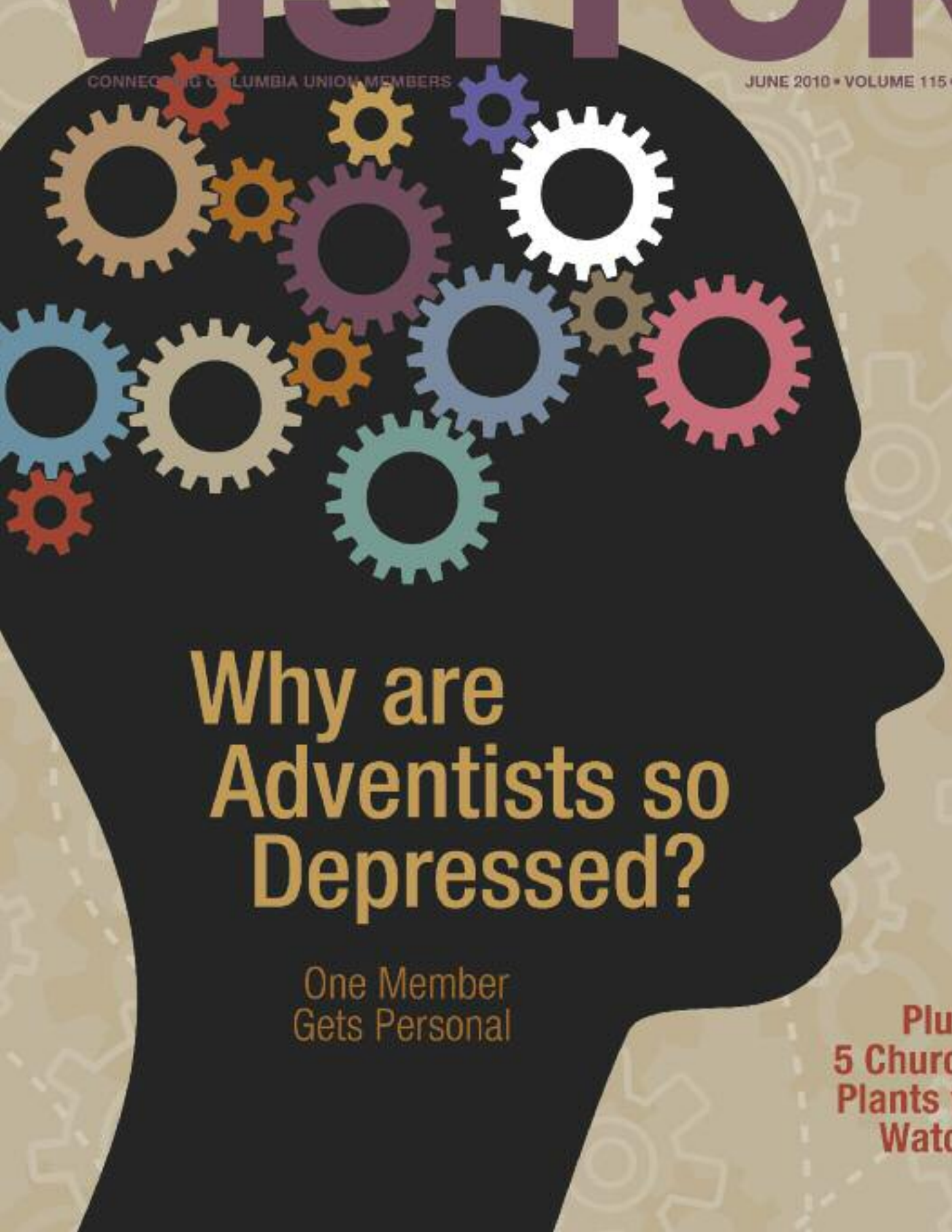


# VISITOR

CONNECTING COLUMBIA UNION MEMBERS

JUNE 2010 • VOLUME 115 • ISSUE 6



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One Member  
Gets Personal

**Plus:  
5 Church  
Plants to  
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### GC Session Coverage

Can't attend GC Session in Atlanta, June 23-July 3? We've got you covered with news via our website, email, Twitter, podcasts and video, plus a wrap-up in our August *Visitor*. Here are the links—stay connected!

Website – [columbiaunion.org](http://columbiaunion.org)

Email News – [columbiaunion.org/email](mailto:columbiaunion.org/email)

Twitter – [twitter.com/VisitorNews](https://twitter.com/VisitorNews)

## Would Jesus Tweet?

Three years ago on this page, I challenged our church to use the Internet to nurture members and share Christ. After all, I didn't want my church to be slackers on the Information Super Highway. I'm happy to report that we're doing some pretty cool things online:



**WEBSITES** – While some still display electronic billboards, many churches and ministries maintain up-to-date, interactive sites that welcome surfers. Thanks to online editor Carlos Medley, the *Adventist Review's* award-winning site, [adventistreview.org](http://adventistreview.org), which attracts 75,000 unique visitors a month, is the standard.

**EMAIL** – Gone are the days of plain text. Steeped in color and loaded with links, our email news now comes imbedded with podcasts, videos and advertisements. Loren Seibold, senior pastor of the Worthington (Ohio) church, sends his Best Practices for Adventist Ministry email to 6,000 pastors and other subscribers.

**FACEBOOK** – With more than 71 million of us using Facebook, it's good to see schools like Pennsylvania Conference's Blue Mountain Academy reaching out to alumni and doing what I call "Facebook Marketing." Thanks to the work of Advancement director Kathleen Sutton, my alma mater can easily tap into the resources of its more than 900 friends.



**TWITTER** – It may be new, but nearly 20 million people are microblogging in 140 characters or less. While the world organizes political uprisings, garners support for charities, and even announces snowball fights to rapt "followers," our churches tweet news, promote events and—like Ohio Conference president Raj Attiken—connect with members.

**WEBINARS** – In January AdventSource asked Potomac Conference pastor Kermit Netteburg and me to do a live, online seminar on raising public awareness. There were no travel expenses or registration fees, and with only one week's notice, over 400 people signed up.

I'm even more amazed by *TechTalk*, a monthly, interactive webinar hosted by Allegheny West Conference communication director Bryant Taylor and Allegheny East Conference member and Web developer Damian "Chip" Dizard. Watch June 15, 8-9 p.m., ET, at [adventistcommunicator.org/techtalk](http://adventistcommunicator.org/techtalk).

**PODCASTS** – Lots of churches podcast sermons on iTunes. Taashi Rowe produces our monthly podcast, which shares news, interviews and spiritual commentary at [columbiaunion.org/podcasts](http://columbiaunion.org/podcasts). We're also embedding short soundbites and interviews in our *Visitor News Bulletin* emails (sign up at [columbiaunion.org/email](http://columbiaunion.org/email)).

**YOUTUBE** – When I learned that YouTube attracts 2 billion (yes!) users a day for an average of 15 minutes, I was glad that our church has a channel called Adventists About Life, which features short interviews and commentaries from Adventist leaders who share our official beliefs about racism, pollution, poverty, freedom and other timely topics. Recognition also goes to the New Jersey Conference, which broadcasts the gospel 24/7 in English and Spanish, thanks to the hard work of Jorge Pillco, assistant to the president for Media Ministries.

**APPS** – Need to study your Sabbath School lesson? There's an App for that. In fact, there are 200,000 Web applications developed specifically for the world's 3 million iPhone users. The Sabbath School one features podcasts, video and a link to the lesson study. Amazing Facts and Voice of Prophecy also have Apps, and there's one being developed for this month's 59th General Conference Session in Atlanta ([gcsession.org](http://gcsession.org)).

Just like Jesus did while on Earth, I'm glad to see our church using every available form of communication to make connections. Even Twitter.

Visitor editor and publisher Celeste Ryan Blyden ([cryan@columbiaunion.net](mailto:cryan@columbiaunion.net)) is thankful for life, health, family, and text messaging!

CELESTE RYAN BLYDEN

### Kettering CEO to Retire

After 35 years in healthcare administration, Francisco J. “Frank” Perez, CEO of Ohio-based Kettering Adventist HealthCare (KAHC), has announced plans to retire. Perez, a graduate of Washington Adventist University, came



to Kettering, Ohio, in April 1994 as president and CEO of KAHC and its flagship hos-

pital, Kettering Medical Center. Under his leadership, KAHC—one of two Seventh-day Adventist healthcare systems in the Columbia Union Conference territory—grew into an award-winning network that comprises some 60 facilities, including six acute care hospitals, a behavioral medicine hospital and Kettering College of Medical Arts. This year the network, which has 9,300 employees, 1,500 physicians and 1,000 volunteers, was named one of the Top 10 Health Systems in the United States by Thomsen Reuters, which analyzes the quality and efficiency of 252 health systems nationwide. They applauded Kettering “for raising the level of quality across our communities and for serving as an example for others to consider and for researchers to study.”

Reflecting on his 16-year tenure at Kettering, Perez says, “I have been very blessed in meeting and working with amazing, talented people accomplishing dreams that we dared to dream, but that all came true. I feel that we have significantly improved the environment for our healthcare teams

and physicians and especially for the patients we all dedicate our lives to caring for.”

Columbia Union Conference President and KAHC Board chair Dave Weigley, who has worked with Perez since 2006, expressed appreciation for his innovative leadership: “He never sits back and says, ‘That was good enough, we can rest now,’” Weigley said recently. “He continuously pushes himself and the entire organization to excel, no matter what we achieve, because we can always improve.”

Weigley says Perez plans to retire in May 2011, which leaves the board ample time to select a successor and facilitate a smooth transition.

### FCC Rule Impacts Churches and Schools

Under a new Federal Communications Commission (FCC) rule, anyone using a wireless microphone that operates in the 700 Mhz Band must stop using it by June 12. The FCC is allocating this frequency to public safety entities—police, fire and emergency services—as well as commercial providers of wireless services, such as AT&T, Verizon, etc. While the



ban only applies to wireless microphones that operate in the 700 Mhz Band—between 698 and 806 MHz—churches, schools, conference offices and other organizations using it could hamper the work of public safety officials.

“This largely affects those who have had their equipment for five

or more years,” says Harold Greene (bottom), director of Information Technology Services for the Columbia Union Conference. Find a comprehensive list of microphones that operate at the newly banned frequency at [fcc.gov/cgb/wirelessmicrophones](http://fcc.gov/cgb/wirelessmicrophones).

### Documentary Aired on PBS 300 Times

Reports from Trac Media, a media monitoring service, indicate that the documentary *The Adventists* aired on local PBS stations across the United States more than 300 times this past spring and has likely been viewed



by millions. The film, produced by Journey Films founder Martin Doblmeier, premiered in April on PBS member stations, and some aired it two and three times. “This gives the Seventh-day Adventist Church positive exposure to the largest audience in North America in the church’s history,” says Fred Kinsey, communication director for the North American Division.

The 60-minute film and additional special features, lauds the Adventist health message and ministry, chronicles the history of the Adventist faith and investigates the reasons why Adventists are among the longest living people in the world.

Columbia Union Adventists organized screenings and

discussions with Doblmeier in Baltimore; Cleveland; Kettering, Ohio; Richmond, Va.; Newark, N.J.; Philadelphia and Washington, D.C. At the D.C. premiere held at Sligo church in Takoma Park, Md., leaders from the Columbia Union Conference, Adventist HealthCare, Potomac Conference, and Washington Adventist University thanked Doblmeier for making the film and presented him with an award of recognition (opposite page, holding award).

On June 30, Doblmeier will participate in a special screening at the General Conference Session in Atlanta. DVDs are now available at Adventist Book Centers.

### Alumni Convene Think Tank on Adventist Education

“This gathering is not about pining, throwing stones or remembering yesteryear,” announced Gordon Bietz. “It’s about finding solutions.”

Bietz, president of Southern Adventist University (Tenn.), was speaking to nearly 200 educators, administrators, parents and alumni of Adventist schools who gathered on a recent Sabbath afternoon to talk about Adventist education and how to move it forward.



They came together at the invitation of the board of the Alumni Awards Foundation (AAF), a non-profit group that in 15 years has awarded 79 teachers and 14 academies with \$1.4 million. In an effort to address the “critical concerns facing Adventist K-12 schools,” they decided to organize regional Renaissance Adventist Education summits. Previous summits were held in Riverside, Calif.; Collegedale, Tenn.; and Orlando, Fla. AAF Board member George Harding, MD (above), says the goal is to convene a national conference. “We wondered what was the attitude toward Adventist education across our country,” he told attendees of the Washington, D.C., event. “We felt that if we could get the concerns and ideas of a broad spectrum, we could address opportunities and see our education [system] move forward.”

Many attendees, most of whom attended or graduated from an Adventist school, came for the same reason AAF Board co-chair Bob Summerour did—they want to save Adventist education. “I believe that the very fabric of our tight-knit Adventist community is held together by our experience in Adventist education,” he said. “This is why we cannot afford to let the inertia of declining enrollment

or limited financial resources define our future.”

Larry Blackmer, director of education for the North American Division, agreed: “We have a lot of fine schools taught by dedicated teachers, but we need to find out how to best deliver Adventist education because our kids deserve the best, best, best!”

In a dozen or so breakout groups (below), attendees proposed practical solutions for doing just that. From consolidating schools and restructuring the entire system, to raising academic



standards and accountability, the suggestions flowed freely.

In the end, attendees like Alayne Thorpe and Lois Peters were glad they came.

“I met people who want Adventist education to work, have ideas to help make it work and are willing to participate in making those ideas reality,” said Thorpe, vice president of education for Griggs University/Griggs International Academy, the homeschooling arm of the Adventist Church.

Peters, a member of the Emmanuel-Brinklow church in Ashton, Md., appreciated the opportunity to hear from so many people who care about Adventist education. “If they follow through on the suggestions, we can create effective change,” she concluded.

PHOTO BY RICH HERARD

## Newsline

CELESTE RYAN BLYDEN

# Ohioans Re-Elect President for Fourth Term

What happens in Ohio happens because of you,” said Raj Attiken to the 452 delegates who packed the Worthington (Ohio) church Sunday for the 40th Regular Constituency Session of the Ohio Conference of Seventh-day Adventists. Attiken (far right), who had just been re-elected president for an historic fourth full term, stood with his wife, Chandra, and the newly elected secretary/treasurer Doug Falle and his wife, Ursula, as delegates showered them with a standing ovation. “Thank you for your confidence, thank you for your efforts,” he continued. “And be assured of the best service we can offer.”



Attendees voted to consolidate the conference and its association, a step many conferences are taking to streamline operations and limit liability. Then Attiken, who chaired much of the meeting, officially welcomed seven congregations into Ohio’s sisterhood of churches and introduced the conference’s video report to constituents. “This is a report of what God has done through you,” he announced. In addition to highlighting conference-sponsored events, the video provided an

encouraging overview of how Adventists in Ohio are working to meet needs in their communities. It noted, for instance, that churches collectively serve 20,000 people annually, offering everything from job training and community picnics, to operating a women’s shelter, vegetable garden and teen center. Though there were only six public evangelism initiatives during the last four years, a conference-commissioned study revealed that 32 percent of the members are involved in community ministry. As a result, 1,299 new members joined the church in Ohio during that time period.

In an unprecedented move, Attiken introduced a new public campus ministry initiative that will cost \$180,000 and then proceeded to ask for an offering. “There are half a million students at 110 schools and universities in Ohio,” he explained. “Over the next two years, we plan to place taskforce workers on these campuses.” So far, members have donated \$101,000 to the project, and the session offering yielded another \$1,400.

Another change came when delegates approved the conference’s proposal to consolidate the executive secretary and treasurer positions and use the salary to fund Hispanic work. The secretary’s position has been vacant since March 1 when Hubert Cisneros accepted a call to the Mid-America Union Conference. Falle—officially elected to that role at the session—also replaces outgoing treasurer Andy Sutton, who



desires to serve in a supporting capacity that will allow for more family time. In his report to members, Sutton acknowledged the tangible effects of the recession, but rejoiced that Ohioans still saw a 5.15 percent tithe increase over the last quadrennial (2002-2005).

After electing a new executive committee and board of education, delegates heard an impassioned report from new Mount Vernon Academy (MVA) principal Robert Stevenson: “We’ve had an outstanding year at MVA, if you don’t count finances,” he said, referring to 15 Week of Prayer baptisms, “excellent” test scores, a life-changing mission trip and his visits to half of Ohio’s 52 churches. His summation drew their applause: “Our schools exist as a haven where our young people can come to be nurtured, loved and find Jesus Christ in every classroom and every corner,” he said. “I want to be in the kingdom with your children.”



# CAN GROWTH SPARK MINISTRY?

## PENNSYLVANIA CONFERENCE SAYS IT CAN

THEY SEE IT IN THE BUILDING PURCHASE AND QUICK GROWTH OF THE SHEKINAH HAITIAN CHURCH IN MANHEIM.

When a group of French-speaking members outgrew their space at the Lancaster (Pa.) church, they were delighted for the opportunity to purchase a building and start a new church. To help them reach this goal, the group sought the financial assistance of the Columbia Union Revolving Fund (CURF).

Since opening a year ago, the Shekinah Haitian church has put their 4,900 square feet of building space to good missionary use. Its 86 members have been reaching out to the community through health and family seminars, Youth Ministries events, visiting the sick and other outreach ministries. Already, Shekinah Haitian has baptized a dozen people into the Lord’s fold and is planting another church.

For more than 40 years, CURF has been promoting the mission of the church by providing cost-effective financing to churches, schools, conferences and other entities. CURF makes ministry possible.

You can support the ministry of CURF. Call today!



## MAKING MINISTRY POSSIBLE

COLUMBIA UNION REVOLVING FUND  
(866) 721-CURF

## Potluck

BETH MICHAELS

### What's New?

#### Books > When God Said Remember Mark A. Finley

In his newest manuscript, evangelist Mark Finley addresses the tough questions many ask about the Sabbath, and presents biblical



facts in an easy-to-understand manner. But be prepared for some shocking surprises and straightforward answers, says the vice president for global evangelism for the worldwide Seventh-day Adventist Church. "Reading this book can be dangerous if you do not want your traditional beliefs challenged," he remarks.

The 128-page booklet is also intended for use with any evangelistic outreach. Order copies at [adventistbookcenter.com](http://adventistbookcenter.com).



#### Underestimated in Time, Overcomers in Eternity Andre L. Saunders

By discussing biblical symbolism, ancient Hebrew tribal personalities and Hebrew characteristics of messianic Jerusalem, Allegheny West Conference pastor Andre Saunders, DMin, PhD, brings to



the fore Christ's inclusive and multicultural kingdom. "I discovered that, in my own brokenness as a sinner saved by grace, I am irreversibly linked to a divine Jeweler's perception of me as His protected, eternal Hebrew gem," says Saun-



ders, who leads the Three Angels Messages church in Danville, Va., and Emmanuel church in South Boston, Va. It is this discovery that motivated him to publish his first book. Read more and get copies at [gye-nyameproductions.com](http://gye-nyameproductions.com).—*Taashi Rowe*

#### CD > Real Talk: Life. Love. God. DJ "MLiK" Moore

"I hope listeners will take away that God can be applied to all aspects of your life," says DJ Moore of his new CD. A member of Allegheny East Conference's Emmanuel-Brinklow church in Ashton, Md., Moore self-produced the gospel R&B and rap album under his record label



Rock-Da-Truth Records ([rockdatruthrecords.com](http://rockdatruthrecords.com)). Full of passionate lyrics, the CD includes songs like "My God," which states: *My God, You didn't have to come and die. You could've killed us all and said, "Again I'll try." You could've folded Your arms, but You stretched them wide. And said, "For you I will give My life."*

Order copies at [thechristian-jukebox.com](http://thechristian-jukebox.com).

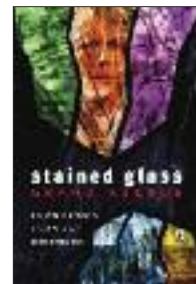


#### DVD > Stained Glass

Three Seventh-day Adventist documentarians spent nearly two years recording the life and habits of three West Coast congrega-



tions. This unprecedented documentary series, commissioned by the North American Division's Church Resource Center, addresses congregations' changing roles in the 21st century. "We're trying to get people to



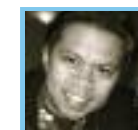
engage in the culture of the church," says Paul Kim (pictured below), who produced all three DVDs and is a member of the New Hope church in Fulton, Md. "We hope to start dialog between leaders and members about what their mission is."

Each DVD is divided into several episodes. Read more and order at [stainedglassfilms.org](http://stainedglassfilms.org).

### On the Web

#### Retweets >

##### Siguem



When I stress 'bout how I don't get much sleep, I think of the song, "He never sleeps, He never slumbers. He watches me both night and day." —*Mark Sigue, Pastor for Children, Sligo Church, Takoma Park, Md.*

#### Facebooked >

##### Mount Vernon Academy



[Our] mission trip group left this morning for Peru where they will be spending next week helping with alumnus Paul Opp's organization, People of Peru (<http://peopleofperu.org>). We pray for their safety and that they will be a blessing.

##### Hans Olson



Sitting in the Global Mission Issues Committee ... to discuss the major issues facing the church today.—*Communication Projects Manager, Global Mission; Member, Spencerville Church, Silver Spring, Md.*

## What You Bring to the Table

### In the Spotlight > Greeting Card Creator Dione Finney

During an inspirational sermon series about the Sabbath given by her pastor, Henry Wright, Community Praise Center (CPC) member Dione Finney got an idea. "There are greeting cards for every occasion, but I never saw any for the Sabbath," she recalls thinking.

Wanting to spread the joy of the Sabbath, Finney decided to design some cards. Now, It's All in the Rest greeting cards range from the serious—like a series with quotes from Charles E. Bradford's book *Sabbath Roots*—to the humorous.

CPC, a Potomac Conference church in Alexandria, Va., plans to distribute the cards during an upcoming evangelistic series. The church has also mailed the cards as gentle reminders to newly baptized members. Members have sent them to individuals who no longer attend, letting them know that someone is "saving you a seat." Other buyers report sharing the cards with Adventist friends, to connect with them and remind them that, no matter where they live, Sabbath is universal.

Finney believes the greeting cards "are an accessory to any ministry, for any situation," and has many more ideas to implement. The cards will be available in Spanish and French soon. She also has a Sabbath CD titled *Music To Rest By* in the works. Read more and order at [7thdayrest.com](http://7thdayrest.com).—*Ruth Collins*



PHOTOS BY RICHARD GORDON AND CLARENCE WILSON

# Wounded in the Pew

Church members are not immune to the universal disease—depression

Lynnda\* is vibrant, funny and talented. She enjoys helping people and loves the Lord. She's active in the choir, children's and homeless ministries and Vacation Bible School. Lately, though, she hasn't been attending church. She hasn't been feeling like her enthusiastic and energetic self. It's a struggle even to get out of bed. "I don't want people to see me this way. I just can't seem to get it together," she confides. "I hate feeling this way. I feel so out of control."

## DEFINING DEPRESSION

Lynnda is one of 121 million people worldwide affected by depression, which the World Health Organization (WHO) reports is the leading cause of disability around the world. According to WHO, depression is "a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy and poor concentration."

The National Institute of Mental Health (NIMH) places the majority of diagnoses within two categories: major depressive disorder (major depression) or dysthymic disorder (minor depression). Each category can present the same nine symptoms: deep sadness, apathy, agitation or restlessness, sleep disturbances, weight/appetite disturbances, lack of concentration, feelings of excessive guilt or worthlessness, morbid thoughts and fatigue.

In major depression, one deals with a debilitating "combination of symptoms" that prevents them from "functioning normally," either during one significant episode in their lives, or, more commonly, on a recurring basis.

Although minor depression exhibits the same symptoms less severely, they can occur over a longer duration—two years or longer. The NIMH reports it is not debilitating but can prevent a person "from functioning normally or feeling well."

## DEPRESSION CAN KILL

Depression is not limited to the category of "mental illness," with symptoms affecting a person only on a mental level. In his book *Depression: The Way Out*, Seventh-day Adventist physician Neil Nedley, MD, indicates that depression can also be the root cause of symptoms that are *life threatening*.

"When a person is physically ill, depression can dramatically intensify the disease to the point of causing death," he states (p. 14). Among illnesses that can be worsened by depression, stroke is the leader; followed by heart disease, cancer, osteoporosis, hypertension, insulin-dependent diabetes, asthma and chronic tension headaches.

Katia Garcia Reinert, RN, a family nurse practitioner and Health Ministry Clinical Supervisor for Adventist HealthCare based in Rockville, Md., specializes in depression cases. "I had a patient with pain among her facial joints," she explains. "She had been to an oral surgeon, dentist and head/neck specialist. No one was able to do anything for her except give her pain killers." Reinert probed into the patient's personal and professional life and discovered that the woman was "extremely unhappy at work." She was depressed and it had affected her body. Reinert notes that in this and many other cases, including those diagnosed with anorexia or another eating disorder, depression can be defined as *hostility turned inward*. In these cases, "Forgiveness is essential," Reinert insists. "It's about releasing the anger toward that issue or person who hurt you."

## TEN CAUSES OF DEPRESSION

What causes depression? Is it something passed down through generations? Dr. Nedley feels this theory is given too much credence. "Genetics and life events are not enough to cause depression," he reasons. "If the rapid rise in depression is due to genetics, then that would mean that depressed people are increasingly more reproductive than nondepressed people."

Nedley, the founder of the Nedley Depression Recovery Program at the Lifestyle Center of America in Ardmore, Okla., reports that his patients experience a 98 percent success rate in recovering from depression after completing the 19-day residential

program. He views the causes of depression as a series of "hits" to the brain that fall under 10 categories: genetic, developmental, nutritional, social, toxic, circadian rhythm, addiction, lifestyle, medical condition and frontal lobe. "The brain can often sustain hits in three categories and still function somewhat normally," he adds. "Once the fourth hit occurs, depression, or some other mental illness, will most likely occur."

For instance, Lynnda experienced sexual abuse while a young girl—(1) developmental. She also suffers from insomnia and irregular sleep patterns—(2) circadian rhythm. A "couch potato," she rarely exercises and is often forced to work late hours in her office away from fresh air and sunshine—(3) lifestyle. With a diet nutritionally low in omega-3s and high in cholesterol, saturated fats and sugar from her fast-food lunches or late-night dinners in front of the TV, she now has a total of five hits—(4) nutritional and (5) frontal lobe categories.

## EVEN IN THE CHURCH

Depression is not just a disease that affects the unchurched. "We are seeing the highest rates of depression in human history," remarks Dr. Nedley. "And those numbers are being mirrored within our churches."

Reinert concurs and adds, "About one-half to one-third of patients we treat with mild depression are in the church." Yet, Adventists are reluctant to share the fact that they have this disease with their church family. "People feel that they are going to

Debra  
McKinney  
Banks

be judged, or their spirituality is going to be judged,” adds Reinert. Dr. Nedley emphasizes, “Just because someone has depression doesn’t mean that they are not in Christ, nor does it mean that they need to be hospitalized. But it does mean that they need help.”

Hernan Schmidt, MD, an Adventist physician in Worthington, Ohio, who specializes in mental disorders, proposes that we should be empathetic toward those who are depressed. “Most of us can identify with that ‘D’ word. Even more of us have had some and don’t know it,” he comments. He even suggests that some of our religious and historical heroes were depressed: Abraham, Noah, Moses, Elijah, Peter, Martin Luther, Augustine, Michelangelo, George Washington, Ellen White and Jesus (who was “sorrowful unto death”).

Rebeka Wang, MD, medical director for Clinical Quality at Kettering Medical Center in Kettering, Ohio, warns, “We still live in enemy territory,” and reminds us that the devil will continue to use sin in this world “to drive us to the depths of despair. We need to show [members] love, support and encouragement,” she advises.

Dr. Wang believes the church’s best prevention is early recognition. “As a church family, we need to

Just because someone has depression doesn’t mean that they are not in Christ, nor does it mean that they need to be hospitalized. But it does mean that they need help.—Neil Nedley, MD

look out for each other,” she explains. “When we see mood changes, uncommon irritability, drops in levels of participation—basic behavioral changes among our church members—we should be concerned.” A phone call from a caring church member to say, “Hey, I missed seeing you at church,” can do a lot to let someone know that they are special. “If we are a community of believers, we need to look out for the hurting ones. ‘Can I come over and just sit with you for a while?’ is something very appropriate to say to someone who we might suspect is going through depression.”

She cites a recent study published in the *British Journal of Psychiatry*, which examined the benefits of “befriending”—a social support that is “nonjudgmental, mutual and purposeful”—as a viable tool in the treatment of depression (but not a substitute for professional treatment).<sup>1</sup> It outlines some definite things friends should not say to a depressed person.

“To say to someone experiencing depression, ‘You just need to fight through this,’ or ‘You need to have more faith,’ or ‘Just pray about it,’ is *not* helpful,” Wang adds. When someone is depressed, they need to seek help from a safe person; a trusted friend; someone who is not going to judge them. “We cannot leave someone in isolation like that,” she says. “That’s when the devil comes to discourage them even more. They need someone who is going to hear them out, and perhaps even [help] them get the professional help they need.”

\* A pseudonym

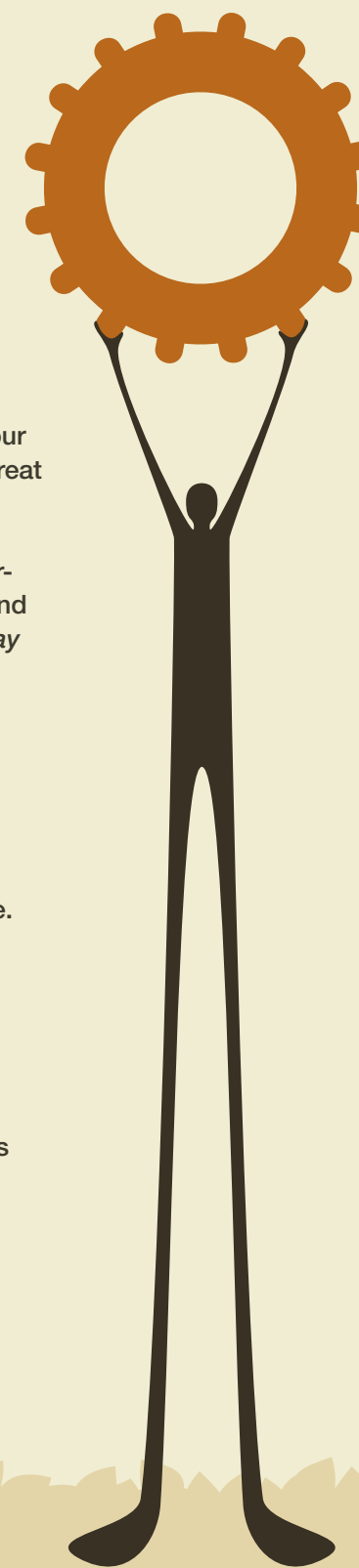
Debra McKinney Banks is a member of New Joy Fellowship in Hagerstown, Md.

<sup>1</sup> Levine, Irene S., PhD. *Psychology Today*, February 10, 2010. “Is ‘befriending’ a treatment for depression?”

## 7 Ways to Lift Your Spirits

Although medication is sometimes necessary for treating depression, try these lifestyle strategies to enhance overall mental health and well-being:

- Incorporate at least 30 minutes of outdoor exercise into your daily routine. Fresh air, deep breathing and sunshine are all great mood-lifters and stimulate the brain.
  - Reduce or eliminate meat from your diet and increase fiber-rich, plant-based foods high in omega-3s, folic acid (folate) and tryptophan (see chapter 4 of Dr. Nedley’s *Depression: The Way Out* for a food list). And don’t forget to drink lots of water!
  - Rekindle old friendships or make new ones by getting involved in volunteer projects that benefit the community. You’ll also feel better about helping someone else.
  - Turn off the television. The “rapidly changing scene of reference” of most entertainment TV is damaging to the frontal lobe. Instead, exercise your mind with stimulating mental activity.
  - Add Bach and Brahms to your playlist. Studies show that listening to classical music helps improve mental function. Even King Saul noted the benefits of music on his mood.
  - Engage in optimistic thinking. Think and meditate on God’s promises and blessings. Consider, for example, Isaiah 41:10.
  - Make it a priority to get a good night’s sleep. Establish a relaxation ritual to help you wind down: a warm bath or a cup of noncaffeinated herbal tea and some soothing music.
- Compiled by Debra McKinney Banks



# Life Happens

One Member Gets Personal About Depression

Interview by Celeste Ryan Blyden

**H**eather Gryce\* is a psychotherapist, a wife, a mother of two and a fourth generation Seventh-day Adventist. While she's known by many in her church and community as an enthusiastic Children's Ministries leader, they don't know that she suffers from depression. She talked with us in hopes that her testimony will dispel the myths and remove the stigmas associated with this disease:

## Why are Adventists so depressed?

Because life happens. Many people don't understand that depression is an illness or disease. And they believe that with prayer and being more diligent or disciplined, they should be able to handle their problems and sadness. That may sound glib but it's often what people say: "I've been praying about it for so long." My question to them is, if you break your leg, are you just going to pray about it or are you going to the doctor? I also think that, as Adventists, we don't pay as much attention as we should to our emotional health.

## What do you mean?

We believe we should be happy and positive all the time, and if we're not, there's something we're doing wrong in our lives or spiritually. We shouldn't feel anger, resentment, bitterness, regret, guilt or shame. We shouldn't feel those things because we're Adventist Christians. We should recite scripture, pray and decide to be happy, and then we'll be fine.

## It doesn't work that way?

No, it's important to experience a range of emotions, be aware of them and know how to deal with them in a healthy and productive way.

## What's your story?

I suffer from dysthymia, a low-grade depression diagnosed by having a number of symptoms over a period of two years or more. It's a less debilitating depression than major depressive disorder, but it can have a very negative impact on your life.

## Our theme song is "We Have This Hope!" We don't have time to be depressed!

That is such a common, yet *so* inaccurate perspective of depression. Oftentimes, we don't recognize that the emotions we are feeling are not healthy or normal. And that's because depression is caused by a chemical imbalance in the brain caused by a deficit of serotonin. Serotonin helps us maintain an appropriate balance of emotions. When that is depleted, *for any number of reasons*, including unresolved issues, we feel bad. It's insidious, and the negative feelings and other symptoms creep up on you.

## How did this affect your life?

It caused me to be sad all the time. I had great difficulty finding the positive; I would ruminate on the negative—about myself, who I was and my abilities. I wasn't able to problem-solve effectively. I didn't have energy. My self-perception was very low. I didn't have motivation to accomplish much, and what little motivation I had was impeded by my inaccurate belief that I couldn't do anything well.

## How did this manifest itself in your everyday existence?

I was isolative; I didn't make friends or maintain friendships and relationships. I didn't want to because I couldn't like myself, so I couldn't imagine how other people would like me. Because of this negative self-perception, I was also afraid of being judged. I was highly self-critical, irritable and unable to focus at work. At home it was difficult to complete

simple tasks. It took so much energy to get organized, and I was easily overwhelmed. Rather than deal with chores like paying the bills or doing laundry, I would crawl into bed or escape by watching TV—something that didn't require energy or thought. In addition, I didn't find pleasure in doing things that I usually enjoy. For example, I stopped being involved in my children's Sabbath School class and at their school.

## But you're always doing VBS, Sabbath School or some other program.

Exactly! When I'm healthy, I'm very involved—going here and there—planning this and that. But I lost that desire.

## Were you ever suicidal?

I've only had suicidal ideation, which means there's a vague idea that I don't want to be here or exist in my current capacity, and I don't see a way out. So it's hopeless. But to be fully suicidal is to have a plan. I never had a plan.

## How did you overcome?

I found a clinical social worker by referral and saw her on a weekly basis for two years. She helped me see that what I was experiencing were symptoms of a disease. And she helped me understand that what was happening was happening *to me*; it wasn't something I could change just by deciding to change

it. Now I try to manage my stress, eat right, get enough rest and even take an antidepressant.

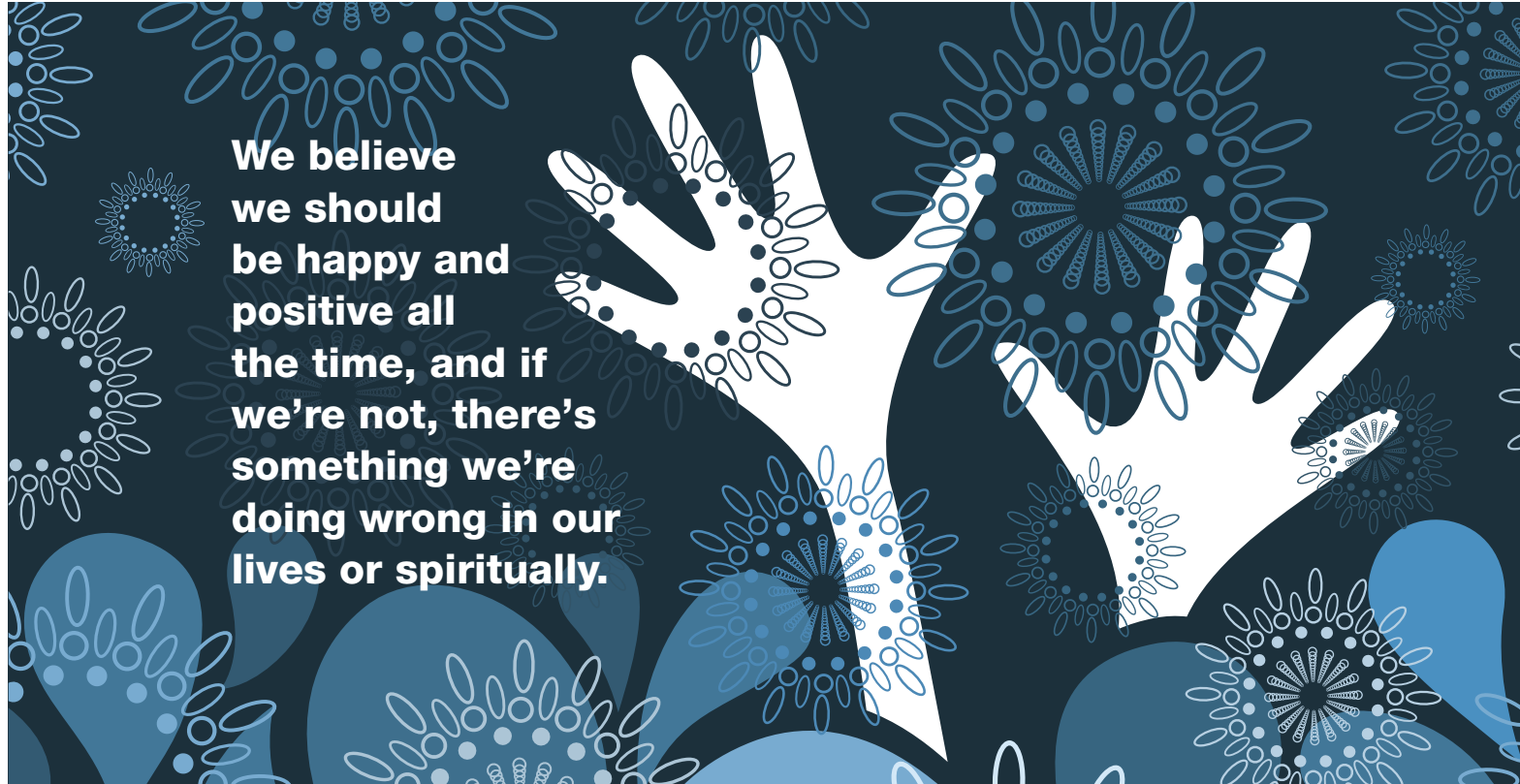
## What's the worse thing you can say to someone who is depressed?

Before we go there, I want to say that a lot of times the nature of depression affects not just the depressed person, but the perceptions of the people around them. For example, if you don't know a person is depressed, you may think they're just being a slacker or lazy, irritable all the time, just mean or even anti-social. The common tendency is to say: "Pull yourself up by your bootstraps. Just get it together. Snap out of it." But that's counterproductive. They can't do those things on their own.

## So, how can we be helpful instead of hurtful?

Treat everyone gently. That might sound simple, but you don't always know why a person is acting the way they are, and you can do more harm than good by jumping to conclusions. Secondly, read about depression so you'll understand that it's real—it's a curable disease and it impacts more people than we realize. It's in our churches, our schools and our families. Lastly, don't assume that because a person is depressed they don't have a relationship with God, or they're not spiritually astute.

\* A pseudonym



**We believe we should be happy and positive all the time, and if we're not, there's something we're doing wrong in our lives or spiritually.**





# 5 Church Plants to Watch

Ron Tayam & Elizabeth Anderson

## An Outlet for Grace

On any given Sabbath, people visiting the GoggleWorks Center for the Arts (opposite page) in Reading, Pa., hear music, come in and ask, “What’s going on in here?” Once inside the ballet studio that doubles as a sanctuary, many stay for the church service intentionally geared to help people experience Jesus Christ in a friendly, relaxed environment. Ballet students’ parents no longer read books and magazines as they wait. Artists and musicians are drawn to the contemporary environment. And even the security guard on duty sits in on the service. “I came in during their second week here, and I’ve been coming ever since,” says Octavio “Tito” Alvarado. This

Pennsylvania Conference group, led by Pastor Kris Eckenroth, planted their congregation in Reading—dubbed “the outlet capital of the world”—and aptly named themselves Grace Outlet. And in just over a year, they’ve truly become an outlet for grace.

### Connecting the Disconnected

It was the summer of 2008 when Eckenroth, the conference’s Youth and Young Adults Ministries director, spoke with education superintendent David Morgan about how literally hundreds of Seventh-day Adventists they grew up with are no longer with the church. They easily rattled off 500 names. “I speak to young adults all the time. For them, church is irrelevant,” Eckenroth recalls saying. “It doesn’t meet the needs of real life. We have to come up with something they can relate to and feel comfortable with; where they can come as they are. We’ve got to go after them. Let’s start something!”

Word spread about their desire to “connect the disconnected,” and by September their leadership team included seven people: Eckenroth and his wife, Kristie; Morgan; local physician Roland Newman and his wife, Amy, a nurse; Jeanne Hartwell, conference Family Ministries director; and Erich Mace, a musician and college student. Every week they prayed for God to guide them and reveal His plan.

Left to right: Deborah Armstrong and her niece, Maribella Armstrong, chat with Jessye Charles. They enjoy the worship service, refreshments and friendly atmosphere at Grace Outlet.



Octavio “Tito” Alvarado, who works as a security guard for GoggleWorks, greets Grace Outlet leaders Jeanne Hartwell and Kris Eckenroth.



After several meetings, they were impressed to plant a church and hold their first service November 1.

### Overcoming Challenges

Early on the fledgling group faced some obstacles, including where to worship. No local Adventist church was available, and Sunday churches did not want to rent. But a last-minute inquiry with GoggleWorks, an old eyeglass factory converted to a center for local artists, proved fruitful, and they got a long-term lease!

Once they opened, attendance was disheartening. Out of 22 attendees, seven would be leading the church service. Then, just when they’d solidified their team, Mace moved away, leaving a huge hole in the group’s musical structure. To fill the gap, they used PowerPoint videos and MP3 files. The services went on and, in time, several musically gifted young people started attending and helping with the music.

Although sometimes discouraged and unsure, the group continues to create exciting ways to connect with people, like the social events they host once a month. So far there’s been a luau and a 1980s roller-skating custom ball.

Grace Outlet also intentionally makes the worship service deeply

spiritual. Worship time is strictly “being in the Word of God,” explains Eckenroth. “We want to make sure that those who come understand what it means to have a relationship with Christ. My sermons come directly from the book *Steps to Christ*.”

### Reclaiming Former Members

Because their goal is to reclaim their young adult peers, the founders of Grace Outlet continually try to provide a welcoming, inclusive environment. Their Friday night Bible study session is conducted in a laid-back fashion, and attendees know it’s okay to have questions and not always agree. They serve breakfast each Sabbath and offer an interactive program for



children. To foster growth, everyone is encouraged to get involved. For instance, former “disconnected” Adventists are routinely asked to participate in special evangelistic events and reach out to those who are still not connected. Many are now married, working professionals who bring their spouses, friends and co-workers to worship services and social events. “Our main vision is to reclaim those who have fallen by the wayside,” states Eckenroth. “By hitting our targets, they are now doing the next step of evangelism for us!” Attendees are also invited to use their talents and professional experience. So, health professionals are asked to help with health seminars, and the man who runs the sound system has experience in that field.

This intentional approach to outreach is paying off, and attendance at Grace Outlet ([graceoutlet.net](http://graceoutlet.net)) now averages 45. “Last week we had 120 people!” enthuses Eckenroth. He’s now working with two other churches that want to start a plant, but adds, “There needs to be more places like this all across the Columbia Union.”



## Home Church Connects People in Pennsylvania

When Joe and Cynthia Stigora (above) became Seventh-day Adventists in the early 90s, their church life at Pennsylvania Conference’s Kenhorst Boulevard church started with a flurry of involvement. They were busy with elder and deaconess duties and several committees but heard God calling them in a nontraditional direction. In 2006, with the conference’s support, they started Joy of Life Fellowship Mission Group ([joyoflifefellowship.org](http://joyoflifefellowship.org)) at their home in West Chester.

“The great commission tells us to go out and be amongst the people,” Cynthia explains. “That’s what Christ did.” The Stigoras look for opportunities to befriend and eventually share the beauty of Christ with anyone who crosses their path. They invite them over for dinner, tea and spiritual discussions. During a discussion last year, a friend curious about baptism by immersion spurred them to scour the Bible for answers. From that study, five people decided to be baptized (in the couple’s backyard pool, no less).

Joe says he and Cynthia maintain closeness with their member-friends by staying connected during the week. They take walks and go fishing with them and discover what’s really going on in their lives. “We work at things with a longer perspective,” Joe says. Cynthia adds, “We have found that relationships take time. And, it takes persistence.”

## Faith Grows at a Maryland Storefront

Life is an adventure for David and Jeannie Ramos (below), lay leaders at the Faith Step Company in Hagerstown, Md. Whoever happens upon the Chesapeake Conference group is met with love and acceptance—or clothing and hot soup if needed. Their appearance doesn’t matter, even if they reek of alcohol. One recent visitor, fresh from jail, read a book by “Ellen G.” and decided to look for a Sabbath-keeping group. His search led him to Faith Step. “We never know who’s going to walk through the door,” Jeannie says.

The Ramoses started the group in 2001 with a home meeting. By March 2003, they were meeting in a converted pizza parlor, once a local hot spot for drug



PHOTO BY SAMIR NIKORE



deals. Today Faith Step worships in a century-old storefront that was donated by three Adventist owners in 2008.

Faith Step is networked with believers of various denominations, including the local chapter of Celebrate Recovery, which runs a transitional home for women using an apartment in the Faith Step building. Another integral component of their outreach strategy is creating a safe place for members to share their deeply personal struggles.

“That is something that just has to be done very, very intentionally for the people that we reach out to,” explains David. Along with a casual, nontraditional worship structure, an atmosphere of trust and confidentiality has helped make Faith Step a haven for those who may not feel comfortable with a more traditional liturgy.

## Portuguese Plant Meets Needs in New Jersey

Pastor Lenin Rincon’s chief goal is to meet practical needs of the Portuguese community in the New Jersey townships of Delran and Riverside. “Since I started to work on taking care of their needs and developing a friendship ministry, 12 people were baptized from this area,” he reports. Those 12 (some pictured above) are the first members of his growing Burlington Brazilian Adventist Mission Project for the Allegheny East Conference (AEC), and 10 more are studying the Bible.

The group now offers English classes and translation assistance, connects the community with local resources and organizes social activities. Rincon also wants to support the community at large. This summer the Burlington Brazilian group plans to partner with the local American Red Cross chapter to be an official source of disaster relief, if ever needed—something Rincon started at his first AEC plant, the Philadelphia Brazilian church.

Pastor Rincon loves church planting and claims, “I do not know what else God would ask me to do, but I will be open to do my best for Him.”

## Children Thrive in Virginia Start Up

With their church overflowing, Potomac Conference’s Patterson Avenue congregation had a decision to make: start a second service or open a new church. They chose to plant in Richmond, Va.’s up-and-coming West End.

When Pastor Trevan Osborn (below) took the helm in January 2007, he quickly learned about Far West End’s commitment to kid-friendly activities. In addition to his routine speaker requirements—providing the weekly Scripture verse and sermon title for the bulletin—parishioners quickly added the “six words” to his care.

“Our attendance is a little over 100,” Osborn reports, and adds that about 20 youngsters come forward each week for the story. Afterward each one gets a clipboard and a sheet with the six words they are to track during the sermon. Pastor Osborn says it really helps keep the young people engaged, and he gets to treat finishers with a weekly treat or fruit snack.

The weekly activity sheets, combined with summer Vacation Bible School and occasional community kid fairs, help send an intentional message: children are valued, and the corporate worship experience can be meaningful for the entire family. “It’s always been a top priority for us,” Osborn concludes.

*Ron Tayam, a freelance writer, photographer and elder from the Jersey City (N.J.) church, wrote “An Outlet for Grace.” Elizabeth Anderson, a communication professional living in the Washington, D.C., area, wrote the last four profiles.*



# I Went to Church Planting School

Rachel Davies, pastor for Youth and Children's ministries at Ohio Conference's Toledo First church, journaled her experience last month at Adventist Fresh Expressions, a first-time field school for 17 clergy and laity who want to start or expand their involvement in innovative church plants and community-based ministries.



## GET MORE

Listen to a podcast interview with Rachel Davies, view a video interview with Monte Sahlin and see more photos at [columbiaunion.org](http://columbiaunion.org).

**DAY 1:** Ten participants from Kansas, Iowa, Washington state, Ohio, and Vancouver, British Columbia, gathered to hear presentations by Andrew Clark, director of Pennsylvania Conference's Greater Pittsburgh Metro Ministry, and Peter Roennfeldt, a church plant mentor and pastor in Australia. We spent considerable time exploring what it looks like when a church operates with a community. Andrew and his wife, Mayda, gave us a tour of their three-story building, which serves as the headquarters for Adventist Community Services of Greater Pittsburgh and our home this week. Peter finished the evening by sharing stories of other creative church plants around the world, particularly in Europe, where "traditional" church attendance is in steady decline.

**DAY 2:** A warm camaraderie has already developed within our group. Peter got us off on the right foot at 8 a.m. by guiding us through conversational prayer, where we learned to talk with God and one another at the same time. It felt awkward at first, but by evening we had shared and laughed enough to feel comfortable praying more vulnerably. The bulk of the day was spent studying the book of Acts and the mission of Christ as reflected in both Matthew 23 and Luke 4.

We also spent time crafting our church plant mission statements.

**DAY 3:** Three more pastors joined us from Pennsylvania, adding diversity to our discussions. In the morning, we spent time defining the core values of our various ministries while also reflecting on the practical implications of our theology as Seventh-day Adventists. In the afternoon, Monte Sahlin, director of research and special projects for the Ohio Conference, helped us understand the dynamics of urban ministry, while Andrew taught us how to best identify appropriate target groups within our unique communities at home (i.e., building a chic youth ministry program to attract new generations may not make sense in a retirement neighborhood).

**DAY 4:** This afternoon Andrew equipped us each with a simple questionnaire before matching us with community leaders so that we could practice conducting community assessments, the first step toward identifying what ministries should be initiated by new church plants. I met with the pastoral assistant of a local Catholic Church who shared valuable insights about the needs of her town. When we later discussed our interviewing experiences as a group, I was astonished to realize how much we'd learned about the local community in only one hour.

**DAY 5:** Although we said goodbye to Steve Mirkovich, a young church planter from British Columbia, his ministry visions challenged and moved us during the afternoon small group brainstorming session. Lester R. Collins Jr. from Iowa also deepened our sense of mission with his dream to open a math and English tutoring center for at-risk children, an important project in light of Monte's presentation on the church and social justice.

**DAY 6:** In our small groups we synthesized what we've learned this week about church planting and discussed what a community really needs before it can be called a church. Buildings don't make churches; hymns and a preaching pastor don't make a church. A church exists when the Spirit is active among people, growing their hearts and multiplying their fellowship. Special attention was given to the body lifecycle of Christ and how it is replicated in the life of effective church plants. Conception occurs by the power of the Holy Spirit, and the prenatal phase is a time of prayer, planning and preparation. Next there is birth, growth, cruciformity, resurrection and finally, multiplication.

**DAY 7:** What a day of celebration! This morning we gathered for worship with Carnegie, Pa., community members who have discovered Jesus through the ministry of Andrew and Mayda and Conscious Cafe. Monte led us through a discussion of Matthew 24 and 25, highlighting the need to shape church plants that are models of compassion and champions of social justice. Deb Britenbaker and I, from the Toledo First church, are eager to start our own "Adventist fresh expression." As we leave Pittsburgh, our toolbox is full and our courage is high!

*The ACS headquarters building in Pittsburgh houses two small restaurants: the local community development office: Conscious Cafe, a community bookstore; and PULSE, a church plant.*



Rachel Davies



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# Profiles in Caring

## “But God”

The Bible contains dozens of examples where those words-“But God”- introduce into the narrative (or the prophecy or poetry) the involvement of the Almighty in a surprising or redefining way. Throughout the scriptures, God is portrayed as an active participant. When his activity is different or definitive, the words “But God” are often the herald of his engagement in human circumstances.

One of my favorite uses of the term is in Psalm 73:26, where the Psalmist writes, “My flesh and my heart may fail, but God is the strength of my heart and my portion forever” (NIV). The strength of my heart! What a glorious phrase-and what a wonderful affirmation of how God's presence and power are known to us.

**There are days when I feel discouraged,  
“but God is the strength of my heart.”**

**There are things that happen that leave me angry or confused,  
“but God is the strength of my heart.”**

**There are circumstances that are beyond my capacity to control,  
“but God is the strength of my heart.”**

**There are disappointments that leave me feeling shattered,  
“but God is the strength of my heart.”**



Adventist Rehabilitation Hospital of Maryland's team of volunteers at the Port-au-Prince airport upon arrival.

Go ahead. Create your own Psalm. Say or write down one thing that perplexes you, that discourages you or threatens to overwhelm you. And then say or write the response, “but God is the strength of my heart.” You'll be amazed at how well it works, and not just because you are being reminded of God's enduring love or of your small part in the history God's interaction with man-a history that includes all those people whose stories are told in the scriptures, and all of those who have called on God in their times of need across the centuries.

The reason it works is because it is true. God's commitment to humanity is real, tangible, personal, and true. We have challenges, but God has a response. “But God is the strength of my heart,” the psalmist says, and he invites us to speak those words ourselves and to rest with confidence and gratitude in the care of the One whose strength is ours and whose love is never failing.



William G. “Bill” Robertson  
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The MediShare Project's 500-bed tent hospital, just outside the Port-au-Prince airport.

## Adventist Rehabilitation Hospital of Maryland Team Provides Therapy to Earthquake Victims

*Haitian native and Adventist employee lends a helping hand to medical volunteers*

by Kendra Hall

Matchelle Bristol, a native of Haiti, returned to her home country in March for the first time in eight years. However, this time the trip was not just to visit her family. Bristol, admissions supervisor at Adventist Rehabilitation Hospital of Maryland, was going to assist the medical volunteers in providing care and counseling to January's earthquake survivors.

Bristol was one of eight volunteers from Adventist Rehabilitation, headquartered in Rockville, Md., who traveled to earthquake-ravaged Haiti to provide therapy and rehabilitative care to patients with amputations, spinal cord injuries and orthopedic injuries. The team arrived in Port-au-Prince on March

12 ready to provide care immediately for the next week at the capital's MediShare Project 500-bed tent hospital just outside the airport.

"It's really such a great experience, especially since it is my native country," Bristol said. "I wanted to do something to help and this was the perfect opportunity to help my people. It was hard to see the devastation and, because I understand the language, I felt what they were feeling."

Bristol helped to break cultural barriers between patients and medical volunteers through her ability to translate Creole and English.

"It was very rewarding," said Bristol, who attends Havre de Grace Seventh-day Adventist Church in Rockville. "You felt like you were supporting them and showed them that you cared."

Adventist Rehabilitation Hospital of Maryland is well-known for its specialty in treating amputations and spinal cord injuries. The hospital recently became the first in a five-state region to obtain accreditations from the Commission on Accreditation of Rehabilitation Facilities (CARF) International for care of hospitalized patients in four specialty areas – brain injury, spinal cord injury, stroke and amputation.

The team of medical volunteers from Adventist Rehabilitation Hospital of Maryland included: Bristol, Dr. Terrence Sheehan, team leader and chief medical officer, Sandy Shehadeh, a physical therapist, Raymond Pharaoh, an occupational therapist, Kathy Inglefield, a registered nurse, Andra Henning, an occupational therapist, Parveen Peter, a registered nurse, and her husband,

Robin Peter, who works in the radiology department at Washington Adventist Hospital.

"It was such a blessing to travel to Haiti with the team members we had," Dr. Sheehan said. "They didn't need to be told what to do or where to go once they got there. They just found their own ways to all the areas of need that they possibly could and did their best for these people. I am honored and proud to have had the ability to travel with this team. They exemplified our mission and our standards of excellence, but most importantly, they shared their compassion and dedication with those in Haiti."

The team worked nonstop, from sunup to sundown. At night, the team worked on designing and building a set of parallel bars for future medical teams to teach Haiti's amputees how to walk with prostheses.

"Ray Pharaoh was truly our version of MacGyver!" said Dr. Sheehan, referring to the 1980s television show. "This guy can make anything out of nothing, and that was exactly

what we had to work with. The outcome was superb. The bars were even adjustable, so that no matter what the patient's size, they could use it for rehab. We were happy to leave our mark down there with this piece of necessary equipment. Without Ray, this wouldn't have happened."

Adventist HealthCare donated medical supplies such as vaccines, scrubs and bandages for the trip. The team also brought with them crutches, splints and catheters.

"The Adventist Rehabilitation Hospital's team of volunteers demonstrated compassion and provided exemplary medical care to the earthquake survivors in Haiti," said William G. "Bill" Robertson, President and CEO of Adventist HealthCare. "This team played an instrumental role in extending Adventist HealthCare's mission through their clinical expertise and rehabilitative care for critically injured patients."



*Become a fan of Adventist Rehabilitation Hospital of Maryland's Facebook page ([www.facebook.com/AdventistRehab](http://www.facebook.com/AdventistRehab)) to read diaries from our team members about their experiences in Haiti and to view the team's photos from Haiti. For more information on the hospital, go to [www.adventisthealthcare.com/ARHM](http://www.adventisthealthcare.com/ARHM)*



*Adventist Rehabilitation Hospital of Maryland's team of volunteers stands outside the gates of the Haitian Palace, now destroyed by January's devastating earthquake. (l-r) Parveen Peter, Dr. Terrence Sheehan, Andra Henning, Matchelle Bristol, Sandy Shehadeh, Raymond Pharaoh, Robin Peter Not pictured: (Kathy Inglefield.)*



*Parveen Peter, RN at Adventist Rehabilitation Hospital of Maryland, holds a baby girl.*



*Matchelle Bristol, admissions supervisor and Haitian native, sits with two young patients.*



*Above left: Parveen Peter, RN at Adventist Rehabilitation Hospital of Maryland, gives a patient a card of encouragement.*

*Above: Dr. Terrence Sheehan, chief medical officer of Adventist Rehabilitation Hospital of Maryland, encourages a patient with other medical professionals looking on.*



*Left: Dr. Terrence Sheehan and other volunteers from Adventist Rehabilitation Hospital of Maryland, look at the construction progress of the parallel bars the team helped to build.*

## El Equipo del Hospital Adventista de Rehabilitación de Maryland Presta Servicios de Terapia a Víctimas del Terremoto

*Nativo haitiano y empleado Adventista da una mano a voluntarios médicos*

por Kendra Hall

Matchelle Bristol, oriundo de Haití, regresó a su país natal en marzo por primera vez en ocho años. Sin embargo, esta vez su viaje no era tan solo para visitar a sus familiares. Bristol, supervisor de admisiones en el Hospital Adventista de Rehabilitación de Maryland, iba para ayudar a los voluntarios médicos a prestar servicios de atención y terapia a los sobrevivientes del terremoto de enero.

Bristol fue uno de ocho voluntarios del Hospital Adventista de Rehabilitación, radicado en Rockville, Maryland, que viajaron a Haití, país arrasado por un terremoto, a fin de brindar servicios de terapia y rehabilitación a pacientes con miembros amputados, heridas en la médula espinal y lesiones ortopédicas. El equipo llegó a Puerto Príncipe el 12 de marzo, listo para proporcionar atención médica inmediatamente durante toda la semana siguiente en el hospital de campaña con 500 camas del Proyecto MediShare, en la capital y cerca del aeropuerto.

“De veras que fue una gran experiencia, especialmente porque se trataba de mi país nativo”, señaló Bristol. “Yo quería hacer algo para ayudar y esta fue la oportunidad perfecta para hacerlo con mi propia gente. Resultó duro ver la devastación y, como entiendo el idioma, yo sentí lo que ellos sentían.”

En el hospital de campaña de Puerto Príncipe, el equipo prestó atención médica a pacientes que sufrían de infecciones, pérdida de una extremidad, lesiones del cerebro, heridas ortopédicas y lesiones de la médula espinal. Bristol ayudó a eliminar las barreras culturales entre los pacientes y los voluntarios médicos con su habilidad para traducir del idioma criollo al inglés.

“Fue muy gratificante”, dijo Bristol. “Uno se sentía que estaba dándoles apoyo y demostrándoles que se preocupaba por ellos.”

El Hospital Adventista de Rehabilitación de Maryland es bien conocido por su especialidad en tratar heridas de amputaciones y la médula espinal. Recientemente el hospital fue el primero dentro de una región de cinco estados en ser acreditado por la Comisión Internacional de Acreditación de Centros de Rehabilitación (CARF, por sus siglas en inglés) por la atención brindada en cuatro especialidades a pacientes hospitalizados: heridas del cerebro, médula espinal, derrame cerebral y amputación.

El equipo de voluntarios médicos del Hospital Adventista de Rehabilitación de Maryland estuvo integrado por: Bristol, el Dr. Terrence Sheehan, jefe del equipo y oficial médico jefe, Sandy Shehadeh, terapeuta físico, Raymond Pharaoh, terapeuta ocupacional, Kathy Inglefield, enfermera registrada, Andra Henning, terapeuta ocupacional, Parveen Peter, enfermera registrada, y su esposo, Robin Peter, que trabaja en el departamento de radiología en el Hospital Adventista de Washington.

“Fue una gran bendición poder viajar a Haití con los miembros del equipo que tuvimos”, dijo el Dr. Sheehan. “No hubo necesidad de decirles lo que tenían que hacer o a dónde ir cuando llegamos. Ellos encontraron por sí solos los lugares donde más los necesitaban e hicieron lo mejor que pudieron por esas personas. Me siento muy honrado y orgulloso de haber podido viajar con este equipo. Fue un ejemplo de nuestra misión y nuestras normas de excelencia, pero más importante aún, todos compartieron su compasión y dedicación con el pueblo haitiano.”

El equipo trabajó sin parar, de sol a sol. Por la noche trabajaron en diseñar y construir un juego de barras paralelas para que futuros equipo médicos pudieran enseñar a los amputados haitianos a caminar con prótesis.

“¡Ray Pharaoh verdaderamente fue nuestra versión de MacGyver!” dijo el Dr. Sheehan, refiriéndose al show de televisión del decenio de 1980. “Este hombre puede hacer cualquier cosa con nada, y eso era exactamente lo que teníamos para trabajar. El resultado fue espléndido. Las barras incluso eran ajustables, por lo que no importaba el tamaño del paciente, se podían usar para la rehabilitación. Estábamos muy contentos de haber hecho nuestra contribución con esta pieza de equipo tan necesario. Esto no habría sido posible sin Ray.”

Adventist HealthCare donó materiales médicos, tales como vacunas, batas y vendajes para el viaje. El equipo también trajo consigo muletas, cabestrillos y catéteres.

“El equipo de voluntarios del Hospital Adventista de Rehabilitación demostró compasión y prestó una ejemplar atención médica a los sobrevivientes del terremoto de Haití”, dijo William G. “Bill” Robertson, Presidente y Ejecutivo Principal de Adventist HealthCare. “Este equipo jugó un papel vital en hacer llegar la misión de Adventist HealthCare a pacientes gravemente heridos, por medio de su experiencia clínica y atención rehabilitadora.”

*Hágase un admirador de la página del Hospital Adventista de Rehabilitación de Maryland en Facebook ([www.facebook.com/AdventistRehab](http://www.facebook.com/AdventistRehab)) para leer los diarios de los miembros de nuestro equipo sobre sus experiencias en Haití y ver las fotos que enviaron desde ese país. Para más información sobre el hospital, visite el sitio [www.adventisthealthcare.com/ARHM](http://www.adventisthealthcare.com/ARHM)*



1801 Research Blvd. Suite 400  
Rockville, MD 20850  
301-315-3030

[www.AdventistHealthCare.com](http://www.AdventistHealthCare.com)

## ALLEGHENY EAST *Exposé*

JUNE 2010

### Horeb Haitian Church Organizes Memorial Service



Some 1,500 people recently gathered at the Eglise Baptiste du Calvaire (the largest Haitian church in the Washington, D.C., area) to honor the memories of their loved ones who died in the Haitian earthquake earlier this year. Realizing many of his members were unable to go back home for a funeral, Arbenz Pierre Antoine, pastor of the Horeb Haitian church in Hyattsville, Md., worked with other Haitian denominations to organize the service.

“We have had different activities together, but we never had a moment to grieve together,” Pastor Antoine (left) said. “This time we wanted one [community] event that could bring everybody together so that they could grieve on each other’s shoulders.”

The event drew many in the Haitian community and offered closure to those still mourning. Agniel Samson, ThD, chair of the Religion and Theology Department at Oakwood University (Ala.), addressed the audience.

### NEWS

#### Student Raises Funds to Attend Dupont Park School

Eleven-year-old Anthony Davis attended Dupont Park Adventist School in Washington, D.C., from kindergarten to about two months into the fourth grade. But when his parents moved, he attended the rest of fourth and fifth grades in Maryland’s public schools. He stayed in touch with his buddies at Dupont Park and attended school affairs with them.

However, Davis was unhappy. He wanted to return to that school, so he took it upon himself and called relatives in New York, North Carolina, Virginia and Washington, D.C., asking for help with the tuition. With their help, he re-enrolled at his beloved school as a sixth-grader. His parents have even noticed



how happy Davis is now that he is back at the school.

Lafese Quinnonez, Dupont Park principal, is happy to have him back. “A happy student is a productive student,” she says.—Connie Mitchell

#### Dupont Park Girls Pledge Purity

Sixteen young ladies between the ages of 14 and 18 recently participated in a 12-week program on purity at the Dupont Park church in Washington, D.C. As part of the program, they studied the book *Every Young Woman’s Battle*. Natasha Kamara, Adventist Youth Society leader, directed the program.

After they finished reading the book, they participated in a special Sabbath program themed “Sanctity of Sisterhood.” The young ladies were presented to the church at the 11 a.m. service, and Jimmy Ferguson, senior pastor, preached a sermon on purity.

Later in the afternoon, their fathers or significant others escorted the young ladies to the front of the church for a formal commitment to purity ceremony.—Connie Mitchell

*Bobby Ravenell escorts his daughter, April, during a recent celebration of purity at Dupont Park church.*



## Southwest Church Recognizes Community Members

Many inner city communities are in various stages of decay, and it may sometimes seem that no one in the neighborhood cares.

Thankfully, this is not the case in the community where the Southwest

Philadelphia church is located. Recently during Community Guest Day, the church recognized two members of the community for the tireless efforts they render to keep the neighborhood safe.

John Blackwell (pictured left with Jackson Doggette, interim pastor) was recognized for volunteering to cook for the church's block party. Block captain Thomas Weekes (right) was honored for his vigilant efforts to keep the neighborhood safe. Both received beautiful plaques of appreciation. The church also presented the local police department with a plaque of appreciation.

After lunch Doggette moderated a panel to discuss solutions to community problems, including



children's lack of motivation and interest in school and issues affecting single parents.  
—Janice D. Jenkins



## Twinsburg Church Reaches Community With Music

Well over 200 people, including visitors from the surrounding neighborhoods, recently attended a concert held at the Twinsburg (Ohio) church. Themed "Hope for These Times," the concert featured Michael Trotter and the Orr sisters, who are members of the Bethel church in Cleveland.



During the concert, Trotter, who considers himself an "administrator of the gospel," began to minister to the audience. He talked about praying for the children. As the Holy Spirit moved, people came down the aisle on behalf of their families. Host pastor Steven Valles prayed with them as they came to the altar.

"To God be the Glory!" Pastor Valles exclaims. "The presence of God was there in a marked way, as we had prayed for. All came to a closer walk and confidence in what God can and will do. We left the worship event with the overwhelming desire to 'Keep Pressing,' as the final song said, for Jesus. Praise His Holy Name!"—*Juanita Reynolds*

*The Orr sisters recently ministered through music at the Twinsburg (Ohio) church.*

## Beth-El Women Study the Bible by Phone

Why not use the telephone to evangelize and study God's Word? This is what the Women's Ministries team at Beth-El church in Jersey City, N.J., asked themselves. Seeing no reason not to,

the ladies recently began meeting on a teleconferencing line on Sunday mornings—from the comfort and privacy of their homes—to engage in lively and Spirit-filled discussions of 14 Bible lessons

titled "Women in the Bible and Me."

The benefits of meeting in this fashion have proven to be undeniable. Because of the phone's wide reach, group members can gather almost any time that is convenient for all. Additionally, many of the women invite friends and family throughout the country to join in and talk about the Lord's goodness and grace. Most importantly, the anonymity of this forum allows people to listen and be blessed without the pressure of active participation.—*Lisa J. Todd*



**Allegheny East Exposé** is published in the *Visitor* by the Allegheny East Conference ■ PO Box 266, Pine Forge, PA 19548 ■ Phone: (610) 326-4610 ■ myalleghenyeast.com ■ President, Charles L. Cheatham ■ Communication Director, Robert Booker ■ Editor, Taashi Rowe

## Hillcrest, Southeast Clinch Basketball Championship

Church-based basketball teams from around the Allegheny West Conference recently converged in Columbus, Ohio, for the season-ending, championship games. After a grueling season of competition and down-to-the-buzzer games, the division winners faced off in the championship.

The Southeast church in Cleveland defeated Cincinnati 107 to 98 and was named varsity champions; Hillcrest church's junior varsity team defeated Ephesus church in Columbus by one point—52 to 51 and Hillcrest's pee wee team defeated Columbus' Hilltop church 30 to 25.

Paul Glenn II, basketball commissioner and a member of the Glenville church, says, "We began this league as a witnessing tool—to bring other young people to Christ. It's wonderful to watch our young people at play!"



*Hillcrest church's pee wee champions*



*Southeast church's varsity champions*



*Hillcrest's junior varsity champions*

We have been commissioned as adults to teach our children of the Lord. We know they're not perfect, but when we follow Christ, and then properly lead and guide them, I know that God will be pleased."

## Youth March, Minister at National Prayer Conference

Allegheny West Conference (AWC) youth were among the thousands who participated in the North American Division's Just Claim It 2 youth prayer conference. Held in Columbus, Ohio, the conference gave youth opportunities for prayer, leadership training, community outreach and evangelism. Below are photos featuring AWC youth:

Drum corps members from Cleveland's Glenville church rally in the park (right and below)

De'Sha Whitehead from Glenville church gets her face painted so she can minister to kids.



Adrain Common, from Glenville church, practices what he learned in the clown ministry workshop.

Nadia Symore gets a bird's-eye view of the action.

PHOTOS BY CHRIS DRAKE, GERRY CHUDLEIGH AND BRYANT TAYLOR

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# THE CHALLENGE

chesapeake conference newsletter

JUNE 2010

## Blessed are the Upside Down

People don't seem to know what to do with the beatitudes (see Matthew 5:3-12). Some have ignored them; others admire them. Some have used them as a yardstick to measure their own spirituality or that of others. The simplest thing to do with them, perhaps, is to let them stand you on your head so that you cannot see the world in the same way again. This is exactly what Jesus was doing. He was turning their known world upside down. He redefined the good life in nine short sentences and held them out for everyone to see: nine portraits of kingdom people.

While upside down, you begin to discover that the poor in spirit, the meek and those who mourn are not just people you can help, but people who can help you, and that their hunger and thirst for God are not voids to be filled—but appetites to be envied. While upside down, you begin to see that peacemakers are spiritual physicians prescribing God's own tranquility. You also see that those who have been bruised for their faith are not the sad ones but the happy ones who, despite being bruised for that faith, have found worth in it. Those who are merciful are just handing out what they have already received in abundance.

The world looks funny upside down, but maybe that is just how it looks when your feet are planted in heaven. Jesus did this all the time and seemed to think that we too could do it. So blessed are those who stand on their heads, for they shall see the world as God sees it. They shall find themselves in good company—turned upside down by the only One who really knows which way is up!



Rob Vandeman  
President

## Special Service at Cambridge Draws 120

Pastor Cesar Gonzalez (below) and his Cambridge (Md.) congregation are basking in the glow of a heady Sabbath celebration that drew about 120 participants—more than twice the number of their regular membership. Most of the visitors were neighbors who responded to a newspaper notice for a special service at the church.



PHOTO BY LUDILEITO

The service featured the vocal trio Bella Voce (right) and local musicians Evelyn Perry and Curtis White in concert. Bella Voce members have performed in prestigious concert halls, including the Kennedy Center for the Performing Arts in Washington, D.C., and Carnegie Hall in New York City.

"Many visitors expressed their joy in having such a quality Easter service in our small town," said

John White, one of the church's 35 members.

After the sermon, Gonzalez announced that one of the ways the congregation desires to serve the community is through prayer. Instead of money, he invited visitors to place their prayer requests in the offering plates. Church members also distributed cards with the pastor's contact information and their prayer request website ([prayeasternshore.org](http://prayeasternshore.org)).

"We are following up on the requests," says Gonzalez. "We have scheduled a planning session to outline the next steps. This was a great first step—God really blessed us, and the church is on fire to do more."



Glenville Adventurers rest after marching in the rally.



## Educators Recognized for Excellence

Three Chesapeake Conference educators were recently recognized for excellence. Beth Bankes, who teaches grades 4 through 6 at Rocky Knoll Adventist School in Martinsburg, W.Va., and Marilyn Peeke, principal of Atholton Adventist Academy in Columbia, Md., were selected as winners of the 2009-10 Columbia Union Outstanding Educator and Outstanding

Administrator awards, respectively. Paty Serrano, a science and health teacher at Spencerville Adventist Academy in Silver Spring, Md., was a runner-up.

Bankes, an educator for 25 years, regularly pursues professional growth through seminars and training opportunities. She assists the North American Division Office of Education in the development of multigrade management materials, and she pilots new materials.

Peeke has utilized her administrative and leadership skills to expand the Atholton Adventist Academy program to include both a pre-kindergarten curriculum and junior academy status. In her 10 years as principal, she has helped to more than double enrollment.

Serrano is known for embracing innovation. "She consistently delivers high quality education with well-prepared lectures, hands-on labs and interactive use of SMART Board experiences," says Brian



Hamlet Canosa, EdD, Columbia Union vice president for Education, presents Marilyn Peeke with the Columbia Union Outstanding Educator award. He says Peeke has an unrelenting passion for education.

Kittleson, Spencerville Adventist Academy principal.

"Nothing gives a superintendent more pleasure than to congratulate a teacher for professional excellence," says Carole Smith, EdD, conference superintendent of schools. "I have observed and worked with these educators and been amazed by their creativity, dedication, energy and out-of-the-box thinking. They teach more than academics; they model a Christian lifestyle and facilitate spiritual growth."



Paty Serrano uses SMART Board technology to demonstrate a science lesson for high school freshman Joshua Smith.

**The Challenge** is published in the *Visitor* by the Chesapeake Conference 6600 Martin Road, Columbia, MD 21044 Phone: (410) 995-1910 ■ ccosda.org President, Rob Vandeman ■ Editor, Samantha Young



Beth Bankes conducts a small group lesson at Rocky Knoll Adventist School.

## 23 Baptized at Retreat

Twenty-three youth and adults were baptized, and several more made plans to be baptized, at the second annual Generation Rain retreat held recently at Mount Aetna Camp and Retreat Center in Hagerstown, Md. Attendees were challenged to discover and use

their spiritual gifts. Featured speaker Randy Preston, lead vocalist for the Christian band Jakob's Night, shared how he was transformed when he allowed the Holy Spirit to work in his life. When Preston made an altar call, many young people accepted Christ as their personal Savior.

"Hearing the testimonies and seeing people get baptized made me realize how great is our God," said Abbie Engles, a member of the Linthicum (Md.) church.—Michele Engles

Lien Turley, a member of the Atholton church in Columbia, Md., attends a seminar at the recent Generation Rain spiritual retreat for high school students.



PHOTO BY JOSUE SANCHEZ

## Students Excited by Service in Galapagos

Exhilarating, inspiring, eye-opening, fulfilling, exciting and fun-filled were just some of the words Highland View Academy (HVA) students used to describe their recent mission trip to the Galapagos Islands off the coast of Ecuador. The group of 26 students and nine adult sponsors worked on a Seventh-day Adventist church built on San Cristobal, conducted a Vacation Bible School for local children and concentrated on individual spiritual development.

Senior Jennifer Calhoun commented, "One of the things this trip did for me was to open my eyes to the global nature of the Adventist Church."

Sergio Manante, pastor of the Highland View church in Hagerstown, Md., and Denison Sager, HVA vice principal, coordinated the trip with service and spiritual growth in mind.



Marcia Corea and Vivian Dye paint the windowsills of the San Cristobal church.



HVA students chip, dig and haul rocks from the San Cristobal church during a recent mission trip.

"All mission trips concentrate on project-based endeavors and evangelism, which are obviously high priorities," stated Pastor Manante. "But we also focus a lot on our group worships. Through journaling, sharing our personal testimonies, singing and praying together, we strive to create an atmosphere in which each participant can deepen their spiritual experience."

Principal Sheri Tydings added, "HVA provides mission opportunities, not only for the obvious purpose of giving useful service to those in less developed countries, but also to give our students a life-changing experience. Comparing things that make us uniquely different and discovering the commonalities that bind us together as humanity is an invaluable part of a teenager's education."

On the work site, students poured and painted concrete around much of the church building. Prior to pouring

concrete, several days were committed to clearing large rocks from the area so the ground could be leveled. Nancy Manante, a senior Bible teacher, finished off the interior with some stenciled art. Angela Ellis, a teacher at the Rocky Knoll School in Martinsburg, W.Va., conducted a Vacation Bible School with student help. Approximately 40 young people from the community came each day to hear Bible stories, sing songs in both English and Spanish and do craft projects. "I loved playing with the kids at VBS and also interacting with the people of the San Cristobal church," senior Kari Petrelis said.

Seth Ellis, HVA math teacher and trip sponsor, summed up what everyone seemed to be feeling about the trip: "Throughout the trip, I was reminded of the spirit of unity and service spoken about in Acts 2," he said. "It was great to feel we were experiencing that in our group."



A Vacation Bible School participant proudly displays her artwork.

PHOTOS BY LAVONA GILLHAM, CELESTE VOIGT, BRIAN KITTLESON

## Seniors Showcase Their Talent

HVA's Class of 2010 recently presented *Males Order Brides* for their annual senior play, under the direction of Nancy Manante, senior Bible teacher. Senior Kari Petrelis, who worked closely with Manante in producing the play, reports really enjoying the experience. "I loved working with Mrs. Manante on the play," she said. "I learned a lot, got to be creative and had a blast doing it!"

The entire senior class was involved. Those not acting in the play were involved in costuming, staging, lighting, refreshments, advertising and hosting a silent auction. "I loved the play," said Mackenzi Hall, a freshman who attended the play. "It was hilarious, and the seniors did a great job." Andrew Fishell, senior class president, reported that the class also did very well financially.



PHOTO BY LYNELLE NOMURA

## Students, Staff Show Their Spirit

Each spring the students and faculty of HVA enjoy Spirit Week. This Student Association-sponsored event is designed to provide an opportunity for students to show their school spirit and simply have fun. Each day has a different theme such as Crazy Hair and Clash, Around the World, Choose a Decade, Be a Teacher and the stand-by favorite—Pajama Day.

"Even though this is my fourth year at HVA, Spirit Week is still fun," admitted Katy Yeary, Student Association president. "I like that it gives the students a chance to be creative, and it always raises school spirit."

*Teachers and students saw Spirit Week as a chance to embrace their silly sides.*



## Students Lead Week of Prayer

HVA students recently enjoyed a spiritual renewal led by their peers during their on-campus Week of Prayer. Special worship services were held each morning and evening, and each featured a student speaker. Topics included how to deal with jealousy, the problems created by procrastination and the importance of being vulnerable with each other and with God. Speakers included freshman Molly Gavin, sophomores Marci Corea and Jazzmin Pride, juniors Jill Rent and Bobby Jepson and seniors Jordan Correces, Kenji Nomura, Jumi Olowofoyeku and Jonathan Richardson.

"Having our peers speak to us sometimes reaches us in a different way," said Jill Rent, Student Association pastor. "I think when our friends are speaking, the information sinks in more."



*HVA students lead every facet of Week of Prayer, including the song service.*

### CALENDAR

#### June

- 13 ACT Exam, 8 a.m.
- 30 Discounted Registration Fee Deadline

#### July

- 14 HVA Board Meeting, 5:30 p.m.

#### August

- 1 2010-11 Application Deadline
- 11 Community Student Registration, 5-8 p.m., Administration Building
- 15 Dormitory Student Registration, 11 a.m.-3 p.m., Administration Building
- 16 First Day of School

Highlander is published in the Visitor by the Highland View Academy ■ 10100 Academy Drive, Hagerstown, MD 21740 Phone: (301) 739-8480 ■ Fax: (301) 733-4770 highlandviewacademy.com ■ Principal and Editor, Sheri Tydings

## Let's Go Fishing

*"And He (Jesus) saith unto them, Follow Me, and I will make you fishers of men" (Matt. 4:19).*

*"Jesus said unto them, Come ye after me, and I will make you to become fishers of men" (Mark 1:17).*

Scripture is clear that Jesus invites all who follow Him to go fishing for souls. He not only invites us but also says He will help us become fishers of men. If our understanding of these short but powerful texts is correct, the truth of the matter is that followers of Jesus will be soul winners. And our churches should be full of members who are soul winners because we profess to be followers of Jesus. That being established, our churches should be full of members who are sitting next to new members on Sabbath morning. This Sabbath take a good look around and see who is sitting with you.

In one of her many passages on the importance of actively winning souls, Ellen White explains, "We can never be saved in indolence and inactivity. There is no such thing as a truly converted person living a helpless, useless life. It is not possible for us to drift into heaven. No sluggard can enter there. Those who refuse to co-operate with God on earth would not co-operate with Him in heaven. It would not be safe to take them to heaven" (*Christ's Object Lessons*, p. 280).

Do you believe in the importance of sharing the good news of the gospel with others? If so, let's go fishing!



Larry Boggess  
President

## Couple Married, Baptized at Valley View Church

Sun reflecting off the terraces of the Valley View Church in Bluefield, W.Va., was mirrored in the glow on the faces of Heather Heath and John Pruett as they took their places under the bridal arch. This was a day

they will always cherish—for more reasons than one. After the couple exchanged vows, friends and family gathered in the fellowship hall to celebrate the nuptials with festive fare. Following a short interval, everyone reconvened in the church, and Pastor Bradley Galambos, now in baptismal garb, led both Heather and John through the waters into a new life in Christ.

On a quiet afternoon last summer, the couple stopped by the Valley View church, seeking a Seventh-day Adventist church. Three years before, Heather was flipping through TV channels and Doug Batchelor caught her attention. She started recording Batchelor's *Amazing Facts* programs, which she and John enjoyed watching together. With every new idea backed up by Scripture, they could only believe. After Heather had surgery to remove a 7-pound cyst—which fortunately was benign—she and John decided they owed it to God to start going to church.

"To say that our lives have changed for the better is an understatement," Heather shares. "We are not only growing closer as a married couple, but also developing a closer relationship with our Creator. With Him in our lives, I know anything is possible."—Alice Cronje



## Wheeling Children Help Kids in Africa

Children at the Wheeling (W.Va.) church are helping save the lives of kids their own age in Africa. Worldwide, more than 26,000 children under the age of 5 die each day, mostly from contaminated water, malnutrition and diseases for which affordable vaccines are available. To help save lives, Wheeling children joined ADRA's \$1=\$4 child survival matching program and raised \$180.79 in three months! ADRA matched the amount donated with grant monies so that each dollar raised became

four dollars. Because of their efforts, ADRA can deliver more than \$720 worth of medical supplies and vaccinations to countries such as Rwanda and Ethiopia.

When Avery McCauley, a Primary Sabbath School student, realized how much the group collected, she exclaimed, "Wow! We did that much! Maybe we can help kids in another country, like Haiti, who need help, and raise even more money."

The Wheeling children also had a unique way of showing how much money they had collected. For each

dollar donated, they colored a cupcake to represent another birthday celebrated by an African child.

Sabbath School teacher Lorraine Megale saw the excitement in her students' eyes while working on this project. "The kids just loved it," she said. "Each Sabbath they would come in and color more cupcakes until our mission bulletin board was filled and overflowing onto another wall."

Helping to give another year of life to boys and girls on the other side of the world has blessed the Wheeling children and reminded them how important every child is to God.—Amy Garvick



Children from Wheeling (W.Va.) church's Sabbath School colored cupcakes to depict how many children they have helped overseas.

## Elkins Church Goes Door to Door

Members of the Elkins (W.Va.) church are working hard to prepare for their fall evangelistic meetings. April Ibarra—a recent graduate of SOULS, a Bible worker training program in California—has pledged a year of service to the

Elkins church. Ibarra is working with Pastor Don Jacko to train and equip the congregation to do Bible studies and surveys in the community. The survey seeks opinions on several spiritual and moral topics and inquires how the church can fulfill community needs.

The surveys have already led to several Bible studies. Several Highland Adventist School students have also expressed interest in taking Bible studies with Ibarra.—Cheryl Jacko

Stefan Bramblett, Tiffany Jacoby, Chris Gallow and Robert Gallow are going door to door in the Elkins, W.Va., community to distribute surveys.

## Announcements

**Summer Camp** at Valley Vista Adventist Center in Huttonsville, W.Va., starts June 27. To register, call the camp at (304) 355-2000.

**Hispanic Camp Meeting** will be held August 20-22. For more information, call the conference office at (304) 422-458.

## Mountain View EVENTS

- June**  
27-July 4 Adventure Camp
- July**  
4-11 Junior Camp  
11-18 Teen Camp  
21-Aug. 4 Wellness Camp  
26 Executive Committee Meets
- August**  
20-22 Hispanic Camp Meeting  
28 Young Adult Summit

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## If Only ...

I look forward to the day when I will not have to hear the sentence, "If only I had sent my child to a Seventh-day Adventist school." As an academy principal, that phrase leaves me feeling a deep sense of sadness. As a parent, I don't want to have to ask the question "What if?" when it comes to my children's salvation.

I look forward to the day when I do not have to hear the sentence, "I waited too long to send my child to an Adventist school." Every year I get a new upperclassman who is as wild as a feral cat. Many students come to us never having been challenged to be anything more than slaves to their emotions. If we had been able to work with students like this, starting as freshmen, we may have been able to help. Sometimes it really is too late.

I look forward to the day when all of our Adventist youth are in our schools learning about a God who loves them and being prepared for eternity. I hear the excuses and rationalizations for why a child is not in an Adventist school. But between the lines, the lie ensnaring us for millennia can be seen: "It really doesn't matter what I do."

Have you ever wondered or doubted if Adventist education matters? Look out into this lost world, and you will see a lot of hopeless and lonely people. I look forward to the day when God will no longer look out on the people He gave so much to save and have to say, "If only My people would believe enough to come to Me."



Robert Stevenson  
Principal

## 53 Attend Academy Days, Join "CIA"

Mount Vernon Academy (MVA) recently invited students in grades 7-12 to visit the campus for Academy Days and join the CIA—Christians In Action—team. Current MVA students served as ambassadors and led groups of visitors in completing a variety of activities during the two-day event. As part of the Student Association's Amazing Race, visitors traversed and familiarized themselves with the campus while deciphering clues and competing in a variety of tasks with their teams. A Bible Bowl and ice cream social provided more socialization time between visitors and current students.



During the Amazing Race, teams of visitors had to complete a variety of tasks, including crossing planks, getting everyone through a "spider web" and digging in slime.

"There were a lot of people, and it made everything exciting! It was [fun] to say that I'm a part of the CIA," said Natalie Sibanda ('10).

"I was an ambassador for the Shark [team]. I had a lot of fun and met some great kids! I hope they decide to attend MVA next year," Alex Manson ('10) exclaimed.

Academy Days 2010 ended with T-shirt signings, hugs and excited prospective students ready for fall to arrive!—Kourtney New and Amy Soper



## 11 Reasons Students Love MVA

The Mount Vernon Academy (MVA) program focuses on developing the mind, body and spirit of each student who joins our community. Our academic curriculum, which offers honors, Advanced Placement and college-credit courses, is designed to challenge students. However, our foremost goal is to help our students develop a spiritual relationship with their Creator. Our students recently provided feedback about how MVA has impacted their lives:

### How has Mount Vernon Academy influenced your spiritual life?

My eyes have been opened to the spiritual warfare going on around us, and I have learned about the true love of God.—*Senior*

This school is spiritually enriching and a place where you can meet

Jesus and make friendships that last a lifetime.—*Sophomore*

Being at MVA has given me an opportunity to serve Christ frequently and be comfortable doing it.—*Junior*

### What religious and outreach programs have you enjoyed the most?

Sabbath School is one of my favorite programs because we are able to discuss and learn deeper truth from [God's] Word.—*Senior*

Service days are one of my favorite activities because I love the feeling of helping people in any way I can.—*Freshman*

It has been fun to interact with people in the community by going door to door, praying or collecting food.—*Senior*

### What do you like about the academics provided at MVA?

I like the option of being in honors classes ... and I also like the music program.—*Sophomore*

I like that the teachers are so personal. There's no way that anyone will fail without a lot of people trying to help them first.—*Senior*

### What do you like about the social and relationship-building aspects of the MVA program?

I have a group of friends I can always go to for help.—*Junior*

Having whole-school activities—banquets, picnics, service projects—helps bring everyone closer.—*Senior*

This school gives me a sense of belonging, and I honestly feel loved here.—*Senior*

*Above: Math teacher Lynn Lee counsels a student. Below: Students study together.*



Activities planned for the entire student body help students to build stronger relationships with their peers.



Students can participate in intramurals or a number of varsity sports.

## CALENDAR of EVENTS

### August

- 8-11 Soccer Camp
- 8-13 Volleyball Camp
- 10-14 Resident Assistant Training
- 15 Freshman Orientation and Registration
- 16 Freshman Classes Begin
- 17 Sophomore Registration

*Spirit* is published in the *Visitor* by Mount Vernon Academy ■ 525 Wooster Road, Mount Vernon, OH 43050 ■ Phone: (740) 397-5411 ■ [mvacademy.org](http://mvacademy.org) ■ Principal, Robert Stevenson ■ Editor, Amy Soper

## Do Not Segregate My Church!

We are facing what I call a good problem in several churches across the New Jersey Conference territory. May a problem be good? Yes, especially when churches are crowded. In Bridgeton Spanish, New Brunswick English and Spanish, Maranatha French and some other churches in our conference, there is not a square inch of empty space. What is the solution? I have several ideas, and also a big concern. So let's discuss it:

**1. Plant a new church.** This is always the best solution. I strongly recommend church planting through small groups, which is the way that Jesus did it.

**2. Use the same house of worship for several congregations.** We are *underutilizing* our church properties! Why not plant another church in the same building that we already own? They can meet at a different time of the day. Select a different set of leaders and multiply the church, leaving some space and seating capacity in both congregations, so that both may grow.

**3. Please, never segregate the church by age!** I never will recommend that in order to plant another church, you segregate families, creating what some call a "youth church" or a "young adult church," thus leaving the parents and grandparents "home alone." If you do this, you will leave behind a vanishing congregation that will become extinct without the happiness and the creativity of our children and grandchildren. Give the younger generation opportunities to lead. When young and old work together, in both the mother church and the new plant, you create two healthy churches. Please multiply—but do not segregate—my church!



Jose H. Cortés  
*President*

## NEWS

### Pastors Pause for Spiritual Renewal

Nearly 40 pastors recently attended a retreat focused on assessing the spiritual gifts of church leaders. Tom Dunham, conference associate director for Personal Ministries, taught the class. Each pastor participated in the assessment to also ascertain their own spiritual gifts and learn how they might better serve their churches. The pastors also devoted time to spiritual renewal. At the conclusion of the retreat, pastors joined in prayer for each other and for the growth of their churches and the conference.



### Pastors and Teachers Focus on Christian Education

Pastors and teachers recently met at the Robbinsville church to focus on Christian education. Discussions included how to increase enrollment and align churches into "school districts" so that churches might become a constituent member of one of the schools located in the conference. Pastors and teachers also brainstormed about developing plans for churches and schools to work together.



## Church Leaders Recognized for Soul Winning

The recent Spanish and English Elders, Deacons and Deaconesses retreats at Tranquil Valley Retreat Center in Tranquility were the culmination of a season of training for church leaders in New Jersey. This year the traditional elders' retreats were expanded to include the deacons and deaconesses for the first time. Frank Bondurant, vice president for Ministries Development for the Columbia Union, and Armando Juarez, Hispanic coordinator for the Nevada-Utah Conference, provided inspiring messages for the retreats.



The highlight of the retreats was the recognition of those leaders who brought someone to Christ and saw baptisms as a result of ministry in their local churches. The conference designed a new lapel pin that features a crown and a star. These soul winners received a pin during the special service. Each leader was also challenged to bring at least one person to Christ by the time of the 2011 retreat.

Below: Jose H. Cortés, president of the New Jersey Conference, presents Julia Krug of the Laurelwood English church with her baptism pin.

Pastor Cortés pins Robert Chandler of the Elizabeth English church.



Below: Pastor Jorge Aguero, conference Family Ministries director, poses with pin recipient Benedicta De Leon of the Englewood Spanish church.



Pastor Frank Bondurant, vice president for Ministries Development for the Columbia Union, embraces Marie Jewels of the Wayne English church after she receives her pin.



Hispanic leaders are rededicated through prayer.

## dates

- June**
- 2-5 Stewardship Emphasis Weekend, Local Churches
  - 4-6 Adventure Family Timeout Tranquil Valley Retreat Center (TVRC)
  - 12 Combined English & Spanish Camp Meeting, TVRC
  - 19 Sabbath School Friends Day Local Churches
- July**
- 7-10 Stewardship Emphasis Weekend, Local Churches
  - 22-25 Family Retreat Weekend TVRC
- August**
- 11-14 Stewardship Emphasis Weekend, Local Churches
  - 14 Singles Spiritual Day
  - 20-23 ShareHim Boot Camp

New Jersey News is published in the Visitor by the New Jersey Conference  
2160 Brunswick Ave., Trenton NJ 08648  
Phone: (609) 392-7131 ■ njcsda.org  
President, José H. Cortés ■ Editor, Jim Greene

## Worship Festival Draws 500

Some 500 children plus parents recently participated in Ohio Conference's first Children's Worship Festival and Annual Elementary School Music Festival. The conference partnered with the North American Division (NAD) and presented both events during NAD's Just Claim It 2 youth prayer congress held at the Columbus Convention Center.

"The three-hour [worship festival] program was especially designed to help meet the worship needs of children aged 5 through 13," explained Cindy French-Puterbaugh (right), conference Child and Family Ministries director. "The programming included praise time, music performances, storytellers, puppets, as well as an hour of experiential (hands-on) worship that centered around [connecting] to God, to each other, to ourselves and to our world."

French-Puterbaugh, who also serves as Education associate superintendent, explained that the music festival gave students in grades 5 through 8 opportunities to experience a variety of creative expressions of worship, including art, drama, mime, stix, puppets and a mass choir. On Sabbath afternoon, the 150 students who participated in the music festival performed on the Just Claim It main stage.



Ohio Conference provided free lunches to members attending the Children's Worship Festival, Elementary School Music Festival and Just Claim It 2 prayer conference.



## Wintersville Women Craft Outreach Ministries

For the past two years, several women of the Wintersville church have met for fellowship and a creative outreach ministry. Group members have made colorful cloth bags for disadvantaged children filled with items such as blankets, coloring books, crayons, cups, dolls or teddy bears. Church member Gladys Jean Francis taught the group how to make silk floral arrangements, and they have given away 18 vases to local nursing home residents. Francis also led the women in creating colorful, knotted-fleece throws, which were given to children in need. Missy Yunker demonstrated how to make greeting cards, which were included in a care package sent to a local service woman serving in Afghanistan. Cards and Bible markers have been given to friends and nursing home residents. The women feel that it is such a blessing to have helping hands in the church, fellowshiping together, inviting friends to join in and sharing the gift of love through helping others!—*Sonja Whiteman*



Front row: Mary Ellen Miller, Gladys Jean Francis and (back row) Sonja Whiteman, Pam Nelson, Joanne Gorney and Ada Spears are reaching out to others in creative and thoughtful ways.

## Ohio Women's Retreat Returns to Deer Creek

The Ohio Conference Women's Retreat will be held September 17-19 at Deer Creek Lodge and Conference Center in Mount Sterling. This year's theme is "My God is Great," and will feature Elizabeth Talbot (left), who is the co-host for the *Voice of Prophecy* daily broadcast. Talbot is passionate about the good news of Jesus Christ. "It's like fire in my bones," she says.

The retreat will also include a morning prayer walk, several seminar options and a bell choir concert. For the early bird discount, register by July 15 and August 15 for the regular rate. For details, go to the "Annual Events" link at ohioadventist.org, or call Ruth Ann Van Nostrand at (740) 397-4665, ext. 111.



## Pastors Gain Insights From Holy Land Tour

Approximately 35 Ohio Conference pastors and their spouses recently enjoyed a self-funded, one week tour of Israel. They were thrilled with the opportunity to see for themselves many places crucial to the Christian faith and authenticity of the Bible. Highlights included a boat ride on the Sea of Galilee; swimming in the Dead Sea; seeing the caves where the Dead Sea Scrolls were found; visiting Masada (Herod's palace/fortress), Nazareth, Bethlehem, Jerusalem, the Garden of Gethsemane, the Mount of Olives, Golgotha and the Garden

Tomb. Many in the group gained new insights regarding biblical passages that they would not have realized without having been to these sites. The Ohio Conference is organizing another eight-day tour leaving January 24, 2011, with possible extension to Petra, Jordan. If you'd like to participate in this tour, contact your pastor for more information.

*Ohio pastors and their spouses take a boat ride on the Sea of Galilee.*



Mission Ohio is published in the *Visitor* by the Ohio Conference P. O. Box 1230, Mount Vernon, Ohio 43050 ■ Phone: (740) 397-4665 ■ ohioadventist.org ■ President, Raj Attiken ■ Editor, Nancy Barnett

## The Value of Integrity

The piano tuner beamed at our second-hand purchase of a little Yamaha and reached inside with a tuning instrument. He was amazed to encounter a crisp \$20 bill. "Let's see if there's any more money," he exclaimed. For more than 15 minutes he pulled out more bills, handing them to my wife, Joyce. When he was finished, the total was \$640—\$40 more than we paid for the piano. Both the tuner and Joyce were in shock. "Finders, keepers!" he pronounced, marveling at our good luck.

But Joyce felt convicted to return the money, so she retraced the 30 convoluted miles back to the previous owner, an elderly lady. "What's wrong?" she asked nervously. "Nothing," Joyce replied. "I just wanted to return the money we found inside your piano." Tears flowed as the lady shared about discovering several of her husband's surprise stashes of money over the years following his death and the miraculous timing of this "find" to meet her current needs. "But even more than the money," she whispered. "I feel God's arms around me right now."

Ellen White writes, "Everyone in whose heart Christ abides ... is a worker together with God for the blessing of humanity" (*Acts of the Apostles*, p.13).



Ron Christman  
Treasurer

## Pocono Grace Members Pray Together Nightly

Esie Morales couldn't focus on the church business meeting. Because members of the Pocono Grace church live so far apart, they were using a free conference line to hold their meeting, allowing members to call from their homes and still "meet together." Morales thought, "Why couldn't we hold prayer meetings this way?"

Like most churches, attendance was low at the weekly prayer meeting with only one or two in attendance. Members were willing to give the conference line a try. Each night at 9 p.m., more than a dozen people call the line. "We chose 9 p.m. because most cell phone plans have free minutes after 9," Morales explains.

During the half-hour meetings, participants share requests, pray, enjoy a short devotional or testimony and then pray again. They recently met from 8 p.m. until midnight for a time of prayer and fasting with 20 people.

The group has seen many answers to prayers and miracles. "We prayed for a baby who doctors said would be handicapped. Her spine was damaged, and they believed she would never be able to move her head or walk straight," shares Morales. "Today she is a healthy 3-month-old who is growing fine."

Pocono Grace is a bilingual church with all services in both Spanish and English, so their prayer meetings offer both languages as well. An English-speaking prayer meeting is held on Friday night, while the rest of the nights are held in Spanish. They invite others to join them by calling (218) 936-7979 and entering participant code 844114#.



## Conference to Commit Two Pastors for Ministry

Family, friends, church members and others will gather for the ordination of Pastor Robert Fisher and the commissioning of Pastor Tara VinCross as the Pennsylvania Conference commits both to ministry, Sabbath, June 19, during camp meeting.

**Pastor Robert Fisher** grew up a Seventh-day Adventist and always felt called to ministry. However, he took a roundabout way of getting there. After receiving a bachelor's degree in Business Administration/Healthcare Management from Concordia University in Oregon, he worked in the healthcare field for a few years. He and Lenea were married in 2001. Fisher continued to work in the healthcare field for a few more years, while Lenea finished her nursing degree. It wasn't long before the two felt God had other plans for them.

After being involved in his local church, Fisher preached at an evangelistic series in Romania. When he returned, he applied to the Seventh-day Adventist Theological Seminary (Mich.) and completed a Master of Divinity. They were called to serve the Indiana and Johnstown district. Their district grew to three churches with the addition of the Distant church, while their family grew with the additions of Melody and Hannah.

"I am privileged and humbled to work with God's people and feel that He has called me to be part of this great Advent movement, to help warn the lost and [prepare] His people to be ready for the closing events of this Earth's history," Fisher shares.

**Pastor Tara VinCross.** Tara J. Vinyard grew up in Seattle, Wash., and accepted Jesus Christ at age 13 while attending church with a friend. Later God led her to Auburn Adventist Academy and through joining the literature evangelism team, Youth Challenge, she was introduced to the Adventist Church and received her lifetime calling to ministry. During that summer of 1995, even before understanding Adventism herself, she co-taught a Revelation seminar and saw God use her to lead two others to baptism.

She met Caleb Cross at Southwestern Adventist University (Texas) while they were studying theology. They married in October 2003, and the couple took the name VinCross.

Pastor VinCross also holds a Masters of Divinity with an emphasis in Youth Ministries from the Adventist Theological Seminary. She began pastoral ministry in the Washington Conference where she served as associate pastor on Orcas Island for a year and assistant Youth and Young Adult Ministries director for

three years. She now leads the Chestnut Hill church in Philadelphia. She firmly believes in the power of the Holy Spirit to work through all of God's church (see Gal. 3:28, Eph. 2:14, 18) and bring transformation in people's lives by beholding Jesus (see 2 Cor. 3:18). Her greatest joys are seeing someone come to Christ and helping people find their purpose and place in ministry.



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Pennsylvania Pen is published in the *Visitor* by the Pennsylvania Conference ■ 720 Museum Road, Reading, PA 19611 ■ Phone: (610) 374-8331, ext. 210 ■ [paconference.org](http://paconference.org)  
President, Ray Hartwell ■ Editor, Tamyra Horst

## Youth Ministries: It's Double Good

There are two things that are true with regard to most kids: they like to be around other kids and if the weather is good, they want to be doing something outdoors. In ministry if we figure out ways to plan youth events that include those two elements, it becomes a "double good" situation. This might explain the positive outcomes we have been witnessing within the Youth Ministries department.

First of all, the Potomac Conference Pathfinder program is continuing to grow at an unbelievable rate. No doubt, much of it is due to the endless hours and energy our volunteers put into creating a first-class program, both on the local church level and on the conference level. I can't help but think that when we combine a Christian discipleship program with outdoor activities and social interaction, kids come out of the woodwork for it.



A second event, which is seeing a lot of enthusiasm among our kids, is the summer camp program at Camp Blue Ridge in Montebello, Va. Once again, a major reason camp is so popular is for the simple reason that kids get to spend a significant amount of time outdoors with their peers. What a blessing it is to have a place like Camp Blue Ridge! It is a safe, Christ-centered environment in nature where our kids can enjoy the great outdoors while learning to love Jesus. That's just double good!

To find out more about enrolling your child in the Potomac Pathfinder program or at Camp Blue Ridge, email me at [dennyg@pcsd.org](mailto:dennyg@pcsd.org), or call the offices of the Potomac Conference at (540) 886-0771.



**Denny Grady**  
Youth Ministries Director

## Hispanic Churches Hold 63 Campaigns in One Week

For more than a week, the Holy Spirit worked through student evangelists standing at 63 different pulpits across the Potomac Conference. These students from the School of Theology for Disciples led the events for the 63 simultaneous evangelistic campaigns held in Hispanic churches throughout the conference. In addition to a manual that helped them develop sermons for

each night, all the preachers were given prior instruction. They also received a variety of books, music CDs, Bibles and other materials to share with visitors. Twenty-two Hispanic pastors gave Bible studies and called for decisions.

A total of 854 visitors attended the different campaigns each night bringing the overall attendance to 1,540. In addition to the eight baptized during the event, another 352 baptisms have been reported. Pastors estimate once the Bible studies are complete, there will be a total of 600 baptized—transforming this weeklong evangelistic series into an historic and unprecedented occasion in the conference. To view the



Hispanic elders are recognized at the Southern Asian church in Silver Spring, Md., for their contribution to a recent mega-evangelism campaign.

video of this event, visit pcsda.org and click on Latest News.



## Seabrook Member Celebrates 100th Birthday

Indiana Wright, who attends the Seabrook church in Lanham, Md., recently celebrated her 100th birthday. She has been an ardent Seventh-day Adventist for most of her adult life. She has served as a deaconess, choir member, Sabbath School teacher and as an organizer and coordinator of youth activities at the Williamsfield church in Jamaica.

Wright is the mother of six children, five of whom gained an Adventist education at West Indies College, now Northern Caribbean University. After the death of her husband, she migrated to the United States to live with her daughter, Yvonne Wright-Wallace, in the Washington, D.C., area and continues to do well.



## Desmond T. Doss Students Wear Purple for Epilepsy

Every student at Desmond T. Doss Jr. Academy in Lynchburg, Va., recently showed up to school wearing purple—and no, this wasn't because they were all Vikings fans. Students and staff were showing support for those living with epilepsy, which causes life-threatening seizures. Statistics show that approximately one in

every 100 persons suffer from epilepsy—but very few people talk about it, or are even aware of it.

Laurie Kelly, a kindergarten teacher at the school, became involved in the cause when her daughter, Shannon now a freshman, was diagnosed with the condition. "God took this horrible situation that really hurt our family and strength-

ened our faith," Kelly said. "We also found it very empowering that our school supported Shannon."

Shannon was among several children with epilepsy who recently traveled to Washington, D.C., to speak with their congressmen about how they could help. Back at Desmond T. Doss, students even signed a petition asking President Barack Obama to increase money for research to find a cure for this dreaded disease. For more information about epilepsy, visit efa.org.



Potomac People is published in the Visitor by the Potomac Conference 606 Greenville Ave., Staunton, VA 24401 ■ Phone: (540) 886-0771 pcsda.org ■ President, Bill Miller Communication Director, Dan Jensen

## A Year of Growth

When this school year began, teachers and administrators at Takoma Academy (TA) shared a commitment to three areas of student development: college preparedness, service and a saving relationship. This year we increased the number of advanced/honors courses offered, put greater emphasis on college preparedness and ACT/SAT testing and increased teacher workshops and curriculum development. Making academic enhancements and outreach activities a part of our culture has helped build student character and defined our commitment to academic excellence and community service.

Although our students were involved in numerous spiritual activities, I want to focus on one, which, for me, most clearly defines our students' commitment to spirituality. During our student week of prayer, TA students delivered challenging messages that reached the hearts and minds of the students and faculty alike. Sermon topics included dealing with hopelessness, depression, relationships, self-worth, disappointment and understanding God. Even more powerful than the sermons were the responses. More than 40 students requested Bible studies and baptismal classes, and over 80 students re-committed themselves to Christ.

We are dedicated to developing students who are prepared for college, ready to serve and understand they are destined for eternity. This is who we are and what we believe the Lord has called us to provide for His students. We invite you to partner with us as we take pride in developing His students for success.



David Daniels  
Principal

## NEWS

### 76th Senior Class Graduates

As their high school careers came to an end, the Class of 2010 was blessed during Takoma Academy's 76th graduation exercises earlier this month. The weekend's activities began on Friday with a Consecration service at



nearby Sligo church. This program featured the graduates sharing songs, scriptures and paying tribute to their parents and teachers. On Sabbath morning, the Baccalaureate service featured speaker Paul Graham, senior pastor of the Restoration Praise Center in Lanham, Md. Sunday morning's Commencement ceremony took place in the school's J.P. Laurence Auditorium. The featured speaker was Jimmie Gibson (above), a member of the Community Praise Center in Alexandria, Va., and serves as a substitute teacher and TA's flag football coach.

### New Programs Ensure Student Success

Kristina Flo (below), TA's guidance counselor, recently announced that 94 percent of the school's recent graduates have made solid plans to attend college. "The goal is to see 100 percent of our future graduates matriculate, especially into one of our [Seventh-day] Adventist colleges or universities," she said. With this in mind, TA is constantly adding new programs to ensure that all students will achieve educational success.

One such program is the three-week Enrichment Experience to be held July 12-30. This comprehensive session of academic and enrichment activities will help students make a successful transition from elementary to high school. This free program, offered to incoming freshmen, will emphasize worship, academics, personal enrichment and team-building activities. For more information, contact TA at (301) 434-470.







## 100 Area Students Participate in Amazing Race

More than 100 eighth-graders from area elementary schools put on their comfortable clothing and sneakers and headed for TA's campus to compete in TA's fifth annual Amazing Race. This field day, patterned after the popular television show, is designed to teach teamwork and cooperation in a competitive environment. The day began when the visitors joined TA's student body for a special worship program featuring the Music Department of South Lancaster Academy (Mass.).

The students came from Beltsville, Crossroads Elementary, Dupont Park, Forcey Christian, G.E. Peters, John Nevins Andrews, Olney Preparatory, Sligo Elementary, Spencerville and Tappahannock schools. Each team included students from the different schools allowing them to make new friends. Thirty-three TA students served as team leaders and guides for the day,

which gave them the opportunity to hone their leadership skills. The actual race included several types of activities with a timekeeper recording the time it took each team to complete an activity, which ranged from climbing a rock wall to running through an obstacle course to safely carrying an egg across the

gym. After enjoying lunch together, the three teams with the overall shortest times received prizes. The group in third place won a TA ball cap; the second place team won TA windbreaker jackets and the first place winners walked away with a ball cap, jacket and \$500 TA scholarship.



## New Scholarships Make Christian Education Affordable

When parents are making the important choice between sending their child to a Christian or public school, one of the key differences in their minds is often related to cost. Takoma Academy has several financial aid opportunities that will alleviate those concerns.

The financial assistance program

at TA has been greatly expanded to include new scholarships, not only for academic achievement and leadership skills, but also for talent. Ability scholarships are available to students who are athletes (basketball, flag football, soccer, volleyball, track and field); are musically gifted (voice or instrument) or involved with drama/acting. Additionally, opportunities to work on campus provide a much-needed source of income for some families.

Auditions for ability scholarships will be held throughout this month. Visit [ta.edu](http://ta.edu) to see the schedule for specific audition dates. With awards ranging from \$250-\$1,000, auditioning is well worth the time. Many other options for student aid are also available. For more information, contact the business office at (301) 434-4700, ext. 714.



## Calendar

### June

- 1-3 Final Exams
- 4 Consecration, 7 p.m., Sligo Church
- 5 Baccalaureate, 11 a.m., Sligo Church
- 6 Commencement, 10 a.m., J.P. Laurence Auditorium
- 13, 15 Ability Scholarship Auditions

### July

- 5 Offices Closed—Independence Day Observed
- 12-30 Summer Enrichment Experience

**TA Today** is published in the *Visitor* by Takoma Academy ■ 8120 Carroll Ave., Takoma Park, MD 20912 ■ Phone: (301) 434-4700 ■ [ta.edu](http://ta.edu) ■ Principal, David Daniels ■ Editor, Linda McLaughlin

## Alumni Weekend Packed With Celebration

The 2010 Alumni Weekend at Washington Adventist University (WAU) was filled with celebration. I was energized by the support of our wider community at the groundbreaking of our new music building and inspired by the spiritual guidance of guest speakers José Cortés Jr., Youth Ministries director for the Greater New York Conference, and Ted N.C. Wilson, vice president of the worldwide Seventh-day Adventist Church. I was humbled by the affirmation and charge of the Board of Trustees during the dedication service held on Sabbath; enthralled by the powerful gifts of each individual who performed in the reunion choir and orchestra for the afternoon concert; and fully entertained on Sunday at our annual WAU Family Fun Festival.

Woven into each of these key events were moments of reunion and engagement with alumni, supporters and community leaders, as we celebrated over delicious food and fellowship. I cannot begin to communicate the fullness of my heart as we experience how the spirit is growing at Washington Adventist University—these few photos are just an introduction. Thank you for your support of our mission. Without your prayers, we would not be experiencing these blessings of God.



**Weymouth Spence**  
President



Weymouth Spence, WAU president, announces his initiative to name the new music building for Virginia-Gene Rittenhouse, DMA, director of the university's New England Youth Ensemble. Citing memories of Rittenhouse performances he attended as a boy, Spence noted her legendary reputation in Adventist classical music and called on supporters to donate to the music building campaign in her name.



With the Board of Trustees looking on, ceremonial shovels pierce the ground on the Takoma Park (Md.) campus for the first time in more than four decades. It signaled the commitment of church and university leaders to continue to build on the vision of the founders, who saw the opportunities offered by a location on the doorstep to the nation's capital, to equip students for ministry and service to the world.



President Spence and his wife, Rebecca, fellowship with alumni during the Friday evening Alumni Banquet.



Dave Weigley, president of the Columbia Union Conference, and his wife, Becky, join the university president and his wife during their dedication.

## Church, University Leaders Celebrate Alumni Weekend



President Weymouth Spence presents Charles Goodacre, DDS, with the Alumni of the Year award as Duane Reid, Alumni Association president, looks on.



Barbara Goynes, Ralph Craig, Robert Bainum and Doris Suddarth returned to their alma mater to represent the honor class of 1950.

PHOTOS BY AL PEASLEY



During the Department of Music Reunion Concert, Jon Gilbertson (not pictured), Leland Tetz (left) and Robert Young (right), each a former conductor at Washington Adventist University, returned to lead the mass choir and orchestra. The Department of Music presented each with an award of appreciation.



The Sabbath ended with a gospel concert featuring several performers, including John Tillery and Living Sacrifice.



Steve Gatz wows the crowd with his Incredible Creature program at the annual WAU Family Fun Festival. Formerly known as Tastes of Takoma, the event took a new name as planners focused the program on helping the community learn more about Adventists and the mission of the university. More than 4,000 attended the fun-filled event.

### Save the Dates

13 – July 30 Summer Teaching Institute  
July 29 Summer Graduation

The Gateway is published in the Visitor by the Washington Adventist University ■ 7600 Flower Ave., Takoma Park, MD 20912  
Phone: (800) 835-4212 ■ wau.edu ■ President, Weymouth Spence ■ Editor, Angela Abraham

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Payment must accompany all advertisement(s). We do not bill for classified or display advertising and tear sheets are not provided unless prior arrangements are made. Checks and money orders are accepted. Make checks payable to Columbia Union Visitor and mail together with classified advertisement and recommendations (if applicable) to Sandra Jones, Columbia Union Visitor, 5427 Twin Knolls Rd., Columbia, MD 21045, and display advertising to Beth Michaels at the same address.

Rates for classified advertising are calculated on a per insertion basis in our 12 issues. Minimum charge is \$47 for 50 words or less for ads originating within the Columbia Union Conference, and \$52 for all others. Additional words: 60 cents each. A 15 percent discount is given for 12 insertions, a 10 percent discount for six insertions, and a 5 percent discount for three insertions.

Display Advertising: For rates and information, go to columbiunion.org/go/advertising, email bmichaels@columbiunion.net, or call Beth Michaels (888) 484-7486 or local (410) 997-3414, ext. 574.

EMPLOYMENT

SOUTHWESTERN ADVENTIST UNIVERSITY seeks PhD-prepared biologists for fall 2010. Looking for two talented, committed Seventh-day Adventist creationists who are able to inspire students in classroom and in research.

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THE GENERAL CONFERENCE OF SEVENTH-DAY ADVENTISTS is seeking a Director of Archives and Statistics for its headquarters in Silver Spring, Md.

degree in statistical methods, information science or religion required, doctorate preferred. Candidate must be a member in good standing with the Adventist church.

HOPE CHANNEL, located at the General Conference of Seventh-day Adventists headquarters, has a marketing position available for a candidate with proven experience in directing marketing and sales either in the church or the business world.

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LOOKING FOR A RURAL CHURCH AND SCHOOL? Tappahannock is 45 miles from Richmond and 125 miles from Washington, D.C., rich in history and community resources.

with low property taxes, acreage and employment opportunities. Established, active ministries include Adventist Community Services, prison and health ministries, community health food store and citrus program.

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INTERNATIONAL BIBLES.COM: An online religious superstore, 7115 Mormon Bridge Road, Omaha, NE 68152; email service@internationalbibles.com; phone: (402) 502-0883.

REAL ESTATE

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MARYLAND ADVENTIST DENTIST, David Lee, DDS, FAGD, AFAAID, has practices located in Silver Spring and Ellicott City, Md. He is extensively trained in implant, cosmetic, TMD/TMJ, sedation, and laser dentistry.

MARYLAND ADVENTIST PODIATRIST: Dr. Scott Nutter, highly trained, experienced, and board certified, is available in several locations to help your foot/ankle problems, including arthritis, heel pain, spurs, diabetes, callouses, ingrown nails, sprains, fractures, warts, bunions, etc.

MOVE WITH AN AWARD-WINNING AGENCY. Apex Moving & Storage partners with the General Conference to provide quality moves at a discounted rate.

PLANNING AN EVANGELISTIC SERIES OR HEALTH SEMINAR? Have questions? Need affordable, professionally prepared handbills, brochures, signs, banners and mailing services? Call HOPE's customer service representative toll-free at (800) 274-0016, or visit hopesource.com.

SINGLE AND OVER 40? The only interracial group exclusively for Adventist singles over 40. Stay home and meet new friends in the United States, with a pen pal monthly newsletter of members and album.

information, send a large, self-addressed, stamped envelope to ASO 40, 2747 Nonpareil, Sutherlin, OR 97479.

ARE YOU MOVING SOON? Before you rent a U-Haul and do it yourself, check our price and save yourself the hassle. Plan ahead now and reserve a time. Fast, direct and economical.

BOOKS: Over 250,000 new and used Adventist books in stock at LNFBooks.com. Looking for a publisher? Free review of your manuscript.

ADVENTISTEVANGELISM.COM, your #1 source for seminar handbills and brochures. If you are considering a community outreach series in your area, we can help you design, print and mail your invitations.

LOOKING FOR A DENTIST? We strive to provide convenience and comfort for our patients, with a warm atmosphere and relaxing view of the landscape outside each treatment room.

ADVENTIST CONTACT

The original dating ministry for Adventists. With God's help, we endeavor to be the BEST!

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See what's FREE!

Tell your single Adventist friends. YOU could be our next SUCCESS STORY!

Married through CONTACT?

Send your story/photo(s) to: success@adventistcontact.com

Successfully Matching Single Adventists Since 1974

SUNSET CALENDAR

Table with 6 columns: Location, June 11, June 18, June 25, July 2, July 9. Lists sunset times for various cities like Baltimore, Cincinnati, Cleveland, Columbus, etc.



LILLY TRYON

TRAVEL

VACATION ON KAUAI, HAWAII, "THE GARDEN ISLAND."

Kahili Mountain Park is a scenic mountain getaway located at the base of Kahili Ridge. Just minutes from popular Kauai attractions, the park has an assortment of one- to four-room cabins with sleeping for two to six persons.

RVs!!

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ANNOUNCEMENTS

ATTN: ADVENTIST CHURCH EMPLOYEES/DELEGATES ATTENDING GC SESSION:

Kettering Adventist HealthCare and GC Ministerial are co-sponsoring a free counselor-in-residence program. Pastors, teachers, administrators, staff members, delegates and their spouses may use this program.

LOUISVILLE ADVENTIST ACADEMY

(LJA) Alumni event is July 23-25! All former students, faculty, staff and supporters of Louisville Junior Academy are invited to the second annual alumni celebration.

JOIN THE ADVENTIST RACE FOR HEALTH 5/10K,

Sunday, June 27, at 7 a.m., during GC Session at Centennial Park in Atlanta, Ga. For more information and to sign up, go to AdventistRaceForHealth.org.

LIBRARIES 2020:

Visioning and Planning for the Next Decade. Association of Seventh-day Adventist Librarians 2010 Conference, June 16-21, Oakwood University, Huntsville, Ala. Librarians of all specialties are invited to visit asdal.org for conference information.

OBITUARIES

CORNOR, Marjorie Ruth Herdman,

born May 8, 1924, in Erie, Pa.; died February 2, 2010, in Moncks Corner, S.C. She was the daughter of George Henry and Margaret Ruth Breyer Herdman Cornor. Margie came to Washington, D.C., after academy in Mt. Vernon, Ohio, to take nursing at the Washington Sanitarium and Hospital (today, Washington Adventist Hospital), where she nursed Dale Cornor's mother, who urged Dale to ask her out.

survived by her husband, Dale, of Moncks Corner; her daughter, Deanna Riegel, of Moncks Corner; and grandchildren, Don and Lauren Bolinski of Columbia, S.C.

JENNINGS, Jackson T. Jr., born January 31, 1928, in Cunard, W.Va.; died January 19, 2010, in Summersville, W.Va. He was a member of the Summersville church. He is survived by his wife, Freda; sons, Jackson T. III, Charles K., and Joseph L. Jennings; his daughter, Regina Small; his mother, Mary Epperly Jennings (104 years old); brothers, Ted J. and Billy R. Jennings; his sister, Polly J. Hoffman; six grandchildren; and two great-grandchildren.

SHAW, Frank E., born April 23, 1920, in Ohio; died January 8, 2010, in Solomons, Md. Educated in Ohio, he served as a physician in the U.S. Navy Reserves during World War II. Later, Dr. Shaw became chairman of anesthesiology at a 1,000-bed hospital in Ohio.

OBITUARY SUBMISSION

For information on placing an obituary in the Visitor:

Call Sandra Jones toll-free: (888) 4-VISITOR/ (888) 484-7486

or email sjones@columbiaunion.net.

Submission forms can also be downloaded at:

columbiaunion.org/communication

(Scroll down and click on Communication & Visitor Resources)

Obituaries are placed in the order they are received, on a space-available basis.

This is a free service for our members.

VISITOR SUBSCRIPTION INFORMATION

Would you like to receive the Visitor, or is your name on the mailing list, but you have an address change?

CONTACT

email: visitorlist@columbiaunion.net call toll-free: (888) 4-VISITOR (888) 484-7486

or mail: Columbia Union Visitor Subscription Services 5427 Twin Knolls Road Columbia, MD 21045

Please include the name of the conference where your membership is held and your telephone number. If an address change, also send your previous address as listed on the magazine label.

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Celeste Ryan Blyden ■ Editor & Publisher

Kelly Butler Coe ■ Art Director & Designer

Beth Michaels ■ Associate Editor

Taashil Rowe ■ Assistant Editor

Sandra Jones ■ Copy Editor & Bulletin Board Editor

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MISSION STATEMENT

The Visitor provides news and information, resources for effective ministry, and insight on issues with a spiritual focus to help people celebrate God's transforming grace in preparation for His return.

COLUMBIA UNION CONFERENCE ■ 5427 Twin Knolls Road, Columbia, MD 21045 ■ (410) 997-3414 ■ (888) 4-VISITOR columbiaunion.org ■ cryan@columbiaunion.net

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POTOMAC: Bill Miller, President; Dan Jensen, Visitor Correspondent; 606 Greenville Avenue, Staunton, VA 24401. Tel. (540) 886-0771 ■ pcsda.org

COLLEGES

KETTERING COLLEGE OF MEDICAL ARTS: Charles Scriven, President; Mindy Claggett, Visitor Correspondent; 3737 Southern Blvd., Kettering, OH 45429. Tel. (937) 395-8601 ■ kcma.edu

WASHINGTON ADVENTIST UNIVERSITY: Weymouth Spence, President; Angela Abraham, Visitor Correspondent; 7600 Flower Ave., Takoma Park, MD 20912. Tel. (301) 891-4000 ■ wau.edu

HEALTHCARE SYSTEMS

ADVENTIST HEALTHCARE: William G. "Bill" Robertson, President & CEO; Thomas Grant, Visitor Correspondent; 1801 Research Blvd., Suite 400, Rockville, MD 20850. Tel. (301) 315-3030 adventisthealthcare.com

KETTERING ADVENTIST HEALTHCARE: Frank Perez, CEO; Kathryn Stiles, Visitor Correspondent; 3965 Southern Blvd., Kettering, OH 45429. Tel. (937) 395-8167 ■ khnetwork.org

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The Elephant in the Church

In spite of the fact that about 9.5 percent of the United States population (18 and older) wrestles with some form of depression, we don't talk much about it in the church or admit that it's an issue. But for every nine people in our pews, chances are good that one struggles with this disease.



Although widespread, depression is a very misunderstood illness. Research shows that 54 percent of people believe it is a personal weakness, and 41 percent of depressed women are too embarrassed to seek help. We struggle, feel alone and question our ability to go on, but we don't want to call it depression. Instead we think: I'm just not myself. I'm feeling a bit down today, but I'm still functioning. There's a lot of pressure in my life right now. I'll snap out of it if I just pray more, think positively and focus on others.

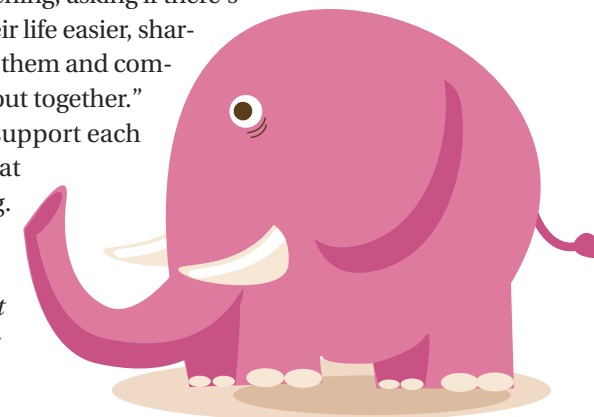
There's also a common misconception that depression is a spiritual problem, which is another big factor in our unwillingness to talk about it in church. And so we talk about the weather, work and everything—except the elephant in the church.

HOW CAN YOU HELP?

Break the silence about depression. Educate yourself and your church family about it. Share this Visitor issue, include bits of information in your church newsletter, coordinate a Sabbath School class to explore Bible characters who experienced depression, invite a health professional to speak on the topic or offer the Depression Recovery seminar in your community.

If you have a friend who you think might be suffering from depression, gently suggest the possibility and encourage them to seek professional help. Offer support by listening, asking if there's anything you can do to make their life easier, sharing Bible promises, praying with them and communicating that "We'll ride this out together." As we break the silence and support each other, we reflect God's desire that our church be a place of healing.

Lilly Tryon, MSN, RN, serves as wellness coaching coordinator at Adventist WholeHealth Network (awhn.org) in Wyomissing, Pa.



# Make it Meatless

Enjoy delicious options from  
Worthington & Loma Linda



*In 2010, Kellogg's will donate \$0.01 for every can purchased, up to \$50,000, to the Adventist Community Services in support of Community Services and Disaster Response.*

