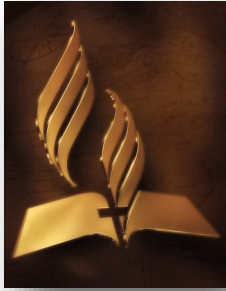




## GLORY TO GOD IN THE HIGHEST



*The Mission of the Columbus first Seventh-day Adventist Church is to make known God's beautiful Character of self-giving love as revealed in Jesus Christ.*

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“The plan of salvation was designed to redeem the fallen race, to give them another trial. Christ was appointed to the office of Mediator from the creation of God, set up from everlasting to be our substitute and surety. Before the world was made, it was arranged that the divinity of Christ should be enshrouded in humanity. “A body,” said Christ, “Hast thou prepared me” (Heb. 10:5). But He did not come in human form until the fulness of time had expired, then He came to our world, a babe in Bethlehem. No one born into this world, not even the most gifted of God’s children, has ever been accorded such demonstration of joy as greeted the Babe born in Bethlehem. Angels of God sang His praises over the hills and plains of Bethlehem. “Glory to God in the highest,” they sang, “And on earth peace, good will toward men.” (Luke 2:14).

O that today the human family could recognize this song! The declaration then made, the note then struck, the tune then started, will swell and extend to the end of time, and resound to the ends of the earth. It is glory to God, it is peace on earth, good will to men. When the Sun of Righteousness shall arise with healing in His wings, the song then started in the hills of Bethlehem will be re-echoed by the voice of a great multitude...”<sup>1</sup>

That song of praise, that the angels sang, is to be our song too. Do you know the tune? Do you know the note then struck? Let us recognize that most glorious melody now.

The highest note of that song is the lowest note of glory. But we cannot sing that song until we understand what glory means in God’s vocabulary. We need a heavenly dictionary to grasp God’s definition of what is His glory. This song is the most incredible of all stories—the story of lowliness. God finds the peak of His glory in lowliness. Man glories at being at the top. Man grasps at going higher and higher. God glories in going down, lower and lower. Yet in His decent to man, He found both concealment and revelation go hand in hand. Like the pillar of cloud, it both revealed and concealed God at the same time. Divinity enshrouded in a human body. And this was done out of sheer love and mercy for us. It was as if God was forced to make Himself small in order that we might comprehend Him. And forced is not the right word because in His act of Self-reduction, He was revealing His willingness, His veritable passion for going down. And in His joyful decent to the manger, He did not stop until he reached the peak—The cross. As we look at the little helpless babe, born in a lowly stable, we see the glory of God. It has ever been His delight to go down, to where we are, that He might lift us up to the high place of humility, where He is. The surprising summit of His love and glory is humility. He is, above all, Humble. As we keep Bethlehem and Calvary ever present in the back of our minds, we will learn to sing the angel’s song. Glory to God in the highest! Peace and good will to all men!

<sup>1</sup> 1 Selected Messages, page 250, EGW

# CELEBRATING 100 YEARS!

Anticipation was building as we approached the big event celebrating our 100th anniversary. A lot of planning and work preceded the weekend event of October 10 and 11. Starting on Friday night, and throughout the Sabbath we enjoyed a full house of past members, pastors, teachers and visitors, as we shared how God had led over the past 100 years, giving us hope and encouragement for the future.

Pastor Chester Clark shared a hopeful message on Sabbath, and the grand finale of the day's festivities was a



joyful concert by the renown King's Heralds quartet.

With hearts full of gratitude the 100th Anniversary Committee wishes to thank all who made this

weekend possible with their tireless effort, prayers, and financial support. We have nothing to fear for the future as we remember how God has led us in the past.



# CALVARY SEMINAR

Dr. Robert Hunsaker helped to broaden our vision of the Calvary event, to something much bigger than the manger to the cross, 2000 years ago. Calvary has dimensions that reach to eternity past in the heart and plans of God.

What a blessing, he and his wife, Dr. Andi Hunsaker, were when they traveled to the south from Boston Massachusetts to share several meetings of good news, the weekend of November 7 and 8.

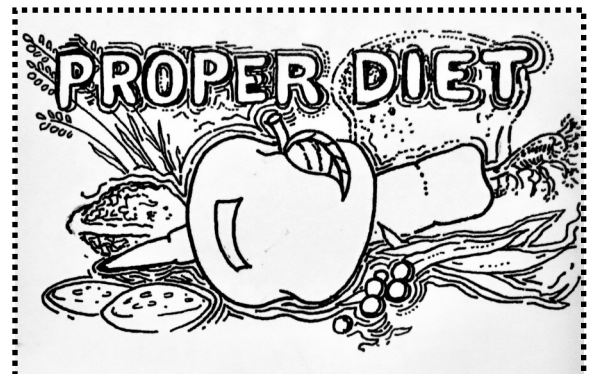
He focused our eyes on the immensity of our universe, and then turned our attention to Christ, the Creator and Sustainer of all the galaxies, and that the Son of God gave up all this for us! Even though we're a "little blue speck" floating in the vastness of space, God loved us with a love that is beyond our comprehension. Only at Calvary do we begin to grasp that love that loved us more than His own existence. To keep our focus on this great love will be the motivation and power for our spiritual maturity and growth, He said, "Our whole spiritual life will be molded by our

conception of God's character." Everything depends on knowing God's love in the way of motivation and power for what we do.

The good news about genetics, is that Jesus came and was made in the likeness of our flesh, accepting our fallen genetics. And then he did battle in our flesh and overcame it all! What we inherit is an influence but not determinative. We're not victims; we have a Victor story in the man Jesus. However you were born, you can be born again! God has provided for all our needs, and everything we struggle with has been covered in the gospel and the health message!

You can watch Dr. Hunsaker's three, full messages on our YouTube station, Columbus First SDA Church.

Here's a fun activity for kids or older kids. Cut out the picture and color or paint. You can laminate it and put a magnet on the back for your fridge.



By Sandi Nicholas

The youth taking part in Pathfinders this season are enjoying a very busy calendar, overflowing with activities and opportunities to fellowship and serve the Lord as His hands, and feet.

Following the induction service in early August, we were hosted by Bammie and Carl Cofield at the annual swimming party.

Our regular club meeting on the 1st and 3rd Thursdays of each month covers topics as diverse as Bible memorization, Christian story telling, and skits, to learning early Adventist history.

All the Pathfinders assisted our local Adventist Community Services on August 30, providing supper at the Columbus Women's Shelter.

Several of the members of the Ranger class contributed data entry for the Southern ACS at the health booth at the Sunbelt Agricultural Exposition on October 16, at Moultrie, GA.

GA provided opportunities for more honors, including one usually only available in Brazil, and time to fellowship and team build with the other Pathfinder clubs across Southern Georgia.

Five of our Ranger class attended the Teen Challenge at Cohutta Springs Youth Camp on October 31-November 2.

They were asked to share their favorite activities as far this year:

"My favorite part of Pathfinders is when we talk around the fire." Rehema Kosgei  
 "I had fun going to Cohutta Camp. Doing our tents, as well as learning new things. Sleeping. Eating out in the air. Having hot chocolate. The most favorite was getting wood for the fire, and that I won a pocket knife."

Rubi Felix

"My favorite thing that I did at Pathfinders was telling stories at campfire and making smores with friends."

Olivia MacKenzie



"My favorite thing about Pathfinders is the camping part." Matayia Ammons

"My favorite thing was the camping and activities." Angel Felix



The Pathfinders have attended 3 campouts this year. The entire club enjoyed a September weekend near Junction City, GA, hosted by Brenda and Ted Theus. They worked on camping honors, hiking, and were instructed in Moths and Butterflies by Ted.

The region 5 campout near Pelham,



# CANCER, GENES AND LIFESTYLE

Dr. Andi Hunsaker, November 8 at the CFC, gave a very insightful lecture on the rise of cancer and what we can do about it. She shared how in the creation, God made everything “very good”. But disease was brought in by an enemy. God made a large variety of healthy food for man to eat. Whole foods, straight from the trees and plants.

In the last generation, because of ease and convenience, processed foods began to be produced. Along with convenience has come an epidemic of disease. Dr. Hunsaker is a Radiologist, and practices in Boston, Ma. She is also a Professor at Harvard Medical School. She says in her work, she reads many CT’s and MRI’s and in the last 5 years a rising tide of early onset cancer has been noted, on a world wide scale. Cancers among the ages of 20-49 has gone up 79%. This demands attention among the medical world, and has become the topic in many of the prestigious medical journals. What is the cause of the rapid rise of cancer in younger people? Cancers that were rarely seen in the age group of 20-30 are being seen frequently now. Bronchial, lung, breast, stomach, colorectal and nasal cancers that are widely metastatic are everyday now.

The experts don’t all agree. But people like RFJ Kennedy Jr., head of the U.S Dept of Health and Human Services has said, and was published in Time Magazine, 1/30/25, “Ultra processed foods and food additives are poisoning Americans. Ultra processed foods are poison. Foods made largely from oils,

sugars, starches, and ingredients you won’t find in a standard home kitchen are causing the country’s chronic disease epidemic.”

Dr. Hunsaker said that “Genetics load the gun, environment pulls the trigger.” The good news is that even if we’re born with genes prone to cancer, that does not mean you will get cancer. Your environment and lifestyle can help lower your risk. We can choose what we put in our mouths and swallow. Cravings and taste-buds can change, We can train our gut to fall in love with things that are actually good for us.

Unprocessed foods, high in fiber, have the ability to break down the growth of cancer. The breakdown of fiber in the gut releases compounds that are health promoting. That says to me, the diet God gave us in the beginning is the best one for our health. Our digestive system created by God, was designed to do the processing. But when our digestive system tries to process something that’s already been processed, it causes problems! This chart helps to



identify what processed foods are. Unprocessed foods are those foods the way God created them with all the nutrients and fiber in it’s proper balance, without a lot of added ingredients. You may watch the full lecture on YouTube at Columbus First SDA Church: “Dr. Andi Hunsaker: Cancer: The Impact of Genes and Lifestyle”.

## Plant Powered Plates



### Carob Pie

#### Filling:

- 3 cups raw cashews
- 2/3 cup agave
- 3/4 cup water
- 2/3 cup carob powder
- 1 TB vanilla
- 1/8 tsp salt
- 2/3 cup coconut oil

#### Crust:

- 2 cups walnuts
- 1/2 cup dates

#### Directions:

Soak cashews for an hour or more and then rinse well, cleaning out all dark pieces. Add all ingredients to a blender and be patient. Keep blending and stopping and stirring and blending again until it is very creamy. It’s worth it to take the time to get it very creamy. For the crust, put the walnuts and dates in a food processor and blend for a minute or two, until it sticks together. Put it in a spring pan and spread it with your hands evenly over the bottom. Pour carob filling into crust and put it in the freezer. Leave in freezer until ready to serve, taking out about 10 minutes before serving. Can be served with a raspberry sauce or just as it is.