



News and Views

The official Newsletter for the Wilson SDA Church

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Are You a Robber?

Theft. According to the dictionary, this is the act of taking something that does not belong to you. It is usually done either without the victim being present or without their knowledge. It could include taking it from a store or from someone's house or even from their person, such as picking their pocket. It is usually done without any weapon. It can be as small as taking a piece of candy from the store, or it can be larger, such as taking a car which is called "grand theft auto". It certainly violates the 8th commandment, "You shall not steal." And the victim of theft is usually very angry about losing their property.

It was two thieves who were hung on the cross next to Jesus. In a way, it was a theft that Eve committed when she took the fruit that was not hers. I Cor. 6: 9-10 lists those who will not inherit the kingdom of God, and thieves are listed along with many others. It is also called larceny. It is motivated by selfishness. Theft is certainly not a good thing.

Embezzle. This is the taking of

money or property for one's own personal use from money or property that has been entrusted to you. This is done in a deliberate manner over a length of time so as not to be discovered. It usually is done very carefully and in secret so as to not be discovered. It is a form of stealing over a period of time. It is done with a selfish motive.

Burglary. This is a form of theft but it is a little more serious in that one must break into someone's property to deprive them of their property. One may not actually break a window or a door, but just coming onto someone's property is considered "breaking and entering". It is usually done while the property owner is not present so there is no confrontation between the burglar and the owner of the property. It can also be called looting, pillaging, or plundering. It is motivated by selfishness.

Robbery. This is the act of taking property with the use of force, violence, or intimidation. It can be called a hold up, stick up, heist,

and is more serious than the previously mentioned acts in that it puts the life or safety of the victim in danger. There is usually a weapon involved.

The mindset is one which says, "I want what you have, and I will take it from you or else I will hurt or even kill you." It gives little or no thought to the safety or well-being of the victim. It is motivated by extreme selfishness. Armed robbery is a more serious crime than petty theft, and a judge will deal much harsher with a person who robs someone than with a petty theft.

Are you a thief? Are you an embezzler? Are you a burglar? Are you a robber? Most of us would want to say "No way!" but give it some thought. Do you "steal time" from your employer when you sit around and talk and don't do your work? And if you are not working, then you are stealing money also. Have you ever found something of value and made no effort to locate the owner? Is that a form of theft?

Most of us would not like to be called a thief or burglar or robber. And we would not really think

much about doing such an act because it violates one of the Ten Commandments. And we don't want to be guilty of doing that. How would you like it if God came along and called you not just a thief but a robber? Not only that, God says you have robbed HIM. Not someone else, but HIM!

Would you be guilty? Well, if God called you that, you would be guilty since He knows everything about you.

Consider this soberly. If you are not returning a tithe on your increase, than God says you are robbing Him. Mal. 3:8 "Will a man rob God? Yet you have robbed Me! But you say, 'In what way have we robbed You?' In tithes and offerings."

That is a serious charge. It is bad enough to rob another human being, but to rob God who has given you everything you have and also given His Son for you, well, that seems pretty bad. And what is the motivation for this robbery? Same as stated earlier. Selfishness.

Consider these words from the servant of the Lord.

"All the good that man enjoys comes because of the mercy of God. He is the great and bountiful Giver. His love is manifest to all in the abundant provision made for man. He has given us probationary time in which to form characters for the courts above. And it is not because He needs anything that He asks us to reserve a part of our possessions for Him. he Lord.

The Lord created every tree in Eden pleasant to the eyes and good for food, and He bade Adam and Eve freely enjoy His bounties. But He made one exception. Of the tree of knowledge of good and evil they were not to eat. This tree God

reserved as a constant reminder of His ownership of all. Thus He gave them opportunity to demonstrate their faith and trust in Him by their perfect obedience to His requirements

So it is with God's claims upon us. He places His treasures in the hands of men, but requires that one tenth shall be faithfully laid aside for His work. He requires this portion to be placed in His treasury. It is to be rendered to Him as His own; it is sacred and is to be used for sacred purposes, for the support of those who carry the message of salvation to all parts of the world. He reserves this portion, that means may ever be flowing into His treasure house and that the light of truth may be carried to those who are nigh and those who are afar off. By faithfully obeying this requirement we acknowledge that all belongs to God.

And has not the Lord a right to demand this of us? Did He not give His only-begotten Son because He loved us and desired to save us from death? And shall not our gratitude offerings flow into His treasury to be drawn therefrom to advance His kingdom in the earth? Since God is the owner of all our goods, shall not gratitude to Him prompt us to make freewill offerings and thank offerings, thus acknowledging His ownership of soul, body, spirit, and property?

It is a heaven-appointed plan that men should return to the Lord His own; and this is so plainly stated that men and women have no excuse for misunderstanding or evading the duties and responsibilities God has laid upon them. Those who claim that they cannot see this to be their duty, reveal to the heavenly universe, to the church, and to the world that they do not want to see this plainly

stated requirement. They think that by following the Lord's plan they would detract from their own possessions. In the covetousness of their selfish souls they desire to have the whole capital, both principal and interest, to use for their own benefit.

God lays His hand upon all man's possessions, saying: I am the owner of the universe, and these goods are Mine. The tithe you have withheld I reserve for the support of My servants in their work of opening the Scriptures to those who are in the regions of darkness, who do not understand My law. In using My reserve fund to gratify your own desires you have robbed souls of the light which I made provision for them to receive. You have had opportunity to show loyalty to Me, but you have not done this. You have robbed Me; you have stolen My reserve fund. "Ye are cursed with a curse." [Malachi 3:9](#).

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Bumper Stickers

"You haven't finished dressing for work until you put on your smile."

"He who is good at making excuses is seldom good for anything else."

"He who angers you controls you."

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Funny how we are quick to take directions from a stranger when we are lost, but are hesitant to take God's directions for our lives.



- Dustin DeGrave 2
- Bev Berger 3
- Jewel Richards 4
- Kevin Boerschinger 5
- Josh Murray 5
- Max Savage 6
- Desmond Heyn 8
- Nadine Heyn 8
- Savannah Naranjo 9
- Tim Groleau 10
- Blaine Pearson 11
- Glen Pearson 12
- Annie Soper 16
- Lynn Parmentier 17
- Zeb Boerschinger 18
- Justin Kott 20
- Leslie Messersmith 21
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- Teddy Messersmith 26
- Sam Murray 27
- Danielle Berger 28

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World Church News

A six- question survey was designed and administered by the church Office of Archives, Statistics, and Research. It addressed the issues relating to compliance with voted actions of the General Conference Session, and its Executive Committee. The survey was sent to each president of the Church's 13 Divisions and 137 Unions.

The presidents were requested to answer the survey according to “what they believe is the view “of the majority of members in their territory, as opposed to their personal opinion.”

QUESTION 1: “Should the General Conference Unity Oversight Committee appoint a team to listen sensitively, counsel and pray with the presidents of unions not in compliance with voted actions of GC Sessions and of the GC Executive Committee?”

Yes—92% No—7%

QUESTION 2: “Should there be further organizational consequences for unions that do not comply with

voted actions of GC Sessions and of the GC Executive Committee?”

Yes—72% No—22%

QUESTION 3: “Should church leaders be asked to sign a document saying that they will follow voted actions of GC Sessions and of the GC Executive Committee?”

Yes—47.7% No—51%

QUESTION 4: “Should presidents of unions not in compliance with voted actions of GC Sessions and of the GC Executive Committee be allowed to speak (i.e. have voice) at meetings of the GC Executive Committee?”

Yes—50.3% No—44.4%

QUESTION 5: “Should presidents of unions not in compliance with voted actions of GC Sessions and of the GC Executive Committee be allowed to vote in meetings of the GC Executive Committee?”

Yes—37.1% No—57%

QUESTION 6: “Should presidents of unions not in compliance with voted actions of GC Sessions and of the GC Executive Committee be allowed to serve on standing committees or ad hoc subcommittees of the GC Executive Committee?”

Yes—26.5% No—66.2%

Conclusions

- There is strong support for some kind of consequences for non-compliance.
- There is also strong support for not allowing presidents of non-compliant unions to serve on standing or ad hoc committees of the GC Executive Committee.
- There is pronounced support for not allowing presidents of unions not in compliance with voted actions of the GC sessions and of the GC Executive Committee to vote in meetings of the GC Executive Committee.
- A majority of Church leaders oppose removing “voice” as well as vote from non-compliant union presidents.
- Most Church leaders also oppose requiring union presidents to sign a document promising to abide by GC

Session and Executive Committee actions.

- This is good news for the SDA Church, providing insights into the sentiments of our worldwide grassroots members.

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Vegetarians have lower measured blood pressure and less hypertension than non-vegetarians

Adventist Health Study-2 (AHS-2) is one of the largest and most exciting health studies of its kind ever designed and will have national importance and international significance. It is a cohort study of over 96,000 Seventh-day Adventists in the U.S. and Canada who enrolled between 2002 and 2007. Adventists, due in part to their unique dietary habits, have a lower risk than other Americans of heart disease, several cancers, and probably high blood pressure, arthritis, and diabetes. This, along with their wide variety of dietary habits, provides a special opportunity for careful research to answer a host of scientific questions about how diet (and other health habits) may change the risk of suffering from many chronic diseases.

LOMA LINDA, Calif. – Diet affects blood pressure levels and vegetarians (vegans and lacto-ovo vegetarians) have less hypertension than non-vegetarians, according to researchers at the [Adventist Health Study, Loma Linda University](#). The results are published in [Public Health Nutrition](#).

Over the last thirty years, many studies have examined the effects of a vegetarian diet on blood pressure. Yet, most of these have been short-term, limited in size, and not on diverse subjects. They also tend to focus on the lacto-ovo vegetarian rather than the vegan diet. This

particular study, aimed to evaluate the association between vegetarian dietary pattern and both blood pressure and diagnosis of hypertension, differs from the previous ones – it presents results of a cross-sectional comparison within a relatively large and diverse group, where the vegetarian and non-vegetarian habits were generally long-term, and where vegetarians are divided to vegans and non-vegans.

The researchers analyzed data from calibration study subjects within the [Adventist Health Study-2 \(AHS-2\)](#) cohort. In this particular analysis, the researchers assessed a representative sample of 500 white individuals, randomly selected from the parent cohort (AHS-2) by the church, and then compared their food frequency questionnaire (FFQ) responses about diet to measured blood pressure levels.

Blood pressure and body mass index (BMI) of the calibration study subjects were measured, and urine samples were collected. A food frequency questionnaire was also used to assess dietary pattern; criteria were established for vegan, lacto-ovo vegetarian, partial vegetarian, and omnivorous dietary pattern. The main result: vegan and lacto-ovo vegetarian had lower systolic and diastolic blood pressure than omnivorous Adventists. Moreover, after making adjustment for age and gender, systolic blood pressure was significantly lower in vegans/lacto-ovo vegetarians when compared to non-vegetarians, and results were broadly similar for diastolic blood pressure.

Hypertension was defined as either an average of systolic blood pressure of more than 139 mm Hg or more than 89 mm Hg of diastolic blood pressure. People taking antihypertensive

medications were also categorized as having hypertension. Researchers found that the dietary pattern related to hypertension corresponded with their reported blood pressure.

Systolic blood pressure is a measure of blood pressure while the heart is beating; diastolic is while the heart is relaxed. The two numbers that measure our blood pressure are written like a fraction: one number on top (systolic) and one on the bottom (diastolic).

BMI, a measure of body size, also significantly associated with both systolic and diastolic blood pressure, as higher BMI predicted higher blood pressures. The lower chance of hypertension in vegan, lacto-ovo, and partial vegetarians was diminished substantially when BMI was added to the model, suggesting that the effect of diet to reduce BMI was partially responsible for the effects of diet on hypertension.

“Our study extends and supports previous evidence that diet affects measured blood pressure levels, both systolic and diastolic. This appears to be long-lasting as our subjects, coming from a population that includes a wide variety of age, social economic status, and both gender, have maintained these dietary habits over at least one year and will continue to maintain them over many years for the most part,” explains lead researcher Betty J. Pettersen, Ph.D.

“The percent overweight or obese in this population was lower than in the general U.S. population and while our results are adjusted for these factors, it seems likely that the effect of a vegetarian diet to reduce body weight is one mechanism partially responsible for the blood pressure effect,” Dr.

Pettersen adds. “However, some additional effect probably still remains.”

Beyond BMI, which dietary factors in the vegetarian may account for effects on blood pressure levels is not well understood. One thing for sure is that vegetarians have a higher fiber and potassium intake as a result of their greater consumption of fruits, vegetables, nuts, and whole-grain products. Consumption of a potassium-rich diet has a natriuretic effect – causing natriuresis, the excretion of large amounts of sodium in urine – and diets that are high in potassium usually are low in sodium, as long as unprocessed foods are consumed. Sodium (mainly as salt) is known to raise blood pressure.

“Low calcium or dairy intake has also been associated with slightly higher blood pressures by others. Our results are *not* consistent with this as vegans who avoid dairy products have the least hypertension, although further evidence should be gathered on this group” says Gary Fraser MD, Ph.D., principal investigator of AHS-2. “Americans may benefit from a diet containing more plant foods to lower blood pressure levels.”

This research was funded by a grant from the National Cancer Institute (NCI), a division of National Institutes of Health (NIH), the federal agency for health research.

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.—The Ministry of Healing, 295, 296, 1905