

A Declaration by the Representatives of the UNITED STATES OF AMERICA in General Congress assembled.

"Go, set a watchman,
Let him declare what he seeth."

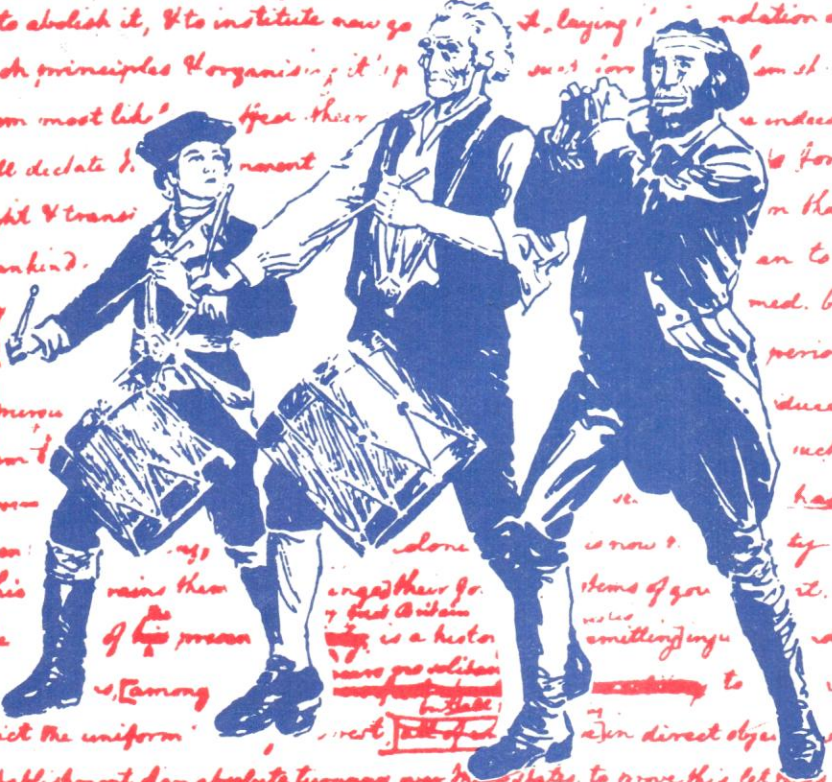
~~It becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the laws of nature & of nature's god entitle them, in the opinion of mankind requires that they should declare the causes which impel them to the separation.~~

THE SABBATH SENTINEL

JULY 1976

We hold these truths to be self-evident, that all men are created equal & independent that they are endowed by their creator with certain unalienable rights, that among these are life, liberty, & the pursuit of happiness; that to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed; that whenever any form of government becomes destructive of these ends, it is the right of the people to alter or to abolish it, & to institute new government, laying its foundation on such principles & organizing it in the most liberal & secure manner which will declare & secure their rights & the rights of mankind.

Among the most oppressive & tyrannical establishments of an absolute tyranny over these states, to prove this, let facts be submitted to a candid world for the truth of which we pledge a faith not unswayed by falsehood.



THE SABBATH SENTINEL

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The object of this non-sectarian, nondenominational association is to bring together into one strong organization all believers in the Biblical seventh-day Sabbath (Saturday) regardless of sect, creed, or denomination, for the sole purpose of spreading knowledge of, belief in, and observance of the Creator's only Holy Day. The only qualification for membership is belief in the seventh-day Sabbath.

Annual member contribution: Regular or subscribing members, \$10.00; family membership \$10.00 (individual certificates issued but only one set of records maintained and only one copy of the Sentinel and other mailings sent); supporting members, \$10.00-\$24.99; sustaining members, \$25.00-\$99.00; life members, \$100.00 or more during any one year.

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We, too, may ask the Lord,

What Is It?

ARCHIE B. CRAIG

AND WHEN the children of Israel saw it, they said one to another, It is manna [meaning, "What is it?"]: for they wist not what it was. And Moses said unto them, This is the bread which the Lord hath given you to eat" (Exodus 16:15).

Because of their need for food the children of Israel had grumbled against Moses, not realizing (or perhaps not caring) that to grumble against God's appointed leader is tantamount to grumbling against God. Grumbling is a familiar characteristic of man. It is sometimes easier for a carnal man to grumble than to trust the Giver of all good gifts (James 1:17).

The story in Exodus 16 does not magnify man's fault in grumbling nearly as much as it does God's love and concern for mankind. In spite of the Israelites' lack of faith and their grumbling, God provided for their needs. It reminds us of our Savior's compassion for the multitude which had followed Him many hours and for a great distance without taking food. He worked a miracle to provide food for them rather than sending them away to faint before reaching available supplies. Again it reminds us of how He supplied our greatest of all needs in that "while we were yet sinners" and enemies of God, He died for us, at the same time commending His love for us (see Romans 5:6-8).

The Master did not argue with the children of Israel about the reality or the seriousness of their need. Rather, He employed a means of supplying their need that was designed to help them appreciate His provision for them. They had to go out and gather it in the fields every day. We are told that He cares for birds (Matthew 6:26), but many times the little sparrow has to leave his comfortable perch in a barn and go out into the wind and rain to find his food, or it even has to scratch it from under snow. Even salvation through Christ, the greatest of all treasure, "is like unto treasure hid in a field" (Matthew 13:44). It must be sought after, discovered, and acquired on God's terms. He does this for our good to make us more appreciative or to make us realize that often the only real helping hand (besides His) is the one at the end of our own arm.

God's plan for the distribution of the manna reveals the sanctity of the Sabbath. "Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none" (Exodus 16:2b). In our frantic search to satisfy our need for material things the Master demands that we pause, take a break, and recognize our greater need, the need for spiritual refueling and refreshing from the Lord. Now

(Continued on page 20)

Declaration of Dependence
July 4, 1976

When in the course of my life it becomes necessary for me to acknowledge that I am utterly dependent upon my Creator for all things, spiritual and material, I accept Him as my Savior and Master and pledge Him my life, my fortune, and my sacred honor.



J. M. Sinful

Sign Your Own Declaration of Dependence

THE EDITOR

THOSE READERS who live in the United States finish a year-long celebration of the bicentennial of American Independence on July 4. It has been a big event to us as we realize that our nation has been independent for two hundred years. Perhaps our Canadian, Australian, and New Zealander brothers smile at our elation over "independence" when they have secured virtually the same freedoms without having to stage a revolution.

But the American Revolution was a turning point in the history of freedom. Some of the principles stated in the Declaration of Independence — equality of everyone, government by consent of the governed, the right of the people to overthrow a government that does not serve their needs — had never before been stated outside of philosophical works. Now they became the official pronouncement of a people.

But after two hundred years it is interesting (and perhaps also surprising) to speculate on how "free" we are, either as a nation or as individuals.

As individuals we find that we are more dependent on others than at any time in the history of mankind. What would most of us do for food if transportation were halted by a leng-

thy nationwide truckers' strike? How many of us nowadays make our own shoes or grow our own wool and flax, weave it, and make our own clothes? How many of us could even get to and from work without the aid of others — either the oil industry or the electric company?

Nationally we are dependent upon other nations for our very existence. Nations such as Rhodesia, Spain, Japan, and even the Soviet Union supply us with strategic materials that we do not have and cannot produce here.

So either as individuals or as a nation we find we are anything but independent. But — even more important — we have almost forgotten our chief dependence. Without the Lord's blessings, we could not have become great.

In a proclamation for a national day of fasting on March 30, 1863, President Lincoln wrote:

It is the duty of nations as well as of men to owe their dependence upon the overruling power of God, to confess their sins and transgressions in humble sorrow, yet with assured hope that genuine repentance will lead to mercy and pardon; and to recognize the sublime truth, announced in the Holy Scriptures and proven by all history, that those nations only are blessed whose God is the Lord. . . .

Over 70 years before, Benjamin

Franklin had said before the delegates to the Constitutional Convention in Philadelphia, "Gentlemen, I have lived a long time and am convinced that God governs the affairs of men. If a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise without His aid? I therefore move that prayers imploring the assistance of heaven be held every morning before we proceed to business."

So on this Bicentennial it would be "altogether fitting and proper" to "rededicate" ourselves to the fact that we *are* dependent upon our Creator and Redeemer.

The apostle Paul realized this dependence when he declared in 2 Corinthians 5:14, 15:

We are ruled by Christ's love for us, now that we recognize that one man died for all men . . . so that those who live should no longer live for themselves, but only for him who died and was raised to life for their sake.°

We don't even belong to ourselves, for he said, in I Corinthians 6:19, 20:

Don't you know that your body is the temple of the Holy Spirit, who lives in you, and was given to you by God? You do not belong to yourselves but to God; he bought you for a price. So use your bodies for God's glory.

Most appliances come with manufacturer's instructions, which tell how they should be used. So it is reasonable to expect that people, too, come with instructions from the Manufacturer. And this is true; these instructions for the most satisfactory life of the "product" — in fact, for everlasting life — are contained in Exodus 20:2-17. (See also Matthew 19:16-19).

Among these instructions is one which says:

Observe the Sabbath, and keep it holy. You have six days in which to do your work, but the seventh day is a day of rest dedicated to me. On that day no one is to work. . . . In six days I, the Lord, made the earth, the sky, the seas, and everything in them, but on the seventh day I rested. That is why I, the Lord, blessed the Sabbath and made it holy.

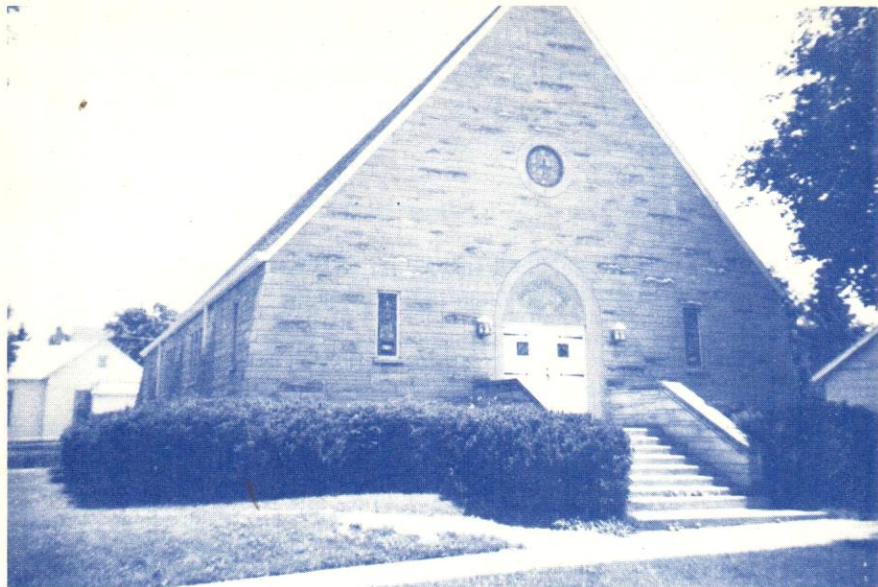
But during the intervening years it seems most of the Christian world has forgotten that the seventh day is the day dedicated to Yahweh; instead they have substituted another day, the first day of the week, which has a history tainted with sun worship. It is as if a doctor prescribed a certain medicine and the pharmacist substituted not another medicine which had the same generic name but a drug with totally different characteristics.

The Commandments of God — all ten of them — need to be remembered by all nations today; they need to be observed by each individual.

In seeking to keep them, however, we run into a problem; we find that our sinful nature is not capable of living up to the Lord's ten-point standard. Then, like Paul, we are apt to cry out in despair, "O wretched man that I am!" (Romans 7:24, KJV). And in Romans 8:1 he gives the glorious answer he discovered: "There is no condemnation now for those who live in union with Christ Jesus."

That's the solution! Living "in union with Christ Jesus" gives us access to all the resources of heaven to live up to the divine standard; when we do fail, our failure is covered by Christ's righteousness. "No longer do I have a righteousness of my own, the kind to be gained by obeying the Law. I now have the righteousness that is given

(Continued on page 18)



One Hundred Years Old

by Bernard Miller

IT ALL BEGAN a hundred years ago when three men stepped from a train in Marion, Ind. June had provided a warm, clear, and beautiful day, so they immediately began looking for a lot to pitch a tent on. In just a few days the city was to hear the first Seventh-day Adventist sermon. Some people stayed, some didn't. Some came back again, others didn't. Interest was sufficient, however, to begin holding Sabbath services in homes after the tent meetings were over.

On Thanksgiving night, 1876, a church was organized with twelve charter members. As the membership increased the need for a house of worship grew. Using mostly donated lumber and a lot of donated labor, the first church house was finally finished. Years later this structure became too small, so it was moved to another part of the city and enlarged to meet the needs. As years went by this was replaced in 1954 by a larger and more beautiful house of worship made of Bedford limestone.

This, too, shall pass away, because plans are in the making to replace it. Marion is now the oldest organized Seventh-day Adventist church in Indiana. Proclaiming the seventh-day Sabbath keeps it alive and growing. June 26 was chosen for the centennial celebration.

Letter from Billy Graham Association

Dear Reverend Littrell:

Dr. Graham has asked me to thank you for your letter, and we on his counseling staff appreciate the privilege of corresponding with you.

In his book, *Practical and Perplexing Questions Answered*, R. A. Torrey suggests that there is no commandment in the Ten Commandments which says that we were to keep the seventh day of the week. The words "of the week" are added by man to the commandment as given by God. What God really commanded through Moses was: "Six days shalt thou labor and do all thy work, but the seventh day is the Sabbath of the Lord thy God." It does not say "the seventh day of the week," but rather, "the seventh day after six days of labor." Whether it should be the seventh day of the week or the first day of the week depends upon whether one is a Jew or a Christian. Whether we keep the seventh day of the week or the first day of the week, we are keeping the Fourth Commandment to the letter. If one is a Jew belonging to the old creation, let him keep the seventh day of the week, but if he is a Christian and on resurrection ground, let him keep the first day of the week, resurrection day.

The Jewish sabbath was not changed to the Lord's Day. The Lord's Day and the Jewish Sabbath, while both are a literal keeping of the Fourth Commandment, are not the same day and do not stand for the same thought. One belongs to the old creation and the other to the new. History proves that Christians kept the first day of the week in New Testament times. It was the first day of the week that the early disciples came together to break bread and also that believers gave their offerings; read Acts 20:7; I Corinthians 16:2. Paul explicitly teaches that a Christian should not allow himself to be judged in regard to the Jewish Sabbath. "So don't let anyone criticize you for what you eat or drink, or for not celebrating Jewish holidays and feasts or new moon ceremonies or Sabbaths. For these were only temporary rules that ended when Christ came. They were only shadows of the real thing — of Christ Himself" (Colossians 2:16, 17). Also read chapter 3 of Galatians.

Thank you for writing. May the Lord enrich your life, filling you with all joy and peace in believing.

Sincerely,

Rev. Ralph L. Williams

Spiritual Counselor

Open Letter to Non-Sabbatarian Christians

4642 Avenue R, Central Park
Birmingham, Alabama 35208

Dear Fellow Worker through Christ our Beloved Savior,

May our God give you much success as you labor as a zealous, faithful witness for Christ to help save and enlighten precious souls for His Kingdom! I am a fellow Christian who also helps win souls to Him — and who, by the grace of Christ, also helps edify (“build up, instruct”) the Church, the “body of Christ,” into a more perfect knowledge of and obedience to the will of God our Father. Truly, “man shall not live by bread alone, but by every word that proceedeth out of the mouth of God” (Matthew 4:4 ASV). I believe you agree that we must *all*, as Christians, evangelize and teach the people to *observe* “*all things whatsoever I commanded you*” (Matthew 28:20), as our Savior says.

Christ in Luke 8:21 clearly identifies us who are His true followers: “But He [Jesus] answered and said unto them, My mother and my brethren are these that hear the word of God and do it.” Fellow Christian, do *you do* (teach) *all* the Commandments of God, specifically, *all* the Ten Commandments (and of course *all* the others Christ gave us) to others? To do and teach His Commandments is *our sacred duty* as His faithful witnesses (see John 14:15 and I John 2:3-6)!

I know any Christian life will be complete only by complete obedience to all God's Commandments — yes, *even* to the keeping and teaching of *His Fourth Commandment*, or seventh-day Sabbath (on our “Saturday”). The Sabbath is also called the “Lord’s Day” in Scripture (see Isaiah 58:13 and Mark 2:28; other Scriptures are Exodus 20:8-11; Genesis 2:1-3; Nehemiah 13:15-22; Matthew 12:1-9; Acts 13:42, 44 and 16:13; and Hebrews 4:9).

The Christian Church, the “bride of Christ,” MUST “wash [her] robes” and “do [all] his commandments” in preparation for the glorious coming of Christ (see Revelation 22:14 and Ephesians 5:26, 27)!

Since sin is the breaking of God’s holy Law (and the seventh-day Sabbath is a vital part of His Law) as revealed in Holy Scripture (I John 3:4 and James 2:10-12), and *no Christian should “continue in sin”* (Romans 6:1), I urge you, dear fellow believer, to *receive this Sabbath law also* into your Christian life and ministry *and to teach it to others* (see Matthew 5:19) in order to be more fully faithful to Christ. How could we do otherwise and still be faithful to Him? Impossible! *We must obey Him* (John 3:36 ASV)!

Someone correctly said, based on Matthew 1:21, “Our Lord Jesus Christ came to save us *from* our sins, not *in* our sins.” Christ, our Redeemer, pleadingly says, “*If ye love me, ye will keep my commandments*” (John 14:15 ASV. Also see John 1:3).

God bless you in your *faithful* service,

Joseph M. McQuire, Christian

To the Hebrew Congregation in Newport
Rhode Island.

Gentlemen.

While I receive, with much satisfaction, your Address replete with expressions of affection and esteem; I rejoice in the opportunity of assuring you, that I shall always retain a grateful remembrance of the cordial welcome I experienced in my visit to Newport, from all classes of citizens.

The reflection on the days of difficulty and danger which are past is rendered the more sweet, from a consciousness that they are succeeded by days of uncommon prosperity and security. If we have wisdom to make the best use of the advantages with which we are now favored, we cannot fail, under the just administration of a good Government, to become a great and a happy people.

The citizens of the United States of America have a right to applaud themselves for having given to mankind examples of an enlarged and liberal policy: a policy worthy of imitation. All possess alike liberty of conscience and immunities of citizenship. It is now no more that toleration is spoken of, as if it was by the indulgence of one class of people, that another enjoyed the exercise of their inherent natural rights. For happily
the

The Government of the United States, which gives to bigotry no sanction, to persecution no assistance, requires only that they who live under its protection, should demean themselves as good citizens, in giving it on all occasions their effectual support.

It would be inconsistent with the frankness of my character not to avow that I am pleased with your favorable opinion of my Administration, and fervent wishes for my felicity. May the Children of the Stock of Abraham, who dwell in this Land, continue to merit and enjoy the good will of the other Inhabitants; while every one shall sit in safety under his own vine and figtree, and there shall be none to make him afraid. May the father of all mercies scatter light and not darkness in our paths, and make us all in our several vocations ^{useful} here, and in his own due time and way ever lastingly happy.

George Washington

This letter from George Washington, written while he was President, assured the Hebrew Sabbath-keepers at Newport, R.I., that "happily the Government of the United States . . . gives to bigotry no sanction, to persecution no assistance."

1790. August

Reply of Genl Washington
to Address of the Hebrews
of Newport Rhode Island
with Autograph Signature
of G^o Washington
Original & Valuable

The Law of Righteousness

“There were thunders and lightnings, . . . and the voice of the trumpet exceeding loud. . . . Mount Sinai was altogether on a smoke; . . . the whole mount quaked greatly” (Exodus 19:16, 18).

God was about to present His great law, written by His finger, on tables of stone.

In Deuteronomy 6 God promised to prolong the days of His people if they kept His statutes and commandments. He desired them to have these commandments in their hearts, to teach them to their children, and talk of them when they sat down, walked by the way, lay down, and when they rose up. They were to bind them for a sign upon their hand and frontlets between their eyes and write them on the posts of their houses and on their gates.

God must have seen a need for His fiery law to be ever before them.

To the rich young ruler Jesus said, “If thou wilt enter into life, keep the commandments” (Matthew 19:17).

God promised *long life* to His people if they would obey His law; Jesus promises *eternal life* if we keep the commandments.

Then in Revelation 22:14 we read, “Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.”

No greater promise is given anywhere in the Bible.

God sent His law with promise of great severity if His people did not obey it.

Jesus said, “If ye love me, keep my commandments. And I will pray the Father, and he shall give you another comforter, [v. 26, the Holy Ghost] that he may abide with you for ever” (John 14:15, 16).

Wonderful Jesus, You will intercede for us to the Father to send the Holy Spirit if we keep the great law of Your Father. And only God knows how much we need the Holy Spirit to help us keep the commandments.

Again in I John 5:3 it says, “For this is the love of God, that we keep his commandments.”

But do you think that keeping the commandments of God is a path of ease? Oh, no! Obedience to God's laws meets Satan's wrath, as we read in Revelation 12:17: “And the dragon was wroth with the woman [God's people], and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.”

And in Revelation 14:12 it says “Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.”

In summing up the whole matter of life, Solomon counseled, “Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man” (Ecclesiastes 12:13).

There was a supernatural display of God's power when the commandments were given on Mount Sinai; so there will be a supernatural display of

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THE
PRESIDENT'S
MESSAGE



Happy Birthday America!

THIS MONTH marks the two hundredth birthday of the United States of America. At this time in our nation's history there are over 116 million churchgoers in the United States — an increase of 30 percent in ten years — yet illegitimacy has gone up 300 percent, and pornography has become a \$500 million-a-year business. Venereal disease has jumped 72 percent. Our annual crime bill is over \$20 billion and is increasing four times faster than our population. What we expend on gambling is more than all the money spent on churches, education, medicine, and cars. Our divorce rate is one in two, and our nation has five million alcoholics and three and a half million problem drinkers. Coupled with inflation, large-scale unemployment, and rapid uncertainty and unpredictability, these statistics make the situation almost unbearable.

This bicentennial celebration will remind us of people like George Washington, but when General Washington sank to his knees in the snows at Valley Forge, he had precious little hope that he would ever successfully pull off the War of Independence.

This country was torn in half in the 1860's and Americans fought Americans, but from the day that two great generals faced each other at Appomattox Court House, we started building again.

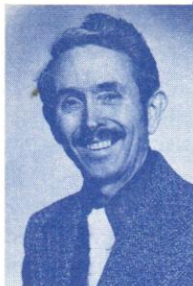
In World Wars I and II the young democratic culture helped provide the force that saved the universe from exploding into self-destruction. Through each trial and tribulation that has challenged America she has been able to pull herself up by the bootstraps and get going again. The question remains, can she do it this time?

This is not a country that depends on the ruins of the Parthenon to remind us of its greatness. This is not a country that looks to the Tower of London to recall ancient memories, nor to the pyramids and sphinx of Egypt for the glamor and genius of early men.

What is the secret of our greatness? It lies in the fact that we have acknowledged the Creator of the universe as our God and our source of strength. It was nurtured in prayer and has prospered under the special favor of God. The Bible has concluded, "Blessed is the nation whose God is the Lord [Yahweh]: and the people whom he hath chosen for his own inheritance" (Psalm 33:12).

In the early days of our country no one was ashamed to say that it was a Christian nation . . . dependent upon God. The fifty-six signers of the Declaration of Independence, among whom were such distinguished names as John Adams, Samuel Adams, John Hancock, Benjamin Harrison, and Thomas Jefferson were not reluctant to express their dependence upon

(Continued on page 20)



Pondering Proteins

By Dr. Allen R. Babcock

QUALIFIED nutritionists vary considerably in what they believe to be the proper amount of protein for the human diet. One writer recommends that 80 percent of the diet should be protein. Another says the equivalent of a 4 ounce steak is the minimum. Some say less, even much less. It seems good practice to reduce the animal protein as much as possible and increase vegetable protein when necessary. Animal protein breakdown leaves nitrogenous wastes to accumulate in the tissue spaces, where it may lead to a number of chronic diseases, including arthritis.

The official food and nutrition board of the National Research Council has set a recommended daily allowance for adults of average weight and height of 70 grams for males and 60 grams for females.

These figures are basic minimums; according to the board and other nutritionists a bit more should be added to make sure there is enough protein to make all the necessary repairs, realizing that your system may not be as efficient as the average.

Carlson Wade in his book *Miracle Protein* says, "Food protein cannot be used by your body unless it is first transformed into amino acids by enzymes.

"These protein-like substances act

to break down the protein in your food so it can be turned into amino acids and then absorbed into the bloodstream." Enzymes, Mr. Wade goes on to say, are found in raw foods such as fruits, vegetable seeds, nuts, grains, and raw juices. Without these raw food enzymes, Mr. Wade continues, food protein would remain in a lump and be useless.

So remember to begin each protein meal with a large raw fruit or vegetable salad. End each meal with a large fruit or vegetable salad or raw juice.

As you probably know, proteins are classified as essential and nonessential (speaking of their amino acid content) — not that any amino acid is actually nonessential, only that the body may synthesize the "nonessential" amino acids from other substances. We may, however, run into serious problems if we fail to consume all these ten (some say eight) essential amino acids regularly.

The list of essential amino acids, and something important to remember about each, follows:

(1) **Valine** deficiency may cause nervousness, poor mental health, and insomnia.

(2) **Lysine** deficiency may cause red "spider webs" in the eyes and/or chronic tiredness and fatigue.

(Continued on page 21)

Who's Who In the Sabbath World



Fordyce W. Detamore

Fordyce W. Detamore, an evangelist of The Voice of Prophecy Evangelistic Association, lives in Orlando, Florida.

Born in St. Paul, Minnesota, March 10, 1908, he has served many years as an evangelist and missionary of the Seventh-day Adventist faith. At age six he went with his missionary parents to Singapore, where the family spent seven years.

He was graduated from Andrews University in Michigan with the B.A. degree in 1928. The day after his graduation he married Aletha Stout. He was ordained as a minister at St. Louis, Mo., in 1935.

The Detamores then entered the work of the Seventh-day Adventist Church in Michigan, and later in Indiana. "My wife and I received a total

salary of \$85 per month," says Pastor Detamore, "and our car payments were \$43! We really learned what it means to 'live by faith!'"

In 1930 a call came to administrative work in the Malayan Union Mission of the Adventist Church, where he served until his return to the United States in 1935. During these years Pastor Detamore and another missionary became the first Christian leaders to enter the wild portion of Burma to establish a mission station on 1931.

Pastor Detamore visited Philadelphia, where he studied the work of a successful evangelist. He put the new techniques to the test, baptizing 64 person in one crusade and 63 in the next one held only a few weeks later. It was in St. Louis that Pastor Detamore first began using radio in his ministry. He became convinced that a Bible correspondence school would be a good way to follow up interests created in his evangelism. He organized such a school and soon had 2,000 students enrolled.

During his work with The Voice of Prophecy Pastor Detamore initiated the Book for the Month plan and wrote and produced Bible correspondence lessons, including a course in braille for blind students.

Desiring to continue in field evangelism, he went to Texas in 1944. "From that day to this we have been literally living out of suitcases — and enjoying every minute of it," he says.

After many evangelistic campaigns throughout the southern United States, Pastor Detamore returned to the Orient, arriving in Shanghai on January 1, 1948. Next came evangelistic crusades in Hong Kong, Siam, Ceylon, Singapore and Manila.

Back in the United States in 1953,

the Detamores returned to evangelism in Texas, but crusades in which he was "on loan" took him all over the United States.

Pastor Detamore makes the base of his evangelistic operations the state of Florida, from which he has continued his practice of holding seven or eight evangelistic crusades each year.

In early 1970 Pastor Detamore joined The Voice of Prophecy Evangelistic Association, headquartered in Los Angeles, Calif. He has recently directed evangelistic crusades in San Bernardino and Sacramento, Calif.; Albany, N.Y.; Indianapolis, Ind.; Phoenix, Ariz.; Modesto, Calif.; Turlock, Calif.; and Walla Walla, Wash.

The Detamores have three children.



Bishop John D. Garr

Bishop John David Garr was born

July 15, 1944, at Downing, Mo.

A graduate at Asheville High School, Asheville, N.C., he took undergraduate studies at Cleveland State College, Cleveland, Tenn., and is a graduate of the Church of God School of Ministry in Cleveland.

He has been an active minister since age 18. He was ordained a deacon in August, 1962, and as a bishop in August, 1964. He was pastor at Spencer, Tenn., from 1962 to 1964 and was one of the seventy elders in The Church of God from 1964 to 1965. He has held the post as general overseer of Church Publishing Company of the Church of God, Jerusalem Acres, Cleveland, Tenn., since July, 1965.

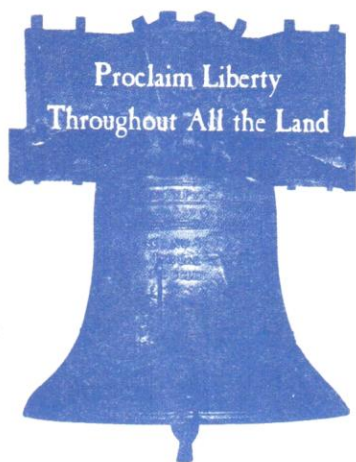
Bishop Garr compiled and edited *The Church of God Manual of Apostles' Doctrine and Business Procedure*, serves as managing editor of *The Vision Speaks*, official monthly publication of The Church of God, and has written numerous tracts, brochures, and doctrinal exegeses.

He was married to Pat Darlene Hall in August, 1965. The Garrs have three children: John David II, age ten; Timothy Daniel, age nine; and Stephen Michael, age three.

He has served as a traveling evangelist throughout 40 states of the U.S. and in Canada, working in the street ministry of The Church of God Highway Good Samaritans. He has also served as a public relations man at various church organizations, ministerial councils, general conventions, and the like for several years.

Bishop Garr recently designed and did the architectural layout of the unique "Star of David Building" located at Jerusalem Acres, which was recently dedicated.

He plans to write several theological books in the near future.



*“Heaven save my country!
I was going to say
this is my first, my last,
and almost my only prayer.”*

*—Letter from Sam Ward,
a Sabbath-keeper, to his
brother Henry, written just
before American Revolution*

BSA Board Meets in Nashville May 29, 30

Nine board members, together with fourteen others, attended the business meeting, "Consultation '76," which was held at the Hermitage Seventh-day Adventist Church on May 29 and 30. For their Sabbath noon meal members joined almost a thousand others who were attending dedication services of the Madison Campus Seventh-day Adventist Church. The carry-in meal was held in the auditorium-gymnasium building of Madison Academy.

Bishop Robert S. Somerville spoke at the May 29 afternoon meeting at the Hermitage Church on "The Sabbath Day in Contemporary Culture," followed by a panel discussion. Business meetings, conducted by President Terril D. Littrell, were held Saturday night and Sunday morning in the church.

Pictures of the meeting highlights and a more detailed account of actions taken will be published in next month's magazine.

SIGN YOUR OWN DECLARATION OF DEPENDENCE

(Continued from page 6)

through faith in Christ, the righteousness that comes from God, and is based on faith" (Philippians 3:9).

Think of it! When we acknowledge our complete dependence upon Christ, even our motive for keeping the law is changed. Realizing that all our feeble attempts at self righteousness are "as filthy rags" (Isaiah 64:6, KJV) in God's sight, we seek to keep His commandments because we love Him (John 14:15).

This is an invitation to all readers of THE SABBATH SENTINEL — whether you are living in the United States or another country — to recognize your dependence upon the Lord for everything and to put your life completely under His control. Only those who have experienced it can testify that we gain our independence from sin and failure by becoming wholly dependent on Christ. "Freedom is what we have — Christ has set us free! Stand, then, as free men, and do not allow yourselves to become slaves again" (Galatians 5:1).

If we are Christ's, then we can say with the late Dr. Martin Luther King, "Free at last! Thank God in heaven, I'm free at last!"

*All Bible quotations not otherwise specified are from Today's English Version. Copyright, American Bible Society, 1966, 1971, 1975.

THE LAW OF RIGHTEOUSNESS

(Continued from page 12)

God's power when we meet them at the gates to the city, as we read in Revelation 11:19: "And the temple of God was opened in heaven, and there was seen in his temple the ark of the testament: and there were lightnings, and voices, and thunderings, and an earthquake, and great hail."

In conclusion let us remember that James 2:10 says, "For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all."

—Available in tract form from
Kingdom Missionaries,
Ruffsedale, Penn.

Those who don't stand for something often fall for anything.



Conducted by Ruth Thomas

I think that the work of the BSA should be increased. I think it is a very vital work of God. May God richly bless you and your staff for your untiring efforts to do much with very little. I wish it were in my power to do more than I have already.

One thing is a must; that is, our SENTINEL and calendar, and also our witnessing to the truth we are seeking to uphold. If we can do more extensive work on TV or radio, well and good. After observing Sunday most all of my life, I was enlightened in regard to the truth of God's Sabbath by a pamphlet entitled, *God's Holy Day*, a publication of the American Sabbath Tract Society (Seventh Day Baptist). So, as far as I am concerned, tracts are an important means of communication. Your letters and THE SABBATH SENTINEL help to maintain my interest.

—William P., Canada

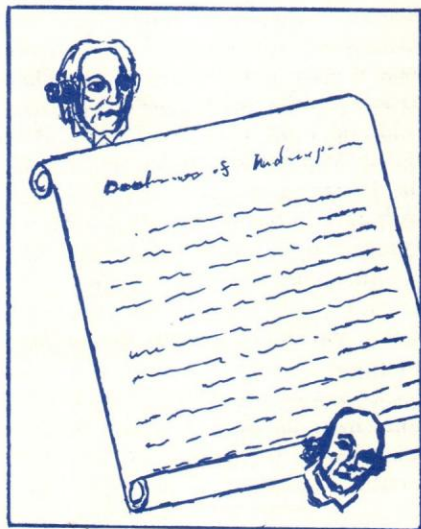
I appreciate your magazine very much and we love the Sabbath calendar. I sent *Forty Reasons Why the Sabbath Should Be Kept* to Quebec, Canada. I had it translated into French for the French-speaking people. I left your Bible Association address on it, hoping you would get replies from there.

—Elder W. H. McCann

I have a neighbor boy just across the street who was brought up in the Church of Christ. I have him interested in the Sabbath. I gave him several tracts to read from you people and "Echoes from Eden" Bible study series. He thinks it is wonderful.

—Mrs. C. E. B., Texas

Did you know . . .



Drawing by Robert Hubbard

that Sam Ward, a Sabbath-keeping Baptist, would doubtless have signed the Declaration of Independence had he lived? He was a member of the Continental Congress that drafted the document but died less than four months before it was officially proclaimed on July 4, 1776.

that Benjamin Franklin, who *did* sign the document, at one short period of his life observed the Sabbath?

(Continued from page 13)

God in the closing words of that great document.

The first American day of humiliation, fasting, and prayer, in 1776, was so designed by Congress so that the thirteen colonies might "through the merits and meditations of Jesus Christ, obtain His pardon and forgiveness."

In many other eras of this nation's history there were such times of calling the citizenry to repentance, and within my own memory there is the recall that those times were taken with a great deal more seriousness than they are by many of the leaders of our ruling bodies today. Thank God there are such men as Senators Randolph and Hatfield, Congressman Conlan, and others who speak out unashamedly about the Creator.

One of our greatest historians, Arnold Toynbee, speaks of nineteen civilizations that have existed since man began to form governments. Of the nineteen only five still remain. Ours is one of the five.

The average age of the world's greatest civilizations has been two hundred years. Whether we shall continue as a nation — or whether or not our most glorious years lie just ahead — remains to be seen. One thing, however, is sure; if we are recreant to our trust, we shall sooner or later join the procession of empires that have risen one by one, flourished, and tottered to their fall.

America does today, and always will, rate tops with me, and I want to take this opportunity to say "HAPPY BIRTHDAY AMERICA!"


(Continued from page 3)

some 2500 years after the heavenly Father had instituted the Sabbath at Creation He was mindful of His special day, and He required His people to recognize it too.

God's provision for our needs is sometimes not easily recognizable, especially His provision for our spiritual needs. Like the children of Israel, we may be inclined to question its worth and ask, "What is it?" His answer to our needs, like a rare coin, may be corroded or almost obscured by debris, but the trained eye will recognize it even among the ruins of a past civilization. Once retrieved, polished, and put to use, it is a thing of beauty and value.

This matter of true Christianity may not make sense to the unconverted individual. To him, seeing his Christian neighbor engage in Sabbath observance, regular church attendance, and working for community welfare programs may seem to be a waste of time, because the carnal mind does not comprehend eternal values. But to a person with spiritual understanding those same things are the answer to spiritual needs. He is willing to divest himself of all worldly possessions that he may be able to acquire such profound and "unsearchable" riches as those provided through God's abounding grace.

Ball-point pens bearing the message "The Seventh Day Is the Sabbath of the Lord" make excellent gifts which testify of your belief. These quality pens made by the BIC Company are only 25 cents each.

THE BIBLE SABBATH ASS'N
Fairview, Oklahoma 73737

PONDERING PROTEINS

(Continued from page 14)

(3) **Tryptophane** is important for rich red blood, youthful skin and hair, and healthy nerves.

(4) **Methionine** helps remove poisonous substances and protects against destruction of delicate tissues and capillaries of the liver.

(5) **Cystine** supplies over 10 percent of the insulin.

(6) **Phenylalanine** is needed that the thyroid gland may secrete thyroxin. Some visual disorders may be traced to a deficiency of this amino acid.

(7) **Arginine** deficiency may cause sterility and/or accumulation of toxic wastes.

(8) **Glutamic acid.** Brain health responds to this amino acid, affecting in some situations intelligence and personality.

(9) **Histidine** feeds and stimulates the auditory nerve and is needed for good hearing.

(10) **Threonine** helps the digestive and intestinal tracts to function better.

Following is a table of comparative protein values for one-half cup of various foods:

	Protein Grams
Beef, medium fat	20.6
Chicken, fryer, fresh only	23.4
Lentils	28.4
Lima beans	28.4
Peas	26.8
Soybeans	39.6
Sunflower meal	44.8
Sesame meal	38.0
Peanut butter	33.6

In a future issue we shall deal with vegetable proteins and some apparent amino acid weaknesses.

Care for your body, not only as your most cherished possession but as the temple of God (2 Corinthians 6:16).

Sabbath Promotional Aids

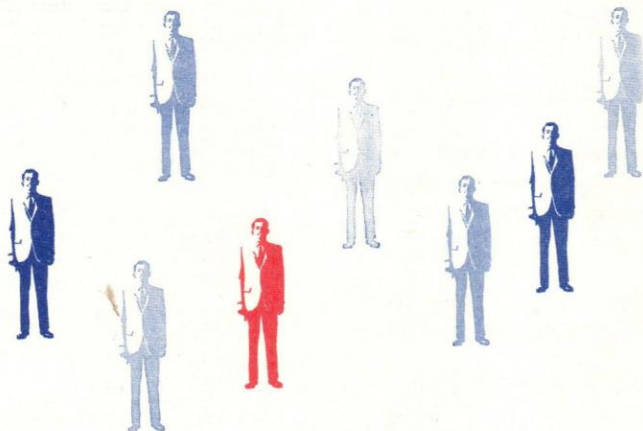
Tracts and Leaflets (some 25 titles)	sample copies free
Window Decals, each25
Membership Application Cards	Free
Sabbath Stamps books25
Sabbath Calendars for 1976 while they last— in lots of 1 dozen sent out for payment of	postage only.
Sabbath Bumper Sticker35
Directory of Sabbath-keeping Groups	3.50
Ball Point Pens with imprint: "The Seventh Day is the Sabbath of the Lord"	
1. (best) retractable point50
	\$5.00 per dozen
2. non-retractable25
	\$2.00 per dozen
13 Lesson Radio Booklet75

All Available from

THE BIBLE SABBATH ASSOCIATION

FAIRVIEW, OKLAHOMA 73737

FOCUS ON INDIVIDUALITY



If you think of yourself as an individual, and you are searching for creative applications of your specialized interests and knowledge in how to relate the Sabbath truth to contemporary society, we would like to hear from you!

As a Sabbath keeper you can make a contribution toward cracking the frontiers in "advanced light and understanding" of the Word of God in the religious community. Your individual talents, ideas and suggestions can be applied in the world-wide work of the Bible Sabbath Association International.

By becoming an active member of the BSA you will be uniting with other individuals who have a kindred spirit, and you will be helping to keep alive the spark of individualism that has made possible the uniqueness and greatness of this fellowship for over 30 years.

The only requirement for membership in the Bible Sabbath Association International is belief in Saturday, the seventh day of the week, as the Sabbath.

Enclose your \$10 for membership today.

THE BIBLE SABBATH ASSOCIATION

Fairview, Oklahoma 73737

Announcements

Copy must be brief. No charge will be made, but offerings to defray cost will be appreciated. The right is reserved to reject any proposed copy.

Send all copy to Bible Sabbath Association, Fairview, Okla. 73737. Information as to desire for employment by Sabbathkeeping people or vice versa, prayer requests, requests for information leading to Sabbath fellowship for isolated people, etc., will be included.

SCHOOL OF MINISTRY begins August 20, 1976, with a two-year college curriculum, offering an associate of science degree. The college is transdenominational, coeducational, interracial, and fundamental. There are four Sabbath-keeping churches that students may attend in the city of Cleveland.

All prospective students should write immediately for free catalog to Director Terril D. Littrell, School of Ministry, Jerusalem Acres, Cleveland, Tennessee 37311.

Rev. Wayne Babcock is desirous of forming a local Bible Sabbath Association chapter in his area. Those who are interested may contact him by writing to Seventh Day Baptist Church, P. O. Box 453, Dodge Center, Minnesota, 55927.

The House of Yahweh of Odessa welcomes all to come and keep the Feast of Tabernacles, Oct. 9 through 16, with us. Rooms will be available for sleeping if you bring beds. There is plenty of room for campers and parking. Meals will be served at cost. Come and spend eight full days of joy before Yahweh. For more information call or write Jacob Hawkins, P. O. Box 4938, Odessa, Texas 79760, phone (915) 337-4267.

The Association of Seventh Day Pentecostal Assemblies will hold its camp meeting Tuesday, August 3, through Saturday, August 7. The campgrounds are at the

southeast edge of Turner, Ore., five miles south of Salem to Turner turnoff, and three miles east.

Dormitories, cabins, and trailer spaces are available. Those attending are asked to bring their own pillows, blankets, and sheets. Expenses for meals and lodging are provided by the Association of Seventh Day Pentecostal Assemblies and by freewill offerings. For further information, contact Ed Saunders, chairman, 13164 Crescent Rd., White Rock, B.C. Canada, phone (604) 531-7726; William E. Baker, vice-chairman, 6031 Briercrest Ave., Lakewood, Calif. 90713, phone (213) 867-8438; Billy Watts, 214 D St., Springfield, Ore. 97477; Bill G. Houston, 4109 P.V. Rd., Vernon, B.C., Canada; Aaron Fauth, P. O. Box 924, Zillah, Wash. 98953; James Wilson, 1135 Hulman St., Terre Haute, Ind. 74802; or Wilbur C. Dornberger, 7622 Warner Ave., Huntington Beach, Calif. 92647.

You are invited to services at The Church of God, 316 Colbert Street, Attalla, Ala. Sabbath school, 10:00 a.m.; Tuesday evening, 7:00 p.m.; Friday evening, 7:00 p.m. Paul Craig, pastor. Phone 547-3888. Everyone welcome.

Cover Picture:

"The Spirit of '76" is still alive in the hearts of people of the United States, we hope — the idea of permitting each person to worship, or even NOT to worship as he pleases. Sab-batarians, along with others, can thank the Creator for this blessing.

In the background is the original draft of the Declaration of Independence in Thomas Jefferson's handwriting, with changes written in by John Adams and Benjamin Franklin. The more familiar engrossed copy with signatures was made from this.

Spread the Sabbath Truth With New Bill Tract



DISAPPOINTED?
SATAN ALSO DECEIVES, BUT GOD'S WORD IS TRUE (Ps. 119:160).
GOD SAYS: "... the seventh day is the sabbath ..." (Exodus 20:8-11).
YOUR CALENDAR shows SATURDAY as the SEVENTH DAY of the week.
THEREFORE, Saturday, the seventh day, is the true Sabbath of the Lord.
SUNDAY is a counterfeit Sabbath—a relic of ancient SUN WORSHIP—
a symbol of apostasy. Given in the Spirit of Friendship by:
The Bible Sabbath Association
FAIRVIEW, OKLAHOMA 73737 25¢ per dozen

This new tract, just off the press, is actual bill size and looks much like the real thing. It has the approval of the Secret Service and is not considered counterfeiting.

How many times is the conventional religious tract eagerly picked up and read? Perhaps a thousand to one it isn't! But when this new unconventional bogus bill tract is folded in quarters and dropped, people can't resist picking it up and reading what is printed on one side of the paper:"

DISAPPOINTED?

SATAN ALSO DECEIVES, BUT GOD'S WORD IS TRUE (Ps. 119:160).
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Chances are they will show it to a friend for a laugh, and that way both of them read the message. Order your supply of bogus bill tracts today at only 25 cents per dozen.

THE BIBLE SABBATH ASS'N INTERNATIONAL

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