



AMERICAN UNION WORKERS' SEMINAR

Held October 27-November 1, 2025
Norman College

*Barbara Watts
Norman Park, Georgia*

Fourteen ministers, elders, and Bible workers participated in the American Union Workers' Seminar that was conducted at Norman College in October. The theme was "The Winds of Doctrine," based on Ephesians 4:14: "That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive."

After worship and breakfast, the mornings were filled with doctrinal studies presented by ministers who addressed issues that can test the spirit and learning of gospel workers. The afternoons were spent in groundskeeping and work around the campus. Then the evening worship services consisted of topics about "two's."

Elders Idel Suarez, Jr., and Neptali Acevedo (on Zoom) each presented two studies about the nature of Christ. They addressed His internal temptations, His human nature, how Satan

tried to destroy Him, and the meaning of propensities as opposed to inclinations in Jesus' life and experiences as a Man on this earth.

There were also four presentations about the Holy Spirit, two given by Elder Larry Watts, one by Elder Suarez, and one by Elder Inayat Daniel. They examined the dual nature of the Holy Spirit, His part in the Godhead of the three divine Persons, the pronouns "It" and "He" in reference to the Holy Spirit, and the Biblical symbolism used to explain His work.

Another series of four presentations dealt with the nature of sin. Two of them were presented by Elder Acevedo (on Zoom), and Elders Pablo Hunger and Larry Watts each gave one lecture. There were a definition of sin, an explanation of Psalm 51:5 ("Behold, I was shapen in iniquity; and in sin did my mother conceive me"), and an exposition of original sin, meaning how Adam's sin brought death into the world through his transgression.

In addition to these, Elder Uldarico Alejos addressed the concept of "always saved," Elder Daniel spoke about the rapture, Elder Edison Henriquez laid out what is meant in the Scriptures by predestination, and Elder Ciro Arevalo showed the scriptural concept of speaking in tongues as opposed to a lying spirit.

The topics for the evening worships were four different "two's"—two women (Elder Hunger), two deaths (Elder Arevalo), two Sabbaths (Elder Henriquez), and two tithes (Sister Margie Seely).

There were also times for private counseling, discussion, and interaction. The Sabbath was enjoyed together



with the members of the Norman Park church and family members who came with some of the participants. After the Sabbath school, Elder Suarez presented the sermon on the seminar theme, "The Winds of Doctrine." After fellowship lunch, time was given to share music and testimonies. Some brethren shared inspirational stories that urged the believers to trust in God, no matter what the circumstances.

The morning worship and Sabbath opening and closing services, just like the Sabbath school, were all additional opportunities to receive rich truths that reached into the hearts and minds of the participants. The points of Biblical doctrine that were presented will serve to expand the listeners' own understanding and establish their house of faith on the solid rock, Christ Jesus. This is more important now than ever as the world and its influencers not only turn their backs on the Scriptures and righteousness but also "preach"

every imaginable deception and absolute evil.

No one should be surprised, therefore, when the day of final judgment reveals even more terrible corruption on the part of especially government officials and elites than one could ever imagine. "... Then shall that Wicked be revealed, whom the Lord shall consume with the spirit of His mouth, and shall destroy with the brightness of His coming: Even him, whose coming is after the working of Satan with all power and signs and lying wonders, And with all deceivableness of unrighteousness in them that perish: because they received not the love of the truth, that they might be saved." 2 Thessalonians 2:8-10. There will be and already are revelations of especially cities and governments grinding down the poor and enriching those who are already far beyond wealthy. Furthermore, as new technologies (especially AI) are pushed to become more pervasive

in medicine and every phase of society, education, and "science," it will be seen that that which was regarded as wonderful and the answer to mankind's woes was full of misconceptions and lies. May God preserve His people in that day when every evil will be brought to the light and seen exactly for what it really is.

But what we want to keep before us now and then is the righteousness, love, and holiness of the great Creator and Redeemer. "And He that sat upon the throne said, Behold, I make all things new. And He said unto me, Write: for these words are true and faithful. And He said unto me, I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely. He that overcometh shall inherit all things; and I will be his God, and he shall be My son." Revelation 21:5-7.

True Sanctification

"Such transformation of character as is seen in the life of John is ever the result of communion with Christ. There may be marked defects in the character of an individual, yet when he becomes a true disciple of Christ, the power of divine grace transforms and sanctifies him. Beholding as in a glass the glory of the Lord, he is changed from glory to glory, until he is like Him whom he adores.

"John was a teacher of holiness, and in his letters to the church he laid down unerring rules for the conduct of Christians. "Every man that hath this hope in him," he wrote, "purifieth himself, even as He is pure." "He that saith he abideth in Him ought himself also so to walk, even as He walked." 1 John 3:3; 2:6. He taught that the Christian must be pure in heart and life. Never should he be satisfied with an empty profession. As God is holy in His sphere, so fallen man, through faith in Christ, is to be holy in his sphere.

"This is the will of God," the apostle Paul wrote, "even your sanctification." 1 Thessalonians 4:3. The sanctification of the church is God's object in all His dealings with His people. He has

chosen them from eternity, that they might be holy. He gave His Son to die for them, that they might be sanctified through obedience to the truth, divested of all the littleness of self. From them He requires a personal work, a personal surrender. God can be honored by those who profess to believe in Him, only as they are conformed to His image and controlled by His Spirit. Then, as witnesses for the Saviour, they may make known what divine grace has done for them.

"True sanctification comes through the working out of the principle of love. 'God is love; and he that dwelleth in love dwelleth in God, and God in him.' 1 John 4:16. The life of him in whose heart Christ abides, will reveal practical godliness. The character will be purified, elevated, ennobled, and glorified. Pure doctrine will blend with works of righteousness; heavenly precepts will mingle with holy practices.



"Those who would gain the blessing of sanctification must first learn the meaning of self-sacrifice. The cross of Christ is the central pillar on which hangs the 'far more exceeding and eternal weight of glory.' 'If any man will come after Me,' Christ says, 'let him deny himself, and take up his cross, and follow Me.' 2 Corinthians 4:17; Matthew 16:24. It is the fragrance of our love for our fellow men that reveals our love for God. It is patience in service that brings rest to the soul. It is through humble, diligent, faithful toil that the welfare of Israel is promoted. God upholds and strengthens the one who is willing to follow in Christ's way." —*The Acts of the Apostles*, pp. 559, 560.

The Two Sabbaths

Elder Edison Henriquez
Southeastern Field Vice President
Conroe, Texas
Summarized by Elder Larry Watts

The Sabbath was given before sin entered the world, as a sign of God's creative power. Genesis 1:2-3. Its nature is moral, universal, and perpetual; and it was incorporated into the heart of the Ten Commandments in Exodus 20:8-11. Beginning with the word "Remember," the Sabbath commandment pointed back not only to the creation but also to the Creator Himself. It is the only commandment that contains the name, title, and territory of God: Jehovah, Maker (Creator) of heaven and earth.

Jesus said that "The Sabbath was made for man, and not man for the Sabbath." Mark 2:27-28. By thus referencing the Sabbath, Jesus showed that it was made for all humanity, not just for the Jews. He also confirmed that it was valid after the cross: "But pray ye that your flight be not in the winter, neither on the Sabbath day." Matthew 24:20. The Sabbath will be kept in the new earth, in harmony with its eternal character. "From one Sabbath to another, shall all flesh come to worship before Me, saith the Lord." Isaiah 66:23.

While the foundation of the weekly Sabbath is the creation, the ceremonial sabbaths were part of the ceremonial law. Leviticus 23:24, 27, 32, 39, etc. They were also called sabbaths, or "days of rest," and were connected to annual feasts (Passover, Pentecost, Trumpets, Day of Atonement, and Feast of Tabernacles). These "sabbaths" did not necessarily fall on the seventh day of the week but were on fixed days of the various months. They pointed forward to events in the plan of redemption, were temporary, and were "a shadow of things to come," to be fulfilled in Christ. He came, "blotting out the handwriting of ordinances.... Let no man therefore judge you in meat, or in drink, or in respect of a holy day, or of the new moon, or of the sabbath days." Colossians 2:14, 16-17.

The foundation of the weekly Sabbath day is the creation, not Israel's temporal deliverance. Paul referred to the ceremonial sabbaths, not the Sabbath of creation. The "handwriting of ordinances" was nailed to the cross, for it belonged to the Levitical system.

The Sabbath of creation is eternal. "The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the Decalogue, it is of imperishable obligation. Of that law of which the fourth commandment forms a part, Christ declares, 'Till heaven and earth pass, one jot or one tittle shall in nowise pass from the law.' So long as the heavens and the earth endure, the Sabbath will continue as a sign of the Creator's power. Matthew 5:18." —*The Desire of Ages*, p. 283.

By contrast, the ceremonial sabbaths ended at the cross. "There are many who try to blend these two systems, using the texts that speak of the ceremonial law to prove that the moral law has been abolished; but this is a perversion of the Scriptures. The distinction between the two systems is broad and clear. The ceremonial system was made up of symbols pointing to Christ, to His sacrifice and His priesthood. This ritual law, with its sacrifices and ordinances, was to be performed by the Hebrews until type met antitype in the death of Christ, the Lamb of God that taketh away the sin of the world. Then all the sacrificial offerings were to cease. It is this law that Christ 'took ... out of the way, nailing it to His cross.' Colossians 2:14." —*Patriarchs and Prophets*, p. 365.

Christ upheld the moral Sabbath, not the ritual ones. "The Sabbath was made for man, and not man for the Sabbath," Jesus said. The institutions that God has established are for the benefit of mankind. 'All things are for your sakes....' The law of Ten Commandments, of which the Sabbath forms a part, God gave to His people as a blessing." —*The Desire of Ages*, p. 288.

The Sabbath will be observed in eternity. "And when Eden shall bloom on

earth again, God's holy rest day will be honored by all beneath the sun. 'From one Sabbath to another' the inhabitants of the glorified new earth shall go up 'to worship before Me, saith the Lord.' Isaiah 66:23." —*The Desire of Ages*, p. 283.

Spiritual application

True rest of the soul is found only in Christ, who invites: "Come unto Me, ... and ye shall find rest unto your souls." Matthew 11:28-29. The weekly Sabbath is a reminder of this spiritual rest. Faithfulness to the true Sabbath will be a mark of loyalty to the Creator in the final conflict. "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." Revelation 14:12.

Keeping the true Sabbath is not merely an external act but also a commitment to the God who creates, redeems, and sanctifies.

The seventh-day Sabbath is part of God's eternal covenant with mankind, while the ceremonial sabbaths were shadows pointing to Christ's redemptive work that was ended on the cross.

Today, the true Sabbath remains as the sign of the Creator and Sanctifier (Exodus 31:13)—a weekly reminder that we are the work of His hands, called to live in spiritual rest and loving obedience.

"The laws of sacrificial offerings were typical and were in force until type should reach its antitype in the greater and wholly perfect sacrifice of Jesus Christ. These sacrifices and services of the temple were to cease with the perfect offering of Christ Himself as the Lamb without blemish; these sacrifices were abolished at the cross. This





handwriting of ordinances our Lord did blot out and take away and nail to His cross....

"Satan commenced his rebellion in heaven against Jehovah's law, and he has not ceased this warfare for a moment. He watches every point so that he can, if possible, subvert and make void the law of God. He has sought to blind the minds of men by placing the moral law, engraven on stone, in the place of the ritual, the ceremonial law of ordinances that was to be abolished, nailed to the cross, because type had met antitype, the shadow had reached the substance." —*Manuscript 43*, 1887.

"At His death Christ blotted out the handwriting that was against us, 'and took it out of the way, nailing it to His cross.' Colossians 2:14. In every ceremony, in every sacrifice, His death had been prefigured. He was the foundation of the sacrificial system, which was to last till in His death type should meet antitype. He 'abolished in His flesh the enmity, even the law of commandments contained in ordinances; for to make in Himself of twain one new man, so making peace; and that He might reconcile both unto God in one body by the cross, having slain the enmity thereby.'" —*Letter 51*, 1901.

"The typical service and the ceremonies connected with it were abolished at the cross." —*Review and Herald*, May 29, 1888.

"There are many today who seek to prove that the law of God was abolished at the cross with the abolishment of the sacrificial services of the Jewish dispensation; but the words of John, penned many years this side of the crucifixion, show that the com-

mandments of God were not done away, but are the standard of Christian character by which we are to be judged, and by which we are to fashion our lives if we would enter into the kingdom of Heaven." —*Signs of the Times*, April 13, 1888.

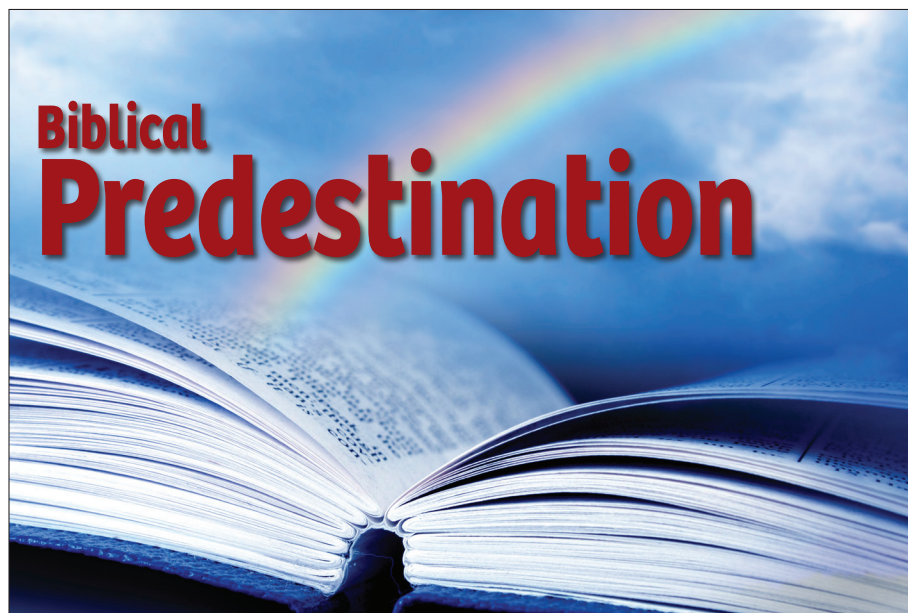
"Said he [John Andrews], 'The Bible mentions two laws. First, there is the great moral law of Ten Commandments, graven on tablets of stone by the finger of God, thus indicating that it is changeless and will endure through endless ages. Second, there is the ceremonial law, which was written by Moses on parchment and given to the Israelites for a time. It consisted of regulations pertaining to the offering of sacrifices connected with their religious service. These sacrifices pointed forward to the Lamb of God who is sacrificed for us. Notice the scripture carefully, and you will see that it is this ceremonial law that was nailed to the cross.'" —*Stories of My Grandmother*, p. 88.

"Seventh-day Adventists prioritize the weekly seventh-day Sabbath, as outlined in the Fourth Commandment. This Sabbath is seen as a timeless reminder of God's creation and a day for rest and worship. It's distinct from the ceremonial sabbaths, which were temporary observances in the Old Testament. Because the ceremonial sabbaths always came on the same day of the month, they would come only occasionally on the 7th day of the week. These annual ceremonial sabbaths were related to the annual feast days as a reminder of what was yet to come. These sabbaths ceased at Christ's death on the cross, in contrast to the biblical seventh-day Sabbath, which exists for eternity." —*Christian Worldview*, p. 85.

"Christ has declared, 'He that believeth on Me, the works that I do shall he do also; and greater works than these shall he do; because I go unto My Father. And whatsoever ye shall ask in My name, that will I do, that the Father may be glorified in the Son.' John 14:12-13. To all who ask in faith will be imparted grace and power in rich measure.

"Our Redeemer desires that we have His praise constantly in our hearts and upon our lips. He desires that we bring Him to the remembrance of the world that has fallen under the curse of sin. He desires that our voices shall be uplifted in joyful praise and thanksgiving. Those who faithfully honor Him from day to day will be clothed with the beauty of holiness.

"During the earthly ministry of our Saviour, His disciples were His constant companions. As He conversed with them, others would overhear His words and would unite with the little company, in order to hear more of the instruction concerning the things of heaven. Thus is the kind of conversation in which the Lord is pleased to have us engage—conversation that will turn the thoughts of the hearers toward heaven. Christ, through the agency of the Holy Spirit, will make impressions upon all who hear. But if our minds are centered on dress, on selfish pleasure, or on trials, and we talk regarding these things, Christ cannot glorify His name and advance the interests of His kingdom by impressing the hearts of those who hear these words. We often lose much by neglecting to improve our opportunities for using aright the talent of speech. Let us learn to praise God for the wondrous work He has done. Let us learn true politeness to God by giving to the people a noble, elevated conception of our heavenly Father whom we profess to love and serve." —*Manuscript 108*, 1904.



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Summarized by Elder Larry Watts

"For whom He did foreknow, He also did predestinate to be conformed to the image of His Son, that He might be the firstborn among many brethren."
Romans 8:29.

The misunderstanding of the Biblical predestination has divided Christians for centuries. Some claim that God sovereignly chooses certain individuals to be saved and others to be lost. This belief is generally known as Calvinism, the belief that human choices are irrelevant because God determines all outcomes.

The Scriptures present predestination as God's eternal purpose to save all who believe in Christ—not a fatalistic predetermined decree. While God knows who will respond to His grace, He does not force the outcomes. He gives each person free will. There is individual responsibility. The moral capacity to accept or reject God's grace is central to Adventist doctrine. Christ died to give every person the ability to choose to accept Him or reject Him.

"The plan of redemption was laid by a sacrifice, a gift.... Christ 'gave Himself for us, that He might redeem us from all iniquity.' Titus 2:14. And as the crowning blessing of redemption, 'the gift of God is eternal life through Jesus Christ our Lord.' Romans 6:23." —*Testimonies for the Church*, vol. 5, p. 730.

"The salvation of the human race has ever been the object of the councils

of heaven. The covenant of mercy was made before the foundation of the world. It has existed from all eternity, and is called the everlasting covenant." —*Our Father Cares*, p. 77.

"In the council of heaven, provision was made that men, though transgressors, should not perish in their disobedience, but, through faith in Christ as their substitute and surety, might become the elect of God.... That which will make a man acceptable to God is the imparted grace of Christ through faith in His name. No dependence can be placed in works or in happy flights of feelings as evidence that men are chosen of God; for the elect are chosen through Christ." —*Our High Calling*, p. 78.

Election is conditional: All who by faith obey God's word will be chosen unto salvation.

"The test of a genuine Christian is given in the word of God. Says Jesus, 'If ye love Me, keep My commandments.' John 14:15....

"Here are the conditions upon which every soul will be elected to eternal life. Your obedience to God's commandments will prove your right to an inheritance with the saints in light. God has elected a certain excellence of character; and every one who, through the grace of Christ, shall reach the standard of His require-

ment, will have an abundant entrance into the kingdom of glory." —*Counsels on Education*, pp. 117-118.

"God has set forth in His word the conditions upon which every soul will be elected to eternal life—obedience to His commandments, through faith in Christ....

"Every soul is elected who will work out his own salvation with fear and trembling. He is elected who will put on the armor and fight the good fight of faith. He is elected who will watch unto prayer, who will search the Scriptures, and flee from temptation. He is elected who will have faith continually, and who will be obedient to every word that proceedeth out of the mouth of God. The provisions of redemption are free to all; the results of redemption will be enjoyed by those who have complied with the conditions." —*Patriarchs and Prophets*, pp. 207-208.

Freedom means personal responsibility. God has not predetermined the ruin of anyone.

"There was no arbitrary choice on the part of God by which Esau was shut out from the blessings of salvation. The gifts of His grace through Christ are free to all. There is no election but one's own by which any may perish." —*Patriarchs and Prophets*, p. 207.

"The destiny of the wicked is fixed by their own choice. Their exclusion from heaven is voluntary with themselves, and just and merciful on the part of God....

"It is in mercy to the universe that God will finally destroy the rejecters of His grace." —*The Great Controversy*, pp. 542-543.

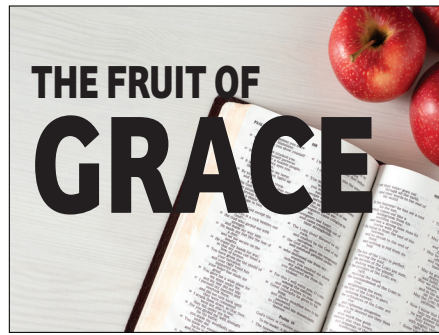
In Biblical predestination, those who accept Christ are predestined to be conformed to His image.



"Words alone cannot tell it. Let it be reflected in the character and manifested in the life. Christ is sitting for His portrait in every disciple. Every one God has predestinated to be 'conformed to the image of His Son.' Romans 8:29. In every one Christ's longsuffering love, His holiness, meekness, mercy, and truth are to be manifested to the world." —*The Desire of Ages*, p. 826.

"There is an election of individuals and a people, the only election found in the word of God, where man is elected to be saved. Many have looked at the end, thinking they were surely elected to have heavenly bliss; but this is not the election the Bible reveals. Man is elected to work out his own salvation with fear and trembling. He is elected to put on the armor, to fight the good fight of faith. He is elected to use the means God has placed within his reach to war against every unholy lust, while Satan is playing the game of life for his soul. He is elected to watch unto prayer, to search the Scriptures, and to avoid entering into temptation. He is elected to have faith continually. He is elected to be obedient to every word that proceedeth out of the mouth of God, that he may be, not a hearer only, but a doer of the word. This is Bible election." —*Testimonies to Ministers and Gospel Workers*, p. 453.

Predestination is not an arbitrary selection of individuals; rather, it is a loving, divine plan that seeks to restore the image of God in humanity. Those who accept Christ are predestinated to be conformed to the image of His Son. Divine predestination does not nullify human freedom of choice but ennoble it and directs it toward the eternal purpose of redemption. God predestinated the plan of salvation, not individuals who are condemned to death. All are invited to accept Christ's sacrifice, but only those who freely believe in Him will be saved. Biblical predestination guarantees the purpose, mission, and ultimate victory of all who choose to be in Christ.



"Christians are to show that the law of God is not only to be believed theoretically, but is to be acted out in the life as a living principle. They are to show by their lives that the law is written in their hearts. Thus they may represent the Redeemer. Thus they may show that they have the mind of Christ and are doing the works of Christ.

"Those who claim to have light on the Word of God are to manifest to the world the influence and power that this light has upon the character. If it makes no decided change in us, it is of no value to us. We are like salt which has lost its savor and is good for nothing. We do not reveal to the world any saving, redeeming qualities.

"Mark carefully the following words: 'Now He that ministereth seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness; being enriched in everything to all bountifulness, which causeth through us thanksgiving to God'—thanksgiving offered by those we have helped from love to God.

"The doing of the law of God is the fruit of His grace in the heart. Obeying this law, we daily remember that God is the Giver of all we hold in trust. He provides us with all we have. It is because of His mercy and love that we have strength to labor. He opens up ways by which we may gain earthly treasure, not that self may be exalted, not that the treasure obtained may be hoarded up, but that God's name may be glorified, that the needy may be helped, that God's treasury may be provided with that which He claims in gifts and offerings, that the work of uplifting the cross of Christ in regions beyond may move forward.

"Upon all who consecrate themselves to God as laborers together with Him is laid the responsibility of guarding the interests of His cause and work. They

are to live the truth which they claim to believe. They are to keep Christ constantly before them as their pattern, and by their good works cause praise to flow forth from hearts hungering and thirsting for the bread of life. Not only are they to minister to the spiritual needs of those they are seeking to win to Christ, they are to supply their temporal necessities. This work of mercy and love is ever presenting itself, and by doing it faithfully, God's servants are to show what the gospel has done for them. They are to be faithful stewards, not only of gospel truth, but of all the blessings given them. Not only are they to speak words of sympathy, by their deeds they are to demonstrate the sincerity of their love.

"The administration of this service not only supplieth the wants of the saints, but is abundant also by many thanksgivings unto God.' It warms the heart and awakens the soul, filling it with gratitude to God. 'By the experiment of this ministration they glorify God for your professed subjection unto the gospel of Christ, and for your liberal distribution unto them, and unto all men; and by their prayer for you, which long after you for the exceeding grace of God in you.'

"This work is a savor of life unto life. It is an 'experiment' which will always produce the very best kind of results, not only in the receiver, but in the giver.

"Men and women may shun the reproach they are called upon to bear for Christ's sake; they may do the works of transgression, but as surely as they do this, they will receive the reward of the evildoer. They may climb to places of distinction, they may stand high in the literary world, and with proud superiority they may resist the truth of heavenly origin; but in the end they will lose all. Man's happiness and salvation depend upon eating the bread of life, that is, obeying the words and doing the works of Christ, advancing righteousness and restraining unrighteousness. Nothing can give such self-reliance, such courage, such an increase of talent and ability, as a true estimate of the requirements of God's law. Nothing will give such firmness and confidence, such an appreciation of the talents bestowed on us, as a realization that we are 'laborers together with God,' and that we must have respect unto all His commandments." —*Signs of the Times*, August 8, 1900.



About Plastic ... Did You Know?

Barbara Watts
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When did you first hear about plastic pollution? Toxins, yes. Heavy metals, yes. Dangerous chemicals, yes. We have known about these for decades. Avoiding pollution and toxins is one reason why people have moved away from cities and industrial areas.

But then I read that diabetes can be caused by PM2.5. What is that? The definition, courtesy of Google's AI, is: "PM2.5 particles are tiny airborne particles measuring 2.5 micrometers or less in diameter, small enough to be seen only with an electron microscope. These particles, also called fine particles, can come from sources like motor vehicle emissions, industrial processes, wildfires, and wood burning. Due to their size, they can be inhaled deep into the lungs and enter the bloodstream, posing significant health risks, including heart and lung diseases." How far can they travel? When airborne, they are so tiny and light that they can travel hundreds or thousands of miles from their source and remain suspended in the air for days, weeks, and even months. One might be able to minimize and avoid a certain amount of such pollution, but it is not possible to escape it.

And what about plastic? An article titled "The Invisible Everyday Toxins (And How to Fight Them)," by Doug Evans, author of *The Sprout Book*, caught my attention. Put that title in your online browser, and you can read it. He writes about phthalates, flame retardants, pesticides, and also plas-

tic. Micro- and nanoplastics have been studied especially in the last five years or so, and recently I have come across more and more reports about them.

A lot has been reported about the oceans suffering from the dumping of plastic. According to Conservation International, "Up to 12 million metric tons: That's how much plastic we dump into the oceans each year. That's about 26 billion pounds—or the equivalent of more than 100,000 blue whales—every single year. By 2050, ocean plastic will outweigh all of the ocean's fish." Such waste lies even at the bottom of the deepest ocean trenches. This is visible plastic. It is bad enough and deadly enough.

However, plastic does not dissolve into natural earth elements. Made from petroleum, it just breaks and gets smaller and smaller until it can-

not be seen without using an electron microscope. Researchers have found micro- and nanoplastics building up in the human heart, lungs, brain, kidneys, stomach, liver, lymph nodes, reproductive system, placenta, and bodily fluids. Plastics are in animals and plants, too. They are even in our cells—everywhere. A 2024 study found a range of 110,000 to 370,000 particles in a single liter of bottled water, with 90 percent of them being nanoplastics. "Microwaving plastic baby food containers can release billions of nanoplastics, with one study finding over 2 billion nanoplastics and 4 million microplastics per square centimeter of plastic after 3 minutes of heating." —Google.com.

Help the body's detoxification system

It is very wise to avoid ingesting as much plastic as possible. But what can be done to help get it out of your body once it is there? Doug Evans addressed this question in his article. Our bodies were created with a detoxification system that runs around the clock. The process is built into our cells—breaking down fat-soluble toxins into more reactive forms and then safely eliminating them. There is a protein that acts like the conductor of this whole system; it senses danger and switches on over 200 protective genes.

But, "Modern toxins are low-level and constant. Your body was not designed for microplastics or PFAs. Over time, this slow drip of exposure depletes

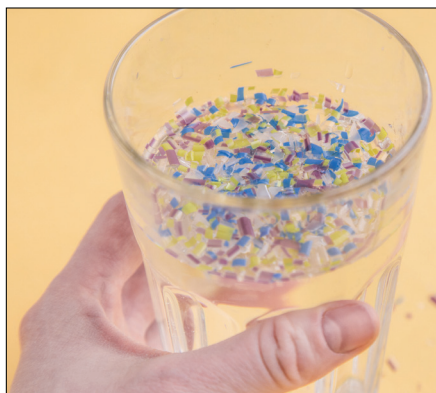


your internal resources and makes the system less effective."

Sulforaphane, which is found in cruciferous vegetables (cabbage, broccoli, cauliflower, brussels sprouts, kale, bok choy, arugula, radishes, turnips, collard greens, and mustard greens), can be a help. It is activated by an enzyme called myrosinase and boosts the detoxification and antioxidant pathways, quiets pro-inflammatory signals, and supports cellular resilience, including mitochondrial health and DNA repair.

We need to pray for wisdom, to become aware, and to make changes, even small ones, including the following:

- Ventilate when cooking
- Reduce the use of plastic
- Do not microwave food in plastic containers
- Clean house regularly with a HEPA vacuum and damp cloth to capture dust
- Buy organic produce, avoiding the Dirty Dozen and prioritizing the Clean 15
- Learn how to garden, preserve, and prepare home-grown whole foods
- Eat fruits and vegetables with deep colors (berries, peppers, greens)
- Eat foods that build and detox the body (nuts, seeds, garlic, onions, beans)
- Sprout seeds (especially organic broccoli seeds), as found in Doug Evans' book and website (thesproutingcompany.com) and those of others



- Consider sulforaphane supplements, containing a natural source of glucoraphanin and active myrosinase enzyme

All nature suffers because of the actions and attitudes of especially large corporations, governments, and societies that produce toxins and waste beyond measure. How much of this have we all unwittingly participated in (think cars, cell phones, machines, gadgets, etc.)? "For we know that the whole creation groaneth and travaileth in pain together until now." Romans 8:22. This is another reason to live as simply and naturally as possible. "... Be content with such things as ye have: for He hath said, I will never leave thee, nor forsake thee." Hebrews 13:5.

We long for Jesus to come and finish Heaven's great plan of redemption. We will be spared a lot of sickness and suffering by following the divine instructions. Let us carry out His every will with gratitude in our physical, mental, and spiritual being.



We can provide powerful nutrients to help our bodies remove plastics and other pollutants by eating especially broccoli sprouts every day; they can even be made into pesto!

Dirty Dozen 2025

These are the 12 conventionally grown fruits and vegetables with the highest levels of pesticide residues in 2025:

- Spinach
- Strawberries
- Kale, collards, and mustard greens
- Grapes
- Peaches
- Cherries
- Nectarines
- Pears
- Apples
- Blackberries
- Blueberries
- Potatoes



Clean 15 2025

These are the 15 fruits and vegetables with the lowest levels of pesticide residues:

- Pineapple
- Sweet corn (fresh and frozen)
- Avocados
- Papaya
- Onions
- Sweet peas (frozen)
- Asparagus
- Cabbage
- Watermelon
- Cauliflower
- Bananas
- Mangoes
- Carrots
- Mushrooms
- Kiwi



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