

The Canadian-Caribbean Union 

Messenger

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EDITORIAL

The winter is gone and we are nearing the long waited summer. Also the winter of sin will soon come to an end and we can enter into the promised kingdom where dwelleth righteousness. We are also getting closer to our Field and Union Conference in the end of June. Brother Henry Andrade has promised to be with us at that conference. We still do not have the confirmation of his flight to Toronto, therefore we are not sure when our delegates meetings will begin. He definitely wants to be present in these meetings since some members have appealed to the General Conference for field matters.

In the recent Toronto Church meeting Brother Raul Escobar made it clear that those who have not been faithful in paying tithes cannot function as delegates for the church. Not only do they show a wrong example to others but by allowing them to serve as delegates, the church would by so doing approve their unfaithfulness. Therefore, the substitute delegates must take their places.

The work of the IMS Publishers has suffered a setback because of the need in Montreal. Now that more help has come to that city, hopefully the printing work will be revived again. New Sabbath School lessons and canvassing flyers are in urgent need.

Two cooking classes were held in the Hamilton church with good success. Some forty people were present and great interest was shown to the vegetarian cooking. The Toronto church is also preparing for a cooking class on May 26. Let us pray for its success. We hope that these cooking classes will create spiritual interest also.

Brother and Sister Unger will soon be leaving for Europe for a three month visit. Let us wish them God's blessings and protection for their long journey. Meanwhile, members in Toronto are encouraged to visit Hamilton to help during their absence.

Spanish meetings are still continuing in Toronto every Sunday evening. They have proven a blessing to all who have attended them. Let us make plans for many other missionary projects that every member may participate in them and use their talents for the advancement of the cause. May God bless our Union, the leaders and every member in it.

AMEN

Christ Righteousness Message

Part 9

Perfection by Righteousness Message

Is perfection possible? Can we live a life without sin? Satan made a claim that it is impossible. Churches, religious denominations explain that no one can keep God's commandments. Some teach that every moment we sin and that our whole existence is continuous sinning.

What do we in our church believe and teach?

*"He who lays hold upon the righteousness of Christ may become a perfect man in Christ Jesus."
TM 150.*

"Clad in the armor of Christ righteousness, the church is to enter upon her final conflict... When we submit ourselves to Christ... We live his life. This is what it means to be clothed with the garment of His righteousness. Then, as the Lord looks upon us, He sees, not the figleaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah." My Life Today, 311.

"Exceeding great is our salvation, for ample provision has been made through the righteousness of Christ, that we may be pure, entire, wanting nothing." Rev & Her, Feb 4, 1890.

According to these testimonies perfection is possible. Jesus said: "Be ye therefore perfect, even as your Father which is in Heaven is perfect." Matthew 5: 48.

Jesus did not say, Try to be perfect, nor put out a lifelong struggle to be perfect, but He said simply, "Be ye perfect", now, today.

Apostle Paul said: "Let us therefore, as many as be perfect, be thus minded." Phil. 3: 15.

"I can do all things through Christ which strengtheneth me." Phil. 4: 13.

Apostle Paul recognized that nothing is impossible with the help of Christ. Therefore we do find people who are keeping the commandments of God, as were the parents of John the

Baptist. "And they were both righteous before God, walking in all the commandments and ordinances of the Lord blameless." Luke 1: 6.

If we decide to keep the law of God, ample provision has been made for us to keep us from sin.

"Nothing is apparently more helpless, yet really more invincible, than the soul that feels its nothingness and relies wholly on the merits of the Saviour. God would send every angel in heaven to the aid of such a one, rather than allow him to be overcome." Test. Vol. 7, p. 17.

On the other hand if we decide to cherish even one sinful desire, eventually we will lose all the power of God and become helpless victims of our sins. Into this category fits a large number of the professed Christians.

"The commission of a known sin, silences the witnessing voice of the Spirit, and separates the soul from God." GC 472.

"The indulgence of one known sin will cause weakness and darkness, and subject us to fierce temptations." Historical Sketches 154.

"Even one wrong trait of character, one sinful desire, persistently cherished, will eventually neutralize all the power of the gospel. Every sinful indulgence strengthens the soul's aversion to God. The man who manifests an infidel hardihood, or a stolid indifference to divine truth, is but reaping the harvest of that which he has himself sown. In all the Bible there is not a more fearful warning against trifling with evil than the words of the wise man that the sinner 'shall be holden with the cords of his sins'. Proverbs 5: 22." SC 34.

We either keep the whole law or not even one commandment correctly. "For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." James 2: 10.

Then what must we do?

"The people of God must move understandingly. They should not be satisfied until every known sin is confessed; then it is their privilege and duty to believe that Jesus accepts them." Test. Vol. 1 p.167.

When every known sin is confessed and the decision has been made not to sin anymore, then Christ's righteousness will release us from the debt of past sins. The 10,000 talents are

forgiven. Also, power to continue a sinless life is provided. This transaction is called new birth.

"Whosoever is borne of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is borne of God." 1 John 3: 9.

It is Satan's deception to believe that we must do our best to overcome sin and where we fail, God will still accept us through Christ. The Bible teaching is that without Christ we can do nothing, while through Christ we can do all things. We can move mountains even. "Everyone who by faith obeys God's commandments, will reach the condition of sinlessness in which Adam lived before his transgression." ST, July 23, 1902.

In the same testimony she also mentions how we can be justified: "But by perfect obedience to the requirements of the law, man is justified. Only through faith in Christ such obedience is possible." After we are justified the work of sanctification can begin.

"Justification means the saving of the soul from perdition, that he may obtain sanctification, and through sanctification, the life of heaven. Justification means that the conscience, purged from dead works, is placed where it can receive the blessings of sanctification." 7 BC 908.

Then there is no doubt, that the condition for eternal life is perfect, sinless life.

"His perfect humanity is that which all His followers may possess, if they will be in subjection to God as He was." DA 664.

"He who lays hold upon the righteousness of Christ may become a perfect man in Christ Jesus." TM 150.

"The Lord requires perfection from His redeemed family. He expects from us the perfection which Christ revealed in His humanity." CG 477.

Does not this message thrill our hearts. We can be perfect as Christ was perfect. Sin can be overcome and Satan's claim that no one can keep the law is proven wrong. And all this can be done by the message of "Christ Our Righteousness".

AMEN

TITHES & OFFERINGS

ELLEN G. WHITE



"Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Malachi 3:10

"God has a claim on us and all that we have. His claim is paramount to every other. And in acknowledgement of this claim, He bids us render to Him a fixed proportion of all that He gives us. The tithe is this specific portion. By the Lord's direction it was consecrated to Him in the earliest times...." Counsels on Stewardship, p. 71

"God gives man nine tenths, while He claims one tenth for sacred purposes, as He has given man six days for his own work and has reserved and set apart the seventh day to Himself. For, like the Sabbath, a tenth of the increase is sacred; God has reserved it for Himself. He will carry forward His work upon the earth with the increase of the means that He has entrusted to man." Test. Vol. 3, p. 395

"The Lord has made us His stewards. He has placed His means in our hands for faithful distribution. He asks us to render to Him His own. He has reserved the tithe as His sacred portion to be used in sending the gospel to all parts of the world." Test. Vol. 9, p. 51

"The Lord calls for His tithe to be given in to His treasury. Strictly, honestly, and faithfully, let this portion be returned to Him. Besides this, He calls for your gifts and offerings. No one is compelled to present his tithe or his gifts and offerings to the Lord. But just as surely as God's word is given to us, just so surely will He require His own with usury at the hand of every human being. If men are unfaithful in rendering to God His own, if they disregard God's charge to His stewards, they will not long have the blessing of that which the Lord has entrusted to them." RH, Dec. 1, 1896

USES OF TITHE

"Let no one, when brought into a strait place, take money consecrated to religious purposes and use it for his advantage, soothing his conscience by saying that he will repay it at some future time." Test. Vol. 9, p. 247

"The portion that God has reserved for Himself is not to be diverted to any other purpose than that which He has specified. Let none feel at liberty to retain their tithe, to use according to their own judgement. They are not to use it for themselves in an emergency, nor to apply it as they see fit, even in what they may regard as the Lord's work." Ibid

"His people today are to remember that the house of worship is the Lord's property and that it is to be scrupulously cared for, but the funds for this work are not to come from the tithe.

"A very plain, definite message has been given to me for our people. I am bidden to tell them that they are making a mistake in applying the tithe to various objects which, though good in themselves, are not the object to which the Lord has said that the tithe should be applied. Those who make this use of the tithe are departing from the Lord's arrangement. God will judge for these things.

"But a great mistake is made when the tithe is drawn from the object for which it is to be used - to support of the ministers.

"The tithe is sacred, reserved by God for Himself. It is to be brought into His treasury to be used to sustain the gospel labourers in their work.

"Some have been dissatisfied and have said: "I will no longer pay my tithe, for I have no confidence in the way things are managed at the heart of the work." But will you rob God because you think the management of the work is not right? Make your complaint, plainly and openly, in the right spirit, to the proper ones. Send in your petitions for things to be adjusted and set in order; but do not withdraw from the work of God, and prove unfaithful, because others are not doing right." Ibid p. 248, 249.

"The tithe is set apart for a special use. It is not to be regarded as a poor fund. It is to be especially devoted to the support of those who are bearing God's message to the world; and it should not be diverted from this purpose." RH Dec. 1, 1896

"I was shown that it is wrong to use the tithe for defraying the incidental expenses of the church.....It would be far better to dress less expensively, cut down your indulgences, practice self-denial, and meet these outgoings. By doing so you will have a clear conscience. But you are robbing God every time that you put your hands into the treasury for funds to meet the running expenses of the church." Counsels on Stewardship, p, 103

"But when they robbed God in tithes and in offerings they were made to realize that they were not only robbing Him but themselves, for He limited His blessings to them just in proportion as they limited their offerings to Him." Test. Vol. 3, p. 395

THE POOR

"The poor are not excluded from the privilege of giving. They, as well as the wealthy, may act a part in this work. The lesson that Christ gave in regard to the widow's two mites shows us that the smallest willing offerings of the poor, if given from a heart of love, are as acceptable as the largest donations of the rich." Ibid, p. 398

"Not all can make large offerings, not all can do great works, magnificent deeds; but all can practice self-denial, all can reveal the unselfishness of the Saviour. Some can bring large gifts to the Lord's treasury; others can bring only mites; but every gift brought in sincerity is accepted by the Lord." Test. Vol, 9, p. 54

"I saw that those who have no property, but have strength of body, are accountable to God for their strength. They should be diligent in business and fervent in spirit; they should not leave those that have possessions to do all the sacrificing. I saw that they can sacrifice, and that it is their duty to do so, as well as those who have property. But often those that have no possessions do not realize that they can deny themselves in many ways, can lay out less upon their bodies, and to gratify their tastes and appetites, and find much to spare for the cause, and thus lay up treasure in heaven." Test. Vol. 1, p. 115

IF IN DEBT

"I saw that some have excused themselves from aiding the cause of God because they were in debt. Had they closely examined their own hearts, they would have discovered that selfishness was the true reason why they brought no freewill offering to God. Some will always remain in debt. Because of their covetousness, the prospering hand of God will not be with them to bless their undertakings. They love this world better than they love the truth. They are not being fitted up and made ready for the kingdom of God." Test. Vol. 1, p. 225

"...the question was asked me, "Sister White, do you think my father should pay tithes? He has met with great loss recently, and he says that as soon as he cancels his debt, he will pay tithes." I asked, "How do you regard our obligations to God, who gives us life and breath, and all the blessings we enjoy? Would you have our indebtedness to God continually increasing? Would you rob Him of the portion which He has never given us to use for any other purpose than to advance His work, to sustain His servants in the ministry?...would I dare say to you, You need not pay tithes as long as you are in debt? Shall I tell you to be sure to pay all that you owe any man, although you rob God to do so?" Counsels on Stewardship, p. 92

Systematic Benevolence

"Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come." I Cor. 16:2

"Constant, self-denying benevolence is God's remedy for the cankering sins of selfishness and covetousness. God has arranged systematic benevolence to sustain His cause and relieve the necessities of the suffering and needy..." Test. Vol. 3 p. 548

"This system is so arranged that men may give something from their wages every day and lay by for their Lord a portion of the profits of every investment. The constant practice of God's plan of systematic benevolence weakens covetousness and strengthens benevolence...." Ibid

"The light of the gospel shining from the cross of Christ rebukes selfishness and encourages liberality and benevolence. It is not to be a lamented fact that there are increasing calls to give. God in His providence is calling His people out from their limited sphere of action to enter upon greater enterprises." Ibid p. 405

"Let not our church members complain because they are so often called upon to give. What is it that makes the frequent calls a necessity? Is it not the rapid increase of missionary enterprises? Shall we, by refusing to give, retard the growth of these enterprises? Shall we forget that we are labourers together with God? From every church, prayers should ascend to God for an increase of devotion and liberality." Test. Vol. 9, p. 55

"Many have pitied the lot of the Israel of God in being compelled to give systematically, besides making liberal offerings yearly. An all-wise God knew best what system of benevolence would be in accordance with His providence, and has given His people directions in regard to it. It has ever proved that nine tenths are worth more to them than ten tenths." Test. Vol. 3, p. 546

"It will not be long before probation will close. If you do not now serve the Lord with fidelity, how will you meet the record of your unfaithful dealing? Not long hence, a call will be made for a settlement of accounts, and you will be asked, "How much owest thou unto the Lord?...Make no excuse for failing to give the Lord His own. Now, while mercy's sweet voice is still heard, while it is not yet too late for wrongs to be righted, while it is called today, if ye will hear His voice, harden not your hearts." RH Dec.1, 1896

DISAPPOINTMENT

In this life on this earth we meet with many disappointments and discouragements. Sometimes we may try our best at something and yet it turns out to be a failure. We are tempted to give up completely. Perhaps we are saving money in an honest manner and for a good cause, but suddenly it is all gone. Our children also may disappoint us at times, our friends let us down, our parents or spouses don't seem to understand us and we get discouraged. Perhaps they don't live up to our expectations. We are tempted to think that our good deeds were not really worth it.

Causes of discouragement and disappointment can be: debt, disease, rejection; and lack of Bible study will definitely lead to discouragement; neglected prayer.

We have been blessed in our day and age with the written Bible and we have the histories of many of the famous men in the past who endured trial and temptation, disappointment and discouragement for their faith. These stories were recorded for our encouragement. We can see that if they managed by the grace of God so can we.

I first think of Samuel. As a young person he was taken to the temple to serve the Lord at a very young age. Think of yourself, how would you have felt being separated from your parents at a young age and seeing them only 3 times a year? Perhaps some young people would become resentful, but not Samuel. He knew that he was serving the Lord and service to the Lord was more important to him than anything else in this world. He knew the Lord's counsel, "He that loveth mother or father more than me is not worthy of me..." Mat. 10:37 He respected the decision of his parents in their dedication of him to the gospel service. How many young people would be willing to do as Samuel did in respect to their parents and to God? Samuel could have been disappointed but what a great privilege he had.

Then there is the case of Joseph. He too was separated from his parents. But his separation was completely different. It was not a separation of love; a separation of devotion to God. It was a separation caused by the cruel hatred of his brothers. But Joseph handled this disappointment in the fear of the Lord. He kept his faith and when faced with the temptation of Potiphars wife, he overcame - and what was his reward for his faithfulness? Imprisonment. He could have thrown up his arms in frustration and said, "Why Lord??" Was it really worth being obedient? All he got for his faithfulness was a prison sentence. Do you think the thought crossed his mind that if he had yielded on this point then he still would be the steward in Potiphar's house? Do you think he had any regrets? I don't think so. Even though mocked and derided by the other prisoners for his faithfulness and fidelity, he kept his faith in God strong. He remained true and faithful even in the midst of these hardened criminals and in the end he was rewarded for his faithfulness. We may wonder why the Lord allowed this to happen to Joseph. Paul writes in Romans 8:28 "...all things work together for good to them that love God, to them who are called according to his purpose" Yes, it is apparent that Joseph loved the Lord, but perhaps he had a few rough edges that the Lord wanted to smooth out. It is possible that he became a little proud when he was his fathers favourite. And perhaps pride was creeping in again when he was made steward in the house of Potiphar. Perhaps Joseph needed these experiences before he could be a ruler in Egypt without letting pride get in the way. The Lord could then truly use him to do His will.

Another story is of the returning captives from Babylon. They had just been released after being in captivity for 70 years. Filled with joy and jubilation they eagerly returned to their beloved Jerusalem, only to find it in ruins. The beautiful temple of Solomon especially caused them grief. What a great disappointment. Many of the older people remembered the splendour of Solomon's temple. However they got over their grief and started on the building project ahead of them. They worked so efficiently clearing away the rubble that in 7 months they were ready to begin building the foundation of the temple. Then the Samaritans came along and started meddling. Eventually they convinced the Persian king to put a stop to the building. Oh how disappointed they must have been. Even Zerubbabel and Joshua were discouraged. They couldn't understand why God had let this happen. It seemed too

bad after such a wonderful deliverance from Babylon, when the people were so eager to rebuild the Temple. Now they had to stop.

So what did they do? They left the temple alone and went to build their own houses and plant their own vineyards. Perhaps they had made a mistake and started building too soon. But no, God had a reason for this set-back and it was just another trial for their faith. That is when Haggai the prophet came on the scene with a message, "Thus saith the Lord, consider your ways..." Hag.1:7 After this counsel they returned to work in joy.

This message of Haggai has a good message for us today also. Often we meet disappointments in life and may not know why. If we stop and consider our ways perhaps we will find some reason why the Lord has held back his blessing. Now it is not always the case that it is some fault of our own. Think of Job. His friends tried to tell him that his suffering was due to his sin. But no, this was a trial for his faith. If we patiently endure the trials of the Lord, He will bless us in the end. Perhaps He is trying to develop a character trait in us that is not strong. Or maybe test us to see how we are doing on a certain point.

We all need to take time to consider our ways. Whether we do it every day or once a week. We need to take the time to sit down and look realistically at our lives and consider the direction we are travelling. Even if we don't have a discouragement we still need to consider the direction of our life. There are so many distractions in this world to take our minds off God. Sabbath is a good time to do this. We need to sit down and search our soul with God, as David wrote in Psalm 139:23,24 "Search me, O God, and know my heart; try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." We need to think, where am I going? What am I doing to help build up the church of God? Am I dwelling in my ceiled house, going about my business every week and making my religion a once a week ordeal? We have much to thank the Lord for.

We have to not only think of our past lives and see the direction we have been travelling, but consider our future goals. We have to count the cost of the choices we make in our lives and see the possible results. We then have to consider the result not only on our own lives, but on the lives of others that we come into contact with in our day to day activities.

If Saddam Hussein had seen how many innocent people would die and how much his country would be devastated he may not have so greedily gone into Kuwait. He never considered the strength and death-dealing ability of the US Army. Although being the person that he is even if he knew the outcome, he may still have gone ahead with what he did. He should have considered the lives of his people before his own pride and honour.

It is that way also in our Christian lives. Many times people have chosen the wrong pathway, not caring about the consequences. They know that in the end they will lose their salvation and think only of themselves. They don't consider the people they come in contact with along the way. They don't think of the friends and family who are saddened by their downward slide. They don't think that possibly someone will be influenced to join them on the downward slide and also lose their salvation. No, often they think of themselves only and the pleasure of the moment. But we are not our own. We are bought with a price and we all belong to God. We are accountable to God not only for our actions but the influence we exerted upon others. We all have to come before the judgement bar of God someday and answer for our actions.

If we sit down and look at our life and compare it to where it was a year ago, do we see progress? There is a saying that, "if you are not growing, you are dying." If we are not 100% with Christ then ~~where~~ are we?

In considering our lives and reflecting on the course we have travelled, we will remember all the sorrowful times as well as the good times, but as we see the disappointments we can also see how God has carried us through. We can see that He was there all the time. The disappointments often come because God wants to stop us for a moment and think and reflect and consider. He has a message for us.

God had to inflict Namaan with leprosy to slow him down in his fiery zeal as captain of the Syrian army. God had a message for him and he listened and was blessed.

We need to sit and listen to what God is trying to say to us, and see and remember that all our trials are for the outworking of His Spirit in our lives.

So lets take time to consider our ways today and see how the Lord has been good to us. We are living on the threshold of eternity. We can see the prophecies in the Bible fulfilling before our very eyes. It is no longer the future, it is TODAY. Paul writes, "Today if ye will hear his voice, harden not your hearts." Heb.3:15 Jesus is calling us today. Let us heed his call and consider our ways. Amen. By Wendy Eaton

FRUIT JUICE SAVED MY LIFE

Jay Kordish has been preaching the virtues of fruit and vegetable juices ever since fresh juice saved him from terminal cancer 50 years ago.

"When I was 25, I found out I had bladder cancer," he says. "I turned myself over to a famous doctor, whose treatment was 13 glasses of carrot-apple juice every day for two years. My cancer disappeared, but I kept up the treatment for four years."

Kordish, now a hale 75, drinks quarts of freshly made juice daily. The rest of his diet includes whole fruits and vegetables, plus a little oat or wheat bran. At 5 ft. 10 in. and 175 lbs, he is a living testimony to his recipe for good health and longevity. His body is lean and hard, and he lives an active life in Redmond, Washington.

Charlotte Gerson, president of the Gerson Institute in Bonita, California, says Kordish is following a treatment devised by her husband, Dr. Max Gerson, more than 40 years ago. The therapy has proven successful for such diseases as cancer--including tumors of the brain, lung, colon and pancreas--and multiple sclerosis, she says.

Gerson patients drink freshly squeezed fruit and vegetable juice while eliminating junk food. They eat no meat, processed or packaged food. "We have seen people treated by this method 40 years ago who are still clear of tumors," Gerson says.

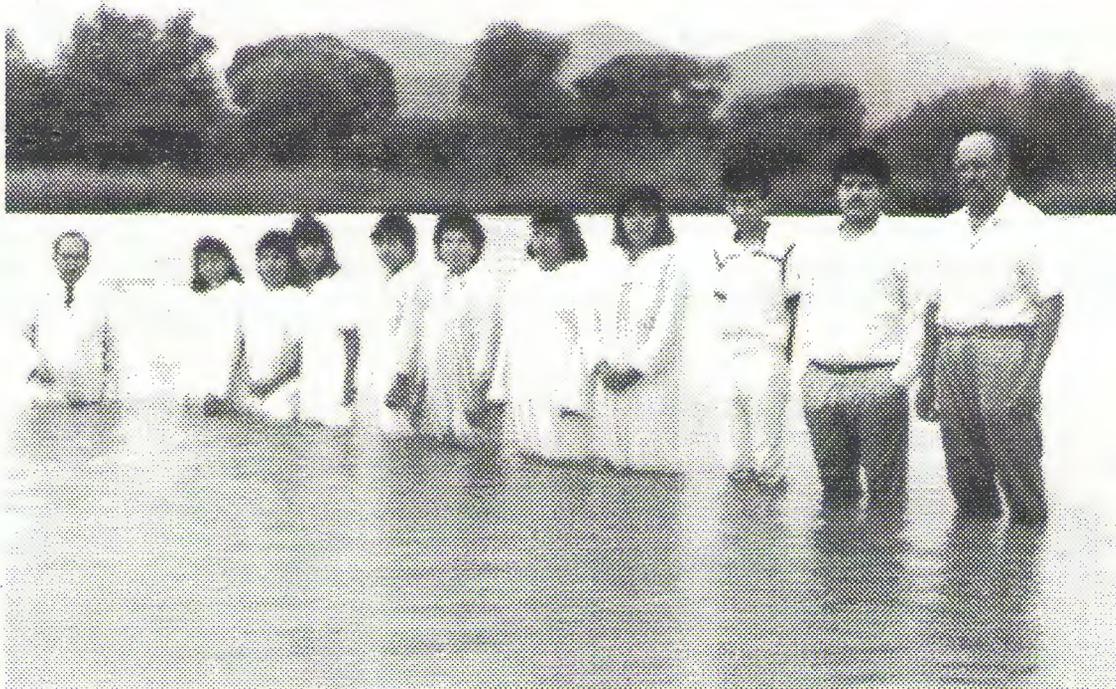
Kordish discarded 300 juicers before designing his own, which dispenses juice out the front while spitting pulp out the back. In addition to selling juicers and lecturing on health issues, he is planning to put juice bars in every shopping centre in the country.

"Throw away your pots and pans," he advises. "Sell your stove. Buy a juice machine, and be your own cannery."

An Experience

Mrs. Margaret Mayfield of San Antonio, Texas, had an experience in 1981 that showed the Lord's protecting hand over her. A mass murderer, Stephen Morin, abducted her at gunpoint in a department store parking lot. But Margaret spoke to the murderer about Jesus, and read him Bible verses from a little Bible booklet that she had in her purse. For ten hours she talked to the murderer about Jesus, and then he decided to give her his .38 caliber pistol, and he traded the cartridges for the book of Bible verses.

The murderer, who is suspected of killing 20 women, then kissed Margaret on the forehead and boarded a bus. He was arrested the next day at an Austin bus station without resistance after Margaret notified police. We don't know whether the murderer received Jesus as his Saviour, but we do know that God's Word is "quick and powerful, and sharper than any two-edged sword" Hebrews 4:12. Perhaps the Bible verses were used of God to prevent the murderer from killing Margaret. I am sure that she must have proved the truth of Psalm 34:7, "The angel of the Lord encampeth round about them that fear Him, and delivereth them."



Baptism of the Martinez family members

THE GOODNESS OF GRAIN

More than half the arable land on earth is used to grow grain varieties that number in the thousands. Worldwide, the most commonly cultivated types are wheat, rice, rye, barley and corn.

What is a grain? Grains are grasses that produce edible seeds, or kernels. Each small seed contains three distinct parts: the outer coat, or bran, contains B vitamins, trace minerals and indigestible cellulose known as dietary fibre; the endosperm, the largest portion, is the starch and protein-rich centre; the germ of the seed, or embryo, contains trace minerals and B vitamins. Apart from providing valuable nutrients and fibre, grains are low in fat, economical and provide unlimited variety to our diet.

When grains are processed, different layers are removed. This provides considerable variety but reduces nutrients, so where possible use whole, unrefined grains for maximum benefits.

There are many varieties of grain available in Canada, the more unusual of these are sold in most health food and some bulk food stores.

AMARANTH: A basic staple of the Aztecs, this tiny grain has a nutty, spicy flavour and is high in protein and calcium.

BARLEY: One of the earliest grains cultivated, the majority is used for animal food. Pearl barley and pot barley have had the outer layers removed.

BULGUR: While often thought to be the same as cracked wheat, bulgur is made from wheat berries that are steamed, dried and crushed between rollers. The steaming process precooks the grains, provides a nutty, wheaty flavour and shortens the cooking time. Available in coarse, medium and fine grinds, bulgur is the basis of tabbouleh.

CRACKED WHEAT: This is wheat berries that have been crushed by rollers into four or five pieces. Cracked wheat has the same nutritional values as whole-grain wheat but cooks more quickly than the whole berries.

CORN: This grain is widely grown and very versatile. It is used in a variety of products, ground into fine to coarse cornmeal and made into corn flour.

COUSCOUS: Hard durum wheat is ground into semolina, lightly moistened, then rolled into tiny grains and dried. Couscous also refers to the national dish of Morocco and the traditional cooking method is quite time-consuming. The most common type available here is a precooked or instant couscous that requires only a 5 minute soak in hot liquid. Whole wheat couscous is also available.

KASHA: Actually toasted buckwheat, this is popular in Russian and middle European cooking and is often roasted before cooking. Toasted buckwheat is sold as whole groats or cracked into coarse, medium and fine textures. Buckwheat flour, fine and dark with a strong flavour, is often used in batters and pancakes.

KAMUT: The name comes from the ancient Egyptian word for wheat. Considered by some to be the great grandfather of grains, kamut is a variety of high-protein wheat that is popular.

MILLET: This is one of the oldest and most nutritious foods in the world. Easy to grow and easily digested, millet is a small, mustard-coloured grain with a pleasant nutty flavour. The inedible husk is removed and available in grain form or as flakes.

OATS: This hardy, nutritious grain withstands a cold, damp climate. The whole grain, when cleaned, toasted and hulled, is known as groats and requires a long cooking time. Rolled oats are oat groats that have been softened by steam, then flattened by large rollers.

QUINOA: Originates from the Andes Mountains and was one of the staples of the Inca civilization. This high-protein, gluten-free grain is suitable for those with an allergy to gluten and is now grown in Canada.

RICE: Thousands of varieties feed half the world. Rice is also available in many forms, among them flakes, ground and rice flour, which is gluten-free.

RYE: It flourishes in cold climates and is used extensively in Russia, Scandinavia and many other northern countries. Rye flour is low in gluten, so breads with a large percentage of rye flour are low-rising and dense yet flavourful.

SPELT: This is an ancient variety of wheat that is available as whole or cracked kernels or flour. Most spelt flour is whole grain and high in protein, minerals and vitamins.

WHEAT: The most commonly grown and consumed grain is available in many forms, depending on the degree of processing. When flour is milled from wheat, the bran and germ are separated from the endosperm. These are available separately as wheat bran or wheat germ, or returned to the flour for whole wheat flour.

WHEAT BERRIES: These unpolished whole kernels with a robust flavour and chewy texture require long cooking to soften. Hard wheat kernels come from hard winter wheat that produces flour with a high protein content, whereas soft wheat kernels are from spring wheat, which makes soft flours.

To ensure freshness, buy grains from bulk or health food stores with a high turnover. Purchase small amounts often because whole grains turn rancid faster than ground because of their high oil content. Store in tightly sealed containers in a cool, dark place, preferably the fridge or freezer.

Rinse whole grains such as millet, quinoa, barley and wheat berries in cool running water before cooking. Bulgur is an exception; do not rinse it, or it will become soggy.

Grains are mild in flavour. To boost flavour, add chopped onions, garlic, peppers and other vegetables and chopped fresh herbs like parsley or dill. Some grains benefit from toasting in a skillet before liquid is added. Grains can be served for breakfast, added to soups and used for side dishes, salads, and casseroles.



Brother Abel Conde surrounded by his family members

Vegetarian Cooking Class-

Vancouver, B.C.

On April 14 we gathered joyfully to demonstrate, learn and participate in an outreach to the communities around our church in New Westminster. The church building we use is well-known around the area but it has only been once before that we have gathered for a Healthful Cookery Class at this location, (we have had others for our neighbors in our own neighborhood) so this was a special time of becoming acquainted with those in the immediate area of the church where we rent.

Since we have seen a good response to our new Vegetarian Cookbook, "**Vegetarian Cooking: A World of Difference**" we decided to say on our advertising flyer that we would be demonstrating recipes from this book, (compiled completely without animal products, sugar or baking powder/soda). We had a good response with over 20 visitors there, besides our own believers. Several people spoke and demonstrated and everyone enjoyed immensely the immense quantity of food produced. Several people who have already enrolled in our "**Miracle Makeover Health Correspondence Course**" attended and were very grateful for the actual hands-on experience showing how they may put into practice the diet advocated by the Course. (The Course has twenty lessons and covers how to gain control of our own internal environment and avoid or treat most common, degenerative diseases as well as giving the scientific and spiritual reasons for a healthy diet and lifestyle.)

Our sole source of advertisement was through flyers which we distributed to local shops, businesses and Health Food Stores around Greater Vancouver. Our phone number was on the flyer and we had several phone calls from people interested in attending any future Cooking Class we may have. We look forward to a continuing presence in the community through this excellent means of outreach. (Some believers are so excited about this outreach they desire monthly Cooking Classes.)

"In the light given me so long ago (1863), I was shown that intemperance would prevail in the world to an alarming extent, and that every one of the people of God must take an elevated stand in regard to reformation in habits and practices....The Lord presented a general plan before me. I was shown that God would give to His commandment-keeping people a reform diet, and that as they received this, their disease and suffering would be greatly lessened. I was shown that this work would progress. [General Conference Bulletin, April 12, 1901] C.H. 531

"....All who are connected with our health institutions especially should be educating themselves to subsist on fruits, grains, and vegetables. If we move from principle in these things, if we as Christian reformers educate our own taste, and bring our diet to God's plan, then we may exert an influence upon others in this matter, which will be pleasing to God." CDF 381

I DON'T KNOW WHY

**I don't know why it happens,
When I reach out for a crown,
When I think
That I deserve
the prize,
The world turns upside down.**

**I don't know why it happens,
When I think that I am best,
When I think that I can prove it,
Something puts me to the test.**

**I don't know why it happens,
When I think I'm very wise,
And I think I know the answer,
Something cuts me down to size..**

**I don't know why it happens,
When I'm proud of what I've done,
And I want to show off all my work,
That I'm forced to show off none.**

**Wait! I do know why it happens!
I remember it today!
I find that things don't turn out right,
When I forget to pray!**