

CENTRAL NEWS

FEBRUARY 2021

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WORSHIP SCHEDULE

Most of you know by now that Pastor Mills had hip replacement surgery on February 2. He has been suffering from much pain since last summer.

We can all join in prayer that his recovery will be speedy and effectual. He hopes to be available for phone calls and emails beginning Monday, February 9, and back in the pulpit by March 6.

In his absence, worship service speakers are:

- February 6 Pathfinders
- February 13 George Decker
- February 20 Tearl King
- February 27 Josh Broussard

THE CHURCH AT WORSHIP

**Divine worship** each Sabbath begins at approximately 11:00 a.m. in the sanctuary. It is requested that attendees social distance, wear masks when appropriate, practice no-touch greetings, and reserve social interactions for outside the building.

The service will be live-streamed on YouTube and the link will be sent by email each Sabbath to only those on the special email list which is for that purpose. If you are not on the email list to receive links to the worship service but would like to be, please contact Don Miller. The service will also be available for later re-play when using the same link.

Unfortunately some music selections are muted due to copyright restrictions.

The church channel on YouTube will have only the sermon part posted for that date and will not include announcements.

**Wednesday Night Prayer Meeting** – Meet in the church sanctuary or watch the live stream at 6:30 p.m. A link is sent out via email prior to each prayer meeting.

The current topic is from the small book “Hope for Troubled Times” by Mark Finley, available on Amazon.com as paperback (\$2.49 plus shipping, or as a Kindle edition for \$1.99 – read it with the free Kindle app.) <https://www.amazon.com/Hope-Troubled-Times-Mark-Finley/dp/0828028702>

SABBATH BIBLE STUDY

**Ed Toth’s adult Sabbath School class** meets in the small room behind the sanctuary piano. This class no longer meets via Zoom. *(Jeff Green)*

**Don Evans’ adult Sabbath School class** is meeting via Zoom each Sabbath morning, beginning at 9:15 (for connection and a few minutes of fellowship before the Bible study begins). To participate in this class you need the Zoom app on your device. Then go to: <https://us02web.zoom.us/j/547049222?pwd=Qmx4c0FtenZoS2Q2ZGhoYTVqV1gxUT09> and sign in with the meeting ID: 547 049 222, and the password: 088903.

**Junior and Earliteen Sabbath School Department**, for children ages 10 to 13, is meeting in person in the Junior room at 9:30 a.m. *(Jenny Broussard, leader)*

**Beginners Sabbath School Department** is meeting in person in their classroom upstairs in Central Hall, 9:30 a.m. *(Natalya Rierson, leader)*

**Kindergarten Sabbath School Department** leader Lisa Schmitt is doing Zoom Sabbath School for all young children. Contact her as to how to sign on for your child.

DATES TO REMEMBER

**Coming up** – To refresh your memory of what Central’s 16-month “Evangelism Journey Acts 20:21” is all about, go to our church website for the overview of this plan. <https://www.hsvcentralsda.org/resources/acts2021>

Plan now to participate in the revival, “No Limits: A Life of Power,” March 1-6. (This was previously scheduled for January 24-29, but was postponed so as to not conflict with Dr. Sandoval’s weekend seminar.)

This revival by John Bradshaw will be for one week only, March 1-6 (30-minute programs, followed by 30 minutes virtually or in-person). The meetings will be Monday through Friday at 6:30 p.m., and finish with the Sabbath morning worship service on March 6. <https://nolimits2021.com/>

CENTRAL THIS ‘N’ THAT

**For urgent prayer requests** needing to be passed on to the church family, please contact Jon Barfield.

**Dr. Mark Sandoval**, Health Ministries Director of Gulf States Conference and president of Uchee Pines Institute (a lifestyle center) in Seale, Alabama, presented a weekend seminar “Mind-Body Connection” January 22-24. Presentations were live-streamed. As of this writing, the links are still active. So if you missed any or all of the presentations, you may still view them.

Topics presented by Dr. Sandoval:

1. How Thoughts Can Create Disease, <https://youtu.be/kQdsgB4JS3E>
2. Why We Take Things Personally, [https://youtu.be/u\\_inWhxADjA](https://youtu.be/u_inWhxADjA)
3. Deadly Love, <https://youtu.be/BIVj0le9uM4>
4. How To Be Free From The Past, and
5. The Talent Of Suffering, <https://youtu.be/VjnK8qibIm0>
6. The Key to Victory, <https://youtu.be/lvNOJJ90RsA>

**Learn more** about Uchee Pines Institute in Seale, Alabama; sign up for the monthly “Emphasis: Your Health” newsletter or read some back issues.

<https://www.uchEEPines.org/>

MEMBERSHIP TRANSFERS

**Jodi Perkins** is transferring her membership to Central Church from Grand Junction, Colorado, SDA Church.

**Arnold and Carolyn Bray** are transferring their memberships from Central Church to Umitilla, Florida, SDA Church.

*“Have faith in God.  
Seek truth. Do not delay.  
Have faith in God.  
The Scriptures search today.  
Have faith in God.  
His Holy Word obey.  
Have faith, dear friend, in God.”*  
*(H.M.S. Richards, Sr., founder of the Voice of Prophecy, 1894-1985)*

## BIG COVE CHRISTIAN ACADEMY

**The Principal's Message** – Hello, Church and School Families,

We have been blessed to increase our enrollment at Big Cove. I started with only two students this year, but have increased to seven. We began the year with 13 total students, but now have 18. It is a blessing to be able to see God answer the prayers for increased enrollment. Thank you to all of you who have kept the school in your prayers and have spread the word about our school!

One of the reasons we are growing is because we are still offering in-person classes during COVID while many schools are not. It has brought some families in and those families have told others about how much they like the school. In turn, those other families decided to come. COVID is obviously a very bad thing, but God has used that bad thing to bring about something good for our school and the new families – just like how He used bad for good in the story of Joseph! Joseph's brothers sold him into slavery but then he became 2<sup>nd</sup> in command and ended up saving his family.

The other reason is because we offer a good spiritual and academic program. In the early church days, the message was so attractive that the church was growing day by day. It's nice to see that our school follows this model by offering a good spiritual/academic experience and growing day-by-day as well. It shows that the Holy Spirit is guiding our school and drawing more people to it!

However, the work is not done! As an evangelistic extension of the church, Big Cove will not rest and will keep trying to draw more and more people to it. We are working on better ways to do this and would love to hear feedback on what any of you think would be a good way to draw people into the school. If you have any tips, please email me at [lucas.smith411@gmail.com](mailto:lucas.smith411@gmail.com). I would love to hear from you!

*“So the churches were strengthened in the faith and grew daily in numbers” (Acts 16:5, NIV).*

*(Lucas Smith, BCCA Principal)*

**It is the goal** of Huntsville Central that all the children in our church family receive an Adventist education. If you are interested in sending your child or children to BCCA, or if you know someone who is, or if you believe you may need financial assistance, please contact Lucas Smith, BCCA principal; or Jeff Green, school board chairman. *(Lisa Schmidt, Christian Education Secretary)*

**Celebrating 100 days of school** – BCCA students in Mrs. Boyd's and Ms. Boyd's classes had a fun day, which Mrs. Boyd described for us:

We started with number 1 – the Bible.

1. Bible class and searching for passages that talk about 100.
2. Kindergarteners learned what the number 100 looks like by creating picture books of 100 with stamps, glitter dots. They also practiced counting to 100.
3. For PE we did 10 sets of 10 exercises for a total of 100.
4. For our Nature Walk Journaling, each student collected five pine cones and then we counted by 5's to 100 and wrote in our journal about why there are so many pine cones on the ground.
5. For math class we had a STEM FAIR and Professor Hundred was our special speaker. We rotated into five creation stations every eight minutes. Each station

had 100 building objects with which we constructed something creative, and then we journaled in our lab notebooks each thing we created. At the end we talked about what was the easiest, most challenging, most fun, and why.

6. At lunch we celebrated with a 100-days cake, courtesy of Mrs. Lisa. It tasted amazing.
7. We created All About Me 100 Days posters and a 100 Days Smarter Activity.
8. We ended our day of celebration receiving 100 Days Smarter crowns, sun glasses, stickers and 100 Uno mini cards from Mrs. Boyd and Ms. Boyd!

*(Wendy Boyd)*

*Mrs. Boyd's philosophy:*

*“The future of the world  
is in my classroom today.*

*If we don't teach our children  
to follow Christ,  
the world will teach them not to!”*

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**Spotlight on BCCA!** Exciting News! Big Cove Christian Academy appears under the “School Spotlight” feature in the well known online publication Rocket City Mom at <https://www.rocketcitymom.com>. The Spotlight feature will run for the entire month of February.

To find BCCA's Spotlight, on the Home page click on the “Education” tab, then click on “School Spotlight.” Scroll down to find BCCA. There you will see contact information, school philosophy, and other pertinent information.

Being able to have BCCA in the Spotlight is truly a blessing! Because of COVID, Rocket City Mom made this affordable! We are hoping that raising community awareness about BCCA will bring us more interested families.

If you are interested in meeting the teachers and learning what new initiatives are in place at BCCA, please contact Lucas Smith at [l.smith@bigcovesda.net](mailto:l.smith@bigcovesda.net). Thank you for supporting our school and Christian education.

Please help us spread the word about our school by sharing on Facebook, Twitter, Pinterest, and e-mail.

*(Lisa Schmidt, Christian Education Secretary)*



## BCCA Science Fair

will be March 23 at 6:00 p.m.

### BCCA Fundraisers

◆ Shop with Amazon Smile. BCCA will automatically receive .5% from your eligible purchases when you shop on Amazon Smile at <http://smile.amazon.com>. Log in with your Amazon ID and password, and on the next screen enter Big Cove Christian Academy in the box under “Or pick your own charitable organization.” On the next screen select BCCA.

◆ Box Top\$ for Education Fundraiser – Download the Box Tops app and shop as you normally would, then scan your store receipts. The app will automatically credit the amount under BCCA earnings online. [boxtops4education.com/](http://boxtops4education.com/)

◆ Publix Partners – Sign up at Publix.com for an account, select BCCA, then enter your phone number at checkout. A percentage of each eligible transaction made using your Publix Partners account is allocated to BCCA.

<https://corporate.publix.com/community/corporate-campaigns/publix-partners>

### PATHFINDER RAMBLINGS

**Huntsville SpaceWalkers Pathfinders** visited Joe Wheeler Wildlife Refuge and hiked the nature trails in January. They saw thousands of Sandhill Cranes and Whooping Cranes as well as other migrating birds. While on the trail they happened to meet the mayor of Decatur, Tab Bowling, who took a group photo with the Pathfinders.

The club has been busy working on Investiture classwork and honors such as Knot Tying and Stewardship. The Voyager class also did a service project by helping with the re-flooring of the pastor’s office.

The club will deliver presentations during the worship service on Pathfinder Sabbath on February 6 and will have Lock-in in February.

Meetings are at BCCA on Thursdays at 6:00 p.m. and/or virtual via Zoom depending on current Covid-19 conditions. Attending meetings at BCCA will require a mask and social distancing until further notice.

The club is open to children in grades 5-12 who are willing to abide by the Pathfinder Pledge and Law.

For more information please contact the directors, Rick and Kelly Riley.

About the Pathfinder Club:  
<https://www.clubministries.org/pathfinders/>

## RELIGIOUS LIBERTY

**Thanks for your response** to the Religious Liberty Offering appeal on January 23! However, several of you, like a brother who approached me after church, may not have realized that the offering was taken then. Not to worry! The campaign lasts for another five weeks, so you may still give your offering by the internet portal on the church’s webpage, in person at the church, or via postal mail. Remember that *every* offering counts and does its heaven-appointed work in promoting religious liberty locally, nationally, and internationally. We thank God for the privilege of being partners in this vital work!

*(Derek Bowe, Religious Liberty leader)*

### DISCERNING THE TIMES

**Danger in the womb** – The 48<sup>th</sup> annual March for Life took place in Washington, D. C. on January 29 as scheduled, but was different in that much of it was virtual. The annual march commemorates the January 22, 1973 Supreme Court decision in Roe v. Wade which, together with the 1992 Planned Parenthood v. Casey, invalidated 50 state laws and made abortion legal and available on demand throughout America.

Also different this year was the lack of support from the White House. Last year President Trump spoke to the marchers at the rally. In contrast, this year President Biden reversed the previous administration’s anti-abortion rules prior to the rally.

*Abortion was once again the number-one cause of death globally in 2020, with a record 42.7 million unborn babies killed in the womb as of December 31, 2020, according to data provided by Worldometers, which keeps a running tally through the year of major world statistics. Statistics on worldwide abortions are published by the World Health Organization (WHO).* <https://www.worldometers.info/>

In comparison to 42.7 million abortion deaths in 2020, there were 8.2 million cancer deaths, 5 million deaths from smoking, and 1.7 million from HIV/AIDS. Worldwide deaths from the coronavirus in 2020 totaled 1.8 million, according to Johns Hopkins University.

All deaths are tragic. But ignoring, minimizing, legalizing and encouraging the slaughter of the unborn is truly an indicator of the depths of our depravity.

<https://www.breitbart.com/national-security/2021/01/01/abortion-leading-global-cause-of-death-in-2020-with-42-7-million-killed/>

**“Planned Eugenocide, The Origin and Purpose of the Abortion Movement”** is a presentation by Scott Ritsema of Belt of Truth Ministries. He tells the untold story of eugenics in America. Has the Adventist Church been affected by this movement? Watch the 40 minutes of highlights here:

<https://www.youtube.com/watch?v=-DC05jCbl74>

Purchase the full presentation DVD here: <https://beltofruthministries.org/storefront>

Or watch it in full by subscribing to Belt of Truth TV, <https://www.beltofruth.tv/>

### PRAY FOR ONE ANOTHER

*“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God” (Philippians 4:6, NKJV).*

*Editor’s note: Please let me know of any prayer requests which need to be added, and notify me of any that should be removed.*

The following people have requested prayer or it has been requested for them:

Aitken family, Joan Andrews (Pastor Mills’ aunt), Tim Baker, Chuck Barnes, Chris and Valerie Barr, Ben Bishop, Sherry Bray and sister Barbara, Steve Brown (Michael Brown’s brother), Lyonel Browning family, Don Buchholz;

Asia and Esther Cockfield, Tonette Comber (Delores Cochren’s granddaughter), Jim and Laurie Cooper (Jenna Dow’s parents), Deckers’ children and grandchildren, Mirna DeWitt;

Sheila Evans, Barbara Frazier, Jerry Green, Cassie Hamer, Norma Harrison, Rick Hendel, Lee Higgs (Kathy Campbell’s brother), Kathy Kittleson’s brother Henry, Rosella Hoppe (Jennifer Olmstead’s mother), Roger Hunter, Jeff and John Irwin; Linda Jackson and son Timothy, Wanda Johnson, Kaitlynn, Kimberly Kirton (Delores Cochren’s daughter), Ko family, Sherrie Landis, Thomas and Joanne Lang, Andy and Karla Lowe family, Josh and Stephanie Lewis;

Chuck and Christine May, McClearys’ grandson Weston, Stacy Miller, Penny Miller, Pam Mills’ brother; Pastor Randy Mills, George Navarro, Betty Nelson, Dorothy Oliver, Morris and Jennifer Olmsteads’ relatives, Gloria Radke, Jennifer Reyes, Rick and Deborah, Rita and Adelle, Brian and Pam Robinson and Robbie (Shirley Holstein’s relatives), Charles Payne;

*Pray for one another, continued:*

Dorothy Salhany, Deb Saylor, Fran Scheidt, Sledge family, Jeff Smith, Dee Theiss and extended family, Dia White, Ryan White, Noel Whitehead, Ricky Williams, Katie Willis (Pam French's daughter), Hugh Wilson, Pearl Wise, Ron Wise (Jennifer Reyes' brother-in-law).

Our families and children; shut-ins; BCCA and other Adventist schools and students; disinterested or unsaved loved ones; the grieving; Central's Acts 20:21 project; our personal outreach to our contacts; all who are affected by COVID 19; those suffering from injury, disease, disaster, strife and persecution; our pastors and their families; SDA leadership; and world leaders.

## SOUNDING THE TRUMPET

**Editor's note:** The following is from a letter from Doug Batchelor, President of Amazing Facts International, a non-profit, donor-supported ministry. Though the letter is an appeal for funds, I thought his commentary was concise and informative.

Pastor Doug wrote:

Jesus said, "*While men slept, his enemy came and sowed tares among the wheat*" ([Matthew 13:25](#)).

**While men slept** – Throughout 2020, the world's attention was so focused on the pandemic, politics, and protests that the significant movements of the papacy slipped by largely unnoticed. And now, major prophecies that Bible skeptics doubted could ever happen are rapidly unfolding in plain sight!

What do I mean? For centuries, Protestant denominations unanimously agreed that the Roman Catholic Church, today home to 1.2 billion Catholics, is the antichrist described in Daniel and Revelation. They also understood that, someday, its deadly wound would heal and that it would rebuild its influence in the world's religious, economic, social, and political arenas. *And now it's happening!*

Let me give you just four examples:

1. **Meeting with world's financial titans** – Pope Francis recently assembled 27 elite CEOs, with a combined value of \$10 trillion, from America's largest corporations to form a group dubbed the "Guardians of Inclusive Capitalism." Investment banker Lynn Forester de Rothschild declared, "This council *will follow* the warning from Pope Francis to listen to 'the cry of the earth and the cry of the poor' and answer society's demands for a more equitable and sustainable model of growth."

2. **Environmental TED Talk** – On October 10, the pope was the guest of honor at a series of emergency TED talks called "Countdown," globally streamed presentations on building a better future by cutting greenhouse gas emissions in half by 2030. Pope Francis referenced his encyclical *Laudato si'*, which says, "Sunday . . . is meant to be a day which heals our relationships with God, with ourselves, with others, and with the world."

3. **Global Compact on Education** – During a special October 15 event, Francis called on "people of good will" to join his *Global Compact on Education, a seven-point pact encouraging change on a global scale*, with a particular focus on the youth.

4. **Seeking unity with Protestants** – On December 4 the Vatican released an "ecumenical vademecum," a 50-page guide for how Catholic leaders can promote unity with the broad spectrum of Protestant communities. In recent years, influential evangelicals like Rick Warren, Kenneth Copeland, and Joel Osteen have united with the papacy on various causes.

### **The stage is set but the saints are asleep.**

Two thousand years ago, the apostle John wrote, "*And all the world marveled and followed the beast*" (*Revelation 13:3*).

During his seven years in office, Pope Francis has become a superstar. With his genial approach, he's even won over secular skeptics – especially with his support of evolution and statements that seemingly pave the way for the acceptance of same-sex couples within the Catholic Church.

Now, following the recent election chaos, we have a Catholic president and a Catholic-dominated Supreme Court. And while they may be well-intentioned people, something dangerous is afoot.

A hundred years ago, a modern prophet predicted, "The Protestant churches are in great darkness, or they would discern the signs of the times. The Roman Church is . . . employing every device to extend her influence and increase her power in preparation for a fierce and determined conflict to regain control of the world, to re-establish persecution, and to undo all that Protestantism has done" (Ellen White, [The Great Controversy, page 565](#)).

It seems likely now that the papacy will use fear over climate change to introduce "family and worker friendly" laws, including a Sunday mandate – a "green Sabbath" – to allow the planet to rest. Eventually, this global rest day will be used

to completely replace the true Sabbath, leading to persecution designed to silence the voice of God's people.

You can be sure that Amazing Facts is committed to sounding a trumpet of warning against the dangers of unification with the apostate church. But time is running short as the devil's plan advances relentlessly.

Lost souls won't discover the astonishing truth about the papacy on news networks like Fox or CNN. That's why Amazing Facts will be launching a new website to educate millions about what Bible prophecy reveals concerning the papacy and her plans: It's called [PapacyTruth.com](#).

Sweeping aside misinformation, PapacyTruth.com will help revive the great Protestant truths neglected by evangelicals. It will proclaim truth tactfully and with love, but it won't compromise the facts. It will divulge the clear truths from Scripture about the papacy's workings. Seekers will also have the opportunity to enroll in our free Bible School, watch engaging videos, and even receive a copy of the *America in Bible Prophecy* magazine!

Imagine sending doubting loved ones to a website with solid documentation and ironclad Bible truth – not mere rumors, speculation, or conspiracy theories. It could make the vital difference in their eternity!

Pastor Doug's letter is found here: <https://www.amazingfacts.org/news-and-features/from-pastor-doug/letter/id/25508>

He ends the letter with an appeal for funds to make the new website a reality. A button is given directing to a donation page.

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**ION TV opportunity** – Amazing Facts also has a wonderful opportunity to broadcast truth to more than 100 million homes on ION TV. This giant national network has grown 41 percent since 2015 and distributes programming on 195 stations nationwide, reaching 96 percent of all homes in America!

Amazing Facts has been given a choice spot, 8:30 a.m. on Sunday, the perfect time to share Bible truth with millions of receptive viewers who are already searching for answers to life's most challenging questions.

You can double the impact of your gift right now! Generous friends of Amazing Facts believe so much in this opportunity that they will match your gift and double the blessing of reaching more souls for Christ! To give to this project, go here:

<https://give.amazingfacts.org/p-278.aspx>

## MAKING SENSE OF CURRENT EVENTS

**“What’s Up, Prof?” series** – In recent issues of Central News, I have been suggesting that you view (or at least listen to) discussions on current world events in light of Bible prophecy as presented by Professor Walter Veith and Martin Smith in the “What’s Up, Prof?” series. If you have not heard any or all of these presentations, you can access all of them here:

<https://www.youtube.com/playlist?list=PLdbXyyVfVp-7hBkVKQ3teqZDpkN3MQ4yz>

The latest presentations are:

- ◆ No. 45 – “Sons of God; Daughters of Men” Who are They?
- ◆ No. 46 – To Vax Or Not to Vax?
- ◆ No. 47 – The Great Reset, A Long Time Coming? Part 1
- ◆ No. 48 – The Great Reset, A Long Time Coming? Part 2

Presentation numbers 47 and 48 have helped me to understand that the worldwide circumstances in which we are presently immersed have been in the planning for several years.

The World Economic Forum founded by Klaus Schwab is promoting “The Great Reset” and using the slogan “build back better.” The cost of the pandemic with its results is propelling the world down the WEF’s path. They mean to do away with what was “normal” (before COVID 19) and replace it with something different – in part, a resetting of the world’s economy, for which the stage is now set. This will likely mean a leveling out of the wealth (of all but the wealthiest) – ie., the confiscation of private property for “the common good.”

I well remember what Cati Safta, a former member of Central Church, told me when I was assisting her to get her life story into English. She grew up in a rather well-to-do family in Romania who had a productive farm with income sufficient to help others. When she was still a youth, Communism took over Romania. Her family’s farm was divided up and parceled out to others – leaving them with two acres, a cow and a few chickens. In Cati’s words, “Suddenly we became poor.”

We can’t imagine such a thing happening here in America, but we may experience it very soon. If we intend to invest anything in charities such as our own global mission entities, we need to do so as soon as possible.

(Kathy Lamson)

### Where is your treasure?

Jesus said, “Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also.” ([Matthew 6:19-21](#)).

We cannot out-give God!

### POINTS TO PONDER

“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth” ([2 Timothy 2:15](#))

**Care-less Christians** – Many Christians today, even among Seventh-day Adventists, care less for God’s word than they do for their everyday worldly concerns. They are walking in darkness just as surely as people did during the Dark Ages when the Bible was withheld from the populace. Then, the people were not responsible for their ignorance of scripture. But we – in an age of hundreds of translations of scripture – are intentionally and knowingly ignorant if we neglect or refuse to saturate ourselves with the word of God. We are setting ourselves up to succumb to the enemy’s sophistries and to be overcome by his deceptions.

Ellen White, God’s prophetess for the last days wrote many years ago, “I saw that all heaven is interested in our salvation; and shall we be *indifferent*? Shall we be *careless*, as though it were a small matter whether we are saved or lost? Shall we slight the sacrifice that has been made for us?”

Mrs. White was privileged to see into heaven more than once. She says, “I have seen an angel standing with scales in his hands weighing the thoughts and interests of the people of God, especially the young. In one scale were the thoughts and interests tending heavenward; in the other were the thoughts and interests tending to earth. . . . The scale filled with thoughts of earth, vanity, and pride quickly went down, . . . The one with the thoughts and interests tending to heaven went quickly up as the other went down, and oh, how light it was! . . . Said the angel: ‘Can such enter heaven? No, no, never. Tell them the hope they now possess is vain, and unless they speedily repent, and obtain salvation, they must perish.’” . . .

“A book has been given us to guide our feet through the perils of this dark world to heaven. It tells us how we can escape the

wrath of God, and also tells of the sufferings of Christ for us, the great sacrifice that has been made that we might be saved and enjoy the presence of God forever. And if any come short at last, having heard the truth as they have in this land of light, it will be their own fault; they will be without excuse. The word of God tells us how we may become perfect Christians and escape the seven last plagues.”

She goes on to say that some took no interest because other things “diverted their minds, idols were cherished by them, and God’s Holy Word was neglected and slighted.” . . . “That word which they have neglected . . . is the standard; their motives, words, works, and the manner in which they use their time are all compared with the written word of God; and if they come short then, their cases are decided forever” ([Testimonies for the Church, Volume 1, pages 124-125](#)).

“The last great delusion is soon to open before us. Antichrist is to perform his marvelous works in our sight. So closely will the counterfeit resemble the true that it will be impossible to distinguish between them except by the Holy Scriptures. By their testimony every statement and every miracle must be tested. . . . None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict. To every soul will come the searching test: Shall I obey God rather than men? The decisive hour is even now at hand. Are our feet planted on the rock of God’s immutable word? Are we prepared to stand firm in defense of the commandments of God and the faith of Jesus?” ([The Great Controversy, page 593](#)).

(Kathy Lamson)

### GETTING INTO THE WORD

**“The Death of America?”** is the title of a feature article in the Fall 2020 issue of Laymen Ministries magazine.

The article begins: “As we take a close look at events transpiring in today’s America, we might well ask, ‘Is America about to die?’ After all, world powers and empires have come and gone through the centuries. Maybe the great American Empire is next? Europe’s various divisions and empires have come and gone. Even the greatest empires of Babylon, Medo-Persia, Greece, and Rome all eventually met their fate. Amazingly, it was not always invading forces that brought about the demise of an empire, but rather the collapse that took place from within!”

The author compares the United States to the Roman Empire, stating that “As ancient Rome faced collapse, it gave way for the

rise of the papacy. . . . Could it be that in a time of serious crisis, amid political, social, and natural calamities, people would run back to church [here in America]? . . . Would a serious crisis cause a mass of quasi-Christians as it did in Rome – a false form of political Christianity? Could history repeat itself?”

This excellent article concludes: “America still has a major role to play in Bible prophecy. The end is not yet!”

I believe is well worth our time to read this article and study the scriptures given, to refresh ourselves regarding what the Bible says about America’s prophetic destiny.

[http://www.lmn.org/pdf/218\\_The%20death%20of%20America.pdf](http://www.lmn.org/pdf/218_The%20death%20of%20America.pdf)

**A fresh way to study Bible prophecy** – Check out “Unlocking Bible Prophecies 2.0” with Cami Oetman. It is a 15 part series, sponsored by Adventist World Radio.

Cami Oetman spent two decades in the modeling world, then in social work caring for hospice patients, as well as starting a successful retail business.

But ten years ago, she had a real encounter with God that changed her life forever. The truths Cami learned were so compelling that she knew every human being in the world should experience the love of Jesus as she had. Within three years, she had preached 350 Bible presentations.

Today, as a vice president for Adventist World Radio, Cami travels the world documenting the miracles that take place when people give their hearts to Jesus.

Back in October 2020, Cami presented Unlocking Bible Prophecies 2.0. A few of the topics are: The Prediction, The Signs, The Authentic Seal, The Counterfeit, The Grave, The Mark, The Harlot, The New Life. You can view the trailer and all 15 episodes at <https://bible.awr.org/en/intro/>

(Thanks to Patsy Halberg, previous Central member, for this info.)

“**The USA in Bible Prophecy**” is lesson 21 in the series of Bible study guides by Amazing Facts ministry.

<https://www.amazingfacts.org/media-library/study-guide/e/4998/t/the-usa-in-bible-prophecy>

## TO YOUR HEALTH

**COVID-19 and your immune system** – Eight recommendations in less than 8 minutes! Gary Kent, director and speaker of “The Incredible Journey,” an Adventist media ministry in Australia, shares eight simple guidelines under the acronym NewStart, developed by Dr. Hans Diehl, a lifestyle medicine specialist who emphasizes the importance of boosting the immune system to give it a fighting chance against disease. Watch the brief video here: <https://tij.tv/tbs/covid-19-your-immune-system/>

### Get a New Start God’s Way

**Nutrition.** Move as far toward a whole-food, plant-based diet as you can. Eat lots of green leafy vegetables, such as broccoli, spinach, and kale. Eat plenty of fruit, such as strawberries, blueberries, blackberries and cranberries. Enjoy high fiber foods, such as whole grains, beans, lentils and fruit. Eliminate or reduce animal products, along with sugar and fat.

**Exercise.** Exercise daily, aiming for at least 30 minutes of moderate activity. Make sure you work up some sweat. This virus has the highest impact on people’s hearts and lungs. Exercise improves the health of body, mind, and spirit – multiplying vitality and health.

**Water.** Plenty of it. At least 8 glasses of water every day would be good. Because the body is 70% water, keeping well hydrated is essential to good health. We need plenty of hydration, plenty of fluids and that includes hot soups and broths. They are high in electrolytes and are also a natural decongestant clearing sinuses of mucus.

**Sunshine.** Where possible spend time outdoors. Sunlight is supremely important for the bodies’ metabolism and hormonal balance.

**Temperance.** Be balanced and moderate, don’t fall for extremes in diet or lifestyle. Learn how to handle stress, especially right now. Here are some ideas to reduce stress: Seek support of friends and family. Talk to your friends and family on the phone or internet.

**Air.** The body’s most essential resource is air. Fresh air is very important. Try to spend some time outdoors every day. And at night, try to sleep with open windows if possible. Do some deep breathing exercises to keep your lungs in good shape. And avoid bad air – and that includes tobacco smoke and vaping.

**Rest.** Rest and sleep are critical for maintaining a strong immune system to fight the virus. Aim to get around 8 hours sleep every night. This helps to de-stress your body. Try to become more regular in the times that you go to bed and when you rise. And avoid TV or screens at least 60 minutes before bedtime.

**Trust.** Trust in your friends, and trust in God. It’s a time for building and strengthening relationships. Invest time in those important relationships with your family and friends. This is also a time for reflection – reflecting on the meaning and purpose of your life. Reflecting on good things that have happened, can bring you joy. Smile and laugh often and express gratitude when you can. Your immune system will thank you.

## MAY INTEREST YOU

**2021, The Year Of Health Evangelism** – Butler Creek Health Education Center in Collinwood, Tennessee is presently offering a 50-hour course “Health Evangelism Made Simple.” This course teaches health and healing that is simple, affordable, effective, scientific, and multidimensional, providing healing for the body as well as the soul.

This full course has already begun and runs through April. If you are not able to attend, you can view the early morning health evangelism classes posted on YouTube. Links to these classes are on Butler Creek website at [www.butlercreekhealth.org](http://www.butlercreekhealth.org) under the Online Class tab. Links to many other topics are available on the website as well.

For a free download of the book *The Story of Our Health Message*, by D. E. Robinson, scroll down to the bottom of the home page.

Back when the Seventh-day Adventist Church had its beginnings, the general public was quite ignorant concerning physiology and hygiene. Discover the story of how God led His people to an understanding of the laws of nature and health. From those humble beginnings, we can now understand that diabetes, arthritis, heart disease, obesity, and dozens of other chronic conditions are lifestyle diseases and a change in lifestyle will start us on the way to better health.

(Submitted by Natalya Rierison)

## MAY INTEREST YOU

Uchee Pines is offering the following virtual seminars:

◆ February 21, April 4 – 6-day Virtual Wellness Conference. For more information go to <https://www.ucheepines.org/virtual6/>

◆ April 18, May 9 – 17-day Virtual Lifestyle Sessions. For more information go to <https://www.ucheepines.org/lifestyle-center/>

## KIDZ ZONE

Hello, Boys and Girls!

I'd like to tell you a story about my cat, Henry. Henry looks like an ordinary grey cat, but there is nothing ordinary about him!

Henry has a very big heart . . . and he likes to give gifts!



Henry wasn't always our cat. He lived around in the neighborhood. One day our neighbor said, "Hey! Do you want this cat? He has been living under my shed. It isn't going to work because I have two dogs."

Mr. Jon looked at Henry and shook his head, "No!" Henry looked at Mr. Jon and thought, "Yes!"

The next morning Henry was in our yard and he came walking out from between the fig bushes.

Well, Mr. Jon said Henry could stay. He decided that Henry would be an indoor and outdoor cat, and he put in a cat door so Henry could come and go. We taught Henry how to use the cat door and he learned to push it open with his head.

Now Henry was in! He had all the kingdom of the back yard. Plus he now discovered that he had a bowl of clean water, a bowl of dry cat food and a bowl with a spoonful of wet cat food. Henry must have felt really grateful because soon we discovered he was bringing in "presents!" They were little things that he had hunted out in the yard.

Henry really, really, really wanted us to know that he was bringing us a present! Each time he would come carrying one in his mouth he would start crying. He would be crying, crying, crying like his little heart would break. It sounded like he was calling kittens. Google said cats may bring their owners prey (things they have hunted) because their own mothers did that to teach them how to hunt.

Then the gifts stopped. Instead, one day a chipmunk appeared in the house! Chipmunks are kind of sneaky. They dart here and there and you are not certain if you really saw one or not. But Henry saw it! He chased it around the living room, then suddenly stopped and took a bath. The chipmunk continued into the hallway and then ran towards the bedrooms.

Eventually it was discovered that Henry was not bringing in the chipmunks. They were coming from under the house. They had found a hole and were coming up under the

kitchen sink. From there they could get into the rest of the house. A friend took steel wool and poked it into the hole and the problem with the chipmunks disappeared.

Henry must have missed having chipmunks in the house because he began bringing them in himself! He'd come crying, crying, crying while carrying a chipmunk. If he would set one down, it would run away fast! But sometimes, it could be caught in a dish towel before Henry let it down on the floor. Then it would be taken across the street and let go in the vacant lot where it could have an adventure and a new life.

Boys and girls, you may not know it but we are all a little like Henry. We are looking for a good home. And Jesus already has one ready in His heavenly kingdom. It has a diamond city with streets of gold. God and Jesus will be on thrones that are high and lifted up. There will be a rainbow above them and the River of Life will be flowing with crystal clear water. We will stand on a sea of glass that looks like it is mixed with fire. And we will be singing a Thank You song to Jesus and God because we'll be so happy to be in our new home. We'll sing for joy like our little hearts will burst because we'll be giving our very best gift. Our gift of love. Love is the best gift of all. Amen.

*(Cassie Hamer)*

*Photo credit: Michele Farr*

