

**Golan Seventh-day Adventist  
Church**

# EASTERN Lighthouse

Magazine

**General  
Conference  
2010**

**Your Questions  
Answered !**

**Health Matters  
Recipes  
Activities  
Testimonies  
and more !**

**November 2010, Volume 1, Number 1**

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# Welcome Remarks

Welcome to the inaugural issue of the Golan Seventh-day Adventist Church magazine.

One of my favourite songs is "Ordinary People" by Danniebelle Hall.

The first verse of this song is:

"Just ordinary people  
God uses ordinary people  
He chooses people just like me and you  
Who are willing to do as He commands  
God uses people that will give Him all  
No matter how small your all may seem to you  
Because little becomes much as you place it in the Master's hand"

These lyrics succinctly express the rationale which underpins this magazine. That is, to provide an opportunity for every member, irrespective of age, education, socioeconomic status or even Adventist lineage, to share his or her talents with the church family and with the wider community. It is my pray that as we share our talents that we will begin to actualize the preceding verse: we will submit our lives totally to Jesus and great blessings will be derived from articles guided by the Master's hand.



The apostle Paul in 1 Corinthians 12 reminds us that the church comprises persons with diverse gifts; nevertheless, we are one body in Christ. Likewise, the articles presented in this magazine cover a range of topics but with a single purpose: to lead souls to Christ. At times this purpose is overtly expressed and at other times it is covertly presented, but the intent is always the same: to uplift Jesus.

As you read this magazine share the knowledge gained with as many persons as possible. God can use us in countless ways; sharing is just one of them. I hope that these articles will enrich your spiritual experience and perhaps motivate you to contribute to the next issue.

The completion of this first issue is another example of how our little becomes much as we place it in the Master's hand. Thank you, Jesus for your perpetual guidance throughout every stage of the magazine's development. Additionally, I wish to express my gratitude to the contributors and the magazine's committee for their sterling efforts.

Finally, let me share with you this quote from Joseph Addison: "Reading is to the mind what exercise is to the body." I therefore encourage you to use this

## Health Matters

### Practise what you teach

Last June, while doing gardening in a small piece of land at the back of my home, I disturb the habitat of a colony of mice with my garden fork. They quickly disappeared into the soil and with a guilty conscience; I was left to gaze at my ungloved hand. Throughout my thirty-six years in Environmental Health I have given hundreds of lectures, talks or cautions to individuals working in agriculture, or gardening for leisure about the dangers of not wearing protective gear. Leptospirosis is one of the diseases which rodents such as rats and mice are vectors and can be easily transmitted to human beings if we are not protected.

Leptospirosis is also known as Weil's disease or Hemorrhagic Jaundice. It is a group of Zoonotic bacterial disease with protean manifestations. Common symptoms are fever, with sudden onset headaches, chills, severe myalgia and conjunctival suffusion. What makes this disease so difficult is that it is often misdiagnosed as meningitis encephalitis or influenza. Individuals with these symptoms are advised to seek medical attention with urgency.

Leptospirosis is transmitted when water moistened soil, or vegetation (especially sugar cane) that has been contaminated with the urine of infected animals comes into contact with the skin, especially if the skin is abraded. The incubation period is usually 10 days but it has a range of 1 to 19 days. Leptospirosis may be excreted in the patient's urine for one month. However, direct transmission from person to person is rare.

Preventative measures are very important in the control of the disease. Some are outline below:



Educate the public on the mode of transmission like wading in potentially contaminated water, and in the use of protective gear when working or engaging in recreational activities.



Protecting workers in hazardous occupations by providing boots, gloves and aprons.



Recognize potentially contaminated water and soil.



Control rodents in human habitation, especially in rural and recreational areas.



Keep premises free of bulk refuse and practise proper storage and disposal of domestic waste.

I am aware that several persons in our churches engage in agriculture for leisure, or as a means of supplementing their income. My hope and pray is that none of us will become casualties of this disease.

*Vernal Hall*

## Have you been in for a service lately?

A car is due for a service every 3 months or 10,000 km. This is to prevent any damage and maintain optimum performance.

The garage that services your vehicle changes parts that become worn, over time and changes the oil, oil filter, air & fuel filter,

spark plugs etc. as part of the maintenance recommended by the manufacturer of the vehicle.

If this service is neglected, the car can lose power as it burns more oil and fuel, emits more smoke and generally has unnecessary squeaks and noises; and may ultimately stop working.

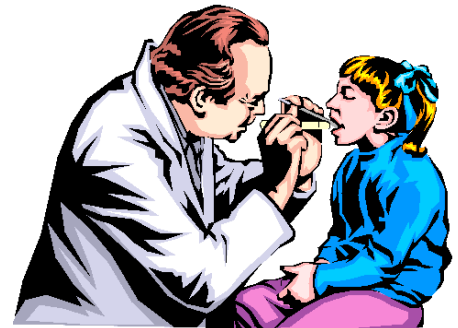
Just like a car, we too need a regular service (every six months) to ensure that our bodies have energy and work efficiently. We typically service the outside of our bodies daily through bathing, brushing our teeth, and combing our hair, but often fail to service the inside of our body. With poor diet and eating habits our filters get clogged over time, and just like the car our performance deteriorates. Unlike a car, we cannot change our filters, but we can flush and clean them regularly for better performance.

The human liver performs about 500 different functions. It is the body's chemistry plant, regulating metabolic processes such as converting sugar (glucose) into energy (glycogen) and

**The human liver performs about 500 different functions.**

protein (amino acids) into urea for excretion. The liver recycles red blood cells to remove iron from the dead cells. It also produces bile and stores vitamins and

produces blood clotting substances. The liver also acts as our filter and rids our body of toxins. When the liver becomes clogged with toxins, fats and parasites over time, the body's entire performance deteriorates and non-communicable diseases become unavoidable.



To name a few:

**Cardiovascular Diseases, Hypertension, Food Allergies, Diabetes, Skin Disorders, Back Ache, Headache.**

So you can see the liver needs assistance to cleanse itself to maintain and preserve better health and to keep the body at optimum performance. We typically eat too many acidic foods and enjoy foods that cause our bodies to be in an unsafe PH range (**PH is a method of expressing differences in the acidity or alkalinity of a solution**). Today's diet entails:

**Processed Foods, Sugar, Junk Food, Smoke, Dairy, Animal Fats, Caffeine.**

All these foods are main contributors to clogging the liver with thousands of gall stones which stops it from functioning properly. We usually think of gall stones as just one stone, because it's usually the largest that causes severe pain and has to be surgically removed. What about the thousands that manifest themselves in the liver? Are you going to allow them to grow and make you sick? \_\_\_\_\_

*Brian Harris*

*General Conference 2010:*

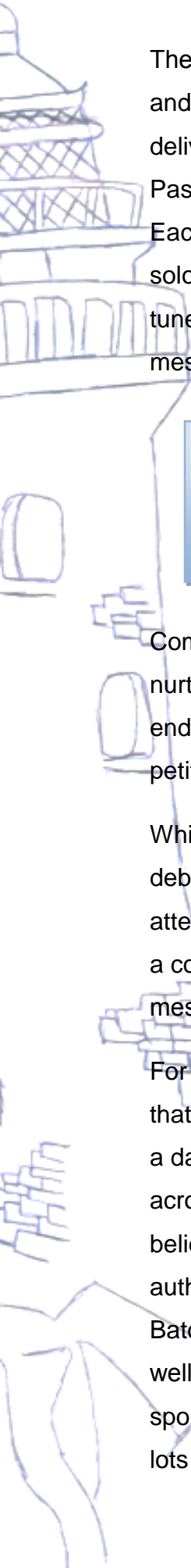
*An experience worth remembering*

**M**y first impression of the Seventh-day Adventist 59th General Conference Session in Atlanta, Georgia was not a remarkable one. On the first day of the session, a couple thousand people gathered at the Phillip Centre. While the delegates from around the world registered at the church divisions booths, the attendees milled around with no sense of purpose.



As yet, the scheduled activities were not running and the exhibition stalls were still being set up. Nobody seemed to know what was really going on and I was beginning to question my presence at the session. However, the doubts of the first day were quickly dismissed when the programme got into gear.





The church's business was conducted in the Georgia Dome and each day's activities started and ended with devotions. Some of the most dynamic preachers from around the world delivered sound, well-researched messages on the Grace of God. The morning devotion by Pastor Steve Riley of Trinidad and Tobago was simple to understand and so well presented. Each session was preceded by musical selections from talented artistes (instrumentalists, soloists, groups and choirs). The programme was conducted in English, but transistor radios tuned to selected frequencies would allow the non-English speaking participants to hear the messages in a familiar tongue.

**Some of the issues discussed by delegates and Conference Committee included global poverty, freedom of speech...**

On evenings, each world division reported on the work that it had accomplished during the five years since the last General Conference session. One of the most noteworthy reports was given by the North American Division. Some of the issues discussed by delegates and Conference

Committee included global poverty, freedom of speech and the defamation of religion, the nurture and protection of children and creation. Delegates also discussed matters related to ending violence against women and girls, while attendees were given the opportunity to sign a petition on the same subject.

While the delegates were cloistered in the Dome, the attendees were free to listen to the debates or take in activities elsewhere on the compound. Hundreds of men and women attended the sessions organised by the Women's Ministries Department. The presenters used a combination of technology, costume and in-character delivery to boost the meaning of the message of God's abundant grace.

For those persons who loved to browse, the exhibition hall was the ideal place. I soon learned that it would take a map, a keen sense of direction and great memory to navigate this area on a daily basis. There were over 300 booths in the hall with representatives from organisations across the thirteen divisions of the church. Visitors to the booths came into contact with fellow believers from around the world, among whom were workers from ADRA, noted evangelist and author John Carter, Russians dressed in national costume, television personalities Doug Batchelor and C.A. Murray, craftsmen displaying intricately carved woodwork from India as well as former and current members of the King's Herald Quartet. Many of the exhibitors spoke little or no English, so communication was often done with a few well-chosen words and lots of smiles.

There were many companies and groups, the names of which I had never known to exist. A wide variety of tokens were available from the booths to help familiarise the patrons with the goods and services being offered. Like me, many people took advantage of the free resource material, health surveys, massages, blood pressure and eye checks, as well as the breakfast that were distributed on a daily basis. The Southern Adventist University even offered bus rides and guided tours to its spacious, well-kept campus in Collegedale, Tennessee.

However, it was not all trawling for freebies by the attendees. Some booths offered specially invited guests the opportunity to give testimonies, render musical items or tell of their missionary experiences. This sharing was not restricted to the exhibition hall. Members participated in outreach programmes, attending musical concerts for the public and distributing thousands of pieces of literature to the residents of Atlanta.

All too quickly it was the final day of the 59th General Conference Session. Over 50,000 people of varying ages, ethnicities, nationalities and physical abilities assembled in the Georgia Dome to hear President Ted N. C. Wilson deliver a timely message that challenged the church to a revival of true godliness and humble submission to God. This short discourse was followed by the "Parade of Nations", where representatives from the 203 countries where Adventism is found marched in national costume and carried their country's flags.

That closing ceremony marked the end of a great session, and thousands of members bade farewell to friends, many of whom we may never see again. As I left the Dome I was filled with a sense of purpose, a far cry from the person who wandered aimlessly around the crowded hall on the first day. The experience showed me that God is always offering hope to the weary sinner. Above all, I caught a glimpse of the end of time when God's children of every nation, kindred, tongue and people will assemble as a multitude that no one can number. Then, there will be no more need for conference sessions to plan strategies. Certainly, there will be no more goodbyes, because everyone will be home.



*Jacqueline Trotman*



## A Personal Testimony

**J**would say like a song writer,  
“When I think of the goodness of Jesus

And what He has done for me;

My very soul cries out hallelujah,

And I thank the Lord for saving me.”

It was in my teen years that I experienced a rebirth (Spiritual Birth). I attended an open air service and when the invitation was given, I went forward, knelt, prayed and asked God to save my soul. I am glad He heard my prayer and changed my life. When I got up from praying I felt light, as if I was floating in the air. God truly heard my prayer.

It was not always smooth sailing, but thank God, Jesus was always there. Whenever I slipped, which was often, Jesus always lifted me. So I say, like another writer,

“He lifted me,

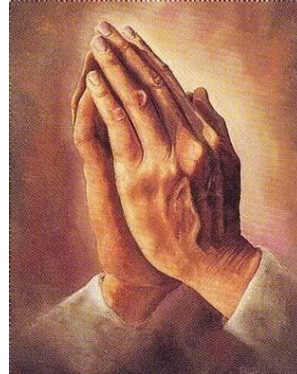
He lifted me,

Oh praise the Lord

He lifted me.”

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*Mantell Bushell*



**Children's Day 2010**

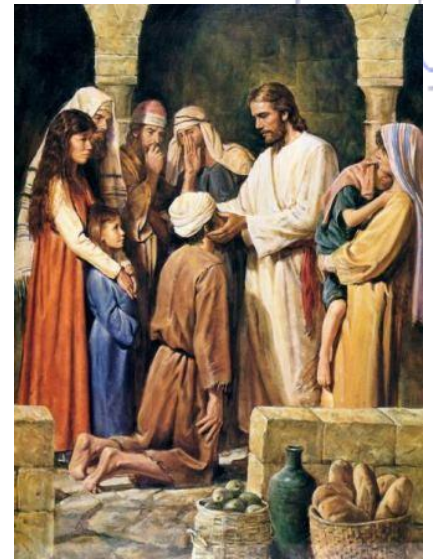
(Source: Kenrick Harris)

## Touched by Jesus

I visited a polyclinic a few weeks ago because my wrist was hurting. After waiting for just over five hours I was finally called in to see the doctor. He said 'So what is the problem today?' I responded 'My wrist has been hurting for the past two weeks'. He said 'What is your occupation?' to which I responded 'Secretary'. He said 'I know what is wrong; you have strained the hand from typing'. He said that it was a repetitive strain injury and then proceeded to write a prescription.

Wow! I sat in amazement. This short exchange had taken two minutes, he had not touched the wrist, he did not even look at the wrist. Yet he claimed to know what was wrong. Needless to say I politely declined the medication.

But over the weeks it got me thinking. Jesus is definitely the Great Physician. He knows what is wrong with us and can diagnose our illnesses in seconds. In fact He knows what will happen before it happens. Remember the woman with the issue of blood? The crowd was pressing around him and yet He felt her special touch. He read hope and the need for healing in that touch. Jesus, The Great Physician healed that woman instantly, yet he asked 'Who touched me?' Jesus wanted her to know that he knew her hurts, he knew her pain and he was willing to heal.



Jesus will heal. All we need to do is invite him to heal us. Like the woman with the issue of blood, we must reach out to Him, touch Him and be healed. Do not rely on earthly doctors. Jesus is The Great Physician. He even prescribes rest. Come unto me all ye that labour and are heavy laden and I will give you rest. What a comforting thought. Jesus knows that we need rest.

Let's all claim Jesus' promises of healing and rest. Don't rely on man. Tell all your troubles to Jesus and He will heal you!

*Jan Husbands*

**Jesus will heal. All we need to do is invite him to heal us.**

## Your Questions Answered



### 1. **What is the difference between the moral law and the ceremonial law?**

The ceremonial laws had to do with the sanctuary system. The Bible says that they were a "...shadow of things to come" (Hebrews 10:1). When Jesus died the sanctuary system was abolished and the ceremonial laws with it (Colossians 2: 9-14). The reason that this was done is that Jesus is now the real sacrifice and the real high priest ministering in the real sanctuary in Heaven (Hebrews 8:1, 2).

The moral law, on the other hand, will never be abolished (Matthew 5: 17-19). The moral law is based upon the Ten Commandments and can be summarised by the two great commandments: Love God with all your heart, soul and might, and love your fellowman as yourself. The moral law is extremely far-reaching and should guide our entire lives (Psalm 1).

### 2. **I am in a physically and psychologically abusive marriage, should I divorce my spouse?**

Jesus said that the only cause for divorce is sexual infidelity (Matthew 5: 32). However, separation is recommended for victims of abusive relationships.

### 3. **Is it alright for an Adventist to be cremated?**

The Bible does not give any regulations regarding how to dispose of a corpse. Therefore cremation cannot be condemned from a Biblical standpoint. Furthermore, it does not matter how one's body is disposed because God is all-powerful and will resurrect everyone at the appropriate time.

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*Pastor De Vere Linda*



Since this is the inaugural edition of the magazine, it would be most inappropriate, to say the least, not to thank the conceptualists for such a wonderful forum, from which we can interact with each other via sharing ideas and information pertaining to the spiritual growth of God's people. Indeed, the very effort, determination and hard work required to bring such an idea to fruition, warrants commendation. May God be praised!

This article seeks to enlighten to be informative, to create challenges and to spark oral expression of thoughts and or ideas that may have been previously thought of as, non consequential and yes, to be entertaining and enjoyable, simultaneously advocating a renewed interest in prayerfully studying God's word. The idea is, that we will all commit ourselves to such a study programme, that we can then assemble in small groups to share, compare and correct each other. And can it be, that when He said "where the twos' and threes' are gathered in my name, there will I be also", that he was referring to small groups also?

I begin with the Bible passage, Revelation 3: 14-19. (In view of the title, the passage has purposefully not been quoted, in order that you, the reader, should be prompted to search the scriptures for yourselves).

TO BE OR NOT TO BE (Did someone say Shakespeare?) No, not quite, but from the passage, that should be the question on every Laodicean's mind, to be or not to be, spewed out of God's mouth.

Firstly, let me give you the back-drop, so to speak, for the reason that sparked, as it were this article, this journey into the mind of God. I shall share with you two events, termed **The Past** and **The Present**, that are responsible in no small way, for this piece, in which I can take no credit. But will forever be grateful to Brother Hall for being the catalyst that sparked me to brush the dust of laziness and procrastination from my Bible and again engulf myself into the word of God. You see, for too long I have been contented with just listening to pastors, evangelists and preachers, both locally and on 3ABN (Three Angels Broadcasting Network). As a matter of fact many a Sabbath I spent receiving service from the television instead of having fellowship in God's house.

And, truth be told, no matter how good they were, somehow I often felt underfed; something was missing. I had stopped studying for myself and so lost the joy of participating in meaningful discourse, which can only be realised in fellowship of some sort. Fellowship promotes spiritual growth. Having Him there as the Holy Spirit teaches and guides you into His truths, brings such joy. There is none, nor indeed can there be any comparison.

Did He not say "If you search diligently for me you shall find me?" Did He not also say, "Study to show thyself approved...?"

**The Past.** It all began one Wednesday at prayer meeting. A brother whose name I knew not at the time (which I now know to be Mr. Hall,) began his discourse by saying that he was studying and had done some research into the topic 'Babylon, is fallen, is fallen, come out of her my people, that ..' I do believe, if my memory serves me correctly, that his first question to the floor was, "What do you understand by this passage?" It was a very lively discourse by the handful of us who managed to shake off the rigours and tiredness of a workday to be there. The night was cool, but we were hot, with the atmosphere being punctuated, as it were, by raised hands which gave way to vigorous interjections and questions.

Someone had stated that God was calling His people from the other churches to come into the Seventh-day Adventist Church, to which I posed the question "Why would God, in His infinite wisdom, bring people out of Babylon into a place that was not ready for them?" (Making reference to the discord among us; not speaking of Golan per se, but of the church in general).

A brother responded by saying, and I quote "I don't know where the brother is coming from with his question, because we have the truth and God is bringing them out of error into the truth which they can't get anywhere else." His contribution was very well received with what we Bajans would call, a good few Amens! I tell you, it was an enjoyable discourse, even the ladies were standing and having their say. I guess, with the exception of yours truly, one could say the general consensus was that all were in agreement with the view presented by the brother.

"I don't know where the brother is coming from with his question, because we have the truth..."

Realising that a discussion of this nature could take us way beyond our allotted time, as well as probably impede the presenter's planned programme, I offered no rebuttal, though the questions I had in mind were like the pain of a bad toothache: bothering me, constantly in my mind, day after day, moment by moment, until I resolved in my mind to let go of the issue. That was that! All at rest, or so I thought. Which brings me to **The Present.**

While at church on Sabbath, I heard of a planned magazine and the request for articles. Immediately the light bulb came on in my head. I thought to myself. "Why not revisit that issue, submit an article on it to invite greater comment on the subject?" So with the renewed vigor of an Indiana Jones traversing some forgotten or unknown territory, I picked my Bible up, dusted off the dust of lackadaisicalness and began to search and dig, dig and search, for the buried meaning of God's words. I needed to know for myself exactly what was wrong, because a careful study of Revelation 3:17 tells me that although WE HAVE ALL THIS TRUTH, as the brother purported YET, SOMETHING IS DREADFULLY WRONG! This verse also tells me that my lukewarm state is as a direct result of the conditions He outlined there in.

## The questions begging therefore to be answered are:

- Did God know that we have the truth? **Answer:** Of course He does! He gave it.
- Did having the truth stop God from saying we were lukewarm? **Answer:** Definitely not.
- Notice He did not say that the cold or the hot, would be spewed out; only the lukewarm. Does that mean that both conditions are on par? **Answer:** We need to search for it.
- What has brought us to such a deplorable condition, we who were entrusted with His truths? **Answer:** We need to search for it.
- What went wrong then, that God in His infinite wisdom, pronounced such an awful indictment against us His true church? **Answer:** We need to search for it.
- Where do we go to purchase, to shop, for these items that are guaranteed to heal our condition and stop us from being spewed out of God's mouth? **Answer:** The bible and the testimonies of Jesus. How do I know this? Because those are the only places we can find His instructions for our lives.
- What do these figurative items, gold, white raiment and eye slave represent? **Answer:** We need to search for it.



I now ask, does the brother realise that while we are in such a condition, in spite of all the truth we may possess, it would be stupid, and quite unthinkable for a wise infinite God to bring people from error only to have them fall into a lukewarm state and be spewed out? If that's the case, why not leave them where there were in the first place? Is He going to save them from drowning at the sea in Foul Bay and put them in the sea at Brandons? Would it not make more sense to put them in St. Thomas or St. George where there is no sea? It does not take a rocket scientist to understand the point I am making.

Similarly, would it not follow that God is saying, "Look, you think you are ready, but in truth you are far from. As a matter of fact, you are so deplorable (Revelation 3:17) **THAT YOU ARE IN DANGER OF BEING REJECTED BY ME. I HAVE OUTLINED YOUR TRUE STATE, I HAVE TOLD YOU WHAT TO BUY AND WHERE TO SHOP FOR THEM, THAT YOUR CONDITION CAN BE CORRECTED. I NEED YOU TO DO THIS, IF YOU ARE INTERESTED (THE WHEAT). I WILL NOT FORCE YOU, IF YOU DO NOT SEE YOUR NEED OF CHANGE" (THE TARES).** That is why He said "They will both grow together until the harvest."



Again, my dear brother in Christ, let's for argument sake, say that you are a farmer and you had a bed of lettuce, that were approaching the harvest stage. The bed, as would be expected, has not only the almost ripe lettuce, but also weeds. In another box, you have some lettuce which are ready for transplanting. Are you trying to tell me that you are going to transplant those young plants in that bed, without first preparing a place for them to catch root and grow, by first removing the weeds? And if we as humans know this to be the right procedure, what more say you of God who gave us the knowledge and the knowhow? Are we more intelligent than He is?

And so began my search into the mind of God. Hence the title of my article.



His testimonies IRREFUTABLY support the material, I will honour my Jesus and His atoning sacrifice, by believing and accepting His word. You know brethren, in our society we have heroes, like Sir Gary and other late great men, and there is absolutely nothing wrong with any of that. I have the greatest respect for all the builders of our nation, including all the old poor people who worked hard to develop our society for us, their off spring. However, I would like to introduce you to my hero. The late Martin Luther, a German monk, who tenaciously stood for God's word against the might of the whole Roman Catholic Church. ONE MAN! And because of his belief and acceptance of God's word, today we enjoy, and are the beneficiaries of the first doctrinal belief God re-established for the Seventh-day Adventist Church. Ladies and Gentlemen, God sent back the doctrine "THE JUST SHALL LIVE BY FAITH" through him.

That's my hero; teach our young ones the astonishingly bitter, yet SWEET history of our church, and watch their eyes open in AWE of an AWESOME, MAGNIFICENT God. Brother Hall, you have no idea of how very thankful I am to you for that discourse. Just how sweet it is to study! I had forgotten. I am enjoying my studies again and hope that the published findings will motivate all of you, not just to have studies, but to make them of an indepth nature, so that greater participation into God's word will be more prevalent among us.

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*The Searcher*



## *Thought*

**Many people have ideas on how others should change; few people have ideas on how they should (Leo Tolstoy).**

**Many of us can change our circumstances for the better if we could only change our attitudes, behaviors, thoughts and actions towards life and our environment. These things though they may impact upon us in sometimes negative ways they do not have to determine our lot in life. On the other hand, our positive attitudes, respective behavior, uplifting thoughts and determined action can together bring about our success despite the environment or circumstance life has placed us in. May God help us to bring about the change in ourselves that we desire to see in others.**

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*Elder Merton Sandiford*

## Short Story

It was the most ironic day I had ever experienced. One moment it seemed normal, and then in the twinkle of an eye, it just changed, dramatically, and yet, as I lie here with a glass of cold lemonade in my right hand, the TV remote in the left and both my feet in a massager, I must say that the day gone, was rather amusing with one fault occurring right after another.

**Fault no. 1:** I awoke long before the sun could rise (which wasn't at all normal). I made breakfast, woke up my two children and got them ready for school. Made lunch for them and my husband and then got dressed. I had a doctor's appointment and I really wanted to be punctual (since I'm habitually late for everything), but I didn't mind. So far my day seemed fine; the usual day in the life of a housewife and I was pleased.

**Fault no. 2:** With the children at school, I made my way to the doctor's office. I felt so calm and serene, though I honestly didn't know why. I guess the Bible in my bag which I intended to read, gave me peace of mind; unfortunately that tranquil sensation came to an abrupt halt the moment I walked through the door. Instead of being greeted by the receptionist with a big smile and a pleasant "Good you today?" I was instead stare at the clock and a

I would have given her a good chunk of my mind...

greeted with a shocked gasp, a "Andrea, you're ok?"

**Fault no. 3:** I could not believe the brusque manner in which this snobby receptionist had approached me. If I didn't have the Holy Bible in my bag, I would have given her a good chunk of my mind, but instead I replied "Of course, I just wanted to be punctual for a change". "Punctual?" She said it with such force that the chewing gum she was mauling flew straight out of her mouth. She didn't even care to see where it had gone. "Andrea!" she said, with the most concerned look on her face, "It's nine o'clock and your appointment isn't due until eleven!"

That must have been the dumbest thing I have ever done. It's ok to be ten minutes early or even twenty, but two hours!! In my opinion this was catastrophic, but I couldn't let her know that I was almost embarrassed by the outburst, so I smiled and said "No problem, I could wait" [big lie]. I wanted to scream sooooo bad.

But if you thought that was bad, the worst was yet to come. Here is what the doctor said as she came in: "Andrea that is you, my forever late patient?" To make matters worse she opens the window and sticks her head outside "Man, de rain goin to fall today!" All I could do was blush and smile, though I imagined myself jumping up and screaming "SO WHAT?"



I gently took out my Bible, sat down and by the grace of God began to read. I was pertinacious in regaining the calm mood I had before. No curt receptionist or sarcastic doctor was going to stop me from enjoying a good day!

The voice of the doctor broke my concentration as she invited me into her office for my check up. By 10 o'clock my appointment was over and I proudly walked out of the doctor's office, leaving the pretentious receptionist and the somewhat cheerful doctor behind. Upon leaving the office, I decided to walk into town to purchase some shoes. I only went for one pair of shoes and ended up buying three pairs and a dress. I guess it's just a ladies' thing.

**Fault no. 4:** The next dumb decision I made was not to call my husband for a ride, but to catch the bus! For a woman like me who from childhood could be found in a car park and never a bus terminal, this was once more what I would consider to be, another catastrophic mistake.

I was in such a dilemma. Here was I, standing in front of a store, with two nearby bus terminals, almost adjacent to me and I have no idea which one held the bus to take me home. Anyway, I crossed the bridge and made my way to the first terminal.

**Fault no. 5:** "It's either this one or the other," I thought, as I walked amongst the buses looking for the one marked Applebottom. After five minutes and not finding my bus I was becoming discouraged and in a state of despair; even my feet were starting to protest.

Eventually I decided to ask someone if I had missed the bus. Now who told me to do that? The man I asked looked at me from head to toe with this scornful look on his face and finally told me that I was in the wrong bus terminal.

It was only pride that kept me walking as I dragged my aching feet back over the bridge, and into the other terminal. As I walked amongst the buses once more, I was beginning to wish I had the car, but that didn't seem to matter as I found myself walking right up to a woman and asking her if the bus had gone.

Surprisingly, the bus had not left the terminal so I patiently waited for it to arrive. After what seemed like eternity, the bus approached and we boarded. The scenery along the bus route was breath-taking. Usually I would enjoy seeing the sandy beaches, shimmering sea and the extravagant, yet majestic hotels and condos that guarded the coastline, but today I was too tired to care. On another day, I would have been enjoying the scenery from behind the wheel of my Subaru, not from a hot, crowded bus, sitting next to a man who smelled bad and who was continuously coughing. I bore it for as long as I could.

I was overwhelmed but exhausted when I reached my stop. The moment I stepped off the bus I seemed to receive this sudden burst of energy and I briskly walked towards the cul-de-sac.

**Fault no. 6:** I almost ran up the front steps of the veranda when I approached the house. I couldn't resist breathing out a heartfelt 'Hallelujah!' as I searched through my handbag for the keys; but would you believe it my keys weren't there? This was utterly disappointing!





I started to panic. "What was I to do? Should I wait until my husband comes home? What if it rains?" My head was spinning with these questions until I was sick. Even the thought of breaking a window and climbing in occurred to me, but I concluded that I would look like an absolute lunatic with my feet waving madly in the air, forcing myself into my own house.

I was still a bit distraught when I saw my neighbour and good friend coming home. She had a spare key for my house. I knew she would make me the laughing stock of the district for months to come when she heard about my situation. I didn't care; right now she was a God-send. As I predicted, Karen engaged herself in a serious belly-laugh, when she heard the events of my day. I smiled and promised to return the key. The day was indeed amusing, but I didn't mind. I was home.

Now I'm presently sitting here, flicking through the channels with the remote and listening to my feet, as they sing praises to the man, who invented the foot spa. \_\_\_\_\_

*Nakita John*

## Poetry Corner

### Beginnings

Beginnings are good,  
And so they always should  
Bring cheer to all,  
Whether big or small.

For when we start  
It's done from the heart.  
We put in our best  
Whatever the test.

Gifts and talents are made to shine.  
They should be used all of the time.  
That's why God, to all has given,  
These blessings to benefit, all the living.

Members all can share;  
Just begin with a prayer.



Write a poem, recipe or even a song.  
Let's join hand in hand and come along.

Men of Golan you are great,  
Who ever thought of this big idea  
Don't give up; be it two or ten  
Rewards are great, when you stick it to the  
end.

So men of Golan once more, hats off to  
you.  
We the women of Golan enjoy all that you  
do.  
Carry on smartly every step of the way  
And may God bless you richly, at the end of  
the day.

\_\_\_\_\_  
*Angela Edghill*

## Salvation's Call

On a hill far away  
Stood an old rugged cross  
The emblem of suffering and shame  
Because of this cross  
We don't have to be lost  
There is where Jesus took our sin and  
shame.

So kneel at the cross,  
Christ will meet you there,  
That's where He died for you,  
Confess your sin, He will help you win,  
He is calling everyday  
So please do not delay.

Just turn your life over to Him,  
Salvation you will win  
And He'll teach you what to do  
He will make your life brand new  
So take this important step  
I am sure you will never regret  
He is waiting this day for you.

---

*Montell Bushell*

## Recipes

### Fried Green Bananas

Cook bananas in skin with 1 table spoon of salt. Afterwards remove the skin and season with paprika, white pepper, cayenne pepper. Set the contents aside for 10 minutes.

Mix two beaten eggs with flour and bread crumbs. Coat the bananas with the mixture and fry them until they are lightly brown (The bananas will look like chicken necks when completed).

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*June Sandiford*

## I Am With You Always

I am with you always  
Christ has promised me.  
Even through the fire,  
or across the stormy sea.

Though trials may beset you,  
friends and family flee  
Christ is always with you  
to give peace and sweet relief.

In sickness, He's the Great Physician.  
In times of sorrow, the Comforter.  
He's the friend to the friendless,  
Our Saviour and our Lord.

So when burden with life's problems  
and all hope turns to despair.  
Remember, Christ is always with you  
And He'll see you through each day.

---

*Wesley Gill*



## Green Banana Pie

### Ingredients:

- 🍌 1 ½ lbs of green bananas
- 🍌 ½ lb of okras
- 🍌 ½ lb of cheese
- 🍌 ¼ cup of evaporated milk
- 🍌 Dash of cayenne pepper
- 🍌 4 tomatoes
- 🍌 ½ lb of salt fish (not boneless cod)
- 🍌 Herbs: thyme, marjoram, parsley, oregano
- 🍌 4 onions, 6 sweet peppers, 1 garlic pod
- 🍌 1 beaten egg
- 🍌 Bread crumbs
- 🍌 1 table spoon of Flora butter



### Preparation:

Cook the bananas in the skin with a dash of salt until just firm enough to allow the fork to stick in. In the meantime rinse off the fish and soak for 10 minutes in a bowl with tap water. Afterwards, rinse off the fish again and taste to see if it's just right (not too salty).

Prepare to frizzle out the fish and season it with ground up onion, sweet pepper, garlic, cayenne pepper and herbs. Set aside to marinate for 10 minutes.

Slice two tomatoes, two onions, two sweet peppers, two garlic pods and sauté this into a non-stick frying pan. Next add the seasoned fish and cook firmly. Set aside.

When the green bananas are finished let them cool before removing the skin. Then continue to cook the bananas with the okras, onions, garlic, sweet pepper and tomatoes; salt to taste. Cook until the contents can be easily mashed.

Strain off the water and proceed to mash the green banana mixture along with butter, milk, and one beaten egg. Add cheese followed by fish to the mixture. Place the contents in a greased baking dish and sprinkle with bread crumbs. Bake for 35 minutes until brown at the top (bake for 45 minutes if prepared overnight).

*June Sandiford*



# Savoury Vegetable Breadfruit Balls

## Ingredients:

### Breadfruit Pastry

- 🍴 6 oz breadfruit
- 🍴 2 oz white flour
- 🍴 3 oz sunflower butter
- 🍴 1 egg

### Filling

- 🍴 4 oz carrot
- 🍴 4 oz fresh onions
- 🍴 4 oz sweet peppers
- 🍴 1 tsp salt
- 🍴 1 tsp dry herbs
- 🍴 2 oz sunflower
- 🍴 4 oz cabbage
- 🍴 4 oz breadcrumbs & flour

## Preparation:

- 🍴 Cook breadfruit until soft. Mash with butter, egg and flour.
- 🍴 Make into a ball and flavour well with dried herbs.
- 🍴 Set aside.
- 🍴 Sauté peppers, onions, cabbage and carrots.
- 🍴 Make mashed breadfruit into small balls and flatten.
- 🍴 Place filling in the middle of the flatten balls.
- 🍴 Roll into a ball. Coat with breadcrumbs and flour.
- 🍴 Deep fat fry until golden brown.
- 🍴 Place on platter and garnish with parsley.



*Kendrea Harris*



Comic Strip

IMMANUEL  
#0 The Lamb of God



ALL WAS MADE BY GOD . KNEADED, MOLDED ,  
WOVEN INTO PLACE...NOTHING NOT TO HIS  
KNOWLEDGE, FOR HIS KNOWLEDGE IS EVERY  
THING.



AND HE WAS WITH HIS FATHER- GOD, AT THE CREATION  
OF THE UNIVERSE .....



.... FOR ALL THINGS WERE MADE  
AND CAME INTO EXISTANCE  
THROUGH HIM , THE ANOINTED  
ONE .... THE CHRIST.



A friend was in front of me coming out of church one day, and the preacher was standing at the door as he always is to shake hands. He grabbed my friend by the hand and pulled him aside.

The Pastor said to him, "You need to join the Army of the Lord!"

My friend replied, "I'm already in the Army of the Lord, Pastor."

Pastor questioned, "How come I don't "see you except at Christmas and Easter?"

He whispered back, "I'm in the secret service."

Author is Unknown





I HAVE A DREAM ...



*Sydney Arthur*

## Matching Bible Parents to their Children

**Instructions:** Using the letters A to F, match the parents to their children.

### Parents

- (A) Elisabeth & Zacharias (Luke 1:11-14)
- (B) Ruth & Boaz (Ruth 4: 13-17)
- (C) Rachel & Jacob (Genesis 35:23-24)
- (D) Rebekah & Isaac (Genesis 25:24 -28)
- (E) Sarah & Abraham (Genesis 21: 2-3)
- (F) Hannah & Elkanah (1 Samuel 1:19-20)

### Children

- \_\_\_\_\_ Joseph
- \_\_\_\_\_ Isaac
- \_\_\_\_\_ Obed
- \_\_\_\_\_ Samuel
- \_\_\_\_\_ John
- \_\_\_\_\_ Esau

*Wesley Gill*

## Bible Word Search: Major and Minor Prophets

**Instructions:** All words are listed left, right or diagonally.



- Find and circle the names of the following prophets: Amos, Daniel, Ezekiel, Habakkuk, Haggai, Hosea, Joel, Jonah, Malachi, Micah, Nahum, Obadiah
- Arrange the leftover letters to discover the name of another prophet.

**Source:**

[http://www.twopaths.com/wj\\_MajorAndMinorProphets\\_0.htm](http://www.twopaths.com/wj_MajorAndMinorProphets_0.htm)



## For Your Information

### Buying Club



In view of the financial situation which currently exists, with no one being quite sure when it will abate or even cease, I thought it would be a good idea for us at Golan to organise a buying club. If it is implemented, it will result in significant savings and benefits to members.

The notion of a buying club is not new; actually it works off the old adage, "united we stand, divided we fall". The purpose here is not to educate you in its intricacies at this point, but merely to acquaint you with it, since it can be of great help to many of us, should we so choose to become involved. If you, the reader, indicate to the elder or to the pastor that you are interested, then we could hold a group session and I'll be more than happy to fully explain the concept. Kindly bring it before God in prayer and let Him direct as He sees fit. Meanwhile, should any of you require further information, you may e-mail me at [etienne1966@live.com](mailto:etienne1966@live.com).

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*Etienne*



### Children's Day 2010

(Source: Kenrick Harris)

## *East Caribbean Conference's Calendar*

September	Events	November	Events
10 – 12	Family Emphasis Day	6 – 13	Week of Prayer
18	Pathfinder Day	13	Prayer & Fast
19 – 25	Health Emphasis Week	13	Annual Sacrifice Offering
25	13th Sabbath	27	HIV/AIDS Awareness Day/ ADRA
October	Events	December	Events
2	Community Guest Day	4	World Stewardship Day
3	Meet Your Neighbour Day	25	13th Sabbath
9	Spirit of Prophecy Day		
16 – 23	Heritage Week		
30	Day of the Pastor		

Source: <http://www.eastcarib.org>

## *Sunset Calendar*

Date	Sunset	Date	Sunset	Date	Sunset	Date	Sunset
Sep 3, 2010	6:08 PM	Oct 1, 2010	5:48 PM	Nov 5, 2010	5:30 PM	Dec 3, 2010	5:30 PM
Sep 4, 2010	6:07 PM	Oct 2, 2010	5:48 PM	Nov 6, 2010	5:30 PM	Dec 4, 2010	5:31 PM
Sep 10, 2010	6:03 PM	Oct 8, 2010	5:44 PM	Nov 12, 2010	5:29 PM	Dec 10, 2010	5:32 PM
Sep 11, 2010	6:02 PM	Oct 9, 2010	5:43 PM	Nov 13, 2010	5:29 PM	Dec 11, 2010	5:33 PM
Sep 17, 2010	5:58 PM	Oct 15, 2010	5:39 PM	Nov 19, 2010	5:29 PM	Dec 17, 2010	5:35 PM
Sep 18, 2010	5:57 PM	Oct 16, 2010	5:39 PM	Nov 20, 2010	5:29 PM	Dec 18, 2010	5:36 PM
Sep 24, 2010	5:53 PM	Oct 22, 2010	5:36 PM	Nov 26, 2010	5:29 PM	Dec 24, 2010	5:39 PM
Sep 25, 2010	5:52 PM	Oct 23, 2010	5:35 PM	Nov 27, 2010	5:29 PM	Dec 25, 2010	5:39 PM
		Oct 29, 2010	5:33 PM			Dec 31, 2010	5:43 PM
		Oct 30, 2010	5:32 PM				

Source: <http://www.timeanddate.com/worldclock/astronomy.html?n=46>

Submissions to the next issue of the magazine may be emailed to [golansda@yahoo.com](mailto:golansda@yahoo.com)