

Golan Seventh-Day Adventist Church

EASTERN LIGHTHOUSE magazine

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**PLUS
MORE!**

in this issue

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Inside and Outside**

**Abstinence is okay!
It's my body!**

**FACING
THE GIANTS**

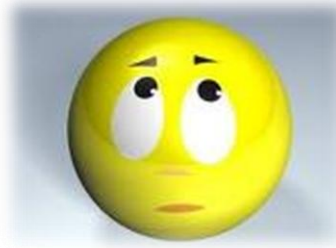
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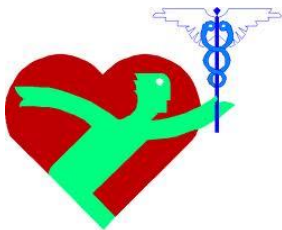
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From The First Elder

*W*elcome to this the second edition of the Lighthouse Publication.

In this issue, you will be spiritually enlightened, uplifted, challenged and entertained. As you read, study, write and laugh your way through the various submissions, I can assure you that you will find something that draws you closer to God.

So what are you waiting for? Exercise your brain cells and relieve some mental stress. Take note

Even if you are on the right track

You'll get run over if you just sit there

(Oliver Wendell Holmes)

Go ahead, delve in and be fulfilled.

Elder Merton Sandiford

Emotional Problems- Inside and Outside

Due to the increased knowledge on the importance of mental health in recent years, and because of our willingness to talk about mental problems rather than hide them away under the bed, there has been an upsurge of interest in the field of counselling. Man wants to know why people behave as they do. The depressed person is uncomfortable and wants to know what he can do for relief. Another person suffers from anguish of guilt. What can he do to rid himself of this burden? Parents want to know the best way to raise their children and wonder why their adolescents are so rebellious. The adolescent believes he sees through the “facade” of adults and is sceptical, but he, too, is confused and wants to understand himself. It is not surprising that many, many books in the field of counselling and child development have become best-sellers.

We Christians are not immune to the pressures of today’s hectic pace, and more and more the Christian community is becoming interested in counselling. To this end, in the past decade alone, many skilful Christian counsellors have written books in an attempt to help Christian men and women understand their behaviour and solve their particular problem.

Many Christians want to know...

Many Christians want to know if in fact they should even have problems. An individual recently asked if a Christian could become a schizophrenic. What is more, Christians want to know why they should seek help. Some muse over the relationship between doubts concerning their salvation, anxiety, and their personality types. Some Christians wonder why their sexual urges are so strong; they feel frustrated and ashamed, and they ask what they can do. They want to understand why they find themselves so easily entangled in unhealthy “co-dependent” relationships. These and other questions and problems are shared by very many Christians.



This world of ours is moving at a tremendously rapid pace. We as Christians, sensitive to those in the world, we will continue to find that we are not immune to this insidious affliction.

Christian counselling includes several fields- Ministers, Psychologists and Psychiatrists. These related fields need each other. The Minister has the biblical expertise that the others often do not have. The Psychologist has the tools for objective evaluation and the Social Worker often has special expertise in interpersonal relations. Often, they can greatly benefit the patient by working as a team, whether simultaneously or by referral from one to another.

Lionel S. Spooner

Heart to Heart

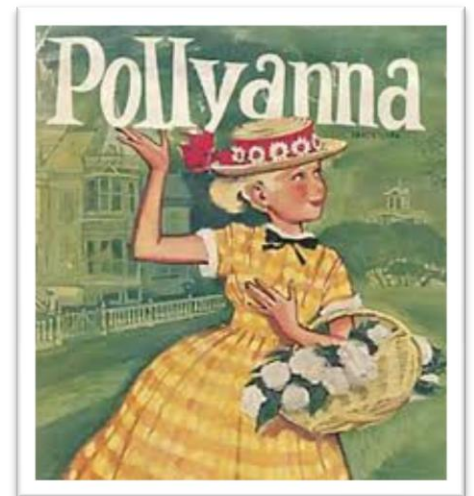
The Glad Game

I'm glad there's no mirror in the dresser too, because now I can't see my freckles, or how straight my hair is and if I can't see them, they won't worry me.

And so the story continued. It made a deep impression on my sister and me, we particularly liked the episode in which one of Pollyanna's¹ many adult friends tripped and broke his leg. Rendered helpless, he angrily challenged Pollyanna to say something he could be glad about under the circumstances. She thought deeply for a moment and finally burst out "You can be glad you're not a centipede."

Mother used the game too. Whenever we began to fret about something, she told us to play the glad game. It became a guideline throughout our grown up years and is still often mentioned.

"Stress" is the buzz word nowadays. We work under such great pressure that we take our delays and disappointments too seriously. When things get tough, try playing Pollyanna's glad game. You'll always find something to be glad about, especially if God is in charge of your life. You too can try it.



¹ Pollyanna was a best-selling 1913 novel by Eleanor H. Porter.

S&M

Source: <http://en.wikipedia.org/wiki/Pollyanna>

Facing the Giants

After watching the uplifting movie called 'Facing the Giants' I thought about all of the trials we go through in life. These trials or giants, as I like to call them, affect us either in a negative or positive way. The movie's theme focused on 'the power of belief and the strength to win'. The main character, Coach Grant Taylor, when faced with seemingly undefeatable professional and personal crises, the idea of giving up became too easy. The giants, the characters in the movie, went to war with their giants of failure, fear, temptation, scepticism, defeat, size and disappointment.

There are two types of defeat, the one we accept and...

There are two types of defeat, the one we accept and the one we reject. In the movie David's father said that when we accept defeat that is what we will get. That's what happened to Saul's army when they glimpsed Goliath for the first time. Yet, even when we try so hard it seems like we will never win. God reminds us in his word that (He) 'The LORD is good, a strong hold in the day of trouble; and He knoweth them that trust in Him.' Nahum 1: 7.

And you know what else this movie reminded me of? It is so easy for us to believe that if we say our prayers every day, pay our tithes and attend church regularly that the ultimate giant named Satan will not try to crush us under the weight of his jealousy of God. We must be ready to say like Coach Taylor, "Lord you have my hopes and my dreams. Though the giants tower over me, You are God and You are still on the throne."

The movie also highlights the releasing power of prayer. This was shown through Mr. Bridges, a middle aged man who comes to the school every day to pray for each student. Through our prayers we praise God. 'If we win we praise God. If we lose we praise God. We must determine to live to honour God in our attitudes and everything we do'.

Like David in the movie, we tend to wonder why God made us so small and weak. I liked his father's response, "to show how mighty He is." Instead of asking God why we are so small and weak, allow Him to show how strong He is in our lives. Through us other people can see how good God is.



I want everyone reading this to know that the Lord is not through with us yet. We still have an open door. Revelation 3:8 says, “I know thy works: behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and hast kept my word, and hast not denied my name.” And just as Mr. Bridges told the coach, until God moves you, you will bloom right where you are planted.

We fail to realize how influential our beliefs are to other people. If we walk around acting defeated someone who is close to us may adopt that belief also. This life is like the death crawl the coach made the team do at practice. Our knees are lifted off the ground and we are using just our hands and feet. We do all of this while carrying the weight of jealousy, pride, temptation, failure, doubt and all our other giants on our backs. But God says in Romans 8: 37: “Nay, in all these things we are more than conquerors through him that loved us.” Then, look up we’ve made it all the way to the end zone. I would encourage everyone to watch this movie, and beware, you just may be blessed!

Tonya King

Personal Mission Story

It all started one Saturday afternoon about 4:30. My whole family was at home just talking the usual family things when we were interrupted by a knock followed by a “Good evening.” You know most children like to see who comes to their home but in those days parents were very strict, so we children had to be very careful to be seen and not heard.

My sister and I had to stay in the background and see from a distance until we were told to come nearer. However, knowing my sister she was always up to something mischievous. The second Saturday as soon as my sister heard the knock she was out the door like a bullet out of a gun and you can guess who was behind her. Oh yes, it was me.

That evening my whole family got enrolled in Bible lessons from one to the end. I think there were about twelve lessons. We enjoyed studying with these two ladies, they were young and beautiful; their names were let’s say S and M. They were very good friends until marriage separated them. They are still alive and still married.



My sister saw them the third Sabbath. I was not close to her but she peeked from the corner of the house and told me that puss-in-boots was coming. Not sure of whom she was speaking I went to her, took a peek and burst out laughing, but mind you, not for Dad to hear. By the time the ladies had reached the house we all gathered around to see who got the most questions right.

Everyone did well. I think that at that time they used to give us stars on the lessons. Everyone was interesting in the lessons and we all enjoyed doing them and talking to the two sisters.



When the lessons were finished they introduced us to some other members and we were invited to tent meetings. The tent was pitched not far from our home so we attended every night and even on Saturdays we were there too. During those meetings, my Dad and Mum made their decision to follow Jesus all the way to the watery grave of baptism along with one sister, one

brother and myself. One other brother and two sisters made their own decisions; there were six children. By the way, we are still in the Adventist faith along with our children and all three of us are married. Mum and Dad are no longer with us. They died in the Adventist faith - my father died January 29th 1995 and my Mum in 2008. You'll have to be really good to find out who this family is. This is your own puzzle for the week and there are lots more true mission stories where this one came from, plus I love writing and reading.

When you have found out who this family is, I'll then write about myself, family and church family.

Good bye for now.

S&M



Children Banquet 2010

(Source: Winston Trotman)

Let Go and Let God

It is amazing what can happen when we let go, and let God. Sometimes life is filled with trials and tribulations. It feels like we are being tossed to and fro on a storm-filled sea. However, it does not have to be this way. We should cast all our burdens and cares on Jesus.



My life has been so hectic and storm filled lately. There are bills to be paid, car breaking down and needing repairs, children needing school supplies, having to take my children to and from lessons, running a household single handedly with little money, and the general chaos that is part of the modern day world. It seems that, like the typical single parent, I am always going, going, going. Sometimes we all need to stop and spend quiet time with God in meditation and prayer. Even though we know that this is the thing to do, sometimes we do not do it.

Recently, I learned the hard way to take everything to God.

Recently, I learned the hard way to take everything to God. It seemed like I was going through an emotional meltdown. I felt like life was crashing down on me. Therefore, like a wayward child, I decided to take matters into my own hands. This is what I did. I decided which bill I would pay and paid it without consulting God. Then one day, there I was driving on Belmont Road when Betsy (my sweet, dear car) decided to break down. That is when I started to 'let go and let God,' albeit half-heartedly. I did not panic ... much. A kind, handsome stranger stopped and offered me the use of his cell phone and I called the mechanic. However, the car needed more parts than I had money. I handed God some of that problem and decided to work out the rest for myself, like a recalcitrant child. So two days after coming from the mechanic Betsy acted up again. This time I truly 'let go and let God.' I gave that car and its problems to God completely and it was resolved. I thank God for that. I also thank him for all the persons whom he sent to assist me through that ordeal.

God is wonderful. We need to rely on Him more. I handed my other problems over to Him. Nevertheless, my difficulty is not with the handing over. My problem is that I give the challenges to Him and then take them back. I pray that I will learn to hand over all life's challenges to my Creator and

leave them with Him. I know this will come with practice and God will help me.

We serve such a caring God. He wants to help us. He will help us. All we have to do is cast all our cares upon Him as He has instructed. I intend to take Him up on his offer. Will you?

Jan Husbands

What is Christian Education?



What is meant by Christian Education?

- Christian education is not merely the use of methods.
- It is not limited to the Sabbath School Bible study.
- It is not limited to the Christian day school.
- It is not limited to the sermon.

Instead:

- It is the “school of the church”.
- It gives careful consideration to all phases of the church’s life and work.
- Christian education is education for Christian living.
- It should provide the necessary guidance for the total life style of the Christian.
- Christian education is crucially related to both the ministry of the church and the life of the individual Christian and must be built upon secure foundations.



What are the foundations of Christian Education?

1. The undergirder of educational procedures.
2. The content.
3. The perspective.

Christian education is church education – that is education that takes place in the church.

Christian education is the teaching functions of the church.

It can be understood only within the context of the church. It has validity only if the church is a nurturing community.

The church is that kind of community. It must track just as it must preach, if it is to be like the church revealed in the New Testament.

Any church that neglects teaching has lost something indispensable to its nature as a church. However, the church is also defective when it allows the structures and methods by which it attempts to teach to become institutional idols.

The church is people, not programs. Such people must use their God-given talents to devise programs in order to achieve the divine purposes for which they exist.

- This is the proper order:
- Divine purpose
- Committed people
- Practical and relevant programs

Lionel S. Spooner

Christian education begins with the church.



Golan's Social

(Source: Sydney Alleyne)

Your Questions Answered



1. Isaiah 45: 7 states, " I form the light, and create darkness: I make peace and create evil: I the Lord do all these things." Does the Lord actually create evil?

Just as darkness is the opposite of light, the evil spoken of here means the opposite of peace. It is not evil in the sense of wickedness, but God does things that disrupts peace. When God destroyed the earth with the flood that was not a wicked act and it was not a peaceful act.

2. Are hurricanes and earthquakes and other natural disasters from God or the devil?

God is sometimes the source of natural disasters. The Flood, the opening up of the earth in the wilderness, several famines in Old Testament times, etc. But other times natural disasters are from the devil. One example of this is the 'great wind' (possibly a tornado) that killed all of Job's children as found in Job 1:19. In that case God allowed it, but the devil sent it. Job 1:12.

When natural disasters occur in our times, it is usually not possible to know if God sent it or allowed it.

3. Why does God allow so much evil?

God's ultimate goal is to have a universe where all the inhabitants will choose to love him and will never rebel against His leadership.

To achieve this goal everyone must clearly understand the consequences of sin and evil and choose to rebel or obey in love. As long as doubts about the consequences of sin and evil remain God will not eradicate them.

Unfortunately, it is a painful process; but we need to remember that it was more painful for Jesus than it could ever be for any of us. _____

Pastor De Vere Lindo

JOURNEY INTO THE MIND OF GOD PART 2

Dear Brothers.

Congratulations to our Pastor on his just concluded Bible seminar and its success. His caption heading “THINGS THAT MATTER”, I think you`ll agree with me, was spot on to the messages he presented and so I would like to express my views about this gentleman, our Pastor.

I can vividly remember, in acknowledgement of a former pastor who was visiting our church one Sabbath, the speaker whose job it was to do the honours began his introduction by saying that the pastor in question was still regarded by some to be the best pastor Golan ever had. While I am not in a position to dispute such a statement, nor would I ever want to, seeing that the gentleman in question is totally unknown to me. I can however, speak about Mr. Lindo from a contextual perspective of comparing him to other pastors, some of whom I have had the distinct displeasure of hearing and/or knowing.

I have the utmost respect for him, not because he is a pastor. While I believe in respecting everyone I do not believe in doing so strictly on the merits that one is a pastor while someone is less worthy because he is not. But because he is a pastor worthy of respect, I make this statement based on the following points which should in no way be construed as blindly accepting his words without correct Biblical interpretation.

- I) **He is very humble and easy to relate to**
- II) **I find no arrogance in him**
- III) **He is always willing to listen**
- IV) **He makes time for you and shows genuine concern**
- V) **If he does not know he says so, adding “ I will research it and get back to you, and he does”**
- VI) **He does not exhibit an air of indifference and so does not talk down to you**

When I consider this gifted young gentleman, I really think that we at Golan are fortunate to have him, he most certainly has my vote as the best pastor on our island, and may he go from strength to strength.

Does this mean that this present assessment of him is a permanent one? Of course not! But I will hope that God will give him the courage to stand for the truth always, even if it is at the expense of his job, believing that the same way God whom he says will honour us if we honour Him by being faithful to Him and trusting Him, that the same thing applies to him and indeed to all pastors.

In keeping with the pastor's caption I want to caption this short piece

THINGS THAT "SHOULD" MATTER.

OUR SECOND EDITION, WOW! It seems such a long time, when in reality it is bang on the scheduled time per publication. I guess when you hunger for God's Word and are anxiously awaiting the issue to see all the contributions via disagreements, agreements, additions and other meaningful dialogue emanating from the published articles, time just seems to take forever and, may I suggest, that should no such feedback be realised for this pending issue, that some time be given one Sabbath evening in lieu of the bible study, to actively, aggressively, passionately and objectively discuss the articles in the magazine.

I, for one, am so in love with this project, *I see it as a great forum for so many spinoffs which could positively impact on the youth of our denomination* such as: A sort of Toast Masters club. Notice I used the words "sort of"; that will promote proper elegant speech and debating skills honed by having bi-weekly in house debates on some Biblical topics. These debates could then be held with other sister churches. There could be a finishing club for our young ladies to teach them about the *virtue of: poise, modesty, elegance, dress, social etiquette etc.* A net working organisation where the God given talents of our members can be exposed so to speak, from which employment opportunities can be capitalised on by supporting each other.



This makes for a far more cohesive body of Christians. *Isn't this what God wants, for us to be our brothers' keeper?* Looking out for each other's businesses should translate into increased work. Could not such businessmen now give our youth first chance at employment and or training as opposed to the youth of the world? Please notice I used the words "first chance". And finally, can you not see how much more interesting Sabbath afternoons could be? Can you not see how projects such as these could also help our students excel at school? Can you not see our young people gravitating towards a whole different attitude when it comes to God's church?

Are we to be content with the same old boring structure that so limits the involvement of our youth, then moan and groan about “the young people this and the young people that,” when it is we who have sat back on our laurels and our creative abilities not daring to challenge the status quo, allowing God’s precious gifts whom he has entrusted to us- the adults, to flee back to the world to seek a purpose for their lives?

Brothers! *I am not saying that* these are all the answers but I am quite sure that this is indeed a very good place to start. Why couldn’t our beloved *Golan* be the forerunners of these ideas, the initiators, the leaders? Isn’t that what the name Golan represents – a place of refuge? Isn’t it about time we started living up to this name – being a place of refuge from a worldly life? If so, brothers then for God’s sake let us begin, Don’t you think that these are “THINGS THAT SHOULD MATTER”? And speaking about the name “Golan” can anyone tell me the story behind how this name was chosen for our church?

Etienne

Something to Ponder

We as Seventh-day Adventist believers must accept the teaching of “righteousness by faith”. Prior to 1888, Seventh-day Adventist believers seemed to be leaning on the side of righteousness by works. They were constantly preaching about keeping the commandments of God, obeying the Sabbath and working to be approved by God. There was not much preaching about repentance, forgiveness, love, reconciliation or salvation.

By 1888, Ellet Waggoner and Alonza Jones put forward the doctrine of ‘righteousness by faith’ to the believers, but one must go back to the righteousness of Abraham to fully understand righteousness by faith.

The Apostle Paul writes in Roman 4:2,3

²For if Abraham were justified by works, he hath whereof to glory; but not before God.

³For what saith the scripture? Abraham believed God, and it was counted unto him for righteousness

One can only become righteous through faith in Jesus. No one can make himself righteous. Righteousness cannot be bought and no one deserves it. It is a gift from God because God alone can freely give us this righteousness. Isaiah 64:6 reminds us that

“...all our righteousnesses are as filthy rags;”

What then is righteousness? Righteousness is rightness, it is right-doing. How can we who are sinful do right? The tendency to do right is not there for Isaiah 64:6 continues

“...we all do fade as a leaf, and our iniquities like the wind have taken us away.”

Only the righteousness of Jesus can suffice us and this must be emphasized.

Righteousness can be divided into two sections i) imputed righteousness and ii) imparted righteousness. Imputed righteousness occurs when God takes away our sins and puts Jesus' righteousness within us. We then stand before God as though we have never committed a sin. We are made whole and clean, one hundred percent.

Imparted righteousness occurs every minute in our lives as Jesus gives us the will to fight off evil in all of its forms. One can remain righteous until the coming of Jesus, having his righteousness in us daily and even minutely. Imputed righteousness is similar to justification and imparted righteousness is the process of sanctification.

Faith is a strong belief or trust (New Oxford School Dictionary). Faith in God is a deep trust and hope in God, but faith in God causes one to do work for God. James 2:19-21 say

¹⁹Thou believest that there is one God; thou doest well: the devils also believe and tremble.

²⁰But wilt thou know, O vain man, that faith without works is dead?

²¹Was not Abraham our father justified by works, when he had offered Isaac his son upon the altar?

So we conclude that righteousness come by faith in Jesus and after faith in Jesus, we must do work for him. Then the two go together, faith and works, but faith comes first.

Jefford Hunte

Talent Showcase

Poetry Corner

Abstinence is okay! It's my body

There was a girl named Michelle
We all knew so well
But then one day
Found a guy that seemed okay
He bought her nice things
Like diamond earrings
He gave many shoes
And none of the blues
Except one day
When Michelle had to say
“No” to her man
Because sex was his plan
He wanted to get Michelle in bed
But she used her head

“Abstinence is okay!”
She said as she walked away.
a few months later
Michelle felt greater
That man got H I V
And now wishes he
Was still with Michelle
Who used her head so well
So Michelle was saved
From the grave
For just saying three words that day
“Abstinence is okay”
As she walked away.

Dale Bushell



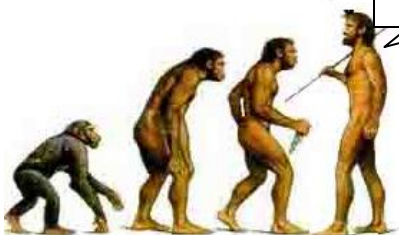
In Response to a Theory

So a scientist looking at the end result
Purports to know what happened in the
beginning!

Using some investigative approach
Hazards a guess as to the sequence of events
And concludes that the universe
Could have created itself from nothing.

Was it easy to generate that gravity
So that it propagates in waves and attracts
matter?
Was it by sheer coincidence that a big bang
Methodically laid out the solar system, and
Suspended the earth so that it continues
To hang on nothing and spin in place?

With this spontaneous reality,
How long did it actually take
For man to stand up right
And develop such independence
That allowed him to critically assess
That which he found in place?



**Stop
Following
Me!**

Say, how long must mankind wait
For another spontaneous outburst
That will bring a cure for debilitating diseases
And put an end to pain and suffering?
Then tell me, how long will it be before
Man creates something new from nothing?

Man, in his quest for knowledge,
Has drunk deeply from the artesian well,
Yet he does not comprehend the magnitude
Of the cosmos. Blind faith accepts
Products of chance, but cannot conceptualize
One who is incredibly brilliant beyond our
thoughts.

Can man by searching find the Master Designer
who
Spoke quasars in existence,
Laid out our solar system in thin air,
Sustains spiralling whirlpools of matter and
energy
And to whom quantum gravity, black holes and
Time hold no mystery?

God can still take nothing and create something
wonderful.

Jacqueline Trotman

Never Give Up

Never give up in whatever you do
God will help you

He will see you through

Your task may seem hard and unable to finish

But God has promised

To help you, it to accomplish

It may take very long

A week, a month or even a year

God will be with you, do not fear

Just keep pressing right on

Although the journey may take long

God will put in your heart a happy song

And then when the task is done

You will look back and say

You were glad that you went all the way

For you are wiser now than at the start

For God was right there with you

He was there in your heart

From your experience you can encourage
everyone

Never give up,
just keep pressing on

For often the end is very near at hand

Your ultimate goal

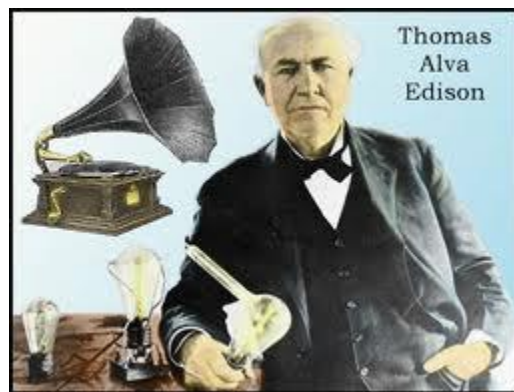
Is just a step beyond

And if I can make it, you can do it too

That is God's will

For both me and you.

Angela Edghill



Stuffed Eggplant

INGREDIENTS:

- 4 Japanese oblong eggplant
- 2 tablespoons olive oil
- 1 lb. Protein granules
- 1 can crushed tomatoes or tomato sauce
- 1 yellow onion [chopped]
- 1/4 cup chopped green bell pepper
- 1/4 cup parsley
- 1 clove crushed garlic
- 1/2 teaspoon chopped fresh basil leaves
- 1 tablespoon chopped fresh mint leaves
- Salt and pepper to taste



PREPARATION:

- Cut the eggplant lengthwise and scoop out most of the fleshy pulp and set aside. Salt the shells and set aside to make them sweat. Rinse off salt, gently squeeze and dry. Fry the shells in a tablespoon of olive oil until browned, and drain on paper towels. In a tablespoon of olive oil, brown off meat, add chopped onion and peppers. Then add the rest of the ingredients and the diced up eggplant pulp. Mix the ingredients together and fill the eggplant shells. Spread half of the tomato sauce on the bottom of a covered baking dish and place the filled eggplant shells on the sauce.
- Garnish two large tomatoes. Slice the tomatoes and arrange on top of the stuffed shells. Pour the rest of the tomato sauce over the shells and sprinkle with parmesan cheese. Bake in a preheated 350 degree oven for an hour. _____

June Sandiford

Cheese Duo

Here's a side dish that really shines. The tasty cheese duo of Swiss and feta makes a perfect partner for garden-fresh zucchini.

INGREDIENTS:

- 4 medium zucchini, halved lengthwise
- 2 teaspoons olive oil
- 1 small yellow onion, finely chopped (about 3/4 cup)
- 3 cloves garlic, finely chopped
- 1 1/2 tablespoons all-purpose flour
- 3/4 cup crumbled reduced-fat feta cheese
- 1/4 cup shredded reduced-fat Swiss cheese
- 2 tablespoons chopped fresh parsley
- 1 large egg, lightly beaten
- 2 egg whites, lightly beaten
- 1/4 teaspoon black pepper

PREPARATION:

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Serves 8

1. Heat oven to 375 F. Spray a 13 x 9 inch baking dish with vegetable cooking spray.
2. Scoop out insides of zucchini, leaving a 1/2-inch shell. Reserve zucchini flesh. Place shells in prepared baking dish. Set aside.
3. Chop reserved zucchini. In a medium skillet, heat oil over medium heat. Add onion, garlic, and zucchini; sauté 5 minutes or until softened. Remove from heat.



Wesley Gill

4. In a medium bowl, combine flour, feta and Swiss cheeses, parsley, egg, egg whites, and pepper. Mix well. Add zucchini mixture; toss to combine.

5. Spoon mixture evenly into zucchini shells. Bake until heated through, about 30 minutes. Place on a serving platter. Serve immediately.

June Sandiford

Legume Loaf

INGREDIENTS:

(Pea, Lentil, Bean, Garbanzo)

2 cups legume (peas, beans, lentils)

1 tablespoon margarine

1 cup chopped nuts 1/8 sage

1 cup whole wheat bread crumb

2 tablespoons chopped chives

2 eggs beaten

1/2 teaspoons. salt

1 cup sliced tomatoes

PREPARATION:

Sauté the chives in the margarine and add seasoning, salt and tomatoes. Combine the cooked and mashed legumes (or the nuts) and breadcrumbs. Put the two mixtures together, adding the eggs and mixing lightly. Pour into oil and oiled loaf pan. Bake for 45 minutes in a moderate oven (350 °F).

Unmould and garnish with parsley or celery leaves. Serve with tomato sauce. (Tomato sauce may be made with one can of tomato soup lightly thinned with water or milk).

Eleanor Agard

Bible Word Search: Books of the Bible

Instructions:

1. All words are listed left, right or diagonally.
2. Find and circle the names of the following books of the Bible:
Exodus, Genesis, Hebrews, Hosea, Isaiah, James, John, Joshua, Judges, Luke, Mark, Proverbs
3. The remaining letters spell the name of another book of the Bible.

P	S	E	G	D	U	J	P
I	R	X	J	O	H	N	G
S	M	O	S	A	A	A	E
A	A	D	V	U	M	L	N
I	R	U	H	E	U	E	E
A	K	S	L	K	R	M	S
H	O	S	E	A	S	B	I
J	H	E	B	R	E	W	S

Source: http://twopaths.com/wj_BooksOfTheBible_0.htm

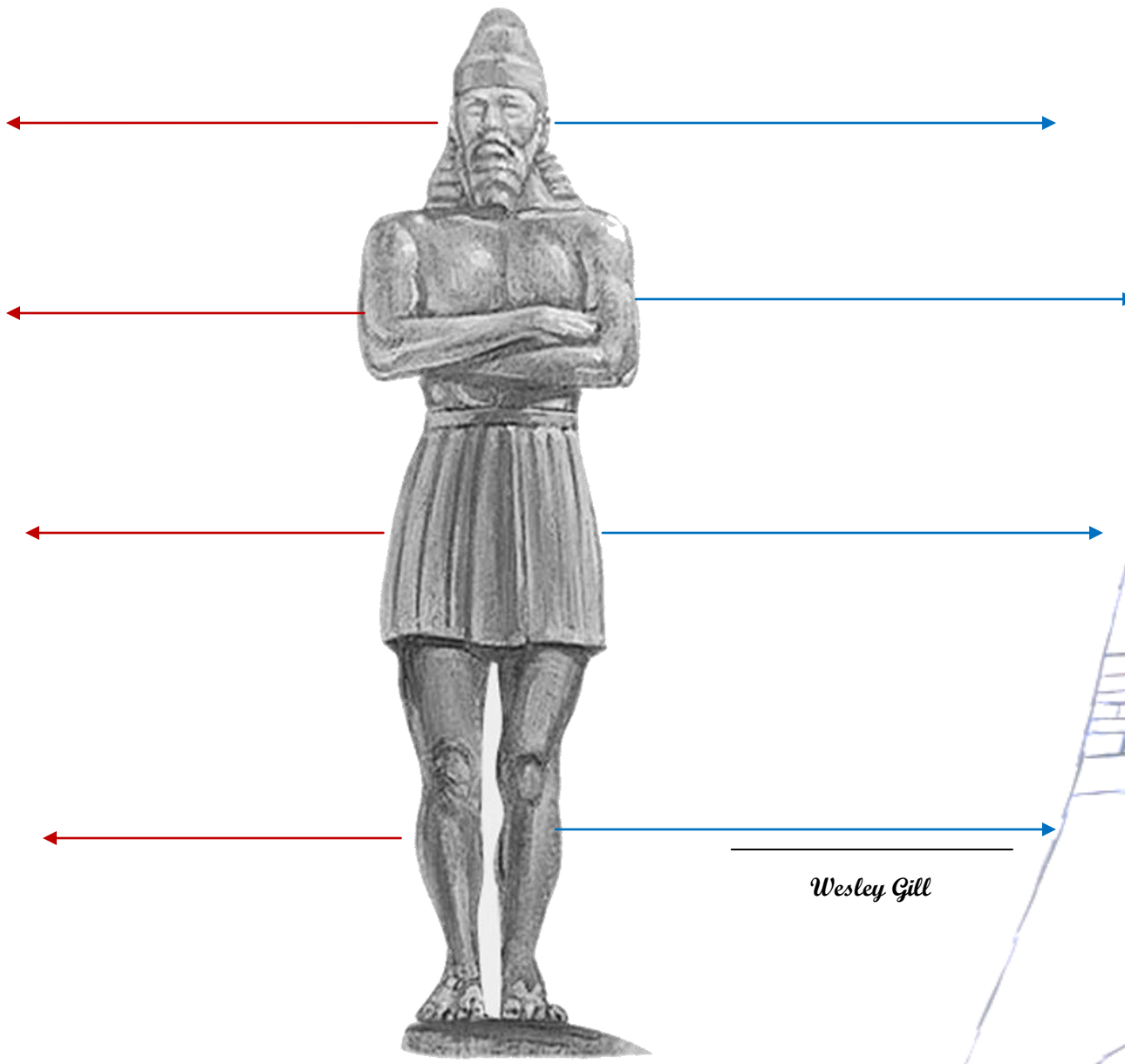
Quiz on Daniel Chapter 2

Instructions:

Below is the image described in Daniel chapter 2. Label the diagram by indicating the countries and the metals represented in the image

Countries

Metals



Word Search

Instructions: Locate the following words. From the letters remaining, find the message.

Answer: Jesus Loves Me

Try Wow Too Bible Pear
Joy Ear Gentle Sow Say
Oft Am Yes Obey Learns
More Boot Fan Yam May
Belt Pool Prayer Near Air
Son Pone For Eon

Angela Edghill

J	J	T	R	Y	E	W	T
O	F	T	S	E	F	O	U
Y	A	M	L	S	O	W	S
L	N	B	E	O	R	U	M
O	I	E	A	M	S	P	O
B	P	P	R	A	Y	E	R
E	O	O	N	Y	I	A	E
Y	N	O	S	M	E	R	S
B	E	L	T	N	E	G	E

Proper use of the Washing Machine

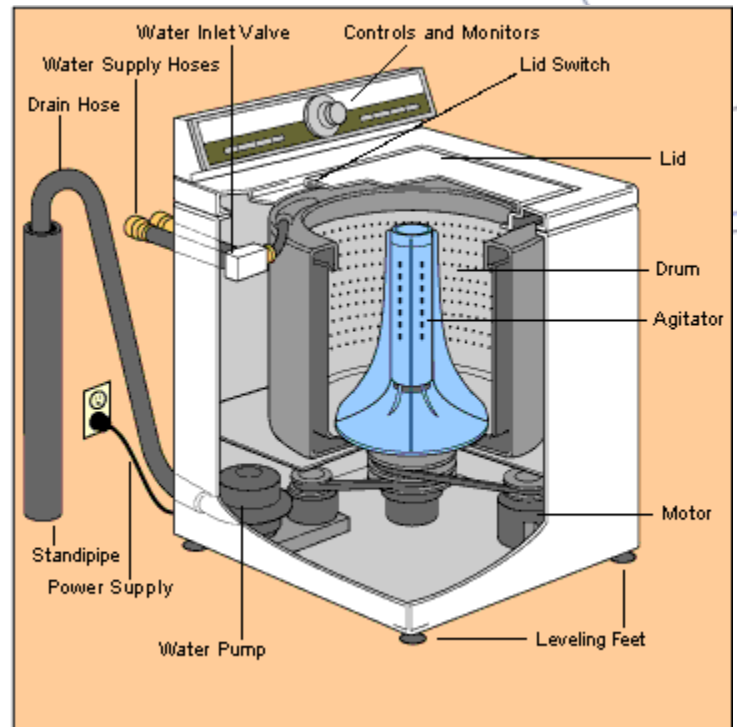
When installing a new washing machine the first step is to make sure the machine is level. If the machine is not level, while it is washing it will make a rumbling sound and move about the floor. The correct way to load the machine is to place the clothing clockwise around the base of the agitator. While loading, the clothes should follow each other (where the last piece of clothing ends the next one should begin).

The Adulator Should Go In One Direction

Jeans and towels are very heavy and should be distributed in the machine evenly. If the machine is full of water and does not begin,

get two (2) buckets and remove the drain hose from the outlet. Lower the hose in the bucket and the water will drain out of the machine. Repeat this step until the machine is empty and then replace hose in the wall/wooden outlet.

If the machine does not start check the breaker panel.



The Technician should be called when:

1. The machine receives the water but still the cycle does not begin.
2. The machine receives the water and releases without washing the clothing.
3. The machine receives water, washes, but does not rinse.
4. The machine does not spin dry.
5. The machine overflows when it takes in water.
6. The machine stops after the wash but the tub keeps spinning.
7. The clothes in the machine come out stuffy.
8. The tub in the machine is leaning on one side.

Kelson Mason

1854 Cholera Outbreak in Barbados

An outbreak of cholera requires specific environmental conditions. These conditions existed in Barbados in 1854, Peru in 1999, and Haiti in 2010. Can a devastating hurricane or an earthquake produce these conditions in Barbados? **The book *Emancipation Sugar and Federalist in the West Indies 1833 -1870* by Claude Levy states that few towns can offer a greater accumulation of evils from good sanitary measures than this Bridgetown city.** The water supply was polluted and fresh water was so valued that hucksters were able to sell it from private wells by the pint. Once regarded as the most opulent and attractive city in the British West Indies, Barbados was now crisscrossed by a disorderly patchwork of crooked muddy lanes. Because of the high urban mortality levels, Bridgetown was reported to be the most unsanitary town in the West Indies. Open canals and cesspools were used to remove sewage from the most expensive houses, gutters were clogged and offensive odours abounded.

As early as 1850 -1852 Cholera was in England and the West Indies. In 1851 the Public Health Act was passed regulating pig rearing and unsanitary conditions in the urban areas. Commissioners were appointed with powers of entry and inspection, and had the power to seize articles of food deemed unfit for human consumption. As cholera intensified in the region in 1853 the commissioners were given extensive powers to search, investigate and enforce public health laws. In spite of their actions the disease struck Barbados killing more than 20,000 people in 1854, see Table 1.

Over 20,000 deaths in Barbados.



Although the government of Barbados was tardy in taking measures to deal with the cholera threat there were some who wrote about it in the newspaper. In the press of November 11th 1850, a writer complained of the indolence existing, while it was as clear as the sun that a disease which is no respecter of persons will be suddenly upon us.

[The confidence, the false security in which the inhabitants of Bridgetown appear to be reposing, while cholera is so rapidly approaching. Consider removing]

The epidemic struck the island early in 1854 and by the end of June 20,000 people had perished, see Table 1 and Table 2. One writer suggested that the first person to die from cholera was John Costella a wealthy plantation owner and merchant. His son built the Montefiore fountain at Montefiore gardens in his memory. Another wrote that the first case of cholera came to Barbados via the steamship Dervent. Seamen from the ship who died from the disease included two Barbadians. The clothes of the Barbadians were given to a woman in Lightfoot Lane to wash and it was from this house that cholera spread throughout Bridgetown. From Lightfoot Lane it spread to Collymore Rock, Nelson Street, Mason Hall Street, Cheapside, Racoon Quarters, King Street, Church Village, Green Village and other localities in Bridgetown.

Table 1: Deaths from Cholera

Parishes	Numbers
St. Michael /Bridgetown	9127
Christ Church	2369
Other Parishes	9231
Total	20727

Table 2: Burial Places

Churches	Numbers
Cathedral	54
St. Mary's	16
St. Paul's	3
St. Stephen's	184
St. Leonard's	321
Indian River	4621
Total	5209

As the epidemic spread, doctors and an assortment of quacks would recommend a nostrum of various kinds for treating the disease; e.g. coffee and rum, bitters and Christmas bush, and common salts.

Wet lands in Barbados

There were several springs and ponds around the island where communities existed. In Bridgetown there was Beckles spring near the Bayland, and in Jemmott's Lane by the Constitution River there was swamp land. Other areas were Ribbits pond near Nelson Street, St. Mary's pond, and Murphy pond in the Emmerton area. Doctors discovered that persons feeding from the polluted water sources in St. Michael recovered by using and drinking water from outside the polluted area. When the epidemic abated in July 1854 Barbados was in chaos.

It was reported that the hero of the epidemic was a Bridgetown carpenter by the name of William Perkins who built coffins. It is said that he went fearlessly among the dead removing corpses and giving assistance when relatives were paralysed with fear. He also gave medicine and food to the poor and sick and attended the funerals for whom he built coffins. Mr. Perkins survived the epidemic but his wife was a victim.

Vernal Hall



Source:
Sydney Alleyne



**Star
Profile
Next Page**

GET TO KNOW...

NAME: CHALISE JALICIA WORREL
AGE: 14
D.O.B: DECEMBER 18TH 1996

MY HOBBIES ARE ...

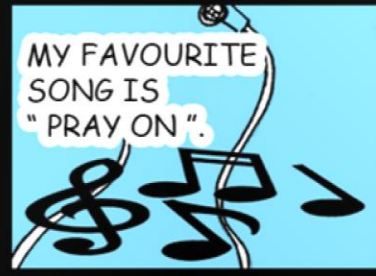


... SUCKING MY FINGER, PLAYING NETBALL AND OLD BAJAN GAMES AND PRAYING!

MY FAVOURITE FOOD IS CHICKEN AND CHIPS.



MY FAVOURITE SONG IS "PRAY ON".



MY FAVOURITE BIBLE VERSE IS PROVERBS 3:1-7



"THE THINGS ABOUT ME I LIKE THE MOST ARE MY CHEERFUL, JOYFUL SPIRIT AND MY LAUGH!"

"THE THING THAT I LOVE MOST ABOUT GOD IS HIS FORGIVENESS!"



INFO BY : SISTER CHALISE
DRAWN BY: BROTHER SYDNEY



Consumer Tips

Do you want to save money on your electric bill this month? Then here are tens tips to help reduce electricity consumption in the home and help save money.



1. Turn off the television, video, play-station and other entertainment devices when they are not being used.
2. Unplug appliances whenever possible. A light on the adapter is an indication that energy is being used even if the appliance is off.
3. Unplug the cell phone charger after it has been used.
4. Do not leave your computer in standby mode because it can still use up to 90% as much power in standby mode as when the computer is on.
5. Hang your clothes out to dry rather than using an electric tumble dryer.
6. Fold clothes straight off the line while they are still warm to save on ironing.
7. Use a microwave to reheat food or to cook small portions. Although a microwave uses a lot of power, it does so over a very short time and so saves energy overall.
8. Keep your fridge full, but not so full that air cannot circulate properly.
9. Clean the dust off fans. Accumulated dust reduces their efficiency by up to 25% adding that cost to your electricity bill.
10. Put lamps in the corner of a room so that the light is reflected off two walls.

Jacqueline Trotman

Calendars

East Caribbean Conference's Calendar

August	Events	September	Events
6	F.C. Emphasis	3	F.C. Emphasis
12-14	Youth Weekend	10	Family Togetherness Day
20	Community Guest Day	17	Pathfinder Day
27	Back to School Emphasis	18-25	Health Week
28	Teachers' Consecration Day		
October	Events	November	Events
1	Children's Day	1-30	Church Elections & Strategic Planning
1-31	Church Elections & Strategic Planning	5	F.C. Emphasis
8	F.C. Emphasis & Spirit of Prophecy Day	5-12	Week of Prayer
12-22	Heritage Week	12-19	Reaping Crusades
23	Day of the Pastor		
29	Literature Evangelism Rally Day		
30	One Day Literature Evangelists' Project		
December	Events	December	Events
1-31	Church Elections & Strategic Planning	3-10	Stewardship Week
3	F.C. Emphasis		

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

Sunset Calendar

Date	Sunset	Date	Sunset	Date	Sunset	Date	Sunset
August 6	6:24 PM	September 3	6:08 PM	October 1	5:48 PM	November 5	5:31 PM
August 13	6:21 PM	September 10	6:03 PM	October 8	5:44 PM	November 12	5:29 PM
August 20	6:17 PM	September 17	5:58 PM	October 15	5:40 PM	November 19	5:29 PM
August 27	6:13 PM	September 24	5:53 PM	October 22	5:36 PM	November 26	5:29 PM
				October 29	5:33 PM		
December 3	5:30 PM	December 10	5:32 PM	December 17	5:35 PM	December 24	5:39 PM
December 31	5:42 PM						

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

Submissions to the next issue of the magazine may be emailed to golandsa@yahoo.com