



Hampden Heights Sentinel

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- As we gain more power and control, we tend to deny the power of God. Page 2
- I'm so prone to doubting God's plan, but He's teaching me. Page 4
- High Blood Pressure tends to sneak up on people, so address it now! Page 5
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See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than Christ. ~ Colossians 2:8 NIV ~

The Pastor's Place

by Pete Maldonado, Pastor, Hampden Heights Church

The Heart and Mind

The heart and the mind is an area in which God pays much attention to. It is the first place where Lucifer began to have his personal battle. It was also where he lost his position in Heaven.

"You were perfect in your ways from the day you were created, till iniquity was found in you."

Ezekiel 28:15 NKJV

Iniquity was found deep in his heart, which caused him to be cast out of heaven. What was in his heart was also in his mind. Let us just read a few more scriptures to recognize what actually was going on in his "brain-heart".

"How you are fallen from heaven, O Lucifer, son of the morning! How you are cut down to the ground, you who weakened the nations! For you have said in your heart: 'I will ascend into heaven, I will exalt my throne above the stars of God; I will also sit on the mount of the congregation On the farthest sides of the north; I will ascend above the heights of the clouds, I will be like the Most High.'"

Isaiah 14:12-14 NKJV

Every inclination of thought was bent on doing what was evil and wicked in his "brain-heart". The direction of his heart was corrupted by his pride. As the old saying goes, he could not "see past

his nose" to do what is right. His most inner desire was to follow the iniquity which was found in his heart and mind.

This problem with the brain-heart is an unfortunate acquisition from our parents Adam and Eve, and which has been passed down to us through generations of great conflict within humanity. This originated with Lucifer and later continued in us as we joined him in disobedience. This conflict that rages within our heart and mind is something that we often overlook, as we conform to the desires of this world.

"All the powers of his master mind were now bent to the work of deception, to secure the sympathy of the angels that had been under his command. Even the fact that Christ had warned and counseled him was perverted to serve his traitorous designs." GC 496.1

To influence others and bring them to the submission of his control was the key objective of Lucifer. He wanted to be the Most High. Every intent within Lucifer's heart and mind was to do his will, and not that of God. It is no wonder why Jesus tells us that we are to love Him with all of our minds, souls, and hearts.

"So he answered and said, "You shall love the LORD

your God with all your heart, with all your soul, with all your strength, and with all your mind," Luke 10:27 NKJV

This is clear instruction from God as to how we should love Him. Our internal conflict does not allow us to focus on that love which is from God... pure, holy, and sanctified. God is looking for us to have a complete transformation of the mind.

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith." Romans 12:2-3 NKJV

As we read God's word, we should recognize that He will not want us to conform to this world but to think soberly, clearly, and be transformed into His likeness. Christ's full intent for us is to continuously seek to do His Father's will in our minds and hearts. As we obtain control and power through all the things of this world, it becomes more difficult for us to be transformed. Instead we conform to the things of this world and become more likely to identify with the traditions and cares of this world.

(continued on page 2)

The Pastor's Place (continued from page 1)

It is a simple fact that we do develop a form of godliness in obtaining power and control. We deny the power of God in our daily walk with Him. We have to be careful of such people. The Bible is clear in these matters.

"But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God,"

having a form of godliness but denying its power. And from such people turn away!"
II Timothy 3:1-5 NKJV

The Bible picture is very clear that people have conformed to this world, both those outside of the church and in the church. The work of transformation requires a change and renewal. So many of us are very resistant to change. We prevent the Holy Spirit from working within us to change our mind and hearts. We refuse to be convicted of God's will for our lives. We become self-sufficient both in conforming to the world, and in abating our personal spiritual growth apart from God.

Many people fear a change both in themselves and in others, because it takes away a sense of control which they have acquired throughout their life's journey. Don't misunderstand me—some control is needed. But it's self-control that's more applicable, and it's part of the fruits of the spirit. This can be found in the book of Galatians 5:22-23. Our churches have grown into a sense of entitlement in which we feel that because we've been here for so long and have done things in such a way for so long, that we are entitled to all. As if we have earned the right to a free passage into heaven.

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."
Philippians 4:6-7 NKJV

It is my prayer and hope that we will allow the Spirit to transform us in creating in us a new steadfast heart and mind in unity with the Spirit, and that we will love God above all things of this world.

Meet a Member by Ashley Richards

Destiny Maldonado is, of course, one member whom we all have no trouble recognizing—she is Pastor Pete's and Mrs. Maldonado's daughter! She has grown up in the church, and her love for God shines through her at all times. Her infectious smile and kind and generous spirit can be seen wherever she goes.

Destiny was baptized when she was 10. "I wanted to show others He died on the cross to save us all, and that He is kind and strong," she said. She says her favorite thing about Jesus is "that He is kind, because I can show kindness, too."

She loves that the church shows the love of God, because, she explained, people need to leave the church knowing that they were loved, or, rather, that people should not leave the church without feeling God's love through God's people.

Her favorite Bible story is the story of Esther. "She was brave," she explained, sharing that she wants to be brave, just like Esther was.

Destiny is currently only involved with Pathfinders, but she shared that she would love to help with singing up front someday. She is also joining the group of church members going down to Brazil on the mission trip this summer.

For fun, Destiny loves to read and play with her brothers. She's in sixth grade. When she grows up, she'd like to be a writer, particularly a novelist.

Five things about Destiny you may not know:

1. She plays the piano.
2. She's visited Puerto Rico—twice!
3. She loves to go to fairs.
4. She likes to ski.
5. She writes spiritual things, like devotionals!

RJA News Corner by Lee Stahl, Principal**Annual RJA Ski Trip to Jack Frost**

On February 16, students in grades 3-8 got a chance to enjoy some snow that we haven't seen much of throughout this winter. RJA Ski Trip to Jack Frost Ski Resort has become a great tradition for students to learn to ski and snow board. Jack Frost provides a great group package that includes equipment, lessons, lunch, and lift ticket for beginner slopes for \$20 a student; and an extra \$5 will provide an all access lift ticket. A great time was had by everyone!

3rd Annual PA Geography Challenge by Carol Rey

On Feb. 22nd, the Pennsylvania Conference held their 3rd annual Geography Bee. This year it was held at the Lehigh SDA School, which was a change from the previous two years when it was held at the Harrisburg SDA School. There were approximately 35 students representing Seventh-day Adventist schools across Pennsylvania. The students were divided into groups in which to compete. The grouping of the grades went as follows: grades 1-4, 5-7, and 8-10. Reading Jr. Academy had 6 students representing our school. They were Jahbari Allsop-Marsham and Rahasha Yehl from 4th grade, Ston Nelson and Anaeli Padilla from the 5th and 6th grade, and Elijah Santiago and Jaliyah Haynes from 8th grade. Rahasha Yehl placed 2nd in her age group with Jahbari. Ston (placing 1st last year) and Elijah represented RJA for the second year in a row. We are proud of all the hard work our students did in preparation for this bee and how they represented our school. Next year there are plans for a Columbia Union-level geography challenge, representing the winners from other conferences.

Reading Junior Academy...Educating Today and for Eternity!

Grace's Outpost by Ashley Richards



Update from last month:
Maria Clara is mine!

If you remember from last month, I shared how I had felt God calling me to sponsor another child from Compassion International with the raise He had blessed me with right around Christmas. I had fallen in love with a beautiful little five-year-old girl from northern Brazil named Maria Clara. Right as I'd been about to sponsor her, she'd been removed from the website like some cruel, cosmic joke. Regardless of whether Maria Clara might ever return to the site and I could become her sponsor, I knew God was leading and would work everything out for His pleasure.

A couple of weeks ago, I just so happened to try the link for where her profile had been, to see if she might have gotten put back up on the website, and, for the shock of my life,

she was! I *cried*. I had essentially lost hope that she was ever coming back. She'd been gone from Compassion's website for over a month, and I was losing faith. I had thought that Jesus was calling me to love Maria Clara, to be her sponsor, but then she was ripped away from me, and, as time went on, I doubted that she was ever coming back.

Maybe what I'd thought was the voice of the Holy Spirit was nothing but emotional mirages.

(Why is it so easy to doubt God when He has proved Himself over and over again, many times in intimate ways that take our breath away?)

As soon as the tears cleared, I was ready to sponsor her. That very instant. My mouse hovered over the "Select this child" button. I was just so glad she was there, that I had another chance to be her sponsor. I wanted to seize it.

But then, as I am so wont to do, I started to doubt. *You told yourself you'd wait until you'd fixed your car and your computer*, I told myself. *Are you jumping at a chance to sponsor her because that's what God's calling is, or because you doubt that God will tuck Maria Clara away safely until you take care of all those things? Like you promised God?*

I wanted to scratch out my brain with my fingernails, but I sighed. Calmed down. Said okay. *God, I'm giving you an hour. I don't know if I can wait longer than that. Tell me what I should do.*

So I sat down. Played Spider Solitaire and browsed the internet for an hour, reloading her profile page every couple of minutes, because I'm paranoid. And obsessed. But when the hour was up, she was gone, and I felt the life sucked out of me again. *God, you can't keep doing this to me!*

I closed out of Compassion's website and fought the urge to cry again, looking for something—*anything!*—to take my mind off my disappointment and sadness, but somehow, I felt that she'd be back, so I tried to console myself with that and the fact that I should probably focus on replacing my car tires and repairing my laptop before I sponsored another kid, anyhow.

And because I'm a glutton for punishment, a few minutes later, I went back and checked her profile again (have I mentioned how much I love this kid?! Plus, I obsess easily!). Lo and behold, she was back! I was afraid I had a short window of a couple seconds to make up my mind. *She's been waiting for a sponsor over half a year, Jesus*, I begged. *I love her. She deserves better than to be put up and taken down from this site or dragged around anymore without a sponsor to fight for her! You have called me to love her. Can I please love her?* I don't remember what else I said. But, despite fearing I'd regret the decision, I sponsored her. I did it.

And I did. Regret it, I mean. Over the next couple of days after I went through with the sponsorship, I felt sick to my

stomach. Maria Clara was my equivalent of Jacob's birthright. God had meant it for him all along, but if he had allowed God to give it to him in His timing, rather than taking it prematurely, he—I—we!—would have received possibly 100 times the blessing!

I must've apologized and repented to God two dozen times in the next week. *I'm sorry, God. I should have trusted you, God. Your timing is perfect. I feel sick. Forgive me, God, please.*

Halfway through the next week, the Holy Spirit groaned, *Enough already! I forgave you the first time you asked.*

God is teaching me. I'm so prone to doubting His plan, but over and over and over and over and over again, He has proved Himself to me. I don't want to doubt Him like I did with Maria Clara. Praise God, He takes our fumbles and failures and turns them into something beautiful—He's taking Maria Clara's sponsorship and turning it into something beautiful. He takes disasters and turns them into dreams-come-true, and I can't wait to see the way God uses this experience—my beloved Maria Clara, this precious sponsorship, my doubt, and the faith He's teaching me to possess—for His eternal glory.

The Medicine Chest by John Manubay, M.D.

High Blood Pressure

An occasional rise in blood pressure, for example during heavy exercise or extreme stress, does not label one as hypertensive. Your blood pressure varies throughout the day, decreasing with rest, and increasing with activity. A person is diagnosed with hypertension if he or she has a persistent elevation of blood pressure where the systolic is 140 mm Hg (millimeter of mercury) or higher, or a diastolic pressure of 90 mm Hg or higher.

The amount of blood the heart pumps and the resistance to blood flow in the arteries determines the blood pressure.

Systolic blood pressure is the amount of pressure that the heart generates when pumping blood out through the arteries. The diastolic pressure is the amount of pressure in the arteries when the heart is resting between beats. A normal, or goal blood pressure is 120 mm Hg over 80 mm Hg. Lower would be even better (within limits, of course).

High blood pressure is often diagnosed in a doctor's office when routine vital signs are checked.

Hypertension is known as the silent killer, as most people do not have any symptoms. High blood pressure has adverse effects on the heart, brain, kidneys, and eyes, and many people are unaware of this.

A specific cause of hypertension can only be identified in a minority of

cases, such as kidney disease or endocrine disorders. Ninety percent have no specific cause, meaning it is genetic, handed to you by your parents (essential hypertension).

Lifestyle changes to prevent or treat hypertension include salt restriction in the diet. Do not add salt to food, and limit foods rich in salt such as canned or prepared foods. Weight reduction if overweight or obese will help lower the blood pressure. Weight loss alone in some people may be sufficient enough to bring blood pressure under control, avoiding the need to take blood pressure medications. Regular aerobic exercise is also beneficial. Avoid smoking, as tobacco combined with hypertension can significantly increase the risk of heart disease. Also limit alcohol intake, as too much of it can increase the blood pressure. Many patients may respond to lifestyle changes alone, whereas others may need one or more medications to bring the blood pressure down.

The four major classes of drugs used for hypertension begins with the letters A, B, C, and D.

A for Ace-inhibitors are a good first-line drug and are also beneficial for patients with diabetes and heart failure. The generic names usually end in -pril. Ten percent may develop cough as a side effect, and good alternatives are ARB's or angiotensin receptor blockers which ends with -artan.

B for beta blockers, which also benefit people with Coronary heart disease, palpitations, and migraines. These drugs end with -olol.

C is for calcium channel blockers usually ending in the letters -pine. They are a powerful first-line drug also.

Lastly, **D** for diuretics (e.g. Hydrochlorothiazide) is as beneficial as the others in lowering blood pressure. The elderly usually respond well to low doses of diuretics, but should watch for potassium depletion.

Your doctor will have to determine which medication or combination of drugs may work best for you. Things to consider include cost, side effects, drug interactions, and how the medication may affect other illnesses.

Lifestyle changes are beneficial in all cases of high blood pressure. Many people will need medications for life. But these drugs will help you live much longer and give you a better quality of life. Most of these medications are low cost, usually less than 5 dollars a month.

Buying an electronic portable BP cuff is also a good investment, providing you the ability to monitor and track your blood pressure at home. Most also keep track of your history, so you can review with your doctor.

Your primary care physician will most likely need to periodically check blood and urine tests and EKG to monitor your heart, kidneys and liver to rule out end organ complications.

High blood pressure tends to sneak up on people, so maintaining, or implementing, changes for a healthier lifestyle now may help ward off or lessen future problems in this area.

Health Ministries by Dave Beard

The Right Arm of the Gospel

As we enter into a new year, I thought it would be a good idea to review why the health message is important. When I first joined the church, I had no idea how health was connected to the Bible.

Adventists were supposed to be the "head and not the tail". Unfortunately, the New Age movement has become the leader, but there is more to the health message than just nutrition. Some focus exclusively on what not to eat and exclude the important lessons from books like the *Ministry of Healing*. Ellen White knew long before doctors about many illnesses. Even if you disregard the Spirit of Prophecy, science will tell you that a vegetarian diet is much healthier to our well-being. Just comparing one's weight, blood pressure, and blood sugar is convincing evidence. My employer's health insurance requires these tests on an annual basis and stresses the importance of 5 fruits and vegetables daily.

How else can one prove that we should take care of the temple of God? And how should we deal with GMOs, toxic water, pesticides, the increased number of diabetics, hypertension, obesity, and cancer, all of which are on the rise. Kids as young as 10 years old have these diseases.

Two years ago, I attended a two-week program called RISEN, in CA, to gain an in-depth understanding of the message given to Ellen White by the Holy Spirit. I was instructed by Danny Vierra, the Director of Modern Manna, who taught us that

most diseases are due to toxicity and deficiency.

Our food looks good but is not nutritionally sound. Factory farms slaughter sick animals that are full of antibiotics and treated inhumanely.

In order to be a living sacrifice to God, we must follow the laws of health as provided in the Bible. There are seven elimination organs the Lord designed to keep us healthy. They are: skin, lymph system, bowels, urinary, lungs, liver, and kidneys. When these get clogged or unable to function, then the body cannot heal itself as the Lord intended. So in today's society we are trained that there is a pill for every diagnosis, and we can eat, drink, and be merry, because we don't want to deprive ourselves of enjoyment. When these patterns or habits are continued, and ultimately lead to problems, we will then seek a quick fix to the mess we've gotten our health into. We become a slave to addictions such as soda, coffee, or any appetite that becomes a need on a daily basis. The Bible says in Exodus 16 that the people grumbled because they wanted the flesh instead of the manna. Ellen White said that when the time comes that we cannot buy or sell, we must be able to tolerate delay and hunger.

There were five food groups in Genesis: fruits, including vine fruits; nuts; grains; seeds; and legumes. Yes, Jesus did eat fish, but it was not the fish in our polluted oceans, contaminated with oil spills and other chemicals that run off and drain into the water.

Also, lots of fish served in restaurants are raised in fish farms and fed cat food to fatten them up...
http://www.purezing.com/living/food_articles/living_articles_7salmon.htm

After the flood occurred, only then did people begin to eat meat, and the life expectancy declined drastically.

We've learned from the Spirit of Prophecy to try to use natural remedies instead of pharmaceutical drugs except when absolutely necessary. I understand some diseases cannot be treated holistically. The drug companies may have us living longer but people are chronically ill.

Our attitudes can also affect our health. Negative emotions can suppress the immune system. "A merry heart doeth good like a medicine, but a broken spirit drieth the bones" (Prov 17:22).

Most Seventh-day Adventists are familiar with the eight laws of health by the NEWSTART acronym. This topic was covered in previous issues of this newsletter by the Johnses. Problem is, many of us just pick and choose which ones we want to honor. Every one of these laws come from the Bible (Gen 1-6) and are designed to keep us healthy and strong, and enable us to be a vital witness for God.

Living so close to the end of time, we need to be strong and not be a slave to our appetites. One of the forgotten laws is temperance, or self-control, which is not just appetite for food, but lust of the eyes, lust of the flesh, and pride, as revealed by our attitudes toward one another.

During the RISEN seminar, Danny showed us studies by a neurologist on the connection between behavior and nutrition. In addition, having bitterness, resentment, anger, and unforgiveness, will all negatively affect our health. All of the health laws are for our benefit to protect us mentally, spiritually and physically.

Working with people who are chronically ill has made me realize how narrow the focus of the sick person becomes. All of a sudden nothing else matters but their suffering. Understandably, I would be the same way. So even if 2/3 of illness may be caused by heredity, why not try to obey the health laws to control the other third in our favor? We need the Holy Spirit to mold our characters in the process of becoming closer to Christ. The Lord said He will put none of the Egyptians' diseases upon His people if they keep His statutes and commandments (Exodus 15:26).

The health message is as much about balance, and protecting the temple of the Holy Spirit, as it is being able to help others. Also, if we are in good health, we will have more energy and ability to help others. Of course we can still help others in poor health, as well, but we may be limited in our effectiveness.

The health message is an entering wedge for us to use, because it is neutral ground. It's also generally received well, because who doesn't want to be in good health?

(continued on page 8)

Recipe of the Month by Elizabeth Hill

This is bit of a departure from my usual dessert recipe, but it is an easy recipe and my son loves these rolls so much I have trouble saving them for dinner if he is there when I take them out of the oven. I think he would rather eat these than dinner!

**Lowell Inn Crescent Rolls
Mount Vernon of the West
Stillwater, Minnesota**

Ingredients

- 3/4 cup warm (not hot) water
- 2 pkgs. active dry yeast
- 4 cups flour
- 1/2 cup sugar
- 1 teasp. salt

- 2 eggs
- 1/2 cup soft shortening (part butter)

Preparation

In bowl, dissolve yeast in water. Stir remaining ingredients except half of flour into yeast. Add rest of flour...mix until smooth.

Scrape dough from sides of bowl, cover with cloth.

Let rise in warm place (85 degrees) until doubled, about 1 1/2 hours.

Divide in half. Brush with melted butter.

Shape as crescent rolls. Cover, let rise until doubled (about 1 hour).

Brush with melted butter.

Heat oven to 400 degrees. Bake 12 to 15 min, or until rich golden brown.

Makes 32 rolls.

I only get 24 rolls out of this dough. We like our rolls a little larger than many others.

Notable Quotes selected by Bob Kondracki

The bad news is time flies. The good news is you're the pilot.
~Michael Altshuler~

It often requires more courage to dare to do right than to fear to do wrong.
~Abraham Lincoln~

Those who expect to reap the blessings of freedom must, like men, undergo the fatigue of supporting it.
~Thomas Paine~

If the ways of the Almighty are not humanly logical, it is not the fault of the Almighty but of the limitations of human logic.
~Maria Montessori~

Men are apt to mistake the strength of their feeling for the strength of their argument. The heated mind resents the chill touch and relentless scrutiny of logic.
~William E. Gladstone~

~William E. Gladstone~

If you want to be a champion, you have to act like a champion.
~Craig T. Nelson~

~Craig T. Nelson~

Be faithful in small things because it is in them that your strength lies.
~Mother Teresa~

~Mother Teresa~

It's what you learn after you know it all that counts.
~John Wooden~

~John Wooden~

I am He who lives, and was dead, and behold, I am alive forevermore. Amen. And I have the keys of Hades and of Death.
~Jesus Christ~

~Jesus Christ~

Worrying is the interest you pay on a debt you might not even owe.
~Mark Twain~

~Mark Twain~

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
~Maya Angelou~

~Maya Angelou~

Faith is not the belief that God will do what you want. It is the belief that God will do what is right.
~Max Lucado~

~Max Lucado~

Trying to do the Lord's work in your own strength is the most confusing, exhausting, and tedious of all work. But when you are filled with the Holy Spirit, then the ministry of Jesus just flows out of you.
~Corrie Ten Boom~

~Corrie Ten Boom~

Patriotism means to stand by the country. It does not mean to stand by the president.
~Theodore Roosevelt~

~Theodore Roosevelt~

With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose.
~Wayne Dyer~

~Wayne Dyer~

Resolution One: I will live for God. Resolution Two: If no one else does, I still will.
~Jonathan Edwards~

~Jonathan Edwards~

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The Children's Page by Ashley Richards

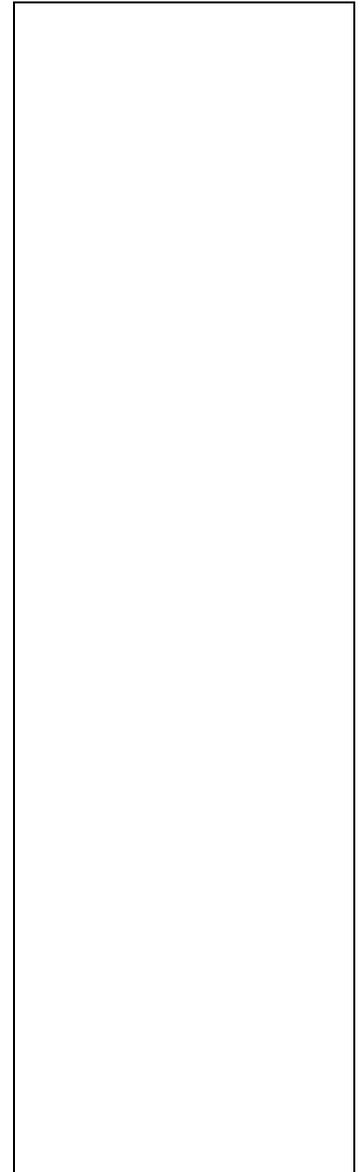
Did you know it will be spring soon? By the time this newsletter is published, it will already be only 16 days until the first day of spring, and with spring comes one of the most beautiful things Jesus created—flowers! In the puzzle below, there are names for 24 different flowers—can you find them? The words can be found going down or across, but not backwards or diagonally.

B L U E B E L L P E T A D L B
A R P T Y Q C R O C U S R F N
P W Z G E K A V I O L E T R O
L F X F I G M H Q F I J L E Z
I V S A S T E R M C P M A E P
L I L Y P Q L H A K S R O S E
A Z Q E H R L W G O U H R I O
C A R N A T I O N B N D C A N
T Z I N N I A N O I F A H J Y
U A D I U S L V L M L H I E I
Y L A T J M A R I G O L D P K
S E I O V D G C A B W I N O F
J A S M I N E D L N E A C P D
O X Y R U J W K Y I R I S P B
D A F F O D I L M X G M A Y C

- | | |
|-----------|-----------|
| Aster | Lilac |
| Azalea | Lily |
| Bluebell | Magnolia |
| Camellia | Marigold |
| Carnation | Orchid |
| Crocus | Peony |
| Daffodil | Poppy |
| Dahlia | Rose |
| Daisy | Sunflower |
| Freesia | Tulip |
| Jasmine | Violet |
| Iris | Zinnia |

DID YOU KNOW?

Did you know that the Bible only mentions 3 different flowers in all the different books of the Bible? They are roses, lilies, and camphires. And of those three flowers, two of God's names come from those flowers: Lily of the Valley and Rose of Sharon! Do you have a favorite flower? Draw it in the box to the right!



Health Ministries (continued from page 6)

In April, there will be an expo in Hamburg by the New Agers, and hundreds of people will attend it. People are desperate to find solutions other than traditional medicine, surgery, and life long prescriptions.

Employers now beginning to require their employees to attempt to maintain good health, or receive health counseling. And surcharges for smokers is common. High deductibles are also becoming the norm. So ultimately, we are in charge of our own health.

Ellen White says the only occupation left will be medical missionaries because there will be no support systems left once the National Sunday Law is passed. This will enable Seventh-day Adventists to help heal, preach, and teach about Jesus.

Medical missionary work was never intended to be separated from the gospel. This was Jesus' method of bringing the gospel to the people. We may not be able to heal anyone until we receive the latter rain, but we may be able to provide an alternative, and give each person some relief.