



# The Sabbath Keeper

## Pastor's Corner, by Pastor Glenn Hill

### “My First Summer Camp”

I'll never forget my first year of summer camp. I was living in Michigan at the time, so Camp Au Sable was the place where I would first experience time away from home without my family. We had taken many trips as a family, and these were often the source of adventure. But this trip was different. It would be my first trip away from home on my own.

We drove a few hours to the camp. It was the nine-year-old camp. When we came into the camp, we followed the road. It seemed to go on and on,

much farther than I remembered from times we came here as a family for meetings. We wondered why the road had narrowed to one lane through the woods when people would need



to drive both ways to drop off their children. After a while, we met a jeep going in the opposite direction. My father and the other driver stopped their vehicles. We discovered that these were some of the workers at the camp. We also discovered that we were on a little service road that

went around the lake. Fortunately, we were able to get our car turned around and headed back to the main part of the camp.

My parents got me checked in and registered for various classes at the camp. Then they went home. I had been very excited about the whole idea of spending a week at camp. I looked forward to the various activities. But something felt strange when I saw my family driving away that day.

My sleeping bag and suitcase were all in place at our tent. I liked the counselor that I would

Continued on page 2

### Health Tips– Trichinosis...

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#### Preparing for your appointment

You're likely to start by seeing your family doctor or a general practitioner. However, in some cases when you call to set up an appointment, you may be referred immediately to an infectious disease specialist.

To get the most from your appointment, it's good to be well prepared. Here's some information to help you.

**What you can do**  
Be aware of any pre-appointment restric-

tions. When you make the appointment, be sure to ask if there's anything you need to do in advance, such as

restrict your diet.

**Write down your symptoms,** including any that may seem



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## Pastor's Corner , continued...

have this week. I was excited about the classes which would start the next day. And I was also excited about the rodeo they were having that very evening. I went with my counselor and my unit to the rodeo when the time came for the event. I loved watching the various things the workers did with the horses. They were pretty good at putting on a show. But something didn't feel right. That strange feeling in my stomach just wouldn't go away. It got worse and worse until I knew that I would have to respond. I stepped behind one of the buildings near the corral and lost my supper. After that, everything was fine. I had not realized that being "homesick" could be more than an emotional state of mind. It could also be a physical malady.

I loved camp. I enjoyed swimming,

doing crafts, and a variety of other activities. In the years which followed, I got to experience other new things at

But I also learned something about my family that day. No matter what I was doing or where I would be staying, these people mattered to me.

this camp and at camps in other states. But I also learned something about my family that day. No matter what I was doing or where I would be staying, these people mattered to me. Though I outgrew the sickness part of being homesick, I would appreciate the ones who had brought me to experience new things. They would always have an influence in my life.

Is the same thing true with my heavenly family? Do I actually notice the separation which exists between my heavenly family and me? Does it have any effect on me today? The closer I am emotionally to the ones far away geographically, the more I notice their absence. And this sense of separation

makes me long for a reunion one day. I have noticed that the more I feed my spiritual side, the more I long for the greatest reunion our world will ever know.

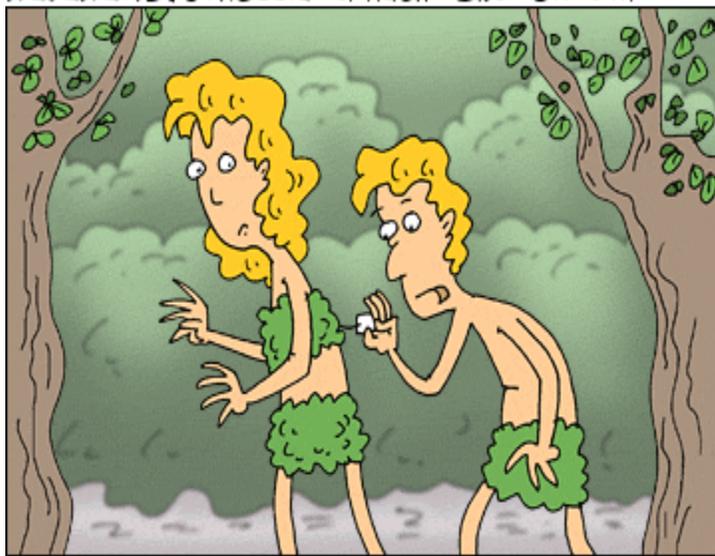


Sincerely,

Pastor Glenn Hill

## Humor In The Pew

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Thanks to Richard Germain  
MADE IN CHINA?!?

08-09-2010

Q: What do you say to a skeleton before he eats?

A: Bone appétit!

Q: What do you say to a skeleton going on vacation?

A: Bone voyage!

Q: What do you get when you cross a cow with a rabbit?

A: Hare in your milk!

Q: What do you have if you have 100 rabbits in a row and 99 step back?

A: A receding hare line!

Q: What did one plate say to the other plate?

A: "Lunch is on me!"

# Health Tips— Trichinosis...

continued...

unrelated to the reason for which you scheduled the appointment.

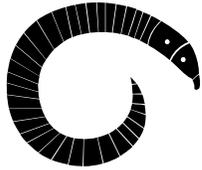
**Write down key personal information**, including any major stresses or recent life changes.

**Make a list of all medications**, as well as any vitamins or supplements, you're taking.

**Take a family member or friend along**, if possible. It can be difficult to soak up all the information provided to you during an appointment. Someone who accompanies you may remember something that you missed or forgot.

**Write down questions to ask your doctor.**

Preparing a list of questions will help you make the most of your



time with your doctor. List your questions from most important to least important. For trichinosis, some basic questions to ask your doctor include:

What is likely causing my symptoms or condition?

Other than the most likely cause, what are other possible causes for my symptoms or condition?

What kinds of tests do I need?

Is my condition likely temporary or chronic?

What is the best course of action?

What are the alternatives to the primary approach that you're suggesting?

I have these other health conditions. How can I best manage them together?

Are there any restrictions that I need to follow?

Is there a generic alternative to the medicine you're prescribing me?

Are there any brochures or other printed material that I can take home with me? What Web sites do you recommend visiting?

In addition, don't hesitate to ask questions during your appointment any time you don't understand something or need more information.

## What to expect from your doctor

Your doctor is likely to ask you a number of questions, including: When did you begin experiencing symptoms?

Have you eaten any raw, rare or unusual meat lately, such as game?

Have your symptoms

Continued on page 4

## Recipe of the Month: Pesto Pasta Salad

### INGREDIENTS

#### PESTO:

- 3 cups packed fresh basil
- 1 cup packed fresh parsley
- 3 garlic cloves, chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup pine nuts, toasted
- 1/2 cup olive oil
- 1/2 cup grated Parmesan

#### SALAD:

- 1 pound gemelli or other short pasta
- 1 cup plain 2 percent Greek yogurt
- 2 pints cherry or grape tomatoes, halved

### PREPARATION

Make pesto: In a food processor puree basil, parsley, garlic, lemon juice, salt, pepper and pine nuts until



smooth. With motor running, add olive oil and process until a thick paste forms. Add Parmesan and pulse twice. Season with

more salt and pepper, if desired.

Make salad: Cook pasta according to package directions until al dente.

Drain and run under cold water to stop cooking.

In a large bowl, combine pesto and Greek yogurt and stir until well blended. Add cold pasta and toss to coat with dressing. Top with tomatoes. Serve salad at room temperature or cover and refrigerate to serve chilled.

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We are looking for your favorite recipes. Please submit them to Judy. Thank you.



## Health Tips — Trichinosis...

been continuous or occasional?  
How severe are your symptoms?  
What, if anything, seems to improve your symptoms?  
What, if anything, appears to worsen your symptoms?

### Tests and diagnosis

Trichinella larvae bury themselves inside muscle tissue rather than remain in the intestine as in other roundworm infections, so stool sample tests don't often show evidence of the parasite. The initial diagnosis relies on the classic signs and symptoms — swelling around the eyes, muscle inflammation and fever. To confirm the diagnosis, your doctor may use these tests:

**Blood tests.** Your doctor may take a blood sample and test it for signs suggesting possible trichinosis — an increase in the number of eosinophils, a type of white blood cell, or the formation of antibodies against the parasite after several weeks.

**Muscle biopsy.** While the blood test typically is enough to establish a diagnosis, your doctor may also recommend a muscle biopsy. A very small piece of muscle is removed and examined under a microscope to look for trichinella larvae.

### Treatments and drugs

Trichinosis usually isn't serious and often gets better on its own, usually within a few months. However, fatigue, mild pain, weakness and diarrhea may linger for months or even years. Symptomatic infections may respond to treatment with medication.

**Anti-parasite medication.** Anti-parasite (anti-helminthic) medication

is the first line of treatment against trichinosis. If the trichinella parasite is discovered early, in the intestinal phase, albendazole (Albenza) or mebendazole can be effective in eliminating the intestinal worms and larvae. You may have mild gastrointestinal side effects during the course of treatment. If the disease is discovered after the larvae bury themselves in tissues, the benefit of anti-parasite medications is less certain, but your doctor may prescribe anti-parasitic medication if you have central nervous system, cardiac or respiratory problems as a result of the invasion.

**Pain relievers.** After muscle invasion, pain relievers may be given for muscle aches. Eventually, the larvae cysts in your muscles tend to calcify, resulting in destruction of the larvae and the end of muscle aches and fatigue.

**Corticosteroids.** Some cases of trichinosis cause allergic reactions when the parasite enters muscle tissue or when dead or dying larvae release chemicals in your muscle tissue. Your doctor may prescribe a corticosteroid to control inflammation during larval migration.

### Prevention

The best defense against trichinosis is proper food preparation. Follow these tips to avoid trichinosis:

**Avoid undercooked pork, walrus, horse, bear or other wild-animal meat.** Be sure the meat is cooked to an internal temperature of 170 F (77 C) throughout before eating it. Even though trichinella are less common in pork, it's better not to eat pork if it

hasn't been cooked to this temperature.

**Have wild-animal meat frozen or irradiated.** Trichinosis can occur in any meat-eating mammal. Irradiation will kill parasites in wild-animal meat, and deep-freezing for three weeks kills trichinella in some meats. However, trichinella in bear meat does not die by freezing, even over a long period. Neither irradiation nor freezing is necessary if you ensure that the meat is thoroughly cooked.

**Other processing methods don't kill parasites.** Other methods of meat processing or preserving, such as smoking and pickling, don't kill trichinella parasites in infected meat.

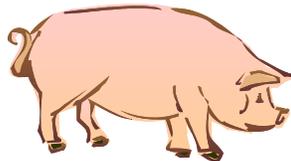
**Clean meat grinders thoroughly.** If you grind your own meat, make sure the grinder is cleaned after each use.

Disclaimer: As Seventh Day Adventists we recommend a clean diet that does not include the consumption of pork.

Disclaimer : All information is for educational purposes only. It is not a substitute for professional medical advice. For specific medical advice, diagnoses, and treatment, please consult your doctor. We will not be liable for any complications, or other medical accidents arising from the use of any information on this web site.

**For more information and reading material on this article please visit [www.MayoClinic.com](http://www.MayoClinic.com)**

**If you have any questions about this article please see Judy Case**



# The History of : John Wycliffe...continuation

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## Wycliffe and the Pope

The books and tracts of Wycliffe's last six years include continual attacks upon the papacy and the entire hierarchy of his times. Each year they focus more and more, and at the last pope and Antichrist seem to him practically equivalent concepts. Yet there are passages which are moderate in tone; Lechler identifies three stages in Wycliffe's relations with the papacy. The first step, which carried him to the outbreak of the schism, involves moderate recognition of the papal primacy; the second, which carried him to 1381, is marked by an estrangement from the papacy; and the third shows him in sharp contest. However, Wycliffe reached no valuation of the papacy before the outbreak of the schism different from his later appraisal. If in his last years he identified the papacy with antichristianity, the dispensability of this papacy was strong in his mind before the schism.



Wycliffe's influence was never greater than at the moment when pope and antipope sent their ambassadors to England in order to gain recognition for themselves. In the ambassadors' presence, he delivered an opinion before parliament that showed, in an important ecclesiastical political question (the matter of the right of asylum in Westminster Abbey), a position that was to the liking of the State. How Wycliffe came to be active in the interest of Urban is seen in passages in his latest writings, in which he expressed himself in regard to the papacy in a favorable sense. On the other hand he states that *"it is not necessary to go either to Rome or to Avignon in order to seek a decision from the pope, since the triune God is everywhere. Our pope is Christ."* It seems clear that Wycliffe was an opponent of that papacy which had developed since Constantine. He taught that the Church can continue to exist even though it have no visible leader; but there can be no damage when the Church possesses a leader of the right kind. To distinguish between what the pope should be, if one is necessary, and the pope as he appeared in Wycliffe's day was the purpose of his book on the power of the pope. The Church militant, Wycliffe taught, needs a head--but one whom God gives the Church. The elector [cardinal] can only make someone a pope if the choice relates to one who is elect [of God]. But that is not always the case. It may be that the elector is himself not predestined and chooses one who is in the same case--a veritable Antichrist. One must regard as a true pope one who in teaching and life most nearly follows Jesus Christ and Saint Peter.

Wycliffe distinguished the true from the false papacy. Since all signs indicated that Urban VI was a reforming and consequently a "true" pope, the enthusiasm which Wycliffe manifested for him is easily understood. These views concerning the Church and church government are those which are brought forward in the last books of his Summa, "De simonia, de apostasia, de blasphemia." The battle which over the theses was less significant than the one he waged against the monastic orders when he saw the hopes quenched which had gathered around the "reform pope;" and when he was withdrawn from the scene as an ecclesiastical politician and occupied himself exclusively with the question of the reform of the Church.

## Wycliffe's Relation to the English Bible

The Bible ought to be the common possession of all Christians, and needed to be made available for common use in the language of the people. National honour seemed to require this, since members of the nobility possessed the Bible in French. Wycliffe set himself to the task. While it is not possible exactly to define his part in the translation--which was based on the Vulgate--there is no doubt that it was his initiative, and that the success of the project was due to his leadership. From him comes the translation of the New Testament, which was smoother, clearer, and more readable than the rendering of the Old Testament by his friend Nicholas of Hereford. The whole was revised by Wycliffe's younger contemporary John Purvey in 1388. Thus the mass of the people came into possession of the Bible; even as the misguided cry of Wycliffe's opponents stated: "The jewel of the clergy has become the toy of the laity."

In spite of the zeal with which the hierarchy sought to destroy it, there still exist about 150 manuscripts, complete or partial, containing the translation in its revised form. From this one may easily infer how widely diffused it was in the fifteenth century. For this reason the Wycliffeites in England were often designated by their opponents as "Bible men." Just as Luther's version had great influence upon the German language, so Wycliffe's, by reason of its clarity, beauty, and strength, influenced English.

**Will continue...**

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# The Benefits of: Cantaloupes

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## Health Benefits:

Cantaloupe is a rich source of vitamin A, a cup of cantaloupe provides about 103.2% of the daily value for vitamin A and beta-carotene and important nutrient for a healthy vision.

Cantaloupe is also rich in Vitamin C, a cup of cantaloupe provides 112.5% of the daily value for vitamin C. Vitamin C protect our immune from free radicals and it also help stimulate white cells to fight infection.

Cantaloupe folate content is important for the production and maintenance of new cells, especially during pregnancy.

## Cantaloupe is beneficial for the following illnesses:

Fever, Obesity, Rheumatism, Arthritis, Skin diseases, Constipation, High blood pressure, Abdominal and stomach gas, Blood deficiencies, Disorders of the kidneys and bladder

May help prevent cancer in organs and glands with epithelial tissue due to its high Vitamin A content.

When choosing cantaloupe, choose a fully ripened melon, because according to research as fruits fully ripen, almost to the point of spoilage their antioxidant levels actually increase.

## Vitamin and Mineral Content :

Vitamin A : 3,420 I.U.	Thiamine : .05 mg.
Riboflavin : .04 mg	Niacin : .5 mg.
Vitamin C : 33 mg.	Calcium : 17 mg.
Iron : .4 mg.	Phosphorus : 16 mg.
Potassium : 242 mg.	Fat : .2 gm.
Carbohydrates : 4.6 gm.	Protein : .6 gm
	Calories : 20



## Cantaloupe for Prevention of Diabetic Nephropathy

Oxidative stress is implicated as an important factor in diabetic nephropathy (progressive kidney disease). In a preliminary study it was found that oxykinine, a cantaloupe extract, reduced the diabetes-induced oxidative stress and kidney cell damage. Although further studies are needed, oxykinine might be a safe and cheap approach for the prevention of diabetic nephropathy.

## Cantaloupe for Cancer Prevention

Foods such as cantaloupe that are rich in beta-carotenes could lower the risk of cancers of the larynx, esophagus and lungs without the risk associated with beta-carotene supplements.

## Cantaloupe for Cardiovascular Disease Prevention

Cantaloupe contains the compound adenosine, which is used in patients with heart disease as a blood-thinning agent, and also as a relief from angina.

Cantaloupe and other melons are rich in folate. According to an analysis of data from the records of more than 80,000 women a diet that provides more than 400 mcg folate and 3 mg vitamin B 6 a day from either food or supplements could reduce a woman's risk of heart attack by almost 50 percent. The results of this analysis is presumed to apply men as well.

## Cantaloupe as an Anti-Inflammatory

Preliminary studies have indicated the effectiveness of cantaloupe as an anti-inflammatory due to its high SOD activity. Further studies are required to determine the validity of these results.

## Glycemic Index of Cantaloupe

In a study to determine the estimated Glycemic Index of various foods, it was concluded that cantaloupe has a medium GI of 65.

## Precautions to be taken with Cantaloupe

In 2008, there was an outbreak of food-borne illness traced to contaminated cantaloupes. It's necessary to wash a cantaloupe before cutting, as the surface of the cantaloupe can contain harmful bacteria. Cantaloupe that has been cut should be wrapped and refrigerated, to prevent the ethylene gas that it emits from affecting the taste of other fruit and vegetables.

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10 Aug 2010, Silver Spring, Maryland, United States  
ANN staff

The Adventist Development and Relief Agency is one of three humanitarian agencies that Somalia's ruling militant group is asking to leave the region.

Harakat al-Shabaab al-Mujahideen (Movement of Warrior Youth), declared in a statement Monday that ADRA, World Vision and Diakonia can no longer operate inside the country because they are "acting as missionaries under the guise of humanitarian work."



In a statement, ADRA denied that it is attempting to proselytize through its humanitarian work and said leaving the area would adversely affect more than 180,000 people. The agency is working to build and rehabilitate wells, provide livelihoods and increase access to education.

A World Vision spokesperson said they were "surprised" to receive the order to cease operations there and that the aid group recognizes the "need to remain impartial in responding to the needy," the Associated Press reported.

Al-Shabaab has claimed affiliation with al-Qaida and responsibility for last month's blasts in Uganda that killed 76 people. The group rules most of Southern Somalia and maintains strict Islamic Sharia law.

The al-shabaab ruling militant group has banned ADRA from operating in Somalia, which, if enforced, could affect up to 180,000 people currently receiving aid. Above, a woman in south-central Somalia at an ADRA water project. (photo courtesy of ADRA)

As a global international humanitarian organization, ADRA is a signatory of the Code of Conduct for The International Red Cross and Red Crescent Movement and NGOs in Disaster Relief, which states that "aid will not be used to further a particular political or religious standpoint", that "aid is given regardless of the race, creed, or nationality", and that organizations "shall respect culture and custom."

ADRA said it remains committed to serving the people of Somalia as circumstances allow.

ADRA conducts humanitarian aid in more than 120 countries, and has served in Somalia since 1992. It's work there has focused solely on implementing emergency relief and development interventions through various sectors, including water, sanitation, food security, education, health, infrastructure, institutional capacity building, agricultural support and economic development.

In 2008 alone, more than 650,000 Somalis benefitted from ADRA's humanitarian work, which is located in various regions in northern and south-central Somalia.

**web site: [news.adventist.org](http://news.adventist.org)**

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## 6 New Souls for the Kingdom of God

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On Sabbath August 28, 2010, if you were not at the Elmhurst Church you missed a great event.

Six baptisms in one day! Something I haven't seen since I became a member of this church.

Some of them from different backgrounds, different beliefs, and different goals. But, God was pursuing each one of them.

As they started looking for a church home, they found the Elmhurst church and found something special about its people. They liked how warmly they were welcomed and included and then decided to stay. Soon after, they began making friends. These new friends became more than just friends, they became family.

Some of them became part of the Sabbath afternoon study group that meets after lunch at church. This group started small with only five people: Larry Case, Judy Case, Kevin Case, Albert Santana, Suahilee Valdez, and Bob Olson. As the weeks went by, more and more people that were invited accepted the invitation to study. Petra and Rich Pisula joined the group, as well as Keena Lemons, Ana Dimic and others. Today, there are about

twelve or fifteen people staying every Sabbath to study the Bible together.

One day as we were studying we talked about baptism. Albert, Suahilee, Petra, Rich and Bob Olson said that it would be a great thing if they all got baptized the same day. The days went by and there was no date set for their baptisms. But one Sabbath Suahilee said she had chosen a date for her baptism. As the others heard this they all said: "I want to get baptized too". And next thing you know on August 28th they all got baptized by Pastor Glenn.

The church is growing thanks to God's grace. He's calling his people and they are accepting His call. So, every Sabbath as we gather together to worship our Father in Heaven, look around you and see if there is somebody who is "just visiting" and say hello to them. Invite them to stay for lunch and then ask them to stay for the Bible Study, and you too can witness the wonderful transformation that knowing God brings to people's lives. Remember, "you might be entertaining angels," and maybe your life will also change.

Here are some pictures that capture some of the highlights of the day as we witnessed the testimony of believers publicly declaring their faith.

Each new member was assigned a spiritual mentor, a person that they can count on, to help them grow in their spiritual walk with God.

Spiritual Mentors:

Bob Olson - Eusau LaGuerre

Albert Santana - Larry Case

Suahilee Valdez - Judy Case

Abigail Skerritt - Rusty Stuart

Petra and Rich Pisula - Annelise Prohaska.

Judy Case

Communication Secretary

If you would like to publish a testimony in this newsletter on how God has worked in your life, please see Judy Case for more details.

## 6 New Souls for the Kingdom of God

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From R-L: Pastor Glen Hill, Bob Olson, Albert Santana, Suahilee Valdez, Abigail Skerritt, Petra and Rich Pisula.



For Albert Santana Larry Case will be the “spiritual mentor”.



The newly baptized people also “received” a “spiritual mentor”, for Abigail, Rusty Stuart was the one appointed to her for one year.



Moments before Petra and Rich got baptized.



Bob Olson being baptized by Pastor Glen.

## Kidz Korner: Decorated Candles

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Young children will need supervision using the stove for this project.

### You need:

- Candle Wax
- Candle Scent and Color
- Double Boiler (Empty coffee can in a pot of water works fine)
- Candle Wick
- Candle Mold (Empty container such as a milk carton or Pringles can works fine)
- Gemstones
- Tacky Glue
- Glitter

### Instructions:

Prepare wick in mold according to the package directions. Melt wax in a double boiler. Stir in scent and color. Pour into mold. Let harden. Remove from mold. Glue on gemstones and glitter.

**Tips:** If you prefer to skip step one you can buy the candles and decorate them the way you like. You can also buy candles in many colors, shapes,

and sizes. The decorations you can use your imagination and have fun with it.

They make great gifts for birthdays, baby showers, father's day, mother's day, weddings, etc., etc.,

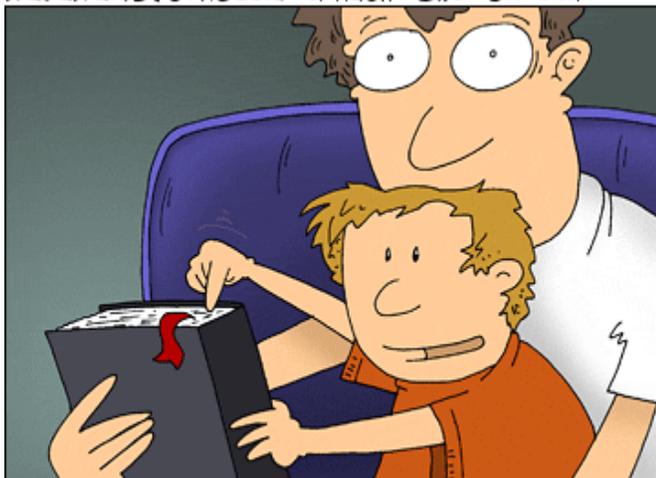


If you have a special craft that you would like to share in this newsletter please see Judy Case for details.

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Thanks to Richard Germain

10-27-2008

I REALLY LIKE YOUR BIBLE, DAD ... HOW DO YOU TURN IT ON?

Q: What did the porcupine say to the cactus?  
A: "Is that you, Mama?"

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Q: What do birds need when they are sick?  
A: A tweetment!

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Q: What do you get when you cross a snake and a kangaroo?  
A: A jump rope!

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Q: Why did the cookie go to see the doctor?  
A: He was feeling crummy!

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Q: What dog keeps the best time?  
A: A watch dog.



**ELMHURSTSEVENTH-DAY  
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## Classifieds

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land or sea—I can help you get there! I

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Horseradish Starter Kit

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radish in my very small garden.  
would you like to get a start?  
Let me know if you want a starter  
plant of Horseradish root . You can  
reach me at: 847-352-0164

John Chasteen

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The Newsletter is available for  
viewing and downloading online.

Keep an eye out for the latest news-  
letter on the church's homepage at:  
<http://www.tagnet.org/elmhurst/>.