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Christ Our Life

A special message for the new year

Ellen G. White

"Marvel not at this; for the hour is coming in the which all that are in the graves shall hear His voice, and shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation." John 5:28, 29.

This statement was called out by a remark previously made with reference to the salvation of the soul. Jesus was presenting before His hearers, the Pharisees and Sadducees, the great principles of true religion; for they had become corrupt through sin, and were ignorant both of the Scriptures and the power of God. He would impress upon His hearers that all who will finally be heirs of the kingdom of heaven must be satisfied with nothing short of a conversion, a moral change, which is equal to a new creation.

The scribes and Pharisees listened in amazement to such words as these: "Verily, verily, I say unto you, He that heareth My word, and believeth on Him that sent Me, hath everlasting life, and shall not come into condemnation, but is passed from death unto life." The conversion of the soul is, as it were, a resurrection from the dead. It is like a re-creation to those, who, through the transforming power of the grace of God, have passed from death unto life. Those who listened to the Saviour's words did not believe

them. They said in their hearts, This is an impossibility. Jesus discerned their incredulity, and added: "Verily, verily, I say unto you, The hour is coming, and now is, when the dead shall hear the voice of the Son of God; and they that hear shall live."

Now we want to keep in mind these two great facts: the change that takes place at conversion, and that which takes place at the resurrection of the dead. There are but two classes brought to view in the text. They are not divided into many grades, one composed of very great sinners, another of persons not so guilty, and still others of persons a little less guilty; but the two classes stand distinct. They are those who have accepted Christ, and those who have not.

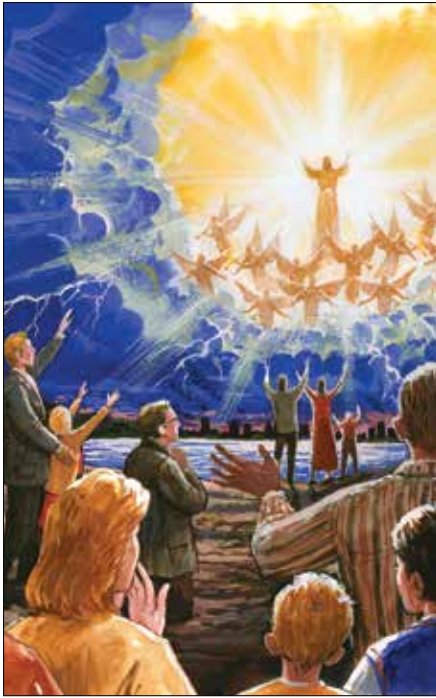
There is no way to reach the city of God but by the cross of Calvary. As we lift this cross, which is covered with shame and reproach in the eyes of men, we may know that Christ will help us; and we need divine aid. The sinner has lived in sin; he must die to sin, and live a new life of holiness to God. Paul wrote to the Colossians: "Ye are dead, and your life is hid with

Christ in God." The apostle here refers to the death to sin, the death of the carnal mind, and not to the death of the body.

Let me emphasize the importance of making Christ our hope and refuge every day of our lives. It is a pleasing fable that is presented to us in this age, that if we only believe in Christ, that is all that is required; works have nothing to do with our acceptance with God. Many trample the law of God under their feet, cherishing in their hearts the delusive thought that



it is not binding on them. This is not the truth. In the resurrection all will come forth, they that have done good and they that have done evil, and the fate of each will be decided according as his works have been. All good works spring from genuine faith, and the fruits in the works show the character of the faith. Hence it is by our works that we shall be judged.



We each have a work to do in character building. As we advance in this work, Satan stands ready to oppose us, and there are crosses to take up, and obstacles to be overcome; but our efforts may be a success. When we take hold on the merits of Christ, we shall overcome. He has made it possible for everyone to gain eternal life. Many, looking forward to the solemn realities of the future, tremble in their hearts as they question, How will it be with me in the judgment? To what fate shall I awaken, when all that are in their graves shall hear the voice of the Son of God, and they that hear shall live? This is a question for us to decide each for himself. All stand on an equal footing. We are all free moral agents; we may accept God's terms—keep His commandments and believe on Christ—and live; or we may disbelieve, pursue our own course, and perish.

The distance from earth to heaven may seem very great, for sin has fixed a great gulf; it has separated man from God, and has brought woe and misery upon the human race. But Christ throws Himself into the gap. He it is that opens communication between man and God. He is the ladder that Jacob saw in his vision, the base resting on the earth, and the top reaching into the highest heaven. When He bowed upon Jordan's bank, the heavens opened before Him, and a voice was heard, saying, "This is My beloved Son, in whom I am well pleased. Hear ye Him." The Spirit of God, like a dove

of burnished gold, descending, rested upon the divine Mediator, and communication between heaven and earth, broken off because of sin, was resumed, and heaven opened before the transgressor.

The God of the universe has given our cases in the judgment into the hands of His Son, One who is acquainted with our infirmities, and knows that we are but dust. He has taken our nature upon Him, and has Himself felt the force of our temptations; He has borne our griefs, and carried our sorrows. When man rebelled, Christ became his surety and substitute. He undertook the combat with the powers of darkness; and when through death He destroyed him that had the power of death, the highest honors were bestowed upon Him. He ascended up on high, He led captivity captive, and sat down at the right hand of God—the very Jesus who had borne the curse of sin for us. And there was given Him a name that is above every name, that at the name of Jesus every knee should bow. To Him God has delegated His power; He has the keys of death and the grave.

And they that are in their graves shall hear His voice, and shall come forth. Jesus shall come, and the angels of God with Him; and the glory of His appearing shall flash on human eyes as the vivid lightning or as a consuming fire. He will descend with a shout and with the voice of a great trumpet, and those that hear that vivifying voice will spring rejoicing from the grave. And they will recognize the voice that awakens them to immortal life as that of Him who said, "Come unto Me, all ye that labor and are heavy laden, and I will give you rest." It is the voice of Him who stood with tear-dimmed eyes at the grave of Lazarus, and who wept over Jerusalem, saying, "O Jerusalem, Jerusalem, thou that killest the prophets, and stonest them which are sent unto thee, how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not." The last thing that the dying saint recognized as he fell under the power of the destroyer was the pangs of death; but as he springs from his dusty bed he exclaims, "O death, where is thy sting? O grave, where is thy victory?" It is then that Christ is admired of all them that believe.

Now we have opportunity to prepare for the solemn scenes before us. We may be converted to God, and have a change of character; but when Christ shall come there will be no time for this. The change then will be with our bodies. "This corruptible must put on incorruption, and this mortal must put on immortality." A new year is opening before us, and what shall its record be? You look back upon the past year, and you see many things that you would be glad to have different, that you wish had been better. How will it be with the new year that is just opening? Shall we not at its commencement present ourselves to God, an acceptable offering, to work, to suffer, and to endure according to His will? Shall we not, every one of us, live a life of faith in the Son of God? We cannot afford to live a single day in sin; for "the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." Then let us so live that when He comes He may crown us with glory, honor, immortality, and eternal life.

More than eighteen hundred [now nearly two thousand] years have elapsed since He who spake as never man spake, and could utter only truth, declared: "The hour is coming in the which all that are in the graves shall hear His voice, and shall come forth." The trumpet of God has not yet sounded; that voice so full of power has not yet penetrated the sepulchers; that hour so full of promise to the people of God has not yet arrived; but it must come, it is not far in the future. Some of us will doubtless be living when the voice that is heard everywhere, even to ocean depths and the sunless caverns of earth, shall be heard, echoing from sea to sea, from valleys and from mountains, calling to life the sleeping dead. There will be a reappearance of every human being that has gone into the grave. The aged who sank under the hand of death with the burden of years upon them, manhood in its prime, youth in the early bloom of life, and the little child—all shall awake, and shake off the fetters of the tomb. But not all shall awake to everlasting life. "Whosoever was not found written in the book of life was cast into the lake of fire." "Blessed and holy is he that hath part in the first resurrection; on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with Him a thousand years." —*Bible Echo and Signs of the Times*, January 15, 1889.

More about Plastic ...

What does it do to the brain?



Barbara Watts
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In the November 2025 issue of the *American Union Newsletter*, I wrote about microplastics and nanoplastics and how they are increasing not only in the environment but also in living things. They are so small that they enter living cells, including those in the brain.

The question we ask now is, What happens when microplastics enter the body, especially the brain? An article by a News Staff writer at Natural-Health365.com told of research that was published in *Molecular and Cellular Biochemistry*. I want to share this information with the readers of the *Newsletter*, not just to inform but to pass along ways to avoid microplastics and remove them from your body. The research confirmed that microplastics “accumulate in organs, particularly the brain. Scientists examining brain tissue found microplastic concentrations increased by 50 percent between 2016 and 2024, with the highest levels detected in the frontal cortex, the region responsible for cognitive function.

“The implications extend far beyond simple accumulation. More than 57 million people worldwide live with dementia, with Alzheimer’s and Parkinson’s cases projected to rise sharply. The possibility that microplastics could accelerate these devastating diseases represents a major public health concern that Western medicine continues to ignore.

“Research uncovers five pathways microplastics use to damage brain cells

“Scientists identified five distinct mechanisms through which microplastics harm the brain: triggering immune cell activity, generating oxidative stress, disrupting the blood-brain barrier, impairing mitochondria, and directly damaging neurons. These pathways work together, creating cascading damage throughout brain tissue.

“**Microplastics weaken the blood-brain barrier**, making it permeable to inflammatory molecules and immune cells that would not normally access brain tissue. Once this protective barrier is compromised, the brain’s immune cells treat microplastics as foreign invaders and mount an attack, triggering chronic inflammation that destroys healthy neurons.

“The oxidative stress pathway proves particularly destructive. **Microplastics increase unstable molecules called reactive oxygen species** while simultaneously weakening the body’s antioxidant defenses, the systems that normally neutralize these damaging molecules. This creates an environment where cellular damage accelerates unchecked.

“Mitochondrial dysfunction adds another layer of harm. Microplastics interfere with how mitochondria produce energy, reducing the supply of ATP that fuel cells require to function. This energy deficit weakens neuronal

activity and ultimately damages brain cells, setting the stage for neurodegenerative disease.

“Specific connections to Alzheimer’s and Parkinson’s are emerging from research

“The study reveals that microplastics contribute to Alzheimer’s disease by triggering an increased buildup of beta-amyloid plaques and tau proteins, the hallmark features of the disease. In Parkinson’s disease, microplastics promote aggregation of alpha-synuclein and damage dopaminergic neurons, the exact pathology observed in patients.

“Brain tissue analysis from individuals with documented dementia showed **significant microplastic accumulation in immune cells and cerebrovascular walls**, suggesting these particles concentrate in regions already experiencing inflammation and vascular problems. The frontal cortex samples revealed particularly high concentrations, directly correlating with the cognitive decline characteristic of dementia.

“Researchers found that microplastics can cross the blood-brain barrier within just two hours of oral ingestion, bypassing it through multiple mechanisms. Even more concerning, inhaled microplastics can traverse the nasal cavity and reach the olfactory bulb, providing a direct route that completely bypasses protective barriers.

“Natural strategies to reduce exposure and support brain detoxification

“To minimize microplastic intake while supporting your body’s natural detoxification systems, consider the following actions:

“**Eliminate plastic from food contact:** Replace plastic containers with glass or stainless steel, avoid plastic cutting boards, and choose fresh, whole foods over packaged products. Stop microwaving food in plastic, as heat accelerates chemical leaching. Skip takeout in plastic containers when possible.

“**Choose natural fibers exclusively:** Synthetic clothing releases microplastic fibers with every wash and through



normal wear. Select cotton, linen, wool, and other natural fabrics. Avoid using clothes dryers, which accelerate fiber breakdown and release.

"Filter your water properly: Install high-quality water filters that remove microplastics. Avoid drinking from plastic bottles, especially those ex-

posed to heat or sunlight.

"Support cellular detoxification: Include organic cruciferous vegetables, such as broccoli and Brussels sprouts, rich in sulforaphane, to enhance liver detoxification. Ensure adequate glutathione production by supplementing with N-acetylcysteine. Consume selenium-rich foods such as Brazil nuts, and consider binding agents that help remove accumulated toxins.

"Reduce inflammation naturally: Consume anti-inflammatory omega-3 fatty acids from wild-caught fish [or seeds (flax, chia, hemp), nuts (walnuts), plant oils (organic, unrefined, cold-pressed olive, avocado, or coconut)], incorporate turmeric with black pepper to

enhance absorption, and ensure adequate vitamin D levels by testing and supplementation.

"Discover the brain protection strategies Western medicine ignores

"The microplastic-brain connection reveals how environmental toxins that Western medicine dismisses are driving the dementia epidemic. Conventional approaches ignore root causes, focusing instead on pharmaceutical management after the disease develops."

The website at NaturalHealth365.com, YouTube, and other websites offer information and even seminars featuring leading brain health experts who recommend what to do for cognitive protection. Be sure to share this health information with your family, friends, and acquaintances. May God protect you and your dear ones!

Health Is a Treasure

"Our first duty to God and our fellow-beings is in self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable. In order to purify and refine our characters, we need the grace given us of Christ that will enable us to see and correct our deficiencies, and improve that which is excellent in our characters. This work, wrought for ourselves in the strength and name of Jesus, will be of more benefit to our fellow creatures than any sermon we might preach to them. The example of a well-balanced, well-ordered life is of inestimable value." —*The Health Reformer*, April 1, 1877.

"The youth, in the freshness and vigor of life, little realize the value of their abounding energy. A treasure more precious than gold, more essential to advancement than learning or rank or riches—how lightly it is held! how rashly squandered!...

"In the study of physiology, pupils should be led to see the value of physical energy and how it can be so preserved and developed as to con-

tribute in the highest degree to success in life's great struggle.

"Children should be early taught, in simple, easy lessons, the rudiments of physiology and hygiene. The work should be begun by the mother in the home and should be faithfully carried forward in the school. As the pupils advance in years, instruction in this line should be continued until they are qualified to care for the house they live in. They should understand the importance of guarding against disease by preserving the vigor of every organ and should also be taught how to deal with common diseases and accidents....

"There are matters not usually included in the study of physiology that should be considered—matters of far greater value to the student than are many of the technicalities commonly taught under this head. As the foundation principle of all education in these lines, the youth should be taught that the laws of nature are the laws of God—as truly divine as are the precepts of the Decalogue. The laws that govern our physical organism, God has written upon every nerve, muscle, and fiber of the body. Every careless or willful violation of these laws is a sin against our Creator....



"The influence of the mind on the body, as well as of the body on the mind, should be emphasized.... The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, or impurity, and, on the other hand, the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be shown." —*Education*, pp. 195-197.

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