

The Newsletter of Steps to Life Ministry

IN HIS STEPS

May - June 2022 | Volume 22 • Number 3

Son, go work today in my vineyard... *Matthew 21:28*



Encouraging Words for the Discouraged

Promote health and prolong life

Perhaps you have noticed that discouragement is one of the major public health problems, one of the major church problems, one of the major institutional problems, one of the major family problems, and one of the most common personal problems of our time.

First it was the Covid pandemic, then the frightful increase in the price of gasoline, then a war that has the potential for a nuclear conflict, the fear of runaway inflation, the growing unavailability of products we used to take for granted. Grocery store shelves that were full are now half empty, power outages, fires, floods, and earthquakes—so worry seems to be just the natural outcome.

It was estimated in 2020 that one in four adults in the United States suffered from a diagnosable mental health disorder. The states that appear to have the highest incidence are Idaho, Oregon, and Utah; those with the lowest, New Jersey, Hawaii, and Texas. Only about half of those with these mental disorders get treated. The best state for obtaining treatment is reported to be Connecticut.

One of the most common mental disorders is depression, with an estimated 21 million adults in the U.S. above the age of 18 having had one or more major depressive episodes in 2020. Females have over 50% higher incidence than males, but the highest incidence of major depressive episodes is in two groups: (1) Individuals age 18-25, and (2) those who report having mixed-race ethnicity.

If you are trying to help someone in your family or church to deal with depression, here are a few things to consider:



People worry about high inflation, unavailability of products we took for granted, war, instability.

“
*It is the love of self
that brings unrest.
When we are born
from above, the
same mind will be
in us that was in
Jesus, the mind that
led Him to humble
Himself that we
might be saved.*

The Desire of Ages, 330

- 1 It has been well known for many decades that sunlight has an anti-depressive effect. So encourage them to spend time out doors.
- 2 It has also been well known for many decades that exercise has an anti-depressive effect. Physical outdoor activity, such as walking, running, bicycling or gardening, has an uplifting effect on someone who is depressed.
- 3 Help the person follow a good diet. Depression is often one of the early signs of nutritional depletion.

“Thousands who might have lived have prematurely passed into their graves, physical, mental, and moral wrecks. They had good powers, but they sacrificed all to indulgence of appetite, which led them to lay the reins upon the neck of lust. Our world is a vast hospital. Vicious habits are increasing.” *Testimonies*, Vol. 3, 561.

But as important as the above physical components of depression are, the mental and spiritual component is probably even more important.

“Much of our suffering is unreal. We imagine trouble, and we gather clouds of darkness about us. We suffer as surely from imaginary troubles as though they were real. Physical exercise is the best remedy for this dreaded disease; for it occupies the mind and strengthens it to more healthful action, and employs the idle hands, and imparts strength and vigor to the muscles.” *The Health Reformer*, June 1, 1871.

“The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.” *Ministry of Healing*, 241.

“Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to

the body and strength to the soul. ‘A merry [rejoicing] heart doeth good like a medicine.’ Proverbs 17:22.” Ibid.

“There are many whose hearts are aching under a load of care because they seek to reach the world’s standard. They have chosen its service, accepted its perplexities, adopted its customs. Thus their character is marred, and their life made a weariness. In order to gratify ambition and worldly desires, they wound the conscience and bring upon themselves an additional burden of remorse. The continual worry is wearing out the life forces. Our Lord desires them to lay aside this yoke of bondage. He invites them to accept His yoke; He says, ‘My yoke is easy, and My burden is light.’ He bids them seek first the kingdom of God and His righteousness, and His promise is that all things needful to them for this life shall be added. Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief. Our heavenly Father has a thousand ways to provide for us, of which we know nothing. Those who accept the one principle of making the service and honor of God supreme will find perplexities vanish and a plain path before their feet.” *The Desire of Ages*, 330.

“It is the love of self that brings unrest. When we are born from above, the same mind will be in us that was in Jesus, the mind that led Him to humble Himself that we might be saved. Then we shall not be seeking the highest place. We shall desire to sit at the feet of Jesus, and learn of Him. We shall understand that the value of our work does not consist in making a show and noise in the world, and in being active and zealous in our own strength. The value of our work is in proportion to the impartation of the Holy Spirit. Trust in God brings holier qualities of mind, so that in patience we may possess our souls.” Ibid., 330, 331.

HOW JESUS DEALT WITH DEPRESSION IN PEOPLE WHEN HE WAS A YOUNG ADULT

“He taught all to look upon themselves as endowed with precious talents, which if rightly employed would secure for them



Physical exercise is the best remedy for being worried.

eternal riches. He weeded all vanity from life, and by His own example taught that every moment of time is fraught with eternal results; that it is to be cherished as a treasure, and to be employed for holy purposes. He passed by no human being as worthless, but sought to apply the saving remedy to every soul. In whatever company He found Himself, He presented a lesson that was appropriate to the time and the circumstances. He sought to inspire with hope the most rough and unpromising, setting before them the assurance that they might become blameless and harmless, attaining such a character as would make them manifest as the children of God. Often He met those who had drifted under Satan's control, and who had no power to break from his snare. To such a one, discouraged, sick, tempted, and fallen, Jesus would speak words of tenderest pity, words that were needed and could be understood. Others He met who were fighting a hand-to-hand battle with the adversary of souls. These He encouraged to persevere, assuring them that they would win; for angels of God were on their side, and would give them the victory. Those whom He thus helped were convinced that here was One in whom they could trust with perfect confidence. He would not betray the secrets they poured into His sympathizing ear." Ibid, 91, 92.

WHAT WE NEED

"In the books of heaven are registered your profession of faith, your responsibility as

Christians. But are you Christians? What is it to be a Christian?—It is to be Christ-like. To be a Christian is to act as Christ acts, to have his spirit at all times, in all places, and under all circumstances. When we are brought into adverse circumstances, when our natural feelings are stirred and we want to give vent to them, then our faith is tried; then we are to manifest the meekness and gentleness of Christ. Not by one word are we to give expression to the feelings of the natural heart. 'If any man offend not in word, the same is a perfect man, and able also to bridle the whole body'—the whole man. What we want is to be under the control of Jesus. We do not want our own way. ...

"...When He ascended on high, and led captivity captive, and gave gifts unto men, He left the battle in our hands, but we are not to fight in our own strength; we should certainly fail if we attempted it. Christ is there present with the Father, to bring to our help the unseen intelligences, the angels of God. What we need is the simplicity of faith, the meekness and humility of Christ. Then we shall trust wholly in the Lord of heaven, and He will be at our right hand to help us." *Review and Herald*, March 8, 1892.



Article by
John Grosboll
Director of Steps to Life

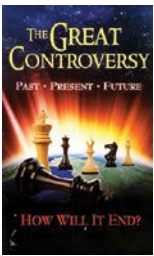
“*Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. ‘A merry [rejoicing] heart doeth good like a medicine.’*”

Ministry of Healing, 241

Mission Project Updates



Bibles and More



Advent Books in England is once again overseeing an effort to ship a pallet of *The Great Controversy* to Zambia. The first shipment has been received and shared with our worker there, Henry Mwesa, who has distributed copies in Zambia, Malawi, and Mozambique. He looks forward to

receiving additional copies since the extreme poverty in these countries makes obtaining them out of reach for the majority of God's people there.

To support this and similar efforts, mark your donations *Bibles/SOP*.



Tabloid Project

As reported in our last newsletter, the tabloids are printed in the Los Angeles area where the shipping situation is still somewhat backed up. As a result, it is taking more time than anticipated to get the pallets shipped. Fortunately, the printer allowed one month of free storage, but that was not enough time to get all of the tabloids shipped. There is still one shipment for southern Mexico to go. Please pray that the shipment will go out soon.

You may recall that Cornerstone was planning to print tabloids for Romania. It was the Lord's blessing that a Romanian brother found a printer in Romania that could print them at a lower cost—and with no shipping costs! He has succeeded in combining *Behold He Cometh* (the most popular tabloid) and *Vibrant Health Restored* (about achieving a healthy diet) into one 48-page tabloid. He was planning to print 100,000 for US\$20,000, but Cornerstone asked him to print 200,000 instead. These will be a real blessing to our Romanian brothers and sisters.

To obtain copies for your own distribution purposes, please contact Roger or Joyce Brown for case quantities of the following tabloids:

Behold He Cometh
Commandments Under Attack
Earth's Final Warning

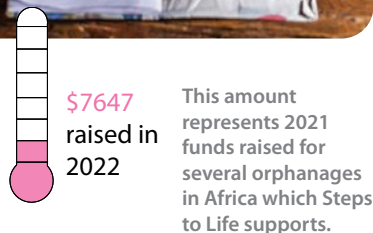
Joyce & Roger Brown
(360) 577-6613 (H)



Orphanages

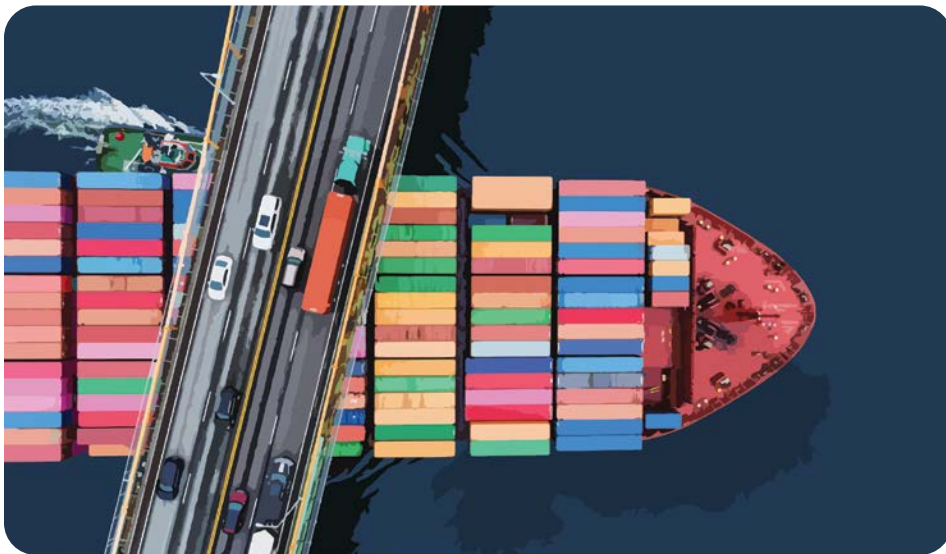
We have previously reported on the progress in Nigeria of the construction of a compound that will include a church, a treatment facility, offices, and an orphanage. Daniel Terence's wife, Ruby, will oversee the orphanage while Daniel will ensure that those in her charge receive appropriate spiritual nourishment.

Steps to Life is committed to establishing a means of providing spiritual as well as physical support to as many orphans as we can with your assistance. Our sincerest thanks for your contributions toward this end.



Supply Chain Issues

Effects on Outreach



Two problems have come up recently that indicate the current state of troubles in the supply chain and provide subtle hints at the chaos to come.

In January, we ordered 2000 of the disc mailers that we use to send the Sermon of the Month and subscriptions to CD and DVD sermons. So far, we have received only 500. Initially we were told that they would be shipped in mid-March. At the time of this writing (late March), we still have not received them and cannot get a shipping date from our supplier. We apologize for the inconvenience to those who depend on these programs for their spiritual nourishment and ask for your prayers that this shortage will be resolved soon.

Also in late March, we received an email from the printer who prints *LandMarks* that they were out of the paper stock they use for our magazine and could not get any from their paper supplier,

asking if they could substitute a different paper. Before we could answer, we received another email in which they said that they had found a different supplier who had a similar paper that most folks wouldn't notice was a bit different. Recognizing that it is what is printed on the paper that has value and not the paper itself, we gave the printer permission to proceed.

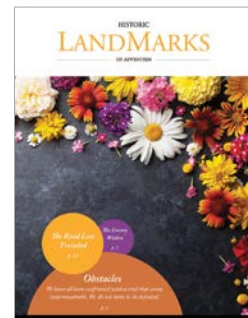
Although these are minor glitches to our normal operations, we have to understand that they are the kind of disruptions that will become more and more common as we draw nearer and nearer to the meeting of time and eternity.

May we encourage you to pray for the continued protection of and guidance from our heavenly guardians as we face these increasing challenges to sharing the three angels' messages to all the world in this generation.

HISTORIC LANDMARKS

—OF ADVENTISM—

in May



If you're a *LandMarks* subscriber, mostly likely you have the May issue in your hands already. If you're not a subscriber, you can

access the magazine online at www.stepstolife.org.

This issue of *LandMarks* reminds us that we all battle the forces of darkness. Consequently, we experience hardships in our lives. Seemingly insurmountable trials confront everyone, but the Bible says we do not have to be defeated. Read the encouraging article "Obstacles."

On a similar note, the article "The Road Less Traveled" confirms that far fewer people chose to take this road. But the right decision is a matter of life and death.

This issue starts a new series entitled "The Facts About the Future." The first article in this series is called "Time of the End." We often don't realize that people just 200 years ago lived the same lives as in Jesus' time. How far our world has come just in 200 years! It's an exciting but also frightening time—a time of the end.

You can receive a complimentary subscription of this spiritually uplifting magazine.

Haven't gotten a subscription yet? Call us today to subscribe!

1-316-788-5559

Impressive Progress

Worldwide Efforts Underway



Pastor Domingo Nunez, our director of outreach, has been spending much time lately in several countries in Africa as well as in Brazil, Bolivia, and Mexico, overseeing the many projects that your support of this ministry has enabled.

NIGERIA

Currently, two major projects are underway in Nigeria—one in the central part of the country and one in the east.

Our long-term worker, Daniel Terence, is spearheading the project in central Nigeria, which will consist of a church, offices, treatment rooms, and a small orphanage, which will be overseen by Daniel's wife Ruby.

Michal Ugorji will shepherd the project in the east. It will be a similar facility, but without an orphanage.

BOLIVIA

The Lord has certainly blessed the projects in Bolivia. A wealthy resident in Santa Cruz, a large metropolis located in the tropical lowlands east of the Andes, has donated land and is covering 80% of the cost of an impressive multi-story facility that will include a church, meeting rooms, offices, residential quarters for guest speakers, a kitchen and dining facility, an audio/video production studio, a library, and a print shop.

In addition to this project, a group of conservative Adventists in La Paz, a city resting on the Andes' Altiplano plateau high in the Andes, has donated land

and 20% of the cost for a 4,000 sq. ft. worship center. Your donations have enabled Steps to Life to cover the remaining 80%.

MEXICO

The Lord has opened the way for a tremendous project in Guadalajara. Steps to Life has purchased and is renovating a large building in the center of the city. Jediael Rosales, who has been overseeing the present truth broadcasts (*La Verdad Presente*) will manage the renovation and spearhead the work, which will include the same capabilities as the center in Santa Cruz, Bolivia. Both facilities will be able to supply relatively inexpensive copies of Ellen G. White books, as well as witnessing materials, which previously have been available only in very expensive editions.

GHANA

Joseph Class-Peters has been tasked with finding new office space for our operation in Ghana. He has been shepherding the work there for over two decades and has seen the work grow from a one-man operation to a robust work that now requires the service of a full-time worker for the Bible correspondence school, a full-time Bible worker, and oversight management by Joseph.

ZAMBIA

Henry Mwesa continues his faithful service with a base of operations in Zambia. From here, he also serves Malawi and Mozambique, making

frequent visits to encourage the fellow saints in those countries.

COLOMBIA

Benjamin and Roseann Cortes Bernal have provided many years of faithful service in this portion of the Lord's vineyard, regularly conducting cooking classes and health seminars. They also operate an extensive printing ministry, distributing hundreds of pieces of literature every year. Your contributions enable us to provide monthly support to this faithful couple.

KENYA

An office has been established in Kisii where Zachary Makworo and Moses Asimba are teaching the ministerial training course. As a result of the interests aroused, two churches have been established. The office maintains a library of Spirit of Prophecy publications as reference materials for the students and community at large as well as printing equipment for witnessing materials and *LandMarks*.

INDIA

Using the means that you have given this ministry, we have supported five Bible workers in India for quite a while. In addition, we have supplied funds for printing the STL Bible studies in Telugu, which are widely used by the workers there.

In previous newsletters and in *LandMarks* magazine we have reported more extensively on the work that is developing in each of these areas. It is your support that enables this work to go forward.

The Lord in His mercy has scattered believers throughout the earth to bring the knowledge of His truth to those that are waiting to hear of His gracious invitation to come to Him. To support these and similar mission projects, please mark your donations *Missions*.

Camp Meeting 2022

May 25–28, 2022

After the “Covid break,” Steps to Life is looking forward to hosting a gathering of the faithful on the campus in Derby, Kansas, for its 2022 camp meeting.

The presentations will be live-streamed through our website, as usual, but we are once again welcoming those who long for the personal interaction and opportunities for Christian fellowship that camp meetings always provide.

The event begins Wednesday evening, May 25, at 7:00 pm and concludes Sabbath evening, May 28, 2022.

If you plan to attend in person, please contact our office prior to May 15 to enable us to plan adequately for meals. Breakfasts will consist only of oatmeal, granola, and fruit. The mid-day meals will be served as usual. However, we can ensure meals only for those who pre-register by May 15, 2022.

An order form for CDs and DVDs of the presentations will be included in the July/August newsletter.

Camp Meeting 2022 Speakers Schedule

Wednesday May 25, 2022	Thursday May 26, 2022	Friday May 27, 2022	Sabbath May 28, 2022	Children's Meetings: Barbara VonKriegelstein
Registration begins at 3:00pm	7:00 - 8:00 am <i>Private personal prayer and devotion time in the sanctuary</i>			Juniors/Teens for Christ: To be determined
	Serving Breakfast 8:00 – 8:45 am			
	9:30 - 10:45 Pr. Ivan Plummer	9:30 - 10:45 Pr. Ivan Plummer	9:30 - 10:45 Dr. Henrik Korinth	STL Book Room: North end of Basement
	Break			Music: Sabbath Concert by Winfield Seventh-day Protestant Church
	11:30 - 12:45 Dr. Henrik Korinth	11:30 - 12:45 Dr. Henrik Korinth	11:30 - 12:45 Pr. Ivan Plummer	
	Serving Lunch 12:45 – 1:30 pm			Snackbar: Wednesday: 5:00 – 5:45 pm Thursday: 5:00 – 5:45 pm Friday: 5:00 – 5:45 pm Sabbath: 5:00 – 5:45 pm— complimentary
	2:30 - 3:30 Pr. Ivan Plummer	2:45 - 4:15 Communion/Baptism Pr. Domingo Nunez	2:00 - 3:30 Concert	
	Break		Break	
	4:00 - 5:00 Pr. Domingo Nunez		4:00 - 5:00 Dr. Henrik Korinth	
	Break 5:00 – 6:00 pm	Break 5:00 – 6:00 pm	Break 5:00 – 6:00 pm	
6:00 - 7:00 Pr. Domingo Nunez	6:00 - 7:00 Pr. Domingo Nunez	6:00 - 7:00 Pr. Domingo Nunez Mission Talk		
7:15 - 8:30 Pr. John Grosboll	7:15 - 8:30 John Grosboll	7:15 - 8:30 John Grosboll	7:15 - 8:30 John Grosboll	



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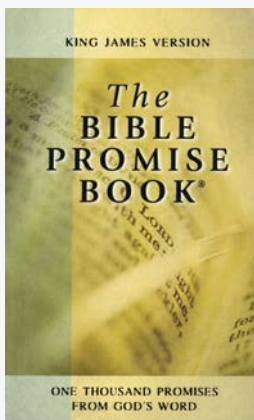
May - June 2022

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