

2 0 1 0 J U N E E D I T I O N

# the BEAUMONT SDA NEWSLETTER



## CAMPOUT

Recently church family got together for a campout at Bogart Park in Cherry Valley. Our next campout will be held Dec. 11 after church at Joshua Tree National Park. Please RVSP immediately if you're interested in JTNP camping. See bulletin for details.



## ✧ Pastor's Desk ✧

*“For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.”*

DEAR BEAUMONT CHURCH FAMILY:

It will soon be another Memorial Day holiday. Many of you will have the day off and will start the summer season thinking about gardens, traveling and getting together with family and friends. I hope you take a bit of time to reflect on the many lives that have been lost in past wars. Also think about the number of church members

and family members who are asleep in Jesus and soon to be resurrected from their graves.

Each day I am convinced we are so close to the coming of our Lord and Savior that I start getting excited. That should be the main focus of our attention. All other things are

insignificant in comparison to the Second Coming.

(See Pastor's Desk, page 2)



**Marsha's Vegan Brownies**  
1 cup 100% whole grain all purpose & pastry flour  
½ cup walnuts (chopped)  
½ tsp salt  
½ tsp baking powder (organic)  
½ cup cocoa powder (organic)  
1 ½ tsp egg replacer  
½ tsp vanilla organic

½ cup apple sauce  
½ cup caf-lib or cafix (mix granules with water, as directed)  
¼ cup Soy milk organic  
½ cup Agave Nectar organic or organic sugar

Pre-heat oven to 350 degrees F. In medium bowl mix all dry

ingredients. In separate bowl mix all wet ingredients. Mix together, but do not over mix. Place in oiled 8-in. square pan. Bake for 20 - 25 minutes in the pre-heated oven until the top is no longer shiny. Let cool for at least 10 minutes before cutting into squares.



## ... Pastor's Desk continued

Could I make a suggestion of something to do on Memorial Day? Take out your Bible and read two passages.



the resurrection of our dead loved ones. This will be a time when we can be reunited with them to meet the Lord in the air. Just read these two passages and

First, read the entire chapter of Isaiah 53. Think about the death and resurrection of Jesus. Without His effort we would have no hope for eternal life.

Next, read 1 Thessalonians 4: 13 – 18. This is the greatest comfort we can have, a promise for

remember we can go through many trials because we know Jesus, our Lord and King, always tells the truth. Whosoever believes in Him shall not perish, but will have everlasting life.

Have a great summer!

~Pastor Bob & Jean Atteberry

### JUNE EVENTS:

**JUNE 7**  
Board meeting in Friendship Hall at 7 p.m.

### JUNE 15

Volunteers are needed to help with the church booth at Market Night, Tuesdays, 5:30 p.m., June 15 to Aug. 17 at Noble Creek Park in Beaumont. Talk to Abe or Henry for information.

### JUNE 20

Church potluck in the Friendship Hall. Bring your favorite dish to share. Visitors please stay!

### June 21

Finance Committee will meet at 7 p.m. in the pastor's office.

### LOOKING AHEAD:

Get ready for VBS, July 18 to 23.

Volunteers are needed. Call Ivy White at 951-849-0701.

*"Christ has said that we shall have the poor always with us, and He unites His interest with that of His suffering people. The heart of our Redeemer sympathizes with the poorest and lowliest of His earthly children. He tells us that they are His representatives on earth. He has placed them among us to awaken in our hearts the love that He feels toward the suffering and oppressed. Pity and benevolence shown to them are accepted by Christ as if shown to Himself. An act of cruelty or neglect toward them is regarded as though done to Him." PP 535, 536*



# Fellowshipping with church family



*"The contributions required of the Hebrews for religious and charitable purposes amounted to fully one fourth of their income. So heavy a tax upon the resources of the people might be expected to reduce them to poverty; but, on the contrary, the faithful observance of these regulations was one of the conditions of their prosperity. On condition of their obedience God made them this promise: "I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field. . . . And all nations shall call you blessed: for ye shall be a delightsome land, saith the Lord of hosts." PP 527*



## Health Nugget: Researching Health By Ken Burke, PhD.

Recently while giving nutrition talks to a large audience, I asked, "Would you like me to tell you what to choose, or would you like me to give you the facts, both pro and con, and you decide?" Many in attendance indicated they would like me to tell them what to choose.

One of the dangers of their accepting what I said



without making their choices from credible data is that a more articulate or charismatic person could sway them to accept the opposite. In this way they could be "swayed by every wind of doctrine," as the apostle Paul would say.

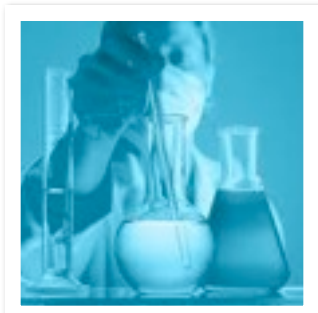
How can we know what nutrition changes to make without searching out scientific literature and understanding what the papers mean? Though searching the free National Institute of Health's National Library of Medicine web site is one option (<http://www.ncbi.nlm.nih.gov/PubMed>), most lay people feel intimidated with the overload of information the website gives. Others discover a single finding on the web and stake everything on it.

A single research conclusion may not stand the test of time. Even the scrutiny of other research may not rule out a faulty conclusion. (The weakest part of any research is the

interpretation of data--we usually interpret by our past experience and biases). Clearly, people need a credible source, one with an excellent, reliable track record.

Since the apostle John wished good health to one of his converts (III John 2), it seems reasonable that God also wishes his children to be healthy and happy. Wouldn't He then give us insight into how to achieve health and happiness? If He tells us to "reason" about having our sins forgiven (Isa 1:18), would He not also ask us to use reason about nutrition?

**See 'Research' on page 4**



## ... Research continued

And would He not give us nutrition insight, revealing secrets to His prophets (Amos 3:7) if we search for it diligently?

As a nutrition research scientist who has been reading research literature for many years, I have found a credible source with an excellent track record: the writings of Ellen White.

See *Ministry of Healing, Counsels on Diets and Foods* (a compilation), and others. Clive McCay, the late Professor of Nutrition at Cornell University summed up a lengthy discussion of her nutrition-related writings in this way: "Every modern specialist in nutrition whose life is dedicated to human welfare must be impressed in four respects by the writings and leadership of Ellen G. White.

"In the first place, her basic concepts about the relation between

diet and health have been verified to an unusual degree by scientific advances of the past decades. Someone may attempt to explain this remarkable fact by saying: 'Mrs. White simply borrowed her ideas from others.' But how would she know which ideas to borrow and which to reject out of the bewildering array of theories and health teachings current in the nineteenth century? She would have had to be a most amazing person, with knowledge beyond her times, in order to do this successfully!

"In the second place, everyone who attempts to teach nutrition can hardly conceive of a leadership such as that of Mrs. White that was able to induce a substantial number of people to improve their diets.

"In the third place, one can only speculate about the large

number of sufferers during the past century who could have had improved health if they had accepted the teachings of Mrs. White.

"Finally, one can wonder how to make her teachings more widely known in order to benefit the overcrowded earth that seems inevitable tomorrow with the present rate of increase of the world's population.

"In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today."

I commend Ellen White as a credible source in matters of foods and nutrition. Reason leads me a step further: Since her nutrition-related writings are so reliable, does it not follow that her other writings are credible as well?

## Please continue to join in church activities



## such as church CAMPOUTS

