

Graduations

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11



Sabrina Charles
Bachelor of Arts in Political Science
with Minor in Sociology
McGill University

George F. Wara
Master of Laws (L.L.M.)
McGill University

Bible Scramble: Unscramble the letters in each word to discover the passage.

EH TTHA TSSPIHEED SIH RONIHGEB TSNNIHE: UTB EH TTHA THHA YRMEC NO EHT
RPOO, YPPHA SI EH. OD YTHE TON RRE TTHA VSIEED VLIE? UTB YRMEC NDA UT-
TRH SLLHA EB OT TMHE TTHA VSIEED OOGD



For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God. - 2 CORINTHIANS 1:20 NIV

Solution to Bible Scramble:

He that despiseth his neighbor sinneth: but he that hath mercy on the poor, happy is he. Do they not err that devise evil? But mercy and truth shall be to them that devise good. Proverbs 14:21-22

WESTMOUNT REVIEW is a publication of the Westmount Seventh-day Adventist Church. 571 Victoria Avenue Westmount, Quebec H3Y 2R7 Tel: (514) 481-9554 Fax: (514) 481-4738 E-mail: info@westmountsda.org Web site: www.westmountsda.org

Senior Pastor: Orlando Patterson
Intern Pastor: Abner Théodore
Head Elder: Eric Greaves

CONTRIBUTORS
Special thanks to our contributors

Pr. Loren Nelson
Eld. Mildred Robinson
Leonie Williams Walton
Jackie Kisakye
Camille St. John
Dr. Horrace Goddard
Mary Perrotta

WE LOVE TO HEAR FROM YOU
We welcome items of interest, comments, letters, testimonies, and other newsletter submissions (birthdays, weddings, anniversaries, graduations etc). Please submit all contributions to the Communications Secretary, Mary Perrotta or email info@westmountsda.org.

Note: Submissions may be edited for grammar, spelling, clarity and length

COMING EVENTS

- Dec. 18 End of Year Concert
- Dec. 19 Pathfinder Staff Party
- Dec. 25 Communion
- Dec. 31 Agape Feast
- Jan. 1 New Year Service

The Westmount Review



Fall 2010

An Encounter with Jesus

By Pastor Loren Nelson

Scripture: Luke 7:11-16:

Jesus had just healed the Centurion's servant in Capernaum and walked over 20 miles south and a little west to the city of Nain. Nain is around 5 miles southeast of Nazareth where Jesus called home. In Nain he encounters a funeral procession. The story of the centurion is strategically put before this story to remind us that Jesus has all authority over life. I am intrigued with what happens in the Bible when Jesus comes into a scene. As He encounters this funeral session, He immediately knows the circumstance and He walks up to the open coffin and compels Him to intervene in what appears to be a dire circumstance.

Just picture this story from the point of this mother; a mother who has just lost her only son. You have to understand that they did not have Social Security in those days. That meant that the oldest son was responsible for caring for the mother when she got older and could not care for herself. You have to remember that the scripture says that she was a widow and so this son was everything to her. He was her only close companion and helper and now all is lost.

But this encounter with Jesus changes everything. I noticed a very familiar phrase that seems to be attached to Jesus when he encounters people who are in need. Verse 13 says: "When the Lord saw her, He had compassion on her."

No matter how terrible the circumstances are in our lives, when Jesus comes on the scene things can become better.

He says to her: "Do not weep." How can she stop weeping? How can she stop just because someone says to? How dare He be so insensitive, but when Jesus comes onto the scene, He must get our attention before He can do anything for us! He must have our permission to intervene and so in the story when He gets her attention and no doubt her permission to intervene, Jesus walked over to the coffin and touches it. They must have known who this man was or else they would not have stopped. The coffin is open and Jesus just speaks the word: "Young man, I say to you, arise."

Verse 15 says: "So he who was dead sat up and began to speak. And He presented him to his mother."

Can you imagine the scene? The course of history has been altered here. What seemed to be a hopeless case is no longer hopeless.

"Our uncertainties are turned into limitless possibilities."

This mother's life has been altered. What was just a few minutes before seemingly hopeless has been changed, for the better. What was only a dark unknown future is now changed to limitless possibilities...

That is what happens when someone lets Jesus press the pause button in their lives. When we are so filled with

IN THIS ISSUE

- Encounter with Jesus
- Health Expo
- Pathfinder Club
- Member Profile
- AMiCUS
- Prophecy Seminar
- Celebrations
- Upcoming Events

uncertainty about our tomorrow and let Jesus arrest our thoughts and put His healing touch on our lives; our uncertainties turn into limitless possibilities.

An encounter with Jesus is an excerpt of Pr. Loren Nelson's sermon, presented at Midland SDA Church in Michigan on Nov. 20, 2010.

Pr. Nelson is Director of the Ministerial Department of the Michigan Conference of Seventh-day Adventists.

Health Expo

By Elder Mildred Robinson

On Sunday, September 19, 2010, an outstanding presentation was held at the Community Center at 6767 Côte-des-Neiges. The concept behind the presentation originated with the history of the **Health Reform Message** recorded in Exodus 15:26. Following the crossing of the Red Sea, the children of Israel emerged into a certain culture that spread an influence contrary to the will of God.

To preserve his heritage in their midst, the Lord presented them with a life style that separated them from the heathen. This lifestyle included good sanitation, disease prevention, and a diet interwoven with spiritual laws which forbade them from including certain items in their diet.

God spoke to them in Exodus 15:26, "If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer."

God is still speaking to His people today in **The Health Message**. He still offers us natural remedies through the **New Start**, a health acronym admonishing us to keep our physical, spiritual and mental health intact and receive the blessings He has decreed for our longevity.

Well, on Sunday under the leadership of Joanne Goodluck and Donna Cox Levy, with the Health Ministry Director of the Quebec Conference Heather Fankhauser Nurse Clinician, with three medical doctors, Dr. Cadet, Dr. Nicholas Cadet and Dr. Balasingam with a team of nurses, nutritionists, massage therapists, physiotherapists, an inhalation therapist and others who volunteer their time, all came together to show solidarity to **New Start**, which means **Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest and Trust in God**.

The expo was declared open at 11:00 a.m. by the Elder of the Health Ministry Department of Westmount SDA Church, Mildred Robinson, who reminded the Health Team that they were ambassadors for Christ to transmit a message of hope for the many health challenges we are facing in the last days. We have an opportunity to increase awareness and at the same time inspire faith and confidence in the Great Physician.

A prayer was offered by Elder Darlington and the Expo was off to a good start. There were eight exhibits demonstrated.



Exhibition 1: **Nutrition** was presented by Heather Fankhauser. She enlightened our visitors on the importance of good nutrition in maintaining good health. She demonstrated how to use fruits and vegetables, nuts and grains to produce a healthy diet with the absence of flesh.

Continued on page 3

Birth Announcements

I will praise thee; for I am fearfully and wonderfully made - Psalm 139:14



Andrew Asher Patterson
 Born to Pastor and Mrs. Patterson
 November 2010
 The Westmount Church family congratulates Pastor and Mrs. Patterson on the birth of their son.



Jaden Wara
 Born to Mr. and Mrs. Wara
 August 2010
 Westmount rejoices with Mr. and Mrs. F. Wara on the birth of their son.



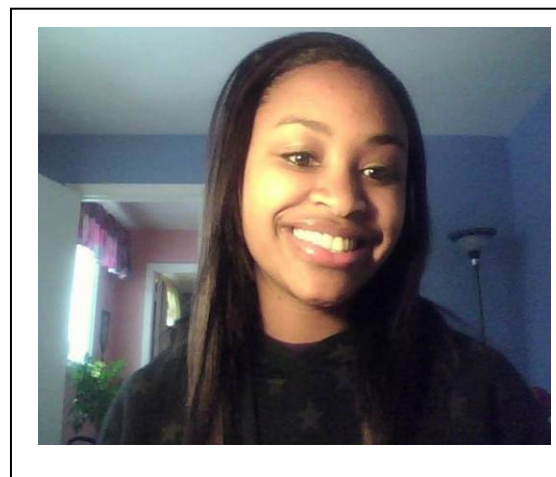
Birthdays

"Rejoice in the Lord always. I will say it again: Rejoice!" - Philippians 4:4

Warm wishes are sent to all those celebrating a birthday this month.

- Donna Cox-Levy
- Simeon Louison
- Leona Peters
- Ann Ryan
- Leonie Walton
- Hussein Sellicuoic
- Viola Sweeny-Joseph

Getting To Know Our Youth II



Camille St. John

By Jackie Kisakye

Camille is a humble and caring person, who hopes to one day become a social worker and share her passion with those in need. She is presently enrolled in Special Care Counseling program at Vanier College. She wants to build a solid spiritual life, a career and if it's the Lord's will she would get married and eventually become a mother. In her free time she enjoys singing, reading, baking, hanging with her cousins and playing sports (especially soccer).

When asked who Jesus is to her, she said that He is the one that takes care of her, protects and guides her in life's journey. Her faith has been growing for the last two years (allowing her to have a closer relationship with Him). When she is feeling down, Christian songs help to uplift her spirit. Being a member of the Youth Choir helps her to develop more confidence in herself and gives her a closer connection with her Lord.

Now that you know a little more about Camille, please take a few moments to say hello and spend some time getting to know her. Most importantly, encourage this young woman in the faith for you never know the difference your simple words of kindness will make in her life.

Allow me to introduce this young lady to those of you who might not know her. Taking the time to simply exchange a few words with her as you go through your busy Sabbath activities, you can catch a glimpse of the jewel she truly is. Please allow me a few moments of your time to tell you about her, then hopefully you will be eager to converse with her.

Adventist Ministry to College and University Students - AMiCUS



AMiCUS seeks to meet the spiritual, intellectual, and social needs of Seventh-day Adventist students on secular campuses worldwide. In cooperation with leaders at various church levels, it aims to achieve these goals by strengthening the faith commitment of these students to Seventh-day Adventist beliefs and values, providing opportunities for Christian fellowship, preparing students to deal with the intellectual challenges that arise in a secular environment, developing their leadership abilities, and training them for outreach and witnessing on the campus, in the community, and in the world at large.

Join Simone on facebook to discuss the formation of a Quebec Chapter.

Health Expo

Exhibition 2: **Exercise** was presented by Megan and Mei Waterhouse, and Brother Darlington. They demonstrated how exercise can improve health by producing a healthier heart and stronger body.

Exhibition 3: **Water** was presented by Xavier-Kumar and Etienne-Nathan Balasingam, Nyeria Goodluck and Bruce Ramcharitar. They explained how water sustains life, cleanses the body of all impurities, maintains body function, bathes the entire system and keeps the kidneys active to remove waste from the body. It was an exciting moment for these young people to represent the water of life.

Exhibition 4: **Sunshine** was presented by nurses Leona Peters, Widlin Pierre, Yvonne Knight, Viola Sweeney, Shirley Roberts and Hilary Blake. They demonstrated how lack of sunshine, which produces Vitamin D, can be one of the markers that will contribute to the breakdown of certain body functions that can lead to diabetes and high blood pressure. All visitors were invited to have their blood pressure taken as well as their blood glucose.

Exhibition 5: **Temperance** was presented by Peter Fankhauser and Donna Cox Levy. They demonstrated how overeating can lead to obesity and impair one's health, by creating vulnerability to many health issues such as weight gain. Scales were made

available to all and it was an eye opener to all visitors.

Exhibition 6: **Air** was presented by Wendy Sinclair an inhalator therapist and Ravi-Pascal Balasingam who demonstrated the flow of air to the lungs.

Exhibition 7: **Rest** was presented by Alvena Ryan Bruno and Tara Lavira, massage therapists, who demonstrated how massages increase circulation, and enhance the nervous system and how it gives one the ability to rest peacefully.

Exhibition 8: **Trust in God**, was presented by three physicians, Dr. Cadet, Dr. Nicholas Cadet and Dr. Vijay Balasingam. They provided health counselling and how to put our trust in the Author and Finisher of our faith. In Him we live and move and have our being. 3rd John, verse 2 states "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

Vegetarian cuisine was presented by Sister Joanne Goodluck a Chef and a Nutritionist with her staff of volunteers, Anna Clarke, Cynthia Nicholas, Shirley John and Bruce Ramcharitar, who brought this amazing fair to a nice conclusion by their delectable sampling of an awesome vegetarian treats. Joanne demonstrated to everyone how it is possible to have a healthy diet using vegetables, nuts and grains.

The food was so enjoyable that many wanted to know where such a restaurant could be found in Montreal.

The fair ended at 4:30 pm with over 200 visitors registered and even after 4:30 pm people were still coming hoping to see what the Health Expo was all about. The entire experience was very enlightening and rewarding, the information shared, the knowledge provided, the resources harvested, the incentives given, were truly a gift, a credit to *The Health Message* and blessing to all.

It is with great satisfaction that the Health Ministry department would like to thank all who worked hard and untiringly to make the fair a success.

A big thank you to Mary Perrotta, Jeermie Cadet and Shanka-Michael Balasingam with the computers. Gratitude is also extended to Michael Burnett and Pamela Waterhouse who helped with the registration, and all the volunteers and professionals that made the day a success.

May God bless you all for sharing this moment in the History of the Health Message.

