

HUNTSVILLE CENTRAL SEVENTH-DAY ADVENTIST CHURCH

CENTRAL NEWS

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FROM THE PASTOR'S DESK

Dear Central Church Family,

Happy New Year to each of you. May the Lord fill us, our homes, our church, and our community with His selfless love and grace.

I'd like to encourage you to consider [Isaiah 58](#). Herein is a description of what the Loud Cry will look like as we receive Christ's righteousness by faith and begin the final herald of the third angel's message. It will swell to the final call of [Revelation 18:1-4](#) for God's people to come out of Babylon.

We must receive and give both the proclamation and demonstration of the everlasting gospel of Jesus Christ.

Isaiah 58 admonishes God's people to put away their sins and quit bickering and actually live the life of a Christian by faithfully sharing Jesus' love with the downtrodden.

The White Estate has compiled an excellent book, [Christian Service](#), that will inspire you to live out God's purpose for your life in 2019. The Lord wants to raise His people out of obscurity and place them center stage in this final hour. Are we ready? Are we willing to be made ready? May we diligent study Isaiah 58 and the book *Christian Service*, that we may find our place in the Savior's work.

Here is an excerpt from *Christian Service*, page 186, for you to consider as you prayerfully plan for the new year.

[Chapter 17, Christian Help Work, "Tracing the Divine Footprints."](#) "Many feel that it would be a great privilege to visit the scenes of Christ's life on earth, to walk where He trod, to look upon the lake beside which He loved to teach, and the hills and valleys on which His eyes so often rested. But we need not go to Nazareth, to Capernaum, or to Bethany, in order to walk in the steps of Jesus. We shall find His footprints beside the sick-bed, in the hovels of poverty, in the crowded alleys of the great city, and in every place where there are human hearts in need of consolation. In doing as Jesus did when on earth, we shall walk in His steps" (as quoted from [The Desire of Ages, page 640.2](#)).

"Jesus worked to relieve every case of suffering that He saw. He had little money to give, but He often denied Himself of food in order to relieve those who appeared more needy than He. His brothers felt that His influence went far to counteract theirs. He possessed a tact which none of them had, or desired to have. When they spoke harshly to poor, degraded beings, Jesus sought out these very ones, and spoke to them words of encouragement. To those who were in need He would give a cup of cold water, and would quietly place His own meal in their hands. As He relieved their sufferings, the truths He taught were associated with His acts of mercy, and were thus riveted in the memory" (as quoted from [The Desire of Ages, page 87.1](#)).

Have a Blessed and Fruitful New Year!
Pastor Walper

WORSHIP SERVICE SCHEDULE

Pastor Walper will be the speaker on all Sabbaths through March with these exceptions:

Josh and Evie Broussard will present the worship service message on January 12.

World Youth Group, February 16.

DATES TO REMEMBER

January 12, Sabbath – Fellowship dinner will be hosted by the Junior/Youth Sabbath School department.

January 28, Monday – Free orientation for the Depression and Anxiety Recovery Seminar, 6:30 p.m. in Central Hall. Details under "A Closer Look," page 6.

February 9, Sabbath – Fellowship dinner will be hosted by Chuck Kittleson's adult Sabbath School class.

REGULAR OCCURRENCES

Sabbath School begins at 9:25 a.m. each Sabbath, with classes for all ages.

A prayer group meets in the sanctuary every Sabbath morning at 9:10 a.m. Everyone is invited.

Worship service each Sabbath starts at approximately 11:00 a.m.

Mid-week worship (prayer meeting) is each Wednesday evening at 6:30 in the church sanctuary.

BCCA school board meeting – the 2nd Monday monthly, 6:30 p.m.

Central Church board meeting – the 3rd Monday monthly, 6:30 p.m., Central Hall.

Fellowship dinner – Second Sabbath of each month, unless otherwise announced.

NOTE: If you are a *regular visitor* at Central, and *regularly attend our fellowship dinners*, please be a part of our church family by bringing your favorite vegetarian dish to share with all!

Come bless and be blessed! Central presents a worship service most Sabbaths at 1:30 p.m. at Signature HealthCare Rehab Center on Teakwood Drive, just south of the church. Please help with music and/or a devotional. Sign up on the form next to the greeter's desk in the church foyer. Or just come and spread a little sunshine with your smile! Need more information? Call Ed Toth, (256) 783-9551.

CENTRAL THIS 'N' THAT

Donation receipts are ready – The church treasurer, Kathy Kittleson, has prepared receipts for your tax deductible donations to the church for the year 2018. Please see her if you have not yet received your receipts.

Church directory updates – It's been about two years since our last church directory, and it is (past) time for an update!

Lifetouch offers us free updates/reprints of the directory for a four-year period, and we definitely need to update the information and add some new pictures.

Before I call and schedule a photo session date (hopefully on a Sunday), we need at least 15 people who will sign up to get a photo made by the LifeTouch photographers. So I'm hoping for at least 15 people to respond. We will try to get a session scheduled sometime in February through April.

If you are a new member at Central or someone who attends regularly, and you do not currently have a photo in the directory, **OR** you need an updated photo (new baby, children have changed, **OR** you just want a new photo) – then this is your opportunity!

ALSO, if the current information listed in the directory has changed since the last printing, we want to update that too (no photo necessary for that).

There is no charge for the photo session or the directory, and you will receive a free color 8x10 of the photo you choose for the directory. You do NOT have to purchase anything but LifeTouch will give you the “opportunity” to purchase any of the photo packages they offer.

To let me know that you would like a photo – OR to update the information in the directory – please contact me at [mapfarr at gmail.com](mailto:mapfarr@gmail.com). (Michele Farr)

Provide the sanctuary flowers for a specific Sabbath by signing up on the new flower chart in the foyer. Give the bulletin editor your bulletin message for your special day. Put \$20 in a tithe envelope marked “flowers” on or before your special day. Take your flowers with you after the service.

New members Sabbath School class meets in the room behind the sanctuary organ. Questions? Ask the pastor.

Central Church choir usually rehearses on Friday evenings. If you would like to sing with the choir, please contact Malinda McCleary to get the details.

BCCA needs classroom facilitators. Details under BCCA News on this page.

BCCA fund-raising projects – Read about them under BCCA News to see how you can easily support our school.

BCCA always welcomes financial support. See details under BCCA News.

BIG COVE CHRISTIAN ACADEMY NEWS

BCCA students and Central Church Choir together presented a beautiful annual Christmas program on December 15. This year’s program was bursting with talent including singing, instrumental solos, chimes, poetry, and scripture readings. Special musical numbers included piano solos by Josiah Navarro, Avryl Navarro, Brianna Gohn, and Joseph Schmitt, and a violin solo by Evie Broussard. Jacob Gohn provided guitar accompaniment for several pieces. Thank you to everyone who helped make this day a blessing, and to our church family and friends for supporting this event. Special thanks to Malinda McCleary, Christie Weber, Amber Graves, Rebekah Smith, and the BCCA teachers for their time and commitment to bringing glory to God through music. (Lisa Schmitt, Christian Education Secretary)

Principal’s corner – We are entering into a new year! Now is the time when most people make resolutions to better their lives. However, 80% of people have failed to keep their resolutions through February.

BCCA is making a resolution too, but we will keep ours for the rest of the year. This is because we are asking for God’s help each and every day.

Our resolution is simple. It is our mission statement: To blend the work of redemption and education through Christ-centered teaching. Our goal is to teach students how to be academically successful, but also to be sure our curriculum is focused around Christ. Our resolution is to show the students Christ through our teaching and make sure they are ready for His soon return. With the new year here, we need to be sure the students are becoming new creations in Christ. We will work hard to ensure this resolution becomes a reality.

Happy New Year! (Lucas Smith, BCCA Principal)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! (2 Corinthians 5:17, NIV)

Classroom facilitators needed – We are looking for Distance Learning facilitators for BCCA. The classroom facilitators will play a vital role in the learning experience of our distance learning students. Facilitators are the students’ direct supervisors within the connected classroom and ensure good classroom management. One facilitator is needed for each class period:

Algebra 1 & 2 (1:00 - 2:00 p.m.)

Physical Science (2:00 - 3:00 p.m.)

If you are willing to volunteer as a classroom facilitator, please email Lucas Smith at [lucas.smith411 at gmail.com](mailto:lucas.smith411@gmail.com). Thank you for praying about this unique opportunity to serve. (Lisa Schmitt, Christian Education Secretary)

Grades 4-9 will experience the history of the civil rights movement on a field trip to Montgomery on January 15.

Grades 5-8 will travel to Bass Memorial Academy on January 27 to join students from other Gulf States Conference schools, to participate in the annual Education Fair.

Provide a birdhouse – Our BCCA property has an abundance of birds. We would like to erect bird houses on the school property. Contact Sherry Daily if you can build or otherwise provide birdhouses for BCCA.



BCCA has two year-round fundraisers which are *super easy* to do! **First** – every time you shop, select products bearing the label “Box Top\$ for Education.”

Clip these labels out, and place them in the “Box Top\$” container in the church foyer. Each box top label is worth ten cents (.10)! This can add up to a lot of money for the school if each member will participate. Thank you for your support!

A second way to support our school is to simply sign up for a Publix Partners account at Publix.com (if you don’t already have one), and select BCCA as the school of your choice, then enter your phone number at checkout. A percentage of each eligible transaction made using your account is allocated to BCCA. Thank you for supporting Big Cove Christian Academy! (Lisa Schmitt, Christian Education Secretary)

It is the goal of Huntsville Central that all the children in our church family receive an Adventist education. If you believe you may need financial assistance for the current school year, please contact Kathy Aitken, BCCA treasurer, [kathyo at raitken.net](mailto:kathyo@raitken.net), (256) 536-0033.

If you are interested in sending your child or children to BCCA, or if you know someone who is, please, right away, contact either of: Lucas Smith, BCCA principal, at [l.smith at bigcovesda.net](mailto:l.smith@bigcovesda.net), (256) 527-5043.

Jeff Green, school board chairman, at [j.green at bigcovesda.net](mailto:j.green@bigcovesda.net) (256) 509-5557.

Support BCCA monthly with tuition assistance for worthy students, or to the Nelson or Christensen memorial funds.

FOCUS ON YOUTH

Caving Invitational – Caving Teen Invitational at Tumbling Rock is coming up February 2. We will post more detailed information in the church bulletin in the next few weeks.

Outreach – We continue following up with Bible study interests at the Chasewood Village Apartments. Of those who indicated an interest in Bible studies, one family has begun studying with Pearl Wise and Lisa Schmitt. Please pray that God will move the hearts of those whom we have yet to contact.

Save the date! Our young people have already been busy planning for Cross Examination which will take place on March 16. Our speaker this year will be the chaplain from Bass Memorial Academy, Pastor Steven Ferguson. The musical group AmBASSadors will also be coming with Pastor Ferguson to lead out in music. This is a high day for our young people, so we covet your prayers as we continue planning and preparing!

SABBATH SCHOOL TRAINING

Sabbath School Training, February 1-3 at Camp Alamisco. This is for superintendents and other local leaders, and teachers in all age divisions. There will be no programming for children, so please make other arrangements for kids. More information and to register by January 29, go to www.gcsda.org/sstraining

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).

Those currently on the prayer list are: Jeff Irwin, Hugh Wilson, Lee Hipps, Thomas and Joanne Lang; Norma Harrison, Dee Theiss, Lisa Bender, Deb Saylor, Gloria Radke, Clarence Baughn, Tim Hendel’s brother Rick, Barbara Frazier, Reyes’ daughter Dia White, Sherry Bray, Vernelle Browning and family, Decker’s children and grand-children, Beth Gohn’s mother Sheryl Carte, Betty Nelson, Gailynn Haynes, Randall Rierson, Jennifer Olmstead’s mother, Delores Cochren’s daughter Kimberly Kirton, Louise Parsons, Ed and Jeannie Stover, Christine May, Ryan White. Remember all those who are grieving, BCCA students and teachers, our youth here or serving our country or away at school, our homes and families, Christian missionaries, our denominational leaders, world leaders, persecuted Christians, and all affected by famines, diseases, violence and disasters around the globe.

Please note: For urgent prayer requests needing to be passed on to the church family, please contact Jon Barfield at (804) 586-5919 or [jondbsept24 at aol.com](mailto:jondbsept24@aol.com)

RELIGIOUS LIBERTY

Religious Liberty Sabbath is January 26. It is the one specific Sabbath Day when our offerings are given for religious liberty. The campaign for gathering funds for Liberty magazine is a two-months endeavor.

Right now, our first amendment rights protect us from much of the persecution and martyrdom afflicting Christians worldwide.

But there are those who would gladly take away those rights should they be allowed to do so. This is an ongoing battle that threatens our fulfillment of the mission the Lord has given each of us in spreading the gospel.

Despite our first amendment rights, Christians in America are often subjected to ridicule and mistreatment. Their stories are routinely written about in Liberty magazine.

Liberty magazine is published every two months (6 issues per year) for \$6 a year. Please consider a subscription for yourself or for a relative or friend.

Janet and I would like to thank you for your faithful and generous support of religious liberty. We as a church raised over \$7,000 for our campaign last year. Our goal this year is \$7,000 again. This goal represents \$17.50 for each member of the church – roughly the cost of a good meal at a restaurant.

Thanks again in advance for your year-long prayers and sacrificial support. (*Central Church religious liberty leaders, George and Janet Decker*)

Editor’s note: to read previous issues of Liberty magazine, go to <http://libertymagazine.org/> and scroll down to “Read Past Issues.”

GET INTO THE WORD

“**The Book of Revelation**” is the title of the Adventist Bible study guide (aka, “Quarterly”) for adults for the first quarter of 2019. Central’s adult Sabbath School classes have begun studying from this guide. If you have not been attending Sabbath School, now is a good time to change that! There are several informal classes from which to choose. You may ask questions, make comments, and learn from the others in the class. Our Sabbath School is a blessed time! Please come!

To receive your own Bible study guide, ask one of the greeters for one. The Bible study guides are also available online here: <https://absg.adventist.org/>

DAILY DEVOTIONAL BOOKS

If you are one of many who like a daily devotional and you have not yet gotten a devotional book, or you want one for somebody else, check out these Adventist sources. Some have devotionals for all ages.

* Adventist Book Center, search the word “devotional” to view a lengthy list of selections.

<https://www.adventistbookcenter.com/>

* Remnant Publications: <https://remnantpublications.com/index.php/>

* Amazing Facts Bookstore, <https://www.afbookstore.com/>

* 3ABN, <https://3abnstore.com/index.php> has devotionals too.

If you prefer to *listen* to a devotional, download “A Cloud of Witnesses”: <https://www.afbookstore.com/a-cloud-of-witnesses-audio-devotional.html>

TO YOUR HEALTH

Editor’s note: The following article is excerpted from a post by Elizabeth Hall on the Wildwood Lifestyle Center blog. To read the entire article and access the footnotes, go to:

<https://wildwoodhealth.com/blog/the-anti-flu-diet/>

Anti-flu diet – Wouldn’t it be wonderful if there was a delicious diet that could greatly reduce your risk for getting the flu? It is now recognized that flu shots only provide minimal protection. Best strategy is to invest your energies into improving your body’s immune efficiency by helping to double the number of natural killer cells (special immune cells that destroy viruses and cancer cells). It has been shown that a well-balanced vegetarian diet does exactly that.

The typical western diet high in fats slows antibody production and suppresses the immune system in general. When the total fat is decreased from approximately 30% to 22% of the total calories, the activity of T and B-lymphocytes and natural killer cells increase significantly. Consuming the right kinds of fat is very important. The majority of fats in our diet are Omega-6s – which promote inflammation, thereby leading to many diseases.

To prevent inflammation from getting out of control, it is necessary to consume sufficient Omega-3s (ALA, EPA and DHA). Fish and some seafoods are high in Omega-3s. Vegetarians can find ample amounts of Omega-3s in flax, hemp, and chia seeds, walnuts, Brussels sprouts, kale, spinach, edamame (immature soybeans), seaweed and algae and other natural whole foods. Omega-3s are now artificially added to many processed foods, but consuming a majority of processed foods is not healthful.

Sugar is an immune suppressant too. Stay away from high sugar/high fat junk foods if you want to seriously reduce your risk of influenza.

Eating foods rich in antioxidants gives the immune system an extra boost. Vitamin C helps the body’s anti-viral immune responses at the early onset of influenza virus infection. Studies have shown that vitamin E-induced enhancement of immune functions was associated with significant improvement in resistance to influenza infection in aged mice and a reduced risk of acquiring upper respiratory infections in nursing home residents. Citrus fruits, berries, kiwi, pineapple, peppers, tomatoes, and cruciferous vegetables are all good vitamin C sources. Almonds, peanuts, hazelnuts, spinach, and broccoli are good sources of vitamin E.

Both antioxidant vitamins and antioxidant phytochemicals help to inhibit the

proliferation of influenza viruses and reduce flu's severe complications. Glutathione, resveratrol, and quercetin are among the anti-viral and anti-influenza phytochemicals. Where can you find these? Garlic, onions, cruciferous vegetables, tomatoes, and avocados are rich in glutathione. Grapes and blueberries contain resveratrol. Onions are very high in quercetin.

Don't think swallowing a vitamin pill provides all the antioxidants you need. You need healthful plant foods to furnish you with a variety of anti-oxidant and anti-inflammatory phytochemicals. Remember, too much of the one antioxidant vitamin with marginal intakes of the other, actually creates more free radicals in the body, a condition we don't want.

Freshly-made vegetable and fruit juices provide a variety of antioxidants and anti-inflammatory phytochemicals. It is generally better to use more vegetable than fruit juice. When taken alone, fruit juice ups the blood glucose so quickly that it suppresses the action of neutrophils. Although neutrophils do not seem to protect from viruses, they do destroy bacteria. Because both viral and bacterial pneumonias are possible complications of the influenza, it is best to emphasize freshly-made vegetable juice. Whole fruit, because it is packaged with fiber, does not provide a sudden surge of blood sugar like fruit juices do.

Obesity promotes dysfunction in the immune system and decreases the efficiency of natural killer cells. Diet-induced obesity impairs the ability of the memory-T cells to initiate a swift immune response to destroy. The efficacy of the flu vaccine is much less in obese individuals than in lean persons. Evidence suggests that inflammatory conditions in obesity may contribute to the suppressed efficacy of influenza vaccination. It is good to know that wise calorie restriction slows down the aging of T-lymphocytes and improves their efficiency.

Zinc is a trace mineral that exerts antioxidant activity and is essential for all immune cells. Zinc deficiency reduces the efficiency of T-lymphocytes. While it is important to have sufficient zinc in your diet, too much zinc can actually inhibit the function of the immune system. How much do you need? About 11 to 15 milligrams a day for an adult. Taking more than 25 mgs a day can have adverse effects. Plant foods are not high in zinc. A half a cup of tofu provides 2 mg of zinc, one cup of oatmeal has 2.3mg of zinc, one-half cup of most legumes and one-fourth cups of nuts contain approximately 1 mg of zinc. Vegetarians can be at risk for zinc deficiency if their diet is not carefully balanced to include zinc.

In flu prevention the use of water should be emphasized. Drink at least 8 glasses of

water, including herb tea, every day. Adequate hydration is essential for the immune system.

Anti-Flu Cocktail – Garlic enhances immune functions and has antibacterial, anti fungal, and antiviral activities. Aged garlic improves natural killer activity and is extremely useful for preventing psychologically-induced immune damage. If you have been exposed to the flu virus, try this cocktail: 1 quart of water, 1 peeled garlic clove, and 1 lemon or grapefruit; blend it up and drink. Individuals who are taking blood thinners, have bleeding disorders, or low blood pressure should avoid using garlic medicinally.

One final caveat here: *As important as diet is, no diet – however good – can substitute for a well-rounded healthful lifestyle.*

God's prophet for the last days told us what these good lifestyle components are: "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in Divine power – these are the true remedies" ([The Ministry of Healing, page 127](#)). We commonly refer to these as the "Eight Laws of Health."



These eight laws or principles have been given the acronym "NEWSTART" and can be visualized as a whole – each component

working together to promote complete health. Your immune system is only as strong as your weakest link.

While the world around us grows sicker, we will have plenty of opportunities to witness because of our good health, and to share these Eight Laws of Health so that our neighbors and friends can have a "new start" and achieve better health too.

FOR OUR COMMUNITY

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" ([Galatians 6:9, NIV](#)).

Limestone Correctional Facility requested certain items for the inmates, to be distributed as Christmas gifts. The Prison Ministry team would like to thank everyone that contributed to the Christmas Indigent Package Program for this facility. Once again Huntsville Central was well represented as a caring congregation. Thank you, thank you, thank you on behalf of the recipients! Your generosity is registered in heaven! PRAISE GOD and blessings to you! (*Delores Cochren, Prison Ministry Leader*)

Editor's note: A few weeks ago, as the deadly "Camp" fire was burning out of control and destroying most of Paradise, California, I received an email from Patsy Pfeiffer Halburg, which was a forward from her cousin. Patsy was a long-time member of Central until she moved to Oregon to be near her daughter.

Patsy says that this story was told by her grandfather Pfeiffer many years ago when they all visited him in Minnesota. Here is the story, as related by Patsy's cousin.

"This is the story Grandpa Pfeiffer told about the night the Review and Herald Publishing House in Battle Creek, Michigan, burned to the ground.

"The managers were concerned about not getting enough jobs to pay for overhead and payroll, so they solicited non-SDA work.

"One day, three very well-dressed men in business suits came to the front door asking for a tour. Of course, they were given that tour where the guide showed them every department, all the modern machinery, and the quality of already finished jobs – as well as what was coming off the presses at that moment.

"The men seemed impressed, thanked the tour guide, and left through the front door. What followed amazed everyone who witnessed it. When these men stepped off the porch and reached the sidewalk, they disappeared – poof! What these men had witnessed were jobs close to porn of that day, and other non-Christian stuff.

"That night, when it was time for Grandpa Pfeiffer to go home, he forgot his glasses which he would retrieve the next morning. Well, there was never a next morning for the Review and Herald or his glasses, for that night a huge horrible fire burned the Review, totally consuming everything regardless of what the amazed firemen did to dampen it. This is on record to this day as being the largest, hottest fire ever to burn in Battle Creek.

"These Southern California fires remind me of that warning to our people to stop printing non-SDA publications. I suspect that our extreme fires are warnings, also, to cease the evil doings that go on in big cities.

"If it rains, there will also be huge floods to deal with next, which will no doubt destroy any homes that have survived the fires as well as other properties and businesses.

"We are living in very dangerous times – the evidence that we are in the last days. Jesus must be ready to come back for us. Do be faithful to Him and be prepared to meet Him when that day comes."

Editor's note: When I read this little story written by Patsy's cousin, I decided to learn more about the history surrounding that fire in Battle Creek, Michigan.

In the latter part of the 1800s, Battle Creek had become a large settlement of Seventh-day Adventists. Battle Creek Sanitarium (a health resort), Battle Creek College, Review and Herald Publishing House and other Adventist businesses were established there. It was not God's design for His people to congregate together where there was little opportunity for self-sacrificing missionary work. He desired His followers to disperse, to be lights in other communities, to spread the gospel far and wide. Rather than dispersing, the believers concentrated where there was relative comfort and convenience, expending more and more effort and resources in making a name for themselves in Battle Creek.

By the mid 1890s, Battle Creek Sanitarium had become the largest institution of its kind in the world, with 400 acres of farm, its own electrical plant, housing for employees, and accommodations for 500 patients who came from far and near. Dr. John Harvey Kellogg, medical director of Battle Creek Sanitarium, instigated many innovations and improvements to health and medical work.

It was God's plan that centers of medical missionary work would be established in many other cities, and the "San" might have financially supported these other centers, but this was not being done. Resources were kept locally, and out of the hands of the church, in effect hindering the work that the church had been given to do and should have been doing.

During this same period of time, the Review and Herald management suffered from erosion of their spiritual senses and were taking in commercial work which fell far short of Christian moral standards. The presses which were dedicated to the publishing of truth now poured forth papers and books with fiction, hypnosis and witchcraft, Roman Catholic doctrines, and even sexual literature. Ellen White stated that these men had "tainted and corrupted the work of God," and further, were responsible for polluting the minds of the 300 employees who must work on these deceptive and degrading productions. Message after message of counsel, appeal, and warning of God's judgment to come were sent to the leaders of the publishing work and to church leaders, but little was done to attempt to stem the tide of evil.

The publishing house also printed "The Advent Review and Sabbath Herald" (the "Review") as the official paper of the Church was called. In 1901 Ellen White, who was living at Elmshaven (her home in California), wrote: "I have been almost afraid to open the 'Review,' fearing to see

that God has cleansed the publishing house by fire" (Letter 138, 1901, quoted in *Testimonies for the Church, Volume 8*, page 91).

Dr. Kellogg had begun to introduce pantheistic teachings at the college and sanitarium. These teachings concerning the nature and personality of God were a departure from biblical truth. By 1901 pantheism was rampant in Battle Creek.

Ellen White pled long and hard for Kellogg to give up his unbiblical teachings for the saving of his soul, to no avail. She loved him like a son.

Dr. Kellogg was a man of great influence in the community. Friction arose and sides were drawn between supporters of Dr. Kellogg and the church leaders, insofar that there were two separate congregations of Adventist believers in Battle Creek.

In February of 1902 the sanitarium was destroyed by fire. Miraculously, patients were safely evacuated and moved into the college buildings which were vacant due to a relocation of the college because of the evil influences in Battle Creek.

"As Ellen White pondered the first sketchy news of the fire, while the embers were still warm in Battle Creek, she wrote: 'Our heavenly Father does not willingly afflict or grieve the children of men. He has His purpose in the whirlwind and the storm, in the fire and in the flood. The Lord permits calamities to come to His people to save them from greater dangers'" (*The Early Elmshaven Years: 1900-1905, Volume 5, page 151*).

Later she wrote: "In this destruction God was appealing to His people to return to Him" (*Testimonies for the Church, Volume 8*, page 102).

Dr. Kellogg immediately vowed to build an even larger sanitarium. At God's direction, Mrs. White instructed him to *not* build a larger and more grand sanitarium, but several smaller ones in other locations. However Kellogg persisted with his elaborate plans and in fifteen months a new elegant sanitarium had been built.

In order to help finance the new structure, Kellogg wrote a book *The Living Temple* which mingled his erroneous pantheistic views with truth. The Review and Herald Publishing House accepted his manuscript.

On the evening of December 30, 1902 (ten months after the sanitarium fire), in little more than an hour the Review burned to the ground, destroying everything including the plates of Kellogg's new book. Only part of the art department materials were saved. The West Building, located across the street, was spared and subsequently set up with new equipment.

It was hoped that Kellogg would abandon the publishing of *The Living Temple* after the fire but he sent the manuscript to a commercial printer in Battle Creek. Three thousand copies were printed and were readily purchased by Adventists. In 1903, Ellen White was permitted, even compelled, by God to speak out against *The Living Temple* because of errors mingled with truth.

After the burning of the publishing house, Ellen White identified the incident as a judgment of God. She testified that in visions she had seen an angel standing with a sword of fire stretched over Battle Creek. The sword of flame turned in one direction, then another, "because God was dishonored by the devising of men to exalt and glorify themselves."

The Old Testament books are filled with God's warnings through the prophets of judgments to come if His people did not repent and reform. Time and again they ignored the warnings, and the judgments *did* come upon them. Time and again, when they became so distressed that they would cry out to God, in His great mercy He would send a deliverer. Oh, how He loves us sinners!

It is beneficial for us to review the history of God's church down through the ages, and to also understand the history of the Seventh-day Adventist Church. If our hearts are open, we can learn much from the mistakes of our forebears. "Now all these things happened unto them for examples: and they are written for our admonition, upon whom the ends of the world are come" ([1 Corinthians 10:11](#)).

If we would only heed the warnings God sends to us each day through the chidings of His Holy Spirit, how much suffering, anguish and even loss we might be spared!

As we begin this new year, we have a fresh opportunity to refresh our relationship with God, if needed, and to invite Him anew to dwell within us and change us from the inside out. As we do this, we will have zeal to bear testimony to others of what God is doing for us personally day by day.

Resources:

1. Ellen White's [Testimonies for the Church, Volume 8](#) was written in response to the crisis in Battle Creek. Much of what she wrote can be applied to our day, as the Adventist Church is dealing with some of the same issues. We would do well to prayerfully read this book.

2. The "Review" ("Advent Review and Sabbath Herald") of December 8, 1977, is all about the story of the destruction of the Review and Herald Publishing House by fire on December 30, 1902. Historical engravings (black and white images) are a part of this document. Allow yourself some

time to read and ponder this very interesting and thought provoking document. <http://documents.adventistarchives.org/Periodicals/RH/RH19771208-V154-49.pdf>

3. Sometime in the late 1970's, Dr. A. W. Truman, an eyewitness, told of the fires in Battle Creek: https://www.seventh-day.org/2nd_testimony.htm

4. Read very interesting information about Battle Creek Sanitarium and Dr. Kellogg: http://www.heritagebattlecreek.org/index.php?option=com_content&view=article&id=95&Itemid=73

(Kathy Lamson)

A CLOSER LOOK

Depression and Anxiety Recovery Seminar – Central Church will be hosting the annual Nedley Depression Recovery Program on DVD beginning with a free introductory session on January 28 at 6:30 p.m. in Central Hall. The program will run for eight consecutive Monday nights at 6:30 p.m. from February 4 through March 25.

Neil Nedley, MD, has put together this program from his many years of research and clinical experience. He has served thousands of families through his medical practice and extensive, worldwide lecturing. He educates students of all ages in nutrition and healthy lifestyle principles through his radio shows, satellite and cable television, and live appearances.

More than 19 million people in the U.S. suffer from depression annually, and during stressful times this disease can intensify. During this seminar, participants will learn to identify the underlying causes, or “hits,” which can bring on depression, such as having unrealistic goals, financial stress, family expectations, and change of schedule or eating patterns. But the cure is not as difficult as you might think. Actually, just a few basic lifestyle changes can help you break free of the trap of depression.

Dr. Nedley, author of the books *Proof Positive* and *Depression: the Way Out*, will teach participants how to improve brain function, maximize IQ in children, increase energy, boost concentration, engage in healthy sleep habits, improve physical performance, and gain renewed hope. In addition to the essential information on lifestyle and diet, Nedley will also cover the benefits and risks of psychiatric counseling and drug medications.

This seminar is excellent for people who are prone to depression, but also for those who want to achieve peak mental performance or just improve overall brain and body health, spend less time frustrated by stress, decrease the risk for many diseases, say goodbye to negative thinking, and understand the true power of positive thinking.

Here are some of the things attendees will learn:

- Identify depression and its causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Overcome depression through positive lifestyle choices
- Eat for optimal brain function
- Manage stress without distress
- Live above loss
- Improve brain function
- Defeat depression through right thinking
- Achieve peak mental performance

Dr. Nedley will show better ways to combat depression – how to know what you can change and what you can't, the importance of minimizing drug medicine use, and how to make use of effective natural therapies.

Encourage family members and friends to attend even if they do not struggle with depression. Everyone can benefit from this information.

Contact Jenna Dow or Carolyn King with any questions and please register by phone: (256) 881-4351 (leave message); or email: depressionrecoveryprogram@yahoo.com

Free book library – Amazing Facts has a variety of books to read online for free. <http://www.amazingfacts.org/media-library/read/c/1/t/free-book-library#studymore>

MAY INTEREST YOU

The Lifestyle Interventions with Natural Remedies for Health Professionals Conference offers continuing education credits for licensed healthcare professionals (MD, RN, RD, etc.). Our purpose is to educate healthcare professionals and others about the lifestyle and natural remedy interventions that are available to prevent and treat disease.

Where? Yuchee Pines in Seale, Alabama

1st Conference – February 13 through 16

2nd Conference – August 28 through 31

Conferences will begin on Wednesday at 7:00 p.m. and go through Saturday evening.

Register early for the best rates. Details:

<https://www.ucheepines.org/training-programs/continuing-medical-education/>

North American Division Adventist Community Services is offering scholarships to doctoral students in the 2019 Urban Ministry D. Min. Program at Andrews University. Scholarships are in the amount of \$1,000 per year for four years and will be presented to ten participants of this cohort. The application deadline to secure a place in the new Urban Ministry cohort is January 31, 2019. Email sjbell@andrews.edu for more information.

REMINDERS OF GOD'S CARE

Editor's note: The following story was written by Shawn Boonstra, speaker/director for Voice of Prophecy. The Voice of Prophecy exists to proclaim the everlasting gospel of Christ – leading people to accept Jesus as their Savior and nurturing them in preparation for His soon return. www.VOP.com

The Angel “Pushers” – I was driving a remote highway in northern Canada one winter, and descending some steep switchbacks. The weather had suddenly warmed the previous day, melting the snow on the road. On this day, it had dropped again to minus twenty, re-freezing the water on the highway and turning the switchbacks into a deadly skating rink.

Sure enough, I lost control of the vehicle at one point, and it started fishtailing. I tried my best to recover, but it was hopeless. The vehicle started to slide toward a drop-off that was well over 100 feet. “Oh, Lord – HELP!” I shouted, sure I would be plunging to an icy death. The vehicle started to slide toward the other side of the road, where the drop-off was more like four feet. It turned around, and slid neatly into the woods, backwards.

Even though the van's nose was pointed up at the road, the snow was deep, and I tried in vain to get it out of the ditch. Rocking it with one foot on the door to push and one foot on the gas did nothing. Dark was coming, night would be very cold, and in those parts, it might have been a long time until someone found me. I was prepared for the cold (I am Canadian!), but I was also about to miss an important speaking appointment.

After trying every trick I knew to get the van back out of the ditch, I finally sat in the snow and said, “Lord, I can't do it. Please, You're going to have to get me out of here.” With that, the car (which was still in gear), suddenly drove up onto the road *by itself* and started chugging its way down the road slowly!

I ran to hop in, giddy with excitement. It was so impossible! So I checked the back of the van for handprints later. There were none, but I knew someone had pushed it in response to my prayer.”

“To the worker for God the record of these angel visits should bring strength and courage. Today, as verily as in the days of the apostles, heavenly messengers are passing through the length and breadth of the land, seeking to comfort the sorrowing, to protect the impenitent, to win the hearts of men to Christ. We cannot see them personally; nevertheless, they are with us, guiding, directing, protecting” ([The Acts of the Apostles, page 152](#)).