

# BEACONLIGHT

"You are the light of the world. A city set on a hill cannot be hidden... In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

MATTHEW  
5:14-16 ESV



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## | FRONTIER | Personal MINISTRIES

### The Consistency of Christ

By ANDREW SKYSTE ALIVIO

**A**utumn is usually the time when churches and mission organizations take the opportunity to spread God's Word to all corners of the world. In keeping with this, Mt. Zion started the Forever Friends Evangelistic Series on October 4th. This series is an eight-session, four-weekend event culminating on October 26th during our morning Divine Service. The speakers have been our three pastors: Anunciacion, Ly and Becbec. Practically all the ministries of the church were involved in this event spearheaded by the Frontier Team.

The apostle Paul wrote the church in Philippi to thank them for their consistent giving to the work of the Lord. (Philippians. 4:10-17) I believe it's also what he had in mind when he wrote the Galatians and urged them not grow weary in well doing because they would reap what they were sowing. (Galatians 6:9) Paul also described Jesus in the epistle to the Hebrews as "the same yesterday, today and forever." (Hebrews 13:8)

Consistency is one of those wonderful characteristics of Christ. He's always there and available because that is His nature. I'm not just referring to our efforts to preach God's Word but I'm also talking about the committed friends like you



Pastor Ly sharing the Good News

Image courtesy of Andrew Skytte Alivio via Facebook

who faithfully uphold us in prayer and regularly give to the work of the Lord. As a result of your consistency in giving and in prayer, many people have experienced salvation, deliverance and healing. Consistency on your part gives us the ability to make that happen day in and day out.

The fall and winter months are known to be slower for ministries, so if you have not yet participated in any church events, I urge you to pray about how you can contribute because all of us have been commissioned by God to make disciples for Him.



# EDITORIAL

## Halloween :: A Time to Harvest Souls

By BEVERLY CORPUS

**F**all has always been my favourite season --- hot drinks, sweater weather, changing leaves, brisk winds and a time many people fall in love. Yet, as the world prepares each year to harvest the life-giving elements, this time also comes with a spiritual challenge: Halloween.

As a child, I was not permitted to participate in its outdoor festivities. (I was only allowed to distribute the candy!) I received many semi-sufficient explanations as to why I should not celebrate Halloween, but I honestly wasn't sure how to make sense of it all.

As a teen, I did not dress up in a costume, but I did go around a few times collecting candy as a chaperone for younger children. I remember asking questions and researching for answers on what it was all about. All Saints Day? Pagan ritual? All Hallows Eve? Martyrs and heroes of Christianity? Worship of Satan? Demons and witchcraft? Dressing up as ghosts and goblins, cowboys and princesses? Could there be a middle ground?

Now, as a mom, I am ever more challenged with this yearly event --- not because I don't yet understand it, but because I must help my children come to understand the truth of the matter.

Most Christians see Halloween as having been "tricked" by the secular pagan world because of the way it is celebrated, which is far from the intended



Image courtesy of www.21stcenturychristianity.com

reverence of "All Hallows Eve" (where the word is derived from). All Hallows Eve was linked directly with All Saints Day, celebrated November 1st, in honour of the "saints" (martyrs and heroes) who gave their lives for the Christian faith.

In our Adventist community however, we hold to the value that Halloween is indeed a subtle tool the Devil uses to seduce us into embracing dark spirituality, cloaking it with candy, costumes and celebration. Gerhard Pfandl, associate director of the Biblical Research Institute put it this way: "Seventh-day Adventists recognize that spiritualism has many faces. Some of them may seem harmless and even fun. Nevertheless, they lead children and adults away from God's truth, and can become stepping stones to further entanglement with the occult. Therefore, we do not recommend participation in the celebrations and festivities in connection with Halloween." Since we do not revere "saints" or "martyrs" either, as some other religions do, the celebration of All Hallows Eve seems lost in translation.

Is there anything salvageable about this time of year? Perhaps, with the right focus on Jesus we could do something more positive with it, especially since we have been celebrating other pagan-rooted holidays like Easter, Christmas and Valentines Day quite eagerly.

So why not redeem Halloween?

In an article from *The Christian Post*, some Christian organizations such as JesusWeen (or JesusWins) are using the holiday to evangelize. The nonprofit organization highly

encourages "Christians to hand out Bibles and tracts, and to share the good news with trick-or-treaters who knock at their doors." In addition, those who participate are expected to wear white tops to symbolize God's righteousness and are encouraged to donate the money that would normally be spent on candy and costumes to food banks or another charity of choice.

So, what is it we will be celebrating this year? I honestly believe it comes down to whether we're glorifying the holiday for our own benefit, or lifting Jesus higher. I choose the latter. After all, Grace teaches us that ashes can be transformed into beauty. (*Isaiah 61:1-3*)

As we honour the birth of Jesus during Christmas, His death during Easter and God's eternal love during Valentines, perhaps it's time we redeem the purpose of celebrating October 31st this year and every year thereafter --- not just with the harvest of the earth, but with souls for Christ.

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PRAY THE  
LORD OF THE  
HARVEST TO  
SEND OUT  
LABORERS  
INTO HIS  
HARVEST.  
LUKE 10:2

Image courtesy of www.crosscards.com



# | FAMILY | YoungAdultMINISTRY

## The ABCs and Ds of Young Adult Relationships

By A. ALLAN MARTIN | Adapted from the book *Ministering with Millennials* | Taken from *Passport*, Spring 2009

Image courtesy of [www.researchthroughgaming.com](http://www.researchthroughgaming.com)



who are willing to minister collaboratively with young adults solidify their sense of purpose and significance as part of their faith community.

**COMPASSION.** Social action is high on the priority list of young adults, and their most meaningful relationships are built while helping others. They're eager to align with causes and advocacy that go beyond politics and talk, taking action to make a difference in the world. Leaders who are passionate about making a difference among the marginalized and rally their community to action will find young adults joining them in the fray.

**DISCIPLESHIP.** Young adults are eager to be mentored by spiritually wise adults willing to pour their life experiences into new generations. Don't dictate direction, rather explore possibilities, and lend guidance. Leaders who disciple young adults fulfill the Great Commission, and further, equip them to reach out to others.

Being authentic, fostering belonging, expression compassion, and intentionally discipling launches the leader into meaningful relationship with young adults.

A. Allan Martin is the lead pastor of Younger Generation Church, a ministry for Young Adults at Arlington Seventh-day Adventist Church. He has written several books, articles and resources on Young Adult ministry and is an adjunct professor at Andrews University for the Doctor of Ministry program.

### A FAMILY THAT PLAYS TOGETHER

## STAYS TOGETHER

**B**

Running has become one of the more popular choices for novice and professional athletes to develop and maintain a healthy lifestyle.

Join a group at the next run and get fit for life!



Images courtesy of Mae Anunciacion, Jennette Britanico and Merly Tamdang via FaceBook

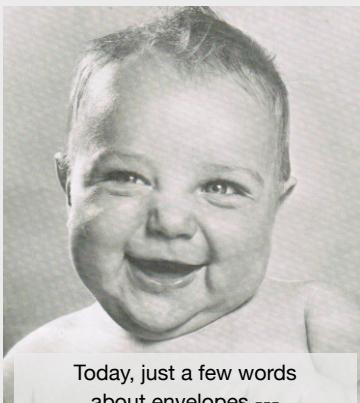


# | FAITH | ON GIVING

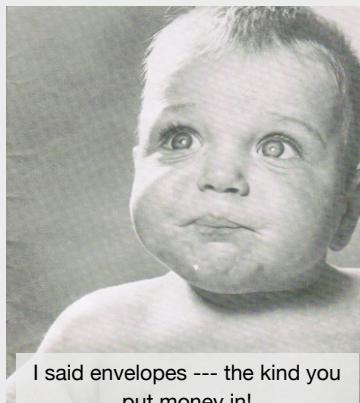


## RAISE FOR THE ROOF

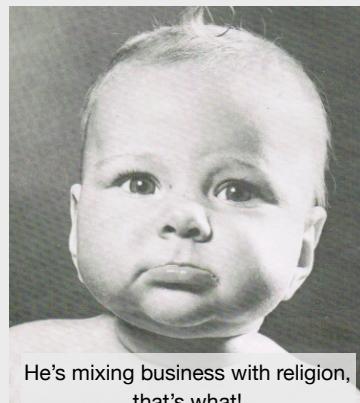
Let us give cheerfully as we raise funds to repair our roof!



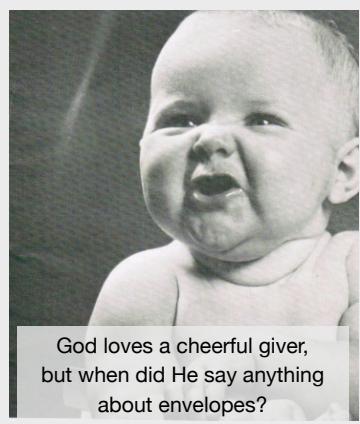
Today, just a few words about envelopes ---



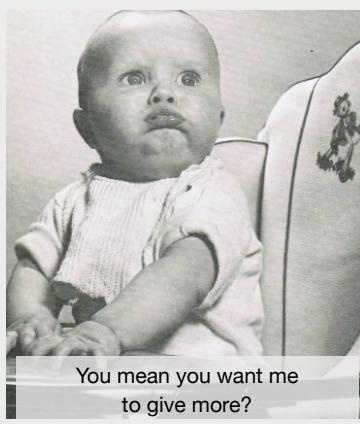
I said envelopes --- the kind you put money in!



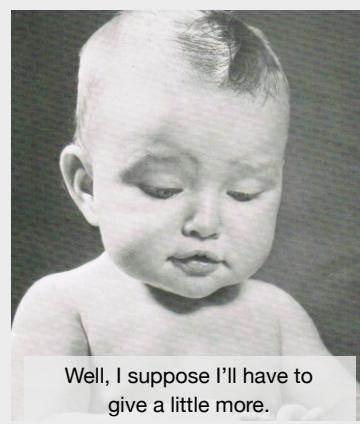
He's mixing business with religion, that's what!



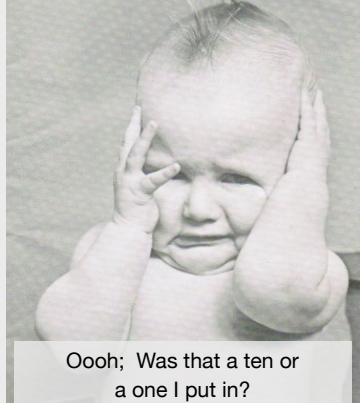
God loves a cheerful giver, but when did He say anything about envelopes?



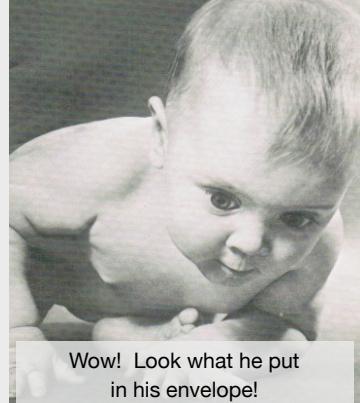
You mean you want me to give more?



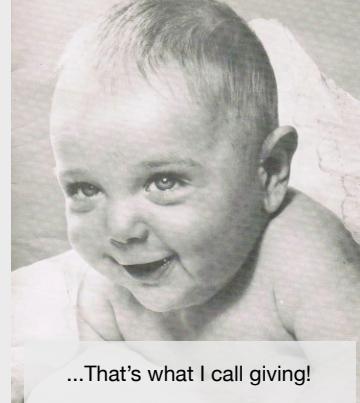
Well, I suppose I'll have to give a little more.



Oooh; Was that a ten or a one I put in?



Wow! Look what he put in his envelope!



...That's what I call giving!

Material courtesy of the tract Money, Money, Money! by Concordia Publishing House, St. Louis 18, Missouri

<b>REVERENDFUN.COM</b> On Thanksgiving	<b>REVERENDFUN.COM</b> On Giving	<b>REVERENDFUN.COM</b> On Halloween
 (See Numbers 14)	 11-26-2003 Thanks to Shirley Ostrander	 01-15-2004 Thanks to Jay Benfield
<b>THANKSGIVING IN THE WILDERNESS</b>	<b>HOW COME THE WAITRESS GETS 15% AND GOD ONLY GETS 10%?</b>	<b>WELL HOW WOULD YOU GO ABOUT MAKING FRUIT OF THE SPIRIT COSTUMES</b>



# | DISCIPLESHIP | The Five Focuses

## Five Broken Views and How to Fix Them

By ED STETZER | Adapted from the April-May 2013 issue of Outreach Magazine

**T**here is a lot of talk about discipleship these days—and it is about time. Jesus seemed to think discipleship was a big deal, putting it as the heart—and the verb of the Great Commission to "make disciples of all nations." Yet, it seems discipleship has fallen on hard times in many churches in the West—for example, English-speaking places like the U.S., Canada, Australia, and England where there are Christians who are just not as desperate and committed as their sisters and brothers in the Two-Thirds World.

I would go so far as to say that our discipleship model is broken. I would like to suggest some areas where we are broken and hopefully provide some solutions about how to fix them.

### 1. WE EQUATE DISCIPLESHIP WITH RELIGIOUS KNOWLEDGE.

While I don't think one can appropriately grow without seeking more biblical knowledge, many times believers reduce the discipleship process to, "Read this. Study this. Memorize this. Good to go." This is unfortunate.

Instead, discipleship is to be more like Jesus. Christ-like transformation is the goal, as we are "to be conformed to the image of His Son, so that He would be the firstborn among many brothers" (Romans 8:29). The point is not information, but Christ-like transformation. And, that means it is not about knowledge in general, but about knowing Jesus better. Trying to be like Jesus, without the power of Jesus, dishonors Jesus.

### 2. WE TRY TO PROGRAM DISCIPLESHIP.

Discipleship is not a six-week course. It requires both the pursuit of knowledge and intentional action. Too many offer a book or a class when what is needed is a life.

Instead, when Jesus made disciples, He brought them along as He ministered to people. I'm currently discipling a new believer, and we're actually doing ministry together—instead of me just telling him about it. The good news is that the research tells us people want this. In fact, in a recent LifeWay Research study, we found that a large majority of those who have previously attended a small group of some kind, but who are not attending now, would consider attending a new group, but they want to meet with their group more often than just once a week for bible study. People are looking for meaningful, shared-life relationships, not just a discipleship class.

### 3. WE EQUATE DISCIPLESHIP WITH OUR PREACHING.

I'm just going to say it: Pastors, move beyond your arrogance and stop thinking your preaching is enough to be the church's discipleship strategy. This is not just my opinion. Recent research done by LifeWay Research indicates that 56% of pastors surveyed believe that their weekly sermon, or another one of their teaching times such as Sunday or Wednesday evenings, was the most important discipling ministry in the church. While it is great to see the recent renaissance of Bible-based preaching, along with it we have to jettison the idea that "If people just listen to my sermons, they will grow spiritually."

Instead, discipleship is a daily process. Pastors, we have to develop more robust discipleship plans than just our weekly messages. Discipleship is not a weekend event, it is a daily commitment.

### 4. WE THINK THAT WE WILL GROW WITHOUT EFFORT.

For many, they think that God saved them and now they should just go to church and maybe stay away from the really big sins. They are unintentional in tending to their spiritual growth. Sadly we have not done much to change this. [continued on page 7]

**Mount Zion's  
Way of  
Discipleship::  
THE 5  
FOCUSES**

**FAITH  
FAMILY  
FELLOWSHIP  
FORTIFIER  
FRONTIER**

Image courtesy of [www.ribbonadore.com](http://www.ribbonadore.com)

**"It is only because He  
came to be like us that  
we can become like Him."**

~ Dietrich Bonhoeffer

**discipleship**

# I FRONTIER | HealthMINISTRIES

## Why Can't I Lose Weight?

By ANDREW CATE | Adapted from Signs of the Times

The holiday season is quickly approaching and we will be bombarded by work parties, family gatherings, church socials and friendly get-togethers. There's no avoiding the battle of the bulge, especially if you really enjoy partaking in these yearly festivities.

If you want to lose weight but can't quite transfer that desire into action, you may have some barriers holding you back. Below are five of the most common reasons why people fail to lose weight or can't keep it off---and some solutions to help you get results.

### 1. Emotional eating

It's common for people to use food to preoccupy themselves or anesthetize themselves against negative emotions. Feelings of exhaustion, guilt, frustration, or sadness can trigger eating behaviour that is out of control.

**Solution:** Food may be a distraction from the problem, but it won't solve it. Deal with the sources of any negative emotions, or plan your life to prevent them in the future. Learn to distinguish between emotional and physical hunger, and try to identify the events and feelings associated with your emotional eating.

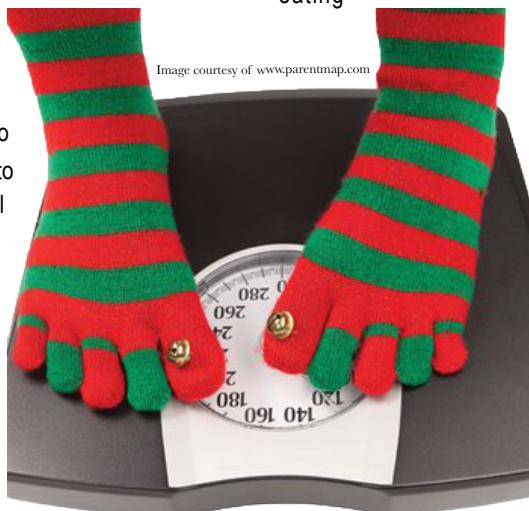
### 2. Slow metabolism

Some people tend to have a fast metabolic rate while others have a sluggish one. It's like a car. If you rev it up, it uses more fuel, but if you let it idle on low, it uses less fuel. A slow metabolic rate is one of the most common reasons people don't lose weight. A revved up one can increase the number of calories you burn each day, even while you're sleeping.

**Solution:** The good news is that there are many things you can do to change your slow metabolism. Some good strategies included eating breakfast, engaging in more exercise, doing resistance training, and avoiding fad diets.

### 3. Inactivity

Not long ago, exercise and movement were a natural part of the day. Adults had physically active jobs, kids walked to school. Now, desk-orientated work, inactive leisure time, and labour-saving technology has dramatically reduced the amount of calories we use



each day. This has contributed greatly to today's sky-rocketing obesity rates.

**Solution:** Regular exercise is essential to boosting your metabolism and truly removing excess stores of fat. Move more and you lose more.

### 4. Constant dieting

When you're taking in fewer calories on a diet, your body's response is to slow down your metabolic rate to preserve fuel and store calories. It's a built-in survival mechanism, which is why dieting without exercise rarely succeeds. Short-term changes in your eating habits will result in only short-term changes to your body's shape

**Solution:** Look for a long-term healthy eating plan that includes subtle changes to your diet and lifestyle. Try to establish a way of eating that will last you a lifetime, not a short-term bingeing spree. Include plenty of natural foods, such as vegetables, fruits, legumes, and whole-grain foods. Drink water instead of juice or soft-drinks, and eliminate the use of alcohol.

### 5. The wrong attitude

Your attitude toward modifying your lifestyle and your readiness to change will have a big impact on your results. It's important to accept the fact that the changes to your eating habits and activity levels *must* be permanent. A positive attitude toward healthy eating and exercise, and toward the additional time it will take to prepare healthier food will make a major contribution to your weight loss program.

**Solution:** Look for activities you'll have fun doing, create tasty, healthy meals you'll enjoy, and celebrate your small achievements. Don't let negative thoughts and feelings hinder you from reaching your goals.

### Weight-loss quiz

Are you having trouble losing weight? Would you like to know what's holding you back? The quiz on page 7 will challenge you to think about what's helping and hindering your progress toward optimum health. If you answer truthfully, you will discover the reasons why you can't lose weight, and you will have a better understanding of the changes you need to make in order to lose weight.

Andrew Cate is an online personal trainer, author and a University trained exercise physiologist. He has a private fitness studio on the Northern Beaches of Sydney, Australia. Andrew has written several books and is featured in several health and fitness magazines and websites.



## WEIGHT - LOSS QUIZ

<b>1. Measuring success.</b> Do you have a way to measure your success at losing body fat apart from weighing yourself?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>14. Breakfast.</b> Do you eat breakfast on most days of the week?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>2. Expectations.</b> Do you expect your results to come slowly?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>15. Snacking.</b> Do you limit and choose healthy snacks?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>3. Attitude.</b> Is this a good time for you to change?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>16. Junk food.</b> Do you have junk food less than once a week?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>4. Motivation.</b> Do you know why you want to lose weight?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>17. Fast food..</b> Do you eat out once a week or less?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>5. Commitment.</b> Are you serious about making lifestyle changes?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>18. Drinks.</b> Do you drink more water than other beverages?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>6. Goals.</b> Do you have any specific healthy and fitness goals?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>19. Alcohol.</b> Have you eliminated alcohol?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>7. Fats.</b> Do you try to limit fatty foods?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>20. Meal planning.</b> Do you plan your meals and snacks in advance?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>8. Protein.</b> Do you eat plenty of lean protein foods?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>21. Sleep.</b> Do you wake up feeling good, and do you get enough sleep?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>9. Processed foods.</b> Do you eat plenty of fresh foods and avoid processed foods?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>22. Exercise.</b> Do you exercise four days a week or more?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>10. Fiber.</b> Do you eat plenty of high-fiber foods (vegetables, fruit, beans, etc.)?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>23. Weather.</b> Do you have an alternative exercise plan for bad weather?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>11. Portion size.</b> Do you try to keep your portion sizes small?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>24. Television.</b> Do you watch less than 60 minutes of television a day?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>12. Eating speed.</b> Do you try to eat slowly and savour your food?	Yes <input type="checkbox"/> No <input type="checkbox"/>	<b>25. Knowledge.</b> Do you stay informed about health?	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>13. Meal timing.</b> Do you have a big breakfast and small dinner?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Examine all your NO answers. These are areas that need improvement or total change. Take it one step at a time.	

[Continued from page 5]

Instead, we need to understand that the scripture teaches that each person is to not be a passive spectator, but rather to "work out your own salvation" (Phil. 2:12). Discipleship takes every believer's intentional effort. Yes, effort. Believers must take steps to grow, and that is in line with grace.

Notice that this passage does not say "work on your own salvation" or "work toward" it. You cannot. It is by grace and through faith. However, as a believer, you do take effort to grow—but that does not earn you a relationship with God, it just puts you in the right place where God can grow you as a believer, saved by grace. As Dallas Willard has explained, "Grace is not opposed to effort, it is opposed to earning."

### 5. WE DON'T OFFER PRACTICAL STEPS.

Changing a church's consumer culture requires an intentional discipleship plan and strategy. We are often intentional about our preaching schedule; why, then, are we not intentional about a discipleship strategy?

Instead, be unapologetic that you want to encourage people to get 1) grounded in their faith, 2) consistent in the word, 3) in a small group with others, whether that looks like a weekly Bible study group, a missional community, a Sabbath School class, or something else altogether. Give people steps and people with whom they can take those steps with.

### CONCLUSION

Assuming your discipleship plan is biblically grounded, the specifics of your plan are not nearly as important as implementing one and communicating it well. Heralding a strategy as the way to become a disciple would be arrogant, but each church should explain its discipleship strategy as "our church's way of discipleship." Identifying the challenges of genuine discipleship and committing to a process that works through them are the first and necessary steps to cultivating a church filled with on-mission disciples.



*Ed Stetzer is the President of LifeWay Research, a prolific author and well-known conference and seminar leader. He is the contributing editor of Christianity Today magazine and columnist for Outreach Magazine. He also serves as Lead Pastor at Grace Church in Henderson, Tennessee.*



# | FELLOWSHIP | A Picture's Worth a Thousand Words



Photos courtesy of Mae Anunciacion and Dahl Docil via FaceBook



Photos courtesy of Ken Esch