

The Canadian-Caribbean Union 

Messenger

Volume 3, Number 12

December 1996



Mission House in Finland

Christ Our Righteousness

Part 16

Proclaiming the Message

In paradise this message was proclaimed to Adam and Eve by God himself. Since then we find preachers of righteousness who understood this message and proclaimed it to others. Noah was a preacher of righteousness, and Abraham also taught this message. The prophets were preachers of righteousness and the greatest preacher was Jesus Himself. In the year 1888 two brothers, Jones and Waggoner presented this message to Seventh-Day Adventists. None of these preachers of righteousness were popular. They all were hated or ridiculed and their message was rejected.

This is a message that Satan hates most because by it his power can be broken and the soul be saved into the kingdom of God. Very few ministers or preachers dare to raise their voice in defense of this message because by so doing they would lose the popularity and most likely be silenced very quickly and lose their positions as preachers.

Yet how useless it is to preach the law without this message. It would be similar to a medical doctor telling patients to get rid of their sicknesses without prescribing medicine to them. Therefore, many churches have stopped preaching the commandments to the people.

Before we can preach the message of Christ's righteousness to the people we must understand it ourselves. In 1889, Sis. White wrote that not one in a hundred among the church members understood this message to themselves, therefore how could they teach it to others? Many books have been written on this subject, yet most of them miss the point completely.

The only person who understands this message is one who has stopped from committing sins and lives an holy life. He is the only one who can correctly teach others this topic. He is able to present to his hearers by his own example that sin can be overcome by this message.

If you tell people that this message makes them omnipotent so that they can move mountains and develop characters which reflect the image of Jesus fully, but if you yourself have not accomplished this, then your message has no power and the hearts are not convinced.

There are millions of professed Christians who have never heard this beautiful message. There are people who are struggling under a heavy burden of sin, unable to find a way of escape.

Yet, there is a way of escape. There is a way for the greatest sinner to become perfect as our Father in heaven is perfect. The Lord wants this message to go around the world to the ears of every human being; therefore, He needs preachers of righteousness who will proclaim it to every man, woman and child. This is a challenge to you, dear reader to become a messenger of God and enter into His field of harvest to save a few more souls before it is too late forever.

Only one work is anymore important in these last moments of probation while divine mercy is still lingering in the world. Who will answer to the call of the Lord, "Here am I, send me." The angels of God are still holding the winds from blowing but not much longer.

The angel of Revelation chapter 18 is the preacher of righteousness in the last days. His glory will lighten the earth. It is a great privilege to have a part in this finishing work of God on the earth. To be the Elijah who "shall turn the heart of the fathers to the children and the heart of the children to their fathers", is the highest calling in which a mortal man has ever engaged; and this is our calling today. May the Lord help us that everyone in our church will respond to this call.

AMEN.

CARING FOR THE ELDERLY

"God has especially enjoined tender respect toward the aged. He says, "The hoary head is a crown of glory, if it be found in the way of righteousness." Proverbs 16:31. It tells of battles fought, and victories gained; of burdens borne, and temptations resisted. It tells of weary feet nearing their rest, of places soon to be vacant. Help the children to think of this, and they will smooth the path of the aged by their courtesy and respect, and will bring grace and beauty into their young lives as they heed the command to "rise up before the hoary head, and honour the face of the old man." Leviticus 19:32" Ed. p. 244

Here in Vancouver we are blessed by having several elderly people in our midst to encourage us in the way, the oldest being Sr. Anna Turcan. Sr. Anna was the first member in the Vancouver area, being baptized in 1971. She has stood alone as the sole representative of the Seventh-day Adventist Church Reform Movement for many years before a church was established in 1986. She is not young any more (being born in 1915) and she does not have a good grasp of the English language. Yet, she loves the Lord. For many years she faithfully went canvassing, unable to speak much to the people. Since she was retired she had plenty of time to work for the Lord. She would just show the people the book at the door, ask for a donation and tell them the name of the church, should they ask. She did not use the lack of the language as an excuse to not go. How many of us today find flimsy excuses as to why we cannot go and work in the Master's vineyard. Perhaps we had a long week at work, we want to spend more family time, and of course not having the language, or even being shy and afraid of people. But Sr. Anna claimed the promise of the Lord to Moses, "...Who hath made man's mouth? ...have not I the LORD?...Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say." Exodus 4:11, 12

Sr. Anna speaks Yugoslavian and we can communicate only several simple sentences with her. We mostly rely on her dear friend Sr. Maria Rolih to translate for us. About one year ago Sr. Anna had to be admitted to a Nursing home. She could no longer care for herself. While she is cut off from active service for the Lord, she can be a beacon of light in her new home. We in the Vancouver church have tried to visit her often; cheer her up and comfort her. Sr. Maria visits her at least once a week. The rest of the church goes once a month to visit her. Though we cannot speak with her directly we can communicate through song. We sing with her for the other old folks. We have found the hymns in English that she knows in Yugoslavian and she joins us in song. The nursing staff is happy for our coming and many of the other old folks in the home are starting to recognize us and make friends. It is a beautiful ministry for the children also. They bring so much joy to the elderly. One lady gave us her name and room number and told us that if she was not there when we arrived to sing, that we were to come to her room and find her. Our wish and prayer is that we will bring joy and gladness to the heart of Sr. Anna while she is aging and unable to go out on her own any more and also to the other dear old folks in the home. It is wonderful to see not only the members but also the regular visitors joining in with us. The Lord has put the elderly and poor amongst us for us to care for. We truly receive as much a blessing as they do. Praise His holy Name.

"As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith." Galatians 6:10

"Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world." James 1:27

SATAN'S HELPERS IN THE CHURCH

The church is God's army on the earth to fight against the tide of evil, but same as any other army it can have traitors among it who are working for the enemy; and these traitors are the members who engage in evilspeaking, faultfinding and criticizing others.

Because of their evil work the Spirit of God is driven away and harmony and peace are broken and as a result many members become discouraged and leave the church. Especially young people are vulnerable to this satanic influence. "Cherishing a spirit of criticism and faultfinding, of pharisaical piety and pride, they have grieved away the Spirit of God and have greatly retarded the work of God's messengers." Test. Vol.9: 125.

These Satan's agents have outside piety but their work is to destroy the flock of Jesus. They are so blinded that they cannot see that because of their evil work souls are lost. Little hints of criticism and words of faultfinding hidden in the outward concern are like a deadly poison which destroys the faith of their hearers. "Nothing so offends God as an act that injures the influence of those who are doing His service. He will call to account all who aid Satan in his work of criticizing and discouraging." Test. Vol. 6: 42.

"The Spirit of God will not abide where there is disunion and contention among believers in the truth. Even if these feelings are unexpressed, they take possession of the heart and drive out the peace and love that should characterize the Christian church." Test. Vol. 4: 221.

How terrible are the results of evilspeaking and faultfinding to the speaker and to the hearer. What is the harvest that all who engage in it must reap?

"I saw Brother B, that you would certainly be overcome by Satan, and make utter shipwreck of faith, unless you stop your faultfinding." Test. Vol. 2: 221.

"A faultfinding man is not a Christian." AH 427.

"It is easy for you to censure and find fault, but this is only productive of unhappiness." Test. Vol. 4: 256.

Satan started to whisper in the ears of the angels in heaven words of criticism and faultfinding against God Himself. He was so successful that one third of the angels joined with him in his rebellion against God. Therefore, he still uses this proven method today to destroy Christians and churches.

Where does this evilspeaking begin?

"The sin of evilspeaking begins with the cherishing of evil thoughts." Test. Vol. 5: 177.

These evil thoughts are caused by envy, pride, and selfishness.

“Miriam and Aaron spoke against Moses... and the Lord heard it... And the anger of the Lord was kindled against them... and, behold Miriam became leprous, white as snow.”
Numbers 12: 1-10.

“It should not be regarded as a light thing to speak evil of others or to make ourselves judges of their motives or actions.” PP 385.

“The enmity that is cherished toward the servants of God by those who have yielded to the power of Satan changes at times to a feeling of reconciliation and favour, but the change does not always prove to be lasting. After evil-minded men have engaged in doing and saying wicked things against the Lord’s servants, the conviction that they have been in the wrong sometimes takes deep hold upon their minds. The Spirit of the Lord strives with them, and they humble their hearts before God, and before those whose influence they have sought to destroy, and they may change their course toward them. But as they again open the door to the suggestions of the evil one, the old doubts are revived, the old enmity is awakened, and they return to engage in the same work which they repented of, and for a time abandoned. Again they speak evil, accusing and condemning in the bitterest manner the very ones to whom they made most humble confession. Satan can use such souls with far greater power after such a course has been pursued than he could before, because they have sinned against greater light.”

PP 662-3.

“It is a hard thing to see one’s own errors; but everyone should realize how cruel is the spirit of envy, rivalry, distrust, faultfinding, and dissension.” Test. Vol. 4: 222.

Is there a remedy to this evil in the church? What must we do if this condition is present in the church?

“An earnest effort should be made in every church to put away evilspeaking and a censorious spirit as among the sins productive of the greatest evils in the church. Severity and faultfinding must be rebuked as the workings of Satan. Mutual love and confidence must be encouraged and strengthened in the members of the church. Let all, in the fear of God and with love to their brethren, close their ears to gossip and censure. Direct the talebearer to the teaching of God’s word. Bid him obey the Scriptures and carry his complaints directly to those whom he thinks in error. This united action would bring a flood of light into the church and close the door to a flood of evil. Thus God would be glorified, and many souls would be saved.” Test. Vol. 5: 609-610.

“Have you felt a burden for the one whom you saw venturing into forbidden paths? Have you kindly admonished him? Have you wept for him and prayed with him and for him? Have you shown by words of tenderness and kindly acts that you love him and desire to save him? As you have associated with those who were faltering and staggering under the load of their own infirmities of disposition and faulty habits, have you left them to fight the battles alone when you might have given them help? Have you not passed these sorely tempted ones by on the other side while the world has stood ready to give them sympathy and to allure them into Satan’s nets? Have you not, like Cain, been ready to say: “Am I my brother’s keeper?”... Are you not afraid that He

will leave you just as you leave them? Be sure that He who is the true Watchman of the Lord's house has marked every neglect." Test. Vol. 5: 611.

"Unless the cruel neglect and indifference manifested in the past shall cease, the church, instead of going from strength to strength, will continue to degenerate into weakness and formality. Shall we let this be?" Test. Vol. 5: 611.

"Ministers and lay members of the church displease God when they allow individuals to tell them the errors and faults of their brethren. They should not listen to these reports, but should inquire: 'Have you strictly followed the injunctions of your Saviour? Have you gone to the offender and told him his faults between you and him alone? And has he refused to hear you? Have you carefully and prayerfully taken two or three others, and laboured with him in tenderness, humility, and meekness, your heart throbbing with love for his soul?' If the Captain's orders, in the rules given for the erring have been strictly followed, then an advance step is to be taken--tell it to the church, and let action be taken in the case according to the Scriptures." Test. Vol. 5: 617.

We are allowed to discuss a person's faults only in his presence. Whether privately or with witnesses with us, but never when the person found in fault is not listening. And even then only in the spirit of love.

"Bringing so many believers together in one place tends to encourage evil surmising and evilspeaking. Many become absorbed in looking and listening for evil. They forget what a great sin they are committing. They forget that the words they speak can never be unsaid and that by their suspicions they are sowing seeds that will spring up to bear a harvest of evil... The thoughtless, unkind words that are spoken grow with every repetition. One and another adds a word, until the false report assumes large proportions. Great injustice is done." Test. Vol. 8: 83.

Another remedy is to spread out. Large congregations are not producing peace and unity but rather discord and strife.

If you, dear Brother or Sister have fallen into this sin of evilspeaking, then what must you do?

"Have they sowed discord among the brethren and sisters of the church? If these things have been committed they should be confessed before God and the church." CH 374.

A public confession is necessary for this kind of sin and unless it is done greater loss will result.

"And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell." James 3: 6.

A tongue can also be a great blessing, when it is used to comfort, encourage and to love and the choice how we use our tongue is ours. AMEN.

SEMINAR IN FINLAND

Members, visitors and ministers from various countries had assembled together at the Mission House in Toiala for the seminar which continued from November 8th to 16th. Five minutes after we arrived the first meeting began, and continued to the late evening on November 16th, and that same night we said farewell to all the dear believers, not knowing if we will meet again here below.

The main topics in each three hour session was prophesy, especially ones relating to our days. The history of our Reformation was studied as well as false reformations and their description in the Spirit of Prophecy. The 1951 movement was also explained and its purpose, especially why God decided to divide the people that time, and the unity movements that have taken place since then.

An interesting dream had been seen by three different members from different countries. They were praying for guidance to God in regard to the 1951 movement and they all saw the same dream. They saw a field with grain growing and in each case half the field had been cut down and the other half was still growing.

In the evenings we had meetings for the public and for the interest that was shown by the visitors they should be continued. Three times we visited the local hospitals and held services to the patients. Also, one meeting was arranged for the students at the local public school. We were delighted by the special songs and music from our Estonian members who attended the seminar. Three health meetings were also kept including mental and spiritual health. All studies were recorded for future distribution.

With sadness in the heart we had to say good-bye and depart to our respective countries with a promise to be faithful unto death, which would guarantee us another happy reunion. AMEN

Timo Martin

Seminar in Finland



Some of the students.



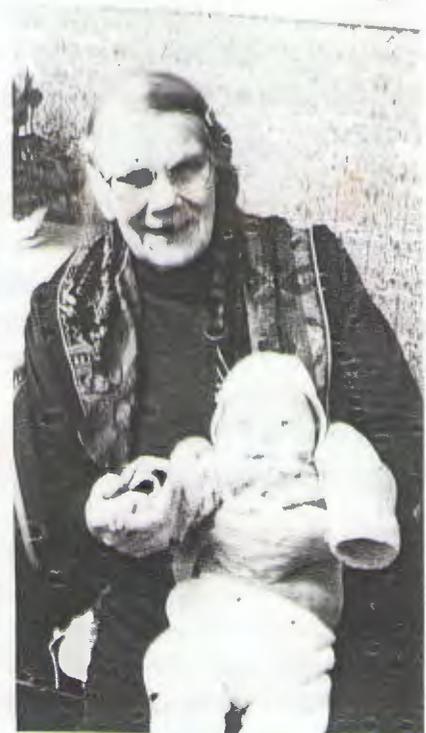
Visitors from Estonia



Lunch Time



Children at the seminar



*Laura with the
youngest
student*

25 PERCENT

"Lay not up for yourselves treasure upon earth, where moth and rust doth corrupt, and where thieves break through and steal; But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through and steal: For where your treasure is there will your heart be also." Matthew 5:19-21

Over and over again we have heard appeals for more money for the support of the work of God. Why is this so? Is it because those who are managing the money are poor managers of the Lord's money? Is it because there is such a rapid advancement in the missionary work that our regular offerings are not able to keep up with the growth? Or perhaps there have been unexpected expenses in the routine upkeep of the churches. Whatever the reason, I am sure that we get tired of hearing another call for money. I am sure that we also get tired of reading articles concerning money such as this one. What shall we do about this problem? Shall we just pray that the Lord will open the windows of heaven and the dollars will pour into the church treasury?

Today we are called modern Israel. What a great privilege this is to be considered chosen of God. Ancient Israel was greatly privileged and blessed by the Lord. After wandering for forty years in the wilderness; after murmuring and complaining at every difficulty and inconvenience; after their sin at Beth-peor, on the borders of Canaan, the Lord still handed them - on a silver platter - the country of Canaan; a land flowing with milk and honey. Did they deserve this land? How many times the Lord told Moses that He would destroy the nation and begin a new nation from the posterity of Moses, but the earnest pleadings of Moses pleased the Lord and He spared the nation. No, from a human point of view they did not deserve it, but yet it was given to them. "I have given you a land for which ye did not labour, and cities which ye built not, and ye dwell in them; of the vineyards and oliveyards which ye planted not do ye eat." Joshua 24:13 While it is true that they had to do some fighting for several years to obtain this inheritance, God said that if they were faithful He would send hornets and hail to help drive out the inhabitants of the land. The armies of Canaan were so strong and powerful that the Israelites were fully aware that the Lord was fighting with them. It was He that was really winning the battles for it is written that often "...there were more which died with hailstones than they whom the children of Israel slew with the sword." Joshua 10:11 Finally they were settled in Canaan. Did they appreciate this gift that the Almighty had handed them? What happened a few short years after the death of Joshua and the elders of Israel? We see Israel in apostasy again. Oh, how soon they forgot the mercy and love of God.

As modern Israel, God has given us great gifts and privileges, more so than we perhaps deserve. Has God given us some gift that we are not appreciating today? I hope not. Even though ancient Israel did have their ups and downs, there is only one time that I find recorded in the Bible that there was a special offering called for the upkeep of the temple and work of the Lord and that was in the days of Joash. "And he gathered together the priests and the Levites, and said to them, Go out unto the cities of Judah, and gather of all Israel money to repair the house of your God.." 2 Chron. 24:5. There was one whole tribe in Israel that had not received an inheritance - the tribe of Levi -

and the whole nation was to support them by their tithes and offerings. The priesthood was only from the line of Aaron, so there were many other Levites who were not priests who had other duties. The tithes and offerings were not only for the living expenses of the priests but also for the upkeep of the temple, the judges in the cities of refuge and other duties connected with the temple service. Why were there no appeals for funds? Perhaps because God set up a perfect system for the support of His work. "The tithe was to be exclusively devoted to the use of the Levites, the tribe that had been set apart for the service of the sanctuary. But this was by no means the limit of the contributions for religious purposes. The tabernacle, as afterward the temple, was erected wholly by freewill offerings;" PP p. 526

"Even **before** the tithe could be reserved there had been an acknowledgement of the claims of God. The first that ripened of every product of the land was consecrated to Him. The first of the wool when the sheep were shorn, of the grain when the wheat was threshed, the first of the oil and the wine, was set apart for God. So also were the first-born of all animals; and a redemption price was paid for the first-born son. The first fruits were to be presented before the Lord at the sanctuary, and were then devoted to the use of the priests." PP p. 526. So before they paid their tithe they gave the Lord a first fruit offering.

"The contributions required of the Hebrews for religious and charitable purposes amounted to fully **one fourth** of their income. So heavy a tax upon the resources of the people might be expected to reduce them to poverty; but, on the contrary, the faithful observance of these regulations was one of the **conditions of their prosperity**. On condition of their obedience God made them this promise: "I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field. . . And all nations shall call you blessed: for ye shall be a delightsome land, saith the Lord of hosts." Malachi 3:11." PP p. 527 Since they faithfully followed this counsel, there was no need to make extra calls for help and support. The temple and priesthood was amply taken care of due to the faithful offerings of the people.

"A striking illustration of the results of selfishly withholding even freewill offerings from the cause of God was given in the days of the prophet Haggai. After their return from the captivity in Babylon, the Jews undertook to rebuild the temple of the Lord; but meeting determined opposition from their enemies, they discontinued the work; and a severe drought, by which they were reduced to actual want, convinced them that it was impossible to complete the building of the temple. "The time is not come," they said, "the time that the Lord's house should be built." But a message was sent them by the Lord's prophet: "Is it time for you, O ye, to dwell in your ceiled houses, and this house lie waste? Now therefore thus saith the Lord of hosts; Consider your ways. Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages, earneth wages to put it into a bag with holes." Haggai 1"2-6. And then the reason is given: "Ye looked for much, and, lo it came to little; and when ye brought it home, I did blow upon it. Why? said the Lord of hosts. Because of Mine house that is waste, and ye run every man unto his own house. Therefore the heaven over you is stayed from dew, and the earth is stayed from her fruit. And I called for a drought upon the land, and upon the mountains, and upon the corn, and upon the new wine, and upon the oil, and upon that which the ground bringeth forth, and upon men, and upon cattle, and

upon all the labour of the hands." Verses 9-12. "When one came to a heap of twenty measures, there were but ten: when one came to the pressfat for to draw out fifty vessels out of the press, there were but twenty. I smote you with blasting and with mildew and with hail in all the labours of your hands." Haggai 2:16, 19. PP p. 527

"Roused to these warnings, the people set themselves to build the house of God. Then the word of the Lord came to them: "Consider now from this day and upward, from the fourth and twentieth day of the ninth month, even from the day that the foundation of the Lord's temple was laid, . . . from this day will I bless you." Verses 18, 19" PP p. 527, 528

"In the days of Israel the tithe and freewill offerings were needed to maintain the ordinances of divine service. Should the people of God give less in this age? The principle laid down by Christ is that our offerings to God should be in proportion to the light and privileges enjoyed. . . . As our blessings and privileges are increased - above all, as we have before us the unparalleled sacrifice of the glorious Son of God - should not our gratitude find expression in more abundant gifts to extend to others the message of salvation? **The work of the gospel, as it widens, requires greater provision to sustain it than was called for anciently; and this makes the law of tithes and offerings of even more urgent a necessity now than under the Hebrew economy.** If His people were liberally to sustain His cause by their voluntary gifts, instead of resorting to unchristian and unhallowed methods to fill the treasury, God would be honoured, and many more souls would be won to Christ." PP p. 528, 529

"The plan of Moses to raise means for the building of the tabernacle was highly successful. No urging was necessary. . . . The Lord directed Moses to invite the children of Israel to bring their offerings. He was to accept gifts from everyone that gave willingly, from his heart. And the offerings came in so great abundance that Moses bade the people cease bringing, for they had supplied more than could be used." PP p. 529

So let's review some of these points from ancient Israel. First, the tabernacle was built in the wilderness wholly on freewill offerings. Was it the rich people who gave such generous offerings? No, the children of Israel had just been delivered from bondage; they had been slaves; they had nothing in Egypt. What they had now were some gifts given to them by the Egyptians as they were leaving the land. This was all they possessed and they could have reasoned that they needed every penny of it to start their new life in Canaan. But they chose to give it to the Lord and trust Him to provide for their needs upon their entrance to Canaan. And the Lord was faithful to His promise. He did provide for them; in more ways than they could imagine.

Then the Israelites were required to give **25 percent** of their income as tithes and offerings. This meant that, since tithes were only 10 percent, their offerings were greater than their tithes. Were they all poor, barely able to scrape together a living? No, we find many wealthy families, especially among the faithful ones, the ones faithfully paying their 25 percent. Witness the wealth of Kish father of King Saul and the family of Jesse, father of King David. The prophet Elisha also came from a wealthy family. In the Bible you can find many more examples.

The Lord also asks us to put Him to the test with those famous words written by the prophet Malachi. "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.

So if you are having a tough time making ends meet; struggling to pay your bills and put food on the table perhaps you should do as the prophet Haggai counselled, "Consider your ways....". It would be a terrible mistake to conclude that because of these hard times we are too poor to put more into the Lord's treasury. **Perhaps you have been stingy and not given enough and therefore have prevented, by YOUR unfaithfulness, God from blessing you.** The solution then would be not that you cannot put more into the Lord's treasury, but rather you should say, "I had better **increase** my tithes and offerings so that I **CAN** make my ends meet and have food and clothing enough." It sounds strange but yes, the less we give the Lord the less likely will be to have financial stability, the more we give the Lord, the more He will bless us and we will be sharers in His rich blessings. If you cannot make ends meet, ask yourself the question "Have I given my share as did ancient Israel?" If not,...."Consider your ways....".

"God has made men His stewards. The property which He has placed in their hands is the means that He has provided for the spread of the gospel. To those who prove themselves faithful stewards He will commit greater trusts." PP p. 529

So the reason why ancient Israel did not have repeated calls for support of the temple and priesthood was because many of them were faithful in their tithes and offerings. We are modern Israel and if we hear repeated calls today . . . Why? Are we being faithful? Are we giving enough to support the "temple and priesthood"? Perhaps not. Perhaps we need to sit down and count our blessings and see what good things the Lord has done for us without us being as faithful as we should have been. This should bring forth gratitude and praise from our hearts as we see His blessings to us, when we have been so unworthy. It should also bring us to shame and repentance if we have been unworthy. The Lord has blessed us and is now waiting to see if we will be faithful with His blessings. If we are not faithful, He will perhaps take them away and give them to someone more worthy, who will use them in the proper, appointed manner. My wish and prayer is that there will be no more need to make calls for funds because God's people are being faithful to their calling. AMEN

SDA Church Reform Movement
International Missionary Society
Canadian-Caribbean Union
3897 Bloor Street West, Toronto, Ontario M9B 1L6
Canada
Tel: (416)239-3700
e-mail: TMartin@neocom.ca
Fax: (416)252-6625

The Lemon

"The lemon is truly a wonderful gift from our Maker. It has a very long list of benefits for the user. The lemon is an antiseptic or agent that prevents blood poisoning. It also assists our bodies by preventing disease and cleanses the system of impurities. The lowly lemon stimulates the liver, dissolves uric acid and other poisons, liquefies the bile, and is very medicinal in cases of malaria. Chronic rheumatism, gout, rickets, tuberculosis, uterine and other hemorrhages can be helped by using this fruit. The potassium content of the lemon nourishes the brain, and nerve cells. Calcium in the lemon builds up bones, makes healthy teeth, and during pregnancy will help the growth of the child. Elements are found in this almost miraculous fruit that build up a healthy system and keep it well and healthy.

Its magnesium, in conjunction with calcium, takes an important part by forming albumen in the blood. The lemon contains potassium, calcium, phosphorous, and magnesium. Lemons are beneficial in treating colds, coughs, sore throats, biliousness, diphtheria, la grippe, heartburn, scurvy, liver complaint, fevers, and rheumatism.

Lemon juice is a good seasoning as well as a catalyst for the calcium stored in greens.

"My thistle GREENS, nicely cooked, and seasoned with... lemon juice, are very appetizing." CDF 354.

The juice may be diluted 50% by water or used full strength as a gargle to help heal and relieve discomfort of a sore throat. One teaspoon of juice in half a glass of water will bring relief from heartburn. It is a refreshing and agreeable beverage to use in fevers, where the bowels are not ulcerated.

Lemon juice will sour soy milk suitably for cooking. Just add two teaspoons of juice to a quart of very hot soybean milk; add a few drops, or a scant teaspoonful to each cup of milk and it will curdle--to make soybean cheese.

For a rust spot or stubborn stain, moisten linen or muslin with lemon juice and spread in sunlight. It is a very good bleaching agent.

Your hands will find lemon juice a helpful friend. After washing dishes or doing other chores, rub the hands well with rind or juice. It will keep them white and soft and also removes offensive odours, and stains.

Lemon juice placed on a fresh burn will prevent blistering. Hold it on tight;--it smarts--the burn will leave. Soreness and redness of sunburn leave at once with application of lemon juice. Try it! Fruits and Vegetables... Which? by M. Charlotte Holmes, MD. p.23, 24.

"The lemon is practically calorie-free, and it has only tiny amounts of fat and sodium. It's a good source of vitamin C, which helps boost immunity and heal wounds." Nutrition Advisor, by Mark Bricklin, p. 300.

CHILDREN'S CORNER

THE POWER OF PRAYER

By Claire Alagy, Greece

"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." Hebrews 4:16

These two little sisters mentioned in the story of the balloon had a younger brother. His name was Benjamin. No, he wasn't the last little boy in the family. He still had a brother and a sister younger than himself.

When Benjamin was five years old he asked his mother "Mummy, what is the Holy Spirit?"

His mother said to him simply, "Well, when you are in a great danger you can call out, God our Father, Son and Holy Spirit help me."

Benjamin grew up in his Sabbath keeping family and one day when he was 13 years old he went out for a walk that took him to the nearby mountain. There was a steep path that led him to some rocks which he started to climb.

He climbed, and climbed and had reached quite a high point when he started feeling dizzy. Everything was going round and round. With his two hands and feet he held on to the rock, gripped with fear. He couldn't go up or down. He looked down below but . . . oh, how his head was turning or was he standing up side down?!

He wanted to shout for help but no sound came out of his mouth and even if he could have shouted, who would have heard him? There was no one around.

Then he remembered his mother's advice, when in great danger call out to God our Father, Son and Holy Spirit.

Benjamin whispered the words softly. Immediately the fear left him, the dizziness was gone and he was able to come down from that rock as if he was coming down some steps backwards on all fours.

Let us never forget to call on Jesus when we are in need and always thank Him for His help even if our need doesn't seem important. For Jesus everything is important. He will use any kind of circumstance to draw us nearer to Him.

GOD'S DELAYS

**God's delays are not denials,
He has heard your prayers;
He knows all about your trials,
Knows your every care.**

**God's delays are not denials,
Help is on the way;
He is watching over life's deals,
Bringing forth the day.**

**God's delays are not denials,
you will find Him true;
Working through life's darkest trials,
What is best for you.**