

Treasure Uncovered!

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The official



Newsletter

♦ EDITORIAL

Mission Minded

Your mission, should you choose to accept it... is to take the gospel to all the world. You will baptize them in the name of the Father and the Son and the Holy Spirit. You will teach them to observe all that Jesus has commanded, for without the love of Christ, this world will self-destruct..."

Sound impossible? Not at all. The Bible tells us that God "is the bread of life" (John 6:48). "In Him is life, and the life is the light of men" (John 1:4). People need the Lord. It's a fact. The Bible also says that if we keep silent regarding our Lord, "the stones would immediately cry out" (Luke 19:40).

Mission Impossible? Heaven forbid. The Bible promises that we "can do all things through Christ who strengthens" us (Phillipians 4:13).

The Amazing Discoveries Organization is mission-minded. And because it's helpful when embarking on

a mission to know where you're going and from whence you've come, we've created the following mission statement:

"Amazing Discoveries is a lay-initiated, lay-organized, lay-led, and primarily lay-funded organization. Members of Amazing Discoveries are deeply interested in participating personally in evangelism, rather than merely being spectators. We seek a unique and dynamic method of approaching secular audiences, presenting Biblical truth as stated in the 27 Fundamental Beliefs of the Seventh-day Adventist Church, via lectures, Bible Correspondance courses, audio and video tapes, cooking schools, etc.

Our desire is that more and more lay members will become personally interested and involved in spreading the three angels' messages and that all people will come to know the Savior Jesus Christ, and be strengthened in the Truth in preparation for last-day events."

How about you? Are you mission-minded?

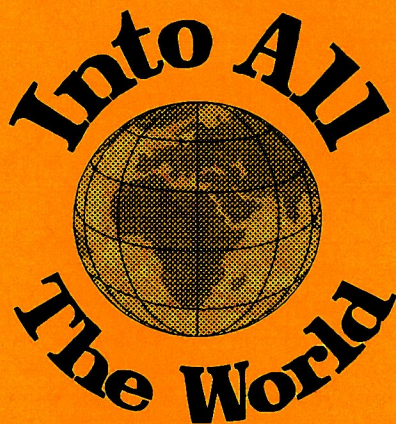


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"...lay up for yourselves treasures in heaven..."
Matt. 6:20



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PILGRIMS' PROGRESS

Exciting Developments!**Coming Back to Canada!**

Dr. Walter Veith, lay evangelist of creation versus evolution fame, will be back in Canada September and October, 1997.



He begins 1997 with a three month lecture tour in Europe, holding meetings in Germany and the Czech Republic. Then in September and October, he will have 2 three week long lecture series in Canada, one of which will be in BC. Plans are now underway to finalize the exact dates and locations of the series. Stay tuned! You'll want to know if he's coming to a neighbourhood near you!

**Be on the Look-Out!!**

Have you seen our ad in the **Messenger?** Look for it in the November issue!

**End Time Events Seminar**
featuring

Dr. Saleem Faraq, V-P for the International Commission for Prevention of Alcohol and Drug Dependency at the GC in Washington, DC, and Chairman of the Interdenominational AIDS Committee in Zimbabwe
Speaking at Vancouver Central SDA Church
April 11 & 12, 1997.
You won't want to miss this!

**From the Mailbag:**
Correspondance Course Credits Keep Coming

Amazing Discoveries has mailed out over 650 enrollment cards for the **Voice of Prophecy Bible Correspondance courses** to everyone who attended the Walter Veith meetings and any other interest contacts. We currently have 30 students enrolled (*as of this publication*) and more are coming in every day. So far, Wendy Penner has been doing the colossal job of marking the lessons. (*Thanks, Wendy!*) Students have been very faithful in turning in their lessons, many of them with extra questions. Some students even forego the circled answer sections and opt for essay responses instead. Clearly, the students are putting time and thought into their studies!!

Please pray for the students as they search for truth and begin walking with Christ.

**WANTED:**
Creative Thinkers

We need slogans and titles. We need creativity. We need catchiness. We need you. It's a contest. And it's open to anyone!

- Slogan Wanted:** We need a catchy phrase that embodies our entire mission statement (see editorial).
- Book Title Wanted:** We need a "grab-'em-and-make-'em-read" title for Dr. Veith's newest book, slated for publication in December. This new book covers all of his lectures on creation/evolution and the Bible, not including health issues. Book title deadline: Nov. 20. Get your ideas in now!

Please send us or fax us your ideas care of the address and fax number indicated on the bottom of page one of this newsletter.

PRIZES given for winning entries.

♦ TREASURE SEEKERS

Healthy Revelations

Pat and Rob Coleman celebrated their 20th anniversary this year. While they are to be heartily congratulated, the year 1996 is cause for even greater celebration in the Coleman household because it's the year that Pat, Rob and their daughter Kimberly were baptized into the Lord!

Rob is a realtor and his wife, Pat, is a Day Care operator and homemaker. They have three grown children, aged 18, 22 and 25. It's been a long road for Rob, but he stands as an example that it's never too late to say "yes" to the Holy Spirit.

Rob grew up in the isolated Peace River area of Northern Alberta. His mother believed in the Bible, and because there was no local church available, she made sure that her son Rob studied his Bible... and the Voice of Prophecy Correspondance Lessons that she arranged for him! When he was old enough, Rob's mother sent him to Canadian Union College for grades

11 and 12. Although he had grown up with Adventist values, Rob took exception to many of the rules and regulations of dorm life and managed to get himself kicked out of school twice in one year. He left never expecting to look back.

Some rough times followed. Like the proverbial pendulum swing, Rob swung away from Adventist values with a vengeance, going in his words "a long way the other way". He ended up on the west coast where he met his wife, Pat. Pat came from a background of no religion, but when the children arrived, they started shopping around for a church. They tried many Sunday-keeping churches, but ended up at the Adventist church in Langley.

Church attendance was sporadic at best because while Rob was familiar with the Adventist culture, Pat didn't feel at home in the church. Then one day they dropped in at the Surrey church for a visit. They heard about Pastor John Redlich (formerly at the Penticton church) and the Revelation seminar that he was conducting. As they attended Pastor Redlich's meetings, Bible study became a whole new experience. It wasn't something theoretical or philosophical. As a new Christian himself, Pastor

Redlich was so down to earth and so real. He made Christianity real for the Colemans.

Following the Revelation seminar, Surrey's Pastor Kack told the Colemans about the Walter Veith series in January. Those meetings made all the difference for Pat. Revelation was interesting, but a little hard to grasp. Health and diet—now *that* she understood and was very interested in. She listened closely to all Dr. Veith had to say and was amazed at the truth and logic of it all. If this church had such a clear vision of truth regarding health concerns, then surely its Biblical truths had some merit too and deserved a closer look.

And that's what they did. They took a closer look and discovered the beautiful truths of Jesus. Then, as Rob says, he got redipped and Pat and their daughter, Kimberly, got dipped. Although Walter Veith and John Redlich seemed to come from completely opposite ends and have totally different approaches, together their messages clicked. They just made good sense.

**Prawns to Produce:**
The Lim Family
Discovers the Bread of Life

When Jenny Lai first met Seventh-Day Adventists as classmates in a Malaysian secondary school, she wasn't impressed. They were strange people who didn't eat prawns and who didn't work on Sabbath. Other Christian friends told her that this was because Adventists followed the Old Testament laws and statutes. While she stayed clear of these strange classmates, Jenny and her husband, Eng Chu Lim, were nonetheless very interested in Christianity. They joined a Christian fellowship organized by a teacher at the school who later baptized them in a river. They then became involved in a Charismatic church, and when they came to Canada in 1989, the entire family joined the Chinese Bible Evangelical Church.

But then one day in November

1995, the Lim family received a flyer in the mail advertizing a prophecy seminar conducted by Pastor John Redlich and held at the Surrey SDA Church. Jenny was fascinated by prophecy, but her husband was against attending the meetings. She finally persuaded him to attend one of the meetings...and he was hooked! He enjoyed the meetings so much that he attended every one after that, and when the meetings were over, he quit attending the Chinese Evangelical Church. Jenny and Eng Chu's eleven year old son, Davis, was also very impressed by the meetings, exclaiming that he never knew about keeping the Sabbath instead of Sunday. Yet the Bible was so clear! That was certainly an eye-opening revelation for him.

At the close of the Revelation meetings, Pastor Kack, of Surrey Church, told the Lim family about the Dr. Walter Veith meetings in Burnaby. He even drove them to the meetings every night. Although Jenny couldn't attend because of a conflicting work schedule, Eng Chu and Davis did.

Davis found the *food stuff* really interesting and says that as a result of the lectures, his family doesn't eat pork anymore and now eats more vegetables. Eng Chu said that of all the seminars he attended, the Veith ones impressed him the most because Dr. Veith was not a pastor or theologian. He was a professor doing research, and his slides and presentations were clear, scientific and logical. Says Eng Chu, "If you have something to say, it's nice to have something to back it up." While the family had already accepted the Bible truths about certain things like clean and unclean foods, it was interesting to see scientific evidence such as the different stomach systems of clean and unclean animals.

Because of their faith in God and their new understanding of the Seventh-Day Adventist message, Jenny and Eng Chu were rebaptized on July 6, 1996. Their son, Davis, was also baptized at this time. No longer strange, prawn boycotting Sabbatarians, the Adventists were now family.

♦ HEALTH NUGGET

Milk Mustaches & Myths: The Truth About Osteoporosis

You've seen the ads—the latest, sexiest, smilingest Hollywood stars—all with milk mustaches! The underlying message in these dairy sponsored ads is that milk is good for you and makes you look good. If you want to be like those smiling, sexy models, drink milk. After all, that incredible bone structure could only come from adequate doses of calcium necessary for the prevention of osteoporosis, and dairy products are an essential source of calcium, right? Right....and wrong.

Osteoporosis is a serious, debilitating disease that strikes many post-menopausal women. Getting enough calcium is a high priority in the prevention of osteoporosis because by the time osteoporosis is generally diagnosed, 50 to 75% of the original bone material has already been lost. But recent studies have shown that the dairy industry, with the support of the medical association, may not be giving the full story on osteoporosis.

It's true that dairy products contain fair amounts of calcium, but, *and it's a big but*, the animal proteins in dairy products pose a greater risk to the absorption of calcium than would plant originated proteins. This is because much of the calcium in milk is combined with casein (calcium caseinate), and this culprit helps cause the very calcium in your milk to be eliminated or lost in the urine.

Here's how the contradiction unfolds:

1. Most people in the industrialized countries eat far more protein than the recommended daily allowance.
2. Excess proteins cannot be stored as proteins in the body, as the body is only geared for storing fat or carbohydrates. Hence, excess protein is metabolized into another form, one of the byproducts of which is ammonia.
3. Ammonia is highly toxic to the system, so the body transforms it into urea which is then eliminated by the kidneys. The more protein you eat, and thereby the more harmful waste products you produce, the more problems are created in the body, among which are cancer, kidney stone formation, progressive deterioration of kidney/renal function, and osteoporosis.
4. Sodium and calcium are reabsorbed into the body at various sites in the kidney excretion system. Animal proteins usually have more sodium than do plant proteins. So

if you eat high sodium foods such as animal proteins, the amount of calcium that can be reabsorbed will be decreased (*the kidneys can only handle so much volume!*) Reduced absorption means calcium loss.

5. Animal proteins have higher concentrations of sulphur-containing amino acids, as well, which also cause calcium loss. As the body metabolizes these sulphur-containing amino acids, the acidic excretions in the kidneys increases and this acid stress prevents the reabsorption of calcium, leading to calcium loss.

6. If calcium is lost because of high protein intake, the body will call on the reserves in the bones, thus laying the foundation for osteoporosis.

It shouldn't be surprising then that osteoporosis seems to be more common in countries where the consumption of dairy products is high.

Oddly, vegan diets are often criticized on the grounds that they will lead to severe calcium depletion. There is, however, no evidence that this is true. In fact, studies have shown the exact opposite to be true: And if you're thinking that calcium supplements will do the trick, sorry, there is no clear evidence that dietary calcium supplements will slow the rate of bone loss in post-menopausal women either.

What to do then? Listening to the milk-mustached dairy ads could land you in a vicious circle: you eat dairy products to obtain calcium, only to lose it because of the high rate of animal protein and its harmful effects on your body, so you eat more dairy products to make up for the loss, only to lose more. The best way to stop the cycle is to find other good sources of calcium and a variety of plant proteins rather than animal proteins. Plant protein sources such as tofu and soya milk do not cause calcium loss and are therefore excellent protein sources for restoring the calcium balance in your body. If you are looking for alternate sources of calcium, without the animal protein found in dairy products, here are some ideas:

- * whole oats (*this excellent grain source has the highest fat content & 2nd highest protein content of the grains*)
- * citrus fruit (*an excellent source...surprise, surprise!*)
- * soya products (*also an excellent source of protein*)
- * parsley (*exceptionally rich in calcium*)
- * broccoli (*1 of the richest veggie sources*)
- * figs (*excellent source*)
- * macadamia nuts

- * sesame seeds
- * sunflower seeds
- * currants
- * cherries
- * prunes
- * dates
- * kiwifruit
- * olives
- * papaya
- * swiss chard
- * parsnips
- * okra (*very rich source*)
- * kale
- * watercress
- * bulgur
- * carob
- * raw chick peas
- * garlic
- * green beans
- * onions
- * asparagus

So go ahead, snack on some figs and macadamia nuts. Make yourself a tabouli salad with lots of parsley and bulgur...and smile. You're working at keeping dem bones looking good.

NOTE: Information for the Health Nugget was gleaned from Dr. Veith's book, Diet and Health, New Scientific Perspectives.



Staking a Claim

Do you want to be a member? Do you want to find out more about the Amazing Discoveries Organization? Amazing Discoveries provides opportunities for anyone to have an active role in evangelism and to reach out to secular society using unique methods. If you want to be involved, just fill out the following form and fax it to 599-9949. Or cut it out and send it to **Amazing Discoveries, PO Box 189, 7101C - 120th St., Delta, BC V4E 2A9.**

*I would like to be a part of the
Amazing Discoveries Association
and help others discover more.
Please send me a membership
application.*

Name: _____

Address: _____

Phone: _____