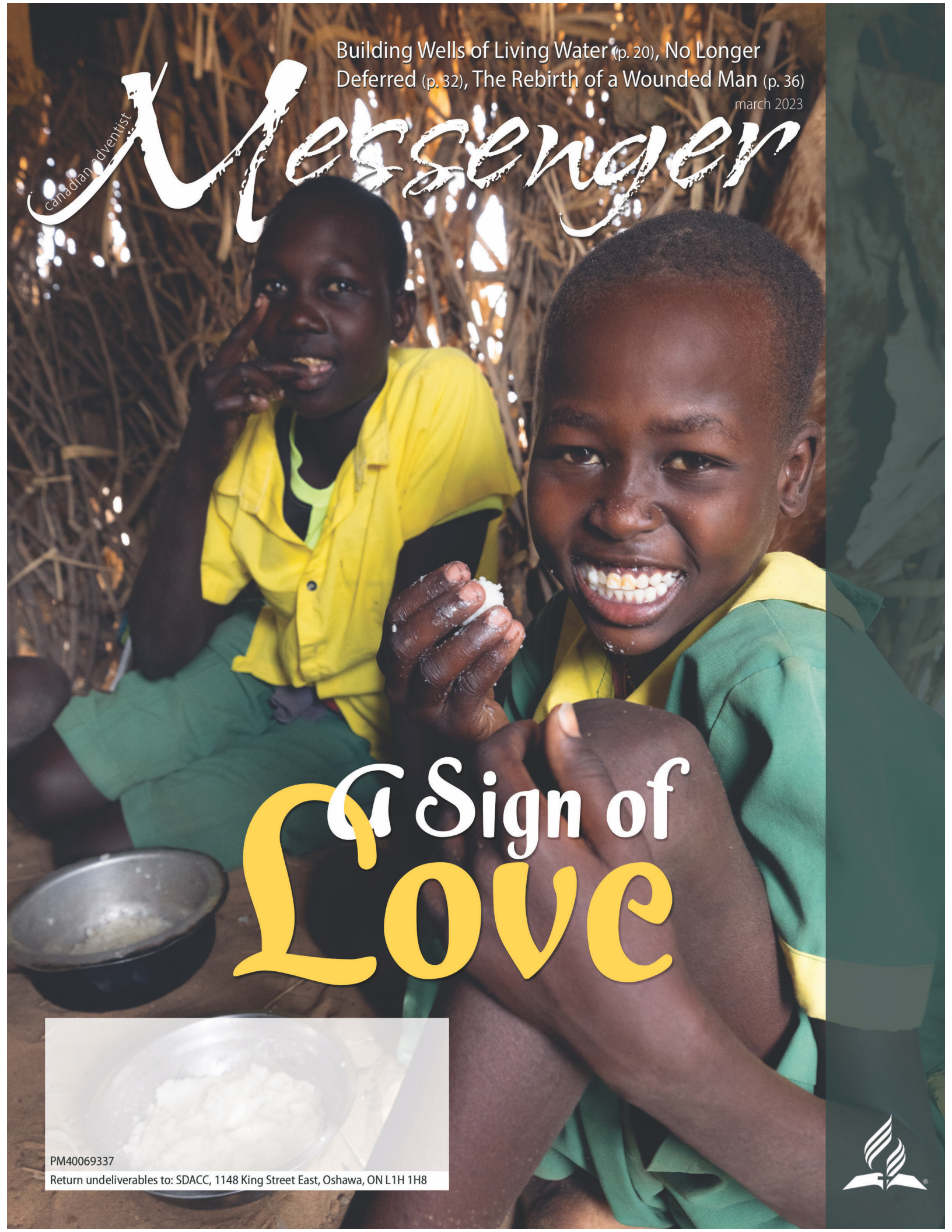

canadian adventist Messenger

Building Wells of Living Water (p. 20), No Longer Deferred (p. 32), The Rebirth of a Wounded Man (p. 36)

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A Sign of Love

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March 2023 Vol. 92 No. 3

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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. For all others, an annual subscription is CA$20 within Canada or US$20 outside of Canada. Printed by Maracle Press Limited. ISSN 0702-5084. Indexed in the Seventh-day Adventist Periodical Index. Member of the Associated Church Press and the Canadian Christian Communicators Association.

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Submission Deadlines

May issue	**March 1**
June issue	**April 1**
July issue	**May 1**

>> View this issue online at www.adventist.ca/messenger

Postmaster: Please return undeliverable Canadian addresses to Messenger subscriptions, 1148 King St. E., Oshawa, ON L1H 1H8

Canada Post agreement number 40069337.

"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."

—Romans 12:1, NKJV

Living Sacrifices for God

Jesus loved to interact with people in need. The story of the lady by the well is one example of Jesus reaching out to one who had been marginalized by her village. His love for people was evident in every interaction He had with fallen humanity. This was His nature, and this is the same nature He wants each of His followers to have and to share.

The book of Romans is my favourite book in the Bible to read. I believe Paul wrote the book so that the church in Rome would be transformed and make an impact in the world with a Christlike character. In fact, if you read Chapters 12–15, I believe this is the life-changing character Christ wants to see in all who follow Him. Lifting up those who are weaker than us, showing love in action by putting others' needs before ours. If we would live according to these counsels in Romans 12–15, what a transformation our own lives and the life of the church would go through!

I recently had the opportunity to lead a meeting in which we were charged with choosing a nominating committee. Usually in meetings like this, our natures tend to manifest themselves by looking out for our own best interest. But this meeting was different. The group I was working with was tasked with finding the best candidates to fill our quota of representatives. This group decided to lift up others and look for candidates outside of their represented church. They looked for young people. They looked for candidates who exemplified a character that lifted up Jesus. Watching this unfold was amazing and comforting.

As we head closer to Christ's second coming, Jesus wants His last-day church, spoken of in Romans 12–15, to become a reality. When the communities that surround our churches see us living out a life that Christ lived out on earth, I believe we will start seeing the results of a harvest that is indeed great.

If you have a few minutes, read these four chapters in Romans. And, through prayer, bring this to Jesus so we, too, can have that transformation of our character to be more like Him by lifting up those who have the greatest need. ■

Paul Llewellyn is president of the Seventh-day Adventist Church in Canada.

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March 2023

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PAID SUBSCRIPTIONS: Paid subscribers should contact the *Canadian Adventist Messenger* office for address changes. Individuals outside of the SDACC may subscribe by contacting the *Canadian Adventist Messenger* at 1148 King Street East, Oshawa, ON L1H 1H8, or messenger@adventist.ca. Annual subscription price: $20.

WHAT'S COMING Life hands some people more than their fair share of sour lemons. Next month's cover story opens the window on the life of one man whose adversities have never kept him down.

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FREEDOM OF RELIGION

Q: *I heard that there will be changes to physician-assisted suicide coming in spring 2023. What is happening and how does it affect religious liberty in Canada?*

A: Over the past two months, I have provided a quick summary of how medical assistance in dying (MAiD) has been introduced in Canada through litigation and then acquiescence by the federal government. In particular, the federal government chose not to appeal a Quebec lower court decision that expanded MAiD to situations in which a person's natural death is not reasonably foreseeable, being so-called "Track 2" cases ("Track 1" being cases in which natural death is reasonably foreseeable). Different safeguards were to be implemented for Track 1 and Track 2 cases. In Track 2 cases, the person must have been informed of treatments available to relieve their suffering, which means that people in Canada can access MAiD even if there are means by which their suffering can be alleviated.

The federal government also created provisions that allowed MAiD in cases where a person suffers only from mental illness, but suspended that until March 2023 to allow further review.

In May 2022, a federally appointed "Expert Panel on MAiD and Mental Illness" sent a report to the Ministers of Health and Justice. The panel found that no new legislative safeguards are necessary for MAiD in cases of mental illness, since the criteria of incurability and irreversibility of the mental health condition will apply as they do for other medical conditions that cause suffering. The panel recommended the development of MAiD practice standards through physician and nurse regulatory bodies. In response, the federal Minister of Health wrote that by March 2023, there would be practice standards and training modules in place to provide clarity for medical professionals in assessing MAiD requests from patients suffering from mental illness.

The *National Post* reported that the number of MAiD cases in Canada had grown from 1,000 in 2016 to 31,644 in 2021. It stated there will likely not be sufficient medical practitioners willing to provide MAiD, particularly for Track 2 patients (those who have a "grievous and irremediable condition" but whose natural death is not imminent). It quoted Dr. Viren Naik, Ottawa Hospital's MAiD program medical director, as stating that MAiD providers have their "own moral and ethical compasses." Naik had said, "I don't think anyone wants to deny someone's suffering," but for some providers, "Track 2 is a bridge too far."[1]

The *National Post* article also reported there are growing concerns "that social determinants of health—inadequate housing, food, whether someone has the money to pay for the medication that's keeping them comfortable—are driving MAID requests."

As for freedom of religion, this practice has implications for the medical professional who has a religious objection to MAiD. I will address that more specifically next month.

An important note before concluding: In mid-December 2022, the federal government announced that it intends to push back the deadline for expanding MAiD to people suffering from mental illness because of widespread criticisms from psychiatrists and physicians. This will require legislative action in January, which is after the writing of this article. ■

Kevin Boonstra is a lawyer in British Columbia. Send your religious liberty questions to messenger@adventist.ca.

1 Sharon Kirkey, "Canada's Expanding MAiD Program Leading to a Crisis in Supply of 'Willing' Doctors," *National Post*, Oct. 27, 2022. https://bit.ly/3J9RhIM

Disclaimer: *This article is written for general information only. It is not legal advice and should not be relied on as legal advice. All individual circumstances are different. If you have a legal issue or problem, seek the advice of a qualified lawyer in your area.*

COVID-19 and the Church

"I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me."—*John 17:20, 21, NKJV*

From the year 2019 to the present, we have lived through what seems like many worlds.

We have seen a rapidly changing social landscape and kept hearing a common refrain, "When life gets back to normal." We are discovering that the pre-2020 normal is elusive. Recently, I was at the church that had the largest number of deaths in our conference, due to COVID-19. They are far from a desired normalcy. They still grieve their many losses.

"These are times that test what we are and whose we are," Susannah Black wrote in her article "From Ashes," a perspective appropriate to the church.[1]

As a leader, I am acutely sensitive to the fact that the primary role of leadership is to define reality. It has become a necessary effort to keep revisiting the process as reality keeps changing especially so, since COVID's impact. Defining reality reveals weaknesses, we never knew we had, but also reveals strengths we are glad we do have.

The reality in 2019 changed in 2020. The pandemic changed many things that will take time to retrieve, yet are fascinating to reflect on.

Due to COVID, we moved

- from fellowship to isolation;
- from in-person worship to virtual worship;
- from a common theology to a belief system deeply influenced by social media;
- from our commonly held identification of the mark of the beast to the COVID-19 vaccine being associated, by some, to that sign; and
- from relative unity to a church divided on our position on the virus and what constitutes an appropriate response.

Defining reality definitely revealed some weaknesses but also some strengths. Across the North American Division (NAD), we witnessed the quick pivoting to online worship, an increase in the use of online giving, creatively shared seminars, and workshops demonstrating the church's adaptability and flexibility.

We praise God for the positive financial reports defying the pundits.

We celebrate the fact that God has blessed His church with a capacity for resilience.

We affirm the dedicated ministry of faithful pastors who continued to preach, fostering faith and not fear.

And now as we continue to define reality, reports reflect a steady recovery by God's grace.

As we go forward—facing a future that, prophecy informs us, will be characterized by growing challenges—we will be careful to stay united.

In John 17 we find Christ's most sublime prayer for the church. This prayer captures the last words of instruction to the disciples before His crucifixion.

Within 24 hours, He would be killed. Therefore, this prayer reveals Christ's inmost thoughts.

"I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me" (John 17:20–21, NKJV).

May we not find ourselves a hindrance to Christ's prayer for unity regardless of challenges. ■

Mansfield Edwards is president of the Ontario Conference.

1 Susannah Black, "From Ashes," *Breaking Ground*, June 4, 2020, https://bit.ly/3l0zanz

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Creation Corner for Kids

Since everything will be destroyed in this way, what kind of people ought you to be? You ought to live holy and godly lives as you look forward to the day of God and speed its coming. That day will bring about the destruction of the heavens by fire, and the elements will melt in the heat.—2 Peter 3:11, 12, NIV

Black-Backed Woodpecker

Every year wildfires burn through forests, leaving nothing but black and smouldering tree trunks. Many forest animals lose their homes because of these fires, but for others, a charred tree trunk is the perfect place to live. When the trees stop smoking, wood-boring beetles move in. The beetles are soon followed by the black-backed woodpecker.

Black-backed woodpeckers love burned-out forests because their favourite food is wood-boring beetle grubs. Black-backed woodpeckers stay until the beetles are gone, usually five to eight years. And by the time the beetles and woodpeckers move on, the forest begins to grow again—the grass is green, wildflowers bloom, and little trees shoot up from the ashes.

Think about it.

A burned out forest is an empty, barren place. There's only charred tree trunks, ash, and after-fire specialists like the black-backed woodpecker.

The Bible tells us that when Jesus returns to take His people to heaven, the earth will be burned up and Satan will be left to wander among the ashes and ruins. "But in keeping with His promise we are looking forward to a new heaven and a new earth, where righteousness dwells" (2 Pet. 3:13, NIV).

Do it!

Ask God to show you what you can do to "speed" His coming and re-creation of the beautiful new heaven and new earth.

Tammie Burak and her family enjoy studying and learning from God's creation.

Tips and Tools for Building Friendships With South Asians

Many South Asians believe that visitors bring blessings into their homes. In fact, hospitality is a defining characteristic of South Asian cultures. A common saying in India is *Athithi devo bhav*, which means "Guests are forms of God." The highest honour is placed on serving guests, as South Asians equate serving guests with serving God Himself.

The following are some tips you should follow when visiting a South Asian home:

1 Upon arrival, greet your hosts and pronounce a blessing on their home. Appreciate the characteristics that make the dwelling their home. Even though it's not necessary to bring a gift, something thoughtful is always appreciated.

2 Remove footwear before entering the home.

3 In a casual manner, state the purpose and duration of your visit.

4 It is an insult to refuse any offered drink or food. Graciously accept what is offered with gratitude for their efforts in preparation. Don't be afraid to be vocal about how much you love the food, as the individuals who prepared it will truly appreciate knowing that their guests enjoyed their efforts.

5 When leaving their home, offer your sincere thanks for their hospitality.

6 If the lady of the house is home alone, it is not proper for her to invite a male visitor. If you are a male visitor, leave a message for her husband and depart. ■

Clifmond Shameerudeen is director of the Global Mission Center for South Asian Religions.

From Outlook to Uplook: Reframing

The New Year is in full swing, and the first quarter is already coming to an end this month. How has the year started for you? Was it what you expected or anticipated? Did it start with optimism, and dwindle or peak into pessimism?

Often in life, we go through mountains and valleys. Some researchers call it the "blues," or it may be based on what psychologists refer to as negative thinking or cognitive distortions. According to the University of Pittsburgh Medical Center, *anyone can experience cognitive distortion*, which the American Psychological Association defines as "faulty or inaccurate thinking, perception or belief."[1] Negativity is often the defining characteristic.

There are many ways we can resist negative thinking. One way is to reframe our thoughts. Based on research conducted by the Harvard University Stress and Development Lab, "This could involve thinking about a benefit or upside to a negative situation that you had not considered and by weighing the evidence for your interpretation of a situation."[2]

Reframing is powerful because it allows us to evaluate the accuracy and quality of our thoughts. The Bible enjoins that we should examine and search our thoughts (Psalm 139:23) and cultivate thoughts that are wholesome and positive (Phil. 4:8). The quality of our lives is determined by the quality of our thoughts!

The forecast may seem difficult with a looming recession, uncertainty about the future, and post-pandemic woes, but we need a shift in perspective. A Scriptural prescription is found in Psalm 121:1, "I will lift up mine eyes unto the hills from whence cometh my help." So when the outlook seems bleak, try the uplook! ■

Dr. Daniel Saugh is a registered psychotherapist and the health ministries co-ordinator for the SDACC.

1 American Psychological Association, APA Dictionary of Psychology, https://dictionary.apa.org/cognitive-distortion
2 Harvard University, "Positive Reframing and Examining the Evidence," Stress and Development Lab, https://bit.ly/3RVzlid

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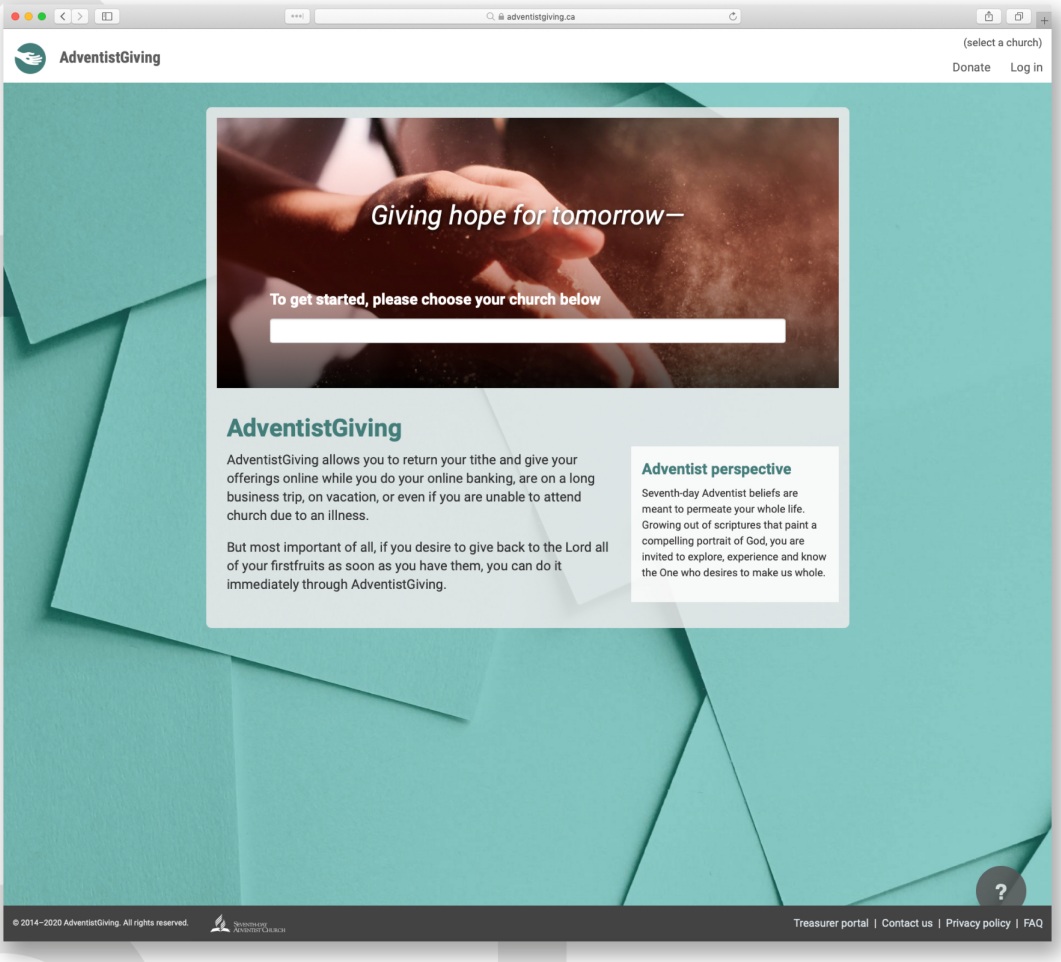

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Q. My pastor has encouraged our congregation to invite our friends to church. I find that when I do, they ask questions and I seem to always end up explaining what we don't do in comparison to other churches. For example, "Adventists don't go to church on Sunday." "We Adventists don't drink." "Adventists don't believe you go straight to heaven or hell when you die." Etc. My friends have lots of questions. How do I answer them in a way that doesn't sound like I'm saying a bunch of "Don'ts"?

A. **Auntie Lian:** Great question! It can be challenging telling your friends about your faith, especially when you'd like them to come and experience worship with you at your church. What we suggest is that you reframe the negatives into positives.

For example, instead of saying, "I don't go to church on Sunday," you could say, "Our church believes in and follows God's Word, the Bible. And in the Bible, it says we should worship God on the Sabbath day, which is Saturday." There's no negative statement there, and it might just get your friend thinking and asking more questions about the Bible.

Be prepared—you might end up giving your friend a mini Bible study! But then, that's a good thing! 😁

Pastor Shawn: Sometimes, as Adventists, we confuse Jesus' call for us to live for Him and the calling He has placed in our lives. What I mean is that Jesus calls believers to live in a way that's faithful to Him, which is distinctly different from the world. That's what Revelation 18:4 means, in part, when it says, "'Come out of her, my people,' so that you will not share in her sins, so that you will not receive any of her plagues" (NIV). At the same time, Jesus calls all of us to share the GOOD NEWS (not the "we don'ts") with the same world He calls us to live differently from.

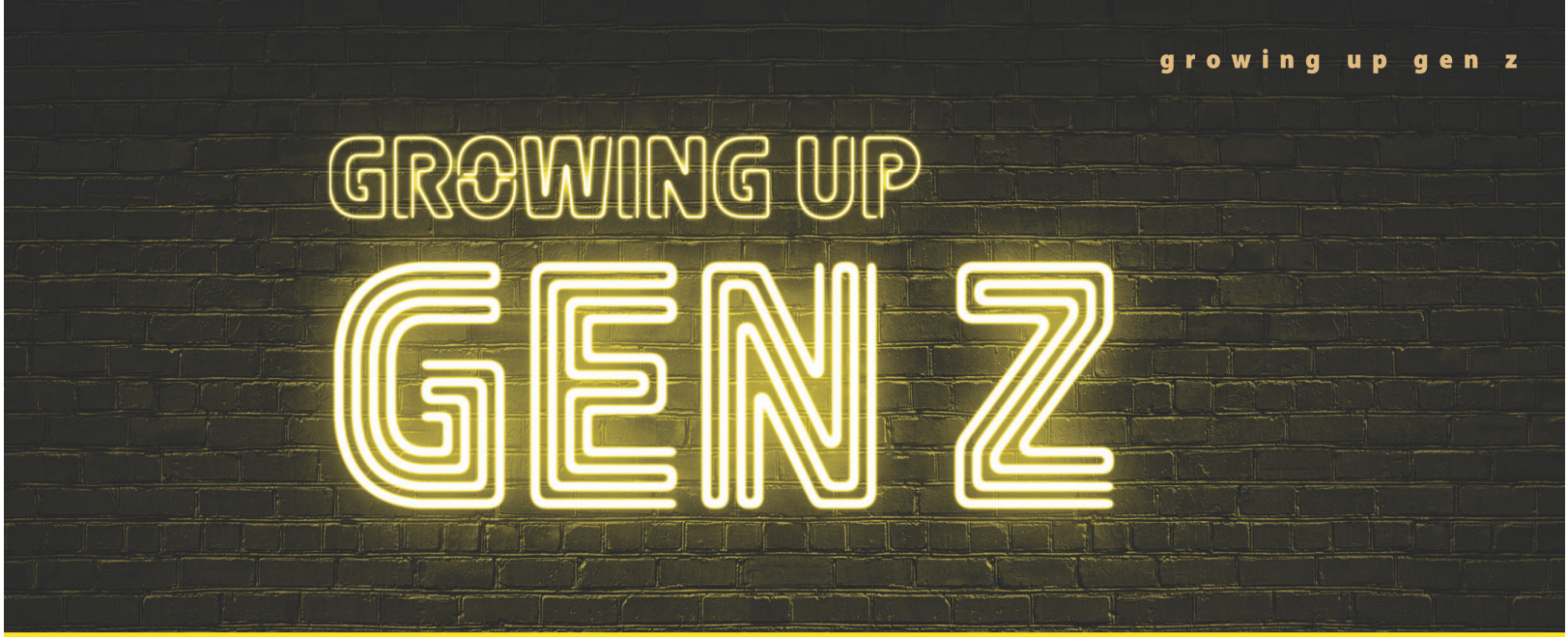
So, when you're inviting friends, think about ways you can turn the "we don'ts" into the good news of Jesus.

In your questions you listed some good topics, such as death, alcohol consumption, and others. In future articles we will discuss them and show how you can share the good news about those topics with others.

In the meantime, here's a challenge. What have *you* heard that "Adventist don't do," and how would you change that into a "good news" statement? Share it with us, and we can add it to future articles. ■

Do you have a question for Pastor Shawn and Auntie Lian? Email it to messenger@adventist.ca.

NO CAP
Straight Talk
w/Pastor Shawn and Auntie Lian



SEEK ME AND FIND ME

"... God is not afraid of our questions. He wants us to search for Him and search for a greater understanding."

Doubt is hard to live with—and hard to live without.

It's also confusing because there are numerous conflicting opinions on the subject. Some say a true Christian should never doubt. Others say doubt is a regular part of Christian life. Some even insist that if you doubt your faith, you should abandon it altogether. So what should we do when faced with questions, or when confronted with ideas that challenge how we see the world?

One response is to tuck it all under the rug and hope it goes away, which, in my experience, isn't a good way to approach any problem. On the other hand, we have the option to explore those questions and see where they go.

Many of you might think that engaging with doubts is a very bad idea, but hear me out because I believe that any earnest search for truth will always find its way back to Christ. Faith doesn't mean ignoring other people's disagreements and challenges; no, faith is knowing that when we search the evidence, we will find God. Faith is made stronger by testing, by learning, and by searching deeper and finding new truths. Christianity is not a house of cards that will all come down at the slightest touch. God is the cornerstone, the foundation, and when we sort through all the rubble, we will find Him there.

Think of Thomas. In John 20, he hadn't been there when Jesus first appeared to the disciples, and he didn't believe that they had seen Christ. We call him "Doubting Thomas" and use this as a cautionary tale, but I want to point you to Jesus' response. In verse 27 He doesn't denounce Thomas or become angry. He tells him to touch and see and believe.

God *understands* that it is hard to believe in things we cannot see or feel, especially when faced with so many opposing viewpoints and ideas—and God is not afraid of our questions. He wants us to search for Him and search for a greater understanding. Jeremiah 29:13 tells us that when we seek God, we will find Him if we search with our whole hearts.

So how should we search for truth when we are faced with questions? I think the first step is to start with what you already know. Remember all the times God has acted in your life. Think of those moments in which you had no doubt of His presence and His love, and let these be the foundation of your search for truth. Then search the Scriptures, search your heart, pray, and let the Holy Spirit guide you forward.

My friends, don't be worried by challenges and questions that others bring and that you find in your heart. Seek out the truth and you will find it. Remember what God has already done and how He has already revealed Himself in your life, and most of all, know that the faith we keep is strong and defendable, and our God is very much alive. ■

Abigail Mathi-Amorim is an undergrad student from Toronto, Ont., who loves writing, music, and the outdoors. Her passion is to become an author so that she can glorify God through her gifts.

We'll Weather the Weather

"I know that no matter what happens or how stormy my life may get, I can't be taken out of His hand."

If you're anything like me, hope springs up in my heart at this time of year. Winter is coming to an end, and that means the beginning of thawing, melting, growing, warmth, and longer days. March is always stormy in the Maritimes, where I live. We can have our biggest snowfalls and iciest roads during this month. But hope is always there, because whatever is hurled at us can't last! Spring is bound to come, and the storms just show that winter is in its death throes.

The hope of spring reminds me of the hope in our hearts of Jesus' soon return. As the world spirals into trouble, and we see a great many things that don't make any sense unless we tie them to that wonderful event, we can look at what goes on with hope in our hearts, rather than fear. Most of my life, I was fearful of the end times. People who spoke of it either left hope out completely or tacked a seemingly flimsy statement on to the end of an hour-long discourse of horror—something like "… and then Jesus comes!" In other words, they weren't focused on Him or giving Him the spotlight He deserves. I used to pray that God would lay me to rest before those end times came. I wanted to do everything I could to prevent those days from beginning.

Why do we focus more on the work of the devil than the work of Jesus? Why don't we study out the promises of God that will give us courage in those days? Why don't we get to know Jesus for Who He really is—by experience—rather than focusing on the enemy's show of power?

Now that I know Jesus more and understand that I'm continually in His thoughts and presence, I have more of the hope I need. Knowing His love for me erases the fear. I know that no matter what happens or how stormy my life may get, I *can't* be taken out of His hand. He is right there with me going through whatever is happening, as well. I can have the same peace He experienced leading up to the cross.

He will give His peace to me if I'm willing to give my fear and anxiety to Him. Unfortunately, most of us are never taught that we can give how *we* feel about people or situations to Him to exchange for how *He* feels. Yet this is surrender at its core. This is where miracles begin. This is where the exchange happens that transforms His people into His character so Jesus *can* come!

It doesn't mean that we will be able to skip "winter" or hide out from the storms. But stepping into those storms—knowing that Jesus is there with us, holding us close to His side, carrying us through when we can't take another step—is an experience with Him that is more precious than anything else.

"The eternal God is thy refuge, and underneath are the everlasting arms" (Deut. 33:27, KJV).

Knowing that Refuge and those Everlasting Arms through experience now, will give us courage to weather whatever storms the end days hurl at us, knowing them to be the death throes of sin. Eternity awaits us, and on the journey through the storms we are never alone. ■

Erna McCann is the prayer ministries co-ordinator for the Seventh-day Adventist Church in Canada.

THE LOCAL CHURCH IS THE HOPE OF THE WORLD

Where do you seek comfort and encouragement during times of despair? Before you quickly answer, "The church," I want to ask you a question. The last time you went through a heart-wrenching experience (job, teenager, marriage, finances), did you turn to your church for support?

"Where do you find support?" That's the question I often ask my palliative and hospice patients during admission. My interest is to see where they draw comfort during their difficult life transition. You may or may not be surprised how few people say it's their church or spiritual community, even when they identify as being religious.

We recognized some startling facts about the human condition during the global pandemic. First, people are lonely. Despite how "connected" we are with gadgets, high-speed internet, and never-ending social media, people seem to be less active and empathetic with others. The second finding is that people are depressed. Depression affects children, teenagers, adults—the disease has no limits. The human condition is eroding.

Does the church have a solution? The short answer is no. However, we can get closer to the solution by studying the life of Jesus. Sadly, many churches still use outdated, irrelevant tools to connect with their community. Here are three questions your church board and elders should be contemplating.

1 **What kind of support groups do you offer in your church?** For example: Alcoholics Anonymous. ADHD parenting. Tutoring sessions for kids. Parenting seminars. Immigration support services. If not, why?

2 **Is your church collaborating with non-profit groups in your community?** Pregnancy centres. Homeless shelters. Job training centres. Domestic violence agencies.

Instead of ministries out of your building, are you supporting well-established organizations through your volunteer pool and finances? If not, why?

3 **How does your church minister to teenagers?** One good way to see if your church is ready to reach the unchurched is to see if your teenagers love the church. Carey Nieuwhof says, "If teenagers hate your church service, so will unchurched people."[1]

After reading this article, you may feel disturbed and discouraged. Maybe as you read the three questions above, your heart sank as you realized how much work your local church has in front of it to build relationships in the community.

Let me close with some encouraging words. In Matthew 16:18, Jesus said to Simon, "I also say to you that you are Peter, and upon this rock, I will build My church; and the gates of Hades will not overpower it" (NASB).

God's church will not be overpowered by "princes and principalities." There is no doubt in my mind that the local church is the hope of the world. The Seventh-day Adventist Church is already positioned with our holistic (health) and social justice message to provide pastoral care to the hurting world. So let me ask you again, Where do you seek comfort and encouragement during times of despair? ■

Kumar Dixit, D.Min., serves people through ConciergeMinister.com, an online platform that provides pastoral care to people who are on the margins of faith.

1 Carey Nieuwhof, "Why Attending Church No Longer Makes Sense," https://careynieuwhof.com/why-attending-church-no-longer-makes-sense/

It Was a Different Time… (Part 2)

Let's continue exploring the truth about "They didn't know better." This timeline is a continuation of the one we started in the November 2022 issue. We will stick to easily researchable facts.

It is important to remember that the hundreds of pre-contact independent Indigenous countries being invaded were calling out and resisting these genocidal and assimilationist acts all this time and continue to do so today.

After 1764

- 90 percent (tens of millions) of the very diverse Indigenous Peoples in the Americas have been killed, most of them intentionally.
- A distinct cooling of the global temperature occurs from the late 16th century to the late 19th century. Scientists today attribute it to the genocidal eradication of so many Indigenous Peoples in the Americas.[1]
- Social Darwinism is fostered to endorse racism (survival of the fittest) and the Eurocentric civilization as the ultimate achievement.
- The Doctrine of Discovery continues to be codified into what will become Canadian and American law—beginning in 1823 with the *Johnson vs. McIntosh* case (Marshall Decision) in the United States and in 1888 almost verbatim in Canada with the *St. Catharines Milling Lumber vs. the Queen* case. In case law, it has most recently been used to defend the taking of land in a 2018 case in the U.S. and in 2014 in Canada.

1763: Britain is stretched too thin to wage war on Indigenous Peoples in North America. Therefore, a strong emphasis on Treaty-making begins with the Royal Proclamation (RP), which had no Indigenous input.

1789–90: Influenced by the Enlightenment, the French Revolution echoes the desires for liberty found in the AR.

1830: The province of Canada—concerned with losing land—simply says they have a right of "discovery" and so begins to explore nationhood more intentionally.

1867: Nova Scotia, New Brunswick, Quebec, and Ontario become the Dominion of Canada. However, land is needed for a larger nation.

1870: Manitoba, curiously the size of the Métis Homeland, as well as the Northwest Territories are created. Canada purchases Rupert's Land from the Hudson Bay Company, which claims to own it.

1873: Prince Edward Island joins Confederation.

1881–85: The National Railway is going through the Prairies.

1896–99: Yukon Gold Rush takes place.

1775–83: American Revolution (AR) occurs based on state and individual rights versus the monarchy. Individual rights were heavily influenced by settlers wanting to go past the Appalachian border of the colonies as declared by the RP. The *Declaration of Independence* takes place in 1776.

18th–21st centuries: Indigenous parents resist having their children taken from them. They constantly try to address this with the Government of Canada. The government takes steps to make it illegal for parents to resist and anyone, including lawyers, to help Indigenous Peoples.

1869–70: Métis Red River Resistance (Métis wanted to actually join Canada as the provincial government of what would be Manitoba).

1871: British Columbia becomes the sixth province to join Confederation.

1876: The Indian Act is created and enforced.

1885: Métis Northwest Resistance at Batoche tries to create Saskatchewan.

1898: Yukon Territory is created.

1 Charles C. Mann, *1493: Uncovering the New World Columbus Created* (New York: Alfred A. Knopf, 2011), 41–43. For one of many online articles published on this subject, see John Hadden, "'Little Ice Age' Caused by Death of 55-Million Indigenous People After Colonization: Study," *Global News*, https://bit.ly/2WMFci5

A map of the Dominion of Canada circa late 18th century.

1905: Saskatchewan and Alberta join the Confederation.

1907: Dr. Peter Bryce, Chief Medical Officer for Canada, is commissioned to do a report on Residential School conditions by the Canadian government. When he does and brings back the fact that 50 percent of children entering the schools were dying, his report was hidden and his reputation ruined by the government. He let the report slip to the press, and it was all over Canada in days. No one could have missed it. He later (1922) wrote *The Story of a National Crime* about his findings.

1944–45: Non-Indigenous soldiers, having served with Indigenous soldiers in WWII, became very aware of the atrocities at home for Indigenous people and Nations.

1948: United Nations Declaration on Human Rights is created. Nearly 500 million Indigenous Peoples are not included.

1949: Newfoundland is created.

1944–60: The Indian Act results in Indigenous voting rights for the first time. Indigenous spirituality, which was criminalized in 1885, is declared legal.

1999: Nunavut is created with Inuit resource rights.

2007: The United Nations Declaration on the Rights of Indigenous Peoples is voted at the United Nations. Canada is one of four countries to vote against it.

1960–present day: Major resurgences by Indigenous Peoples in Canada. Many more Canadians are taking conscious steps to join the healing and repairs needed to honour the Treaty relationships.

Today: In over 300 years of Treaty-making, Canada has broken every Treaty, while Indigenous nations have never broken any Treaty.

There were always people against the genocide and the eradication of the Treaty and human rights of Indigenous Peoples.

This is just a small portion of the documented evidence available that shows that people—and especially the British and Canadian governments—have *known better* for 500 years. One need only look at the Bible to see that all people are created equal before God, and no one is superior to another. Non-Christians are just as valuable in God's eyes as Christians are. People could have done better. They knew better.

We are Christians. We have always known better. And we *can* do better! ■

Campbell Page is the Indigenous Relations director for the Seventh-day Adventist Church in Canada.

Where Are They Now

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

Interview by Ken Wiebe, Messenger Staff Writer

Laurie and Carol Dunfield

Messenger: *Tell me where you were born and about your childhood family.*

Laurie Dunfield: I was born in Anagance, N.B., a small village approximately 40 kilometres southwest of Moncton. I am the eldest of three children. I have a sister, Dale, who for many years worked in the accounting department of the Maritime Conference. My brother, Laddi, is an ordained pastor living in St. Andrews, N.B.

Anagance was an amazing place in which to grow up. Many of the people there were relatives on either my mom's or my dad's side, and I think I knew every person in the village. When I was six years old, my family moved to Lakeburn, where my dad was employed as a customs officer at the Moncton International Airport.

I attended local elementary schools and later Moncton High School. My summers were spent either in Anagance or on my maternal grandmother's farm. When I was approximately 12 years old, I joined the Boy Scouts of America and, later, a Christian young adult program called TUXIS (Training Under Christ In Service). My family were members of the United Church but, as I recall, did not attend on a regular basis. My mom, however, taught me about God and read stories from the Bible to me. I have extremely pleasant memories of my childhood and am very grateful that I grew up in the 1950s and 60s—an amazing time in my life.

M: *Where did you go to school and what degrees did you earn?*

L: When I was 17, my mom joined the Seventh-day Adventist Church. I had always attended public schools,

but Mom's hopes and prayers were that someday I would attend a Christian school. I stopped attending high school in Grade 11 and enrolled in Oulton's Business College (now called Oulton College), where I studied accounting.

Upon graduating, I finally did attend Kingsway College and completed my senior year of high school. I then attended Atlantic Union College (Lancaster, Mass.) and graduated with a bachelor of arts. Following graduation, I obtained an administrative internship at New England Memorial Hospital (later called the Boston Regional Medical Center). Later I attended Loma Linda University, in California, and graduated with a master's in hospital administration.

I also completed the Hospital Organization and Management program through the Canadian Hospital Association and received my hospital certification here in Canada. I was also a founding and charter member of the Canadian College of Health Service Executives (now known as the Canadian College of Health Leaders).

M: *How did you come to serve as an administrator in a Canadian Adventist nursing home?*

L: After returning from the Far Eastern Division of Seventh-day Adventists, I was asked by Herb Larsen, then president of the Alberta Conference, to consider the position at Sherwood Care (Sherwood Park, Alta.). My entire career had been in acute care hospitals, but this was a great opportunity for me, as it would enable my sons to attend Adventist schools close to home. Tim was enrolled at Parkview Adventist Academy in Lacombe and Tod at Coralwood Adventist Academy in Edmonton. After all the travel I did while in the Far Eastern Division, it was a great opportunity for me to settle in one place and spend a lot of time at home with my family. I ended up spending 20 interesting, profitable, and happy years at Sherwood Care.

M: *Where and in what capacity have you served in medical institutions before?*

L: I started my career as the administrator of the McBride and District Hospital (McBride, B.C.). This hospital was owned and operated by the provincial government. In 1975, I become administrator of the Resthaven General Hospital in Sydney, B.C. This was a turning point for me, as it was the beginning of my work within the Adventist healthcare system.

Following Resthaven, I accepted an invitation to be CEO of the Hong Kong Adventist Hospitals. In the early 1980s, the Far Eastern Division formed a corporation to manage the 22 acute care hospitals under their jurisdiction. It was called Adventist Health Services Asia. I was appointed president of the organization.

M: *What has been the highlight or brought you the most satisfaction in your career?*

L: As a boy I never dreamed of the career God had planned for me. It has taken me to many countries of the world, and it allowed me to experience amazing cultures and friendships that have lasted forever. I am still in awe of God's goodness and His plan for my life.

Although I have had many great experiences, I would say the highlight was being called overseas to serve in Hong Kong and Singapore and to be part of an amazing, worldwide healthcare system. The Seventh-day Adventist Church operates some of the finest and most respected hospitals in the world, and I am very proud to have been a small part of it.

M: *Tell us about your family.*

L: This year Carol and I will celebrate our 58th wedding anniversary. I met Carol at Kingsway College when she was in her first year of nursing school at Branson Hospital in Toronto. The first six months of this program were taught at Kingsway. After her graduation in 1965, we were married and moved to New England Memorial Hospital, where Carol worked as an RN while I attended Atlantic Union College.

My oldest son, Tim, who was born in Stoneham, Mass., graduated from Burman University with a degree in religious studies. He received his master's in comparative religions from the University of Alberta and is now an associate pastor and worship leader for a non-denominational church in Las Vegas, Nev. He lives there with his wife, Jo (née Lacey), and their three children, Kyle, Skye, and Braden.

Our youngest son, Tod, who was born in McBride, also graduated from Burman University, with a degree in business administration. He obtained his master's from Andrews University and is now a regional vice-president of Regency Pacific, a health-care organization whose territory covers Washington state, Oregon, and Hawaii. Tod currently lives in Spokane, Wash., and has two children, Lily and Eddie.

M: *Where are you now and what are you doing during your retirement?*

L: Carol and I are currently living in Sherwood Park. Having served as an elder for over 25 years in the Sherwood Park church, I decided this year to step down and take a break. Carol, however, continues to serve as elder and prayer ministries leader.

Although our boys are far away, we visit them as often as we can. We are planning a trip this year to Las Vegas to see our granddaughter Skye graduate with her master's from University of Nevada, Las Vegas. We will then head back to Spokane to see our grandson Eddie graduate from Upper Columbia Academy.

Carol and I have been blessed with good health, and at this time in our lives we are happy and at peace. We are forever grateful for all the blessings God has brought into our lives. ■

FAITH
– OF OUR –
FATHERS

Building Wells of Living Water

Donald Crawford preaching at the Minto Seventh-day Adventist Church, which he built with his father, Everett.

Elder Miller stood on the deck of the dirty coal barge and gazed across the expanse of Grand Lake in New Brunswick, thinking, *No one told me evangelism would be this hard.* It was the dawning of the 20th century, and Miller (father of the famous missionary doctor to China) had just been appointed president/evangelist of the Maritime Conference. He was also pastor of the Moncton church and just about everything else in the tiny fledgling conference. The work was sparse, with just a few faithful members along the southern coast of Nova Scotia.

Miller was determined to start a work in the frontier of New Brunswick, so he rented a large meeting tent, and he and his wife bought train tickets to Saint John, N.B. His 17-year-old secretary, Flora Covey, agreed to accompany them and play the organ, so he rented a little fold-up pump organ to take along.

In the bustling port of Saint John, the trio bought passage on the Ferry Steamer up the Saint John River to Fredericton. The first stopping place was the tiny village of Jemseg, at the confluence of the Saint John and Jemseg rivers. The evangelistic team disembarked, and Miller soon had his meeting tent up in a small clearing near the village. That evening they handed out flyers and invited people to the meetings the next evening. In the morning, Miller found the tent dismantled and neatly folded at the end of the dock.

Discouraged, the trio caught an old coal barge that stopped in Jemseg and headed for Salmon Bay at the northeast end of Grand Lake. It was not a long trip, and the scenery was beautiful, but the old scow was filthy. The trio was even more discouraged when the boat docked at a tiny coal mining centre called Newcastle Centre; there was no village, just a few scattered farms and homesteads.

Miller, with a sinking heart, put up his tent in the only small clearing, and the trio started along the dirt roads handing out flyers. Two young brothers, Jim and Everett Crawford, were

We want to hear what you have to say! Send a letter to the editor at messenger@adventist.ca.

coming home from working in their father's coal workings. Soot-covered and dirty, they were greeted by Flora, who invited them to meetings that evening and handed them a flyer. One look at Flora, and suddenly Jim had an intense interest in attending the meetings.

That evening as the meeting started, Jim entered the tent, dragging his brother Everett with him, and took a seat directly behind the organ. Jim patiently waited until the end of the service and then approached Flora. "May I walk you home tonight?" he inquired. "I brought my brother along as a chaperone."

Flora blushed and smiled. "Not tonight!" she said and moved off to help Elder Miller. The two brothers were in the same spot in the near-empty tent the next night, with the same question. Again Flora smiled and said, "Not tonight."

For the next 18 nights, Jim and Everett sat in the same seats behind the organist, and every night Jim asked the same question and received the same answer. Finally, at the close of the last service, when Jim again asked the all-important question, Flora smiled and answered, "Yes, you may walk me home tonight." The meetings closed with two baptisms and a budding romance.

Miller, still discouraged, packed up his tent and moved on to the next area without ever knowing the results of his effort at those tiny meetings in the backwoods of New Brunswick.

The romance between Flora and Jim flourished, and eventually, they married and settled not far from Jim's parents' home around Newcastle Centre. Flora became a midwife for a local doctor, and she and Jim had three sons and three daughters. Everett married and had 11 children. Jim and Everett's families were raised almost as brothers and sisters and were the only Seventh-day Adventists in the area.

Jim and Flora's eldest son, Ivan Crawford, became a Seventh-day Adventist minister and teacher, taught at Canadian Union College (now Burman University), and then went as a missionary to Spicer College (now Spicer Adventist University) in India. Later, he became editor of *Signs of the Times*.

Their middle son, Erwin, graduated from medical school then moved to Toronto. He started a practice in the living room of his house in north Toronto and, every day, prayed for a hospital in the field across the road. His prayers and his vision of faith started Branson Hospital and the school of nursing. He then became director of the fledging school of health at Loma Linda University and helped develop that program. Crawford Adventist Academy in Toronto is named after Erwin.

Their youngest son, Ray, became a cardiologist and, for several decades, was instrumental in shaping the cardiology department at Loma Linda.

Everett was my grandfather. He taught for 40 years in the local Baptist church and met every Sabbath with his family in his home.

He and his son, Donald—my father—built the first Seventh-day Adventist church in Minto, Ont., with funds from their own pockets. My father was a lifelong influence for Christ in Minto, even though the church is now closed.

Lorne, my uncle, became a millionaire and was a principal contributor to both Branson Hospital and Crawford Adventist Academy.

Elder Miller left the Maritimes without ever seeing the fruits of his supposedly unsuccessful evangelistic series. And Jim and Everett Crawford never lived to see the fruits of their commitment. But the legacy of their devout Christianity and lives of integrity as Seventh-day Adventists is still talked about today. Like Abraham, Elder Miller and Jim and Everett Crawford built wells from which they did not drink, but have brought lifegiving Water to countless souls.

I'm a minister today because of that legacy and the influence of my devoted father. ■

Ken Crawford is a retired Adventist pastor. This article is reprinted from the February 2007 Canadian Adventist Messenger.

Crawford Adventist Academy in Toronto is named after Erwin Crawford (*above*).

RAINMAK

Just A Country Kid

It's a beautiful day in January in Castlegar, B.C., and Dominique Gremillion is busy planning. In less than two months, her life will change in a most dramatic and wonderful way. Indeed, as you are reading this, Dominique and her fiancé, Nathan, will have just married in early March. As I am writing this story, however, Dominique is busy planning not just her wedding, but also a cross-country move to Ontario after the wedding and a week-long Young Pilgrims Bible Camp back in B.C. in July for young Canadians.

In between planning her life-changing future, 26-year-old Dominique is also busy working as a Bible worker, preaching at church, teaching violin lessons, doing other part-time work, and serving as a board member for Generation.Youth.Christ (GYC) Canada. Working for God's kingdom is most definitely her passion. "I have found the joy of working with people," she explains, "and seeing them light up with understanding from Scripture. Ministry has given my life so much meaning and purpose."

God has certainly brought her a long way from her self-professed "wallflower" days! "I grew up in Washington state as a conservative Adventist even though my father is an atheist. We lived in Duvall, Wash., for six years and in Northport, Wash., for seven years. I was always a quiet kid and a wallflower-type growing up."

Happily, the church she and her mother attended had other plans for quiet kids.

"The church leadership was determined to have the entire congregation involved in the services, which means I was regularly speaking from the front at the age of 10." It was excellent training for Dominique's current involvement in various ministries. However, at age 13, upon her parents' divorce, she lost her way and spiralled into depression, distancing herself from God. Her mother, realizing that Dominique was struggling, took her on a four-month mission trip to Bolivia when she was 15. That trip, along with a subsequent one-month mission trip to the Philippines, turned out to be the perfect antidote.

With a restored faith in God, Dominique finished her home-schooling, then attended Fountainview Academy in Lillooet, B.C., for Grades 11 and 12. It was an adjustment for her.

"I learned to step out of my comfort zone a lot more. I lost a lot of my 'wallflower' tendencies and replaced them with tools of how to talk to people I'd never met before. This was an important skill to have when I became a Bible worker in 2019."

That skill also proved valuable when GYC contacted her in their quest to expand the organization outside of Ontario. Starting off as vice-president of networking in 2018, the following year Dominque went on to become general vice-president, a role she held for the next three years.

Currently, with life about to hand her the new role of wife, she has accepted the less demanding role of being a member of the GYC Canada board. "I'm so grateful to still be involved with these incredible people, doing this much-needed work," she says. Certainly, to this writer, Dominique exemplifies GYC's mission to be a movement of young people who yearn to demonstrate Nehemiah's leadership, Daniel's integrity, Mary's humility, Paul's passion for evangelism, and Christ's love for God and humanity.

Another ministry that is near and dear to Dominique's heart is the Young Pilgrims Bible Camp. During her teen years, she attended the annual Young Disciple Youth Bible Camp in Inchelium, Wash., and then became a counsellor at the camp. Her expression is pensive when she says, "It made a big impact on my life socially and spiritually, and it gave me lots of tools for life in general."

In fact, her experience there impacted her so deeply that when the Canada/U.S. border was closed in 2021 due to COVID-19 mandates, she made a "comfort zone" kind of decision. Her favourite Bible text, 2 Timothy 1:7, reminded her that God gave her a spirit of power, and not of fear, which gave her the impetus to go forward.

"I had a young friend who was to attend Young Disciple Camp for the first time that summer but was unable to because of the border closure," she says. "I decided to give it a shot and start a Young Pilgrims Bible Camp on my parents' 200-acre property in Castlegar. The first year I was scared to promote it and only started planning a few months before the camp took place. But God sent four campers, one girls' counsellor, and three teachers for the classes. I decided to try again for 2022 but this time with more planning and promoting. God sent 25 campers, four counsellors, five teachers, and even kitchen staff! There were 40 people in total. Saturday evening we had testimonies, and at least three

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campers stood and said that for the first time they truly enjoyed studying their Bibles. There were several tear-streaked faces after that. We know that God is working and are hopeful to continue being able to provide this Bible camp."

Dominique recalls one story in particular that testifies of how God is using the Young Pilgrims Bible Camp to reach the community.

"In the first year, the four campers and a few staff went to the park and sang the songs they had learned during choir class that week. Unfortunately, we were unable to go to the senior care homes due to COVID, but we went around the park inviting people to come and listen. There was one man who took a particular interest, so I made sure to exchange contact information with him, since I was the Bible worker in the area. He started Bible studies and, just this past summer, he was baptized!"

Praise the Lord that despite her imminent move to Ontario, Dominique will be able to continue holding the Bible Camp on her parents' acreage each summer.

Speaking of parents, Dominique considers her beautiful, godly mother as one of the major influences in her life. "She and I have been through sickness, divorce, the death of my sister, and everything together. With her wise counsel, she is one of my main confidants."

One of Dominique's biggest joys is encouraging other young adults to minister for God. "I'm just a country kid with no scholastic degree, and God has done more in and through me than I could have imagined. Don't wait to 'have something to offer' to work for God. Work for Him NOW, in whatever capacity He gives you NOW. Be watching for His opportunities, and don't let yourself say, 'I'm not good enough.' Don't let your inability to even know 'where to begin' stop you from simply beginning." She ends with two favourite quotes. One from Abraham Lincoln: "Determine the thing can and shall be done, and [then] find the way." And the other from pastor and author Mark Batterson: "God doesn't call the qualified; He qualifies the called." Amen? Amen! ■

Dominique Gremillion with her fiancé, Nathan

Beverley Edwards-Haines is a nutritionist and farmer in beautiful B.C., who is passionate about sharing God's message of healthy living with the world.

A Sign of Love

by Heather Grbic

Do you remember the early 1980s? More specifically, do you remember the Ethiopia famine in the early 1980s? Recurring droughts, failing harvests, and conflict pushed millions into deprivation and starvation. The images from that catastrophe sent shock waves around the world. Perhaps for the first time on such a global scale, we were confronted by the devastating realities of famine. According to the United Nations, nearly one million people perished from famine-related deaths. Millions more were displaced and plunged into insecurity and severe poverty.[1]

The crisis galvanized us on an international scale. From citizens to celebrities, the world pulled together to raise awareness and funding for a life-saving response. We keenly felt the injustice of the situation. A holy discontent spurred us into action that saved lives.

Humanitarians learned a lot from that crisis. The sector worked through collaborations and developed new methods for detecting factors that contribute to food crises. Analyzing early warning signs helps inform decision-makers, empowering them to implement strategies that can reduce the scale of catastrophes and direct help to where it's needed most.

We also learned that when we pull together, we can actually make a real difference. We can truly save lives.

It's time to apply this lesson.

You may not be aware, but the world is facing a global hunger crisis that overshadows any we've faced before.

Ekal Lowoyan was born and raised in Turkana County in northern Kenya. In his lifetime he has seen many changes in the region.

"Before the droughts, this area had plenty of pasture and livestock," he shares about the land surrounding his home. Ekal, like many in this region, is traditionally a pastoralist, relying on his livestock for sustenance and livelihood. "I personally had 100 to 200 goats. There were cows, too. But I lost all my livestock in the drought in 1980. I was forced to migrate elsewhere in search of work."

When his homeland recovered from the drought, Ekal returned. "When I came back, there was pasture and livestock again. There were still droughts, but they were small. Maybe one season, then rain. Maybe two seasons, then rain. But that has changed. Things have become unpredictable. Today the drought is worse than in 1980. The drought in 1980 was only for one year, and then it rained. The drought today is now five years of no rain. This drought has finished off everything that survived the previous smaller droughts. Now the drought is coming after human beings."

The grip of hunger today holds more than Kenya or even the Horn of Africa in its grasp. Seventy-nine countries face acute food insecurity right now. That means that people are making difficult decisions such as selling off assets, rationing portion sizes, and skipping meals. Families are breaking up as members migrate in search of food and work. Some decisions are truly heartrending as human rights and dignity are set aside or violated in the quest for survival.

Today's hunger crisis has roots in climate extremes, such as the prolonged drought in Turkana County. But there are other causes as well. Conflicts and instability destroy crops and devastate fields, laying waste to this year's harvests and those of years to come. Insecurity displaces people far from their farms and disrupts other forms of livelihood.

Eman is raising her five children alone in war-torn Yemen. At 34, she is the sole breadwinner for her children, whose ages range from four to 11 years old. She wasn't always alone. Before the war, which has been raging for nearly a decade, Eman and her husband led a stable life. Through their earnings, they were able to build a small house.

"Our life was sheer heaven," Eman reminisces. "Until the war came in 2015. Then our life was turned upside down. Our house was bombed. We had to return to our hometown. When we returned, we had neither enough money for living nor housing."

A relative allowed them to stay in an old barn. "It is an unlivable place and threatens to collapse at any moment," says Eman.

Eman's husband wasted no time searching for work so that he could provide for his family. "He continued to work hard despite the low wages he was paid. At other times, he did not find work due to the circumstances of the war."

Eman's husband tragically died of a heart attack while working on a farm. "I found myself lost and I didn't know what to do. My husband died and left me carrying the burden of four children and pregnant with the fifth in my fourth month. I found no one to turn to except God."

Eman shoulders the responsibility of providing for five small children while her country is devastated by war. "Days passed and we lived on receiving charity from some benevolent people. Then I started looking for work so that I could meet the needs of my children, such as food, clothing, medicine, living, and education. I worked on farms and in houses for very low wages that were not enough to provide the simplest basics of a decent life. I worked all hours of the day, and what hurt me was that I did not find time to take care of my children, although I was determined not to extend my hand to anyone again."

Conflicts like the one in Yemen cause widespread distress to the local population. Unfortunately, distant conflicts can also intensify their suffering. The war in Ukraine is taking a devastating toll on many countries,

including Kenya and Yemen. Ukraine and Russia are key suppliers of grains, seeds, and fertilizers to many developing nations. The war has caused food scarcity, while also increasing the costs of producing food.

The third leading cause of hunger is runaway inflation, which is carrying food prices out of reach for many. Even in Canada, we feel the squeeze as groceries and other costs of living become increasingly expensive.

This crisis didn't sneak up overnight. The warning signs have been detected, monitored, and analyzed. The humanitarian sector has been issuing warnings and calls for action and is already implementing responses. But it might come as a surprise to you that 828 million people don't know where their next meal will come from. You might be shocked to learn that more than 900,000 people around the world are contending with famine-like conditions. That's because this crisis is simply not getting the news coverage it needs.[2]

I don't know why the media isn't covering this crisis as it did in the 1980s. But the crisis is real.

Our response to today's hunger needs to be as real and resolute as it was in the 1980s. Given the scale of the crisis, it's going to take all of us pulling together again.

That is why ADRA Canada launched its *Justice at the Table* campaign. Until March 31, 2023, this campaign is increasing awareness funds to fight hunger in 13 countries through emergency assistance and livelihood development. The campaign's goal of $2.4 million will be multiplied to $15 million, thanks to ADRA's partnership with the Canadian Foodgrains Bank. In a world where our dollar doesn't stretch as far, this is good news, and a good opportunity to make a real difference.

Yemen is one of the countries that can continue receiving support thanks to *Justice at the Table*. ADRA and the Canadian Foodgrains Bank have been responding with emergency food assistance for many years.

Eman participated in a cash assistance project. "After receiving the cash assistance, my family's situation got better and better. Thank God, I was able to buy the necessary sustenance and medicine for my children. … I was eased of heavy pressure. I had time to take care of my children."

Sadly, the initial project Eman participated in ended, as funding ran out. "I returned to the suffering and misery that I had been through," she shares.

Six months later Eman was overjoyed to learn that funding had been renewed for another project. "Now hope is back. We pray that this assistance will continue until our living conditions are improved and we are able to stand on our own feet again."

Kenya is also one of the 13 countries *Justice at the Table* will assist. ADRA, with the Canadian Foodgrains Bank, has been responding in Turkana County for many years.

In one community, what began as an emergency food response grew into a land rehabilitation and livelihood development endeavour. Pastoralists who once migrated far afield for weeks in search of pasture and water can grow their own fodder and graze their livestock on carefully managed pasturelands.

Women are growing nutritious foods for their families in kitchen gardens, and even selling the excess at markets. Women with enterprising ambitions are opening businesses that further support their families and dreams. The drought has certainly made things difficult again, but families face the challenge with greater resilience.

Ekal comes from a different area in Turkana County where ADRA and the Canadian Foodgrains Bank have been helping families through the drought with cash assistance. Ekal and his family participated in the six-month project. Ekal, who developed a disability at the age of 15, supports his wife and five children, two of whom also have disabilities.

"The money really helped my family. I used the money to buy food. I also used another portion for my children's school uniforms. The money helped to fulfill other needs that were arising in our household, like clothing and shoes."

The *Justice at the Table* campaign will ensure that ADRA can continue reaching families like Ekal's and Eman's with life-sustaining support.

As we confront this crisis, we need to respond with immediate relief. But we also need to keep an eye on the future. This is why some of the campaign's projects will invest in long-term approaches to reducing hunger by training communities to grow their own food. Some of the projects will also provide livelihood opportunities so that families can regain control of their lives. For example, in Lebanon, 50 percent of families worry whether they will have enough food. A complex socioeconomic crisis, compounded by the pandemic and the Beirut blast, has worn down families' means of supporting themselves. ADRA and the Canadian Foodgrains Bank are helping enterprising people recover their businesses that were affected by the Beirut blast.

"That is a sign of love," Ekal says of ADRA's response and the supporters who make it possible. "It's not easy, because you don't know us; we don't know you. I'm so grateful to the donors who give their support. They made my life during that six-month period smooth, good, no stress. Every month I knew I had something. I pray that you continue supporting the vulnerable in society."

A sign of love, Ekal said. ADRA believes that the only solution to the hunger crisis is love. It is time to dethrone hunger and set a place for justice at the table. ■

Heather Grbic is a writer for ADRA Canada.

"Our response to today's hunger needs to be as real and resolute as it was in the 1980s. Given the scale of the crisis, it's going to take all of us pulling together again."

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Listen to the audio version of this and other cover stories.

Grateful for ADRA's support, Ekal hopes that ADRA can continue helping the vulnerable.

Families in Turkana County are meeting their needs from the proceeds of a community garden made possible by ADRA and CFGB trainings.

ADRA's work in Turkana County is helping to ensure that families have enough food to eat.

Eman with her five children that she supports.

In some areas, participants in ADRA projects have moved beyond emergency relief to self-supporting businesses.

1 World Vision, "1980s Ethiopia Famine: Facts, What's Changed, and How to Help," https://bit.ly/3x2Cw3j
2 World Food Programme, "A Global Food Crisis: 2023: Another Year of Extreme Jeopardy for Those Struggling to Feed Their Families," https://www.wfp.org/global-hunger-crisis

Share a Tract, **Find a Life Partner?**

"Instead, desire first and foremost God's kingdom and God's righteousness, and all these things will be given to you as well."
—Matthew 6:33, CEB

I had the opportunity to meet James[1] during my recent travels. It was so encouraging to meet someone who was excited to be using GLOW tracts to share God's word with others. Every day James looks for an opportunity to share a GLOW tract with someone.

James was inspired by an older gentleman who had committed to run or walk one mile every day. That elderly man has fulfilled his pledge for over 1,000 days! Rain or shine, sleet or hail, snow or strong wind, that man goes out to complete his one mile.

When James heard that, he thought, *If this older man can be so committed, why can't I commit to share at least one GLOW tract per day?* And so, that's what James has been doing for a couple years now. He prays that God will provide opportunities for him to share, and God does!

James is a friendly person, and after a short, cordial conversation with individuals, he offers them a tract relevant to their situation. He says he has received very few rejections.

But while working to share Jesus with others, James often felt the pangs of loneliness—especially during the COVID-19 restrictions. He was single and in his late 40s. So he started to pray that God would provide for him a partner in ministry.

One day during a pandemic lockdown, James was walking on the beach. As an essential worker, he was allowed to be out. The beach was completely deserted, but as he continued walking, he saw a woman and her dog coming toward him.

As was his custom with others, he approached her and had a friendly conversation. Afterward, he offered her some GLOW tracts on prophecy and invited her to watch an online evangelistic series by *It Is Written*. The woman, Monique, was intrigued by this stranger. She was a nominal Christian and found James a little "weird" but kind, genuine, and a man of deep conviction. She accepted the invitation to listen to the series and afterward connected to do Bible studies with the local pastor. Monique was baptized just a few weeks ago, and I had the privilege of meeting her.

I wondered why it had taken Monique over a year to decide to be baptized. She said she didn't want to follow Jesus because of James; she needed to make sure it was her own decision and for the right reason. James and Monique are courting—in preparation of spending their lives together.

I chuckle as I try to find the moral of the story. Share a tract and you'll find a spouse? No. Not necessarily. Maybe it's more along the lines of *Seek first the enlargement of Christ's kingdom and His righteousness, and all these things will be added unto you* (Matt. 6:33).

Sharing the everlasting gospel should be our work at this time. Someone once said, *The main thing is to keep the main thing the main thing*. When we allow Christ to fill us with His Holy Spirit, we are led to focus on the main thing. This allows God to provide more abundantly according to our needs. Hard to believe? Why not give it a try. Let's have the right focus and watch God work. ■

Jonathan Zita serves as director for 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.

1 Name changed to protect privacy.

Investing in Human Capital

Geraldine Mbah with her children, Ashira and Rikky.

Parenting is a difficult journey. There are so many aspects and demands to consider. We find ourselves juggling daily decisions about our children's food, clothes, and environment. We also make countless decisions about how their time is spent, whether it's structured time such as school, music, and sports, or unstructured time like outdoor play and "screen time." Raising children in a world of uncertainty with so many negative influences is challenging, and our daily decisions can have long-term impact.

While reading a financial blog a few months ago, I came across a video clip of Dan Ariely, a behavioural economics professor at Duke University. Ariely said, "If you ask me 'What's the best asset class to invest in right now: stock, bond, real estate, etc.?' I would say, 'Human capital.' The most asset that yields revenue for any of us … it's us!"[1]

Hearing this in a secular context struck me and caused me to reflect on my own investments. Are my husband and I investing our best in human capital?

As I reflected, I realized it is this investment in human capital that has led my husband and me to where we currently are. For years we have been heavily invested in education, both for our children and for the children of others. I'm content with our choices. Yes, we need a few adjustments here and there, but our overall path is on target.

My husband and I spend most of our time providing quality Adventist education for the children of our community. We get to share our faith and design activities to grow faith in many others. Our boys are attending an Adventist Christian school where they are connected and influenced by adults with similar values. These adults are passionate about service and are willing to earn less in order to speak freely about Jesus in their classrooms. Our boys are in an inclusive environment where speaking about faith is normal, where leadership skills can thrive, and where the Sabbath is honoured.

While thinking about this concept of human capital, my thoughts are drawn to Geraldine Mbah, a widowed working mother who is choosing inconvenience and extra expense so that her children can be in an uplifting Christian school environment. Her dedication showed when she moved across town for the sole purpose of making transportation to our school feasible for her family. Although not a Seventh-day Adventist, she chooses our school so her children can have a greater chance at making life choices toward God and succeeding academically for a limitless future. She is investing in human capital.

> To make the possession of worldly honour or riches our ruling motive is unworthy of one who has been redeemed by the blood of Christ. It should rather be our aim to gain knowledge and wisdom that we may become better Christians, and be prepared for greater usefulness, rendering more faithful service to our Creator, and by our example and influence leading others also to glorify God.[2]

My reflections reminded me that yes, this is the right path. Our lives are busy, and our days are full, but we are to be Christ's light both for our children and for our community. How better to lead our boys to a fuller life in Christ than by investing in human capital through Adventist education? It's where we need to stay. ■

Kristin Atherton is a wife, mother, and the principal of Peace Christian School in Chetwynd, B.C.

1 Squawkfox, "How to Survive a Market Crash," Oct. 18, 2022, https://www.youtube.com/watch?v=p0HkPkxwl4M
2 Ellen G. White, *Counsels to Parents, Teachers, and Students* (Mountain View, CA: Pacific Press Publishing Association, 1913), 49.

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Immigrants Pay Their Education Blessings Forward:
Donation for MANS Garden Rototiller Stretched

MANS high school's new vice-principal Kim Harrington, who taught gardening classes, tries out the new tractor and rototiller made possible by a surprise, well-timed donation. Russ Nielsen, who teaches Grade 4 and pioneered the garden at the school for some years before the classes were offered for credit, continues to assist the program.

As the garden expands, students enjoy being part of the garden project and an assortment of other veggies in their cooking classes and the school lunch program. Photo credit: Pattie Reasor

"Gardens and children need the same things—patience, love, and someone who will never give up on them."
—N. Sowder

When Robert and Gigi Obradovic read the Mascwacis Outreach article in the May 2022 *Messenger*, they were moved. The article was about a donation Richard Ferguson had made in memory of his mother, Georgenna Ferguson, and how Mamawi Atosketan Native School (MANS) decided to use this unrestricted gift toward the school's new gardening program.

Education and gardens had played important roles in Robert and Gigi's own lives. They had also seen the benefits that children experienced when gardening was incorporated into the curriculum at the Departure Bay Eco School in Nanaimo, B.C., where Gigi taught art and music 27 years. Inspired, Robert saw an opportunity to make a difference through MANS by donating money for a rototiller.

Robert, who holds two doctorate degrees from the University of Toronto (in higher education and psychology), began his immigrant voyage at age 18, when he was expelled from high school in the former Yugoslavia for being absent on Sabbaths (school went from Monday through Saturday). Travelling first to Australia, Robert started a business, which taught him much, including the value of education. Eventually, he met Gigi, who had been raised in Brazil and had also struggled to access education.

Recently retired, the couple moved to Lacombe, Alta., near Burman University. Gigi had a couple conversations with the Alberta Conference's director of planned giving and philanthropy about the cost of a good rototiller that would serve MANS's gardening expansion well. When Gigi hand-delivered the gift, it came with a beautiful card in which she included three inspiring quotes selected to encourage the teachers involved in the garden. But that was just the beginning of the inspiring and providential events that followed.

"The gift couldn't have been better timed," says Principal Mike Willing. The same day that Gigi delivered their donation to the conference office, MANS's much-used old garden tractor died. With a little work, Willing, a farm boy raised in Peace River, Alta., was able to sell the old tractor and, with the additional donation from the Obradovics, purchased a new tractor as well as a rototiller! Besides helping the garden program, the new tractor will also be used in the construction technologies program and grounds upkeep, to name just some of the ways it will be put to use.

The garden is certainly an important part of MANS school culture, thanks in part to an annual donation from A Better World to cover seeds and soil preparation needs. With added responsibilities as vice-principal, this year Kim Harrington will be playing more of consulting/supporting role in the garden, and high school teaching colleague Sudan Muthiah looks forward to teaching the class and getting his hands dirty in the school garden soil this spring. ■

Lynn McDowell is director of planned giving/ philanthropy for the Alberta Conference.

THE BURMAN EFFECT

BURMAN ALUMNI IMPACTING THEIR COMMUNITIES

No Longer Deferred

"I saw an opportunity to invest in the future of young people and to honour those who, before my time, had given so much to my future."

At first glance, J. D. Victor (Vic) Fitch, an educator, and Eric Rajah, a businessman, appear to have little in common. Vic was born in Central Alberta; Eric's family immigrated to Canada when Eric was a teen. Although both are alumni of Burman University (BU), Vic first arrived on campus in 1949; Eric, not until 1978. Yet their shared vision forged a deep friendship despite their differences: to turn a long-deferred dream into reality.

Eric recalls, "Forty years ago, Neville Matthews [then president of BU] talked of needing a new library. He invited Keith Clouten, a librarian from Australia, to come and begin the process. Mr. Clouten organized and updated the library holdings (a herculean task!), but the dream of a new building was deferred. Several more attempts, especially in the last 25 years, were also aborted."

He continues, "When Burman's current president, Loren Agrey, shared what had by now assumed great urgency, I saw an opportunity to invest in the future of young people and to honour those who, before my time, had given so much to my future."

Vic, too, was motivated by gratitude. He explains, "The three greatest decisions of my life were made here: my dedication to Jesus as my Lord and Saviour, my decision to be a teacher in the Adventist education system, and my choice of a life companion. I covet for each student the privileges and opportunities that were mine and want to help provide the best facilities and programs for them. So the choice to become involved was really an easy one."

What wasn't easy was the task they set themselves: a well-planned and staged fundraising campaign. A new library would cost millions of dollars. Nightmares of starting a building and leaving it unfinished, or of incurring a huge debt for Burman, drove them daily. The COVID-19 pandemic compounded their fears. They couldn't conduct group meetings that are so critical to fundraising endeavours. But they had faith that God was in this project. They saw Him at work in their committed and talented team members who didn't shirk hard work and long hours. They also saw Him in donors who gave from their hearts.

Eric writes, "The generosity of our alumni and friends moved us greatly. Every gift, from the largest of $1.3 million to the smallest of $3.41, spoke of commitment to our youth."

Once all outstanding pledges have been honoured, the team will have surpassed their goal. Students have used Burman University's new, beautiful, spacious, *and debt-free* library since January 2022. It was dedicated at last year's Homecoming. In addition to surpassing their $6 million goal, the team raised another $2 million for further projects such as scholarships, program improvements, and better access for students with disabilities.

Vic concludes, "We learned that, when we do our part, with God all things are possible. Also, that giving is very personal. Some give generously from their abundance; others, like the widow, give generously of what they have. We praise and thank God. May He bless each as they are blessing future generations through their magnificent generosity." ■

Renate Krause is the editor of Burman University Magazine.

Eric Rajah (*left*) and J. D. Victor Fitch meeting in Burman University's new library

I Want More Rest and Relaxation in My Life

"When you're not getting enough rest, something has to give," Dr. George Cho reveals. "You feel moody, irritable, and stressed out, so a lack of rest is going to have a negative effect on your relationships, within the family—your spouse and your children—and even with your co-workers and your boss because you will feel stretched too thin."

As a member of the American College of Lifestyle Medicine and the Canadian Society for Exercise Physiology, Dr. Cho encourages his patients to get enough sleep.

"When people are exhausted and not getting enough sleep, it impacts their health negatively," he says. "Lack of sleep is linked to chronic diseases like Type 2 diabetes; different mood issues, like depression and anxiety; and even obesity. When someone is lacking sleep, their hunger hormones aren't regulated, and they can't manage stress as well. When you are sleep deprived, your inflammation markers go up, and your risk of getting infections, like influenza, goes up; whereas, when you get adequate sleep, it enhances your immune system."

Dr. Cho examines how people often think they're achieving more by getting less sleep and working harder, longer hours. "In the short term, you can go hard and get a lot of stuff done by sleeping less and working more, sure. But in the long term, if somebody is habitually sleep deprived and exhausted, and they get a chronic disease, like Type 2 diabetes or cancer, are they really going to achieve more? No. In the long term, they will end up achieving far less.

"Also, the quality of your work improves when you get regular and abundant sleep. There are companies, like Google, that provide sleep pods to encourage their employees to take a break. Businesses now know that when people are well-rested, their creativity is better. Higher-quality work comes with more rest."

Dr. Cho points to Jesus as our ultimate example. "Jesus didn't just *say*, 'Come to me, all who labor and are heavy laden, and I will give you rest' (Matt. 11:28, ESV); He *practised* it. After His disciples returned from their labours, Jesus said, 'Come apart and rest a while' (Mark 6:31). He didn't say, 'Good job! Now here's your next assignment.' He recognized they had worked very hard, and now it was time for them to rest. Jesus practised what He taught. He shared the load with His team, and they all withdrew from the crowds to rest.

Hear Dr. Cho share practical and effective strategies for how to get more rest in your life, this month on *It Is Written Canada*.

"He invites everyone who is heavy laden to take time to rest. The fourth commandment says, 'Six days you shall labor, and do all your work' (Exod. 20:9, ESV), so God recognizes that labour is important, but He also says, 'I have set aside a whole day for you to rest, to come apart from your physical labour, to unwind physically, mentally, socially, and spiritually, to worship and fellowship together.' We need that rest day. It's interesting that Dan Buettner, in his book *The Blue Zones*, recognized the Sabbath as an important reason for longevity among Seventh-day Adventists."

To hear Dr. Cho share more practical and effective strategies for getting more rest in your life, watch *It Is Written Canada* this month on CTV, 3ABN, Hope Channel, Yes-TV, Miracle Channel, or any of the dozens of other networks where *It Is Written Canada* is aired across Canada and around the world. Or simply go to iiw.ca or *It Is Written Canada's* YouTube channel and click on the program titled, "I Want More Rest and Relaxation in My Life." ■

Mike Lemon is the speaker/director for It Is Written Canada.

It Is Written Canada

Safe water points provide clean water while offering better protection and more free time to pursue opportunities.

The 30th World Water Day is on March 22. Since its beginning, ADRA Canada has worked with communities to ensure the human right to water.

The Blue Nile State in Sudan is considered home to the country's greatest humanitarian needs. Instability harms basic services like water, sanitation, and hygiene (WASH). Women are responsible for finding the water their families need to survive. They may face danger and sexual violence in the process.

ADRA's response, with funding from the Government of Canada, includes rehabilitating water points that provide safe water. But they mean more than that. Maryam explains:

"In the past we used to climb up the mountain to get water, which took us three hours. Women and girls in our community are responsible for collecting water. Gender stereotypes prevent men from sharing this difficult duty. A man who carries water is no longer regarded as a man in the community, but rather as his wife's slave. As a result, women are forced to carry two 36-pound jerry cans on their shoulders, causing deformity and discomfort to their bodies. This is especially bad when you're pregnant.

"Furthermore, girls used to be subjected to rape while carrying out these tasks. We can now get to the rehabilitated water point in 10 minutes. Our workload has been reduced. We now have more time to care for our children, some free time for ourselves, and clean and safe drinking water to keep our children healthy."

Accessible water enables girls to return to school and reduces risks of rape and other violence. The project adds further support by constructing school and health centre latrines.

But there's more. Communities take ownership of the water points through water committees, which include women who now participate in community concerns. Water becomes an entry point to empower women and address gender equality issues.

The project also trains water technicians. One shares her story:

"I dropped out of school as a child because of early forced marriage. I've always wanted to work on something technical since I was a kid, and thanks to God, I now have the chance. I was taught how to fix a hand pump and found it fascinating. I'm delighted to volunteer in making the project a success. Being a technician gave me a level of respect and authority that challenged traditional gender roles. When we think of a water technician, the first thing that comes to mind is a man.

"Despite having extra household work at home, I prioritized the project because I know what it's like to live without clean, safe water. I also committed myself to serve the project even after the Essential Water and Sanitation and Protection II project phased out, because the project is ours. Some women had limited time to attend meetings or volunteer; others have to obtain permission from their husbands to serve in the committees. Things are changing now. Nonetheless, we look forward to more gender equality training for men as well as women."

Water plays an important role in improving well-being, especially women's. But women are also crucial in guaranteeing water service sustainability.

Water is life. It ensures survival. It also contributes directly to quality of life, safety, and opportunities. Thank you for making work like this possible! ■

Heather Grbic is a writer for ADRA Canada.

ADRA is creating a just world by promoting and increasing access to Water Sanitation and Hygiene. Clean water brings both joy and opportunities. The gift of water allows children to attend school, prevents disease, and helps to provide better nutrition for families.

Please consider becoming a monthly donor to support our water, sanitation, and hygiene projects around the world. Your donation will improve and save lives.

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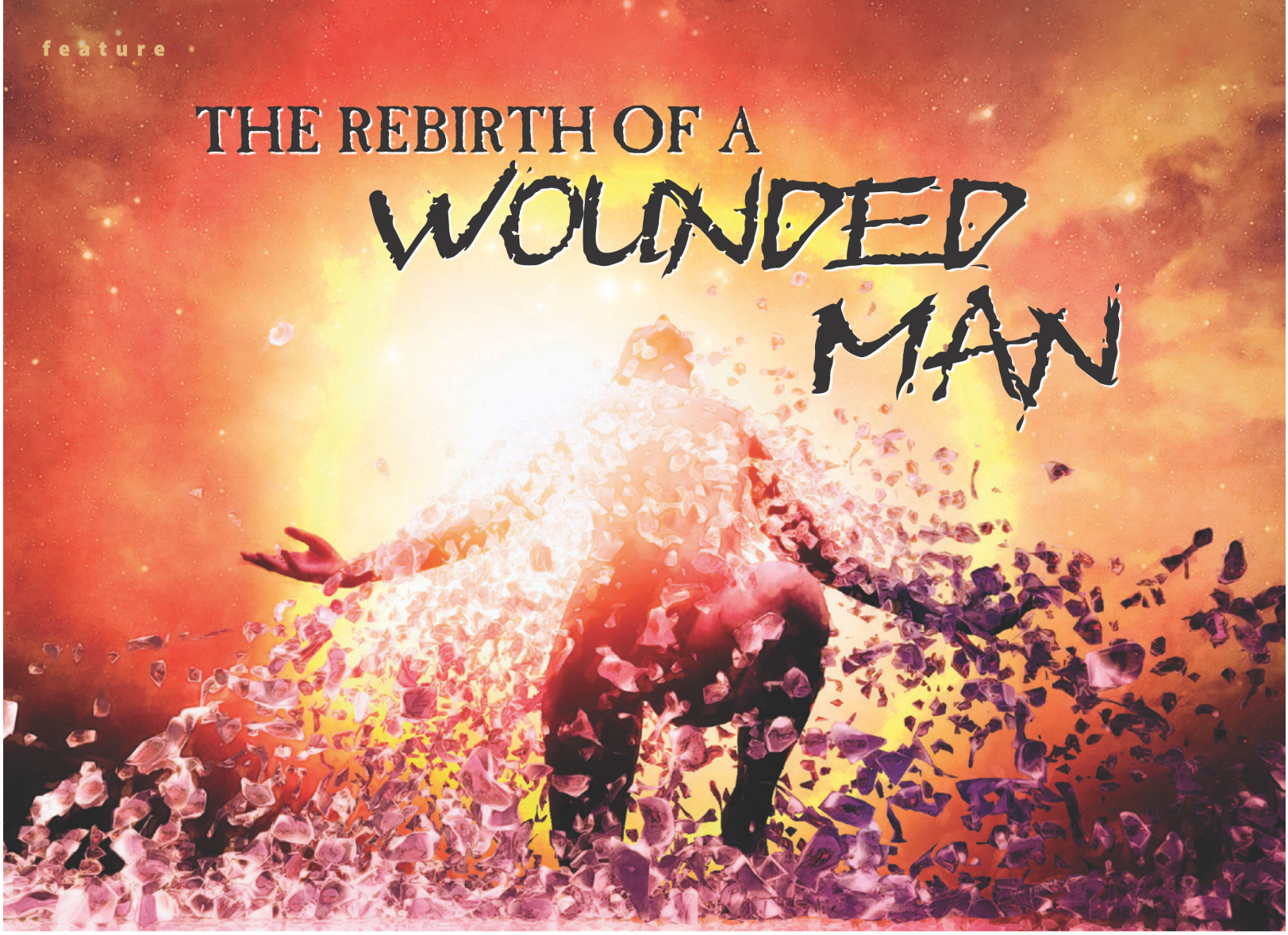
THE REBIRTH OF A WOUNDED MAN



The story of Sullivan Valois is one of victory, of how God can deliver us from the most stubborn chains. His promises are certain, including the one where He says He can give us a new heart. "I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh" (Ezek. 36:26, HCSB).

THIS IS THE SADDEST and happiest story of my life. And I want to tell it to give you hope. It all started in my youth, when I was introduced to the Bible. I studied it with someone very dear to me. But suddenly, this person went off course, which led me to do the same.

Then, as I confronted the reality of everything I saw happening in the world—all the injustice, poverty, misery, corruption—I lost faith, that light in me, and my heart turned against God.

Later, having made new friends, I slowly got acquainted with harmful substances, and my casual alcohol consumption turned into a habit, and then into an addiction. I thought I was happy, but the enemy deceived me into believing I was living an ideal life. In reality, I was dead inside and living in darkness.

Things were going seemingly well until one day a very good friend began to be deeply troubled by an evil spirit. It was then that I remembered the light I had once possessed. I approached my friend, and so began a conversation about this light. I couldn't stop talking to him about it, and I finally offered him my Bible. Shortly after, he told me, "Sulli, I get it. I'm free. Thanks!"

But I continued my harmful lifestyle as before, sinking deeper and deeper into the pit, all the while continuing to believe the illusion that things were going well. Eventually, I met an exceptional woman. She was kind, honest, loyal, caring, devoted, and above all very patient. She always knew how to encourage, support, and even *endure* me in my hardest moments. The smile I wore was often one she gave me first.

Love blossomed, and we had a wonderful time reaching that stage that would change our lives forever. She became pregnant with the greatest gift life had to offer—our beautiful boy, designed in our image. It became clear to me that it was time to get my act—and life—together.

Before and after Sullivan's conversion experience.

"Before, I had been blinded by my sins, but God delivered me and restored my 'sight' and my life."

But the more I tried to change, the tighter the grips of addiction became, the more it haunted me, and the more it dwelled within me as if I were possessed. As time went on, years that should have been joyful with my family turned into disaster. Every bit of my life was affected.

Then that friend I had given my Bible to came back into my life. He explained what was really haunting me, while redirecting me to the right path. My lifestyle continued, but I joined Alcoholics Anonymous. Then I took an anger management course, because that bad guy inside me was starting to take absolute control of me.

After three months of sobriety, I started drinking again, but the eyeopening stories from the meetings stuck with me. Filled with remorse, I cried alone. It was the first time in my life that I fully came to grips with reality.

Then one day, while listening to music, I felt God's hand on my shoulder, comforting me. I burst into tears. A short time later, in a very realistic dream, God made it clear to me that if I continued down this destructive path, the consequences would be devastating: my family would break up and it would be fatal for me. Startled, I woke up and burst into tears again. But despite these revelations, my hard head and proud heart remained stubborn. I was stuck in a neverending battle.

I found myself alone on my balcony, drinking and crying. That evening I looked up to heaven and asked God to give me a new heart. I begged Him to restore the light I once had within me and to forgive my sins. Miraculously, He heard me! From there, I understood James 4:7: "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

At that time, I was on a long waiting list for an operation. Then the doctor called to tell me there had been a cancellation and I could have surgery the following week. I immediately asked myself, *Where can I find a Bible?*

After the surgery, I was off work for two weeks. At home, I read the New Testament to finally be set free by the grace and goodness of God. The transformation these 27 little books produced in me gave me a new consciousness for the rest of my life. The Bible has delivered me from this enemy and given me so much more.

My enthusiasm was renewed, and my eyes were opened to the splendour of this world. It led me to rediscover the beauty of nature—down to the smallest details. Before, I had been blinded by my sins, but God delivered me and restored my "sight" and my life.

The Scriptures also made me question the plight of humanity. Now that He was back in my life, God helped me understand Satan's deceptions. So let's take the time to know our enemy, but even more so our Savior.

Biblically speaking, there is little time left before the return of the Protector.

We are all victims of sin, and "If we say that we have not sinned, we make him a liar, and his word is not in us" (1 John 1:10). If Jesus has not yet returned to take the righteous out of this world, it is not because He is ungrateful or selfish; rather it is to give us more time to choose Him over the enemy. Let's think about it and make the right decision!

Unlike the devil, who imposes himself on our lives without permission, Jesus is meek and politely stands at our door. He will only enter if we invite Him in. So let's not hesitate; let's let Him in. Let's see the positive changes and blessings He can bring us.

I was dead and He gave me back my life. He has given me hope for a better world: "And after I go and prepare a place for you, I will come back and take you to myself, so that you will be where I am" (John 14:3, GNT).

Now I live healthfully and abundantly, much to the joy of my loved ones. And I no longer have fear. As He told us so well, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (John 16:33, NIV). I couldn't be more thankful to God, our Father, for His plan of salvation and the testimony He has given me. ■

Sullivan Valois is a member of the Chateauguay Adventist Church in Quebec.

Sullivan and his son, Maverik, exercising their ministry of sharing and evangelism in downtown Montreal.

What do you think? Send a letter to the editor at messenger@adventist.ca.

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Manitoba–Saskatchewan

2023 Leadership Summit

Pastors, chaplains, principals, care home CEOs, and administrative staff attended the Leadership Summit, led by conference officers Christine Bergen (*back row, far left*), Francis Douville (*back row, second from right*), and Charles Aguilar (*back row, far right*).

Every January many conferences and missions around the Adventist world organize their pastors' meetings. Some conferences refer to them as "workers' meetings."

For the Manitoba–Saskatchewan Conference, we decided to call these meetings "Leadership Summit." And this year's leadership summit was a huge success! On Jan. 16–19, we brought together an inspiring group of people—pastors, chaplains, principals, care home CEOs, and administrative staff—to connect over their shared experiences in ministry.

Centred on "Strength in Unity" (Eph. 4:1–16), these amazing leaders discussed how they could use collaboration to overcome any challenge that comes their way.

Plus, we had the honoured presence of a local church elder who contributed richly to this stimulating experience for all present.

Following Ellen White's advice, "Whether superiors, inferiors, or equals, your work is, to begin with, your own heart. Humble yourself before God. Come into the right connection with Him by yielding to the creative power of the Holy Spirit. Then will be seen in the church the unity that is of value in God's sight. There will be sweet harmony, and all the buildings, fitly framed together, will grow into a holy temple in the Lord."[1]

As leaders, we must learn how to guard ourselves against divisive mechanisms such as fault finding, misinterpreting mission motives, circulating insinuations, arousing suspicion, and breaking confidence in leaders' integrity. By coming together and staying united, we can overcome these divisive forces and be successful in our mission work.

The overarching objectives of this year's leadership summit were twofold. First, we wanted to equip leaders with actionable information and insights they could use in their ministry. Second, we wanted to build a strong network of leader-to-leader connections that would allow collaboration and unity across all ministries in

Many powerful presentation were given, such as this one from Michael Campbell, NAD director of archives, statistics, and research.

Younger pastors like Ricardo Mena enjoyed the opportunity for wisdom and mentorship from retired pastor Roy Jamieson.

the Manitoba–Saskatchewan Conference.

We stayed at the Manitou Hotel in Manitou Beach, Sask. While learning and networking were essential objectives, we also wanted our leaders to be rejuvenated. It is a beautiful hotel, home to the Dead Sea of Canada, a mineral lake with enough salt to make you float.

After the meetings, the summit participants were able to enjoy the hot mineral pool and continue discussing ministry and life.

On the last night of the summit, while relaxing in the hot mineral pool at the resort, I had a chance to connect with Neil Tagarao, chaplain at West Park Manor Care Home, and Federico Cela, the district pastor for the Weyburn and Estevan churches.

Pastor Neil had felt the call to attend the leadership summit for a while. However, he needed to find out if it was right. After all, his family already had so much going on, and it would be difficult for him to take time away from them. But in the end, Pastor Neil knew this was God's calling and decided to attend.

At first glance, he thought it was just another "pastors' meeting," where administrators would talk about lofty ideals without providing any real actionable information or insights. He soon realized how wrong he was, as each presenter[2] spoke passionately and knowledgeably about authentic and inspiring leadership —from servant-leadership models; to preventing sexual harassment, exploitation, and abuse; to learning about the history of Adventist heresy; to breaking down ministry silos; as well as developing healthier systems and strategic frameworks for accountability.

Attendees spent time brainstorming the conference's mission strategic framework.

During one of the talks on heretical teachings, Pastor Neil felt empowered when the presenter gave concrete examples of addressing heresies (e.g., nontrinitarianism, sinless perfection/last-generation theology, etc.) respectfully yet effectively. He took notes throughout the session, but what really stayed with him were all the amazing conversations he had with fellow leaders from different backgrounds who were unified under one goal: making sure every ministry has strong leaders dedicated to serving God's people in their communities.

After three days of learning and networking at the leadership summit, Pastor Neil left feeling inspired and ready to put into practice everything he learned during this invaluable experience!

Pishshapmishko. ■

1 Ellen G. White, *Letters and Manuscripts, Volume 13* (1898), 1.

2 ADRA Canada, It Is Written Canada, Burman University, the North American Division, and the Seventh-day Adventist Church in Canada presented powerful and relevant actionable information that can be used in ministry.

New Congregation Established in Biggar, Sask.

Biggar Seventh-day Adventist Company has 12 charter members.

On Dec. 10, 2022, the Manitoba–Saskatchewan Conference officially granted Biggar Seventh-day Adventist Group a new status as a company. This important event is the start of an exciting journey for the faith community in the area.

Fran Gorbenko, a charter church leader for the new company, expressed her gratitude for the executive committee's decision. "We are so thankful for the executive committee's decision to grant us this new status. We plan to establish a vibrant and welcoming community of faith that will serve our neighbourhood for many years to come."

David Baker, the district pastor of Biggar, is also looking forward to helping the Biggar Seventh-day Adventist Company fulfill its mission. "I am looking forward to supporting Biggar Seventh-day Adventist Company in building a culture of making disciples," said Baker.

The president of the Manitoba–Saskatchewan Conference, Charles Ed II Aguilar, also shared his enthusiasm for this new company. Sharing this challenge with the members during the Litany of Commitment: "I challenge you to be faithful, dedicated, sympathetic, and persevering—always keeping in mind that the great goal of the church is not merely the imparting of truth and good news but the awakening to transform hearts and be a blessing to all people here in Biggar!"

Biggar Seventh-day Adventist Company meets at 312 6 Avenue East, Biggar, Sask. Their commitment to establishing a vibrant and welcoming faith community will impact their neighbourhood for many years to come!

We invite our constituent congregations to join us in celebrating this incredible milestone. You can send encouraging messages to Biggar Seventh-day Adventist Company as they come together and build something exceptional in their community—a place where everyone is welcome and loved and Jesus is preached!

The mission of the Manitoba–Saskatchewan Conference is to develop a culture of making disciples and healthy churches that help connect people in their communities to Jesus. ■

>> SDACC REVOLVING FUND REPORT: As of Dec. 31, 2022, there were 357 depositors with a total deposit of $33,900,096. There were 89 loans with a value of $32,938,735.

For more information or to make a deposit, contact Girly Quiambao—quiambao.girly@adventist.ca; 905/433-0011.

SDACC

Future Teacher Scholarship

The SDACC Board of Education is happy to announce a new scholarship for high school graduates who are planning to pursue a degree in education at an Adventist university with the goal of teaching in the Adventist school system. This scholarship is renewable each year for four years for a total of $7,000 over four years at Burman University (or $5,000 for other Adventist universities in North America) as long as the student maintains a 3.0 GPA in an accredited teacher education program.

Teachers have the awesome privilege and responsibility to shape the future. Teachers encourage their students to dream and challenge them to reach their full potential. And dreams lead to big ideas that can change the world. If you're up to the challenge, let us help you join the team of dedicated Adventist teachers who seek to inspire in each student a life of faith, wisdom, and service.

Contact your local conference office for more information and for application documents. ■

—Betty Bayer, director, education, Seventh-day Adventist Church in Canada

Announcement Policies

PROCESS:

- All announcements (non-profit events, new member notices, birth announcements, weddings, anniversaries, obituaries, and tributes) should be emailed to Adrianna Lewis (lewis.adrianna@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.
- The *Messenger* assumes no liability for typographical errors or responsibility for inaccuracies originating in submitted material.

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PROCESS:

- All advertising should be submitted with local church or conference approval.
- Payment must accompany your ad or it will not be published. Acceptable methods of payment are cheque (in the mail) or credit card (online via PayPal).
- Submission deadlines are 8 weeks before the date of publication (e.g. May 1 for the July issue).
- The *Messenger* assumes no responsibility for typographical errors, nor liability for the advertisements.
- Acceptance of ads does not constitute endorsement of the products or services by the Seventh-day Adventist Church in Canada.

RATES:

Classified advertisements: $45 for 50 words or less; $11 for each additional 10 words. *Maximum 250 words.*

For ad rates, sizes, submission deadlines, and more, visit: www.adventist.ca/messenger.

Legal Notices

Notice is hereby given that the 35th Quinquennial Session of the Ontario Conference of the Seventh-day Adventist Church will take place on Friday, June 2, 2023, beginning at 2:00 p.m. (with registration starting at 12:30 p.m.) and continuing to Sunday, June 4, 2023, concluding at 5:00 p.m., at the International Centre, 6900 Airport Rd., Mississauga, Ont., L4V 1E8.

Purpose: This constituency meeting is called for the purpose of receiving reports for the past five and a half years and to elect officers and directors of departments, to consider proposed updates to the Bylaws, and transact such other business as may properly come before the session.

Regular Delegates: The Bylaws provide that regular delegates to the session be chosen as follows: one delegate per church, without regard to membership size, and one additional delegate for every 100 members or a major fraction thereof.

Delegates at Large: The Bylaws provide that delegates at large are as follows: All employees with credentials and ministerial licences issued by the conference, members of the Ontario Conference Board of Directors, members of the Bylaws Committee, and the Executive Committee members of the SDACC, North American Division, and General Conference of the Seventh-day Adventist Church who may be present.

Organizing Committee: Notice is hereby given that the Organizing Committee will convene at Kingsway College Chapel, 1200 Leland Rd., Oshawa, Ont., L1K 2H5, at 10:00 a.m. (with registration starting at 9:00 a.m.) on Sunday, April 23, 2023. The Organizing Committee shall appoint: (1) the Nominating Committee; (2) the Standing Constitution and Bylaws Committee; (3) other committees as may be necessary.

"The organizing committee shall be constituted as follows: Each church represented at the constituency meeting shall choose from among its appointed delegates, or empower its delegation to choose from among themselves, one (1) delegate per church with up to three hundred (300) members, two (2) delegates per church with three hundred one (301) to eight hundred (800) members, three (3) delegates per church with more than eight hundred (800) members. In addition, the conference board shall determine the number of delegates at large to the organizing committee based on the number of delegates at large per ministerial district, not to exceed 40% of the organizing committee" Ontario Conference Bylaws Article IV, Sec. 1.a.

Nominating Committee: Notice is hereby given that the Nominating Committee will convene at the office of the Seventh-day Adventist Church in Canada, 1148 King Street East, Oshawa, Ont., L1H 1H8, on Sunday, May 14, 2023, at 9:00 a.m.

"It is the responsibility of this committee to nominate the following: (1) The executive officers (president, secretary and treasurer) of the Conference. (2) The vice president(s), directors and associate directors of ministry departments and associations of the Conference. (3) The members of the Conference Board" Ontario Conference Bylaws, Article IV, Sec. 2.b.

Mansfield Edwards, President
Jakov Bibulovic, Secretary/Vice President for Administration

Obituaries

Mary Dougherty was born on May 4, 1944, in Oshawa, Ont., and died on Sept. 4, 2022, in Hamilton, Ont. Mary enjoyed playing the piano for church services and singing special music. She worked at the bindery in the Loma Linda building and as a cook in the cafeteria on the Kingsway College campus. She will be missed by those close to her. Mary is predeceased by her parents, Harold and Jesse Elms; and brother, Bill Elms. Surviving: spouse, Glenn Dougherty; son, Paul Vasas of Oshawa; daughter, Kathy (Terry) Perdue of Sudbury, Ont.; stepdaughters, Tanya Dougherty of Hamilton, Gail Floyd of Hamilton, and Cheryl Keats of Carbonear, N.L.; half-brother, David Elms of Bowmanville, Ont.; half-sister, Sandra Wiatrzyk of Bowmanville; and one grandchild.

Edward "Ed" L. Knox was born on Jan. 29, 1942, in Halifax, N.S., and died on Oct. 26, 2022, in Lethbridge, Alta. He held many positions in the Lethbridge Seventh-day Adventist Church. Edward is predeceased by his son, Allan Bradley Knox; parents, Eldon Ray and Margaret Ellen (née Norris) Knox; brothers, John (Eleanor) Knox and William (Sharon) Knox; sister, Hilda (née Knox) Grimshaw; and grandson, Mike Knox. Surviving: spouse, Judith "Judy" Ann (née McCarthy-Coughlin) Knox; sons, Edward W. R. Knox of Stoney Plain, Alta., and Steven D. (Rhonda) Knox of Edmonton, Alta; daughter, Shierra (Joe) Prepsl of Lethbridge; daughter-in-law, Trish Knox; brothers, James (Irene) Knox and Eldon "Ray" (Maud) Knox; 10 grandchildren; and six great-grandchildren.

William "Bill" A. Longard was born on June 14, 1928, in Memramcook, N.B., and died on Oct. 16, 2022, in Dayton, Md. Bill worked for almost 30 years as a pressman at the Review & Herald Publishing Association in Takoma Park, Md., where he was extensively used as a model for numerous church publications including *The Bible Story* books (most notably as Adam, David, Cain, Abel, and many others). Bill is predeceased by his spouse, Edel P. Longard; parents, Roy Byron and Mary Alice (née McGuire) Longard; brother, Marshall O. (Isee née Hubley) Longhard; and sister, Aileene (Ray) Matthews. Surviving: son, David B. (Heather) Longard of Middletown, Del.; daughters, Carol (Meredith) Jobe of Roseville, Calif., Linda Reich of Beltsville, Md., and Susan (Leo, Jr.) Ranzolin of Loma Linda, Calif.; 12 grandchildren; and four great-grandchildren.

Tributes

BAUER, Eldon A.
Dec. 17, 1934–Nov. 11, 2022

On Nov. 11, 2022, Eldon Alison Bauer passed away at the age of 87 with family at his side. Eldon loved his wife and children dearly. He was kind and thoughtful with a great sense of humour and a twinkle in his eye. His desire to serve and help others led him to live a rich life full of unique experiences and adventures around the world, including South Sudan, the Northwest Territories, and mission work in the Democratic Republic of Congo. When he wasn't working abroad, Eldon served as church deacon for many years. Airplanes were Eldon's life passion. He started small with hand-built models at the age of six and built a career doing what he loved: inspecting, servicing and flying many types of aircraft as well as teaching others how to fly. Even in "retirement" he continued to work with Adventist World Aviation inspecting and servicing aircraft for mission work. Eldon will always be remembered and missed by Diane, his wife of 67 years; his children, Juanita (Peter) Watson, Dolores (Randy) Hess, Jean Lanette (Jim) Birdsell, and Bosco (Amina)

Any life events in your family? Submit your free announcement at www.adventistmessenger.ca/submissions.

Kayembe; his 17 grandchildren; his 10 great-grandchildren; and his sisters Rhoda, Shirley (Earl), and Joanne; plus many extended family members. Sadly, he was predeceased by his sister Gwen and brothers, Gerry and Roger. The loss of Eldon is profound, but he lives on in cherished memories of his family and everyone whose lives he touched.

Glendon Corkum closed his eyes in Jesus on Dec. 21, 2022. Glendon was born in Pleasantville, N.S., on April 14, 1937, to Clement and Harriet Corkum. He married Beverly Taylor on Aug. 19, 1962. Their first child, Verlaine, was born in their first pastoral district of Yarmouth, N.S. Their second child, LaVonna, was born in New Brunswick and had her first birthday as Glendon and Beverly were on the ship to Sri Lanka (then called Ceylon), where they would spend three years as missionaries.

After arriving back in Canada, they pastored in Ottawa, Ont., where their third child, Anita, was born. Five years later Glendon served as pastor in Windsor, Ont., and then as evangelist in the Maritime Conference for the next seven years, where their last child, Alan, was born in 1979 in Halifax, N.S.

In 1986, Glendon moved to Calgary as the pastor of the Pineridge church. His last two churches were in Seattle, Wash. They moved back to Nova Scotia in 2001, where he volunteered in the Bridgewater and Oak Park churches until his health declined. In July 2019, Glendon and Beverly moved to Ontario to be closer to their children.

Glen's love of Jesus shone through everything he said and did.

If you'd like to donate to a scholarship in Glendon's memory, the family is setting up a scholarship fund at Kingsway College for a student who shows a love for sharing Jesus with others. Please send donations to e-transfer@kingsway.college indicating the funds are for the Glendon Corkum scholarship.

Advertisements

We help Adventists marry Adventists. It's that simple: www.adventistdating.com. (12/23)

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2023 OFFERING SCHEDULE

MARCH

Local Church Budget	March 04
World Budget Adventist World Radio* (GC)	March 11
Local Church Budget	March 18
Conference Advance	March 25

APRIL

Local Church Budget	April 01
Hope Channel International, Inc.* (GC)	April 08
Local Church Budget	April 15
Conference Advance	April 22
Local Church Budget	April 29

*Special materials provided.

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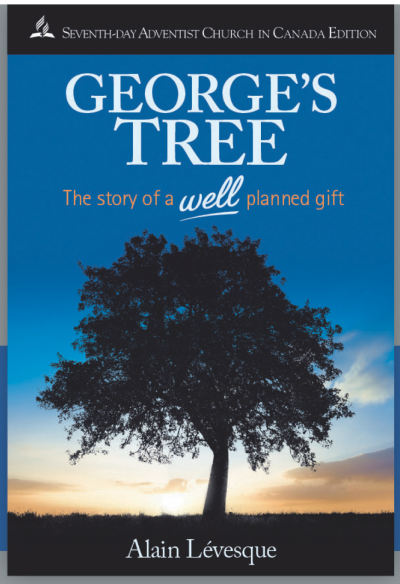

GEORGE'S TREE will teach you how to benefit from Canadian tax deductible policies when you make your current charitable donations, as well as charitable bequests in your Will. A financial specialist in Planned Giving, author Alain Lévesque uses an easy-to-read story format to demystify many preconceived notions. This special edition includes examples for Planned Gifts to Canadian Adventist charitable organizations.

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Also available in **electronic format** at www.willplan.ca

Any Questions?

I am sure you've experienced this at some point or another. After giving a presentation, teaching a class, giving a Bible study, or teaching the Sabbath school lesson, you ask, "Any questions?" and … crickets.

You consider a few reasons: (1) maybe you're such an efficient presenter, covering all aspects of the subject, that no one is left with any questions; (2) maybe the subject was over everyone's head; or still, (3) the audience may have failed to recognize the relevance of the topic.

I invite you to consider another possibility. Namely, perhaps your audience may still be dealing with "unspoken questions" that the topic has raised. They need these questions addressed first before they can actually evaluate the relevance of your talk.

People ask themselves many unspoken questions all the time. Here are some:

- *What's in it for me?*
- *If I agree with this presenter, what will I tell my friends and my family?*
- *Is this individual someone I could rely on no matter what, or just a fair-weather friend?*
- *Is this really that good, or just a bait-and-switch scheme?*
- *How will this improve my life?*
- *Is it safe?*
- *Does this add meaning to my life at all?*
- *Says who? Is this really true?*

Even beyond that, each person confronts existential questions at some point in their lifetime. Questions like *Who am I? Where do I come from? What is this all about? What happens after this life is over?* It seems to me that anyone seeking real meaning in life will need to address these questions before they can contemplate anything else.

But how can we answer questions that have not been voiced? Questions we don't even know are there at the moment? Let me suggest we follow Jesus' counsel in Mark 13:35: "Therefore, stay alert" (NASB). People are preoccupied with these questions more often than not. So let's stay alert and be mindful of that in our conversations.

If we, in our talk, point to answers to those deep, unspoken questions—and we do it in a loving, tactful, and respectful way—we will have done our part. From there, let the Holy Spirit be the Holy Spirit and do the work that is reserved for Him.

While we're on the subject of unspoken questions, doubts, and answers, Abigail Mathi-Amorim —our Growing Up Gen Z columnist—writes about how Christians should deal with the questions and doubts they face. In the Connected Church column, Pastor Kumar Dixit invites us to ask certain questions at the local church level that may lead us to see how our churches can be more relevant to their surrounding communities. I invite you to read them both if you haven't done so yet.

I will be back in touch next month, God willing. ■

Evaldo Vicente, editor
vicente.evaldo@adventist.ca

IT IS ALMOST SPRING, and with the hope of warmer temperatures comes the promise of new life. Soon, farmers and gardeners will fill our table with fresh, local produce. Perhaps you may want to try out one of these vintage recipes from Kitchen Korner, a *Messenger* column in 1980-81 by registered dietician, Shirley Oakley.

kitchen korner

by Shirley Oakley, R.D.

Sunflower seeds are used in abundance for livestock and poultry feed. In more recent years, the kernels are pressed and the oil extracted yielding a highly polyunsaturated oil. A few sunflower seeds filter their way to the grocery stores to be eaten as snacks – or in rare cases even to make it to the dinner table.

Sunflower seeds are less costly than nuts, and yet give dishes a nutty flavour as well as contributing a high quality of protein, iron and B Vitamins to the diet. The protein in sunflower seeds is more usable than that found in legumes – except for soybeans. When sunflower seeds are combined with grains or peanuts, the protein quality is markedly improved.

In this recipe, bread crumbs compliment the protein found in the sunflower seeds. Pumpkin seeds can be used as a substitute for part or all of the sunflower seeds. When pumpkin seeds are used, the iron content of the recipe is improved.

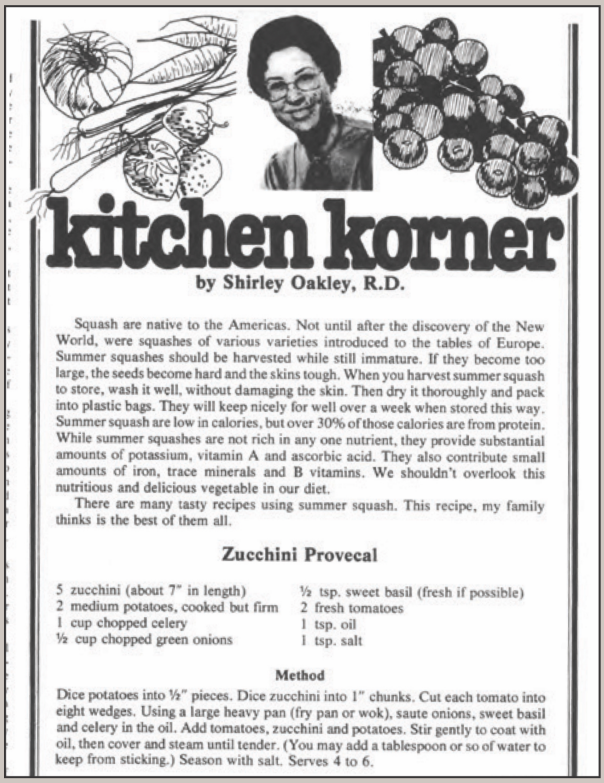
This recipe is best if it can be allowed to set awhile to allow for blending of flavours. It can be prepared one day, stored in the refrigerator overnight and baked the next day.

Sunflower Loaf

½ cup ground sunflower seeds
½ cup bread crumbs
1 cup ground walnuts
½ cup grated raw potato
1 tsp. salt
1 cup skim milk
½ cup grated onion

Mix all ingredients well. Bake at 350° F for one hour. Serves 6. Per serving: Calories – 260; Protein – 11 gms. – Iron – 2 gms.

March 5, 1981—*Canadian Adventist Messenger,* Vol. 50, No. 5, p.12



kitchen korner

by Shirley Oakley, R.D.

Squash are native to the Americas. Not until after the discovery of the New World, were squashes of various varieties introduced to the tables of Europe. Summer squashes should be harvested while still immature. If they become too large, the seeds become hard and the skins tough. When you harvest summer squash to store, wash it well, without damaging the skin. Then dry it thoroughly and pack into plastic bags. They will keep nicely for well over a week when stored this way. Summer squash are low in calories, but over 30% of those calories are from protein. While summer squashes are not rich in any one nutrient, they provide substantial amounts of potassium, vitamin A and ascorbic acid. They also contribute small amounts of iron, trace minerals and B vitamins. We shouldn't overlook this nutritious and delicious vegetable in our diet.

There are many tasty recipes using summer squash. This recipe, my family thinks is the best of them all.

Zucchini Provecal

5 zucchini (about 7" in length)
2 medium potatoes, cooked but firm
1 cup chopped celery
½ cup chopped green onions
½ tsp. sweet basil (fresh if possible)
2 fresh tomatoes
1 tsp. oil
1 tsp. salt

Method

Dice potatoes into ½" pieces. Dice zucchini into 1" chunks. Cut each tomato into eight wedges. Using a large heavy pan (fry pan or wok), saute onions, sweet basil and celery in the oil. Add tomatoes, zucchini and potatoes. Stir gently to coat with oil, then cover and steam until tender. (You may add a tablespoon or so of water to keep from sticking.) Season with salt. Serves 4 to 6.

July 17, 1980—*Canadian Adventist Messenger,* Vol. 49, No. 14, p.13

kitchen korner

by Shirley Oakley, R.D.

Carrots have been known and used as food since antiquity. Known by the Greeks for their special powers as a love potion, they were used especially in meals which had romantic overtones.

Today we recognize the carrot for its versatility in recipes, and for the abundance of Vitamin A it supplies. The Vitamin A is in the form of Beta Carotene, which must be converted in the body to retinol (Vitamin A). Beta Carotene is harmless if taken in excess amounts, however avid carrot juice drinkers have turned 'yellow' due to deposits of carotene in the fatty tissues of the body. This soon disappears when the excess dosing ceases.

Carrots are one of the least expensive vegetables, and are easily accessible most of the year, in most parts of the country.

This recipe combines carrots, parsley and onions, to make what we think is one of the prettiest and most delicious ways to serve carrots, especially if you want them to look special. The carrot ring can be garnished with peas, broccoli, or tiny zucchini slices.

If these amounts are not correct for your ring mold, adjust as you see fit. (This fits mine!). This recipe can be made on Friday, and popped into the oven along with your roast and potatoes, so that it is all ready when you come home from church.

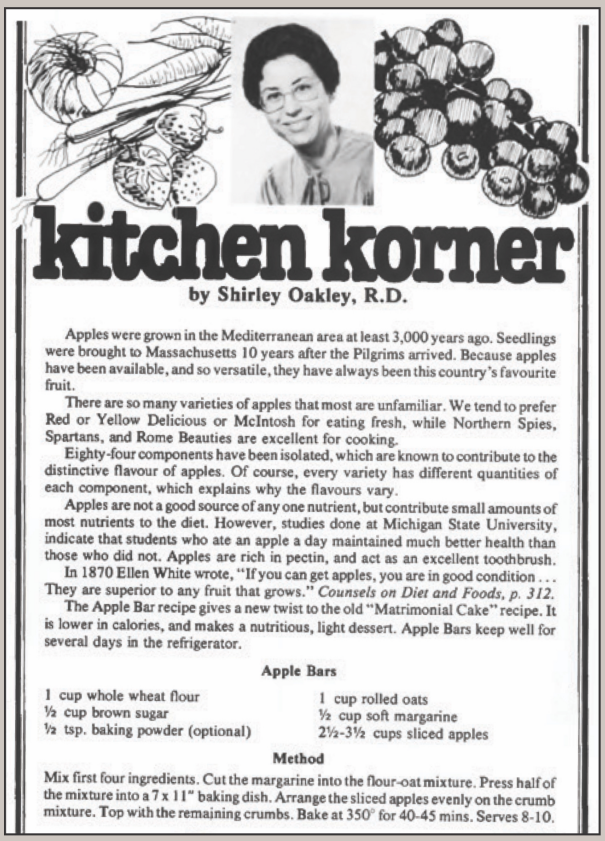
Carrot Ring Mold

3 cups carrots
½ cup chopped parsley
1 medium onion, grated
2 tsp. salt
1 Tbsp. margarine

Method

Cook carrots until tender, drain and mash. Saute onion in the margarine. Stir in the parsley and carrots and salt. Grease a ring mold, and fill with the carrot mixture, packing tightly. Bake at 350° for 45 minutes, uncovered. The carrots should be starting to pull away from the sides slightly when done. Unmold onto a platter and garnish. If you don't have a ring mold, simply bake in a loaf pan, and then garnish with parsley or vegetables. Serves 6-8. If divided into 8 servings: Calories 95/serving, Iron 1.5 gms/serving, Vitamin A 1,900 Retinol Equivalents (19,000 I.U.'s), Ascorbic Acid 22 mg.

Oct. 16, 1980—*Canadian Adventist Messenger,* Vol. 49, No. 20, p.13



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
½ cup brown sugar
½ tsp. baking powder (optional)
1 cup rolled oats
½ cup soft margarine
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 mins. Serves 8-10.

Feb. 21, 1980—*Canadian Adventist Messenger,* Vol. 49, No. 4, p.13

KINGSWAY COLLEGE

PREVIEW WEEKEND 2023

Kingsway College is a day and boarding Adventist high school, located in Oshawa, Ontario.

We are holding an open house weekend for all prospective students (grades 8-11) on **April 28 - 30, 2023**.

For more information, and to sign up for the weekend visit **www.kingsway.college/preview**

KINGSWAY COLLEGE

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