

BEACONLIGHT

“You are the light of the world. A city set on a hill cannot be hidden... In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

MATTHEW
5:14-16 *ESV*



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| DISCIPLESHIP | The Five Focuses

Revisiting the Great Commission

By **JESSE ANUNCIACION**

Having been brought up as an Adventist, I've always thought that the main purpose of the church was to evangelize and baptize. Not to belittle this very important part of our work, because indeed – to evangelize and baptize is a big part of the Great Commission. Yet at the very core of our Commission is the command to “make disciples” (Matthew 28:18).

Our Adventist heritage gives a lot of emphasis to evangelizing our fellowmen so that they can be prepared for the Second Advent, enjoy the blessings of the Sabbath, find renewal through the health message, and experience liberation from false doctrines such as the immortality of the soul and eternal punishment. As Adventists, we have become experts in doctrine and have focused our energies on helping new Adventists become experts as well. And there's nothing wrong with that! That is, *unless* we forget or perhaps neglect the most important part of our work, which is to “make disciples!” In fact, this is the Great Commission summed up in two words:

Make Disciples!

It's as simple as that. Yet, it's not as simple as it sounds because making disciples is not just about giving people the right information about the Bible or church organization. It is more about making a deep, real commitment to have an authentic connection

“It is more about making a deep, real commitment to have an authentic connection with people so that they can be influenced by the kind of life that we live.”

with people so that they can be influenced by the kind of life that we live. When Jesus called His would be disciples to follow Him, He called them to be *with* Him; to experience real life in a loving relationship with Him. Discipleship is relationship building. >> [continued on page 3]



| EDITORIAL | Destructive Spirits

Cobras...and Relationships

By EVELYN REGOSO

COBRAS.... They sway and dance their heads to allure and enchant, waiting for the right moment to strike. I went to Wikipedia and watched how cobras kill their prey. It made me sick to my stomach to watch. These creatures capture and immobilize their prey **by taking the head in their mouth** and then release poison through their fangs while the victim struggles and struggles, trying to free itself from the snare of its captor. This is the way of the devil. He is the serpent and we are his pitiful prey. The devil attacks our **MIND**, the seat of our rational thinking and discernment, where our senses, feelings and impulses are kept in check. But often times, we choose to allow carnal desires to overtake reason, most times, because of the influence of others. Then we realize we have been poisoned and deceived, the wrong becomes right and right, wrong. The destructive spirits are unleashed and we, the **deceived**, suffer in our human relationships and with God, rationalizing, **“It is not my fault but everybody else’s, including God and His church.”**

Other COBRAS also onslaught us, but they are so subtle. These we excuse and say are part of our daily life:

1. Unforgiving spirit. As our cultural lingo says, “Tayo ay tao lamang” (“We are just human beings”). We sport this unforgiving spirit (some for years) at home, in church, at the workplace. We say it is “just part of life.” Then we ask for forgiveness with such entitlement while wearing the grudge like a badge of ownership. Like Jonah in his early ministry, we wonder why God forgives those **we think** He should not. And we call ourselves the followers of God. Talk about **deceiving ourselves!**

2. Abusive spirit. This takes many forms, including emotional, physical, sexual, and spiritual; just as prevalent in our homes, church and workplace. Particularly at home and in the church, this is something made “hush, hush” and kept a secret. “Nobody should know,” so we tell the victims that they will be in trouble if they tell others. We think the silence is good, and **to show our support**, we keep our mouths shut while they suffer immensely. The ranks of abusers are cross-congregational --- from leaders to members who attend church, preach and teach, then go home and beat up (verbal or physical) someone. The abusers may be sitting beside us in the pew each Sabbath.

3. Bullying spirit. From manipulation, belittling comments, gossiping, making fun of other personalities, rejoicing over people’s misery, sadist behavior, isolating others, displaying obnoxious and pushy behavior, character defamation, to internet

and text harassment --- we have all done it. Too long, we’ve thought these acts were “just a part of growing up and people eventually get over it. Let’s just be a little tolerant with one other and patience will eventually sanctify us.” Meanwhile, we bully others **naturally each day in generous measure**, but it is sad to note that the vicious environment of the bullies and the bullied touches all ages, races and socioeconomic backgrounds.



Image courtesy of sciencehowstuffworks.com

4. Envious and Proud spirit. We cannot rejoice with those we envy, it hurts us to see them succeed, and when they are in misery, we celebrate. We sulk like sour sports when we are not elected to the position we want; show defiance to leaders we do not like. We love to compete and want to always be number one, all in the name of “giftedness”. We flaunt of our information overload status(theory and technology) but lacking in wise application in our daily lives. We deck and stuff our homes and “toys” with whatever “our” money can buy and ignore the call to Stewardship giving (this is “my” money). We **steal** money from the God who commanded us to return and WHO gives us everything we have. Meanwhile, we participate in revival meetings, retreats, worships, and sing, “I Will Follow Thee my Saviour”!

All, or some of us (GOD KNOWS!), are channels of these destructive spirits! Imagine if nothing ever happened at Calvary’s cross?! We all would surely be struggling with our heads pinned in the poisonous mouth of the COBRA (SIN). We would most definitely DIE. However, the devil is already a defeated foe! Folks, unless we learn to love God first “with **ALL** of our heart, mind and soul”, our relationship with one another will also die!

Please ponder on these texts:
1 Corinthians 15:57; Jude 24; 2 Peter 2:9; John 8:36; and John 8:11.

There is life in JESUS! Be Faithful! 💡

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Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8

Image courtesy of lawfordthesoul.com



Image courtesy of tiflemission.com

Making disciples, as the Great Commission outlines, is intentionally connecting with somebody to model in words and in deeds, how and what it is to be a true follower of Jesus Christ. This is the example that Jesus gave us. This was the way of the early church. And this is the model that we want to re-establish in this church.

While the church building (edifice) is important, relationship building is what “church” is really about. While church programs are important, their importance is to enrich our allegiance to Christ and empowers us to become disciple-makers for Him. When we refocus our energies into engaging and empowering each other to become true disciple makers, the gospel message will be proclaimed louder and the cause of Christ will be accomplished sooner.

As we understand the implication of this Great Commission, we sober up to the reality of how sacred and how important our work is in calling others to “imitate us as we imitate Christ” and to “follow us as we follow Christ” (1 Corinthians 11:1; 4:16; Philippians 3:17; 4:9; 1 Thessalonians 1:6; 2 Thessalonians 3:9).

This is the reason why Jesus didn’t just save us from the penalty of sin (justification). While *justification* provides us assurance of a place in His kingdom, His will is that we be changed and conformed into the image of His Son in sanctification (2 Corinthians 3:18; Romans 8:29). The Spirit’s infilling makes the process of *sanctification* a reality so that our lives become powerful testimonies of His transforming grace at work in us.



Image courtesy of spreadshir.com

In the context of our own church, the challenge is for our Mount Zion leaders to show team members a “servant-leadership” approach to ministry. We lead not only with the intention of training others to become skilled in the

tasks of leadership, but by letting them see and experience the grace of Christ. This is exhibited in real and tangible ways through respect, compassion, humility, patience, kindness, generosity, acceptance, forgiveness, diligence and above all – love to those in our care.

The 5 Focuses, Discipleship Classes 101 – 401, and the Family Enrichment Support Groups are designed to facilitate this process and build a culture of discipleship among our leaders and members. I hope and pray that each member of Mount Zion will make it a point to take part in these new church initiatives. These ministries were intentionally designed to enhance our relationship with Christ and with one another, enrich our understanding of our privileges and responsibilities as members of His Church, and vitally equip and empower each person to participate in the cause of discipling others to Him.

As we commit to this most important task, the promise is given: “And behold, I am with you always, to the end of the age.” It is my earnest prayer that each one of us would recommit to the Great Commission and be a faithful disciple who will make other disciples for Jesus!



Image courtesy of cripplegate.com

THE SPIRIT OF GROWTH

Becoming Christlike never occurs without intense and well-informed action on our part, but it is impossible without God’s undeserved gift of grace.

What SPIRIT are you willing to let go of to become like Jesus?



FRONTIER | HealthMINISTRY

SUPERFOOD :: Chia Seeds

By KAT TANCOCK | Adapted by BEVERLY CORPUS

Chia quickly became one of my favourite superfoods, especially when I was pregnant. In this tiny (smaller than sesame) seed, which virtually has no flavour, lies a powerhouse of nutrition!

Chia seeds come in golden, black and white varieties. With a similar nutritional profile to flax seeds but without the strong flavour, they are worth a try on their own or as a compliment to any dish. There is definitely more you can do with them than just spread them over a chia pet! Here are some suggestions:

1. Use chia seeds as a topping

Chia seeds have a very mild flavour that easily combines with sweet or savoury dishes. You can toss the seeds in smoothies, sprinkle them on yogurt or oatmeal or use them as a salad topper. Chia seeds can be used raw, ground into a powder or soaked, though be careful of buying preground chia seeds as they can become rancid due to the presence of healthy fats.

2. Make smoothies and beverages with chia gel

Like ground flaxseeds, chia seeds will turn gel-like when soaked in liquid and can retain about eight to nine times their weight. Chia can also be soaked directly in a flavourful milk like almond milk with a bit of spices like cinnamon and a bit of sweetener like coconut sugar or raisins to make a fabulous porridge that is a true oatmeal upgrade.

HEALTH BENEFITS OF CHIA

1. Balances and stabilizes blood sugar
2. Improves insulin sensitivity
3. Full of fibre --- better than bran!
4. Good fat and high omega-3
5. High amounts of tryptophan (happy hormone)
6. Lowers cholesterol, blood pressure and blood sugar levels after meals
7. No need to grind down; easy to eat and prepare
8. Nutrient rich (calcium, magnesium, manganese, iron, phosphorous and folic acid)



3. Try pudding recipes with chia seeds

Search online for chia puddings and you'll find plenty of recipes to try, whether it's a pumpkin chia pudding appropriate for fall or a spring chia pudding that uses fresh strawberries and coconut milk. If you're like a few who don't like the tapioca-like texture of soaked chia seeds, just pop your pudding in the blender or food processor to grind the seeds down to make the texture smooth and uniform.

4. Come up with your own recipe for chia gel

If you're coming up with your own recipes, use a one-to-eight ratio of chia seeds to liquid. Be sure to mix or shake up the chia very well to avoid clumping, and let sit for 15 to 20 minutes, then stir or shake once more. You can make a big mason jar full of chia gel, and leave it in the fridge for up to a week.

The gel can also be used as an egg substitute in vegan baking. By replacing one egg with a mixture of two tablespoons of ground chia seed powder with 1/3 cup water or nut milk that has been left to sit for five to 10 minutes, this mixture is an excellent binder, but unlike eggs, it will not help a recipe rise.

Whether used as a thickener, a binder or just as a decorative sprinkle, chia can be incorporated into almost any recipe imaginable! Give it a try!



black and white chia seeds



berries and chia pudding



zucchini with roasted chia



chia crusted salmon



brownies with cream cheese swirl and chia

RECIPE

RECIPE

RASPBERRY-PINEAPPLE CHIA POPSICLES

Ingredients

- 1 cup frozen raspberries
- 1 cup frozen pineapple
- 1/3 cup chia seeds
- 1/2 cup orange juice
- 1/4 cup water

Directions

1. In a food processor or blender, combine all ingredients
2. Pour mixture into popsicle molds, and freeze

Serving Size: 1 pop per person

Number of Servings: 4



| FRONTIER | CommunitySERVICES

The Beauty of the Mount Zion Food Bank

By **ANDREW SKYTTE ALIVIO**

With over 60 families being served through the Mount Zion Food Bank every first and third Sunday of the month, team leader Belle Ganzon reports that many volunteers find it difficult to understand how in a country like Canada there can be so many people in need. Food Banks have become part of a community support network that includes other organizations such as local area churches, the North York Harvest Food Bank, the City of Toronto and some big corporations. When a person is having a difficult time in life, and if that person cannot get support from family members and close friends, then someone has to be there to help out. That's where we come in.

While the Food Bank is intended to be a short term emergency assistance program, there are some who are on disability pensions or on low company pensions who find it almost impossible to get through the last couple of weeks of the month until their cheques come in. That is why Mount Zion Food Bank decided to open its doors twice per month just in case someone in need of a few days of food could get through the difficult setback.

The Mount Zion Food Bank is grateful to the North York Harvest Food Bank for providing supplies like various food items and sometimes products for infants. Our staff and volunteers are happy to help those who come to our humble location. Nonetheless, we sometimes worry about the people who have not come up with enough courage to reach out for assistance. We fear that there are many families in our area where food is scarce and pride is keeping them away.

If you want to experience how other people feel God's unconditional love, come and be a volunteer! 



Image courtesy of lakeshorecommunity.net

Fresh Bread, Anyone?

By **JEIMER GOROSPE**



Images courtesy of Jeimer Gorospe

Every third Sabbath afternoon of the month, the Mount Zion Youth and Young Adults join the Korean SDA Church to hand out bags of free, fresh mini loaves of bread and tracks at the corner of Jane and Finch.

The mini loaves of bread are donated by a local bakery, being sent in bulk to the Korean Church. These loaves are then placed in smaller bags with 3-5 pieces in each. These bags,

together with reading materials (Living Hope magazine, for example) are then handed out to anyone who are interested and to those who welcome such free gifts.

This community service, being led by Pastor Impio Hong, known as Bread4Bread Ministry is also joined regularly by youth from other churches in the Greater Toronto Area including Downsview Church and the Romanian Church. 



IT'S IN OUR HANDS TO REACH OUT!

Andrew talks to an unknown lady at the corner of Bathurst and Finch. She was happy that somebody took the time to approach her and share the health message --- making our body the temple of God.



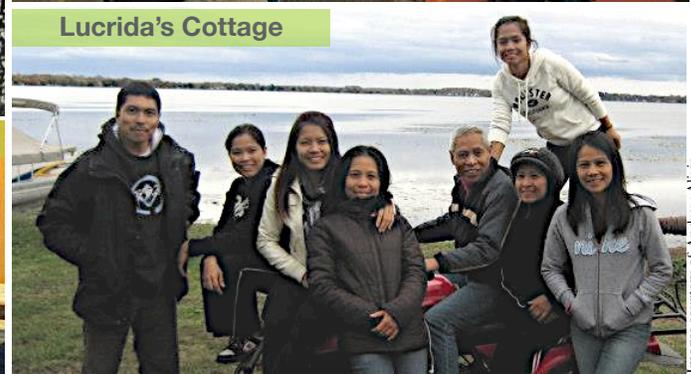
Image courtesy of Andrew Alivio

As Christians, we are all Ambassadors of Jesus Christ and His witnesses. We must walk in the spirit and the newness of life.





“...be a community that will provide love and service, and prepare people for the coming of the Lord.”



| FRONTIER | ChurchPLANT | Kitchener-Waterloo Company REPORT :: Going the Extra Mile with a Smile!

By CHANDA MANSUETO

There is so much good news from our group! I want to share with you a few highlights from Kitchener-Waterloo. The group has been tremendously busy preparing for the long awaited approval of becoming a company. We held a retreat last year at the Lucrida's cottage prior to the Friendship Evangelism. During the evangelism, we featured a Free Health Clinic that led to the baptism of four individuals. It is here that we also discussed our strategic plan for 2013, resulting in the formulation of our Vision and Mission:

OUR VISION: To be a community that will provide love and service, and prepare people for the coming of the Lord.

OUR MISSION: The Kitchener-Waterloo Filipino-Canadian Seventh-day Adventist

Church exists to provide ways for seekers to find salvation in Jesus Christ through worship and service.

As part of our Mission, we will continue to hold worship services every Sabbath. We initiated a community service outreach program extended to Nithview Retirement residents. Our very enthusiastic Pastor Jesse Anunciacion organized a bible reading plan every week to ensure that everyone will have a better understanding of who God is and how we can better understand Him through the Bible. Furthermore, to help improve our communication skills and overcome our fear of speaking, Brother George Solijon revived Bible Toastmaster, which we started sometime last year. The endeavor generated a positive response and participation from the members.

Our spiritual journey has not been easy. The place of worship was moved from one place to another, from Neph and Lydia Mendoza's residence in St. Agatha, Kitchener to a local Hilton Hotel, then to a Best Western Hotel. Currently, we are holding our services at the Emmanuel Bible College cafeteria.

God is good, beginning the first Sabbath in June, the group will be moving and holding our services at Unity Church in Kitchener. We are inviting everyone to witness the organization of our group to be a company by the Ontario Conference on July 13, 2013 at 4:30 pm. Please join us as we celebrate God's goodness and continue to pray for our ministry as we mark another milestone of our spiritual journey. 💡

Images courtesy of Andrew Alivio

| WORLDNEWS |

REPORT :: Graduation

By **EMICIL DELA CRUZ**

In case you have been wondering why you haven't seen Trisha Dela Cruz and Shaun Norte lately, it's because they have been spending their days (and nights) burning the midnight oil at Adventist University of the Philippines. Trisha has been there since 2008 and Shaun since 2009. But not to worry, you will be seeing

them again soon, because on March 24, 2013, they graduated and received their diplomas: Trisha, a Bachelor of Science in



Nursing, and Shaun, a Bachelor of Science in Food and Dietetics. Needless to say, after many years of being away from Mount Zion they are

excited and eager to be back, if only to show off how good they are at speaking Tagalog. Trisha plans to take the Ontario and New York Nursing Board exams and after a year of experience, plans to move on to practice in Australia or New Zealand. Shaun, on the other hand, will stay in the Philippines until his fiancée, Naj Del Mundo, graduates.

God has indeed blessed these two individuals with a successful education. Mount Zion is happy to have these new professionals among our ranks and congratulates them on a fulfilling career ahead! 💡

New Voice for Prophecy

Boonstra to Lead Ministry

By **MARK A. KELLNER**

Shawn Boonstra, a veteran of Seventh-day Adventist media outreach, will be the new speaker/director of one of radio's longest-running religious programs, *The Voice of Prophecy* (VOP).



"Shawn has clearly demonstrated that he has a heart for evangelism and for reaching those who need to hear the messages of Christ's love and redemptive power," stated Dan Jackson, president of the VOP board and North American Division.

Currently, Boonstra is an associate ministerial director at the North American Division, concentrating on evangelism. He has also authored more than 15 outreach-oriented books. Boonstra replaces pastor Fred Kinsey who served the Voice of Prophecy for five years. 💡

(Excerpted from the May 16, 2013 issue of Adventist Review)

Full Article: <http://www.adventistreview.org/article/6276/archives/issue-2013-1512/12-cn-shawn-boonstra-to-lead-voice-of-prophecy-ministry>

Missing Health Director

Search continues for Sloop

By **JAY WINTERMEYER**

Thoughts and prayers continue to be with the Sloop family as searchers continue to look for Dr. Jay Sloop, Upper Columbia Conference's Health Ministries Director. Sloop disappeared Tuesday morning, May 14th, while walking in Kiev, Ukraine. He had been serving on a mission trip with a team of health professionals for the past three weeks helping the local Adventist church set up a lifestyle center in Kiev. Sloop went for an early-morning walk by himself and did not arrive at the appointed time for breakfast.

The Seventh-day Adventist church has a representative from Adventist Risk Management on the ground in Kiev coordinating search efforts. Viktor Alekseenko, Ukraine Adventist Union President says, "Every day groups of people from area churches and police are involved in the search. We are doing everything we can to provide all possible help and assistance in the search for Dr. Sloop." 💡



(Excerpted from the Upper Columbia Conference news website, May 17, 2013)
Full Article: www.uccsda.org/news

A Great Disappointment

150 Years of Adventism

By **ADVENTIST.ORG**

Our 150th anniversary is not a time for parties or celebration — those who founded the General Conference in May 1863 would have undoubtedly been deeply disappointed to know that their descendants would still be on earth in 2013.



The worldwide church designated Sabbath, May 18, 2013, as a day of prayer, remembrance, and recommitment to mission. Each local congregation was encouraged to find appropriate ways to mark the "sesquicentennial" of Seventh-day Adventists being united for mission, including a focus on their local church history.

This important anniversary is rather a time for reflection; for repentance; for thanksgiving; and for renewed commitment to the purpose for which God called this movement into being. 💡

(Excerpted from the Seventh-day Adventist Church website)

Full Article: www.adventist.org/150

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| COMMUNICATE |

Do you have a comment or suggestion for the Editors of Beacon Light?
Is there a question or concern you want the Church Leaders to answer?
Have a special message or sentiment you want to share with our members?

WE WELCOME YOUR THOUGHTS.

Please take the time to fill out the other side of this form and drop it in the comment box located in the lobby or simply email us at EDITOR.BEACONLIGHT@GMAIL.COM. If you wish to remain anonymous, please DO NOT leave your name. THANK YOU!



Image courtesy of mashable.com



| FAITH | EXCHANGE PROGRAM

By JEIMER GOROSPE

As part of the inter-church youth exchange program, the Mount Zion Youth and Young Adults visited Bramalea Filipino Church on April 20, 2013 to take part in Divine Service and lead out the afternoon program.

During the morning service, our Youth participated in Praise and Worship, led by Jack (Louis) Lumayor on vocals and piano. Before Pastor RJ delivered his sermon entitled 'Proud to be Humble', the Salandanan Family sang 'Your Grace Still Amazes Me'.

Pastor RJ's sermon focused on the passage from 1 Kings, chapter 5, discussing Naaman's pride and how it relates to each one of us. According to the analysis, Naaman was proud of 3 things: "(1) proud of his status (1Kings 5:11), (2) proud of his race (1Kings 5:12), and (3) proud of his knowledge (1Kings



Image courtesy of Sheila Castelo

5:11)". To combat these prideful attitudes, Pastor RJ suggested to "realize who you are and to realize Who God is".

| Q&A |

Q: Do you see Sunday worship as a sin, and if so, why? Are all other Christians sinners because their sacred day is Sunday and not Saturday?

A: This is a great question. The challenge is to explain in a few words what sin is. Sin exists on two levels: relational and behavioral.

When Jesus was asked which was the greatest of the commandments (behavior), he replied to love God first and your neighbor as yourself (relational). SIN spelled in capital letters is our break in our relationship with God. It is rebellion against God; sin spelled in lower-case letters are all the behaviors that are not in harmony with God's will. Since no one will ever be sinless (1 John 1:9) sins do not keep us out of heaven. If we have placed our trust in God, we are saved. Now comes the growing part. The Bible says we are born again, and just like a baby is very immature and grows into maturing during its whole life, so we must grow. So "Sunday worship" is not a sin. We are all sinners. Some are lost sinners. Some of

us are saved sinners. Whether we worship on Saturday or Sunday is never a condition of our salvation. What counts is whether we have placed our trust in God.

Q: Most of the stuff I see put out by the Adventists (pamphlets, flyers, etc.) has to do with Revelation, the end times, etc. It all has a strong futurist interpretation of Revelation. Can you talk about Adventist eschatology and how important it is in the church as a whole?

A: There are four ways to interpret the book of Revelation: 1) Allegorical, which is a symbolic reading of the text, 2) Preterist, which holds that most of the book's prophecy was fulfilled in the first three centuries, 3) Futurist, which holds that most of Revelation's prophecies have yet to be fulfilled (the position of most Protestant evangelicals), and 4) Historical, which holds that Revelation's prophecies unfold over the centuries (the view of the Protestant Reformers, and in fact much of the Christian church until the 16th century.) Adventists hold mainly to the

historicist view.

Prophecy is very important to Adventists since we came out of the prophetic preaching of William Miller, a Baptist lay preacher who predicted that Jesus would return to this earth on October 22, 1844 based on his interpretation of the prophecies of Daniel. This did not happen, but a remnant who accepted Miller's teaching still believed and continued to preach of Jesus' second coming.



David Newman describes himself as an evangelical Adventist. He pastored New Hope Adventist Church in Fulton, Maryland for the past ten years, and recently retired at the end of June 2012 to enter a PhD program in London, England. He is the editor of *Adventist Today*.

Adventist Today, a progressive, lay-owned journal, and has served in various administrative posts for the Adventist denomination as well as an adjunct professor at Andrews University. For many years, he was the editor of *Ministry Magazine*, an international Adventist journal for pastors.

Excerpted from <http://rachelheldevans.com/blog/ask-a-seventh-day-adventist-response>



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