

"Go, set a watchman,
Let him declare what he seeth."
— Isaiah 21:6 —

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The Sabbath *Sentinel*



Mona Davis

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

Annual member contribution: Regular or subscribing members, \$10.00; family membership \$10.00 (individual certificates issued but only one set of records maintained and only one copy of the Sentinel and other mailings sent); supporting members, \$10.00-\$24.99; sustaining members, \$25.00-\$99.99; life members, \$100.00 or more during any one year.

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I enclose

[] \$..... for membership and subscription to THE SABBATH SENTINEL.

[] \$3.50 for a 12-month subscription to THE SABBATH SENTINEL beginning with the month of

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The Pentecostal Church of Zion

TERRIL D. LITRELL

THE PENTECOSTAL CHURCH OF ZION is an outgrowth of a holiness movement in the early 1900s known as the Holy Bible Mission Workers, with headquarters at 713 East Jefferson Street, Louisville, Kentucky. It was never a large group of people and suffered for lack of leadership and funds to carry on its work. Born in a revival of emotionalism and "mystical impulses," the Holy Bible Mission Workers movement thrived during a period of extreme religious excitement in American history, then

declined and gradually became inactive.

In 1910 as one attended worship services at the old Dog Creek Church, about five miles southwest of Caneyville, Ky., where Interstate Highway 62 runs today, the scene was one of lively singing accompanied by all sorts of musical instruments—piano, organ, tambourines, horns, drums, guitar, violin. Men, women, and children would raise and address the other "saints" in testimonies truly elegant and impressive, declaring the wonderful



The Zion Bible and Educational Institute

works of God and the glorious mysteries of the Gospel of Christ. Bodily exercises of handclapping and "dancing in the spirit" also attended these meetings.

Along the inside walls of the humble white frame meeting house at Dog Creek were all sorts of charts and signs such as "Remember the sabbath day, to keep it holy," "Repent and be baptized, every one of you in the name of Jesus Christ, for the remission of sins, and ye shall receive the gift of the Holy Ghost," "Blessed are they that do His commandments," "the swine, because it divided the hoof, yet cheweth not the cud, it is unclean unto you; ye shall not eat of their flesh."

Because of the many inquiries about the religious views and practices of the Dog Creek saints, a small four page tract was printed:

"1. We call ourselves Holy Bible Mission Workers, Inc.

"2. We stand for the entire Bible, both Old and New Testaments.

"3. We believe that the Bible is the infallible Word of God, and the only safe rule of faith and practice.

"4. We search the Scriptures for what we shall eat, and what we shall drink, what kind of clothing we shall wear, where we shall go, and how we shall serve and praise the Lord.

"5. We don't eat swine's flesh because of Leviticus 11 and Deuteronomy 14.

"6. We don't drink coffee, tea, or wines, nor any kind of strong drinks.

"7. We don't use tobacco in any form.

"8. We believe in dressing in modest apparel.

"9. We keep Saturday for the Sabbath Day, because God says that the seventh day of the week is the Sab-

bath, and that we are to keep it holy. This is the Fourth Commandment in Exodus 20:8-11.

"10. We take God for our Healer, and not doctors.

"11. We sing and shout aloud because God says make a joyful noise unto Him (Ps. 95:1-2).

"12. We use all sorts of musical instruments because God tells us to in Psalm 150.

"13. We don't believe in going to picnic parties, shows, nor any kinds of worldly gatherings.

"14. We don't endorse any whoremonger, nor unclean person.

"15. We believe in tithing.

"16. We believe that water baptism is essential to salvation, and should be carried on in Jesus' name, according to Acts 2:38.

"17. We believe in the Lord's Supper, and after supper washing the saints' feet."

The Dog Creek saints raised flocks of geese and used the goose grease to cook with because there was no other cooking compound available at the Kentucky country stores in those days except lard. The older ministers wore beards and refused to "conform to the world" by shaving. They wore black robes when preaching. It was related to me by one of the old members, who has since passed away, that some teen-age boys played a prank on one of the elders by hiding his black robe, and he refused to preach that day until his "holy garment" was restored to him.

The sermons of the preachers at Dog Creek indicated a great store of Bible knowledge and a depth of understanding and spiritual power. They preached expository sermons largely from the book of Acts, with modes that were almost exclusively polemical

and evangelistic. The proof-text method was popular.

In 1915 Elder George Taylor, one of the ministers from Dog Creek, came to Spring Lick, Ky., preaching obedience to the commandments of God and the pentecostal experience of the baptism of the Holy Spirit with the evidence of speaking in tongues. During Elder Taylor's meeting a 12-year-old boy, Luther Howard, received this strange phenomenon and spoke out in other languages. This boy was baptized by Elder William Whitehead, another one of the Dog Creek preachers.

At age 15 Luther Howard received his divine call from God to preach the gospel. He began to prepare himself for this great vocation under the leadership of his father, Elder Grant Howard. Luther would preach every time he had the opportunity, mostly near his home at Spring Lick, Ky., and in his father's meetings, giving himself to extensive Bible study.

In 1920, at age 17, Luther was ordained a minister of the Holy Bible Mission Workers. Elder C. T. Adams was serving as its president. In March 1921 Luther renewed his acquaintance with one of his old school mates, Miss Shellie F. Fentress, and by May 1922 they were married and traveling as a team preaching revivals in Michigan, Indiana, and Kentucky.

On January 4, 1924, the couple traveled to French Lick, Ind., where Luther accepted a pastorate where he would remain over 50 years, building a Seventh Day Pentecostal Church. On August 16, 1924, their home was blessed by the birth of a son, Kenneth H. Howard, who became the treasure of the heart of the 21-year-old preacher and his wife.

The year 1929 was a wonderful

year in the ministry of Shellie and Luther Howard. That year they built a new church at French Lick and conducted evangelistic services at Birdseye, Ind., where it was estimated that over 1000 people attended each night. Hundreds were healed of serious diseases, 32 were converted, and 29 were baptized with the Holy Spirit. Also that year a daughter, Erma, was born into the Howard family. She herself would become an evangelist and she and her husband, Roscoe Jones, would work unselfishly to help build the work for which her parents were so dedicated.

In the early 1930's Elder Adams passed away and Elder C. L. Pennington was elected president of the Holy Bible Mission Workers. He merged this organization with the Zion Bible and Educational Institute and the organization was incorporated under the latter name. In July, 1934, another daughter, Dereatha, was born to the Howards. She became a singer and worker for the organization. For the next ten years, the Howards traveled and preached, receiving little in offerings. Luther would come back to French Lick, build a house, sell it, and set out again on evangelistic missions. When his funds were used up, he would repeat the process over again and support himself in evangelistic work. Young Kenneth Howard lost his life in Belgium in World War II. This tragedy cut deeply into the hearts of the Howards, but they kept on preaching and witnessing to the mercies of God.

During this time Luther had served as vice-president of the Zion Bible and Educational Institute, and upon the death of Elder Pennington the position of president fell to him.

(Continued on page 15)

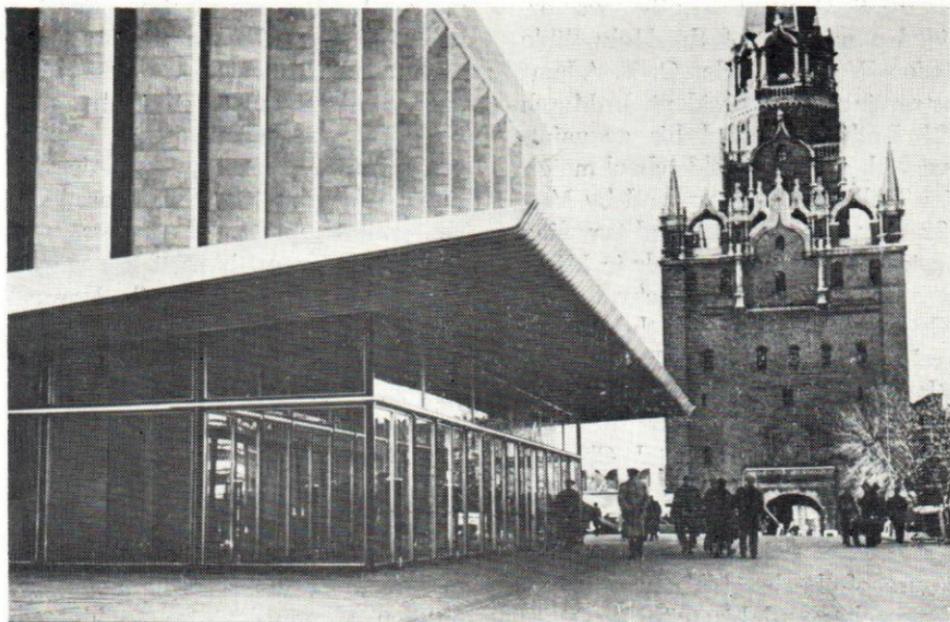
How Much Religious Freedom in USSR and China?

SEVERAL MONTHS AGO news services reported the trial and sentencing of Georgi Vins, a Baptist leader, in Kiev, USSR. According to the reports, only persons with special passes were permitted to be present at the trial, but Lydia Vins, his mother, was able to attend. She made a tape recording of her comments, and *Christianity Today* published these comments in the April 25 issue.

She stated that he was threatened while awaiting trial, was denied a Christian lawyer, and the judge re-

fused to permit witnesses to defend him. He was sentenced to five years in prison and five more years in exile because of his religious activities.

On May 3 THE SABBATH SENTINEL editor wrote to Radio Moscow, asking about religious freedom in the USSR, and specifically about the Georgi Vins trial. In answer to the question, the following transcript of a program broadcast over the English language service of Radio Moscow on May 20 was sent. No mention is made of the trial. The program, nar-



Kremlin Palace of Congress, Moscow

rated by Vladimir Afonin, follows:

"Some time ago I talked with the high priest of the Moslem church in the Central Asian city of Samarkand, the imam Nazrulla. The city of Samarkand celebrated its 2,500th birthday a few years back. And in August last year Moslems came there from all parts of the Soviet Union and from all the Muslim countries to mark the 1200th birthday of the Samarkand Imam Al Buhari. Moslems hold Al Buhari in high esteem as a poet and scholar as well as a high priest of their faith. The birthday celebrations were addressed by the current imam of Samarkand, Nazrulla.

"The mosque where Nazrulla holds services stands in the old part of Samarkand, the museum section of the city where you find many old buildings topped with domes and ornamented with blue tiles, gilt, and exquisite carving in stone. The tombs, mosques, and minarets in this neighborhood are so old that Nazrulla's mosque appears young, though it is all of 300.

"I felt the atmosphere of past centuries must encourage the observance of Moslem custom and ritual; there must be many devout Moslems. But no, there was almost no one in the mosque. Nazrulla is an energetic imam who performs five services daily. He told me his parish grows smaller every year. Only the very old come, he said. And even they aren't very devout. He said, 'You won't see anyone walking along the street saying prayers.' I asked him why. He said people have other interests.

"I feel his answer is a fairly good reply to the questions we've had from listeners. No one is forbidden to hold religious services or to worship. As

long as there are devout people, there are churches and prayer houses. But it's indeed true that parishes grow smaller all the time. And the reason lies in the changed conditions of life and the change in people's understanding of the world about them and of themselves and their future.

"Moscow used to be famous for its great number of churches. Many still stand but most of them are monuments of architecture. Only 44 continue to hold services, and even these draw few people except perhaps to Christmas and Easter services. The Christmas and Easter services are held with all the traditional pomp and ceremony and are indeed a magnificent sight. I think it's safe to say most of the people who go to these services are not devotees but people interested in the old traditions, and simply curious people.

"You will find many religious faiths in the Soviet Union, it being such a large multi-national country. The principal churches are the Greek Orthodox, the Catholic, and the Moslem. We also have Buddhists, Lutherans, Baptists, Judaists, Old Believers, Molokans and Seventh-day Adventists, to mention some of the smaller religious groups.

"Even the smallest sects have a right to perform their ritual provided the ritual does not clash with the Criminal Code. If a sect includes brutality or immoral acts in this ritual, Soviet law bans it. . . .

"Lenin felt the total emancipation of human beings included emancipation from religious belief too. . . . Mere prohibitions, he said, wouldn't achieve the purpose. . . . Religion, he said, must be declared the private affair of the individual. Every citizen must be

free to profess any religion or to be an atheist. . . .

"Let's take a look at the Constitution. We find that Article 124 says that to ensure freedom of conscience the Church is separated from the State and the school is separated from the Church. It says also that all citizens enjoy freedom to worship and freedom to carry on anti-religious propaganda. In another article of the Soviet Constitution we find . . . that any citizen can be elected to the national legislature or the legislatures of the republics irrespective of race, nationality, sex, education or religious creed. . . ."

A similar answer was given the editor earlier from Radio Peking in China:

"You mentioned the question of religion in your letter. We would like to tell you that in Socialist China, citizens enjoy freedom of religious belief and freedom of non-belief in religion and of propagating atheism. Genuine communists are atheists as determined by their scientific world outlook of dialectical materialism."

Of course we must realize that these statements of official government agencies are—as far as they go—probably factual. But naturally they are worded in such a way as to put their countries in the best possible light in the era of religious freedom.

One expression seems highly significant, however. Both of these official sources indicate that while all persons have freedom to *believe* what they wish, only atheists have freedom to *propagate* their belief.

Seventh-day Adventists are the most numerous Christian Sabbath-keeping group in the USSR and China.

Little is known about Seventh-day Adventists in China, beyond that the official organized church there has been merged by government order with Sunday-observing groups. Some reports mention small Sabbath-keeping groups meeting secretly.

In the USSR about 400 congregations consisting of nearly 50,000 members of the Seventh-day Adventist church meet in Moscow, Kiev, and other cities. In Moscow the Adventists meet on Sabbath in the church used by Baptists on Sundays.

Few young people attend these or other religious meetings since those under eighteen years of age may not be taught religion. The law provides that children must attend school six days a week and officials seldom except children of Sabbath keepers.

The Lord has a great work yet to be performed in these countries—but it is being done under difficult circumstances. They need our prayers.

PLAN YOUR WILL

"I do not have anything of value to leave when I depart this life, so why should I make a will?"

If the Saviour tarries and freedom remains in America, by far the majority of us living today will have something of value to leave at our departure. If you are among that majority, would your possessions be distributed as you would desire?

You can make sure by drawing up a will today! And please remember the Bible Sabbath Association when you do. Then it can be said of you, as of Abel: "He being dead, yet speaketh."

Alex F. Dugger

ON MARCH 19, 1884, in a little house near Fairfield in Clay County, Nebraska, Alexander Ferguson Dugger was born to Andrew Ferguson and Virginia Bell (Miller) Dugger. A sister, Ora Frances, was 6 years old at the time (the Duggers had lost two babies earlier).

The Dugger ancestors came from the Kentucky-Tennessee area, some later settling in Nebraska. Andrew F. Dugger established residence in Bassett, Nebraska (after residing there the length of time required by the government), and in March of 1885 moved the family belongings to the new home, the mother and children



following in May. A younger brother, Andrew Nugent, was born here a few years later.

Alex Dugger grew to manhood in Bassett, living in a Christian home. His father had been a member of the Church of God (Seventh Day) for as long as Alex could remember, and became the first vice-president of the General Conference when it was organized.

Brother Dugger taught school two years in Rock County, then went to Nebraska Teachers College in Wayne, and in 1904-1905 taught school in Anoka. His father was at this time printing the *Bible Advocate* and was in poor health, so Alex went to help him. Later his father went back to the 160 acre farm which he had purchased for \$1.25 an acre. (At one time Andrew had edited a newspaper, the *Herald*, in Bassett.)

In 1907 Alex (Bro. Dugger) ran for county superintendent of Rock County and lost—ran again the next term and was elected.

After his position as superintendent was over, he bought an abstract office and was working there when he met Ivy Wythers in September, 1917. He fondly recalls how a friend asked if he had met the new school teacher. When Bro. Dugger said, "No," the friend stated that she was going to be a *good* teacher and should make some man a *good* wife someday. Bro. Dugger and Ivy Wythers were

married on March 12, 1918, and he says that he is inclined to agree.

Ivy Wythers was born and raised in Nebraska, not far from the Dugger home. She taught school two years in Bassett, 17 years in high school and was principal for four years. She once said she had taught in 70 different schools for a total of 28 years of service, counting the many years of substituting.

Brother Alex Dugger held the position of Rock County surveyor prior to his coming to Denver in 1953, at which time he replaced Brother Haerber as treasurer for the General Conference. He has lived at his present residence since February, 1955.

The church at Bassett had 120 members and Bro. Dugger and others did the speaking for the congregation. He laughingly tells how Ivy earnestly had decided to "convert" him to "Sunday" belief (she being a Methodist) and thought he had the "strangest" ideas. He prayed and studied with her and helped lead her to her acceptance of the seventh day.

After a lifetime of service to her family, community and church and nearly 50 years with her companion, Alex, Sister Ivy Dugger died on September 5, 1967.

Alex's brother is now living in Israel and his sister passed away just recently.

Brother Dugger has a homeful of interesting articles, pictures and treasures, and a heart full of love and kindness to all who know him. He is small in stature but great in mind and spirit. It is really a privilege to be able to say, "I know him!"

—Adapted from *WAND*,
Spring, 1974



Conducted by Ruth Thomas

I have enclosed 75 cents for my Sabbath calendar; also \$3.50 for the 12-month subscription. I really enjoy reading these issues of *THE SABBATH SENTINEL*. I wish I could get you on my radio, for I don't have anyone to worship or gather with on the Sabbath day. So remember me in prayer, as I always remember all of my ministers in my prayers.

Viola Gray, Georgia

Enclosed is my check for one year's subscription to *THE SABBATH SENTINEL*, also to pay for the calendar I received recently, plus postage.

I received my November copy and have read it from cover to cover. Somehow, I specially enjoyed the "Two-Pronged Law" which was sent in by someone who either forgot or intended not signing it. I wonder if perhaps that is why I especially enjoyed it. No, I really and truly liked it. I always read everything in the *SENTINEL*.

In commenting on the article "What Has The B.S.A. Done For Me?" I want you to know that it is always a pleasure to see items written by Seventh-day Adventists, as well as the other churches. I was pleased to note in this issue that Sister White's name was mentioned; also *The Great Con-*

troversy, one of her books. I am thinking of reading some of the books you mentioned.

Mrs. G. B., Iowa

Recently, we were privileged in having two brothers, representing the Church of God, Jerusalem Acres, Cleveland, Tenn., stay over and preach for us in our Sunday evening service. They were anointed and inspired of God and gave us a beautiful testimony of His doing and their organization's acknowledgment of the true Sabbath of God. Also, Brother Mizzell, who preached, brought an inspirational message from the Word of God which blessed all. For this we are truly thankful to Almighty God!

Our work is advancing and growing and progressing in the Holy Spirit. The young people comprising this congregation are doing marvelously in evangelizing the surrounding area, and God is, indeed, giving us an increase of souls.

Rev. Steven A. Kochones,
Church of God in the Lord Jesus
Christ,
California

What a pleasure it was to see you a few minutes, Sister Burrell. We really had a trip—seven weeks and nearly seven thousand miles! We met so many lovely people. We went to Terrill Littrell's, Dr. Babcock's for a little while, and Bradshaws. Also to many more people's places in North Carolina, Tennessee, Oklahoma, Alabama, Arkansas and Texas. We stopped at Jerusalem Acres and stayed overnight with Bishop Somerville. We had a lovely time.

We would like a copy of *The Sabbath Directory*.

Rebecca Sanford, Arizona

I am enclosing a check for a one year subscription to THE SABBATH SENTINEL and for one copy of *The Sabbath Directory*...

On November 2 I became a member of the Seventh-day Adventist Church in Cedar Rapids. I belonged to a Sabbath-keeping church some years ago, but then I quit and went back to my former Church. I found out these Sunday-keeping churches are far from the truth and are not for the children of God. Reading the SENTINEL every month for some years now has kept me on the right path. May Yahweh bless you for all your labors in His service.

O. B., Iowa

I have been receiving THE SABBATH SENTINEL regularly, for which I thank you. I would like to continue to receive it; many of the articles I found to be very good and we pray the Lord will bless your work in all its aspects.

Please find enclosed money for the *Directory* and the SENTINEL. If any money remains, please use it in your work, to the glory of the Lord of heaven.

E. J. Shaw, Israel

I am happy that President Littrell has started BSA chapters, traveling about witnessing for the Bible Sabbath. Also, that Joseph McGuire, a member of our church, has become an active worker for the B.S.A.

G. G., Alabama

I think it is just wonderful what the BSA is doing.

I am really pleased we are keeping the Sabbath now like we should, as a day to rest and study the Bible and

have fellowship with other Christians.

Betty Jean Cook,
Alabama

I have just received my first copy of your magazine. It was a blessing to me. The Holy Spirit has led me into the truth of the seventh-day Sabbath.

We have just had our seventh worship service on the seventh day, as God commanded His people. We know this is what God would have His own observe and feel His blessing upon it.

It is encouraging to us to know others are observing this too. We felt so separated but God caused *The Vision Speaks* to be placed in my hand and I got in touch with Bishop Somerville and we had a visitation from Bishop Garr from Jerusalem Acres and Pastor Jones from Lakeland. They were a real blessing to us. They certainly girded up our spiritual loins.

We would welcome fellowship with anyone in our area. I am enclosing a check for THE SABBATH SENTINEL.

Pastor Leona Scott,
Florida

Please find enclosed \$1.20 for the purchase of three dozen of your booklets *Let's Go Back to The Sabbath*.

I am a Seventh-day Adventist. I have been in this church for nine years now and you can't believe the blessings we have received from hearing the Lord's sanctified day, the seventh day.

Jack C., Washington

Please send us two copies of your new *Sabbath Directory*. Enclosed is a check. We found this directory most

interesting and best of all, very informative. Thank you very much.

Kathy and Bill Lattier

I want to take this opportunity to congratulate you on the great new *Directory of Sabbath Observing Groups*. It was a tremendous undertaking and I am sure much prayer and work went into this undertaking. Without the spirit of Yahweh I am sure it would not have been so thorough. We certainly thank the Heavenly Father and you for this great new introduction to many Sabbath-observing brethren.

Enclosed please find a check. I would appreciate your sending three more handbooks. . . .

P and B. F., Iowa

One of the biggest rooms in the world is the room for improvement.

**YOU CAN'T TAKE
IT WITH YOU,
BUT . . .**

You may designate how and where the money you leave is to be used. It can enshrine your memory endowing any of the above mentioned projects. Write today for information as to how you can make a proper will and investment in the world-wide outreach of the Bible Sabbath Association.

Write to:

The Bible Sabbath Association
Fairview, Oklahoma 73737

How Do We Keep the Sabbath Day Holy?

THE CONTROVERSY between our Master and the scribes and Pharisees was *how* to keep the seventh day. That it should be kept was not considered. Without joy, peace, and love, which come from abiding in the Vine as the cause of these fruits of the Spirit to well up in us as a well of living water, there is no keeping the Sabbath holy.

Our Heavenly Father commanded us to remember! Remember what? "Remember the sabbath day, to keep it holy" (Exodus 20:10). If we love Him, we will keep His commandments (1 John 3:22-24).

When do we start to remember? I believe throughout all the six days of work. When I began to be a Sabbath keeper from a lifelong habit of keeping Sunday, it was difficult. So I prayed, "Father, if you want me to keep this day holy, open the door for a year, since none of my family, friends, or husband understands it." That year it seemed to me that we made no plans which interfered with keeping this precious day holy. It was harmonious.

We were then traveling with my husband's work through ten states and were in our second of the thirteen years. It was a merry-go-round of covering the work of maintaining FAA communication sites in the

highest of the mountains and in airports and small towns. Our Father guided us!

Transferring from Saturday to Friday as preparation day was not too difficult, for sincere Sunday keepers do fairly well on this part. We cooked, washed clothing and bodies, and prepared our best for the keeping of His sanctified day. We may ask the guidance of our Father, who orders our time aright when we trust and obey Him (Psalm 37:23). "Thou wilt keep him in perfect peace whose mind is stayed on thee: because he trusteth in thee" (Isaiah 26:3). Countless times I have drawn on these promises that I might be in the right place at the right time and on time. If we keep our minds on Him, we will not be complaining, "I am too busy!" (See Isaiah 40:31.)

I marvel at the divine order which we see in the stars, moon, and heavenly bodies, and in animals, who seem to have a built-in time mechanism. Can we not find that we too can be guided by Him continually when we ask Him to order our steps?

We will also find out who is the real Boss when we state firmly our convictions of His Sabbath. Do you fear loss of your job if you keep the Sabbath? Well, perhaps He wants you to stop working for the world, do a

creative work, or learn full dependence on Him. This has been my experience. He pulls the visible supports out from under you to teach you to see His invisible hand working in your life! This was the blessing of the "terrible depression" of the 1930's. The words of truth which had been planted in my mind and heart in childhood came alive through great need. Only through such great needs do we cry to Him!

We had a time when my husband had a drunken boss who was a trial to him. It looked as if we were stuck with him. But I prayed and claimed the promise of His being the real Boss. We were transferred to beautiful Montana, where my work as a missionary expanded tremendously, for the hospitality and friendliness of the West is still there.

The Creator made the seventh day holy. Not one of us can make a day holy. I went through a period before learning His seventh day of trying to make every day holy. It is not possible. I am sure that it overflows into all the days and our commanded work. For it is a *command*, "Six days shalt thou labour, and do all thy work." Unless we have vision and communion with Him, we will not know what work to do. To keep the earth beautiful, fruitful, and obedient is plenty for all!

I have enjoyed the book, *The Apostle*, by Sholem Asch. He speaks of the Sabbath in Paul's day. "The desperate obstinacy of the Jews made a profound impression on the Gentiles. In larger numbers they came to visit their Friday evening services and to witness the Sabbath preparation of lighting the candles in joy and praise. Is not this the Sabbath day of Yahweh? Is it not the day

on which Jews throughout the whole world stretch forth their hands to each other across mountains, seas and land to become united and know their union, being branches of the great Tree of Israel whose roots are in the Father's earth?" How amazed were the Gentiles that Israel could "waste" one day in seven not doing any work! They saw the Jews assemble in their synagogues or homes in prayer and exalted communion with their Maker. It fascinated, then converted, some!

The Seventh Day No Day to Count Money

I was amused to hear a friend give Acts 20:7 and I Corinthians 16:2 as proof that the disciples kept the first day as the Sabbath, hoping thus to collect the checks kept in the bank for this purpose. Sholem Asch says that no collections or handling of money could be done on the seventh-day Sabbath. This was definitely a weekday job. They went so far as to believe, in contrast to our Master, that even charitable works could not be done. But He healed and blessed folks on the Sabbath, saying, "Is it lawful to do good on the sabbath days, or to do evil? to save life or to kill?" But the critics held their peace.

How wondrous to follow our Master and do good on His day, to heal and bless others!

The Sabbath Shows Who Is Creator

In this day of evolution, when some people say that man came out of the ocean, there seems to be a doubt as to there being a Creator.

The Fourth Commandment is one

of the ten, which, if we break, we have broken the whole set (James 2: 10).

"Remember the sabbath-day to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the sabbath of Yahweh, thy Elohim: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maid-servant, nor thy cattle, nor thy stranger that is within thy gates. For in six days Yahweh made heaven and earth, the sea and all that in them is, and rested the seventh day: wherefore Yahweh blessed the sabbath-day, and hallowed it" (Exodus 20:8-11°).

Who is able to change this?

Israel has a sign upon her, the seventh-day Sabbath (Ezekiel 20:12, 20; Exodus 31:13-18). Do you have this sign on you, on your forehead and life? His name and His day must be upon us as a mark! They go together. The third commandment gives His name to be known and honored, and not brought to nought.

The Sabbath was made for man. This holy day recharges us with His word of power, energy, joy, and love. Without love, the Golden rule of treating others as we would be treated, we fail to keep it holy (1 Corinthians 13). Following the steps of our Master we go forth to preach the gospel, the good news of His kingdom's reign and heal the sick, having freely received on this day (Matthew 10:7). So the Sabbath is not preached but lived, and shows in us.

*The Holy Name Bible, revised by A. B. Traina (Irvington, N. J.: The Scripture Research Association, Inc., 1963).

THE PENTECOSTAL CHURCH OF ZION

(Continued from page 5)

In 1954 the name of the organization was changed to The Pentecostal Church of Zion. In December, 1964, Elder Howard (as he was called at that time) was elected as bishop of the church and consecrated to that office for life.

For over 28 years The Pentecostal Church of Zion has made an impact on the religious community with its "Zion Bible Hour" radio broadcast. The organization has over 400 members and 13 churches. It was in 1957 that I, the author of this article, heard the voice of Elder L. S. Howard on the radio at my home town in Kentucky. My people had been Pentecostal for three generations, and to hear a Pentecostal minister preach that Saturday was the true Sabbath and that we should keep it holy came as a shock to me; but it challenged me to consider the Sabbath message and was primarily responsible for my taking a stand for this truth in 1962.

It is because of my appreciation for the ministry of Bishop L. S. Howard, his children, and his grandchildren who are reaching others as I was reached, that I have set forth this brief history.

Those desiring further information about The Pentecostal Church of Zion may write to the secretary of the organization, Elder Keith B. Howard, son of the late Kenneth H. Howard and grandson of Bishop L. S. Howard. His address is 434 Vine St., French Lick, Ind. 47432. The organization hosted its annual convention July 4, 5, and 6.

Share this magazine with a friend.



THE PRESIDENT'S MESSAGE

Dreams For Sale!

THE LATE Senator Robert Kennedy once said, "Some men see things as they are and say, Why? I dream things that never were and say, Why not?"

Most of the time I feel just like that! I dream dreams about the future of the Bible Sabbath Association. I see the windmills of challenge beckon up ahead, and the "Don Quixote" in me wants to mount up and ride.

Some dreams are for a permanent headquarters building which would:

- Make possible more and better services to BSA members through increased efficiency and consolidation of scattered facilities and personnel;
- Provide for expected rapid growth and expansion.
- House the world's only interdenominational circulating Sabbatarian library and improve the dissemination of knowledge of and belief in the seventh-day Sabbath through its audiovisual program and its publications;
- Provide for the establishment of a national Sabbatarian museum and archives;
- Be a symbol of the importance of the Sabbath from the dawn of

civilization to the present and tomorrow;

- Afford every member an opportunity to have a tangible part in the BSA for its betterment and advancement of
 - (1) Vocations normally open to Sabbath keepers,
 - (2) The training of Sabbath keepers for independent vocational and business enterprises,
 - (3) Development of employment projects for Sabbath keepers,
 - (4) The training of Sabbath keepers for personal and field work.

Someone has said, "The way to make dreams come true is to wake up." Dreaming, of itself, will not get us anywhere. Every dream has its price, and the price is increasing with inflation. A greater commitment is needed NOW from all of us in order to fulfill these dreams.

As a member or friend of the Bible Sabbath Association International, you have already made some investment in this work. I use the term "investment" advisedly, for what we put into the work of the BSA pays ever-increasing dividends.

Let me urge you to consider doing more for the BSA, if you can, NOW! If you can in any way help make some of these dreams become realities, write to the Stewardship Department of the Bible Sabbath Association, Fairview, Oklahoma 73737.

We have dreams for sale.

Yours for the B.S.A. of tomorrow,

Reverend D. Littell

She couldn't get the ice because—

Sunday Law Supreme

SUSAN HOPKINS

IT WAS a hot Sunday morning in August. A little girl lay dying in a crowded government apartment house. By her bedside sat her poor widowed mother. Although it was Sunday, the woman's fingers were busy with her needle. So long as there was daylight, seven days a week, she must sew constantly making the little rag dolls which she would sell to help supplement her small Social Security check.

The little figure on the bed stirred, and a thin little hand stretched out toward the woman.

"Mamma!"

"What is it, darling?" cooed the mother, as she put aside her work for a moment and bent over her child.

"I'm so hot, mamma. My head is burning up. Give me some water, mamma."

"Yes, darling."

The mother rose wearily and went to the small kitchen sink for some cool water. As she entered the kitchen, she looked out the window across the street to an ice vending machine outside the neighborhood market. The woman's eyes brightened. She went over to the bed, and, bending over the tiny figure there, said:

"Honey, mamma will get you some ice, and that will make your throat cool. Lie still for a moment; I'll be right back."

Then, with the last dollar she had in her possession, she ran down the narrow stairs and across the street.

The ice delivery man had just pulled up in front of the market to make an early morning delivery when the woman approached him.

"Give me one bag of ice please," she said to the iceman.

He selected a bag of ice and was handing it to her when a policeman suddenly appeared from the other side of the wagon and laid his hand upon the man's shoulder.

"I arrest you," said the policeman. "It's nine o'clock, and it's against the law to sell ice on Sunday at this hour. You'll have to come to the police station with me. And you must come, too," he added to the woman.

"My little girl is very sick; I mustn't leave her," cried the poor woman, in great distress.

"Come along."

And she had to go. At the police station the iceman was held for violating the Sunday law. The woman was questioned and told to come back in the morning as a witness in court. Then she was allowed to go. She hurried back to the apartment where she lived. She ran up the stairs and entered the room.

"I was kept away and couldn't get back sooner, darling," she said. "I couldn't get the ice because—"

Suddenly the words died upon her lips. She knelt down by the bed and took a little wasted hand in hers. Then, raising her face, she gazed up with tear-filled eyes and saw nothing and whispered a prayer.

The child was dead.

Birmingham BSA Members

Write to Legislators

4642 Avenue R, Central Park
Birmingham, Alabama 35208

Dear [Member of State Legislature]:

Our precious liberties continue to be suppressed and threatened, so we call upon you for your dedicated efforts as one of our able legislators to help restore and preserve these liberties! Please help us citizens of our beloved Alabama overcome any suppression of our civil and religious liberties by voting *against*—and using your influence to *repeal*—the so-called blue laws (Sunday-closing laws). Kind Sir, the reasons we oppose the blue laws are listed below. . . .

Sir, as time passes, the blue law problem apparently becomes greater, more complex, more unenforceable, and more repressive of our individual and religious rights both as Christians obeying God's Law and citizens under our U. S. Constitution. *The Sunday-closing laws are not easy for all our Alabama citizens to live with*, especially minority religious groups (whose rights as citizens are also important in our democracy), and *these unjust laws should be abolished* (preferably) or radically amended (secondarily) to assure greater religious and personal freedom for *all* our Alabama citizens.

Please consider these reasons why our State should *not* have these repressive blue laws:

- (1) *Such laws violate our cherished principle of the separation of Church and State.* (We Christians devotedly advocate this principle. Observance of "holy days" should be no concern of the Senate in a democracy to enforce, but should be left up to each individual religious person).
- (2) We believe these blue laws violate the First, Ninth, and Fourteenth Amendments to the U. S. Constitution as well as the spirit of religious (Christian) liberty in such matters.

- (3) These laws are so full of exemptions they are no longer effective. (A lady teacher of the handicapped here said, "Where will it stop, this making of laws telling us what to do or not to do on Sunday?")
- (4) They violate the principle of freedom of conscience and freedom of choice, foundation stones for personal and religious liberties.
- (5) Sunday-closing laws are discriminatory (a) against the working person because he (or she) often needs to do personal business, even shopping for necessary household goods, on his day off work (Sunday may well be the only day he has off); (b) against several religious groups (Seventh Day Baptist, Adventist, Churches of God) who observe Saturday as the Sabbath (not Sunday) by abstaining from work or employment on a second day each week in addition to the seventh-day Sabbath (Saturday). This reduces their earning potential, in many cases, by seventeen per cent as compared to that of their competitors or neighbors.
- (6) These laws, in effect, constitute State support for Sunday-keeping by most Christians while denying all other Christians, religionists, and non-religionists equal rights under the law. (Why should the State favor one religious group over another?).
- (7) According to one survey, rest on Sunday is no more beneficial than rest on any other day of the week (several states presently have laws requiring one day's rest in seven, but not specifying which day. My family and I enjoy resting and going to church on Saturday to worship).
- (8) Blue laws are based on the mistaken idea, supposedly from Scripture, that Sunday is "the Sabbath" or "the Lord's Day," but Holy Scripture plainly teaches from Genesis to Revelation "the seventh day is the sabbath of the Lord thy God" (See Genesis 2:1-3; Exodus 20:8-11; Nehemiah 13; Isaiah 58:13, 14; Jeremiah 17:21-27; Matthew 5:17-20 and 12:1-14; Mark 2:27, 28; Luke 4:16; Acts 16:13; and Revelation 1:10, 12:17, and 2:14). Thus a Commandment of God, "written with the finger of God" (Exodus 31:18), is, to many, set aside to observe "the commandments of men" (Mark 7:7).

In conclusion, dear Sir, we believe blue laws are unconstitutional, un-Biblical, un-Christlike, unjust and discriminatory, and should be abolished. (If abolition is not presently possible, please help amend the blue laws so people may at least open their businesses on Sunday afternoons to serve the public who wish to shop. After all, no one would be forcing a person who chooses to keep Sunday as his Sabbath to shop on Sunday.)

Hoping for favorable action on these important matters (especially on the blue laws), we remain

Yours very sincerely,

Joseph and Glenda McGuire

A Note
From
the Editor



When to Stop

WE affectionately call our '71 Plymouth Duster our "buggy." After many faults evident when first purchased were taken care of, it has served us reasonably well since. It has started on many cold winter mornings when other cars did not leave their garages. In the late winter of 1973 it took us safely on a fifty-mile trip on snow-covered I-69 in northern Indiana. The trip took almost four hours and we were stuck in the snow twice—but we arrived! After reaching our destination, we heard on a news program that the section of highway over which we had traveled wasn't even open to traffic!

But one thing worried us recently. When we pressed on the brake pedal, more pressure had to be applied than previously before any effect was felt, and there was usually a metallic squeal accompanying the brake action.

It was increasingly apparent that our "buggy" would go all right, but couldn't be depended upon to stop.

Last week we finally did something about it, and now we feel safer as we drive along streets and highways.

It would be wonderful if brakes could be put on people too, wouldn't it? Me, I talk too much. I often wish

I had pressed on the brake pedal before I found myself having to pull both feet out of my mouth!

It saddens me to see others who do not apply brakes to their lives before it is too late, and their once-bright future seems ruined.

The Ten Commandments are stop signs to humanity, proclaiming that the road ahead is too dangerous to travel. Some folks do not want to look at the signs; some feel the signs do not apply to them; and others feel that the Maker of the signs did not know what He was doing. All three classes find that "the wages of sin is death"—and not only death, but often unhappiness and broken health besides.

It seems strange to hear folks mock the Lord's commands as a bunch of "thou shalt nots." It is true that most of them are, at first glance, negative; but it is true also that they are positive in their effect. When obedience to them is motivated by love for the Savior and for one's fellow man, they bring life—a richer life here and everlasting life hereafter.

Most other laws are negative and few people fret about them. Natural laws tell us not to jump from the top of a high cliff, not to substitute arsenic in place of baking powder, or not to light a match to check one's gas tank after dark. Obedience to these laws too bring life. We cheerfully abide by them.

But it seems to be only when the Creator tells people how to avoid the eternal results of disobedience that they feel they are being restrained by "thou shalt nots."

Could it be that the squeals we hear from these folks are just an indication that their spiritual brakes need attention?



Vitamin "See"

by Dr. Allen R. Babcock

OUR SUBJECT this month is one which is of increasing interest as time passes. With pollution increasing in spite of laws to control it, I am especially aware of pollution which is to a large degree responsible for our increasing health problems—even eye problems, which relationship we will discuss in some later article.

The subject for this issue is cataract and other eye diseases similarly dietary related. The simplest description of cataract is "the opacity of the lens of the eye or its capsule or both, which may be developmental or degenerative."

John H. Tobe, author of a book *Cataract and Glaucoma*, states, "I want to stress emphatically that cataract and glaucoma and other eye disorders do not result because you have weak eyes. . . . It is because you permit the eyes to become weakened due to improper cell regulation through the medium of diet."

Now the body is either well or ill. If there is a part which seems to be out of order, it is a sign that the whole organization is out of order. Paul says (1 Corinthians 12:26): "and whether one member suffer, all the members suffer with it." Adelle Davis, in her book *You Can Stay Well*, says, "You can't recommend a nutritional program which will build up one part of the body without

having its effect on the entire body."

Tobe further states, "A healthy body requires adequate and proper nutrition. This means a proper balance of vitamins, minerals, carbohydrates, fats, and other elements. These must be obtained from fresh vegetables, grains, fruits and nuts, and vitamin D from the sun and the atmosphere."

Today let us consider some of the positives in prevention of cataract. Later we will discuss some of the harmful substances to avoid.

An important experiment conducted at the University of Georgia and the University of Georgia Hospital by Dr. Sy Denstricker reported on therapeutic experiments with 47 patients, each of whom had eye disorders. Eighteen of these patients had opacities (apparent beginning of cataract) and six had fully developed cataract. All 47 patients were given 15 mgs. of riboflavin (vitamin B2) daily; this was the only therapy used. Within 24 hours their common symptoms, such as sensitivity to light, itching and burning of the eyelids, faulty vision and general eye weakness were relieved or entirely eliminated. Practically all the remaining cases were relieved in the next 24 hours.

After nine months with riboflavin therapy, even the cataract patients became normal in every respect. The

cataracts had been reabsorbed. This was considered a phenomenal result. To prove this point Dr. Sydenstricker put a few of the cured patients back on a diet which contained no riboflavin; the same eye symptoms soon returned and were again corrected by therapeutic riboflavin.

Vegetables rich in riboflavin include wheat germ, almonds, pecans, peanuts (raw), alfalfa, bran (dried), beet tops, broccoli stems, kale, lentils (dried), mushrooms, peas (dried), soybeans, and turnip greens. Fruits are not generally considered a good source of the vitamin.

Vitamin C also plays an important role in eye health. The healthy lens is particularly rich in vitamin C. There appears to be mounting evidence that though vitamin C is of value in the prevention of cataract and glaucoma, it should be of organic origin. Where synthetic vitamin C was used, the results were poor, but where vitamin C from natural sources was used, improvement was good.

Another important element in the prevention and treatment of eye problems is vitamin D. Dr. Arthur A. Knapp, a New York ophthalmologist, has been using vitamin D successfully for the treatment of a wide spectrum of eye diseases such as myopia. He has been helping people improve their eyes and their diseases for more than 30 years.

Dr. Knapp says, "I know of no vitamin which is more important than vitamin D for the eyes. I've seen patients take vitamin A supposedly for night blindness. I've never seen night blindness respond to vitamin A but it does generally respond to vitamin D."

I know so many people who use a lone vitamin for awhile and, finding

it not performing as they had hoped, will give up and discredit the use of natural supplementation. Dr. Robert Peterman in a letter to the AMA (December, 1962) has this to say about isolated vitamins: "We never recommend that anyone take a supplement that is a single isolated vitamin." Dr. Peterman continues: "A single vitamin is a drug when it occurs in synthetic form."

Remember, in any whole food several elements are present. For example, green leafy lettuce contains vitamin A, thiamin, riboflavin, vitamin C, calcium and phosphorus, iron, and a small amount of protein. Apricots contain vitamin A, thiamin, riboflavin, vitamin C, calcium, phosphorus, and a small amount of iron and protein.

These are just two examples, but you may be sure that every food element needs the support of several other elements that it may fulfill its role in human nutrition. So if you find it helpful to take supplements, be sure to obtain them in conjunction with elements with which they occur naturally.

Noticia

El Centinela del Sabado está ahora obtenible en español.

Misioneros y pastores que están en contacto con los que hablan español están solicitando a ordenar copias para distribución. Una contribución voluntaria para asistir en las expensas está apreciado.

El Centinela del Sabado es publicado trimestramente.

ANNOUNCEMENTS

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

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

WANTED: A pastor who is a believer in the Pentecostal faith, keeps the Sabbath. Write immediately to Elder H. H. Hoffman, 3908 26th, Bernon, B.C., Canada V1T 4R 7.

CHURCH OF GOD, BIBLE BEACON. Office and print shop located at 430 Liveoak Street, Edgewater, Fla. 32032. Phone after 5 p.m. is

428-5943.

We tell it like it is. We feel that it's time for ALL Sabbath keepers and saints of God to unite together to proclaim the last day message (Matt. 24:14). As watchmen it's time to start showing our love to God and our fellow man...NOW.

Your brothers and sisters at Salem Acres invite you to share the Feast of Tabernacles (September 20 through 27) with them at Rural Route 1, Rock City, Ill. 61070. Phone (815) 449-2693.

There will be many spiritual blessings, such as our fifteen-piece band as well as featured speakers, including your host for this year's feast, Lester Anderson.

Registration will begin at 9 a.m. on September 19 so that we might have dinner together to begin the feast by sunset.

REQUEST

(Check applicable box below)

- I believe in the observance of the seventh-day Sabbath and hereby express my desire to become a member of The Bible-Sabbath Association International, which I understand is a wholly nonsectarian organization. Enclosed is my membership fee of \$10.00 for one year, which includes a one-year's subscription to *The Sabbath Sentinel* and other benefits of membership.
- I do not desire membership at this time but I would like to enter my subscription to *The Sabbath Sentinel* for one year. The subscription fee of \$3.50 for one year is enclosed.
- I do not desire to join or subscribe, but enclosed is my offering in support of the work of the association.

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