Summer 2003
Volume 8
Issue 3

IN THIS ISSUE

From the Mailbag...... 2
From the Editor........ 3
My Continuing Journey by Walter J. Veith
........................................ 4
God's Love Revealed in Signs & Judgments by Victor Gill
........................................ 10
Compassion......... 12 by Richard O'Fill
The Language of Music by Brian S. Neumann
........................................ 15
Book Sale............ 21
The Health Message - Food Combining by Christine Peck
........................................ 23

"Even on my servants, both men and women, I will pour out my Spirit..."
Acts 2:18

AMAZING DISCOVERIES SEMINARY

Faith on the line
A Journal for Those Who Dare
Dear folks at Amazing Discoveries:
Thank you for all the enlightening articles and your great banter with each other. They contain much information and encouragement even as we look forward to Christ's soon return.
More Holy Spirit power on Dr. Veith and the Amazing Discoveries staff.
-R.R.

Dear Dr. Veith:
I was wondering if in the RCC tapes, those tapes specifically focusing on the RCC and it's doctrines, if there could be more comparing and contrasting with Jesus and His historical doctrines?
As I have listened so far the data and the facts are without question but after awhile I have heard so much about the RCC that I wanted to hear more about Jesus and His positions on the various subjects. I don't want to get sidetracked so focused on the RCC that the principle of "by beholding you become changed" gets start and that they think RCC and start to become changed into the RCC. Do you think there is any merit in this concern?
-GG

Response: Thank you for your concern. I have had many people ask me about this issue. My calling is to reveal the deceit in the world. I'm not out to make Catholic haters of everyone. I simply want to reveal the way the Popcy has misled millions of people across the globe. It would be good for the people that have watched my videos to get involved in a church or church somewhere. A place where they can be taken in and nurtured and shown the love of Jesus. Our religion would be emptied out by this. I don't deny that. But there is a time and place for everything, my calling has been, as I said, to reveal the deceit. I plant a seed, another follows and when that person another will follow and fertilize, and so it goes on until there is a strong tree that will withstand the storms of life because it has a good root. Most of my videos appeal to the scientific, academic mind. Although it's geared to suit everyone's intellect the seed the head doesn't understand does the heart conversion. Some people are converted to Christ before they've converted to the truth, while others are converted to the truth before they're converted to Christ. We are all individuals that have different needs. May God bless you as you search for the truth.
Regards, Walter Veith

Dear God:
I have recently ordered "The Two Babylons" by Alexander Hislop, and "Nearer My God (CD)" by Victor Neumann. I just wanted to thank you for providing good Christian music. It's so hard for me to find music that is acceptable. Every time I try to find some decent music, I get bombarded with rock music (I make no distinction between worldly rock and Christian rock). Also I thank God that there are people like you who aren't afraid of selling books, CDs, and video tapes that glorify God. Thank you and God bless.
-S.K.

I attended the meetings in South Africa. It was truly amazing and I thoroughly enjoyed the series and was really enlightened. All the material that I need is here, and what a blessing. God bless all who contacted this site. Greetings from Africa. Continue to serve the loving Saviour, for He's coming soon. -P.W.

This is personally my favourite web site on the internet containing the Three Angels Messages. My prayers, encouragement, and complete support and endorsement are with Walter Veith and his ministry. This site contains not only precious truth, but also present truth. My counsel to all is to remember truth is a sharp sword, not a butter knife to spread out smooth butter. Share this site with every soul that has access to the internet and also use this site for your own preparation for the end times and the soon coming of Jesus Christ. If possibly purchase the video materials available by this site and go door to door inviting your neighbors to enjoy the hospitality of your home and watch these videos with them. May the peace and understanding of the Lord Jesus Christ abide with you and keep you faithful.
-D.C.

Dear AD:
Thank you very much for your ministry. I know it is of God because it has all the signs. I am listening to your videos with revelation. No other SDA source that I know of has taught me so much that is Biblically prophetic so fast! I want them all as I can afford them - and their price is so reasonable - another sign that they are from God. Sincerely, W.L.

Dear Dr. Veith:
Hello: I'm a student from Australia. I go to an SDA Church in Sydney. I have recently started to watch your videos and they are mind blowing!!! You gotta come to Australia and talk live!!! Keep on teaching and may God bless you all.
-Yours in Christ, C.

Dear Family of God:
With great pleasure I'm sending another drop in the bucket. Praying that your efforts and good work will be blessed by God Almighty until our blessed Saviour comes to put an end to the human madness, and take us home. Together in the blessed hope.
-C.G.

I want to let Dr. Veith know that his sermons have greatly strengthened my faith and understanding in God's Word. Until I heard some of the amazing discoveries uncovered by Dr. Veith, I thought that I'd been hearing from the pens on Sabbath mornings was all that we (Seventh Day Believers) needed to know about to be prepared for the final test (obedience to the law) and Christ's return. I know now that had I not heard the messages from you, I would not have known the lead astray by the deceiver and the thought of how close I truly was to being deceived still brings tears of relief to my eyes! I praise God for the work that you and your staff are doing! Don't think for a second that your work is falling on deaf ears, because it has helped in drawing me closer to Christ and His truths.
-A.M.

What was John the Baptist's Message? Part II

What was John the Baptist's Message? Part II
In preparing the way for Christ's first advent, he [John the Baptist] was a representative of those who are to prepare a people for our Lord's second coming. DA p. 101
If our work is similar to that of John the Baptist, we ought to also consider how his message is similar to ours. What kind of message did John the Baptist proclaim? Ellen White gives us a few insights into this question. God's messengers are:
- not to flatter the sinner
- to deliver "so message of peace to lull the unsanctified into fatal security" to lay "heavy burdens upon the conscience of the wrongdoer and pierce "the soul with arrows of conviction" to "lift up the penitent" DA 104
John the Baptist did all this. He sought to arouse the people out of self-satisfied sleep. He desired to awaken them to "their danger from the wounds of sin." He preached about sin, showing the dangers of continuing in sin, and offered salvation through cleansing. He challenged them to live a life worthy of their calling, by producing fruits that would be acceptable to God.

In the spirit and with the power of Elijah, John denounced the corruptions of the Jews, and raised his voice in revealing their prevailing sins. His discourses were plain, pointed, and convincing. SD Bible Commentary; vol. 5. p. 1089
One may notice that John's message was not a "smooth saying" that would "tickle." It ears of the hearers or please them. It was startling in nature, and to the point.

"Many of those who profess to believe the truth would say, if they expressed their real sentiments, 'What need is there of speaking so plainly? They might as well ask, 'Why need John the Baptist have said to the Jews, 'O generation of vipers, who hath warned you to flee from the wrath to come?" (Matt 3:7)
Why need he have provoked the anger of Herodias by telling Herod that it was lawful for him to live with his brother's wife? He lost his life by speaking so plainly. Why could he not have moved along without incurring the anger of Herodias? So men have argued, till policy has taken the place of truth. Men have been allowed to go unreproved. When will be heard once more in the church the voice of faithful rebuke, 'Thou art the man?' (2 Sam 12:7) If these words were not so rare, we should see more of the power of God. The Lord's messengers should not complain of their efforts being fruitless until they repent of their love of approbation, their desire to please men, which leads them to suppress the truth, and to cry, 'Peace! when God has not spoken peace.' (Gp p. 149, 150)

In an age of compromise where peace, harmony, and unity have become the watchwords of our world, it is becoming increasingly difficult to maintain the same tenor in our message as John...Continued On Page 4
My Continuing Journey

By Walter J. Veith

To most scientists in the world today, the theory of evolution is no longer just a theory, but is regarded as a fact. There are differences of opinion regarding the tempo, mode and mechanisms of evolution, but the basic concepts of the theory have become an established paradigm. Even in the religious world, old animosities between science and religion have been largely forgotten and are shrugged off as unfortunate history based on ignorance. After all, the church has made mistakes in the past and has had to acknowledge its errors in the face of overwhelming scientific evidence against its stand. Science has gained the ascendency in this battle and in the light of the awe-inspiring discoveries and progress in the civilized world attributed to science, who is there who would dare to contradict its paradigms? The educational systems of the world bear witness to this total regard for the voice of science, as they propagate naturalistic worldviews on origins to the exclusion of all others. Moreover, proponents of the literal method have questioned the Bible not only on issues concerning origins, but on historical content as well.

The theory of evolution is presented in secondary and tertiary institutions as the only feasible theory of origins and even at the primary educational levels, evolutionary concepts are imprinted in young minds as indispensible facts. Alternative models are regarded with skepticism and ridiculed, but in spite of these odds, there still exists a large body of people, including eminent scientists, who believe in a personal creator God and support a literal interpretation of the Genesis account. This fact may astound some evolutionary scientists, but it is indeed true. In 1999, a book was published in which fifty scientists with PhDs confirmed their faith in a literal creation account. The book, "Six Days - why 50 scientists choose to believe in creation," was published after a research scientist at Marquette University in Sydney challenged the concept that even one scientist with a PhD would advocate a literal interpretation of the Genesis account. Rising to the challenge, the Editor of the book sought to show that many scientists would be prepared to defend their faith on scientific grounds. All the contributors had doctorates from State recognized universities from around the world and included university professors and researchers, geologists, zoologists, biologists, physicists, chemists, mathematicians, medical researchers and engineers. Many many more would have contributed had space allowed.

Evolutionary scientists argue that creationism is not science, as it is based on preconceived ideologies which exclude it from the realms of science. Religious views and revelations are not subject to the scientific method and the two worldviews on origins need thus to be kept separate. This sounds like a sound argument, but what if the facts actually fit the Biblical paradigm? On the basis of them being recorded in Scripture, would they then be excluded from the realms of science and thus also from the realms of fact as well as from the educational system? Right would then be excluded on the grounds of having been preconceived and truth would be thrown to the ground. If this scenario were indeed true, then science would be left groping in the dark outside of the defined parameters of truth. There are only these two possibilities. The world as we know it came into existence by naturalistic processes or it was created by an intelligent designer. No other possible choices exist.

In my own life, I have been confronted with this dilemma and have sat on both sides of this fence. For most of my life, I was a committed evolutionist and presented the theory of evolution to my students as an established fact. I received my training at a secular university, well known for its ground breaking research and views on evolution. World-renowned evolutionary scientists such as Robert Broom, of Miss. Ples fame, had molded the thinking and direction of the Zoology department where I was working for many years and there was no room for any other paradigm. For twenty years of my teaching and research career, I was so committed to the naturalistic view of origins that there was no room for alternative explanations. As a young lecturer, I was occasionally confronted by students who believed in a literal creation, but this made no impact on me. Occasionally we would even entertain creationists at the university and would then delight in tearing their arguments apart and ridiculing their efforts in our subsequent lectures to our students. It was not that we were devising in these endeavors. It was just a matter of the two worldviews being so far removed from each other that the differences were irreconcilable. Our worldview was obviously right; therefore the other had to be ridiculous. Thinking back on these events makes me realize that our worldview embraced more than just Science. It embraced religion. The Biblical paradigm was rejected in favor of glory and we would defend it vehemently even acrimoniously, but what were we defending other than a theory of origins? Yes to our minds it was not a theory, it had become a fact in spite of the fact that the origin of all things is not subject to scientific empirical research but must always remain in the realms of faith - faith in a naturalistic process or faith in God.

This conflict between these opposing worldviews is nowhere fought as rigorously as at the tertiary institutions of the world. Science is as a conflict which rages at many other levels of society. Least of all is it to be found in the public schools and it appears that there have been attempts to reconcile the two views by propagating some form of theistic evolution, but this half-way measure is equally unacceptable to the atheistic evolutionist who has no room in his paradigm for a 'Higher Being.' Moreover, there are so many theological problems associated with this compromise, that the rigorous Bible believer is also not in a position to embrace this ideology. The conflict is fierce and it is not possible to resolve it peacefully, as I was to discover for myself.

My Personal Conflict

At the university where I received my undergraduate training and where I spent a substantive part of my academic career as a lecturer and researcher in Zoology, most of my colleagues believed in the traditional model of Darwinism in that they embraced gradualism. However, the Neo-Darwinist view of punctuated equilibrium, championed by Stephen J. Gould of Harvard University and others, was also well supported as well, resulting in many a heated debate in the evolution discussion classes. In actual fact, gradualism (the idea that evolutionary change occurs gradually as organisms adapt to changing environments and the viable and fortuitous mutations are selected through the process of natural selection) is the opposite of creationism that lives up to the expectations of the traditional evolutionary model, and is representative of the view held by Darwin himself. Darwin wrote in The Origin of Species:

If it could be demonstrated that any complex organ existed which could not possibly have been formed by numerous, successive, slight modifications, my theory would absolutely break down.

The punctuated equilibrium model (the idea that change is not gradual over time, but that organisms experience long periods of stability or equilibrium, and that these periods of stability are interrupted by punctuated periods of rapid change during episodes of environmental change) was born out of necessity, because the fossil record does not seem to support the gradualistic model.

The fossils speak of an explosion of life forms, which is termed the Cambrian Explosion where lifeforms literally
contrary, that we are forced by a priori adherence to material causes to create an apparatus of investigation and a set of concepts that produce material explanation, no matter how intuitive, no matter how mystifying to the uninitiated. Moreover, that materialism is an absolute, for we cannot allow a Divine Foot in the door.

Indeed, the materialist world view leaves no room for a creator, and that is why they cannot allow a "Dive Foot" in the door.

The battle lines are very distinct between the creationist and naturalist views on origins. Thomas Huxley, who is famous for championing Darwin's cause, and even received the nickname 'Darwin's bulldog' for his efforts, put the issue in a nutshell when he asserted that no man could be "both a true son of the Church and a loyal soldier of science."

Richard Dawkins, England's preeminent Darwinist, writes in The Blind Watchmaker:

"Biology is the study of complicated things that give the appearance of having been designed for a purpose."

He then sets out to convince his readers that this appearance is deceptive and that there is no need for a designer. Scott C. Todd, of the Department of Biology at Kansas State University, states it even more boldly:

"Even if all the data point to an intelligent designer, such an hypothesis is excluded from science because it is not naturalistic."

Clearly this worldview is atheistic. As for me personally, I considered myself an atheist, but thinking about it in retrospect I was probably more like an agnostic. I did not believe in God, but there was room in my thinking for esoteric views on the elevated status of man, though I did not practice them nor belonged to any group that did. I grew up in a Christian home but had never studied the Bible as such. At best I considered it a book of allegorical stories and myths with per-
what God says on the question of origins. In order to diffuse the situation I again offered to resign, but the university graciously declined my offer. My alternative request for transfer out of the Zoological firing line was however granted, and since my research is largely physiological in nature I could readily move to a more medically inclined department.

Many scientists have come to realize how immensely improbable it is that life could have developed out of non-life. Many scientists are embracing the creationist paradigm, including many graduate students and scientists from all walks of life; even eminent zoologists have come to me personally and have admitted that they also believe in a literal creation. Some have done it secretly and some have dared to defend creationism openly. It is only to the degree that knowledge is made available, that people will be empowered to make choices. Those who are not prepared to even listen to the evidence are not reflecting the true spirit that should actuate all true scientists.

"Prove all things; hold fast that which is good."
1 Thessalonians 5:21

This article is an excerpt from Dr. Veith's book, The Genesis Conflict. This book covers the creationist standpoint as researched by Dr. Veith in great detail. It is an excellent resource for every Adventist as well as homeschoolers and university students. Check out our website for excellent articles to support the creation stand point: www.amazingdiscoveries.org.

1 1999, In six days, why 50 scientists choose to believe in creation. Edited by John, F. Ashton Ph.D, New Holland Publishers, Australia.

Walter Veith

---

From the Editor (Continued From Page 4)

Pastor Gill to Conduct Evangelistic Crusade in Ukraine

Pastor Victor Gill will be leaving on September 16th to October 17th, 2003 for the city of Simferopol, capital of Crimea, in the Ukraine. The city has a population of 350,000 and is located on the Black Sea. Here he will be conducting his 19th evangelistic series, preaching every night along with twice every Sabbath. He and his team will also be visiting orphanages and bringing toys and clothing, along with financial support. They plan on conducting VBS in these orphanages to bring the gospel to the often neglected children.

Your tax-deductible gift will help raise churches in Ukraine where brothers and sisters can worship and where people may be invited to hear the truths for this time. Your financial support will be more than appreciated, for in doing this you will be fulfilling Matthew 25:40, .... Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me," and God will richly bless you!

Please Send your donations to Amazing Discoveries:
Canada: PO Box 189, 7101-C 120th St., Delta, BC V4E 2A9
or USA: PO Box 4480, Blaine, WA 98231.

When champions are few - this will be our test. At this time, we must

otherwise weaken from the coldness of others' courage, from their vision, & loyalty from their expectation."

Wendy Penner
God's Love Revealed in Signs & Judgments

By Victor Gill

In the councils of heaven (Zechariah 6:13), before this world was created, when the plan of salvation was put in place, among other things that were decided was that God would use signs in the heavens and judgments in the earth to convict men and women. I don’t know about you, but ever since 9/11 people ask me questions. “Where was God when this happened?” “Where is the love of God in all of this?” It has concerned me so much that I’ve begun to search for answers. In Genesis 1:14, the Bible tells us that when God put the sun and the moon and the stars in the heavens, in the last part of verse 14, He wanted them to “be for signs,” and for seasons, and for days, and years.” Now we know that they are for seasons, for days, and years, but have you thought that when God put them in the heavens He put them there for signs? In Luke 21:26, 27, we read, “And there shall be signs in the sun and in the moon, and in the stars.”

It seems that the unconverted or worldly people are not affected by these kinds of signs; as they effect little lasting change in their lives. “But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.” 1 Corinthians 2:14 Only the wise, the spiritual minded are going to interpret these signs. “Many shall be purified, and made white, and tried; but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand.” Daniel 12:10. The judgments of God are prepared for the sinner, the unconverted person. “Judgments are prepared for scorners, and stripes for the back of fools.” Proverbs 19:29 This is specifically referring to the judgments of God in the earth.

From the Bible Commentary (SDA BC 4: 203, 204) we read: “Whether men realize it or not, the inner cravings of the heart can be supplied only by a knowledge of, and a communion with, God. Without God there is always something lacking in the heart and life that nothing in this world can fully supply. The judgments of God impress all but the hardened sinners.” There are a lot of sinners in the world, but they are not hardened sinners. When the judgment of God is brought upon the land, these sinners are impressed. And by the judgments of God, many will be turned away from the path of evil into the way of righteousness. This helps us to see another facet of God’s love that maybe we did not understand before. There are those that become so engrossed with the things of this world that nothing but the judgments of heaven will arouse them to their peril...quite a thought. The text in Proverbs shows us that God is reaching out even to the hardened sinners, to try to arrange circumstances in such a way so as to get their attention in some way. Isn’t it a wonderful God we serve? “...for when judgments are in the earth, the inhabitants of the world will learn righteousness.” Isaiah 26:9 They wouldn’t learn it any other way. They would not give it another thought unless it was a severe judgment that was passed on the earth.

And in 21:1, we were told, that the churches were full of people on Sunday. People that hadn’t gone to church for years turned their hearts back to God. “With my soul have I desired thee in the night; yea, with my spirit within me will I see thee early...” Isaiah 26:9. So when God sends his judgments upon the earth, people will seek the Lord like never before.

I remember the story of my uncle in 1929. They had a major title wave that hit the shores of Newfoundland on the Southern shore. A mighty earthquake occurred on the island. My step-uncle was coming back from the grocery store, when the earth beneath him began to shake and tremble. He began to shake and tremble, it was a terrible ordeal for this hardened sinner, this drunkard. He dropped his groceries in the middle of the road. He prayed that God would save him and that he would dedicate his life to Him if he did. It wasn’t long before he knew what had happened and went back to his old ways, but praise the Lord that before he died he had the opportunity to bring him to the foot of the cross. I believe that one day I will see him in heaven. You see, it’s that type of experience that brings people to their knees that otherwise wouldn’t. I’m sure he never ever forgot that experience he had in 1929, and it was in 1972, when I led him to the Lord. I believe that one day, between times, before the face of God, I will see him on the sea of glass. He loved the Lord, the last thing he did before he died was read his Bible at the table. He went to bed and never woke up again.

Because of the judgments of God, people will turn to the Lord. David said, “Before I was afflicted I went astray: but now have I kept thy word.” Psalms 119:67 “It is good for me that I have been afflicted, that I might learn thy statutes.” Verse 71 “I know, O Lord, that thy judgments are right, and that thou in faithfulness hast afflicted me.” Verse 73 “You see, sometimes by His grace, God sends affliction our way so that He can save us and help us, and that’s exactly what Isaiah 26:9 is telling us, “With my soul have I desired thee in the night; yea, with my spirit within me will I seek thee early; for when thou hast had enough and in the earth, the inhabitants of the world will learn righteousness.” The next verse says, “Let favor be shewn to the wicked, yet will he not learn righteousness: in the land of uprightness will he deal unjustly, and will not regard the ELIM.”

Some think “as long as things are going well, why do I need God?” But when the earth begins to shake beneath our feet and the judgments of God are seen in the land then something will get our attention if anything can. Judgments are the way God tries to bring people to Himself and to the recognition of God from impirenence and they pave the way for the renunciation of sin. He wants the world to know He is the Sovereign Lord. “That men may know that thou, whose name alone is Jehovah, art the most high over all the earth.” Psalms 83:18 God wants us to recognize that He is the sovereign God, that He is who He says He is. The Bible is clear, “For the powers of heaven shall be shaken,” Why? “And they shall see the Son of man coming in the clouds with power and great glory.” Luke 21:26-27 Sometimes God has to do something drastic to get people’s attention (especially in this part of the world it seems). And I don’t know what He’s going to have to do, but I fear He’s going to have to do something drastic in North America. Hagiga 2:6,7 says, “For thus saith the Lord of hosts; Yet once a little while, and I will shake the heavens, and the earth shall be removed.” And I will shake all nations, and the desire of all nations shall come: and I will fill this house with glory, saith the Lord of hosts.”

Of course we know that this prophecy speaks primarily of the first coming of Christ and the glory that filled the house when Christ came to the second temple. I believe we can also give this end time application as well. I believe the time will come when a lot of people are going to turn to God like never before. “And I will shew wonders in the heavens and in the earth, blood, and fire, and pillars of smoke. The sun shall be turned into darkness, and the moon into blood before the great and the terrible day of the Lord come.” Joel 2:30, 31 We say that that’s already happened, but maybe it’ll happen again. “But the day of the Lord will come as a thief in the night, in which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, and the earth also and the works that are therein shall be burned up.” 2 Peter 3:10 We know the things of the world are going to be burned up, and there is a lot of people don’t think. They think this world is going to go on forever. The people of God in the various religious denominations that are out there are now becoming so closely allied to the world and drifting further away from the Lord and salvation. They are to be called out and united with this company that will be waiting for the Lord to come. There are many Christians out there today in other churches that love the Lord as much as we do. If they were to die today, they would have salvation. But let me say this, that the only salvation to live in this world has got to be a different generation. Because if these dear Christians are living when the closing scenes of this world’s history are taking place (I’m talking about implementation of Sunday laws) and if they don’t know the truth about the message of the three angels they will accept the mark of the beast thinking they are doing God’s will and they will receive the seven last plagues and eternal damnation. God has entrusted this church, with special understanding of eternal truth for these last days to help these people see what’s coming and be prepared. They need to be watching and waiting as well. They need to understand what we take for granted, but they don’t know. Who’s telling them?” They have to be called out from the world and worldly assemblies. We as a people need to cry with a loud voice, “And show your people their transgression, and the house of Jacob their sin.” Transgression is not necessarily sin. You see, in this case I believe, it is more a “sin of ignorance”...Continued On Page 20
Compassion
By Richard O'Ffill

There is, to some important degree, an identity crisis in the hearts of many in our church these days. We used to have a clear sense and purpose. We actually believed that the message that God gave our church was not an option, but actually a matter of life and death to both Christians of other denominations and non-Christians alike.

Part of our unique message has been our preaching of last day events. We taught that there would be an ecumenical movement or a union of churches, and this union would then be utilized by the great deceiver in precipitating the last great deception.

Did you ever consider that we ourselves might conceivably be caught up in this great ecumenical emphasis? I never thought so. But I am beginning to get nervous.

I believe we tended to see the ecumenical movement as a union of or merging of organizations—that one denomination would join another. And, indeed, some have. That there would be essentially a physical union of denominations was our idea. It seems highly unlikely that this will happen. What seems to be the essence of the ecumenical movement would be that it would be a union of ideas and concepts—if you please, an agreement on the issues.

If the union of churches is an ideological union rather than an organized union, I could see some of us getting caught up in it.

Let me show you how this might happen. It starts by us saying that God's people are not only the members of our church, which is true. Next we say that many people of other denominations are better Christians than we are, which is true.

In the meantime, like anybody in their right mind, we try to show the other denominations that we are as Christian as they are. In order to prove it, we begin to call ourselves Seventh-day Adventist Christians—just to prove we are part of the family. Of course, numerically we are a fraction of the rest, so we didn't get to draw up the rules.

First-day churches, which teach eternal torment, eternal security, the oneness of the matter, the immortality of the soul to name a few, have drawn up the guidelines as to who are insiders and who are outsiders. Of course, nobody in his right mind wants to be an outsider, especially when the rule-book says that everyone who is not one of the mainstreams is a cult. So we are in recent years trying to bridge the gap or to gloss over the differences so we would not be branded a cult. We used to threaten them with the Mark of the Beast. Now they threaten us with the Mark of the Cult." Brothers and sisters, don't forget, though many may stamp you with the mark of a cult, it is God who ultimately decides who is what. What I am saying is, man has set up his own criteria for who is a cult and who isn't, and we need not be afraid of what man can do to a church, we need to be afraid of what God can do to a church.

And for this reason the last message is not "fear man and give glory to him," but "fear God and give glory to Him for the hour of His judgment is come."

We are on the defensive. We are in certain quarters bobbing, weaving, and back-peddaling. Friends, we have nothing to lose by being called names. We still have the message, and I might say, the only message that will prepare this generation to meet the great deception and meet a Holy God. It is time that we stopped worrying about our image and how others perceive us, and begin to be as were the apostles—filled with the boldness of the Holy Spirit.

The gospel that is being preached in the first-day churches is riddled with error, and will not bear the weight of testing in the time of final events. I am not condemning anybody, you know, but a person who doesn't know right from wrong or truth from error in the 21st century is in big trouble.

The gospel, as preached by the Seventh-day Adventist Church is the real truth for this time. Our message does not differ from the other churches in the details but in the fundamentals.

It is not just a matter of which day is the Sabbath. The basic issue is what happens to a person when they get saved. The real debate is around salvation by faith versus salvation by works, but how does salvation work and what are the works of righteousness.

The great danger is that we step down and step back from the task that God has called upon us to do. We can safely say that there are wonderful Christians out there who have salvation in Christ, but make no mistake, we must never lose sight of the fact that God is calling them to come out lest they become deceived and lose their salvation.

The Seventh-day Adventist church, in case you forget, has a life and death message for the world in the 21st century. This message is not an option... it is a must. It is not a message of condemnation, but of salvation. In the final hours of this earth's history, all of God's true children in every denomination will accept this message.

So let us, worrying about ourselves and start worrying about the lost. Though others may think otherwise, the Seventh-day Adventist church is not a sheep-stealing church, but a sheep-saving church!

Remember, the largest Christian church in the world is a true cult, but nobody dares to call them that. You are going to find our church being called a cult these days, and even more so in the future. Being called a member of a cult doesn't make a person one. Remember, it is human nature that, when we can't answer a person, we tend to start calling them names.

Just in case you wonder where we are headed, check the words of Jesus. He said he is over His true followers would be hated by all nations for His name's sake. But this is the victory that overcomes the world, even our faith.

The majority of those who decide to leave the fellowship before this is over will be those who simply couldn't put up with, as we might say, all the negative P.R.

Please forgive the prolongue to the sermon. I don't mean to sound like a prophet of doom. But it is time now that we fastened our spiritual seat belts, that we close our tray tables, and that we put our chairs in their original upright position. Our redemption is nearer than when we first believed.

I have been presenting this series which is entitled, "Back to Basics." These sermons are based on the premise that language tends to reflect current culture and lifestyle and, we might say, correct political thinking.

As darkness continues to cover the earth and gross darkness the people, the words that were traditionally used to reflect light and truth will begin to take on new shades of meaning. In spiritual matters we used to speak of light and darkness. The Bible, by the way, speaks of nothing else. Now, however, gray is in, even in speaking of faith and morals.

I am calling your attention to words that I feel are especially at risk of being misrepresented and misunderstood. The continued decline of lifestyle and morals are giving a potentially deadly taint to words that were originally meant to convey truth and purity. In this sermon I want us to think about "compassion."

We should be careful when we address one extreme point of view to also address the other extreme. Because we generally fall to do this, we have tended to go from one extreme to another.

There are two sides to every coin. We should always look at both sides of a particular issue. I have said it before and I will say it again, that fanaticism is often emphasizing one truth at the expense of other truths.

So let us, worrying about ourselves and start worrying about the lost. Though others may think otherwise, the Seventh-day Adventist church is not a sheep-stealing church, but a sheep-saving church!

As darkness continues to cover the earth and gross darkness the people, the words that were traditionally used to reflect light and truth will begin to take on new shades of meaning.

COME HEAR
PASTOR RICHARD O'FILL

Time: Friday, September 19, 2003 @ 7:00 pm
Saturday, September 20, 2003 @ 11:00 am, 2:00 pm, and 4:00 pm

Place: Westminster SDA Church: 7925 10th Ave, Burnaby, BC

Topic: As For Me and My House
1. It is Not Just Who You Know
2. Don't Just Stand There, Do Something
3. There's No Place Like Home
4. To Love, Honor and Cherish
5. Raise Up a Child

"The structures that once helped to stabilize our homes, our church, and the society have to a large extent crumbled. If we would survive as families, as a church, or as a society, we must re-do and renew from the ground up. This series will open your eyes. It is hoped that it will wake you up, inform you, and inspire you to take measures that will enable you and your family to endure and stand firm against the onslaught of the devil in these last days."
Compassion is based on a wisdom that knows right from wrong. A person who cannot tell the way things were meant to be cannot be compassionate in any sense of the word.

So then, when we preach that we should not legislate the last six commandments in secular society, this mind-set is immediately reflected in the morals and standards of the church. In fact, we are presently practically at a standoff in regards to the matter of standards in the church.

For some strange reason I cannot figure out, standards are somehow seen by many of these days as being in conflict with the true spirit of the gospel. This is not the case, and we must believe that the marks in standards and be truly compassionate. The problem may have been the result of the approach and reaction, which we have traditionally taken in regards to standards.

Conclusion
The call for compassion in the 21st century can very well be the smoke screen behind which the forces of evil make a grab to neutralize and disarm the forces of righteousness. I mentioned something not long ago in a sermon about my concern that society ought not to legislate what God has declared is illegitimate and accept what God has cursed, namely the practice of sodomy. After the service, a person expressed that I didn’t sound compassionate. Compassion is being used in some quarters like a club to beat down the voices that would call for morality and protection of family values.

The person who said I didn’t sound compassionate asked me if I had homophobia. I said, yes, I do. I also have murder-phobia, theft-phobia and adultery-phobia.

Compassion was never meant to be an emotion that would stand by and watch a person suffer, be it physically, emotionally or emotionally. Compassion was to be the emotion which doesn’t watch a neighbor’s house burn, but fights to put it out. Compassion doesn’t watch a person starving to...
music became progressively filled with cheap innovation and excessive modulation, replacing the more refined and disciplined styles. Shortly after this musical shift a violent physical revolution and the ultimate downfall of Athens followed. As described by Plato, "Through foolishness they deceived themselves into thinking that there was no right or wrong in music — that it was to be judged good or bad by the pleasure it gave." Uplifting melodies and disciplined styles were replaced by novelty-ridden, unsubstantial modes of expression; Greek music became tame and the people followed suit. Homosexuality became rampant, and the nation wased as a military force and as a bastion of culture.

In almost every single case, whenever the focal mode of a civilization has been of a more primitive and abandoned nature, the civilization itself has become barbaric and has usually slipped into decline, ceasing to remain a civilization at all. The classical civilizations of both China and India declined together with a prior decline in their music.

Have we as a modern society, at the start of the 21st century, learned anything from the history of past civilizations? All our technology and so-called superior, enlightened wisdom we are still repeating history, every second and every moment of every day. As Socrates so aptly said: "There is nothing new under the sun." Ecclesiastes 1:9 The philosophical opinions of the ancients are not stale, uninformed and naive. They were firmly based on careful observation and study of history. Great minds and centuries of civilization came, came to the same conclusion that, "music is not a neutral medium." Even the Bible, referring to the experience of David playing music to calm a crazed King Saul, tells of the use of music as a means to alter the psychological state of the mind. This goes back to a time well before the ancient philosophers quoted above. Consider these amazing words from the pen of E.G. White, relating to the power of music:

"Satan has no objection to music if he can make it a channel through which to gain access to the minds of the youth. (Testimonies, p. 506) Satan knows what organs to excite to animate engross, and charm the mind." (Ibid, p. 497) The natural mind leans toward pleasure and self-gratification. (Counsels to Parents, Teachers and Students, p. 323) When it suits his purpose he (Satan) can impart to men sentiments that are enchanting. (Ibid, p. 27) She was clearly aware that music has the power to set an atmosphere for either light or darkness. She spoke about some of the popular music of her day as being the way the stimulus suggests it should. Reason is broken down, and the response to the influencing mechanism becomes automatic. Willem Van de Wall, puts it this way.

"Much of what we call irresistible in music is so because we react on the sensory-motor level of functioning. (New York: Russell Sage Foundation, 1946, p. 15. Italics supplied)

Medical research has shown that the nerves of the ear have more extensive connections than any other nerves of the body. It has also been scientifically revealed that music has a direct effect on the pulse rate, blood pressure, nervous system and glands of the body. All the scientific and medical research available to us today is of incalculable benefit in helping us understand, not only the various functions of our system, but also how certain external influences have a profound effect on the way we respond physically, mentally and spiritually to these stimuli.

This is why a certain type of music automatically sets a specific atmosphere within the person consciously deciding that, "now I choose to feel this way." Music underlies so many forms of communication and almost every type of entertainment. A movie, for example, without music to set the atmosphere would never have the same impact as an opera or music, setting the theme and suggesting the mood of a particular scene. You will hear music in shops to attract prospective customers, music on the radio to entertain the millions of listeners, music in advertising to sell products, and music in private homes for relaxation, parties, entertainment or any number of uses.

The fact that music creates atmosphere is recognized by nearly everybody who chooses and listens to music, even occasionally. Someone choosing music to create the atmosphere of Italy in his Italian restaurant would not choose music that comes from the Congo. Two lovers sharing a romantic evening together will most certainly not choose military march band music to create that special atmosphere. By the same token, it would be functional to use the soft strains of Richard Clayderman's piano pieces to invite a mob of people to rebellion and anarchy? The answers to these questions are, to say the least, self-evident.

The Study of Human Emotion

Astrounding new evidence in the area of music and human emotion has come to light in recent years. The evidence is so profound yet so simple that common sense alone should be enough to grasp it. The best way to begin this study is to put forward simple questions and then logically answer them.

When a baby of three months old is told, "No!" as it reaches out to grab something it should not, does the baby first understand the word, no? (The vocal language), or does it understand the tone of the mother's voice. Of course, the answer is simple enough. Babies first understand tone before they understand spoken language. But what is it in someone's tone of voice that causes the baby to understand and react appropriately? It is the emotional content in the voice. This is not just applicable to the years of childhood. Even in adulthood, our language is only made meaningful by our use of expression in different ways.

If a man in Europe were to (irrespective of language and culture), say to his wife, "I love you", how would she say it? Would he shout, "I love you"? And hope that she would believe him? Why not? According to some people's logic, concerning music anyway, it is the words that count. "I love you," are the perfect words for communicating the emotions of love and desire. But music is a contradictory message when the tone of the voice does not compliment the words. Indeed, it is possible to communicate an expression of love, just with vocal sounds, without saying the words at all.

On the other hand, if someone from local tribal culture in the heart of Africa were to express their love, would they get across the same emotional message and illicit the appropriate response by shouting, "I love you!" No, most definitely not. Emotions are God given capacities implanted in man from the start, and we, the whole of His humanity, irrespective of race or culture, have inherited the same capacity for communicating and understanding emotional expression - in the spoken word, and in music.

From Rock 'N Roll to the Rock of Ages

Brian Neumann's Music Series
(Voices of a Dying Planet)
Complete Series of 7 Lectures (Save 10%)
Video $91.00 US + S/H
Dvd $138.60 US + S/H

A book by Brian S. Neumann
A personal testimony of how God led out of a turbulent past into a new life in Christ and a detailed discussion of music - its substance, scientific evidence of its effect on the listener, and sound Biblical principles to aid Christians in choosing appropriate music. An excellent companion to the video series.

$11.00 US + S/H
study called Senso(s) has done along with leading musicologists, and with amazing results.

Anybody, who understands even an iota of what music is about, knows that music is a form that communicates emotion. In fact, music can be the most eloquent tool for communicating emotion. But there are some aspects of musical understanding that most do not recognize at surface level; so this brings me to our next question.

What aspect of music speaks to the human organism the loudest? Is it the lyrics (the spoken/sung words), or the actual tone or emotion of the music itself? When a band like the Rolling Stones perform live in Russia, where the youth speak practically no English, what is it that is affecting them and speaking most loudly to their mental, physical and spiritual state of being? The music! It does not take a university graduate to figure that one out. This is why it is so naïve to think that, as long as the words are okay, I will be giving the right message. An opinion such as this can only be grounded in ignorance of the real facts. This is why the lead guitarist from the heavy metal band, Metallica, could say: “It is very difficult to sing about flowers and love when you have the drums and bass pounding...“ (Taken from the TV program on Pat Boone and Heavy Metal). Even a heavy metal musician understands the logic of appropriate lyrical and musical communication. It is not that so many Christians, especially in light of the body-temple principle, have no clue at all?

Some insist that in some cultures you cannot possibly expect them to worship God with music in the same way as Westerners do. It is held that the language of music is different to that of the Western mind. But, it is not culture that determines the emotional content of the music; it is being a human being, created in the image of God that determines the delivery and response. In any culture, those basic principles of "music emotion" are the same - musical principles that deal with the basic expression of loud, soft, slow, fast, and so on. So, what role does culture play then? It simply defines the flavor that may accompany the actual emotional language of music itself. Let me attempt to make this point a little clearer.

Music is made up of three major categories, melody, harmony and rhythm. Depending on what of these three elements is accentuated in the music determines on what level you listen and respond.

Melody: We listen to melody with that part of the brain that is more concerned with the aesthetic, emotional and spiritual. (Spiritual, in this context, does not necessarily mean religious).

Harmony: We listen to harmony with the intellectual part of our brain. Harmony is more complex in nature than melody because it is the combining of melody and harmonic interplay that make up this facet of musical communication. Classical music, for example, is a more intellectually based medium, whereas Metal, Rock, Rap, Techno, Rave or rhythmical jungle 'grooves' from Africa would fall into the category of rhythm.

Rhythm: We respond to this aspect on the physical level. This is why people dance to music that puts an emphasis on the beat.

None of this has anything to do with culture. In Africa they dance to music that contains the same musical principle of beat as do people who go to dance halls, raves and discos in Europe, China or the United States. Around the globe people dance to music with the beat accentuated because, humanly, we react to rhythm on the physical level of our functioning. This is pure common sense.

Contrary to popular opinion, natives of Africa do not only use drum or beat music in their cultures. In the cultures of Africa you can find all the elements of musical composition – melody harmony and rhythm. A mother who wants to get her child to sleep will use drums to lull the baby to sleep. She will sing a sweet African lullaby that will gently put the child to sleep. In her primitive way she grasps and understands the principles of communicating emotion via music. The lullaby may have a distinctly 'African flavor', but it will retain the principles of fluidity and subtlety that suit the emotion of that occasion.

Have you noticed how children often tease each other in a singong way? There are a series of very special notes which children use when they do this. (G E A G E ) But what is really amazing, is that children all over the world use the same series of notes when they are teasing one another in this way. It is the same on every continent and in every culture. Showing that on a natural level, we are not that dissimilar.

When the movie producer in Hollywood has the music scored and recorded for a movie, do you think he does a different soundtrack for every country where the movie is being released? Of course not, the Hollywood producer knows that he will illicit the same response from movie goers in Uganda, Israel, China, Russia, Brazil and Germany because he has a wealth of experience in England, South Africa or the United States. What the producer is concerned about is the atmosphere and what emotional response it will evoke. He knows from experience that the music he chooses will cause the same response around the globe.

Because of communication being what it is today, it is possible to create, in the homes, via radio, compact disc or television, a musical atmosphere that will have a direct effect on the emotional faculties of those exposed to it. Wherever we go today, we are surrounded by the sound of music, in shops, restaurants, cafe's, hotels and elevators. Our subconscious brain continually assimilates and records these musical messages. If we fill the mind with that which is potentially destructive, then we will most certainly reap the sad rewards. Indeed, a global musical atmosphere has been set today, in combination with the rest of what the media has to offer that has resulted in this world becoming morally, spiritually, and mentally depraved. That, which was yesterday, becomes acceptable practice today, even in the church. A process of desensitization has so numbed us to the reality of our sick condition, that not even the evidences of science, common sense, the spirit of prophecy or the Bible can convince us anymore. We have become spiritually wretched, miserable, poor, blind and naked, ready to be spewed out of God's mouth.

To Be Continued in next issue...

Brian Neumann

Brian S. Neumann spent more than 16 years in the Rock-Pop industry as a professional musician. He worked as a vocalist, guitarist, composer, performer and session musician in Europe as well as in Africa. Since his return to Jesus, Brian has done extensive research into the language of music, its effects on the human psyche and the spiritual, mental, and physical implications attached to choosing the right or wrong kind of music. Brian has lectured extensively on this topic in countries such as Germany, Austria, the Czech Republic, Poland, Canada, USA, Botswana, Iceland, Namibia and South Africa and is frequently invited to North America through Amazing Discoveries where his lectures are well received by hundreds of thousands. More information is available online at www.amazingdiscoveries.org.

Brian will be doing a tour of lectures in November 2003 in British Columbia, Washington, and California. In 2004 Brian will be lecturing in Europe, Barbados, Australia, and the United States. A free promotional video is available through Amazing Discoveries presenting the highlights of his music series.

death, but feeds him. Compassion is based on a wisdom that knows right from wrong. A person who can't tell the way things were meant to be can never be compassionate in any sense of the word.

A global pseudo-compassion may well be driven by the conscious or subconscious desire to cover or rationalize our own sins. It bears repeating that a person's theology tends to reflect our personal morality. If we are knowingly protecting any sin in our own personal lives, we run the risk of soon not being able to tell the difference between right and wrong, and lose the ability to separate the principles of good and evil.

To protect against this happening in our lives and in order to have compassion in the true sense of the word, we must always be in an attitude of genuine repentance and hatred for sin in our own lives. This will lead us to seek and find forgiveness and healing from God. As we experience forgiveness and healing, we will then have a testimony of hope and victory for others.

Compassion is, after all, not the emotion that closes its eyes to sin. But it is the attitude of Christ, who when He saw the multitude, had compassion on them. Compassion is the attitude that calls sinners to repent, to accept the forgiveness of God, and to leave off sinning.

A person who doesn't understand that cancer is fatal cannot have true compassion for its victims. A person who does not appreciate the suffering and despair that comes from poverty cannot have compassion for the poor. A person who does not accept that the wages of sin is eternal death cannot have true compassion for the sinner.

Richard O'Ffill

Source: www.revivalsermons.org. Used with permission.

Pastor Richard O'Ffill is the Revivatist for the Florida Conference in Orlando, Florida. During his more than 40 years of ministry, he has served in Southern Asia, and Latin America, as well as North America. Pastor O'Ffill believes that a "Holy God, through the Holy Spirit, is developing a holy people for the soon return of Jesus Christ"
than willful sin. God's people in these churches are unknowingly trampling on His holy day. And their attention has to be called to it because their loyalty has to be tested before they can receive the Spirit of God, which they will receive without measure. They are going to be tested as just how loyal and faithful they are to Jesus. That's the bottom line. They have to be prepared for translation. Jesus is coming soon. They need to be brought to a knowledge of the saving truth. And they need to understand that God has given us the Sabbath as a sign between Him and us. What is it a sign of? Ezekiel 20:12 says, "Moreover also I gave them my Sabbath, to be a sign between me and them, that they might know that I am the Lord that sanctify them." The Sabbath is a sign of sanctification. That's what the Bible is telling us. And men are saved by the sanctification of the spirit and the belief of the truth, we are told in 2 Thessalonians 2:13. "...without holiness no man shall see the Lord." Hebrews 12:14. In His mercy God is sending judgments upon the world to get people to start thinking, to get people to become serious about the Word and about what they need to do, and the changes they need to make to bring their lives into harmony with a thus saith the Lord. Do you not see how important it is, that we need to tell our neighbours, our friends and those around us? Or else we are going to be considered unfaithful stewards.

"With what joy heavens looks upon these blended influences! All heaven is watching those agencies that are a the hand to work out the purpose of God in the earth, thus doing the will of God in heaven. Such cooperation accomplishes a work that brings honor and glory and majesty to God. Oh, if all would love as Christ has loved, that perishing mankind might be saved from ruin, what a change would come to our world." T. Vol. 6 (Pg. 457).

"It is no time now for God's people to be fixing their affections or laying up their treasure in the world. The time is not far distant when, like the early disciples, we shall be forced to seek a refuge in desolate and solitary places. As the siege of Jerusalem by the Roman armies was the signal for flight to the Judean Christians, so the assumption of power on the part of our nation in the decree enforcing the papal Sabbath will be a warning to us. It will then be time to leave the large cities, preparatory to leaving the smaller ones for retired homes in secluded places among the mountains. And now, instead of seeking expensive dwellings here, we should be preparing to move to a better country, even a heavenly. Instead of spending our means in self-gratification, we should be studying to economize. Every talent of God should be used to His glory in giving the warning to the world. God has a work for His collaborators to do in the cities. Our missions must be sustained; new missions must be opened. To carry forward this work successfully will require no small outlay. Houses of worship are needed, where the people may be invited to hear the truths for this time. For this very purpose, God has entrusted a capital to His stewards. Let not your property be tied up in worldly enterprises, so that this work shall be hindered. Get your means where you can handle it for the benefit of the cause of God. Send your treasures before you into heaven." T. Vol. 5 (Pgs. 464-465) "Blessed are they that do His commandments, that they may have a right to the tree of life, and may enter in through the gates into the city." Revelation 22:14. This is the last and most precious promise found in scripture. I pray that you and I will be there and have many others with us to enjoy that everlasting life that God has granted us. May we not take it for granted or assume that someone else is going to do it for us, but may we let our little lights shine is my prayer in Jesus name.

Victor Gill

Pastor Victor Gill is a retired pastor that frequently travels on mission trips to the Ukraine, and has also appeared on KARE 550 AM radio on Amazing Discoveries broadcasts. He and his wife, Nettie, live in the Okanagan in British Columbia, Canada.

Batter My Heart
Batter my heart, three-personed God; for you
As yet but knock, breath, shine, and seek to mend;
That I may rise and stand, o' erthrow me, and bend
Your force, to break, blow, burn, and make me new.
I, like an usurped town, to another due,
Lose not possession and right of me.
Reason, Your vicerey in me, must defend,
But is captivated, and proves weak or untrue.
Yet dearly I love You, and would be loved fond.
But am bethrothed unto Your enemy:
Divorce me, unite, or break that knot again.
Take me to You, imprison me, for I,
Except You enthrall me, never shall be free.
Not ever chaste, except You ravish me.

—John Donne 1633

Book Sale

MUST WE BE SILENT? - Issues Dividing the Church
By Dr. Samuel Karanteng-Pipim

This book is not an autopsy report on the body of Christ. For the church of Christ cannot die. Jesus Himself has assured us that "the gates of hell shall not prevail against it (Matt 16:18). Although this work is not a postmortem, it is a much-needed pathology on the church. For, like many other Christian denominations, ours also has been infected by some malignant ideological tumors. By undertaking this critical examination, we may correctly understand the true nature of the church's condition and the body of surgery it needs. Includes a thorough analysis of the ideology of homosexuality, idealism of women's ordination, the ideology of racism, the ideology of liberal higher-criticism, and the ideology of congregationalism

On Sale For: $15.99 US

HYDROTHERAPY
By Clarence Dall, M.D. & Charles Thomas, Ph.D.

Simple Treatments for Common Ailments - Why go to the medicine cabinet for every ailment? Hydrotherapy helps your body effectively overcome common diseases by using simple treatments that do not leave foreign chemicals behind.

On Sale For: $7.95 US

EL CONTRIBUCION DEL GÉNESIS
Spanish edition of The Genesis Conflict
by Walter J. Veith

A powerful expose of the truth concerning the evolution creation question, the origin of life, archaeology & the validity of the Bible, and ecology and the future of our planet. This book is a translation of the 1st edition of Dr. Veith's book, and contains pictures & graphs

On Sale For: $7.95 US

IN SIX DAYS
Why 50 scientists choose to believe in creation - Taking a factual and scientific look at the evidence for evolution - physicists, biologists and chemists come to some disturbing and revealing conclusions. Essays covering the Big Bang Theory, radioactive dating, etc. (360 pages)

On Sale For: $15.00 US

GOD'S HEALING WAY
By MaryAnn McNellus, M.D.

Believing that God is the master physician, this book outlines the health principles set forth in the Bible that facilitate maximum health. Natural remedies for the treatment of illness are discussed and practical instruction for their application is given.

On Sale For: $5.00 US
WE NEED YOU!!

Would you like to support this ministry?

You Can!

Your tax-deductible gift, no matter what size, will be used specifically for evangelistic seminars conducted by Walter J. Veith

We invite you to become a regular supporter!

Like many small streams that come together to form a great river, so will your gift unite with thousands of others to create a great river of financial possibilities to hold major seminars all around North America. Join Amazing Discoveries in telling others about God's creative act and His plan for their lives in this needy, hostile and desperate world.

Send your cheque or money order to:

AMAZING DISCOVERIES
PO Box 189
7101C - 120th St
Delta, BC V4E 2A9
Canada

Thank you so much!

The Health Message
-Food Combining-

By Christine Peck

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress and in ability to put forth mental effort. It is better to have the fruit at one meal and the vegetables at another.” - Ministry of Healing, p. 299-300

Biblically speaking, “fruit” is the product of plant reproduction involving blossoms and pollination. The seeds are contained within a fleshy or nutty pod.

“And God said, ‘Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat.” (Genesis 1:29)

Vegetables are the rest of the plant, including the leaves, stems, and roots.

Grains are described in Genesis 3:18-19—“Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field. In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.”

For combining purposes, foods can be generally divided into three categories—the “fruits” group, encompassing most of the high-sugar-content fruits we’re familiar with; the “vegetables” group, encompassing most common “greens”; tubers and stems; and the “neutral” foods which encompass grains, legumes, nuts, and some vegetables and fruits which are compatible with either the fruit or vegetable category—specifically cucumbers, herbs, lettuce, sprouts, tomatoes, watercress, avocados and olives. The Food Combining Chart gives a simple overview of which foods fall into which category.

Most fruits are digested in 1-2 hours. Most vegetables, on the other hand, take 3-4 hours to digest. The neutral foods take between 2-3 hours, making them suitable to combine with either the fruit or vegetable groups.

As Ellen White counselled us in Ministry of Healing, fruits and vegetables should not be combined in the same meal. Scientists have discovered the reason why. The stomach will not empty its contents into the intestinal system until everything in it has been properly broken down. The stomach cannot select out individual ingredients from your meal and send them on separately. Everything put into the stomach together has to be handled in one package. There is a sensor in the duodenum which tests small samples from the stomach to determine if the meal you just ate has been processed enough to be sent on to the intestines. If it has, digestion proceeds smoothly. If it hasn’t, the valve is closed and the stomach works awhile longer. Fruit will ferment in the time it takes for vegetables to be processed.

The gas from this fermentation process may contribute to acid reflux, because it can escape up the esophagus. When the stomach valve opens to release the gas, stomach acid can also escape, irritating and eroding the lining of the esophagus. Doctors have discovered that long-term acid reflux can cause permanent damage. We hear enough about this on television commercials offering antacids, pills to reduce stomach acidity, and special medicines to treat acid reflux disease and its resulting esophageal damage.

The best antidote is, of course, prevention. Eat the fruits and vegetables in separate meals. Avoid eating animal proteins as well, as very high acid levels are required for proper function of the enzymes necessary to digest these proteins. Avoid eating desserts with your meal, since desserts often contain refined sugar which also ferments in the stomach while other meal ingredients are being digested. We should so well to heed the counsel given us in Counsels on Diet and Foods, page 336: “if for dessert sweet cake is eaten with milk or cream, fermentation will be created in the stomach, and then the weak points of the human organism will tell the story. The brain will be affected by the disturbance in the stomach. This may be easily cured if people will study from cause to effect, cutting out of their diet that which injures the digestive organs and causes pain in the head. By unwise eating, men and women are unfitted for the work they might do without injury to themselves if they would eat simply.” Fruits and neutral foods can be combined in dishes like oatmeal-and-raisins or walnuts and oatmeal, while vegetables can be combined with neutral foods in dishes like vegetable stew, lentil soup and lasagna. A nutritious meal can be made of spaghetti with a tomato sauce seasoned with olives, green peppers, onions and culinary herbs, a side salad of lettuce, tomatoes, cucumbers, sprouts and carrots, and your choice of legumes or soybeans substitute seasoned to taste.

1 Video Series “Life At Its Best”, Video 5: An Alternative Lifestyle, by Dr. Walter J. Veith
2 Ibid.
3 Ibid.
4 Ibid.
## FOOD COMBINING CHART

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Neutral</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Most fruits:</strong></td>
<td></td>
<td><strong>Most vegetables:</strong></td>
</tr>
<tr>
<td>Apples</td>
<td>All grains:</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Apricots</td>
<td>Barley, Buckwheat, Bulgur,</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Bananas</td>
<td>Corn, Millet, Oats, Rice, Rye,</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Sorghum, Wheat</td>
<td>Beets</td>
</tr>
<tr>
<td>Blueberries</td>
<td>etc.</td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>All legumes:</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Cherries</td>
<td>Carob, Chick peas, Kidney</td>
<td>Carrots</td>
</tr>
<tr>
<td>Cranberries</td>
<td>beans, Lentils, Lima beans,</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Currants</td>
<td>Mung beans, Peanuts, Soya</td>
<td>Celery</td>
</tr>
<tr>
<td>Dates</td>
<td>beans etc.</td>
<td>Eggplant (Brinjal)</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>All nuts:</td>
<td>Green beans</td>
</tr>
<tr>
<td>Lemons</td>
<td>Almonds, Brazil, Cashews,</td>
<td>Green peppers</td>
</tr>
<tr>
<td>Limes</td>
<td>Chestnuts, Coconuts,</td>
<td>Kale</td>
</tr>
<tr>
<td>Loganberries</td>
<td>Hazelnuts, Macadamias,</td>
<td>Kohlrabi</td>
</tr>
<tr>
<td>Mango</td>
<td>Pecans, Walnuts</td>
<td>Leeks</td>
</tr>
<tr>
<td>Nectarines</td>
<td>etc.</td>
<td>Okra</td>
</tr>
<tr>
<td>Oranges</td>
<td>All seeds:</td>
<td>Onions</td>
</tr>
<tr>
<td>Peach</td>
<td>Linseed, Poppy seed,</td>
<td>Parsnips</td>
</tr>
<tr>
<td>Pear</td>
<td>Pumpkin seed, Sesame,</td>
<td>Potato</td>
</tr>
<tr>
<td>Persimmons</td>
<td>Sunflower</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>Pineapple</td>
<td>etc.</td>
<td>Radish</td>
</tr>
<tr>
<td>Plums</td>
<td>Some vegetables:</td>
<td>Spinach</td>
</tr>
<tr>
<td>Raspberries</td>
<td>Cucumber, Herbs, Lettuce,</td>
<td>Squash</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Sprouts, Tomatoes (?),</td>
<td>Sweet potato</td>
</tr>
<tr>
<td>Tangerines</td>
<td>Watercress</td>
<td>Turnip</td>
</tr>
<tr>
<td>Watermelons</td>
<td>etc.</td>
<td>etc.</td>
</tr>
<tr>
<td>etc.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 7.4. Compatible combinations of plant foods.

Christine Peck

---

*Faith On the Line* is the official quarterly publication of Amazing Discoveries Charitable Foundation, a Seventh-day Adventist based non-profit organization, addressing theological, political, economic, and scientific issues from a Biblical perspective. Copies are sent to all who request them. Requests should be sent to the address below. A suggested minimum donation of $17 CDN or $11 US would be appreciated.

**Amazing Discoveries**

PO Box 4480  
Blaine, WA  
98231-4480  
USA

or

PO Box 189  
7101C - 120th Street  
Delta, BC V4E 2A9  
Canada

Tel: 604-572-9457  
Fax: 604-599-9949

Email: creation@amazingdiscoveries.org

Website: www.amazingdiscoveries.org