

Contact

A MONTHLY PUBLICATION FOR THE MEMBERSHIP OF THE WORLDWIDE CHURCH OF GOD IN THE PHILIPPINES AND NORTHEAST ASIA

MANILA JUNE CALENDAR

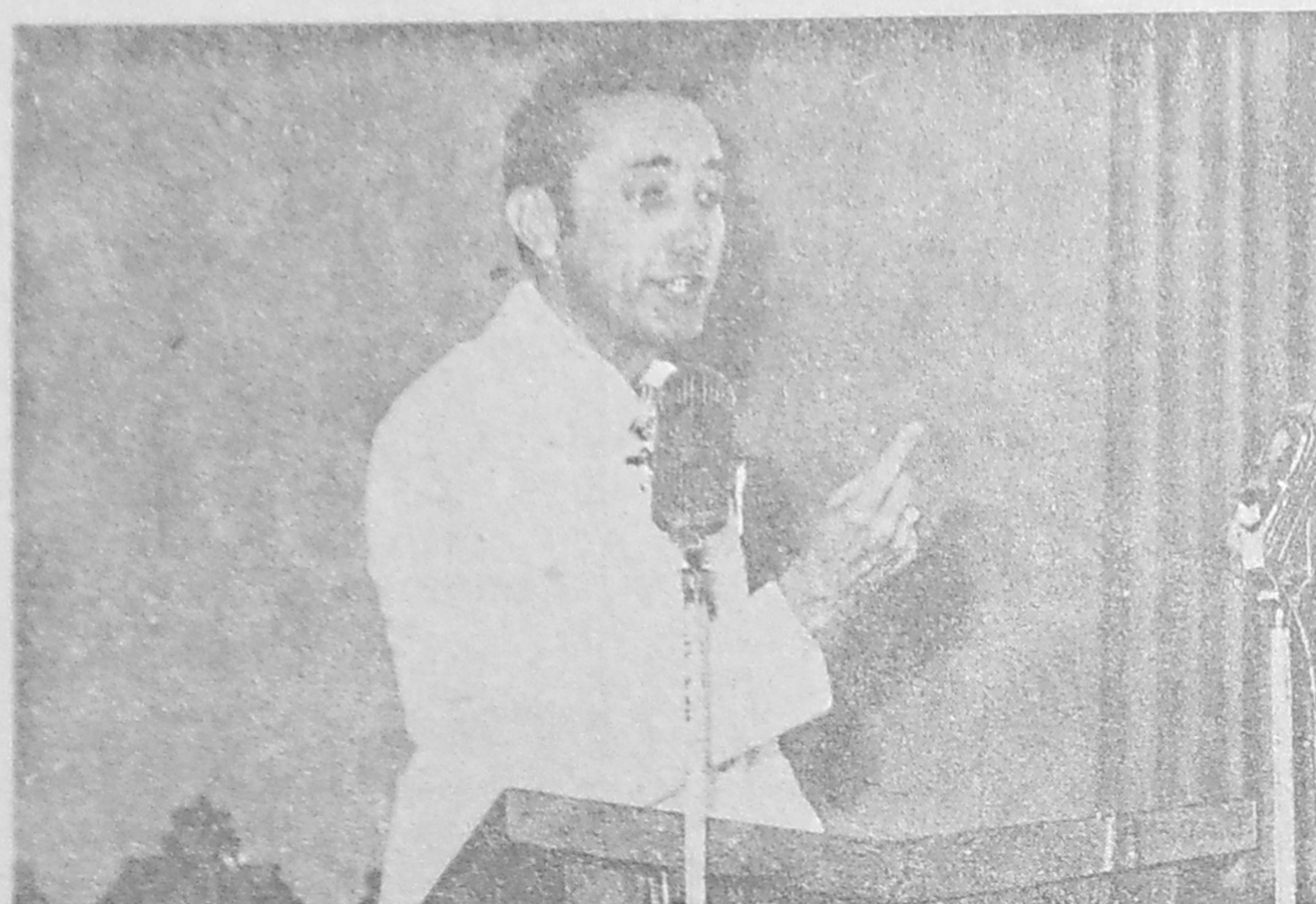
SABBATH SERVICES -- every Saturday, 1:00 p.m., GSP Auditorium, Padre Faura, Manila
BIBLE STUDIES -- June 11, 25, (Wed.), 7:00 p.m. GSP Auditorium, Padre

VOL. II. NO. 6

MANILA, PHILIPPINES

June 1975

4TH PT LECTURE IN LUCENA



"Yes, there's hope--a new world coming!", the guest speaker assured his afternoon PT audience.

NEWS FLASH!

Two Ordinations for Pentecost

May 19 -- To the great surprise of the Manila brethren and to the "shock" of those directly concerned, yesterday's observance of the Feast of Pentecost in Manila was punctuated and graced with an ordination ceremony for two individuals. The ordination ceremony was conducted by Mr. Colin Adair, Pastor of the Manila Church and the Northeast Asia region.

First to be announced was Mr. Napoleon Acebron, a printer who has been directly serving the work

(without compensation) as its Public Relations man going to various places making arrangements and paving the way for the PT and other lectures. He was ordained to the office of Deacon in the Manila Church. This ordination has brought the total number of deacons in the Manila Church to 5 and Philippine-wide to 6. (The other deacons are Messrs. Felix Manubay, Benjamin Ortiguero, Victorino Tuangco, Dr. Samuel Librojo for the Manila Church (Please turn to page 3)

May 4, 1975 - Another link was connected to the chain of cities that heard the good news. Messrs. Colin Adair and Jose Raduban did it on a morning and afternoon session at the GSP Hall in Lucena City.

Attendance was 206 in the morning and 206 in the afternoon although some were not the same people. While some in the morning lecture did not return, a new batch arrived to compensate for the loss in the afternoon lecture. Of these, eighty-one (children included) were from the Manila Church.

A man who has been a subscriber since 1973 endured an aching and swell-

ing lower third molar while listening to the lecture.

There was also a Judge (the GSP hall is opposite the courthouse) who politely refused to sit on the main front row VIP chair, but settled on the side row.

A man whose anatomy was so deformed he could easily pass for a 3-war veteran except for his age, attended. Yet he could walk straight and manipulate a small movie camera. He kept on taking pictures. Then he went out. I thought maybe he was needing rest, but I was wrong. He returned with a new roll of film to resume his picture-taking.

Three ice cream vendors came to beat the heat of the day. I can't evaluate if they were cold or hot to the message. Some were so warmed up before the morning lecture that they asked permission to take a bath first. A popcorn vendor politely obliged to move farther a little bit so the noise of cooking would not disturb the audience.

The message was loud and clear occasionally punctuated by the roar of the ever-utilized tricycle.

Some came with coupons to drop, but not to hear the message, replying that they were just requested or commanded to bring the coupons to the GSP hall by (Please turn to page 3)



Pacifico Z. Mirto, raised to the office of a Preaching Elder last Pentecost

Personal from

Colin Adair

May 13. I just received word this morning that the cost of printing the Plain Truth will go up next month by three centavos per copy. This is an unexpectedly large increase. We had, of course, realised that just this month the cost of newsprint was raised by about 7½ percent. We had anticipated a rise but not such a large one. In fact, for our new fiscal budget starting in July we had budgeted for each P.T. to cost us 28 centavos. Now already by June it will cost 29 centavos per copy, one centavo more than expected. One centavo may not seem a lot, but when you consider the number of copies printed each month (50,000 for Philippines alone) then this works out at an extra ₱500 per month or ₱6000 in the year. We have to find, then, an extra ₱6,000 to tack onto our budget for 1975/76. On top of this we have to consider the possibility of a further rise in paper cost before our new fiscal year is over. Happily, we have several options left open to us in the eventuality that we have to cut down the budget. But I hope we don't have to use those options.

CONTACT Change

Starting with the July issue we may have the Filipino Star Printers print the CONTACT as well as the P.T. A tremendous amount of time and work is put in at present by volunteers in the Church working on each month's issue. For one centavo more per copy we can eliminate that extra work by having professional printers do all the typesetting and layout work for us. Also CONTACT will appear in the same format as the Plain Truth, with more professional type used. Those now doing all this "donkey work" will be

freed to write articles and contribute in other ways to the monthly church newspaper.

Inflation

Everyone is anxiously waiting for the government's reply to the latest proposed hike in oil prices. There seems little doubt that there will be a rise, but perhaps it will be less than the original authorised hike of 14 centavos per liter of high-grade gasoline. Whichever way it goes it will mean more inflation. We have taken this into account in setting up our budget for the fiscal year ahead of us. Believe it or not we are counting on a 35% increase in income in order to do all the Work we envision. The signs are good in this direction, but please remember that as always it is the faithful members who contribute the majority of the income. Although we are adding many co-workers every month, this source of income is unstable. Co-workers can and do cease to be co-workers depending on their conviction. However, those of us who are members remain so (hopefully) until the Work is finished and it's up to us to remain faithful in supporting God's Work even in the face of inflation. I know that the vast majority of you are giving all you can and I want to take this opportunity to say thank you for your continued loyalty. Oftentimes, as the Bible mentions, it is those with the least to give who give the most generously. Our present fiscal year income of 34%

proves just how much you Filipino brethren have your hearts in the Work. Let's be sure we keep them there even as times get harder.

Good News

I have good news for those of you in the Visayas! Mr. & Mrs. George Hood will be moving to Cebu at the beginning of July to take up the responsibility of looking after that area of the country. It's a big territory to cover and poses quite a challenge. It is too early yet to say how often services will be held in Cebu and Iloilo. This will depend on the Hoods' mobility and your ability to attend as you are financially able. However, we will be pushing off to a good start at the end of July with the Cebu Plain Truth lecture. We hope to make this a big one with local advertising and maybe even press releases to publicise the event. We are all hoping this will be the beginning of a larger group of people coming along in Cebu and surrounding areas. The Hoods, my wife, Andrew and I will be visiting Cebu at the end of May for the usual monthly service. However, this time we are travelling by ship for the experience and for the change. Andrew is very excited about going on the "big boat" and I must admit we are all looking forward to a short cruise in Philippine waters!

A Reminder

Before closing I would (Please turn to next page)

- CONTACT -

(Circulation: 1,100)

CONTACT is the newspaper for the Northeast Asia region of the Worldwide Church of God with regional headquarters at Manila, Philippines and world headquarters at Pasadena, California.

It is published monthly by Ambassador College Agency and the Worldwide Church of God at Manila, Phil. for the membership of the Church and also for others who sincerely want to get in contact with the Church.

While it is being sent out free, donations are most welcome.

EDITOR

Colin Adair

EXECUTIVE EDITOR

Bienvenido Macaraeg, Jr.

MANAGING EDITOR

Maxzix Z. Fabricante

NEWS REPORTERS: Lili Acosta, Luisa Agayo, Suzette Magallanes.

PROV'L CORRESPONDENTS: Napoleon Meimban, C. Luzon; Ricardo Perez, Bicol Region; Severo Caligan, Jr., Iloilo; Mario Dulguime, SEastern Mindanao; Eustiquio Benitez, NW Mindanao

EDITORIAL ASSISTANTS: Gema M. Matilac, Head; Mercy David, Carol Layug, Eva Macaraeg, Rex Carlos, Liza Ortiguero.

ART & LAYOUT: Johnny Logroño, Head; Cesar Lumbuan, Wilfredo Jacinto, Aramis Parane, Romeo Rustia, Florencio Santos, Artists.

EDITORIAL CONSULTANT
Pedro R. Melendez, Jr.

BUSINESS MANAGER
Napoleon Acebron

CIRCULATION: Ambascos
Mailing Office

Please send all communications to the Editor, Ambassador College Agency, P. O. Box 2603, Manila 2800.

PERSONAL...cont'd

just like to remind everyone of the type of articles we are looking for in CONTACT, and those we don't want. First of all, we don't want Good News type articles, or those of a spiritual nature. This is left to the ministry to contribute to whenever the need arises (as in the Passover articles). Remember, CONTACT is a newspaper for the Philippine Church, not an extra arm for "feeding the flock." We are mainly concerned with reporting the events occurring in God's Work here in this country and the rest of North-East Asia. Even local non-Church newsworthy events of each area which may be worth reporting are welcome. Personal experiences, human interest stories, and the like are also welcome. We are trying to unite the various areas of the country together and let each other know what is going on in our respective areas. That is why we have Manila news and Provincial News coverage. Please feel free to contribute in these areas. You do not have to be on the writing staff to submit articles. One final point, please try to keep your articles as short as possible. Occasionally we receive rather lengthy articles which are too long to publish and a lot of extra work has to be done to try and shorten them to make them readable. Also we are not able to return unpublished articles so it's best to keep a copy before sending it to CONTACT.

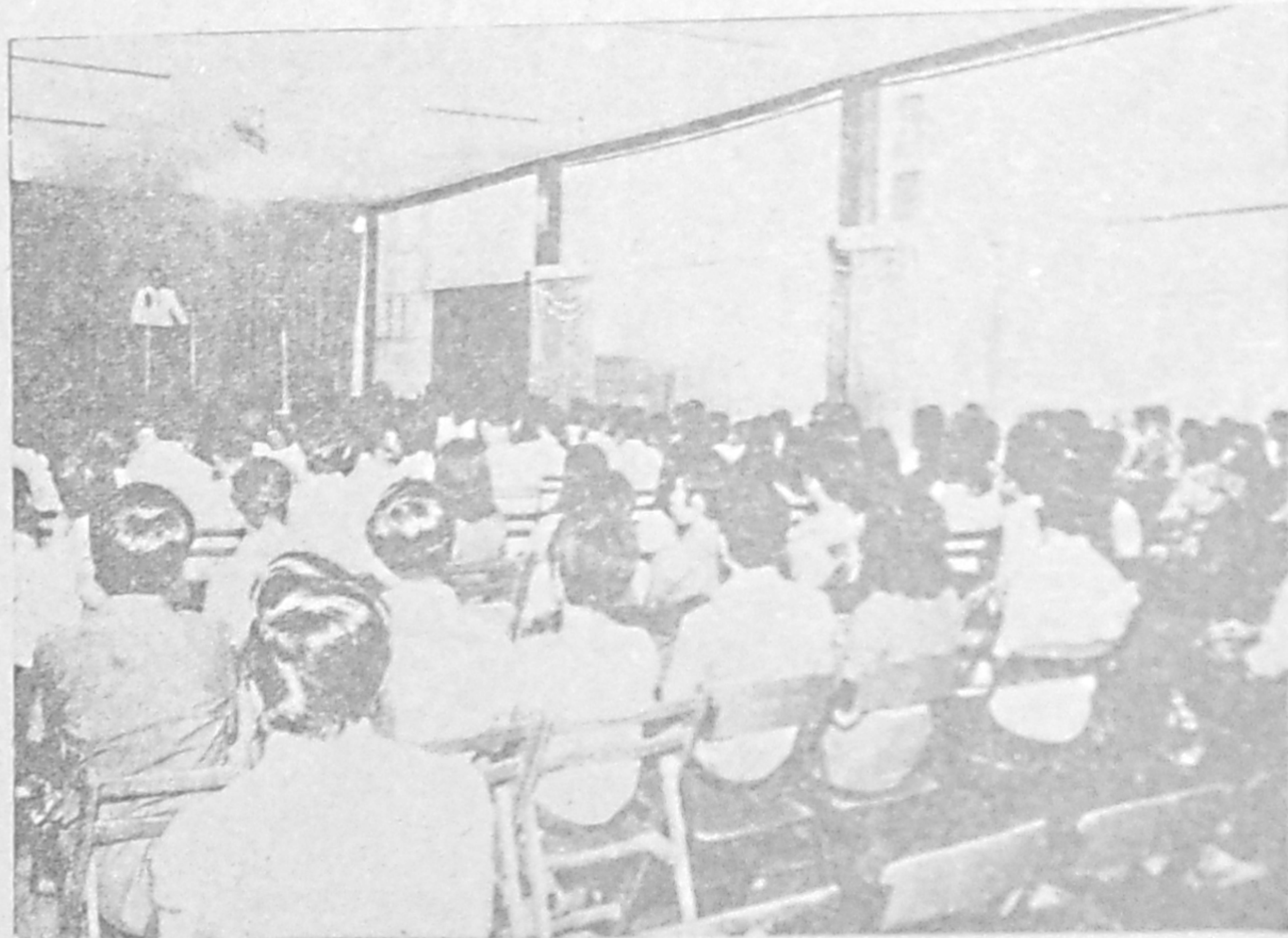
"First drink, man drinks wine;
Second drink, wine drinks man;
Third drink, wine drinks man." - Japanese Proverb

4TH PT LECTURE HELD IN LUCENA MAY 4TH

some higher-ups. Some of the Makatites arrived in a white Toyota, a green Minica and a young blue Fiera. The Manilites and Suburbites in trains and buses. The Cabuyaoites came also in an older blue Fiera, and lo, when the Tanites saw that

they were readying for home, they cut short their vacation and returned with the tribe.

We arrived home tired, but refreshed on the taste of newly passing through a door that has opened some-time ago. (S. T. Librojo)



Part of the audience attending the Lucena PT Lecture. (All photos by Jerry Ortiguero.)



Mr. Jose Raduban, minister in charge of the Lucena area welcomes the audience and introduces guest speaker.



Napoleon P. Acebron ordained a Deacon.

TWO ORDINATIONS ... cont'd

and Mr. Benjamin Rimando for Urdaneta Church.) Mr. Jose Raduban and Mr. Pacifico Mirto, both local elders were called upon by Mr. Adair to assist him in the ordination ceremony.

In the second ordination, Mr. Pacifico Mirto, Executive Assistant to the Regional Director, was raised to the rank of full minister -- a Preaching Elder in the Manila Church. This has also now brought the number of preaching elders in the Philippines to 2. The other one is Mr. Pedro Ortiguero who pastors the northern Luzon area.

The brethren joyfully applauded when Mr. Adair unexpectedly announced (even those to be ordained didn't have any previous knowledge of it) the ordination during the afternoon service just before his sermon.

According to Mr. Adair over 80 ordinations worldwide were approved by Headquarters for the Feast of Pentecost. He further mentioned that he received Headquarters approval for the ordinations through the telex machine just the previous afternoon (Saturday afternoon) and was glad it was just in time for Pentecost. (BM)

MANILA NEWS



CONTACT STAFF PARTY

One Thursday night last April was a pleasant evening for the CONTACT staff -- the Editor and Mrs. Colin Adair hosted a get-together party at their residence for the whole staff and their escorts partners.

After a hearty dinner prepared by the hostess and company the distinctive heavy pouring of rain outside nearly dampened our spirits. But the party was far from over. Music was played and dancers began to fill the floor while the downpour faded into the background. After some dancing, participated by almost everyone, (there was an uneven number) the host entered with a broom. Now, what was he going to do with that? He

then called everybody to the floor in pairs with an extra male who took the broom for his partner. When the music stopped it was required to have another partner. Also the broom was dropped by the "it" and he takes a partner. The male standing without a partner picked up the broom and danced with it. This funfilled game-dance was followed by other equally enjoyable elimination games and dancing. Winners were awarded prizes.

The get-together according to the host, should have been held during the CONTACT's first anniversary last January, but a tight schedule did not permit it. The host then proceeded to toast

for a better year -- better writing, editing, news reporting, art work. . . . better and more articles. And as one interjected-- more parties! The staff and guests fully appreciated the fine food, games, dancing and warmth which enveloped the evening.

The party ended with a game that stirred everybody's imagination and creativity. The participants were divided into three groups, each group having an illustrator. The illustrators were given a movie title and they were required to communicate to their group mates the ti-

tle only through drawn pictures, while the other members could use oral communication. The illustrator went back for another title as soon as his group told the right title. The group with the highest score won.

We, the staff, would like to extend our sincere thanks to all who gave us encouragement in one form or another--verbal approvals, letters of appreciation, contributions and prayers. Also, our thanks to our "bosses" for their encouragement, understanding and patience. Thanks to all, the CONTACT is serving its purpose. (Lali)



(Top)

After the opening game, it was time to enjoy the delectable dinner served by the Editor and Mrs. Adair.

(Below)

"And supper being ended..." the Editor rose up and gave a toast for another more fruitful and better year of serving the membership through the newsletter.



"Are my answers correct, Sir?", Nap Acebron (face partly hidden) seems to be asking as Mr. Adair seems to say, "Well, not very bad. Except for one... you got them all wrong!" (Picture taken during the 'Guess The Brand' game which opened the night.) (Photos by Jerry Ortiguero.)

mla. news

LUCENA CONNECTION

The most daring and exciting activity of the young Ambassadors Club "B" was their recent trip to Lucena City, "Lucena Connection," was launched to enable the club members to witness and see the fourth Plain Truth Lecture conducted by Mr. Adair in Lucena City. This project was purposely designed to add and inject an enlivening atmosphere to the lecture.

The experience gained in attending the lecture and travelling in the southern part of the country generated enthusiasm and interest for the club to get involved. The previous meetings of April prior to the final trip of May 4 carried a fund-raising program that resulted in free transportation fare back and forth. The railway transport was selected in place of the usual bus ride. This added another thrilling experience especially those riding a train for the first time.

Plans were completed

for the trip on May 4 at 5:30 in the morning. Two PNR stations were designated as the meeting place --the Tutuban and Paco stations. All the club members, together with some of the Church members, embarked in one train car. The ordinary train trip bound to the Bicol provinces took almost 3½ hours before reaching Lucena City, a 136 kilome-

ters ride from Manila. Stop over in every station of Laguna and Quezon to pick up passengers caused much delay. However, the train arrived in Lucena City before the 10:00 a.m. lecture began. The party immediately rushed to the Girls' Scout Conference Hall, the place where the lecture was held, a few blocks away from the train sta-



HOLD IT! After the Lecture members of the Young Ambassadors Club "B" paused for a quicky shot with Mr. and Mrs. Adair before rushing back to Manila. The free trip to Lucena was made possible through different fund raising projects initiated by club members.

tions. The party got settled before the lecture began. Though sleepy and 'enerverted because of the early morning trip, we were kept awake by Mr. Adair's first lecture entitled "Is This the End Time" where he pictured to all the worsening world events taking place. Mr. Adair gave a striking message to the new audience that we are indeed living in the end time. He vividly pointed out the dire calamities soon to engulf the entire globe, the food shortage, the nuclear warfare, population explosion, worsening global pollution, pestilence and natural calamities. The morning lecture ended with much to think about in applying the seriousness of the message to our day to day living.

The club members were invigorated when food was served during the lunch break. It was well prepared, packed in a small paper bag. Each one received his share satisfied and contented.

The afternoon lecture gave an inspiring insight (Please turn to next page)

SPORTS

Golds Shade Blues

Milo Pangantihon and Cesar Tan ignited 2 terrific steals in a stretch of 60 seconds to exalt the Golds in a breath-taking triumph over the Blues last May 10 at the Davies hardcourt.

The stubborn Blues controlled the game from the first to the third quar-

ters but confidence slackened in the final seconds and ultimately wasted all their colored efforts. Amis Parane pumped in 12 points while Joe Pioquinto blasted 19 to construct a gargantuan margin in the first half, 28-11. Golds, seeking to snap the Blues' unbroken string of two straight victories, displayed terrific firepower in the second half to wipe out the Blues' 17 point lead. Corpuz, who managed a kingfisher's interception in the last seconds for the Blues, was unfortunately caught by the final buzzer to allow a Golden victory in a mere 52-51 margin.

Whites Oust Greens

Power-laden Whites posted their fourth victory after switching a massive landslide of scores against the waning Greens in the second half. The Whites, however, experienced rough sailing as two Green tophitters recorded double figures each to control the first half with a promising 38-29 lead.

Sweet-shooting Yadao entered and triggered 12 points to spark a blazing White rally to capture and dominate the remaining minutes of intensified rivalry. The Greens submission in a 66-58 score marked the Whites fourth victory in their five

matches. The Whites who stored in 4 wins have been prophetically guessed to control the second round.

REFEREES

Blues vs. Golds -- Athos Parane and Tony Manapat
Whites vs. Greens -- Oscar Gonzales & Amis Parane

CURRENT TEAM STANDINGS AS OF MAY 10, 1975

	Win	Loss
Whites.....	4	1
Blues.....	2	1
Golds.....	2	1
Greens.....	1	3
Oranges.....	1	2
Maroons.....	0	2

(E. Mellomida)

mla.news

LUCENA...cont'd

Where the Flowers Go

of what the future will hold in spite of the sorrows and troubles coming. Mr. Adair made clear to the audience that there is still a bright hope awaiting, a new world coming that will bring lasting peace, happiness, prosperity and abundant well-being. It will soon happen when Christ will return to restore the government of God which is imminent. The two lectures were very uplifting, encouraging and stimulating to the audience. The gospel was indeed preached in that region. It was a rewarding and profitable activity of the club to be at the lectures. It was a privilege and an opportunity to radiate something we have to those new people. (Aramis F. Parane)

One touch of creation that graces our Sabbath Services, more so during Holy Days, are flowers, a harmonious combination in a flower basket, flower pot, or a vase.

During the early days of the Philadelphia era Church here in the Philippines, these flowers appeared only on occasions such as Feast Days or when we had visiting ministers and other visitors. During the regular Sabbath service there were no flowers. When flowers appeared on stage during one of those regular Sabbath Services, there was an electric effect, and a sort of happy commotion among the brethren who flocked around office staff asking who the visitors are, or they are guessing Mr. HWA

is here again on one of his world trips. It signified also fresh news from brethren abroad or the latest happenings from Mr. Armstrong himself.

Later, during one regular Sabbath Service at the GSP, the flowers were there, and as usual people started asking and guessing who the visitor was, but Miss Gema Matilac (who takes care of ordering flowers) replied there is none she knew of; and true enough, none arrived. It was later on explained by Mr. Adair that from then on we would have flowers during services, for Sabbath is a special occasion and flowers add to beautify the atmosphere.

After Sabbath service, it would be inappropriate to throw away the flowers.

Here is where Mr. and Mrs. Adair put them to very good use, as a silent language, saying it with flowers. I was assigned by Mr. Adair to check with Mrs. Adair after the service to make arrangements where the flowers will go. Here is where they go:

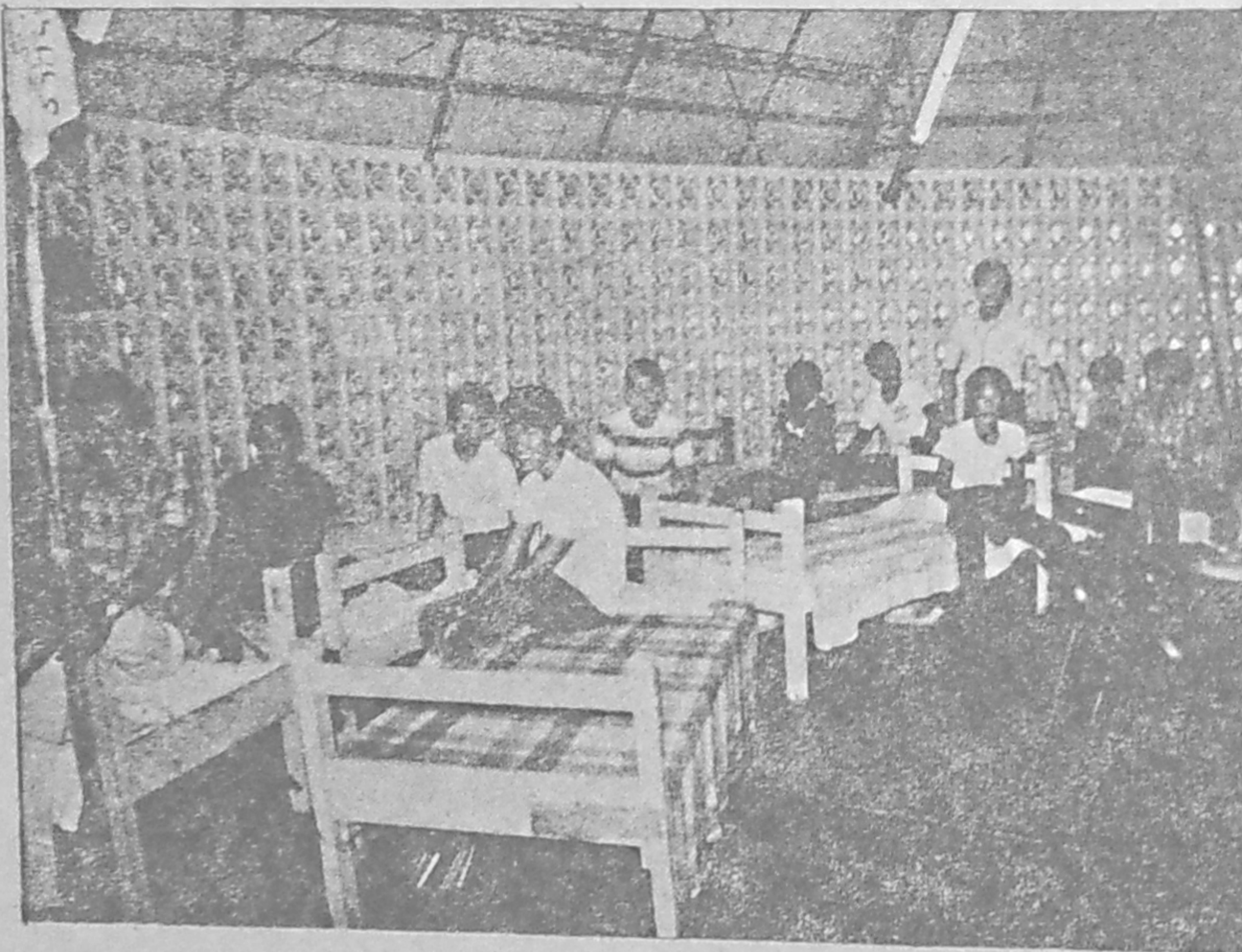
1. To the mother of a newborn babe and to baby as well.
2. To a brother or sister who is sick or ill and is therefore unable to go to services.
3. To those who performed some special volunteer work.
4. To those who love flowers.

A Quaint Event Occurred

On one occasion when the church population was increasing from within, a very excited new father brought home for his wife and baby a basketful of

(Please turn to page 11)

Summer Campers' Impressions and Expressions



Group 'A' Campers: (right to left) Amis Parane, leader, Noel Delovieres, James Boone, Ernie Mandap, Joe Binuya, Sonny Quina, Carlito Manubay, Erick Jimenez, Nathaniel Novero and Edwyn Angel. Standing is Bien Macaraeg. (Photos by groups taken inside their sleeping quarters.)

The recently - concluded Summer Camp must have been a real hit among the teens who attended it. They seemed to relish every minute be it fixing their beds or cleaning the toilets and baths (one comment you'll read later said it was thrilling to clean the toilets, believe it or not!!); be it cooking their meals or eating (especially!) what they cooked (Have you ever heard of a calamansi drink "con pimiento"? One of the boys' group had that for their first breakfast -- but never again!); be it learning the outdoor skills or applying them during their close to ten kilometer hike that was spiced with intermittent rains and a blistering hot sun.

The teens were also generally well-behaved group except that punctuality was somewhat of a problem apart from call to either meals or swimming!

Moments before we parted ways for home while at the bus station, I asked them to write down anything they wanted to say regarding the Summer Camp. We were not surprised when we had an enthusiastic response. We want to share their joys, excitements, thrills and feelings of accomplishments even if it is only through their comments which we publish below.

While all the comments were very fine, we regret that we are not able to print them all due to lack of space. (B. Macaraeg, Jr.)

The Summer Camp that we just had was so enjoyable, exciting and fantastic! There I learned so many things like waking up ear- (Please turn to next page)



Arriving one of the summits of Mt. Makiling as it begins to rain, the campers hurried to make some banana leaf shelters and prepared to cook their lunch under forest trees.

"Still going strong" on the day of departure, the Campers smile and pose for souvenir pictures of the first Summer Camp of God's Church in the Philippines. Extremenleft is Edmond Macaraeg, Camp Director. Wearing glasses at the 3rd row is Victor Lim, Sanitation and Safety Officer and Group B Counselor. Third from right is Bien Macaraeg, Jr., Camp Executive Assistant and Group A Counselor.

Cooking with firewood and without utensils, the campers used green bamboos which to cook their rice. Simultaneously, you see them roasting their barbecue chicken, "baking" their bread and paring pineapple

SUMMER CAMPERS' ...cont'd

ly in the morning which I never did before. I also became more skillful in cooking.

One experience which I will never forget was the climb to the top of Mt. Makiling. I almost ran out of breath due to fatigue. Even though I suffered many hardships I am still willing to attend the next Summer Camp.

- Marinel

I'm glad that I attended the Summer Educational Program (SEP) in Los Banos, Laguna because I enjoyed so many thrilling and exciting experiences like the thrill of hiking to the top of the mountain, the excitement of cooking without any kitchen utensils in the forest and singing and dancing around the campfire. We found great enjoyment in the treasure hunting, swimming and the many lectures and assignments given us.

I am glad that this first SEP in the Philippines was very successful and that I was able to attend it. If I will be given another chance next year I will surely attend.

I will pray that this camp that we just had will be followed by another that will even be more successful.

- Ethelyn

It was really successful camping that we had and I am glad God gave His Church here in Manila the opportunity to have a Summer Educational Program at Mt. Makiling. Thanks to Him that I was in good health and was able to attend those very exciting and thrilling days of fun with my brother and sister and co-teenagers. I really enjoyed the activities and lectures that were given us.

Also I found it thrilling to listen to the morning whistles at 5:30 which woke us up and then at 6 o'clock to prepare for the morning exercises.

I hope and pray to God that this first camping will be followed by another successful one next year and many more years to come.

- Jocelyn

I was very, very happy during the Summer Camp. I noticed that three days are very short and also 12:30 to 1:00 p.m. is too

short for a noon rest. My suggestion is that we shall have more time for the noon rest and also one week camping in Mt. Makiling.

- Venilda

For the first time in my life I have attended the first Summer Camp last April 28-30. This is my first experience in camping since I was born. This camping was very successful and enjoyable. I hope next time it will be much longer.

- Lisa

The SEP was really a successful program. It did teach us how to be cooperative and do things by ourselves. All of us did really enjoy it and were all happy for 3 days. I thank all the officers for making this SEP a happy and enjoyable program and I am looking forward to another one next year.

I suggest that we add more enjoyable activities and more days to the SEP and please lengthen the swimming time.

- Nelson

The chorus sound of the animals, the fresh air, the green surroundings and

the fair weather made (Los Banos) a suitable place for camping. In fact when we were in the place, "it made me feel brand new."

- Raul

I can say that we had very successful and very profitable camping in Mt. Makiling. I enjoyed it very much and I learned many things, especially how to discipline myself and how to help and share with others. (I learned that) service, sacrifice and self-control are three words which must be well understood by the person who intends to succeed in doing something to help his fellowmen.

Even though I felt enervated upon returning home, I always had with me the visions of the wild forest and those jolly groups especially the "Whatchamacallits" (a name which a bunch of boys called themselves). I hope we'll have another camping this year or next year....

- Athos

I'm glad that I attended (the Summer Camp at Mt. Makiling). (Please turn to next page)

mla. news

SUMMER CAMPERS

... cont'd.

Makiling). I consider it a very beautiful place where you can see beautiful scenery, breathe fresh air and swim in cold water. I think we all had a good experience in that place and may it be even longer next time. May God help us to be good campers....

- Noel

The Summer Camp, the first of its kind in the Philippine Church of God was indeed an adventure for teen-agers who attended. For three days we were carefree since we didn't have our parents with us(!) and we forgot the rotten environment about us down in the city which is the so-called "world."

In the camp, we were very well taken care of by our counselors and they guided us in our daily activities and assignments. We were taught map-making, compass reading and swimming but we enjoyed the hike most. For those who want conveniences that was not the place for them. For me that was really a fantastic adventure grasping the beauty of nature untouched by city environment. The weather was not very fine during our hike but I think it was intended to be that way so that we could have an unusual kind of adventure.

I thank the Church because now they are trying to recognize the youth more. I thank all of those who made this camp a successful one.

- James

First of all, I would like to thank . . . and all others concerned for giving us the opportunity to be at the SEP for three wonderful days.

It was really great and

challenging. I admire its well-planned activities. It was a success for it provided me happiness and I felt different during my stay in the camp.

I hope you will give us more days and more activities next time and we will thankfully appreciate them. More power to you and to the Work. Thank you very, very much.

- Ernie

It was a very enjoyable and profitable Summer Camp. I learned so many things and I really enjoyed and appreciated the happenings there. And now that it's all over I feel sadness and the memories of it are still fresh in my mind... I'm looking forward to another exciting, enjoyable, thrilling and successful Summer Camp next year.

- Nolme

The first Summer Educational Program was very successful indeed. It was a very nice happening for us. For me it served as a great inspiration -- mountain hiking, outdoor cooking, treasure hunting; map and compass reading, daily swimming and of course the cleaning of "KYBO'S" (short for "Keep Your Bowels Open" a term for toilets) thrilled me very much.

I congratulate my co-teenagers who survived the hike even though the weather was not cooperative. I also thank the camping staff who exerted much effort in making the camping very nice. May we have more campings to come.

- Sonny Boy

For a girl like me without much knowledge about camping and being separated from my family, the first experience to join the SEP was a great challenge. The fun I had with my friends, both girls and boys, is something I will always remem-

ber and keep in my book of memories. Oh, I never thought that life could be as hard as that. How we crowded around the kitchen table and ran to and fro to get our cooking utensils and prepare our own meals. How we rushed to line up ourselves at the blow of a whistle and how our stomachs rumbled at the delay of our meals which was undeniably our own fault.

The hiking experience is what I can never forget. To climb the top of Mt. Makiling was beyond my imagination to accomplish. Yet, in spite of the scaring pain in my legs and hips and the pouring sweat on my face, one cannot price how I enjoyed the fun and thrill of it and

sharing it with my friends. The mingling of pain and joy is what I will look forward to in the second Summer Camp.

- Grace

It was indeed a challenging experience to all teens to be in that first Summer Camp. That was a big opening for young teens to come together and know each other. I'm so grateful that such an activity was laid out for the teens which helped us develop our personalities and learn to handle responsibilities. . . .

I know that we who have experienced this first Camp will be looking forward to next year's.

- Amis

ANNOUNCEMENTS

Faura, Manila
MONTHLY MOVIE -- June 7 (Sat.) 7:15 p.m., Ambascos Office, R. Mag-saysay Ctr., Roxas Blvd. Manila

SPOKESMAN CLUB MEETINGS:
Club A -- 6:30 p.m., every Sunday, Club Rm., Ambascos Office
Club B -- June 3, 17 (Tue.) 6:45 p.m., Club Room, Ambascos Office

WOMEN'S CLUB
Club A -- 2 PM June 8
Club B -- 7 PM June 17
Club C -- 2 PM July 6
10 Aries, Bel-Air, Makati, Rizal.

OPEN BIBLE CLASS -- For all interested men, June 10, 24, 7:00 p.m., Ambascos Office, Mag-saysay Center.

BASKETBALL TOURNAMENT -- June 14, 28 (2nd & 4th Sat. night), 7:00 p.m. (Watch for announcement of details during Sabbath services).

CHESS TOURNAMENT -- every Thursday, 6 - 8 p.m., Ambascos Club Room

BAPTIZING SCHEDULE -- June 8, 8:30 a.m., 1588 Camino dela Fe, Guadalupe Makati, Rizal

SENIORS' SOCIAL -- June 22, (Sun.) 4:00 p.m., 10

Aries St., Bel-Air 3, Makati, Rizal

SPOKESMAN CLUB LADIES' NIGHT -- June 29 (Sun.) 6:30 p.m., Josephine's Restaurant, Cubao, Q.C.

CAGAYAN DE ORO PT LECTURE
June 8, 10 a.m. & 2 p.m., Audio Visual Rm., Xavier University, Cagayan de Oro City

ALL DAY SERVICES IN THE PROVINCES

BAGUIO CITY -- 10 a.m. & 9 AM respectively, 2nd & 4th Sabbath of the month, Quirino Hall, Teachers' Camp, Baguio City (June 17, Adair visit)

URDANETA -- 9 a.m., 1st & 3rd Sabbath of the month, ACA Farmer's Hall, Nancayasan, Urdaneta, Pangasinan

CEBU CITY -- July 26, 10 a.m., Town & Country Restaurant (Mezzanine floor) Fuente Osmena (Also, watch out for possible changes.)

ILOILO CITY -- June 28, 9:30 a.m., Teachers' Assembly Hall, (In front of West Visayas State College).

NAGA CITY -- 10 a.m., June 19, Aug. 23, Linder Hotel Conf. Rm. (3rd fl.)

PROVINCIAL NEWS



The April 17 Zamboanga Peace Talks: Why does Man Have to Strive in Vain?

by Jose Covarrubias
Zamboanga City

Why do the nations conspire and the people plot in vain? The kings of the earth set themselves and the rulers take counsel together . . . for what? To find peace in our time, in our generation. With these passages from the Old Testament, I wish to report about the recently concluded "peace" negotiations which were staged here in Zamboanga City between 60 or so Muslim rebel leaders of Southwestern Mindanao on the one hand and the government panel of negotiators on the other hand.

There was much groundwork prepared in advance for the "peace" confab. The rebel leaders had to be contacted by government emissaries and intermediaries weeks in advance. Rebel leaders from the province of Tawi-tawi, Sulu, Zamboanga del Norte, Zamboanga del Sur, Basilan, Lanao and Cotabato attended the 3-day powwow. There was a strange twist to this unorthodox war with its religious overtones in that it is supposed to be waged by Muslims, but surprise of surprises there were some "Christian" comrades with the rank of "commander" fighting side by side with the Muslims. The government panel of negotiators were also all Muslims. The purpose of the conference was to find "solu-

tions" to the Mindanao problem. The conference was well publicized nationally and internationally. There was a T.V. crew from Manila that recorded the proceedings. There were also foreign correspondents. Considering that the mass media from here and abroad were present and the conference was conducted in a free-wheeling, no holds barred atmosphere, the government gave the lie to the rebel accusation that the Armed Forces are conducting a systematic pogrom of the Muslims in Mindanao.

It has been bruited about that the Muslim rebels are demanding or have for their goal no less than the complete political independence of Mindanao, Basilan, Sulu, Tawi-tawi and Palawan provinces. Quite a tall order, isn't it? On the other hand they may have a 50-50 chance of achieving their goal considering the precedent set by East Pakistan which is now called Bangladesh. As in the case of Mindanao rebels, the East Pakistanis had all the odds stacked against them in the beginning.

One of the points agreed on by both parties was a cease fire. Do we see in this shades of Vietnam and the Middle East? Before the conference came to an end, the rebels gave the government an "ultimatum" and that is to comply with all gov-

ernment promises and commitments within a period of 6 months to one year. By the way, one of the demands of the rebels is for a return of all ancestral lands belonging to the Muslims and which fell into "Christian" hands legally or otherwise thru the decades and centuries of "Christian" exploitation. As regards the "ul-

timatum," after the six months of grace have expired and still no positive and concrete steps taken by the government to ameliorate the economic conditions of the Muslim masses, the rebels said they will continue with the armed rebellion which could be a prolonged war of attrition.

A Day to Remember

by Filamer Santos

Time--8:00 A.M. Place--Balayan, Batangas. The day could not have been more perfect. The festive atmosphere that was prevalent among the relatives and friends helping in the preparations couldn't have been mistaken from without that a special occasion was about to take place. For indeed this was to be a special day and a special event for two people who are deeply special to each other. It was a day which will always have a special place in the memories of the couple. A day to remember -- the WEDDING DAY of Elisa Buhay and Laureano de los Reyes.

A Unique Wedding

Unlike most of the weddings in Manila wherein guests come only by formal invitations, this one was somewhat exceptional in every way. There were plenty of people. As a result, the new one-level school building where the wedding took place was jampacked. Largely, this was because Elisa and Larry are well known among their colleagues, associates and town mates. There was big anticipation for the occasion.

When Mr. Jose Raduban, one of our ministers from Manila (who also invited

this writer), began the ceremony, the audience was quiet and intently fascinated with the message as he unfolded the meaning of the God-ordained marriage relationship. On the concluding part after the exchange of rings when Mr. Raduban began to say, 'I now pronounce you husband and wife' the inevitable was about to take place -- the kiss! It was at this point that the audience was somewhat tickled. They hadn't seen this part in a wedding before. It was new to them. Naturally, when Larry kissed his bride, everybody clapped their hands, whistled and cheered with great excitement. It was something new and different to them.

The Reception

The reception that followed was indicative of the wholehearted and unrestricted expressions of love of both parents to their firstborns. For indeed the food preparations and expenses that went along with them were extremely extraordinary. I can safely say, as a matter of expression that the 'whole barrio was fed.' There were hundreds of visitors. But most were their colleagues, friends and relatives.

prov. news

Mr. Felipe Casing, who assists his father, Mr. Pedro Casing as leader for the Church in Lupon, Davao Oriental, reports that there were forty baptized members who partook of the Passover on the evening of March 25. The Night Much to be Remembered was joyously celebrated as usual in the homes of the brethren. The first Holy Day had an attendance of 105.

Mr. Casing's report of their observance of the Days of Unleavened Bread is quite encouraging as it was spiced with a number of activities that gaily punctuated the festivities. The newly organized Davao Oriental Young Ambassadors Club (YAC) sponsored an evening of socials and other entertainment.

An afternoon of outdoor sports proved to help make the Days even more enjoyable. A basketball game between the Junior Team (sons) versus the Senior Team (fathers) proved to be a thrilling match with the sons ruling over their fathers, 64-60. Kind of reminds you of the passage in Isaiah which says "...

and children shall rule over them," doesn't it?!

Aside from many other games for children like sack race, tug-of-war, and many others, the ladies also figured in a basketball match for the first time. The report had it that the Maragatas Ladies dealt a crushing blow in the Manic-kling Lovelies, 32-10!

On top of all these, the brethren also held a day of fun and frolic at the beach. (BM)

An Affair in Lucena

Unwinding well-paved roads, towering coconut trees and lush, fertile shrubs are the common scenery as one travels south of Manila. For a vulnerable city habitue struggling daily against divers kinds of pollutants, a deep continuous breathing of the crisp air emanating from its environs is a soothing relief. That is what Lucena City is. It is an ideal place of refuge and escape from the smog-infested concrete jungle we are living in. However, there is more to it than its beauty. It was the fourth major city in the Philippines to witness the gospel preached personally by God's servant.

Cesar Tan, Max Enage and yours truly were privileged to explore the place three days before the Plain Truth lectures which were conducted by Mr. Colin Adair. It was an opportunity for us to get involved in the necessary preparations for the lectures as instructed by Mr. Nap Acebron, Public Relations Officer of Ambassador College Agency.

After two hours of non-stop travel we arrived at the region's commercial

hub, Lucena City. We immediately visited Mr. Bert Vega and Mr. Lazaro Concepcion, the only church members in the area so far. We then had a brief meeting on what to do the following day.

A Working "Holiday"

Friday morning, Cesar Tan organized a five-man team to start distributing the P.T.'s attached with coupons for the lecture to the general public. Actually it was a newly-designed approach experimented in Lucena. Of course it was merely offered to the interested party unlike some "religious" of the street do. In fact it was only given to those whom we feel can understand the language of the P.T.

It was fortunate that two P.T. subscribers joined the distribution group, Messrs. Henry Busar and Guillen Reyes. Despite the closure of most offices (being an official holiday) the response was encouraging. The 1000 copies quota that day was disposed of within a few hours. Students from schools operating that day came rushing to get their

copy learning it was free and realizing the contents and publicity of the magazine. With the suggestion of Mr. Concepcion, a request was made to the two leading stations of the city for a possible announcement of the lecture. DZLT and DZWW both agreed to announce it for free.

Last Great Day

Cesar Tan and his associates managed the arrangements and hall set-up of the Girl Scout Hall where the lectures were to take place. And finally the last bunch of PT's and coupons were disposed of as a final warning to the Lucenians. It was very timely that some Manila Church members arrived, which made possi-

ble a speedy distribution. The new approach caused a good response since most attendants were results of the hand-distributed advertisements. Everyone was satisfied as their labor was not in vain. The staggered, bewildered audience who had been informed of the good news was another stride towards accomplishment of the work here. It could be more encouraging if the seed sown will be fruitful.

And as the message portrays, the beautiful parks, lushing fertile bushes, crispy breeze, shimmering brown beaches and all the beauty of the place is nothing compared to the coming world pictured by the guest speaker in that successful affair in Lucena. (Ely Mellomida)



WHERE THE FLOWERS GO...cont'd

flowers. After some days, the flowers soon withered and were ready to be thrown out. The very excited father included the basket (which should have been detached and returned to the office for future use) in throwing away the withered flowers! So we only have one basket now. But as prices of commodities go up so it is with the flowers, and it was also considered wise to have just one basket placed at a very suitable location, the center of the speaker's lectern.

Some Oversight
or Undersight

You might wonder at one time or another why you didn't receive a single flower if you were in one of the categories mentioned. Well it is like this. During announcements and fellowship I try to get all available information. This info, I relay to Mrs. Adair who evaluates the situation and determines who will receive the basketful, or sometimes she divides the flowers among those who are qualified.

Now there are certain times that I forget to relay previous info, or sometimes we receive info after the flowers have

been sent out, or the brethren by whom we will send the flowers have already gone home, or because of geographical reason and time factor we are also unable to send these flowers.

But sometimes also we desist to send flowers to ill brethren living with unconverted relatives who might have the impression that flowers are for the dead, and we don't want to offend them. The flowers are being sent so that the recipient may know that we remember them and are sharing and empathizing, or in short, we love them.

Now that you know where the flowers go, kindly inform us if you know of any one in those categories so that I may relay it to Mrs. Adair. When nobody is in the first three categories the flowers are given to those who love them. You may be one, so why not ask for some?

Usually some girls are requested to arrange a bunch or bouquet, and they may be given also if they wish.

Now, where do the flowers really go? To us of course, and on top of it, it is with love from the ministry. (S.T.Librojo)

The Lure of Mambucal Spring Resort

by Severo C. Caligan, Jr.

It is considered as one of the top tourist attractions in Western Visayas. Located on the base of Kanlaon Volcano, Negros Occidental -- yet accessible enough to transportation-- the Mambucal Spring Resort is a veritable scenic delight. It features such natural grandeurs as rushing waterfalls (there are seven all in all), towering trees, cool, rippling brooks -- and to top it all, hot water springs. A steep trail that winds its way to the summit of the mount poses as a challenge to the adventure-minded. In fact, this is actually the "experience" that all visitors to the resort hope to accomplish -- scaling the heights of Mambucal Spring. For without such a feat one's trip to the resort is incomplete. Of course, one can go swimming in its two swimming pools, or take snapshots amidst the blossoming flower gardens. One can even go boating in its lagoon. But still the "main dish" is always attempting to reach the top of the mount -- the windswept summit where one can scan the vast broad vista of rolling hills, winding rivers and the limitless horizon.

One Sunday -- to be exact, it was March 30 -- some of the brethren in Bacolod City decided to take a trip to the famed Mambucal Spring Resort. By planning to reach the place early enough, the group left Bacolod City exactly as scheduled -- 7:00 A.M. Bolstered by the "recruits" from Iloilo (Oscar Palabrica and myself), we took along with us provisions which included two guitars, two ca-

meras, sets of Chess and Game of the Generals, some odds and ends -- and more importantly, food and drink. We were enough for one jeepney, so we did not actually travel in a caravan. Reaching the site at half past seven, we immediately settled in a cottage. But not before we had a taste of what it was like crossing a stream with only big rocks to serve as our bridge. Admittedly, it was not much of a "bridge." It took a lot of balancing skill and agility on our part. Still, we all managed to reach the other side of the stream.

The first item on our "agenda" was a tour of the beauty spots -- and to further scintillate the scene -- showers of "autumn leaves" kept falling on our heads. It was really so gorgeous a sight that it did not take long before we assembled for a group picture taking. With the richly-colored flower garden serving as a background, Mr. Bernardo Castillon took several snapshots of us with his Canon camera. It was not long after that when somebody suggested the idea of climbing to the top of Mambucal. Since that was the "main number" in our program for the day -- we readily agreed. We were all looking forward to this challenging adventure -- a trek through woodlands and fern-carpeted grounds, climbing vines and moss-covered rocks, forested slopes and breathtaking views. It is part and parcel of developing a love of and an appreciation for nature and the outdoors.

It did not take long (it was not really much of (Please turn to next page)



Negros brethren posed for a picture in the "refreshingly cool stream where we dipped our feet into" of Mambucal Spring Resort at the base of Kanlaon Volcano, Negros Occidental. (Photo by B.Castillon)

prov. news

THE LURE ...cont'd

a climb) for the "climbing expedition" to reach the first waterfall. (Remember that there are seven waterfalls in all, one coming after the other). Here, we had some more picture taking. (See photo.) We were a little reluctant to leave the spot because of the refreshingly cool stream where we dipped our feet into, plus the sight of the cascading waterfall gliding and snaking its way past boulders and imposing cliff. And with the rays of the early morning sun starting to find its way through thick foliage and leaves of the woodland -- bathing the scenery with glorious sunshine -- it was really something of a sight (one you only find in postcard scenes). But whether we like it or not we had to take the uphill climb, for how could we

reach the summit any other way?

We finally reached the top. (But in "conquering" the summit we forgot to bring a flag to mark our "conquest" of the mount -- something somebody does upon reaching the heights of Mount Everest). Well, after feasting our eyes on the panoramic and all-encompassing view before us, we decided to return to our "home base" in the lowlands. Taking a breather after that long hard climb most of the group beat the heat by taking a swim in the swimming pool. We had a hearty and abundant lunch after that. Our appetite was really looking for something to take in, considering the vigorous exertions we made. A sing-along was started in the afternoon -- with more swimming for the kids. Definitely, everybody enjoyed it to the utmost. We left Mambucal Spring Resort with some of the happiest moments and fondest memories we had over the years.

tized that same day.

Due to the rescheduled trip, passengers for the boat we were taking accumulated to the point that the ship seemed to be overflowing with people when it set out to sea. Fortunately, most of us were able to secure seats with the help of Mr. Bernardo Castillon's sister Aida who was "very fast" in performing this task. After about two hours of smoothsailing and fellowshipping, (also approximately one-third of the peanuts which Mr. Norberto Jain brought had been consumed) we arrived at Iloilo port. In a gesture of concern, Mr. Peregriño Castellanes was waiting to guide and bring us to our new meeting hall (featured in Apr./75 issue of Contact) in his deluxe service jeep, courtesy of Messrs. Roberto Gopez and David Babol.

The twelve high noon siren was wailing as we proceeded to our destination which, I would say, was another blessing that God afforded us in our quest for a suitable meeting hall. In terms of space, it is very wide for our numbers, and as Mr. Jose Raduban jokingly said, we can even play basketball in it.

Mr. Colin Adair, head of God's work in Northeast Asia and Mr. Edmond Macaraeg were there to conduct the day's activity.

The bikathon that was being held during those days was brought into focus by Mr. Macaraeg when, in his sermonette, he mentioned the parallel between the bicycle race and the race that a Christian is undertaking, as far as setting a goal and preparing for it is concerned, and in attaining that same goal. Moreover, he shared with us the steps or keys on how to win the race that has been set before everyone of us.

For the main sermon, Mr. Adair enlightened and gave

us a deeper insight into that attribute which God Almighty has towards us -- mercy and forgiveness. He emphasized that when we have really repented of a sin that we have committed, God will readily forgive and forget and we on our part should forget it as well and not dwell upon it anymore. Mr. Adair's emphatic gestures and dramatic illustrations in driving home his point left no doubt that the matter was well-understood and instilled in the minds of us!

Unlike the previous services that we have had, we were able to fellowship for a considerably longer time with the Iloilo brethren after the service. You see, the usual trip that we're supposed to take back home at 3 o'clock p.m. was cancelled and moved to six o'clock, thereby giving us ample time to share the companionship of each other.

On our trip back home, we had with us our "balik-bisita" Mr. Severo Caligan, Jr. in another one of his excursions into sugarland, thus enlivening more the company.

To sum it up, it was indeed a pleasant day, spent in rejoicing in the knowledge that God has allowed us to understand. The events during the day proved to be fully rewarding and spiritually uplifting (as usual) for all of us, considering that it is only once in two months that we could gather and have the privilege of having a Sabbath Service. Indeed, it strengthened more our resolve to continue in THAT WAY which Jesus Christ pioneered for us all. □

"Fame is a vapor,
Popularity an accident
Riches take wings,
And only one thing endures
Character."

---Selected

A BI-MONTHLY AFFAIR TO REMEMBER

by George R. Escara

In all appearances it promised to be a fine and pleasant day. Much more so, since it was the seventh day of the week which God made holy. For us scattered members in Negros Occidental, "the land of sugar," it heralded another much-awaited opportunity and privilege to know more about God's truths in a scheduled (Apr. 26, 1975) bi-monthly Bible Study and Sabbath Service at Iloilo City.

The place is a two-hour boat ride away from our island and we have to take the 7 a.m. trip in order to be able to attend the BS which starts at nine.

As it was, this particular trip was cancelled because one of the ferry boats (only two are plying the route) was an "adventure cruise" resulting in the adjustments of scheduled trips for that day. Not until 9:30 were we able to leave for Iloilo in our own "educational cruise" in our continual bid to recapture true values! In the meantime, since most of us were at the port already, we updated each other about certain things concerning the Work, and fellowshipped with a recent addition to God's Church in our area, Mr. Ricardo Camis, together with his younger brother Jose, who was to be bap-

prov. news

Hours and Hours of Determined Efforts Paid Off

by Napoleon U. Meimban

"So long as God allows, the show must go on! the Emcee Danny Rimando announced as if it was a battle cry, at the opening of the Days of the Unleavened Bread Show here in Northern Luzon. And so, the numbers of the program came out number after number, smoothly, almost flawless.

The Variety Show, as the whole program was called, was held at the Binalonan Community High School quadrangle on March 27, 1975 at 7:00 o'clock p.m. It started with a

flourish. The Urdaneta Jazz Band gave a lively number which was a sort of an overture. Even the lighting effects danced beautifully. The Northern Luzon Youth Club pooled their resources and talents for this show and the result was a smashing hit. The Laconsay sisters, the Palisoc Boys, the UR-kids, the Mountaineers and the Church's Teenagers came up with the best performance ever shown to our members as well as to the public.

The Cagayan Valley Group gave us a big surprise in this DUB Show.

Under the leadership of Mr. Cipriano Galima, a Cagayan Valley version of a barrio fiesta was shown. Our local Ilocano poets from the valley displayed their talents with beautiful verses in a poetical joust called "Bucanegan."

"The Mazurka, the Cagayan brethren presented was simply wonderful," praised one brother and everybody agreed.

Then came the DUB '75, a choreography by the Northern Luzon Youth Club. The choreography unbelievably retraced the very first Passover and Days of the Unleavened Bread back

in ancient Egypt and cleverly depicted the observance during our times.

"Thanks, God, the Venie-gases who authored the choreography, beamed after the show. Truly, hours and hours of determined efforts, in spite of enormous setbacks, paid off handsomely.

Mr. Pedro S. Ortiguero, our minister, was very pleased with the whole performance. As a result, he asked the congregation for voluntary donations for the Young People's Fund in the hope that another good show will again be produced. The response was tremendous and the donation collected was very generous, indeed.



HRIC CONDUCTS SEMINAR ON VOCATIONAL GUIDANCE

The Human Resources Information Center organized and conducted another seminar, Sunday, May 11, at the Ambascos Agency Office this time on vocational guidance for some fifty or more youngsters and adults of the church here in Manila.

In conducting the seminar, the Center had as its main objective the dissemination of timely information and guidelines which will help the youngsters and those undecided in choosing the careers or vocation most suited for them. To provide proficient counsel and advice to those who attended, the HRIC engaged the services of an outside lecturer in the person of Mr. Watawat Tolentino who works as vocational placement coordinator at the E. Rodriguez Institute of Technology in Manila.

This writer in giving the opening remarks briefly introduced the topic of vocational guidance to the participants. He emphasized to those present that a vocation does not just mean work but "the work to which one feels he is most suited." Therefore to be able to choose the right vocation in life one has to have vocational guidance.

The opening remarks were followed by an aptitude examination called "Occupational Preference Inventory" which was conducted by Mr. Bonifacio Ocampo to help the seminar participants find out what areas of work they are most inclined to.

Speaking extemporaneously, our guest lecturer counseled those present to consider the choosing of one's vocation seriously

because it could mean either happiness or frustration in later life. Just like getting married, being tied down to the wrong mate, a wrong profession can lead to an unsuccessful and unhappy life.

Summing up what had

taken place, Mr. Bien Macaraeg HRIC Chairman, in his closing remarks stressed the importance of the seminar when he reminded the audience that the first law of success is choosing not just any goal but the right goal. (Rey Taniajura)

POINTERS ON EMPLOYMENT

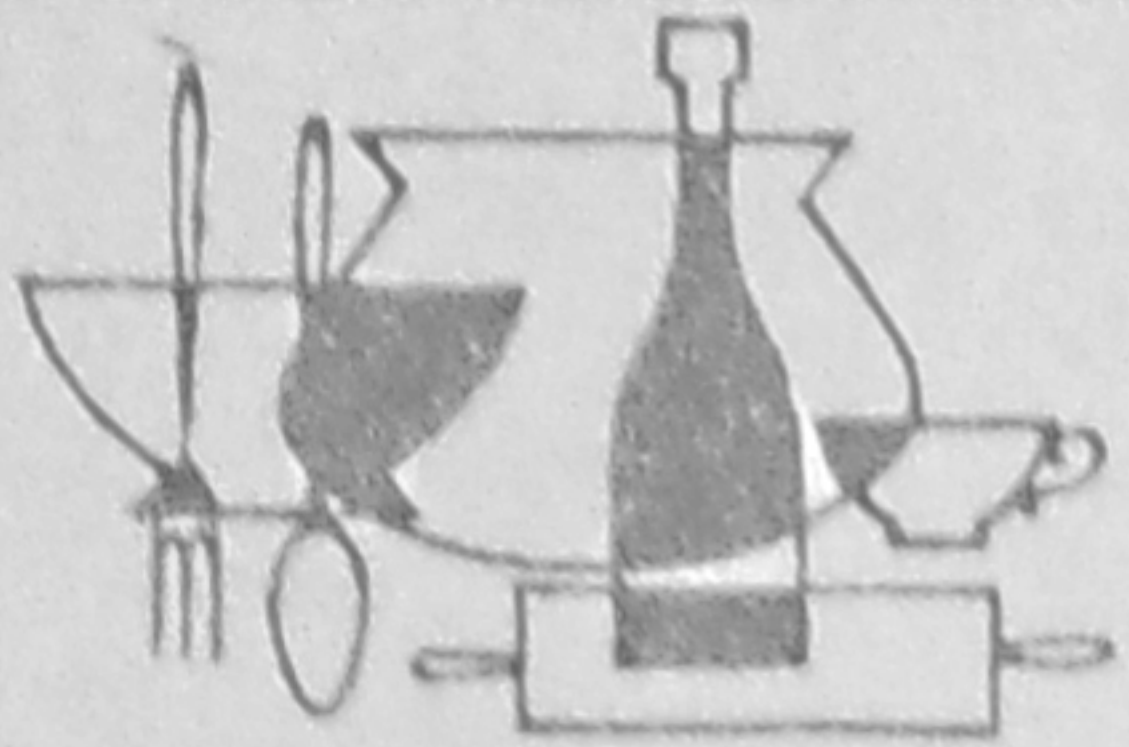
by Felix Manubay, Jr.

Who has a better job opportunity? A person with extensive schooling or a person without any schooling at all? Obviously you would say the former. But why do educated people find it hard to land a job?

People have used their education as a stumbling block to their success in job-seeking. False pride has led them to refuse a job which they deem lower than their attainment. An accounting graduate, for example, would refuse a job that is lower than the job of an accountant. In our present economic structure, you can't go a long way with too much false pride save for a long time of employment

opportunity. This means that you could aim at a company where your education is directly applicable or at the industry or business where you would start at a position not related to your education but where it would eventually be useful when promotions come. For example, an Engineering graduate would do well in a construction or mining firm rather than in a restaurant. Educational attainment also widens your range of job resources -- through your friends, through ads, through labor agencies, the Dept. of Labor, your Alumni Association or through advertising yourself. On the other hand, a person with limited education would

(Please turn to page 17)



the homemaker

YOUR NUTRITION GUIDE

PART IV

By: Edmond D. Macaraeg

MINERALS

In the previous installment of this series we continued with the subject of minerals by featuring calcium and phosphorous. Now, we will complete this subject.

IRON (Fe)

This mineral helps the blood to carry oxygen throughout the body and also to remove carbon dioxide from the tissues. Failure of the body to produce enough red corpuscles and hemoglobin or lack of iron in the diet can cause a body condition called anemia. An anemic person feels tired, listless, lacks pep, endurance and is usually pale. It is difficult for him to think clearly and quickly.

Here are some little understood reasons why some people develop anemia. Unless iron is dissolved by the hydrochloric acid in a healthy stomach it cannot be used by the body. Also, persons lacking in B vitamins (partly essential in the formation of stomach acids) and those who frequently consume soda or soft drinks (which neutralizes stomach acids) usually show signs of lack of iron. In the process of refining food, much of the iron content is lost. Also, even if a certain food is rich in iron, ordinarily only about 50% of it is actually absorbed by the body. The following are the percentages of absorption among different kinds of food. Only 50% of iron is absorbed in muscle meats while 70 and 80% of it is absorbed in liver and heart meats respectively. In the case of iron-rich soya beans, about 80% reaches the blood. In the case of fruits, although they are not as rich in iron, most of the iron they contain reaches the blood. The richest sources however are seaweeds (44.5%)*, molasses (17.5%), and rice bran (13.8%).

IODINE

Iodine is part of the active substance thyroxine produced by the thyroid glands. This mineral has a powerful effect on the physical and mental development of an individual. It gives the body its nor-

mal vigor and its urge for work and play. Lack of iodine correspondingly results in decreased stamina, endurance and general vitality. Also, it may cause goiter (an enlargement of the thyroid gland beside the windpipe) which is the body's attempt to produce more iodine.

In an already weakened thyroid gland, another disease caused by too little iodine is called exophthalmic or toxic goiter. Here too much thyroid is produced and the body engine races. The heart beats too rapidly, the person loses weight, and is extremely nervous. When an almost complete lack of iodine occurs later in life, a condition known as myxedema can result. An adult suffering from this condition is mentally sluggish and appears to be in a stupor.

Iodine requirements are about three times larger in a developing baby than an adult. Childhood, puberty, pregnancy and lactation also require higher amounts. The richest sources come from sea foods.

SODIUM and CHLORINE

Both sodium (Na) and chlorine (Cl) are likewise important in the body. Chlorine is used in the formation of hydrochloric acid necessary for normal digestion of proteins and dissolving other minerals so they can be absorbed into the body.

Many foods contain sodium and chlorine, and of course, salt contains both of these minerals. Some authorities advise men working under conditions of extreme heat to take a little salt with their water regularly. Probably, every person has experienced hot-weather fatigue. Such fatigue is largely due to the loss of salt

and water from the body through perspiration. As an example, many deaths occurred during the first years of work at the Boulder Dam and other engineering projects in the desert. Later, when the cause was known and corrected, there were no more deaths.

POTASSIUM (K)

Potassium, although abundantly distributed in foods is sometimes deficient in the diet. It occurs widely in vegetables and whole grains.

A deficiency leads to slow growth, constipation, gas distentions, and a type of nervous ailment typified by extreme alertness and sleeplessness. Since potassium is essential for the normal contraction of all muscles -- severe lack of it can cause damage to heart muscles. Also in a disease known as familial paralysis the concentration of potassium in the cells is so low that contraction of the muscles is impossible. The paralysis is quickly corrected when potassium is added to the diet.

Best sources are whole grain products, molasses, green leafy vegetables and native cheese.

TRACE MINERALS

There are a number of elements spoken of as trace minerals. Although little known of them and even if they exist in extremely small quantities in the body, it appears that they are of great importance to health. Here are some of them.

MAGNESIUM In experimental studies with animals, when this mineral was withdrawn from their diet, they became extremely irritable, developed rapid heartbeat,

(Please turn to next page)

BIRTH ANNOUNCEMENT

A registered special home delivery package arrived at the Acebrons' residence last Sunday, May 11th at 9:45 a.m. The package weighed 5-1/2 lbs. and was 19 inches long. Stamped on the package was the trade name Neil Rustia Acebron. The package was received in good order and condition. Recipients (Mr. & Mrs. Nap Acebron) wish to express their thanks to the Sender. Mother and baby are doing fine. Father is just beginning to have hard labor

homemaker

NUTRITION GUIDE . . . cont'd

WHEN YOU COOK

went into convulsions with slight noises, before they finally died. Also, the blood of some people suffering from extreme irritability has been found to be low in magnesium.

ZINC This element is concentrated mostly in some of the glands. It is one of the constituents of insulin which is necessary in the utilization of sugar.

COBALT This is also found in most of the organs of the human body and is part of vitamin B₁₂. It appears to be related to the development of red corpuscles. In addition to iron and copper, this mineral has brought beneficial results in people with persistent anemia.

MANGANESE Its exact action is little understood but lack of it seems to interfere with maternal instinct in experimental animals. Rats deficient in manganese will not suckle their young.

Other minerals found in minute quantities in the human body, but are actually poisons in large amounts are: ARSENIC, BROMINE, and MERCURY. Some of the other trace metals are ALUMINUM, NICKEL, SILVER, and COPPER. Here is a comparison table of some common food showing their mineral contents in Iron (Fe), Sodium (Na), and Potassium (K). As always, the contents are expressed in milligrams for every 100 grams of the edible portion of the food indicated. These foods are among the richest in these minerals -- except for Iron, the richest sources of which were mentioned earlier. Also,

salted foods contain higher sodium content than those indicated here. Hopefully, future studies will reveal the exact reason for the presence of these elements in the human body.

The best key and guarantee to good health is to eat a wide variety of natural wholesome and fresh food to obtain all the essential elements to good health.

	Fe mg.	Na mg.	K mg.
Fruits:			
kalamansi	0.8	3	800
sampaloc	0.9	4	570
coconut (matured)	1.6	5	434
jackfruit	1.1	2	407
banana (in general)	0.8	3	370
Vegetables:			
soybeans	12.2	9	1540
munggo,	5.7	6	1141
chickpea (garbansos)			
dried black beans	4.2	33	1136
peanuts	4.0	5	694
pepper leaves	1.2	41	671
pigeon pea (kadyos)	1.8	5	622
camote tops	6.0	5	562
edible fern leaves (pako)	4.4	15	554
spineless amaranth (kulitis)	18.0	51	443
chinese celery (kintsay)	15.3	151	318
Meats:			
beef liver	9.2	74	315
carabao liver	6.8	101	292
chicken egg	2.8	181	150
spanish mackerel (tanigi)	1.0	49	669
big-eyed scad (matang- baka)	0.7	61	614

Cooking is an art, a science of the highest order. Many little suggestions could be given to make it more interesting and more practical. Here are a few intended to make cooking more economical and food more nourishing after it is cooked.

The use of soda in cooking vegetables, to make them tender, is very destructive to certain vitamins.

Do not throw away the excess liquid when vegetables are boiled, because it contains vitamins and minerals boiled out of them during the cooking. Use the excess liquid for making soups, gravies, sauces, stews, etc.

Cook fruits and vegetables only when it is necessary. And when it is necessary, cook them only as much as is necessary. Cooking destroys some of their most valuable vitamins and minerals, and much of their flavor is lost by the evaporation of their moisture into the air.

Use no more water in cooking fruits and vegetables than is necessary to prevent their sticking to the container.

When a liquid comes to a boil, lower the heat to the minimum required for continued boiling. This saves fuel and reduces the destruction of vitamins and minerals by excessive heating. Rapid boiling does not speed up the cooking process; it results in the use of more water due to faster evaporation.

Boil fruits and vegetables, if this is necessary, until they are just tender enough to eat and no more. Overcooking makes them mushy, destroys vitamins

and minerals by excessive heating, and causes a loss of flavor by the evaporation of moisture.

If fruits and vegetables need boiling, put them in the water after it has begun to boil or else add the boiling water to them. In this way the loss of vitamins, minerals, and flavor by flooding, oxidation, and evaporation is reduced.

If fruits and vegetables need cooking, their finer flavors are retained, and their vitamins and mineral values are better preserved when they are cooked by baking or steaming. Green vegetables are best cooked in a waterless cooker.

If vegetables need boiling, cook them in their skin to better preserve their color. If they need peeling, peel them as thinly as possible, for some of their most valuable vitamins and minerals lie near the skin.

To best preserve their color, drop the vegetables into rapidly boiling water, and cook them a few minutes in the uncovered vessel. Then cover them and let them boil the shortest possible time.

When fruits and vegetables need boiling, cook them in most cases in a covered container and without stirring. When air is stirred into the food, oxidation takes place, which is especially destructive to vitamin C. Open cooking and stirring also results in a loss of flavor by the evaporation of moisture.

Soaking out fruits or vegetables in water before cooking them tends to wash out their juice or sap (Please turn to next page)

LETTERS

to the Editor

WHEN YOU COOK ...cont'd

containing valuable vitamins, minerals, and flavors.

If fruits and vegetables need washing, do it just before peeling or cutting them. Wilted ones may be made more tender or crisp by placing them in cold water for a short time before they are used.

Peel, cut, or shred fruits and vegetables just before using them. If

left to stand or peeled for some time before they are used, they lose some of their vitamins, minerals, and flavor as a result of the evaporation of their moisture and because of the oxidation resulting from the contact of the juice or sap with the air. Vitamin C is rapidly lost from peeled or cut raw fruits and vegetables.

Overcooking sometimes causes potatoes, cauliflower, and other light-colored vegetables to turn dark. The chemical contents of the soil is not the same in all places. Hence the vegetables themselves may contain certain chemical elements, or the water in which they are boiled may contain such elements, that will cause them to turn dark even when cooked the proper length of time.

When potatoes, carrots, beets, turnips, etc., are not fairly uniform in size, they will not all cook in the same space of time. Hence it would be better to select tubers of reasonably uniform size, or else cut the larger ones into pieces about the size of the smaller ones, when it is necessary to cook both large and small ones together. (From "Tasty Tropical Treats") --Contributed by Roswinda Lu

"I wish that some brethren would take a portion of their time to write to their scattered brothers for purposes of fellowship. I have personally experienced how valuable are the messages to keep us from the wrong contact with the world."

Samuel Mercado
Maasin, So. Leyte

From South Korea

"...Without miss the Contact newsletter has been mailed to me. I have come to realize that the real character developing manual is only from Ambassador College and not from Confucianism, neither Buddhism, nor any other philosophy. The only source of authority is from the

Almighty Eternal God. My best regards to brethren over there."

Song Hyungbok
Tangri, Jinlaemiu
Kimhaegoon, Kiungnam
R.O. Korea

BIRTH ANNOUNCEMENT

Spokane, Washington,
U.S.A. -- Jered P. Cuenco,
first child of Michael and
Barbara Cuenco (formerly
attending Iloilo Church);
April 7, 1975, 7 lbs. 7½
ounces.

business talk

After ten months of fruitful operations, the first account's income and expense sides both exceeded the normal level of increase. This was due primarily to the Southeast Asian P.T. printing and processing that the Northeast Asian office handled since April this year.

At this time the income and the expense should have arrived at 83.3% or 10/12, if everything had gone as planned.

However, the following figures show what has actually happened:

INCOME

As of the end of April, total cumulative income received registered at 100.9%. A difference of 17.6% from the expected 83.3 seems to indicate a very high increase compared to the usual average of 10% to 12% we used to receive before. The reason for this was the back charge income that came both from the April 19 follow-up campaign of Mr. H. W. Armstrong and the SEA P.T. printing. Removing all

back charges the true overshot income remains at the normal figure of 12%.

EXPENSE

Just like the income, the cumulative expense also swelled to as high as 90.7% showing a difference of 7.4% from the planned 83.3%. This was the highest so far for the fiscal year, comparatively speaking. Again, taking out all the expenses incurred for the New Frontier follow-up campaign and the SEA P.T. printing and processing, the real overshot expense remains at the usual average of 3.2% as of April 30, 1975.

DEFICIT

For the same period, the total cumulative deficit stood at 29.5%. This figure was 1.4% higher compared to last month's 28.1%. Now the actual deficit for the month is ₱42,077.00 -- ₱1,957.00 more than last month.

ANALYSIS

The continuous increase of both income and expense, no doubt, will proportionately go on for the last two remaining months. The expense especially. The newsprint used for the P.T. was jacked up just this April by as much as 7.5%.

But the important thing to watch is the actual deficit from month to month. The cumulative amount tells us how much we already dipped into the reserve. Since the start of the year the income never exceeded the expense. In case it does, the difference is put into the reserve.

The above deficit seems to indicate that no less than ₱40,000.00 will be taken out of the reserve for the fiscal year 1974-75. Inflation might even increase this amount. However, if the 35% year-to-date increase would be achieved up to the end of June, this increase would surely help if not absorb all the after-effects of inflation for the last two remaining months. (Medardo M. Maninang)

have you read?

by George Hood

In our time we have seen the crime rate mushroom to intolerable levels, with the attendant feelings of fear, suspicion and dread gripping those who want only a peaceful life. It seems that practically the only ones without fear are the criminals! Nonetheless, the New Society has given us some respite from the crime wave.

However, we all know that crime won't be completely eliminated until mankind is under God's government. Consequently, we must now do our part in protecting ourselves until that time comes.

You may avail yourselves of a helpful booklet Crime Can Be Stopped--Here's How! which explains the causes of crime and how you can protect yourself, your loved ones and your home from the lawlessness which your Bible says will increase until the re-establishment of God's government on earth.

In this present world every day is a risk to you of becoming a victim of crime. Why take unnecessary chances? Write for this helpful, invaluable booklet immediately!

Along with the general decline of man's society, as witnessed by skyrocketing crime rates, the morale and morals -- of the up and coming generation is being insidiously eroded away. Today's youth has been pummeled by pressures and influences they have not been equipped to deal with. A whole subculture -- or "counterculture" -- has resulted, and it is practically world-

wide! The "hippie" movement is perhaps the most obvious symptom of this segmentation of society.

What really has caused it? How did it all come about anyway? Find out by reading the full-color booklet Hippies - Hypocrisy and "Happiness." Your children can be spared the heartaches of their generation -- but you, as parents, must be informed first! Delaying your request for this booklet can only be a disservice to them. And if you yourself are of this age group read this booklet to better understand the pressures shaping many of your less fortunate peers -- and, yes, even insidiously working perhaps upon you!

It is one thing to describe the problem and even to give remedies for it once it has surfaced. But it is far better to "head off" -- avoid -- the problem to begin with! To wit, the adage: "An ounce of prevention is worth a pound of cure."

God's Church is ahead of the times! Yes we can describe, even analyze, the current problems in man's society. But better still, we can spell out how to avoid them to begin with! This knowledge will be universal in the World Tomorrow when all the ills of this present world will happily be but faded memories. But you needn't wait for this knowledge. Here's why.

As you know, the family is the building block of society. If society is not sound, it's because -- for one thing -- its families are not. Add to the happiness, solidarity, and soundness of your family by applying the Biblical principles taught in the Plain Truth and Good News magazines, preached by God's ministers, and disseminated in the literature of Ambassador College.

POINTERS ON EMPLOYMENT...cont'd

have limited opportunities before him.

Job application in a number of firms could be done simultaneously. You don't have to wait for a firm to call you before trying the next one. Do not refuse possible employment in a company if you are not sure of getting in the company of your choice. The following factors must be considered in choosing a prospective company:

1. Potential growth of the company -- Find out if the company will grow and is stable in our present economic condition.

2. Personal chances for growth and promotion --

Your education skills and experiences all count in measuring your future promotion in the company, let alone salary adjustments as a result of company expansion.

3. Economic factor -- Consider also the proximity of the company to your place of residence as your salary might be bare enough to cover transportation expenses.

These factors are not rigid and set rules. Consider a job that would also give the best return and best application of your education even if it means starting at the low- (Please turn to next page)

A key piece of that literature is the newly revised (1974) booklet The Plain Truth About Child Rearing. The above-mentioned two booklets dealt with problems which could be directly or indirectly eliminated by the universal application of the contents of this booklet. Here, as a sample of its contents, are the chapter titles: 1) What is a Child?; 2) Criminals Are Made, Not Born; 3) How Your Child Learns; 4) You Can Punish Your Children--in Love; 5) How to Get Results; 6) Should Children Be Seen and Not Heard?; 7) Your Children at Play; 8) How to Prepare Your Children for School; 9) How to Help Your Teen-agers.

With that preview, this free, 142 page booklet's value should be self-apparent. Authored by Garner Ted Armstrong, it was updated just last year.

At Ambassador College students are taught that one cannot be a good parent until he is first a good husband or wife. In other words, one can't be a good father and poor husband at the same time. Likewise, a woman can't be

a poor wife and still be all right as a mother.

So even if you apply the child-rearing principles of the above booklet, if your marriage is unstable and unhappy, it will be an uphill battle. You'll be fighting upstream--going against the current. Find out what marriage is all about and why marriages fail. Learn what the laws governing marriage are. Become informed on how family arguments can be solved. Establish your marriage on a Rock. Apply God's very own principles to your marriage. See your children blossom in a healthful happy, wholesome home climate.

How?

Read and apply what you learn from the booklet, Your Marriage Can be Happy. If you don't have it or any of the above-mentioned booklets, obtain them upon request from the Ambassador College Agency office in Manila. (The address can be found elsewhere in this issue.)

God's Church not only understands the problems, it freely gives the solutions.

POINTERS ON EMPLOYMENT

... contd

est position first.

In the application process, the last step is usually the interview which is, in most cases, the deciding factor for your getting hired or not. Remember, that first impression is almost always a lasting one. Come prepared for this critical stage. Try to study beforehand the company, its products and if possible the personality of the interviewer so that you can behave accordingly. Dress cleanly, decently and appropriately -- not below or above what is required of the position. Do not come in your Sabbath suit if you are applying as a machine operator. Watch for your behavior and mannerisms. They reflect the kind of personality you are. Fidgeting is a sign of nervousness that the company does not want in an employee. It shows lack of self-confidence. A firm grip during the handshake seems to show firmness in character. Be prepared with the physical requirements necessary like your diploma, transcript of records, citations for job well done in the past, SSS No., Tax Account No., medical and police clearances, ID photos. Yet do not swamp the interviewer with all these if they are not called for but one at a time present them if he wants to see them. Preparedness shows interest on your part and an impressed interviewer might decide to hire you right there and then.

Generally, the interviewer is not interested in your religion so do not overwhelm him (out of ignorance, zealousness or self-righteousness) with Sabbath and Holy Day problems. It shows a nega-

tive approach on your part and from the employer's view your desire to get favor from the company instead of what you can give. Cross the bridge when you come to it but do not compromise your beliefs. Exercise tact in dealing with these matters.

The question of salary will be brought out by the interviewer who wants to know whether you are aware of the value of the position applied for. "Any amount" for an answer shows ignorance on your part and a lack of appreciation for your own worth. Decide how much you want in terms of your investment in your education, skills and experiences, and the size of the company.

The interview as a whole is your opportunity to mention strong points and additional skills which you think will boost your chances for being hired.

Finally, holding on to your job is a job in itself. Your best weapon, as always, is hard work. While on the job, grab every growth opportunity available whether inside or outside your company. Do your job diligently and honestly even without the presence of your superior. While hard work gives you added knowledge, skill and experience, it also enhances your chance of being promoted. Yet the secret of promotion lies in preparing yourself for the rank next to your position and learning the job required of it. Do not hesitate to accept new assignments if you honestly feel you can do it.

Sometimes job dissatisfaction leads you to seek better opportunities elsewhere in which case it would be all right to apply in other firms. If you desire to do this, make use of correspondence first to contact other firms. Do not make a mis-

take of resigning first before looking for another job. Stick with your old job even if it means a low salary because it is better than having no job at all.

(Mr. Felix Manubay, Jr. is presently the Production Manager of Globesco,

Inc., one of the top manufacturers of automotive paints in the country today. He has faithfully served in that position for about 16 years now. As such he has also gained a great deal of experience in personnel management to which type of work he is inevitably exposed.)

PRINTED MATTER

Ambassador College Agency

P.O. Box 2603,
Manila,
PHILIPPINES, 2600

THIRD CLASS
15 CENTAVOS PAID
MANILA
Permit No. 187