

Chicago Midwest Spokesman

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CHICAGO CHURCH BECOMES A MOTHER

by Dick Alexander

"So we being many, are one body in Christ, and every one members one of another." Romans 12:5

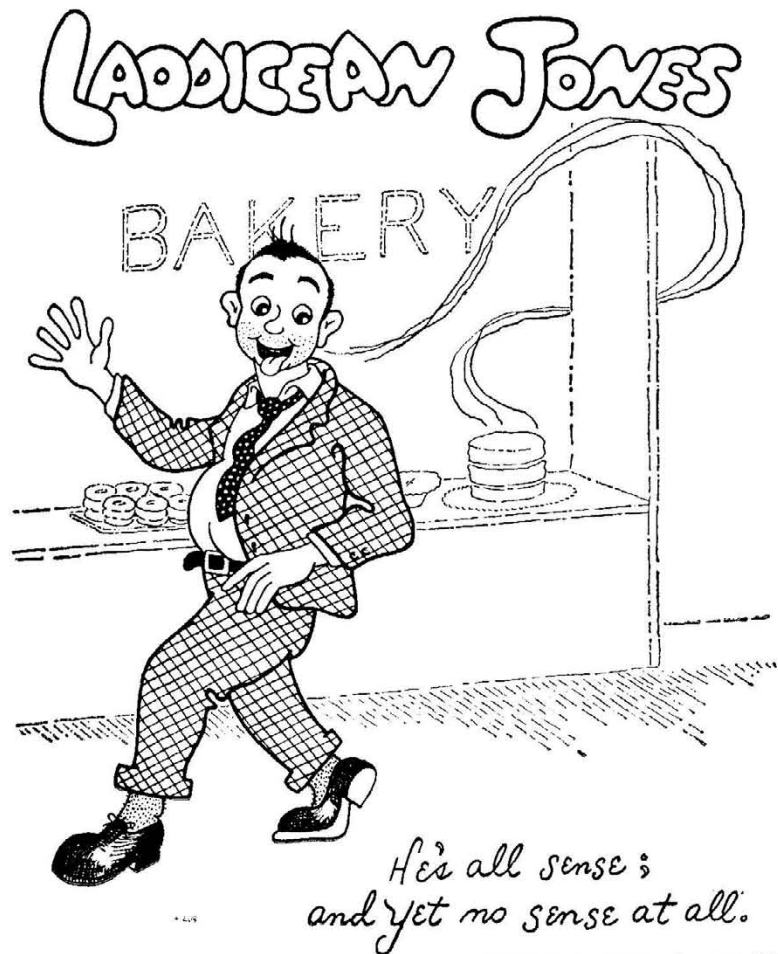
Since March 11, 1955 when the original fifteen assembled for the first meeting of God's Church in Chicago we had been together as one church. But starting August 12, 1961 we have been divided as a church physically, but are still one body in Christ.

During July God's Church here in Chicago had regular Sabbath attendance as high as 100 people. We had increased *forty times* over the original! Because of this growth, the meeting hall became too small to hold all of God's people in the Chicago area on regular Sabbaths and it was difficult for our ministers to keep the close contact necessary with the members. Therefore the decision was made to divide the church with part of the membership meeting at the Union Hall in LaGrange, Illinois.

The approximate dividing line determining which Church to be attended is along Harlem avenue and 135th street. Anyone living south of 135th street or west of Harlem attends the church in LaGrange. All others are attending Wozniak's unless travel time indicates an exception. 242 people attended the first meeting in LaGrange where it was announced that Bible Study each Wednesday and Spokesman's Club Saturday and Sunday nights will still be held at Wozniak's hall.

Our pastor, Mr. Dean Blackwell, will be in charge of all Churches in this area and will alternate with our other ministers in preaching at the two Chicago Churches. In the future it is planned to have one elder in charge of each of the two Churches.

We have come to know and love each other here in the Chicago area and it is going to feel strange and sad not to see many familiar faces each Sabbath. Let us not revert to one of the world's adages of "Out of sight, out of mind", but instead let us continue to be truly one body in Christ.



Alkaline and Acid Foods

by Dr. Kenneth May

From the cradle to the grave, the body is fighting *acid* blood. Our greatest problem is keeping the blood alkaline; this is the secret of good health and long life. An abundance of *alkaline* food will make and keep the blood *alkaline* and will promote good health and long life, barring accident.

God has provided the human body with

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"TIME FOR A CHANGE"

by Edward Rudicel

Mr. Dewey said it, but Chicago's Spokesman's clubs are putting it into practice. July 30th ushered in new administrations.

Pounding the gavel for the Saturday nighters is Mr. Martin Filippello, one of our junior deacons who never shies at the hurdles. As a competent aide to him in keeping the meetings rolling, Mr. Clarence Svehla is serving as vice-president. Mr. Svehla is one of the newest deacons whose past performances have fitted him for

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EDITORIAL . . .

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THE TIME IS NOW

In an organization some years ago, one of the more capable men who was not responding to training very well, made the statement that he would not want to have the job of a manager in that organization. When asked why, he answered, "No particular reason, it just doesn't appeal to me."

The truth could well have been that he realized how much labor and responsibility are involved in managerial work and chose to seek the line of least resistance.

This situation is not confined to men laboring for their livelihoods, but is found in any group of individuals organized for an ultimate objective. In almost every case the administrative functions of an organization are handled by a small group of dedicated, yielded individuals who carry the burden for the entire group. Because of their efforts the organization survives and even progresses. Let us imagine, though, that such an organization was composed wholly of persons giving their absolute best in every phase of their responsibility within the group.

There is no limit to what a small, dedicated body of people can do when it pools its efforts for the benefit of all. Yet again, petty and selfish excuses are given by people claiming a lack of time to serve and showing an attitude of getting instead of giving, thereby being deadwood and holding back full progress.

Perhaps you have noticed a strong, highly-kindled spirit growing in the Chicago area Church of God. This spirit is one of burning zeal and dedication to the physical progress and to spiritual growth, in preparation for the tremendous job God has in store for the Church here in this Mid-western Babylon.

This then poses the question, "What are YOU doing to help, to push onward, to add to the forward progress of the Church?" You are asked to answer this all important question NOW!! Unless you can come up with positive answers you had better seek help immediately.

THIS CHURCH IS GOING FORWARD!
Are you going to grow with it, or fall into the category of hearers instead of doers? The answer is up to you—ACT NOW!

FOODS

Continued from page 1

two separate digestive processes: an acid process for digesting proteins and an alkaline process for carbohydrates.

Proteins are digested principally in the stomach by the gastric juices which are normally strongly acid in the healthy stomach and contain free hydrochloric acid.

Carbohydrates, the sugar and starch foods, are not digested in the stomach. Their processing begins in the mouth and continues in the small intestine by alkaline digestive juices which consist mainly of secretions from the pancreas, an endocrine gland.

Now this is what happens when your stomach, secreting its acid juices to digest proteins, is confronted with a load of starch food at the same time. The carbohydrates automatically restrict the secretion of the stomach acid juices. The load of starch also combines with some of the already-secreted hydrochloric acid in the stomach that was intended for the proteins, and the starch carries the acid into the small intestine, where all is supposed to be alkaline for processing the starches. The balance of the pancreatic hormones and enzymes is upset.

So, when we eat concentrated starches with a protein meal, we disturb the digestion of both types of foods. Result—we lose the maximum nourishment we should obtain from protein foods and we burden the intestinal tract with an improperly digested meal. This leaves the foods only partially digested and produces gas pains, belching and probably constipation.

EXAMPLE: Prepare at least two meals a day around a protein food, such as flesh, organ meats, fish, poultry, eggs or cheese, combined with fresh vegetables or cooked fruits. This combination allows the two digestive processes to function properly, assures you a regular intake of essential minerals, proteins and vitamins.

An excellent way of eating for health is to avoid mixtures of concentrated starch with acid fruits and proteins at the same meal. This rule is not recommended for general use—only for those prepared to exercise a great deal of self-control or for those, who, having lost their health, are determined to make every effort to regain it. Those suffering from various forms of indigestion will find excellent relief by observing this rule. However, "the fewer mixtures the better."

Potatoes are not a concentrated starch. When they are cooked in the skins and the skins eaten they are a valuable source of bone and nerve-building elements. They yield more iron and B vitamins than do milled cereals. All these valuable elements are lost if the potatoes are peeled before cooking. The potato is a great alkalizer and does combine with protein.

Therefore in selecting a diet it is necessary to see that we have more basic foods—alkaline rather than acid foods. The foods containing minerals and vitamins must be in excess of those containing carbohydrates,

TRIPLE TREATS

by Edward Rudicel

Something new has been added! The night of July 26th brought three-fold pleasure to all in attendance: news from the field; another study provoking session in the book of Acts; and vicarious tours of Ambassador College campus in England, and views of points of interest in continental Europe. Mr. George Meeker and Mr. Ted Efimov enlivened these "slide trips" with personal narrations.

God's work is SURGING ahead! Each week brings us news of worries changed into joy! We learned of a young couple moving to Holland who had THRILLED at being able to hear "The World Tomorrow" again: their ears were first tuned to the Truth while they had drunk in the Good News beamed from Hobart, Tasmania.

The scattered flock has been blessed with four more folds! God's Church at Little Rock, Arkansas began with an attendance of 183 who had been LONGING for a faithful shepherd. In Memphis, Tennessee were 180 whose ears and hearts God had opened: these hungry souls rejoiced that He had blessed them with the chance for Closer fellowship. Added to the Mid-western circuit is our sister church in South Bend, Indiana — 165 were gathered for the first Sabbath service there. The newest church is a branch of the main Chicago church and meets in LaGrange. At its first Sabbath service 242 people attended. Many of our bretheren in Christ who had not been able to share spiritual feasts each Sabbath now can know the joy and growth which weekly associations bring. Although we do miss seeing these familiar faces, we are gladdened because of their added happiness.

Visiting in the Chicago area recently was Mr. Carl Mc Nair who stopped here near the close of the baptising tour he was leading in the northern section of the U.S. Those who heard his comments and stories received much insight and understanding of the work. Also visiting during August has been Mr. Frank Mc Crady, who had been leading the baptising tour covering the central portion of our country.

Event by event, led by our pastor we in this area have relived the stimulating story of ever increasing scope of Christ's Church from Pentecost, A.D. 31, through the beginnings of persecutions.

Month by month the fields ripen unto harvest. As God grants the increase, ours is the rewarding labor of helping to reap the fruit of His sowing—the produce watered by His ministers. All around the world God IS calling His own; more than ever before our big time for us to launch out and SERVE!

fats and proteins.

For those in normal weight and health, the ratio may be 75% alkaline to 25% acid or three to one. For those underweight, the ratio should be 80% to 20% or four to one. For those overweight the ratio should be 70% to 30% or 7 to 3, approximately three to one.

CHURCH PICNIC AT RIVERVIEW PARK

by Elisha Crim

Do you remember the early morning of Sunday, July 30 in Chicago? How dark it became because of heavy black clouds that had formed in preparation for a heavy rainstorm! There were sharp flashes of lightning and loud thunderings; after which it began to rain.

That was the day the Colored brethren had scheduled a picnic at Riverview Park. Everyone was prepared and looking forward to that day with enthusiasm.

Many of us had prayed for and expected a beautiful day. Was God going to answer our prayers, or did He care whether or not we had a picnic?

Would God bother to make a change in the weather with all the very important things He had to attend to for a few people who wanted to have a picnic?

As the rain continued, members began to call and ask, "Well, what are we going to do now?" They were told to continue to prepare for the picnic. So while rain was falling, baskets were being prepared.

The rain ceased in some sections of the city but continued to pour in others.

As the hour approached for us to go to the park, the rain stopped completely and the sun began to shine. By the time everyone had arrived at the park, the day was sparkling with beauty and it seemed to be the most beautiful day we had had all the year.

As the food was being placed upon the tables, and the ice-cream freezers turned, there was a picture of happiness and everyone commented on how good it was to be together on this occasion.

Some of the members told how they felt about the weather we had had a few hours previously and how God had tested our faith.

The food was delicious and there was plenty for everyone. The outstanding treat was the wonderful homemade ice-cream prepared by Mrs. Lula Bell Johnston, who is known for her talent in this field.

After enjoying our meal, some went for sight-seeing walks and others found enjoyment on the rides. Parents took their children on the rides and the little ones were thrilled and amused. It was a great joy to see them riding the merry-go-round or little boats with expressions of happiness and joy on their beaming faces.

After the rides and tour were completed, we came back to the tables and learned that we had several gallons of iced custard that had to be frozen into ice cream.

Have any of you brethren tried to freeze ice cream in a manual freezer without ice cream salt? It is impossible. We were out

BIT OF THE PAST

GREETINGS:

If you want to read something very interesting to make you realize how fast this old world is spinning, see if you can find a copy of Mrs. Owens New Cook Book and Complete Household Manual, published in 1899. I found this book in the house when we moved. It was autographed by Mrs. Owens to Mr. Benjamine Levering in 1902 (we bought the house from Mr. Levering in 1944).

For a sample . . . "The five food principles: water, proteins, fats, carbohydrates and salts or mineral matter." (What! no vitamins?) "How shall we know if we are in our best condition? First, we shall not be thinking about it at all . . . (how times have changed) . . . "We shall not mind about the quality of our food very much. Life will hold other pleasures for us . . . (Mrs. Owens would be in a differing world if she were alive today to read all the ads about FOOD).

More from her cookbook. . . "The Egyptians were great bread eaters at their feasts, according to Apollonius, and used the very simplest food . . . in the early days of Rome the principle food was a gruel made of barley with greens and other vegetables . . . meat was used sparingly . . . the chafing dish has been used in some form or other since the days of Homer, 850 B.C.

She also mentions, "Before the next decade it is altogether likely that cooking will be done by electricity in many homes."

Her cookbook is just filled with information that has been long lost, but is still very good for us to know today. I thought you might be interested in this bit of the past.

With love,
Grandma "Kit"
Henderson

of ice cream salt and could not buy any there at the Park Restaurant. What would we do now? Well, we enjoyed homemade, extra thick milk-shakes.

We were delighted to have an outstanding visitor enjoying the picnic with us, Mr. Charles E. N. Okpela, from Nigeria. Mr. Okpela is an educational administrator attending Chicago University studying for his Doctorate.

We asked him many questions and learned some very interesting things about Nigeria and Africa.

Around 5:30 P.M. we left for home, with a feeling of happiness and thankfulness because God had proven Himself to be concerned about His people. He answered our prayers and gave us a beautiful day.

He made a change in the weather for some of His people who wanted to have a picnic!

IN PRISON!

A group of 30 men and women from the Chicago Church of God huddled in the shadow of the wall outside the Illinois State Penitentiary, Joliet-Stateville branch. They were led from the parked vehicles that brought them, into a small examination station where the men and women were separated, identification forms filled out, the Illinois State Prison mark stamped on their hands, and many of their personal possessions, including stamps and writing instruments, taken from them.

They were searched carefully and led into a fenced-in area and told to form a column of 2's prior to passing through the towering (more than 30-feet high) walls. There they stood with grim expressions quietly enduring the cold wind and driving sleet while a captain of the guards outlined the rules and explained what they would see and should do.

From there they passed into the main office building (part of the front wall) through stone corridors, upstairs, past a sand table model of the prison and through the three case-hardened steel gates. The first was clanged shut behind them before the second gate was opened. Then the second gate was opened. Then the second one was locked behind them as the third was opened and more watchful brown uniformed guards materialized and flanged out along the line as it was again led into the outdoors — within the walls! A few hundred yards away, on a ribbon of walk crossing an immaculate grassy field, another line of people in 2's lounged. They were clad in the blue denim jeans and jackets of the largest security penal institution of Illinois.

The guards didn't even seem aware of this other column as they described and indicated the prison hospital, chapel and guard towers. Suddenly a distant command was given and the column in blue came to attention and marched off — drawing many glances from the civilian clothed group standing on the covered walk. Then the group of church members was led to the prison dining hall. They were shown the large circular room with a guard tower in the center where the meals are served and convicts sit under close supervision (under the threat of rifle or tear gas fire). The bakery was in one room attached to the perimeter of the mess-hall and some of the 720 loaves of bread baked daily could be seen. The inmates and guards in charge of baking were dressed in clean white uniforms as were the cooks in the huge kitchen next door. The institution's posted menu seemed plain but adequate.

The group was then taken to a four-tier circular cell house in which 647 inmates were crowded. All cells could be viewed from the floor near the (now becoming familiar) center guard tower. Each cell was 6' x 9' containing three bunks, chest of drawers, water closet, basin, mirror and radio ear-phones as well as three prisoners all crushed into it. Everything was clean and neat as an example of the strictly-enforced discipline
(To be continued)

MR. AND MRS MEEKER WELCOMED BACK TO CHICAGO AREA

by Wilbur Ball

Mr. George A. Meeker is indeed not new to the older Chicago Church members. This is the third time that we in Chicago have been blessed with his ministry and labor among us. For the benefit of all, here are a few facts about Mr. Meeker and his wife, Karen.

Mr. Meeker was born and reared in Kansas City. After completing high school, he worked for two years for a wholesale drug company. Becoming acquainted with Ambassador College he was convinced it would be a good college to attend because of its high standards and unique philosophy of life and living. The idea of becoming a minister never occurred to him until he was well along in college. Then God opened his mind fully so he could be used in His great work. He was ordained January 22, 1955.

Mr. Meeker's first *assignment* was to assist in establishing the Church and business office in England. He aided the late Mr. Richard D. Armstrong on this mission, spending about one and one-half years in England. He was then transferred to the U.S. on a nation-wide baptising tour: He arrived in Chicago for the first time in 1957. After four months of assisting Mr. Blackwell, he returned to England with Mr. Ernest Martin to expand the work in the London business office.

(At present the office handles more than 1200 letters weekly from Great Britain,

Europe, the Middle East and Africa). Mr. Meeker was the controller. Recently the Bible Study group saw slides of the churches in England and of Ambassador College. Mr. Meeker also pointed out the tremendous growth of the work in England. London, with 130 members; Bristol, with 35; Manchester, with 50; Birmingham, with 60.

After completing one semester of post graduate work at Pasadena he returned to Chicago the second time. However, it was not to be for long. January of 1960, he was on his way back to England, this time to be minister of the Bristol Church and associate minister of the London, Birmingham and Manchester Churches. His other duties consisted of being controller of the college and minister of the scattered brethren in Scotland and Ireland.

A big highlight in Mr. Meeker's life occurred during this most recent stay in England when he married Karen Kunkel. After completing three years at Ambassador in Pasadena, and because of her outstanding work, she was permitted to go to England for her final year — which proved to be a blessing for her and for Mr. Meeker.

Welcome to Mr. Meeker for the third time! With his wide background of knowledge, experience and travel, Mr. Meeker will surely be of benefit to all of us. We hope this stay will be long and happy.

TIME FOR A CHANGE

Continued From Page 1

greater usefulness. To distribute the opportunities is Mr. Harold Carmony, acting as secretary for this fast-moving set — a slow writer wouldn't stand a chance! The man with the money is none other than Mr. Charles Morgan. As others have learned, treasurer has more to do than to "take the cash." Riding herd on these lively lads, Mr. George Gibbs will be responsible for orderly procedure in his bailiwick as sergeant-at-arms.

Not to be outdistanced by their energetic brothers, the Sunday section is showing more pep. Leader of this eager crowd is Mr. John Kreidich — a "loaner" from the Saturday group. Giving him aid and comfort is Mr. Elisha Crim, vice-president. Mr. Crim is one stalwart who also has served well in past assignments. Engaged in the head-cracking task of being an efficient secretary we find Mr. John Garms. Although he had seemed to be a "slow mover" during the first year, Mr. Garms has been closing the gap; this added duty he should take in stride. Mr. Oscar Olson was appointed to grasp the drooping purse strings in his new role as treasurer. Incoming sergeant-at-arms, Mr. Gene Madison, is (as is Mr. Gibbs in his domain) responsible for the comfort and behavior of his charges, AND for the recognizing and welcoming of all guests.

Now that new leadership has been appointed, both sections of a club still UNITED in purpose are digging in to meet the challenges which surely lie ahead. The past four months have set a gruelling pace indeed, but months to come can spark a greater surge: OUR ZEAL will make it so!

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