "Take action. Every story you've ever connected with, every leader you've ever admired, every puny little thing that you've ever accomplished is the result of taking action. You have a choice. You can either be a passive victim of circumstance or you can be the active hero of your own life."

It wasn't the people around us who made the decision to finish Grade 12. It was our decision! We made this happen for ourselves! We decided that this is what we wanted to do! This has been our goal since we were in Kindergarten.

I have never been more thankful for the help and support I got from everyone around me. My daughter and my mom are my motivation for everything. They were my motivation to finish Grade 12

and to go to university this coming fall. All the struggles I went through have only made me stronger and the person I am today. That said, there is nothing Freddy and I can give back to our teachers and our parents. But let's start with "Thank you."

Thank you teachers, staff, and families for all that you have done for us. We couldn't have gotten this far without you and your support. I'm sure the both of us will go further in life. There is absolutely no better feeling than being with the people who make you happy on a daily basis, and with the people who mean the world to you. I love you all. ■

Mamawi Atosketan Native School  
May 28, 2015

# Parkview Profiles

by Katelyn Ruiz

*"This place gives you a chance to open up and make friends for life. These friendships that I have, they're going to last a long time."*

**SAMANTHA SORIANO** is her parents' only child, but she has built family connections with everyone here at PAA. She first visited the Parkview Adventist Academy campus for PAA Days and says, "I actually liked it. The problem was that I worried about coming here, far away from home all by myself without my friends or family."

Her concerns of being alone led her to become involved in many campus organizations. Sam played volleyball in Grade 11 and basketball in Grades 11 and 12. "I kind of wanted to experience more of life here, and in my second year I had a better idea of what to expect." What she expected, and what she knew, was that PAA is a place of well-supported personal growth.

Being away from home can feel daunting at times, but according to Sam, there are benefits to the distance. "While being in the dorm, I have learned to take care of myself and do all those chores without my parents having to motivate me. . . . I have gotten closer to my parents, too, because of how much we miss each other. We talk all the time. You don't even realize how special they are when you see them every day, until you live away from them for two years!"

With the support she has coming from home, Sam was glad to have familiar faces with her in Lacombe. There were others who came to PAA from her home church in Winnipeg at the same time she enrolled: "All the Winnipeg kids hung out together at first, and then we all made friends with different people, but even though we all have different friend groups, we are still connected."

Sam also found a group of people to rely on right here at school: her teachers. To name a few, Sam says, "Mrs. Purviance is like our mom. She took us dorm girls home with her for Parents' Weekend because our family was too far away to come. Also, Ms. Fernandez is great and I tell her everything. I work for Ms. Lamming and she understands my creativity. Mr. Spent really helped me finish my math, which allowed me to go to the Saskatoon Youth Rally on the weekend before our big six-week exam. Wow, there are just so many good ones! I share a special connection with each teacher here at PAA." Not only does the staff provide Sam with a sense of belonging, but the student



Samantha Soriano

body also: "This place gives you a chance to open up and make friends for life. These friendships that I have, they're going to last a long time."

Even though it meant leaving her family behind, Sam is glad she chose to finish high school in Alberta. "PAA prepared me for life in many ways. The standards are really high here, so I am building study habits for university. Coming to a new school, you don't know what to expect, so I have stepped out of my comfort zone. Also, you become your own individual, since you are away from everything you know. I really feel that I have grown closer to God here, learning to worship Him and share that with my friends. It is cool to have this community and get to experience new things."

Having felt so supported by the PAA family, Sam looked at other people's experiences and wanted to include everyone in the fun. As a result, she took a leadership position on the Student Association for the 2014/2015 school year. "I like putting others first," she says, "I want everyone to have fun here the way I have." All of her interactions have led Sam to serve because, as she shares, "You don't realize that getting involved is so important. I would be really out of place if I hadn't come here. PAA is the best option." ■

*Katelyn Ruiz is the director of public relations at Parkview Adventist Academy.*



# NOW IS THE TIME



## ONTARIO

**Toronto Airport Marriott**  
901 Dixon Rd, Toronto, ON M9W 1J5  
*guest speaker* Derek Morris  
Partnership\* September 11-13  
Sponsorship\* September 12, at 2:00 pm  
*An Evening of Inspiration*  
September 12, 7:30 pm (open to all)



## BRITISH COLUMBIA

*guest speaker* Anthony Kent  
Partnership\* September 25-27  
**Camp Hope (Mountain View Camp & Conference Centre)**  
61855 Lougheed Highway, Hope BC VOX 1L0



*Sponsorship speaker* Chris Holland  
September 27, at 6:00 pm  
**Rutland Seventh-day Adventist Church**  
130 Gerstmar Road, Kelowna, BC V1X 4A7



## ALBERTA

**Sheraton Red Deer**  
3310 50 Ave, Red Deer, AB T4N 3X9  
*guest speaker* Dwight Nelson  
Partnership\* October 9-11  
Sponsorship\* October 10, at 2:00 pm  
*An Evening of Inspiration*  
October 10, at 7:30 pm (open to all)



## MARITIMES

**Sandy Lake Adventist Academy**  
435 Hammonds Plains Rd, Bedford, NS B4B 1Y2  
*speaker* Chris Holland  
October 3, at 11:00 am



## MUSICAL GUEST

**Christine D. M. Wollmann**  
Toronto, Red Deer  
and Camp Hope

*\*You must be a confirmed registrant to attend this event.*

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## British Columbia



# CHIP Ship Relunched in Canada



**D**r. Hans D'iehl of Loma Linda University launched a unique pilot project in 1988 involving a group of 400 hopeful subjects in Creston, B.C. His question: "Could the compassion of church volunteers positively impact the health of a community when combined with scientifically sound presentations over a four-week period?" The results were astounding. Weights, blood pressures, cholesterol, and blood sugars dropped. Medicines were decreased dramatically and often discontinued by the surprised physicians of the grateful participants.

Depression faded away. A sense of well-being, joy, and hope for the future was infused, and the participants felt "alive" again. Time proved that their life expectancies had increased, and they knew that their vigour was intensified. Smiles returned and gratefulness abounded.

Complete Health Improvement Program (CHIP) success stories abound. Three of four adult children became vegetarians almost overnight and have remained so when they saw the dramatic changes in their father's health 25 years after he participated in the program. One gentleman had not worn shoes for seven years because of excessively swollen ankles, a side effect of a previous

heart failure. After the course, he was able to walk three hours daily—in shoes! A cardiac rehab nurse claimed she learned more in our course than in all her specialty training.

Now CHIP has spread to a number of continents, has graduated over 65,000 people, and has led the way for the current emphasis on lifestyle change as a means of preventing, halting, and even reversing the main chronic killer diseases, such as heart disease, diabetes, hypertension, stroke, and even cancer. With scientific reviews in over 20 peer-reviewed medical journals, it remains one of the best community health-based programs.

Initially, the program was very long: 40 hours of lectures, two blood drawing sessions, and large sample meal preparations. It was very energy-intensive, and many of the volunteers simply burned out after doing three to five different programs. We noted a decrease in the number of facilitators and their teams, who felt they could no longer carry on. So while the program became more popular in the United States, Australia, and New Zealand, it began to die out in many parts of Canada.

But now the good news. The program has been shortened to only 32 hours and encourages simpler food demonstrations. The material has been updated with the latest research in the field of nutrition. It has a very fast-moving and entertaining format plus a pricing system to accommodate a variety of home budgets.

And more good news. The training program for facilitators returns to Canada this year at the annual CHIP Summit at Camp Hope in late October. Twelve highly qualified inspirational, motivational, and medical professionals from the United States and Australia will deliver power-packed lectures over a course of three days. They will help "relaunch" the CHIP ship here in Canada.

For more information, go to [AdventistChip.org](http://AdventistChip.org) or contact Sid Kettner by email at [sidkettner@gmail.com](mailto:sidkettner@gmail.com) or by phone at 250-227-9191. Throw your love, compassion, and energy into this awesome health ministry of our church. Thousands can be blessed, and so will you! ■

## Kootenay Campmeeting

The last weekend of May each year holds special significance for the members of the Creston church. On that weekend they gather with other Seventh-day Adventist churches in the Boundary/Kootenay region of southern British Columbia. Every year since 1978, they have hosted the annual Kootenay Campmeeting, which was well attended this year. Visitors and participants came from Trail, Nelson, Castlegar, Invermere, Cranbrook, Bonners Ferry (Idaho), and the local community.

Mark Johnson, president of the Seventh-day Adventist Church in Canada, was the guest speaker. His theme was "Hope and Wholeness Through the Word, Witness, and Worship," which challenged those present to be relevant and active in their communities as they seek to bring hope to an increasingly hopeless world.

Music always plays a big part in these campmeetings, thanks to our music co-ordinator, LeeAnn Nawalkowski. The orchestra and mass choir bring together participants from the surrounding areas and add something special to the program. It was also a delight to have some young people sharing their musical talents throughout the meetings.

Good food and fellowship added to the superb spiritual feast, leaving us all with lasting memories of a time well spent together. ■

—Averil Cotton,  
Creston church



Mark Johnson, president of the Seventh-day Adventist Church in Canada, was the guest speaker.



Pastor Jacob and Tammy Melina (Creston/Cranbrook churches) and Natalie Heets (Bonners Ferry Church) leading song services with the orchestra.

## Maritimes

### Fundraising for Nepal

In response to the earthquakes in Nepal, Sandy Lake Academy (SLA) students readily decided to help raise money for ADRA's disaster relief efforts. High school students raised funds by door-to-door solicitation or sacrificing some of their personal spending money. Elementary students sold handmade crafts to raise funds for ADRA. Our Grades 9-10 class raised \$1,095.40!

We received mixed reactions as we knocked on doors. Some people thought our efforts were great and encouraged us to keep up the good work. Others declined to donate because we were representing a religious organization. But overall, we were thrilled to see so many people willing to donate.



Grade 9 students, David LeBlanc and Elizabeth Murphy.

Grade 9 students Elizabeth Murphy and David LeBlanc were encouraged by the verse Acts 20:35: "I have shown you in every way, by labouring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.'"

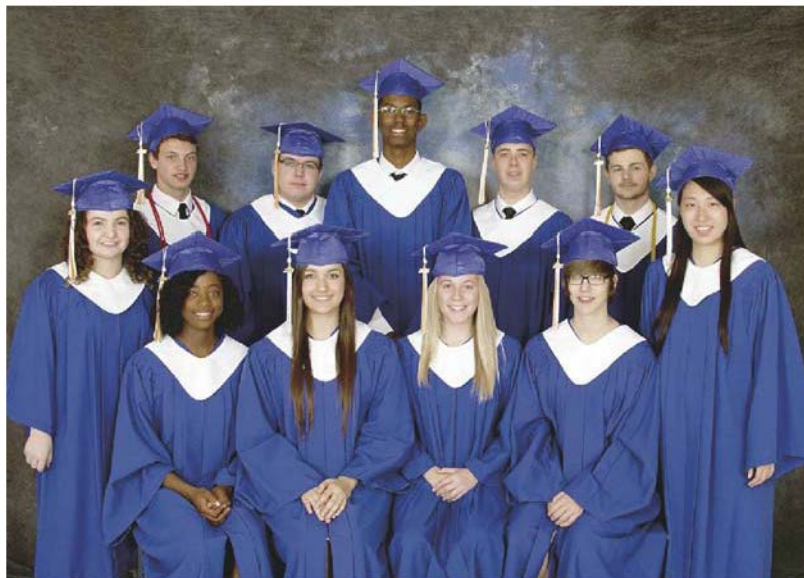
David explained, "Even though we were walking around for hours, I felt happy because I helped."

Elizabeth added, "It felt very rewarding to play a part in helping Nepal."

SLA students raised \$2,275. With the Canadian government matching donations dollar for dollar, a total of \$4,550 was contributed to ADRA! ■

—Elizabeth Murphy and David LeBlanc, Sandy Lake Academy Grade 9 Students

## Sandy Lake Academy Celebrates Graduation Weekend



Sandy Lake Academy 2015 graduates.

Sandy Lake Academy's graduation weekend, June 5-7, was a great success! On Friday evening the graduates organized a wonderful vespers service, including special musical numbers, a slide show of the graduates, and a thought-provoking message by Pastor Llewellyn.

The annual spring concert on Sabbath morning featured beautiful inspirational music by the junior/primary bell ringers, elementary strings and choir, as well as the high school orchestra, choir, and MasterPeace and Junior MasterPeace bells, all directed by our talented music director, Kristii Rasmussen. Surrounded by proud family and friends, 11 eager graduates participated in the commencement service on Sunday. Sandy Lake Academy staff and school board members wish the graduating class success and God's abundant blessings in their future endeavours. ■

—Heather D. Harrington, Sandy Lake Academy Promotions

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## Newfoundland

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### Bay Roberts / Conception Bay South District Women's Afternoon Retreat

On Sunday, May 24, 2015, the Bay Roberts (BR)/ Conception Bay South (CBS) church district held its second recent district Women's Afternoon Retreat at Camp Woody Acres, called "Show Me the Saviour." Under the organizational leadership of Elizabeth Williams, this afternoon retreat featured five moving and challenging presentations that touched important concerns about when Christians need to know how to recognize God's presence and guidance in times of pain, sickness, being wronged, hopelessness, lostness, blessing, and joy. Interactive time, time in prayer and singing,

and a fellowship supper meal were shared by the ladies.

Presenters and program leaders included Amy Chafe (Women's Ministry leader, BR church), Celest Corkum (pastoral spouse, NL Mission president), Tara Ennest (pastoral spouse, Gander), Amanda Matthews (Women's Ministry leader, CBS church), and Elizabeth Williams (pastoral spouse, BR/CBS).

Approximately 40 ladies came together for the afternoon of spiritual focus from the local regional Adventist churches (Bay Roberts, Conception Bay South, and St. John's), and multiple brought along



Local district women's ministry leaders: (L-R) Arny Chudo (Bay Roberts church), Elizabeth Williams (DB/CBS district pastoral spouse), and Amanda Matthews (CBS church)



Approximately 40 ladies listen to a presentation at the women's afternoon retreat.

friends and guests from other denominations in the local communities. The program was planned as a time of spiritual refreshing and an opportunity for our ladies to reach out evangelistically to their friends, inviting them into a fellowship of Adventist women. A beautiful

afternoon was shared together by all, and we thank God for His goodness in providing us such a blessed experience. ■

— Jason Williams, Pastor, Bay Roberts and Conception Bay churches

## Ontario

### Peterborough Church Celebrates Pathfinder Day



Peterborough Fireflies Pathfinder Club members lead out in church service.

The church buzzed with excitement and anticipation. The pews were nearly full. It was the Sabbath of May 2, 2015, and Pathfinder Day was about to begin. After weeks of preparation, our young people lined up and marched into the sanctuary of the Peterborough Seventh-

day Adventist Church. Under the faithful leadership of the director, Brent Fudge, the Peterborough Fireflies Pathfinder Club has been busy completing many honours as well as serving the community and working to build one another up spiritually. Now it was time to celebrate those achievements,

share them with the church, and praise God for His grace and mercy in letting it all happen.

Pathfinders between the ages of 10 and 15 read the call to worship, led out in praise songs, and brought the church to God through prayer. Some did the reading for the offering, some sang for special music, and others delivered the children's story. Four brave, spirit-filled youth even presented the message for the day, "Many Ways to Praise," encouraging the congregants to consider how they praise God throughout the hustle and bustle of daily life. We were blessed to be joined by representatives of the Kendalwood Galaxy Pathfinder Club, who also provided music for the service, and of the Ajax Lightbearers Club. Also in attendance were district coordinator Herma Graham and area coordinator Pauline Wynters.

With such blessings already poured out, one might ask how it could get any better. But it did. After the sermon was completed, Peter Caran (pastor from



New members receive their baptismal certificates. (l to r): Pastor James Anderson, Pastor Peter Gorm, Valerie Fudge, Quayse Hurlington, and Elder Jo Eskin.



Valerie Fudge (left) and Quayse Hurlington (right) were baptized into the Peterborough Seventh-day Adventist Church on May 2, 2015.

Peterborough) and James Anderson (pastor from Richmond Hill) joined together in baptizing two of the same young people who had ministered to us earlier in the program. The church congregation was thrilled to welcome Quayse Hurlington and Valerie Fudge to their membership.

Following such a high worship experience, members and visitors joined in the

fellowship ball for some social time and a feast of haystacks, generously prepared and provided by numerous behind-the-scenes volunteers.

Our spirits refreshed and bellies full, it was all too soon time to part ways. By the grace of God I pray that we will have the opportunity to meet and worship together again sometime. But if not in this

lifetime, we take comfort in the Advent message and the hope we have in Christ as we look forward to the soon coming of the King of kings and that time when we will never part again. Let everything that has breath praise the Lord! Amen. ■

— Priscilla Hurlington,  
Peterborough church

## SDA Church in Canada



# Moving Forward in Canada

Here at Amazing Facts Ministries we are busier than ever sending out hundreds of booklets, study guides, CDs, DVDs, and magazines to the many people who have expressed interest as a result of our varied efforts and your involvement.

Filling our mailboxes and inboxes are countless thank-you notes from happy viewers and Bible School students. They are excited, encouraged, and relieved by what they are learning about their loving God.

Jason,<sup>1</sup> an inmate in New Brunswick, writes, "Thanks for the booklets. I have a clearer understanding of hell. I never really looked into it carefully. I feel I have a more meaningful relationship [with God] through this."

Paul, another inmate, in British Columbia, writes

about how our various books have helped him. He is sharing them with other inmates and asking for additional ones.

Melissa, from Manitoba, who now faithfully keeps the Sabbath and meets with an Adventist group, writes, "I really enjoyed the Bible study course.... There was so much in the Bible study that I did not know.... Thank you for your encouragement and notes you send; it's a blessing to hear from you.... I look forward to the day when Jesus should come."

Others are writing to inform us that they have been so inspired and changed they are preparing for baptism.

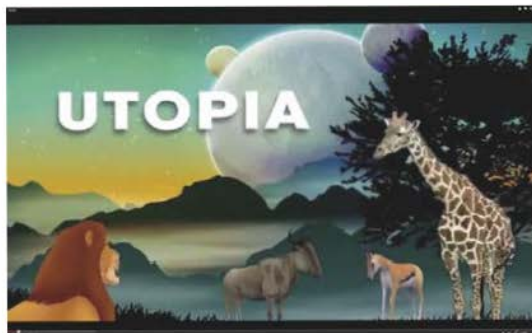
Marcus, a medical student from Quebec who was baptized while taking the Bible study course, says, "I

own property and I want to donate it to start a Seventh-day Adventist church in my village back home. The people there have no one to teach them about God."

We receive such letters not only from across Canada but also from all over the world, including just recently from Sierra Leone and the Philippines.

**Spread the News**

Amazing Facts Ministries wants to assist local churches in offering Bible studies to as many people as possible. We have recently printed eye-catching new Bible study invitation cards, available free of charge to churches who want to do local mail-outs. Contact us today to offer the message of hope to homes in your area.



**Using Every Method**

Since 2013, Amazing Facts Ministries has been producing a series of short animated infographic-style videos perfect for sharing on social media. Each presents information on important Bible topics in a way that speaks to today's Internet users. So far, we have produced *The Truth About Hell*, *The Truth About Death*, *The Truth About the Lord's Day*, *The Truth About God's Law*, and *Utopia*. You can find these on YouTube as well as on the Amazing Facts Ministries website and Facebook page. Copies are also available in DVD format. Responses have been very encouraging.

**Thinking Ahead**

We are currently planning a short Amazing Facts College of Evangelism (AFCOE) training workshop to be held in spring 2016 in Creston, B.C., so plan ahead! You will receive powerful, hands-on training on how to work for the Lord. Watch for more details in our upcoming ad.

**Sowing More Seed**

The broadcasting department is thrilled that another Canadian radio station began airing Amazing Facts programming in June; Doug Bachelor's presentations are now being heard each Sunday at 10:30 a.m. on CJCA 930-AM, "The Light," in Edmonton. Agreements with web radio stations are also in works.

To see a complete list of TV, radio, and satellite stations with Amazing Facts programming, see our back-page ad in this issue of the *Messenger*. Through these broadcasts, millions of Canadians are being offered precious Bible truths in the comfort of their own homes and vehicles.

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\*Names have been changed to protect individuals' privacy.

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PROCESS:

- All announcements (non-profit events, new member notices, birth announcements, weddings, anniversaries, obituaries and tributes) should be emailed to Almee Perez (perez.almee@adventist.ca) or faxed to her attention at 905/433-0982.
- Every individual named in the announcement must be aware of the submission and have granted the submitter approval for printing.
- Obituaries must be submitted on the appropriate form, completed and/or approved by a family member of the deceased. The forms (both printable and electronically submittable) are available at [www.adventist.ca/messenger](http://www.adventist.ca/messenger).
- The Messenger assumes no liability for typographical errors or responsibility for inaccuracies originating in submitted material.
- For more information about Messenger announcement policies, go to [www.adventist.ca/messenger](http://www.adventist.ca/messenger), click 'writers guidelines' then click 'announcements.'

Anniversaries

Lorne and Audrey Ganson celebrated their 65<sup>th</sup> wedding anniversary on April 20, 2015, in Cherwynd,



B.C. They were married in Lacombe, Alta., and have made their home in Cherwynd. The Gansons have four children, two of whom are deceased, 10 grandchildren, and 14 great-grandchildren.

Birthdays

Betty Cruz of Kelowna, B.C., celebrated her 90<sup>th</sup> birthday on May 23, 1925. She enjoyed a birthday tea at Mission Villa organized by her



family and staff. Betty has four children, nine grandchildren, and nine great-grandchildren.

Obituaries

**Charlene Beryl Connors** was born on March 30, 1957, in Halifax, N.S., and died on May 14, 2015, in Surrey, B.C. She was accomplished in knitting, crocheting, embroidery, and sewing, and had a love for animals and cross-country skiing. Charlene is predeceased by her parents, John and Doris Connors; and brother, James Connors. Surviving: son, Nigel Connors of Chilliwack, B.C.; ex-husband, Dale Harrison of Edmonton, Alta.; brother, Charles (Melissa) Connors of Fort Saskatchewan, Alta.; sisters, Nicole Connors of Edmonton, Camille Skolke (Tim) of Edmonton.

**Daniel Fedosenko** was born on Sept. 1, 1925, in Hafford, Sask., and died on July 12, 2013, in Toronto, Ont. Daniel was involved in the Seventh-day Adventist Church for his entire life and was a member of Kingsview Village church in Toronto. He loved to visit Adventist churches across Canada while on his travels.

**Albert "Leo" Goltz** was born on May 11, 1932, in Leduc, Alta., and died on Feb. 9, 2015, in Leduc. He attended Canadian Union College and University of Alberta to become a teacher. Leo enjoyed serving his church family as teacher, elder, and Sabbath school superintendent. Leo is predeceased by his parents, Fredrick and Alberta Goltz. Surviving: wife, Connie Goltz; daughter, Anna Goltz of Leduc; sister, June Jeske of Edmonton, Alta.

**Eva May (née Simpson) Hovland** was born on May 10, 1918, in Verdant Valley, Alta., and died on April 12, 2015, in Terrace, B.C. She is predeceased by her husband, Thomas Hovland; son, Lloyd Hovland; parents, Wallace and Alice Simpson; brothers, Percy Simpson, Emile Simpson; half-brother, Bill

Simpson; sisters, Leola Hoidal, Florence McLeod. Surviving: sons, Allen (Barb) Hovland of Terrace, Earl (Bonnie) Hovland of Terrace; daughter, LoAnn (Dale) Hueber of Grande Prairie, Alta.; Alaine (Don) Sparks of Terrace; sisters, Myrtle Marshall, Eunice Chabot; 12 grandchildren and 17 great-grandchildren.

**Lynda (née Erickson) Knight** was born on Jan. 1, 1954, in Prince George, B.C., and died on April 3, 2015, in Vancouver, B.C. She was involved in church and church-school activities from early childhood on, holding various positions always with a positive attitude. Lynda is predeceased by her parents, Ernest and Esther Erickson. Surviving: husband, Chris Knight; sons, Kevin Knight of Williams Lake, B.C., Jordan Knight of Williams Lake; daughter, Karrah (Andrew) Hansen of Fort McMurray, Alta.; brothers, Don (Sharon) Erickson of Williams Lake, Art (Edna) Erickson of Williams Lake, Bob (Wendy) Erickson of Hope, B.C., Dan (Raydene) Erickson of Abbotsford, B.C., Ken (Robbi) Erickson of Lacombe, Alta., Tim (Lindsay) Erickson of Calgary, Alta.; and two grandchildren.

**Helen (née Kalabuglin) Kosteln** was born on Aug. 19, 1915, in Timonovo, Kharkov District, Russia, and died on June 2, 2015, in Castlegar, B.C. She played and sang all her life and, along with her husband, was heard on the Russian Voice of Prophecy broadcasts for over 30 years. She also ran the VOP Russian Bible correspondence school, taught in the Martin Mission School, and was the right hand to both her evangelist father, and husband. Helen is predeceased by her husband, Boris Kosteln; son, Alex Kosteln; parents, Michael and Ansonina Kalabuglin; sister, Natalia Dombak; Surviving: son, Larry Kosteln of Dayton, Ohio; daughter, Galina Maerzke of Castlegar; sister, Tatiana City of Sao Paulo, Brazil; seven grandchildren, 20 great-grandchildren, and one great-great-grandchild.

**E. Alma Longman** was born on July 11, 1911, in Arthur, Ont., and died on Nov. 11, 2014, in Pickering, Ont. She was a faithful member of the Hamilton Mountain Church and active in the children's program. She was a teacher and strong supporter of Christian education. Known for her fine needlework, after retirement she volunteered for over 20 years at the McMaster Health Sciences Centre sewing items for cancer patients. Alma is predeceased by her husband, Charles Longman. Surviving: son, Carl (Juanita) Longman of Oufferin, N.B.; daughter, Linda Lafay; and one grandchild.

**Annie (née Hawryskowich) Lysjuk** was born on July 24, 1924, in Liposic, Ukraine, and died on May 22, 2015, in St. Thomas, Ont. She served as a teacher in the children's division and as a deaconess for years. She will be remembered most for her hospitality and kindness. Annie is predeceased by her husband, Fred Lysjuk. Surviving: sons, Larry (JoEllen) Lysjuk of Oelhi, Ont., Lynn (Deb) Lysjuk of St. Thomas; daughter, Lorene (Terry) Heiser of St. Thomas; sister, Mary Nischuk of Lacombe, Alta.; four grandchildren and eight great-grandchildren.

**JoAnne (née Wolfverson) McKay** was born on June 15, 1936, in Oak Flat, Texas, and died on March 8, 2015, in Lacombe, Alta. JoAnne is predeceased by her parents, Homace and Ada Wolfverson. Surviving: husband, Len McKay of Mirror, Alta.; son, Wesley McKay; brothers, Gene (Jeanie) McKay of Connecticut, Buford (Marge) McKay of Texas; sisters, Clara, Lottie, and Delhia of Texas; half-sister, Dale of Texas; four grandchildren and one great-great-grandchild.

Legal Notice

Maritime Conference of the Seventh-Day Adventist Church Inc.

Notice is hereby given that the forty-eighth Regular Members' Meeting of the Maritime Conference of the Seventh-day Adventist Church Inc. will be held at the Camp Pugwash cafeteria, 2197 Gulf Shore Road, Pugwash, N.S., on Sunday, September 27, 2015, beginning at 9 a.m. Atlantic Time.

This meeting is called for the following purposes: Election of a Board of Directors; Election of a Standing Bylaws Committee; Election of officers of the Conference; consideration of proposed changes in the Bylaws of the Conference; the transaction of other business as may properly come before a Regular Members' Meeting.

The member churches of the Maritime Conference are represented at this meeting by delegates chosen on the following basis: one delegate from each church plus one additional delegate for each 40 members or major fraction thereof.

Delegates who are members of the Organizing Committee are asked to meet at the place of the session on Sunday, September 27<sup>th</sup> at 8 a.m. Atlantic Time.

John Fournier, President  
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**I Love 2 Travel** is organizing trips to Grand Canyon, Southern Caribbean, Panama, and Camp Meeting in London, England; for more details, email: [ilove2travel007@gmail.com](mailto:ilove2travel007@gmail.com). (8/15)

**The NAD's Adventist Learning Community** in Berrien Springs, Mich., is seeking an IT Manager. Requirements include either a BA/BS in Computer Science or related field, or equivalent work experience, as well as software development and technical skills. If interested, contact Johanna Prestald-Dominguez, PHR, at [Johanna.Prestald-Dominguez@nad.adventist.org](mailto:Johanna.Prestald-Dominguez@nad.adventist.org). (8/15)

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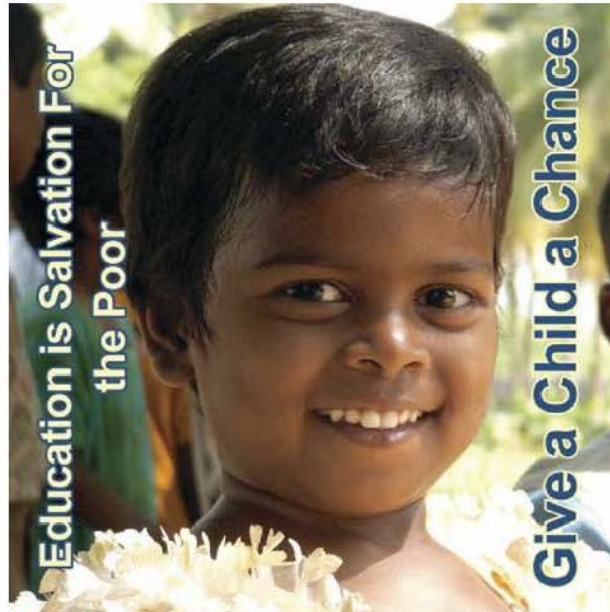
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## from the editor

# *Arise! Shine! Jesus is Coming!*

**THE 60<sup>TH</sup> GENERAL CONFERENCE SESSION**, the worldwide conference for Adventists that happens once every five years, is quite an experience. If I could describe it in one word, it would be *powerful*! Over 65,000 delegates and visitors from over 160 countries walked together, worshipped together, ate together, and fellowshiped together. It was more than the colourful clothing, conversations, collective spirit, and communion. It was a time of celebration as we heard about expansion in some areas, and also a time of empathy as we heard of the pain and persecution some are experiencing in other areas.

This was the first session I have had the privilege to attend in its entirety, and I am glad I did. The session brought renewal to several friendships I have cultivated over the last 35 years that I have served the church. I thought it funny that everyone looked older than I felt, but I suppose they thought the same of me! I saw several of my friends retiring from service, while others took on new levels of responsibility.

When I look at the next generation stepping forward, I see faith, hope, and charity. I see well-educated, passionate people who are strong in the Lord and serving Him with the strength of their youth, despite negativity from armchair critics around them. They need our prayers and support, but I believe that this generation of youth is the best yet, willing to fight for social justice, to give voice to those who have no voice, and to reach communities with real help. I see youth of all ethnic backgrounds worshipping, praying, and working together with less focus on skin tones and more focus on shared mission. As the father of a multi-ethnic family, that makes me proud.

To me, the highlight of the session was not the vote on women's ordination, the display booths, meeting old friends and making new ones, or even the powerful sermons. My highlight was the Parade of Nations, this year called Mission on the Move, which narrated the chronology of our church's growth in 228 countries around the world. At the end I was proud to proclaim, "We are a strong people."

This GC session was a wonderful reminder that our church is powerful, our church is passionate, and our church is diverse. Like the words of the session theme song, "We have this hope that burns within our hearts, hope in the coming of the Lord." Let's focus on our mission to bring hope and wholeness to the world so that we may all be ready for the soon coming of the Lord. ■

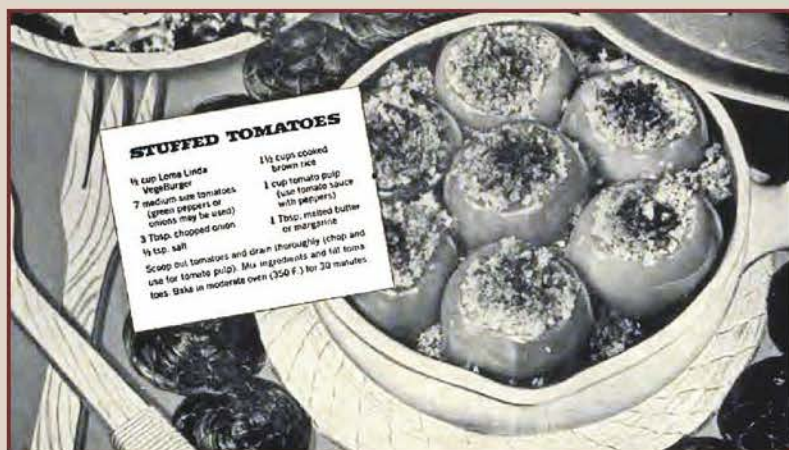
A handwritten signature in blue ink, which appears to be "Stan Jensen". The signature is stylized and fluid.

Stan Jensen, editor  
*Canadian Adventist Messenger*

**NUTRITION IS AN IMPORTANT ASPECT** of Adventist heritage and contribution. We are proud of our health message, and rightly so. Public recognition through studies such as the Blue Zones Project prove what we have long known, that a healthy lifestyle and active faith not only are good for your spiritual health but also do your body good!

It reasonably follows, then, that as purveyors of a health message, we are equally responsible to provide delicious recipes that put these healthful guidelines into practice.

This month we take a look back at some oldies but goodies: recipes that have been shared in past issues of the *Canadian Adventist Messenger*. Perhaps one or more of them have become old family traditions; perhaps you may find a new classic for your recipe box. Bon appétit!



August 28, 1963—This recipe for stuffed tomatoes appeared in a Lorenz Linda Foods advertisement for VegoBurger. *Canadian Adventist Messenger*, Vol. 32, No. 18, p. 14.



## kitchen korner

by Shirley Oakley, R.D.

Apples were grown in the Mediterranean area at least 3,000 years ago. Seedlings were brought to Massachusetts 10 years after the Pilgrims arrived. Because apples have been available, and so versatile, they have always been this country's favourite fruit.

There are so many varieties of apples that most are unfamiliar. We tend to prefer Red or Yellow Delicious or McIntosh for eating fresh, while Northern Spies, Spartans, and Rome Beauties are excellent for cooking.

Eighty-four components have been isolated, which are known to contribute to the distinctive flavour of apples. Of course, every variety has different quantities of each component, which explains why the flavours vary.

Apples are not a good source of any one nutrient, but contribute small amounts of most nutrients to the diet. However, studies done at Michigan State University indicate that students who ate an apple a day maintained much better health than those who did not. Apples are rich in pectin, and act as an excellent toothbrush.

In 1870 Ellen White wrote, "If you can get apples, you are in good condition. They are superior to any fruit that grows." *Counsels on Diet and Foods*, p. 312.

The Apple Bar recipe gives a new twist to the old "Matrimonial Cake" recipe. It is lower in calories, and makes a nutritious, light dessert. Apple Bars keep well for several days in the refrigerator.

### Apple Bars

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 cup whole wheat flour         | 1 cup rolled oats        |
| ½ cup brown sugar               | ½ cup soft margarine     |
| ½ tsp. baking powder (optional) | 2½-3½ cups sliced apples |

### Method

Mix first four ingredients. Cut the margarine into the flour-oat mixture. Press half of the mixture into a 7 x 11" baking dish. Arrange the sliced apples evenly on the crumb mixture. Top with the remaining crumbs. Bake at 350° for 40-45 min. Serves 8-10.

(Right) July 29, 1964—This recipe for soya oat bread was developed by Gloria (Lainy) Lawson to help her son cure his talking disorder in H.V. A regular white bread recipe was fortified with oats, wheat germ, and soya flour to increase its nutritional value. *Canadian Adventist Messenger*, Vol. 33, No. 16, p. 11.

(Left) Feb. 21, 1969—This apple bar recipe may not be the healthiest in the world, but it was surely delicious. *Canadian Adventist Messenger*, Vol. 48, No. 4, p. 19.

(Right) Jan. 10, 1979—This cashew loaf recipe was shared by Shirley Oakley in her *Kitchen Korner* column and makes a great vegetarian treat. *Canadian Adventist Messenger*, Vol. 48, No. 1, p. 13.

### Soya Oat Bread or Buns

1½ cups Rolled oats placed in the bowl in which you are going to mix your bread.

Pour over oats 2 cups of boiling water and let stand till just warm.

In a separate, smaller bowl, dissolve 2 tbsp. white sugar in 2 cups of lukewarm water.

Sprinkle in the water 1 pkg. of Fleischmann's dry yeast and let stand for 10 minutes.

Combine yeast mixture and oats. Add 4 level teaspoons of salt, 2 cups white unbleached flour or all purpose white flour, ¾ cup soya flour.

Stir the above ingredients well, then cover and set in a warm place and allow to rise till bubbly—approx. ½ hour.

Add ½ cup of warm water in which you have dissolved 3 tsp. brown sugar and 3 tsp. of oil.

Add 2/3 cup of wheat germ, approx. 6-7 cups of unbleached white flour, or sufficient to form a doughball.

Knead about 5 minutes, then pour 1 tbsp. of oil in your hands and pat over the dough in the pan. Cover and allow to rise till double in bulk. Knead well again and shape into loaves or buns and place in well-greased pans. Allow to rise the second time. Bake at 400° for 15 minutes, then 350° for 40-45 minutes (depending on the oven). Buns—375°—approximately 25 minutes or till done. Variations—

For Raisin Buns—add desired amount of washed, and drained raisins, or other dried fruits such as currants, dates or dried apricots, pears, peaches or cherries, etc. Nuts may be added occasionally for a treat, or 1 kg. of mixed peel for Christmas Buns.

Change grain and flours for variety—millet flour, corn, and other combinations.

Seeds such as sesame, sunflower, poppy, and flax add truly delicious natural oils and vitamins necessary to health.

Sesame seeds contain a good supply of thiamine, and other factors of the "B" complex, also calcium, phosphorus, iron, and some trace minerals.

Sunflower seeds—"According to research at the University of Illinois Agricultural Experiment Station, sunflower seeds contain 52.7% protein which is of higher biological value than the protein of meat, egg or fish. It contains all the amino acids needed for the building and repair of body cells and tissues in a form which is readily utilized." It is a splendid source of the 8 complex vitamins, calcium, phosphorus, iron, etc.

The cashew nut is the product of a tropical evergreen tree, native to Central America. Today the major exporters of cashew nuts are South America and India. Many cashews are also grown in Africa.

The fruit of the cashew resembles a large fleshy apple. The shell of this apple contains an oil which is very irritating to the skin. Roasting destroys the poison. Therefore after the fruit is picked, it must be roasted before shelling.

Each fruit contains one nut, which must be carefully picked out of the apple by hand—a very slow and tedious process.

The one cup of cashews in our recipe yields about 17 grams of protein, and 45 grams of fat. Cashews are also a good source of minerals and B vitamins. They are very low in sodium.


This cashew nut loaf can be prepared ahead, and baked the next day. It is delicious served with a chicken style gravy.

### Cashew Loaf

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1 cup raw cashews, coarsely ground  | 1 Tbsp. soy sauce              |
| 1 cup soy or evaporated milk        | ¾ sp. salt                     |
| 1 large onion                       | 3 Tbsp. dried or fresh parsley |
| 1 cup soft whole wheat bread crumbs | ½ tsp. celery seed             |

### Method

Combine all ingredients. Mix well to make sure that the seasonings are well distributed throughout the mixture. Place in a greased baking dish. Bake at 350° until firm, and lightly brown, for about 40 minutes. Serves 4-6.



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### Saying Hello and Goodbye

Please join us in welcoming our new director, Pastor Rudy Harnisch and his wife, Michelle, along with their two grown children, Johann and Laura. They come to us with a varied ministerial background, which includes spending seven years as missionaries in Africa and pastoring churches in Alaska and BC. Pastor Rudy is currently serving as the Adventist Muslim Relations Liaison for the Seventh-day Adventist Church of Canada and has recently returned from an evangelistic effort in the UK.

We've been so blessed over the past years to have the experience, leadership, and vision of Pastor Jacob Hiebert, and his wife, Judy, who have recently retired. They were largely responsible for starting up the Amazing Facts office here in Canada and for getting all of our projects off the ground. Their tireless work and willingness to serve, wherever they've seen a need, have been such a blessing. We trust there will be many in the kingdom as a result of their efforts.

### What We're Up To

Amazing Facts remains committed to keeping the work underway here in Canada. The TV and radio programs go on broadcasting vital truth into homes across the nation with thrilling responses! Bible school students may now opt to take the lessons by mail or online at [amazingfactsministries.com](http://amazingfactsministries.com). The enrollment continues to grow, with many students being referred to pastors and churches for baptism and further study. Bible school sign-up cards are now available for churches who wish to do mail-outs in their area. We continue producing the *Viral Videos*, which address important doctrinal subjects in a way designed to attract the internet generation. All of our *Viral Videos* may be viewed and shared on social media sites such as youtube and facebook. Our newest one, *Utopia*, has just been made available.

### Can You Help?

As we see the momentous events taking place all around us, we are inspired with renewed energy to press forward with the Gospel message for a dying world. Funding is urgently needed to keep our programs on TV and radio, literature flowing from our office all across Canada, and to expand new outreach projects. Contact Amazing Facts Ministries today to learn more about how you can help spread the Word with a monthly or individual gift, or direct sponsorship of our programs. Remember you can also donate online! Gifts are eligible for a Canadian tax receipt, and will make an impact for eternity.

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