

Psalm 139:14 "I will praise you for I am fearfully and wonderfully made; Marvellous are Your works O Lord, and that my soul knows very well." Amen.

We pray that the content will help in some small way to strengthen your mind, soul, body and spirit during these challenging times.

We invite all members to submit any relevant articles, poems, recipes and appropriate humour to clerkerdingtonsda@gmail.com; and we will try to publish as many as we can. Blessings!



Receiving hate, giving love

Written by Pavel Goia, DMin

Many years ago, during Communism in Romania, my wife, Daniela, and I wanted to start a small clothing factory. The single person who could approve it was the president over all businesses in that county. We scheduled an appointment with him and presented our desire. Although we had all of the proper documents and passed all of the needed inspections, he refused to approve us. When I inquired why, he answered, "I hate you Christians. I cannot agree with you. You all should be destroyed."

For months, whatever we did was not sufficient, but eventually we were approved and started our business. When the revolution was over, there was no longer a Communist party. The man lost his position and went in desperate search of work. Most people hated the former Communist leaders, so few would open their doors, let alone hire him. One day, he came to our house.

As I opened the door, the man recognized me. He started to plead for a job, with no hope that he would get hired. The hurt and his hate were still fresh in our minds. Daniela and I looked at each other, then offered him a job on the spot. Our former antagonist was amazed. "Why would you help me when I hated you?" he asked incredulously. "I cannot agree with your views," I answered. "But I do not hate you. In fact, I care for you."

YOU DONT HAVE TO AGREE

In Matthew 18, Peter tries to impress Jesus. "Should I forgive people seven times?" Jesus responds, "Seventy times seven" (v. 22). That seems a little eccentric. Then Jesus tells of a servant who owed the king ten thousand talents. "Forgive me," he says; "I'll pay it back." Right there, he missed it—the depth of his sin and the breadth of God's grace. One talent was about 67 pounds of gold, about 16 years of wages.

One would need to live about two thousand lives to pay that amount of debt. On the other hand, the servant is consumed with anger and unable to forgive someone who owed him a hundred denarii—just three months' salary. The bad news is you can never pay your debt. The good news is you don't have to. Jesus paid it all.

Those who value Jesus' blood have no problem forgiving, loving, and showing grace. Turning one's back on this love and grace results in self-inflicted consequences. The third angel's message states, "And they have no rest day or night, who worship the beast and his image, and whoever receives the mark of his name" (Rev. 14:11, NKJV). How should we react when we encounter persons who think or act differently from us?

Mark Finley states, "If your understanding of the mark of the beast makes you angry. . . . If it makes you angry at the people who don't preach it like you think they ought to, then you need to reexamine your heart. Your understanding of the mark of the beast should give you a passion for reaching lost people with the gospel of Christ. . . . If my understanding of prophecy doesn't make me a more loving, kind, compassionate Christian—then I should re-evaluate my understanding."¹

YOU DO HAVE TO LOVE

In a society where division and even hate have become more and more the norm, the third angel's message is ultimately a message of love. Even children may be taught that the proof of God's presence in one's life is the love of God manifested toward those who don't deserve it. Shama Stock states, "God's message of warning is a loud message of love. He wants to come into your heart and change you into his image."²

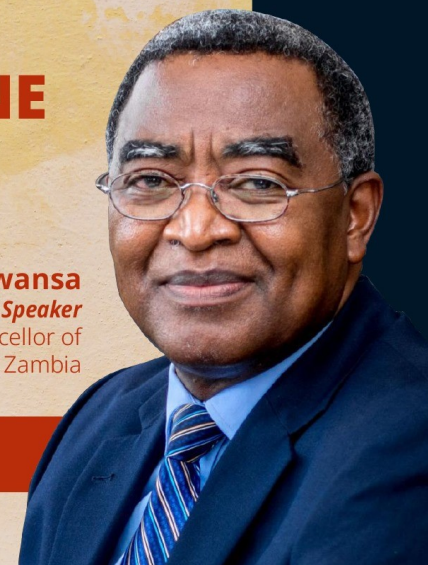
Jesus commands us to love one another to the same degree that He loves us (John 13:34). God is calling us to experience His love and reflect it to those around us—to the same degree that He has loved us. You cannot give what you don't have.

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When we have implicit
faith in Him who is
Truth, we shall realize
that worry and anxiety
are unnecessary.

Jesus Name
Above All
Names, p.
12



Chickpea Omelet with Mushrooms, Onions and Kale

Serves 2

INGREDIENTS

FOR THE OMELET BATTER:

- 3/4 cup chickpea flour
- 1/2 cup unsweetened soy, hemp or almond milk plus more if needed
- 2 teaspoons apple cider vinegar
- 2 teaspoons nutritional yeast
- 1/2 teaspoon Dr. Fuhrman's MatoZest or other no-salt seasoning blend, adjusted to taste
- 1/2 teaspoon turmeric
- 1/4 teaspoon baking soda
- 1/8 teaspoon black pepper

FOR THE VEGETABLES:

- 1/2 cup chopped onions
- 1/2 cup chopped red pepper
- 2 cloves garlic, chopped
- 1 cup sliced mushrooms
- 2 cups thinly sliced kale
- 1/2 cup low sodium salsa or chopped tomato

INSTRUCTIONS:

1. In a small bowl, whisk together the omelet batter ingredients. Add an additional 1-2 tablespoons of non-dairy milk if mixture is too thick to pour.
2. In a 10-inch non-stick skillet, heat 2-3 tablespoons water and saute onions, red pepper and garlic for 2 minutes, add mushrooms and continue to cook until soft and tender, about 3 more minutes. Add kale and stir until wilted. Remove from pan.
3. Clean skillet and lightly wipe with olive oil. Pour half of the batter into the pan and swirl to evenly cover the bottom. Place half of the sauteed vegetables on top of one side of the omelet. Cook until the omelet bubbles and starts to firm up along the edges (about 2 minutes).
4. Gently fold over one side and cook for another minute. Cover with a lid, remove from heat and allow to steam for 5 minutes.
5. Repeat to make second omelet. Serve with salsa or chopped tomato.



YOUR PORTABLE ID



Every one of you is carrying around an incredible portable ID—fingerprints. God designed our bodies to include fingerprints, and as most people know, there are no two fingerprints in the world that are alike.

Today fingerprints are an important part of crime solving. When people touch many types of surfaces, their fingerprints are left behind as markers saying, “I was here.”

Here’s a question for you. Is God’s fingerprint imprinted on your life? Not a fingerprint that says “I was here” but instead a fingerprint that says “I AM here.” Everywhere you go, let people know that God is the center of your life by the way you treat and love others.

COVID-19 Coronavirus Symptoms



SERIOUS COVID-19 SYMPTOMS REQUIRING IMMEDIATE MEDICAL CARE

- If you develop any of these symptoms, call your healthcare provider or health facility and seek medical care immediately.
- This is not an exhaustive list. These are the most common symptoms of serious illness, but you could get very sick with other symptoms – if you have any questions, call for help immediately.



Shortness of breath/ Difficulty breathing



Loss of speech or mobility or confusion



Chest pain

MOST COMMON SYMPTOMS



Fever



Cough



Tiredness



Loss of taste or smell

LESS COMMON SYMPTOMS



Sore throat



Headache



Aches and pains



Diarrhea



A rash on the skin or discoloration of fingers or toes



Red or irritated eyes

PLEASE NOTE:

- If you live in an area where malaria, dengue or other infections are common and you have any of above symptoms, seek immediate medical care according to the local health authorities.
- Stay in touch with your primary care provider to ensure you continue to receive the routine care you need, such as medication refills, follow-ups and other routine consultations.



Dear Aunt Sewy,

As a child, Sabbath was my favorite day of the week. For the majority of my adult life as a church employee, however, Sabbath has felt like another work day: preparing for Sabbath School or worship, rehearsing, cooking for potluck or supervising kids—a lot of work.

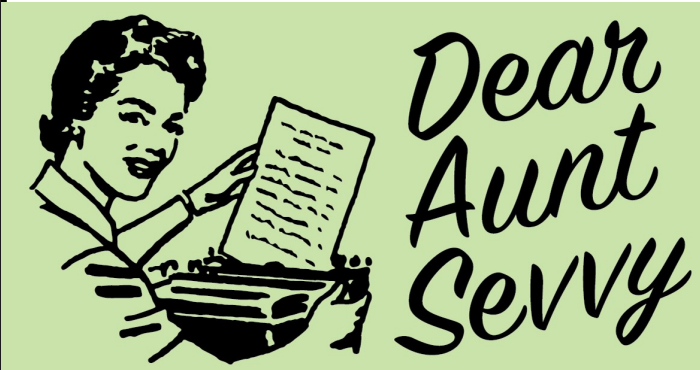
Since COVID-19 hit I have had the most blessed, restful and peaceful Sabbaths of my life. Occasionally I miss the fellowship, but mostly I'm just grateful to be free from expectations and obligations. I'm honestly dreading the quarantine being over and having to attend a lifeless church again to maintain my employment.

Aunty, where do I go from here? Now that I've had a real Sabbath experience, I don't want to lose it!

Signed, Holding On to Hope

Dear Holding On,

You need make no apology for celebrating the beauty of the Sabbath at home. In the past year many have realized a Sabbath blessing for the first time in their lives! A day of rest, in the truest sense of that word, is good for the soul



Which is, in fact, the reason the Sabbath was created in the first place. Some scholars say that if you read the Old Testament carefully, the Sabbath was originally only about resting from work—that there was no corporate worship that day until the

Babylonian exile and the development of the synagogues.

We should allow ourselves a true physical and mental rest from the normal tasks we are expected to perform other days of the week, and that's especially true for church employees, who have often been locked in, sometimes all of their lives, to laboring on Sabbath.

But your being an employee also puts you in an especially tough spot. Depending on the flexibility of your congregation, you might be able to get away with skipping church occasionally after Covid restrictions are lifted. But some congregations aren't gracious. One young teacher confided to me that in her church she got brought in front of the board to explain her absence when she skipped two weeks of church in a row after she had a miscarriage! That is absolutely *not* okay, and those board members should be utterly ashamed of themselves.

Might you resent your church less if you didn't feel so many obligations? If you must attend weekly, perhaps you could back off of your church responsibilities. I know a first-grade church school teacher who successfully made the case to the nominating committee that after teaching small children in their school all week, she was decidedly *not* the person to be stuck in kindergarten and primary Sabbath School on Sabbath morning. She had the skills, of course, but she insisted that she needed adult interaction more than most people.

As silly as it sounds, it helps to have someone to complain to. Everyone needs fully authentic friends, especially church employees who have a hard time finding true friends. Sometimes friends like that can only be found online.

Enjoy your last few weeks of peaceful Sabbath rest at home. And if you want some low-impact Sabbath fellowship, you can find it online—our own Adventist Today

PROMISES FOR HEALING

| | | |
|----------------|-----------------|----------------|
| Exodus 15:26 | Jeremiah 30:17 | Malachi 4:2 |
| Jeremiah 17:14 | Psalms 103:2-5 | Isaiah 53:3, 5 |
| Deut. 33:25 | Jeremiah 33:6 | James 5:14, 15 |
| | Proverbs 3:7, 8 | |

Lessons From the Heart

By JEFF OGANGA KATIENO

"My son, give me your heart and let your eyes delight in my ways" (Proverbs 23:26, NIV).

David Livingstone, a Scottish man with missionary zeal, explored Africa in the nineteenth century. His explorations helped open up Africa to the rest of the world. Because of Livingstone's love for Africa, when he died his attendants removed his heart and buried it under a tree near the spot where he died.



"For where your treasure is, there your heart will be also" (Matthew 6:21).



The heart acts as a double pump, without which life stops. In a way, it is the power source of life, pumping life-giving blood to the rest of the body.

"Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23, NIV).

The muscles of the heart are unique. They don't move and stop like skeletal muscles. For example, the muscles in my leg cannot move unless I indicate that I want them to move. But the muscles of the heart contract and relax automatically, without our intentions or efforts. They just do their work. They don't stop to wait for instructions from us.



How beautiful would it be if we would do our work without being reminded!

Electricity is what powers the heart! In fact, when someone is having problems with their heart, doctors might perform surgery to put an electrical generator inside their upper chest to supply electricity to the heart. It's called a pacemaker.

Without the power of the Holy Spirit acting as an electrical current, we can do nothing.

When doctors want to check the health of your heart, they use a stethoscope. If they hear a murmur in your heart even as your heart pumps, it can be a sign of sickness or disease.



Sometimes we are told to do something, and it is fine if we do it without murmuring and turning our noses up. However, if we do it while murmuring, it means we are spiritually sick. We need to be treated!





Brazilian Adventists Reach Out to Circus Performers Affected by Pandemic

Adventists from the Vicente Pires congregation in the Federal District (DF) of Brazil recently reported outreach efforts to circus performers connected to Circo Portugal in the Taguatinga area of the Federal District.

The congregation, together with other Adventists, had been looking for ways to reach out to people suffering from loss of work during the pandemic.

“It was then that we met the Circus workers. We went out to distribute food baskets, and when we passed the Circus we started to sing for them. And one of the young women started to cry. That caught my attention,” said one of the outreach organizers, Ana Ligia, according to a [South American Division news story translated into English for Adventist News Network \(ANN.\)](#)

Ligia collected food baskets and delivered them to the circus members.

“In addition to the baskets, we took the word of God to them. We had a service as if we were in the church,” said Ligia.

The outreach grew to the point where a week of spiritual meetings was organized for the circus performers.

Joice Portugal, the circus administrator, commented that she had never experienced anything like the interaction with the Adventist volunteers.

“The circus has become a church. It was really incredible. My father, who is 77 years old and was born in the circus, had also never had such an experience. In the service, we feel something incredible, supernatural, which I cannot explain. I thank the Church for being so human and for teaching and showing so much love, empathy and faith,” she said.

www.wordfortheweek.info

WORD
for the
Week 20

the Refreshing | noun

¹ Holy Spirit activity; ² endowment of power; ³ reviving; ⁴ end-time Pentecost experience.

memory text: Acts 3:19

“It is our work today to yield our souls to Christ, that we may be fitted for **the time of refreshing** from the presence of the Lord...the baptism of the Holy Spirit.”
Selected Messages, Vol.1 p191.

“The great work of the gospel is not to close with less manifestation of the power of God than marked its opening....the **times of refreshing shall come** from the presence of the Lord.” *Great Controversy, p611.*

“The **refreshing or power of God** comes only on those who have prepared themselves...perfecting holiness in the fear of God.” *Counsels for the Church, p100.*

“Our only safety is in being **ready for the heavenly refreshing...**” *Amazing Grace, p205.*

DR. PATRICK LOWE - CHEER MINISTRIES

War No More

Adventist leader in Israel reflects on regional conflicts and longstanding peace.

By: Daniel Stojanovic, Israel Field (Adventist Review)

"God shall judge between many peoples, and rebuke strong nations afar off; they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore" (Micah 4:3, NKJV).

Why tensions, conflicts, and wars? How to manage so much grief and suffering in our lives? What should be the most appropriate attitude in the context of discrimination, criminal behavior, and all kinds of injustice?

These are very reasonable questions. Every human being is dreaming about a world without evil. However, we see with our eyes that the future is not bright. Nations still increase their spending related to security. For example, according to the Stockholm International Peace Research Institute, in 2018, total world military spending amounted to [US\\$1.82 trillion](#). Imagine all of these funds fighting the poverty in the world! Things are really bad when we understand how dramatically the vicious circle is implemented: war has been identified as one of the leading causes for the persistence of poverty in many regions of the world.

Margaret Atwood, a Canadian poet and writer, rightly states, "War is what happens when language fails." And the worst reason for the failure of communication is undoubtedly a religious conviction, the conflict between human beings in the name of God.

The Bible tells us that wars and conflicts will continue to exist until God's intervention. Very soon, a new period will start in the history of the universe. Jesus, the Messiah, will come and put an end to the overwhelming presence of violence. The text of the prophet Micah declares, "God shall judge." God shall root out evil. The good news of the judgment is that God will put a final stop to suffering. "And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away" (Rev. 21:4, NKJV).

We appreciate the ceasefire, effective on May 21, 2021, in Israel. But it is largely insufficient. What this planet needs, however, is not a ceasefire that will be broken after five months or five years. What human hearts hope is God's action for the final stop. And I would like to invite you to pray for this absolutely fantastic promise of the Bible.

From my experience, I have come to the conclusion that a conflict is born when a self-centered vision of the world is imprinted in the heart of human beings. I also understood from God's Word that an act of love is born when God imprints His character on the human heart. May we work tirelessly to make God's plan come true as soon as possible. Maranatha

TUCKER BARNES

By Randy Fishell



SEE PAST COMICS AT TUCKERBARNES.CLUB!



MNT's Sunday Supplement: What's exciting cancer researchers?

Cancer remains a leading cause of death, but the global effort to find new ways to prevent and treat the condition continues apace. To support National Cancer Research Month this May, *MNT* published a major new article highlighting the research that most excites the leading cancer experts we approached.

It's a world of centrosomes, immunotherapies, theranostics, miniproteins, and radiopharmaceuticals — unfamiliar terms that Tim Newman deftly explains in his latest [Special Feature](#). It's also a story of hope, as previously "undruggable" cellular processes yield to new advances in targeted cancer therapies.

To read more about the astonishing advances in one of the most exciting fields in biomedicine, and to watch our video highlights, click [here](#).

This week also saw the launch of *MNT*'s [new cancer hub](#), where we present all the latest news and research with updates on cancer symptoms, diagnosis, management, and treatment.

Robin Hough
Editor-in-Chief, *Medical News Today*

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IT IS WRITTEN.

2 Why did Jesus leave heaven and come to earth?

LUKE 19:10

For the Son of Man has come to ___ and to ___ that which was lost.