

HOPE

for you

MAY 2021

*“Lo, I am with you
always, even unto the
end of the world....”*

Thoughts from Hope...

THE IMMUTABLE LAW OF GOD • CHRIST OUR RIGHTEOUSNESS • THE SEVENTH-DAY SABBATH
THE THREE ANGELS' MESSAGES • THE NON-IMMORTALITY OF THE SOUL • THE SANCTUARY

Greetings, Friends!

As we see signs of Christ's soon coming fulfilling around us, there is a sense of urgency—a desire to make sure we are right with God and ready for His coming. I don't know about you, but I know that for me there are times the challenges of what might be a part of the last days overwhelm me. *How will I stay strong? How will I care for my children? How will I feel when many people don't agree with my beliefs?*

Recently, as I was thinking through different scenarios, a cherished passage came to my memory: “Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief. Our heavenly Father has a thousand ways to provide for us, of which we know nothing. Those who accept the one principle of making the service and honor of God supreme will find perplexities vanish, and a plain path before their feet.” This gem is found in the book *The Desire of Ages*. These thoughts braced my spirit. They encouraged my soul. If I make God's honor and service my priority, He is responsible for the rest. It's not for me to worry and fret over things I can't change and don't even know whether they will happen. My job is to trust God, and to do what He has given me to do today. When a crisis comes, He will be there to bring me through. All the worry in the world won't help the crisis to go better. Trusting in God, though, will bring me victoriously through any circumstance.

In this issue of *HOPE for you*, we focus on God's plan for the last days. From practical preparation to having your heart right with God, we pray that this issue will prove a blessing and encouragement to you. May we be ready to say, “Lo, this is our God; we have waited for Him, and He will save us: this is the Lord; we have waited for Him, we will be glad and rejoice in His salvation” (Isaiah 25:9).

Blessings,

The Hope International Team

About Hope for You...

HOPE for you is a monthly publication of Hope International. We are a non-profit ministry, seeking to share the love of God through active ministry in our community and beyond.

We believe that God has a plan and purpose for His people in these tumultuous times, and we seek to spread an encouraging word to uplift Christ and His truth. We have an extensive health ministry, and believe that God's will is for all His children to “Prosper and be in health,” (3 John 2) even as our souls prosper in following His will and guidance.

We joyfully accept tax-deductible donations to advance the cause of Christ.

HOPE for you is free of charge for all who donate or order products.

We would be delighted to send your friends or family a complimentary three-issue trial subscription. Just email or send us their names and addresses.

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In This Issue...

Words of Inspiration:	<i>Preparation for the Final Crisis</i>	4
	<i>“Our Faithful God” - Poem</i>	11
Words for Health:	<i>Circulation</i>	8
Words of Wisdom:	<i>Get Ready, Stay Ready</i>	12
Words from God:	<i>Trusting in Jesus</i>	16
Words of Testimony:	<i>The Charmer</i>	18
Words for Parents:	<i>Working Together with God</i>	20
Words for the Young at Heart:	<i>Trill</i>	22
Words of the Pioneers:	<i>Prepare for Translation</i>	26

“The course of God’s people should be upward and onward to victory. A greater than Joshua is leading on the armies of Israel. One is in our midst, even the Captain of our salvation, who has said for our encouragement, ‘Lo, I am with you always, even unto the end of the world.’ ‘Be of good cheer; I have overcome the world.’ He will lead us on to certain victory. What God promises, He is able at any time to perform. And the work He gives His people to do, He is able to accomplish by them.”

—E. G. White

Preparation for the Final Crisis

by Ellen G. White

The great crisis is just before us. To meet its trials and temptations, and to perform its duties, will require persevering faith. But we may triumph gloriously; not one watching, praying, believing soul will be ensnared by the enemy.

In the time of trial before us God's pledge of security will be placed upon those who have kept the word of His patience. Christ will say to His faithful ones: "Come, My people, enter thou into thy chambers, and shut thy doors about thee: hide thyself as it were for a little moment, until the indignation be overpast." Isaiah 26:20. The Lion of Judah, so terrible to the rejectors of His grace, will be the Lamb of God to the obedient and faithful. The pillar of cloud which speaks wrath and terror to the transgressor of God's law is light and mercy and deliverance to those who have kept His commandments. The arm strong to smite the rebellious will be strong to deliver the loyal. Every faithful one will surely be gathered. "He shall send His angels with a great sound of a trumpet, and they shall gather together His elect from the four winds, from one end of heaven to the other." Matthew 24:31.

Brethren, to whom the truths of God's word have been opened, what part will you act in the closing scenes of this world's history? Are you awake to these solemn realities? Do you realize the grand work of preparation that is going on in heaven and on earth? Let all who have received the light, who have had the opportunity of reading and hearing the prophecy, take heed

to those things that are written therein; "for the time is at hand." Let none now tamper with sin, the source of every misery in our world. No longer remain in lethargy and stupid indifference. Let not the destiny of your soul hang upon an uncertainty. Know that you are fully on the Lord's side. Let the inquiry go forth from sincere hearts and trembling lips, "Who shall be able to stand?" Have you, in these last precious hours of probation, been putting the very best material into your character building? Have you been purifying your souls from every stain? Have you followed the light? Have you works corresponding to your profession of faith?

Is the softening, subduing influence of the grace of God working upon you? Have you hearts that can feel, eyes that can see, ears that can hear? Is it in vain that the declaration of eternal truth has been made concerning the nations of the earth? They are under condemnation, preparing for the judgments of God; and in this day which is big with eternal results, the people chosen to be the depositaries of momentous truth ought to be abiding in Christ. Are you letting your light shine to illumine the nations that are perishing in their sins? Do you realize that you are to stand in defense of God's commandments before those who are treading them underfoot?

It is possible to be a partial, formal believer, and yet be found wanting and lose eternal life. It is possible to practice some of the Bible

injunctions and be regarded as a Christian, and yet perish because you lack qualifications essential to Christian character. If you neglect or treat with indifference the warnings that God has given, if you cherish or excuse sin, you are sealing your soul's destiny. You will be weighed in the balance and found wanting. Grace, peace, and pardon will be forever withdrawn; Jesus will have passed by, never again to come within reach of your prayers and entreaties. While mercy lingers, while the Saviour is making intercession, let us make thorough work for eternity.

The return of Christ to our world will not be long delayed. Let this be the keynote of every message.

The blessed hope of the second appearing of Christ, with its solemn realities, needs to be often presented to the people. Looking for the soon appearing of our Lord will lead us to regard earthly things as emptiness and nothingness.

The battle of Armageddon is soon to be fought. He on whose vesture is written the name, King of kings, and Lord of lords, is soon to lead forth the armies of heaven.

It cannot now be said by the Lord's servants, as it was by the prophet Daniel: "The time appointed was long." Daniel 10:1. It is now but a short time till the witnesses for God will have done their work in preparing the way of the Lord.

We are to throw aside our narrow, selfish plans, remembering that we have a work of the largest magnitude and highest importance. In doing this work we are sounding the first, second, and third angel's messages, and are thus being prepared for the coming of that other angel from heaven who is to lighten the earth with his glory.

The day of the Lord is approaching with stealthy tread; but the supposed great and wise men know not the signs of Christ's coming or of the end of the world. Iniquity abounds, and the love of many has waxed cold.

There are thousands upon thousands, millions upon millions, who are now making their decision for eternal life or eternal death. The man who is wholly absorbed in his counting room, the man who finds pleasure at the gaming table, the man who loves to indulge perverted appetite, the amusement lover, the frequenters of the theater and the ballroom, put eternity out of their reckoning. The whole burden of their life is: What shall we eat? what shall we drink? and wherewithal shall we be clothed? They are not in the procession that is moving heavenward. They are led by the great apostate, and with him will be destroyed.

Unless we understand the importance of the moments that are swiftly passing into eternity, and make ready to stand in the great day of God, we shall be unfaithful stewards. The watchman is to know the time of night. Every thing is now clothed with a solemnity that all who believe the truth for this time should realize. They should act in reference to the day of God. The judgments of God are about to fall upon the world, and we need to be preparing for that great day.

Our time is precious. We have but few, very few days of probation in which to make ready for the future, immortal life. We have no time to spend in haphazard movements. We should fear to skim the surface of the word of God.

It is as true now as when Christ was upon the earth, that every inroad made by the gospel upon the enemy's dominion is met by fierce opposition from his vast armies. The conflict that is right upon us will be the most terrible ever witnessed. But though Satan is represented as being as strong as the strong man armed, his overthrow will be complete, and everyone who unites with him in choosing apostasy rather than loyalty will perish with him.

The restraining Spirit of God is even now being withdrawn from the world. Hurricanes, storms, tempests, fire and flood, disasters by sea and land,

follow each other in quick succession. Science seeks to explain all these. The signs thickening around us, telling of the near approach of the Son of God, are attributed to any other than the true cause. Men cannot discern the sentinel angels restraining the four winds that they shall not blow until the servants of God are sealed; but when God shall bid His angels loose the winds, there will be such a scene of strife as no pen can picture.

To those who are indifferent at this time Christ's warning is: "Because thou art lukewarm, and neither cold nor hot, I will spew thee out of My mouth." Revelation 3:16. The figure of spewing out of His mouth means that He cannot offer up your prayers or your expressions of love to God. He cannot endorse your teaching of His word or your spiritual work in anywise. He cannot present your religious exercises with the request that grace be given you.

Could the curtain be rolled back, could you discern the purposes of God and the judgments that are about to fall upon a doomed world, could you see your own attitude, you would fear and tremble for your own souls and for the souls of your fellow men. Earnest prayers of heart-rending anguish would go up to heaven. You would weep between the porch and the altar, confessing your spiritual blindness and backsliding.

"Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: gather the people, sanctify the congregation, assemble the elders, gather the children: . . . let the bridegroom go forth of his chamber, and the bride out of her closet. Let the priests, the ministers of the Lord, weep between the porch and the altar, and let them say, Spare Thy people, O Lord, and give not Thine heritage to reproach." Joel 2:15-17.

"Turn ye even to Me with all your heart, and with fasting, and with weeping, and with mourning: and rend your heart, and not your garments, and turn unto the Lord your God: for He is gracious and merciful, slow to anger, and of great kindness, and repenteth Him of the evil. Who knoweth if He will return and repent, and leave a blessing behind Him?" Verses 12-14.

After Israel's apostasy and bitter retribution, God's message of grace for the repentant people was: "Behold, I will allure her, and bring her into the wilderness, and speak comfortably unto her. And I will give her her vineyards from thence, and the valley of Achor for a door of hope: and she shall sing there, as in the days of her youth, and as in the day when she came up out of the land of Egypt." Hosea 2:14, 15.

"And it shall be at that day, saith the Lord, that thou shalt call Me my husband; and shalt call Me no more my lord. . . . And I will betroth thee unto Me forever; yea, I will betroth thee unto Me in righteousness, and in judgment, and in loving-kindness, and in mercies. I will even betroth thee unto Me in faithfulness: and thou shalt know the Lord." Verses 16-20, margin.

"And ye shall know that I am in the midst of Israel, and that I am the Lord your God, and none else: and My people shall never be ashamed." Joel 2:27.

Warning, admonition, promise, all are for us, upon whom the ends of the world are come. "Therefore let us not sleep, as do others; but let us watch and be sober." 1 Thessalonians 5:6.

"Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares." Luke 21:34.

"Watch ye and pray, lest ye enter into temptation." Mark 14:38. Watch against the stealthy approach of the enemy, watch against old habits and natural inclinations, lest they assert themselves; force them back, and watch. Watch the thoughts, watch the plans, lest they become self-centered. Watch over the souls whom Christ has purchased with His own blood. Watch for opportunities to do them good.

Watch, "lest coming suddenly He find you sleeping." Mark 13:36.

—Selected from *Testimonies for the Church*, Volume 6, pp. 404-410

Odorless Garlic



CAPSULES
120

PRICE
\$14.99

Suggested Adult Usage:
Take 2 capsules twice a day with food.

Garlic may help calm the stomach, improve circulation, and support healthy cardiovascular function! In fact, more than 250 publications have shown that garlic supports and strengthens the cardiovascular system! This odorless formula is designed to give you the amazing health benefits of garlic without the offensive odor associated with it!

Amazing Garlic Facts:

- Garlic is considered both a vegetable and an herb and is a member of the lily family.
- Garlic has been used medicinally for thousands of years since ancient Greek and Roman times.
- Garlic contains 17 amino acids. Amino acids are essential to nearly every bodily function, and make up 75% of the human body. Every chemical reaction that takes place in your body depends on amino acids and the proteins that they build.
- Fresh garlic is an excellent source of allicin, a compound that causes blood vessels to open up so they can carry greater amounts of blood and oxygen to the heart.
- There are over 300 varieties of garlic grown worldwide. One of the most common varieties is American garlic, with white, papery skin and strong flavor. Italian and Mexican garlic have a pinkish-purple skins and slightly milder-flavored varieties.
- Compounds found in garlic also help to prevent platelet clumping. In this way, garlic acts as a natural blood thinner. This is why garlic compounds should be used with caution in people who are taking prescription blood thinners or aspirin.
- April 19th is National Garlic Day.
- Hippocrates, Aristotle and Pliny cited numerous therapeutic uses for garlic.
- Builders of the ancient pyramids were said to eat garlic daily for enhanced endurance and strength.
- Garlic provides sulfur compounds that are beneficial to the circulatory system and help maintain healthy cholesterol levels.
- Roman emperors couldn't eat enough garlic, as it was considered an antidote to poisons which were very popular in certain political circles of the time.
- If your rose garden is being attacked by aphids, an excellent home remedy to get rid of them is to spritz the leaves and blooms with a mixture of crushed garlic and water.

Our Odorless Garlic Can Help:

- Support healthy blood pressure & cholesterol levels
- Fight infections
- Maintain a healthy body weight
- Purify the blood
- Fight various illnesses
- Boost energy levels
- Regulate and improve intestinal health
- Fight and expel parasites and worms
- Maintain a healthy blood sugar level
- Reduce sensitivity to allergens and strengthen the body's defenses against allergies
- Boost the immune system by supporting the body's "natural killer" cells
- Garlic also promotes increased bile production to help reduce levels of fat in the liver

SUPPLEMENT FACTS	
Serving Size: 2 capsules	
Servings Per Container: 60	
Amount Per Serving	% DV*
100% Garlic (Odorless)	1400 mg †
*Percent Daily Value based on a 2,000 calorie diet.	
†Percent Daily Value not established.	
Vegetarian Capsule Ingredient: Pine Tree Pulp	



Garlic & Weight Loss

Alliin is the most potent substance found in garlic and this has been shown to prevent weight gain in laboratory animals fed a sugar rich diet. A study published in the American Journal of Hypertension reported that animals were given either alliin or served as a control.

Although all of the animals consumed the same amount of food, weight rose only in the control group whereas the animals who were being supplemented with alliin maintained stable weight or a slight decrease was actually noticed.

Garlic & The Immune System

Research has proven that garlic can suppress the growth of unhealthy cells. Recently, researchers have published summaries of some of the positive data on garlic. They found that garlic is able to stimulate T-lymphocyte and macrophage action, promote interleukin-1 levels, and support natural killer cells. Strong activity of these key cells promotes healthy immune system function, and strengthens the body's defenses.

Garlic & The Heart

Garlic is regarded as one of the most effective remedies to help maintain a normal blood pressure. The positive effect of garlic on your circulatory system is extremely well documented and it has shown to calm the pulse, support normal heart rhythm, and relieve symptoms such as: dizziness, shortness of breath, and chest pain.

Natural Antibacterial

The Spanish have long used garlic as a preservative which helps to add credence to its anti-bacterial properties and whole books have been devoted to the health benefits of this herb!

Circulation

by Kaye Olson, ND

Circulation is the word used to describe the constant movement of blood around the body, made possible by the pumping action of the heart. This movement, or flow of blood, takes place in a network of tubes known as blood vessels. The circulatory system includes the heart, blood vessels, and blood, and is vital for fighting illness and maintaining proper temperature and pH balance. The system's main function is to transport blood, nutrients, gases, and hormones to and from the cells throughout the body.

If you were to lay out all of the arteries, capillaries, and veins in one adult, end-to-end, they would stretch about 60,000 miles. What's more, the capillaries, which are the smallest of the blood vessels, would make up about 80 percent of this length. By comparison, the circumference of the Earth is about 25,000 miles. That means a person's blood vessels could wrap around the planet approximately 2.5 times!

Capillaries are tiny, averaging about 8 microns (1/3000 inch) in diameter, or about a tenth of the diameter of a human hair. Red blood cells are about the same size as the capillaries through which they travel, so these cells must move in single-file lines.

Some capillaries, however, are slightly smaller in diameter than blood cells, forcing the cells to distort their shapes to pass through.

Returning blood to the heart from lower parts of the body (such as the feet and legs) is hard work for the circulation, because this blood has to be pushed uphill.

The circulation therefore needs help from muscles that surround veins. When we walk, for example, muscles in our feet and legs help to pump blood upwards. As you may be imagining it is no wonder that so many of us have circulation problems. It is a constant uphill battle!

As we grow older, we are often less active than we used to be. This, combined with the general wear and tear of aging, can cause the circulation to work less effectively than it once did. However, it is not only advancing age that can lead to poor circulation and the problems this can cause.

Circulation problems can affect anyone who isn't active, whatever their age. Poor circulation means that oxygen carried in the blood may not be transported to all parts of the body as well as it normally would be.

Getting oxygen to the outer edges of the body, such as the fingers and toes, is particularly difficult if the circulation is not working well.

Symptoms such as cold hands and feet, caused by poor blood flow to these areas, are therefore common in people with poor circulation. There may also be feelings of tiredness or having less energy than usual, which again can be a result of too little oxygen getting to the parts of the body where it's needed. Similarly, cuts, scratches, and sores may take longer to heal than usual. Poor circulation may also result in pooling of blood lower in the body, causing pain in the feet, ankles, and legs.

We know we bring this up often, but that is because it is just that important. Exercise can literally save your life! At Hope for Health, we are no different than you; we know all the excuses to come up with for not exercising after a busy day at the office. But we also know how terrific we feel when we get up and do something!

You don't have to start with a 30-minute intense workout. If you haven't exercised much lately, start with something easy, like parking the car in the garage and then walking out to the street for the mail. You can vacuum the whole house; it gets you moving, and your house will be clean too! If you can't get outside, go to the mall and window shop while you walk. Throw the ball around with the kids or grandkids—good for you and them! The point here is that you can incorporate movement without putting on a special outfit and going to the gym.

Just in case you need more motivation, here is a list of other benefits that will inspire you to exercise:

Longevity - People who are physically active live longer. According to a 20-year study, regular exercise reduces the risk of dying prematurely.

New Brain Cell Development - Improved cognition and memory. Exercise stimulates the formation of new brain cells. Researchers found that the areas of the brain that are stimulated through exercise are responsible for memory and learning. For instance, older adults who engage in regular physical activity have better performances in tests implying decision-making process, memory, and problem solving.

Powerful Mood Elevator - Study after study has shown that exercise promotes mental health and reduces symptoms of sadness.

Cardiovascular Health - Regular exercising makes your heart, like any other muscle, stronger. A stronger heart can pump more blood with less effort.

Weight Control - Regular exercise helps to reach and maintain a healthy weight. If you take in more calories than needed in a day, exercise offsets a caloric overload and controls body weight. It speeds the rate of energy use, resulting in increased metabolism. When metabolism increases through exercise, you will maintain the faster rate for longer periods of a day.

Muscle Strength - Health studies repeatedly show that strength training increases muscle strength and mass and decreases fat tissue.

Bone Strength - An active lifestyle benefits bone density. Regular weight-bearing exercise promotes bone formation, delays bone loss, and may guard against bone loss associated with aging.

Better Night Sleep - If you suffer from sleep problems, daily exercise can make the difference. The natural dip in body temperature five to six hours after exercise may help you to fall asleep.

Exercise is the best way to improve circulation; however, if your health is compromised right now, you may want some immediate help as you begin your lifestyle changes. Hope for Health offers a variety of supplements to improve circulation, and the problems in connection with poor circulation. Please see details on page 29 about *Heart Maximizer*, on page 10 about *Ginkgo Biloba* and on page 7 about *Odorless Garlic*.

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• Dr. Kaye Olson and the Hope for Health staff are
• ready and willing to answer any product or health
• questions you may have. We are also happy to consult
• with you regarding any diet or lifestyle changes.
• Please call 828-649-0278.
• If you wish to order or would like a free copy of our
• informative catalog,
• please call, visit our website or fill out the order sheet
• at the back of this publication.
•

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Ginkgo Biloba

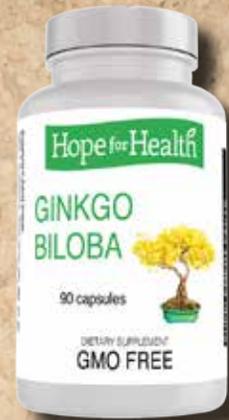
Ginkgo Biloba contains a wide range of properties that make it a powerful addition to your herbal arsenal. For memory enhancement and circulatory improvement it stands nearly unrivaled. As one of the most well-researched herbs in the world, it is commonly prescribed in both France and Germany.

CAPSULES | PRICE
90 | \$13.99

Suggested Adult Usage:

Take 1-2 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well). Best results are seen with continued use, as beneficial effects may take 4-6 weeks to appear.

WARNINGS: Individuals with blood disorders or on blood thinning products should consult their doctor before taking this herbal supplement.



Ginkgo & Memory Problems

Clinical studies suggest that ginkgo may provide the following benefits for people with severe memory problems:

- Improvement in thinking, learning, and memory (general improvement in cognitive function)
- Improvement in both: activities of daily living and social behavior (with fewer feelings of sadness)

Ginkgo Biloba increases metabolism efficiency, regulates neurotransmitters, and boosts oxygen levels in the brain (which uses 20% of the body's oxygen). It has been shown to increase brain functionality, which is beneficial to those suffering from poor concentration and memory loss. For this reason, ginkgo has been said to improve mental function (particularly in elderly people).

Ginkgo & Brain Health

Ginkgo Biloba has been shown to increase blood flow to the brain, which supports normal cognition, increases oxygen (carried by the blood), improves memory, promotes detoxification of waste, and increases brain energy. An increase in blood flow also allows for more vital nutrients to reach the brain.

- Ginkgo is widely touted as a "brain herb." Researchers recently reviewed all of the high-quality published studies on ginkgo and mild memory impairment, and concluded that ginkgo was significantly more effective than placebo in enhancing memory and cognitive function.
- As more than 300 studies demonstrate, ginkgo facilitates better blood flow through out the body, most notably the brain, where it both protects and promotes memory and mental function, particularly for the elderly. It also offers a wealth of possibilities in the help of many other common ailments.

Ginkgo For Sexual Problems

Recent evidence indicates ginkgo extract appears to be effective for increasing male arousal and virility due to its ability to increase blood circulation to the genitals. For this reason, it is used in many herbal alternative supplements. Since Ginkgo increases blood flow, its been found to help up to 50% of people with virility problems after six months of use.

Ginkgo & The Nervous System

Ginkgo extract has been reported to significantly improve functional measures in individuals suffering from nervous system issues (such as problems with coordination, energy level, strength, mental performance, mood, and sensation). Some of these symptoms including progressive stiffness, shaking, and loss of muscle coordination may be attributed to a lack of nutrients in the brain. By improving blood flow to the brain, ginkgo may help to replace depleted nutrients and thereby reduce the effects of deficiency.

Ginkgo & Menopause

Many women are becoming reluctant to use pharmaceutical hormone replacement therapy (HRT) due to its undesirable side effects. Studies show that ginkgo has estrogenic activity and may be a safe and suitable hormone balancer without negative side effects. Many women report a hormone balancing effect when taking ginkgo.

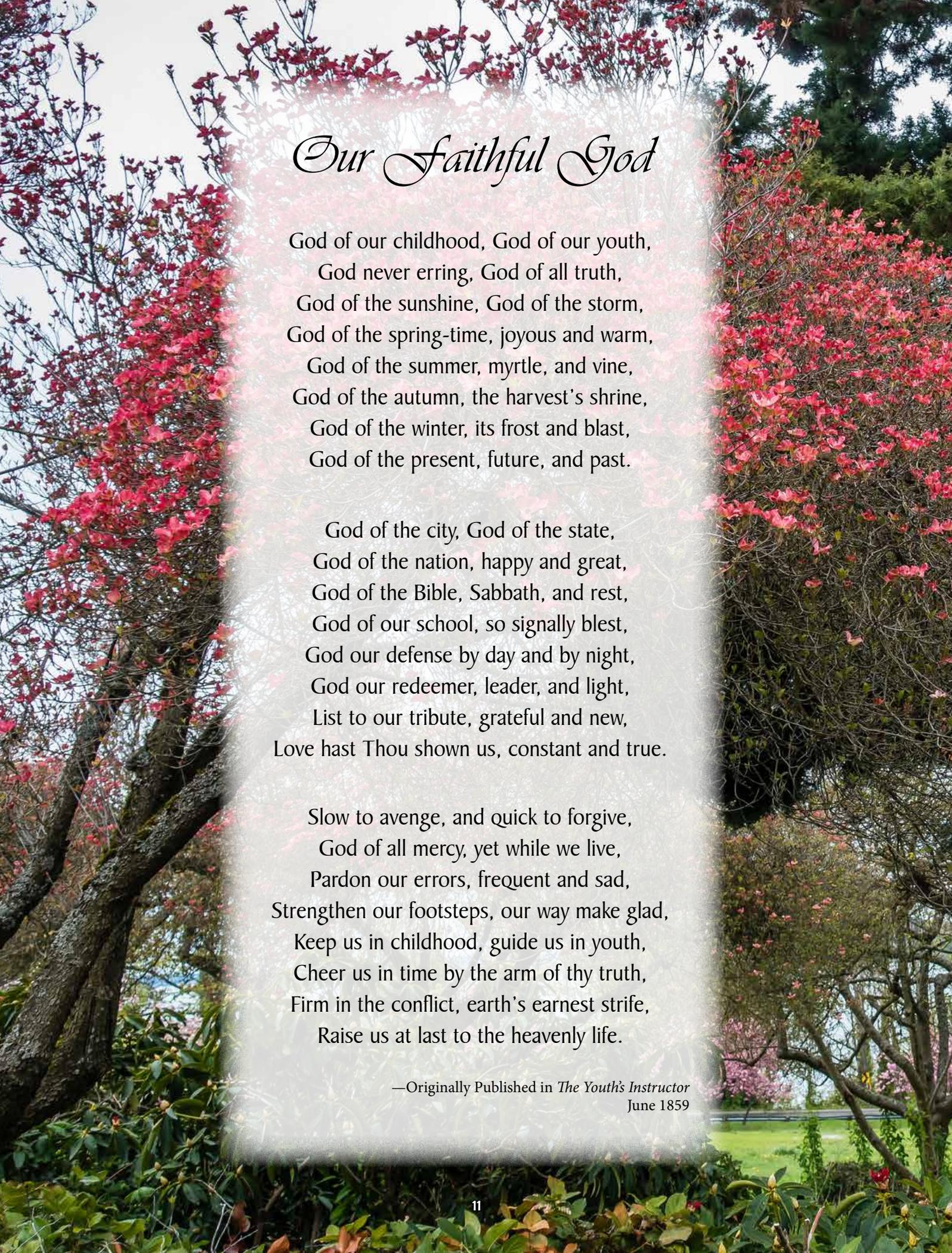


What's It Made Of?

Scientists have found more than 40 components in ginkgo. Two of these are: flavonoids and terpenoids. Flavonoids are plant-based antioxidants. Laboratory and animal studies show that flavonoids protect the nerves, heart muscle, blood vessels, and retina from damage. Terpenoids (such as ginkgolides) improve blood flow by dilating blood vessels and reducing the stickiness of platelets.

SUPPLEMENT FACTS	
Serving Size: 3 capsules	
Servings Per Container: 30	
Amount Per Serving	% DV*
Ginkgo Biloba Extract 24%	960 mg †
Ginkgo Biloba Leaf Powder	90 mg †
*Percent Daily Value based on a 2,000 calorie diet. †Percent Daily Value not established.	
Other Ingredients: Pine Tree Pulp (vegetarian capsule), Microcrystalline cellulose, Vegetable Magnesium Stearate	

Call to Order: 1-800-468-7884 or 828-649-0278 • Visit Us Online: www.hopeforhealthusa.com



Our Faithful God

God of our childhood, God of our youth,
God never erring, God of all truth,
God of the sunshine, God of the storm,
God of the spring-time, joyous and warm,
God of the summer, myrtle, and vine,
God of the autumn, the harvest's shrine,
God of the winter, its frost and blast,
God of the present, future, and past.

God of the city, God of the state,
God of the nation, happy and great,
God of the Bible, Sabbath, and rest,
God of our school, so signally blest,
God our defense by day and by night,
God our redeemer, leader, and light,
List to our tribute, grateful and new,
Love hast Thou shown us, constant and true.

Slow to avenge, and quick to forgive,
God of all mercy, yet while we live,
Pardon our errors, frequent and sad,
Strengthen our footsteps, our way make glad,
Keep us in childhood, guide us in youth,
Cheer us in time by the arm of thy truth,
Firm in the conflict, earth's earnest strife,
Raise us at last to the heavenly life.

—Originally Published in *The Youth's Instructor*
June 1859

Get Ready, Stay Ready

by Linda Franklin

It was a sunny Sunday afternoon. My husband, Jere, was upstairs in the sanctuary giving the final presentation of his weekend series, *You Can Survive!* while I prepared our book table in the basement of the church. Down the stairs came a young mother, holding a toddler by the hand. At the bottom step she lifted the little one to her hip and made her way in my direction.

“How can I overcome my fear of the end times?” she asked, with a worried look.

“I’ve had some of those fears, too,” I assured her. “Life can appear chaotic, but, regardless of what we see or hear, God is still in control. Fortunately, for those of us who tend to be fearful, He has made His plan quite clear.” Opening a pamphlet, I read her one of Jere’s key texts.

Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can

raise their own provisions; for in the future the problem of buying and selling will be a very serious one.

—*Country Living*, p 9-10

“We’d like to be in the country,” Kelli sighed, adjusting the toddler to her other hip, “but we aren’t in a financial position to buy a home.”

“That *can* look impossible,” I agreed. “Many people have told us similar stories, and the next thing we knew—they were out in the country! I handed her a copy of *Country in My Heart*. “This book is a compilation of eighteen stories written by people who were in your shoes. These accounts are so amazing, you might tend to think we were making them up, but we can verify that every incident is factual! The majority of these people attended at least one of our seminars, realized the advantage of a country home, and began claiming promises.”

*If My people, which are called by My name,
shall humble themselves, and pray, and seek
My face, and turn from their wicked ways;
then will I hear from heaven,
and will forgive their sin,
and will heal their land.*

—2 Chronicles 7:14

*Get out of the cities as fast as possible....
On such places the children will not be
surrounded with the corrupting influences of
city life. God will help His people to find such
homes outside of the cities.*

—Medical Ministry, p 310

A glimmer of hope replaced Kelli's haunted look as she saw the smiling faces of families who had experienced specific answers to prayer. Then she picked up our Family Camp flyer.

"When is your Sanctuary Ranch Family Camp this year?" Each of my answers inspired another question, and eventually her worried expression reappeared. "I might be able to live without electricity, even, but what if God asks me to give my life as a martyr, Linda? That's what concerns me most."

"I have that same concern, Kelli. In fact, I recently memorized a promise to encourage myself."

*The disciples were not endowed with the
courage and fortitude of the martyrs until
such grace was needed. Then the Saviour's
promise was fulfilled.*

—The Desire of Ages, p. 354

"Did you hear Jere's reassurance to the fearful in his Friday night presentation?" I asked.

*There is no fear in love;
but perfect love casts out fear.*

—John 4:18

"Remember how he pointed out the importance of that little word *today* on his Closing Events chart, and how we attain strength, day by day, by leaning on Him for direction morning by morning? It's that daily connection, that bond of love and dependence, that will keep us connected to our Source of Strength in hard times." I looked at my watch.

"Right about now, Jere is opening the floor to questions that might be of interest to you, Kelli," I suggested. She bought a couple of books, then smiled and waved as she and her little boy climbed the stairs. I folded my hands and forwarded a prayer in her behalf.

Variations of this conversation between Kelli and myself, and those that Jere would be fielding at the end of his last meeting, *Invitation to Country Living*, were repeated numerous times throughout the twenty years we were on the road. Concern over practical preparations that can be done prior to the coming crisis was of primary concern to attendees. Economic complications are prophesied for those who do not surrender to the requirements of the beast power. (Revelation 13:17).

Question: “God has promised our bread and water will be sure, so why grow a garden?”

Answer: “There are many reasons to live in the country,” Jere would say in answer to this challenge. “For instance, if my family can have a tenfold advantage (*Fundamentals of Christian Education*, page 327), it’s to our distinct advantage to surround ourselves by a peaceful environment where we can hear His voice. The verse you quoted from Isaiah 33:16, about our bread and water being sure, actually refers to the time of flight when we are called to escape to the wilderness. There is more than one time of trouble, but if we have learned to listen to His voice, He will guide us to where we need to be.

Periodically, Jere would ask his congregation, “Why does the Bible reveal these times of trouble—to frighten us?” The correct answer? “Because He loves us! By sharing the spiritual and physical provisions God has shared with us, more people can be prepared.”

Question: God has promised to protect us, so why should we move out of the cities and miss the final thrust of evangelism?

Answer: The most obvious answer is that He has, repeatedly, *asked* us to move out. Cities are not safe.

Not one Christian perished in the destruction of Jerusalem. [40 years earlier] Christ had given His disciples warning, and all who believed His words watched for the promised sign.

The Great Controversy, page 30

First, a country setting is the safest place to raise children and address the needs of our own character development. Second, the judgments and plagues will fall on the cities. Consequently, those who follow His counsel (*as in the days of the destruction of Jerusalem*) won’t be there—they will have moved away...following His blueprint for outposts.



The cities are to be worked from outposts. Said the messenger of God, "Shall not the cities be warned? Yes, not by God's people living in them but by their visiting them, to warn them of what is coming upon the earth."

— *Selected Messages, book 2, page 358 (1902)*

He [Enoch] did not locate in Sodom, thinking to save Sodom. He placed himself and his family where the atmosphere would be as pure as possible. Then at times he went forth to the inhabitants of the world with his God-given message.

— *SDA Bible Commentary, vol. 1, p. 1087-1088*

“Get Your Stuff Ready!”

At every seminar, Jere would tell this heart-touching story about how his Uncle John would rescue him from the abuses of his childhood for one happy afternoon of fishing.

“Every once in a while, my Uncle would send a message to me, ‘Get your stuff ready, Jere!’”

“Uncle John didn’t have to tell me twice. I knew what he meant. He had left me a twenty foot length of fishing line tied to a well-used hook. I added a cork from an old wine bottle and put my treasure in one of Dad’s Copenhagen tobacco tins and kept it in the front pocket of my bib overalls, right next to my heart. We followed the crops, and I’d get into serious fist fights with any boy in our compound who dared to question if my Uncle would actually come. They’d say things like, ‘He ain’t comin’ Jere! Don’t nobody never come here! Cops don’t even come here!’”

“Sometimes, Uncle John would send a message that he’d been delayed. That didn’t matter, I trusted that he would come as soon as he could. It only

increased my anticipation. I so much looked forward to spending an afternoon with him away from the turmoil of my usual days of beatings and abuse. He’d drape his arm around my shoulder as we fished. He never talked about the abuse, but he knew. You can see why I got ready, and stayed ready, just in case he might come that day.”

“Brothers and sisters,” Jere would conclude, “are we not all, today, in an abusive environment? This world is not our home. Jesus has promised to rescue us from the grip of our enemy. Motivations such as time-setting, dated charts, conspiracy theories, and other fears fall far short of God’s ideal motivational factor. When we fall in love with Him, it is pure joy to “get our stuff ready.”

We will get ready, and stay ready because we can’t afford to miss the joy of being with Him forever!

Just last week my youngest grandson said, “I’m so glad I live in the country!” I, too, am thankful that Jere and I found our way to our beautiful valley back in 1975—I wouldn’t have it any other way.

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Linda L. Franklin writes from her home in British Columbia. She has written several books; her most recent book, *Your Home in the Country*, is a guidebook for country women.

She and her late husband, Jere Franklin, authored the book, *You Can Survive!* an encouraging and practical guide to country living and preparing for the last days.

You can order this book and other resources at their website:

[www.youcansurvive.org](http://www.youcansurvive.org)



## Trusting In Jesus

### 1. What did the prophet Isaiah predict of Christ?

“And in that day there shall be a root of Jesse, which shall stand for an ensign of the people; to it shall the Gentiles seek: and His rest shall be glorious.”  
Isaiah 11:10.

**NOTE:** Paul renders this, “In Him shall the Gentiles trust.”  
Romans 15:12.

### 2. Why does God wish us to trust in Jesus?

“That we should be to the praise of His glory, who first trusted in Christ.” Ephesians 1:12.

### 3. What did the Ephesians do upon hearing the gospel?”

“In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation.”  
Ephesians 1:13, first part.

### 4. What experience followed this trust in Jesus?

“In whom also after that ye believed, ye were sealed with that Holy Spirit of promise.” Ephesians 1:13, last part.

**NOTE:** To trust in Jesus is to believe in Him, to have abiding and unbounded confidence in Him. When such trust exists, we are sealed by the Holy Spirit of promise.

### 5. What is the gospel to every one that believes?

“I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to everyone that believeth.” Romans 1:16.

### 6. How does God regard one who abandons his faith?

“Now the just shall live by faith: but if any man draw back My soul shall have no pleasure in him.”  
Hebrews 10:38.

### 7. Is there danger of believers losing their hold on Christ?

“And because iniquity shall abound, the love of many shall wax cold.” Matthew 24:12.

### 8. By what does one gain the victory over the world?

“This is the victory that overcometh the world, even our faith.” 1 John 5:4.

### 9. What encouragement does Jesus give us to meet cheerfully the troubles and trials of life?

“These things I have spoken unto you, that in Me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” John 16:33.

### 10. What has this firm trust in Jesus led many to do?

“And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.” Revelation 12:11.

“And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: they were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented; (of whom the world was not worthy).” Hebrews 11:36-38.

### 11. What did it lead Moses to do?

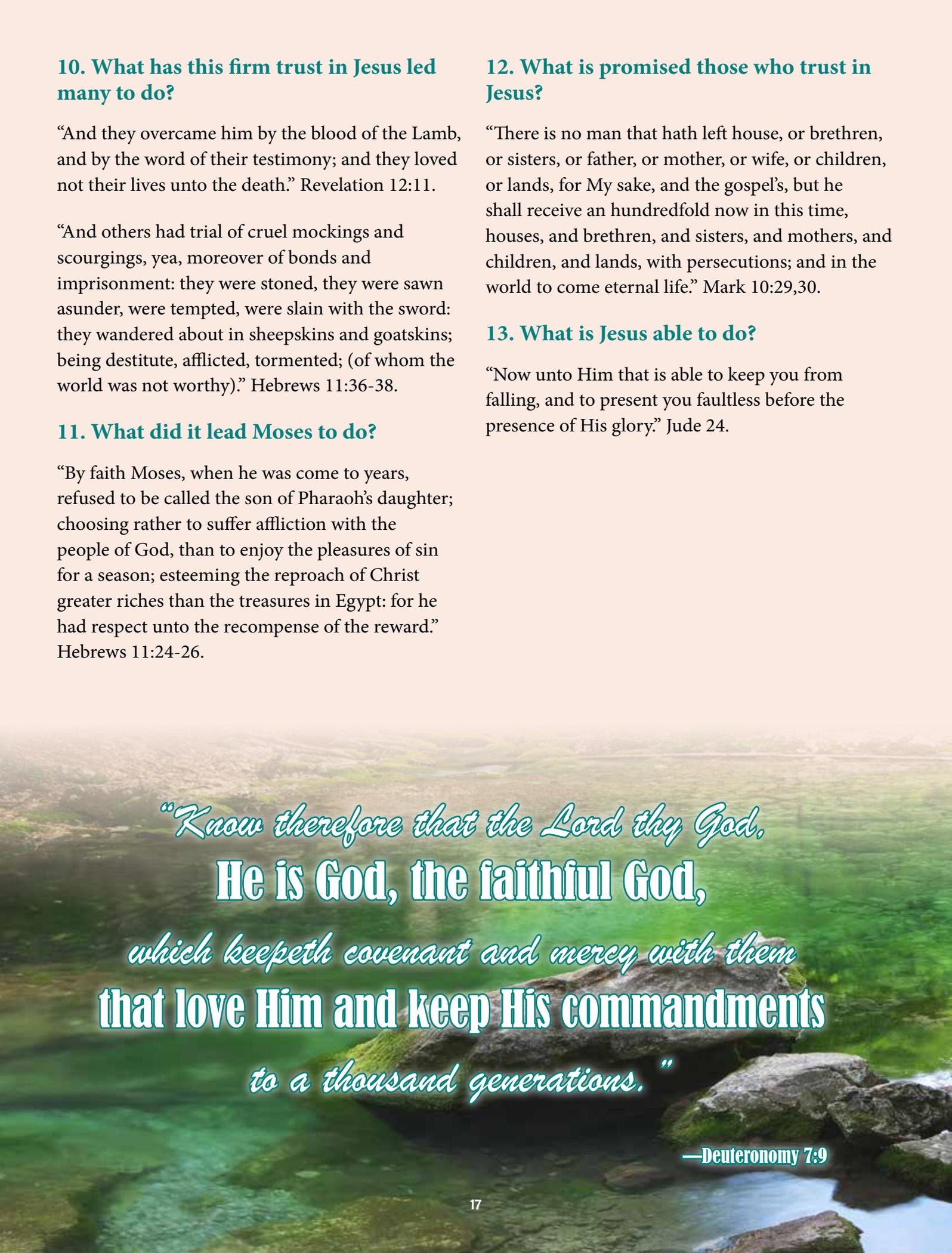
“By faith Moses, when he was come to years, refused to be called the son of Pharaoh’s daughter; choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompense of the reward.” Hebrews 11:24-26.

### 12. What is promised those who trust in Jesus?

“There is no man that hath left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for My sake, and the gospel’s, but he shall receive an hundredfold now in this time, houses, and brethren, and sisters, and mothers, and children, and lands, with persecutions; and in the world to come eternal life.” Mark 10:29,30.

### 13. What is Jesus able to do?

“Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory.” Jude 24.



*“Know therefore that the Lord thy God,*  
**He is God, the faithful God,**  
*which keepeth covenant and mercy with them*  
**that love Him and keep His commandments**  
*to a thousand generations.”*

—Deuteronomy 7:9

# The Charmer

Among the busy throngs of men who are hurrying, and bustling, and crowding, along the way of life, eager for riches and fame, may be found a class of people who are calm and happy; and although they love to do good and be useful, they find time to look about them and admire the beautiful and curious things that God has made.

They delight in studying the works of nature, and in tracing therein the wisdom and goodness of Him who created all things. In field and forest, in bud and flower, in the little streamlet or the mighty river, on the bosom of the wide ocean, or on the rugged sides of the lofty

mountain, they find something to admire, something to awaken in the heart deeper emotions of gratitude, and more fervent love to the Giver of all good. Such persons are called naturalists.

Naturalists observe many very curious things, some of which remind them of the follies and experiences of men.

One day, a naturalist saw a bird fluttering about a tree in a very unusual manner. Slowly and carefully, he crept nearer and nearer, till he could see the cause of the strange actions of the bird.



A large serpent was coiled around one of the branches of the tree, and, with head raised, jaws distended, and eyes gleaming and sparkling almost like coals of fire, he was making strange and rapid motions with his forked tongue.

The bird seemed frightened, and yet so completely charmed that it had no power to fly away, but kept drawing a little closer to the glaring eyes fixed so intently upon it, until, as it was about to be pierced by the deadly fangs of the serpent, the naturalist interfered and saved its life.

It is said that in some countries serpents often ascend trees, devour the eggs or young birds in the nest, and then await the return of the parent birds to charm and destroy them, as we have just described.

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There is a serpent that has power to charm and destroy men. You will find his name in Revelation 12:9: "That old serpent, called the Devil, and Satan, which deceiveth the whole world."

He first deceived the pure-minded dwellers in the garden of Eden, and since that time thousands upon thousands have fallen into his fatal embrace. He tried to charm and mislead even the Son of God:

Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when He had fasted forty days and forty nights, He was afterward an hungred.

And when the tempter came to Him, he said, "If Thou be the Son of God, command that these stones be made bread."

But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.'"

Then the devil taketh Him up into the holy city, and setteth Him on a pinnacle of the temple, and saith unto Him, "If thou be the Son of God, cast thyself down: for it is written, 'He shall give His angels charge concerning Thee: and in their hands they shall bear Thee up, lest at any time Thou dash Thy foot against a stone.'"

Jesus said unto him, "It is written again, 'Thou shalt not tempt the Lord thy God.'"

Again, the devil taketh Him up into an exceeding high mountain, and sheweth Him all the kingdoms of the world, and the glory of them; and saith unto Him, "All these things will I give Thee, if Thou wilt fall down and worship me."

Then saith Jesus unto him, "Get thee hence, Satan: for it is written, 'Thou shalt worship the Lord thy God, and Him only shalt thou serve.'"

Then the devil leaveth Him, and, behold, angels came and ministered unto Him.

—Matthew 4:1-11

We are all in danger of being misled by him. He will try to charm us with a prospect of obtaining riches, fame, worldly pleasures, and fleshly lusts. Let us all beware of the charmer; for he charms but to destroy.

It is said that some men have acquired the art of charming snakes so that they can take them in their hands and extract their fangs, without harm; but be that as it may, our only safety is in securing the help of Him who is stronger than the "strong man armed," (Luke 10:27), and who will yet lay hold on the dragon, that old serpent which is the devil and Satan, and cast him into the lake of fire. (Revelation 20:2, 10).

—Originally published in *The Youth's Instructor*,
September 16, 1870

Working Together with God

by E. G. White

Let parents seek to mold and fashion the intellect and affections of their children in accordance with the word of God. Let them train them in such a way that their children shall be fashioned after the similitude of Jesus Christ.

Here is your work, parents, to develop the characters of your children in harmony with the precepts of the word of God. This work should come first, for eternal interests are here involved. The character building of your children is of more importance than the cultivation of your farms, more essential than the building of houses to live in, or of prosecuting any manner of business or trade.

Parents should carefully study their children, in order that they may correct wrong tendencies and encourage from their earliest years right principles and proper habits. The doing of this will not require any violence or harshness in your management, but you may manifest an abundance of love.

Selfishness and self-indulgence must be cultivated out of the character of your children, by revealing to them Bible requirements in the most interesting way. Unite them with yourselves in works of kindness and tender regard for the suffering and destitute. From their earliest years let them be your helpers in benevolent enterprises, and educate them in habits of self-denial



and self-sacrifice for the good of others. Thus you will guard them from habits of extravagance in recklessly spending money for selfish gratification.

The work that rests upon parents cannot be evaded or ignored without peril to themselves and their children. Parents should bring principles of truth into their own life, and perfect a Christian character in order that they may present before their children such an example as will command their respect and admiration. Let parents so live that their children will have confidence in their judgment, piety, and devotion. In this way they may train their children to be missionaries from their earliest years. They may be taught to have firm reliance upon God, and may be trained by precept and example to fear to offend their Creator, to love to keep His commandments. Children should be trained to trust in God as their very best Friend. ...

For a period of time the Majesty of heaven, the King of glory, was only a Babe in Bethlehem, and could only represent the babe in its mother's arms. In childhood, He could only do the work of an obedient child, fulfilling the wishes of His parents, in doing such duties as would correspond to His ability as a child. This is all that children can do, and they should be so educated and instructed that they may follow Christ's example. Christ acted in a manner that blessed the household in which He was found, for He was subject to His parents, and thus did missionary work in His home life. It is written, "And the child grew, and waxed strong in spirit, filled with wisdom; and the grace of God was upon Him." "And Jesus increased in wisdom and stature, and in favor with God and man." ...

Children need to be trained to do useful things, and their duties should be made as pleasant as possible. Parents should give them pleasant words of instruction and approval in useful work, but they could not do a worse evil to their children than to gratify their selfish desires, and leave them to follow their inclinations, thus giving them the impression that they are to live to please and amuse themselves. They should not be left to choose their own society, and be given money to spend according to their youthful wisdom. Children need parents who shall educate and discipline them, pruning

away the natural and selfish tendencies. Children need parents who do not feel they have the right to govern their children by impulse and passion. Children are the heritage of the Lord, and unless parents give them such a training as will enable them to keep the way of the Lord, they neglect solemn duty. It is not the will or purpose of God that children shall become coarse, rough, uncourteous, disobedient, unthankful, unholy, heady, high-minded, lovers of pleasures more than lovers of God. The Scriptures state that this condition of society shall be a sign of the last days. ...

Parents, who are the responsible agencies in the home life, should set their children a godly example, learning daily lessons of duty and obedience to God's requirements. They should themselves become missionaries. They should consecrate themselves entirely to God, remembering that the greatest work that devolves upon them is to train their children to be Christlike, faithful soldiers. This should be the essential work of their life, and, by training their children, they will be constantly repeating the lessons they have learned in their youth, and thus the wise, God-fearing parents will diffuse an influence from their own home circle to that of others that will act as did the leaven that was hid in three measures of meal. Home missionary work is the highest service that parents can render to God.

Parents should let nothing interfere with the character building of their children. Those who have been training their children in an improper way need not despair; let them become converted to God, and seek for the true spirit of obedience, and they will be enabled to make decided reforms. In conforming your own customs to the saving principles of God's holy law, you will have an influence upon your children. You will have the righteousness of Christ, and will obey the precepts of God's law, and recognize the spirit of the law as an expression of the character of God. It is of the greatest importance that the attributes of His character be brought into your character, that you may train and educate your children to be obedient to God's commandments, and thus secure happiness in this world, and life eternal in the world to come.

—Selected from articles published in *Signs of the Times*, September 1894

Words for the Young at Heart

Trill

by Linda Franklin

Thou art my hiding place;
Thou shalt preserve me from trouble;
Thou shalt compass me about with songs of deliverance.

—Psalm 32:7

The friendliness of the little hermit thrush was peculiar. He was a refreshing influence, a free spirit who chose to come close. Meredith learned invaluable lessons from his visit, including heavenly truths about the joys of restoration.

June 23rd had been unseasonably hot for British Columbia. Meredith and I collapsed beside each other on the porch swing as the setting sun touched the foothills of the Rockies on our western horizon. Familiar evening songs soothed us: a yellow warbler, a robin, a hermit thrush. Their work was done for the day too.



“Thank you for your help in the greenhouse today, Meredith.”

“I enjoy it so much!” Meredith smiled shyly. “For as long as I can remember, I’ve wanted to work in a greenhouse. It feels to me as if I was meant to find you folks. I am so thankful to be here.” Meredith was my gift from God that year. Not only did she do whatever I asked of her, she anticipated the next job as if she had grown up in the greenhouse! She expertly groomed flower baskets and trays of plants that had reached maturity and were ready to sell. She made deliveries, organized our inventory of identification tags, and kept a multitude of miscellaneous details in order. I even entrusted her with watering the greenhouse, a chore that is not as simple as it looks since the assorted plants require differing amounts of water.

“Look!” I whispered to Meredith as the sun dipped below the horizon. “Over there! On the edge of the roof!” A hermit thrush had flown from his hiding place among the aspens, and settled on the woodshed. As we watched, he released his evening song, the same cascade of heavenly music that we had often heard echoing in the surrounding forest. “That’s the most beautiful sound I’ve ever heard,” Meredith said softly as our diminutive soloist concluded his concert. “I’ve missed bird songs while I was living in the city these past few years. I can’t count how many times I have dreamed of a place where I could live simply: tend a garden, eat healthfully, heat with wood, and escape from the world of virtual reality. I’m so thankful to be here. I can feel myself healing. It’s an answer to my prayer.”

Raised by her godly grandmother, Meredith had tried for several years to find her niche in several large cities. Urged by employers and friends to compromise her convictions, her stress level had spiraled out of control. She began to wonder if life was worth the effort. Attempting to escape the controversy she sensed within herself, she had returned to her roots in Central Canada. Before she came to our home, she had been

searching for the place she knew, in her heart, that she needed to find. She wanted to live in a country setting where she would not only have a sense of belonging, but be of help to someone. When she had talked to her city friends about her dream of living a simple life in the country, they did not understand the longing in her heart.

“People don’t live that way anymore,” they told her. “You need to learn to fit into today’s world. Find a good job. Make a living. Sell yourself if you need to. Get ahead.” The remarks that were designed to discourage her from leaving the city actually made her more determined to escape. When she discovered my husband Jere’s book (*You Can Survive!*) in her grandmother’s bookcase, and read about so many important lessons to be learned from country living, she felt that Jere’s words were directed at her. When she phoned us, Jere detected the hidden plea in her soft voice.

“Come on out for a visit, Meredith,” Jere urged. “We have plenty of room. Would you like to learn about running a greenhouse?”

“I’ve always wanted to work in a greenhouse.”

“Well, it’s the beginning of our greenhouse season right now,” Jere explained. “You can learn the business while you help my wife do some transplanting.”

She came. She slept. She worked. She slept. She hid her pain, but we sensed it in a stifled tear, a sigh, and in her desire to be alone a little too often. We also saw some encouraging signs of healing. Back in the city, she had tried so hard to become what she was not: a player of games, a party girl, and a ladder climber. It was so rewarding to see her become what she was meant to be: a country girl with a love for simplicity. As she filled trays with growing medium, planted seeds, and transplanted seedlings, she told me of the object lessons that spoke to her heart. What a joy it was to see her rediscover a zest for life, and for God’s great book of nature.

“This is how I’ve always wanted to live!” she had told me as we sat on the porch swing the evening that the little hermit thrush sang to us. “Thank you so much for letting me come.”

“Meredith, if I had known how much you wanted to get out of that big city, I’d have come down and rescued you myself!” I assured her.

“There must be others, don’t you think?” she questioned. “How do we reach the ones who don’t yet know about the joys of country living?”

“We must wait,” I cautioned, “until they too are ready to sit quietly and listen to the birds.” The thrush swooped down in search of grubs among the bark chips that layered the ground in front of the woodshed. “We need to name that bird. A hermit thrush is not generally as friendly as this one. We might see him again.”

“His name is Trill—the sound of his song,” Meredith said with conviction.

“The perfect name!” I agreed. Trill’s morning and evening sacrifice of praise was an audible treasure: a melodious cascade to hold in the inner ear, much like the splendor of rainbow captured in the mind’s eye. Then tragedy struck. Shortly before sunrise on June 25th, as Jere and I were reading upstairs in bed and listening to Trill’s morning melody, we heard an ominous thump against our bedroom window. Then silence.

I raised up on my elbow to peek outside. There, on the roof of our front porch, that was just below our window, lay the crumpled form of a hermit thrush.

“Jere!” I panicked. “It’s Trill!”

“Oh no,” Jere groaned. “How can you be sure?” He too was attached to the friendly little songster.

“Listen.” Painful silence.

“Let’s pray,” Jere said.

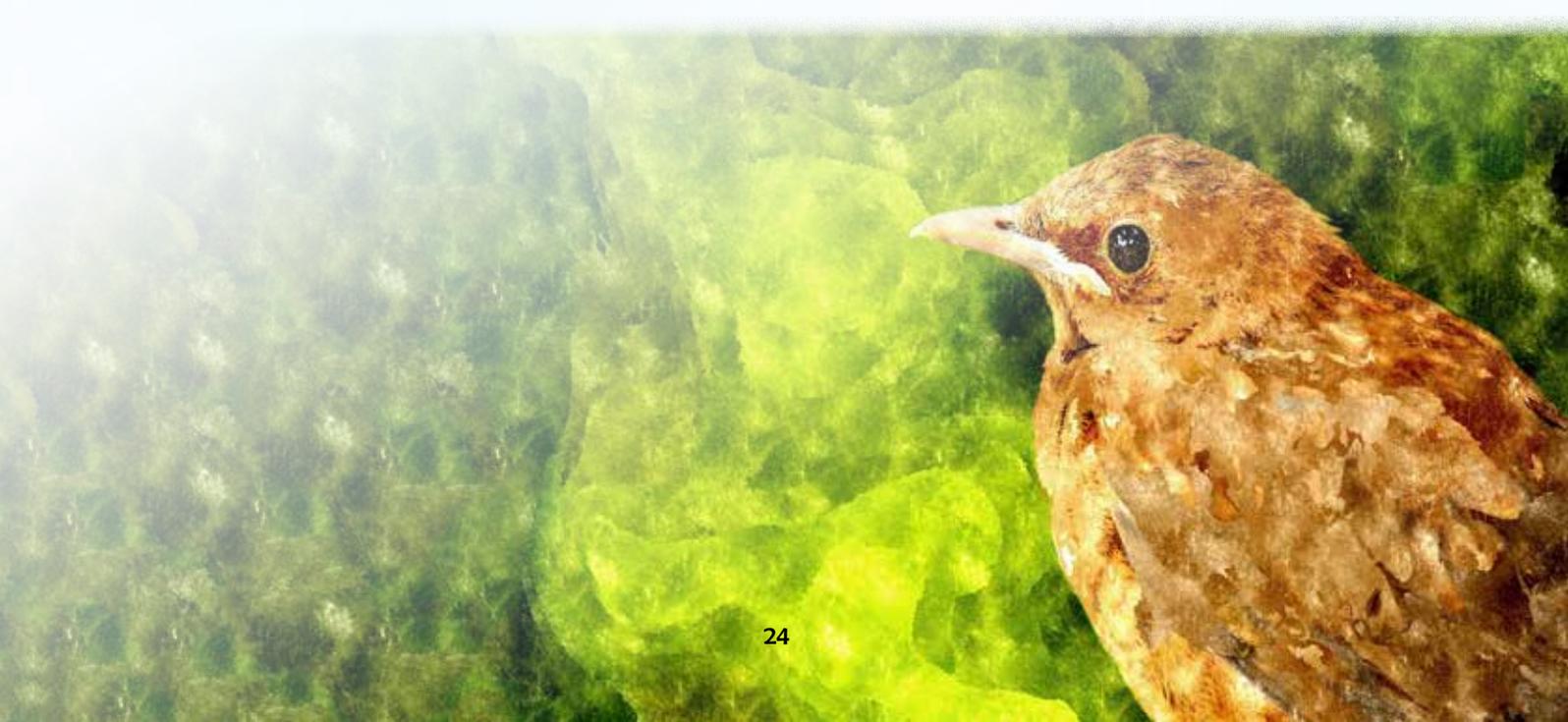
“Oh, Lord,” I begged, falling to my knees. “Please help us save this little bird. Trill is so special. Show us what to do. Amen.”

From our bed, I watched over the still form of Trill while Jere dressed and then went in search of a ladder. While he was gone, I removed the screen, reached out the window and stretched as far as I could. The injured bird was still far beyond my grasp—breathing but not moving.

What if I climbed out the window?

“But Lord, I’m afraid of heights . . .” I objected weakly. Gingerly, I sat on the windowsill and placed one bare foot on the roof just as Trill regained consciousness and struggled to right himself. He flopped over twice and rolled down the roof, dangerously close to the edge. Then he was still, his beak pressed against the roof, wings outstretched. One more flop and he would fall, perhaps to his death. My heart surged with longing. I climbed out the window and perched, like a great white bird, my gown drifting against my bare legs. I gathered my gown around me, lest I trip on its billows, and inched downward until I reached the motionless bird, scooped him up and pressed him gently to my heart. Now what?

The ground looked dizzily distant. The edge of the roof seemed to magnetize me, making me feel as if



I was falling. I took a deep breath and closed my eyes. Then I glanced behind me. The window looked farther away than I thought it would. Could I make it back? My legs began to shake. I sat there like a hen hunkered on her nest, fearful of making the slightest move. Even the breeze felt threatening, now.

“Linda! What are you doing?” From behind me, Jere’s voice sounded incredulous.

“Help me, Jere!” I whimpered without opening my eyes.

“Don’t panic!” he soothed. “I’m right behind you. Back up to me slowly.”

I inched backward for what seemed like an hour, before I felt the windowsill press against my back. I turned and slowly handed Trill through the window to Jere, lifted myself onto the windowsill and tumbled backwards onto the bed, weak with fear and exertion.

“He might be in shock. Try blowing him softly with your hair drier, ” Jere advised. “That’ll warm him up. I couldn’t locate the ladder. You did the right thing.”

I hummed snatches of “Londonderry Air” while I directed a soft flow of warm air across the still form lying against my chest. In a few seconds, I felt him trying to grip my finger.

When he opened his eyes, I walked down the hallway and tapped on Meredith’s bedroom door. Her eyes grew wide with concern when she saw the little brown bundle.

“Oh, no!” She sighed. “Is it . . . Trill?”

“I’m pretty sure it is,” I affirmed. “He’s the only hermit thrush who visits us, I think.”

“What can I do?”

“Hold him. Keep him warm while I get dressed.”

Meredith caressed him with soft, kind words. As I dressed, I pictured her encouraging Trill with lessons from her own story: “*Sometimes hurtful things happen as the result of unwise decisions. We might hit a barrier, but the Lord will never forsake us. No matter how hard life gets, it’s still worth the living, Trill. Hang on. Please hang on.*”

I hurried back to Meredith’s room where I found Trill snuggled comfortably in her caring hands. When I scratched his head, he sleepily opened one eye, then struggled to perch on Meredith’s finger. Before long he flew toward the window and landed on a dahlia that Meredith was nursing

back to health. Gently, Meredith gathered him back into the safety of her hands and we went outside where I clicked a few pictures of Trill before he focused on his familiar aspen grove and flew away. The next evening at sunset, after another long, hot day in the greenhouse, Meredith and I were again sitting on the porch swing when Trill returned. He swooped down from the roof of the woodshed onto the lawn, snapped a bug out of the air directly in front of us, and flew off into the woods. *Happy ending!*

And it was, until he flew against our living room window a few days later. Meredith picked him up from the porch and warmed him. Again, he was unresponsive, and weak for nearly an hour. We sat on the porch steps, hoping that the sounds of his forest friends would coax him awake. Slowly, he gathered his senses, but clung to Meredith’s finger longer than before, as if drawing strength from her anxiety. At last, he chose to fly, but when he headed back toward his woodland home, he was barely above ground level. The woods remained silent for eight days.

Then, there he was again, back on the woodshed serenading us with his evening song! He hopped to the ground in front of us, snatched a bug, and disappeared into the forest.

Before Meredith and I stopped swinging that evening, I had considered some deep thoughts: the joy of restoration; of how God uses the hardships of life to renovate a heart, and about my dream of creating a sanctuary for those who, like Trill and Meredith, just needed a quiet place to heal. Could I do anything more than just be there?

Yes, there was one thing I could do. I could pray. It does make a difference. It had helped Trill. And Meredith.

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\*Meredith is a pseudonym

Linda L. Franklin writes from her home in British Columbia. She has written several books, including a four-book series *On A Wing and a Prayer*—stories of birds and the blessing these animals have been.

You can order these books and other resources at the website:

[www.youcansurvive.org](http://www.youcansurvive.org)



# Prepare for Translation

By John A Brunson

Calm reflection, in the light of prophecy, upon the character of recent political events, the sociological disturbances that are rife, the condition of Christendom, and the message that is now preached to the remnant people of God, irresistibly leads to the conclusion that the end of the age is at hand. The proper effect of such conclusion is the awakening of expectation, and *the fruit of expectation is preparation*. He who really expects to see the Lord come, and to be like Him when He does come, will purify himself even as He, the Lord, is pure. Hence the message for the present time is, *Prepare for translation*.

Those who compose the remnant church today are candidates for translation; for they belong to the last generation of mankind upon earth. The pious of preceding generations were not candidates, though they may have been animated by the comforting hope of the soon coming Lord; for, not being members of the last generation, they could not live to see the Lord come.

Paul was not a candidate for translation; for he expected to die and be raised in the first resurrection. "If by any means I might attain unto the resurrection of the dead," expresses his hope. Peter was not a candidate; for the Lord himself spoke to him in the following language, which foretold his death: "Verily, verily, I say unto thee, When thou wast young, thou girdedst thyself, and walkedst whither thou wouldest: but when thou shalt be old, thou shalt stretch forth thy hands, and another shall gird thee, and carry thee whither thou wouldest not." The divine comment on this language is, "This spake He, signifying by what death he should glorify God." Peter so understood it, for he writes in his second epistle: "Knowing that shortly I must put off this my tabernacle, even as our Lord Jesus Christ hath showed me."

Neither could James and John hope for translation in the light of the Saviour's language: "Ye shall drink indeed

of My cup, and be baptized with the baptism that I am baptized with." These all wrote as they were moved by the Holy Spirit, and were cheered by the glorious hope of the returning Lord; yet they, while tabernacling in the flesh, did not expect to see Him come. In other words, they were not, and could not become, candidates for translation, for they expected to die. Only those true believers who comprise a part of the last generation can be candidates for translation, for they alone of all true believers will be alive when Christ comes. We, the remnant people of God, living amidst events that clearly indicate the early advent of our Lord, expect to see Him come. Therefore we are candidates for translation, and we alone of all true believers that have ever lived from Adam till now. Then, brethren, what manner of persons ought we to be in all holy conversation and godliness?

Our lives testify to the sincerity of our faith, and faith that is genuine works by love. Mere profession is nothing, outward compliance with rules and regulations avails naught, but a new heart reflecting the image of Christ.

Inasmuch then as we, the remnant people of God, living in the last days, and expecting while yet in the flesh to see Christ come, are alone, of all true believers that ever lived on earth, the only real candidates for translation, it certainly behooves us to inquire most earnestly into the qualifications of translation. Whatever else the question may be to others, to you and me it is a living issue, big with results of a most tangible and practical nature. Do not relegate it to the domain of theory, do not defend it in words simply as an article of faith, but meditate upon it and pray over it, till you bring forth in your life fruit worthy of him who is waiting to greet the coming King. Your eternal destiny is at stake. The situation is one of gravity. Indifference now is fatal. Watch, pray, work. The evening bells of time are already sounding forth their notes of warning, the echoes of which are resounding from the shores of eternity that is about to burst upon us.

Now let us inquire into the conditions and qualifications of translation. The first question which arises is this: Is more required of the candidates for translation than of others who have lived and died in Christ? I answer, Most certainly. Why?—Because those who shall be translated must reach that degree of perfection while in the flesh that will enable them to stand in the last times without a Mediator. That means much—a great deal more I fear than many of us realize. Stop and reflect a moment, that we may see its meaning. When will the mediatorial work of Christ cease? This question is best answered by asking another: When did His work of mediation begin? It began when the necessity for mediation arose. When was that?—When man lost his innocency and became a sinner. The willful act of disobedience destroyed the perfect harmony between God the Creator and man the creature. The sins of man separated him from God. A breach occurred between the two, for they were at variance. Christ, the Son of God and Son of man, stepped into this breach, and as great High Priest has been mediating between God and man ever since. Then if His work as mediator began just as soon as the necessity for it arose, we conclude that it will cease only when the necessity for it ceases.

But this necessity for mediation arose when man became a sinner, a being in rebellion against his Maker, an apostate. Hence it will cease only when God's children in the flesh have been restored to that complete harmony with God which was enjoyed by man before he sinned. That is to say, he who will be translated will be as perfectly conformed to the image of Christ, the purpose for which he was called (Rom. 8:28, 29), as Adam before he sinned was conformed to the image of God. And because the candidates for translation must and will reach that state of perfection, while in the flesh, in which the image of Christ is perfectly reflected, they are restored to a condition of perfect harmony with God; and because they are in perfect harmony with God, the services of the mediator are no longer required. They are "holy and without blemish," the precise kind of beings which God wants, and which He will have, and for the preparation of which the gospel was designed.

Thus we see that the qualifications required of the remnant people are very exacting. Praise God that they are. A cheap salvation is no salvation at all. We shall either be saved from sin, or we shall not. If we are saved from sin

we certainly shall not be saved in it. If our Saviour cannot cleanse us from all unrighteousness, He is an incompetent Saviour, and our hope is vain. Beware, beware of lowering the exalted standard of purity which God Himself has erected. God knows best His own requirements, and He knows His ability to bring the surrendered heart into complete harmony with Himself.

Listen to the words of assurance he gives us: "He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them." Consider well the words, "to the uttermost." The Greek literally reads, "*unto all completeness*;" not only to "completeness," but unto "*all completeness*." And observe why He is thus able to save. It is because He lives to intercede, or mediate, for us. Then when He ceases His intercessory work for us just before the end, it will be only when we are saved "unto all completeness," and have no further need of an intercessor. It is plain from the teaching of scripture that this state of complete salvation from sin and of perfect harmony with God is reached before Christ returns. Read Rev. 22:11, 12: "He that is unjust let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still. And, behold, I come quickly; and My reward is with Me." Observe that the announcement is here made, before the Lord comes, that the "filthy" and "unjust" will ever remain so. They are incorrigible. No hope remains for them. Their probation is closed, and the terms of salvation are withdrawn. They need no mediator, for their case is hopeless. On the other hand, the righteous and holy, having passed through the trials of the last days, have reached a state of fixedness, when righteousness and holiness, the qualities of God, have become a permanent possession. They are saved. Their probation is closed. They have no need of a mediator, for they are saved to the uttermost, unto all completeness. The image of God, lost through Adam, has been completely restored through the saving and intercessory work of Christ. And mark well, this occurs before Christ comes, while we are still in the flesh, not having yet received our reward. This enables us to appreciate more fully the words of Paul when he tells us that Christ will present the church "to Himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish." Also Paul's prayer for the Thessalonian Christians is invested with a

deeper interest: “And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”

In view, then, of the foregoing statements, we reiterate the conclusion that those who will be translated must reach a higher degree of perfection than that yet attained by any preceding generation of believers. The privilege of translation is great, inestimably so. Think of it—entering the kingdom of glory without tasting death! On the other hand let us reflect that the responsibility and requirements are commensurate with the privilege. Brethren, we simply cannot afford to neglect present opportunities. Ceaseless vigilance and agonizing prayer are the price of translation. Learn to cooperate with God. Keep step with the Holy Spirit, and advance with the moving hosts of God. To delay is dangerous. To falter may be fatal. The following words of admonition from “Early Writings” emphasize the danger that confronts us: “I also saw that many do not realize what they must be in order to live in the sight of the Lord without a High Priest in the sanctuary, through the time of trouble. Those who receive the seal of the living God, and are protected in the time of trouble, must reflect the image of Jesus fully.” Again, “Oh, how many I saw in the time of trouble without a shelter! They had neglected the needful preparation, therefore they could not receive the refreshing that all must have to fit them to live in the sight of a holy God. . . . I saw that none could share the ‘refreshing,’ unless they obtain the victory over every besetment, over pride, selfishness, love of the world, and over every wrong word and action. We should, therefore, be drawing nearer and nearer to the Lord, and be earnestly seeking that preparation necessary to enable us to stand in the battle in the day of the Lord.”

But perhaps someone may raise the objection that at the last moment a change occurs whereby all existing defects of character will be removed; for Paul says, “We shall not all sleep, but we shall all be changed.” True, a change at the last moment is here referred to, but not of moral character. Paul in the Philippian letter defines that change: “For our conversation [i. e. citizenship] is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ: who shall change our vile body, that it may be fashioned like unto His glorious body.” This statement of Paul harmonizes well with that of John: “Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see Him as He is.”

Now note the facts herein stated. In the Corinthian letter Paul declares that we shall be changed. In the letter to the Philippians he says that the change will take place in our body, so that it will “be fashioned like unto His glorious body;” while John with rapturous joy exclaims, “we shall be like Him; for we shall see Him as He is.” It is evident, then, that no change of character occurs at the coming of the Lord, but of body only. It is from mortality to immortality, from a “natural body” to a “spiritual body.” Our characters ere then will have been formed, purified by obedience to the truth, and made ready for translation. . . .

May the Lord add His blessings, and may all who read or hear these words reflect upon the solemn truths set forth. May His Spirit enlighten our minds, and reveal to our eyes to the realities of eternity. May the thought that we are now, daily, yea at this moment, forming character that determines our destiny, so encourage us to search for the pearl of great price, that nothing will be able to turn us from our purpose till the prize has been found.

(Reading for Sunday, December 24, 1899, *General Conference Bulletin*)

# Heart Maximizer

Your heart is an amazing organ that is like an engine, working steadily to provide blood flow, oxygen, and life to every cell of your body. Heart Maximizer is specially formulated to nourish and protect the heart and circulatory system while promoting healthy lipid levels. Heart Maximizer helps maintain and strengthen the entire cardiovascular system - improving both physical endurance and overall health!



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### Vitamin E

Hundreds of studies show the amazing benefits of vitamin E on the heart! A powerful antioxidant, vitamin E strengthens the heart muscle and helps prevent damage from oxidation. It has been shown to keep your heart healthy and operating at peak capacity!

### Calcium EDTA

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### Gotu Kola

Gotu Kola contains molecules called triterpenes that go to work on our veins, improving their tone and making them less susceptible to bulging and collapsing. These molecules stimulate collagen synthesis which protects the cell lining the inside of the veins.

### Horse Chestnut

Horse Chestnut provides important plant compounds that work to support healthy circulation throughout the body (including the heart) as well as promote healthy blood vessels, including veins, arteries and capillaries, which can drastically improve overall vascular health!

### Diosmin

A natural flavonoid extracted from plants, diosmin improves blood circulation and strengthens vein walls by improving their elasticity. It also helps by inhibiting certain pro-inflammatory lipids. Diosmin helps your blood to flow against gravity and return from your legs to your heart. This has the effect of reducing or eliminating unsightly bulging and discolored veins and preventing their recurrence!

### Witch Hazel

Protects and strengthens the heart and improves circulation. Through good blood circulation, all the organs get a regular supply of oxygen-rich blood and remain in good functioning order. Witch hazel is often used in bruise lotions or tonics because it stimulates blood circulation and is a good venous constrictor.

### Ginkgo Biloba Extract

Maintains the normal function and tone of blood vessels. As a powerful circulation enhancer, it was traditionally used to help restore sufficient blood flow to the limbs and brain - improving overall health.

### Butcher's Broom

This herb contains chemicals that strengthen collagen, tighten blood vessels, and help improve the flexibility of blood vessel walls.

### Grape Seed Extract

Contains very high concentrations of active polyphenols, which have a very high affinity for collagen structures, particularly the arteries and heart! They are known to enhance the structural integrity of any tissue they attach to, specifically helping to offset damage from physical wear and tear! This is a major help for keeping the heart in shape!

## Cayenne Pepper

One of the most powerful herbs for the cardiovascular system, cayenne is widely known as "heart food" as it contains so many nutrients known to nourish and improve overall heart health! Cayenne helps stimulate blood flow, dissolves clots and improves blood circulation, eases the pain of swollen, congested veins, and strengthens the heart, arteries, and nerves! Being a very rich source of vitamin C, bioflavonoids, and other nutrients, it strengthens the vein walls, and has been proven to clean the veins out and help them regain their elasticity!

## Citrus Flavonoids

Many studies show that citrus flavonoids have a protective effect on the cardiovascular system, keeping it in optimum working condition. They aid overall heart health by improving coronary vasodilatation, decreasing the ability of platelets in the blood to clot, and encouraging the liver to remove LDL (bad) cholesterol from the blood stream.

## Niacin

Also known as vitamin B3, niacin improves cardiovascular health, most notably by helping increase HDL (good) cholesterol levels!

## Quercetin

Quercetin is a plant pigment found in many foods such as onions, apples, berries, and grapes. Studies suggest that it improves cardiovascular endurance in as little as seven days!! It also protects the heart and vascular cells from inflammation and oxidation.

## Bromelain

Bromelain contains natural anti-coagulant properties that promote healthy circulation by helping break up blood clots and reducing the abnormal formation of clots and plaque in your arteries!

## Odorless Garlic

Known for its wonderful effects on the cardiovascular system, garlic promotes heart and cardiovascular health and helps maintain healthy cholesterol levels. Bursting with nutrients, garlic contains: allicin, essential oils, iron, magnesium, potassium, sulphur, zinc, and vitamins A, B1, B2 and C!

| SUPPLEMENT FACTS                                     |              |
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| Serving Size: 3 capsules                             |              |
| Servings Per Container: 30                           |              |
| Amount Per Serving                                   | % DV*        |
| Vitamin E (as d-Alpha Tocopheryl Acetate)            | 800 IU 2000% |
| Niacin (as Flush Free Niacin)                        | 30 mg 100%   |
| Calcium EDTA                                         | 1000 mg 100% |
| Bromelain (2,400 GDU)                                | 100 mg †     |
| Butcher's Broom (Ruscus aculeatus)                   | 100 mg †     |
| Herb Powder Extract (standardized for 9% Ruscogenin) |              |
| Cayenne Pepper                                       | 100 mg †     |
| Diosmin                                              | 100 mg †     |
| Ginkgo Biloba leaf Powdered Extract                  | 100 mg †     |
| (Standardized from 24% Flavoneglycosides)            |              |
| Gotu Kola (Centella asiatica Herb Powder Extract)    | 100 mg †     |
| (Standardized for 10% Asiaticoside)                  |              |
| Grape Seed Powder Extract                            | 100 mg †     |
| (Standardized for 95% OPC)                           |              |
| Horse Chestnut (Aesculus hippocastanum)              | 100 mg †     |
| Herb Powder Extract (standardized for 21.9% Aescin)  |              |
| Odorless Super Garlic                                | 100 mg †     |
| Quercetin                                            | 100 mg †     |
| Citrus Flavonoids                                    | 50 mg †      |
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# Word Search

Find the following words in the puzzle. Words are hidden     and .

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| BIBLE     | CRISIS      | FORTITUDE | PROMISES   | TROUBLE    |
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