
BASHAN TIDINGS

TO THE LITTLE FLOCK

The Bashan Hill Chapel



*“Feed Thy people with Thy Rod...
let them feed in Bashan...
as in the days of old.”
Micah 7:14*

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SEMINAR '99

“Sing unto the Lord; for He hath done excellent things: this is known in all the earth. Cry out and shout, thou inhabitants of Zion: for great is the Holy One of Israel in the midst of thee.” Isa. 12:5, 6.

What a glorious day it will be when we get to Gilead-Zion, the Kingdom, and can praise God for the excellent things He has done, and for His presence in our midst. Although we are not there now, we can praise God that in Bashan-Zion He is doing excellent things for us and for His work, and that His presence is on His Holy Hill ordering and directing His work. This should give us great cause for rejoicing.

When you read these lines, Seminar '99 will be in progress. The heart preparations we have made beforehand will prove what we will receive and what we will be taking away with us. With a little more than a month before the opening date of the Seminar, we are pressing ahead in the strength of the Mighty One, here at headquarters, to finish all the preparations. As we think of the sacrifices those who are coming have made, our hearts are made happy, though a sad note lingers as we think of those who had their hearts set on coming, but who were unable to for one reason or another. (Some of our

foreign brethren were denied their visas). We pray that God will comfort their hearts and assure them that it will not be long before the Assyrian yoke will be broken from off our necks.

The theme of the Seminar, as we announced in the August Newsletter is akin to the theme we had in '97—Overcoming and Reformation. These passages were chosen by divine coincidence. The Lord knows this is what His people need at this time. He brings us around and around on the same points. So prayerfully think upon them, allowing the Holy Spirit to help you to understand and digest their full meaning. As we approach the opening date of the Seminar, may the Holy Spirit saturate our hearts with these divine instructions:

“One failure to *overcome* leaves the soul unguarded. One evil habit, if not firmly resisted, will strengthen into chains of steel, binding the whole man.”—MH 510:0.

“...As the light of truth is received and followed out, it will work an entire *reformation* in the life and character of all those who are sanctified through it.”—2T 60:2.

Overcoming means submitting to the work of the Holy Spirit in our lives. Here are some soul-searching statements on the Holy Spirit's work

to help us on overcoming and reforming our lives:

“It is by the Spirit that the heart is made pure. Through the Spirit the believer becomes a partaker of the divine nature. Christ has given His Spirit as a divine power to overcome all hereditary and cultivated tendencies to evil and to impress His own character on His church....

“When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy, and strife. Joy takes the place of sadness, and the countenance reflects the joy of heaven. No one sees the hand that lifts the burden or beholds the light descend from the courts above. The blessing comes when by faith the soul surrenders itself to God. Then that power which no human eye can see, creates a new being in the image of God.

“The Holy Spirit is the breath of spiritual life in the soul. The impartation of the Spirit is the impartation of the life of Christ. It imbues the receiver with the attributes of Christ.

“...In order to serve Him aright, we must be born of the divine Spirit. This will purify the heart and renew the mind, giving us a new capacity for knowing and loving God. It will give us a *willing obedience to all His requirements*. This is true worship. It is the fruit of the working of the

Holy Spirit. By the Spirit every sincere prayer is indited, and such prayer is acceptable to God. Whenever a soul reaches out after God, there the Spirit’s working is manifest, and God will reveal Himself to that soul. For such worshipers He is seeking. He waits to receive them and to make them His sons and daughters.”—ML 46.

“The office of the Holy Spirit is distinctly specified in the words of Christ: ‘When He is come, He will reprove the world of sin, and of righteousness, and of judgment.’ John 16:8. It is the Holy Spirit that convicts of sin. If the sinner responds to the quickening influence of the Spirit, he will be brought to *repentance* and aroused to the importance of *obeying the divine requirements*.”—AA 52:2.

“...God has communicated with men by His Spirit, and divine light has been imparted to the world by revelations to His chosen servants. ‘Holy men of God spake as they were moved by the Holy Ghost.’ 2 Pet. 1:21....

...

“In His providence the Lord has seen fit to teach and warn His people in *various* ways. By direct command, by the sacred writings, and by the Spirit of Prophecy has He made known unto them His will.

“...There was never a time when God instructed His people more

earnestly than He instructs them now concerning His will and the course that He would have them pursue.”—ML 40:1, 4, 5.

“God has been pleased to communicate His truth to the world by human agencies, and He Himself, by His Holy Spirit, qualified men and enabled them to do this work. He guided the mind in the selection of what to speak and what to write. The treasure was entrusted to earthen vessels, yet it is, nonetheless, from Heaven. The testimony is conveyed through the imperfect expression of human language, yet it is the testimony of God; and the obedient, believing child of God beholds in it the glory of a divine power, full of grace and truth.”—GC vi, vii (Introduction).

“The Holy Spirit was sent as the most priceless treasure man could receive.”—ML 36:4.

“...He has given us His Holy Spirit, whose office is to bring to our remembrance all the promises that Christ has made, that we may have peace and a sweet sense of forgiveness.”—Id. 45:4.

“The Holy Spirit alone can cause us to feel the importance of those things easy to be understood, or prevent us from wresting truths difficult of comprehension. It is the office of heavenly angels to prepare the heart so to comprehend God’s Word that we shall be charmed with its beauty,

admonished by its warnings, or animated and strengthened by its promises.”—GC 599, 600.

“It is the Spirit’s power that we need. This can do more for us in one minute than we can ever accomplish by talking.

“Only to those who wait humbly upon God, who watch for His guidance and grace, is the Spirit given. The power of God awaits their demand and reception. This promised blessing, claimed by faith, brings all other blessings in its train.”—ML 47:4, 5.

“...God can teach you more in one moment by His Holy Spirit than you could learn from the great men of the earth.”—TM 119:1.

“For the mind renewed by the Holy Spirit, divine beauty and celestial light shine from the sacred page. That which is to the earthly mind a desolate wilderness, to the spiritual mind becomes a land of living streams.”—ML 44:1.

“Jesus gives the Holy Spirit in large measure for great emergencies, to help our infirmities, to give us strong consolation.”—Id. 48:1.

“...When Satan comes in like a flood, we must meet his temptations with the sword of the Spirit, and Jesus will be our helper and will lift up for us a standard against him.”—5T 426.

“By the influence of the Spirit, the most discordant may be brought

into harmony.... There is a vast power in the church when the energies of the members are under the control of the Spirit, gathering good from every source, educating, training, and disciplining self. Thus is presented to God a powerful organization, through which He can work for the conversion of sinners. Thus heaven and earth are connected, and all divine agencies cooperate with human instrumentalities."—ML 39:4.

"God does not ask us to do in our own strength the work before us. He has provided divine assistance for all the emergencies to which our human resources are unequal. He gives the Holy Spirit to help in every strait, to strengthen our hope and assurance, to illuminate our minds and purify our hearts.

"...There is no limit to the usefulness of the one who, putting self aside, makes room for the working

of the Holy Spirit upon his heart and lives a life wholly consecrated to God....

"Christ declared that the divine influence of the Spirit was to be with His followers unto the end."—8T 19:1, 3; 21:3.

As you take time to read and study these inspiring words, underline them in your books. Be acutely aware that it is only through the Spirit's power that we will be able to see the effects of our theme for Seminar '99 become a reality in our lives. May fervent prayers ascend that we may make room for the "working of the Holy Spirit" upon our hearts, that every obstruction might be removed, so that absolutely nothing will prevent Him from taking over fully in our lives and thus giving us the blessings we need at the holy convocation.



"When leaven is introduced into meal, it penetrates to every part, till an entire change takes place. So it is with the work of the Holy Spirit upon the human heart. The truth received and believed introduces new rules, new principles of action into the life. A new standard of character is set up—the life of Christ. Those who thus receive the truth depend on Christ, and they receive more and still more strength, and greater and still greater light. Daily they expel from their hearts vanity, selfishness, self-righteousness."—TDWG 48:1.

INTO THE BREECH: THE WORK OF THE EDUCATOR

—1989 School of the Prophets Syllabus.

The Educators, first published in September of 1957, bore the following Inspired warning of Satan's war plans:

"Perhaps Satan's first and most effective purpose to the end of destroying man and in turn Christ's creation is his perverting truth and creating confusion."—*The Timely-Truth Educator*, Vol. 1, No. 2, p. 1.

Keenly pointing out the danger to the Davidians in 1957, the Inspired foresight of the Educator perfectly fulfilled its mandate to "bind up" the testimony, thereby (at this time of confusion following V. T. Houteff's death) sounding the trumpet of unity and tirelessly promoting loyalty to the Rod of God (hence the Educator's regular usage of the term, "100%-Rod-only Davidians"). The Educator's work of binding up by "bonds of affection" the spiritual, mental, and moral wounds of Davidians is further witnessed in the following statement:

"Thus is the purpose and the mission of this Timely-Truth Educator. It is for you of goodwill; you who are meek and humble of spirit, wise to make sure of your course, faithful to obey the traffic laws, and quick to heed danger signals en route to the Kingdom of glory; you who love light and who are set to walk in it,

cost what it may in surrender of self—of idols, preconceptions, affiliations, position, or whatever. To you it will be light and blessing and fellowship with those who 'walk in the light as He is in the light.' "—*The Timely-Truth Educator*, Vol. 1, No. 1, p. 1.

The word "bind" also means "to hold by a moral tie; to protect or strengthen by a bond or cover, to cause to stick together."

Once again, the Educators strode forward into the breach and declared:

"The manifest mission of the Timely-Truth Educator is to educate, according to its lights, on truth that is timely. And perhaps no other truth is more basically timely and important for us in this critical time of contrary voices than is God's great twofold prerequisite for recognizing what is Truth and what is not truth...."—*The Timely-Truth Educator*, Vol. 2, No. 1, p. 1.

This work of educating the scattered flock entailed publishing tidings of joy, of personal encouragement, of shedding amplification upon doctrine, and of exposing the several unauthorized, self-appointed (false) prophets of the day, most notably Ben Roden with his false branch message, Evelyn Juergen

with her false Sabbath message and her teaching that the personal presence of Christ was not imparted to Christians until 1888, and the old-Carmel Sanhedrin council with its false doctrines of the Revelation 11:2, forty-two months' interpretation, their calling the false solemn assembly in 1954, their evangelizing the Protestant Churches as well as the SDA Church in their quest for the 144,000 first fruits and, consequently, of their disbanding the Association in 1962. Against all of these demonstrably exposed false voices, the voice of the Educator over and over, again and again, warned, encouraged, strengthened, and nurtured the emerging little flock, thereby exactly fulfilling its mandate to "bind up the testimony" and thus "feed" (educate)" (2 Code 9:3:4) the flock.

Another identifying feature of the binding-up phase of the Rod, through the voice of the Educator, was the collation of timely truth subjects into a series of single, digestible publications. A notable example of this work can be found in the December, 1958 issue of the Educator [now *The Last Mile Home Educator*] dealing with the last forty-two months of Gentile occupation of the Promised Land and, secondarily, the Assyrian Confederacy and kindred events. The Educator announced that its work was not to

bring the truth, but "simply to take what is already brought and 'passed on' by the prophet, and then integrate it, unite it, into a solid, cohesive unit, so as to strengthen and establish and make it sure—make "it stick together" (*The Timely-Truth Educator*, Vol. 2, No. 2, p. 3, Dec. 1958).

An Important Question

At this point, we can profitably ask ourselves the question, Where were today's neo-Carmelites (the Mountaindalites, the Jordanites, et al.) when the battle for the soul of Davidia was raging? The answer is highly instructive: Most of them were not yet born! Or were not yet Davidians—not part of the 1930-1955 Scripturally authorized Mt. Carmel phase (Mic. 7:14). Or were among the ranks of the apostate post-V. T. Houteff/Mt. Carmel movement. For example, H. G. Warden, one of the originators of the Vista, California, Association (later relocated some 85 miles north to Yucaipa, California), strongly supported the apostate post-1955 Mt. Carmel group until he saw that the ship, "new Carmel," was upended in the shallows, engines churning madly, and on the verge of sinking. He then opportunistically jumped off (1961) and hauled himself aboard the Strong Vessel of the reorganized

Association. Since rebellion is incurable, however, he soon departed the Strong Vessel, preferring to sail the rotting old bark Apostasy which is as surely sinking as the sun is rising and setting.

The call to bind up the testimony was not given to a spiritually callow, uninformed novice. God entrusted this weighty task to one who had labored side by side with Brother Houteff from almost the beginning of the message. It was this servant who faithfully warned the apostate Carmel council of its perilous, self-destructive course and who faithfully embarked upon the work of binding up the testimony, despite bitter obstructionism and malicious opposition. But despite great odds against its work and the worker, the binding-up of the testimony inexorably prevailed.

Addressing this very point, Inspiration declares: "While most of these gifts, especially tongues and governments, are zealously sought after by the Christian churches, the one, 'prophets,' that was despised by the Jews is wholly rejected by almost all Christendom! Thus the spirit that instigated the killing of the ancient seers at the hands of the Jewish leaders, is today doing virtually the same sort of destructive work through organized opposition."—6Tr. 6, 7.

Startling depiction indeed of the

present obstructionists who constitute the organized opposition to the Inspired, prophetic work and office of binding up the testimony. While professing gladly to accept the prophetic—interpretative, office of Brother Houteff, they obstinately reject the prophetic—instructive, office necessary to the flock of God today. What a sad and ironic repetition of history!

Confirming the Testimony

Next in our analysis of the key statement (2TG 41:21:6) we come to the confirmation of the testimony of the living Spirit of Prophecy. Note carefully this statement: "Hence to bind up the testimony among His disciples is to confirm 'the Spirit of Prophecy' among them and them only" (2TG 41:21:6). On the authority of this statement, the work of confirming the testimony is limited to those only who have accepted progressive truth—the Rod, and logically so, since relatively few Laodiceans have accepted the productions of the Rod, much less its binding up.

Grasp well this point: that which is not challenged does not need to be confirmed. Obviously, something vital to God's people is being challenged. What is it? It is the work of the abiding, living Spirit of Prophecy's binding up the testimony. To

confirm means “to make firmer, to strengthen, to ratify, make sure, sustain.” All of these definitions perfectly portray the work of the bound-up testimony since 1957. First, with V. T. Houteff’s death, the bound-up testimony firmed up the sagging foundations of Davidia and strengthened the faltering faith of the flock by pointing the sure way home.

Subsequently, the bound-up testimony ratified God’s covenant with His people: “Surely the Lord God will do nothing, but He revealeth His secret unto His servants the prophets.” Amos 3:7.

Though under constant assault from its inception, the bound-up testimony of Bashan has never ceased to confirm the Spirit of Prophecy among Davidians. Although its work and mouthpiece are held in contempt by the “organized opposition”—the challengers, doubters, naysayers, and soothsayers—“humbugs” all (1TG 2:21:4), whose doubts make it necessary to confirm the very Spirit of Prophecy they glibly profess to cherish, Bashan has never failed to show the way to Zion and to faithfully call them to account and to repentance.

In summary of this point, let it be understood that the binding up of the testimony is for Davidians, especially those who follow progressive present truth and who are feeding upon the pasture of Bashan.

Authorized and Fortified

At this juncture, we need to consider the meaning of the words “authorize” and “fortify.” Authorize means “to clothe with authority or power, as to act or command; empower.” Fortify means “to strengthen, to encourage and make strong, to erect works of defense.” Carefully reflect upon these meanings; they are laden with significance. To begin with, the work of binding up the testimony (Isa. 8:16) is an authorized work (Inspired instruction), operating in an authorized place (the Bashan pasture—Mic. 7:14), and for an authorized purpose (gathering the little flock, the 144,000).

A critically important aspect of our study concerns just *how* God authorizes His servants the prophets. First, consider the call of Moses who was confronted by the burning bush as a sign of his call to the prophetic office. His call, authorization, and mandate were, all, unknown to the elders of Israel—who, significantly, *were not consulted about his selection*. Moses *alone* knew the Source of his authority. Next, consider Joshua who, having stood beside Moses during the heat of the battle, was chosen of God, but *through* Moses, to fill the prophetic office. While Joshua’s call was made known *through* Moses to all Israel, his mission and authorization was

not direct to him as was God's call to Moses. The cases of David and Solomon, and Elijah and Elisha are also examples of servants of God divinely chosen and authorized *not by God directly but indirectly through established servants*. In each of these cases, there is *no hint of God's allowing men to choose their leader*. God's system of divinely directed (prophetic) selection is either by direct appointment (Moses, Ezekiel, Daniel, et al.) or by indirect appointment (Joshua, David, Solomon, Elisha, et al.). *Never is there breathed an intimation or inference that uninspired men can choose other uninspired men*—as in today's elections and appointments in the church and among divided Davidia.

In the *Leviticus of Davidian Seventh-day Adventists*, page 6, the procedure for selecting the president of the Davidian SDA Association is exactly specified in principle: "(b) The president shall be called and chosen in accordance with the procedure set forth in Exodus 3:10, 15, 16; 4:17; Ezekiel 3:17; and Luke 6:13." Here we see two means (not all-exclusive absolutes but simply examples) of calling the president of the Association to the prophetic office. First, as Exodus 3:10, 15, 16; 4:17 and Ezekiel 3:17 show, there is the call of direct appointment. Second, as Luke 6:13 verifies, there is the call of indirect appointment as is seen from

Jesus' call of the twelve disciples. The various gainsayers and naysayers of either the class who charge that an appointment to the office of president is contrary to the Rod or of the other class who rightly realize that a president cannot be elected by a voting assembly but who, ignoring the fact, wrongly settle for electing a vice-president, are both ignorant of the uncompromising nature of the fundamental tenets of authorized, constitutional order.

Significantly, even the election of a vice-president, in view of the very present truth, is absolutely groundless, for *The Leviticus*, page 6, Article IV, (c), declares that "all other officers of this Association [which includes first the vice-president] shall be appointed [not elected] in accordance with the procedure set forth in Numbers 11:16, 17, 24, 25; Acts 6:1-7; 13:1-3"—that is, by the appointment of Inspired agents—(apostles, prophets, et al).

The three examples here given are not to be taken as a sum—they are simply representative of all other valid examples informed by the same principle. Taking one example, and leaving the others, results in an anarchy of reason. For example, Numbers 11:16, 17, 24, 25 clearly sets forth an appointive system. But the practitioners of Davidian elections utterly ignore this passage in order to indulge their pre-conceived

ideas, likes, and dislikes. They seek to use the example of selection recorded in Acts 6:1-7 as proof that their unconstitutional and thus unauthorized Bible-and-Rod-defying course is acceptable to God. But a careful reading of Acts 6:1-7 will show that it does not even intimate what the proponents of their elective system promote. Though the Apostles did indeed commission the multitude to "look ye out among ye seven men of honest report, full of the Holy Ghost and wisdom, whom we may appoint over this business," it must be carefully noticed that the text expressly declares that the Apostles appointed the seven men. The multitude did not appoint them, they only named them. Today's nominees to elective religious office are not screened by twelve divinely appointed Apostles! Rather, when one amasses sufficient political support, the membership installs that person in office.

The Elective System: Its Death Blow

As the death blow to the elective system, consider the following: the Apostles did not authorize the multitude to nominate as well as to select; the Apostles themselves appointed the "men of honest report, full of the Holy Ghost and wisdom."

It is part and parcel of Inspira-

tion's work to authorize the teaching of truth, the various movements of the work, and the undershepherds who teach the message. The message declares: "Only those who gain entrance through the Door and to whom 'the porter' (the one through whom the Spirit of Prophecy is manifested) opens are the authorized shepherds whose voices God's sheep hear" (1TG 2:20:1). The very fact that there must be authorized shepherds proves that many unauthorized shepherds exist. Speaking of these unauthorized shepherds, the Rod says: "Here the student of present truth will note that by this illustration Christ points out that the only shepherds He recognizes as His are those to whom the 'porter' opens the Door and invites in. The student will also note that all others are branded as impostors" (1TG 2:20:2).

No living porter, no authorized shepherds!! Who is the Heaven-appointed living porter at Mountindale and the other break-away associations?! No one, absolutely no one. Hence the entire company of these marauders are "impostors" and "humbugs," "wolves" and "thieves." May they wake up to their peril and flee to Bashan where only can they be authorized shepherds.

Who are the Impostors?

Inspiration, in the foregoing warn-

ing, lays bare the impostors for what they are: unauthorized shepherders, not authorized shepherds. The shepherders are charged with neglecting and exploiting the sheep, as the following statement shows: “The message God sends through His servants,’ says the Spirit of Prophecy, ‘will be scorned and derided by unfaithful shepherds, who tread down with their feet the feed of the pastures [now the truth pouring forth from Bashan], giving the flock as food that which they have defiled. Woe be unto the pastors that destroy and scatter the sheep of My pasture! saith the Lord.’ RH, June 25, 1901.”—2Tr. 38, 39.

Contrast this ringing indictment with the work of the authorized shepherds: “...the authorized shepherds whose voices God’s sheep hear...are *well acquainted* with their flocks because they are *intensely* interested in them, and they carefully lead them in and out.”—1TG 2:20:1.

God’s authorized, appointed shepherds never exploit, deceive, or neglect their flocks. They have no thought of financial gain at the expense of their members. They are not concerned about numbers but are ever seeking to promote quality. They know what is authorized by the porter as bound-up meat in due season, and they do not feed straw, stubble, and dead leaves to the sheep, nor do they conjure up out of their

headbowls fanciful private interpretations of the message, nor do they operate unconstitutional “humbug” associations.

On the other hand, the unauthorized shepherders teach demonstrably false interpretations of the message, exploit their members spiritually and financially, and are not knowledgeable about the historical and spiritual foundation of the Rod message. Totally devoid of Divine authorization, appointment, legitimacy, and credibility, they must of necessity hold onto their members through artful deceptions and manipulative programs. For example, the Mountindale Association has taken it upon itself to devise a procedure after the idea of the Seventh-day Adventist General Conference. It has fabricated the following unconstitutional, headbowl, fanciful plan for its division of the field:

“(a) The classification of the world field of the GA of DSDA-MC, is to be as follows:

“1. Section—The smallest (7 studying members including 2 tithe payers).

“2. Area—A group of Sections (5 tithe paying members including two card holders).

“3. Branch—A group of Areas (12 tithe payers including 5 card holding members).

“4. Division—A group of Branches (at least 21 tithe payers in-

cluding 15 card holders).

“(b) The Executive Council has the responsibility of dividing the world field into four general categories.”—By-Laws of the General Association of Davidian Seventh-day Adventists (Mountaindale), Article X, Section 1. [These By-laws are not to be confused with the By-laws of the Constitution as outlined in *The Leviticus of DSDA* and published by Brother Houteff at the true Mount Carmel Center in Waco, Texas].

Now, what must the Saviour, the Lord of humility and common sense, think of that pretentious concoction! What a stultifying departure from God’s simple theocratic government first in operation at the 1930-55 headquarters and now at Bashan. Can anyone, anywhere, at anytime, for any reason, in any place in the Rod, find a hint of such fatuous law-making and political organizing? Indeed, the monstrosity is something more in the nature of the rule- and law-making mentality of the General Conference. Significantly, since the General Conference has long been an unauthorized Sanhedrin Council and therefore subject to the grip of politics, then plain it is that

(1) the extra-Rod organization of the Davidian Sanhedrin Council of Mountaindale, New York [and the likes of them], is in the way of out-

stripping the fatal footsteps of the Silver Spring, Maryland, Sanhedrin Council and that

(2) both are unauthorized, political, manipulative, and exploitive entities dedicated to enriching themselves, deceiving the people, and waging unholy warfare against the plentiful pasture of Bashan (Ps. 68:15, 16, 22).

This unconstitutional group, Brethren, plus all the other divided Davidian groups, all unconstitutional, are what constitute the “let” (Mic. 7:14)—the hindrance, the obstacle, the barrier, the roadblock to the sheep feasting upon the truth of the bound-up testimony as it goes forth from the prophetic pasture (Mic. 7:14; Ps. 68:15, 16, 22) of Bashan.

Manifestly, the Sanhedrin Executive Council of Mountaindale, New York, is not an authorized body now, never has been, and never can be. In the By-laws of *The Leviticus*, the Rod does call for an Executive Council, but be careful to keep in mind the following salient points:

(1) The Council of *The Leviticus* is a divinely appointed, not politically elected, council.

(2) It is to be imbued with the outpouring of the second Pentecost (since it is the same type of council as was that of the early Apostolic church). (See Acts 6:2-6.)

(3) Its mandate is to exercise “full executive and administrative power.”

There is neither written nor oral evidence—not a shred—that such a council ever existed, much less functioned, at old Mt. Carmel Center in Waco, Texas. Why? The answer is found in the Preface of *The Leviticus*:

“As its work therein (the SDA Denomination) draws to a close, and the ‘servants of our God’ (Rev. 7:3) are sealed, its name will be changed (Isa. 56:5; 62:2; 65:15) and its purpose and its work will become all-embracing to the gospel (Matt. 17:11; Acts 3:21; Isa. 61:4-7). Then its Constitution and By-laws as herein codified will become FULLY OPERATIVE.”

To understand this statement, we must know which parts of *The Leviticus* Brother Houteff implemented and therefore automatically authorized and which parts he did not implement and therefore did not authorize for the time then present. To begin with, Davidic-Levitical order of old Mt. Carmel embraced a Prophet-President, Brother Houteff, who appointed the three other exec-

utive officers of the Association.

Inspiration’s manner of filling the prophetic office of Porter-President during Brother Houteff’s ministry shows us that the singular prophet-porter-president stage of the Constitution was and is applicable up until the time when “the ‘servants of our God’ (Rev. 7:3) are sealed....”—*The Leviticus*, p. 1. At that time and that time only—in the time of the Loud Cry, under the Spirit-filled ministration of the guileless 144,000—will the By-laws pertaining to the Spirit-led, purified, holy Executive Council be applicable. The facts show that there have been no such Council since that of Acts 6:1-7 and that Brother Houteff never instituted such an Executive Council at old Mt. Carmel, should settle forever the question of having an executive council today.

When the Spirit is poured out upon the purified, then there will indeed be the Spirit-filled Executive Council of *The Leviticus*, page 9, (a), (b).

“The ways of Inspiration are constant, the same yesterday, today, and tomorrow. Questions concerning revealed truth must therefore be answered in the same way today as they were in John’s time. And thus now as then, the critical, the skeptical, and the doubting will find many hooks upon which to hang their doubts. But likewise now as then, the doubters will be taken in their own craftiness.”—4 Ans. 50:1.

THE LITTLE PEOPLE'S READER

HE STOOD THE TEST

The Blue Line street-car stopped at the corner, and an anxious-looking young woman put a small boy inside.

"Now, Robin," she said, as she hurried out to the platform again, "don't lose that note I gave you. Don't take it out of your pocket at all."

"No'm," said the little man, looking wistfully after his mother as the conductor pulled the strap, the driver unscrewed his brake, and the horses, shaking their bells, trotted off with the car.

"What's your name, bub?" asked a mischievous-looking young man sitting beside him. "Robert Cullen Deems," he answered. "Where are you going?" "To Grandma's." "Let me see that note in your pocket."

The look of innocent surprise in the round face ought to have shamed the baby's tormentor; but he only said again, "Let me see it." "I tan't," said Robert Cullen Deems. "See here, if you don't, I'll scare the horses, and make them run away."

The little boy cast an apprehensive look at the belled horses, but shook his head.

"Here, I'll give you this peach if you'll pull that note half way out of your pocket."

The boy did not reply, but some of the older people looked angry.

"I say, chum, I'll give you this whole bag of peaches if you will just show me the corner of your note," said the tempter. The child turned away, as if he did not wish to hear any more; but the young man opened the bag, and held it just where he could see and smell the luscious fruit.

A look of distress came into the sweet little face. I believe Bob was afraid to trust himself; for when a man left his seat on the other side to get off the car, the little boy slid quickly down, left the temptation behind, and climbed into the vacant place.

A pair of prettily gloved hands began almost unconsciously to clap; and then everybody clapped and applauded, until it might have alarmed Robin if a young lady sitting by had not slipped her arm around him, and said, with a sweet glow on her face: "Tell your mama that we all congratulate her upon having a little man strong enough to resist temptation, and wise enough to run away from it."

I doubt if that long, hard message ever reached Robin's mother; but no matter—the note got to his grandmother without ever coming out of his pocket on the way.

—YI 490 □

“GOSPEL ORDER”

—V. T. Houteff letter to M. J. Bingham, April 4, 1954.

“The Lord has shown that gospel order has been too much feared and neglected. Formality should be shunned; but, in so doing, order should not be neglected.... And now in these last days, while God is bringing His children into the unity of the faith, there is more real need of order than ever before, for, as God united His children, Satan and his evil angels are very busy to prevent this unity and to destroy it....

...

“I saw that this door at which the enemy comes in to perplex and trouble the flock can be shut. I inquired of the angel how it could be closed. He said, ‘The church must flee to God’s Word and become established upon gospel order, which has been overlooked and neglected.’ This is indispensably necessary in order to bring the church into the unity of the faith.”—*Early Writings*, pp. 97, 100.

“Satan well knows that success can only attend order and harmonious action. He well knows that everything connected with Heaven is in perfect order, that subjection and thorough discipline mark the movements of the angelic host. It is his studied effort to lead professed Christians just as far from Heaven’s arrangements as he can; therefore he deceives even the professed people

of God, and makes them believe that order and discipline are enemies to spirituality; that the only safety for them is to let each pursue his own course.... All the efforts made to establish order are considered dangerous, a restriction of rightful liberty, and hence are feared as popery.... I was shown that it is Satan’s special work to lead men to feel that it is God’s order for them to strike out themselves, and choose their own course, independent of their brethren.”—1T 650:1.

“...Those who were in the work at the beginning are passing away. Only a few of the pioneers of the cause now remain among us. Many of the heavy burdens formerly borne by men of long experience, are now falling upon younger men.

“This transfer of responsibilities to laborers whose experience is more or less limited, is attended with some dangers against which we need to guard. The world is filled with strife for the supremacy. The spirit of pulling away from fellow laborers, the spirit of disorganization, is in the very air we breathe. By some, all efforts to establish order are regarded as dangerous—as a restriction of personal liberty, and hence to be feared as popery. These deceived souls regard it a virtue to boast of

their freedom to think and act independently. They declare that they will not take any man's say-so; that they are amenable to no man. I have been instructed that it is Satan's special effort to lead men to feel that God is pleased to have them choose their own course, independent of the counsel of their brethren.

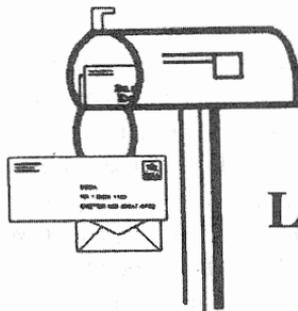
"Herein lies a grave danger to the prosperity of our work. We must move discreetly, sensibly, in harmony with the judgment of God-fearing counselors; for in this course alone lies our safety and strength. Otherwise God can not work with us and by us and for us.

"O how Satan would rejoice if he could succeed in his efforts to get in among this people, and disorganize the work at a time when thorough organization is essential, and will be the greatest power to keep out spurious uprisings, and to refute claims not endorsed by the work of God! We want to hold the lines evenly, that there shall be no breaking down of the system of organization and order that has been built up by wise, careful labor. License must not be given to disorderly elements that desire to control the work at this time.

"...If men will not move in concert in the great and grand work for this time, there will be confusion. It is not a good sign when men refuse to unite with their brethren, and prefer to act alone. Let laborers take into their confidence the brethren who are free to point out every departure from right principles. If men wear the yoke of Christ, they can not pull apart; they will draw with Christ."—9T 257, 258.

"Make it known to Davidians that the 'faction business' is the devil trying to run them. Those whom the Lord would make great are those who are willing to serve others, not those who want to be served, or who want to exalt themselves by holding office of some kind. All such are sure to lose out. Also call to their attention that in Moses' day those who wanted to be great and to hold office were swallowed up by the earth. It is our hope and prayer that unity and perfect harmony will reign supreme in every Davidian company of believers. May we all so live as to be among the worthy ones to inherit the Kingdom so soon to become a reality."





LETTERS

“Just Wanted to Write and Praise the Lord”

Early last week *Bashan Tidings*, Vol. 15, No. 2, arrived safely in my mailbox. That evening I read the section on “Seminar ’99.” As I read the article, the Spirit surged within me while I contemplated what God is willing to do for us! Then I decided to save the remainder of the Tidings for Sabbath. Taking it up again, I found I could not put it down. The first article, “Inspiration—God’s Constitutional Authority,” was so clear and logical. After reading it through, I took the author’s suggestion and went through my own publications highlighting and cross referencing. This brought the points even more forcibly to my mind. Then I finished the Tidings. So I just wanted to write and praise the Lord for such up-to-date truth, and for the love and mercy of God in leading me to His true pasture.

As Seminar ’99 draws closer, I

am asking the Lord to prepare the soil in my heart for what He has in store for me. I am a needy, hungry soul, and I am asking the Lord to do great things for me. I look forward to another visit to God’s holy hill in two consecutive years! What a blessing! (Canada)

“Kindly, Humbly Pleading”

I am a Sierra Leonean of Guinean origin, presently living in Guinea. I am a 36 years old male. I was a muslim (from a strong muslim background) before I became an Adventist in 1988 in Sierra Leone. I studied Development Economics (University of Sierra Leone), served as a teacher and worked for ADRA (Sierra Leone) for a brief period.

For a very, very, very long time now, I have come to the conclusion that there is something wrong with the present-day Adventist Church. The problem is not only with the members as a whole, but particularly

with its leadership (both at the local level and at the Conference level).

We have gradually moved away from the simplicity and purity of the faith as it was practiced by the first century Christians and passed on to us by Sister White and others. In its stead, we now have a church which is more concerned with relief work and conformity to the world than with fidelity to the Bible and the purity of the church. Its goal has now become the increase of membership and financial objectives than with teaching the Bible (Matthew 28:19, 20). As a result I was completely frustrated at seeing the trend the church's leadership has been assuming and following recently.

About a month ago, a fellow Adventist brother, Walter Savage, gave me the tract *The Paradox of the Ages*, which I read over and over again. I started studying with him some of the Rod publications regularly but, unfortunately, he left and went back to Sierra Leone. I am therefore KINDLY, HUMBLY PLEADING with you to send me all the available tracts that you have been publishing since the 1930s. Brothers!! It was a great relief to me to know that there are people who have come to the same conclusion about the present-day Adventist Church. If there is any Shepherd's Rod member in Guinea, I would appreciate it very much if you can put me in contact

with him/her. If not, I want to start studying with you immediately.

Here in Conakry, the church has been in existence for almost ten years, but up till now we are worshipping in a tent. We cannot afford a church building because of a lack of money. The mission in Cote d'Woire keeps telling us that we are the most successful congregation in terms of number of baptisms, contribution of tithes and attainment of financial objective, but they (the leadership) say there is no money!!

Recently I have started discussing with two fellow Adventists (who are sighing and crying for all the abominations in the church) about what I have been reading. As I said, I should be grateful for more information on how to proceed.

I would be extremely grateful for your reply as I am expectantly awaiting it together with tracts. May God bless you. (Guinea, West Africa)

What Evidence Do We Cite?

Thank you for sending me your publications on the 1995 General Conference Session at Utrecht, and the analysis of the David Koresh debacle.

I appreciate particularly the list of your distinctive beliefs in the latter paper.

One question remains in my mind: what evidence do you cite for

your belief that Victor Houteff was a true prophet of God? (Nebraska)

Doesn't "Open A Page"

If you would like to waste your postage and literature by having it thrown in the garbage as soon as it gets here, go ahead and send it.

I know what it is and don't open a page to look at it.

Stop sending it unless you want the postage and literature to be wasted. (Texas)

Does It "For Christ's Sake"

...On the 12th I went to the _____ church to see who these Shepherd's Rod believers are. I saw a young man who looked like he was going to church, so I stopped and offered him a ride. On the way I asked him if he knew of any Shepherd's Rod people in the church. He said yes, it is his step-father. I told him that I would like to meet his step-father.

It was a rainy Sabbath, but people were speaking to me on account of the behavior of one of the leaders during the service. He had pointed me out as Shepherd's Rod and said that I was dangerous, and they must be careful of me. While he was speaking I stood up and after he finished I thanked him for advertising the Rod message. Also during Sabbath School a lot of the members

were in agreement with my comments. Others came up to me and said, "I don't condemn you, sir." The same leader who denounced me inside came outside and was still telling the people how dangerous we were. Some of the people told him that he cannot do things like that, and that he should listen.

It is very hard to know that you are not welcome at a place, yet you don't mind it, for Christ's sake.

I met the step-father and he took me to Sister _____'s. Her son told me that they are with the Archer group. I gave a study on the three pastures, outlining what happened after Brother Houteff's death, and what happened in 1961, explaining that Carmel is past and Bashan is present. I also outlined the living Spirit of Prophecy to them and they were amazed. Brother _____ said he is going to arrange a study with the others, about eight in all. We are asking for your prayers on behalf of these brethren, that the Lord will have His way with them.

I am yours that the Seminar will be a blessing to all. (Brother McFarlane, Jamaica)

"Kept Borrowing and Reading"

About three months ago I started reading your Davidian SDA literature that I borrowed from a friend. I found it very compelling and kept

borrowing and reading more. I have since moved several states away and no longer have your publications to read. I feel lost without them.

Please send me a copy of *The Shepherd's Rod*, pocket edition, *The Answerers*, some *Timely Greetings*, and other literature that you think would be beneficial to me. Also, please send me a list of your publications. (Minnesota)

Prays "You'll Listen to His Voice"

I felt that I should inform you that _____, who lived at this address, passed away in April 1996. He was a very dedicated pastor and Conference evangelist, not highly educated but a deep student of the Bible and the Spirit of Prophecy.

He always stressed that a true Christian is one who is Christ-like in every detail. Christ knew Judas and his character in every detail, but never revealed it to anyone. When the woman was brought to Him to be stoned, His answer to her and what He wrote on the ground showed His love, both to the accused and the accusers.

When I read your literature, it didn't appeal to me as Christ-like, and I wonder how He has recorded it in your book of remembrance in Heaven. You are on my prayer list that you'll listen to His voice. (California)

Believes Ministry is of God

After being warned at church sometime in the past to be careful of "off-shoot SDAs," and then recently being introduced to this message by Brother Edwards, along with three other brothers, some negative thoughts had arisen in my mind.

My friend who is an intern pastor of the _____ Conference (though appalled by some things that are happening in the Conference) suspects that I am studying this message. Though I have not directly told him as yet, his encouragement otherwise is helpful. I remember that he warned me to be careful of "off-shoots." I remember telling him that we should "prove all things and hold fast that which is good."

I believe he is afraid that I might be as one of his schoolmates who joined with an "off-shoot movement," became a fanatic, and is now living a wanton life. I have not given him, thank God, any reason to believe that I'll get carried away. What would you say to him?

I believe your ministry is of God. However, I need your prayers and literature in order to be drawn closer to God and remain in the message. (Jamaica)

"Place Me On Your Mailing List"

Please place me on you mailing

list and also send me the latest issue. (Virginia)

The Uninformed and Deceived

Your publication has been received. I was under the impression that Houteff and his followers were all destroyed at Waco, but I see that some are still alive. I am wondering when you will learn your lesson. You can do nothing against the truth. God has entrusted to the Seventh-day Adventists the task to give His last warning message and no one can stop it. Please get on the ship or you will perish. Please do not waste your time and money sending me your literature. (California)

Good News!

Enclosed is *Adventist Frontiers* with many names and addresses. This is a grassroots organization within the Church that sets up churches all over. The mailman mistakenly put it in my box instead of the intended recipient, whose address is on the last page. So I returned it after making a copy and he does live there still. What Providence! (Maryland)

Never Too Old

I received *The Whirlwind*, also *A Burdened Letter*. Thank you. I ea-

gerly wait for more in the mail from you. I am 91 years old, searching for the right way to serve and honor our Creator. What I read has enlightened me. Please send literature on Ezekiel 9, antitypical Assyria, and the setting up of the Kingdom in Palestine to read, learn, and pass on. Thank you very much. (Pennsylvania)

“Everything Happens for a Reason”

A few Sundays ago I visited _____. He was going to a baptism so I asked him to allow [my daughter] and myself to go along. He agreed. The minister there spoke about the SDA church preaching to every nation. I wrote a note explaining that at this time, according to Revelation 10:11, we are preaching to “many nations” and not to “every nation,” as we shall do at the fulfillment of Revelation 14:6. Too, that this can be supported by statements from *Early Writings* and *The Great Controversy*. I gave the note to [him]. He read it and showed it to his wife. They both laughed.

Toward the end of the service [my daughter] said she needed to go to the bathroom. We slipped out and went. While there she changed her mind. I was just about to scold her when the Spirit impressed me not to say anything to her as everything happens for a reason. We did not go

back inside but stood under a tree. A man approached me, whom I recognized. After we greeted I referred to the minister's sermon about the everlasting gospel now being preached to every nation. I explained to him that this is yet future. He seemed to be very interested and asked me to write down the references. This I did and also secured his address and telephone number. I have enclosed it along with more names and addresses.

I pray that we will use our time and chance wisely. (Jamaica)

Our Father's Boundless Love

This message is sometimes overwhelming to me. It is not only because of the great work that needs to be done but also the boundless love and patience of our Father. Like I've said before to my children and some of the brethren, what are we and why should He put up with so much from this wicked world when it is in His power to undo all and start again? How can my finite mind be able to understand why He would even want to love this wretched soul of mine? It never matters how many times or how long I meditate upon this point, my conclusion is always the same—I am not worthy, we are not worthy, of His love or great sacrifice made through our precious Saviour.

It is my prayer that we may all "grow up" to the understanding that there is no time for "bickering" among us as message bearers. If there are any conflicts between us as brethren, they must be put away from us now before it is too late. It is shameful that such conditions should exist among us when we are supposed to present the better example before our brethren. May our Father help us individually to overcome in all points. Regardless, I refuse to be discouraged over this or any other matter. Satan is at work and I will not give him any more ground than what has already been given in the past through fear and ignorance.

I have just begun to climb the ladder that will take me close to my Saviour and I will not allow anyone or anything to pull me back down into the ditch. Where His love abounds there is peace, wonderful peace! How meaningful and complete is life when we have the Father's love and the redeeming blood of Jesus!

Enclosed are some names and addresses and my tithes.

See you, soon! I'm excited over the prospect of being able to be with you and the brethren for the Seminar!

Grace be with all of them that love our Lord Jesus Christ in sincerity. (New Jersey) □

HEALTH WAVE HOW SWEET IT ISN'T!

—Dr. David G. Williams, *Alternatives*, Vol. 7, No. 24, June 1999

At the beginning of this century, when the health movement was just getting started, refined sugar was Enemy #1. Pioneers in this area almost universally believed that health and longevity required the total elimination of sucrose from the diet.

Despite these early warnings, U.S. sugar consumption has been steadily increasing year after year. According to the most recent statistics from the U.S. Department of Agriculture, Americans take in 20 teaspoons of sugar per person, per day—and that's just the sugar which has been *added* to foods or drinks, not the sugars that occur naturally in fruits and other foods.

Even with the introduction of artificial sweeteners such as saccharin and aspartame later in the century, sugar remained the sweetener of choice. These lower-cost, non-caloric "sugar substitutes" initially threatened the sugar industry, but their downsides quickly made them even less attractive than plain old sugar.

Research shows that eating foods artificially sweetened with these chemicals *increases* a person's cravings for sweets. This finding quickly negated the highly touted weight-loss benefits of artificially sweetened foods and drinks. Even more significant (from a health perspective, but

likely not a demand perspective) is that each popular artificial sweetener has now been shown to cause a long list of health problems, including headaches, memory loss, and an increased risk of developing cancerous tumors.

Fructose Isn't the Sweetener Solution Some Claim

The manufacturers of many so-called "health foods" have led the way in denouncing the use of artificial sweeteners, and fortunately people seem to be listening. The unfortunate part is that health food manufacturers are now touting the fruit sugar fructose as a healthy alternative to sucrose and artificial sweeteners. They like to point out that because fructose is the natural sugar in fruit, it doesn't lead to the quick spikes in blood sugar levels associated with sucrose. (These spikes, as I'm sure you're aware, trigger mood swings and energy level fluctuations, and place additional stress on the pancreas and adrenal glands.)

What makes this unfortunate is that the manufacturers' claims about fructose are only half-right. It's true that fructose consumed in fresh, whole fruits doesn't cause spikes in blood sugar. But when that same fructose is extracted from the fruit

and used in processed foods, it acts just like sucrose...if not worse!

Research has recently revealed that the consumption of fructose, sucrose and all the other forms of sugar could turn out to be one of the biggest "hidden" threats to our overall health. When the early pioneers sounded the warning against sugar, it seems they knew exactly what they were talking about.

Glycation Speeds Up Heart Disease, Vision Loss, and Many Other Age-related Diseases

One of the major problems stemming from sugar consumption has to do with a chemical process called glycation (or the Maillard Reaction). During the next 5 or 10 years, I suspect you will begin to see more emphasis being placed on the harmful health effects of glycation. But if you're concerned about preventing health problems like heart and artery disease, Alzheimer's, cataract formation, vision loss and aging in general, glycation is something that you should know about *now*, not 10 years from now.

In simplest terms, glycation refers to the combination of a sugar and a protein molecule. Most everyone has seen the effects of glycation in the kitchen. During baking, sugar (whether it be white table sugar (sucrose), fruit sugar [fructose] or milk sugar [lactose]) combines with cer-

tain amino acids in the grain proteins of flour. The chemical reaction that takes place causes loaves of bread and pastries to turn brown. The same reaction also occurs when meats are glazed and coffee is roasted.

Glycation also occurs in the body when the sugar in your blood (glucose) combines with the amino acids tryptophan, lysine and arginine. During this reactive process, certain by-products are created and released within the body. The by products are known scientifically as Advanced Glycation Endproducts. And in terms of what Advanced Glycation Endproducts do inside the body, well, their acronym says it all: AGE.

To Understand How AGEs Work, Imagine Cooking an Egg...

AGEs are now thought to accumulate in your body and remain there throughout your entire lifetime. The formation of these endproducts is accelerated when you have lower levels of antioxidants in your system and when the kidneys are weak or malfunctioning. More importantly, extremely large numbers of AGEs are also created when blood sugar levels are high. This helps explain why diabetics always seem to have abnormally high levels of AGEs.

To help get a better picture in your mind about AGEs, visualize the clear, runny portion of a raw egg.

This part of the egg is mostly protein. An amazing chemical reaction takes place when you heat this clear portion of the egg. It quickly and permanently transforms from a runny, clear liquid to a solid, rubbery white mass.

Now Imagine the Same Hardening Process in Your Heart, Eyes and Brain

Proteins similar to those in the egg are found throughout your body. Proteins, after all, are the body's building blocks. They are used in the construction of enzymes, blood vessels, muscles, nerve fibers, organ tissue and just about every other body part. When glycation occurs and AGEs form, these proteins are changed forever. Just like the changes to the egg, the process is irreversible. The long-term health consequences of this protein-altering process can be disastrous.

For example, when proteins in blood vessels undergo glycation, you get stiffer, less flexible arteries which lead to higher blood pressure, plaque formation, blood flow blockages, heart and artery disease, stroke, heart attack, etc. The smallest blood vessels are the hardest hit, such as those in the back of the eye, the kidney and the brain. These areas require a constant supply of glucose to meet their high energy requirements. As a result, they have

the highest degree of glycation of any tissue in the body.

Animal studies have confirmed that damage occurs to areas like the eyes when diets high in sugar are consumed. In particular, we now know that the cloudiness that begins to develop in the lens of the eye (more commonly known as cataracts) is a result of glycation. The increasing incidence of cataracts in this country is no doubt linked to our ever-increasing sugar consumption.

Researchers also now believe that glycation lies at the heart of the alteration of proteins in the brain that causes Alzheimer's disease. (*Metabolism* 80;29:1247-1252) (*J Nutr* 98;128:1442-1449)

What all this boils down to is that refined sugars speed up the aging process and accelerate the formation of what we commonly call "age-related" diseases. If you are diabetic, you're well aware of the importance of monitoring sugar intake. For those of you who are not diabetic, here are some steps you can take to help keep your own blood sugar levels in the healthy range.

How To Guard Against Glycation and the "AGE"ing Process

1. The most obvious step is to cut back on your intake of refined sugar. I'm not just talking about the white granules we all keep out on the counter. Sugars of all types are be-

ing added to just about every processed food imaginable, even unsweet things like ravioli and soup! Because these sugars undergo glycation during processing, they're every bit as harmful as table sugar—and likely even more so!

Up until just recently, no one really gave much thought to the effects of these processed foods. Researchers at the Picowe Institute for Medical Research in Manhasset, New York, have developed assays that show considerable amounts of AGEs from food are absorbed into the blood.

In other words, not only will consuming sugar trigger glycation in the body and create AGEs, but if you consume foods that have already undergone glycation you absorb the harmful byproducts directly into the bloodstream. Eating these foods year after year leads to accelerated aging and disease.

Based on these latest findings and the ever-increasing levels of sugar consumption, it's no wonder diseases like diabetes, Alzheimer's, heart disease, cataracts and kidney failure are on the rise.

In general, the easiest way to cut back on refined sugars is to read food labels and make sure sugar (sucrose, dextrose, fructose, maltose, lactose, etc.) is not one of the first four or five ingredients on the label. The most popular sugar among man-

ufacturers these days is high-fructose corn syrup—which, unfortunately, also appears to be the most active in triggering the glycation process and the formation of AGEs. Steer clear of that ingredient as much as possible.

Also, if you do choose to buy processed foods, opt for those that have at least a few grams of fiber. This will help slow the release of sugar into the bloodstream.

2. Use stevia to sweeten beverages and baked goods.... Unlike sugar, stevia doesn't trigger glycation or spikes in blood sugar. In fact, it's now used in South America to help stabilize blood sugar in diabetics. And, unlike artificial sweeteners, stevia has no aftertaste, side effects or connection to cancer.

By now, stevia should be readily available in health food stores, although you likely won't find it alongside sugar or other sweeteners. The Food & Drug Administration has approved the importation and sale of stevia as a "dietary supplement," but not as a sweetener. All this means is that you'll need to look in the supplement aisle. You should find it in both powder and liquid-extract forms. Most people find the liquid extract closer to sugar in taste and easier to use. (One in particular that I've used is made by Body Ecology and four drops of the liquid equals one teaspoon of sugar.)

If you have trouble finding stevia in your area, try the following mail-order sources: Body Ecology, 1266 West Paces Ferry Road, Suite 505, Atlanta, GA 30327, 800-478-3842; The Heritage Store, P.O. Box 444, Virginia Beach, VA 23458, 800-862-2923; or Allergy Resources, 557 Burbank Street, Suite K, Broomfield, CO 80020, 800-873-3529.

3. I would also recommend that you eat more fresh fruits and vegetables. As I mentioned earlier, eating unprocessed fruits high in fructose doesn't appear to cause the problems associated with glycation and AGEs. As is usually the case in nature, fruits have built-in co-factors like fiber, antioxidants, minerals, etc., that help prevent such problems. So go for the pineapple, not the pineapple upside-down cake.

4. You can slow the aging process and dramatically improve your health by maintaining high antioxidant levels. Eating more produce as I recommended above is an excellent start, and you should also use a high quality daily supplement to ensure adequate and consistent levels of these nutrients. Vitamins C, E, B6 and alpha-lipoic acid are ones that have been shown to be particularly beneficial in combatting the effects of glycation.

Early health pioneers knew that refined sugar was dangerous. And while some studies have detected a link between high-sugar diets and problems like heart disease, no one seemed to be able to pinpoint the connection. The latest research on glycation provides that connection.

As I mentioned earlier, it won't be long before we begin to hear more and more reports about the effects of glycation and the dangers of eating sweets and highly sweetened foods. Whether the public takes notice or not is another matter. Our society's addiction to sweets will be a hard one to break, and as long as we continue to invest in these foods at the grocery, they'll always be in ample supply on the shelves.

Don't wait until all of this becomes public knowledge. Eat whole foods. Take your supplements faithfully. Begin to cut back on or eliminate processed sweets and products loaded with sugar.

A little bit of willpower now can help you slow the aging process and significantly lower your risk of developing diabetes, Alzheimer's, cataracts, heart and kidney disease, and dozens of other so-called "age-related" problems. They're not age-related. They're diet-related.



Recipe Page



Sesame Cloverleaf Rolls

2 cups hot soy milk

3 Tbsp. oil

3 Tbsp. honey or
natural sugar

1 Tbsp. yeast or 1 packet dissolved
in $\frac{1}{4}$ cup lukewarm water

6 cups flour (half whole
wheat and half unbleached
white)

2 tsp. salt

$\frac{1}{4}$ cup sesame seeds

Add oil, sugar, and salt to soy milk. When cooled to lukewarm, add dissolved yeast and 3 cups flour. Beat thoroughly, cover, and let rise until light. Stir down and add enough flour to knead (about $2\frac{1}{2}$ cups). Let rise until double in bulk and turn onto slightly floured cloth or board. Knead and shape into tiny balls and roll in sesame seeds. If they don't adhere, moisten ball with a little warm water.

Place three balls in each section of greased muffin tins. Cover with a cloth and let rise until double in bulk. Bake in a hot oven (425° F), 12 to 15 minutes. Brush lightly with oil. (Adapted from *Back to Eden Cookbook*, p. 78.)



“Do not neglect to teach your children how to cook. In so doing, you impart to them principles which they must have in their religious education. In giving your children lessons in physiology, and teaching them how to cook with simplicity and yet with skill, you are laying the foundation for the most useful branches of education. Skill is required to make good light bread. There is religion in good cooking, and I question the religion of that class who are too ignorant and too careless to learn to cook.”—CD 264:1.

ANYWAY

People are unreasonable, illogical
and self centered. *Love them anyway.*

If you do good, people will accuse you
of selfish ulterior motives. *Do good anyway.*

If you are successful you win false friends
and true enemies. *Succeed anyway.*

The good you do today will be forgotten tomorrow.
Do good anyway.

Honesty and frankness make you vulnerable.
Be honest and frank anyway.

People favor underdogs but follow only top dogs.
Fight for some underdogs anyway.

What you spend years building may be destroyed
overnight. *Build anyway.*

People really need help but may attack you
if you help them. *Help people anyway.*

Give the world the best you have and you'll get
kicked in the teeth.
Give the world the best you've got
ANYWAY.

—Author Unknown

TAPE LIST NO. 51

NO.	TITLES	LENGTH
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484	Qualifications of a Teacher	90
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494	God's Covenant Promises to His Church	60
495	The Prophetic Foundation for the Sealing Message	60
496	Order and Perfection	90
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381	He That Endureth Until the End Shall be Saved	30
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384	To Trust in God is to Distrust Self	30
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Note: Although the audio on a few of the M. J. B. study tapes are not as clear as we would like it to be, we believe their subject matter is well worth listening to and digesting.

Cost of Tapes: 30 minutes—\$1.00; 45 minutes—\$1.50; 60 minutes—\$2.50; 90 minutes—\$3.00. All monies must be in U.S. currency. ☐

NOTICES

Summer and Garden News: Last quarter, we told about the mild winter we had. We are now having very hot summer days, with temperatures climbing to the upper nineties and the heat index to over one hundred. With our air conditioners going, and with occasional cooling breezes and some slightly overcast clouds, both inside and outside workers are kept relatively comfortable to continue with their work.

Our gardens have been producing a bountiful crop of green and yellow wax beans, okra and cucumbers. Now the tomatoes are coming in and we are having a feast, enjoying them after a winter of tasteless, "store bought" ones. Cantaloupe, honey dew melons and watermelons are also coming in. We have a bountiful supply of squash—zucchini, spaghetti, and other winter squashes, and the pumpkins are growing larger and more yellow each day. We also have eggplants (known as garden egg or mellenen in some countries), bitter melon (known as correila), sweet peppers, cabbage, kale, broccoli, and cauliflower. We praise and thank God for our bountiful harvest, for in addition to helping to provide for our daily meals, we are preserving some for winter use.

Seminar News: The Lord is enabling the brothers to build four nice

cabins with bathroom facilities to house the many who will be coming. Three of them are behind the Chapel and are known as the "cabins in the woods." They are right in the midst of oaks and other shade trees. The fourth one is called the "orchard cabin," as it is built in the midst of our apple orchard, a little distance behind Bashan House. We believe all who will be housed in them will be comfortable. It is our hope to build others later on, as well as to prepare a place with restroom facilities, etc., for tents and campers. This is a cause for rejoicing, for the Lord provided the help and the means to enable us to build them. Because of the amount of work yet to be done, all of Bashan workers are working from sunup to past sundown. We hope to get everything ready on time for the opening date of the Seminar.

For those who will not be here, we hope and pray that you are praying for all who will be attending the holy convocation. Be assured that you will be in our prayers, also.

Day of Prayer and Fasting: We will continue with these privileged appointments each month end, but, as was announced in the August Newsletter, we will fast and pray on the second Sabbath of this month, the 11th, instead of the last Sabbath. Please earnestly remember the Sem-

inar in your prayers.

Large and Small Charts: We still have a goodly supply of these. If you value them, you will want to get a set for yourself.

Prayer for the Sick and Elderly: Please remember to bear these up in your prayers. Especially remember Brother Joe Nault, (Canada), Brother John Dodd, Sr., (Connecticut), Brother Marque Lanneaux, (New Jersey), and Brother Rohoman (Uncle Sam), here at Bashan. There

are others, too, who need our prayers, but these are in critical need because of their health problems.

Finally, "...beloved, seeing that ye know these things before, beware lest ye also, being led away with the error of the wicked fall from your own steadfastness. But grow in grace and in the knowledge of our Lord and Saviour Jesus Christ. To Him be glory both now and forever. Amen." 2 Peter 3:17, 18. □

KEY TO ABBREVIATIONS

AA	The Acts of the Apostles
4 Ans.	The Answerer, Book 4
CD	Counsels on Diet and Foods
2 Code	The Symbolic Code, Volume 2
GC	The Great Controversy
MH	The Ministry of Healing
ML	My Life Today
RH	The Review and Herald
1-9T	Testimonies for the Church, Volumes 1 to 9
TDWG	This Day With God
1, 2TG	Timely Greetings, Volumes 1 and 2
TM	Testimonies to Ministers
2Tr.	The Great Paradox of the Ages, Tract 2
6Tr.	Why Perish?, Tract 6
TTE	Timely-Truth Educator
YI	The Youth's Instructor



INSPIRATION'S CHALLENGE

“Thus guarded at the Door, this is why God’s Vanguard Association, the fold of His ‘little flock’ of ‘little ones’ (Luke 12:32; Zech. 13:7), makes the inspection for entrance, via its requirements for Fellowship, very strict, and attainable and maintainable only by faith. Consequently, it is why not many are let in and why some are put out; why God’s true flock or Association is a ‘*little flock*,’ not a large and rapidly increasing flock.

“The shepherds and the porter are committed and dedicated to their responsibility of leading and *letting in only those* whose profession of faith *passes inspection*, and *keeping in only those* whose faith maintains their profession. Those who get in by professing and appearing to measure up to the requirements of inspection—the requirements of Fellowship Certification, but whose faith does not maintain their profession, sooner or later necessarily either voluntarily go out or are involuntarily put out if they do not repent and reform.

“So, sadly, not all who get in stay in. Not all whom the shepherds and the porter today lead and let in to sanctuary, and out again to green pastures, endure for them to lead in and out tomorrow. Today’s ‘little ones’ may be tomorrow’s big ones—too big and too wise in their own eyes any longer to be led and taught and inspected; today’s contented, may be tomorrow’s discontented and disgruntled; today’s runners with the footmen, tomorrow’s casualties in the swelling of the Jordan; today’s friends, tomorrow’s enemies; today’s supporters, tomorrow’s opposers; today’s defenders, tomorrow’s defamers; today’s Judas the disciple, tomorrow’s Judas the traitor; today’s Lucifer, the covering cherub, tomorrow’s Satan, the devil!

“Brother, Sister Davidian, if *you* think you stand, *beware* and take heed lest you, too, fall and become a castaway of one kind or another. What kind, the devil doesn’t care a bit, just so it results in your either rejecting or failing the porter’s inspection—in your either rejecting or failing to measure up to the Rod’s bound-up testimony.”—TTE, “*The Servant*” and “*The Porter*,” pp. 22, 23.

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