

Old Paths

Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. Jeremiah 6:16

The secret of the LORD is with them that fear Him; and He will show them His covenant. Psalm 25:14

Vol. 6, No. 5

Straight and Narrow

May 1997

The “Right Arm” Exercised in Kentucky

During His life on earth the Savior of the world devoted more time and labor to healing the sick than to preaching. When sending the disciples out for missionary work, He instructed them: “As ye go, preach, saying, The kingdom of heaven is at hand. *Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.*” (Matthew 10:7, 8) One of the last commands of Christ to the disciples was to “lay hands on the sick.” (Mark 16:18) We also find that at the second coming Jesus will commend those who have worked to relieve the suffering of the sick. (See Matthew 25:35-40.) We have also been counseled: “When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart.” (*Testimonies for the Church*, Vol. 6. p. 327) For more than 140 years Seventh-day Adventists have realized that working with people’s health can be used as an entering wedge to gain access to the heart so that they may plant seeds of the gospel of salvation.

Today as never before, men and women are becoming increasingly interested in lifestyle changes that promote better health. The gospel field is ripe with souls who could be led to look upward through the “right arm” of the message. It was this challenge that constrained two sisters in the Louisville, Kentucky, area to begin a health food store ministry. Terry Priddy and her sister Pat Kroeger have started a health food store as an efficient means of reaching out to the people of their community using the “right arm” of the message. With the prayers of the local church and the generous help of Bill Hayes and his family, the **Way of Life** health & nutrition store has become a reality. Pat says:

“For quite some time my sister and I have been praying for a way to witness the gospel in our community. We are both working mothers who do not have much time or opportunity to share our faith, but we do have a strong commitment to help in God’s final work. Through the years we have been growing in our understanding of health principles, and have found ways to share what we have learned with others. The Lord recently put in our hearts the idea of opening a health food store. Many health food stores do not carry much of what we need, or carry too much of what we do not need (or want). Some maintain a new-age atmosphere, and most are too expensive. As we daydreamed about the idea of having our own store, we knew we would want to keep prices affordable, carry a wide range of truly nutritional items, have a spiritual atmosphere, and a love for souls as the main ingredients. Neither of us ever dreamed the Lord was planting that idea in our hearts for the very purpose of seeing it fulfilled. The Lord brought us in contact with Bill Hayes several months ago and the *Way of Life* store is now a reality with seeds of truth being planted. Neither of us has ever run a business before and we are challenged to do so while holding down a daytime-job, keeping up the home-front, spending time with the children and personal time with the Lord. Never-

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Campmeeting Notice

theless, the Lord has provided helpers such as our family, the Hayes' family, and the church family. Through it all we are learning more of our need for our heavenly Father and the power in prayer when we *know the One to Whom* we are praying. We cannot thank the Lord enough for answering our prayers and allowing us the privilege of having a small part to play in this wonderful work of His.

"We are preparing a catalog of the items we are carrying. These items include health foods, herbs, vitamins, minerals, health and beauty aids, bulk foods, fresh ground flours and meals, air and water purifiers, waterless/greaseless cookware, juicers, grain mills, gift baskets, health books, and inspirational items. We will also be shipping by UPS. Anyone liking more information can contact us at *Way of Life*, 1451 Hwy. 44 E, #104, Shepherdsville, KY 40165, (502) 543-4483."

Pat and Terry receive regular help from their sister Donna Clark and from Terry's daughter Jennifer. Together, they keep the store open on "normal" business hours. However, when Friday afternoon comes, the store closes and remains closed until Sunday. I have had an opportunity to observe firsthand the witness that their closing for the Sabbath has. While visiting the store recently, I heard a customer ask why they did not open on Saturday. Before long, a Bible study had begun!



Pat Kroeger and Terry Priddy

Please keep the **Way of Life** health & nutrition store ministry in your prayers as well as others who are working in different capacities to serve the Lord.

(In upcoming issues we will be featuring different outreach programs. If you or your local church have an article of interest that you would like to pass on to others, please let us know so that we can share it with the readers of Old Paths. A llen Stump)

We are glad to announce that we are having a campmeeting in Southern Illinois the week of June 27 - July 6, 1997. This will be our first 10 day campmeeting and we're excited about it! The 7th-DAY ADVENTIST HOME CHURCH in New Burnside, Illinois, is hosting this campmeeting being held at the Community Center in New Burnside, Illinois. There is plenty of room for tents. You will need to provide your own tents, camping gear, sleeping necessities, food and dishes, etc. There will be kitchen and restroom facilities available. There will be many topics covered by various speakers including special meetings and activities for the youth. The fellowship will be wonderful! If you can make it to this campmeeting you are strongly encouraged to do so. If you can only make it for one of the two weekends, then at least make it for part of the campmeeting. ***Those attending can expect many blessings!*** The cost of the campmeeting will be covered by donations. We would like all to come regardless if you can afford a small donation or not. For more information call Crystal Culp at (618) 996-3424 from 9:00 a.m. - 4:30 p.m. After 4:30 p.m. please call Randall Mercer at (618) 996-3596, or Lynnford Beachy at (618) 777-2701. We will be giving a reminder and additional details next month.

Campmeeting Directions

Traveling from the South, go North on I-24 into Illinois, get off on exit 14, which is St. Rt. 45. Turn Right (North East) and go about 12 miles to St. Rt. 166 in New Burnside. Turn Left and go to the second street on the Left, which is 2nd Street. Follow 2nd Street about ¼ mile, and you will see the 7th-DAY ADVENTIST HOME CHURCH on the Right. If you are traveling from the East, come into Illinois on I-64. Get off on the first exit (exit 132), which is St. Rt. 1. Turn Left, and head South 25 miles until 1 turns into 45. Continue on 45 for another 30 miles to St. Rt. 166. Turn Right and go to the second street on the Left, which is 2nd Street. Follow 2nd Street about ¼ mile, and you will see the 7th-DAY ADVENTIST HOME CHURCH on the Right. If you are coming from the North or West, come down I-57 to exit 54 in Marion, which is St. Rt. 13. Turn left, and follow 13 East about 6 miles to St. Rt. 166. Turn Right and follow 166 South for 15 miles to New Burnside. Turn Right on 2nd Street. Follow 2nd Street about ¼ mile, and you will see the 7th-DAY ADVENTIST HOME CHURCH on the Right. New Burnside only has 250 people in it, so once you find it, you should be able to find the church very easily. New Burnside is about three hours from Nashville, Tennessee, and four hours from Louisville, Kentucky.

Lynnford Beachy

Missionary Report From Brother Fred Allaback in Europe

(As noted in last month's issue of *Old Paths*, Brother Fred Allaback will be in Europe for the next month preaching and teaching the gospel. Shortly before going to press, we received the following report from Brother Allaback. You may reach brother Fred on the Internet via e-mail: fred@bibletruth.org.)

Today was one of the happiest days of my life. Describing my feelings of joy and excitement is impossible. While four of us were walking down a narrow country road, beside a huge field of bright yellow and red tulips growing in the distance, we were discussing precious truths of God's word in English, German, and Polish. For me this was a small taste of the excitement the early disciples must have felt when they proclaimed "the wonderful works of God" in many different languages simultaneously (Acts 2).

"Today was one of the happiest days of my life. Describing my feelings of joy and excitement is impossible."

After seven hours on a Royal Jordanian Jet, my family and I arrived safely in Holland Thursday, April 24. The first Sabbath I was invited to speak in a small Adventist Church here in Holland. A group of about thirty precious souls came to hear the true gospel of the Father and His dear Son. In the afternoon my family, my wife's parents, and another young man from Germany went to an independent Adventist institution to visit a family who had come from northern Germany to visit us. Somehow their daughter had obtained a scripture song tape I had made on my last trip to Europe. This 13-year-old girl could not speak English, yet she could sing the scripture songs verbatim. That was so ironic to me. My wife ministered to this little sister in the Lord while I had the opportunity to visit with several of the men.

A young German man whom I had never spoken with before had spent the past year translating the *Holland 1995* magazine into German. He is a real brother! I hope you can meet him someday. We walked, talked, and studied the Bible with two other men, one from Germany and another from the Ukraine. The brother from the Ukraine invited me to a week long independent Adventist campmeeting in

Germany beginning the last week of May. Please pray that the Lord will guide me in making the right decision about these meetings and if God leads in that direction that I will be a blessing to someone at these meetings.

Today, Monday, April 28, I talked with someone about getting *The Great Controversy* in many different languages on computer disc. Prospects are good that we can get translations in German, Dutch, Romanian, Russian, Swedish, Danish, Polish, Portuguese and several other languages. What a wonderful opportunity to publish powerful books like *Great Controversy* and *Steps to Christ* on the Internet for the whole world to read. Please pray that these translations will be made available to us, and that we can publish them as soon as possible. I talked with another brother from the German SDA Reformed Church today. He invited me to speak in his church possibly the second Sabbath of May. Please pray for these meetings.

The Lord provided us with two good quality video cameras to take on this trip. We are trying to video the meetings and people we meet so we can share these wonderful experiences with others. Also, I am praying about going to Rome to get some interviews for a video documentary on the history of the Trinity. What a wonderful opportunity to document, with video, the very places where this false teaching first began. These are the very places where many faithful martyrs sacrificed their lives to preserve the truth about God from Papal corruption. A German brother, experienced in video work, can possibly go with me on this trip. Please pray that the Lord will open the doors and provide the finances for us to accomplish this mission. I will give you updates as we get more information. Thank you all for your love and prayers for my family and me. We love you dearly.

Your Brother in Christ,

F red A llaback

Fred Allaback



Health Principles from the “Little Book”

The one hundred and forty-four thousand fully reflect the image of God the Father. They will fulfill the experience of drinking a very bitter cup. “And it shall come to pass in that day, that I will seek to destroy all the nations that come against Jerusalem. And I will pour upon the house of David, and upon the inhabitants of Jerusalem, the spirit of grace and of supplications: and they shall look upon me whom they have pierced, and they shall mourn for him, as one mourneth for his only son, and shall be in bitterness for him, as one that is in bitterness for his firstborn.” (Zechariah 12:9, 10)

To experience physical food or drink, one must partake of it. It is the same way with the word of God. If we are to experience God’s Word, we must partake of it. It is worthless if it has not become a part of us. Jeremiah said, “Thy *words* were found, and *I did eat* them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.” (Jeremiah 15:16)

Adventists have long understood the “little book” of Revelation 10 to be the book of Daniel. John says that God’s people will eat of this book and have an unusual experience. “And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth sweet as honey. And I took the little book out of the angel’s hand, and ate it up; and it was in my mouth sweet as honey: and as soon as I had eaten it, my belly was bitter.” (Revelation 10:9,10)

At first the taste was sweet, representing the experience of those who first heard the things of this book. I have often wondered how it was to be in that group of people who believed they were at the end of time and proclaimed the soon coming of Jesus! Today “is our salvation nearer than when we believed.” (Romans 13:11) However, there is still light in Daniel that has not been seen, let alone experienced.

The one thing bitter to man that he must experience is complete death to self and victory over the lower passions. That is what Daniel is about! Daniel not only reveals that we are at the end of time, it also shows us the wonderful theme of the plan of redemp-

tion. God has instructed His people through John that they “must prophesy again before many peoples, and nations, and tongues, and kings.” (Revelation 10:11) Now is the time to prophesy again, and the great message to teach is “the everlasting gospel.”

Daniel Chapter One

“In the third year of the reign of Jehoiakim king of Judah came Nebuchadnezzar king of Babylon unto Jerusalem, and besieged it. And the Lord gave Jehoiakim king of Judah into his hand, with part of the vessels of the house of God: which he carried into the land of Shinar to the house of his god; and he brought the vessels into the treasure house of his god.” (Daniel 1:1,2) An important thing to understand here is Jerusalem, Judah, and Israel represent God’s people at the end of time. Vessels represent people, and the word “treasure” (Hebrew: *reza* — *owtsar*, Strong’s #214) means storehouse. The vessels (people) are of the house of God. They took only part of Judah (God’s people) to the treasure house of Nebuchadnezzar’s god, the god of Babylon. Many of these false gods still exist today as misrepresentations about God. However, God will have a people who are not deceived.

“And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king’s seed, and of the princes; Children in whom was no blemish, but well favoured, and skillful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king’s palace, and whom they might teach the learning and the tongue of the Chaldeans. And the king appointed them a daily provision of the king’s meat, and of the wine that he drank: so nourishing them three years, that at the end thereof they might stand before the king.” (Daniel 1:3-5)

In ancient Babylon, the forces of evil attempted to bring the children of the true God into their camp. The same is happening today spiritually. Satan attempts to entice God’s people into modern Babylon. Deceptions will arise that will “deceive the very elect.” (Matthew 24:24) And how does Babylon seek to destroy God’s elect? Through their physical and spiritual diet!

The Health message

The four Hebrew worthies represent the one hundred forty-four thousand in the book of Daniel. Their conquest with the spiritual forces of Babylon is a testimony to us today. One important part of their victory over sin was mastery over appetite. It is just as important to us today!

“Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah: Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Belteshazzar; and to Hananiah, of Shadrach; and to Mishael, of Meshach; and to Azariah, of Abednego. But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. Now God had brought Daniel into favour and tender love with the prince of the eunuchs. And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king. Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.” (Daniel 1:6-12)

“Pulse” is vegetables or herbs. The Hebrew worthies did not eat the fat or blood of animals. In the context before mentioned, fat and blood would represent sin. Water would be symbolic of the word of God. Paul writes that Jesus will “sanctify and cleanse...[His church or people] ... it with the washing of water by the word.” (Ephesians 5:26)

James tells us to “lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.” (James 1:21) We have a test today: to stay away from Babylon's “dainties.” Most of the things that the world regards as necessary for our survival are not only unnecessary, but are poisonous. Meat, eggs, milk, cheese, sugar and all processed foods lessen our mental, physical, and spiritual abilities. God has a totally different plan for us. The apostle John expresses God's wish for us when he writes: “Beloved, I wish

above all things that thou mayest prosper and be in health, even as thy soul prospereth.” (3 John 2)

Concerning the Hebrew worthies, we find this insightful statement: “Daniel and his associates had been trained by their parents to habits of strict temperance. They had been taught that God would hold them accountable for their capabilities, and that they must never dwarf or enfeeble their powers. This education was to Daniel and his companions the means of their preservation amidst the demoralizing influences of the court of Babylon. Strong were the temptations surrounding them in that corrupt and luxurious court, but they remained uncontaminated. No power, no influence, could sway them from the principles they had learned in early life by a study of the word and works of God.” (*Prophets and Kings*, p. 482) Daniel and his friends had tested the plan and knew it would succeed. They said: “Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.” (Daniel 1:13) The Hebrews' countenances were symbolic of their character. Not only would they look better on the outside, they would be better people on the inside. It is a principle that when we do the right thing our moral character grows stronger.

“So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.” (Daniel 1:14-16) God allowed His special children to continue to eat the food that was best for them. We may be standing before kings or rulers soon. Will we pass the same tests?

“As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams. Now at the end of the days that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar. And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king. And in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than

all the magicians and astrologers that were in all his realm.” (Daniel 1:17-20)

God has given us Christ and if we have an experiential knowledge of Him working in us, we will be taught how to follow the *seven physical* laws of health. And in those principles we will learn character perfection because Jesus Christ will be woven through each of them. We will agree with the Psalmist: “I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.” (Psalm 139:14)

New Star

We are to be *new* creatures in Christ. Paul writes: “Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” (2 Corinthians 5:17) The Bible also says we will be numbered as the stars of heaven. Speaking to Isaac, God says, “And I will make thy seed to multiply as the stars of heaven, and will give unto thy seed all these countries; and in thy seed shall all the nations of the earth be blessed; Because that Abraham obeyed my voice, and kept my charge, my commandments, my statutes, and my laws.” (Genesis 26:4,5)

Each of us is to be a new star to replace the fallen stars — the rebellious angels. (See Revelation 12:4.) As we follow the *seven physical* laws of health, we will be able to more clearly follow the most important law of health: Trust in divine help. (The one important law of divine trust + the seven physical laws = the eight laws of health!)

Nutrition ... God’s diet for man includes fruits, nuts, grains, and vegetables. “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. ... thou shalt eat the herb of the field.” (Genesis 1:29; 3:18) Notice that animal products and processed foods are not part of the original diet for man.

The word of God is to be our spiritual diet. “*Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.*” (Jeremiah 15:16, Also see John 6:47-63.)

Exercise ... Walking, running, and outdoor activities such as cutting wood and gardening are very good for exercising the physical body. God appointed Adam hard exercise as a blessing. The ground was “cursed” for his “sake.” (Genesis 3:17)

Turning away from sin is one of the best spiritual exercises. “Choose you this day whom ye will serve.” (Joshua 24:15) “Resist the devil, and he will flee from you.” (James 5:7) “Only by him who determines to do right because it is right will the victory be gained.” (*Prophet and Kings*, p. 489) Paul says: “But strong meat belongeth to them that are of full age, even those who by reason of use have their senses *exercised* to discern both good and evil.” (Hebrews 5:14)

Water ... Plenty of water inside and outside is the best course to follow. Always use the best quality water you can find for drinking, six to eight glasses a day. Water should be used liberally on the outside of the body as well. To maintain good health, we should shower or bathe frequently.

Jesus told the disciples: “Receive ye the Holy Spirit.” (John 20:22) “He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit, which they that believe on him should receive).” (John 7:38, 39)

Sunshine ... Sunshine brings many blessings to us. Sunshine is God’s method of supplying vitamin D. You can receive enough sunshine with only your face and hands exposed to the sun’s rays for about twenty minutes a day. “Sunbathing” with little clothing is not God’s method.

We need to receive the precious rays of Christ. “But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.” (Malachi 4:2)

Temperance ... We must be temperate in the good things such as good food, exercise, and sunshine. We should always abstain from things that are harmful to the body such as smoking, drinking alcohol, and eating harmful foods. “And every man that striveth for the mastery is temperate in all things.” (1 Cor. 9:25)

Studying the Bible is important, but to neglect other important things such as the family or our jobs, in

Youth Corner

most circumstances would not be wise. "And further, by these, my son, be admonished: of making many books there is no end; and much study is a weariness of the flesh. (Eccl. 12:12) Be "temperate in all things."

Air ... Fresh, pure air is a necessity for good health. If you were to choose between city air and country air, which would you choose? Deep breathing is good for the lungs and the brain. Fresh air provides the true source of fuel for the body: oxygen.

The word "spirit" in both the Old Testament and the New Testament comes from words meaning air or wind. We must be closely connected to the spirit for "the Lord is that Spirit." (2 Corinthians 3:17) "Take heed...the Holy Ghost hath made you overseers, to feed the church of God, which he hath purchased with His own blood." (Acts 20:28)

Rest ... Rest and sleep is definitely a gift from God. In a special way it gives us peace from the hustle and bustle of daily life. The best times for rest are the hours before midnight.

Jesus is the one that gives us the true rest we need. He says, "Come unto me, all ye that labour and are heavy laden, and *I will give you rest*. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and *ye shall find rest unto your souls*. For my yoke is easy, and my burden is light." (Matthew 11:28-30)

In concluding, we see that the first chapter of Daniel helps us understand how God is restoring the human soul and preparing our bodies for these last days. May God continue to bless you richly in the Father and His Son.
Doug Goslin

(Brother Doug Goslin writes from his home base of Cincinnati where he lives with his wife Kathy and son Mick. You may reach Brother Goslin by writing to him at: 82 Still Meadow Dr. Apt. 304, Cincinnati, OH 45245. His phone number is (513) 943-0373.)



"The conies are but a feeble folk, yet make they their houses in the rocks." (Proverbs 30:26)

The cony, or rock rabbit, is an odd little animal with a thickset body, small rounded ears, short legs, and an almost invisible tail. It has a sharp snout and on each foot there is a soft, moist pad that enables it to cling vertically to rocks and trees. Measuring about sixteen inches long and weighing about eight pounds, it resembles a fat tailless rat. Actually, the cony is a relative of the elephant!



The Rock Rabbit

Rock rabbits live in colonies ranging in size from twelve to fifty individuals. They are active during the cool hours of early morning, late afternoon, and through the night. With sentinels watching the sky and hillsides for enemies, rock rabbits enjoy playing together and observing other animals or human beings from a safe distance. For example, they will stand up and crane their necks to get a better view of a man on a donkey rounding a curve. Any sudden movement alarms the sentinels who alert the rest of the group. In less time than it takes to say "rock rabbit," all the conies have disappeared and will remain hidden for at least half an hour. Their enemies include snakes, big cats, birds of prey, and sometimes man.

Even though it is a small animal, the rock rabbit will not hesitate to attack a tormentor of any size when cornered, and its sharp incisors are quite capable of inflicting serious harm.

The animal has one particular trick that saves it from becoming the dinner of an enemy that tries to follow the cony into its rocky hiding places. When trapped under the rocks, the animal finds a narrow place, crawls into it, and inflates its lungs to puff up

its body. This jams it so tightly in the passage that it is seldom possible to pull it out.

In the Bible, rocks are sometimes used as symbols of both safety and hiding places. The psalmist writes of God as “the rock of my refuge.” (Psalm 94:22) As the conies, which our text says are “a feeble folk,” find protection in the rocks, so we, weak though we are, can find refuge in the Rock, Christ Jesus.

Julia J. Russell

(Sister Julia Joy Russell writes from her home in Australia. Her address is P. O. Box 183, Coorabong, N. S. W., Australia.)

Word Search

V M S X R F Q M A S P A M U D P
 N U T S U U H O F K R M G B A U
 U D H E X E R C I S E I F N N L
 W B A I G E D V V K R S M V I S
 F B M T C A C R K A N H Z A E E
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Temperance
 Nutrition
 Exercise
 Misheal
 Daniel
 Faith
 Pulse
 Grain
 Meat
 Nuts

Vegetables
 Sunshine
 Hananiah
 Azariah
 Melzar
 Water
 Fruit
 Rest
 Wine
 Air

The Cheery Brook

I chitter chatter as I flow,
 on and on to the ocean I go.

Over the rocks so slippery and smooth,
 ever so fast do I move.

I am so cold,
 so crystal and clear.

So tranquil and relaxing
 to all who are near.

I make a joyful cheery sound
 that's nice to be around.

God made all the things
 in nature you see.

So won't you love Him
 and thank Him for me?

Heidi Stump

Letters to the Editor:



“Quotes from Adventist Pioneers Concerning ... the Trinity ... is a Gold mine of truth, this is priceless. There are about thirty-five of us studying this topic and I cannot explain how much the book is an eye opener to us.”
 Jamaica

“I have read and reread *The Foundation of Our Faith* with spiritual pleasure. May your labors prove a blessing to many. God be with you.”
 NC

“Since your *Old Paths* came out with addresses and e-mail addresses of the brethren you are working with, I have had some interesting conversations (via e-mail) with brother Beachy, and have heard from Brother Allaback.... I have really been enjoying the fellowship.”
 MS

“Eighteen books [*The Foundation of Our Faith*] have arrived today! Did you send 27 in 3 lots? If so - I hope and pray the other lot will soon follow.”
 Australia

“Would you please continue to send me *Old Paths*.”
 UT

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 Associate Editor Lynnford Beachy

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