



2 Cor. 5:18

Open Face

One interest will prevail, one subject will swallow up all others. Christ our Righteousness

No. 80

SEPTEMBER 2011

Summer Report 2011

David Clayton



With Mirel and Adrian in Romania

This summer, our missionary journey began in the town of Wenatchee. This is a small town (by American standards) located in the state of Washington. It is situated in a place which is in some respects, barren and desolate, while at the same time, fruitful and beautiful. Wenatchee rests in a valley, between majestic rugged hills. A river flows through the middle of this valley and is the reason for the fruitful green valley in the midst of what would otherwise have been a dry and desolate place.

I was amazed each morning as I drove from Steve Noyes' home in the foothills, down to the town of Wenatchee to the hall where we had our meetings. I was always struck with the wild

beauty of the place with the rocky, barren hills standing out in sharp contrast to the clear, rapidly-flowing river and the greenery of the valley with its multitudes of pear-orchards.

This was the backdrop for our meetings in Wenatchee which took place on July 14-17. This year there was only a small number of attendees, but the 20 or so people who turned up for the meetings were, for the most part, eager to learn and showed much interest in the presentations as we focused on the topic of Christ and His righteousness, with particular focus on the practical application of this experience in our lives.

It was a blessed time and it was refreshing to meet up again with old

friends and also to be introduced to new ones. It was good to see that although interest in the subject of the truth about God has not diminished, people were very appreciative of understanding the connection between that issue and the issue of Righteousness by Faith. Brother Howard Williams and I preached 14 sermons while we were there and we were joined by brother Ken Corklin on the last day, who also shared a message with us. His emphasis was Righteousness by Faith, but with particular reference to the prophecy found in Joel 2.

In our presentations over the past few years there has been a certain progression, and as I look back now, I can see that this progression has not only been an interesting one, but has been one which has been inevitable. Some people have strongly opposed our present focus and direction, but I realize that there is nowhere else for any of us to go if we truly desire to walk in God's light. The course we have taken is inevitable. Let me outline our progression to illustrate what I mean:

For many years our main focus was the truth about the godhead. But what do we do with this truth? What is the practical application of this message? Why should this be such a critical issue, so necessary for us to un-

Also in this issue:

- Soy: Friend or Foe? 9
- Roan Mountain Campmeeting 12

Open Face
Manchester, Jamaica W.I.

SEPTEMBER 2011

Open Face is dedicated to the promotion of the truths committed to the Advent movement, as believed and taught by the early Adventist pioneers. In particular to the restoration of those truths which have been cast down to the ground and trampled underfoot by the papacy, and adopted by her daughters.

Our purpose is to motivate our readers to commit themselves wholly to the task of personal preparation for the coming of the Lord, and to the taking of the final warning message to every nation, kindred, tongue and people.

Open Face is published at least once quarterly, and is sent free of cost to all who desire to receive it.

Editor: David Clayton

Publishing committee: ... Howard Williams
..... Karleen Williams
..... Jennifer Clayton
..... David Clayton

P.O. Box 23, Knockpatrick
Manchester, Jamaica W.I.

Phone: (304) 932-4543
Jamaica: (876) 603-0821

email: vidclay@gmail.com

Website: <http://www.restorationministry.com>



Eldon and Darla Noyes

one of us, could not have died as us, could not have taken our place if He had not truly been one of us in the most literal way possible. It was also necessary as He took our place that He be completely helpless, just as we are. This could not be possible if He were God Himself (as opposed to being the SON of God.). God's Son could be made into a man in the fullest sense possible, but this was impossible for God, the immutable Sovereign of the Universe.

The doctrine of the Trinity cannot bend around this truth and so many devices are invented to explain what happened when Jesus became a man while still preserving the idea that He was at the same time God Almighty. None of these explanations make any practical sense and they leave Jesus on a plane where effectively, He and His sacrifice are of no practical benefit to us. What God did for us in Christ becomes at best a flowery, incomprehensible theory.

We also came to see clearly that the reality of "Christ in you," is the true practical reality of Righteousness by Faith. There is no other practical meaning to the doctrine but this. Jesus is not a historical event two thousand years in the past, He is not a cosmic entity billions of light-years away in a place called heaven. The practical reality of Christ and all that He is to me, today, is the living presence of Christ dwelling in the believer. Christ Himself, not some theoretical idea. If all I have of Jesus is the record in a book, or a hope of something happening in a sanctuary somewhere in the distant infinity, then

my condition is pitiful. In actual reality I have nothing at the moment except a hope.

But the truth of the godhead made us realize that the holy spirit is indeed the literal, living presence of Christ actually and personally dwelling in the believer. We do have contact and in fact, union with Jesus in a very real way. Christianity is not just a matter of mental acknowledgement of certain phrases and ideas, it is not a psychological response to beautiful teachings. It is a supernatural experience where the Son of God does actually dwell inside of the believer uniting Himself with us and making us beings who are part-takers of His own body, His own divine existence. This reality is utterly destroyed by the doctrine of the Trinity which teaches that it is a third being/person called "Holy Spirit" who actually interacts with us, as opposed to Christ Jesus Himself.

So this led us to see that Jesus Himself lives in the believer in a very literal and real way. From there, the next step was inevitable.

If Jesus literally and truly dwells in the believer, then all His power must be present with Him. So naturally, our study turned to the power of the holy spirit and what God has promised in His word concerning this. This focus, more than any other has caused consternation and concern to some of our brethren. However, this has not prevented us from accepting what the word of God says. "Let God be true, but every man a liar." We must learn to believe the word of God, regardless of where it leads us.

So for the past two years and more, our emphasis has been Christ and His righteousness with particular application to the work of the spirit in the life of the believer. Of course this has led us to a better understanding of :

The baptism of the holy spirit. Now, none of us would make the claim that our ideas are perfect or that we have even experienced all of the things that we preach about. I will be the first to acknowledge that as we have sought

derstand? Some of us tried to emphasize that understanding the true sonship of Jesus was the issue, because this understanding is what leads to a true appreciation of the great love of God in giving His Son for us. We felt that a failure to grasp the true relationship of Father and Son would lead to us having only a superficial grasp of what it cost God to accomplish our salvation. But as we here at Restoration Ministry continued to seek God's direction, we were led to the next logical step.

The true understanding of Christ and His righteousness – a message which we have been made to understand, is to "swallow up all others". There are many in Adventism today (both in the organized church and among those on the periphery) who have made a ministry of focusing on what is called the 1888 message. However, God has led us to see that it is not possible to grasp the true meaning of that message of Christ in you, unless one first of all understands the truth about God. Jesus could not have been



Sister Julia's Baptism

to understand and to walk in the light, our human frailty has led us to make some mistakes. However, it is not possible to honestly deny the overwhelming reality of the light which has been shining on our path as we have walked in the Lord's leading, step by step. Christianity has appeared with a beauty and a glory which I never dreamed possible before. The plan of salvation has been presented to my eyes as an indescribably beautiful thing, designed by a wisdom beyond the capability of any creature to formulate.

So what I am really saying is that the logical fruit of understanding the truth about God, is ultimately, the baptism of the holy spirit. This is the practical endpoint of the truth. This is where God is trying to lead His people and the route to that experience is not difficult to map.

1. First the truth about God.
2. Next, a true understanding of Christ our Righteousness.
3. Then an understanding of, and an experience in the indwelling Christ (the holy spirit)
4. Finally(?) the baptism of that holy spirit – the fullness of Christ dwelling within.

One other thing which has become evident is that the great obstacle to a true understanding of righteousness by faith, is a misunderstanding of the law and its place. I cannot help believing that it was a recognition of this fact which led Ellen White to write:

“It is true men will say. “You are

too excited; you are making too much of this matter, and you do not think enough of the law; now, you must think more of the law; don't be all the time reaching for this righteousness of Christ, but build up the law.”

Let the law take care of itself. We have been at work on the law until we get as dry as the hills of Gilboa, without dew or rain. Let us trust in the merits of Jesus Christ of Nazareth. May God help us that our eyes may be anointed with eyesalve, that we may see. God helping us, we will draw nigh to Him, and He says he will draw nigh to us. Do we believe? Will we come in God's appointed way? May the Lord help us and enlighten us, that we may go forth from this place as they went forth to proclaim the truth after the day of Pentecost; and there were souls converted; they could not resist the testimony. (MR 900.17)

Therefore our messages included an emphasis on the nature of the law and its place in God's plan, as well as an exploration of the true nature of sin. One other feature was added to the European leg of our journey and this was a focus on some aspects of the Hebrew sanctuary service and its meaning in the light of righteousness by faith.

This was our message as we traveled to Washington and then from there to Europe to visit the brethren in the usual places, Germany, Austria, Hungary and Romania. Our trip was a long one and, from the time we left home on July 13 until our eventual return near midnight, on August 17, it lasted a total of five weeks.

In some cases we did repeat and reinforce some of the truths which we have been focusing on for the past few years, but the feedback we had was that this led to greater clarity and a more complete understanding of the subject.

We flew out of Seattle on Monday, July 18 and after a long tedious flight, we arrived in Frankfurt the following day, Tuesday July 19. There were a few moments during the flight when my thoughts turned to my father who had died shortly before I left home. I had to hide my face in the blanket to hide the tears which welled up in my eyes and I was thankful that the seat beside me was empty. The aeroplane cabin was unusually cold so I had a good excuse for hiding my head in the blanket. It was not a good time to be away from home, but I was comforted by the thought that the best way to meet Daddy again was to “hasten the day” of the coming of Jesus

GERMANY

Brother Marco Eier met us at the airport and drove us directly to the campsite in the village of Humpfershausen. The actual campsite was a kind of hostel which is called “Sinnershausen.” This place is not far from Erfurt, the place where Martin Luther went into hiding and translated the Bible into German, and we actually had the privi-



Group at Martin Luther's castle in Erfurt



Group from Obertraun Campmeeting in Austria

lege of visiting the castle one afternoon. It is a tourist attraction and there were people all over the place, but it was interesting to see the little room which he called his study and the coarse wooden furniture which he used as his desk and chair.

At this campmeeting, the theme was, “*Entering into the Holiest.*” Though this was not our total emphasis, our studies did include three sermons relating to the Sanctuary. The titles were, “The Sin Offering,” “The Meat Offering,” and “The Day of Atonement.” As we have come to a better understanding of Righteousness by Faith, we have obtained new insights into the sanctuary services and the approximately 45 persons who attended were deeply interested in what we had to share.

Of course, as there always are, there were a couple of people who were not happy about some of the things we were sharing. The objections, however, were mostly because those who objected perceived that cherished ideas seemed to be threatened, rather than because there were any biblical problems with what we presented. In every place we have gone, this has been our experience: At times a few people have been fearful and have raised objections, but most importantly, they have not been able to back up those objections with the Bible. The truth is, many people talk about new light and profess to desire new light. However, what they are really looking for is something to settle them more deeply into their

traditions. But history has shown that God is not in the business of propping up our prejudices, He is interested only in promoting that which will really bring a true change for the better among His people.

There were several highlights of the campmeeting, but a few which stick out in my mind are the baptism of Sister Julia, the laying on of hands on six persons and several prayers for the sick. In addition, I was greatly blessed by the testimonies of several persons for whom we had prayed last year. These people had been afflicted with various illnesses and many of them were able to testify how God had worked to heal them, some of eye problems, skin problems, heart problems etc. The experiences were varied, but some of them were so striking that there was no doubt that God had intervened and granted His children the blessing for which they had asked. What could be more natural than that



Howard with Janos' family

He should do this?

The same was true in each of the places we visited. There were healings, both spiritual and physical – some of them quite remarkable. One case from Hungary which sticks in my mind was that of a brother and sister who had been married for several years, but who had been unable to have a child. Like so many in the Bible, they came to the campmeeting in Hungary last year and put their desire before the Lord, requesting special prayer that the Lord might grant them a child. We prayed about it and left it in the Lord's hands. This year, when we saw this couple, the glow on their faces told everything, but we were still overjoyed to hear them testify of it openly; The lady was now several months pregnant!

Some of these healings might have been credited to coincidence by the unbelieving, but some things are just too plain to be denied. All we could do was give God thanks with gratitude in our hearts that He is still the faithful One who hears the petitions of His children.

At the end of the German campmeeting, we spent three days in Laar with Waldemar and Anna Reifergeste where we had some needed rest and a little recreation.

AUSTRIA

After we left Germany, our next stop was Austria. The hostel where these meetings was held is in a little remote town up in the mountains called Obertraun. This is a very beautiful spot full of lakes and majestic hills. On every side there are scenes which seem to have been taken straight from a postcard. Our hostel was built on the bank of a crystal clear stream which ran through the town and emptied into one of the lakes. The only down-side for me was that sometimes, even in summer, it was cold.

There were approximately 22 persons present at these meetings and they followed the same pattern as the meetings in Germany in terms of the ser-

mons which were presented. These meetings climaxed with the baptism of two precious souls, Brother Peter and Sister Renate. They were baptized in one of the lakes. It was a service blessed with the presence of two graceful swans who seemed to recognize the importance of the occasion and swam about almost as a backdrop to the significant event which was taking place as this brother and sister signified their immersion into the life of Christ.

HUNGARY

From Austria we traveled to the town of Miskolc in Hungary to the same place where we had held the meetings last year, a high school which had been rented by the brethren. We arrived long after dark, but brother Oscar and his wife Eva were waiting to meet us along with their son Aaron and we found that there was a meal waiting for us in our room. It was late and we were too tired to do justice to the food, but we were thankful for the thoughtfulness of these brethren.

There were new faces at this campmeeting. Brothers and sisters who were coming for the first time, attracted by listening to some of the messages from previous years, by reading articles on the Hungarian website set up by brother Janos, or simply folk who had been invited by others. Some had come mainly from curiosity because they had heard that our message was different and they wanted to see in what way.

Here in Hungary, as in most places we found a concern which we also share. God has been showing us these truths which are beautiful beyond words. We look at the Bible and see that these things are absolutely true, we cannot deny them without denying the Scriptures. Why is it that there is not a greater manifestation of the power of God accompanying the message? We tried to address this question in our messages and the answer we focused on was the fact that God is always faithful. What He has promised, what He has said is the truth forever. How-

ever, even the almighty power of God cannot be manifested in the place where there is unbelief. This was demonstrated in Nazareth where Jesus could not do many mighty works "because of their unbelief." This is the reason for the limited fulfillment of God's promises. His power is not met with corresponding faith and our messages were focused on building that faith, on encouraging people to look at the faithfulness of God, to become better acquainted with Him so that the questions and doubts suggested by years of helplessness may be overthrown by a recognition of God's trust-

Adventist Church in Hungary, but some years ago he had contact with Brother Lynnford Beachy and came to an acceptance of the truth about God. Since then, he told me that (amazingly) he has downloaded and listened to ALL the sermons on our website! This is an amazing accomplishment, considering that there are close to a hundred audio sermons on the site. Needless to say, I was impressed with the desire of this couple to understand truth which they had demonstrated by coming to this campmeeting to meet us in person.

Since we left Europe, brother Rudolf has had a meeting with the leaders of



Group from the campmeeting at Miskolc in Hungary

worthiness.

Nevertheless, in spite of these questions, here, we were also able to report cases of God's power manifested in healing sicknesses, in some cases almost instantly, and prayer for the sick was a significant feature of our work here, as in all other places.

Brother Rudolf Gegeny and His wife Mariann are people whom I want to specially mention. Brother Rudolf was the secretary of the Reformed

the Reformed SDA church in Hungary and I understand that he is no longer an officer of the church. Sadly, the refusal of the church to accept truth made it impossible for him to continue in his position and there has been a parting of the ways.

While I was in Hungary, I also heard the interesting news that a new law had been passed by the government which required all churches to apply to the government before they could be recognized as legitimate churches.



Waiting to climb Vlad's hill

Previous to this hundreds of churches had been recognized by the government and had enjoyed the privileges which go along with church-status. However, with this new rule the government now recognized ONLY 14 denominations, and all the rest (including the Seventh-day Adventist Church), will have to apply for church status, presumably having to demonstrate why they should be given this status. Presumably also, having to pass certain government criteria before being granted such status.

Of course, this had nothing to do with us "offshoots," who have neither name, nor home, but it was an interesting development and one which should be interesting as we see how it plays out.

One night, I went with Brother Oscar and Sister Eva to meet a minister of the breakaway Adventist group called KERAK, which has become quite a large Adventist organization in Hungary. They desired me to speak with this man about Righteousness by Faith. He listened for a little bit, but when the godhead issue entered the discussion he became contemptuous and spoke derogatorily about the message and about me. It was made worse by the fact that I was unable to understand what he was saying and had to carry on the discussion by means of a translator. Eventually we left the meeting after a few hours of wasted time. The main thing as far as I was concerned, was that it was a reinforcement in my mind of the reality that denominational

loyalty is often the greatest obstacle to the discernment of truth.

I told the brethren that I was not planning to come next year as my wife thought it was time for me to spend a summer with her and the family since it is the only time that we really have an opportunity to be together as a family now that one of my sons is living and working in another island. This announcement caused some consternation and several people told me of their resolve to write to my wife and to try to get her to change her mind.

At the end of the campmeeting, we said our sad goodbyes. The sight of all the brethren standing on the road waving as we drove off into the dusk is still etched in my mind.

ROMANIA

Vlad, our host in Romania, had been with us all this time, from Germany to Hungary and he was the one who was to take us to Romania. He determined to leave when it was dark as he stated that he much preferred to drive at night, so we drove all night, arriving at Vlad's home in Romania some time between 4.00 and 5.00 in the morning. It was still very dark, but Vlad's father-in-law, Feri, was waiting for us with the tractor and the trailer, which was our transportation up the mountain to Vlad's home. It was an interesting ride in the dark, bouncing along in the trailer, hanging on for dear life and hoping that there would be no mishap as the tractor and trailer careened from side to side on the track up the mountain. However, we made it safely and eventually arrived at Vlad's home where it was good to see Andi, his wife again.

The next couple of days were spent at Vlad's home, resting and catching up on our emails. At the end of that time it was off to Moeciu in the mountains, near Brashov for the campmeeting. The journey should have taken us about 4-5 hours, but it took quite a bit longer. After we had traveled for some distance, we discovered that Vlad had left some essential part of his luggage back at home so we had to turn back to get

it. However, we eventually got to Moeciu. It was sunny and warm when we arrived and it looked like it was going to be good weather, but true to form, as soon as we arrived the weather changed. The next day it was cold and rainy and remained that way for the next few days.

Here also, there were quite a few new persons. People had been hearing of the message and as in the other places, they had come to see for themselves. I understood that approximately 100 people were present at this campmeeting, but I found it difficult to make a personal estimate because the place where we had the meetings had an upstairs section where most of the people sat. The speaker would be downstairs with some of the audience while there was a kind of four-sided balcony upstairs where the rest would congregate.

The warmth and hospitality of the Romanian brethren is always something to remember. While the brethren were kind everywhere, it always seems that in Romania there is an extra element. I always feel like I am a little closer to home when I am in Romania, maybe it is because Romania is in some ways like Jamaica, being a poor country where the lifestyle of the people is more simple than elsewhere.

Here in Romania, five people were baptized. They were Sisters Sorina, Anna, and Kati, and brothers Mirel and Adrian. They were baptized in a little stream which flowed directly from the surrounding mountains and which was as cold of ice. Of course the baptisms were done by Vlad because neither brother Howard nor I desired to face the water unless there was absolutely no other way.

Brothers Adrian and Mirel were an especially interesting case. They were both bus-drivers in the city of Bucharest many kilometers away. Brother Mirel had been a Seventh-day Adventist, and had learned the truth of the godhead from a former official of the SDA church who had been defrocked and disfellowshipped when he came to be-

lieve the truth about God. Brother Adrian, on the other hand, had been a worldly person who was convicted of his need for God one night when he was at a party drinking alcohol. His sudden change of mood made his friends at the party wonder if he was drunk because the change was so great that he started to weep.

But the stirrings in his heart were real and he started to speak with his co-worker brother Mirel. These two brothers discovered the website of Brother Vlad, *divinavindecare.ro*, and downloaded all the sermons they found



With Florin, Mihaela & Irina

there. These consisted of dozens of sermons comprising the messages which we had presented over the past few years while we visited Romania, as well as others done by Vlad and Erwin. They had listened to these sermons over and over as they drove the buses through Bucharest, with their earphones glued to their ears. To our amazement they told us that they had listened to each sermon at least 30 times! When they learned that we were going to be in Romania again this year they determined to come to the campmeeting and although there had been many obstacles in the way (including determined resistance from the wife of one of these brothers), they had finally arrived and were overjoyed when they were finally baptized in the name of the Lord Jesus.

Stories like this one filled us with hap-

piness and assured us that the sacrifice in traveling all the way to the other side of the world was not a vain one and that God was accomplishing some good things through our work and the message He had given us.

On the final day of the campmeeting we prayed for people for a great part of the day. Though we had presented God as a Father who loves us individually, who cares and hears us personally, yet many people wanted us to pray along with them for various needs, some physical, some spiritual. We spent a long time in prayer that day and at

one point my knees were too sore for me to kneel anymore. I had to continue while standing. During the proceedings I found myself wondering if this were really necessary, but then I remembered how the people came to hear the word of Jesus and His disciples and how He was happy to pray for them, to bless their children and I real-

ized that this was the way God would have it. Those of us who minister His word have the responsibility to not only preach the word of truth, but to minister to the needs of the people in whatever way we are able to, whether by offering physical help, or by praying for them, or in any other way that God has enabled us to minister. At the end, I was tired, but feeling immensely blessed.

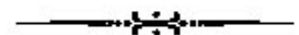
Our time in Romania came to an end after a few days which seemed all too short. We said out teary goodbyes and were among the last people to leave the campsite. It was very hard to go, but there was satisfaction in the realization that our visit had contributed in a meaningful way to the spiritual welfare of these dear brethren. One memory which sticks in my mind is that of a dear sister whom I had observed

listening very seriously to all that was said and carefully observing the proceedings. She did not say much, but on the last day she spoke to me and her words were," please continue to do what you are doing, and continue to allow the Lord to teach you these things." The earnestness in her eyes and the sincerity in her voice could not be mistaken; I knew it was coming from her heart and I was satisfied.

From Romania we traveled to Germany where we spent the last day at the home of Uwe and Vesna Hild, who graciously put us up in their home for the final hours before they took us to the airport for the long journey home. It was a blessing to see them again and to spend some time with them for they had not been able to attend the campmeeting this year. We were able to have some good discussions with them and strengthen our friendship before we had to leave.

This report cannot tell the half of how God worked on this trip and the joy and blessing which we obtained in meeting and sharing again with friends and loved ones. There are so many names that have been left out – people who made an impact on our lives and made an indelible impression on our minds. I have deliberately not called the names of some because I think they would not want to be publicly mentioned, others I have avoided, because the impact they made on our lives was more of a personal nature, but in meeting and sharing our lives with these people, we learned more fully the truth that God's people are one big family, no matter what race or colour or nationality we are, or even what language we speak. The universal language of God's love and the powerful bonding agent of the spirit of God, truly binds us together into a true bond of unity, no matter where we are in the world.

We left Europe with an even greater longing in our hearts for the day, when, we will never have to say goodbye anymore.



Soy: Friend or Foe?

Lenworth frankson



Over the years, Soy foods have become a favorite health food of millions, including Adventists. Soy has at times been promoted as the key to disease prevention and maximum longevity. However, in recent times the health benefits of Soy has been the subject of numerous debates. While there are vegetarians who promote the benefits of eating soy, sometimes pushing the limits of our credibility, there are also the soy fear mongers, prophets of doom, scaring us away.

So who is telling the truth about soy? Are both sets right or is it just hyped up propaganda from both parties designed to persuade consumers to purchase and support their multimillion dollar corporations' products whose sole interest is not health but rather making money? Though this article is somewhat limited, It is presented with the hope that the facts given here will help you to have a more informed, balanced and unbiased approach on the subject of the health benefits of soy.

When looking through the maze of information, especially the scientific researches, it is easy to recognize that there have been some studies showing negative effects associated with soy consumption, but rarely will you see where every single study on a subject is in agreement. some are in direct contradiction to each other. So it is never a good idea to suggest broad conclusions or recommendations based on one or two studies. By selectively choosing particular studies, you can

prove just about anything you would like about nutrition. That's why unbiased health experts look at **all** the research findings and pay attention to the totality of the evidence, not just a few facts.

Many of the studies that have concluded that soy is unhealthful have used animals as subjects, not humans. Drawing conclusions about human health from animal research can be very misleading at times. The truth is that if we looked only at the results of the studies in some species like lab animals and then make conclusions without doing the same study on humans, we end up with inconclusive facts and results. Please keep in mind that in some cases certain foods are harmful to some animals but beneficial to others. Species, even those that seem quite closely related, often function quite differently at a molecular level.

SOME NUTRITION FACTS:

Soy protein is the only commonly consumed plant protein that is nutritionally complete, meaning it contains all of the essential amino acids in sufficient quantities to help meet the body's requirements. Medical and nutrition communities, including the United States Department of Agriculture (USDA), recognize soy protein as equal in quality to animal protein. Unlike many sources of animal protein, soy is low in saturated fat. All soy foods however are not the same. "Whole" soy foods such as tofu and soymilk made from whole soybeans often preserve more **natural soy nutrition** than do **processed products** made from isolated soy protein.

Soymilk delivers many of the same important nutrients as cow's milk including calcium, vitamin D, and protein and unlike many forms of cow's milk, soymilk is very low in saturated fat and is cholesterol-free, making it a great choice for those with cholesterol

or heart health concerns. Most fortified soymilks have just as much calcium as dairy milk and some have even more.

Because soy is a known allergen, some consumers may worry about including it in their diet. However, the list of the eight most common food allergens also includes proteins in milk, eggs, peanuts, tree nuts, fish, shellfish, and wheat. Like any of these allergens, soy is harmful to those who are allergic to it, but this has no bearing on its safety for the general population. Those with a known or suspected soy allergy should consult a health care professional for dietary guidelines before using soy and always read labels with care. While any food can cause sensitivity in some people, there's little scientific evidence that soy is more irritating to the stomach than other foods.

While nutritionists once believed that iron absorption from plant sources like soy was poor, improved research techniques indicate that iron absorption from soy is actually excellent. Adding soy to the diet does not negatively impact iron levels.

Popular soy foods come in both fermented (miso, natto, tempeh) and unfermented (tofu, soymilk, edamame) forms. All of these choices provide high-quality, easily digestible forms of protein and can play a beneficial role in a healthy diet. Both fermented and unfermented soy foods have been trusted dietary staples in Asia for centuries and are enjoyed by populations around the world today.

HEALTH BENEFITS:

Eating about 25 grams of soy protein per day, as part of a healthy diet low in saturated fat and cholesterol, may help reduce the risk of heart disease. More than 80 studies over the past 40 years have shown that soy protein directly lowers LDL ("bad") cholesterol. Soy also contains naturally occurring

omega-3 fatty acids, which have been studied for their role in heart health. Plant-based foods like soymilk are often lower in saturated fat and cholesterol than their animal-based counterparts, making them an especially smart choice for a heart-healthy lifestyle.

A number of scientific studies suggest a link between soy consumption and reduced risk of certain cancers, including breast and prostate. In Asian populations, which have traditionally consumed soy foods for centuries; many researchers have noted lower rates of breast cancer. More research is needed however to draw firm conclusions about soy and beneficial cancer effects. Today's medical and nutrition communities recognize soy foods like soymilk as a nutritious addition to a healthy diet. A recent study suggests that soy is not only safe for breast cancer patients, but it may also have a positive impact, potentially helping to decrease the incidence of breast tumor recurrence. The American Cancer Society confirms that breast cancer patients can consume soy foods like soymilk, tofu, and edamame regularly. In fact, research suggests that soy may have specific benefits in the areas of osteoporosis, and breast cancer. *"Evidence is accruing that phytoestrogens, found in soy, may have protective action against diverse health disorders, such as prostate, breast, bowel, and other cancers, cardiovascular disease, brain function disorders and osteoporosis though there is no evidence to support their use in alleviating the symptoms of menopause". (Wikipedia)*

While certain animal studies have led to a misunderstanding of soy and immunity, there is, in fact, no scientific evidence showing that soy negatively impacts the immune system in humans. In animal studies, rodents exposed to very high quantities of isolated compounds found in soybeans displayed changes in immune function. However, both positive and negative changes were observed. Studies in humans suggest that soy has either no effect on the immune system, or that it may ac-

tually enhance immune function.

While some studies suggest that consuming soy foods may affect the dosage requirement of synthetic thyroid hormones for patients taking thyroid medication, this interaction is similar to other common food-drug interactions, and does not indicate a relationship between soy and thyroid health. Patients using thyroid medication should work closely with a doctor to ensure consistent and effective dosing. The isoflavones in soy are also known as phytoestrogens or "plant estrogens." However, these natural plant compounds are not at all the same as the hormone estrogen found in the human body.

Soy foods are a convenient source of many nutrients that are important in pregnancy, including calcium and high-quality protein. Soymilk is also lactose-free, which may be helpful to some pregnant women with lactose sensitivity. Pregnant women should always consult a health care professional before making significant dietary changes.

Soy can play an important role in the diet for men. A number of reputable studies have examined soy and men's health, and there is no clinical data suggesting soy consumption negatively affects sperm quality or quantity. Three clinical trials have examined soy consumption and sperm quality and quantity, and all showed no effect. The trials also showed no relationship between soy consumption and men's reproductive hormone levels. Claims that soy exerts feminizing or estrogenic effects in men are not supported by science. Clinical studies show conclusively that neither soy foods nor isoflavones affect testosterone or estrogen levels or sperm quality or quantity.

Negative Opinions

Thus far, what we have seen is encouraging, however in order to be balanced, we need to take a look at the other side of the picture. The truth is, there are widely differing opinions on how beneficial soy really is. Despite

findings that soy is good for your heart and your bones, and may help to prevent cancer and other diseases it seems that there is still a lot of conflicting evidence on soy's impacts on one's body. This may be particularly true because of the way it is consumed today: When different reports are compared, it seems that the **processed** soy foods such as, soy meat products, soy ice cream, soy energy bars, etc., have been linked to most of the health problems. However, this does not wholly account for all the claims which have been made by some researchers that soy is a potential source of several serious health problems. Here are a few of the negative claims:

BRITISH GOVERNMENT STUDY

Non-fermented soy: Most modern soy foods are not fermented to neutralize toxins in soybeans, and are processed in a way that denatures proteins and increases levels of carcinogens. A British government report concluded that there is little evidence that soy foods protect against breast cancer or any other forms of cancer. In fact, they concluded that soy foods may result in an increased risk of cancer. Cancer patients are being warned to avoid foods rich in soy because they can accelerate the growth of tumors. *"The Cancer Council NSW does not support the use of health claims on food labels that suggest soy foods or phyto-oestrogens protect against the development of cancer."*

Thyroid suppressant: further suggestions are that soy is king of the goitrogenic (thyroid suppressing) foods. Goitrogens work by preventing your thyroid from getting the necessary amount of iodine. The claim has been made that eating as little as 30 grams (about 4 tablespoons) of soy per day can result in hypothyroidism with symptoms of lethargy, constipation, weight gain and fatigue.

Infertility: Numerous animal studies also seem to show that soy foods cause infertility in animals and

Blood clotting: in addition, the soybean also contains hemagglutinin, a clot

promoting substance that causes red blood cells to clump together.

Causes deficiencies: Soybeans contain very high levels of phytate and there are numerous reports of reduced absorption of various metals such as calcium, copper, iron, manganese and zinc. This has particular significance for vegetarians and infants fed soy-formulas. In addition there is the suggestion that Soy foods can cause deficiencies in calcium and vitamin D.

MSG: There is another negative effect which is associated with the use of soy. Numerous artificial flavorings, particularly MSG, are added to TVP (textured vegetable protein) products to mask their strong “beany” taste, and impart the flavor of meat. MSG, a potent neurotoxin, is formed during soy food processing, but in addition, many soy products have extra MSG added as well.

Unsuitable for digestion: Fragile soy proteins are exposed to high temperatures during processing in order to make soy protein isolate and textured vegetable protein, making them unsuitable for human digestion.

Hormone problems: Babies fed exclusively on infant soy formula are receiving the estrogenic equivalent (based on body weight) of at least four or five birth control pills per day. Phytoestrogens are chemical compounds found in some plants that mimic the estrogen hormone. Soy products are particularly rich in isoflavone. Phytoestrogens which are capable of significantly disrupting human hormonal balance, particularly in men. A study conducted by Harvard University revealed a definitive correlation between soy consumption and low sperm counts in men, indicating that high soy consumption can instigate reproductive harm and suppress testosterone levels.

GMO: Soy is a Genetically Modified Organism. Most soy products are made with soy crops that were modified at the gene level. It’s actually very hard to find soy that is not GMO. “*Genetically modified soybeans are called ‘Roundup Ready.’ They are*

inserted with a bacterial gene, which allows the plants to survive a normally deadly dose of [the herbicide] Roundup. Although the spray doesn’t kill the plant, its active ingredient called glyphosate does accumulate in the beans themselves, which are consumed by livestock and by humans. There is so much glyphosate in GM soybeans that when they were introduced it was reported that Europe had to increase their allowable residue levels 200 times [in order for the crop not to be in violation].” The GMO Compass database records that as of 2008, 92% of soy crops in the U.S. are genetically modified varieties. GMOs are continually shown in independent studies to cause serious harm in the human body, a frightening prospect when considering that soy derivatives are found in virtually every processed food product.

Cognitive dementia: A recent study found that women with the highest levels of estrogen in their blood had the lowest levels of cognitive function; In Japanese Americans, tofu consumption in mid-life has been associated with the occurrence of Alzheimer’s disease in later life. Some studies suggest that soy foods contain elevated levels of toxic aluminum, which negatively affects the nervous system the kidneys and contributes to the onset of Alzheimer’s.

Another study conducted in Hawaii called the Honolulu Heart Study came up with a surprising finding. The objective of the study was to examine associations of midlife tofu consumption with brain function and structural changes in late life. The study looked at Japanese men residing in Hawaii and aimed to compare diet to risk of dementia. The researchers found that those men who ate tofu most frequently during their mid-40’s to mid-60’s, showed the most signs of mental deterioration in their 70’s to early 90’s. Tofu consumption of just two to four servings per week was associated with poorer test performance and more brain loss. In addition the wives of men who ate tofu also showed more signs

of dementia. The conclusion that was made stated that higher midlife tofu consumption was independently associated with indicators of cognitive impairment and brain atrophy in late life.

This is an interesting but questionable study because people in Japan and China who have been eating tofu for hundreds of years have much lower rates of dementia in old age than people in the United States. It is tricky to compare rates of dementia across cultures. For one thing, dementia is diagnosed differently due to different criteria in different countries. Secondly there are many differences between Asian and western cultures so it is difficult to single out any one factor. The third point is that it is a known fact that aluminum is closely associated to cognitive dementia. It seems that those who consumed the most tofu (two to four times a week) during middle age showed the most signs of mental deterioration in later years, including greater incidence of Alzheimer’s disease.

Could it be that it was aluminum often used in the refining of some soy products in Hawaii that caused this problem? No other study to my knowledge has ever found a link between soy consumption and Alzheimer’s but dozens of studies have supported the link between aluminum and the disease. According to the Alzheimer’s Research Trust, more research is needed. It is possible that, in this study tofu was an innocent bystander—occurring along with other factors that raised dementia risk. And there is reason to believe this may be the case. Intervention studies—which directly measure effects when soy foods or isoflavones are fed to people—suggest that soy may actually be beneficial for cognitive function. In one study, a diet high in soy improved both long and short-term memory. It has been stressed that there is **no evidence** that eating tofu in moderation can cause any problems, and that further research is needed to confirm both the negative as well as the positive effects.

Soy; the Money machine: Some

suggest that the positive promotion of soy is not to be trusted. Soy production and sales is a four billion dollar industry in the US. Therefore the promotions, advertisements and the public relations pushing the virtues of soy have been global and relentless, but not necessarily trustworthy.

There are at least 100 million acres of soy under cultivation in the United States alone, most of it genetically engineered. The *Monsanto Corporation* has 45 million acres of genetically modified soybeans growing in the United States. American law permits these crops to be mixed with a small amount of organic soybeans, and the result of this combination may then be labeled organic.

Personal Conclusions

Having examined all of this, however, I am not persuaded that the use of soy is a negative thing. In fact, I am persuaded that there are positive health benefits to be gained from the use of soy. In spite of the list of negatives which we have just examined, here are some of my reasons for remaining a fan of soy.

ADVENTISTS AND SOY

It is interesting to note that in a 1981 study, it was discovered that the average age of Seventh-day Adventists is about 88.5 years, compared with 74 years for the typical American. Adventists, are, among the pioneers in the use of soy in the western world. Adventist pioneer, Ellen White lived to age 87, J.H. Kellogg to 91, Harry Miller to 97 (the pioneer of soymilk in America,) E.A. Sutherland to 90, Perry Webber to 82, and Jethro Kloss to 84. As far as I am aware none of these individuals, suffered from Alzheimers or cognitive dysfunction. According to a 12-year study of 34,000 Seventh-day Adventists in California released in 2001, the "lifestyle habits practiced by many Seventh-day Adventists contribute to a longer-than-average life expectancy. Researchers discovered that the life expectancy of a 30-year-old vegetarian Adventist woman was 85.7

years, and 83.3 years for a vegetarian Adventist man. This exceeds the life expectancies of other Californians by 6.1 years for women and 9.5 years for men. It is a known fact that Adventists eat a lot of soy foods.

MY EXPERIENCE WITH SOY

I have been eating soy foods (mostly tofu and unfermented soymilk) for more than twenty years now on a regular weekly basis. As far as I am aware I have not experienced any serious effects or problems from eating these types of soy foods. I have two young sons and a wife with sound minds and sharp intellects. For the most part we eat the same meals each day and to date none of us have suffered from any of the so-called negative side effects. I do agree however, that as a nation, and globally we are consuming soy foods to a far greater proportion than we once did in the past. No one knows for sure how this will play out. It is possible that effects of this will be seen in years to come. But I am not seriously concerned about many of these problematic health issues linked to soy because the overall history of soy usage does not support some of these conclusions. Besides, I feel fine.

My mother who has been an Adventist all her life and uses soymilk, tofu and textured vegetable protein is 85 years old with no physical ailments and has a mind that is as sharp as a tack. She tries to eat healthily and to exercise regularly. As of this date she is still very active and is the principal of the preparatory school she owns and manages with more than a hundred students. She has been a teacher for more than sixty years with no physical, mental or cognitive problems. She drives, teaches and facilitates important meetings.

What is interesting is that the study from Honolulu suggests that by eating tofu one might experience brain shrinkage in later years, but a study on elderly Indonesian men and women found that tempeh consumption was independently related to better memory. There are millions of Adventists and vegetarians who have been eating soy foods

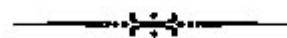
for more than 100 years. Have the consequences for these people been positive or negative? I think the facts will speak for themselves.

The fact of the matter is that even healthy foods if taken in excess can be harmful. For instance water is wonderful and necessary for health, but if taken in excess can be deadly.

"Water intoxication, also known as hyper-hydration, water poisoning, or over hydration. It causes a potentially fatal disturbance in brain functions. Water can be considered a poison when over-consumed just like any other substance." (Wikipedia)

FINAL WORD

Based on the weight of evidence, soy appears to be safe for **healthy individuals** when consumed in reasonable amounts. Eating large portions at any one sitting or every day might not be the smart and safe thing to do and women who have had estrogen-positive breast cancer may want to be more restrictive in their soy intake. However, it is my opinion that there is not enough evidence of any harmful effects to suggest that we need to avoid all soy. We cannot deny that there are legitimate questions about certain soy foods, and we still have much to learn. Becoming an addict and automatically downing anything made from soybeans is not the road to health, but neither is shunning and stigmatizing soy foods. The anti-soy crusade has needlessly frightened many from a food source that has long been a blessing to mankind. Soy is a food source that can nourish and bless us in countless ways, if we are respectful of our bodies and of nature. The Bible tells us in 1 Corinthians 9:25 that "*every man that strives for the mastery is temperate in all things...*" Clearly this is applicable to the things we eat and drink. In our life and in nature there has to be a balance and anything taken in excess, even healthy foods can be harmful. I pray that God will give us the wisdom to always make right choices in what we eat.



Roan Mountain Campmeeting

The Roan Mountain Campmeeting will be held at the Roan Mountain State Park Conference Center from October 4-8, 2011. Roan Mountain is located in the North-eastern part of Tennessee. As the name suggests it is up in the mountains in the midst of beautiful hills and forests.

The meetings will begin on Tuesday evening and will end on Sabbath evening.

It is clear that the final movements are rapidly taking place. Corresponding to these global events, is a developing understanding of truth among God's people. It is true that there is a lot of confusion and conflicting arguments with the devil busily

trying to distract people with trivial issues and false doctrines. But at the same time, God has not abandoned His children and it is plain that He is presently opening up new vistas of truth to those who seek honestly, and with an open mind, depending on His leading. God is preparing His people for the final awesome work to be accomplished on this earth. We are expecting this campmeeting to be a part of this divine preparation and we invite you to come with expectation of God's blessings.

The theme for this year's campmeeting is, "**Foundations of Righteousness,**" and emphasis will be placed on some of the fundamental truths, relating to righteousness and salvation such as,

the truth about God, the Sanctuary in type and antitype, and of course, Righteousness by Faith.

Several speakers are scheduled for this campmeeting and it promises to be a real blessing. Among those who will be sharing the word, are Ken Corklin, David Clayton and Howard Williams.

You may camp at the park, and cabin rental is available. For more information please call Brother Malcolm McCrillis at 423-772-3161, or contact him by the email address below.

John17three@earthlink.net.



Open Face

*Restoration Ministries
P.O. Box 23, Knockpatrick
Manchester, Jamaica W.I.
ph. (304) 932-4543
Jamaica: (876) 603-0821*