

Adventist health publication in India turns 100

1 Feb 2010, Silver Spring, Maryland, United States
Megan Brauner/ANN

The staff of the oldest health magazine still in print in India celebrated 100 years of publication earlier this month, releasing a centennial issue with the endorsement of the city mayor, Shri Mohansingh.

The "Herald of Health" magazine, published by the Seventh-day Adventist-run Oriental Watchman Publishing House (OWPH), was created by missionaries working in Lucknow, India in 1910.

Since then, the magazine has been in continuous print except during World War I. Publication resumed after the printing house moved to its current location in Pune in 1924.

Historically, editors of the magazine were Adventist missionaries from abroad, said current magazine editor Joy Kuttappan. In 1970, John M. Fowler, current associate education director for the Adventist world church, became the first Indian to fill the position. ■

The words of the Lord are pure words, as silver tried in a furnace of earth, purified seven times" Psalm 12:6

At the completion of the class requirements the Pathfinder received insignias at a special investiture service.



Children aged 6 to 9 are members of the Adventurer Club consisting of four levels. The Adventurer Club is a sister and feeder organization to the Pathfinder Club.

Think you're just too old for Pathfinder Ministry? Consider the Master Guide Programme. The Master Guide Class is the



top level of achievement. This achiever is the expert, the advisor, the promoter, the advocate for Pathfinder

Ministries. Would you believe that North America Division's Pathfinder Ministry has a 93-year old Master Guide?

Nautilus Pathfinder Club at Andrews Memorial SDA was the first Pathfinder Club in Jamaica. The Club's theme for 2010 is "Together We Achieve!". The Club meets each Sunday at 3:30p.m.

Encourage your friends and family to become a part of this dynamic and Christ-centred ministry today. For more information, please email nautilusmap@gmail.com.

Make Him Known

Carrie Breck & Helen Alexander
(song to the tune of "Jesus Saves!")

Tell of Christ Who saves from sin;
Make Him known—make Him known!
He has called you souls to win,
Make Him known! (repeat)

*Make the blessed Savior known,
Till all hearts shall be His throne;
Till He rules the world alone,
Make Him known! (repeat)*

For the world God gave His Son,
Make Him known—make Him known!
With the message quickly run,
Make Him known! (repeat)

All the lost ones Christ has sought,
Make Him known—make Him known!
Great salvation He hath wrought,
Make Him known! (repeat)

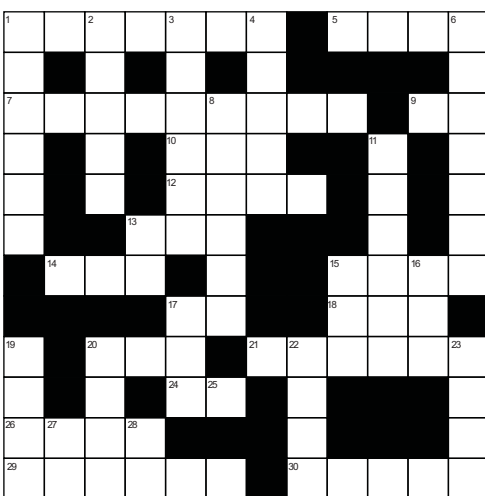
Go ye forth to all the world,
Make Him known—make Him known!
Let His banner be unfurled—
Make Him known! (repeat)

Souls are groping in the night,
Make Him known—make Him known!
Jesus is the world's true Light,
Make Him known! (repeat)

(Source: <http://www.cyberhymnal.org/htm/m/a/makhimkn.htm>)

Join us in this work to go forth and *Make Him Known!*

Bible Teasers!?!??



ACROSS

1. Jacob's second wife
5. Jacob's first wife
7. Christ's followers
9. King of Bashan
10. Definite article
12. How ... will thou refuse
14. A king of Israel
15. Ark builder
17. Like
18. Take ...my body
20. God ...the light
21. Queen of Persia
24. Prefix and suffix
26. The shivers
29. Touched the ...of his thigh
30. David's wife

DOWN

1. Isaac's wife
2. Paul and Silas went there by night
3. David's home
6. David's wife
8. The doubter
11. A pool is there
13. Exclamation
15. A false god
16. 1 ... no pleasant
17. Stand in ...and sin
19. See 15 across
20. Christ's persecutor
22. Moses took one off
23. A Moabitess
27. ...into all the world

- Gen. 29:28
Gen. 29:23
Acts 26:28
Num. 21:33
Definite article
Ex. 10:3
1 Kin. 15:8
Gen. 6:14
Like
Mt. 26:26
Gen. 1:4
Est. 2:17
Gen. 35:7
Lev. 26:16
Gen. 38:25
2 Sam. 3:5

- Rom. 9:10
1 Chr. 1:5
Acts 17:10
2 Sam. 3:4
John 20:24,25
Neh. 3:15

- Hab. 11:16
Dan. 10:3
Ps. 4:4
15 across
Acts 9:4
Ex. 3:5
Ruth 1:4
Mt. 28:19

I Wonder

by Jeannie Kirby

I wonder why the grass is green,
And why the wind is never seen
Who taught the birds to build a nest,
And told the trees to take a rest?
And when the moon is not quite round,
Where can the missing bit be found?
Who lights the stars, when they blow out,
And makes the lightning flash about?
Who paints the rainbow in the sky,
And hangs the fluffy clouds so high?
Why is it now, do you suppose,
That Dad won't tell me if he knows?



VOLUME 7 - ISSUE 1 FEBRUARY 2010

Special Communication Day Edition

"MAKE HIM KNOWN!"

"Make Him Known – Placing God at the Centre of Communications" is the theme for Communication Day (February 27), and indeed for the Communications Ministry at Andrews Church. Our mandate is to use the tools and technologies available today to spread the "good tidings" of the Saviour's love, to our family our friends, our neighbours.

We live in a world markedly defined by technology. Its widescale use is a determinant of "advancement" and modernity. We move with speed through generations of computers, telephone and mobile devices in short spans of months, even weeks. We're no longer content with the postman's delivery of "snail mail". Our days are marked by telephone calls, podcasts, emails, texts and time spent on the internet. Virtual space has dominated the marketplace and blogs, tweets and

fans have taken centre stage. The technology is so much a part of our world that it is difficult for the working adult, student or layman to consider life without many of these tools. But how have we used the tools and technologies available to spread THE GOOD NEWS! What are the practical ways in which we can use communications technologies to enhance ministry? How can we place God at the centre of communications?

- Here are five simple ways:
- Send simple inspirational quotes to your mobile phone contacts once per week
 - Use scriptural texts and quotes as signatures in your email
 - Forward Christian website links to friends

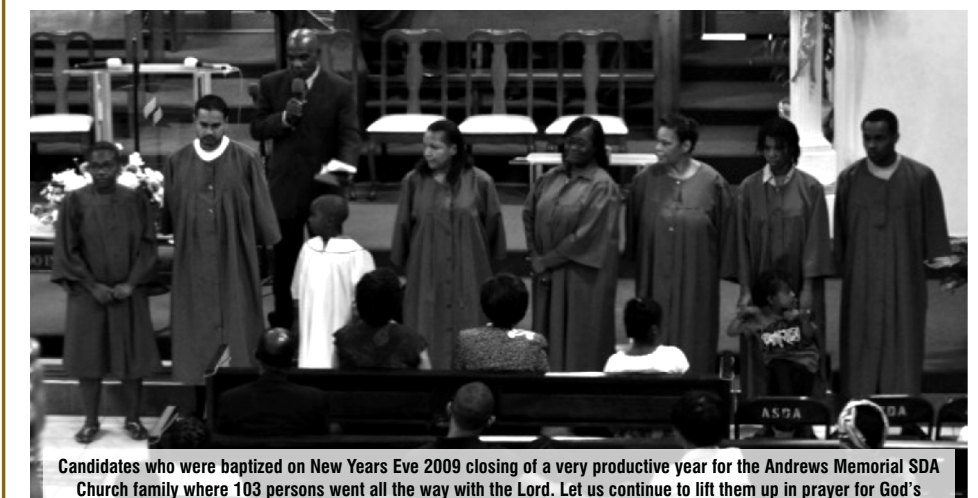
- Call or send a text message to offer encouraging words to friends and relatives at least once per week
- Use free or inexpensive messenger services (Blackberry, MSN, Twitter) to keep in touch with persons in your Sabbath School unit or ministry group

These efforts may not be appreciated at first, but they can produce real rewards.

We must also never underestimate the value of the human touch, the face to face communication and the power of prayer. Carrie Breck & Helen Alexander penned the hymn *Make it Known!* in 1907 when there were no satellites, computers or mobile telephones! How much easier should it be today for us to use the tools available to us to *Make Him Known!*

Cont'd on page 4

2009: A Year of Increase



Candidates who were baptized on New Years Eve 2009 closing of a very productive year for the Andrews Memorial SDA Church family where 103 persons went all the way with the Lord. Let us continue to lift them up in prayer for God's continued protection, guidance and growth as they too *Make Him Known!*

This Issue

- 📖 Make Him Known
- 📖 100 Baptisms in 2009
- 📖 From the Pastor's Desk
- 📖 Church Happenings
- 📖 News Bites
- 📖 Health Watch
- 📖 A Word from the Lesser Light
- 📖 Youth Ministry Focus
- 📖 Bible Teasers

But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ His Son cleanseth us from all sin. 1 John 1:7

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. Matt. 5:16

From the Pastor's Desk



Pastor Lorenzo King

I am excited that the publication train is running again. Commendations are in order for the Communications Department for making this happen. It has been two years since the last publication of *The Andrews Light Bearer*.

Darkness is king where there is no light or illumination. We need to write and to publish. There is a lot that we talk about that should be written, but because

writing and publishing do not provide reprieve from the pain that is associated with them we often opt for a pain free existence. There are magnificent ideas that have the durability of sand castles because they are not written down. And, they are never spread out on a page for others to see because it is a difficult task. Should I remind you that difficulty is not a good reason for not accomplishing a worthwhile task? Pain is the labyrinth of life. Difficulty is the fuel of enterprise.

We are invited in this issue of the *The Andrews Light Bearer* to **Make Him [Jesus] Known**. This is a mission call. But, it is more than a call; it is a command. It is a difficult task to make Jesus known, however; it is not impossible. People who know themselves know Jesus, and know that they have to make Him known. God bless you. May 2010 be a year that engages all your energies in the proclamation of the Good News. ■

Did You Know?

Kirk Franklin is one of the leading figures in contemporary Christian Gospel music. He is well known as a proponent and spokesman of both Gospel Music and Protestant Christianity. Many people are unaware of his background as a Seventh-day Adventist, the denomination he was a part of early in his musical career, but is no longer active in.

SOLUTION FOR PUZZLE ON PAGE 4



Church Happenings

● **TOMORROW is the Church's Annual Sports Day!** Be there and ensure that you make it to the finishing line! Winning is great, but remember "*He who hath begun a great work in you will complete it to the end!*"

Some Calendar Events to watch out for:

- February 28 Women's Ministries Prayer Breakfast
- February 28 Annual Church Sports Day
- March 27 Youth Ministries Gospel Concert and Drama Production
- March 28 Mentorship Programme Launch
- March 28 AMSDA Crusade Begins
- April 2-4, Church Easter Camp
- April Church Harvest
- May Children's Expo

Let us make every effort to get involved and invite others to become involved in the work of the Lord while we await His return!

A Word from the Lesser Light

"God has been pleased to communicate His truth to the world by human agencies, and He Himself, by His Holy Spirit, qualified men and enabled them to do this work. He guided the mind in the selection of what to speak and what to write. The treasure was intrusted to earthen vessels, yet it is, none the less, from Heaven. . . . The obedient, believing child of God beholds in it {the testimony of God} the glory of a divine power, full of grace and truth."

The Faith I Live by - E. G. White ■

Editor's Note

We're happy to bring you the new issue of *The Andrews Light Bearer*. We hope to use this and other issues in 2010 to bring you the latest in news and activities as they unfold in our church, both locally and worldwide.

The team has selected the theme *Make Him Known - Placing God at the Centre of Communications*

which will guide our efforts, not just on Communication Day but also through the year. We hope that our efforts can also inspire you to consider ways in which you can share the Word of God with others. Communication is made useful with tools; useless without the human effort.

Let us all work together as a church, and as communicators – not just with the tools and technologies, but by our words, actions and life – to bring the clear message of salvation to a world in need. *Make Him Known!* ■

THE TEAM

- Sharille Pink
- Yorkali Walters
- Evelyn Thompson
- Dwight Lyseight
- Lissan Evans
- Roy Howell

News Bites

In the Vatican's Backyard-Protestantism vs. Catholicism-The Reformers would be in shock

Tue, Feb 2, 2010



There is a buzz going around via email etc about a series of Protestant based meetings that are being held in Rome, Italy. The meetings began February 6, 2010 and will continue through March 6, 2010. 'It is Written' is the entity that is holding the meetings and the speaker is **Shawn Boonstra**.

The event will NOT be televised, reason being was due to costs. Currently there is word that the meetings are being threatened to shut down. As one could figure, any meeting like this is a threat to the devil's measley kingdom here on this earth but it is even more of a threat due to where it is being held.

On Sunday the 21, there was a distraction via a Rock concert taking place simultaneously in a building next door the venue for the meetings. The topic that night was "**The Sign of God**" dealing with the 4th commandment and the remnant, from Revelation 14. In spite of the noise, they had a full house and the message was well received.

Do you realize the blood shed by the leaders of Rome for over 1260 years? This was the superpower of the earth. This is the beast of Revelation 13. She will rise again.

Protestantism will shine in all it's glory during these meetings. Rome and billions of her followers are in darkness as to who Jesus really is and what lies ahead for us in eternity. The greatest buildings in Rome were built by the sale of indulgences.

By God's grace, these meetings will start a flame of hope that will flourish in the streets of Rome as they **Make Him Known!**

Let's pray and send emails of encouragement to the group in Rome. Now is the time.

Cont'd on page 4

Health Watch

Why olive oil is bad for your stir-fry

We all know that certain oils are healthier than others, but your oil health goes beyond just the type. The health of your oil can be related to how you use it too.

Each type of oil has what is called a "**smoke point**." The smoke point is the specific temperature at which the oil starts to break down...or in more technical terms, its molecular structure begins to change. These molecular changes result in changes in flavor, as well as changes in nutritional value...specifically, the nutritional value of the oil starts to degrade; changing what once may have been considered an especially healthy oil (such as Olive or Flaxseed which is rich in Omega-3s), into one that is unhealthy.

The higher an oil's smoke point, the higher the temperature the oil can withstand. As a result, each type of oil should be used for the cooking method that is most appropriate to its individual smoke point and heat tolerance. Here is a quick guide for the next time you reach for your favorite oil.

Heat during cooking	Oil	Best Use
No-Heat	Flaxseed	Salads
	Coconut	
Low to Moderate Heat	Corn	Baking (low heat) Light Sautéing Pressure Cooking Salads
	Olive	
	Peanut	
	Sesame	
	Walnut	
Medium Heat	Macadamia Nut	Baking (medium heat) Sautéing Stir Fry
	Safflower	
	Canola	
High Heat	Avocado	Deep Browning Deep-Frying Searing
	Grapeseed	
	Sunflower	
	Soybean/Soy	

Note that the above table represents oils that are refined. Most oils we buy are refined. Refined oils tend to have much higher smoke points than their unrefined counterparts. They also differ in nutrition and flavor. Unrefined oils are more nutritious (some of oils' nutrients are removed during the refining process) and they tend to be much richer in flavor. For instance, unrefined peanut oil will smell and taste just like peanuts, while refined peanut oil will have a lighter smell and taste.

When it comes to extremely high heat cooking, always choose oils which are refined. If, however, you are anxious to have a salad with a rich taste, splurge on the unrefined variety if your palate so desires!

What is your favorite oil to cook with?

Excerpted from "GET REAL" and STOP Dieting! Copyright 2009 - Brett Blumenthal ■

YOUTH MINISTRY FOCUS: Pathfinders

Pathfinder (PF) Ministries began in 1905. It is a worldwide programme organized and directed by the Youth Department of the General Conference of the Seventh-day Adventist Church. It is the only structured, spiritual-recreational-activity programme designed for young people aged 10 – 16 years.

There are six progressive classes, with given names and colours - Friend (Blue), Companion (Red), Explorer (Green) Ranger (Silver) Voyager

