



INVITATION Western Field Conference

Friday, March 8, to
Sunday, March 10, 2024

Leoni Meadows Camp
6100 Leoni Road
Grizzly Flats, California 95636

"The Day of the Lord"

Directions

Be sure to use these directions. GPS directions are not reliable for getting to Leoni Meadows and can make you take two extra hours to arrive! See also the map below.

From the south: Take Interstate 80 to Highway 50 east toward Placerville. Exit at Missouri Flat Road toward Somerset. In Diamond Springs, turn left on Pleasant Valley Road and go 5 miles to Bucks Bar Road. Turn right and go 4.8 miles to Somerset. Go east through Somerset on Grizzly Flats Road and continue for 12.2 miles (road name changes to String Canyon Road at mile 8.6-stay to the left). At the stop sign turn right on Sciaroni Road. Go 0.3 miles to the T and turn left (the green county road sign points to Leoni Meadows). The road

narrows to one lane for 1/4 mile. At the bottom of the hill keep left. This is Leoni Road. Continue for 3 miles to the Leoni Meadows turnoff. Turn right and go 1 mile, past staff houses. The Leoni Lodge (with the office for registration) is the first large building on the left.

Meals

Meals will be Friday dinner; Sabbath breakfast, lunch, and dinner; and Sunday breakfast-5 meals.

ADULTS ages 11 and up: \$16/meal, or \$80 for 5 meals total.

CHILDREN ages 4-10: \$13/meal, or \$65 for 5 meals total.

Lodging

Sleeping accommodations are shared and priced per cabin or lodge room per night. The total price can be divided by the number of people sharing a cabin or

lodge room. That is, if 10 people share a cabin, each can pay \$9 per night.

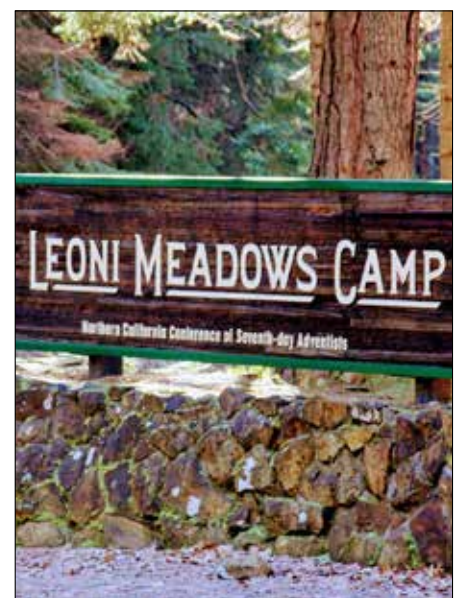
CABIN: \$90/night for up to 10 people; \$180 total for 2 nights. Shower and bathroom are included, as well as a stove, oven, and refrigerator.

Note: Cabins DO NOT have linens or blankets, so please bring your own pillows, blankets, and/or sleeping bags.

LODGE: \$110/night for up to 4 people; \$220 total for 2 nights. Bedding and linens are provided. Shower and bathroom are included.

Reservations

Beginning February 11, make reservations on the Leoni Meadows Camp website (leonimeadows.org/Retreats/RetreatRegistration) or use this link: <https://www.ultracamp.com/info/sessionDetail.aspx?idCamp=40&idSession=459028&campCode=>





Henry Dering
Cameron Park, California

Charles G. Finney, a young lawyer, sat in a village law office in New York one morning. All alone, he seemed to hear a voice:

"Finney, what are you going to do when you finish your schooling?"

"Why, put out my shingle and practice law, I imagine."

"Then what?"

"Build a big, beautiful house and have a family—after I develop my law firm, of course."

"What next?"

"Well, I'll grow old and retire."

"Then what?"

"I'll die."

"And then?"

"The judgment."

Finney recalled a text from childhood: "It is appointed unto men once to die, but after this the judgment." Hebrews 9:27. As he contemplated the solemn thought of a judgment to come, he surrendered his heart to God; and a profound change took place in Finney's life.

Do you realize that you, too, must face the judgment? "For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad." 2 Corinthians 5:10. No one will be overlooked in this matter, and no one is exempt from it. God will judge man, not men their fellowmen. Think for a moment. Someday your whole life will be displayed to the entire universe. Everyone will know what you really are. Does

that make you feel uncomfortable, perhaps afraid? If so, do something before it is too late! Prepare now to be pronounced "not guilty."

When does the judgment take place? Well, one judgment precedes the second coming of Christ. It determines whether you will be saved or lost. "Wait a minute," you may say. "I thought the judgment would take place after Christ's coming." Let me explain. The judgment has three phases. The first phase, the investigative judgment, considers all who have ever professed to be followers of Christ and determines whether or not their names will be kept in the book of life.

The second phase takes place during the millennium, the 1,000-year period after Christ takes the righteous to heaven. During that time, the righteous will investigate the records of the unrighteous and pronounce sentence on them. The execution of those sentences will occur in phase three of the judgment. "And fire came down from God out of heaven, and devoured them." "And death and hell were cast into the lake of fire. This is the second death." Revelation 20:9, 14.

What will happen in the judgment that precedes Christ's second coming? The deliberations began in 1844, as presented in Daniel 8:14. Yes, the investigative judgment is going on now. Writing about our generation, John the Revelator urged, "Fear God, and give glory to Him; for the hour of His judgment is come." Revelation 14:7. Not "may

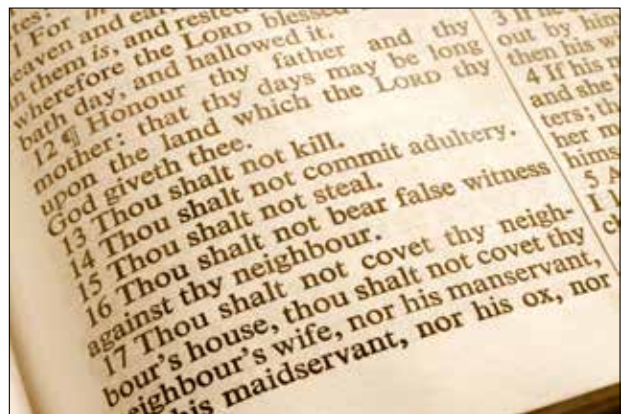
come" or "will come," but "is come." What does this mean? It means that the investigative judgment is now in session in heaven. For 180 years, the judge, jury, witnesses, and defense attorney have been at work.

Come with me. Let's review this heavenly court scene. "I beheld till the thrones were cast down, and the Ancient of days did sit, whose garment was white as snow, and the hair of His head like the pure wool: His throne was like the fiery flame, and His wheels as burning fire. A fiery stream issued and came forth from before Him: thousand thousands ministered unto Him, and ten thousand times ten thousand stood before Him: the judgment was set, and the books were opened." Daniel 7:9, 10 (emphasis supplied).

Here we see God, the Judge, sitting upon His throne. Before Him are thousands and thousands of angels who serve as faithful witnesses. In today's earthly courts of justice, mistakes are made. A fact may be omitted or distorted; a jury, biased. What might result? An unfair trial, in which an innocent man is convicted of a crime he did not commit, or a guilty woman is set free. This will not happen when God does the final judging. His ways are righteous and perfect.

The Bible describes the records used in the judgment. "The books were opened: and another book was opened, which is the *book of life*: and the dead were judged out of those things which were written in the books, according to their works." Revelation 20:12 (emphasis supplied).

The book of life, then, is one of the opened books. It is absolutely essential for a person's name to appear in this book in order to be saved. Any time a person accepts Jesus as his Saviour, that person's name is recorded in the book of life.



There is, however, a possibility for one's name to be blotted out of the book of life. The Bible does not teach "once saved, always saved." Yes, you can fall away from grace if you are not faithful to the end of your life. "He that overcometh," wrote John, "the same shall be clothed in white raiment; and I will not blot out his name out of the book of life,..." Revelation 3:5.

The investigative judgment began with the first name in the book of life—Adam. Next to his name is written "pardon." Although Adam sinned, he truly repented and accepted the precious blood of Christ in his behalf. Adam's name remained in the heavenly record book. Abel's name was also called in the investigative judgment. Because he, too, trusted in God, Abel's name is still in the Lamb's book of life. Many centuries later, Judas Iscariot became a follower of Jesus. However, Judas lost his place in the book of life because he sold his Master for thirty pieces of silver.

How sad, how terrible to have your name removed from such an important record! No longer eligible for eternal life, you are now doomed to eternal death. One of these days, very soon, my name will be called in the heavenly tribunal. If you believe in Christ, your case, too, will be considered. Have you repented of every sin and asked Jesus to forgive you?

Malachi 3:16 speaks of another heavenly record, the book of remembrance. This contains all the good deeds performed by the righteous. "There every temptation resisted, every evil overcome, every word of tender pity expressed, is faithfully chronicled." *-The Great Controversy*, p. 481.

Every time we yield to temptation, however, our sin is accurately recorded in another place, the book of sin. Psalm 51:1, 9; Isaiah 43:25. The holy angels sadly witness every wayward act. Not only do they record our visible actions, but our deepest thoughts are registered as well. God looks directly into our hearts. He sees our envy and lust, even when no one else guesses that such feelings exist—or realizes to what they may lead. "Whosoever looketh on a woman to lust after her," Jesus clearly stated, "hath committed adultery with her already in his heart." Matthew 5:28.

We cannot fool or deceive God. Not ever. "Sin may be concealed," wrote an inspired author. It may be "denied, covered up from father, mother, wife, children, and associates; no one but

the guilty actors may cherish the least suspicion of the wrong; but it is laid bare before the intelligences of heaven. The darkness of the darkest night, the secrecy of all deceptive acts, is not sufficient to veil one thought from the knowledge of the Eternal." *-The Great Controversy*, p. 486. Many centuries ago, the wise Solomon wrote that "God shall bring every work into judgment, with every secret thing, whether it be good or whether it be evil." Ecclesiastes 12:14.

By what standard will each person be judged? Everyone's deeds will be measured by its conformity to God's holy, perfect law—the Ten Commandments. As the apostle James warns, "So speak ye, and so do, as they that shall be judged by the *law of liberty*." James 2:12 (emphasis provided). Imagine! God's law is described as the "law of liberty." Although the Ten Commandments reveal our sins and condemn us to death, they also make us realize our need for the Saviour. Jesus came to this earth for only one reason—to save human beings from eternal death. "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9. What a marvelous promise!

In your heavenly day in court, who will represent you? Who is your defense attorney, your personal lawyer, your advocate? "My dear children," wrote John in another message of entreaty, "I write this to you so that you will not sin. But if anybody does sin, we have an *advocate* with the Father—Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world." 1 John 2:1, 2, *New International Version* (italics supplied).

This very day, Jesus pleads His merits on behalf of His faithful children. Standing before the Father, the Saviour says, "My blood, Father; My blood is sufficient for them." What a wonderful defense attorney we have!

Very soon, however, Jesus will end His work as man's Advocate. The last name will be called, the books will be shut, and the court will close forever. "He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still." Revelation 22:11. When those words are pronounced, the verdict of the judgment of every human being who has ever lived will have been decided, either innocent or guilty.

"The hour of His judgment," I repeat, "is come."

Court is in session. Some names are being cleared; others, condemned. Today, accept Jesus as your Saviour and Advocate. He loves you; He died to save you. Now—this moment—confess your sins to Him as Charles Finney did.

Sister Ellen G. White wrote: "We shall often have to bow down and weep at the feet of Jesus because of our shortcomings and mistakes, but we are not to be discouraged. Even if we are overcome by the enemy, we are not cast off, not forsaken and rejected of God. No; Christ is at the right hand of God, who also maketh intercession for us." *-Steps to Christ*, p. 64.

If you sincerely repent, Jesus will forgive you and defend you. And He will win your case.

God bless you in your walk with Him. May the Holy Spirit touch and soften your heart so that you will fully surrender to Him and be kept faithful to the very end.

"What is the matter with the world today? The ministers have taught the people that the law of God is not binding. But God certainly does not say so, and in the day of judgment that law, written with the finger of God on tables of stone, will condemn all impenitent transgressors.

"The Ten Commandments are an expression of the character of God. It is our duty to obey God's word, to love to do His will. It was ordained by God that faithful ministers should be appointed to study the Scriptures and feed the flock, not with the words of men, but with the living word of God. The Lord is purifying unto Himself a peculiar people, who are to be sanctified and holy, and who are to keep His Sabbath, the seventh day, because He has commanded them to. They are to refuse any interpretation of the Scriptures which makes disobedience a trifling matter. So long as the people of God obey His commandments, walking in the light of His word, they will be prospered; but if they walk contrary to His plain requirements, He cannot give them clear spiritual perception. To those who do not appreciate God's word, the light becomes darkness. They see not His grace. They enjoy not His infinite love." *-Letters and Manuscripts*, vol. 15, p. 1.



*Emil Bainhardt
Western Field Health Leader
Novato, California*

Hippocrates said: "Let food be thy medicine and medicine be thy food."

Food is medicine. It is the cheapest, easiest and most effective medicine on the planet. If we want to feel younger, live longer, and stay healthy, we need to prioritize eating well.

How to eat well as vegetarians

Eat mostly plants. More than half of your plate should be covered with vegetables—mostly non-starchy ones. The deeper the color, the better.

Choose organic and the least contaminated food when possible.

Avoid the dirty dozen, the top 12 fruits and vegetables containing the most pesticides in the year 2023:

- Strawberries
- Spinach
- Kale, collard, and mustard greens
- Peaches
- Pears
- Nectarines
- Apples
- Grapes
- Bell and hot peppers
- Cherries
- Blueberries
- Green beans

4 ways to lower your exposure to pesticides. To reduce your chances of pesticide exposure from the produce that you eat, the Food and Drug Administration suggests the following.

Wash your hands with soap and warm water for at least 20 seconds before and after handling fresh produce.

Rinse your fruit and vegetables before peeling them to reduce the chances of chemicals, dirt, and bacteria getting on your knife from the produce.

Scrub firm produce like cucumbers and melons with a clean vegetable brush.

Use a clean cloth or paper towel to dry your produce and reduce bacteria.

Eat the clean fifteen—produce with the least amount of pesticide residues:

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Sweet peas (frozen)
- Asparagus
- Honeydew melon
- Kiwi
- Cabbage
- Mushrooms
- Mangos
- Sweet potatoes
- Watermelon
- Carrots

Go easy on fruit. Stick with berries, kiwis, and watermelon. Avoid grapes, melons, and other fruit that is high on the glycemic index. Think of dried fruit as candy, and keep it to a minimum.

Eat more foods containing healthful fats—nuts, seeds, avocados, olives, and olive oil. Use extra virgin olive oil at low or no heat, and use avocado oil for higher heat cooking.

Eat more nuts and seeds. Almonds, walnuts, pecans, pistachios, macadamia nuts, Brazil nuts, pumpkin seeds, hemp seeds, chia seeds, and sesame seeds are all great.

If you consume eggs, eat the ones that are pasture raised. They are rich in vitamins, minerals, protein, and more.

Eat only whole grains (not whole grain flours), and avoid gluten. All grains can increase your blood sugar. Stick with small portions (1/2 to 1 cup per meal) of low-glycemic, gluten-free grains like black rice, quinoa, buckwheat, or amaranth.

Eat beans. Lentils are best. Avoid big starchy beans. Beans are great sources of protein, fiber, and minerals, but can cause digestive problems for some people

Stay away from sugar or anything that can increase blood sugar and insulin production, such as refined sugar, flour, refined starches, and refined carbohydrates. The body cannot tell the difference between a bagel and a bowl of sugar once it gets below your neck. Liquid sugar calories are found in soda, energy drinks, sweetened teas, and even fruit juice.

Avoid or limit dairy. Conventional dairy has been linked to inflammation, osteoporosis, autoimmune conditions, allergic disorders, digestive problems, and more. Consider grass-fed dairy or coconut, almond, or cashew yogurt. Try goat or sheep products instead of cow dairy.

Stay away from pesticides, herbicides, antibiotics, hormones, GMO foods, chemical additives, preservatives, dyes, artificial sweeteners, and other junk ingredients.

All about cooking

Use the right fats. For drizzling, use olive oil, sesame oil, flax oil, almond oil, or macadamia oil. For cooking, use avocado or coconut oils.

Lower and slower is better. Focus on lower temperature, slow cooking, and methods that embrace moisture, such as a slow cooker.

Soak for better digestion. Nuts, seeds, grains, and legumes are all healthful whole foods, but they can be more easily digested if they are soaked overnight prior to cooking.

Avoid boiling vegetables, except for soup. When vegetables are submerged in water and boiled, certain nutrients such as B vitamins and vitamin C leach into the water. If you throw out the water, you toss the nutrients. Making soups and stews is a good option, because you consume the nutrient-rich liquid in which the vegetables cook.

From the very first pages of the first book in the Bible, Genesis, to the last chapter in the last book of the Bible, the book of Revelation, we read about the tree of life and the fruit and leaves of it being for the healing of the nations.

"In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations." Revelation 22:2.

References:
EWG-Environmental Working Group
forksoverknives.com
NutritionFacts.org
Dr. Ann Hathaway
Dr. Mark Hyman
Dr. Michael Klaper
Dr. David Perlmutter

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