

SPECIAL EVENTS

MOVING FORWARD

Theme: Together in Sacrifice

- April 2, 2011
Children Emphasis Day
- April 9, 2011
Communication's Day
- April 16, 2011 Ed-
ucation Day
- April 23, 2011 Communi-
ty Guest Day
- April 30, 2011
Pulpit Exchange

Theme: Together in Love

- May 7, 2011 Personal
Ministry Day
- May 7-28, 2011
Youth Revival
- May 14, 2011
Games Night
- May 29, 2011
Building Fund Concert

Theme: Together in Cel-
 ebration

- June 4, 2011
Communion Service
- June 11, 2011
Music Day
- June. 18, 2011 Women's
Ministry Day
- June . 25, 2011
Health Ministry Day
- June 24-26, 2011 Mon-
 treal Weekend Get-
 away Couples Club
- June 26, 2011
Community Health Fair

Ruth's Voice



VOLUME 3 ISSUE 1

WWW.RUTHSDA.ORG

MARCH 2011

THEME: Moving Forward Together in Prayer, Faith and the Word

ARE YOU ARMED FOR CHRIST?

Faith, Prayer and the Spirit

It seems amazing that the first quarter of 2011 is already here and Spring has now arrived.

The Emphasis for this quarter was Moving forward together in Prayer, Faith and in the Word. God definitely spoke to our spirits through his Word. This quarter, is some of what we heard:

Moving forward in Prayer was inspirational. We heard about the value of prayer and how critical it is to the Christian. We heard phrases used like "the church moves forward on its knees", "prayer changes things", and "prayer is the key that opens doors".

The Scriptures reminds us in Phil. 4:6 to be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

We also heard in James 5:15 that the prayer of faith shall

save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Prayer is our source for healing – whether physical or spiritual.



Let us take advantage of this powerful tool that God has made available to us. As the song writer told us, about the peace we often forfeit when we don't take our problems to God in prayer. Let's not use God as our last resort but trust him enough to let him be our first resort, and finally, when we take it to God in prayer, let's leave it there and not try to create a solution on our own strength. He is able

to do exceeding abundantly above all that we ask or think, according to the power that worketh in us (Eph.3:20).

Growing together in Faith was another emphasis that brought me much blessings. We were reminded that Hebrews 11:1 told us that faith is the substance of things hoped for, the evidence of things not seen., and in Hebrews 11:6 that without faith [it is] impossible to please [him]; for he that cometh to God must believe that he is, and [that] he is a rewarder of them that diligently seek him.

Sometimes we as human beings are so practical, so logical, and so pragmatic. It often gives us pride in our own strength that we can "handle it". As a result, we often spend days, weeks or even months strategizing, planning, worrying, and fluctuating between all manner of emotions about the problem at hand. We're often times so self-reliant and independent. God is looking for an opportunity to be strong on our behalf. Of course, works without faith is dead, so we need to do our part that is appropriate in the situation, but we shouldn't over-extend to have the issue get to resolution.



P A S T O R ' S C O R N E R

Pastor Joseph Bulgin

HOW FAR FROM SUCCESS?

The great question of life often has to do with just how far are we from success. I am sure that most of us want to live successfully for God because as we live for Him the overflow from our lives has the ability to touch and affect a host of people and circumstances.

But with that thought of the distance to success there has to be that thought that we entertain as to just how far are we from failure. You have probably heard it said before that success is just failure that has been turned inside out. Those who succeed are those who stay with it.

You want a great family...Stay with it.

You want a great marriage...Stay with it.

You want a great job...Stay with it

You want to do well in your spiritual life...Stay with it.

You want to build a great church...Stay with it.

More often than not, the very key to our breakthrough in this life has to do with us just staying with it. Today's mighty oak is just yesterday's nut that held its ground. "Our strength often increases in proportion to the obstacles imposed upon it." (Paul de Rapin)

A handicap does not mean permanent prohibition from fame, fortune, and fulfillment. Milton and Homer were blind. Beethoven probably never heard his last symphonies as deafness closed in on him. Franklin Roosevelt was a four-term president in a wheelchair.

The Bible has some things to say about this thought of perseverance too. Perseverance is a character quality that all of us need to seek after and pursue.

Matthew 24:13 But he that shall endure unto the end, the same shall be saved.

1 Corinthians 15:58 Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

James 1:12 Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

Hebrews 10:23 Let us hold fast the profession of our faith without wavering; (for he is faithful that promised).

But the reality is that one of the most difficult things to do when you are not seeing much success is to continue to be faithful.

Apathy has a way of setting in on us

Cynicism will become a close friend

Discouragement becomes one of the loudest voices you hear.

The mundane seems to be the king of our lives.

The encouragement I have for you is to stay in the fight no matter what happens to you. Stay with your work, no matter how dark it might appear to be. There will come a time that the Lord will arrive and put the thing into a whole new place of miracle.

Cont'd from Pg.1

ARE YOU ARMED FOR CHRIST?

Faith, Prayer and the Spirit

....God is quite capable to bring the issue to the best solution possible. If we're feeling overwhelmed with any of life's situation, then it's time that we consider another dimension – the Faith dimension. We learn in James 1:6-8 that when we pray, we must ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. A double minded man [is] unstable in all his ways.

Faith is critical to getting our prayers (that I mentioned above) answered. If you are not believing that God will answer your prayer, or you go back and forth in believing his promises, then you've become unstable and hence receive no answer to our prayer.

Faith by it's nature is the dimension of the impossible. Do you have a problem that you believe is impossible to solve, or you feel there is no way out of your situation? Then apply faith and believe with all your heart that God has heard your prayers and that his promises towards your issue will be honoured.

Please focus on pleasing God with the use of our faith this coming

quarter. Without the application of faith in our circumstances, it is impossible to please God.

Lastly, we heard about Moving forward together in the Word. We were also stirred up again to remember that in Psalm 119:105, the scriptures declares that God's word is a lamp unto our feet, and a light

4:12, scriptures says the word of God [is] quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discernor of the thoughts and intents of the heart.

Our task now, is to respond to the word. Eph. 5:26 says that we can be sanctified and cleansed with the washing of water by the word. By submitting to the directives of scripture, we can be transformed. Let us be doers of the word, and not hearers only, deceiving your own selves (James 1:22).



My brothers and sisters, the word of God is the most powerful tool in the universe to change the human heart. Let us bare our souls before the word of God so that we can finally experience the peace and joy that comes from knowing Christ and submitting to the word that has been given to us.

I hope this brief review of the last quarter's focus on Prayer, Faith and the Word was a reminder to you of how amazingly God spoke to our hearts this last quarter. May God bless you as we do service for the Master.

unto our path. We're never alone. Whatever path we're on, He is there with us. Indeed, Jesus Christ is the Word of God, and through his Spirit, he always abides with us.

Not only does the Word make clear our path, but it convicts us of sinful behaviour and habits. It cuts us and allows us to feel pain of guilt and see aspects of our sinful nature we've never seen before. In Hebrews

Elder Andrew Wisdom

Highlights of the Quarter

In My Pew

Are You Ready?

The year began with pressing questions on my mind. Am I ready for Jesus to come? Is Ruth ready for Jesus to come? Am I doing all I can to prepare those around me to meet Him. As I sat in my favourite pew at church and I attended each week with the anticipation to be blessed or more importantly to be a blessing to those around me. Week after week I went home with a strange void.

The New Year's message from Pastor Bulgin prepared us for the year to come. The fitting theme for the month was 'Moving forward together in prayer'. Our annual day of prayer and fast and agape feast helped us to focus our energies on praising God. We thanked him for the way he has brought us thus far and thanked Him in advance for the blessings he would afford us in the New Year. We spent the day feasting on the word and praising in song and testimony. The day culminated with a delicious spread of fruit and light snacks in the lower hall.

Prayer and fast for the month of February was truly uplifting. The youth presented a moving musical presentation that set the tone for a spontaneous moment of prayer and praise on their behalf. Ruth

was the focus of the praise of heaven at that moment. The Holy Spirit filled the sanctuary as our youth were encircled by the remainder of the participants and prayer on their behalf ascended heavenward.

The month continued with the Pathfinder Induction Ceremony which touched our hearts as 12 new pathfinders were welcomed into the Alpha Centauri Pathfinder Club. They were encouraged by Elder Chester Lewis to stand ready and



waiting for their call to duty. The Adventurer Induction Service was a success as 8 new inductees were inducted into the Cherubs Adventurer club.

March brought youth evangelism in full force. We were inspired and blessed by the preaching of Denise James, Rhesa Taylor, Joshua Hamilton and Brian Headley. Their sermons were well prepared and were delivered with conviction. We received a glimpse of the budding preachers in our congregation. As I sat and listened to the preaching it brought to mind this quote from the book Education (pg. 271) *"With such an army of workers as our youth, rightly trained might furnish, how soon the message of a crucified, risen, and soon-coming Saviour might be carried to the*

whole world!" Youth, rightly trained will be the stronghold of our church. Let us encourage our youth to continue to allow God to lead in their lives and commit daily to listen to the prompting of the Holy Spirit. March ended with a bang as the lower division Sabbath School classes presented the program. Heaven must have been smiling to see the way in which the children wrote God's word on their hearts. Each class presented verses committed to memory and recited them with impeccable accuracy. Thank you Tanisha and team, and parents for a work well done.

We press onward with the church building project. The Couples club sponsored a banquet to raise funds for the completion of our new church. The atmosphere was perfect, the food was great, the entertainment FUNNY!!!! All proceeds went toward the building fund. As we anticipate and prepare for the move to our new church all roads lead to Torbram Road. With God before us, who can be against us?

The programs for the first quarter were well put together. The praise was great; the worship was good, but..... is that all it takes to be ready for Jesus to come? Are we Blessing the way we should ??? Is Ruth ready for Jesus to come? Are you ready for Jesus to come? This thought rings in my mind.... Go, Teach, Preach....

Ruth Ministries

Women Journeying in Faith

Dear Sisters:

It is indeed an honor and a privilege to be your Women's Ministry Leader for 2011-2012. I solicit your prayers and support. Daily we are faced with different tasks and challenges and it is important that we hold firmly to the promises of God in these last days. Let us not be weary in our journey towards the kingdom.

In Philippians 4:6 we read, *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."* While we lie awake, unable to sleep because of our worry and distress, God is waiting for our request. He is waiting for our prayer and petition so that He can be God and we can get some sleep. We often forget that we will never be able to fully control or solve these problems on our own. When we give our worries to God we are protected, we are soothed with deliverance, and we give Him back the power that we rob him of when we stubbornly hang on to problems.

At our last meeting the survey collected on the 26th of February was discussed and summarized. We are now planning to deal with the pressing issue of ABUSE AND ANGER. Thank you to all who took time out to complete the survey. The information received is very important to our growth and development in the coming year.

A **Mission Statement** was developed to reflect the Ruth Seventh-day Adventist church. It reads, *"To continue to treat all women as Jesus*

did, by providing a safe and nurturing environment for spiritual growth and strengthening of each other." We feel this statement embodies our goal and positive outlook for the future.

Our goals and objectives for the remainder of this year are:

1. To reclaim missing members.
2. To welcome the newly baptized, or transferred members at fellowship luncheons in homes.
3. To have a 'Rose Pal' campaign to



Women's Ministry Team 2011-2012

promote bonding (formerly known as "Secret Sister").

4. To continue our outreach program with the Women's Shelter.

Suggestions are always welcomed. Let us prayerfully open our hearts and minds so that the Lord can use us as a blessing to others in our homes, school, church, workplace and community.

Sis. Patricia Bulgín
Women's Ministry Coordinator.

Men in the Word

Calling all Men at Ruth. Whether you are young, or more mature, single or married, a Ruth member or a guest, you are welcome to join the monthly Men's Ministry meetings at 4pm the first Sabbath of

each month.

At these meetings, the men get together to talk about various topics. So far, we've been focusing on the role of men in the home, in the church, and in the community. Men play a significant role in all aspects of our society and especially in the home.

In our discussions, we have acknowledged that God in His divine Plan has determined that the man is the head and leader of the home, and with that comes significant responsibilities. We also recognized that these responsibilities are not easily attained, as He is asking us men to be Christ at home with our families.

With God's help though, we've begun to make baby-steps towards, becoming more and more like Christ through the transformation program he's designed – Christianity. We're beginning to delve into



the Word, and focusing on developing our spiritual depth and allowing the Spirit room to change us.

The Men's Ministry mission is to galvanize the energy and resources of men for God, Family, Church and Community. By God's grace, we'll make it!

Elder Andrew Wisdom

Ruth Ministries

Stewards for

During the first quarter a financial presentation about debt management and stewardship provided needed information in this current economic hardships. We were encouraged to be faithful stewards to that which God allows us to have. The following steps were given:

Seven Step Debt Reduction Plan

1. Make a Plan

Work as family to make a budget - plan
Have a weekly budget meeting with your spouse or yourself if you're single. Be accountable to each other

2. Be faithful

First thing is first: set a side GODs tithes and offering.

3. Spend less than you earn

Determine to live within your income.

4. Establish an Emergency Fund

Save a little money every pay period in an emergency fund. (about \$1000).
Pay minimums on your debt while you save your money for emergencies.

5. Reduce use of Credit

Cut up your credit cards (but don't close the accounts if you have an outstanding balance)
Avoid additional debt like the plague

6. Pay-off Debt

Pay off your smallest debt first, adding anything extra to that debt each month until its gone, while still paying the minimum on your other debts. Once the first debt is paid off, put everything that was going toward it to your next debt

7. Stay motivated.

Keep working toward your goals and remind yourself monthly of the progress you've made. Be determined, Get rid of your debt. Philippians 4:13 – “I can do all things through Christ which strengtheneth me.”

Lavois Campbell

Religious Liberty

What is Religious Liberty?

Religious liberty is a gift from God and is extended to everyone regardless of colour, creed, race, belief, gender or geographic location. It is the freedom to whenever and where ever.

The principal meaning of religious liberty dictates that the difference in religion through-

out the world should be respected.

Legislation supporting Religious Liberty

What we choose to believe and how we choose to worship should be according to the dictate of our conscience.”

The right to religious freedom should not be hinged on international or national laws.

However, there are laws that guarantee such right; the most common is the Universal Declaration of Human Rights Article 18 which states:

“Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.”

Religious Liberty purpose

The main purpose is to support, protect and defend religious freedom and human rights of all people every where.

Nadeen Allen

Ruth's Youth Voice

LOVING GOD IS REQUIRED

Psalms 18:1

I LOVE you fervently and devotedly, O Lord, my Strength

Being a follower of Christ is so much more than just attending church. The bible says to love the Lord with all your heart, mind soul and strength. (Mark 12:30) When we are in love with someone, we express to them by our actions and words "I love you" on a daily basis. As we begin to establish our relationship with God, eventually we should reach this place where "I love you" is a daily expression to him in thought, words and actions. Whenever we fall in love with someone we must first spend time with them, getting to know them, it works the same way with the Lord. Spending time with the Lord means that we talk to him regularly, we read the bible often and we do the things that God likes to do as well as include him in things we like to do. Take time to sincerely tell God, I

love you, he deserves to receive our expressions of love, and he also requires it.



NOTHING BUT DECISIONS IN LIFE

Psalms 37 Verse 5

Commit your way to the LORD; trust in him and he will do this.

Have you been hiking before? With a map, compass and all of the things you need? You

surely came across a cross section in the path and had to decide whether to turn left or right. It's only a problem if you have taken the wrong turn. That means loss of time, detours and costs energy and at some point you might even ask yourself if you will ever reach the goal. Life is similar. We arrive at points in life where we must decide on a path to take.

Whether it is a decision in your job, for a boyfriend or a girlfriend and lots more besides. You will notice that life is made up of lots and lots of decisions.

Sometimes we ask ourselves afterwards why we made such a decision and then we realise years later that we were just wandering around without having any perspective. Jesus wants to show us a way, we want us to be able to separate the essential from the inessential so that we make it through life better. If

Health at Ruth

March: Colorectal Cancer Awareness Month

The Colon and Rectum

The colon and rectum perform vital functions in the last phases of digestion. Once the contents have passed through the small intestine, the material has become mostly liquid and is moved into the colon, which measures about 5 ½ feet long. The main function of the colon is to absorb water and dehydrate the leftover material, forming semi-solid matter, or stool. The colon moves the stool into the approximately 6-inch long rectum, which acts as a holding chamber, until it is ready to be expelled through the anus.

Colorectal Cancer

The cells lining the colon or rectum can sometimes become abnormal and divide rapidly. These cells can form benign (non-cancerous) tumours or growths called polyps. Although not all polyps will develop into colorectal cancer, colorectal cancer almost always develops from a polyp. Over a period of many years, a polyp's cells may undergo a series of DNA changes that cause them to become malignant (cancerous). They can grow into the wall of the colon or rectum where they can gain access to blood and lymph vessels. Once this happens, the cancer can spread to lymph nodes and other organs, such as the liver or lungs—this process is called metastasis, and tumours found in distant organs are called metastases.

Incidence and Mortality

Overall, colorectal cancer is the second-leading cause of cancer death in Canada

This year an estimated 22,500 Canadians are diagnosed with colorectal cancer and 9,100 die from it.

On average, 430 Canadians are diagnosed with colorectal cancer every week and 175 die from the disease every week.

Risk Factors

- **Age;** The risk of developing colorectal cancer increases as one ages; 50 and older
- **Personal History of Colorectal Polyps/Cancer**
- **Personal History of Inflammatory Bowel Disease**
- **Family History of Colorectal Cancer**
- **Inherited Syndromes;** Genetic syndromes passed through generations of one's family can increase one's risk of developing colon cancer
- **Racial & Ethnic Background;** African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups.
- **Personal History of Other Cancers**
- **Diet;** Colorectal cancer appears to be associated with diets that are high in fat and calories, red and processed meats and low in fiber, vegetables and fruits.
- **Sedentary Lifestyle/Physical Inactivity;** If you are inactive, waste (fecal material) stays in your colon longer and you are more likely to develop colon cancer. Obtaining regular physical activity may reduce your risk by stimulating the movement of your

colon and the passage of waste through the colon

- **Type II Diabetes;** people with type 2 have an increased risk
- **Obesity**
- **Smoking**
- **Severe Alcoholic Consumption;** due to low levels of folic acid.
- **Growth Hormone Disorder;** excess of growth hormone in your body, risk of colon polyps and colon cancer.
- **Night Shift Work**
- **Previous Radiation Therapy for Certain Cancers;** Radiation therapy directed at the abdomen.

Symptoms

Constipation/Diarrhea
Narrow Stools
Abdominal Cramps
Bloody Stools
Unexplained Weight Loss/Loss of Appetite
Sense of Fullness
Nausea & Vomiting
Gas & Bloating
Lethargy

Screening for Colorectal Cancer

Should be done in persons aged 50 and older. May be done earlier in persons with increase family history and risks of colorectal cancers.

Tools include:

Fecal Occult Blood Tests (FOBT)
PET Scan
Sigmoidoscopy
Colonoscopy (Gold Standard)

Adapted from the Colorectal Cancer Association of Canada

Healthy Dining at Ruth

QUINOA "The Golden Grain"

Although not a common item in most kitchens today, quinoa is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked.

Most commonly considered a grain, quinoa is actually a relative of leafy green vegetables like spinach and Swiss chard. It is a recently rediscovered ancient "grain" once considered "the gold of the Incas" to the natives in South America. Quinoa was recognized for its value in increasing the stamina of their warriors. Not only is quinoa high in protein, but the protein it supplies is *complete protein*, meaning that it includes all nine essential amino acids. Not only is quinoa's amino acid profile well balanced, making it a good choice for vegans concerned about adequate protein intake, but quinoa is especially well-endowed with the amino acid *lysine*, which is essential for tissue growth and repair. In addition to protein, quinoa features a host of other health-building nutrients. Because quinoa is a very good source of manganese as well as a good source of magnesium, iron, copper and phosphorus, this "grain" may be especially valuable for persons with migraine headaches, diabetes and atherosclerosis. Quinoa is available in your local health food stores throughout the year.



Quinoa Pilaf

Ingredients:

- 1 cup quinoa
- 1 celery stalk, trimmed & chopped in small dice
- 1/2 sweet red pepper, chopped in small dice
- 1/2 c. cooked chickpeas
- 1 Tbsp olive oil
- 2 to 3 garlic cloves OR 1/2 tsp garlic powder
- 1 Tbsp peeled & minced fresh ginger OR 1/2 tsp dried ginger
- 1/2 tsp brown mustard seeds
- 1 bay leaf
- 1/4 tsp turmeric
- 1/2 tsp gr. coriander
- 1/4 tsp cumin
- 1/4 tsp thyme leaf
- 1/2 tsp salt
- 1 3/4 cup water or soup stock
- Optional: 2 cups chopped spinach or chard OR 1/4 cup minced parsley or cilantro OR 1/2 cup frozen peas
- Fresh ground pepper to taste

Directions:

1. Soak quinoa 15 minutes, rinse twice, leave to drain
2. Heat olive oil on medium low in a 3 - 4 qt saucepan or sauté pan
3. Peel & mince garlic & ginger, sauté with mustard seeds for 5 minutes
4. Chop celery and red pepper, add to pan and sauté another five minutes
5. Mix in the bay leaf, turmeric, coriander & cumin
6. Turn the heat to medium high. Add the quinoa and stir until it's dry and starting to pop
7. Add 1 3/4 c. hot water or stock, and salt. Bring to a boil, cover, and simmer 15 minutes
8. Stir in the optional greens, peas, parsley or cilantro, and fresh ground pepper

Cover and cook 5 more minutes, then serve

Spoken Words

"Testify"

by Wendy Patrick

I testify that God is good – He was all through the year.
During the times of great success, and moments of despair.
He's kept me on the road of right – He'd gently give a prod
If anything should make a try to shake my faith in God.
You all would know temptations that would tend to come our way;
But were it not for love and grace – where would I be today?
The many times God's shielded me from accidents and death;
When careless drivers drive too close, and I can't catch my breath.
You know the times I stopped the car for one minute or so;

And laughingly would ask the Lord
"But why you love me so?"

For day by day you're shielding me along these tortuous roads;
From drivers who just cannot wait, and trucks with heavy loads."

Financially, God has been there – I am no millionaire;
But God provided day by day – I did not have to fear.

The strangest thing is - as I gave to church and charity:
I found the more I gave for God, the more came back to me.

Some days my body was not well, some days I felt so low.

That's when I would repeat the promises of God I know.

His words are reassuring – whether spoken or in song;
It's always gratifying when the right words come along.

So, I can testify today that God is good to me;

As long as I keep faith in Him, my Rock He'll always be.

They say next year will not be bright that it will start out dim

Don't let that shake your faith in God – just put your trust in him.

And as we press on day by day let's motivate a friend
To join this wondrous race, and then, to hold on to the end.

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"A Poem of Hope"

by Helena Fehr

I feel the arms of God around me,
as I lay on my bed at night.
Asleep, I feel the Angel's touch-
I'm surrounded and held tight.
I don't know why it is,
that God should love me so,

that he would send His only Son,
to hang there on Death-row.
He guards me night and day,
always bringing love and hope.
Somehow, I know I will survive,
for He will help me cope.

As a father has compassion on his child,
so my Lord has compassion on me.
I know I can count on him-
There is nowhere from His love I want to flee.

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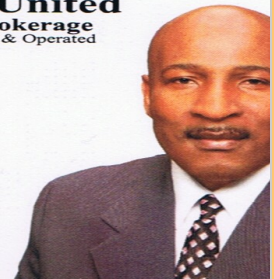


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