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# Is ALLAH God?

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for His Children

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FATH



ON THE LINE

DARE TO STAND



## Disaster or Opportunity?

The news lately has been saturated with stories of migrants from Moslem countries flooding Europe and North America as they re-locate from their homes and countries where ISIS reigns. Many nations are complaining about this immigration into their countries. But what should Christians think about it? Could it be an opportunity rather than a disaster?

As we well know it was very hard to evangelize in Muslim countries. The door has pretty much been closed to Christian missionaries. If anyone does go, it is with much danger. Some missionaries are not even able to disclose their location to friends and in public venues in order to protect their lives. Some of these countries are the most dangerous countries to live in as a Christian.

We know that God is in charge of everything that is happening in this world. Remember, God "removeth kings and setteth up kings". (Daniel 2:21)

What if we look at the scenario happening in Europe and our country in a positive way? As Christians, we now have an opportunity to bring Christ to the Moslem much more easily than ever before. Instead of seeing the influx of Muslim immigrants as a disaster for the western world, we should look at it as an opportunity to show the love of Christ to those people who have never experienced love in their own religion!

Sometimes I think we forget to look for opportunities God gives us. While religious liberty is important to maintain, could we sometimes use it to negate our responsibility to be a witness to others? At times I wonder if our country is doing the same thing Solomon did when he brought heathen wives into His kingdom and built them altars in the high places. Instead of converting the stranger in our land to the true God of the Bible, we actually encourage them to worship their gods. Even in Christian circles we do this by saying that their god is the same as our God. Instead we should show them that Jesus Christ gives more hope for eternal life than Allah can ever give them.

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**Our aim** is to urge men and women to stand for truth and resist error. We pray that in times of serious compromise our ministry will equip you with solid information on current end-time issues and trends, and encourage you to live a life apart from worldly influences.

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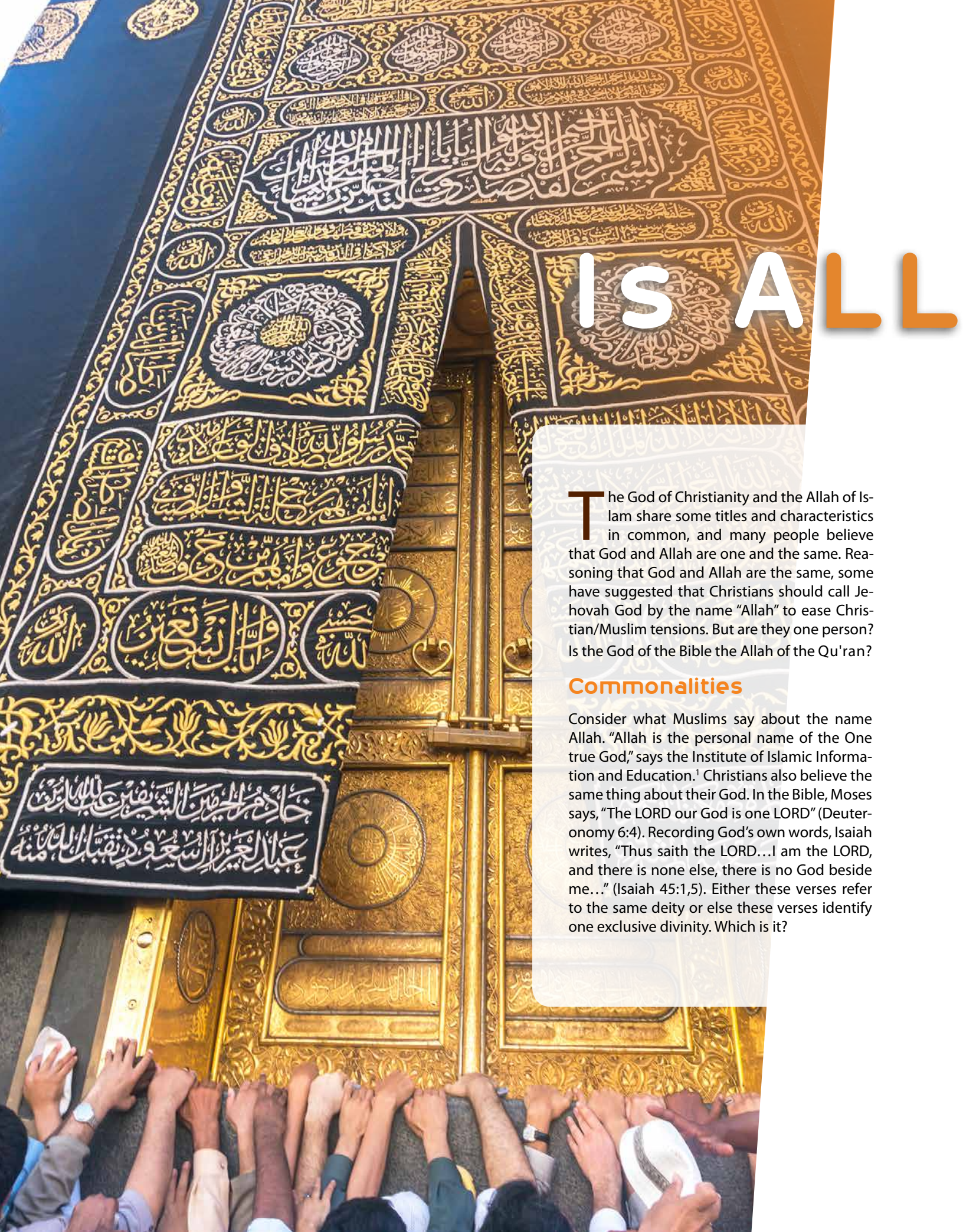


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# IS ALL

**T**he God of Christianity and the Allah of Islam share some titles and characteristics in common, and many people believe that God and Allah are one and the same. Reasoning that God and Allah are the same, some have suggested that Christians should call Jehovah God by the name "Allah" to ease Christian/Muslim tensions. But are they one person? Is the God of the Bible the Allah of the Qu'ran?

## Commonalities

Consider what Muslims say about the name Allah. "Allah is the personal name of the One true God," says the Institute of Islamic Information and Education.<sup>1</sup> Christians also believe the same thing about their God. In the Bible, Moses says, "The LORD our God is one LORD" (Deuteronomy 6:4). Recording God's own words, Isaiah writes, "Thus saith the LORD...I am the LORD, and there is none else, there is no God beside me..." (Isaiah 45:1,5). Either these verses refer to the same deity or else these verses identify one exclusive divinity. Which is it?



by Tammie Burak

# AH GOD?

Muslims believe that Allah is the creator, that he is eternal, the first and the last, and that he is merciful and compassionate. Christians believe the same things about the God of the Bible.

From these examples, we might conclude that God and Allah indeed could be the same deity. But there is more.

## Jesus: God's Son

The God of the Bible has a Son. The Old Testament refers numerous times to God's Son, both literally and figuratively. Psalm 2:7 prophesies this: "I will declare the decree: the LORD hath said unto me, Thou art my Son; this day have I begotten thee."

Proverbs 30:4 says, "who hath established all the ends of the earth? what is his name, and what is his son's name, if thou canst tell?" Many other Old Testament Scriptures confirm that God has a Son. And of course, the New Testament is all about God's Son, Jesus.

God also revealed His Son figuratively through the lives of His people as recorded in the Old Testament. For instance, Abraham and Isaac enacted the Son's sacrifice when Abraham laid Isaac on the altar. Jesus declared that this incident was a revelation of Himself, the Son of God, when He told the Jews, "Your father Abraham rejoiced to see my day: and he saw it, and was glad" (John 8:56).

The Bible makes it clear that salvation comes through God's Son, Jesus Christ. Jesus prayed, "And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent" (John 17:3).

However, the Qu'ran says, "God forbid that He Himself should beget a son!...Those who say: 'The Lord of Mercy has begotten a son,' preach a monstrous falsehood."<sup>2</sup>

Allah cannot be the Christian's God, because the God of the Bible definitely has a Son.

The Bible is inflexible on this point: "Whosoever denieth the Son, the same hath not the Father" (1 John 2:23). To call God "Allah," then, would be to deny the Son and the Father, too.

Jesus plainly says, "No man cometh unto the Father, but by me" (John 14:6). It is by the death of God's Son that we are saved. There would be no salvation without Him.

Paul declares, "And without controversy great is the mystery of godliness: God was manifest in the flesh" (1 Timothy 3:16). The whole plan of salvation hinges on this very point: God came in the person of His Son Jesus Christ to redeem humanity for Himself. Allah did no such thing. For Christians to call God Allah negates the very plan of salvation.

## Different Entities

A comparison of the Qu'ran and the Bible gives irrefutable evidence that the God of the Bible and Allah are two very different entities. God declared in Isaiah 42:8, "I am the LORD: that is my name: and my glory will I not give to another..."

God commanded reverence for His holy name. The third commandment which protects the holiness of God's name comes with a warning: "Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain" (Exodus 20:7). To think that we can call the God of the Bible "Allah" would not only be a mistake, it would be blasphemous because the names "God" and "Allah" refer to two different entities.

It's true that some Christians, when working for the salvation of Muslims, use the name Allah in reference to the God of the Bible when they first connect with Muslims so they can talk about the Deity. When it has been established that the God of the Bible is different from Allah, however, to continue referring to the God of the Bible as "Allah" would only be confusing, since the God of the Bible is a very different character from Allah. God, the Father of Adam, Abraham, Jesus and of all Christians is not Allah of the Qu'ran. **AD**

<sup>1</sup> "To God ( Allah ) belongs 99 names, " Allah (God); <http://www.allah.org/> (Accessed May 28, 2014).

<sup>2</sup> Qur'an 19:35, 19:88. <http://www.answering-islam.org/Quran/Contra/tqachrist.html>.

continued from page 2

Olaf Latzel is a faithful evangelical pastor in Germany who is preaching about the difference between the God of the Bible and the god of the Qu'ran.



<http://www.cbn.com/cbn-news/world/2015/October/Pastor-Pays-Price-to-See-Germans-Spiritual-Revival/>

He is not afraid to be politically incorrect and stand up for the truth even if his job is on the line. We need more people like Olaf, especially in our own ranks.

Let us ask ourselves: what is the opportunity today as God brings these immigrants into our midst?

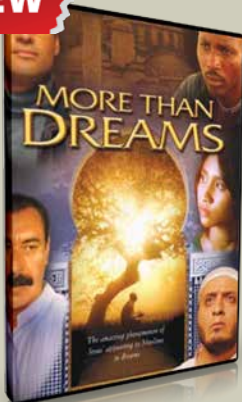
Is it an opportunity to show them the true God - without having to enter their dangerous countries? Is it an opportunity to finish the work of God and hasten His kingdom?

*Wenzel Goubey*

Wenzel Goubey

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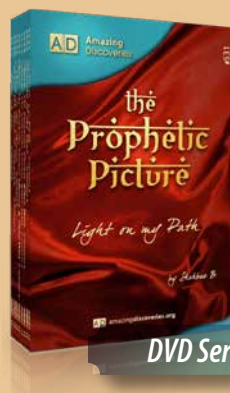
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by B. Shahbaz

# Revelation's Final Woe and the Islamic State

Dear Friends,

*In the last few years there has been a lot of discussion about Daniel 11 and how prophecy is going to reveal the coming events of this world. Many different views and a couple of books later we are beginning to see prophecy revealing itself through world events. War, disease, and natural disasters are at this very moment creating destruction and taking the lives of people in many places. Perhaps the biggest fulfillments are the emergence of diseases like Ebola, and the new threat of the Islamic State.*

*I recall a couple of years ago how some of our brethren were discussing and even sometimes arguing about the identity of the two northern and southern kingdoms mentioned in Daniel 11:40-45. I have said in the past and I say it again, some of our well meaning brethren have jumped their guns just a little too fast and did not wait upon the Lord to open the prophecies to us, and were prepared to give their own private interpretations. Some have even published books on this subject, which can be embarrassing for them if their interpretations do not stand the test of the Word and aren't fulfilled in world events! I am not mocking anyone, please understand that I am simply concerned.*

*As we see the armies of a new caliphate (ISIS) moving first around Syria and now Iraq destroying property and wiping out innocent human lives, we are realizing a third Islamic movement that is taking shape and perhaps fulfilling Bible prophecy, pushing south from its birth place. John in the book of Revelation chapters eight, nine and eleven spoke of seven trumpets, and three woes that will come in succession. We as Adventists have always connected the two first woes in Revelation 9 with Islam. The first woe dealt with the rise of Islam, what we call the Saracen movement, and its caliphate, and the second woe also was a world movement but this time it was an uprising of Islam and its ultimate caliphate, the Ottomans of Turkey. Both these caliphates were modeled after the sayings of Qu'ran. Both were a destroying power that can best be described by the pen of inspiration: "And I beheld, and heard an angel flying through the midst of heaven, saying with a loud voice, Woe, woe, woe, to the inhabitants of the earth by reason of the other voices of the trumpet of the three angels, which are yet to sound!" Revelation 8:13 Notice that the warning is to the inhabitants of the earth. A world movement with such devastating effect that inspiration*

*could not use any other terminology to describe it except for the three times repeated word "woe!" The last three trumpets of Revelation have the three dreaded woes connected to them, all seven trumpets were of a destructive nature, but the last three cannot be compared to the first four due to their overwhelming destructive nature.*

*These caliphates had one purpose, and that was to fulfill the commands of Allah in the Koran. They were to destroy and annihilate all their foes, to rid the earth of every infidel and to establish a pure Islamic worldwide state. Looking at it from that angle then, it would make sense, but still we need to be cautious not to jump the gun. Perhaps the final woe is also Islam, which makes its final, and perhaps greatest world wide uprising in the form of another caliphate, similar in character to its predecessors. Friends, all this is happening right before us, and prophecy is being fulfilled. If so, then I am afraid that earth's final night has begun, and we will see more prophecies fulfilled in rapid succession. According to the pen of inspiration;*

*"Satan works through the elements also to garner his harvest of unprepared souls....he will bring disease and disaster, until populous cities are reduced to ruin and desolation.... In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempests, floods, cyclones, tidal waves, and earthquakes, in every place and in a thousand forms, Satan is exercising his power. He sweeps away the ripening harvest, and famine and distress follow. He imparts to the air a deadly taint, and thousands perish by the pestilence. These visitations are to become more and more frequent and disastrous. Destruction will be upon both man and beast." The Great Controversy 589*

*Friends we need to get close to the Lord of hosts, if we are not already close to Him whose Great Arm is our only protection in the final hours of this world's history.*

*I hope and pray that you are ready, and you are studying!*

*Your brother in Christ,*

*Shahbaz*







# UN: Government Must Control Private Schools Because of “Human Rights”

Written by Alex Newman

The United Nations wants its member states, mostly dictatorships and repressive regimes, to clamp down hard on educational freedom under the guise of “human rights.” Concerned that students in private schools around the world are not receiving sufficient doses of globalist indoctrination prescribed by various global agreements, the dictator-dominated UN “Human Rights Council” passed a resolution this month calling on governments worldwide to “monitor” and “regulate” non-government education. Governments and dictators should also impose “standards” on private schools, the UN bureaucrats and government representatives said in the deeply controversial document.

Incredibly, the resolution even speaks of “protecting education from commercialization.” What it really means, of course, is protecting government-run monopoly “education” from competition by superior providers. After all, why would parents spend money on a private school if the tax-funded “education” provided by government was just as good or better? Obviously they would not. So what the UN pseudo-human rights bureaucracy is really saying is governments must prevent parents from choosing better alternatives. Of course, following the prescriptions outlined by Karl Marx, some members of the UN body actually ban any forms of non-government-run education already.

The disgraced UN council, composed of some of the most ruthless Communist and Islamist autocrats on Earth, regularly condemns freer nations — often for upholding actual rights instead of bogus UN-defined privileges mischaracterized as “human rights.” Continuing with its long tradition, the body urged governments to “fulfil the right to education” by, among other schemes, “putting in place a regulatory framework guided by international human rights obligations for education providers that establishes, inter alia, minimum norms and standards for the creation and operation of educational institutions.”

It was not immediately clear what sort of “standards” and “norms” the UN outfit had in mind — Common Core-style dumbing down and other UNESCO-linked demands, perhaps? Nor was it clear how usurping control over private and alternative schools to conform with purported “international human rights obligations” would contribute to a better education. In fact, proper education does not seem to be the goal at all, as made clear by a growing deluge of UN documents, resolutions, and other schemes demanding that schools worldwide indoctrinate children into new “values,” “attitudes,” “beliefs,” “sustainability,” and “global citizenship.”

Of course, following the prescriptions outlined by Karl Marx, some members of the UN body actually ban any forms of non-government-run education already.

The latest UN resolution on education, approved in Geneva on July 1, also calls for governments and dictators to start “monitoring private education providers” and “holding accountable those whose practices have a negative impact on the enjoyment of the right to education.” Setting aside the fact that education is a service and a privilege, not a right — real rights, by definition, mean freedom from coercion, not compulsory “services” from government — the resolution did not make clear what sorts of “practices” the UN and its members believe have a “negative impact” on “the enjoyment of the right to education.”

Also in the resolution was a call for governments to use tax funds to support “research” (read: biased “studies” touting government education) and “awareness-raising activities” (read: propaganda touting government education) on the issue. Supposedly, the “research” and “awareness” should help “better understand the wide-ranging impact of the commercialization of education on the enjoyment of the right to education.” Of course, a mountain of research on the topic is already available, and it shows that government-run schools exist to serve government — and that private schools, homeschooling, and other alternatives are drastically superior to “public” education, generally at a fraction of the cost.

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The UN also “calls upon all relevant stakeholders [governments, the UN, government-funded ‘civil society’ groups, regional outfits such as the European Union, etc] to ensure that the post-2015 development agenda fosters the universal realization of the right to education, including by establishing education targets that are specific, measurable, realistic and relevant,” the resolution said. The document did not specify what sort of “education targets” it had in mind. But based on previous UN education schemes, indoctrination targets would have been a better term to describe the agenda.

Indeed, in the same resolution, the UN “Human Rights” Council applauded another UN organ, the UN Educational, Scientific and Cultural Organization (UNESCO), which has been at the forefront of pushing the extreme ideologies of globalism and statism through schools worldwide. “The UNESCO-led UN Decade of Education for Sustainable Development, which

began in 2005, was explicitly intended to instill in every human being ‘the knowledge, skills, attitudes, and values necessary to shape a sustainable future,’” UNESCO chief Irina Bokova, a Bulgarian communist, boasted in a recent column. Read that again.

**Under the UN’s version of human rights, “rights” come not from God, but from governments, treaties, and international organizations.**

“What is needed now is a global movement, with every student in every country learning about sustainable development from well-trained teachers, equipped with the appropriate curricula and resources,” Bokova continued, with “sustainable development” meaning a radical redesign of human society toward collectivism, central planning, humanism, population control, and global governance. In the same piece, Bokova bragged that her agency, which she regularly boasts promotes global humanism, was also “promoting climate-change education in schools.”

As long as there are private schools outside the control of UN member governments and dictators, there will always be children whose “attitudes and values” are not shaped by the accelerating indoctrination efforts. Hence, under the guise of “human rights,” many of the UN’s most totalitarian and brutal member regimes demanded in the resolution that private schools be brought under government control. If private education negatively affects the “human right to education,” though, do privately owned grocery stores negatively affect the “human right to food”? Murderous communist dictator Raul Castro, whose regime sits on the UN “Human Rights” Council behind the resolution, may think so. But for anyone who appreciates liberty and prosperity, the answer is obvious.

If the collection of mass-murderers and tyrants on the UN council was not itself enough evidence of the UN’s warped view of “human rights,” a brief examination of its scheming provides plenty more. Indeed, the UN’s “human rights” are diametrically opposed to the unalienable, God-given rights enshrined in the U.S. Constitution, or even traditional Western notions of human rights. Under the UN’s version of human rights, “rights” come not from God, but from governments, treaties, and international organizations. They can also be restricted or abolished by government at will under virtually any pretext, as the UN’s own “Universal Declaration of Human Rights” openly admits. And in no case may those alleged “rights” be used contrary to the “purposes and principles” of the UN, according to Article 29. In other words, you have no rights under UN “human rights.”

But it’s even worse than that. Just this month, after celebrating as a hero a homosexual activist most infamous for raping underage boys, UN boss Ban Ki Moon claimed the U.S. Supreme Court’s attack on marriage, tradition, virtually every religion,

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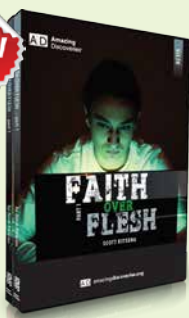


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states' rights, self-government, and the U.S. Constitution was a "great step forward for human rights." Other recent attacks on freedom under the guise of promoting "human rights" have included trying to criminalize free speech, attacking Britain for not providing large enough houses for welfare recipients, demanding more gun control in America, calling for parents to be jailed for smacking their children, and much more. Meanwhile, the UN continues to be embroiled in scandals, including widespread and systematic rape of young children by its "peacekeeping" forces.

Ironically, though, the UN resolution demanding government control over all forms of education would appear to violate the UN's own "Universal Declaration of [pseudo-] Human Rights." For example, that document clearly states in Article 26 that "Parents have a prior right to choose the kind of education that shall be given to their children." If parents have the right to choose what kind of education their children will receive, how can the UN "human rights" apparatus demand that governments decide what kind of education private schools of parents' choosing will provide to children? The same article in the UN declaration also states that education "shall further the activities of the United Nations."

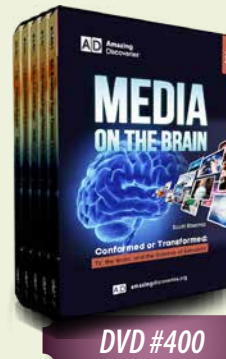
While the UN resolution passed almost entirely unnoticed in the world press, it did have some supporters other than the mostly autocratic regimes on the UN "Human Rights" Council. A massive coalition of Astroturf "education" groups — some of which openly say they want government school to be made compulsory for all — celebrated the measure, too. "The rapid, unregulated growth of private providers of education is already creating — and enabling — violations of the right to education, threatening to erase the last 50 years of progress in access to education," argued Camilla Croso with the Global Campaign for Education in a statement. "This resolution shows that States have realized that they must act now to regulate such providers — before it is too late."

In the real world, however, the expansion of educational liberty and the diminishing role of government schools in some areas of the world ought to be celebrated. The UN and its member governments around the world have big plans to indoctrinate your children into becoming "green" and "global" citizens — and they openly boast about it. It is time for the U.S. to withdraw from the UN dictators club, defund it, and get the federal government out of all education once and for all. **AD**

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Alex Newman has been working for The New American Magazine as a freelance journalist and also owns a consulting firm. His frequent topics include economics, education, finance, banking, business and politics.

Scott Ritsema



## Media on the Brain

by Scott Ritsema

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# 12 Frightening Facts About Milk

By Thomas M. Campbell, MD

October 31st, 2014

*A large observational cohort study<sup>[1]</sup> in Sweden found that women consuming more than 3 glasses of milk a day had almost twice the mortality over 20 years compared to those women consuming less than one glass a day. In addition, the high milk-drinkers did not have improved bone health. In fact, they had more fractures, particularly hip fractures.*

I am surprised that this study garnered so much mass media attention upon its release, as it highlights the deleterious side of milk, but I also think it is important to keep the findings in context. And when it comes to the health effects of dairy, the context is not so pretty:

- 1 In observational studies both across countries and within single populations, higher dairy intake has been linked to **increased risk of prostate cancer** (cited in <sup>[2]</sup>).
- 2 Observational cohort studies have shown higher dairy intake is linked to **higher ovarian cancer risk** (cited in <sup>[2]</sup>).
- 3 Cow's milk protein may play a role in **triggering type 1 diabetes** through a process called molecular mimicry<sup>[3]</sup>.
- 4 Across countries, populations that consume more dairy have **higher rates of multiple sclerosis**<sup>[4]</sup>.
- 5 In interventional animal experiments and human studies, dairy protein has been shown to increase **IGF1 (Insulin-like Growth Factor1)** levels. Increased levels of IGF1 has now been implicated in several cancers<sup>[5]</sup>.



- 6 In interventional animal experiments<sup>[6]</sup> and human experiments<sup>[7]</sup>, dairy protein has been shown to **promote increased cholesterol levels** (in the human studies and animal studies) and atherosclerosis (in animal studies).
- 7 The primary milk protein (casein) **promotes cancer** initiated by a carcinogen in experimental animal studies<sup>[8]</sup>.
- 8 D-galactose has been found to be **pro-inflammatory** and actually is given to create animal models of aging<sup>[1]</sup>.
- 9 Higher milk intake is **linked to acne**<sup>[9]</sup>.
- 10 Milk intake has been **implicated in constipation**<sup>[10]</sup> and **ear infections** (cited in <sup>[2]</sup>).
- 11 Milk is perhaps the most common self-reported **food allergen** in the world<sup>[11]</sup>.
- 12 Much of the world's population cannot adequately digest milk due to **lactose intolerance**.

So despite being very pleased that the public is glimpsing some of the evidence against milk in this recent study, I think there is a far more powerful story; a story that takes into account the largely hidden context of diet and dairy research.

There is a wealth of indirect evidence of very serious possible harms of consuming dairy foods, and, on the flip side, the evidence that milk prevents fractures is scant.

As we look beyond the headlines, it is hard to think that we should continue to consume the lactation fluid that exists in nature to nourish and rapidly grow calves. **AD**

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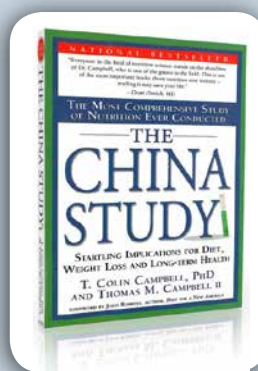
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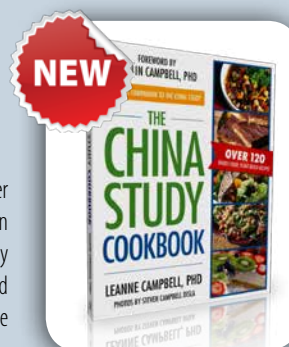


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# GOD'S IDEAL For His Children

By Roy Davies

**I**n 1844 when God's people were waiting anxiously for the second coming of Christ there came a great disappointment.

He did not come in the way that they expected in power and great glory, but He began the last phase of His heavenly ministry in the Most Holy Place of the heavenly sanctuary. But without this last phase of His heavenly ministry, the work on earth could not be finished and He could not cleanse the sanctuary in heaven or His church on Earth. Daniel 8-14.

The Most Holy Place on earth is the hearts and minds of God's people.

*"Thus saith the High and Lofty one that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble and to revive the hearts of the contrite ones." Isaiah 57:15.*

This disappointment led to a shaking among God's advent people. The insincere ones who were only emotionally stirred by the preaching of the advent message revealed their true colors and left the faith.

To encourage the true and faithful at this time of crisis for the infant church, the Lord gave a special gift – the prophet gift. Ellen Harmon became that mouthpiece for God. Her personal ministry continued for over seventy years. In that time she wrote sixty-three books and thousands of pages of counsel to the church. She often arose in the middle of the night to write letters of counsel to leaders of our church. How she could find the time to write so many letters and articles for our magazines is a wonderful achievement in itself. She, with the other pioneers of the Advent Movement, believed that the Lord would come in their lifetime.

In that horse-and-buggy age she traveled all over the U.S. preaching to prepare the church for the second coming of Christ.

As time went by, she was able to visit other countries by ship and share the gospel message with Europe and Australia. I had the privilege of attending the college that was founded as a result of one of her visions – Avondale College in Australia.

On one occasion she wrote this fascinating and profound statement:

*"Higher than the highest human thought can reach is God's ideal for His children." MYP. 40.*

Which is saying in other words that God's plan for His church is limitless and eternal. The Bible says that the gates of hell shall not prevail against it. Matt. 16:18. What are the gates of hell? Did the gates of hell prevail against the Saviour? No, He broke the gates of hell and death when He arose from the grave in that triumphant resurrection morning.

He owns the keys of hell and death. To the Apostle John on Patmos He spoke these powerful words:

*"I am He that liveth and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and death." Rev. 1:18*

As the gates of Gaza could not prevent Sampson's escape from the Philistines so the gates of hell could not keep the Saviour in the grave. The benefits of that powerful resurrection He wants to bestow upon His Remnant church. We as Adventists call this experience – the Latter Rain. This blessing that God is anxious to bestow upon His church is what prepares them for translation. (IT 187).

They are sealed by the Holy Spirit for eternity. (5T 214).

Like Enoch and Elijah they will receive the full benefits of that matchless life, death and resurrection for the Son of God.

That is truly higher than the highest human thought can reach and stretches into eternity with My God and your God. John 20:17.

This is God's ideal for His children. Godliness – Godlikeness – is the goal to be reached. (MYP 40). **AD**



# The Wedding of and Cultural

*by Pastor Wes Peppers*

In the timeless struggle between the church and the world, a growing crisis in the last days promises to leave many church members unprepared for the soon coming of Jesus. While the final Laodicean church suffers a barrage of divisive

attacks from the outside world, a more sinister division has reared within the church, between those who have genuine Biblical faith and those who mimic this lifestyle through their reliance upon the mere religious culture of Adventism.





# Laodicea Adventism

This division is not a new one, and we need only go back to the Genesis account where we find two twins, Jacob and Esau, who could not be more illustrative of the issue. It should be noted that both were raised in the faith (church) by their parents, knew truth, and had a knowledge of God. It is from this point that the similarities of these two twins radically diverge. Esau quickly

**RELIGIOUS CULTURE WISHES TO SIT AT JESUS' FEET BUT ONLY TO BE FED CONVENIENTLY IN THIS LIFE WITHOUT ANY DISCOMFORT OF PREPARATION FOR THE NEXT.**

cast off the restraints of his religious upbringing at the first temptation of his fleshly nature, as evidenced by the selling of his birthright for a temporary, earthly indulgence which influenced the course of his life. However, Jacob found a life altering power through a new birth experience from his faith and submission to God at Bethel.

Both started out with the same spiritual foundation, so what made the difference? Esau was immersed in the faith of his fathers as a child, but his preference for the culture of his faith rather than possessing faith itself did not lead him to seek transformation of heart and character as did Jacob. He sought the blessing of God and benefit of the culture simply for earthly gain. As one minister duly noted,

"Being born in the truth is not the same as being true." How accurate for many today as well!

Jesus also rebuked this superficial mimicry of true faith. In the gospel of John, we read His words, "...you seek Me, not because you saw the signs, but because you ate of the loaves and were filled. Do not labor for the food which perishes, but for the food which endures to everlasting life." John 6:26,27. They followed Jesus to have their stomachs filled with bread rather than their heart filled with His Spirit and presence. They ate from His hand but not His heart. Religious culture wishes to sit at Jesus' feet but only to be fed conveniently in this life without any discomfort of preparation for the next. Biblical faith will seek the spiritual bread even at the expense of earthly bread.

Herein lies the heart of the problem of Adventism today. Those whose lifestyles find common ground with genuine Christianity, but only have a form thereof, cannot testify of an external power which transforms them. They can only confess that they have been immersed for a time in the culture of Adventist Christianity and seek the benefits which come from such a lifestyle. They may appear to drink of the water of life, and yet be as destitute as the hills of Gilboa. A life enriched by Adventist culture without living faith cannot live above the world, but only comfortably in it. Without an entire surrender of the will, they do not experience genuine conversion. And without this, they neither come to Christ, nor practice self denial to lead others to him.

The 25<sup>th</sup> chapter of Matthew prophetically describes the distinct division that exists among God's people right before He comes. A contemporary view of the parable and its application would allow us to say that there are those cultural Adventists who have secluded themselves from the world, understood truth, and yet they still enjoy the

 continued on page 19

## Single Sermons by Wes Peppers

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### **NEW** 1907: God's End-Time Prayer to Revive His Ordained Movement (DVD)

God's end-time people have been eagerly awaiting Jesus' Second Coming for a long time. Why hasn't He returned yet? (92 min)



### **NEW** 1908: The Atheist Who Found God (DVD)

This is a beautiful personal testimony featuring Wes Pepper's incredible transformation from an atheist to someone who sought after, loves, and follows God. Witness how God can totally change our lives. He works miracles in the lives of those who willingly and actively seek him. (55 min)



### **NEW** 1909: Cancer, Crisis, and the Cross (DVD)

Wes Peppers discovered he had cancer at the age of 28. Despite this horrifying discovery, he saw his cancer battle as a means and way to continue living for the glory of God. Hear the incredible story of Wes Pepper's cancer crisis, and the miracles he experienced during and after his treatment. (65 min)



# CHARITABLE GIVING OPTIONS

*Looking for investment options that also double as a charitable gift? Here are some options that you may want to consider.*

## Charitable Gift Annuity

A charitable gift annuity is a contract where you agree to give money or other assets to Amazing Discoveries in return for a fixed annual payment for your life or for a set amount of years. After you pass away, whatever is left of your donation is used by Amazing Discoveries to further the ministry.

The payments do not have to be made annually. You can request to be paid monthly, quarterly or semi-annually, whichever you prefer. The payment amounts are set by the government and are based on your age and life expectancy. The older you are, the higher the percentage you will receive each year.

If you select payments for life, they can be made for the duration of your life or for you and your spouse's lives (two lives), so whoever lives the longest will continue to receive a payment. The payments are paid regardless of how much you donated or how long you live.

Part of each payment will be tax free income. The remaining amount will either be taxed as ordinary income or capital gains. Payments from the annuity can start immediately. However, individuals that do not need the income stream, might want to delay the payments until they are fully retired. This will allow for a higher percentage to be paid each year.

### The benefits of a Charitable Gift Annuity are:

1. current fixed income for life
2. possible tax free income
3. an Income Tax deduction
4. an Estate Tax deduction
5. a Capital Gains deduction (if any), and
6. the satisfaction of advancing God's work.

A Charitable Gift Annuity is great for individuals who have assets or cash that are not producing income. Those assets can be transferred into an annuity and converted to fixed income for life. Charitable Gift Annuities require a minimum of **\$10,000**.

## Charitable Remainder Trusts

A Charitable Remainder Trust (CRT) is a trust that makes yearly payments to the donor for life and then whatever remains goes to charity. It is a great way to increase your retirement income, while decreasing your taxes.

For example, let's say you bought stock 25 years ago for \$50,000. Today it is worth \$500,000 and it's paying a 1% dividend. You would like more income, but you don't want to pay capital gains tax on \$450,000. So you call Amazing Discoveries and tell them about your problem.

Amazing Discoveries advises you to transfer the stock to a CRT which has a 7% payout. This increased your income from \$5,000 to \$35,000 per year, and it helped save you from capital gains tax, income tax, and estate tax.

To establish a Charitable Remainder Trust a trust document must be created. Next, the donor contributes assets to the trust, which are then invested. The donor receives annual payments from the

trust. This can be a fixed dollar amount each year or a percentage of the trust value. Any money or assets left in the trust at termination would go to Amazing Discoveries.

Like a charitable gift annuity, a CRT can make payments annually, semi-annually, quarterly or monthly. The duration of the trust can last for the remaining life of one or two beneficiaries. It can also be for a term of years, e.g. twenty years. The payments are usually taxed as ordinary income and/or capital gains.

CRTs are different than annuities in that the donor can pick the payout rate, however some IRS limitations apply. The higher the payout rate selected, the lower the charitable deduction will be. Additionally, the payments are not guaranteed, but only last as long as there are assets in the trust.

### The benefits of a CRT are:

1. Increases annual income for the beneficiary
2. Income Tax deduction
3. Estate Tax savings
4. Capital Gains tax savings
5. Supporting the charity of your choice

A Charitable Remainder Trust is typically for people who have money or property valued over **\$100,000**.

## A Charitable Lead Trust (CLT)

A Charitable Lead Trust (CLT) is the opposite of a Charitable Remainder Trust. With the remainder trust, the charity receives what remains. But, with a Lead Trust, the charity receives the income payments during the donor's life, and the remainder goes to the donor's beneficiaries.

This type of planned gift is for individuals who want to support Amazing Discoveries, but also want to leave an inheritance to their family. To create a CLT you must transfer the money or property to a trust. During the remainder of your life (or term of years) the trust will pay the earned income and/or interest to Amazing Discoveries tax free. When the trust terminates, the assets and any growth are distributed to your designated beneficiaries.

### The benefits of a CLT are:

1. Saves your asset for your beneficiaries,
2. Income Tax deduction,
3. Estate Tax savings.

A Charitable Lead Trust is ideal for people who have assets valued over **\$500,000**.

*To contact us for further details on how you can incorporate Amazing Discoveries into your planned giving, please contact our office at: **604-856-9457** to speak to Dagmar. Thank you!*



world's pleasures and benefits. They want deliverance from evil but not from sin. Consequently, they seek their own kingdom rather than His. True Adventism, by contrast, seeks not only escape from the consequence of sin, but more importantly receives freedom from the root of sin itself through surrender to Jesus in everything. As a result, the new heart seeks actively to advance the kingdom of God through sharing its faith under the guidance of the Holy Spirit. It is a grace empowered endeavor, and the person constantly relies upon Christ for its accomplishment. In addition, true Biblical faith views God's commandments and counsel as grace filled truth that brings an abundant life, not as merely irrelevant "church rules." It accepts the plain, straight truth of the Bible and Spirit of Prophecy with joy, recognizing that it is out of infinite love and the strong delusion of sin that God gives such straightforward instruction. Anything short of this is a sure indicator that one is only culturally Adventist, but not a transformed Adventist.

This distinction being made, it should be noted that there is nothing objectionable with Biblical Adventist

culture, as long as it is driven by true Adventist faith. The two can exist together with hope of eternal life, but the former cannot save without the latter and will only result in eternal loss. Adventist culture alone will not meet the requirement in the judgement when we stand before God. We must each seek God personally with

all our heart while He is seeking us with all of His and be truly born again through living faith in Christ. To live each moment saturated with faith, not simply parroting the culture we know so well, is the sure remedy for Laodiceanism in Adventism today. To revive the first love, or sadly for many who are baptized members in the church already, the need to discover it for the first time, is of paramount importance for each of us personally as we live on the edge of the final prophetic crisis. Yet, there is rich hope for any who look to Him today in earnest, heartfelt faith.

Are you experiencing true Adventist faith or merely a cultural experience? Your answer today is of eternal, life and death significance. Choose faith. Choose life. **AD**

Warmly,

Pastor Wes Peppers, Lansing Adventist Church  
Michigan Conference

**ADVENTIST CULTURE  
ALONE WILL NOT MEET  
THE REQUIREMENT  
IN THE JUDGEMENT  
WHEN WE STAND  
BEFORE GOD.**

## Competitive Christianity

by Wes Peppers

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Wes Peppers discusses how prioritizing sports over Christ is dangerous. Hear about how we are to seek God first, and to set our minds above. Learn about some of the troubling effects of sports on our relationships with others and how it can even hinder our relationship with Christ. (60 min)

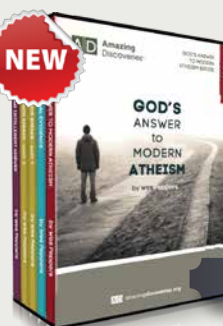
### 1916: Competitive Christianity Part 2

Should we, as God's people, be part of competitive sports? How can competitiveness negatively change us? Too easily people allow their competitiveness to become the drive of their hearts. Peppers explains how we shouldn't allow our egos to grow, but instead we should nurture the Holy Spirit within us. (75 min)

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by Wes Peppers

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It often feels as though atheism is becoming increasingly popular. With so many rejecting God and religion, what does the Bible tell us about how to react to modern atheism? (80 min)

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### 1903 – The Evidence Speaks Part 1

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### 1904 – The Evidence Speaks Part 2

Did you know every book in the Bible can be supported by archaeological evidence? Learn about the amazing facts that prove the world's bestselling book - the Bible - to be true! (30 min)

### 1905 – Giving an Intelligent Answer

God has already given us all that we need to be effective witnesses for Him. Do you know what that may be? Discover some intelligent answers to Christianity's most pressing questions. (60 min)

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Michael Eduard Klaus Rathje

# My Testimony

## Part 1 of 2

I was born in Munich on August 1, 1989. My parents are regular working people with secure jobs, who did what was necessary to sustain the family. My mum is a member of the Catholic Church; my dad is Evangelical but neither of them practices their faith. I remember when I was about 8 years old, my mum asked us at dinner if any of us believed in God and if we wanted to continue to pray for the food. We decided as a family that we did not believe and so stopped praying.



*Me and my family in Germany*

I was a good child. My mum gave my sister and me a lot of attention. Also both my grandmothers spent a lot of time with us. Nevertheless, in my early years I developed an addiction to television and later became addicted to computer games. I believe that's why I developed dyslexia, a reading disorder.

When I was 12, I smoked my first cigarette and at 14 I got drunk with so-called "pop ups," light alcoholic drinks. My best friends were Ludwig, Tobias, and Andreas. We were about 16 years old when we tried the drug marijuana. I finished middle school (secondary) when I was 16 years old, with a focus on economics; that same year (2005) I started my carpentry apprenticeship and finished it in 2009.

And here is where my life really started!!!

I made good money as a carpenter. I lived in my parents' home and so I didn't have any living expenses. All my money went toward partying and drugs. One Saturday morning after yet another party night, I woke up in my bed and had a very different feeling. Something inside me said, "This can't be life. Five days a week, I work and smoke weed every night and the other two days I get even more wasted, destroying my body." The next moment I got out of my bed, turned on my computer and booked a flight to Canada. It was on February 22, 2010.

Why Canada? I had recently gotten to know a young Canadian named Rob, who was traveling around the world and he inspired me to step out of my little world in Munich. Also, I have family in Vancouver, BC and that's where I planned to go.

Before I arrived in Canada I connected with my uncle Norbert and told him of my plans to come to Vancouver. He was very surprised but happy. We never really had much of a connection before that. I had seen him only a couple of times in my life. One week before I started my trip I talked to him again and he told me that he was already talking to an acquaintance of his who worked as a contractor in construction. His contact was starting a new project and would need a skilled handyman like me! I arrived February 23 in Vancouver. My uncle picked me up and we drove to his house in Richmond.

When I arrived I had two needs: First, I needed a job. And second, I needed a home for myself.

I got a job within the first week with my uncle's contact, Wenzel Goubaj. He told me he needed someone who had a lot of time and could do a lot of little construction tasks. That was my job. I like construction and I especially got to like the Canadian way of building—with wood and nails.

The day we went to see the job was also the first day of the construction project, which was actually a reconstruction project. Wenzel Goubaj at the time worked as a contractor to sustain his family, but he was also the director of a self-supporting ministry called Amazing Discoveries. The construction site was an old church building which the ministry had bought to transform into an office and recording studio.

Because the work place was quite far from my uncle's house I needed a car so I wouldn't have to depend on my uncle or Wenzel, my boss. I



*First year in Canada.*





started looking for a car and after I checked one out, my uncle told me that one of his employees wanted to sell his car. I went to see it and it looked pretty good, considering it was 19 years old. The car was a Toyota sport edition and the fellow wanted \$1500 for it. I paid for the car with my first two checks.

In the first days and weeks of work I got to know the people of the ministry and especially the Goubej family. Wenzel told me a lot of things about his religion and the Seventh-day Adventist church and about his God, Jesus Christ. I first was quite skeptical about this but I felt that my personal view of life was respected and nobody tried to force any religious beliefs on me. Still, for quite a while, it was weird to be around people who constantly prayed and talked of God.

As an atheist I had a thousand questions for Wenzel and I tried to make him see the vanity of his faith. But the answers he gave had the contrary effect. I really started to think of this Bible thing and I know today that the Holy Spirit told me, "Here is what you were looking for - the real reason of life!" I still doubted a lot, but with time and the love with which this family treated me - something I'd never experienced before - convinced me of a Higher Power which had led me from my bed in Germany to this place in Canada.

One day, after peppering Wenzel with questions, he told me, "You know Michael, I'm really afraid that I might give you an incomplete answer to your questions. You've got to learn a lot about the history of the world to really understand. I would like to give you a set of DVDs to look at." I accepted his offer and he gave me this big box of 36 DVD's, a series called *Total Onslaught*, by a speaker named Walter Veith.

## I WILL NOT DOUBT

I will not doubt, though all my ships at sea  
Come drifting home with broken masts and sails;  
I will believe the Hand which never fails,  
For seeming evil worketh good for me.  
And though I weep because those sails are tattered,  
Still will I cry, while my best hopes lie shattered:  
"I trust in Thee."

I will not doubt, though all my prayers return  
Unanswered from the still, where realm above;  
I will believe it is an all-wise love  
Which has refused these things for which I yearn;  
And though at times I cannot keep from grieving,  
Yet the pure ardor of my fixed believing  
Undimmed shall burn.

I will not doubt, though sorrows fall like rain,  
And troubles swarm like bees about a hive;  
I will believe the heights for which I strive  
And only reached by anguish and by pain;  
And though I groan and writhe beneath my crosses,  
I yet shall see through my severest losses  
The greater gain.

I will not doubt, Well anchored is this faith,  
Like some staunch ship, my soul braves every gale;  
So strong its courage that it will not quail  
To breast the mighty unknown sea of death.  
O, may I cry, though body parts with spirit,  
"I do not doubt," so listening worlds may hear it,  
With my last breath.

— Ella Wheeler Wilcox



That was about 2 months after I arrived in Canada. By this time my uncle Norbert had already suggested that it would be good for me to find a home of my own to stay in to get more experience in life. I checked out one flat to rent but before I made a decision, my uncle said, "Listen, we have a house which we bought a couple of months ago and the guy who used to rent it from us gave us problems with parties and noise. So, I was thinking of asking if you would like to live there to take care of the house and the lawn." I thought, "What kind of question is that?" Yes, I would like it even if it was really old and my room-mate was a big rat. The best part was that the house was right on the ocean. So I lived in this house and drove my own car to work every day. At night I started watching these sermons and by the third or fourth DVD, I really started to understand what kind of truth God was opening up to me, the prophecies of Daniel and Revelation - everything in its smallest details. This was a big thing for me.

My conscience started talking to me and I found myself in a big spiritual war. My doubts and my little faith started jumping up and down. I decided to accept this message and started praying and tried to read the Bible. I also started going to church on Sabbath and stopped partying and doing drugs. I also stopped going to the martial arts studio, which I had really gotten to love over the previous two months. I adopted a complete Vegan diet.

My change was very rapid but I liked it. I memorized the prophetic events and dates but I didn't get into the Bible reading thing. The fact is that the devil had worked well in making reading difficult for me. In all my life, I'd never read a complete book. I might have started reading from time to time, but never got farther than the first couple of pages.

For the next four months I was living like an Adventist, working and watching the sermons. My family and friends in Germany drove themselves crazy with anti-religious propaganda gathered from movies, newspapers, etc.. The mind of the secular world is very critical of any religion which it doesn't understand. Before I became a Seventh-day Adventist, no one in my family or among my friends, or anyone I knew had ever heard of

something like a Seventh-day Adventist. My mum told me when we were talking on Skype to please be very careful with these people because before I knew it they might sacrifice me. My friends also told me that they had a meeting to plan what they should do to rescue me! I really thought they'd gone more crazy than I had. This caused me a lot of problems with my friends.

So far, God had shown me that He loves me and that if I chose Him, He could and would provide every need! After being in Canada for just 6 months my life had completely changed. I had lost about 7 kilograms (or 15 pounds) of fat, I was super happy and I realized that God had given me everything, even things I didn't even ask for! I knew that if I got baptized that meant I chose to forever walk in the ways of God. But as much as I liked my life with God, I had some things on my heart which I had never let go of. And, God, of course, knew!

So sometime in October 2010 God put me to a test so I might see what was in my heart. He permitted my friend Ludwig to come to Vancouver to visit me and my friend Rob, the Canadian who had inspired me to leave my home back in Germany. When Ludi told me that he was coming, it was clear to me that I would have to make a decision. I would have to make a decision for God or go back to my old ways.

Once Ludi arrived I could not put off my decision for long. I picked him up at the airport and took him to Stanley Park, near downtown Vancouver. As we walked and shared our experiences of the past year, we saw two people walking in the bushes looking for something. Ludi figured they were looking for hallucinogenic mushrooms and asked them what they looked like and how to find them. I wasn't interested. For the next hour Ludi walked around in the forest looking for mushrooms. After a while I called him back to the walkway. As soon as he walked beside me, still in seeking mode, looking at the ground, he suddenly stopped and picked up a little pack of marijuana! I understood the situation: Satan was calling. In all my life, I never found weed lying on the ground. Ludi also couldn't believe it but he was super happy! I held out for three days, but then I gave in and smoked with him. Then while visiting Rob on Vancouver Island, we went with him to a cabin party in the mountains where I got wasted to the point that I was sick to my stomach.

Just after Ludwig came to Canada I left with Wenzel and Victor Gill to India for 2 weeks. I actually enjoyed the stay and the culture, but I didn't permit God to do something special in my life. I already had my mind set. In the flight back to Vancouver I got drunk and Ludwig was already waiting at the airport for me.

I disconnected myself from Amazing Discoveries and lived together with Ludi in Rob's flat for a couple of weeks. We smoked more marijuana and I started looking for a job. One job got lined up, but it never materialized. For about 3 weeks I had a horrible time. I was addicted to marijuana, I couldn't find a job and my money was running out. To make things worse, I owed Wenzel money, too.

One day Wenzel called me and told me that he was on Vancouver Island visiting a friend, so I could visit him to figure out how to take care of the debt I owed him. I went. Along with Wenzel were his wife Dagmar and some other friends from my Christian life. Wenzel told me that he didn't want me to run out of money so he released me from my debt to him. They invited me to stay for supper. I decided to stay, even though I had planned to get in and out as fast as I could. As we talked, I told him about my life at the moment, but I wouldn't express my real feelings. Wenzel reminded me of all the truth I had learned. I said I was tired of the story and I didn't want to hear it anymore. Dagmar started crying and I left. **AD**

But the fight for my soul was not over.

*To be continued in the next issue. . .*

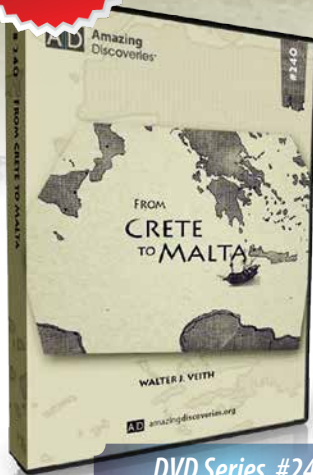


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**244: Part 4** - In recent news we have seen more reports on ecumenism than ever before. We see people from all religions coming together. In this lecture with Pastor Walter Veith we will look at current events to reveal more troubling moments and movements in the Catholic world. Do you know what is happening in Rome?

**245: Part 5** - In this final lecture in professor Walter Veith's series From Crete to Malta, we will look at the USA as the image of the beast to more fully understand where we stand in the stream of time. This is a pivotal time in history. Rome is striving pull us into its arms. If anything is not aligned with the Holy Bible, then it is not from God, so let's get back to the Reformation and not forget the protest that makes us Protestants!

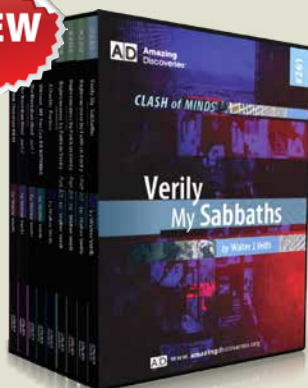
## Clash of Minds by Walter J. Veith

*We are all living together on Earth and need to figure out how to get along. With a population of over 7 billion people, this may not always be easy. We all have different backgrounds, ethnicities, beliefs, and desires. Though different, we are also unique and special in God's eyes. He sees us as individuals with the freedom to choose Him daily. We are different, but many see these differences as divisive. Different denominations believe*

*in different things, and these different belief systems prioritize theology differently.*

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# Carob

## CHOCOLATE'S SAFE ALTERNATIVE

by Jean Handwerk

It's a rare person who hasn't tasted and enjoyed chocolate. Not so common is a person who's been exposed to carob, the best-known chocolate substitute. After all, why would we want an alternative to something that tastes so good?

As it turns out, there are plenty of reasons to expel chocolate from our diets.

Let's talk chemicals first. Chocolate comes from a seed—a cocoa bean. All cocoa, from which chocolate is made, contains tannin. Among its ill effects, tannin interferes with the release of digestive enzymes, which leads to in-

digestion. It also is a dehydrator, leading to constipation and dry skin.

Theobromine, the primary chemical in chocolate, can cause headaches, central nervous system irritation, sleeplessness, itching, depression, and anxiety. It is not to be dismissed lightly.

The caffeine in cocoa acts similarly to a narcotic, leading to addiction. It gives a quick chemical "lift" to the mental processes, but always ends in lower mental alertness than before ingestion.

Methylxanthines, of which caffeine and theobromine are two, are linked to increase cell growth in certain glandular tissues. They interfere with enzyme signals, which can result in uncontrolled cell growth: the development of cysts and benign tumors, especially in the breast.

Fortunately, we can usually stop these growths by abstaining from the methylxanthines. Such was the case with a woman who says that her addiction to chocolate resulted in fibrocystic breast disease. It took only a month or two after denying her chocolate cravings for the cysts to disappear.

In fact, women are usually advised to discontinue the use of coffee, tea, colas, chocolate, and all forms of or products containing methylxanthines as a breast-cancer control measure. Many physicians believe methylxanthines have the same effect on the male prostate as on the female breast.

### *Another option*

Carob, in favorable contrast, is worry-free. It contains no tannin, no theobromine, no caffeine, and no methylxanthines.

The cocoa bean actually has a bitter flavor—a hint of which can be discerned just in the difference between light and dark







chocolate. The bitterness necessitates additives such as refined sugar. Also, the slight grainy texture of the ground bean is masked with oils, milk, or cream. As fat comprises 50% of the calories of the bean, the end product sold on grocery shelves is a rich, heavy, oily, difficult-to-digest item promoted as a treat or indulgence.

Carob has no bitter flavor or grainy texture, so it needs neither sweetening nor smoothers such as oils and milk products.

Cocoa beans, the raw product from which all chocolate is made, come from countries where sanitation levels and production standards are low. After the bean pods are cut from the cacao tree, they are piled in a heap to ferment for several days. This fermentation develops the chocolate flavor. The warm, fragrant piles of beans attract insects, rodents, and dogs. A friend reported that during a year in Borneo, she observed and photographed the stages of cocoa pod processing. After the pods are spread on the ground, she said, the "mangy dogs urinate all over them." Many other kinds of contamination can also occur. During fermentation (decomposition), the temperature within the pile rises. As heat and moisture increase, so does the incidence of molds and bacteria. This is how aflatoxins, cancer-causing agents from the molds, are produced in the cocoa beans.

Carob requires no fermentation to develop its flavor.

Due to the harvesting and fermentation processes described above, chocolate is not a pure product. The US Department of Health, Education and Welfare acknowledges chocolate's contamination from "insects, rodents and other natural contaminants," and limits that contamination in two ways.

First, the agency requires that **visible or solid animal excreta must not exceed ten milligrams per pound**, and second, **chocolate powder must not have more**



An interesting historical note is that the city of Pasadena, California, has about 2000 carob trees along its streets and in its parks and schoolyards, and even around City Hall. During the Great Depression, Seventh-day Adventists planted these lovely evergreen trees around and on the grounds of all the public schools in hopes that school children would eat this free, nutritious food, rather than go hungry.

Perhaps they did at the time, if they knew about carob's benefits. But today, the pods are raked into the trash heap, unappreciated, and their benefits unrecognized.

### ***DID YOU KNOW?***

- Carob tannins contain Gallic acid that works as an analgesic, anti-allergic, antibacterial, antioxidant, antiviral and antiseptic.
- Carob improves digestion and lowers cholesterol level in the blood.
- It is used for treating diarrhea in children and adults alike.
- Since it does not contain caffeine, carob benefits people with high blood pressure.
- Regular use of carob helps in preventing lung cancer.
- The vitamin E content in carob helps in treating cough, flu, anemia and osteoclasia.
- The Gallic acid in carob helps in preventing and treating polio in children.
- Carob fights against osteoporosis, due to its richness in phosphorus and calcium.
- Carob pod husks are chewed by singers to clear the voice and throat.

*continued on next page*

than seventy-five insect body fragments in three tablespoons of powder. Many individuals thought to be allergic to chocolate may instead be allergic to the animal parts or excrement within the chocolate.

Carob causes no known allergic reactions.

### *But what exactly is carob?*

Carob (*Certonia siliqua*), grown extensively in the Middle East, produces a long pod which, when ground into powder, tastes much like chocolate. Many people cannot tell the difference; others can discern a difference but they prefer to avoid chocolate and are grateful for a close second.

Unlike chocolate, carob is naturally sweet and is three times richer in calcium than chocolate, but with one third fewer calories and seventeen times less fat. Carob is also a rich source of pectin, the substance which makes jams and jellies "jell." Recent research indicates that pectin may be helpful in lowering your cholesterol level.

The pectin in the carob is also useful for stopping simple diarrhea. I suggest drinking a tablespoon of carob in a cup of hot or cold water.

Carob powder can replace chocolate or cocoa in any recipe. A chocolate baking square equals about three tablespoons of carob powder.

Carob powder can also be used as a sugar substitute, since it is almost 50% natural sugar. Use it in bread, waffles, cakes, pies, pancakes, hot or cold cereals, or muffins. If the flavor is too "carob-y," then use part carob and part other sweetener, such as honey. **AD**

### TIPS

- The carob powder is used as a substitute for cocoa powder or chocolate in cakes, cookies and candies.
- Hot beverages are made using carob powder, instead of coffee.
- For making cookies and muffins, carob chips are used in place of chocolate chips.
- Carob forms an important commercial stabilizer and thickener in bakery goods, ice cream, jelly, salad dressings, mustard and other food products.

*Evaluate chocolate and its suitability as a food compared to carob. Make a decision based on facts and not on taste and habits alone.*

CHOCOLATE	CAROB POWDER
<b>Methylxanthines</b> and contributing factors in breast cancer and possibly prostate cancer. Caffeine is a methylxanthine. It is wise to discontinue the use of coffee, tea, colas, chocolate and all forms of methylxanthines.	No methylxanthines
<b>Tannin</b> is present in all brands of cocoa from which chocolate is made, and can have harmful effects on the mucous membranes of the digestive tract.	No tannin
<b>Theobromine</b> causes headaches, central nervous system irritation, itching, depression, anxiety, and fibrocystic disease of the breast.	No theobromine
<b>Sugar</b> in large amounts is required to mask the bitter flavor and make it palatable.	Naturally sweet
<b>Fat</b> makes up a minimum of 50% of chocolate's calories. Oil, cream, or milk is often added which makes it extremely rich, heavy oily, and difficult to digest.	Low in fat (about 2% of its calories)
<b>Contamination</b> often occurs during the processing of cocoa beans. The bean pods are left in piles outdoors to ferment for several days. Fermentation is essential to develop the chocolate flavor. Aflatoxins, which are cancer promoting toxins produced by molds, are produced in the beans. In addition, insects, rodents and small animals may make nests in the piles. Though the beans are later cleaned, roasted, and shelled, contaminants can be present. Some individuals thought to be allergic to chocolate may actually be allergic to the contaminants in the chocolate.	No fermentation necessary; no known allergic reactions
<b>Caffeine</b> is the world most widely used drug, and affects the psychological state of those who consume it. The continued use of the narcotic results in headaches, insomnia, heart palpitations, indigestion, irritability, mental feebleness, depression, and numerous other harmful effects on both mind and body. Caffeine is not only considered a habit forming drug, but also addictive. Abuse results in symptoms of caffeinism which is comparable to morphinism, and includes agitation, disorientation, loss of self control, and a syndrome which may be mistake for anxiety/neuroses. Caffeine is found in coffee, non-herbal tea, cola and soft drink beverages, chocolate, and cocoa.	No caffeine

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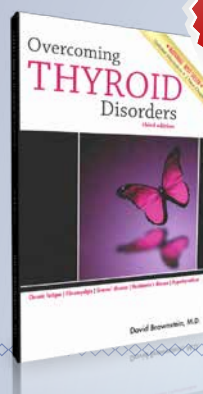
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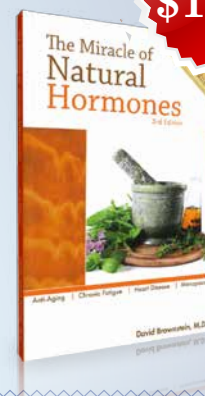
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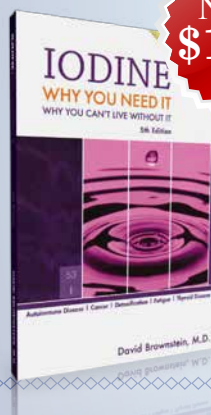


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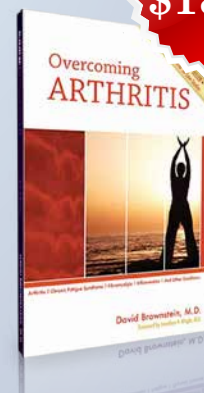
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